

20K TT 23 June 2009

| Name | Category | Total Time |
|------------------|-----------------|-------------------|
| Liz Ann Kudrna | 10K handcycle | 0:41:53 |
| Richard Harris | 10K handcycle | 0:30:45 |
| Mike Brickert | 10K handcycle | 0:28:56 |
| Alison Rognlie | Junior 10k | 0:19:28 |
| Miriam Rognlie | Junior 10k | 0:20:41 |
| Benji Nallick | Junior 10k | 0:22:13 |
| Mel Melandrez | W | 0:40:52 |
| Kim Popham | W | 0:36:43 |
| Meg Hall | W | 0:38:05 |
| Anita Moore-Nall | W | 0:36:34 |
| Claire Frost | W | 0:33:25 |
| Megan lawson | W | 0:33:35 |
| Barbara Greason | W | 0:42:46 |
| Ray Dombroski | B | 0:33:09 |
| Pat Hatfield | B | 0:33:00 |
| Phil Rotherham | B | 0:31:05 |
| Tom Greason | B | 0:28:37 |
| Jeremy Young | B | 0:32:56 |
| Maxwell Yanof | B | 0:30:26 |
| Jason Karp | B | 0:35:00 |
| John Preston | B | 0:30:28 |
| Mike Riely | B | 0:34:48 |
| Denver Lancaster | B | 0:39:15 |
| Gabor Benda | B | 0:31:59 |
| Chris Martin | B | 0:35:42 |
| Ned Hettinger | B | 0:29:48 |
| Jason Armstrong | B | 0:31:04 |
| Matthew Thomsen | B | 0:33:08 |
| Dylan Taylor | B | 0:31:11 |
| Jesse Vernon | B | 0:32:53 |
| Michael Curtin | B | 0:31:40 |
| Mike Gilpin | B | 0:31:30 |
| Art Thompson | B | 0:34:38 |
| Brian Frykman | A | 0:26:13 |
| Alex Lussier | A | 0:29:07 |
| Seb White | A | 0:27:10 |