

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 101 DLA Run Crew****Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:32:19	1:37:43	1:30:38	1:39:44	1:33:55	0:54:06	1:19:02	1:32:36	1:08:03	1:36:08
Team Time:	1:32:19	3:10:02	4:40:40	6:20:24	7:54:19	8:48:25	10:07:27	11:40:03	12:48:06	14:24:14
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:59	9:32	9:56	11:23	8:35	9:16	7:43	9:22	9:17	9:29
Min/Km:	4:58	5:55	6:10	7:04	5:20	5:45	4:48	5:49	5:46	5:54
Leg Rank:	30	51	55	70	27	52	22	51	51	56
Team Rank:	30	34	41	55	48	47	43	47	45	49

Team: 102 Integrated Sust. H2Go**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:43:05	1:32:12	1:22:20	1:09:27	1:41:27	1:00:46	1:23:16	1:28:09	1:05:56	1:41:12
Team Time:	1:43:05	3:15:17	4:37:37	5:47:04	7:28:31	8:29:17	9:52:33	11:20:42	12:26:38	14:07:50
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:55	9:00	9:01	7:56	9:16	10:24	8:07	8:55	9:00	9:59
Min/Km:	5:32	5:36	5:36	4:56	5:45	6:28	5:03	5:32	5:36	6:12
Leg Rank:	47	38	33	16	46	65	31	39	44	62
Team Rank:	47	41	35	26	28	33	31	28	31	41

Team: 103 Pyramid Peckerheads**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:48:26	1:33:54	1:16:09	1:23:28	1:38:21	1:06:17	1:14:08	1:27:46	1:01:53	1:33:38
Team Time:	1:48:26	3:22:20	4:38:29	6:01:57	7:40:18	8:46:35	10:00:43	11:28:29	12:30:22	14:04:00
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:23	9:10	8:20	9:32	8:59	11:21	7:14	8:53	8:27	9:15
Min/Km:	5:50	5:42	5:11	5:55	5:35	7:03	4:30	5:31	5:15	5:45
Leg Rank:	53	44	23	44	42	72	14	38	38	53
Team Rank:	53	50	38	40	37	46	38	37	35	38

Team: 104 Team With a Theme**Category:****Women's Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:42:04	1:27:59	1:34:18	1:40:24	2:09:06	0:50:02	1:40:18	1:30:31	1:08:10	1:50:40
Team Time:	1:42:04	3:10:03	4:44:21	6:24:45	8:33:51	9:23:53	11:04:11	12:34:42	13:42:52	15:33:32
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:50	8:35	10:20	11:28	11:48	8:34	9:47	9:10	9:18	10:55
Min/Km:	5:29	5:20	6:25	7:07	7:20	5:19	6:05	5:42	5:47	6:47
Leg Rank:	46	28	63	71	70	41	60	48	52	71
Team Rank:	46	35	46	59	71	68	65	62	64	68

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 105 Anvils****Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:47:54	1:30:40	1:09:23	1:17:00	1:37:07	1:00:21	1:45:37	1:34:07	1:21:15	1:19:56
Team Time:	1:47:54	3:18:34	4:27:57	5:44:57	7:22:04	8:22:25	10:08:02	11:42:09	13:03:24	14:23:20
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:20	8:51	7:36	8:47	8:53	10:20	10:18	9:32	11:05	7:53
Min/Km:	5:48	5:30	4:43	5:27	5:31	6:25	6:24	5:55	6:53	4:54
Leg Rank:	51	34	10	35	35	63	67	52	69	28
Team Rank:	51	47	27	24	25	30	45	48	51	48

Team: 106 EnduraHealth**Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	2:10:11	1:36:56	1:22:25	1:20:36	1:45:29	0:42:29	1:22:00	1:11:47	1:10:03	1:25:03
Team Time:	2:10:11	3:47:07	5:09:32	6:30:08	8:15:37	8:58:06	10:20:06	11:31:53	12:41:56	14:06:59
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	11:16	9:27	9:02	9:12	9:39	7:16	8:00	7:16	9:33	8:24
Min/Km:	6:60	5:52	5:37	5:43	5:60	4:31	4:58	4:31	5:56	5:13
Leg Rank:	71	50	34	39	51	14	27	14	57	37
Team Rank:	71	71	69	63	63	54	50	42	42	40

Team: 107 Nissen PL Running Room Ladies II**Category: Women's Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:21:18	1:20:59	1:09:24	1:07:15	1:35:52	0:44:06	1:15:59	1:16:54	0:58:07	1:11:07
Team Time:	1:21:18	2:42:17	3:51:41	4:58:56	6:34:48	7:18:54	8:34:53	9:51:47	10:49:54	12:01:01
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:02	7:54	7:36	7:41	8:46	7:33	7:25	7:47	7:56	7:01
Min/Km:	4:22	4:54	4:43	4:46	5:27	4:41	4:36	4:50	4:56	4:22
Leg Rank:	10	16	11	12	31	22	19	19	30	14
Team Rank:	10	12	10	10	11	12	13	13	13	12

Team: 108 Nissen PL Running Room Corporate**Category: Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:11:11	1:02:33	0:59:59	0:58:10	1:34:55	0:39:19	1:08:47	1:05:05	0:50:13	1:05:21
Team Time:	1:11:11	2:13:44	3:13:43	4:11:53	5:46:48	6:26:07	7:34:54	8:39:59	9:30:12	10:35:33
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:09	6:06	6:34	6:38	8:41	6:44	6:43	6:35	6:51	6:27
Min/Km:	3:49	3:47	4:05	4:07	5:24	4:11	4:10	4:05	4:15	4:00
Leg Rank:	3	3	2	4	29	6	7	6	10	6
Team Rank:	3	2	2	2	3	3	3	3	3	3

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 109 NIssen PL Running Room Men****Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:03:17	0:57:44	0:55:34	0:53:24	1:14:24	0:34:58	0:59:16	0:55:20	0:43:29	0:58:57
Team Time:	1:03:17	2:01:01	2:56:35	3:49:59	5:04:23	5:39:21	6:43:37	7:38:57	8:22:26	9:21:23
Penalty:	0	0	0	0	0	0	5	0	0	0
Min/Mile:	5:28	5:38	6:05	6:06	6:48	5:59	5:47	5:36	5:56	5:49
Min/Km:	3:24	3:30	3:47	3:47	4:13	3:43	3:36	3:29	3:41	3:37
Leg Rank:	1	1	1	1	2	3	1	2	2	1
Team Rank:	1	1	1	1	1	1	1	1	1	1

