



Eastern Ontario Cyclocross Series #1

September 24, 2023

Race 4 - Women (Women)

19.90 km, 1st lap 2.41 km, 8 more laps of 2.19 km, winner: 50:55 - 23.44 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	1	ELLIOTT, Natasha	The Cyclery	Gatineau	Senior		CWMB	50:55.35		23.44	5:43.24	5:32.33	5:35.16	5:40.12	5:42.55	5:35.13	5:41.77	5:44.08	5:40.97
2	3	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON75570	CWMA	50:58.62	0'03.27"	23.42	5:45.77	5:33.25	5:38.26	5:39.51	5:37.77	5:33.75	5:41.79	5:44.61	5:43.90
3	2	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON75383	CWE	52:12.52	1'17.18"	22.87	5:44.29	5:32.62	5:40.14	5:39.58	5:37.13	5:42.08	6:05.37	6:01.27	6:10.03
4	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	54:04.87	3'09.52"	22.08	5:47.61	5:47.55	5:57.24	6:02.54	6:02.99	5:59.05	6:04.74	6:07.95	6:15.20
5	189	FOURNIER, Veronique	Agowatt	Chelsea	Master B	51724	CWMA	54:18.75	3'23.40"	21.98	5:52.00	5:57.93	5:57.26	6:03.25	6:03.29	6:07.24	6:11.64	6:08.19	5:57.95
6	886	NORRIS, Jordan	GearHeads	Pembroke	Master A	ON76102	CWMA	54:29.22	3'33.88"	21.91	6:40.55	5:56.47	5:52.17	5:55.25	5:51.96	6:00.43	6:02.00	6:06.80	6:03.59
7	5	SLOBODIAN, Alexandra		Ottawa	Senior	PR23-02042	CWE	55:00.51	4'05.17"	21.70	6:00.29	5:55.54	6:06.45	6:08.17	6:04.72	6:02.00	6:15.95	6:16.99	6:10.39
8	878	VARAH, Nina	Shadow Elite	Ottawa	Senior	PR23-01169	CWE	55:40.35	4'45.00"	21.44	6:30.51	6:05.27	6:05.64	6:07.42	6:08.87	6:08.91	6:14.43	6:08.30	6:11.00
9	186	BERTHAUME, Alicia	GearHeads	Pembroke	Master B	PR23-01231	CWMB	56:31.33	5'35.98"	21.12	6:04.54	6:00.78	6:08.69	6:20.17	6:22.14	6:17.64	6:26.99	6:24.54	6:25.84
10	130	MESSIER, Jill		Ottawa	Master A	ON75251	CWE	56:48.78	5'53.43"	21.01	6:13.85	6:09.07	6:14.66	6:11.35	6:22.05	6:19.71	6:29.23	6:25.79	6:23.06
11	9	DERTINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	51:19.73	-1 lap	20.70	6:37.79	6:18.33	6:19.64	6:17.09	6:25.82	6:25.79	6:25.07	6:30.20	
12	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B		CWMA	51:21.64	-1 lap	20.69	6:28.20	6:01.80	6:10.58	6:14.33	7:38.34	6:18.77	6:16.61	6:13.00	
13	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	51:22.32	-1 lap	20.69	6:22.31	6:05.05	6:13.94	6:24.84	6:33.75	6:33.89	6:36.44	6:32.09	
14	876	GRAVEL, Dominique		Gatineau	Master A		CWMA	51:54.82	-1 lap	20.47	6:40.11	6:23.56	6:28.87	6:23.61	6:29.46	6:26.54	6:27.20	6:35.47	
15	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	52:26.29	-1 lap	20.27	6:25.86	6:12.41	6:24.77	6:31.51	6:38.76	6:38.45	6:49.07	6:45.45	
16	240	LANGEVELD, Julia	Skinouk:Les Cuisses Or De L'Quiaouais	Gatineau	U15 Girls	52456	CWU15	52:56.68	-1 lap	20.07	6:34.62	6:32.15	6:39.34	6:45.88	6:41.24	6:34.91	6:37.90	6:30.64	
17	327	HARRISON, Suzanne	euro-sports:Ottawa Women's Cycling Club	Ottawa	Master C	PR23-01152	CWMC	53:12.26	-1 lap	19.97	6:56.09	6:21.00	6:28.29	6:37.61	6:34.22	6:36.16	6:45.74	6:53.16	
18	323	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C		CWMB	53:34.27	-1 lap	19.84	6:19.89	6:26.88	6:40.97	6:40.15	6:46.07	6:52.82	6:51.09	6:56.40	
19	181	PELLETIER, Marie-Andree	Agowatt	Gatineau	Master B		CWMB	54:37.70	-1 lap	19.45	6:57.79	6:45.72	6:52.12	6:48.65	6:52.50	6:51.10	6:50.55	6:39.28	
20	187	CROOKS, Caitlin	Ottawa Women's Cycling Club	Ottawa	Master B	PR23-01180	CWMB	54:52.84	-1 lap	19.36	7:02.61	6:38.24	6:42.67	6:50.36	6:51.27	6:48.07	6:53.14	7:06.49	
