



# Eastern Ontario Cyclocross Series #6

November 03, 2019

Senior+MasterA (Open)

18.61 km, 1st lap 1.23 km, 8 more laps of 2.17 km, winner: 1:04:18 - 17.36 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	6	PROULX, Steve	Cyclery Racing	Gatineau	Senior	51921	1:04:18.19		17.36	3:49.54	7:16.96	7:29.10	7:35.85	7:42.62	7:30.22	7:31.24	7:32.34	7:50.32
2	266	TURK, Arno	Ottawa Bicycle Club	Ottawa	Master A	CP19-1047	1:07:23.00	3:04.82"	16.57	3:48.94	7:40.58	7:48.68	8:00.63	7:43.32	7:45.24	7:58.15	8:12.25	8:25.21
3	712	GOODFELLOW, William		Saint-Lambert	Senior	50099	1:07:56.03	3:37.85"	16.43	3:54.42	7:23.65	7:41.10	7:57.28	7:56.94	8:06.56	8:08.52	8:31.13	8:16.42
4	254	LAFONTAINE, Bruno	La French Connexion	Gatineau	Master A	CP19-2720	1:09:55.70	5:37.51"	15.96	4:02.19	7:58.23	8:09.33	8:04.68	8:03.95	8:24.95	8:22.96	8:28.43	8:20.99
5	30	ZAGAR, Myles	Ottawa Bicycle Club	Caledon	Senior	76588	1:12:28.43	8:10.25"	15.40	4:01.66	8:12.66	8:11.86	8:21.47	8:28.76	8:50.37	8:38.24	8:57.09	8:46.32
6	250	EL-GHAZAL, Imad	Rebec and Kroes Cycle and Sport	Ottawa	Master A	77063	1:12:40.95	8:22.77"	15.36	4:10.13	8:28.70	8:30.93	8:29.00	8:28.60	8:37.91	8:44.97	8:36.68	8:34.05
7	259	DEDO, Carey	GearHeads Cycling Club	Pembroke	Master A	CP19-1245	1:13:10.36	8:52.17"	15.26	3:59.13	8:10.29	8:30.36	8:53.57	8:33.70	8:38.26	8:37.56	8:44.03	9:03.45
8	265	VIEIRA, Mike		Ottawa	Master A	CP19-3064	1:05:01.79	-1 lap	15.16	4:08.17	8:10.38	8:30.43	8:37.22	8:42.22	8:48.49	9:05.84	8:59.05	
9	262	TREGUNNO, Peter	Ottawa Bicycle Club	Ottawa	Master A	76062	1:05:16.49	-1 lap	15.11	4:10.88	7:59.16	8:38.34	8:55.58	8:49.99	8:48.58	9:02.46	8:51.49	
10	241	DUGUAY, Jean-Philippe		Ottawa	Master A	CP19-2996	1:05:25.29	-1 lap	15.07	4:20.63	8:23.52	8:35.62	8:33.85	8:42.59	8:56.72	9:03.83	8:48.51	
11	87	MCKAY, Cody	Tekné Cycle Club	Ottawa	Senior	76113	1:05:28.31	-1 lap	15.06	4:17.33	8:13.06	8:24.99	8:35.62	8:44.08	9:10.00	9:10.46	8:52.77	
12	27	BETTERIDGE, Miles	RentABike	Ottawa	Senior	CP19-0355	1:05:55.64	-1 lap	14.96	4:16.96	8:23.20	8:33.07	8:37.57	8:45.28	8:55.77	9:03.21	9:20.58	
13	9	WARD, Colin		Ottawa	Senior	CP19-2859	1:06:14.24	-1 lap	14.89	4:03.08	7:59.54	8:14.97	8:38.41	8:54.25	9:06.02	9:42.47	9:35.51	
14	84	BETTERIDGE, Eric	RentABike	Ottawa	Senior	CP19-0357	1:06:44.60	-1 lap	14.77	4:24.80	8:24.94	8:48.33	8:58.84	8:48.60	9:09.70	9:11.75	8:57.64	
15	705	SABATINO, Simon	cc Université de Montréal	Montreal	Master A	50505	1:06:47.00	-1 lap	14.76	4:25.52	8:45.59	8:49.88	9:00.89	9:01.66	9:00.36	9:03.22	8:39.88	
16	267	HUNT, Corey	Privateer	Ottawa	Master A	CP19-2924	1:07:31.22	-1 lap	14.60	4:31.55	8:37.82	9:02.74	9:00.28	9:04.64	9:12.20	9:10.59	8:51.38	
17	252	BROWN, Andrew	Tekné Cycle Club	Ottawa	Master A	76039	1:08:44.06	-1 lap	14.34	4:38.97	8:25.34	8:43.18	8:43.44	9:16.68	9:09.31	9:41.53	10:05.62	