Team: 110 Scrambled Legs**Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:48:50	1:37:53	1:29:29	1:13:50	1:58:32	0:56:51	1:31:08	1:25:44	1:07:03	1:37:15
Team Time:	1:48:50	3:26:43	4:56:12	6:10:02	8:08:34	9:05:25	10:36:33	12:02:17	13:09:20	14:46:35
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:25	9:33	9:48	8:26	10:50	9:44	8:53	8:41	9:09	9:36
Min/Km:	5:51	5:56	6:05	5:14	6:44	6:03	5:31	5:24	5:41	5:58
Leg Rank:	55	53	51	28	64	58	48	33	47	59
Team Rank:	55	57	59	49	57	58	59	53	53	54

Team: 111 AER Reg U Lateres**Category: Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	2:04:36	1:32:42	1:26:46	1:34:10	1:46:24	0:58:10	1:25:26	1:48:47	0:52:19	1:47:45
Team Time:	2:04:36	3:37:18	5:04:04	6:38:14	8:24:38	9:22:48	10:48:14	12:37:01	13:29:20	15:17:05
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	10:47	9:03	9:30	10:45	9:44	9:58	8:20	11:01	7:08	10:38
Min/Km:	6:42	5:37	5:54	6:41	6:03	6:12	5:11	6:51	4:26	6:36
Leg Rank:	70	39	45	67	53	59	37	68	13	69
Team Rank:	70	65	63	69	66	67	61	64	60	63

Team: 112 Strokies**Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:37:25	1:55:42	1:31:34	1:25:28	1:36:01	1:05:37	1:22:28	2:18:59	0:47:10	1:36:42
Team Time:	1:37:25	3:33:07	5:04:41	6:30:09	8:06:10	9:11:47	10:34:15	12:53:14	13:40:24	15:17:06
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:26	11:17	10:02	9:45	8:47	11:14	8:03	14:04	6:26	9:33
Min/Km:	5:14	7:01	6:14	6:03	5:27	6:59	5:00	8:44	3:60	5:56
Leg Rank:	38	71	56	50	32	70	29	73	6	58
Team Rank:	38	63	64	64	54	62	56	69	62	64

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 113 10 Fat White Guys****Category:****Masters 40+**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:35:35	1:33:47	1:14:45	1:23:50	2:18:01	0:47:55	1:26:50	1:24:26	1:05:27	1:41:33
Team Time:	1:35:35	3:09:22	4:24:07	5:47:57	8:05:58	8:53:53	10:20:43	11:45:09	12:50:36	14:32:09
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:16	9:09	8:11	9:34	12:37	8:12	8:28	8:33	8:56	10:01
Min/Km:	5:08	5:41	5:05	5:57	7:50	5:06	5:16	5:19	5:33	6:13
Leg Rank:	34	42	21	45	73	34	39	31	43	63
Team Rank:	34	33	24	27	52	51	51	49	47	52

Team: 114 Running from our respibil.**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:28:05	1:24:32	1:35:56	1:33:53	1:41:06	0:50:16	1:40:20	1:19:12	1:00:45	1:36:22
Team Time:	1:28:05	2:52:37	4:28:33	6:02:26	7:43:32	8:33:48	10:14:08	11:33:20	12:34:05	14:10:27
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:37	8:15	10:30	10:43	9:14	8:36	9:47	8:01	8:17	9:31
Min/Km:	4:44	5:08	6:31	6:39	5:44	5:21	6:05	4:59	5:09	5:55
Leg Rank:	19	21	64	64	44	43	61	24	36	57
Team Rank:	19	19	28	41	39	38	47	43	39	42

Team: 115 Space Ponies**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:49:55	1:49:35	1:31:44	1:13:03	1:26:51	0:51:36	1:20:50	1:30:17	1:08:30	1:30:28
Team Time:	1:49:55	3:39:30	5:11:14	6:24:17	7:51:08	8:42:44	10:03:34	11:33:51	12:42:21	14:12:49
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:31	10:41	10:03	8:20	7:56	8:50	7:53	9:08	9:21	8:56
Min/Km:	5:55	6:38	6:15	5:11	4:56	5:29	4:54	5:40	5:49	5:33
Leg Rank:	58	65	57	24	16	47	25	46	54	48
Team Rank:	58	67	70	56	44	45	41	44	43	44

Team: 116 Sheep River Racing Team**Category:****Masters 40+**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:28:40	1:33:55	1:24:40	1:10:12	1:26:29	0:47:41	1:20:45	1:20:30	1:15:24	1:26:39
Team Time:	1:28:40	3:02:35	4:27:15	5:37:27	7:03:56	7:51:37	9:12:22	10:32:52	11:48:16	13:14:55
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:40	9:10	9:16	8:01	7:54	8:10	7:53	8:09	10:17	8:33
Min/Km:	4:46	5:42	5:45	4:59	4:54	5:04	4:54	5:04	6:23	5:19
Leg Rank:	21	45	37	19	15	32	24	25	64	39
Team Rank:	21	29	26	22	19	19	18	20	21	23

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 117 Bayer Crop Science****Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:56:01	1:32:43	1:26:32	1:07:52	1:25:47	0:51:39	1:33:54	1:36:52	1:18:01	1:09:47
Team Time:	1:56:01	3:28:44	4:55:16	6:03:08	7:28:55	8:20:34	9:54:28	11:31:20	12:49:21	13:59:08
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	10:02	9:03	9:29	7:45	7:50	8:51	9:10	9:48	10:39	6:53
Min/Km:	6:14	5:37	5:54	4:49	4:52	5:30	5:42	6:05	6:37	4:17
Leg Rank:	66	40	42	13	11	48	53	57	68	12
Team Rank:	66	60	56	45	29	29	33	41	46	36

Team: 118 The Joggernuts**Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:50:44	1:44:50	1:32:26	1:25:48	1:39:09	1:00:57	1:22:03	1:43:40	1:08:29	1:42:52
Team Time:	1:50:44	3:35:34	5:08:00	6:33:48	8:12:57	9:13:54	10:35:57	12:19:37	13:28:06	15:10:58
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:35	10:14	10:07	9:48	9:04	10:26	8:00	10:30	9:21	10:09
Min/Km:	5:57	6:21	6:17	6:05	5:38	6:29	4:58	6:31	5:49	6:18
Leg Rank:	60	61	59	51	43	66	28	66	53	65
Team Rank:	60	64	67	66	59	64	58	60	59	60

