OA/Pl = Overall Placing
Cat/Pl = Category Placing
Gen/Pl = Overall Gender Placing
Offset = Diff from O/A win Time hh:mm:ss

8K Men

8K Run - 4.97 Miles — CUE

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
1/53	CHESOO, Leonard	74	00:25:47.58	03:13	8K-M	+00:00:00	CUE	00:06:09.49	00:06:29.16	00:06:39.24	00:06:29.69
30/53	SPRUYT, Keith	77	00:31:45.60	03:58	8K-M	+00:05:58	CUE	00:07:29.76	00:08:07.63	00:08:12.69	00:07:55.52
32/53	MORRIS, Brandon	79	00:31:58.99	03:59	8K-M	+00:06:11	CUE	00:07:32.89	00:08:05.03	00:08:16.87	00:08:04.20
35/53	BENDER, Aaron	78	00:32:43.89	04:05	8K-M	+00:06:56	CUE	00:07:32.28	00:08:18.14	00:08:45.27	00:08:08.20
42/53	CLONEY, Jerritt	76	00:35:13.62	04:24	8K-M	+00:09:26	CUE	00:08:13.93	00:08:54.92	00:08:50.38	00:09:14.39
44/53	AGNEW, Brad	75	00:35:34.09	04:26	8K-M	+00:09:46	CUE	00:08:18.41	00:09:03.34	00:09:21.75	00:08:50.59

8K Run - 4.97 Miles — GPRC

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
18/53	NELISSEN, Chris	72	00:30:39.51	03:49	8K-M	+00:04:51	GPRC	00:07:11.37	00:07:53.56	00:08:02.33	00:07:32.25
19/53	LUNDSTROM, Jordan	71	00:30:42.04	03:50	8K-M	+00:04:54	GPRC	00:07:33.20	00:07:50.73	00:07:46.72	00:07:31.39
20/53	HUDAK, Taylor	70	00:30:42.11	03:50	8K-M	+00:04:54	GPRC	00:07:34.35	00:07:48.72	00:07:48.04	00:07:31.00
22/53	HOLLOWELL, Hayden	69	00:30:46.78	03:50	8K-M	+00:04:59	GPRC	00:06:46.87	00:07:40.92	00:08:33.17	00:07:45.82
23/53	WANGLER, Adam	73	00:31:01.50	03:52	8K-M	+00:05:13	GPRC	00:07:33.98	00:07:50.25	00:07:56.07	00:07:41.20
37/53	FOURNIER, Tairas	68	00:33:14.88	04:09	8K-M	+00:07:27	GPRC	00:08:01.07	00:08:29.88	00:08:32.91	00:08:11.02

8K Run - 4.97 Miles — LAKE

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
31/53	SWANN, Clayton	95	00:31:56.01	03:59	8K-M	+00:06:08	LAKE	00:07:37.48	00:07:52.67	00:08:22.09	00:08:03.77
33/53	BENDICK, Greg	94	00:32:16.42	04:02	8K-M	+00:06:28	LAKE	00:07:30.94	00:07:49.87	00:08:31.29	00:08:24.32
40/53	LANG, Joshua	93	00:33:58.59	04:14	8K-M	+00:08:11	LAKE	00:07:54.61	00:08:37.71	00:08:51.94	00:08:34.33
48/53	RAYNAUD, Cheyenne	96	00:36:52.82	04:36	8K-M	+00:11:05	LAKE	00:07:47.06	00:09:11.39	00:10:18.61	00:09:35.76

8K Run - 4.97 Miles — LCK

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
5/53	JACKSON, Connor	80	00:27:51.61	03:28	8K-M	+00:02:04	LCK	00:06:37.43	00:07:00.82	00:07:01.11	00:07:12.25
9/53	CHESHIRE, Cooper	81	00:29:09.04	03:38	8K-M	+00:03:21	LCK	00:07:00.10	00:07:20.31	00:07:31.14	00:07:17.49
11/53	FISHER, Justin	83	00:29:41.43	03:42	8K-M	+00:03:53	LCK	00:07:07.26	00:07:36.49	00:07:33.60	00:07:24.08
29/53	LARKIN, Tyler	84	00:31:43.28	03:57	8K-M	+00:05:55	LCK	00:07:35.55	00:08:06.31	00:08:11.14	00:07:50.28
36/53	ROBDRUP, Daniel	82	00:32:49.02	04:06	8K-M	+00:07:01	LCK	00:07:26.55	00:08:01.24	00:09:15.39	00:08:05.84
41/53	RENT, Tanner	85	00:34:42.11	04:20	8K-M	+00:08:54	LCK	00:07:52.80	00:08:53.97	00:09:05.71	00:08:49.63

10/26/2019

OA/Pl = Overall Placing
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2019 ACAC XC Championships - Oct. 26/2019
Overall Team Gender Results

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8K Men

8K Run - 4.97 Miles   RDC

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
4/53	SZUCS, Daniel	87	00:27:48.30	03:28	8K-M	+00:02:00	RDC	00:06:39.96	00:07:03.58	00:07:10.67	00:06:54.09
7/53	SAUNDERS, Devin	88	00:28:26.79	03:33	8K-M	+00:02:39	RDC	00:06:41.42	00:07:09.77	00:07:26.24	00:07:09.36
8/53	CEBULIAK, Will	86	00:28:51.18	03:36	8K-M	+00:03:03	RDC	00:06:52.00	00:07:18.52	00:07:29.91	00:07:10.75
13/53	ROWLEY, Stephen	90	00:29:53.15	03:44	8K-M	+00:04:05	RDC	00:07:15.35	00:07:38.80	00:07:44.05	00:07:14.95
21/53	SCHILLER, Carson	89	00:30:44.76	03:50	8K-M	+00:04:57	RDC	00:07:27.10	00:07:53.71	00:07:46.03	00:07:37.92
26/53	ARYCHUK, Benjamin	91	00:31:16.26	03:54	8K-M	+00:05:28	RDC	00:07:38.11	00:07:52.38	00:08:05.64	00:07:40.13

