



Shuswap Cross 2015 Race 1

October 18, 2015

Open Men (Men), 16.10 km, 7 laps of 2.30 km, winner: 46:16 at 20.88 km/h

Pos	Bib	Last Name	First Name	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	47	KLEER	Nelson	46:16		20.88	6:24	6:39	6:38	6:31	6:37	6:36	6:48
2	43	LADYMAN	Ash	49:43	3'27"	19.43	7:18	6:41	6:53	7:01	7:09	7:16	7:22
3	45	WHITE	John	50:13	3'57"	19.23	7:17	6:53	6:59	7:12	7:19	7:14	7:16
4	44	HOLMES	Dan	52:05	5'49"	18.55	7:11	7:26	7:25	7:27	7:34	7:38	7:21
5	46	KELLY	Sean	1:04:03	17'47"	15.08	8:36	8:59	9:11	9:04	9:31	9:27	9:14