

2011 WESTERN INTERNATIONAL-37th Annual

Sat. Sept 2 at Thames Valley GC, London

09/24/2011

26th year at Thames Valley GC

Event # 2 MENS 10K Run

START @ 10:50am

Conditions: sunny, mild, 18°C

MEET RECORD:Cristiano Mauricio Windsor Lancers :31:20.00 24Sep2005

COURSE RECORD:Guy Schultz Western Mustangs :30:57.00 8-Nov-1997

POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22Sep07

TEAM TIME RECORD:E.MICHIGAN 161:16 [total of 5] avg 32:16 for 5 2007

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	WINDSOR LANCERS	38	1-3-4-7-23	27-28
2	GUELPH GRYPHONS	39	2-5-8-10-14	30-31
3	WESTERN MUSTANGS	77	9-12-15-19-22	36-56
4	QUEEN'S GAELS	100	11-13-17-26-33	43-55
5	TORONTO VARSITY BLUE	144	16-20-24-39-45	48-60
6	MCMASTER MARAUDERS	175	21-29-35-44-46	57-67
7	WATERLOO WARRIORS	215	18-25-53-54-65	66-70
8	LAURIER GOLDEN HAWKS	235	34-41-50-51-59	64-69
9	ALBERTA GOLDEN BEARS	270	37-40-42-75-76	
10	CONCORDIA STINGERS	296	6-32-82-84-92	97
11	BROCK BADGERS	317	38-58-68-73-80	81-86
12	YORK LIONS	325	52-61-63-71-78	91-94
13	MCGILL REDMEN	345	47-62-74-79-83	
14	RMC PALADINS	401	49-85-88-89-90	93-96
15	NIPISSING LAKERS	429	72-77-87-95-98	99

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	279	Matt Walters		E4	WINDSOR LANCERS	1	32:03
2	2	68	Ross Proudfoot		E2	GUELPH GRYPHONS	1	32:11
3	3	269	Andrew Aguanno		E4	WINDSOR LANCERS	2	32:29
4	4	271	Andrew Degroot		E2	WINDSOR LANCERS	3	32:33
5	5	64	Aaron Hendrixx		R	GUELPH GRYPHONS	2	32:36
6	6	38	Ryan Noel-Hodge		E3	CONCORDIA STINGERS	1	32:49
7	7	274	Paul Janikowski		E2	WINDSOR LANCERS	4	32:58
8	8	61	Ian Donald		R	GUELPH GRYPHONS	3	33:01
9	9	256	Kyle O'Neill		E5	WESTERN MUSTANGS	1	33:06
10	10	67	Tommy Lecours		E3	GUELPH GRYPHONS	4	33:10
11	11	170	Maxime Leboeuf		E5	QUEEN'S GAELS	1	33:10
12	12	251	Ryan Armstrong		E4	WESTERN MUSTANGS	2	33:15
13	13	172	Nicholas McGraw		E1	QUEEN'S GAELS	2	33:18
14	14	62	Chris Dulhanty		E2	GUELPH GRYPHONS	5	33:18
15	15	259	Brent Smith		E5	WESTERN MUSTANGS	3	33:21
16	16	214	Antun Pavelic		E4	TORONTO VARSITY BLUE	1	33:23
17	17	168	David Cashin		R	QUEEN'S GAELS	3	33:28
18	18	227	Charles Allan		E3	WATERLOO WARRIORS	1	33:30
19	19	257	Phil Parrot-Migas		R	WESTERN MUSTANGS	4	33:32
20	20	205	Zain Ahmed		E2	TORONTO VARSITY BLUE	2	33:33
21	21	135	Cory McCurry		E5	MCMASTER MARAUDERS	1	33:34
22	22	253	Kevin Blackney		E2	WESTERN MUSTANGS	5	33:34

