

# Fresh Air Series #11 - Free Technique 4K

Date: March 1, 2006

## Results

Location: Lappe Nordic Ski  
Centre  
Host Club:

Lap1 - 2.6K (Pond/Pilon/Grunt), Lap 2 - 1.4K

Temperature: -7C

### Group A 4 km. Free

PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Time	Diff
1	6	Riku Metsaranta	0:06:17.1	(1)	0:03:11.9	(1)	0:09:29.1	+0.0
2	2	Steve Hart	0:06:22.4	(2)	0:03:18.6	(2)	0:09:41.1	+12.0
3	5	Timo Puiras	0:06:33.4	(3)	0:03:25.4	(3)	0:09:58.9	+29.8
4	8	Travis Comeau	0:06:56.5	(5)	0:03:35.3	(5)	0:10:31.9	+1:02.8
5	7	Werner Schwar	0:06:55.6	(4)	0:03:39.7	(7)	0:10:35.4	+1:06.3
6	4	Beckey Puiras	0:07:33.6	(7)	0:03:32.7	(4)	0:11:06.4	+1:37.3
7	9	Tasha Betcherman	0:07:33.9	(8)	0:03:35.9	(6)	0:11:09.8	+1:40.7
8	10	Paul Inkila	0:07:29.4	(6)	0:03:53.4	(9)	0:11:22.8	+1:53.7
9	1	Rena Bode	0:07:34.5	(9)	0:03:58.3	(10)	0:11:32.9	+2:03.8
10	3	Sarah Peters	0:07:50.4	(10)	0:03:52.4	(8)	0:11:42.9	+2:13.8
11	11	Emily Hayman	0:08:22.8	(11)	0:03:59.3	(11)	0:12:22.1	+2:53.0

### Group B 4 km. Free

PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Time	Diff
1	12	Todd Inkila	0:07:46.9	(1)	0:03:55.0	(1)	0:11:42.0	+0.0
2	13	Sam Loud	0:08:08.1	(2)	0:04:03.1	(2)	0:12:11.2	+29.2

### Group C 4 km. Free

PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Time	Diff
1	16	Lindsay Inkila	0:08:33.7	(1)	0:04:12.1	(1)	0:12:45.9	+0.0
2	15	Petri Bailey	0:08:50.6	(4)	0:04:13.6	(2)	0:13:04.2	+18.3
3	17	Lauren Stoot	0:08:50.4	(3)	0:04:23.0	(3)	0:13:13.4	+27.5
4	19	Katherine Hall	0:08:48.1	(2)	0:04:26.1	(4)	0:13:14.3	+28.4
5	14	Britt Bailey	0:08:51.4	(5)	0:04:32.0	(5)	0:13:23.5	+37.6
6	18	Jeff Budner	0:09:29.0	(6)	0:04:44.9	(6)	0:14:13.9	+1:28.0

### Group D 4 km. Free

PL	Bib	Name	Lap1	Rnk	Lap2	Rnk	Time	Diff
1	20	Evan Palmer-Charrette	0:10:32.7	(1)	0:04:55.4	(1)	0:15:28.2	+0.0

Results By: **ZONE4** Wednesday Night race pre Nationals 3/1/2006 Printed at: 8:01:54 PM [www.zone4.ca](http://www.zone4.ca)