

2011 ACAC Cross Country Championships

Hosted by SAIT

October 29, 2011

ACAC women's results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LAKE	KC	LC	RDC	AUG	CUCA	GMU	NAIT	GPRC	OC	Pace/km
Carina Ness	GPRC	150	25:03	56	x										x		05:01
Erin Corcoran	GPRC	152	25:22	57	x										x		05:04
Mackenzie Srochenski-Fyf	OC	160	25:29	58	48											48	05:06
Shaunacee McKay	OC	164	25:29	59	49											49	05:06
Laura Friesen	RDC	181	25:31	60	x					x							05:06
Kimberley McKinnon	NAIT	131	25:41	61	50									50			05:08
Lilit Houlder	NAIT	128	25:47	62	51									51			05:09
Vanessa Besharah	GPRC	149	25:48	63	x										x		05:10
Calla Scott	GPRC	151	26:03	64	x										x		05:13
Bonnie McNary	LAKE	111	26:04	65	52		52										05:13
Rossalyn Telfer	SAIT	106	26:06	66	x	x											05:13
Kaitlin Jarvis	CUCA	124	26:07	67	53							53					05:13
Courtney Grosh	LAKE	108	26:09	68	54		54										05:14
Jenna Backer	GPRC	156	26:20	69	x										x		05:16
Linnea Saltel	GPRC	153	26:21	70	x										x		05:16
Amanda Matier	GPRC	154	26:46	71	x										x		05:21
Carly Pura	AUG	167	26:46	72	x						x						05:21
Teal Knox	OC	159	27:34	73	55											55	05:31
Michelle Zielinski	LAKE	109	27:39	74	56		56										05:32
Hannah Tighe	GPRC	155	28:46	75	x										x		05:45
Natalie Tryon	KC	112	29:12	76	57			57									05:50
Tanille Cameron	OC	163	29:13	77	58											58	05:51
Tina Lockhart	OC	161	29:36	78	59											59	05:55
Zorica Djordjevic	OC	162	29:38	79	x											x	05:56
Janis Brunke	NAIT	132	29:57	80	x									x			05:59
Karly Upshall	GPRC	157	35:05	81	x										x		07:01

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	81	59	6	5	2	6	6	6	6	4	6	6	6	6	6
# of exhibition runners		22	1	0	0	0	3	4	0	2	1	10	1		
total best 4 runners			71	166		88	32	85	115	40	130	74	197		
rank on best 4 runners			3	9		6	1	5	7	2	8	4	10		
total best 3 runners			38	112		51	13	51	62	23	84	51	142		
rank on best 3 runners			3	9		4	1	4	7	2	8	4	10		
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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