21	283	ZIKOVITZ, Noelle	Ottawa Bicycle Club	Ottawa	U17	ON75842	CWU17	55:22.58	-1 lap	19.19	6:41.52	6:34.34	6:47.98	6:53.58	7:06.68	7:29.11	7:11.06	6:38.30	
22	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	55:24.30	-1 lap	19.18	6:48.20	6:27.97	6:45.28	7:01.21	7:25.77	7:11.22	7:11.88	6:32.76	
23	245	WAGNER, Charlotte	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01771	CWU15	55:27.84	-1 lap	19.16	6:50.07	6:34.23	7:05.88	7:05.25	7:07.17	7:06.44	7:04.40	6:34.40	
24	247	BUNDLE, Zoe	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01727	CWU15	55:30.76	-1 lap	19.14	6:50.39	6:34.23	7:05.98	7:05.28	7:07.83	7:05.67	7:04.45	6:36.92	
25	183	ROCHON, Marie-Helene	Vélo La Shop	Gatineau	Master B		CWMB	55:58.42	-1 lap	18.99	6:57.29	6:45.94	6:57.38	6:57.49	7:02.74	7:05.07	7:01.76	7:10.75	
26	10	KELSO, Emilie	Shadow Elite	Gatineau	Senior		CWE	56:06.25	-1 lap	18.94	6:46.54	6:51.17	7:14.92	7:03.55	7:13.93	7:00.58	6:49.03	7:06.53	
27	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	56:29.40	-1 lap	18.81	7:28.17	7:38.03	6:56.88	6:50.07	6:52.01	6:54.15	7:03.90	6:46.21	
28	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	56:32.12	-1 lap	18.80	7:14.91	6:47.92	7:02.75	7:08.20	7:07.83	6:56.52	7:04.53	7:09.46	
29	326	COURTEMANCHE, Cindy	Ottawa Women's Cycling Club	Ottawa	Master C	PR23-01228	CWMC	56:36.72	-1 lap	18.77	7:02.26	6:43.55	7:02.09	6:56.51	6:57.02	7:01.51	7:40.88	7:12.91	
30	295	GIROUARD, Marcie	euro-sports	Ottawa	Master D	ON76086	CWMD	56:52.44	-1 lap	18.69	6:28.61	6:34.53	6:46.32	6:51.66	7:04.66	7:20.32	7:52.67	7:53.67	
31	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	57:06.42	-1 lap	18.61	7:05.40	6:56.69	7:04.38	7:08.28	7:08.20	7:03.88	7:27.14	7:12.44	
32	242	NORTH, Madeline	Ottawa Bicycle Club	Ottawa	U15 Girls	NNM230071	CWU15	57:13.68	-1 lap	18.57	7:04.12	6:45.92	7:12.41	7:08.92	7:09.33	7:13.50	7:28.91	7:10.57	
33	875	DAMENT, Shallan		Pembroke	Master A		CWMA	52:38.43	-2 laps	17.70	7:08.25	6:47.49	7:46.85	7:30.83	7:43.87	7:51.20	7:49.94		
34	282	HOLT, Isabel	Ottawa Bicycle Club	Luskville	U17	PR23-00585	CWU17	53:41.39	-2 laps	17.35	6:53.60	7:08.87	8:01.22	7:59.22	8:06.25	8:09.61	7:22.63		
35	879	OTT, Morgan		Ottawa	Senior	PR23-02056	CWE	53:56.11	-2 laps	17.27	7:21.16	7:08.19	7:23.41	7:38.69	8:05.31	8:10.53	8:08.82		
36	244	ALLINA, Zoe	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00386	CWU15	54:22.00	-2 laps	17.13	7:12.51	7:13.75	7:54.07	8:03.19	7:51.13	8:15.64	7:51.72		
37	296	CÔTÉ, Chantal	Agowatt	Gatineau	Master D		CWMC	55:19.96	-2 laps	16.84	7:22.27	6:50.54	6:51.38	11:28.40	7:26.35	7:14.08	8:06.94		
38	885	GIRARD, Catherine		Gatineau	Senior		CWE	55:20.12	-2 laps	16.83	7:32.96	7:21.76	7:43.45	8:01.84	8:06.21	8:10.04	8:23.87		
39	246	DUSTIN, Chloe	Ottawa Bicycle Club	Kanata	U15 Girls	PR23-01197	CWU15	55:23.69	-2 laps	16.82	7:45.70	7:33.64	7:43.99	8:08.47	8:28.46	7:56.97	7:46.46		
40	249	BEREZNAI, Gabriela	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00537	CWU15	56:16.20	-2 laps	16.56	7:38.64	7:38.97	7:58.41	8:15.45	8:21.03	8:08.02	8:15.68		
DNF	882	TESSIER, Sonia	Ottawa Women's Cycling Club	Gatineau	Master C	PR23-01280	CWMB			21.04	6:15.75	6:19.37	6:33.01	6:26.14					
DNF	191	DUARTE, Roberta		Gatineau	Master B	PR23-02055	CWMA			14.54	8:54.56	8:29.60	9:35.32	10:01.10					



