

# Results – Sprint O-Cup

2025-03-16

Sprint O-Cup (29 / 29)				Time	Behind
1.	Nick Finlay	DontGetLost Adventure Running		17:53	
1:	4:56, +1:49 (17)	2:	6:11, +2:05 (17)	3:	8:41, +2:27 (13)
A:		B:		4/5:	9:27, +2:37 (13)
E:		F:		D:	10:39, +1:24
a:		G:		4/5:	11:47
e:		c:		d:	14:26
7:	16:16	f:		6:	15:03
		8:	17:15		
2.	Taylan Schmidt	DontGetLost Adventure Running		18:11	+0:18
1:	3:52, +0:45 (9)	2:	5:19, +1:13 (9)	3:	8:10, +1:56 (10)
A:		B:		4/5:	8:58, +2:08 (10)
E:		F:		D:	10:23, +1:08
a:		G:		4/5:	11:41
e:		c:		d:	14:29
7:	16:20	f:		6:	15:09
		8:	17:30		
3.	Sheldon Wang	Stars		22:36	+4:43
1:	4:16, +1:09 (14)	2:	5:52, +1:46 (15)	3:	8:48, +2:34 (14)
A:		B:	12:33, +4:08	4/5:	9:51, +3:01 (15)
E:		F:		D:	
a:		G:		4/5:	14:19
e:		c:		d:	
7:	20:35	f:	16:38	6:	18:56
		8:	22:01		
4.	Tommy Massey	DontGetLost Adventure Running		22:43	+4:50
1:	3:09, +0:02 (2)	2:	4:11, +0:05 (2)	3:	6:33, +0:19 (2)
A:		B:	8:39, +0:14	4/5:	7:12, +0:22 (2)
E:		F:	11:21	D:	13:25, +4:10
a:	18:42	G:	12:17	4/5:	14:36
e:		c:	16:47	d:	19:40
7:	21:15	f:	17:47	6:	20:15
		8:	22:11		
5.	Ray Kitowski	DontGetLost Adventure Running		24:13	+6:20
1:	4:35, +1:28 (16)	2:	6:05, +1:59 (16)	3:	9:10, +2:56 (16)
A:		B:		4/5:	10:03, +3:13 (16)
E:		F:		D:	11:25, +2:10
a:	19:02	G:	12:47	4/5:	16:09
e:		c:		d:	20:13
7:	22:18	f:	18:06	6:	21:00
		8:	23:27		
6.	Katherine Cuff	DontGetLost Adventure Running		28:01	+10:08
1:	5:32, +2:25 (21)	2:	7:00, +2:54 (21)	3:	10:09, +3:55 (18)
A:		B:		4/5:	11:00, +4:10 (18)
E:		F:		D:	12:29, +3:14
a:		G:		4/5:	17:17
e:		c:	20:30	d:	23:32
7:	25:53	f:		6:	24:22
		8:	27:20		
7.	Igor Lehnherr	No club		28:43	+10:50
1:	3:22, +0:15 (3)	2:	4:28, +0:22 (3)	3:	6:50, +0:36 (3)
A:		B:	8:51, +0:26	4/5:	7:29, +0:39 (3)
E:		F:	12:32	D:	10:06, +0:51
a:	22:15	G:	11:46	4/5:	15:38
e:		c:	19:48	d:	23:21
7:	25:29	f:	21:05	6:	24:20
		8:	28:20		
8.	Kaitlyn Shikaze	No club		28:45	+10:52
1:	3:51, +0:44 (8)	2:	5:09, +1:03 (7)	3:	7:33, +1:19 (6)
A:		B:		4/5:	8:16, +1:26 (6)
E:	12:43, +1:20	F:	11:24	D:	9:25, +0:10
a:	22:26	G:	10:33	4/5:	15:47
e:		c:	19:54	d:	23:37
7:	25:38	f:	21:34	6:	24:19
		8:	28:10		

