

6 Hour Place	Name	Bib No	Gender/Ag	Laps	Time	Total Time	Pace
1	Tony Verdon	50	M/38	59		5:54:47	
		50		Lap 1			
		50		Lap 2			
		50		Lap 3	5:38.2	18:16:57.8	8:13/M
		50		Lap 4	5:40.6	18:22:38.5	8:16/M
		50		Lap 5	5:41.5	18:28:20.0	8:18/M
		50		Lap 6	5:42.9	18:34:02.9	8:19/M
		50		Lap 7	5:42.2	18:39:45.2	8:19/M
		50		Lap 8	5:49.8	18:45:35.1	8:29/M
		50		Lap 9	5:45.2	18:51:20.3	8:24/M
		50		Lap 10	5:39.9	18:57:00.3	8:15/M
		50		Lap 11	5:46.5	19:02:46.8	8:25/M
		50		Lap 12	5:45.8	19:08:32.7	8:24/M
		50		Lap 13	5:45.2	19:14:18.0	8:24/M
		50		Lap 14	5:43.2	19:20:01.2	8:21/M
		50		Lap 15	5:44.5	19:25:45.8	8:22/M
		50		Lap 16	5:42.2	19:31:28.0	8:19/M
		50		Lap 17	5:44.3	19:37:12.4	8:22/M
		50		Lap 18	5:44.3	19:42:56.7	8:22/M
		50		Lap 19	5:41.7	19:48:38.5	8:18/M
		50		Lap 20	5:34.3	19:54:12.8	8:08/M
		50		Lap 21	5:34.1	19:59:47.0	8:08/M
		50		Lap 22	6:56.8	20:06:43.8	10:07/M
		50		Lap 23	5:39.6	20:12:23.5	8:15/M
		50		Lap 24	5:28.3	20:17:51.8	7:59/M
		50		Lap 25	5:25.3	20:23:17.2	7:54/M
		50		Lap 26	5:26.4	20:28:43.6	7:56/M
		50		Lap 27	5:26.9	20:34:10.6	7:56/M
		50		Lap 28	5:33.3	20:39:43.9	8:06/M
		50		Lap 29	5:35.2	20:45:19.1	8:09/M
		50		Lap 30	5:30.8	20:50:50.0	8:02/M
		50		Lap 31	5:29.5	20:56:19.5	8:00/M
		50		Lap 32	6:31.5	21:02:51.1	9:31/M
		50		Lap 33	5:54.0	21:08:45.1	8:37/M
		50		Lap 34	5:29.8	21:14:14.9	8:00/M
		50		Lap 35	5:37.7	21:19:52.7	8:12/M
		50		Lap 36	5:46.6	21:25:39.3	8:25/M
		50		Lap 37	5:33.2	21:31:12.6	8:06/M
		50		Lap 38	5:43.9	21:36:56.6	8:21/M
		50		Lap 39	5:44.5	21:42:41.1	8:22/M
		50		Lap 40	6:51.7	21:49:32.9	10:00/M
		50		Lap 41	5:47.7	21:55:20.6	8:27/M
		50		Lap 42	7:00.2	22:02:20.9	10:13/M
		50		Lap 43	6:30.2	22:08:51.1	9:29/M
		50		Lap 44	5:57.5	22:14:48.7	8:41/M
		50		Lap 45	6:19.3	22:21:08.1	9:13/M
		50		Lap 46	7:04.9	22:28:13.1	10:19/M
		50		Lap 47	6:18.6	22:34:31.7	9:12/M
		50		Lap 48	7:02.1	22:41:33.8	10:16/M

50	Lap 49	6:15.6	22:47:49.5	9:07/M
50	Lap 50	7:56.9	22:55:46.5	11:35/M
50	Lap 51	6:25.5	23:02:12.1	9:22/M
50	Lap 52	6:16.3	23:08:28.4	9:09/M
50	Lap 53	6:26.8	23:14:55.3	9:24/M
50	Lap 54	6:27.9	23:21:23.3	9:25/M
50	Lap 55	6:32.1	23:27:55.4	9:32/M
50	Lap 56	6:42.0	23:34:37.5	9:47/M
50	Lap 57	6:34.1	23:41:11.6	9:35/M
50	Lap 58	6:43.2	23:47:54.9	9:48/M
50	Lap 59	6:52.0	23:54:46.9	10:01/M

2	Andrew Shelton	45	M/52	55		5:59:19.6	9:32/M
		45		Lap 1	5:25.5	5:25.5	7:54/M
		45		Lap 2	5:39.2	11:04.8	8:15/M
		45		Lap 3	5:46.2	16:51.0	8:25/M
		45		Lap 4	5:49.6	22:40.7	8:29/M
		45		Lap 5	5:50.9	28:31.6	8:31/M
		45		Lap 6	5:55.8	34:27.5	8:38/M
		45		Lap 7	5:56.9	40:24.4	8:40/M
		45		Lap 8	6:03.1	46:27.5	8:50/M
		45		Lap 9	5:53.3	52:20.8	8:35/M
		45		Lap 10	5:57.2	58:18.1	8:41/M
		45		Lap 11	5:56.0	1:04:14.1	8:40/M
		45		Lap 12	5:49.4	1:10:03.5	8:29/M
		45		Lap 13	5:55.4	1:15:59.0	8:38/M
		45		Lap 14	6:15.8	1:22:14.8	9:07/M
		45		Lap 15	5:59.4	1:28:14.3	8:44/M
		45		Lap 16	5:48.0	1:34:02.3	8:28/M
		45		Lap 17	5:57.0	1:39:59.3	8:41/M
		45		Lap 18	5:54.5	1:45:53.9	8:37/M
		45		Lap 19	5:56.8	1:51:50.7	8:40/M
		45		Lap 20	6:39.3	1:58:30.0	9:42/M
		45		Lap 21	5:59.7	2:04:29.8	8:44/M
		45		Lap 22	5:58.6	2:10:28.4	8:43/M
		45		Lap 23	5:57.2	2:16:25.7	8:41/M
		45		Lap 24	5:58.0	2:22:23.7	8:43/M
		45		Lap 25	6:03.5	2:28:27.3	8:50/M
		45		Lap 26	7:45.7	2:36:13.1	11:19/M
		45		Lap 27	6:05.8	2:42:19.0	8:53/M
		45		Lap 28	6:01.9	2:48:20.9	8:47/M
		45		Lap 29	6:02.8	2:54:23.7	8:48/M
		45		Lap 30	6:03.9	3:00:27.7	8:50/M
		45		Lap 31	6:09.7	3:06:37.4	8:59/M
		45		Lap 32	6:50.2	3:13:27.7	9:59/M
		45		Lap 33	6:39.8	3:20:07.6	9:42/M
		45		Lap 34	6:03.8	3:26:11.4	8:50/M
		45		Lap 35	6:09.7	3:32:21.2	8:59/M
		45		Lap 36	5:58.7	3:38:19.9	8:43/M
		45		Lap 37	6:14.6	3:44:34.5	9:06/M
		45		Lap 38	8:07.2	3:52:41.8	11:51/M
		45		Lap 39	6:52.6	3:59:34.4	10:01/M