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23	23	272	Nick Falk	E3	WINDSOR LANCERS	5	33:35
24	24	216	Jake Woloshyn	E3	TORONTO VARSITY BLUE	3	33:40
25	25	236	Michael Stewart	E2	WATERLOO WARRIORS	2	33:51
26	26	169	Oliver Hathaway	E4	QUEEN'S GAELS	4	33:53
27	27	277	Drew Patterson	E4	WINDSOR LANCERS	6	33:58
28	28	270	Josh Bolton	E1	WINDSOR LANCERS	7	34:02
29	29	132	Graham Bowes	E4	MCMASTER MARAUDERS	2	34:03
30	30	60	Connor Clerke	R	GUELPH GRYPHONS	6	34:04
31	31	59	Benoit Boulay	E3	GUELPH GRYPHONS	7	34:06
32	32	33	Sofiane Guend	E5	CONCORDIA STINGERS	2	34:07
33	33	166	Cody Beals	E3	QUEEN'S GAELS	5	34:10
34	34	97	Shoaib Ikram	E3	LAURIER GOLDEN HAWKS	1	34:17
35	35	138	Ryan Tice	E4	MCMASTER MARAUDERS	3	34:18
36		65	Stephen Holmes	E3	GUELPH GRYPHONS	8	34:22
37	36	252	Chris Balestrini	R	WESTERN MUSTANGS	6	34:22
38	37	9	Graeme Law	E4	ALBERTA GOLDEN BEARS	1	34:25
39	38	21	Kevin Moore	E4	BROCK BADGERS	1	34:25
40	39	215	Alexey Strokach	E4	TORONTO VARSITY BLUE	4	34:29
41		276	Dave Meloche	E2	WINDSOR LANCERS	8	34:32
42	40	8	Marcus Ivey	E4	ALBERTA GOLDEN BEARS	2	34:37
43	41	95	Alex Garriock	E4	LAURIER GOLDEN HAWKS	2	34:40
44	42	7	Donovan Hacking	E2	ALBERTA GOLDEN BEARS	3	34:42
45	43	173	Michael Nishiyama	E4	QUEEN'S GAELS	6	34:43
46	44	133	Zac Brown	R	MCMASTER MARAUDERS	4	34:45
47		278	Matthew Travaglini	R	WINDSOR LANCERS	9	34:48
48	45	206	Alex Belluzzo	E2	TORONTO VARSITY BLUE	5	34:51
49	46	136	Blair Morgan	R	MCMASTER MARAUDERS	5	34:55
50	47	114	Ian Forbes	E2	MCGILL REDMEN	1	34:56
51	48	207	Andrew Cruickshank	E4	TORONTO VARSITY BLUE	6	34:56
52	49	188	Richard Hayes	E4	RMC PALADINS	1	34:57
53	50	101	Ian Turnbull	R	LAURIER GOLDEN HAWKS	3	35:03
54	51	102	Abdhu Zaghlol	E2	LAURIER GOLDEN HAWKS	4	35:04
55	52	294	Ethan Henry	E2	YORK LIONS	1	35:07
56	53	233	Liam Mulroy	E2	WATERLOO WARRIORS	3	35:10
57	54	230	Patrick MacKinnon	E4	WATERLOO WARRIORS	4	35:14
58		58	Drew Anderson	R	GUELPH GRYPHONS	9	35:17
59	55	165	Kevin Azocar	E2	QUEEN'S GAELS	7	35:18
60	56	258	Alex Russell	R	WESTERN MUSTANGS	7	35:21
61		171	Cameron Levac	R	QUEEN'S GAELS	8	35:24
62		273	Josh Huffman	E4	WINDSOR LANCERS	10	35:26
63	57	131	Sean Bowen	E3	MCMASTER MARAUDERS	6	35:26
64		175	Kyle Zosiak	R	QUEEN'S GAELS	9	35:27
65	58	25	Andrew White	R	BROCK BADGERS	2	35:32
66	59	98	Soaib Ikram	E3	LAURIER GOLDEN HAWKS	5	35:35
67	60	210	Brendan Hynes	R	TORONTO VARSITY BLUE	7	35:36
68	61	290	Esteban Clavijo	E2	YORK LIONS	2	35:37
69	62	113	Michael Abramson	R	MCGILL REDMEN	2	35:42
70	63	297	Christopher Pietrangelo	E1	YORK LIONS	3	35:45
71	64	92	Brett Cameron	E3	LAURIER GOLDEN HAWKS	6	35:47
72	65	228	Devon Briggs	E2	WATERLOO WARRIORS	5	35:49
73	66	232	Chris Morgan	R	WATERLOO WARRIORS	6	35:58
74	67	134	Taylor Forbes	R	MCMASTER MARAUDERS	7	35:59