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master A 30-39 (Women)

19.90 km, 1st lap 2.41 km, 8 more laps of 2.19 km, winner: 54:29 - 21.91 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	886	NORRIS, Jordan	GearHeads	Pembroke	Master A	ON76102	CWMA	54:29.22		21.91	6:40.55	5:56.47	5:52.17	5:55.25	5:51.96	6:00.43	6:02.00	6:06.80	6:03.59
2	130	MESSIER, Jill		Ottawa	Master A	ON75251	CWE	56:48.78	2'19.55"	21.01	6:13.85	6:09.07	6:14.66	6:11.35	6:22.05	6:19.71	6:29.23	6:25.79	6:23.06
3	876	GRAVEL, Dominique		Gatineau	Master A		CWMA	51:54.82	-1 lap	20.47	6:40.11	6:23.56	6:28.87	6:23.61	6:29.46	6:26.54	6:27.20	6:35.47	
4	875	DAMENT, Shalan		Pembroke	Master A		CWMA	52:38.43	-2 laps	17.70	7:08.25	6:47.49	7:46.85	7:30.83	7:43.87	7:51.20	7:49.94		



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master B 40-49 (Women)

19.90 km, 1st lap 2.41 km, 8 more laps of 2.19 km, winner: 54:19 - 21.98 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	189	FOURNIER, Veronique	Agowatt	Chelsea	Master B	51724	CWMA	54:18.75		21.98	5:52.00	5:57.93	5:57.26	6:03.25	6:03.29	6:07.24	6:11.64	6:08.19	5:57.95
2	186	BERTHIAUME, Alicia	GearHeads	Pembroke	Master B	PR23-01231	CWMB	56:31.33	2'12.58"	21.12	6:04.54	6:00.78	6:08.69	6:20.17	6:22.14	6:17.64	6:26.99	6:24.54	6:25.84
3	185	SMOLDERS, José	R&TC Groenewoud	Ottawa	Master B		CWMA	51:21.64	-1 lap	20.69	6:28.20	6:01.80	6:10.58	6:14.33	7:38.34	6:18.77	6:16.61	6:13.00	
4	180	FICKER, Christine	euro-sports	Carp	Master B	PR23-01227	CWMB	51:22.32	-1 lap	20.69	6:22.31	6:05.05	6:13.94	6:24.84	6:33.75	6:33.89	6:36.44	6:32.09	
5	181	PELLETIER, Marie-Andree	Agowatt	Gatineau	Master B		CWMB	54:37.70	-1 lap	19.45	6:57.79	6:45.72	6:52.12	6:48.65	6:52.50	6:51.10	6:50.55	6:39.28	
6	187	CROOKS, Caitlin	Ottawa Women?s Cycling Club	Ottawa	Master B	PR23-01180	CWMB	54:52.84	-1 lap	19.36	7:02.61	6:38.24	6:42.67	6:50.36	6:51.27	6:48.07	6:53.14	7:06.49	
7	183	ROCHON, Marie-Helene	Vélo La Shop	Gatineau	Master B		CWMB	55:58.42	-1 lap	18.99	6:57.29	6:45.94	6:57.38	6:57.49	7:02.74	7:05.07	7:01.76	7:10.75	
8	190	MERCER, Francesca	Frontenac Cycle	Gananoque	Master B	PR23-00158	CWMB	56:29.40	-1 lap	18.81	7:28.17	7:38.03	6:56.88	6:50.07	6:52.01	6:54.15	7:03.90	6:46.21	
9	184	ALBERS, Christina	Ottawa Bicycle Club	Ottawa	Master B	PR23-00374	CWMB	57:06.42	-1 lap	18.61	7:05.40	6:56.69	7:04.38	7:08.28	7:08.20	7:03.88	7:27.14	7:12.44	
DNF	191	DUARTE, Roberta		Gatineau	Master B	PR23-02055	CWMA			14.54	8:54.56	8:29.60	9:35.32	10:01.10					