Team: 119 Cool Pool Cruisers**Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:32:20	1:41:03	1:46:47	1:34:06	1:54:15	0:56:29	1:43:08	1:52:45	0:57:36	1:18:09
Team Time:	1:32:20	3:13:23	5:00:10	6:34:16	8:28:31	9:25:00	11:13:08	13:10:53	14:08:29	15:26:38
Penalty:	0	0	0	0	0	0	5	5	0	0
Min/Mile:	7:59	9:52	11:42	10:45	10:27	9:40	10:04	11:25	7:51	7:43
Min/Km:	4:58	6:08	7:16	6:41	6:30	6:00	6:15	7:06	4:53	4:48
Leg Rank:	31	59	71	65	61	57	64	71	27	26
Team Rank:	31	38	61	67	68	69	69	71	70	65

Team: 120 BLAKES**Category: Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:28:29	1:29:37	1:26:36	1:27:11	1:29:54	0:47:18	1:35:52	1:35:35	1:15:52	1:09:43
Team Time:	1:28:29	2:58:06	4:24:42	5:51:53	7:21:47	8:09:05	9:44:57	11:20:32	12:36:24	13:46:07
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:39	8:45	9:29	9:57	8:13	8:06	9:21	9:40	10:21	6:53
Min/Km:	4:45	5:26	5:54	6:11	5:06	5:02	5:49	6:00	6:26	4:17
Leg Rank:	20	32	43	54	21	29	57	55	66	11
Team Rank:	20	21	25	31	24	23	26	27	40	29

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 121 BD&P****Category: Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:26:43	1:35:24	1:18:27	1:13:07	1:32:42	0:46:31	1:28:30	1:15:35	1:07:07	1:24:02
Team Time:	1:26:43	3:02:07	4:20:34	5:33:41	7:06:23	7:52:54	9:21:24	10:36:59	11:44:06	13:08:08
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:30	9:18	8:36	8:21	8:28	7:58	8:38	7:39	9:09	8:18
Min/Km:	4:40	5:47	5:21	5:11	5:16	4:57	5:22	4:45	5:41	5:09
Leg Rank:	18	47	28	25	26	27	43	18	48	34
Team Rank:	18	27	22	21	20	20	22	21	20	22

Team: 122 Nissen PL Running Room Ladies**Category: Women's Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:13:08	1:08:19	1:02:21	1:02:39	1:26:00	0:39:59	1:05:51	1:10:35	0:53:28	1:10:49
Team Time:	1:13:08	2:21:27	3:23:48	4:26:27	5:52:27	6:32:26	7:38:17	8:48:52	9:42:20	10:53:09
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:20	6:40	6:50	7:09	7:52	6:51	6:25	7:09	7:18	6:59
Min/Km:	3:56	4:09	4:15	4:27	4:53	4:15	3:59	4:27	4:32	4:20
Leg Rank:	5	6	4	7	14	10	5	11	17	13
Team Rank:	5	6	4	4	4	4	4	4	4	5

Team: 123 ESCAPE**Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:59:22	1:40:04	1:28:18	1:45:01	1:28:34	0:49:07	1:38:34	1:56:50	0:52:58	1:32:42
Team Time:	1:59:22	3:39:26	5:07:44	6:52:45	8:21:19	9:10:26	10:49:00	12:45:50	13:38:48	15:11:30
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	10:20	9:46	9:40	11:59	8:06	8:25	9:37	11:50	7:14	9:09
Min/Km:	6:25	6:04	6:00	7:27	5:02	5:14	5:58	7:21	4:30	5:41
Leg Rank:	68	58	49	73	20	37	59	72	16	51
Team Rank:	68	66	66	71	64	60	62	66	61	61

Team: 124 Dentons Canada LLP**Category: Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:40:23	1:36:05	1:34:01	1:10:49	1:47:01	0:45:40	1:14:23	1:17:31	0:45:06	1:04:53
Team Time:	1:40:23	3:16:28	4:50:29	6:01:18	7:48:19	8:33:59	9:53:22	11:10:53	11:55:59	13:00:52
Penalty:	0	0	0	0	0	0	5	0	0	0
Min/Mile:	8:41	9:22	10:18	8:05	9:47	7:49	7:15	7:51	6:09	6:24
Min/Km:	5:24	5:49	6:24	5:01	6:05	4:51	4:30	4:53	3:49	3:59
Leg Rank:	44	48	62	20	56	24	15	20	3	5
Team Rank:	44	43	52	39	41	39	32	25	23	20

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 125 Torys****Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:49:22	1:27:14	1:48:21	1:12:34	1:34:32	0:43:17	1:24:19	1:21:53	0:49:03	1:16:57
Team Time:	1:49:22	3:16:36	5:04:57	6:17:31	7:52:03	8:35:20	9:59:39	11:21:32	12:10:35	13:27:32
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:28	8:31	11:52	8:17	8:38	7:25	8:14	8:17	6:42	7:36
Min/Km:	5:53	5:17	7:22	5:09	5:22	4:36	5:07	5:09	4:10	4:43
Leg Rank:	56	25	73	22	28	18	35	28	8	23
Team Rank:	56	44	65	53	45	41	37	29	27	26

Team: 126 Team B2**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:37:33	1:50:51	1:27:38	1:32:12	1:37:48	1:06:53	1:41:18	1:22:04	1:03:49	1:11:29
Team Time:	1:37:33	3:28:24	4:56:02	6:28:14	8:06:02	9:12:55	10:54:13	12:16:17	13:20:06	14:31:35
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:26	10:49	9:36	10:32	8:56	11:27	9:53	8:18	8:42	7:03
Min/Km:	5:14	6:43	5:58	6:33	5:33	7:07	6:08	5:09	5:24	4:23
Leg Rank:	39	66	47	62	38	73	63	29	41	15
Team Rank:	39	59	58	62	53	63	63	59	57	51

Team: 127 Just Keep Running**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:37:51	1:23:01	1:32:30	1:18:26	1:37:53	0:48:25	1:25:18	1:38:22	1:07:11	1:35:32
Team Time:	1:37:51	3:00:52	4:33:22	5:51:48	7:29:41	8:18:06	9:43:24	11:21:46	12:28:57	14:04:29
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:28	8:06	10:08	8:57	8:57	8:17	8:19	9:57	9:10	9:26
Min/Km:	5:16	5:02	6:18	5:34	5:34	5:09	5:10	6:11	5:42	5:52
Leg Rank:	40	17	61	37	39	35	36	60	49	54
Team Rank:	40	26	32	29	30	26	24	30	34	39

