

Senior (Men)

distance: 23.96 km, 1st lap 0.42 km, 11 more laps of 2.14 km, start: 14:35:29

winner: 1:02:30 at 23.00 km/h, 21 starters, 19 finishers (90.5%)

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12
1	15	MCNEELY, Evan	2x4 Coaching	Ottawa	Senior	74365	1:02:30		23.00	1:02	5:18	5:25	5:26	5:32	5:35	5:35	5:40	5:40	5:38	5:42	5:48
2	35	HAMM, Emile	Ride with Rendall p/b Biemme	Thunder Bay	Senior	74498	1:02:58	0'28"	22.83	1:03	5:15	5:30	5:36	5:37	5:40	5:41	5:43	5:44	5:38	5:42	5:43
3	77	DUARTE, Filipe	Ottawa Bicycle Club	Gatineau	Senior	CP21-00232	1:04:00	1'30"	22.46	1:03	5:19	5:38	5:47	5:37	5:45	5:41	5:46	5:47	5:48	5:56	5:47
4	40	HAYWARD, Max	Toronto Hustle	Ottawa	Senior	eocx40	1:04:01	1'31"	22.45	1:08	5:31	5:34	5:32	5:39	5:45	5:40	5:47	5:47	5:48	5:56	5:49
5	31	LAWSON, Drummond		Montreal	Senior	53864	1:04:45	2'15"	22.20	1:05	5:38	5:48	5:39	5:45	5:44	5:48	5:50	5:49	5:47	5:53	5:54
6	29	BAKKER, Osmond	Bakker's Trailblazers	Stittsville	Senior	CP21-01137	1:04:56	2'26"	22.14	1:05	5:31	5:46	5:47	5:46	5:54	5:51	5:50	5:52	5:50	5:48	5:50
7	14	PROULX, Steve	The Cyclery	Gatineau	Senior		1:05:06	2'36"	22.08	1:09	5:36	5:51	5:45	5:47	5:46	5:41	5:47	5:45	5:51	5:55	6:07
8	21	KIRBY, Stephen	Full Cycle	Ottawa	Senior	74574	1:05:20	2'50"	22.00	1:06	5:31	5:47	5:48	5:42	5:45	5:47	5:51	5:51	6:05	5:58	6:05
9	16	VAN DEN HAM, Doug	Nine2FivePro Cycling Team	Ottawa	Senior	74655	1:05:24	2'54"	21.98	1:03	5:38	5:48	5:44	5:45	5:53	5:49	5:52	5:54	5:58	6:01	5:54
10	36	BURCUL, Zvonimir		Ottawa	Senior	CP21-02591	1:08:30	6'00"	20.98	1:12	5:48	6:01	5:57	6:02	6:05	6:08	6:13	6:09	6:13	6:07	6:28
11	23	WOODFORD, Theodore	Ottawa Bicycle Club	Ottawa	Senior	74098	1:02:37	-1 lap	20.91	1:09	5:40	6:01	6:11	6:00	6:14	6:23	6:20	6:17	6:22	5:54	
12	30	BEARDSALL, Andrew		Ottawa	Senior	CP21-02562	1:03:31	-1 lap	20.61	1:21	6:04	6:08	6:13	6:22	6:13	6:10	6:07	6:15	6:19	6:13	
13	37	DALY, Graham		Ottawa	Senior	CP21-02596	1:03:50	-1 lap	20.51	1:24	6:03	6:07	6:15	6:08	6:15	6:23	6:21	6:13	6:20	6:18	
14	18	BOUDREAU, Marc	The Cyclery	Ottawa	Senior	74748	1:05:30	-1 lap	19.99	1:15	6:01	6:14	6:15	6:21	6:25	6:24	6:28	6:31	6:41	6:48	
15	33	HÉROUX, Alexander	euro-sports	Ottawa	Senior	CP21-02291	1:06:09	-1 lap	19.79	1:18	6:06	6:13	6:42	6:31	6:35	6:21	6:33	6:30	6:41	6:35	
16	20	MICHAUD, Lucas	Centre du Vélo La Shop	Gatineau	Senior	51425	1:06:34	-1 lap	19.67	1:16	6:06	6:13	6:21	6:23	6:34	6:35	6:59	6:31	6:53	6:38	
17	26	WASIAK, Szymek		Ottawa	Senior	CP21-02505	1:03:51	-2 laps	18.49	1:20	6:31	6:50	6:55	6:56	6:55	7:05	7:08	7:03	7:04		
18	34	JONES, Wills		Ottawa	Senior	CP21-02587	1:07:12	-2 laps	17.57	1:29	6:53	7:01	7:18	7:33	7:16	7:16	7:29	7:24	7:28		
19	38	VERDON, Eric		Ottawa	Senior	CP21-02599	1:09:42	-3 laps	15.10	1:37	8:02	7:47	8:12	7:49	8:12	8:28	9:12	10:20			
DNF	32	PLENDERLEITH, Simon	Université d'Ottawa	Ottawa	Senior	eocx32			20.81	1:14	6:07	6:11									
DNF	19	OMURA, Tommy		Ottawa	Senior	CP21-02551			20.37	1:09	5:28	5:33	5:36	5:58	5:55	5:42	5:45	10:29			