45	Lap 40	6:07.5	4:05:42.0	8:56/M
45	Lap 41	6:12.9	4:11:54.9	9:03/M
45	Lap 42	6:29.0	4:18:23.9	9:28/M
45	Lap 43	6:19.8	4:24:43.8	9:13/M
45	Lap 44	10:58.1	4:35:41.9	16:01/M
45	Lap 45	6:35.0	4:42:17.0	9:37/M
45	Lap 46	9:56.3	4:52:13.3	14:30/M
45	Lap 47	6:58.1	4:59:11.5	10:10/M
45	Lap 48	7:23.6	5:06:35.1	10:47/M
45	Lap 49	7:06.4	5:13:41.6	10:22/M
45	Lap 50	7:53.9	5:21:35.5	11:31/M
45	Lap 51	7:47.4	5:29:23.0	11:22/M
45	Lap 52	7:25.9	5:36:49.0	10:50/M
45	Lap 53	7:27.9	5:44:16.9	10:53/M
45	Lap 54	7:39.5	5:51:56.4	11:10/M
45	Lap 55	7:23.1	5:59:19.6	10:47/M

3	Jon Burg	39	M/39	52		5:58:29.1	10:04/M
		39		Lap 1	5:29.5	5:29.5	8:00/M
		39		Lap 2	5:44.9	11:14.4	8:22/M
		39		Lap 3	5:51.0	17:05.4	8:32/M
		39		Lap 4	5:52.7	22:58.1	8:34/M
		39		Lap 5	6:07.1	29:05.3	8:56/M
		39		Lap 6	5:52.4	34:57.8	8:34/M
		39		Lap 7	5:59.1	40:57.0	8:44/M
		39		Lap 8	5:55.8	46:52.8	8:38/M
		39		Lap 9	5:54.1	52:47.0	8:37/M
		39		Lap 10	5:52.2	58:39.2	8:34/M
		39		Lap 11	6:19.6	1:04:58.9	9:13/M
		39		Lap 12	5:52.1	1:10:51.0	8:34/M
		39		Lap 13	5:49.6	1:16:40.6	8:29/M
		39		Lap 14	5:54.7	1:22:35.4	8:37/M
		39		Lap 15	5:57.5	1:28:33.0	8:41/M
		39		Lap 16	6:28.6	1:35:01.6	9:26/M
		39		Lap 17	6:00.9	1:41:02.6	8:46/M
		39		Lap 18	6:03.1	1:47:05.8	8:50/M
		39		Lap 19	6:05.0	1:53:10.8	8:53/M
		39		Lap 20	6:07.1	1:59:18.0	8:56/M
		39		Lap 21	6:43.4	2:06:01.4	9:48/M
		39		Lap 22	6:05.7	2:12:07.1	8:53/M
		39		Lap 23	6:17.5	2:18:24.7	9:10/M
		39		Lap 24	6:54.5	2:25:19.2	10:04/M
		39		Lap 25	6:52.1	2:32:11.3	10:01/M
		39		Lap 26	7:37.8	2:39:49.2	11:07/M
		39		Lap 27	7:15.2	2:47:04.4	10:35/M
		39		Lap 28	7:09.9	2:54:14.3	10:26/M
		39		Lap 29	7:42.2	3:01:56.5	11:14/M
		39		Lap 30	7:17.9	3:09:14.5	10:38/M
		39		Lap 31	7:55.9	3:17:10.4	11:33/M
		39		Lap 32	8:02.2	3:25:12.6	11:44/M
		39		Lap 33	8:13.1	3:33:25.7	12:00/M
		39		Lap 34	8:08.0	3:41:33.7	11:52/M

39	Lap 35	7:55.1	3:49:28.9	11:33/M
39	Lap 36	8:27.4	3:57:56.3	12:20/M
39	Lap 37	7:42.7	4:05:39.1	11:14/M
39	Lap 38	7:48.8	4:13:27.9	11:23/M
39	Lap 39	8:54.5	4:22:22.4	13:00/M
39	Lap 40	9:28.2	4:31:50.7	13:49/M
39	Lap 41	9:34.0	4:41:24.7	13:58/M
39	Lap 42	8:27.2	4:49:52.0	12:20/M
39	Lap 43	9:06.5	4:58:58.5	13:17/M
39	Lap 44	8:10.5	5:07:09.0	11:55/M
39	Lap 45	7:46.5	5:14:55.6	11:20/M
39	Lap 46	6:55.2	5:21:50.8	10:06/M
39	Lap 47	6:26.3	5:28:17.2	9:24/M
39	Lap 48	6:36.2	5:34:53.4	9:38/M
39	Lap 49	6:10.8	5:41:04.3	9:00/M
39	Lap 50	6:00.5	5:47:04.9	8:46/M
39	Lap 51	5:48.3	5:52:53.2	8:28/M
39	Lap 52	5:35.9	5:58:29.1	8:09/M

