

OA/PI = Overall Placing

2022 CCAA National XC Championships - Nov.12/2022

Alpha Overall Results

8K - Men

114 Finishers

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Split1	Split2	Split3	Split4	School	
101/114	ALLEN, Simon	845	33:24.788	04:10	06:43	07:42.09	08:34.01	08:54.49	08:14.18	Dalhousie	ACAA
10/114	AMOTUN LOKORO, Paolo	907	26:27.525	03:18	05:19	06:16.63	06:50.59	06:46.91	06:33.38	Sheridan	OCCA
68/114	BEAUDIN, Michael	848	30:20.988	03:47	06:06	07:20.16	07:46.16	07:52.57	07:22.08	Lennoxville	RESQ
39/114	BEAULIEU, Pier-olivier	861	28:14.233	03:31	05:40	06:51.00	07:13.08	07:15.39	06:54.75	Garneau	RESQ
40/114	BEAULIEU, Samuel	860	28:22.554	03:32	05:42	06:47.68	07:11.12	07:18.83	07:04.91	Garneau	RESQ
78/114	BEGGS, Cody	904	31:00.732	03:52	06:14	07:45.13	07:35.53	08:00.09	07:39.95	Mohawk	OCCA
81/114	BENTLEY, Jack	810	31:23.018	03:55	06:18	07:21.31	08:00.63	08:13.10	07:47.96	Lethbridge	ACAC
61/114	BISWAS, Mason	892	29:49.694	03:43	06:00	07:02.11	07:18.34	07:38.20	07:51.02	Humber	OCCA
96/114	BLANCHETTE, Luc	841	32:16.100	04:02	06:29	07:35.98	08:09.33	08:25.94	08:04.83	Crandall	ACAA
58/114	BOULÉ, Julien	855	29:30.709	03:41	05:56	06:44.53	07:38.65	07:40.29	07:27.21	Saint-Lambert	RESQ
24/114	BREEDON, Ty	888	27:25.250	03:25	05:31	06:31.55	06:59.56	07:04.80	06:49.32	Fanshawe	OCCA
42/114	BUCK, Bobby	901	28:32.328	03:34	05:44	06:46.79	07:11.29	07:22.66	07:11.57	Loyalist	OCCA
31/114	BUSSIÈRE, Gabriel	874	27:52.532	03:29	05:36	06:36.75	07:04.58	07:08.50	07:02.68	Sainte-Foy	RESQ
23/114	BÉDARD, Léo	846	27:22.859	03:25	05:30	06:38.01	07:02.15	06:58.53	06:44.16	Alma	RESQ
27/114	BÉLANGER-RIOUX, Yoann	849	27:31.531	03:26	05:32	06:34.98	06:59.64	07:03.06	06:53.84	Lennoxville	RESQ
114/114	CABALLO, Kurt	811	39:35.282	04:56	07:57	09:15.65	10:15.83	10:17.75	09:46.04	Lethbridge	ACAC
65/114	CARR, Ayden	899	30:05.818	03:45	06:03	07:11.11	07:38.90	07:42.06	07:33.73	Laurier Brantford	OCCA
