

**Ottawa Self-Transcendence 24 Hours Run
25 et 26 septembre 2010**

Tour	Temps/Tour	Temps Total	Km Total	Vitesse Moyenne
1	00:02:47,10	02:47,10	0,4	
2	00:02:38,40	05:25,50	0,8	
3	00:02:42,00	08:07,50	1,2	
4	00:02:45,00	10:52,50	1,6	
5	00:02:49,30	13:41,80	2	
6	00:02:48,20	00:16:30	2,4	
7	00:02:42,40	19:12,40	2,8	
8	00:02:49,80	22:02,20	3,2	
9	00:02:52,50	24:54,70	3,6	
10	00:02:52,10	27:46,80	4	
11	00:02:50,80	30:37,60	4,4	
12	00:02:54,70	33:32,30	4,8	
13	00:02:40,60	36:12,90	5,2	
14	00:02:42,30	38:55,20	5,6	
15	00:02:42,10	41:37,30	6	
16	00:02:41,50	44:18,80	6,4	
17	00:02:42,00	47:00,80	6,8	
18	00:02:52,10	49:52,90	7,2	
19	00:02:45,90	52:38,80	7,6	
20	00:02:41,40	55:20,20	8	
21	00:02:39,10	57:59,30	8,4	8,4
22	00:02:42,80	01:00:42,10	8,8	
23	00:02:38,30	01:03:20,40	9,2	
24	00:02:38,30	01:05:58,70	9,6	
25	00:02:40,20	01:08:38,90	10	
26	00:02:39,90	01:11:18,80	10,4	
27	00:02:42,30	01:14:01,10	10,8	
28	00:02:48,80	01:16:49,90	11,2	
29	00:02:55,80	01:19:45,70	11,6	
30	00:02:47,50	01:22:33,20	12	
31	00:02:36,60	01:25:09,80	12,4	
32	00:02:37,50	01:27:47,30	12,8	
33	00:02:39,20	01:30:26,50	13,2	
34	00:02:38,80	01:33:05,30	13,6	
35	00:02:42,60	01:35:47,90	14	
36	00:02:45,60	01:38:33,50	14,4	
37	00:02:47,00	01:41:20,50	14,8	
38	00:06:21,90	01:47:42,40	15,2	
39	00:02:37,80	01:50:20,20	15,6	
40	00:02:33,40	01:52:53,60	16	
41	00:02:34,90	01:55:28,50	16,4	
42	00:02:42,30	01:58:10,80	16,8	8,4
43	00:02:30,60	02:00:41,40	17,2	
44	00:02:45,60	02:03:27	17,6	
45	00:02:33,70	02:06:00,70	18	
46	00:02:42,80	02:08:43,50	18,4	
47	00:02:41,80	02:11:25,30	18,8	

48	00:02:33,80	02:13:59,10	19,2
49	00:03:22,50	02:17:21,60	19,6
50	00:02:39,00	02:20:00,60	20
51	00:02:38,30	02:22:38,90	20,4
52	00:02:39,70	02:25:18,60	20,8
53	00:02:41,90	02:28:00,50	21,2
54	00:02:41,70	02:30:42,20	21,6
55	00:02:37,00	02:33:19,20	22
56	00:02:35,00	02:35:54,20	22,4
57	00:02:25,70	02:38:19,90	22,8
58	00:02:21,40	02:40:41,30	23,2
59	00:02:36,80	02:43:18,10	23,6
60	00:02:42,40	02:46:00,50	24
61	00:02:38,10	02:48:38,60	24,4
62	00:02:41,60	02:51:20,20	24,8
63	00:02:40,00	02:54:00,20	25,2
64	00:02:38,10	02:56:38,30	25,6
65	00:02:38,30	02:59:16,60	26
66	00:02:53,90	03:02:10,50	26,4
67	00:02:56,70	03:05:07,20	26,8
68	00:02:40,40	03:07:47,60	27,2
69	00:02:41,60	03:10:29,20	27,6
70	00:02:40,10	03:13:09,30	28
71	00:02:44,20	03:15:53,50	28,4
72	00:02:56,50	03:18:50	28,8
73	00:03:08,50	03:21:58,50	29,2
74	00:02:39,40	03:24:37,90	29,6
75	00:02:59,50	03:27:37,40	30
76	00:02:37,60	03:30:15	30,4
77	00:03:16,90	03:33:31,90	30,8
78	00:02:44,10	03:36:16	31,2
79	00:02:43,60	03:38:59,60	31,6
80	00:02:41,80	03:41:41,40	32
81	00:02:49,30	03:44:30,70	32,4
82	00:02:49,30	03:47:20	32,8
83	00:03:21,70	03:50:41,70	33,2
84	00:02:52,60	03:53:34,30	33,6
85	00:02:51,50	03:56:25,80	34
86	00:02:42,10	03:59:07,90	34,4
87	00:05:01,60	04:04:09,50	34,8
88	00:04:32,50	04:08:42	35,2
89	00:03:05,00	04:11:47	35,6
90	00:02:52,70	04:14:39,70	36
91	00:03:11,20	04:17:50,90	36,4
92	00:03:02,10	04:20:53	36,8
93	00:02:50,40	04:23:43,40	37,2
94	00:02:47,10	04:26:30,50	37,6
95	00:02:45,50	04:29:16	38
96	00:02:37,70	04:31:53,70	38,4
97	00:03:00,10	04:34:53,80	38,8
98	00:03:36,80	04:38:30,60	39,2