9.	Terri Kitowski		DontGetLost Adventure Running	28:58	+11:05
1:	6:50, +3:43 (28)	2:	8:41, +4:35 (28)	3:	12:46, +6:32 (26)
A:		B:	16:56, +8:31	C:	
E:		F:		G:	4/5: 13:55, +7:05 (26)
a:		b:	15:19	c:	4/5: 18:33
e:		f:	21:27	d:	
7:	26:26	8:	28:07	g:	6: 24:31
10.	Ognyan Dimitrov		Toronto O.C.	29:03	+11:10
1:	3:59, +0:52 (12)	2:	5:27, +1:21 (12)	3:	8:28, +2:14 (11)
A:		B:		C:	4/5: 9:14, +2:24 (11)
E:	14:44, +3:21	F:	13:00	G:	D: 10:38, +1:23
a:	23:43	b:	19:28	c:	4/5: 18:26
e:		f:	22:42	d:	25:05
7:	27:16	8:	28:21	g:	6: 25:50
11.	Rebecca Finlay		DontGetLost Adventure Running	29:21	+11:28
1:	5:17, +2:10 (19)	2:	6:50, +2:44 (19)	3:	10:24, +4:10 (19)
A:		B:		C:	4/5: 11:20, +4:30 (19)
E:		F:		G:	D: 13:07, +3:52
a:	22:32	b:		c:	4/5: 18:53
e:		f:	21:13	d:	24:21
7:	26:57	8:	28:30	g:	6: 25:10
12.	Craig Cassar		DontGetLost Adventure Running	30:18	+12:25
1:	3:57, +0:50 (11)	2:	5:22, +1:16 (10)	3:	7:59, +1:45 (9)
A:	16:59, +7:04 (5)	B:	15:17, +6:52 (6)	C:	4/5: 8:43, +1:53 (8)
E:		F:		G:	D: 10:04, +0:49 (2)
a:	25:08	b:	20:05	c:	4/5: 19:16
e:		f:	24:04	d:	26:24
7:	28:34	8:	29:44	g:	6: 27:05
13.	Nevin French		Toronto O.C.	30:30	+12:37
1:	3:47, +0:40 (6)	2:	5:16, +1:10 (8)	3:	7:56, +1:42 (8)
A:	14:33, +4:38 (4)	B:	10:42, +2:17 (2)	C:	4/5: 8:49, +1:59 (9)
E:		F:		G:	D: 18:44, +9:29 (5)
a:	25:30	b:	20:55	c:	4/5: 20:07
e:		f:	24:12	d:	26:41
7:	28:43	8:	29:53	g:	6: 27:23
14.	Sergei Kalitin		No club	30:46	+12:53
1:	3:49, +0:42 (7)	2:	5:06, +1:00 (6)	3:	7:24, +1:10 (4)
A:	14:32, +4:37 (3)	B:	16:06, +7:41 (7)	C:	4/5: 8:07, +1:17 (4)
E:	11:59, +0:36 (2)	F:		G:	D: 9:15 (1)
a:	24:08	b:	18:08	c:	4/5: 17:23
e:	22:44	f:		d:	25:12
7:	28:57	8:	30:16	g:	6: 27:55
15.	Colleen Farrand		DontGetLost Adventure Running	31:11	+13:18
1:	4:22, +1:15 (15)	2:	5:37, +1:31 (14)	3:	8:31, +2:17 (12)
A:		B:	10:49, +2:24	C:	4/5: 9:16, +2:26 (12)
E:	16:11, +4:48	F:	14:32	G:	D: 12:05, +2:50
a:	25:49	b:	20:42	c:	4/5: 19:46
e:	24:19	f:		d:	27:06
7:	29:20	8:	30:25	g:	6: 27:56
16.	Kris Gadjanski		DontGetLost Adventure Running	31:21	+13:28
1:	6:03, +2:56 (24)	2:	7:53, +3:47 (24)	3:	11:40, +5:26 (24)
A:		B:	15:05, +6:40	C:	4/5: 12:39, +5:49 (24)
E:		F:		G:	D: 16:33, +7:18
a:		b:	19:13	c:	4/5: 18:08
e:		f:		d:	
7:	29:12	8:	30:32	g:	6: 27:34
17.	Kaleia Schmidt		DontGetLost Adventure Running	31:39	+13:46
1:	5:56, +2:49 (23)	2:	8:21, +4:15 (26)	3:	13:30, +7:16 (27)
A:		B:		C:	4/5: 15:30, +8:40 (27)
E:		F:		G:	D: 17:34, +8:19
a:		b:		c:	4/5: 19:44
e:		f:		d:	26:09
7:	29:07	8:	30:55	g:	6: 26:56

