

Pos	Name	Class	Time													
Sprint (42)			3.0 km	13 C												
				1(230) Finish	2(231)	3(232)	4(233)	5(234)	6(235)	7(236)	8(237)	9(238)	10(239)	11(240)	12(241)	13(242)
1	Janne Heikkinen AUOC	Sprint	19:18	0:56 0:56 19:18	2:32 1:36	3:53 1:21	5:41 1:48	8:47 3:06	9:48 1:01	11:28 1:40	12:35 1:07	14:07 1:32	15:22 1:15	17:14 1:52	18:12 0:58	19:02 0:50
2	Jack Gomersall GRAMP	Sprint	19:33	0:58 0:58 19:33	2:28 1:30	3:51 1:23	5:39 1:48	8:34 2:55	9:38 1:04	11:40 2:02	12:51 1:11	14:19 1:28	15:29 1:10	17:22 1:53	18:22 1:00	19:16 0:54
3	Tim Griffin GRAMP	Sprint	22:03	1:22 1:22 22:03	3:07 1:45	5:01 1:54	7:05 2:04	10:10 3:05	11:16 1:06	13:01 1:45	14:27 1:26	16:10 1:43	17:21 1:11	19:17 1:56	20:52 1:35	21:44 0:52
4	Gordon Urquhart GRAMP	Sprint	23:04	0:56 0:56 23:04	2:43 1:47	4:14 1:31	6:41 2:27	12:05 5:24	13:16 1:11	15:00 1:44	16:07 1:07	17:36 1:29	18:52 1:16	20:44 1:52	21:56 1:12	22:46 0:50
5	Sam Griffin GRAMP	Sprint	23:13	1:25 1:25 23:13	3:10 1:45	5:53 2:43	7:34 1:41	10:21 2:47	11:43 1:22	14:04 2:21	15:56 1:52	17:35 1:39	18:46 1:11	20:50 2:04	22:03 1:13	23:00 0:57
6	Gary Longhurst FVO	Sprint	23:15	1:01 1:01 23:15	2:48 1:47	4:45 1:57	6:51 2:06	9:35 2:44	10:58 1:23	13:40 2:42	15:02 1:22	16:47 1:45	18:15 1:28	20:19 2:04	21:30 1:11	22:30 1:00
7	Dominykas Kardokas None	Sprint	23:34	0:45 1:08 1:08 23:34	2:59 1:51	4:42 1:43	7:02 2:20	9:33 2:31	11:21 1:48	13:28 2:07	15:00 1:32	16:48 1:48	18:18 1:30	21:05 2:47	22:16 1:11	23:13 0:57
8	Bob Sheridan GRAMP	Sprint	25:07	0:21 1:16 1:16 25:07	3:11 1:55	6:40 3:29	8:41 2:01	13:13 4:32	14:14 1:01	16:07 1:53	17:40 1:33	19:18 1:38	20:30 1:12	22:26 1:56	23:48 1:22	24:45 0:57
9	William Nicolson INVOC	Sprint	26:22	0:22 3:20 3:20 26:22	4:42 1:22	6:07 1:25	10:14 4:07	13:51 3:37	14:50 0:59	18:06 3:16	19:20 1:14	20:42 1:22	21:47 1:05	23:48 2:01	25:12 1:24	26:00 0:48
10	Lovisa Nimvik Stern AUOC	Sprint	26:35	0:22 1:11 1:11 26:35	3:04 1:53	4:50 1:46	7:22 2:32	12:34 5:12	13:58 1:24	16:23 2:25	17:59 1:36	19:52 1:53	21:23 1:31	23:54 2:31	25:12 1:18	26:15 1:03
11	Mike Winn GRAMP	Sprint	26:38	0:20 1:20 1:20 26:38	3:07 1:47	5:14 2:07	7:19 2:05	11:44 4:25	13:47 2:03	16:42 2:55	18:13 1:31	20:01 1:48	21:17 1:16	23:54 2:37	25:00 1:06	26:18 1:18
12	Katrina McLeod LUUOC	Sprint	27:00	0:20 1:11 1:11 27:00	3:07 1:56	4:57 1:50	7:43 2:46	13:44 6:01	14:58 1:14	17:05 2:07	18:28 1:23	20:28 2:00	21:50 1:22	24:08 2:18	25:27 1:19	26:40 1:13
