



# Kelso CX Race - Beginner/Novice - October 24, 2023

October 24, 2023

Beginner (Open)

8.56 km, 4 laps of 2.14 km, winner: 34:32 - 14.87 km/h

Pos	Bib	Name	Category	Age	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	183	BRATSBERG, erik	Beginner	34	Men	34:32		14.87	8:46	8:10	8:52	8:44
2	154	PAVLIN, Emily	Beginner	13	Women	35:59	1'27"	14.27	8:41	9:13	9:13	8:52
3	11	WILKINSON, Reid	Beginner	8	Men	39:42	5'10"	12.94	9:39	10:04	10:06	9:53
4	184	KENNEDY, Erin	Beginner	47	Women	39:48	5'15"	12.90	10:39	9:49	9:38	9:42
5	1	BARLOW, Amy	Beginner	44	Women	34:14	-1 lap	11.25	11:11	11:20	11:42	
6	42	SHILLINGFORD, jen	Beginner	47	Women	35:06	-1 lap	10.97	11:41	11:42	11:43	
7	5	GYGER, Amy	Beginner	44	Women	37:22	-1 lap	10.31	7:51	16:52	12:39	
8	182	SPENCER, Craig	Beginner	19	Men	42:18	-1 lap	9.11	14:06	14:06	14:06	
9	3	GYGER, Bethany	Beginner	9	Women	35:55	-2 laps	7.15	16:07	19:48		
10	4	GYGER, Heidi	Beginner	11	Women	36:12	-2 laps	7.10	16:30	19:41		



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8.56 km, 4 laps of 2.14 km, winner: 30:08 - 17.04 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	30:08		17.04	7:43	7:11	7:41	7:33
2	128	FISHER, Nial	Novice	51	Men	30:25	0'17"	16.89	7:25	7:37	7:47	7:36
3	172	KENNEDY, Jon	Novice	36	Men	31:07	1'00"	16.50	7:45	7:28	8:32	7:22
4	191	CAMPOVERSILVANIAN, Adrian	Novice	30	Men	31:09	1'02"	16.49	7:41	7:33	8:16	7:39
5	31	LEPP, Tim	Novice	54	Men	31:22	1'15"	16.37	7:51	7:51	7:51	7:51
6	50	WARNEKE, David	Novice	48	Men	31:41	1'33"	16.21	7:51	7:51	8:06	7:54
7	51	WENGER, Heinz	Novice	48	Men	31:43	1'35"	16.20	7:52	7:52	7:55	8:03
8	185	COBHAM, Finn	Novice	14	Men	31:53	1'46"	16.10	7:54	7:54	7:55	8:11
9	28	JOHNSON, Stuart	Novice	50	Men	32:16	2'08"	15.92	7:35	8:08	8:06	8:27
10	168	PAVLIN, Michael	Novice	44	Men	32:29	2'21"	15.81	8:05	8:05	8:18	8:01
11	122	WIERSMA, Richard	Novice	48	Men	32:32	2'24"	15.79	10:36	7:14	7:27	7:15
12	33	MARTIN, Tom	Novice	48	Men	32:39	2'31"	15.73	8:01	8:01	8:25	8:13
13	188	SEWERYNEK, Mathew	Novice	35	Men	33:05	2'57"	15.53	8:39	8:08	8:09	8:09
14	29	LAROCQUE, Jennifer	Novice	48	Women	33:06	2'59"	15.52	8:23	8:15	8:10	8:17
15	13	BAIRD, Stephen	Novice	62	Men	33:30	3'23"	15.33	7:43	7:35	8:15	9:57
16	14	BRUCH, Tony	Novice	63	Men	34:02	3'55"	15.09	8:42	8:36	8:18	8:27
17	17	CHURCH, (john) Geoff	Novice	60	Men	34:30	4'23"	14.89	8:49	8:36	8:19	8:46
18	24	GYGER, Markus	Novice	15	Men	34:57	4'50"	14.69	8:36	8:31	9:00	8:50
19	39	SHANNON, Kevin	Novice	52	Men	35:04	4'57"	14.65	8:53	8:34	8:43	8:53
20	43	SHILLINGFORD, Steven	Novice	49	Men	35:15	5'08"	14.57	8:29	9:01	9:00	8:45
21	35	PENNER, Stephen	Novice	45	Men	35:31	5'23"	14.46	8:48	9:09	8:42	8:52
22	26	HENDERSON, Graham	Novice	64	Men	35:49	5'41"	14.34	9:23	8:44	8:58	8:44
23	19	E MCDONALD, Alex	Novice	34	Men	35:50	5'43"	14.33	8:55	9:05	8:52	8:59
24	18	CRAIG, Todd	Novice	54	Men	37:18	7'11"	13.77	9:21	9:13	9:23	9:22
25	23	GYGER, Adam	Novice	13	Men	37:34	7'26"	13.67	9:26	9:21	9:33	9:14
26	36	ROSE, Robert	Novice	72	Men	38:14	8'07"	13.43	9:28	9:26	9:37	9:44
27	32	MACDONALD, Bruce	Novice	56	Men	39:29	9'21"	13.01	9:35	9:50	10:18	9:46
28	41	SHILLINGFORD, Cole	Novice	13	Men	30:18	-1 lap	12.71	9:48	10:08	10:22	
29	53	WILSON, Todd	Novice	53	Men	30:23	-1 lap	12.68	10:04	12:49	7:30	
30	123	WIERSMA, Alyssa	Novice	19	Women	30:31	-1 lap	12.62	10:34	10:03	9:54	
31	46	SUMMACH, Johnny	Novice	16	Men	30:46	-1 lap	12.52	10:54	9:51	10:01	
32	52	WILKINSON, Sarah	Novice	44	Women	32:04	-1 lap	12.01	7:46	13:29	10:50	
33	40	SHILLINGFORD, Ava	Novice	15	Women	32:30	-1 lap	11.85	10:52	10:51	10:47	
34	44	SILVERTHORN, Julia	Novice	43	Women	32:49	-1 lap	11.74	10:56	10:50	11:03	
35	15	BURKE, Jeff	Novice	50	Men	33:26	-1 lap	11.52	10:28	11:42	11:16	
36	27	HEYMAN, Colin	Novice	61	Men	33:59	-1 lap	11.33	11:07	11:26	11:26	
37	45	SUMMACH, Annabelle	Novice	13	Women	36:06	-1 lap	10.67	13:27	11:45	10:54	