Eastern Ontario Cyclocross Series #1

September 24, 2023

Senior (Women)

19.90 km, 1st lap 2.41 km, 8 more laps of 2.19 km, winner: 50:55 - 23.44 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	1	ELLIOTT, Natasha	The Cyclery	Gatineau	Senior		CWMB	50:55.35		23.44	5:43.24	5:32.33	5:35.16	5:40.12	5:42.55	5:35.13	5:41.77	5:44.08	5:40.97
2	3	WENDLAND, Jodi	The Cyclery	Ottawa	Senior	ON75570	CWMA	50:58.62	0'03.27"	23.42	5:45.77	5:33.25	5:38.26	5:39.51	5:37.77	5:33.75	5:41.79	5:44.61	5:43.90
3	2	FLYNN, Emily	LA Sweat	Ottawa	Senior	ON75383	CWE	52:12.52	1'17.18"	22.87	5:44.29	5:32.62	5:40.14	5:39.58	5:37.13	5:42.08	6:05.37	6:01.27	6:10.03
4	11	STROUD, Raylan	Shadow Elite	Stittsville	Senior	ON75668	CWE	54:04.87	3'09.52"	22.08	5:47.61	5:47.55	5:57.24	6:02.54	6:02.99	5:59.05	6:04.74	6:07.95	6:15.20
5	5	SLOBODIAN, Alexandra		Ottawa	Senior	PR23-02042	CWE	55:00.51	4'05.17"	21.70	6:00.29	5:55.54	6:06.45	6:08.17	6:04.72	6:02.00	6:15.95	6:16.99	6:10.39
6	878	VARAH, Nina	Shadow Elite	Ottawa	Senior	PR23-01169	CWE	55:40.35	4'45.00"	21.44	6:30.51	6:05.27	6:05.64	6:07.42	6:08.87	6:08.91	6:14.43	6:08.30	6:11.00
7	9	DERTINGER, Caitlin	Shadow Elite	Ottawa	Senior	ON75908	CWE	51:19.73	-1 lap	20.70	6:37.79	6:18.33	6:19.64	6:17.09	6:25.82	6:25.79	6:25.07	6:30.20	
8	10	KELSO, Emilie	Shadow Elite	Gatineau	Senior		CWE	56:06.25	-1 lap	18.94	6:46.54	6:51.17	7:14.92	7:03.55	7:13.93	7:00.58	6:49.03	7:06.53	
9	879	OTT, Morgan		Ottawa	Senior	PR23-02056	CWE	53:56.11	-2 laps	17.27	7:21.16	7:08.19	7:23.41	7:38.69	8:05.31	8:10.53	8:08.82		
10	885	GIRARD, Catherine		Gatineau	Senior		CWE	55:20.12	-2 laps	16.83	7:32.96	7:21.76	7:43.45	8:01.84	8:06.21	8:10.04	8:23.87		



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master C 50-59 (Women)

17.71 km, 1st lap 2.41 km, 7 more laps of 2.19 km, winner: 52:26 - 20.27 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	324	MOUSSEAU, Nathalie		Stittsville	Master C	ON75915	CWMB	52:26.29		20.27	6:25.86	6:12.41	6:24.77	6:31.51	6:38.76	6:38.45	6:49.07	6:45.45
2	327	HARRISON, Suzanne	euro-sports:Ottawa Women?s Cycling Club	Ottawa	Master C	PR23-01152	CWMC	53:12.26	0'45.98"	19.97	6:56.09	6:21.00	6:28.29	6:37.61	6:34.22	6:36.16	6:45.74	6:53.16
3	323	VEILLEUX, Isabelle	Agowatt	Chelsea	Master C		CWMB	53:34.27	1'07.98"	19.84	6:19.89	6:26.88	6:40.97	6:40.15	6:46.07	6:52.82	6:51.09	6:56.40
4	322	POWELL, Danielle	Ottawa Bicycle Club	Ottawa	Master C	PR23-00140	CWMB	56:32.12	4'05.84"	18.80	7:14.91	6:47.92	7:02.75	7:08.20	7:07.83	6:56.52	7:04.53	7:09.46
5	326	COURTEMANCHE, Cindy	Ottawa Women?s Cycling Club	Ottawa	Master C	PR23-01228	CWMC	56:36.72	4'10.44"	18.77	7:02.26	6:43.55	7:02.09	6:56.51	6:57.02	7:01.51	7:40.88	7:12.91
DNF	882	TESSIER, Sonia	Ottawa Women?s Cycling Club	Gatineau	Master C	PR23-01280	CWMB			21.04	6:15.75	6:19.37	6:33.01	6:26.14				