36/114	CARTER, Zach	868	28:05.773	03:30	05:39	06:49.49	07:01.57	07:17.41	06:57.28	John Abbott	RESQ
99/114	CHAMBERS, Chase	812	32:44.060	04:05	06:35	07:39.74	08:16.09	08:30.44	08:17.77	Lethbridge	ACAC
26/114	CHESOO, Leonard	806	27:29.937	03:26	05:31	06:17.09	06:47.88	07:23.35	07:01.60	Concordia	ACAC
64/114	CHIENGJEK, James	908	30:05.726	03:45	06:03	06:49.57	07:40.20	07:55.08	07:40.86	Sheridan	OCCA
56/114	COEN, Jordan	824	29:27.193	03:40	05:55	07:26.71	07:33.22	07:21.61	07:05.63	Red Deer	ACAC
90/114	CULBERSON, Jackson	842	31:44.649	03:58	06:23	07:35.57	08:07.23	08:09.67	07:52.17	Crandall	ACAA
11/114	CUMMING, Sam	887	26:32.634	03:19	05:20	06:18.48	06:35.27	06:42.70	06:56.17	Fanshawe	OCCA
57/114	DENAULT LEMIRE, Alexis	919	29:27.616	03:40	05:55	07:06.71	07:23.14	07:42.08	07:15.67	Notre Dame	NOTRE
67/114	DESCHENES, Damien	918	30:17.022	03:47	06:05	07:15.87	07:48.61	07:44.59	07:27.94	Notre Dame	NOTRE
82/114	DIAZ, Michael	909	31:27.237	03:55	06:19	07:13.89	08:02.11	08:16.22	07:55.01	Sheridan	OCCA
34/114	DION, Jérémy	881	28:03.570	03:30	05:38	06:44.69	06:50.88	06:55.46	07:32.52	Victoriaville	RESQ
21/114	DURET, Ethan	825	27:20.352	03:25	05:30	06:46.11	06:56.13	06:56.17	06:41.92	Red Deer	ACAC
97/114	FERRARI, Luca	893	32:31.991	04:03	06:32	07:37.65	08:09.65	08:26.49	08:18.19	Humber	OCCA
109/114	FINNIGAN, Sean	843	35:14.245	04:24	07:05	08:33.80	09:24.36	09:00.27	08:15.80	Crandall	ACAA
69/114	FISHER, Justin	809	30:21.639	03:47	06:06	07:25.57	07:41.07	07:46.48	07:28.50	Lethbridge	ACAC
7/114	FITZPATRICK, Jacob	910	26:10.184	03:16	05:15	06:19.54	06:35.77	06:44.14	06:30.71	Saint Clair	OCCA
108/114	FOLLENSBEE, Riley	838	34:58.357	04:22	07:02	08:31.89	08:58.03	09:03.24	08:25.18	St Mary's	ACAC
9/114	FREEMAN, Sandy	886	26:26.564	03:18	05:19	06:18.48	06:41.90	06:53.85	06:32.31	Fanshawe	OCCA
37/114	FRÉMONT, Christophe	862	28:06.242	03:30	05:39	06:50.61	07:12.57	07:13.95	06:49.10	Garneau	RESQ