4	Luke Dumonthier	42	M/34	47	5:57:50
		42		Lap 1	
		42		Lap 2	4:33.2 6:09:29.4 6:39/M
		42		Lap 3	4:48.8 6:14:18.3 7:00/M
		42		Lap 4	4:56.8 6:19:15.1 7:12/M
		42		Lap 5	5:10.6 6:24:25.7 7:33/M
		42		Lap 6	5:09.1 6:29:34.9 7:31/M
		42		Lap 7	5:03.7 6:34:38.6 7:22/M
		42		Lap 8	5:24.2 6:40:02.9 7:53/M
		42		Lap 9	5:12.9 6:45:15.8 7:35/M
		42		Lap 10	5:24.5 6:50:40.3 7:53/M
		42		Lap 11	5:40.4 6:56:20.7 8:16/M
		42		Lap 12	5:35.3 7:01:56.1 8:09/M
		42		Lap 13	5:29.8 7:07:26.0 8:00/M
		42		Lap 14	5:29.6 7:12:55.6 8:00/M
		42		Lap 15	5:53.1 7:18:48.7 8:35/M
		42		Lap 16	5:31.5 7:24:20.2 8:03/M
		42		Lap 17	5:32.0 7:29:52.3 8:05/M
		42		Lap 18	5:31.1 7:35:23.4 8:03/M
		42		Lap 19	5:36.8 7:41:00.3 8:11/M
		42		Lap 20	5:50.9 7:46:51.2 8:31/M
		42		Lap 21	6:02.1 7:52:53.4 8:48/M
		42		Lap 22	5:52.1 7:58:45.5 8:34/M
		42		Lap 23	5:52.2 8:04:37.7 8:34/M
		42		Lap 24	6:17.6 8:10:55.4 9:10/M
		42		Lap 25	7:01.4 8:17:56.8 10:15/M
		42		Lap 26	6:40.7 8:24:37.6 9:44/M
		42		Lap 27	6:41.2 8:31:18.9 9:45/M
		42		Lap 28	6:58.1 8:38:17.0 10:10/M
		42		Lap 29	10:39.5 8:48:56.5 15:33/M
		42		Lap 30	9:53.6 8:58:50.2 14:26/M
		42		Lap 31	9:26.6 9:08:16.8 13:46/M
		42		Lap 32	11:14.4 9:19:31.2 16:24/M

42	Lap 33	8:36.8	9:28:08.0	12:33/M
42	Lap 34	10:45.3	9:38:53.4	15:42/M
42	Lap 35	9:22.2	9:48:15.6	13:40/M
42	Lap 36	7:44.3	9:55:59.9	11:17/M
42	Lap 37	9:34.1	10:05:34.0	13:58/M
42	Lap 38	12:24.2	10:17:58.3	18:06/M
42	Lap 39	32:57.4	10:50:55.7	48:06/M
42	Lap 40	10:18.6	11:01:14.4	15:02/M
42	Lap 41	11:24.8	11:12:39.2	16:39/M
42	Lap 42	10:57.3	11:23:36.6	15:59/M
42	Lap 43	8:54.4	11:32:31.0	13:00/M
42	Lap 44	7:59.4	11:40:30.5	11:39/M
42	Lap 45	6:40.5	11:47:11.0	9:44/M
42	Lap 46	5:40.0	11:52:51.1	8:16/M
42	Lap 47	4:58.5	11:57:49.7	7:15/M

5	Stacey Costa	40	F/48	46		5:53:03.9	11:12/M
		40		Lap 1	6:54.3	6:54.3	10:04/M
		40		Lap 2	6:10.4	13:04.8	9:00/M
		40		Lap 3	7:23.1	20:28.0	10:47/M
		40		Lap 4	6:28.5	26:56.5	9:26/M
		40		Lap 5	6:21.2	33:17.7	9:16/M
		40		Lap 6	6:22.9	39:40.6	9:18/M
		40		Lap 7	6:20.1	46:00.8	9:15/M
		40		Lap 8	6:18.2	52:19.0	9:12/M
		40		Lap 9	6:23.0	58:42.1	9:19/M
		40		Lap 10	6:34.2	1:05:16.3	9:35/M
		40		Lap 11	7:02.5	1:12:18.8	10:16/M
		40		Lap 12	6:29.8	1:18:48.6	9:28/M
		40		Lap 13	6:27.1	1:25:15.8	9:25/M
		40		Lap 14	8:43.8	1:33:59.6	12:44/M
		40		Lap 15	7:00.0	1:40:59.7	10:13/M
		40		Lap 16	6:52.8	1:47:52.5	10:01/M
		40		Lap 17	6:49.4	1:54:41.9	9:57/M
		40		Lap 18	11:57.1	2:06:39.0	17:27/M
		40		Lap 19	6:31.7	2:13:10.8	9:31/M
		40		Lap 20	6:31.0	2:19:41.8	9:31/M
		40		Lap 21	6:29.3	2:26:11.1	9:28/M
		40		Lap 22	6:28.9	2:32:40.0	9:26/M
		40		Lap 23	10:38.3	2:43:18.4	15:31/M
		40		Lap 24	7:56.4	2:51:14.9	11:35/M
		40		Lap 25	6:56.1	2:58:11.1	10:07/M
		40		Lap 26	6:39.6	3:04:50.7	9:42/M
		40		Lap 27	10:06.7	3:14:57.5	14:45/M
		40		Lap 28	7:50.3	3:22:47.8	11:26/M
		40		Lap 29	6:38.4	3:29:26.3	9:41/M
		40		Lap 30	6:38.1	3:36:04.4	9:41/M
		40		Lap 31	6:47.7	3:42:52.2	9:54/M
		40		Lap 32	11:36.6	3:54:28.9	16:56/M
		40		Lap 33	9:55.9	4:04:24.8	14:29/M
		40		Lap 34	6:54.8	4:11:19.7	10:04/M
		40		Lap 35	7:46.9	4:19:06.6	11:20/M

40	Lap 36	8:40.6	4:27:47.2	12:39/M
40	Lap 37	12:37.4	4:40:24.6	18:25/M
40	Lap 38	9:38.5	4:50:03.2	14:04/M
40	Lap 39	7:05.1	4:57:08.4	10:20/M
40	Lap 40	7:25.5	5:04:34.0	10:50/M
40	Lap 41	7:59.2	5:12:33.2	11:39/M
40	Lap 42	8:18.9	5:20:52.1	12:07/M
40	Lap 43	11:35.8	5:32:28.0	16:55/M
40	Lap 44	7:08.9	5:39:37.0	10:25/M
40	Lap 45	6:48.8	5:46:25.8	9:56/M
40	Lap 46	6:38.1	5:53:03.9	9:41/M