8K Run - 4.97 Miles   SAIT

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
3/53	SAAYMAN, Jacques	60	00:27:30.73	03:26	8K-M	+00:01:43	SAIT	00:06:36.96	00:06:59.56	00:07:01.07	00:06:53.14
6/53	ROSS, Daryl	62	00:28:26.32	03:33	8K-M	+00:02:38	SAIT	00:06:45.31	00:07:15.42	00:07:15.96	00:07:09.63
12/53	VOLLMERHAUS, Jakob	64	00:29:42.96	03:42	8K-M	+00:03:55	SAIT	00:07:09.63	00:07:31.94	00:07:37.28	00:07:24.11
14/53	SINGLETON, Reilly	65	00:30:06.77	03:45	8K-M	+00:04:19	SAIT	00:07:17.59	00:07:36.26	00:07:42.87	00:07:30.05
15/53	STEWART, Michael	63	00:30:07.97	03:46	8K-M	+00:04:20	SAIT	00:07:09.25	00:07:32.10	00:07:47.68	00:07:38.94
28/53	LAUWERYSSEN, Brant	61	00:31:37.89	03:57	8K-M	+00:05:50	SAIT	00:07:08.55	00:08:05.27	00:08:28.03	00:07:56.04
38/53	RONO, Felix	66	00:33:33.95	04:11	8K-M	+00:07:46	SAIT	00:07:39.36	00:08:39.07	00:08:59.81	00:08:15.71
49/53	BARRAZA, Felix	67	00:37:23.47	04:40	8K-M	+00:11:35	SAIT	00:08:12.36	00:09:45.01	00:09:56.22	00:09:29.88

8K Run - 4.97 Miles   STMU

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
39/53	DUPERREAULT, Isaac	112	00:33:48.91	04:13	8K-M	+00:08:01	STMU	00:08:08.69	00:08:41.97	00:08:39.70	00:08:18.55
47/53	MILLER, Donovan	111	00:36:03.13	04:30	8K-M	+00:10:15	STMU	00:08:04.03	00:09:09.81	00:09:31.29	00:09:18.00
50/53	BIGNELL, Isaac	109	00:39:29.99	04:56	8K-M	+00:13:42	STMU	00:09:12.73	00:10:03.94	00:10:19.99	00:09:53.33
51/53	KAUFIELD, Michael	114	00:40:34.84	05:04	8K-M	+00:14:47	STMU	00:09:17.61	00:10:19.74	00:10:34.96	00:10:22.53
52/53	DEMERS, Quinn	110	00:44:28.67	05:33	8K-M	+00:18:41	STMU	00:10:27.72	00:11:30.35	00:11:23.73	00:11:06.87
53/53	LOCKHART, Jared	115	00:45:35.89	05:41	8K-M	+00:19:48	STMU	00:10:28.59	00:11:30.25	00:11:38.27	00:11:58.78

OA/Pl = Overall Placing
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8K Men

8K Run - 4.97 Miles

UAA

OA/Pl	Name	Bib#	Time	Pace	Distance	Offset	Team	Lap 1	Lap 2	Lap 3	Lap 4
2/53	GREEN, Michio	100	00:27:27.49	03:25	8K-M	+00:01:39	UAA	00:06:37.86	00:06:59.22	00:07:00.67	00:06:49.74
10/53	TABERT, Nathanael	108	00:29:23.22	03:40	8K-M	+00:03:35	UAA	00:07:09.07	00:07:26.76	00:07:32.46	00:07:14.93
16/53	OSORIO, Benjamin	104	00:30:19.64	03:47	8K-M	+00:04:32	UAA	00:07:31.43	00:07:50.02	00:07:38.99	00:07:19.20
17/53	NAWROT, Ben	102	00:30:19.78	03:47	8K-M	+00:04:32	UAA	00:07:31.89	00:07:49.66	00:07:38.44	00:07:19.79
24/53	DAY, Noah	98	00:31:09.51	03:53	8K-M	+00:05:21	UAA	00:07:32.13	00:07:48.22	00:08:15.46	00:07:33.70
25/53	NAWROT, Samuel	103	00:31:13.54	03:54	8K-M	+00:05:25	UAA	00:07:32.28	00:07:50.01	00:07:59.91	00:07:51.34
27/53	FENRICH, Dawson	99	00:31:35.95	03:56	8K-M	+00:05:48	UAA	00:07:36.13	00:08:03.07	00:08:06.04	00:07:50.71
34/53	KELLY, Braeden	101	00:32:19.38	04:02	8K-M	+00:06:31	UAA	00:07:36.75	00:08:14.01	00:08:23.38	00:08:05.24
43/53	STOLL-POTT, Jonas	106	00:35:30.13	04:26	8K-M	+00:09:42	UAA	00:08:21.20	00:09:04.37	00:09:16.33	00:08:48.23
45/53	SHAPKA, Timothy	105	00:35:48.74	04:28	8K-M	+00:10:01	UAA	00:08:28.23	00:09:13.90	00:09:15.47	00:08:51.14
46/53	SWEDER, Jackson	107	00:35:50.83	04:28	8K-M	+00:10:03	UAA	00:08:45.64	00:09:06.85	00:09:07.27	00:08:51.07