

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

Event # 2 MENS 8Km Run

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMASTER MARAUDERS	20	1-2-3-6-8	32-36	2:04:16	3:07	24:52	0:35
2	QUEEN'S GAELS	51	4-5-7-10-25	26-30	2:06:26	3:10	25:18	1:21
3	GUELPH GRYPHONS	71	9-11-14-16-21	24	2:08:08	3:13	25:38	0:43
4	WESTERN MUSTANGS	117	15-18-19-27-38	39-45	2:10:49	3:17	26:10	1:09
5	LAKEHEAD THNDRWOLVES	169	17-22-29-49-52	57-67	2:13:22	3:21	26:41	1:47
6	WINDSOR LANCERS	182	12-13-35-58-64	74-87	2:13:59	3:21	26:48	2:57
7	OTTAWA GEE GEES	183	20-28-34-42-59	73-86	2:14:24	3:22	26:53	2:03
8	TORONTO VARSITYBLUES	186	23-33-41-43-46	51	2:14:05	3:22	26:49	1:09
9	WATERLOO WARRIORS	247	31-47-54-55-60	71-75	2:17:22	3:27	27:29	1:28
10	LAURIER GOLDEN HAWKS	271	44-48-56-61-62	69-76	2:18:45	3:29	27:45	1:10
11	BROCK BADGERS	286	37-53-63-65-68	70-78	2:19:49	3:30	27:58	1:45
12	LAURENTIAN VOYAGEURS	358	40-72-79-83-84	88-90	2:26:33	3:40	29:19	3:32
13	YORK LIONS	389	50-77-80-89-93		2:33:07	3:50	30:38	6:57
14	NIPISSING LAKERS	405	66-81-82-85-91	92	2:31:36	3:48	30:20	3:50
	TRENT EXCALIBUR		89-91-99					
	ALGOMA THUNDERBIRDS							
	TMU BOLD		82-96-98					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	187	Max Turek		E5	MCMASTER MARAUDERS	1	3:05	24:36
2	2	180	Andrew Davies		E4	MCMASTER MARAUDERS	2	3:06	24:41
3	3	181	Alex Drover		E5	MCMASTER MARAUDERS	3	3:07	24:49
4	4	209	Mitchell Kirby		E5	QUEEN'S GAELS	1	3:07	24:53
5	5	210	Roman Mironov		E2	QUEEN'S GAELS	2	3:07	24:55
6	6	179	Dylan Alick		E5	MCMASTER MARAUDERS	4	3:08	24:59
7	7	212	Jude Wheeler-Dee		E2	QUEEN'S GAELS	3	3:09	25:06
8	8	186	Sam Nusselder		E4	MCMASTER MARAUDERS	5	3:09	25:11
9	9	151	Christian Rachner		E2	GUELPH GRYPHONS	1	3:10	25:18
10	10	204	Miles Brackenbury		E3	QUEEN'S GAELS	4	3:10	25:18
11	11	150	Alec Purnell		E4	GUELPH GRYPHONS	2	3:11	25:21
12	12	255	Jonathan Rioux		E4	WINDSOR LANCERS	1	3:11	25:23
13	13	249	Cameron Cira		E5	WINDSOR LANCERS	2	3:11	25:27
14	14	143	Nicholas Bannon		E4	GUELPH GRYPHONS	3	3:13	25:40
15	15	247	Marcel Scheele		E3	WESTERN MUSTANGS	1	3:13	25:44
16	16	144	Max Davies		E2	GUELPH GRYPHONS	4	3:14	25:48
17	17	157	Connor MacIntosh		E4	LAKEHEAD THNDRWOLVES	1	3:14	25:48
18	18	241	Ben Fox		E2	WESTERN MUSTANGS	2	3:14	25:49
19	19	246	Mark Royce		E2	WESTERN MUSTANGS	3	3:14	25:52
20	20	196	Andre Alie-Lamarche		E4	OTTAWA GEE GEES	1	3:16	26:01

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START @ 1:00pm

Conditions: sunny, 13°C

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+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