13	Lesley Gomersall GRAMP	Sprint	28:13	0:20 1:20 1:20 28:13	3:38 2:18	5:38 2:00	8:12 2:34	12:23 4:11	14:00 1:37	16:41 2:41	18:32 1:51	20:35 2:03	22:21 1:46	25:11 2:50	26:30 1:19	27:50 1:20

Pos	Name	Class	Time													
Sprint (42)				3.0 km	13 C	<i>(cont.)</i>										
				1(230) Finish	2(231)	3(232)	4(233)	5(234)	6(235)	7(236)	8(237)	9(238)	10(239)	11(240)	12(241)	13(242)
14	Josie Gomersall GRAMP	Sprint	28:23	1:12 1:12 28:23 0:25	3:16 2:04	6:22 3:06	8:41 2:19	13:01 4:20	14:17 1:16	17:23 3:06	19:12 1:49	21:08 1:56	22:59 1:51	25:42 2:43	26:56 1:14	27:58 1:02
15	John Lang GRAMP	Sprint	29:29	1:39 1:39 29:29 0:16	3:55 2:16	6:16 2:21	9:30 3:14	13:52 4:22	15:17 1:25	17:41 2:24	19:51 2:10	21:53 2:02	23:45 1:52	26:34 2:49	28:03 1:29	29:13 1:10
16	Dennis McDonald GRAMP	Sprint	29:40	1:05 1:05 29:40 0:18	2:57 1:52	5:32 2:35	8:13 2:41	14:12 5:59	15:26 1:14	18:35 3:09	20:11 1:36	22:12 2:01	23:38 1:26	26:31 2:53	28:18 1:47	29:22 1:04
17	Phil Campbell GRAMP	Sprint	31:12	1:32 1:32 31:12 0:20	3:43 2:11	5:34 1:51	8:12 2:38	14:44 6:32	15:58 1:14	20:05 4:07	22:16 2:11	24:04 1:48	25:42 1:38	28:21 2:39	29:41 1:20	30:52 1:11
18	Marianne Lang GRAMP	Sprint	31:13	1:24 1:24 31:13 0:21	3:47 2:23	6:58 3:11	9:54 2:56	15:12 5:18	16:32 1:20	19:17 2:45	21:29 2:12	23:37 2:08	25:19 1:42	28:08 2:49	29:32 1:24	30:52 1:20
19	Carolyn McLeod GRAMP	Sprint	31:39	2:10 2:10 31:39 0:25	4:44 2:34	7:02 2:18	9:40 2:38	15:46 6:06	16:59 1:13	19:17 2:18	22:11 2:54	23:53 1:42	25:08 1:15	28:08 3:00	29:55 1:47	31:14 1:19
20	Estera Zak None	Sprint	31:46	1:54 1:54 31:46 0:29	3:54 2:00	6:57 3:03	9:04 2:07	14:41 5:37	16:35 1:54	20:11 3:36	22:11 2:00	24:09 1:58	25:49 1:40	28:11 2:22	29:44 1:33	31:17 1:33
21	Lucie Hamplova AUOC	Sprint	34:02	1:53 1:53 34:02 0:26	4:28 2:35	6:36 2:08	9:31 2:55	16:32 7:01	18:19 1:47	21:30 3:11	23:55 2:25	26:05 2:10	27:54 1:49	30:41 2:47	32:12 1:31	33:36 1:24
22	James Cruickshank None	Sprint	34:51	1:11 1:11 34:51 0:23	3:09 1:58	6:06 2:57	9:51 3:45	17:11 7:20	19:14 2:03	22:30 3:16	25:06 2:36	27:07 2:01	29:04 1:57	31:43 2:39	33:20 1:37	34:28 1:08
23	Steve Taylor None	Sprint	34:53	1:11 1:11 34:53 0:20	3:12 2:01	7:47 4:35	9:50 2:03	17:08 7:18	19:50 2:42	22:41 2:51	25:12 2:31	27:17 2:05	29:10 1:53	31:49 2:39	33:25 1:36	34:33 1:08
24	Rachel Scott GRAMP	Sprint	35:04	1:27 1:27 35:04 0:26	3:59 2:32	9:13 5:14	11:57 2:44	17:35 5:38	19:10 1:35	22:15 3:05	24:22 2:07	26:47 2:25	28:44 1:57	31:58 3:14	33:27 1:29	34:38 1:11