Master A 30-39 (Men)

distance: 21.82 km, 1st lap 0.42 km, 10 more laps of 2.14 km, start: 14:35:29

winner: 1:02:57 at 20.80 km/h, 16 starters, 16 finishers (100.0%)

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11
1	100	LAFONTAINE, Bruno	Centre du Vélo La Shop	Gatineau	Master A	CP21-02535	1:02:57		20.80	1:12	6:07	6:18	6:04	6:11	6:11	6:08	6:07	6:04	6:12	6:18
2	113	DUGUAY, Jean-Philippe		Orleans	Master A	CP21-02555	1:02:59	0'02"	20.78	1:14	5:57	6:06	6:13	6:10	6:17	6:12	6:09	6:09	6:15	6:12
3	112	SABATINO, Simon	CC Maraudeurs	Montreal	Master A	53718	1:03:46	0'49"	20.53	1:10	6:22	6:06	6:13	6:11	6:17	6:18	6:20	6:14	6:13	6:16
4	105	WALTON, Adrian		Ottawa	Master A	CP21-02544	1:03:53	0'56"	20.49	1:13	6:07	6:08	6:19	6:15	6:16	6:28	6:21	6:14	6:16	6:11
5	104	WOODFORD, Michael	Ride with Rendall p/b Biemme	Ottawa	Master A	74435	1:04:38	1'41"	20.25	1:17	6:06	6:07	6:10	6:13	6:23	6:28	6:32	6:21	6:25	6:29
6	116	SCHIEMANN, Neil		Ottawa	Master A	CP21-02107	1:05:01	2'04"	20.14	1:16	6:05	6:18	6:25	6:19	6:16	6:26	6:24	6:21	6:33	6:33
7	101	DEDO, Carey	GearHeads Cycling Club	Pembroke	Master A	CP21-02407	1:06:34	3'37"	19.67	1:22	6:22	6:34	6:28	6:23	6:23	6:38	6:37	6:27	6:42	6:35
8	108	ASSELSTINE, Michael		Ottawa	Master A	CP21-02001	1:06:59	4'02"	19.54	1:18	6:13	6:24	6:30	6:36	6:38	6:34	6:40	6:40	6:39	6:43
9	102	LEES, Andrew	Nine2FivePro Cycling Team	Gatineau	Master A	CP21-02614	1:07:30	4'33"	19.39	1:30	6:29	6:27	6:24	6:22	6:27	6:28	6:30	6:40	7:00	7:08
10	179	FITZMAURICE, Danny		Ottawa	Master A	CP21-02554	1:05:58	-1 lap	17.90	1:25	8:42	6:41	6:43	6:51	7:31	6:44	6:53	7:34	6:49	
11	106	WITOLLA, Robert		Ottawa	Master A	CP21-02545	1:06:04	-1 lap	17.87	1:27	6:50	7:03	7:05	7:03	7:08	7:17	7:23	7:28	7:16	
12	166	DUARTE, Tiago	Ottawa Bicycle Club	Gatineau	Master A	CP21-00233	1:09:17	-1 lap	17.04	1:21	6:44	7:03	7:13	7:03	7:23	8:05	8:07	8:39	7:35	
13	110	ELLIOTT, Nathan		Stittsville	Master A	CP21-02547	1:10:00	-1 lap	16.87	1:24	6:58	7:27	7:28	7:29	7:29	7:37	7:52	8:05	8:08	
14	119	ROBERTS, Joshua		Ottawa	Master A	CP21-02607	1:06:06	-2 laps	15.92	1:38	7:24	7:46	7:59	8:00	8:01	8:03	8:27	8:44		
15	170	GORMAN, Brendan	Nine2FivePro Cycling Team	Kinburn	Master A	CP21-02592	1:05:45	-4 laps	12.10	9:09	8:07	8:02	8:00	7:57	14:33	9:53				
16	111	WHITE, Jack	613 Cycling	Nepean	Master A	CP21-01005	1:08:36	-4 laps	11.60	1:36	9:50	10:36	11:13	11:26	12:03	11:49				