ACAC XC Championships 2016
Hosted by Grande Prairie Regional College
Oct 29, 2016

ACAC men's 8 km results

Runner	Team	Bib#	Time	Place	ACAC	UAA	CUE	GPRC	LAKE	LETH	OC	SAIT	STMU	RDC	0	0	0	0	0	0	Pace/km
Jacques Saayman	SAIT	432	27:49	1	1							1									03:29
Boaz Korir	LETH	408	28:23	2	2					2											03:33
Alex Howells	SAIT	431	28:38	3	3							3									03:35
Alex Andres	LETH	409	28:45	4	4					4											03:36
Brandon Wladyko	GPRC	406	28:57	5	5			5													03:37
Matt Martin	UAA	426	29:00	6	6	6															03:38
Daryl Ross	SAIT	433	29:36	7	7							7									03:42
Karan Matusin	STMU	449	29:44	8	8								8								03:43
Joedy Dalke	UAA	424	29:54	9	9	9															03:44
Matthew Mundy	STMU	450	30:12	10	10								10								03:47
Sean Hickey	SAIT	434	30:19	11	11							11									03:47
Edwin Kaitany	LETH	407	30:44	12	12					12											03:51
Nolan Dyck	RDC	415	30:53	13	13									13							03:52
Erik Rust	UAA	428	30:53	14	14	14															03:52
Matthew Vandegriff	SAIT	435	31:12	15	15							15									03:54
Keith Spruyt	CUE	455	31:21	16	16		16														03:55
Bryce Turner	UAA	430	31:23	17	17	17															03:55
Cory DeRaadt	RDC	416	31:37	18	18									18							03:57
Devon Gurney	RDC	417	31:52	19	19									19							03:59
Michael Cole	UAA	423	32:18	20	20	20															04:02
Jeffrey Willoughby	RDC	418	32:24	21	21									21							04:03
Dayton Jans	LETH	411	32:38	22	22					22											04:05
Joshua Malmsten	GPRC	401	32:57	23	23			23													04:07
Reece Bailey	UAA	422	33:24	24	24	24															04:11
Connor Reinson	CUE	456	33:36	25	25		25														04:12
Nathan Goode	RDC	419	33:41	26	26									26							04:13
Denton Davies	SAIT	437	33:43	27	27							27									04:13
John Krause	LETH	412	33:55	28	28					28											04:14
Logan Gechter	LETH	410	34:02	29	29					29											04:15
Thomas McCullagh	LETH	414	34:19	30	x					x											04:17
Logan Pearce	STMU	451	34:30	31	30								30								04:19
Po Kin (Jonathan) Lam	RDC	420	34:37	32	31									31							04:20
Daniel McCoy	SAIT	436	34:52	33	x							x									04:22
Matthew Holler	STMU	448	34:58	34	32								32								04:22
Ian Lee	CUE	453	35:07	35	33		33														04:23
Kbrom Dengts	SAIT	438	35:10	36	x							x									04:24
Mohammed Abdullahi	CUE	458	35:17	37	34		34														04:25
Michael Quick	CUE	454	35:36	38	35		35														04:27
Carlos Mena	LETH	413	35:56	39	x					x											04:30
Duani Yano	SAIT	439	36:05	40	x							x									04:31
Sasha Eccleston	UAA	425	36:11	41	x	x															04:31
Ankit Bishnoi	LAKE	444	36:58	42	36				36												04:37
Darien Khan	CUE	459	37:00	43	37		37														04:38
Justin Moltzahn	RDC	421	37:12	44	x									x							04:39
Carter Tomyn	LAKE	440	37:30	45	38				38												04:41
Brad Agnew	CUE	457	37:31	46	x		x														04:41
Conner Robertson	LAKE	442	38:07	47	39				39												04:46
Philip Taylor-Smith	STMU	452	38:22	48	40								40								04:48
Brett Meyer	UAA	427	38:41	49	x	x															04:50
Justin Seely	LAKE	441	40:16	50	41				41												05:02
Jarrad St. Arnault	GPRC	404	40:29	51	42			42													05:04
Jackson Sweder	UAA	429	41:05	52	x	x															05:08
Dylan Van Eerden	GPRC	405	41:45	53	43			43													05:13
William Devroomen	LAKE	445	41:46	54	44				44												05:13
Chase Thomas	LAKE	443	43:26	55	45				45												05:26
Ethan Nielson	OC	446	46:03	56	46						46										05:45
Jonathan Parenteau	GPRC	403	48:09	57	47			47													06:01

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	57	47	6	6	5	6	6	1	6	5	6	0	0	0	0	0	0
# of exhibition runners		10	3	1	0	0	2	0	3	0	1	0	0	0	0	0	0
total best 4 runners			46	108	113	154	40		22	80	71						
rank on best 4 runners			3	6	7	8	2		1	5	4						
total best 3 runners			29	74	70	113	18		11	48	50						
rank on best 3 runners			3	7	6	8	2		1	4	5						
total best 3 women+best 3 men			107	104	122	215	32		48	143	63						
rank on best 3 women and men			5	4	6	8	1		2	7	3						
			UAA	CUE	GPRC	LAKE	LETH	OC	SAIT	STMU	RDC	0	0	0	0	0	0