6	Steve Snyder	35	M/55	45	5:57:17
		35		Lap 1	
		35		Lap 2	6:33.9 6:12:55.1 9:34/M
		35		Lap 3	7:56.2 6:20:51.4 11:35/M
		35		Lap 4	6:09.6 6:27:01.1 8:59/M
		35		Lap 5	6:14.7 6:33:15.8 9:06/M
		35		Lap 6	6:32.0 6:39:47.8 9:32/M
		35		Lap 7	6:48.0 6:46:35.9 9:56/M
		35		Lap 8	6:50.9 6:53:26.8 9:59/M
		35		Lap 9	7:53.3 7:01:20.2 11:31/M
		35		Lap 10	6:31.7 7:07:51.9 9:31/M
		35		Lap 11	6:48.7 7:14:40.7 9:56/M
		35		Lap 12	6:22.2 7:21:02.9 9:18/M
		35		Lap 13	6:30.3 7:27:33.3 9:29/M
		35		Lap 14	6:31.6 7:34:05.0 9:31/M
		35		Lap 15	7:13.5 7:41:18.5 10:32/M
		35		Lap 16	6:36.0 7:47:54.5 9:38/M
		35		Lap 17	6:49.4 7:54:43.9 9:57/M
		35		Lap 18	6:54.3 8:01:38.3 10:04/M
		35		Lap 19	6:51.4 8:08:29.8 10:00/M
		35		Lap 20	6:35.2 8:15:05.1 9:37/M
		35		Lap 21	6:34.9 8:21:40.1 9:35/M
		35		Lap 22	7:39.3 8:29:19.4 11:10/M
		35		Lap 23	7:18.5 8:36:37.9 10:39/M
		35		Lap 24	6:55.2 8:43:33.1 10:06/M
		35		Lap 25	7:03.7 8:50:36.9 10:18/M
		35		Lap 26	7:40.4 8:58:17.4 11:12/M
		35		Lap 27	11:30.0 9:09:47.4 16:47/M
		35		Lap 28	10:27.6 9:20:15.0 15:15/M
		35		Lap 29	7:13.2 9:27:28.3 10:32/M
		35		Lap 30	6:37.5 9:34:05.8 9:40/M
		35		Lap 31	6:36.2 9:40:42.1 9:38/M
		35		Lap 32	6:49.0 9:47:31.2 9:57/M
		35		Lap 33	7:32.0 9:55:03.2 11:00/M
		35		Lap 34	10:07.4 10:05:10.7 14:46/M
		35		Lap 35	8:54.7 10:14:05.4 13:00/M
		35		Lap 36	11:22.9 10:25:28.3 16:36/M
		35		Lap 37	8:56.4 10:34:24.7 13:02/M
		35		Lap 38	7:43.6 10:42:08.4 11:16/M
		35		Lap 39	9:37.9 10:51:46.3 14:02/M

35	Lap 40	10:25.9	11:02:12.3	15:12/M
35	Lap 41	12:07.9	11:14:20.2	17:41/M
35	Lap 42	10:43.2	11:25:03.4	15:39/M
35	Lap 43	10:23.3	11:35:26.7	15:09/M
35	Lap 44	10:50.9	11:46:17.7	15:49/M
35	Lap 45	10:59.2	11:57:16.9	16:02/M

7	Dave McLean	57	M/54	44	5:42:44
		57		Lap 1	
		57		Lap 2	6:57.0 7:58:47.7 10:09/M
		57		Lap 3	6:12.4 8:05:00.1 9:03/M
		57		Lap 4	6:26.4 8:11:26.6 9:24/M
		57		Lap 5	8:11.2 8:19:37.8 11:57/M
		57		Lap 6	7:14.5 8:26:52.4 10:34/M
		57		Lap 7	6:36.7 8:33:29.1 9:38/M
		57		Lap 8	8:33.4 8:42:02.5 12:29/M
		57		Lap 9	6:33.1 8:48:35.7 9:34/M
		57		Lap 10	6:24.6 8:55:00.3 9:21/M
		57		Lap 11	6:29.7 9:01:30.1 9:28/M
		57		Lap 12	11:19.8 9:12:49.9 16:31/M
		57		Lap 13	8:19.0 9:21:09.0 12:08/M
		57		Lap 14	6:38.2 9:27:47.3 9:41/M
		57		Lap 15	6:46.9 9:34:34.2 9:53/M
		57		Lap 16	6:41.5 9:41:15.7 9:45/M
		57		Lap 17	7:10.6 9:48:26.4 10:28/M
		57		Lap 18	7:03.5 9:55:30.0 10:18/M
		57		Lap 19	6:55.5 10:02:25.5 10:06/M
		57		Lap 20	7:44.2 10:10:09.8 11:17/M
		57		Lap 21	10:54.8 10:21:04.6 15:55/M
		57		Lap 22	8:06.5 10:29:11.2 11:49/M
		57		Lap 23	10:26.2 10:39:37.4 15:14/M
		57		Lap 24	27:37.8 11:07:15.3 40:19/M
		57		Lap 25	6:47.8 11:14:03.2 9:54/M
		57		Lap 26	7:08.3 11:21:11.5 10:25/M
		57		Lap 27	8:15.0 11:29:26.6 12:03/M
		57		Lap 28	7:03.8 11:36:30.5 10:18/M
		57		Lap 29	7:02.7 11:43:33.2 10:16/M
		57		Lap 30	7:01.3 11:50:34.5 10:15/M
		57		Lap 31	7:08.6 11:57:43.2 10:25/M
		57		Lap 32	10:03.6 12:07:46.8 14:40/M
		57		Lap 33	7:41.5 12:15:28.4 11:13/M
		57		Lap 34	9:39.1 12:25:07.5 14:05/M
		57		Lap 35	7:47.4 12:32:54.9 11:22/M
		57		Lap 36	7:09.3 12:40:04.2 10:26/M
		57		Lap 37	7:05.4 12:47:09.7 10:20/M
		57		Lap 38	7:22.4 12:54:32.1 10:45/M
		57		Lap 39	7:22.9 13:01:55.1 10:45/M
		57		Lap 40	8:16.5 13:10:11.6 12:04/M
		57		Lap 41	7:49.1 13:18:00.7 11:25/M
		57		Lap 42	8:34.4 13:26:35.2 12:30/M
		57		Lap 43	8:00.9 13:34:36.2 11:41/M
		57		Lap 44	8:07.5 13:42:43.7 11:51/M