9,2

8,4

99	00:03:25,90	04:41:56,50	39,6	
100	00:02:43,50	04:44:40	40	
101	00:03:00,70	04:47:40,70	40,4	
102	00:04:21,80	04:52:02,50	40,8	
103	00:03:56,20	04:55:58,70	41,2	
104	00:03:06,50	04:59:05,20	41,6	7,2
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105	00:02:48,50	05:01:53,70	42	
106	00:02:53,00	05:04:46,70	42,4	
107	00:03:14,50	05:08:01,20	42,8	
108	00:03:02,10	05:11:03,30	43,2	
109	00:03:46,60	05:14:49,90	43,6	
110	00:04:29,30	05:19:19,20	44	
111	00:03:12,20	05:22:31,40	44,4	
112	00:04:02,80	05:26:34,20	44,8	
113	00:03:18,50	05:29:52,70	45,2	
114	00:02:59,30	05:32:52	45,6	
115	00:03:00,40	05:35:52,40	46	
116	00:03:02,00	05:38:54,40	46,4	
117	00:02:59,40	05:41:53,80	46,8	
118	00:02:58,40	05:44:52,20	47,2	
119	00:02:57,80	05:47:50	47,6	
120	00:02:57,40	05:50:47,40	48	
121	00:03:01,60	05:53:49	48,4	
122	00:02:50,90	05:56:39,90	48,8	
123	00:03:07,30	05:59:47,20	49,2	7,6
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124	00:04:56,30	06:04:43,50	49,6	
125	00:04:15,80	06:08:59,30	50	
126	00:03:59,80	06:12:59,10	50,4	
127	00:03:15,40	06:16:14,50	50,8	
128	00:03:02,70	06:19:17,20	51,2	
129	00:02:58,50	06:22:15,70	51,6	
130	00:03:00,40	06:25:16,10	52	
131	00:02:59,20	06:28:15,30	52,4	
132	00:02:58,90	06:31:14,20	52,8	
133	00:03:05,80	06:34:20	53,2	
134	00:03:15,10	06:37:35,10	53,6	
135	00:03:19,20	06:40:54,30	54	
136	00:02:56,20	06:43:50,50	54,4	
137	00:02:58,30	06:46:48,80	54,8	
138	00:02:58,30	06:49:47,10	55,2	
139	00:02:55,30	06:52:42,40	55,6	
140	00:02:57,00	06:55:39,40	56	
141	00:03:05,60	06:58:45	56,4	7,2
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142	00:03:02,00	07:01:47	56,8	
143	00:03:17,90	07:05:04,90	57,2	
144	00:03:59,40	07:09:04,30	57,6	
145	00:04:11,60	07:13:15,90	58	
146	00:09:12,10	07:22:28	58,4	
147	00:03:09,70	07:25:37,70	58,8	
148	00:02:58,90	07:28:36,60	59,2	
149	00:02:55,90	07:31:32,50	59,6	

