



# Kelso CX Race - Beginner/Novice - October 3, 2023

October 03, 2023

Beginner (Open)

8.56 km, 4 laps of 2.14 km, winner: 33:28 - 15.35 km/h

Pos	Bib	Name	Category	Age	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	150	RICHARDS, Tim	Beginner	36	Men	33:28		15.35	8:06	8:15	8:38	8:29
2	154	PAVLIN, Emily	Beginner	13	Women	37:33	4'06"	13.68	9:28	9:42	9:25	8:58
3	7	HOSSEINPOUR, Shahob	Beginner	32	Men	38:53	5'26"	13.21	9:47	9:35	9:52	9:39
4	151	MACDONALD, Bonnie Jean	Beginner	54	Women	32:40	-1 lap	11.79	11:14	10:47	10:39	
5	11	WILKINSON, Reid	Beginner	8	Men	32:43	-1 lap	11.77	11:18	10:15	11:10	
6	8	IANNICCA, PAUL	Beginner	68	Men	32:57	-1 lap	11.69	11:56	10:30	10:30	
7	42	SHILLINGFORD, jen	Beginner	47	Women	34:50	-1 lap	11.06	11:33	11:47	11:30	
8	10	TAYLOR, Sydney	Beginner	15	Women	35:26	-1 lap	10.87	11:53	12:25	11:08	
9	5	GYGER, Amy	Beginner	44	Women	37:09	-1 lap	10.37	13:13	11:42	12:15	
10	1	BARLOW, Amy	Beginner	44	Women	38:09	-1 lap	10.10	12:29	12:55	12:44	
11	9	LU, Ethan	Beginner	5	Men	34:40	-2 laps	7.41	16:57	17:43		
12	12	ZHANG, Eric	Beginner	38	Men	34:49	-2 laps	7.37	16:58	17:51		
DNF	2	BURKE, ROHAN	Novice	13	Men			9.38	9:50	17:33		
DNF	4	GYGER, Heidi	Beginner	11	Women			18.19	7:04			



# Kelso CX Race - Beginner/Novice - October 3, 2023

October 03, 2023

Novice (Open)

8.56 km, 4 laps of 2.14 km, winner: 29:53 - 17.18 km/h

Pos	Bib	Name	Category	Age	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	47	SUMMACH, John	Novice	48	Men	29:53		17.18	7:53	6:55	7:18	7:46
2	38	SEGUIN, Luc	Novice	30	Men	30:15	0'22"	16.97	7:31	7:27	7:35	7:43
3	51	WENGER, Heinz	Novice	48	Men	30:24	0'31"	16.89	7:14	7:31	7:49	7:51
4	50	WARNEKE, David	Novice	48	Men	30:52	0'58"	16.64	7:37	7:48	7:43	7:45
5	53	WILSON, Todd	Novice	52	Men	31:01	1'08"	16.56	7:46	7:35	7:43	7:57
6	21	FOGT, Wesley	Novice	56	Men	31:10	1'16"	16.48	8:08	7:42	7:45	7:34
7	28	JOHNSON, Stuart	Novice	50	Men	31:14	1'21"	16.44	7:42	7:44	7:47	8:01
8	13	BAIRD, Stephen	Novice	62	Men	31:16	1'22"	16.43	7:43	7:44	7:52	7:56
9	168	PAVLIN, Michael	Novice	44	Men	31:55	2'01"	16.10	7:36	7:47	8:20	8:11
10	31	LEPP, Tim	Novice	54	Men	32:51	2'57"	15.64	8:03	8:08	8:17	8:23
11	24	GYGER, Markus	Novice	15	Men	32:58	3'05"	15.58	7:58	8:15	8:27	8:19
12	43	SHILLINGFORD, Steven	Novice	49	Men	33:03	3'10"	15.54	8:09	8:08	8:29	8:17
13	29	LAROCQUE, Jennifer	Novice	48	Women	33:05	3'11"	15.53	8:49	7:57	8:14	8:04
14	33	MARTIN, Tom	Novice	48	Men	33:42	3'49"	15.24	8:41	8:26	8:29	8:07
15	14	BRUCH, Tony	Novice	0	Men	34:05	4'11"	15.07	8:24	8:21	8:34	8:45
16	39	SHANNON, Kevin	Novice	52	Men	34:23	4'30"	14.94	8:36	8:25	8:36	8:46
17	54	WINTERS, Conrad	Novice	56	Men	34:25	4'32"	14.92	8:27	8:35	8:43	8:40
18	17	CHURCH, (john) Geoff	Novice	60	Men	35:19	5'25"	14.54	9:21	8:27	8:46	8:45
19	170	WELDON, Isaac	Novice	9	Men	35:22	5'29"	14.52	9:27	8:55	8:57	8:04
20	23	GYGER, Adam	Novice	13	Men	35:25	5'32"	14.50	8:45	9:00	9:08	8:32
21	136	QUENNEVILLE, Steve	Novice	62	Men	35:40	5'47"	14.40	9:25	8:32	8:47	8:56
22	37	SCIME, Vincent	Novice	62	Men	36:09	6'16"	14.20	9:00	8:50	9:17	9:03
23	36	ROSE, Robert	Novice	72	Men	36:55	7'02"	13.91	9:53	9:02	8:39	9:21
24	18	CRAIG, Todd	Novice	54	Men	37:30	7'37"	13.69	9:41	8:52	9:26	9:31
25	41	SHILLINGFORD, Cole	Novice	13	Men	37:37	7'44"	13.65	9:11	9:21	9:46	9:20
26	167	CLARKE, Chris	Novice	53	Men	38:24	8'30"	13.38	10:18	9:10	9:35	9:21
27	52	WILKINSON, Sarah	Novice	43	Women	39:02	9'08"	13.16	9:44	9:47	9:46	9:45
28	32	MACDONALD, Bruce	Novice	56	Men	40:15	10'21"	12.76	9:33	9:38	10:31	10:32
29	49	VAN ROSENDAAL, William	Novice	65	Men	30:45	-1 lap	12.53	10:48	9:41	10:16	
30	160	SCIME, Lesley	Novice	62	Women	30:48	-1 lap	12.51	10:50	9:59	9:58	
31	123	WIERSMA, Alyssa	Novice	19	Women	31:08	-1 lap	12.37	10:45	9:57	10:26	
32	46	SUMMACH, Johnny	Novice	16	Men	31:15	-1 lap	12.33	10:46	10:07	10:22	
33	40	SHILLINGFORD, Ava	Novice	15	Women	31:28	-1 lap	12.24	10:26	10:38	10:24	
34	30	LAWTON, Robert	Novice	49	Men	32:33	-1 lap	11.84	11:08	10:30	10:54	
35	27	HEYMAN, Colin	Novice	61	Men	32:42	-1 lap	11.78	10:57	10:34	11:12	
36	128	FISHER, Nial	Novice	51	Men	33:34	-1 lap	11.47	9:14	7:50	16:30	
37	119	TOERING, Russ	Novice	52	Men	36:00	-1 lap	10.70	12:13	12:00	11:46	
38	161	SLOAT, Thomas	Novice	23	Men	38:02	-1 lap	10.13	8:58	19:40	9:23	
39	45	SUMMACH, Annabelle	Novice	13	Women	40:26	-1 lap	9.53	13:11	13:40	13:35	
40	6	HAY, Cameron	Novice	50	Men	37:00	-2 laps	6.94	18:30	18:30		