

Name	Club	Nov 29, 6km			Nov 29 2km			Nov 29 1km	
		Time	Split	Watts	Time	Split	Watts	Time	Split
Junior Men									
Colin F	Edmonton		No Time		06:44.0	01:41.0			
Gord M	Calgary	21:41.0	01:48.4	275	06:46.6	01:41.6			
Matt J	Calgary	21:46.1	01:48.8	271	06:47.3	01:41.5			
Will K	Calgary	21:59.0	01:49.9	263	06:50.0	01:42.5			
Jack D	Calgary	22:37.2	01:53.1	242	06:54.0	01:43.5			
Sam G	Calgary	22:08.6	01:50.7	258	06:55.7	01:43.9			
Alex	Edmonton		No Time		06:59.0	01:45.0			
Ian	Calgary	23:00.4	01:55.0	229	07:15.6	01:48.5			
Quinn B	Edmonton				07:27.0	01:52.0			
Alex	Calgary	25:01.9	02:05.2	179	07:40.4	01:55.1			
Brent	Calgary	25:04.0	02:05.3	178					
Erik O	Calgary	25:15.5	02:06.3	172	07:46.6	01:53.0			
James A	Edmonton							3:27	
George A	Edmonton							3:29	
Adam R	CABC	26:37.0	02:13.0	148				4:00	2:00
Zachary F	CABC	29:25.0	02:27.0					4:08	
Jesses H	CABC	30:53.0	02:34.0	95				4:09	2:05
Dylan	CABC	31:35.0	02:37.0	89				4:10	2:05
Junior Woman									
Nicole	Calgary	24:37.3	02:03.1	189	07:46.5	01:56.6			
Morgan	Calgary	28:12.0	02:21.1	125	08:47.0	02:11.8			
Lisa	Calgary	26:56.0	02:14.7	143					
Claudia K	Edmonton							3:37	
Novice Men									
Jason I	U of C							03:03.0	01:32.0
JT W	U of C							03:04.0	01:32.0
Ilya M	U of C							03:06.0	01:33.0
Matt F	Calgary							03:08.0	01:34.0
AJ H	U of C							03:16.0	01:38.0
Joey M	U of C							03:17.0	01:39.0
Niklas B	U of C							03:18.0	01:39.0
Isaac H	U of C							03:18.0	01:39.0
Simon K	U of C							03:22.0	01:41.0
Conner S	U of C							03:24.0	01:42.0
Alex O	U of C							03:30.0	01:45.0
Ryan C	U of C							03:31.0	01:46.0
Keith L	U of C							03:31.0	01:46.0
Steve F	U of C							03:36.0	01:48.0
Lucas C	U of C							03:39.0	01:50.0
Ryan J	U of C							03:42.0	01:51.0
Jules L	U of C							03:43.0	01:52.0
Matthew S	U of C							03:44.0	01:52.0
Jacob K	U of C							03:46.0	01:53.0
Frederico L	U of C							03:50.0	01:55.0

Novice Woman

Megan F	U of C			03:26.0	01:43.0
Tracy D	U of C			03:30.0	01:45.0
Kelsey J	U of C			03:30.0	01:45.0
Natalie V	U of C			03:44.0	01:52.0
Emily B	U of C			03:45.0	01:52.0
Nektaria M	U of C			03:48.0	01:54.0
Jessie R	U of C			03:48.0	01:54.0
Claudia P	U of C			03:53.0	01:57.0
Tara S	U of C			03:56.0	01:58.0
Olivia M	U of C			03:57.0	01:59.0
Angela S	U of C			03:57.0	01:59.0
Laura N	U of C			03:57.0	01:59.0
Robyn K	U of C			03:58.0	01:59.0
Kaitlyn M	U of C			03:58.0	01:59.0
Heather S	U of C			03:59.0	02:00.0
Kirsty L	U of C			04:08.0	02:04.0
Karalee D	U of C			04:09.0	02:05.0
Nalanda B	U of C			04:11.0	02:06.0
Alix H	U of C			04:20.0	02:10.0

Competitive Woman

Jessie L	U of C	23:36.0	01:58.0	07:26.0	01:52.0
Brittney S	U of C	24:09.0	02:01.0	07:38.0	01:55.0
Nicole B	U of A	24:37.0	02:03.0	07:45.0	01:56.0
Shawn E	Edmonton	25:12.0	02:10.0	07:59.0	01:59.0

Competitive Men

Frederick N	U of A	Did 5,000m test		6:09	1:32
Kevin K	U of C	21:33.0	01:48.0	06:47.0	01:42.0
Scott M	Calgary	21:34.0	01:48.0	No Time	
Nick K	Calgary	23:39.0	01:58.0	6:48	1:42