London Silver Dolphins - Twenty-Seventh Annual 5 km St Marys Swimming Championships

2008 Masters Swimming Ontario 5 km Championship

7th September 2008 - St Marys Quarry, Ontario - water 21°C - air 19°C

LAP TIMES											
Name	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**
MEN 40-44											
Scott GIBSON 42	0:06:47	0:13:35	0:20:27	0:27:31	0:34:31	0:41:35	0:48:45	0:55:56	1:03:15	1:10:20	1:17:25
Bud SEAWRIGHT 42	0:06:47	0:13:35	0:20:32	0:27:30	0:34:29	0:41:35	0:48:49	0:56:02	1:03:28	1:10:30	1:17:30
Len van GRUENING 41	0:06:32	0:13:14	0:19:57	0:26:44	0:33:40	0:40:25	0:47:22	0:54:36	1:02:05	1:09:52	1:17:42
MEN 45-49											
Gary LABINE 47	0:06:22	0:13:09	0:19:55	0:26:40	0:33:29	0:40:18	0:47:09	0:54:10	1:01:04	1:08:07	1:15:05
Tony FROST 47	0:06:39	0:13:33	0:20:25	0:27:22	0:34:31	0:41:45	0:49:02	0:56:15	1:03:17	1:10:19	1:17:20
George GABBER 46	0:08:05	0:16:40	0:25:22	0:34:10	0:43:11	0:52:34	1:02:03	1:11:42	1:21:39	1:31:38	1:41:27
Vincent RICHER 48	0:15:46	0:32:27	0:49:32	1:06:50	1:24:26	1:41:41	1:59:20	2:16:59	2:34:51	2:51:48	3:09:32
MEN 50-54											
Wieslaw MUSIAL 51	0:06:00	0:12:31	0:19:01	0:25:36	0:32:09	0:38:55	0:45:38	0:52:24	0:59:12	1:06:08	1:13:20
Lawrie OLIPHANT 51	0:07:32	0:15:32	0:23:43	0:31:57	0:40:11	0:48:23	0:56:39	1:05:08	1:13:31	1:22:00	1:30:05
Dan LEFEBVRE 53	0:07:49	0:15:57	0:24:19	0:32:46	0:41:11	0:49:40	0:58:03	1:06:38	1:15:15	1:23:56	1:32:14
MEN 55-59											
John POTOCSKA 57	0:07:49	0:15:52	0:24:01	0:32:06	0:40:18	0:48:31	0:56:37	1:05:02	1:13:26	1:21:49	1:30:02
Laurence ALEXANDER 58	0:09:28	0:19:17	0:28:52	0:38:56	0:49:11	0:59:33	1:09:56	1:20:31	1:31:14	1:41:55	1:52:26
Peter SOHIER 56	0:10:48	0:22:00	0:33:35	0:45:22	0:57:41	1:10:10	1:22:58	1:36:03	1:49:12	2:03:13	2:17:17
MEN 65-69											
Michael HEATH-EVES 66	0:08:12	0:16:36	0:25:03	0:33:37	0:42:09	0:50:55	0:59:55	1:09:02	1:18:14	1:27:36	1:37:03
Bryan FINLAY 65	0:09:10	0:18:39	0:28:21	0:38:12	0:47:58	0:57:43	1:07:31	1:17:24	1:27:22	1:37:22	1:47:03
MEN 70-74											
Ralph CHOWN 70	0:09:08	0:18:18	0:27:42	0:37:15	0:46:54	0:56:29	1:06:16	1:16:01	1:25:57	1:36:06	1:46:13
John CONVEY 70	0:09:36	0:19:01	0:28:34	0:38:06	0:47:51	0:57:36	1:07:22	1:17:24	1:27:29	1:37:37	1:48:00
MEN 75-79											
Christopher SMITH 76	0:09:02	0:18:06	0:27:25	0:36:47	0:46:20	0:55:56	1:05:34	1:15:16	1:25:06	1:35:09	1:44:58
Alan MacKINNON 76	0:09:20	0:18:53	0:28:25	0:38:02	0:47:42	0:57:30	1:07:28	1:17:39	1:27:43	1:37:56	1:48:10
George MILNE 76	0:09:50	0:19:25	0:29:20								
MEN 80-84											
Ken MARCHANT 81	0:14:18	0:29:21									