8	Esmail Rahimian	55	M/58	41		5:12:31	13:16/M
		55		Lap 1	6:59.7	6:59.7	10:12/M
		55		Lap 2	7:53.7	14:53.4	11:31/M
		55		Lap 3	8:44.2	23:37.7	12:45/M
		55		Lap 4	7:58.9	31:36.6	11:38/M
		55		Lap 5	8:23.5	40:00.2	12:14/M
		55		Lap 6	8:03.9	48:04.1	11:45/M
		55		Lap 7	8:31.6	56:35.8	12:26/M
		55		Lap 8	7:50.2	1:04:26.0	11:26/M
		55		Lap 9	10:25.8	1:14:51.8	15:12/M
		55		Lap 10	7:59.0	1:22:50.8	11:39/M
		55		Lap 11	8:23.6	1:31:14.5	12:14/M
		55		Lap 12	8:50.8	1:40:05.4	12:54/M
		55		Lap 13	8:17.4	1:48:22.9	12:06/M
		55		Lap 14	8:30.6	1:56:53.5	12:25/M
		55		Lap 15	8:39.0	2:05:32.5	12:38/M
		55		Lap 16	8:12.8	2:13:45.4	11:58/M
		55		Lap 17	9:20.5	2:23:06.0	13:38/M
		55		Lap 18	8:51.3	2:31:57.3	12:55/M
		55		Lap 19	8:25.0	2:40:22.3	12:17/M
		55		Lap 20	8:42.1	2:49:04.5	12:42/M
		55		Lap 21	8:58.2	2:58:02.7	13:05/M
		55		Lap 22	8:40.6	3:06:43.4	12:39/M
		55		Lap 23	9:23.1	3:16:06.6	13:42/M
		55		Lap 24	8:19.7	3:24:26.3	12:08/M
		55		Lap 25	8:29.1	3:32:55.5	12:23/M
		55		Lap 26	8:58.5	3:41:54.0	13:05/M
		55		Lap 27	8:38.8	3:50:32.8	12:36/M
		55		Lap 28	9:19.0	3:59:51.9	13:36/M
		55		Lap 29	9:30.7	4:09:22.7	13:52/M
		55		Lap 30	9:43.6	4:19:06.3	14:11/M
		55		Lap 31	9:58.5	4:29:04.9	14:33/M
		55		Lap 32	10:18.3	4:39:23.2	15:02/M
		55		Lap 33	9:41.9	4:49:05.2	14:08/M
		55		Lap 34	9:57.1	4:59:02.4	14:32/M
		55		Lap 35	9:56.1	5:08:58.6	14:30/M
		55		Lap 36	10:00.0	5:18:58.6	14:36/M
		55		Lap 37	9:53.8	5:28:52.5	14:26/M
		55		Lap 38	9:38.2	5:38:30.7	14:04/M
		55		Lap 39	8:51.7	5:47:22.5	12:55/M
		55		Lap 40	8:54.5	5:56:17.0	13:00/M
		55		Lap 41	16:14.2	6:12:31.2	23:42/M

9	Brenda Gee Deperalta	41	F/51	39		5:51:08.1	13:09/M
		41		Lap 1	7:08.2	7:08.2	10:25/M
		41		Lap 2	7:03.6	14:11.8	10:18/M
		41		Lap 3	10:48.5	25:00.3	15:46/M
		41		Lap 4	7:05.8	32:06.2	10:20/M
		41		Lap 5	6:52.2	38:58.4	10:01/M
		41		Lap 6	6:50.3	45:48.7	9:59/M
		41		Lap 7	6:48.3	52:37.1	9:56/M

41	Lap 8	6:46.2	59:23.3	9:53/M
41	Lap 9	6:53.3	1:06:16.7	10:03/M
41	Lap 10	6:57.2	1:13:13.9	10:09/M
41	Lap 11	7:44.3	1:20:58.3	11:17/M
41	Lap 12	8:35.0	1:29:33.4	12:32/M
41	Lap 13	7:30.2	1:37:03.6	10:57/M
41	Lap 14	8:07.8	1:45:11.4	11:51/M
41	Lap 15	8:53.1	1:54:04.6	12:58/M
41	Lap 16	10:32.6	2:04:37.2	15:23/M
41	Lap 17	12:16.0	2:16:53.2	17:54/M
41	Lap 18	8:39.0	2:25:32.2	12:38/M
41	Lap 19	8:43.9	2:34:16.2	12:44/M
41	Lap 20	8:45.8	2:43:02.0	12:46/M
41	Lap 21	8:23.8	2:51:25.8	12:14/M
41	Lap 22	9:55.3	3:01:21.2	14:29/M
41	Lap 23	10:19.8	3:11:41.0	15:04/M
41	Lap 24	11:38.2	3:23:19.2	16:59/M
41	Lap 25	9:02.5	3:32:21.8	13:11/M
41	Lap 26	9:28.9	3:41:50.7	13:49/M
41	Lap 27	9:27.3	3:51:18.1	13:48/M
41	Lap 28	8:55.0	4:00:13.1	13:01/M
41	Lap 29	9:10.4	4:09:23.6	13:23/M
41	Lap 30	11:02.7	4:20:26.3	16:06/M
41	Lap 31	10:48.3	4:31:14.7	15:46/M
41	Lap 32	10:53.2	4:42:07.9	15:53/M
41	Lap 33	11:03.7	4:53:11.7	16:08/M
41	Lap 34	11:24.4	5:04:36.1	16:39/M
41	Lap 35	11:05.3	5:15:41.5	16:11/M
41	Lap 36	10:24.9	5:26:06.4	15:11/M
41	Lap 37	11:01.2	5:37:07.6	16:05/M
41	Lap 38	7:24.1	5:44:31.8	10:48/M
41	Lap 39	6:36.3	5:51:08.1	9:38/M

