

RWCSL 2009 - June 8th**3000 m**

Name	age	7	6	5	4	3	2	1	FINISH	PLACE
Dave Coutts	M50	0:56	2:58	5:04	7:11	9:16	11:24	13:30	15:31	1st
Nancy Sido	W55	1:10	3:49	6:30	9:11	11:51	14:33	17:13	19:49	1st
Andy Bourey	M65	0:57	3:37	6:22	9:13	12:03	15:09	18:02	20:57	1st
LeAnn Young	OPEN	1:07	3:36	6:16	8:57	11:39	14:22	17:04	19:34	1st
Jerry Young	M50	1:07	3:36	6:07	8:45	11:24	14:07	16:49	19:31	1st
Lorraine Ramonczuk	W55	1:17	4:02	6:49	9:33	12:25	15:20	18:16	21:03	2nd
Bob Nicholls	M70	1:19	4:02	6:48	9:34	12:19	15:03	17:45	20:23	1st
Maurine Lia	W75	1:19	2:12	6:05	9:58	12:51	15:44	18:38	21:22	1st
John Henry	M55	1:20	4:13	6:06	10	12:53	15:47	18:42	21:35	1st
Alison Bourey	W60	1:36	4:49	8:03	11:18	14:29	17:40	20:52	24:02	1st
Lee Hoffman	M70	1:37	4:56	8:12	11:28	14:41	17:57	21:11	24:22	2nd
Jon Starr	M60	1:47	5:23	9:00	12:38	16:18	19:57	23:34	27:07	1st