



# Nordic Cats 'Cross Club

October 16, 2019

Elite Men (Men)

9.63 km, 5 laps of 1.93 km, winner: 48:53 - 11.83 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	69	TRELA, Adam	Woodstock Racing	Woodstock	ON	Men	48:53		11.83	12:01	9:19	9:23	8:54	9:16
2	68	MILLER, Noah	Woodstock Racing	Woodstock	ON	Men	48:54	0'01"	11.82	12:01	9:19	9:21	8:56	9:17
3	9	FERRELL, Chris	Woodstock Racing	Woodstock	ON	Men	49:36	0'43"	11.66	12:04	9:17	9:19	9:03	9:52



# Nordic Cats 'Cross Club

October 16, 2019

U19A (Open)

9.63 km, 5 laps of 1.93 km, winner: 52:49 - 10.95 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	22	PARGETER, Reilly	Attack Racing p/b Ardent Industries	London	ON	Men	52:49		10.95	12:03	9:23	9:45	10:39	10:59
2	86	ASH, Nate	Attack Racing p/b Ardent Industries	London	ON	Men	55:15	2'27"	10.46	13:13	10:21	10:29	10:37	10:35



# Nordic Cats 'Cross Club

October 16, 2019

Beginner Men (Men)

5.78 km, 3 laps of 1.93 km, winner: 33:28 - 10.36 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	31	MOESKER, Dallas	Woodstock Racing	Woodstock	ON	Men	33:28		10.36	12:53	10:09	10:27
2	63	VANPUYMBROECK, Ed	Independent	Dutton	ON	Men	34:49	1'20"	9.96	13:08	10:40	11:01
3	85	NAUS, Mike	London Centennial Wheelers	London	ON	Men	36:21	2'52"	9.54	13:35	11:27	11:18



Nordic Cats 'Cross Club

October 16, 2019

Elite Women (Women)

5.78 km, 3 laps of 1.93 km, winner: 34:57 - 9.92 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	5	WHITE, Amy	To Wheels Racing	London	ON	Women	34:57		9.92	13:26	10:50	10:41



# Nordic Cats 'Cross Club

October 16, 2019

Beginner Women (Women)

3.85 km, 2 laps of 1.93 km, winner: 31:04 - 7.44 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2
1	36	MANN, Sarah	Independent	St Thomas	ON	Women	31:04		7.44	16:45	14:20
2	70	TRELA, Jessica	Woodstock Racing	Woodstock	ON	Women	34:40	3'36"	6.67	17:36	17:04



# Nordic Cats 'Cross Club

October 16, 2019

U15 (Open)

3.85 km, 2 laps of 1.93 km, winner: 23:31 - 9.83 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2
1	35	MANN, Brody	Attack Racing p/b	Ardent Industries	St Thomas	ON	Men	23:31	9.83	13:12	10:19



# Nordic Cats 'Cross Club

October 16, 2019

Single Speed (Open)

7.71 km, 4 laps of 1.93 km, winner: 42:49 - 10.80 km/h

Pos	Bib	Name	Team	City	Prov	Category	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	88	JAFFRAY, Michael	To Wheels Racing	Tillsonburg	ON	Men	42:49		10.80	12:18	10:09	10:03	10:19