

Sub max test & Double Poling - July 24th

Submax		Double Poling Test	
9:30am	Graeme / Haakon	Athlete	Time
10:00am	Marlis/Alysson	Curtis Merry	4:47
10:30am	Jess/Evan	Haakon Lenes	4:59
11:00am	Curtis	Jess Cockney	4:59
		Evan Bruce	5:22
		Graeme Killick	5:30
		Alysson Marshall	6:26
		Marlis Kromm	6:51

Uphill Test - July 27th - 9:30am - clear, warm no wind

Athlete		1st split	2nd Split	3rd Split		Finish
Curtis	2:45				mar	12:22
Kevin	1:45				Elpex	12:27
Haakon	2:30				mar	12:29
Gerard	3:15				mar	12:47
Graeme	3:00				mar	12:55
Jess	2:15				mar	13:41
Evan	3:30				mar	14:01
David	4:00				Elpex	14:20
Alysson	1:15				mar	15:51
Marlis	0:15				mar	16:42
Non Test skis						
Joel	2:00					11:10
Eric	3:45					11:29
Paul	0:30					12:07
Mickela	0:00					13:16
Hilary	0:45					13:36
Heidi	1:00					14:35
Georg						DNS