

Overall Lap Race Report as of 25/01/2020 9:42:34 AM

Place	Name	Division	Age	Gender	City	Country	Age Group	Bib	Laps	Total	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	Herb Gayle	10K	58	M	Toronto	CA	M5	125	10	00:24:41.7	00:02:28.1	00:02:22.4	00:02:24.0	00:02:30.9	00:02:30.7	00:02:31.0	00:02:39.9	00:02:32.0	00:02:25.9	00:02:16.4
2	Stefan Ferrara	10K	57	M	Montreal	CA	M5	124	10	00:24:42.9	00:02:27.9	00:02:25.3	00:02:21.9	00:02:30.0	00:02:30.7	00:02:31.1	00:02:39.8	00:02:31.4	00:02:26.5	00:02:17.8
3	Ed VandenDool	10K	62	M	Brantford	CA	M6	122	10	00:24:43.6	00:02:30.4	00:02:23.3	00:02:21.1	00:02:30.1	00:02:30.6	00:02:31.3	00:02:39.7	00:02:32.2	00:02:27.2	00:02:17.2
4	Paul McCloskey	10K	56	M	Ottawa	CA	M5	134	10	00:25:01.6	00:02:29.1	00:02:21.1	00:02:24.0	00:02:31.6	00:02:30.5	00:02:31.2	00:02:39.7	00:02:31.5	00:02:25.7	00:02:36.8
5	Donald Plante	10K	43	M	St-Georges	CA	M4	130	10	00:25:20.7	00:02:47.0	00:02:33.9	00:02:34.2	00:02:38.4	00:02:32.1	00:02:25.8	00:02:32.2	00:02:27.7	00:02:36.2	00:02:12.8
6	Brett Weersink	10K	29	M	Kingston	CA	M1	133	10	00:25:21.6	00:02:29.7	00:02:24.2	00:02:25.3	00:02:33.8	00:02:34.6	00:02:37.2	00:02:45.2	00:02:41.7	00:02:33.1	00:02:16.4
7	Dave Burt	10K	66	M	Elgin	CA	M6	136	10	00:26:19.4	00:02:39.3	00:02:37.2	00:02:38.9	00:02:41.6	00:02:40.6	00:02:38.2	00:02:40.6	00:02:39.0	00:02:37.6	00:02:25.9
8	Charlotte Morrison	10K	14	F	Frankville	CA	F0	127	10	00:28:07.4	00:02:56.1	00:02:42.1	00:02:40.6	00:02:37.5	00:02:41.8	00:02:46.1	00:02:50.2	00:03:00.0	00:03:03.7	00:02:48.8
9	Michelle Pothier	10K	51	F	Picton	CA	F5	131	10	00:28:21.0	00:02:45.9	00:02:45.3	00:02:50.7	00:02:51.1	00:02:53.1	00:02:58.2	00:02:53.4	00:02:47.2	00:02:52.1	00:02:43.5
10	Julia Patterson	10K	17	F	Kingston	CA	F0	129	10	00:28:48.4	00:02:35.2	00:02:41.8	00:02:52.9	00:02:50.7	00:03:15.0	00:03:10.4	00:02:36.9	00:03:05.0	00:03:09.3	00:02:30.8
11	Scotland King	10K	60	M	Kingston	CA	M6	167	10	00:29:31.8	00:02:57.7	00:02:52.0	00:03:02.6	00:03:00.3	00:02:56.3	00:02:57.0	00:02:58.4	00:03:00.8	00:02:51.9	00:02:54.5
12	Wybo Vanderschuit	10K	63	M	Onanole	CA	M6	103	10	00:30:16.8	00:02:53.1	00:02:58.4	00:03:03.4	00:02:58.6	00:02:54.1	00:03:01.5	00:03:06.3	00:03:04.4	00:03:08.7	00:03:08.0