18.	Kassandra Wu	No club	33:05	+15:12			
1:	6:17, +3:10 (26)	2:	8:01, +3:55 (25)	3:	11:33, +5:19 (23)	4/5:	12:35, +5:45 (23)
A:		B:		C:	16:37, +5:18	D:	14:09, +4:54
E:		F:		G:	15:49	4/5:	20:01
a:		b:	21:14	c:	24:09	d:	
e:	26:17	f:		g:		6:	28:50
7:	30:30	8:	32:06				
19.	Artem Rodin	DontGetLost Adventure Running	34:09	+16:16			
1:	5:22, +2:15 (20)	2:	6:41, +2:35 (18)	3:	9:46, +3:32 (17)	4/5:	10:42, +3:52 (17)
A:	14:21, +4:26 (2)	B:	12:26, +4:01 (3)	C:	17:05, +5:46 (6)	D:	19:23, +10:08 (6)
E:		F:		G:	17:48	4/5:	20:59
a:	26:19	b:	22:08	c:	24:23	d:	29:11
e:		f:	27:41	g:		6:	30:13
7:	31:59	8:	33:31				
20.	Andrew Bell	Toronto O.C.	36:15	+18:22			
1:	4:04, +0:57 (13)	2:	5:36, +1:30 (13)	3:	8:52, +2:38 (15)	4/5:	9:41, +2:51 (14)
A:	21:07, +11:12 (7)	B:	12:42, +4:17 (4)	C:	15:25, +4:06 (4)	D:	17:36, +8:21 (4)
E:		F:		G:	16:09	4/5:	23:37
a:	30:04	b:	25:03	c:	26:57	d:	31:26
e:		f:	28:48	g:		6:	32:18
7:	33:51	8:	35:35				
21.	Amber Panchyshyn	Toronto O.C.	36:23	+18:30			
1:	6:32, +3:25 (27)	2:	8:28, +4:22 (27)	3:	12:06, +5:52 (25)	4/5:	13:12, +6:22 (25)
A:		B:	21:32, +13:07	C:		D:	14:51, +5:36
E:		F:		G:		4/5:	23:23
a:	29:24	b:	18:35	c:		d:	
e:		f:	27:51	g:		6:	31:43
7:	33:31	8:	35:26				
22.	Meng Wang	Stars	37:24	+19:31			
1:	5:37, +2:30 (22)	2:	7:15, +3:09 (22)	3:	10:32, +4:18 (20)	4/5:	11:34, +4:44 (20)
A:		B:	22:04, +13:39	C:	18:02, +6:43	D:	13:14, +3:59
E:		F:	16:09	G:	14:44	4/5:	23:32
a:	30:12	b:	24:39	c:	27:12	d:	31:57
e:		f:	28:56	g:		6:	32:55
7:	34:40	8:	36:35				
23.	Raymond Chung	Toronto O.C.	52:06	+34:13			
1:	6:07, +3:00 (25)	2:	7:51, +3:45 (23)	3:	10:55, +4:41 (21)	4/5:	12:03, +5:13 (21)
A:	18:00, +8:05 (6)	B:	15:03, +6:38 (5)	C:	22:57, +11:38 (7)	D:	29:25, +20:10 (7)
E:	23:57, +12:34 (3)	F:	26:10 (1)	G:	27:33 (1)	4/5:	31:41 (1)
a:	44:10 (1)	b:	32:51 (1)	c:	39:39 (1)	d:	46:03 (1)
e:	37:22 (1)	f:	42:34 (1)	g:	35:41 (1)	6:	47:09 (1)
7:	49:13 (1)	8:	51:20 (1)				
	Alec Aird	DontGetLost Adventure Running	MP				
1:	3:07 (1)	2:	4:06 (1)	3:	6:14 (1)	4/5:	6:50 (1)
A:	9:55 (1)	B:	8:25 (1)	C:	11:58, +0:39 (2)	D:	13:26, +4:11 (3)
E:	11:23 (1)	F:		G:	12:31	4/5:	14:23
a:	19:31	b:	15:01	c:	16:34	d:	20:24
e:	18:09	f:		g:	17:27	6:	20:54
7:	21:48	8:	23:25				
	David Lilley	Toronto O.C.	MP				
1:	3:33, +0:26 (4)	2:	4:49, +0:43 (4)	3:	7:28, +1:14 (5)	4/5:	8:09, +1:19 (5)
A:		B:	14:41, +6:16	C:	12:26, +1:07	D:	9:18, +0:03
E:		F:	11:15	G:	10:25	4/5:	15:50
a:	22:21	b:	16:29	c:	20:22	d:	23:34
e:		f:	21:32	g:		6:	
7:	25:58	8:	27:52				
	Geoffrey Cuff-Chartrand	DontGetLost Adventure Running	MP				
1:	3:40, +0:33 (5)	2:	5:04, +0:58 (5)	3:	7:38, +1:24 (7)	4/5:	8:22, +1:32 (7)
A:		B:	10:28, +2:03	C:	12:57, +1:38	D:	17:17, +8:02
E:	13:43, +2:20	F:	15:06	G:	16:05	4/5:	18:40
a:	25:35	b:	19:25	c:	23:59	d:	26:44
e:	22:25	f:		g:	21:19	6:	27:18
7:	28:22	8:	30:10				

## Ken de Jong

## DontGetLost Adventure Running

## DNS

1:	2:	3:	4/5:
A:	B:	C:	D:
E:	F:	G:	4/5:
a:	b:	c:	d:
e:	f:	g:	6:
7:	8:		

## Olena Aird

## DontGetLost Adventure Running

## MP

1:	3:54, +0:47 (10)	2:	5:24, +1:18 (11)	3:	11:17, +5:03 (22)	4/5:	12:06, +5:16 (22)
A:		B:		C:	14:51, +3:32	D:	13:28, +4:13
E:		F:		G:	15:39	4/5:	17:54
a:		b:	18:42	c:	20:35	d:	
e:		f:		g:	21:52	6:	24:33
7:	25:49	8:	28:28				

## Thomas Wolever

## Toronto O.C.

## MP

1:	5:07, +2:00 (18)	2:	6:53, +2:47 (20)	3:		4/5:	9:32, +2:42
A:		B:	17:56, +9:31	C:		D:	19:57, +10:42
E:		F:		G:		4/5:	25:14
a:		b:	26:09	c:		d:	31:08
e:		f:	29:12	g:	15:24	6:	32:06
7:	33:55	8:	35:15				