150	00:03:03,50	07:34:36	60	
151	00:02:56,10	07:37:32,10	60,4	
152	00:02:58,80	07:40:30,90	60,8	
153	00:03:08,30	07:43:39,20	61,2	
154	00:02:59,80	07:46:39	61,6	
155	00:02:55,30	07:49:34,30	62	
156	00:02:58,30	07:52:32,60	62,4	
157	00:03:00,10	07:55:32,70	62,8	
158	00:03:02,50	07:58:35,20	63,2	6,8
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159	00:03:08,50	08:01:43,70	63,6	
160	00:05:28,30	08:07:12	64	
161	00:03:05,80	08:10:17,80	64,4	
162	00:03:36,20	08:13:54	64,8	
163	00:02:58,80	08:16:52,80	65,2	
164	00:03:04,30	08:19:57,10	65,6	
165	00:03:02,40	08:22:59,50	66	
166	00:03:18,50	08:26:18	66,4	
167	00:03:08,60	08:29:26,60	66,8	
168	00:03:17,00	08:32:43,60	67,2	
169	00:03:19,20	08:36:02,80	67,6	
170	00:03:29,70	08:39:32,50	68	
171	00:04:06,00	08:43:38,50	68,4	
172	00:03:14,00	08:46:52,50	68,8	
173	00:03:18,30	08:50:10,80	69,2	
174	00:02:53,30	08:53:04,10	69,6	
175	00:02:55,70	08:55:59,80	70	
176	00:02:51,60	08:58:51,40	70,4	7,2
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177	00:03:15,10	09:02:06,50	70,8	
178	00:03:00,20	09:05:06,70	71,2	
179	00:02:51,70	09:07:58,40	71,6	
180	00:03:10,90	09:11:09,30	72	
181	00:02:50,90	09:14:00,20	72,4	
182	00:02:54,20	09:16:54,40	72,8	
183	00:03:25,30	09:20:19,70	73,2	
184	00:02:56,20	09:23:15,90	73,6	
185	00:02:55,30	09:26:11,20	74	
186	00:02:53,10	09:29:04,30	74,4	
187	00:03:17,80	09:32:22,10	74,8	
188	00:02:56,40	09:35:18,50	75,2	
189	00:03:03,50	09:38:22	75,6	
190	00:03:01,40	09:41:23,40	76	
191	00:03:01,50	09:44:24,90	76,4	
192	00:02:59,60	09:47:24,50	76,8	
193	00:02:51,30	09:50:15,80	77,2	
194	00:02:55,30	09:53:11,10	77,6	
195	00:02:56,40	09:56:07,50	78	7,6
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196	00:04:31,50	10:00:39	78,4	
197	00:03:38,70	10:04:17,70	78,8	
198	00:05:57,30	10:10:15	79,2	
199	00:03:08,10	10:13:23,10	79,6	
200	00:03:05,30	10:16:28,40	80	

201	00:03:16,10	10:19:44,50	80,4	
202	00:03:01,00	10:22:45,50	80,8	
203	00:02:55,00	10:25:40,50	81,2	
204	00:02:33,30	10:28:13,80	81,6	
205	00:03:26,70	10:31:40,50	82	
206	00:03:01,30	10:34:41,80	82,4	
207	00:03:39,90	10:38:21,70	82,8	
208	00:03:01,80	10:41:23,50	83,2	
209	00:03:01,50	10:44:25	83,6	
210	00:03:07,50	10:47:32,50	84	
211	00:04:26,50	10:51:59	84,4	
212	00:03:04,50	10:55:03,50	84,8	
213	00:03:24,50	10:58:28	85,2	7,2
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214	00:03:52,20	11:02:20,20	85,6	
215	00:03:27,80	11:05:48	86	
216	00:03:04,30	11:08:52,30	86,4	
217	00:03:22,60	11:12:14,90	86,8	
218	00:03:05,40	11:15:20,30	87,2	
219	00:04:54,40	11:20:14,70	87,6	
220	00:03:39,30	11:23:54	88	
221	00:03:09,00	11:27:03	88,4	
222	00:03:06,50	11:30:09,50	88,8	
223	00:03:08,50	11:33:18	89,2	
224	00:03:06,00	11:36:24	89,6	
225	00:03:11,10	11:39:35,10	90	
226	00:03:29,30	11:43:04,40	90,4	
227	00:03:54,40	11:46:58,80	90,8	
228	00:07:13,10	11:54:11,90	91,2	6
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229	00:30:30,00	12:24:41,90	91,6	
230	00:05:10,90	12:29:52,80	92	
231	00:07:25,60	12:37:18,40	92,4	
232	00:03:31,80	12:40:50,20	92,8	
233	00:06:56,30	12:47:46,50	93,2	
234	00:03:25,30	12:51:11,80	93,6	
235	00:03:37,80	12:54:49,60	94	
236	00:03:06,40	12:57:56	94,4	3,2
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237	00:03:20,80	13:01:16,80	94,8	
238	00:03:20,50	13:04:37,30	95,2	
239	00:03:19,20	13:07:56,50	95,6	
240	00:03:15,80	13:11:12,30	96	
241	00:03:27,80	13:14:40,10	96,4	
242	00:06:19,10	13:20:59,20	96,8	
243	00:03:10,00	13:24:09,20	97,2	
244	00:03:11,90	13:27:21,10	97,6	
245	00:03:09,90	13:30:31	98	
246	00:03:10,30	13:33:41,30	98,4	
247	00:03:15,20	13:36:56,50	98,8	
248	00:03:23,00	13:40:19,50	99,2	
249	00:03:13,00	13:43:32,50	99,6	
250	00:03:17,10	13:46:49,60	100	
251	00:03:14,00	13:50:03,60	100,4	