Alpha Overall Results

8K - Men

114 Finishers

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Split1	Split2	Split3	Split4	School	
13/114	GENDRON-JETTÉ, Charles	850	26:36.103	03:19	05:21	06:33.34	06:47.26	06:47.96	06:27.53	Lennoxville	RESQ
20/114	GERVAIS, Olivier	859	27:03.899	03:22	05:26	06:37.03	06:46.48	06:56.02	06:44.35	St. Lawrence	RESQ
8/114	GIRARD, Jacob	847	26:15.783	03:16	05:17	06:17.43	06:32.49	06:44.41	06:41.44	Baie-Comeau	RESQ
110/114	GOURLEY, Jared	804	36:04.423	04:30	07:15	08:47.17	09:13.53	09:23.04	08:40.67	Augustana	ACAC
79/114	GUTHERIE-DREW, Elie	851	31:05.957	03:53	06:15	07:09.35	07:54.49	08:01.69	08:00.41	Lennoxville	RESQ
75/114	HARVEY, Alex	917	30:48.590	03:51	06:11	07:15.21	07:48.69	07:54.34	07:50.33	Notre Dame	NOTRE
48/114	HARVEY, David	916	28:57.663	03:37	05:49	06:52.45	07:23.31	07:30.22	07:11.67	Notre Dame	NOTRE
62/114	HERBERT, Cole	808	29:50.233	03:43	06:00	07:11.85	07:37.65	07:42.31	07:18.40	Lethbridge	ACAC
113/114	HERRON, Jack	840	38:56.165	04:52	07:50	08:52.51	09:44.29	10:14.97	10:04.38	St Mary's	ACAC
46/114	HIGHAM, Benjamin	826	28:56.069	03:37	05:49	07:02.93	07:15.47	07:26.59	07:11.06	Red Deer	ACAC
93/114	HORROBIN, Michael	912	31:53.508	03:59	06:25	07:37.01	08:09.71	08:12.01	07:54.76	Saint Clair	OCCA
22/114	HOUSE, Benjamin	827	27:21.478	03:25	05:30	06:46.89	06:57.21	06:56.78	06:40.59	Red Deer	ACAC
47/114	IMBAUD, Gustave	872	28:57.639	03:37	05:49	06:51.79	07:23.29	07:30.90	07:11.65	Saint-Hyacinthe	RESQ
105/114	JAGER, Justin	816	34:27.935	04:18	06:56	07:46.92	08:39.91	09:00.29	09:00.78	Medicine Hat	ACAC
4/114	JONES, Tyler	915	26:00.526	03:15	05:13	06:16.63	06:33.57	06:37.53	06:32.78	Saint Clair	OCCA
76/114	KALAB, Adam	885	30:53.957	03:51	06:13	07:29.70	07:50.25	07:55.98	07:38.01	Cambrian	OCCA
71/114	KRAMER, Jakob	906	30:28.131	03:48	06:07	07:04.22	07:51.62	07:56.79	07:35.49	Redeemer	OCCA
30/114	LAFLEUR, Justin	870	27:33.055	03:26	05:32	06:40.76	07:00.38	07:06.75	06:45.15	Lionel-Groulx	RESQ
49/114	LAFLEUR, Matt	911	29:00.078	03:37	05:50	06:39.70	07:00.13	07:07.86	08:12.37	Saint Clair	OCCA
43/114	LALIBERTÉ, Cédric	854	28:43.087	03:35	05:46	06:38.42	07:20.18	07:25.79	07:18.68	Saint-Lambert	RESQ
45/114	LAVOIE-LEULLIER, Émil	875	28:52.777	03:36	05:48	07:08.35	07:22.89	07:18.78	07:02.74	Sainte-Foy	RESQ
70/114	LAWRENCE, Axsivier	828	30:27.052	03:48	06:07	07:16.73	07:34.39	07:56.55	07:39.36	Red Deer	ACAC
95/114	LAWSON, Harrison	818	32:13.733	04:01	06:29	07:36.35	08:01.27	08:17.53	08:18.57	Medicine Hat	ACAC
3/114	LEMAÎTRE, Xavier	858	25:47.634	03:13	05:11	06:16.06	06:31.19	06:34.19	06:26.17	Saint-Lambert	RESQ
94/114	LIBOIRON, Lucas	891	32:06.609	04:00	06:27	07:37.33	08:10.96	08:17.06	08:01.24	Fanshawe	OCCA
107/114	LINDEMARK, Rogan	822	34:57.793	04:22	07:02	08:12.30	08:49.27	09:04.89	08:51.31	Prairie	ACAC
73/114	LOISELLE, Jesse	819	30:47.512	03:50	06:11	07:17.29	07:40.35	07:54.37	07:55.48	Northwest	ACAC
50/114	MARCEAU, Xavier	876	29:03.077	03:37	05:50	07:04.88	07:24.33	07:21.18	07:12.68	Sainte-Foy	RESQ
6/114	MARCHAND, Keiran	830	26:07.979	03:15	05:15	06:22.53	06:38.55	06:41.27	06:25.61	SAIT	ACAC
92/114	MILLER, Elijah	820	31:51.844	03:58	06:24	07:39.16	08:09.65	08:05.90	07:57.12	Prairie	ACAC
28/114	MOHAMED, Yahye	831	27:32.540	03:26	05:32	06:33.01	06:57.11	07:12.02	06:50.39	SAIT	ACAC
85/114	MORIN, Jean-félix	882	31:30.189	03:56	06:20	07:42.61	08:03.13	08:02.13	07:42.30	Victoriaville	RESQ
83/114	MUNGER, Jonathan	866	31:28.408	03:56	06:19	07:19.57	08:04.73	08:18.85	07:45.24	John Abbott	RESQ
106/114	MWATHA, Joe	803	34:35.389	04:19	06:57	08:13.61	08:52.13	08:54.61	08:35.03	Augustana	ACAC
29/114	NAWROT, Ben	800	27:32.977	03:26	05:32	06:45.00	07:04.30	07:02.82	06:40.85	Augustana	ACAC
53/114	NAWROT, Samuel	801	29:16.019	03:39	05:53	07:03.26	07:37.94	07:26.75	07:08.05	Augustana	ACAC