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MEN 40-44											
Scott GIBSON 42	0:06:47	0:06:48	0:06:52	0:07:04	0:07:00	0:07:04	0:07:10	0:07:11	0:07:19	0:07:05	0:07:05
Bud SEAWRIGHT 42	0:06:47	0:06:48	0:06:57	0:06:58	0:06:59	0:07:06	0:07:14	0:07:13	0:07:26	0:07:02	0:07:00
Len van GRUENING 41	0:06:32	0:06:42	0:06:43	0:06:47	0:06:56	0:06:45	0:06:57	0:07:14	0:07:29	0:07:47	0:07:50
MEN 45-49											
Gary LABINE 47	0:06:22	0:06:47	0:06:46	0:06:45	0:06:49	0:06:49	0:06:51	0:07:01	0:06:54	0:07:03	0:06:58
Tony FROST 47	0:06:39	0:06:54	0:06:52	0:06:57	0:07:09	0:07:14	0:07:17	0:07:13	0:07:02	0:07:02	0:07:01
George GABBER 46	0:08:05	0:08:35	0:08:42	0:08:48	0:09:01	0:09:23	0:09:29	0:09:39	0:09:57	0:09:59	0:09:49
Vincent RICHER 48	0:15:46	0:16:41	0:17:05	0:17:18	0:17:36	0:17:15	0:17:39	0:17:39	0:17:52	0:16:57	0:17:44
MEN 50-54											
Wieslaw MUSIAL 51	0:06:00	0:06:31	0:06:30	0:06:35	0:06:33	0:06:46	0:06:43	0:06:46	0:06:48	0:06:56	0:07:12
Lawrie OLIPHANT 51	0:07:32	0:08:00	0:08:11	0:08:14	0:08:14	0:08:12	0:08:16	0:08:29	0:08:23	0:08:29	0:08:05
Dan LEFEBVRE 53	0:07:49	0:08:08	0:08:22	0:08:27	0:08:25	0:08:29	0:08:23	0:08:35	0:08:37	0:08:41	0:08:18
MEN 55-59											
John POTOCSKA 57	0:07:49	0:08:03	0:08:09	0:08:05	0:08:12	0:08:13	0:08:06	0:08:25	0:08:24	0:08:23	0:08:13
Laurence ALEXANDER 58	0:09:28	0:09:49	0:09:35	0:10:04	0:10:15	0:10:22	0:10:23	0:10:35	0:10:43	0:10:41	0:10:31
Peter SOHIER 56	0:10:48	0:11:12	0:11:35	0:11:47	0:12:19	0:12:29	0:12:48	0:13:05	0:13:09	0:14:01	0:14:04
MEN 65-69											
Michael HEATH-EVES 66	0:08:12	0:08:24	0:08:27	0:08:34	0:08:32	0:08:46	0:09:00	0:09:07	0:09:12	0:09:22	0:09:27
Bryan FINLAY 65	0:09:10	0:09:29	0:09:42	0:09:51	0:09:46	0:09:45	0:09:48	0:09:53	0:09:58	0:10:00	0:09:41
MEN 70-74											
Ralph CHOWN 70	0:09:08	0:09:10	0:09:24	0:09:33	0:09:39	0:09:35	0:09:47	0:09:45	0:09:56	0:10:09	0:10:07
John CONVEY 70	0:09:36	0:09:25	0:09:33	0:09:32	0:09:45	0:09:45	0:09:46	0:10:02	0:10:05	0:10:08	0:10:23
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Alan MacKINNON 76	0:09:20	0:09:33	0:09:32	0:09:37	0:09:40	0:09:48	0:09:58	0:10:11	0:10:04	0:10:13	0:10:14
George MILNE 76	0:09:50	0:09:35	0:09:55								
MEN 80-84											
Ken MARCHANT 81	0:14:18	0:15:03									