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75		212	Nick Ntoukas	R	TORONTO VARSITY BLUE	8	36:00
76		167	Jeff Behan	E2	QUEEN'S GAELS	10	36:01
77		137	Tristan Sandhu	E4	MCMASTER MARAUDERS	8	36:04
78	68	19	Chris De Vries	E5	BROCK BADGERS	3	36:16
79	69	93	Adam Cornwall	R	LAURIER GOLDEN HAWKS	7	36:16
80		174	Eric MacPherson	R	QUEEN'S GAELS	11	36:17
81	70	234	Matt Robertson	E3	WATERLOO WARRIORS	7	36:18
82	71	295	Sam Neal	R	YORK LIONS	4	36:19
83		209	Andrew Kennedy	E4	TORONTO VARSITY BLUE	9	36:22
84	72	149	Terry Doiron	R	NIPISSING LAKERS	1	36:26
85		235	Ryan Santos	E2	WATERLOO WARRIORS	8	36:34
86	73	23	Mike Van Bakel	E2	BROCK BADGERS	4	36:35
87	74	117	Joshua Hnizdor	R	MCGILL REDMEN	3	36:36
88		254	Pat Hartman	R	WESTERN MUSTANGS	8	36:40
89	75	10	Richard Renaud	E5	ALBERTA GOLDEN BEARS	4	36:41
90	76	6	David Falk	E3	ALBERTA GOLDEN BEARS	5	36:45
91	77	150	Kevin Perry	R	NIPISSING LAKERS	2	36:48
92	78	288	Ish Ahmad	R	YORK LIONS	5	36:49
93		100	Sean Patterson	E2	LAURIER GOLDEN HAWKS	8	36:50
94	79	116	Jaan Grondahl	E2	MCGILL REDMEN	4	36:52
95		213	Connor Outhit	E2	TORONTO VARSITY BLUE	10	37:07
96		130	Eric Barry	E2	MCMASTER MARAUDERS	9	37:24
97		211	James Lamers	E1	TORONTO VARSITY BLUE	11	37:31
98	80	18	Kyler Campeau	E1	BROCK BADGERS	5	37:35
99		96	Jonathon Gascho	E2	LAURIER GOLDEN HAWKS	9	37:39
100		231	Gabriel Moreno-Bautista	E2	WATERLOO WARRIORS	9	37:52
101	81	24	Jonathan Veens	E2	BROCK BADGERS	6	37:52
102	82	37	Joe Liu	E1	CONCORDIA STINGERS	3	37:54
103	83	115	Laurent Gervais-Robert	E2	MCGILL REDMEN	5	38:02
104	84	36	Kyle L'Esperence	E1	CONCORDIA STINGERS	4	38:03
105	85	185	Anthony Dionne	R	RMC PALADINS	2	38:05
106	86	22	Alastair Thompson	R	BROCK BADGERS	7	38:14
107	87	152	Jordan Scott	R	NIPISSING LAKERS	3	38:24
108		229	Dylan Dowling	R	WATERLOO WARRIORS	10	38:26
109	88	186	Paul Goff	R	RMC PALADINS	3	38:33
110	89	189	Eric Henderson	E3	RMC PALADINS	4	38:35
111	90	192	Jordan Vadala	E3	RMC PALADINS	5	38:41
112	91	291	Brandon Davis	E1	YORK LIONS	6	38:53
113		20	Mike MacKett	E3	BROCK BADGERS	8	38:57
114	92	35	Jean Marc Laforest	E4	CONCORDIA STINGERS	5	39:12
115	93	191	Adrian Thow	R	RMC PALADINS	6	39:42
116		17	Miles Bason	E3	BROCK BADGERS	9	39:48
117	94	296	Christopher Pallotta	E1	YORK LIONS	7	39:50
118	95	148	Alexander Burley	E4	NIPISSING LAKERS	4	40:05
119	96	190	Colin Shannon	E2	RMC PALADINS	7	40:07
120	97	34	Mahbubuzzaman Kazi	R	CONCORDIA STINGERS	6	40:12
121		94	Elliot De Lange	R	LAURIER GOLDEN HAWKS	10	40:37
122		182	Gordon Hallam	E1	RMC PALADINS	8	40:58
123	98	151	Kyle Radigan	E1	NIPISSING LAKERS	5	41:09
124	99	147	Curtis Brennan	E2	NIPISSING LAKERS	6	42:08