10	Chris Thompson	47	M/65	39		5:53:18.8	13:13/M
		47		Lap 1	9:11.2	9:11.2	13:24/M
		47		Lap 2	10:31.2	19:42.4	15:21/M
		47		Lap 3	8:44.4	28:26.9	12:45/M
		47		Lap 4	8:37.5	37:04.4	12:35/M
		47		Lap 5	7:47.1	44:51.5	11:22/M
		47		Lap 6	7:34.9	52:26.5	11:03/M
		47		Lap 7	10:32.3	1:02:58.9	15:23/M
		47		Lap 8	8:28.1	1:11:27.1	12:22/M
		47		Lap 9	7:46.1	1:19:13.2	11:20/M
		47		Lap 10	8:51.9	1:28:05.2	12:55/M
		47		Lap 11	8:34.8	1:36:40.0	12:30/M
		47		Lap 12	8:29.7	1:45:09.8	12:23/M
		47		Lap 13	8:38.5	1:53:48.4	12:36/M
		47		Lap 14	9:55.3	2:03:43.7	14:29/M
		47		Lap 15	9:49.9	2:13:33.7	14:20/M
		47		Lap 16	8:28.2	2:22:02.0	12:22/M
		47		Lap 17	8:08.7	2:30:10.7	11:52/M
		47		Lap 18	11:20.2	2:41:30.9	16:33/M

47	Lap 19	8:24.0	2:49:55.0	12:16/M
47	Lap 20	8:17.4	2:58:12.4	12:06/M
47	Lap 21	9:08.2	3:07:20.7	13:20/M
47	Lap 22	9:01.5	3:16:22.2	13:10/M
47	Lap 23	8:44.1	3:25:06.4	12:45/M
47	Lap 24	8:55.1	3:34:01.6	13:01/M
47	Lap 25	9:59.4	3:44:01.0	14:34/M
47	Lap 26	8:36.8	3:52:37.9	12:33/M
47	Lap 27	9:39.9	4:02:17.8	14:05/M
47	Lap 28	9:04.8	4:11:22.6	13:14/M
47	Lap 29	9:08.1	4:20:30.7	13:20/M
47	Lap 30	8:37.0	4:29:07.7	12:35/M
47	Lap 31	9:38.5	4:38:46.3	14:04/M
47	Lap 32	9:57.0	4:48:43.4	14:32/M
47	Lap 33	9:17.1	4:58:00.5	13:33/M
47	Lap 34	8:48.9	5:06:49.4	12:51/M
47	Lap 35	9:12.1	5:16:01.6	13:26/M
47	Lap 36	10:37.6	5:26:39.2	15:30/M
47	Lap 37	8:50.1	5:35:29.4	12:54/M
47	Lap 38	8:55.9	5:44:25.3	13:01/M
47	Lap 39	8:53.5	5:53:18.8	12:58/M

11	Erik Sagerdahl	44	M/46	38	5:54:45
		44		Lap 1	
		44		Lap 2	8:06.6 6:15:02.9 11:49/M
		44		Lap 3	7:42.8 6:22:45.8 11:14/M
		44		Lap 4	7:54.6 6:30:40.4 11:32/M
		44		Lap 5	8:09.9 6:38:50.4 11:54/M
		44		Lap 6	7:59.1 6:46:49.5 11:39/M
		44		Lap 7	8:12.3 6:55:01.9 11:58/M
		44		Lap 8	8:24.3 7:03:26.3 12:16/M
		44		Lap 9	8:57.3 7:12:23.6 13:04/M
		44		Lap 10	8:41.3 7:21:04.9 12:41/M
		44		Lap 11	8:20.0 7:29:24.9 12:10/M
		44		Lap 12	8:26.9 7:37:51.9 12:19/M
		44		Lap 13	9:13.2 7:47:05.1 13:27/M
		44		Lap 14	9:27.2 7:56:32.3 13:48/M
		44		Lap 15	8:28.8 8:05:01.1 12:22/M
		44		Lap 16	9:22.9 8:14:24.1 13:40/M
		44		Lap 17	9:00.0 8:23:24.1 13:08/M
		44		Lap 18	9:52.9 8:33:17.0 14:24/M
		44		Lap 19	9:03.4 8:42:20.4 13:13/M
		44		Lap 20	9:20.4 8:51:40.9 13:38/M
		44		Lap 21	9:21.4 9:01:02.4 13:39/M
		44		Lap 22	9:57.6 9:11:00.0 14:32/M
		44		Lap 23	9:11.7 9:20:11.7 13:24/M
		44		Lap 24	12:03.7 9:32:15.5 17:35/M
		44		Lap 25	9:15.7 9:41:31.2 13:30/M
		44		Lap 26	9:47.9 9:51:19.1 14:17/M
		44		Lap 27	10:52.5 10:02:11.7 15:52/M
		44		Lap 28	10:19.0 10:12:30.7 15:04/M
		44		Lap 29	10:05.9 10:22:36.7 14:43/M