21	21	149	Gaetano Pocchi	R	GUELPH GRYPHONS	5	3:16	26:01
22	22	154	Jett Dobson	E2	LAKEHEAD THNDRWOLVES	2	3:16	26:02
23	23	226	Ben Shore	E4	TORONTO VARSITYBLUES	1	3:16	26:07
24	24	147	Jack Lehto	R	GUELPH GRYPHONS	6	3:17	26:09
25	25	211	Ben Miske	E2	QUEEN'S GAELS	5	3:17	26:14
26	26	208	Tanner Hueglin	R	QUEEN'S GAELS	6	3:19	26:25
27	27	240	Mitch De Lange	E5	WESTERN MUSTANGS	4	3:19	26:31
28	28	198	Adrian Fournier	E4	OTTAWA GEE GEES	2	3:20	26:33
29	29	155	Andrew Lehman	E2	LAKEHEAD THNDRWOLVES	3	3:20	26:33
30	30	205	Dan Coolican	E2	QUEEN'S GAELS	7	3:20	26:37
31	31	236	Adam Huras	E2	WATERLOO WARRIORS	1	3:20	26:39
32	32	185	David Marchant	E4	MCMASTER MARAUDERS	6	3:21	26:43
33	33	224	Adam Pralat	R	TORONTO VARSITYBLUES	2	3:21	26:43
34	34	201	Nicholas Roberts	E5	OTTAWA GEE GEES	3	3:21	26:45
35	35	253	Luke Mawhinney	E3	WINDSOR LANCERS	3	3:21	26:47
36	36	183	Chris Hoftyzer	E3	MCMASTER MARAUDERS	7	3:22	26:49
37	37	138	Joseph Dick	E4	BROCK BADGERS	1	3:22	26:50
38	38	248	Keithan Sivapragasam	E2	WESTERN MUSTANGS	5	3:22	26:53
39	39	245	Erik Ohrling	E4	WESTERN MUSTANGS	6	3:22	26:55
40	40	162	Seamus Doherty	R	LAURENTIAN VOYAGEURS	1	3:22	26:55
41	41	225	Brandon Raftis	E3	TORONTO VARSITYBLUES	3	3:22	26:57
42	42	195	Nicolas Abanto Enns	E3	OTTAWA GEE GEES	4	3:23	27:01
43	43	220	Jack Djondric-Powell	E1	TORONTO VARSITYBLUES	4	3:23	27:02
44	44	173	Rahil Kachalia	E4	LAURIER GOLDEN HAWKS	1	3:23	27:04
45	45	244	Ethan Loucks	E4	WESTERN MUSTANGS	7	3:24	27:09
46	46	222	Owen Moloney	E2	TORONTO VARSITYBLUES	5	3:25	27:16
47	47	233	Patrick Dean	E2	WATERLOO WARRIORS	2	3:25	27:17
48	48	178	Ian Young	E2	LAURIER GOLDEN HAWKS	2	3:25	27:18
49	49	153	Leif Buxton	E2	LAKEHEAD THNDRWOLVES	4	3:26	27:24
50	50	259	Abdullahi Abdullahi	E3	YORK LIONS	1	3:27	27:32
51	51	221	Anton Mlynczyk	E2	TORONTO VARSITYBLUES	6	3:27	27:33
52	52	158	William McDonough	E3	LAKEHEAD THNDRWOLVES	5	3:27	27:35
53	53	140	Isaac Iannarelli	E2	BROCK BADGERS	2	3:28	27:38
54	54	230	Emil Bjornlinger	E1	WATERLOO WARRIORS	3	3:28	27:39
55	55	234	Treshan Fernando	R	WATERLOO WARRIORS	4	3:28	27:40
56	56	170	Joel Duff	R	LAURIER GOLDEN HAWKS	3	3:30	27:56
57	57	156	Nicholas Lightwood	R	LAKEHEAD THNDRWOLVES	6	3:30	27:58
58	58	254	Paul Popescu	E2	WINDSOR LANCERS	4	3:31	28:02
59	59	203	Zach Sikka	R	OTTAWA GEE GEES	5	3:31	28:04
60	60	231	Massimo Calcagno	E2	WATERLOO WARRIORS	5	3:31	28:07
61	61	172	Eric Hill	E3	LAURIER GOLDEN HAWKS	4	3:32	28:13
62	62	169	Luke Aikman	E1	LAURIER GOLDEN HAWKS	5	3:32	28:14
63	63	137	Riley Coles	E2	BROCK BADGERS	3	3:33	28:18
64	64	256	Zach Staffell	E2	WINDSOR LANCERS	5	3:33	28:20