18	7	BESEMANN, Andreas		Ottawa	Senior	CP19-3086	1:08:46.23	-1 lap	14.34	4:32.91	8:53.15	8:49.91	9:13.04	9:36.65	9:13.24	9:14.72	9:12.60	
19	269	MOGGRIDGE, Jason		Ottawa	Master A	CP19-1653	1:09:30.12	-1 lap	14.19	4:21.86	9:11.27	9:51.90	9:08.52	9:22.52	9:16.22	9:20.71	8:57.13	
20	22	WALKE, Liam	Rebec and Kroes Cycle and Sport	Ottawa	Senior	CP19-3052	1:09:37.18	-1 lap	14.16	4:23.08	8:55.94	9:21.90	9:22.21	9:25.80	9:17.72	9:20.00	9:30.53	
21	24	SPICER, Patrick		Ottawa	Senior	CP19-2983	1:10:19.00	-1 lap	14.02	4:19.00	8:30.00	8:57.00	9:19.00	9:08.00	9:32.20	9:55.80	10:38.00	
22	17	MADRAZO-FIGUEROA, Marcus	Rebec and Kroes Cycle and Sport	Ottawa	Senior	77065	1:12:14.52	-1 lap	13.65	4:24.69	8:55.73	9:28.52	9:55.08	10:10.00	9:54.19	9:50.31	9:35.99	
23	268	BELLINGER, Colin		Ottawa	Master A	76551	1:12:44.44	-1 lap	13.55	4:34.29	9:24.71	9:28.06	9:28.98	9:38.18	9:59.08	9:59.30	10:11.84	
24	78	ROBERTS, Joshua	Ottawa Bicycle Club	Ottawa	Senior	CP19-2713	1:14:33.53	-1 lap	13.22	4:41.64	9:19.35	9:34.67	10:04.38	10:00.80	10:25.68	10:06.21	10:20.79	
25	89	BURCUL, Zvonimir		Ottawa	Senior	75958	1:05:29.58	-2 laps	13.06	4:30.99	9:39.09	10:17.17	10:11.87	10:29.92	10:20.35	10:00.18		
26	706	LESSARD, Samuel	PowerWatts/Planète Courrier	Montreal	Master A	51572	1:06:24.93	-2 laps	12.88	4:54.69	9:51.67	9:57.73	10:06.77	10:34.77	10:30.74	10:28.56		
27	242	JARVIS, Ian	Rebec and Kroes Cycle and Sport	Ottawa	Master A	CP19-2986	1:06:48.94	-2 laps	12.81	4:59.55	9:56.92	10:12.37	10:13.70	10:26.04	10:28.76	10:31.59		
28	240	COUTURIER, David	Ottawa Bicycle Club	Cantley	Master A	CP19-0019	1:07:18.37	-2 laps	12.71	4:58.41	9:53.45	10:11.08	10:25.67	10:36.29	10:29.82	10:43.66		
29	12	GÉLINAS, Brandon	Ottawa Bicycle Club	Ottawa	Senior	75900	1:09:29.40	-2 laps	12.31	4:22.34	10:08.76	10:12.13	11:21.85	11:39.91	11:45.77	9:58.65		
30	79	CAIRNS, George	Ottawa Bicycle Club	Ottawa	Senior	CP19-1574	1:10:08.29	-2 laps	12.20	4:53.24	10:34.63	11:04.10	10:58.88	11:08.46	10:42.10	10:46.89		
31	16	KOURAKIS, Adam		Orléans	Senior	CP19-3046	1:04:25.94	-3 laps	11.26	4:51.34	10:05.58	9:57.28	10:29.44	18:21.92	10:40.38			
32	263	LEES, Andrew	Nine2FivePro Cycling Team	Ottawa	Master A	75793	1:07:47.89	-5 laps	6.85	4:22.71	8:10.13	9:43.07	45:31.98					
DNF	707	IHM, Andreas	Team iBike	Montreal	Master A	50061			14.21	4:14.51	8:18.53	8:37.01	8:47.78	11:01.58	10:03.01			
DNF	86	MICHAUD, Lucas	Centre du Vélo La Shop	Gatineau	Senior	53767			14.58	4:05.97	7:52.89	8:05.38	8:04.31	12:39.33				
DNF	246	VANRIEMSDYK, Kyle	Team Slow	Ottawa	Master A	CP19-3012			11.62	5:00.35	9:53.75	10:50.38	12:03.79	13:23.14				



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November 03, 2019

Senior (Men)