Team: 128 Birchcliff Energizers**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:47:51	1:53:47	1:05:34	1:13:12	1:25:51	0:39:22	1:09:30	1:10:46	0:50:50	1:13:17
Team Time:	1:47:51	3:41:38	4:47:12	6:00:24	7:26:15	8:05:37	9:15:07	10:25:53	11:16:43	12:30:00
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:20	11:06	7:11	8:21	7:51	6:44	6:47	7:10	6:56	7:14
Min/Km:	5:48	6:54	4:28	5:11	4:53	4:11	4:13	4:27	4:18	4:30
Leg Rank:	50	70	6	26	12	7	9	13	11	18
Team Rank:	50	69	50	38	27	22	20	19	18	17

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 129 Felesky Flynn****Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:31:52	1:53:37	1:15:39	1:29:29	1:25:56	0:50:46	1:20:42	1:42:09	1:15:39	1:32:08
Team Time:	1:31:52	3:25:29	4:41:08	6:10:37	7:36:33	8:27:19	9:48:01	11:30:10	12:45:49	14:17:57
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:57	11:05	8:17	10:13	7:51	8:42	7:52	10:20	10:19	9:06
Min/Km:	4:56	6:53	5:09	6:21	4:53	5:24	4:53	6:25	6:25	5:39
Leg Rank:	29	69	22	58	13	45	23	64	65	50
Team Rank:	29	54	42	50	34	32	28	40	44	46

Team: 130 Osler Outlaws**Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:20:05	1:23:03	1:36:28	1:34:10	1:20:10	0:43:55	1:31:13	1:29:13	0:59:04	1:29:29
Team Time:	1:20:05	2:43:08	4:19:36	5:53:46	7:13:56	7:57:51	9:29:04	10:58:17	11:57:21	13:26:50
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:56	8:06	10:34	10:45	7:20	7:31	8:54	9:02	8:03	8:50
Min/Km:	4:18	5:02	6:34	6:41	4:33	4:40	5:32	5:37	5:00	5:29
Leg Rank:	9	18	66	66	5	20	49	42	33	47
Team Rank:	9	13	21	32	21	21	23	23	24	25

Team: 131 Monarchs Rule**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:52:05	1:19:32	1:29:56	1:22:02	2:03:28	0:50:17	1:59:51	1:10:39	1:34:53	1:45:28
Team Time:	1:52:05	3:11:37	4:41:33	6:03:35	8:07:03	8:57:20	10:57:11	12:07:50	13:42:43	15:28:11
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:42	7:46	9:51	9:22	11:17	8:37	11:42	7:09	12:57	10:25
Min/Km:	6:02	4:50	6:07	5:49	7:01	5:21	7:16	4:27	8:03	6:28
Leg Rank:	63	12	52	41	68	44	72	12	72	68
Team Rank:	63	36	43	46	55	52	64	56	63	66

Team: 132 Ben Jonesin for Victory**Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:24:21	1:27:31	1:16:54	1:08:11	1:21:18	0:42:32	1:05:40	1:24:32	0:55:54	1:22:09
Team Time:	1:24:21	2:51:52	4:08:46	5:16:57	6:38:15	7:20:47	8:26:27	9:50:59	10:46:53	12:09:02
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:18	8:32	8:25	7:47	7:26	7:17	6:24	8:33	7:38	8:07
Min/Km:	4:32	5:18	5:14	4:50	4:37	4:32	3:59	5:19	4:45	5:03
Leg Rank:	14	26	25	15	6	15	3	32	22	33
Team Rank:	14	17	17	17	12	13	12	12	12	13

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 133 CNRL Rusty Road Runners****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:21:40	1:30:40	1:04:16	1:03:25	1:20:09	0:40:31	1:11:05	1:26:52	0:59:26	1:00:54
Team Time:	1:21:40	2:52:20	3:56:36	5:00:01	6:20:10	7:00:41	8:11:46	9:38:38	10:38:04	11:38:58
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:04	8:51	7:02	7:14	7:20	6:56	6:56	8:48	8:06	6:01
Min/Km:	4:23	5:30	4:22	4:30	4:33	4:18	4:18	5:28	5:02	3:44
Leg Rank:	11	35	5	8	4	11	10	37	34	2
Team Rank:	11	18	13	11	10	10	9	11	11	9

Team: 134 Central Alberta Masters**Category:****Masters 50+**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:49:22	1:30:59	1:24:35	1:14:29	1:36:56	0:44:04	1:29:44	1:18:06	0:54:02	1:25:17
Team Time:	1:49:22	3:20:21	4:44:56	5:59:25	7:36:21	8:20:25	9:50:09	11:08:15	12:02:17	13:27:34
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:28	8:53	9:16	8:30	8:52	7:33	8:45	7:54	7:22	8:25
Min/Km:	5:53	5:31	5:45	5:17	5:31	4:41	5:26	4:54	4:35	5:14
Leg Rank:	57	37	36	29	33	21	45	22	19	38
Team Rank:	57	48	47	37	32	28	30	24	25	27

Team: 135 0 to 100 real slow**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	2:18:39	1:56:26	1:37:26	1:35:30	1:37:32	1:02:23	1:35:24	1:30:44	1:12:10	1:24:11
Team Time:	2:18:39	4:15:05	5:52:31	7:28:01	9:05:33	10:07:56	11:43:20	13:14:04	14:26:14	15:50:25
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	12:00	11:22	10:40	10:54	8:55	10:41	9:18	9:11	9:51	8:19
Min/Km:	7:27	7:04	6:38	6:46	5:32	6:38	5:47	5:42	6:07	5:10
Leg Rank:	72	72	67	68	37	68	55	49	60	36
Team Rank:	72	72	72	72	72	72	72	72	72	70

Team: 136 Lost in Pace**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:47:07	1:45:09	1:20:45	1:24:06	1:57:37	0:54:18	1:23:54	1:38:16	0:56:01	1:27:08
Team Time:	1:47:07	3:32:16	4:53:01	6:17:07	8:14:44	9:09:02	10:32:56	12:11:12	13:07:13	14:34:21
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:16	10:16	8:51	9:36	10:45	9:18	8:11	9:57	7:39	8:36
Min/Km:	5:45	6:23	5:30	5:58	6:41	5:47	5:05	6:11	4:45	5:21
Leg Rank:	49	62	31	46	63	53	33	59	23	40
Team Rank:	49	62	55	52	61	59	55	57	52	53

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 137 MLT Aikins Billable Miles****Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:25:30	1:37:49	1:29:15	1:30:30	1:46:30	0:59:59	1:25:41	1:50:43	1:05:23	1:38:32
Team Time:	1:25:30	3:03:19	4:32:34	6:03:04	7:49:34	8:49:33	10:15:14	12:05:57	13:11:20	14:49:52
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:24	9:33	9:47	10:20	9:44	10:16	8:22	11:12	8:55	9:44
Min/Km:	4:36	5:56	6:05	6:25	6:03	6:23	5:12	6:58	5:32	6:03
Leg Rank:	17	52	50	59	54	62	38	70	42	61
Team Rank:	17	31	30	43	43	49	48	55	54	56