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TEAM: WINDSOR LANCERS**SCORE 38****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Matt Walters		E4	279	32:03	3:13	5:10
3-3	Andrew Aguanno		E4	269	32:29	3:15	5:14
4-4	Andrew Degroot		E2	271	32:33	3:16	5:15
7-7	Paul Janikowski		E2	274	32:58	3:18	5:19
23-23	Nick Falk		E3	272	33:35	3:22	5:25
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27-27	Drew Patterson		E4	277	33:58	3:24	5:28
28-28	Josh Bolton		E1	270	34:02	3:25	5:29
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41-41	Dave Meloche		E2	276	34:32	3:28	5:34
47-47	Matthew Travaglini		R	278	34:48	3:29	5:37
62-62	Josh Huffman		E4	273	35:26	3:33	5:43
Top 5 Total Time:		163:38			Top 5 Average Time:		32:44
Top 5 Average per KM:		3:17			Top 5 Average Per MILE:		5:17
1 - 5 Split:		1:32			1 - 7 Split:		1:59
Top 7 Total Time:		231:38			Top 7 Average Time:		33:06

TEAM: GUELPH GRYPHONS**SCORE 39****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Ross Proudfoot		E2	68	32:11	3:14	5:11
5-5	Aaron Hendrixx		R	64	32:36	3:16	5:15
8-8	Ian Donald		R	61	33:01	3:19	5:19
10-10	Tommy Lecours		E3	67	33:10	3:19	5:21
14-14	Chris Dulhanty		E2	62	33:18	3:20	5:22
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30-30	Connor Clerke		R	60	34:04	3:25	5:29
31-31	Benoit Boulay		E3	59	34:06	3:25	5:30
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36-36	Stephen Holmes		E3	65	34:22	3:27	5:32
58-58	Drew Anderson		R	58	35:17	3:32	5:41
Top 5 Total Time:		164:16			Top 5 Average Time:		32:52
Top 5 Average per KM:		3:18			Top 5 Average Per MILE:		5:18
1 - 5 Split:		1:07			1 - 7 Split:		1:55
Top 7 Total Time:		232:26			Top 7 Average Time:		33:13

