Ontario Cycling Association

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CYCLO-CROSS WORK SHEET

PAGE #__________

DATE	EVENT		COMMISSAIRE
START TIME	CATEGORY		POSITION
	DISTANCE	NUMBER OF LAPS	rev 2.3

	40	45	50	55	60
9	4:26	5:00	5:33	6:06	6:40
8	5:00	5:37	6:15	6:52	7:30
7	5:42	6:25	7:08	7:51	8:34
6	6:40	7:30	8:20	9:10	10:00

Lp	Spl=	Lp	Spl=	Lp	Spl=	Lp	Spl=	Lp	Spl=	Lp	Spl=	Lp	Spl=	Lp	Spl=
R #	t=	R #	t=	R #	t=	R #	t=	R #	t=	R #	t=	R #	t=	R #	t=