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8K - Men

114 Finishers

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Split1	Split2	Split3	Split4	School	
12/114	NEPOMUCENO, Rick	913	26:33.854	03:19	05:20	06:31.69	06:49.49	06:46.93	06:25.73	Saint Clair	OCCA
91/114	NIEDRE, Russell	914	31:49.993	03:58	06:24	07:33.03	08:04.45	08:09.61	08:02.89	Saint Clair	OCCA
33/114	POHER, Anseleme	852	27:59.562	03:29	05:37	06:33.56	07:00.90	07:16.79	07:08.29	Lennoxville	RESQ
41/114	POULIN, Louis-philippe	871	28:23.750	03:32	05:42	07:04.36	07:12.38	07:12.99	06:54.00	Saint-Hyacinthe	RESQ
32/114	POULIN-DESJARDINS, Loic	863	27:55.671	03:29	05:37	06:45.14	06:59.83	07:11.72	06:58.96	Garneau	RESQ
102/114	QUIBELL, Dan	837	33:43.310	04:12	06:47	07:43.80	08:34.65	08:56.54	08:28.30	St Mary's	ACAC
80/114	RACETTE, Daniel	867	31:22.291	03:55	06:18	07:12.31	08:01.35	08:14.83	07:53.78	John Abbott	RESQ
38/114	RAYNOR, Aidan	865	28:11.491	03:31	05:40	06:24.50	07:05.22	07:27.51	07:14.24	John Abbott	RESQ
87/114	REID, Aaron	890	31:36.798	03:57	06:21	07:26.09	08:03.74	08:07.94	07:59.01	Fanshawe	OCCA
54/114	RICE, Jackson	900	29:16.342	03:39	05:53	07:01.67	07:19.30	07:30.12	07:25.24	Laurier Brantford	OCCA
16/114	ROCHE, Ethan	889	26:45.478	03:20	05:23	06:30.65	06:46.53	06:51.13	06:37.15	Fanshawe	OCCA
66/114	ROMANUIK, Jaiden	815	30:13.481	03:46	06:04	14:57.46	07:45.01	07:30.99	00:00.00	Medicine Hat	ACAC
98/114	RONO, Brian	835	32:34.803	04:04	06:33	07:26.46	08:11.66	08:24.14	08:32.52	SAIT	ACAC
51/114	ROSA, Elsami	833	29:05.421	03:38	05:51	07:03.72	07:24.26	07:21.72	07:15.70	SAIT	ACAC
86/114	ROSS, William	844	31:31.454	03:56	06:20	07:34.93	07:57.11	08:13.75	07:45.64	Crandall	ACAA
2/114	SAID, Moktar	834	25:38.213	03:12	05:09	06:17.55	06:29.19	06:34.12	06:17.34	SAIT	ACAC
18/114	SAID, Tofik	832	27:01.532	03:22	05:26	06:23.14	06:55.36	07:03.16	06:39.85	SAIT	ACAC
112/114	SALY, James	805	36:50.785	04:36	07:24	08:49.65	09:15.67	09:30.71	09:14.74	Augustana	ACAC
44/114	SANDHAR, Jaivir	894	28:47.327	03:35	05:47	07:01.67	07:18.47	07:23.09	07:04.08	Humber	OCCA
103/114	SCHELLENBERG, Ewan	802	33:51.325	04:13	06:48	08:10.82	08:35.15	08:35.74	08:29.60	Augustana	ACAC
100/114	SCHILLER, Carson	813	33:13.217	04:09	06:41	07:38.23	08:24.73	08:39.61	08:30.63	Medicine Hat	ACAC