Team: 138 SAIT Trojans, Friends Mixed**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:14:10	1:23:53	1:20:39	0:57:34	1:13:17	0:42:27	1:15:26	1:04:58	0:47:00	1:02:20
Team Time:	1:14:10	2:38:03	3:58:42	4:56:16	6:09:33	6:52:00	8:07:26	9:12:24	9:59:24	11:01:44
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:25	8:11	8:50	6:34	6:42	7:16	7:22	6:35	6:25	6:09
Min/Km:	3:59	5:05	5:29	4:05	4:10	4:31	4:35	4:05	3:59	3:49
Leg Rank:	7	19	30	3	1	13	18	5	5	3
Team Rank:	7	10	14	9	7	7	8	7	7	6

Team: 139 United Cycle Heros**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:58:31	1:28:58	1:25:07	1:31:44	1:27:54	0:42:32	1:32:42	1:21:45	1:22:19	1:24:10
Team Time:	1:58:31	3:27:29	4:52:36	6:24:20	7:52:14	8:34:46	10:07:28	11:29:13	12:51:32	14:15:42
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	10:15	8:41	9:19	10:28	8:02	7:17	9:03	8:16	11:14	8:19
Min/Km:	6:22	5:24	5:47	6:30	4:59	4:32	5:37	5:08	6:59	5:10
Leg Rank:	67	31	39	61	19	16	52	27	71	35
Team Rank:	67	58	53	57	46	40	44	38	48	45

Team: 140 Field Law**Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:31:04	1:28:43	1:23:51	1:16:19	2:06:16	0:49:48	1:22:37	1:39:11	1:14:48	1:35:35
Team Time:	1:31:04	2:59:47	4:23:38	5:39:57	7:46:13	8:36:01	9:58:38	11:37:49	12:52:37	14:28:12
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:53	8:39	9:11	8:43	11:33	8:32	8:04	10:02	10:12	9:26
Min/Km:	4:54	5:22	5:42	5:25	7:11	5:18	5:01	6:14	6:20	5:52
Leg Rank:	26	30	35	33	69	40	30	61	63	55
Team Rank:	26	24	23	23	40	42	35	46	49	50

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 141 BDO Canada****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:30:37	1:27:35	1:36:11	1:22:52	1:41:16	0:52:49	1:32:04	1:26:12	1:07:40	1:17:46
Team Time:	1:30:37	2:58:12	4:34:23	5:57:15	7:38:31	8:31:20	10:03:24	11:29:36	12:37:16	13:55:02
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:50	8:33	10:32	9:28	9:15	9:03	8:59	8:43	9:14	7:41
Min/Km:	4:52	5:19	6:33	5:53	5:45	5:37	5:35	5:25	5:44	4:46
Leg Rank:	25	27	65	43	45	50	50	35	50	24
Team Rank:	25	22	33	34	36	37	40	39	41	33

Team: 142 Speedy Spartans**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	2:41:30	2:24:27	1:32:27	1:24:16	1:51:19	0:47:29	1:46:05	1:22:20	0:57:44	1:50:01
Team Time:	2:41:30	5:05:57	6:38:24	8:02:40	9:53:59	10:41:28	12:27:33	13:49:53	14:47:37	16:37:38
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	13:58	14:06	10:08	9:37	10:11	8:08	10:21	8:20	7:53	10:52
Min/Km:	8:41	8:46	6:18	5:58	6:20	5:03	6:26	5:11	4:54	6:45
Leg Rank:	73	73	60	48	59	31	68	30	29	70
Team Rank:	73	73	73	73	73	73	73	73	73	73

Team: 143 BDO Edmonton**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:36:12	1:42:11	1:26:43	1:40:30	1:41:39	0:50:48	1:34:37	1:30:18	1:43:45	1:27:41
Team Time:	1:36:12	3:18:23	4:45:06	6:25:36	8:07:15	8:58:03	10:32:40	12:02:58	13:46:43	15:14:24
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:19	9:58	9:30	11:28	9:17	8:42	9:14	9:08	14:09	8:39
Min/Km:	5:10	6:12	5:54	7:07	5:46	5:24	5:44	5:40	8:47	5:22
Leg Rank:	35	60	44	72	47	46	54	47	73	41
Team Rank:	35	46	48	60	56	53	54	54	65	62

Team: 144 Mercer**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:50:16	1:25:07	1:27:02	1:15:54	1:38:10	0:54:32	1:32:09	1:32:07	0:53:32	1:28:17
Team Time:	1:50:16	3:15:23	4:42:25	5:58:19	7:36:29	8:31:01	10:03:10	11:35:17	12:28:49	13:57:06
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:32	8:18	9:32	8:40	8:58	9:20	8:59	9:19	7:18	8:43
Min/Km:	5:55	5:09	5:55	5:23	5:34	5:48	5:35	5:47	4:32	5:25
Leg Rank:	59	23	46	32	41	54	51	50	18	42
Team Rank:	59	42	44	35	33	35	39	45	33	34

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 145 Whose Idea Was This****Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:13:33	1:04:27	1:13:57	1:01:26	1:21:49	0:39:41	1:12:49	1:07:01	0:51:24	1:04:20
Team Time:	1:13:33	2:18:00	3:31:57	4:33:23	5:55:12	6:34:53	7:47:42	8:54:43	9:46:07	10:50:27
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:22	6:17	8:06	7:01	7:29	6:48	7:06	6:47	7:01	6:21
Min/Km:	3:57	3:54	5:02	4:22	4:39	4:13	4:25	4:13	4:22	3:57
Leg Rank:	6	5	19	5	7	9	12	7	12	4
Team Rank:	6	4	5	5	5	5	5	5	5	4

Team: 146 Fast Trax Collective Endurance**Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:36:29	1:12:56	1:09:21	1:14:59	1:31:22	0:33:18	1:03:08	1:13:41	1:02:17	1:12:35
Team Time:	1:36:29	2:49:25	3:58:46	5:13:45	6:45:07	7:18:25	8:21:33	9:35:14	10:37:31	11:50:06
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:21	7:07	7:36	8:34	8:21	5:42	6:10	7:27	8:30	7:10
Min/Km:	5:11	4:25	4:43	5:19	5:11	3:32	3:50	4:38	5:17	4:27
Leg Rank:	36	9	9	30	23	2	2	15	40	17
Team Rank:	36	15	15	15	15	11	11	10	10	11

