

Double lap 10-Mile																				16.09344	10	10	21.0975	
Name	Home town	Club	Assigned Start	Actual Start	Start Pos	Halfway Turn hh : mm : ss	Turn Pos	Finish Time hh : mm : ss	Fin Pos	notes	Running Time	Time Rank	Penalty Time	Placement Time	Placing Rank	First Lap	Second Lap	Lap Delta	Running Points	AG%	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent
Jill Cowan	Hamilton ON		9:44 AM	9:45:00	1	10:42:34	1	11:38:47	1	GD delayed	1:53:47	20		11:37:47	1	57:34	56:13	-01:21	402.8	46.1%	7:04	11:23	1:08:25	2:31:58
Keith Scott-Polson		CCRC	10:21 AM	10:21:00	5	11:01:24	5	11:40:38	2		1:19:38	13		11:40:38	2	40:24	39:14	-01:10	575.6	62.3%	4:57	7:58	0:47:53	1:46:22
Luis González	Canmore AB		10:26 AM	10:26:00	8	11:04:15	6	11:40:54	3		1:14:54	6		11:40:54	3	38:15	36:39	-01:36	612.0	59.7%	4:39	7:29	0:45:02	1:40:02
Jeff Beddoes		PIH	10:26 AM	10:26:00	8	11:04:15	6	11:41:22	4		1:15:22	8		11:41:22	4	38:15	37:07	-01:08	608.2	71.7%	4:41	7:32	0:45:19	1:40:40
Chris Albertson	Richland WA		10:37 AM	10:37:00	16	11:09:59	13	11:42:51	5	bussed out	1:05:51	3		11:42:51	5	32:59	32:52	-00:07	696.1	69.1%	4:06	6:35	0:39:36	1:27:57
Mark Shier		PIH	10:24 AM	10:24:00	7	11:04:20	8	11:43:02	6		1:19:02	11		11:43:02	6	40:20	38:42	-01:38	580.0	70.2%	4:55	7:54	0:47:32	1:45:34
Paul Hoffman			10:05 AM	10:05:00	2	10:54:54	2	11:43:08	7		1:38:08	19		11:43:08	7	49:54	48:14	-01:40	467.1	67.3%	6:06	9:49	0:59:01	2:11:04
Denisse Justiniano	Canmore AB		10:28 AM	10:28:00	11	11:05:33	10	11:43:43	9		1:15:43	9		11:43:43	8	37:33	38:10	00:37	605.4	67.1%	4:42	7:34	0:45:32	1:41:08
Pat Peron		SSS	10:27 AM	10:27:00	10	11:04:50	9	11:44:09	10		1:17:09	10		11:44:09	9	37:50	39:19	01:29	594.1	71.3%	4:48	7:43	0:46:24	1:43:03
Lyndon Clazie		PIH	10:37 AM	10:43:30	20	11:17:40	20	11:50:44	16	cycled out, late	1:07:14	4		11:44:14	10	34:10	33:04	-01:06	681.7	67.5%	4:11	6:43	0:40:26	1:29:48
Janet Green	Courtenay	CVRR	10:11 AM	10:11:00	3	10:59:17	3	11:46:06	11		1:35:06	17		11:46:06	11	48:17	46:49	-01:28	482.0	71.5%	5:55	9:31	0:57:11	2:07:01
Bruce Kaufman	Calgary AB	FARTS	10:11 AM	10:11:00	3	10:59:17	3	11:46:07	12		1:35:07	18		11:46:07	12	48:17	46:50	-01:27	481.9	56.3%	5:55	9:31	0:57:12	2:07:02
Chris Callendar		PIH	10:41 AM	10:41:00	18	11:13:43	17	11:46:21	13		1:05:21	2		11:46:21	13	32:43	32:38	-00:05	701.4	69.1%	4:04	6:32	0:39:18	1:27:17
Shane Ruljancich		PIH	10:44 AM	10:41:00	18	11:13:43	17	11:43:28	8	ran with CC for 5M	1:02:28	1		11:46:28	14	32:43	29:45	-02:58	733.8	75.0%	3:53	6:15	0:37:34	1:23:26
John Catterall		PIH	10:32 AM	10:38:00	17	11:13:48	19	11:52:31	18	unregistered, late	1:14:31	5		11:46:31	15	35:48	38:43	02:55	615.1	71.2%	4:38	7:27	0:44:49	1:39:32
Franck Germain		PIH	10:28 AM	10:28:00	11	11:08:27	12	11:47:13	14		1:19:13	12		11:47:13	16	40:27	38:46	-01:41	578.6	62.6%	4:55	7:55	0:47:38	1:45:48
Chris Shier			10:33 AM	10:33:00	15	11:10:06	15	11:48:08	15		1:15:08	7		11:48:08	17	37:06	38:02	00:56	610.1	59.2%	4:40	7:31	0:45:11	1:40:21
Robert Grant		WCR	10:23 AM	10:23:00	6	11:07:50	11	11:50:51	17		1:27:51	16		11:50:51	18	44:50	43:01	-01:49	521.7	62.0%	5:28	8:47	0:52:50	1:57:20
Graham Fisher		TWC	10:27 AM	10:28:11	13	11:10:03	14	11:54:23	19	late start	1:26:12	15		11:53:12	19	41:52	44:20	02:28	531.7	61.6%	5:21	8:37	0:51:50	1:55:08
Joseph Camilleri		PIH	10:32 AM	10:32:00	14	11:12:20	16	11:54:54	20		1:22:54	14		11:54:54	20	40:20	42:34	02:14	552.9	70.9%	5:09	8:17	0:49:51	1:50:43
Gary Duncan		PIH	10:34 AM	Directing																				
Bernice Smith			10:08 AM	No Show																				
Peter Jensen			10:11 AM	No Show																				
Adam Hill			10:22 AM	Cancelled																				
<i>min</i>			9:44 AM	9:45:00		10:42:34		11:38:47			1:02:28	1		11:37:47	1	32:43	29:45	-02:58	402.8	46.1%	3:53	6:15	0:37:34	1:23:26
<i>max</i>			10:44 AM	10:43:30		11:17:40		11:54:54			1:53:47	20		11:54:54	20	57:34	56:13	02:55	733.8	75.0%	7:04	###	1:08:25	2:31:58
<i>spread</i>			1:00:00	0:58:30		0:35:06		0:16:07			0:51:19			0:17:07		24:51	26:28	05:53	330.9	29.0%	3:11	5:08	0:30:51	1:08:32
Single lap 5-Mile																				8.04672	5	10	21.0975	
Name	Home Town	Club	Assigned Start	Actual Start	Start Pos	Halfway Turn hh : mm : ss	Turn Pos	Finish Time hh : mm : ss	Fin Pos	notes	Running Time	Time Rank	Penalty Time	Placement Time	Placing Rank	First Lap	Second Lap	Lap Delta	Running Points	AG%	KM Pace	Mile Pace	10K Equivalent	Half Mara. Equivalent
Dawn Wilson		PIH	11:00 AM	11:00:00				11:41:59			0:41:59	1		11:41:59	1				520.4		5:13	8:24	0:52:58	1:57:38
Laura Wyatt		CVRR	11:00 AM	11:00:00				11:46:32			0:46:32	2		11:46:32	2				469.5		5:47	9:18	0:58:42	2:10:23