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65	65	141	Christian Ligtenberg	E3	BROCK BADGERS	4	3:34	28:28
66	66	189	Ethan Aarts	E2	NIPISSING LAKERS	1	3:34	28:29
67	67	159	Aiden Webster	E2	LAKEHEAD THNDRWOLVES	7	3:35	28:33
68	68	139	Davis Fowler	E3	BROCK BADGERS	5	3:35	28:35
69	69	176	Davis Rutledge	E2	LAURIER GOLDEN HAWKS	6	3:37	28:49
70	70	142	Nick Reimer	E3	BROCK BADGERS	6	3:38	29:01
71	71	235	Emrys Halbertsma	E2	WATERLOO WARRIORS	6	3:38	29:01
72	72	164	Nick Lambert	E3	LAURENTIAN VOYAGEURS	2	3:38	29:02
73	73	200	Fred Parent	E1	OTTAWA GEE GEES	6	3:39	29:06
74	74	257	Andrew Taylor	E2	WINDSOR LANCERS	6	3:39	29:09
75	75	232	Cameron Dean	E3	WATERLOO WARRIORS	7	3:40	29:17
76	76	171	Jordan Frieberg	E2	LAURIER GOLDEN HAWKS	7	3:40	29:18
77	77	260	Christopher Basso	E3	YORK LIONS	2	3:42	29:32
78	78	135	Jacob Bray	E3	BROCK BADGERS	7	3:44	29:49
79	79	165	Patrick Leroux	E2	LAURENTIAN VOYAGEURS	3	3:44	29:52
80	80	264	Chase Kuchera	R	YORK LIONS	3	3:45	29:58
81	81	190	Samuel Bennett	R	NIPISSING LAKERS	2	3:46	30:07
82		214	Jack Heintz	R	TMU BOLD	1	3:46	30:07
83	82	194	Noah Sullivan	E2	NIPISSING LAKERS	3	3:46	30:07
84	83	161	Cameron Date	E3	LAURENTIAN VOYAGEURS	4	3:48	30:17
85	84	167	Brandon Radey	R	LAURENTIAN VOYAGEURS	5	3:49	30:27
86	85	193	George Legler	R	NIPISSING LAKERS	4	3:50	30:34
87	86	199	Nathan Meraw	E3	OTTAWA GEE GEES	7	3:51	30:44
88	87	250	Brayden DeGrace	E3	WINDSOR LANCERS	7	3:51	30:45
89		229	Keegan Sayles	R	TRENT EXCALIBUR	1	3:54	31:08
90	88	160	Travis Annett	R	LAURENTIAN VOYAGEURS	6	3:55	31:14
91		227	Payton Kettle	R	TRENT EXCALIBUR	2	3:56	31:21
92	89	261	Nicholas Campese	E1	YORK LIONS	4	3:57	31:36
93	90	168	Kevin Yuan	R	LAURENTIAN VOYAGEURS	7	3:58	31:43
94	91	191	Noah Cornish	E3	NIPISSING LAKERS	5	4:03	32:19
95	92	192	Oliver Czerny-Holownia	E2	NIPISSING LAKERS	6	4:04	32:32
96		213	Christian Barida	R	TMU BOLD	2	4:05	32:38
97	93	263	Ethan D'Cruz	E2	YORK LIONS	5	4:19	34:29
98		215	Sam Mamelli	E1	TMU BOLD	3	4:28	35:41
99		228	Carter Myles	R	TRENT EXCALIBUR	3	4:59	39:46
100		133	Mark Jobst	E1	ALGOMA THUNDERBIRDS			DNF
101		218	Nima Ashtari	E2	TORONTO VARSITYBLUES			DNF
102		146	Gavin Hughes	E5	GUELPH GRYPHONS			DNF