13	Barb Zeeb	10K	53	F	Kingston	CA	F5	299	10	00:31:53.3	00:03:10.0	00:03:13.2	00:03:17.7	00:03:14.8	00:03:10.2	00:03:13.1	00:03:11.8	00:03:10.0	00:03:11.0	00:03:01.2
14	Chris Allan	10K	52	M	Perth	CA	M5	255	10	00:32:22.1	00:03:05.5	00:03:21.0	00:03:35.5	00:03:26.9	00:03:22.9	00:03:19.3	00:03:11.3	00:03:14.4	00:02:53.5	00:02:51.5
15	Karel Horemans	10K	66	M	Lyndhurst	CA	M6	135	10	00:32:37.6	00:03:20.7	00:03:17.5	00:03:17.7	00:03:15.4	00:03:13.0	00:03:12.5	00:03:13.8	00:03:13.0	00:03:22.6	00:03:11.0
16	James Robert	10K	56	M	Gatineau	CA	M5	298	10	00:32:58.3	00:03:18.7	00:03:18.1	00:03:18.0	00:03:17.3	00:03:21.5	00:03:17.5	00:03:18.7	00:03:14.0	00:03:18.5	00:03:15.5
17	Isadora van Riemsdijk	10K	48	F	Dundas	CA	F4	132	10	00:33:00.0	00:03:18.7	00:03:18.1	00:03:18.4	00:03:17.4	00:03:22.1	00:03:18.3	00:03:17.5	00:03:13.9	00:03:18.9	00:03:16.4
18	Sam King	10K	12	M	Kingston	CA	M0	166	10	00:34:38.4	00:03:09.8	00:03:12.7	00:03:20.6	00:03:15.9	00:03:29.4	00:03:37.3	00:03:46.3	00:03:46.5	00:03:32.6	00:03:26.8
19	Richard Booy	10K	55	M	Fergus	CA	M5	116	10	00:35:04.8	00:03:04.9	00:03:24.5	00:03:32.7	00:03:31.1	00:03:37.8	00:03:37.2	00:03:36.4	00:03:31.6	00:03:36.7	00:03:31.5
20	Fred Nolting	10K	68	M	Mallorytown	CA	M6	128	10	00:35:31.2	00:03:13.8	00:03:21.2	00:03:26.9	00:03:30.9	00:03:41.1	00:03:35.1	00:03:34.7	00:03:36.1	00:03:38.9	00:03:52.0
21	Cassandra Beaton	10K	24	F	Guelph	CA	F1	115	10	00:36:25.0	00:03:12.8	00:03:25.5	00:03:57.3	00:03:57.2	00:03:48.9	00:03:45.8	00:03:39.7	00:03:40.0	00:03:36.3	00:03:21.2
22	Michael Balch	10K	25	M	Guelph	CA	M1	114	10	00:37:09.4	00:03:11.1	00:03:26.6	00:04:00.7	00:03:54.3	00:03:48.7	00:03:46.0	00:03:52.9	00:03:44.8	00:03:46.3	00:03:37.4
23	Alex Lemieux	10K	33	M	Kingston	CA	M3	126	10	00:38:05.1	00:03:16.0	00:03:20.0	00:03:31.5	00:03:37.0	00:04:00.3	00:03:58.1	00:04:07.1	00:04:13.1	00:04:08.5	00:03:53.0
24	Juniper Code	10K	9	F	Ottawa	CA	F0	117	10	00:39:05.3	00:03:28.2	00:03:46.3	00:03:57.0	00:03:55.7	00:04:08.9	00:04:07.2	00:03:57.7	00:03:55.0	00:03:43.0	00:04:05.7
25	Kelly Code	10K	45	F	Ottawa	CA	F4	123	10	00:39:05.8	00:03:28.1	00:03:46.3	00:03:58.1	00:03:54.9	00:04:09.0	00:04:06.8	00:03:57.0	00:03:56.3	00:03:42.8	00:04:06.1
26	Darlene Gordon	10K	45	F	Maitland	CA	F4	286	3	00:13:27.2	00:04:04.1	00:04:17.2	00:05:05.8							