Team: 147 BLG Gazelles**Category: Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:52:37	1:49:28	1:14:08	1:28:11	1:31:38	0:52:45	1:40:24	0:55:15	0:56:45	1:33:14
Team Time:	1:52:37	3:42:05	4:56:13	6:24:24	7:56:02	8:48:47	10:29:11	11:24:26	12:21:11	13:54:25
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:45	10:41	8:07	10:04	8:23	9:02	9:48	5:36	7:45	9:12
Min/Km:	6:03	6:38	5:03	6:15	5:13	5:37	6:05	3:29	4:49	5:43
Leg Rank:	64	64	20	55	24	49	62	1	25	52
Team Rank:	64	70	60	58	50	48	53	34	29	32

Team: 148 exprESSO**Category: Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:22:28	1:12:27	1:10:23	1:09:28	1:25:14	0:38:38	1:18:58	1:09:03	0:56:59	1:18:03
Team Time:	1:22:28	2:34:55	3:45:18	4:54:46	6:20:00	6:58:38	8:17:36	9:26:39	10:23:38	11:41:41
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:08	7:04	7:43	7:56	7:47	6:37	7:42	6:59	7:46	7:42
Min/Km:	4:26	4:23	4:48	4:56	4:50	4:07	4:47	4:20	4:50	4:47
Leg Rank:	12	8	12	17	10	5	21	10	26	25
Team Rank:	12	9	7	7	9	9	10	9	9	10

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 149 Pomeroy****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:54:15	1:20:56	1:25:05	1:22:47	1:51:19	0:56:20	1:13:35	1:17:40	1:06:00	1:29:24
Team Time:	1:54:15	3:15:11	4:40:16	6:03:03	7:54:22	8:50:42	10:04:17	11:21:57	12:27:57	13:57:21
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:53	7:54	9:19	9:27	10:11	9:39	7:11	7:52	9:00	8:50
Min/Km:	6:08	4:54	5:47	5:52	6:20	5:60	4:28	4:53	5:36	5:29
Leg Rank:	65	15	38	42	58	56	13	21	45	46
Team Rank:	65	40	39	42	49	50	42	31	32	35

Team: 150 First Blood**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:38:52	1:34:38	1:19:38	1:12:39	1:30:01	1:00:25	1:29:50	1:36:18	1:08:38	1:32:00
Team Time:	1:38:52	3:13:30	4:33:08	5:45:47	7:15:48	8:16:13	9:46:03	11:22:21	12:30:59	14:02:59
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:33	9:14	8:43	8:18	8:14	10:21	8:46	9:45	9:22	9:05
Min/Km:	5:19	5:44	5:25	5:09	5:07	6:26	5:27	6:03	5:49	5:39
Leg Rank:	43	46	29	23	22	64	46	56	56	49
Team Rank:	43	39	31	25	22	25	27	32	36	37

Team: 151 Bullet Jones**Category:****Legal**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:48:22	1:38:20	1:13:37	1:18:59	2:15:49	0:47:19	2:09:46	1:29:24	1:12:33	2:15:01
Team Time:	1:48:22	3:26:42	4:40:19	5:59:18	8:15:07	9:02:26	11:12:12	12:41:36	13:54:09	16:09:10
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:22	9:36	8:04	9:01	12:25	8:06	12:40	9:03	9:54	13:20
Min/Km:	5:49	5:58	5:01	5:36	7:43	5:02	7:52	5:37	6:09	8:17
Leg Rank:	52	55	16	38	72	30	73	43	61	73
Team Rank:	52	56	40	36	62	56	67	65	68	71

Team: 152 Mito Men**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:12:34	1:03:45	1:01:00	0:57:07	1:19:12	0:32:34	1:05:42	0:56:44	0:43:06	1:06:51
Team Time:	1:12:34	2:16:19	3:17:19	4:14:26	5:33:38	6:06:12	7:11:54	8:08:38	8:51:44	9:58:35
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:17	6:13	6:41	6:31	7:14	5:35	6:25	5:45	5:53	6:36
Min/Km:	3:54	3:52	4:09	4:03	4:30	3:28	3:59	3:34	3:39	4:06
Leg Rank:	4	4	3	2	3	1	4	3	1	8
Team Rank:	4	3	3	3	2	2	2	2	2	2

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 153 The Lost Tribe****Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:32:27	1:00:34	1:13:51	1:08:01	1:22:04	0:41:31	1:08:57	1:09:01	0:49:54	1:16:14
Team Time:	1:32:27	2:33:01	3:46:52	4:54:53	6:16:57	6:58:28	8:07:25	9:21:26	10:11:20	11:27:34
Penalty:	0	0	0	0	0	0	0	5	0	0
Min/Mile:	8:00	5:55	8:05	7:46	7:30	7:07	6:44	6:59	6:48	7:32
Min/Km:	4:58	3:41	5:01	4:50	4:40	4:25	4:11	4:20	4:13	4:41
Leg Rank:	32	2	18	14	8	12	8	9	9	22
Team Rank:	32	8	8	8	8	8	7	8	8	8

Team: 154 Mito Women**Category:****Women's Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:16:16	1:16:44	1:07:19	1:01:54	1:22:38	0:39:34	1:14:37	1:07:24	0:47:33	1:09:05
Team Time:	1:16:16	2:33:00	3:40:19	4:42:13	6:04:51	6:44:25	7:59:02	9:06:26	9:53:59	11:03:04
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:36	7:29	7:22	7:04	7:33	6:47	7:17	6:49	6:29	6:49
Min/Km:	4:06	4:39	4:35	4:23	4:41	4:13	4:32	4:14	4:02	4:14
Leg Rank:	8	11	8	6	9	8	16	8	7	10
Team Rank:	8	7	6	6	6	6	6	6	6	7

Team: 155 Fast Trax YEG Ladies**Category:****Women's Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:24:25	1:15:48	1:13:48	1:18:09	1:38:05	0:38:29	1:12:14	1:14:23	1:01:28	1:28:26
Team Time:	1:24:25	2:40:13	3:54:01	5:12:10	6:50:15	7:28:44	8:40:58	9:55:21	10:56:49	12:25:15
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:18	7:24	8:05	8:55	8:58	6:35	7:03	7:32	8:23	8:44
Min/Km:	4:32	4:36	5:01	5:32	5:34	4:05	4:23	4:41	5:13	5:26
Leg Rank:	15	10	17	36	40	4	11	16	37	44
Team Rank:	15	11	11	13	17	15	14	14	14	16