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TEAM: MCMASTER MARAUDERS SCORE: 20 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Alex Drover		E5	181	24:49	3:07	5:00
2-2	Andrew Davies		E4	180	24:41	3:06	4:58
1-1	Max Turek		E5	187	24:36	3:05	4:57
6-6	Dylan Alick		E5	179	24:59	3:08	5:02
8-8	Sam Nusselder		E4	186	25:11	3:09	5:04
32-32	David Marchant		E4	185	26:43	3:21	5:23
36-36	Chris Hoftzyer		E3	183	26:49	3:22	5:24
Top 5 Total Time:		2:04:16			Top 5 Average Time:	24:52	
Top 5 Average per KM:		3:07			Top 5 Average Per MILE:	5:00	
1 - 5 Split:		0:35			1 - 7 Split:	2:13	
Top 7 Total Time:		2:57:48			Top 7 Average Time:	25:24	

TEAM: QUEEN'S GAELS SCORE: 51 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Mitchell Kirby		E5	209	24:53	3:07	5:01
5-5	Roman Mironov		E2	210	24:55	3:07	5:01
7-7	Jude Wheeler-Dee		E2	212	25:06	3:09	5:03
10-10	Miles Brackenbury		E3	204	25:18	3:10	5:06
26-26	Tanner Hueglin		R	208	26:25	3:19	5:19
25-25	Ben Miske		E2	211	26:14	3:17	5:17
30-30	Dan Coolican		E2	205	26:37	3:20	5:22
Top 5 Total Time:		2:06:26			Top 5 Average Time:	25:18	
Top 5 Average per KM:		3:10			Top 5 Average Per MILE:	5:06	
1 - 5 Split:		1:21			1 - 7 Split:	1:44	
Top 7 Total Time:		2:59:28			Top 7 Average Time:	25:39	

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Thames Valley GC, London, ON

TEAM: GUELPH GRYPHONS SCORE: 71 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Christian Rachner		E2	151	25:18	3:10	5:06
11-11	Alec Purnell		E4	150	25:21	3:11	5:06
14-14	Nicholas Bannon		E4	143	25:40	3:13	5:10
16-16	Max Davies		E2	144	25:48	3:14	5:12
21-21	Gaetano Pocchi		R	149	26:01	3:16	5:15
24-24	Jack Lehto		R	147	26:09	3:17	5:16
	Gavin Hughes		E5	146	DNF		
Top 5 Total Time:		2:08:08			Top 5 Average Time:	25:38	
Top 5 Average per KM:		3:13			Top 5 Average Per MILE:	5:10	
1 - 5 Split:		0:43			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: WESTERN MUSTANGS SCORE: 117 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Marcel Scheele		E3	247	25:44	3:13	5:11
19-19	Mark Royce		E2	246	25:52	3:14	5:13
18-18	Ben Fox		E2	241	25:49	3:14	5:12
27-27	Mitch De Lange		E5	240	26:31	3:19	5:21
39-39	Erik Ohrling		E4	245	26:55	3:22	5:25
38-38	Keithan Sivapragasam		E2	248	26:53	3:22	5:25
45-45	Ethan Loucks		E4	244	27:09	3:24	5:28
Top 5 Total Time:		2:10:49			Top 5 Average Time:	26:10	
Top 5 Average per KM:		3:17			Top 5 Average Per MILE:	5:16	
1 - 5 Split:		1:09			1 - 7 Split:	1:25	
Top 7 Total Time:		3:4:53			Top 7 Average Time:	26:25	

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TEAM: LAKEHEAD THNDRWOLVES SCORE: 169 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Connor MacIntosh		E4	157	25:48	3:14	5:12
22-22	Jett Dobson		E2	154	26:02	3:16	5:15
29-29	Andrew Lehman		E2	155	26:33	3:20	5:21
49-49	Leif Buxton		E2	153	27:24	3:26	5:31
52-52	William McDonough		E3	158	27:35	3:27	5:33
57-57	Nicholas Lightwood		R	156	27:58	3:30	5:38
67-67	Aiden Webster		E2	159	28:33	3:35	5:45

