

2011 ACAC Cross Country Championships

Hosted by SAIT

October 29, 2011

N.B. do NOT make any entries in or changes to this worksheet; changes should be made to "runners" and "raw results" sheets only; unused rows or columns may be hidden

ACAC men's results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LAKE	KC	LC	RDC	AUG	CUCA	GMU	NAIT	GPRC	OC	Pace/km
Peter Kalya	LC	216	26:43	1	1				1								03:20
Andy Pohl	AUG	263	26:46	2	2						2						03:21
Devin Woodland	GPRC	242	28:19	3	3										3		03:32
Kirk Sundt	GMU	237	28:41	4	4								4				03:35
Max King	GMU	240	28:51	5	5								5				03:36
Dennis Ronoh	LC	217	29:04	6	6				6								03:38
Conrad Chesire	LC	219	29:06	7	7				7								03:38
Justin Versteeg	GMU	241	29:09	8	8								8				03:39
Andrew Peters	GMU	234	29:19	9	9								9				03:40
Kieran Baird	AUG	264	29:19	10	10						10						03:40
Charlie Gretton	SAIT	200	29:36	11	11	11											03:42
Tony Kiprof	SAIT	201	29:41	12	12	12											03:43
Andrew Brisbin	AUG	267	30:00	13	13						13						03:45
Jonathan Koegler	LC	218	30:12	14	14				14								03:47
Guillaume Pesant	GMU	239	30:18	15	15								15				03:47
Hans Asfeldt	AUG	266	30:23	16	16						16						03:48
Corey Halibi	NAIT	230	30:32	17	17									17			03:49
Tyler Bissett	AUG	265	30:50	18	18						18						03:51
Eric Martinek	GPRC	243	30:52	19	19										19		03:52
Ryan Burlingame	AUG	268	30:59	20	20						20						03:52
Jack Carrigan	GPRC	246	31:02	21	21										21		03:53
Abraham Richkarday	SAIT	202	31:03	22	22	22											03:53
Duncan Farrow	GPRC	244	31:07	23	23										23		03:53
Ryan Dyck	LAKE	214	31:10	24	24		24										03:54
Trevor Hofbauer	SAIT	209	31:15	25	25	25											03:54
Lance Wakefield	OC	251	31:21	26	26											26	03:55
Mark Uniat	SAIT	204	31:41	27	27	27											03:58
Ryan Lindsay	AUG	257	31:42	28	x						x						03:58
Spencer Peterson	GMU	238	31:44	29	28								28				03:58
Joel Perren	CUCA	226	31:57	30	29							29					04:00
Cody Hogberg	CUCA	224	32:04	31	30							30					04:01
Cyrus Yagan	LC	220	32:11	32	31				31								04:01
Brad Lawlor	GMU	235	32:16	33	x								x				04:02
Aaron Rudiger	SAIT	206	32:22	34	32	32											04:03
Jakob Claffey	NAIT	233	32:43	35	33									33			04:05
Brady Imeson	AUG	262	32:52	36	x						x						04:07
Warner Brown	AUG	261	33:03	37	x						x						04:08
Phillip Tinka	NAIT	231	33:09	38	34									34			04:09
Ray Thompson	CUCA	227	33:10	39	35							35					04:09
Richard Ellens	LAKE	213	33:13	40	36		36										04:09
Mathew Velders	SAIT	207	33:13	41	x	x											04:09
Dan Brown	LC	223	33:16	42	37				37								04:10
Dylan Moerike	GPRC	249	33:21	43	38										38		04:10
Adam Lederer	SAIT	203	33:33	44	x	x											04:12
Dexter MacCalder	AUG	259	33:37	45	x						x						04:12
Mandela Moses	OC	256	33:53	46	39											39	04:14
Justin Schmidt	OC	252	33:55	47	40											40	04:14
Rio Ingrao	LC	221	34:04	48	x				x								04:16
Jay Cunningham	GMU	236	34:06	49	x								x				04:16
Michael McGregor	SAIT	205	34:13	50	x	x											04:17
Ryan Gow	NAIT	228	34:14	51	41									41			04:17
Evan Paul	GPRC	248	34:23	52	42										42		04:18

Torleif Landsgaard	GPRC	247	34:23	53	x									x	04:18
Mike Karakochuk	NAIT	232	34:25	54	43								43		04:18
Matthew Blackburn	LAKE	211	34:36	55	44	44									04:19
Henning Valen	AUG	260	34:37	56	x				x						04:20
Brad Tomlinson	LC	222	34:40	57	x			x							04:20
Matt Kemp	CUCA	225	34:52	58	45						45				04:22
Vitaly Sergeev	LAKE	215	35:08	59	46	46									04:24
Ben Steele	LAKE	212	35:25	60	47	47									04:26
Karson Sudlow	RDC	272	35:45	61	48			48							04:28
Matt Deng	OC	255	35:55	62	49									49	04:29
Kevin Pahl	SAIT	208	36:21	63	x	x									04:33
Linfu Li	SAIT	210	36:26	64	x	x									04:33
Bjorn Carlstad	GPRC	245	36:46	65	x									x	04:36
Taylor Bulger	AUG	258	37:27	66	x				x						04:41
Ben Cripps	OC	253	38:03	67	50									50	04:45
Justin Milsted	NAIT	229	39:10	68	51								51		04:54
Alex McKay	OC	254	39:35	69	52									52	04:57
Neil Foster	RDC	271	41:45	70	53			53							05:13

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring	70	53	6	5	0	6	2	6	4	6	6	6	6	6
# of exhibition runners		17	5	0	0	2	0	6	0	2	0	2	0	0
total best 4 runners			70	150		28		41	139	26	125	66	154	
rank on best 4 runners			5	8		2		3	7	1	6	4	9	
total best 3 runners			45	104		14		25	94	17	84	43	105	
rank on best 3 runners			5	8		1		3	7	2	6	4	9	
total best 3 women+best 3 men			83	216		65		76	156	40	168	94	247	
rank on best 3 women and men			4	8		2		3	6	1	7	5	9	

SAIT	LAKE	KC	LC	RDC	AUG	CUCA	GMU	NAIT	GPRC	OC
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