Eastern Ontario Cyclocross Series #1

September 24, 2023

Under 15 Girls (Women)

17.71 km, 1st lap 2.41 km, 7 more laps of 2.19 km, winner: 52:57 - 20.07 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	240	LANGEVELD, Julia	Skinouk:Les Cuisses Or De L?Ouiaouais	Gatineau	U15 Girls	52456	CWU15	52:56.68		20.07	6:34.62	6:32.15	6:39.34	6:45.88	6:41.24	6:34.91	6:37.90	6:30.64
2	241	KOOLWINE, Rowan	Ottawa Bicycle Club	Ottawa	U15 Girls	ON75259	CWU15	55:24.30	2'27.63"	19.18	6:48.20	6:27.97	6:45.28	7:01.21	7:25.77	7:11.22	7:11.88	6:32.76
3	245	WAGNER, Charlotte	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01771	CWU15	55:27.84	2'31.16"	19.16	6:50.07	6:34.23	7:05.88	7:05.25	7:07.17	7:06.44	7:04.40	6:34.40
4	247	BUNDLE, Zoe	Ride with Rendall p/b Biemme	Chelsea	U15 Girls	PR23-01727	CWU15	55:30.76	2'34.08"	19.14	6:50.39	6:34.23	7:05.98	7:05.28	7:07.83	7:05.67	7:04.45	6:36.92
5	242	NORTH, Madeline	Ottawa Bicycle Club	Ottawa	U15 Girls	ONM230071	CWU15	57:13.68	4'17.01"	18.57	7:04.12	6:45.92	7:12.41	7:08.92	7:09.33	7:13.50	7:28.91	7:10.57
6	244	ALLINA, Zoe	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00386	CWU15	54:22.00	-1 lap	17.13	7:12.51	7:13.75	7:54.07	8:03.19	7:51.13	8:15.64	7:51.72	
7	246	DUSTIN, Chloe	Ottawa Bicycle Club	Kanata	U15 Girls	PR23-01197	CWU15	55:23.69	-1 lap	16.82	7:45.70	7:33.64	7:43.99	8:08.47	8:28.46	7:56.97	7:46.46	
8	249	BEREZNAI, Gabriela	Ottawa Bicycle Club	Ottawa	U15 Girls	PR23-00537	CWU15	56:16.20	-1 lap	16.56	7:38.64	7:38.97	7:58.41	8:15.45	8:21.03	8:08.02	8:15.68	



Eastern Ontario Cyclocross Series #1

September 24, 2023

Master D 60+ (Women)

17.71 km, 1st lap 2.41 km, 7 more laps of 2.19 km, winner: 56:52 - 18.69 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	295	GIROUARD, Marcie	euro-sports	Ottawa	Master D	ON76086	CWMD	56:52.44		18.69	6:28.61	6:34.53	6:46.32	6:51.66	7:04.66	7:20.32	7:52.67	7:53.67
2	296	CÔTÉ, Chantal	Agowatt	Gatineau	Master D		CWMC	55:19.96	-1 lap	16.84	7:22.27	6:50.54	6:51.38	11:28.40	7:26.35	7:14.08	8:06.94	



Eastern Ontario Cyclocross Series #1

September 24, 2023

Under 17 Girls (Women)

17.71 km, 1st lap 2.41 km, 7 more laps of 2.19 km, winner: 55:23 - 19.19 km/h

Pos	Bib	Name	Team	City	Category	License	NatCode	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8
1	283	ZIKOVITZ, Noelle	Ottawa Bicycle Club	Ottawa	U17	ON75842	CWU17	55:22.58		19.19	6:41.52	6:34.34	6:47.98	6:53.58	7:06.68	7:29.11	7:11.06	6:38.30
2	282	HOLT, Isabel	Ottawa Bicycle Club	Luskville	U17	PR23-00585	CWU17	53:41.39	-1 lap	17.35	6:53.60	7:08.87	8:01.22	7:59.22	8:06.25	8:09.61	7:22.63	