Top 5 Total Time:	2:13:22	Top 5 Average Time:	26:41
Top 5 Average per KM:	3:21	Top 5 Average Per MILE:	5:22
1 - 5 Split:	1:47	1 - 7 Split:	2:45
Top 7 Total Time:	3:9:53	Top 7 Average Time:	27:08

TEAM: WINDSOR LANCERS SCORE: 182 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Cameron Cira		E5	249	25:27	3:11	5:08
12-12	Jonathan Rioux		E4	255	25:23	3:11	5:07
35-35	Luke Mawhinney		E3	253	26:47	3:21	5:24
58-58	Paul Popescu		E2	254	28:02	3:31	5:39
64-64	Zach Staffell		E2	256	28:20	3:33	5:42
74-74	Andrew Taylor		E2	257	29:09	3:39	5:52
88-87	Brayden DeGrace		E3	250	30:45	3:51	6:12

Top 5 Total Time:	2:13:59	Top 5 Average Time:	26:48
Top 5 Average per KM:	3:21	Top 5 Average Per MILE:	5:24
1 - 5 Split:	2:57	1 - 7 Split:	5:22
Top 7 Total Time:	3:13:53	Top 7 Average Time:	27:42

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TEAM: OTTAWA GEE GEES SCORE: 183 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-20	Andre Alie-Lamarche		E4	196	26:01	3:16	5:15
28-28	Adrian Fournier		E4	198	26:33	3:20	5:21
34-34	Nicholas Roberts		E5	201	26:45	3:21	5:23
42-42	Nicolas Abanto Enns		E3	195	27:01	3:23	5:27
59-59	Zach Sikka		R	203	28:04	3:31	5:39
=====							
73-73	Fred Parent		E1	200	29:06	3:39	5:52
87-86	Nathan Meraw		E3	199	30:44	3:51	6:11

Top 5 Total Time:	2:14:24	Top 5 Average Time:	26:53
Top 5 Average per KM:	3:22	Top 5 Average Per MILE:	5:25
1 - 5 Split:	2:03	1 - 7 Split:	4:43
Top 7 Total Time:	3:14:14	Top 7 Average Time:	27:45

TEAM: TORONTO VARSITYBLUES SCORE: 186 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Ben Shore		E4	226	26:07	3:16	5:16
33-33	Adam Pralat		R	224	26:43	3:21	5:23
41-41	Brandon Raftis		E3	225	26:57	3:23	5:26
43-43	Jack Djondric-Powell		E1	220	27:02	3:23	5:27
46-46	Owen Moloney		E2	222	27:16	3:25	5:30
=====							
51-51	Anton Mlynczyk		E2	221	27:33	3:27	5:33
	Nima Ashtari		E2	218	DNF		

Top 5 Total Time:	2:14:05	Top 5 Average Time:	26:49
Top 5 Average per KM:	3:22	Top 5 Average Per MILE:	5:24
1 - 5 Split:	1:09	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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TEAM: WATERLOO WARRIORS SCORE: 247 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Adam Huras		E2	236	26:39	3:20	5:22
47-47	Patrick Dean		E2	233	27:17	3:25	5:30
54-54	Emil Bjornlinger		E1	230	27:39	3:28	5:34
55-55	Treshan Fernando		R	234	27:40	3:28	5:34
60-60	Massimo Calcagno		E2	231	28:07	3:31	5:40
=====							
71-71	Emrys Halbertsma		E2	235	29:01	3:38	5:51
75-75	Cameron Dean		E3	232	29:17	3:40	5:54
=====							
Top 5 Total Time:		2:17:22			Top 5 Average Time:	27:29	
Top 5 Average per KM:		3:27			Top 5 Average Per MILE:	5:32	
1 - 5 Split:		1:28			1 - 7 Split:	2:38	
Top 7 Total Time:		3:15:40			Top 7 Average Time:	27:58	