TEAM: WESTERN MUSTANGS**SCORE 77****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Kyle O'Neill		E5	256	33:06	3:19	5:20
12-12	Ryan Armstrong		E4	251	33:15	3:20	5:22
15-15	Brent Smith		E5	259	33:21	3:21	5:23
19-19	Phil Parrot-Migas		R	257	33:32	3:22	5:24
22-22	Kevin Blackney		E2	253	33:34	3:22	5:25
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37-36	Chris Balestrini		R	252	34:22	3:27	5:32
60-56	Alex Russell		R	258	35:21	3:33	5:42
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88-88	Pat Hartman		R	254	36:40	3:40	5:55
Top 5 Total Time:		166:48			Top 5 Average Time:		33:22
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:		5:23
1 - 5 Split:		:28			1 - 7 Split:		2:15
Top 7 Total Time:		236:31			Top 7 Average Time:		33:48

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TEAM: QUEEN'S GAELS**SCORE 100****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Maxime Leboeuf		E5	170	33:10	3:19	5:21
13-13	Nicholas McGraw		E1	172	33:18	3:20	5:22
17-17	David Cashin		R	168	33:28	3:21	5:24
26-26	Oliver Hathaway		E4	169	33:53	3:24	5:28
33-33	Cody Beals		E3	166	34:10	3:25	5:30
45-43	Michael Nishiyama		E4	173	34:43	3:29	5:36
59-55	Kevin Azocar		E2	165	35:18	3:32	5:41
61-61	Cameron Levac		R	171	35:24	3:33	5:42
64-64	Kyle Zosiak		R	175	35:27	3:33	5:43
76-76	Jeff Behan		E2	167	36:01	3:37	5:48
80-80	Eric MacPherson		R	174	36:17	3:38	5:51
Top 5 Total Time:		167:59			Top 5 Average Time:	33:36	
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:	5:25	
1 - 5 Split:		1:00			1 - 7 Split:	2:08	
Top 7 Total Time:		238:00			Top 7 Average Time:	34:00	

TEAM: TORONTO VARSITY BLUE**SCORE 144****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Antun Pavelic		E4	214	33:23	3:21	5:23
20-20	Zain Ahmed		E2	205	33:33	3:22	5:24
24-24	Jake Woloshyn		E3	216	33:40	3:22	5:26
40-39	Alexey Strokach		E4	215	34:29	3:27	5:33
48-45	Alex Belluzzo		E2	206	34:51	3:30	5:37
51-48	Andrew Cruickshank		E4	207	34:56	3:30	5:38
67-60	Brendan Hynes		R	210	35:36	3:34	5:44
75-75	Nick Ntoukas		R	212	36:00	3:36	5:48
83-83	Andrew Kennedy		E4	209	36:22	3:39	5:52
95-95	Connor Outhit		E2	213	37:07	3:43	5:59
97-97	James Lamers		E1	211	37:31	3:46	6:03
Top 5 Total Time:		169:56			Top 5 Average Time:	34:00	
Top 5 Average per KM:		3:24			Top 5 Average Per MILE:	5:29	
1 - 5 Split:		1:28			1 - 7 Split:	2:13	
Top 7 Total Time:		240:28			Top 7 Average Time:	34:22	

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TEAM: MCMASTER MARAUDERS SCORE 175 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Cory McCurry		E5	135	33:34	3:22	5:25
29-29	Graham Bowes		E4	132	34:03	3:25	5:29
35-35	Ryan Tice		E4	138	34:18	3:26	5:32
46-44	Zac Brown		R	133	34:45	3:29	5:36
49-46	Blair Morgan		R	136	34:55	3:30	5:38
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63-57	Sean Bowen		E3	131	35:26	3:33	5:43
74-67	Taylor Forbes		R	134	35:59	3:36	5:48
=====							
77-77	Tristan Sandhu		E4	137	36:04	3:37	5:49
96-96	Eric Barry		E2	130	37:24	3:45	6:02
Top 5 Total Time:		171:35			Top 5 Average Time:	34:19	
Top 5 Average per KM:		3:26			Top 5 Average Per MILE:	5:32	
1 - 5 Split:		1:21			1 - 7 Split:	2:25	
Top 7 Total Time:		243:00			Top 7 Average Time:	34:43	