252	00:03:16,50	13:53:20,10	100,8	
253	00:03:37,60	13:56:57,70	101,2	6,8
254	00:03:27,60	14:00:25,30	101,6	
255	00:03:19,00	14:03:44,30	102	
256	00:03:49,20	14:07:33,50	102,4	
257	00:03:16,60	14:10:50,10	102,8	
258	00:03:13,00	14:14:03,10	103,2	
259	00:03:12,60	14:17:15,70	103,6	
260	00:03:09,80	14:20:25,50	104	
261	00:03:10,00	14:23:35,50	104,4	
262	00:03:05,50	14:26:41	104,8	
263	00:03:28,50	14:30:09,50	105,2	
264	00:03:14,30	14:33:23,80	105,6	
265	00:03:11,30	14:36:35,10	106	
266	00:03:11,30	14:39:46,40	106,4	
267	00:03:15,50	14:43:01,90	106,8	
268	00:03:10,60	14:46:12,50	107,2	
269	00:03:13,80	14:49:26,30	107,6	
270	00:03:14,00	14:52:40,30	108	6,8
271	00:09:22,10	15:02:02,40	108,4	
272	00:04:55,10	15:06:57,50	108,8	
275	00:04:19,00	15:11:16,50	110	
276	00:03:40,30	15:14:56,80	110,4	
277	00:04:20,30	15:19:17,10	110	
278	00:03:42,30	15:22:59,40	110,4	
279	00:03:27,30	15:26:26,70	110,8	
280	00:03:26,00	15:29:52,70	111,2	
281	00:03:38,80	15:33:31,50	111,6	
282	00:04:18,60	15:37:50,10	112	
283	00:03:47,50	15:41:37,60	112,4	
284	00:03:31,40	15:45:09	112,8	
285	00:03:34,70	15:48:43,70	113,2	
286	00:03:35,30	15:52:19	113,6	
287	00:04:47,30	15:57:06,30	114	6
288	00:04:55,00	16:02:01,30	114,4	
289	00:04:30,50	16:06:31,80	114,8	
290	00:04:27,90	16:10:59,70	115,2	
291	00:03:55,20	16:14:54,90	115,6	
292	00:03:43,80	16:18:38,70	116	
293	00:03:35,00	16:22:13,70	116,4	
294	00:03:31,60	16:25:45,30	116,8	
295	00:03:49,50	16:29:34,80	117,2	
296	00:04:26,60	16:34:01,40	117,6	
297	00:25:03,90	16:59:05,30	118	4
298	00:06:47,50	17:05:52,80	118,4	
299	00:05:10,70	17:11:03,50	118,8	
300	00:05:03,60	17:16:07,10	119,2	
301	00:04:52,50	17:20:59,60	119,6	
302	00:05:09,40	17:26:09	120	2
303	01:21:39	18:47:48	120,4	
304	00:12:06,30	18:59:54,30	120,8	0,8

305	00:05:10,00	19:05:04,30	121,2	
306	00:04:44,50	19:09:48,80	121,6	
307	00:06:17,80	19:16:06,60	122	
308	00:04:38,20	19:20:44,80	122,4	
309	00:04:37,00	19:25:21,80	122,8	
310	00:04:40,10	19:30:01,90	123,2	
311	00:04:38,00	19:34:39,90	123,6	
312	00:04:45,40	19:39:25,30	124	
313	00:04:25,30	19:43:50,60	124,4	
314	00:04:28,20	19:48:18,80	124,8	
315	00:04:29,80	19:52:48,60	125,2	
316	00:04:38,90	19:57:27,50	125,6	4,8
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317	00:08:42,00	20:06:09,50	126	
318	00:04:54,50	20:11:04	126,4	
319	00:04:39,50	20:15:43,50	126,8	
320	00:04:43,00	20:20:26,50	127,2	
321	00:07:15,60	20:27:42,10	127,6	
322	00:04:59,10	20:32:41,20	128	
323	00:04:50,40	20:37:31,60	128,4	
324	00:04:48,30	20:42:19,90	128,8	
325	00:08:02,20	20:50:22,10	129,2	
326	00:05:30,50	20:55:52,60	129,6	4
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327	00:05:11,80	21:01:04,40	130	
328	00:05:08,90	21:06:13,30	130,4	
329	00:05:42,60	21:11:55,90	130,8	
330	00:07:51,30	21:19:47,20	131,2	
331	00:18:56,00	21:38:43,20	131,6	
332	00:06:54,80	21:45:38	132	
333	00:06:07,40	21:51:45,40	132,4	
334	00:05:44,30	21:57:29,70	132,8	3,2
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335	00:05:47,60	22:03:17,30	133,2	
336	00:05:31,80	22:08:49,10	133,6	
337	00:08:58,80	22:17:47,90	134	
338	00:06:56,30	22:24:44,20	134,4	1,6
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339	01:01:46	23:26:30,20	134,8	
340	00:09:02,70	23:35:32,90	135,2	0,8