Team: 156 Limpkins**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:38:39	1:19:38	1:16:12	1:13:15	1:48:03	1:01:59	1:21:02	1:39:27	0:55:16	1:28:21
Team Time:	1:38:39	3:03:17	4:19:29	5:32:44	7:20:47	8:22:46	9:43:48	11:23:15	12:18:31	13:46:52
Penalty:	0	5	0	0	0	0	0	0	0	0
Min/Mile:	8:32	7:46	8:21	8:22	9:53	10:37	7:54	10:04	7:32	8:43
Min/Km:	5:18	4:50	5:11	5:12	6:08	6:36	4:54	6:15	4:41	5:25
Leg Rank:	41	13	24	27	57	67	26	62	20	43
Team Rank:	41	30	20	20	23	31	25	33	28	30

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 157 Western Cdn Selects****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:24:52	1:26:41	1:17:11	1:04:18	1:26:54	0:50:04	1:28:42	1:14:55	1:00:01	1:21:44
Team Time:	1:24:52	2:51:33	4:08:44	5:13:02	6:39:56	7:30:00	8:58:42	10:13:37	11:13:38	12:35:22
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:20	8:27	8:27	7:20	7:57	8:34	8:39	7:35	8:11	8:04
Min/Km:	4:33	5:15	5:15	4:33	4:56	5:19	5:22	4:43	5:05	5:01
Leg Rank:	16	24	26	10	17	42	44	17	35	31
Team Rank:	16	16	16	14	13	16	17	16	17	18

Team: 158 Not Quite Intact**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	2:01:49	1:38:05	1:44:57	1:26:45	1:37:19	0:59:18	1:44:04	1:39:50	0:55:38	1:55:02
Team Time:	2:01:49	3:39:54	5:24:51	6:51:36	8:28:55	9:28:13	11:12:17	12:52:07	13:47:45	15:42:47
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	10:32	9:34	11:30	9:54	8:54	10:09	10:09	10:06	7:35	11:21
Min/Km:	6:33	5:57	7:09	6:09	5:32	6:18	6:18	6:17	4:43	7:03
Leg Rank:	69	54	69	52	36	60	66	63	21	72
Team Rank:	69	68	71	70	69	70	68	68	66	69

Team: 159 Where's the Finish**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:41:26	1:36:37	1:45:44	1:24:13	1:46:39	1:05:11	1:54:05	1:34:54	1:11:25	1:28:59
Team Time:	1:41:26	3:18:03	5:03:47	6:28:00	8:14:39	9:19:50	11:13:55	12:48:49	14:00:14	15:29:13
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:46	9:26	11:35	9:37	9:45	11:10	11:08	9:36	9:45	8:47
Min/Km:	5:27	5:52	7:12	5:58	6:03	6:56	6:55	5:58	6:03	5:27
Leg Rank:	45	49	70	47	55	69	71	53	59	45
Team Rank:	45	45	62	61	60	65	70	67	69	67

Team: 160 Run Flats**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:36:41	1:47:24	1:22:13	1:33:29	2:02:59	0:48:30	1:28:20	1:35:21	1:10:13	1:21:52
Team Time:	1:36:41	3:24:05	4:46:18	6:19:47	8:22:46	9:11:16	10:39:36	12:14:57	13:25:10	14:47:02
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:22	10:29	9:00	10:40	11:14	8:18	8:37	9:39	9:35	8:05
Min/Km:	5:12	6:31	5:36	6:38	6:59	5:09	5:21	5:60	5:57	5:01
Leg Rank:	37	63	32	63	67	36	41	54	58	32
Team Rank:	37	52	49	54	65	61	60	58	58	55

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 161 Brintnell Grinders****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:31:17	1:28:23	1:12:54	1:05:41	1:32:34	0:45:41	1:36:30	1:37:44	0:58:24	1:18:11
Team Time:	1:31:17	2:59:40	4:12:34	5:18:15	6:50:49	7:36:30	9:13:00	10:50:44	11:49:08	13:07:19
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:54	8:37	7:59	7:30	8:28	7:49	9:25	9:54	7:58	7:43
Min/Km:	4:54	5:21	4:58	4:40	5:16	4:51	5:51	6:09	4:57	4:48
Leg Rank:	27	29	15	11	25	25	58	58	31	27
Team Rank:	27	23	19	18	18	18	19	22	22	21

Team: 162 Lakeside Packers**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:31:21	1:30:55	1:28:15	1:20:43	1:45:18	0:49:10	1:28:22	1:28:27	1:06:29	1:44:28
Team Time:	1:31:21	3:02:16	4:30:31	5:51:14	7:41:32	8:30:42	9:59:04	11:27:31	12:34:00	14:18:28
Penalty:	0	0	0	0	5	0	0	0	0	0
Min/Mile:	7:54	8:52	9:40	9:13	9:38	8:25	8:37	8:57	9:04	10:19
Min/Km:	4:54	5:31	6:00	5:44	5:59	5:14	5:21	5:34	5:38	6:25
Leg Rank:	28	36	48	40	50	38	42	40	46	66
Team Rank:	28	28	29	28	38	34	36	36	38	47

Team: 163 Worst Pace Scenario**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:28:41	1:52:09	1:31:50	1:16:29	1:43:31	0:46:56	1:17:10	1:29:47	0:58:25	1:20:47
Team Time:	1:28:41	3:20:50	4:52:40	6:09:09	7:52:40	8:39:36	9:56:46	11:26:33	12:24:58	13:45:45
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:40	10:56	10:04	8:44	9:28	8:02	7:32	9:05	7:58	7:58
Min/Km:	4:46	6:48	6:15	5:26	5:53	4:59	4:41	5:39	4:57	4:57
Leg Rank:	22	67	58	34	48	28	20	45	32	30
Team Rank:	22	49	54	48	47	43	34	35	30	28

Team: 164 Hey We're Trying**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:33:52	1:20:54	1:48:02	1:31:09	1:59:00	0:49:37	1:24:00	1:29:02	1:02:15	1:13:34
Team Time:	1:33:52	2:54:46	4:42:48	6:13:57	8:12:57	9:02:34	10:26:34	11:55:36	12:57:51	14:11:25
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:07	7:54	11:50	10:24	10:53	8:30	8:12	9:01	8:30	7:16
Min/Km:	5:03	4:54	7:21	6:28	6:46	5:17	5:06	5:36	5:17	4:31
Leg Rank:	33	14	72	60	66	39	34	41	39	19
Team Rank:	33	20	45	51	58	57	52	51	50	43

