

Spring 2007 Ironfoot worksheet

hnumx	fname	lname	sex	age	club	xc	5mi	10k	8k	5k	LP						T	
2163	Serai	Abraham	F	55	TTC	0:35:18	0:40:27	0:52:39	0:43:11	0:24:33	6,656.26	1	1	1	1	1	1	6
2011	Roger	Boak	M	58	TTC	0:26:26	0:33:18	vol	0:33:52	0:19:25	8,158.29	1	1	1	1	1	1	6
8483	Simon	Brabo	M	31	BCRR	0:24:02	0:29:59	0:37:32	0:31:47	0:17:58	8,403.41	1	1	1	1	1	1	6
4937	Robert	Brown	M	48	BCRR	0:26:33	0:32:30	0:41:22	0:34:32	0:19:48	8,234.86	1	1	1	1	1	1	6
4776	Mark	Fraser	M	50	BCRR	0:27:04	0:33:01	0:41:14	0:33:28	0:19:25	8,340.93	1	1	1	1	1	1	6
679	Richard	Fredrich	M	49	TTC	0:24:19	0:28:41	0:36:24	0:29:07	0:17:27	9,245.11	1	1	1	1	1	1	6
8697	Helen	Grant	F	44	HS	0:26:05	0:31:37	0:41:04	0:32:44	0:19:26	8,196.15	1	1	1	1	1	1	6
7515	Kathleen	Mahon	F	52	BCRR	0:35:56	0:42:35	0:53:56	0:42:56	0:25:06	6,271.88	1	1	1	1	1	1	6
8440	Bruce A	Mansur	M	53	BCRR	0:28:21	0:34:37	0:45:38	0:36:57	0:21:08	7,021.00	1	1	1	1	1	1	6
3854	Gerardo	Mora	M	40	HMSA	0:23:41	0:27:28	0:35:15	0:28:04	0:16:33	9,656.03	1	1	1	1	1	1	6
9520	Pony	Peterson	F	41	HS	0:35:14	0:40:16	1:07:41	0:41:16	0:26:48	6,523.51	1	1	1	1	1	1	6
1512	Kevin	Regis	M	47	TOR	0:24:48	0:30:29	0:40:28	0:30:59	0:17:56	8,375.04	1	1	1	1	1	1	6
623	Janet	Sutton	F	51	BCRR	0:39:51	0:48:29	0:58:03	0:46:55	0:28:42	5,841.93	1	1	1	1	1	1	6
2129	Maria	Thompson	F	46	HS	0:39:57	0:46:43	1:13:46	0:48:48	0:28:43	5,627.00	1	1	1	1	1	1	6
8037	Scott	Wonderly	M	40	BCRR	0:25:31	0:30:27	0:39:00	0:30:36	0:18:11	8,888.75	1	1	1	1	1	1	6
7789	John	Yoder	M	36	HS	0:22:40	0:27:34	0:50:28	0:28:06	0:17:00	9,267.67	1	1	1	1	1	1	6
2032	Victor	Aguirre	M	55	TOR		0:36:34	0:43:50	0:34:20	0:19:50	8,129.30	0	1	1	1	1	1	5
6408	Bonnie Jo	Barron	F	45	BCRR	0:32:42	0:38:12	0:47:24	0:38:19	0:24:04		1	1	1	1	1	0	5
7782	Scott	Bounds	M	54	BCRR	0:26:07	0:31:13		0:31:13	0:18:12	8,257.41	1	1	0	1	1	1	5
3276	Karen	Bowler	F	57	HS	0:30:40		0:45:17	0:35:54	0:21:28	7,213.72	1	0	1	1	1	1	5
3275	Tim	Bowler	M	58	HS	0:36:23		0:54:20	0:42:19	0:24:08	6,278.59	1	0	1	1	1	1	5
2679	Don	Brenner	M	67	BCRR	0:31:44	0:38:29	0:58:32	0:38:10	0:22:10		1	1	1	1	1	0	5
9265	Jennifer	Brown	F	30	TOR	0:27:06	0:32:41	0:40:40		0:18:57	8,370.80	1	1	1	0	1	1	5
9953	Joe	Carey	M	51	BARC	0:31:02	0:54:54	1:12:21	0:42:51	0:22:54		1	1	1	1	1	0	5
4247	Dusty	Cook	M	52	HS	0:41:19		1:13:47	0:52:28	0:44:07	5,826.03	1	0	1	1	1	1	5
9956	Sim	Cuevas	M	47	TOR	0:24:51	0:31:02	0:39:13	0:31:31	0:18:21		1	1	1	1	1	0	5
6046	Lisa	Foronda	F	37	ALRC	0:33:00		0:54:36	0:43:05	0:24:11	6,688.11	1	0	1	1	1	1	5
10061	Jeff	Gilbert	M	59	BARC		0:35:15	0:43:46	0:35:20	0:20:46	7,716.33	0	1	1	1	1	1	5
7669	Ben	Harvie	M	60	TTC		0:31:38	0:40:45	0:32:48	0:19:24	8,235.41	0	1	1	1	1	1	5
9461	John	Hedengren	M	29	BARC	0:20:34	0:24:57	0:31:25	0:25:21	0:15:18		1	1	1	1	1	0	5
1119	Anna Sumrall	Helm	F	41	BCRR	vol	0:34:10	0:44:27		0:20:23	7,891.60	1	1	1	0	1	1	5
615	Robert	Hoekman	M	65	TTC	0:34:52		0:55:11	0:42:55	0:25:46	vol	1	0	1	1	1	1	5
2305	Alice	Keelin	F	57	TTC	0:31:59	0:37:58	0:47:22	0:38:36		6,897.64	1	1	1	1	0	1	5

2769	Heide	Mairs	F	46	TTC		0:34:09	0:42:59	0:34:04	0:20:16	7,817.23	0	1	1	1	1	1	5
9491	Jenn	Mitchell-Jackson	F	34	HS	0:27:40	0:33:57	0:42:04		0:20:56	7,838.57	1	1	1	0	1	1	5
8042	Matthew	Nicol	M	44	BCRR	0:25:57	0:30:51	0:38:42		0:17:40	8,877.48	1	1	1	0	1	1	5
2286	Roger	Redding	M	48	BARC	0:33:24	0:39:11	0:51:23	0:40:25		6,859.45	1	1	1	1	0	1	5
9745	Tom	Reed	M	50	BCRR	0:33:34	0:40:18	0:51:22	0:40:33	0:23:35		1	1	1	1	1	0	5
7798	Ronnie	Schreiber	M	57	BARC	0:29:48	0:36:04	0:46:50	0:38:52	0:22:39		1	1	1	1	1	0	5
9418	Steve	Schroeder	M	41	HS	0:25:57		0:43:31	0:33:45	0:19:12	8,394.88	1	0	1	1	1	1	5
2277	Richard	Vega	M	60	TTC		0:34:18	0:43:00	0:34:28	0:20:32	7,378.31	0	1	1	1	1	1	5
640	Richard	Verm	M	53	BCRR	0:26:17	0:32:00		0:32:46	0:18:55	8,277.84	1	1	0	1	1	1	5
6138	Robert	Walters	M	46	BCRR		0:31:07	0:39:13	0:31:32	0:18:57	8,588.17	0	1	1	1	1	1	5