		44		Lap 30	10:36.0	10:33:12.8	15:28/M
		44		Lap 31	10:52.1	10:44:04.9	15:52/M
		44		Lap 32	11:53.8	10:55:58.8	17:21/M
		44		Lap 33	10:14.5	11:06:13.4	14:56/M
		44		Lap 34	10:58.0	11:17:11.5	16:01/M
		44		Lap 35	10:13.6	11:27:25.1	14:55/M
		44		Lap 36	10:09.2	11:37:34.3	14:49/M
		44		Lap 37	8:30.3	11:46:04.7	12:25/M
		44		Lap 38	8:40.7	11:54:45.4	12:39/M
12	Megan Storms	56	M/41	37		5:54:55	
		56		Lap 1			
		56		Lap 2	7:24.5	6:14:25.8	10:48/M
		56		Lap 3	7:21.3	6:21:47.2	10:44/M
		56		Lap 4	7:10.5	6:28:57.8	10:28/M
		56		Lap 5	7:02.3	6:36:00.1	10:16/M
		56		Lap 6	8:00.8	6:44:01.0	11:41/M
		56		Lap 7	8:12.3	6:52:13.3	11:58/M
		56		Lap 8	7:38.9	6:59:52.2	11:09/M
		56		Lap 9	9:00.9	7:08:53.1	13:08/M
		56		Lap 10	7:03.3	7:15:56.5	10:18/M
		56		Lap 11	6:58.1	7:22:54.7	10:10/M
		56		Lap 12	11:28.0	7:34:22.7	16:44/M
		56		Lap 13	17:27.1	7:51:49.8	25:28/M
		56		Lap 14	8:32.2	8:00:22.1	12:27/M
		56		Lap 15	9:30.6	8:09:52.8	13:52/M
		56		Lap 16	9:45.8	8:19:38.6	14:14/M
		56		Lap 17	7:14.7	8:26:53.3	10:34/M
		56		Lap 18	10:42.8	8:37:36.2	15:37/M
		56		Lap 19	8:12.7	8:45:48.9	11:58/M
		56		Lap 20	7:30.0	8:53:18.9	10:57/M
		56		Lap 21	8:11.2	9:01:30.1	11:57/M
		56		Lap 22	11:19.8	9:12:50.0	16:31/M
		56		Lap 23	8:19.1	9:21:09.1	12:08/M
		56		Lap 24	11:13.6	9:32:22.7	16:22/M
		56		Lap 25	8:36.5	9:40:59.2	12:33/M
		56		Lap 26	7:27.3	9:48:26.6	10:53/M
		56		Lap 27	13:26.6	10:01:53.2	19:37/M
		56		Lap 28	8:16.7	10:10:10.0	12:04/M
		56		Lap 29	10:55.7	10:21:05.7	15:56/M
		56		Lap 30	8:07.1	10:29:12.9	11:51/M
		56		Lap 31	10:33.7	10:39:46.7	15:24/M
		56		Lap 32	32:42.2	11:12:28.9	47:44/M
		56		Lap 33	8:43.4	11:21:12.3	12:44/M
		56		Lap 34	9:02.4	11:30:14.7	13:11/M
		56		Lap 35	9:06.2	11:39:21.0	13:17/M
		56		Lap 36	7:48.4	11:47:09.5	11:23/M
		56		Lap 37	7:45.4	11:54:54.9	11:19/M
13	Nancy Wang	52	F/62	33		5:49:59.0	15:29/M
		52		Lap 1	7:09.2	7:09.2	10:26/M
		52		Lap 2	7:03.2	14:12.4	10:18/M

52	Lap 3	10:46.3	24:58.8	15:43/M
52	Lap 4	7:09.6	32:08.4	10:26/M
52	Lap 5	7:02.9	39:11.3	10:16/M
52	Lap 6	7:17.3	46:28.7	10:38/M
52	Lap 7	7:05.5	53:34.3	10:20/M
52	Lap 8	7:47.4	1:01:21.7	11:22/M
52	Lap 9	10:31.6	1:11:53.4	15:21/M
52	Lap 10	9:06.2	1:20:59.6	13:17/M
52	Lap 11	8:37.2	1:29:36.8	12:35/M
52	Lap 12	7:58.9	1:37:35.8	11:38/M
52	Lap 13	8:21.1	1:45:56.9	12:11/M
52	Lap 14	8:05.9	1:54:02.9	11:48/M
52	Lap 15	10:35.5	2:04:38.5	15:27/M
52	Lap 16	12:16.7	2:16:55.3	17:54/M
52	Lap 17	13:57.1	2:30:52.4	20:22/M
52	Lap 18	15:57.6	2:46:50.1	23:17/M
52	Lap 19	12:27.3	2:59:17.4	18:11/M
52	Lap 20	12:28.5	3:11:45.9	18:12/M
52	Lap 21	12:01.5	3:23:47.5	17:33/M
52	Lap 22	12:02.2	3:35:49.7	17:34/M
52	Lap 23	12:21.8	3:48:11.5	18:02/M
52	Lap 24	11:57.6	4:00:09.2	17:27/M
52	Lap 25	16:09.9	4:16:19.1	23:35/M
52	Lap 26	12:08.4	4:28:27.6	17:43/M
52	Lap 27	13:38.7	4:42:06.4	19:54/M
52	Lap 28	11:26.4	4:53:32.8	16:41/M
52	Lap 29	12:52.4	5:06:25.3	18:47/M
52	Lap 30	11:37.0	5:18:02.3	16:58/M
52	Lap 31	12:01.4	5:30:03.8	17:33/M
52	Lap 32	10:07.0	5:40:10.8	14:46/M
52	Lap 33	9:48.1	5:49:59.0	14:18/M

14	Michael Tatham	46	M/64	30		5:07:38.9	14:58/M
		46		Lap 1	6:51.1	6:51.1	10:00/M
		46		Lap 2	8:51.1	15:42.3	12:55/M
		46		Lap 3	8:24.8	24:07.1	12:16/M
		46		Lap 4	8:42.0	32:49.2	12:42/M
		46		Lap 5	8:30.0	41:19.2	12:25/M
		46		Lap 6	9:07.0	50:26.3	13:19/M
		46		Lap 7	10:31.5	1:00:57.8	15:21/M
		46		Lap 8	9:05.6	1:10:03.4	13:16/M
		46		Lap 9	9:11.9	1:19:15.4	13:24/M
		46		Lap 10	9:23.6	1:28:39.1	13:42/M
		46		Lap 11	10:39.0	1:39:18.2	15:33/M
		46		Lap 12	9:00.7	1:48:18.9	13:08/M
		46		Lap 13	9:38.0	1:57:56.9	14:04/M
		46		Lap 14	10:54.0	2:08:51.0	15:55/M
		46		Lap 15	9:37.4	2:18:28.4	14:02/M
		46		Lap 16	9:37.0	2:28:05.5	14:02/M
		46		Lap 17	10:46.4	2:38:51.9	15:43/M
		46		Lap 18	9:12.7	2:48:04.6	13:26/M
		46		Lap 19	9:43.9	2:57:48.5	14:11/M

46	Lap 20	12:07.8	3:09:56.4	17:41/M
46	Lap 21	11:46.8	3:21:43.2	17:11/M
46	Lap 22	10:25.6	3:32:08.9	15:12/M
46	Lap 23	10:22.9	3:42:31.8	15:08/M
46	Lap 24	12:28.1	3:54:59.9	18:12/M
46	Lap 25	16:02.1	4:11:02.1	23:24/M
46	Lap 26	12:50.1	4:23:52.2	18:44/M
46	Lap 27	10:58.5	4:34:50.7	16:01/M
46	Lap 28	10:57.6	4:45:48.3	15:59/M
46	Lap 29	11:10.6	4:56:59.0	16:18/M
46	Lap 30	10:39.9	5:07:38.9	15:33/M