TEAM: LAURIER GOLDEN HAWKS SCORE: 271 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Rahil Kachalia		E4	173	27:04	3:23	5:27
48-48	Ian Young		E2	178	27:18	3:25	5:30
56-56	Joel Duff		R	170	27:56	3:30	5:38
62-62	Luke Aikman		E1	169	28:14	3:32	5:41
61-61	Eric Hill		E3	172	28:13	3:32	5:41
=====							
69-69	Davis Rutledge		E2	176	28:49	3:37	5:48
76-76	Jordan Frieberg		E2	171	29:18	3:40	5:54
=====							
Top 5 Total Time:		2:18:45			Top 5 Average Time:	27:45	
Top 5 Average per KM:		3:29			Top 5 Average Per MILE:	5:35	
1 - 5 Split:		1:10			1 - 7 Split:	2:14	
Top 7 Total Time:		3:16:52			Top 7 Average Time:	28:08	

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

TEAM: BROCK BADGERS SCORE: 286 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
37-37	Joseph Dick		E4	138	26:50	3:22	5:24
53-53	Isaac Iannarelli		E2	140	27:38	3:28	5:34
63-63	Riley Coles		E2	137	28:18	3:33	5:42
65-65	Christian Ligtenberg		E3	141	28:28	3:34	5:44
68-68	Davis Fowler		E3	139	28:35	3:35	5:45
=====							
70-70	Nick Reimer		E3	142	29:01	3:38	5:51
78-78	Jacob Bray		E3	135	29:49	3:44	6:00
=====							
Top 5 Total Time:		2:19:49			Top 5 Average Time:		27:58
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:		5:38
1 - 5 Split:		1:45			1 - 7 Split:		2:59
Top 7 Total Time:		3:18:39			Top 7 Average Time:		28:23

TEAM: LAURENTIAN VOYAGEURS SCORE: 358 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
40-40	Seamus Doherty		R	162	26:55	3:22	5:25
72-72	Nick Lambert		E3	164	29:02	3:38	5:51
79-79	Patrick Leroux		E2	165	29:52	3:44	6:01
84-83	Cameron Date		E3	161	30:17	3:48	6:06
85-84	Brandon Radey		R	167	30:27	3:49	6:08
=====							
90-88	Travis Annett		R	160	31:14	3:55	6:17
93-90	Kevin Yuan		R	168	31:43	3:58	6:23
=====							
Top 5 Total Time:		2:26:33			Top 5 Average Time:		29:19
Top 5 Average per KM:		3:40			Top 5 Average Per MILE:		5:54
1 - 5 Split:		3:32			1 - 7 Split:		4:48
Top 7 Total Time:		3:29:30			Top 7 Average Time:		29:56

2022 OUA Cross Country Championships

44th for Women, 107th for Men

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Thames Valley GC, London, ON

TEAM:		YORK LIONS		SCORE:		389	PLACE:		13
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile		
50-50	Abdullahi Abdullahi		E3	259	27:32	3:27	5:33		
77-77	Christopher Basso		E3	260	29:32	3:42	5:57		
80-80	Chase Kuchera		R	264	29:58	3:45	6:02		
92-89	Nicholas Campese		E1	261	31:36	3:57	6:22		
97-93	Ethan D'Cruz		E2	263	34:29	4:19	6:57		
Top 5 Total Time:		2:33:07		Top 5 Average Time:		30:38			
Top 5 Average per KM:		3:50		Top 5 Average Per MILE:		6:10			
1 - 5 Split:		6:57		1 - 7 Split:					
Top 7 Total Time:				Top 7 Average Time:					

TEAM:		NIPISSING LAKERS		SCORE:		405	PLACE:		14
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile		
66-66	Ethan Aarts		E2	189	28:29	3:34	5:44		
81-81	Samuel Bennett		R	190	30:07	3:46	6:04		
83-82	Noah Sullivan		E2	194	30:07	3:46	6:04		
86-85	George Legler		R	193	30:34	3:50	6:09		
95-92	Oliver Czerny-Holownia		E2	192	32:32	4:04	6:33		
94-91	Noah Cornish		E3	191	32:19	4:03	6:31		
Top 5 Total Time:		2:31:36		Top 5 Average Time:		30:20			
Top 5 Average per KM:		3:48		Top 5 Average Per MILE:		6:06			
1 - 5 Split:		3:50		1 - 7 Split:					
Top 7 Total Time:				Top 7 Average Time:					