18.61 km, 1st lap 1.23 km, 8 more laps of 2.17 km, winner: 1:04:18 - 17.36 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	6	PROULX, Steve	Cyclery Racing	Gatineau	Senior	51921	1:04:18.19		17.36	3:49.54	7:16.96	7:29.10	7:35.85	7:42.62	7:30.22	7:31.24	7:32.34	7:50.32
2	712	GOODFELLOW, William		Saint-Lambert	Senior	50099	1:07:56.03	3'37.85"	16.43	3:54.42	7:23.65	7:41.10	7:57.28	7:56.94	8:06.56	8:08.52	8:31.13	8:16.42
3	30	ZAGAR, Myles	Ottawa Bicycle Club	Caledon	Senior	76588	1:12:28.43	8'10.25"	15.40	4:01.66	8:12.66	8:11.86	8:21.47	8:28.76	8:50.37	8:38.24	8:57.09	8:46.32
4	87	MCKAY, Cody	Tekné Cycle Club	Ottawa	Senior	76113	1:05:28.31	-1 lap	15.06	4:17.33	8:13.06	8:24.99	8:35.62	8:44.08	9:10.00	9:10.46	8:52.77	
5	27	BETTERIDGE, Miles	RentABike	Ottawa	Senior	CP19-0355	1:05:55.64	-1 lap	14.96	4:16.96	8:23.20	8:33.07	8:37.57	8:45.28	8:55.77	9:03.21	9:20.58	
6	9	WARD, Colin		Ottawa	Senior	CP19-2859	1:06:14.24	-1 lap	14.89	4:03.08	7:59.54	8:14.97	8:38.41	8:54.25	9:06.02	9:42.47	9:35.51	
7	84	BETTERIDGE, Eric	RentABike	Ottawa	Senior	CP19-0357	1:06:44.60	-1 lap	14.77	4:24.80	8:24.94	8:48.33	8:58.84	8:48.60	9:09.70	9:11.75	8:57.64	
8	7	BESEMANN, Andreas		Ottawa	Senior	CP19-3086	1:08:46.23	-1 lap	14.34	4:32.91	8:53.15	8:49.91	9:13.04	9:36.65	9:13.24	9:14.72	9:12.60	
9	22	WALKE, Liam	Rebec and Kroes Cycle and Sport	Ottawa	Senior	CP19-3052	1:09:37.18	-1 lap	14.16	4:23.08	8:55.94	9:21.90	9:22.21	9:25.80	9:17.72	9:20.00	9:30.53	
10	24	SPICER, Patrick		Ottawa	Senior	CP19-2983	1:10:19.00	-1 lap	14.02	4:19.00	8:30.00	8:57.00	9:19.00	9:08.00	9:32.20	9:55.80	10:38.00	
11	17	MADRAZO-FIGUEROA, Marcus	Rebec and Kroes Cycle and Sport	Ottawa	Senior	77065	1:12:14.52	-1 lap	13.65	4:24.69	8:55.73	9:28.52	9:55.08	10:10.00	9:54.19	9:50.31	9:35.99	
12	78	ROBERTS, Joshua	Ottawa Bicycle Club	Ottawa	Senior	CP19-2713	1:14:33.53	-1 lap	13.22	4:41.64	9:19.35	9:34.67	10:04.38	10:00.80	10:25.68	10:06.21	10:20.79	
13	89	BURCUL, Zvonimir		Ottawa	Senior	75958	1:05:29.58	-2 laps	13.06	4:30.99	9:39.09	10:17.17	10:11.87	10:29.92	10:20.35	10:00.18		
14	12	GÉLINAS, Brandon	Ottawa Bicycle Club	Ottawa	Senior	75900	1:09:29.40	-2 laps	12.31	4:22.34	10:08.76	10:12.13	11:21.85	11:39.91	11:45.77	9:58.65		
15	79	CAIRNS, George	Ottawa Bicycle Club	Ottawa	Senior	CP19-1574	1:10:08.29	-2 laps	12.20	4:53.24	10:34.63	11:04.10	10:58.88	11:08.46	10:42.10	10:46.89		
16	16	KOURAKIS, Adam		Orléans	Senior	CP19-3046	1:04:25.94	-3 laps	11.26	4:51.34	10:05.58	9:57.28	10:29.44	18:21.92	10:40.38			
DNF	86	MICHAUD, Lucas	Centre du Vélo La Shop	Gatineau	Senior	53767			14.58	4:05.97	7:52.89	8:05.38	8:04.31	12:39.33				



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November 03, 2019

Master A 30-39 (Men)