15	Jon Wallenberg	51	M/51	30	5:09:14
		51		Lap 1	
		51		Lap 2	8:25.9 6:16:13.2 12:17/M
		51		Lap 3	8:24.0 6:24:37.2 12:16/M
		51		Lap 4	9:26.9 6:34:04.2 13:46/M
		51		Lap 5	8:49.5 6:42:53.7 12:52/M
		51		Lap 6	9:26.0 6:52:19.8 13:46/M
		51		Lap 7	9:03.0 7:01:22.8 13:13/M
		51		Lap 8	9:11.6 7:10:34.5 13:24/M
		51		Lap 9	9:22.8 7:19:57.3 13:40/M
		51		Lap 10	9:38.4 7:29:35.8 14:04/M
		51		Lap 11	9:06.3 7:38:42.2 13:17/M
		51		Lap 12	9:52.3 7:48:34.6 14:24/M
		51		Lap 13	10:06.4 7:58:41.0 14:45/M
		51		Lap 14	11:22.4 8:10:03.4 16:36/M
		51		Lap 15	10:08.9 8:20:12.4 14:48/M
		51		Lap 16	11:14.6 8:31:27.0 16:24/M
		51		Lap 17	10:37.1 8:42:04.2 15:30/M
		51		Lap 18	11:24.2 8:53:28.4 16:39/M
		51		Lap 19	10:01.1 9:03:29.6 14:37/M
		51		Lap 20	11:55.9 9:15:25.5 17:24/M
		51		Lap 21	10:23.7 9:25:49.2 15:09/M
		51		Lap 22	10:34.1 9:36:23.4 15:26/M
		51		Lap 23	10:33.2 9:46:56.7 15:24/M
		51		Lap 24	10:39.7 9:57:36.4 15:33/M
		51		Lap 25	15:07.7 10:12:44.1 22:04/M
		51		Lap 26	10:31.3 10:23:15.4 15:21/M
		51		Lap 27	11:37.0 10:34:52.5 16:58/M
		51		Lap 28	11:20.2 10:46:12.7 16:33/M
		51		Lap 29	11:29.3 10:57:42.1 16:46/M
		51		Lap 30	11:31.9 11:09:14.0 16:49/M

16	Julee Todd	48	F/48	30	5:09:14
		48		Lap 1	
		48		Lap 2	8:25.8 6:16:12.4 12:17/M
		48		Lap 3	8:24.7 6:24:37.1 12:16/M
		48		Lap 4	9:25.0 6:34:02.1 13:45/M
		48		Lap 5	8:51.1 6:42:53.3 12:55/M
		48		Lap 6	9:25.5 6:52:18.8 13:45/M
		48		Lap 7	9:03.7 7:01:22.5 13:13/M

48	Lap 8	9:09.8	7:10:32.4	13:21/M
48	Lap 9	9:26.0	7:19:58.4	13:46/M
48	Lap 10	9:34.7	7:29:33.2	13:58/M
48	Lap 11	9:06.4	7:38:39.6	13:17/M
48	Lap 12	9:53.5	7:48:33.1	14:26/M
48	Lap 13	10:06.3	7:58:39.5	14:45/M
48	Lap 14	11:22.8	8:10:02.3	16:36/M
48	Lap 15	10:11.0	8:20:13.4	14:52/M
48	Lap 16	11:12.5	8:31:26.0	16:21/M
48	Lap 17	10:37.0	8:42:03.0	15:30/M
48	Lap 18	11:22.9	8:53:26.0	16:36/M
48	Lap 19	10:04.4	9:03:30.4	14:42/M
48	Lap 20	11:55.1	9:15:25.6	17:24/M
48	Lap 21	10:25.5	9:25:51.1	15:12/M
48	Lap 22	10:32.3	9:36:23.5	15:23/M
48	Lap 23	10:33.6	9:46:57.1	15:24/M
48	Lap 24	10:39.3	9:57:36.5	15:33/M
48	Lap 25	15:07.5	10:12:44.1	22:04/M
48	Lap 26	10:30.4	10:23:14.5	15:20/M
48	Lap 27	11:37.3	10:34:51.8	16:58/M
48	Lap 28	11:20.5	10:46:12.4	16:33/M
48	Lap 29	11:31.9	10:57:44.3	16:49/M
48	Lap 30	11:29.8	11:09:14.2	16:46/M

17 Tiffany Ung

49	F/30	27	5:23:32.8	17:30/M
49	Lap 1	7:09.1	7:09.1	10:26/M
49	Lap 2	7:04.2	14:13.3	10:19/M
49	Lap 3	10:47.6	25:01.0	15:45/M
49	Lap 4	7:54.1	32:55.2	11:32/M
49	Lap 5	8:21.8	41:17.0	12:11/M
49	Lap 6	8:33.8	49:50.9	12:29/M
49	Lap 7	9:11.0	59:01.9	13:24/M
49	Lap 8	12:51.8	1:11:53.7	18:46/M
49	Lap 9	10:28.9	1:22:22.7	15:17/M
49	Lap 10	8:47.4	1:31:10.1	12:49/M
49	Lap 11	8:11.4	1:39:21.6	11:57/M
49	Lap 12	11:51.8	1:51:13.4	17:18/M
49	Lap 13	13:25.3	2:04:38.7	19:35/M
49	Lap 14	12:17.1	2:16:55.8	17:56/M
49	Lap 15	13:54.6	2:30:50.5	20:18/M
49	Lap 16	16:01.7	2:46:52.2	23:23/M
49	Lap 17	12:27.0	2:59:19.2	18:11/M
49	Lap 18	14:35.9	3:13:55.1	21:17/M
49	Lap 19	9:52.5	3:23:47.7	14:24/M
49	Lap 20	12:04.4	3:35:52.1	17:37/M
49	Lap 21	12:21.9	3:48:14.1	18:02/M
49	Lap 22	11:58.1	4:00:12.2	17:28/M
49	Lap 23	16:09.0	4:16:21.3	23:35/M
49	Lap 24	12:08.6	4:28:30.0	17:43/M
49	Lap 25	25:05.6	4:53:35.6	36:37/M
49	Lap 26	12:52.6	5:06:28.3	18:47/M
49	Lap 27	17:04.5	5:23:32.8	24:55/M

Distance

40.415

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