25	Heidi Ross AUOC	Sprint	36:24	1:29 1:29 36:24 0:21	4:00 2:31	7:25 3:25	10:01 2:36	16:23 6:22	19:03 2:40	22:45 3:42	25:54 3:09	28:10 2:16	29:49 1:39	32:48 2:59	34:50 2:02	36:03 1:13

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Sprint (42)				3.0 km	13 C	<i>(cont.)</i>										
				1(230) Finish	2(231)	3(232)	4(233)	5(234)	6(235)	7(236)	8(237)	9(238)	10(239)	11(240)	12(241)	13(242)
26	Sam Al-Saidi AUOC	Sprint	37:58	2:22 2:22 37:58 0:25	5:22 3:00	7:22 2:00	10:19 2:57	17:56 7:37	20:32 2:36	24:05 3:33	27:23 3:18	29:40 2:17	31:23 1:43	34:27 3:04	36:21 1:54	37:33 1:12
27	Stephanie Krapesch INT	Sprint	39:01	1:29 1:29 39:01 0:32	4:10 2:41	7:50 3:40	11:19 3:29	18:39 7:20	20:38 1:59	23:54 3:16	26:10 2:16	28:53 2:43	31:17 2:24	35:02 3:45	36:54 1:52	38:29 1:35
28	Petra Hampton None	Sprint	40:47	1:16 1:16 40:47 0:23	3:15 1:59	5:18 2:03	7:53 2:35	22:14 14:21	23:58 1:44	27:17 3:19	29:41 2:24	32:18 2:37	34:04 1:46	36:58 2:54	39:23 2:25	40:24 1:01
29	Liz Sloan GRAMP	Sprint	40:56	1:26 1:26 40:56 0:22	4:12 2:46	8:29 4:17	10:52 2:23	17:32 6:40	19:11 1:39	26:03 6:52	28:24 2:21	30:52 2:28	32:37 1:45	37:28 4:51	39:14 1:46	40:34 1:20
30	Caroline Dempsey INT	Sprint	41:09	1:35 1:35 41:09 0:38	4:16 2:41	7:59 3:43	12:52 4:53	20:08 7:16	22:25 2:17	26:14 3:49	28:49 2:35	31:20 2:31	33:46 2:26	36:55 3:09	38:55 2:00	40:31 1:36
31	Carl J Boyd GRAMP	Sprint	41:30	1:54 1:54 41:30 0:26	5:11 3:17	7:40 2:29	12:33 4:53	19:43 7:10	21:46 2:03	26:13 4:27	28:47 2:34	31:29 2:42	34:07 2:38	37:48 3:41	39:36 1:48	41:04 1:28
32	Magda Dalecka AUOC	Sprint	42:27	1:22 1:22 42:27 0:16	4:12 2:50	6:51 2:39	8:53 2:02	15:52 6:59	19:49 3:57	25:22 5:33	28:33 3:11	32:31 3:58	34:40 2:09	37:46 3:06	40:33 2:47	42:11 1:38
32	Sarah Wallace GRAMP	Sprint	42:27	1:52 1:52 42:27 0:25	6:10 4:18	10:46 4:36	15:12 4:26	21:43 6:31	23:42 1:59	27:09 3:27	30:11 3:02	32:47 2:36	35:24 2:37	38:28 3:04	40:26 1:58	42:02 1:36
34	Olivia Coman GRAMP	Sprint	43:22	2:43 2:43 43:22 0:16	5:25 2:42	10:15 4:50	13:58 3:43	21:27 7:29	23:16 1:49	27:56 4:40	30:34 2:38	32:46 2:12	35:52 3:06	39:34 3:42	41:23 1:49	43:06 1:43
35	George Esson GRAMP	Sprint	45:27	2:09 2:09 45:27 0:43	5:37 3:28	9:30 3:53	13:33 4:03	20:09 6:36	22:51 2:42	27:01 4:10	29:58 2:57	33:32 3:34	36:07 2:35	40:16 4:09	42:34 2:18	44:44 2:10
36	Debbie & Graham Stephen None	Sprint	53:41	2:30 2:30 53:41 0:45	6:31 4:01	11:43 5:12	15:58 4:15	24:46 8:48	27:10 2:24	31:39 4:29	35:21 3:42	39:51 4:30	42:48 2:57	48:01 5:13	50:41 2:40	52:56 2:15