

EC Provincial XCO #3**March 12, 2016****Nipper (Men), 6.56 km, 2 laps of 3.28 km, winner: 45:25 at 8.66 km/h**

Pos	Bi Last b Name	First Name	Category	Gender	Time	Gap	km/ h	Lap 1	Lap 2
1	15 WYLIE	Matthew	NB	Men	45:25		8.66	22:39	22:46
2	14 BRIDGER	Jed	NB	Men	45:27	0'02"	8.65	23:26	22:01
3	12 EMSLIE	Caleb	NB	Men	1:03:25	18'00"	6.20	31:34	31:50

Total: 3 Starters, 0 DNF, 0 Lapped

EC Provincial XCO #3**March 12, 2016****Sprog (Women), 9.84 km, 3 laps of 3.28 km, winner: 1:03:32 at 9.29 km/h**

Pos	Bi Last b Name	First Name	Category	Gender	Time	Gap	km/ h	Lap 1	Lap 2	Lap 3
1	32 MANN	Madison	SG	Women	1:03:32		9.29	18:28	20:05	24:59
2	31 WYLLIE	Sarah-Dene	SG	Women	1:21:20	17'48"	7.26	23:46	31:26	26:06

Total: 2 Starters, 0 DNF, 0 Lapped

EC Provincial XCO #3**March 12, 2016****Sprog (Men), 9.84 km, 3 laps of 3.28 km, winner: 46:53 at 12.59 km/h**

Pos	Bi Last b Name	First Name	Category	Gender	Time	Gap	km/ h	Lap 1	Lap 2	Lap 3
1	41 SWARTZ	Marcell	SB	Men	46:53		12.59	14:53	15:36	16:23
2	42 SPIES	Lourens	SB	Men	49:35	2'42"	11.90	14:34	17:18	17:41
3	13 DE VLLIER	Francois	SB	Men	49:45	2'52"	11.86	16:14	18:09	15:20
4	43 BOSAZA	Teo	SB	Men	53:40	6'47"	11.00	16:12	18:10	19:18

Total: 4 Starters, 0 DNF, 0 Lapped