18.61 km, 1st lap 1.23 km, 8 more laps of 2.17 km, winner: 1:07:23 - 16.57 km/h

Pos	Bib	Name	Team	City	Category	License	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	266	TURK, Arno	Ottawa Bicycle Club	Ottawa	Master A	CP19-1047	1:07:23.00		16.57	3:48.94	7:40.58	7:48.68	8:00.63	7:43.32	7:45.24	7:58.15	8:12.25	8:25.21
2	254	LAFONTAINE, Bruno	La French Connexion	Gatineau	Master A	CP19-2720	1:09:55.70	2'32.69"	15.96	4:02.19	7:58.23	8:09.33	8:04.68	8:03.95	8:24.95	8:22.96	8:28.43	8:20.99
3	250	EL-GHAZAL, Imad	Rebec and Kroes Cycle and Sport	Ottawa	Master A	77063	1:12:40.95	5'17.95"	15.36	4:10.13	8:28.70	8:30.93	8:29.00	8:28.60	8:37.91	8:44.97	8:36.68	8:34.05
4	259	DEDO, Carey	GearHeads Cycling Club	Pembroke	Master A	CP19-1245	1:13:10.36	5'47.35"	15.26	3:59.13	8:10.29	8:30.36	8:53.57	8:33.70	8:38.26	8:37.56	8:44.03	9:03.45
5	265	VIEIRA, Mike		Ottawa	Master A	CP19-3064	1:05:01.79	-1 lap	15.16	4:08.17	8:10.38	8:30.43	8:37.22	8:42.22	8:48.49	9:05.84	8:59.05	
6	262	TREGUNNO, Peter	Ottawa Bicycle Club	Ottawa	Master A	76062	1:05:16.49	-1 lap	15.11	4:10.88	7:59.16	8:38.34	8:55.58	8:49.99	8:48.58	9:02.46	8:51.49	
7	241	DUGUAY, Jean-Philippe		Ottawa	Master A	CP19-2996	1:05:25.29	-1 lap	15.07	4:20.63	8:23.52	8:35.62	8:33.85	8:42.59	8:56.72	9:03.83	8:48.51	
8	705	SABATINO, Simon	cc Université de Montréal	Montreal	Master A	50505	1:06:47.00	-1 lap	14.76	4:25.52	8:45.59	8:49.88	9:00.89	9:01.66	9:00.36	9:03.22	8:39.88	
9	267	HUNT, Corey	Privateer	Ottawa	Master A	CP19-2924	1:07:31.22	-1 lap	14.60	4:31.55	8:37.82	9:02.74	9:00.28	9:04.64	9:12.20	9:10.59	8:51.38	
10	252	BROWN, Andrew	Tekné Cycle Club	Ottawa	Master A	76039	1:08:44.06	-1 lap	14.34	4:38.97	8:25.34	8:43.18	8:43.44	9:16.68	9:09.31	9:41.53	10:05.62	
11	269	MOGGRIDGE, Jason		Ottawa	Master A	CP19-1653	1:09:30.12	-1 lap	14.19	4:21.86	9:11.27	9:51.90	9:08.52	9:22.52	9:16.22	9:20.71	8:57.13	
12	268	BELLINGER, Colin		Ottawa	Master A	76551	1:12:44.44	-1 lap	13.55	4:34.29	9:24.71	9:28.06	9:28.98	9:38.18	9:59.08	9:59.30	10:11.84	
13	706	LESSARD, Samuel	PowerWatts/Planète Courrier	Montreal	Master A	51572	1:06:24.93	-2 laps	12.88	4:54.69	9:51.67	9:57.73	10:06.77	10:34.77	10:30.74	10:28.56		
14	242	JARVIS, Ian	Rebec and Kroes Cycle and Sport	Ottawa	Master A	CP19-2986	1:06:48.94	-2 laps	12.81	4:59.55	9:56.92	10:12.37	10:13.70	10:26.04	10:28.76	10:31.59		
15	240	COUTURIER, David	Ottawa Bicycle Club	Cantley	Master A	CP19-0019	1:07:18.37	-2 laps	12.71	4:58.41	9:53.45	10:11.08	10:25.67	10:36.29	10:29.82	10:43.66		
16	263	LEES, Andrew	Nine2FivePro Cycling Team	Ottawa	Master A	75793	1:07:47.89	-5 laps	6.85	4:22.71	8:10.13	9:43.07	45:31.98					
DNF	246	VANRIEMSDYK, Kyle	Team Slow	Ottawa	Master A	CP19-3012			11.62	5:00.35	9:53.75	10:50.38	12:03.79	13:23.14				
DNF	707	IHM, Andreas	Team iBike	Montreal	Master A	50061			14.21	4:14.51	8:18.53	8:37.01	8:47.78	11:01.58	10:03.01			