111/114	SEERUP, Rowan	839	36:14.478	04:31	07:17	08:19.58	09:06.53	09:31.71	09:16.63	St Mary's	ACAC
88/114	SMITH, Gage	817	31:37.900	03:57	06:21	07:24.41	07:54.54	08:14.21	08:04.73	Medicine Hat	ACAC
59/114	SUMMERS, Will	903	29:32.937	03:41	05:56	07:42.87	07:22.93	07:17.39	07:09.73	Mohawk	OCCA
63/114	SUMNER, Brannon	814	29:51.170	03:43	06:00	07:16.93	07:32.79	07:43.93	07:17.50	Medicine Hat	ACAC
104/114	SUTHERLAND, Judah	821	34:10.521	04:16	06:52	08:21.08	08:41.00	08:40.01	08:28.41	Prairie	ACAC
17/114	SZUCS, Daniel	829	26:50.400	03:21	05:24	06:24.95	06:45.97	06:48.13	06:51.33	Red Deer	ACAC
35/114	TANNER, Victor	857	28:04.156	03:30	05:38	06:43.69	07:13.65	07:14.17	06:52.63	Saint-Lambert	RESQ
77/114	TESSEL, Matias	902	30:56.863	03:52	06:13	07:41.27	07:49.93	07:51.60	07:34.04	Mohawk	OCCA
19/114	THOMAS, Ismaël	873	27:02.376	03:22	05:26	06:32.69	06:48.75	06:54.78	06:46.14	Sainte-Foy	RESQ
15/114	TOUPIN, Émile	878	26:44.543	03:20	05:22	06:35.64	06:46.46	06:48.75	06:33.67	Trois-Rivières	RESQ
74/114	TREMBLAY, Louis-simon	853	30:48.379	03:51	06:11	07:31.39	07:49.68	07:53.34	07:33.95	Lennoxville	RESQ
25/114	TURCOTTE, Mathis	864	27:29.493	03:26	05:31	06:45.72	06:57.66	06:57.05	06:49.05	Garneau	RESQ
1/114	TURGEON, Nolan	879	25:26.753	03:10	05:07	06:16.30	06:23.90	06:25.45	06:21.09	Victoriaville	RESQ
5/114	VALLIÈRES, Mathis	880	26:07.134	03:15	05:15	06:19.14	06:34.07	06:42.72	06:31.19	Victoriaville	RESQ
55/114	VELASQUEZ-SOLANO, Joaquin	877	29:23.139	03:40	05:54	07:09.59	07:27.73	07:31.71	07:14.09	Sainte-Foy	RESQ

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114 Finishers

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Split1	Split2	Split3	Split4	School	
84/114	VIGNEAULT, Raphael	883	31:28.764	03:56	06:20	07:43.20	08:02.54	08:01.71	07:41.30	Victoriaville	RESQ
52/114	VINCENT, Fortin	869	29:08.468	03:38	05:51	07:06.29	07:21.11	07:25.05	07:16.00	Jonquière	RESQ
14/114	WILLIAMS, Cooper	807	26:40.392	03:20	05:22	06:37.57	06:44.45	06:48.69	06:29.66	Lethbridge	ACAC
89/114	WOOLLEY, Brendan	897	31:44.251	03:58	06:23	07:33.03	07:59.54	08:14.15	07:57.50	Humber	OCCA
60/114	WRIGLEY, Owen	898	29:44.935	03:43	05:59	06:54.79	07:35.78	07:44.45	07:29.90	Lambton	OCCA
72/114	ZAMPARO, Julian	896	30:37.413	03:49	06:09	07:32.65	07:45.42	07:37.11	07:42.22	Humber	OCCA