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 165 Stantec Stallions****Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:38:39	1:53:06	1:18:15	1:04:04	1:37:04	0:47:50	1:30:59	1:26:06	0:52:29	1:08:08
Team Time:	1:38:39	3:31:45	4:50:00	5:54:04	7:31:08	8:18:58	9:49:57	11:16:03	12:08:32	13:16:40
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	8:32	11:02	8:34	7:19	8:52	8:11	8:53	8:43	7:10	6:44
Min/Km:	5:18	6:51	5:19	4:33	5:31	5:05	5:31	5:25	4:27	4:11
Leg Rank:	42	68	27	9	34	33	47	34	14	9
Team Rank:	42	61	51	33	31	27	29	26	26	24

Team: 166 Nose Hill Running Club**Category:****Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:23:58	1:24:33	1:06:59	1:11:35	1:35:47	0:45:44	1:15:21	1:18:35	0:56:25	1:15:06
Team Time:	1:23:58	2:48:31	3:55:30	5:07:05	6:42:52	7:28:36	8:43:57	10:02:32	10:58:57	12:14:03
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:16	8:15	7:20	8:10	8:45	7:50	7:21	7:57	7:42	7:25
Min/Km:	4:31	5:08	4:33	5:04	5:26	4:52	4:34	4:56	4:47	4:36
Leg Rank:	13	22	7	21	30	26	17	23	24	20
Team Rank:	13	14	12	12	14	14	15	15	15	14

Team: 167 Red Deer Runners**Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:51:59	1:33:39	1:10:28	1:15:46	1:44:55	1:05:50	1:27:09	1:49:14	1:17:56	1:42:22
Team Time:	1:51:59	3:25:38	4:36:06	5:51:52	7:36:47	8:42:37	10:09:46	11:59:00	13:16:56	14:59:18
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:41	9:08	7:43	8:39	9:35	11:16	8:30	11:03	10:38	10:06
Min/Km:	6:01	5:40	4:48	5:22	5:57	6:60	5:17	6:52	6:36	6:17
Leg Rank:	62	41	13	31	49	71	40	69	67	64
Team Rank:	62	55	34	30	35	44	46	52	55	58

Team: 168 The SAMsquatches**Category:****Corporate**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:28:48	1:39:07	1:30:20	1:27:09	1:58:46	0:56:04	1:35:31	1:43:55	0:57:42	1:37:19
Team Time:	1:28:48	3:07:55	4:38:15	6:05:24	8:04:10	9:00:14	10:35:45	12:19:40	13:17:22	14:54:41
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:41	9:40	9:54	9:57	10:51	9:36	9:19	10:31	7:52	9:36
Min/Km:	4:46	6:00	6:09	6:11	6:44	5:58	5:47	6:32	4:53	5:58
Leg Rank:	23	57	53	53	65	55	56	67	28	60
Team Rank:	23	32	36	47	51	55	57	61	56	57

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 169 We Got the Runs****Category: Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:44:35	1:38:56	1:44:43	1:29:11	1:53:11	0:59:23	1:50:22	1:43:37	1:22:12	1:45:03
Team Time:	1:44:35	3:23:31	5:08:14	6:37:25	8:30:36	9:29:59	11:20:21	13:03:58	14:26:10	16:11:13
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:03	9:39	11:28	10:11	10:21	10:10	10:46	10:29	11:13	10:22
Min/Km:	5:37	5:60	7:07	6:20	6:26	6:19	6:41	6:31	6:58	6:26
Leg Rank:	48	56	68	57	60	61	70	65	70	67
Team Rank:	48	51	68	68	70	71	71	70	71	72

Team: 170 Sheep River Racers**Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:51:30	1:33:52	1:30:20	1:36:04	1:56:37	0:53:59	1:43:42	1:29:46	1:12:59	1:15:25
Team Time:	1:51:30	3:25:22	4:55:42	6:31:46	8:28:23	9:22:22	11:06:04	12:35:50	13:48:49	15:04:14
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:39	9:09	9:54	10:58	10:40	9:15	10:07	9:05	9:57	7:27
Min/Km:	5:60	5:41	6:09	6:49	6:38	5:45	6:17	5:39	6:11	4:38
Leg Rank:	61	43	54	69	62	51	65	44	62	21
Team Rank:	61	53	57	65	67	66	66	63	67	59

Team: 171 Running from Something**Category: Open**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:48:39	1:24:20	1:25:26	1:24:42	1:45:33	0:42:33	1:48:05	1:26:50	0:45:38	1:20:00
Team Time:	1:48:39	3:12:59	4:38:25	6:03:07	7:48:40	8:31:13	10:19:18	11:46:08	12:31:46	13:51:46
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	9:24	8:14	9:21	9:40	9:39	7:17	10:33	8:47	6:14	7:54
Min/Km:	5:50	5:07	5:49	6:00	5:60	4:32	6:33	5:27	3:52	4:54
Leg Rank:	54	20	40	49	52	17	69	36	4	29
Team Rank:	54	37	37	44	42	36	49	50	37	31

Team: 172 Adrenaline Rush**Category: Masters 50+**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:30:17	1:30:10	1:10:55	1:09:50	1:27:42	0:44:31	1:23:33	1:20:53	1:08:35	1:11:33
Team Time:	1:30:17	3:00:27	4:11:22	5:21:12	6:48:54	7:33:25	8:56:58	10:17:51	11:26:26	12:37:59
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	7:49	8:48	7:46	7:58	8:01	7:37	8:09	8:11	9:21	7:04
Min/Km:	4:51	5:28	4:50	4:57	4:59	4:44	5:04	5:05	5:49	4:23
Leg Rank:	24	33	14	18	18	23	32	26	55	16
Team Rank:	24	25	18	19	16	17	16	17	19	19

Results by Team**33rd Kananaskis 100 Relay Race 22 June 2019****for Mito Canada****Team: 173 Mito Mixed****Category:****Mixed**

Leg:	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
Leg Time:	1:09:25	1:11:44	1:25:51	1:28:24	2:10:45	0:43:48	1:08:39	1:01:23	0:52:37	1:06:31
Team Time:	1:09:25	2:21:09	3:47:00	5:15:24	7:26:09	8:09:57	9:18:36	10:19:59	11:12:36	12:19:07
Penalty:	0	0	0	0	0	0	0	0	0	0
Min/Mile:	6:00	7:00	9:24	10:05	11:57	7:30	6:42	6:13	7:11	6:34
Min/Km:	3:44	4:21	5:50	6:16	7:25	4:40	4:10	3:52	4:28	4:05
Leg Rank:	2	7	41	56	71	19	6	4	15	7
Team Rank:	2	5	9	16	26	24	21	18	16	15