TEAM: WATERLOO WARRIORS SCORE 215 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Charles Allan		E3	227	33:30	3:21	5:24
25-25	Michael Stewart		E2	236	33:51	3:24	5:27
56-53	Liam Mulroy		E2	233	35:10	3:31	5:40
57-54	Patrick MacKinnon		E4	230	35:14	3:32	5:41
72-65	Devon Briggs		E2	228	35:49	3:35	5:46
=====							
73-66	Chris Morgan		R	232	35:58	3:36	5:48
81-70	Matt Robertson		E3	234	36:18	3:38	5:51
=====							
85-85	Ryan Santos		E2	235	36:34	3:40	5:54
100-100	Gabriel Moreno-Bautista		E2	231	37:52	3:48	6:06
108-108	Dylan Dowling		R	229	38:26	3:51	6:12
Top 5 Total Time:		173:34			Top 5 Average Time:	34:43	
Top 5 Average per KM:		3:29			Top 5 Average Per MILE:	5:36	
1 - 5 Split:		2:19			1 - 7 Split:	2:48	
Top 7 Total Time:		245:50			Top 7 Average Time:	35:08	

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TEAM: LAURIER GOLDEN HAWKS SCORE 235 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-34	Shoaib Ikram		E3	97	34:17	3:26	5:32
43-41	Alex Garriock		E4	95	34:40	3:28	5:35
53-50	Ian Turnbull		R	101	35:03	3:31	5:39
54-51	Abdhu Zaghlol		E2	102	35:04	3:31	5:39
66-59	Soaib Ikram		E3	98	35:35	3:34	5:44
71-64	Brett Cameron		E3	92	35:47	3:35	5:46
79-69	Adam Cornwall		R	93	36:16	3:38	5:51
93-93	Sean Patterson		E2	100	36:50	3:41	5:56
99-99	Jonathon Gascho		E2	96	37:39	3:46	6:04
121-121	Elliot De Lange		R	94	40:37	4:04	6:33
Top 5 Total Time:		174:39			Top 5 Average Time:		34:56
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:		5:38
1 - 5 Split:		1:18			1 - 7 Split:		1:59
Top 7 Total Time:		246:42			Top 7 Average Time:		35:15

TEAM: ALBERTA GOLDEN BEARS SCORE 270 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
38-37	Graeme Law		E4	9	34:25	3:27	5:33
42-40	Marcus Ivey		E4	8	34:37	3:28	5:35
44-42	Donovan Hacking		E2	7	34:42	3:29	5:36
89-75	Richard Renaud		E5	10	36:41	3:41	5:55
90-76	David Falk		E3	6	36:45	3:41	5:55
Top 5 Total Time:		177:10			Top 5 Average Time:		35:26
Top 5 Average per KM:		3:33			Top 5 Average Per MILE:		5:43
1 - 5 Split:		2:20			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: CONCORDIA STINGERS SCORE 296 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Ryan Noel-Hodge		E3	38	32:49	3:17	5:17
32-32	Sofiane Guend		E5	33	34:07	3:25	5:30
102-82	Joe Liu		E1	37	37:54	3:48	6:06
104-84	Kyle L'Esperence		E1	36	38:03	3:49	6:08
114-92	Jean Marc Laforest		E4	35	39:12	3:56	6:19
120-97	Mahbubuzzaman Kazi		R	34	40:12	4:02	6:29
Top 5 Total Time:		182:05			Top 5 Average Time:		36:25
Top 5 Average per KM:		3:39			Top 5 Average Per MILE:		5:52
1 - 5 Split:		6:23			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: BROCK BADGERS**SCORE 317****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-38	Kevin Moore		E4	21	34:25	3:27	5:33
65-58	Andrew White		R	25	35:32	3:34	5:44
78-68	Chris De Vries		E5	19	36:16	3:38	5:51
86-73	Mike Van Bakel		E2	23	36:35	3:40	5:54
98-80	Kyler Campeau		E1	18	37:35	3:46	6:03
=====							
101-81	Jonathan Veens		E2	24	37:52	3:48	6:06
106-86	Alastair Thompson		R	22	38:14	3:50	6:10
=====							
113-113	Mike MacKett		E3	20	38:57	3:54	6:17
116-116	Miles Bason		E3	17	39:48	3:59	6:25
Top 5 Total Time:		180:23			Top 5 Average Time:	36:05	
Top 5 Average per KM:		3:37			Top 5 Average Per MILE:	5:49	
1 - 5 Split:		3:10			1 - 7 Split:	3:49	
Top 7 Total Time:		256:29			Top 7 Average Time:	36:39	

