

Sri Chinmoy 24-Hour International Race
 Ottawa, Ontario - 14-15 September 1996 (Certified 400-metre track)

Distance Splits

Time Splits (distances in kms)

	Name	Surname	Age	Sex		6 hr	12 hr	Finish
1	Colin	Kingsford	53	M	QC	65.2	119.2	197.6629
2	Rob	Kalovsky	27	M	ON	63.6	114.8	186.6804
3	Ronald	Gehl	49	M	ON	63.6	110.8	174.9009
4	Barbara	McLeod	58	F	ON	52.8	94.0	168.9608
5	Marcel	Gagnon	32	M	QC	50.8	88.8	168.4676
6	Bill	Dickey	57	M	CA	46.0	88.0	166.2249
7	John	Cookson	50	M	ON	54.4	93.6	164.9118
8	Ron	Kempel	53	M	ON	51.2	91.6	161.5646
9	Peter	Suomela	47	M	ON	58.8	102.8	148.0635
10	Ed	Ciesielski	57	M	ON	52.8	90.4	144.9299
11	Odino	Soligo	75	M	ON	48.4	86.4	144.7392
12	Sherry	McLean	47	F	ON	42.8	86.4	142.3450
13	Paul	Smith	50	M	QC	51.6	92.0	139.6256
14	Ian	Hill	46	M	ON	51.2	87.2	138.4710
15	Jim	Moses	61	M	ON	53.6	98.0	134.4000
16	Jacques	Caplette	50	M	QC	46.4	83.2	127.2405
17	Neree	St-Amand	51	M	QC	44.8	76.4	120.3218
18	Tom	Restoule	46	M	ON	47.6	75.2	117.0500
19	Ab	Kampstra	59	M	ON	52.0	98.0	115.2000
20	Joe	Cleary	56	M	ON	44.4	85.6	112.8676
21	Edwin	Alexander	51	M	ON	41.2	72.8	111.2000
22	Howard	Parker	46	M	ON	52.4	91.2	109.6676
23	Gord	Harthun	41	M	ON	47.2	82.0	106.8676
24	Luke	Hohenadel	37	M	ON	68.4	92.8	104.8000
25	Karen	Dickson	36	F	ON	38.8	66.8	101.3579
26	Jim	Glen	29	M	ON	47.6	81.2	101.3104
27	Andy	Sward	25	M	ON	57.6	89.6	100.8000
28	Deanna	Lindsay	37	F	ON	61.6	100.4	100.4000
29	Ralph	Swenson	49	M	VT	72.0	100.0	100.0000
30	Ross	Millson	42	M	ON	60.0	89.6	90.0000
31	Alf	Koehn	55	M	ON	52.0	84.4	84.4000
32	Michael	Gehl	19	M	ON	46.0	70.8	76.0000
33	Chris	Wytyczak	35	M	ON	59.2	61.6	61.6000
34	Irving	Silver	62	M	ON	30.0	56.8	56.8000
35	Leigh	Glen	28	F	ON	31.2	50.0	50.9274
36	Jess	Heroux	50	M	ON	38.8	50.0	50.0000
37	Adam	De L'Enteigne	24	M	ON	40.0	40.0	40.0000

Intermediate Distance Splits

	Name	Surname	50k	50 mile	100k	150k	100 mile
1	Colin	Kingsford	4:26:02	7:43:35	9:52:30	15:54:02	
17:13:54							
2	Rob	Kalovsky	4:34:40	7:47:51	10:03:51	16:59:16	
18:26:13							
3	Ronald	Gehl	4:25:53	7:57:29	10:29:30	18:43:17	
20:56:29							
4	Barbara	McLeod	5:31:29	9:55:58	12:48:17	21:07:31	
22:48:51							
5	Marcel	Gagnon	5:53:32	10:57:51	14:26:12	21:44:19	
23:09:37							
6	Bill	Dickey	6:30:21	10:51:43	13:45:25	21:21:25	

21:21:25						
7	John	Cookson	5:13:58	9:24:21	13:00:32	21:31:44
23:20:21						
8	Ron	Kempel	5:50:00	9:53:48	13:16:06	22:05:48
23:49:59						
9	Peter	Suomela	4:48:20	8:49:31	11:32:14	
10	Ed	Ciesielski	5:33:00	10:03:52	14:16:25	
11	Odino	Soligo	6:23:44	10:39:07	14:45:00	
12	Sherry	McLean	6:55:22	10:54:15	14:17:18	
13	Paul	Smith	5:27:38	9:59:32	13:20:40	
14	Ian	Hill	5:43:40	10:09:13	14:59:59	
15	Jim	Moses	5:16:52	9:25:34	12:10:59	
16	Jacques	Caplette	6:25:58	11:07:44	14:42:24	
17	Neree	St-Amand	7:05:22	12:47:13	17:34:25	
18	Tom	Restoule	6:25:05	13:05:39	21:00:10	
19	Ab	Kampstra	5:43:40	9:37:57	12:13:09	
20	Joe	Cleary	6:48:00	10:59:50	15:24:17	
21	Edwin	Alexander	7:19:05	13:20:50	17:19:30	
22	Howard	Parker	5:34:50	10:08:14	13:16:56	
23	Gord	Harthun	6:25:50	11:40:40	16:26:56	
24	Luke	Hohenadel	3:50:09	7:28:56	13:26:20	
25	Karen	Dickson	8:01:32	15:55:10	23:50:22	
26	Jim	Glen	6:23:43	11:32:12	16:17:09	
27	Andy	Sward	4:58:17	9:11:49	14:38:46	
28	Deanna	Lindsay	4:33:08	7:48:08	10:39:50	
29	Ralph	Swenson	4:10:10	6:42:17	9:13:50	
30	Ross	Millson	4:44:44	9:32:37		
31	Alf	Koehn	5:44:55	10:43:02		
32	Michael	Gehl	6:36:31			
33	Chris	Wytyczak	4:00:53			
34	Irving	Silver	10:14:51			
35	Leigh	Glen	10:47:28			
36	Jess	Heroux	5:59:36			
37	Adam	De L'Enteigne				

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