TEAM: YORK LIONS**SCORE 325****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
55-52	Ethan Henry		E2	294	35:07	3:31	5:40
68-61	Esteban Clavijo		E2	290	35:37	3:34	5:44
70-63	Christopher Pietrangelo		E1	297	35:45	3:35	5:46
82-71	Sam Neal		R	295	36:19	3:38	5:51
92-78	Ish Ahmad		R	288	36:49	3:41	5:56
=====							
112-91	Brandon Davis		E1	291	38:53	3:54	6:16
117-94	Christopher Pallotta		E1	296	39:50	3:59	6:25
=====							
Top 5 Total Time:		179:37			Top 5 Average Time:	35:56	
Top 5 Average per KM:		3:36			Top 5 Average Per MILE:	5:47	
1 - 5 Split:		1:42			1 - 7 Split:	4:43	
Top 7 Total Time:		258:20			Top 7 Average Time:	36:55	

TEAM: MCGILL REDMEN**SCORE 345****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-47	Ian Forbes		E2	114	34:56	3:30	5:38
69-62	Michael Abramson		R	113	35:42	3:35	5:45
87-74	Joshua Hnizdor		R	117	36:36	3:40	5:54
94-79	Jaan Grondahl		E2	116	36:52	3:42	5:56
103-83	Laurent Gervais-Robert		E2	115	38:02	3:49	6:08
=====							
Top 5 Total Time:		182:08			Top 5 Average Time:	36:26	
Top 5 Average per KM:		3:39			Top 5 Average Per MILE:	5:52	
1 - 5 Split:		3:06			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: RMC PALADINS**SCORE 401****PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
52-49	Richard Hayes		E4	188	34:57	3:30	5:38
105-85	Anthony Dionne		R	185	38:05	3:49	6:08
109-88	Paul Goff		R	186	38:33	3:52	6:13
110-89	Eric Henderson		E3	189	38:35	3:52	6:13
111-90	Jordan Vadala		E3	192	38:41	3:53	6:14
=====							
115-93	Adrian Thow		R	191	39:42	3:59	6:24
119-96	Colin Shannon		E2	190	40:07	4:01	6:28
=====							
122-122	Gordon Hallam		E1	182	40:58	4:06	6:36
Top 5 Total Time:		188:51			Top 5 Average Time:		37:47
Top 5 Average per KM:		3:47			Top 5 Average Per MILE:		6:05
1 - 5 Split:		3:44			1 - 7 Split:		5:10
Top 7 Total Time:		268:40			Top 7 Average Time:		38:23

TEAM: NIPISSING LAKERS**SCORE 429****PLACE: 15**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
84-72	Terry Doiron		R	149	36:26	3:39	5:52
91-77	Kevin Perry		R	150	36:48	3:41	5:56
107-87	Jordan Scott		R	152	38:24	3:51	6:11
118-95	Alexander Burley		E4	148	40:05	4:01	6:28
123-98	Kyle Radigan		E1	151	41:09	4:07	6:38
=====							
124-99	Curtis Brennan		E2	147	42:08	4:13	6:47
Top 5 Total Time:		192:52			Top 5 Average Time:		38:35
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:		6:13
1 - 5 Split:		4:43			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		