

# Crisscross Grinder

March 8-14, 2021

## Methow Valley QR Code Spring Series

### 4.5 km - Overall

Place	Name	Team name	Distance	Age	Gender	Time	Difference
1	Peter Leonard	MV Nordic	4.5 km	38	Male	14:35.5	-
2	Chad Gregg	Methow Nordic	4.5 km	36	Male	15:08.3	+0:32.8
3	Scott Waichler	MVNSEF	4.5 km	59	Male	15:50.8	+1:15.3
4	David Grundy		4.5 km	35	Male	15:56.4	+1:20.9
5	Michael Karas		4.5 km	40	Male	16:03.4	+1:27.9
6	LOUIS SUKOVATY	Cardiac Rehab	4.5 km	54	Male	17:58.1	+3:22.6
7	Chip Nevins		4.5 km	62	Male	18:35.1	+3:59.6
8	Jim Kelley	Methow Masters	4.5 km	64	Male	20:15.9	+5:40.4
9	James West	Hagens Berman - Seattle Cycling	4.5 km	52	Male	21:51.6	+7:16.1
10	Amy Snover		4.5 km	51	Female	22:30.2	+7:54.7
11	Sabine Arnold	Washington Biathlon	4.5 km	54	Female	22:37.1	+8:01.6
12	Jan Gregg	Team Gregg	4.5 km	68	Female	27:15.1	+12:39.6
13	Jim Gregg	Team Gregg	4.5 km	78	Male	27:18.1	+12:42.6
14	Alieta Gregg	Team Gregg	4.5 km	36	Female	28:32.7	+13:57.2
15	Dave Ford	Dave Ford	4.5 km	70	Male	41:45.1	+27:09.6

### 4.5 km - Female

Place	Name	Team name	Distance	Age	Gender	Time	Difference
1	Amy Snover		4.5 km	51	Female	22:30.2	-
2	Sabine Arnold	Washington Biathlon	4.5 km	54	Female	22:37.1	+0:06.9
3	Jan Gregg	Team Gregg	4.5 km	68	Female	27:15.1	+4:44.9
4	Alieta Gregg	Team Gregg	4.5 km	36	Female	28:32.7	+6:02.5

### 4.5 km - Male

Place	Name	Team name	Distance	Age	Gender	Time	Difference
1	Peter Leonard	MV Nordic	4.5 km	38	Male	14:35.5	-
2	Chad Gregg	Methow Nordic	4.5 km	36	Male	15:08.3	+0:32.8
3	Scott Waichler	MVNSEF	4.5 km	59	Male	15:50.8	+1:15.3
4	David Grundy		4.5 km	35	Male	15:56.4	+1:20.9
5	Michael Karas		4.5 km	40	Male	16:03.4	+1:27.9
6	LOUIS SUKOVATY	Cardiac Rehab	4.5 km	54	Male	17:58.1	+3:22.6
7	Chip Nevins		4.5 km	62	Male	18:35.1	+3:59.6
8	Jim Kelley	Methow Masters	4.5 km	64	Male	20:15.9	+5:40.4
9	James West	Hagens Berman - Seattle Cycling	4.5 km	52	Male	21:51.6	+7:16.1
10	Jim Gregg	Team Gregg	4.5 km	78	Male	27:18.1	+12:42.6
11	Dave Ford	Dave Ford	4.5 km	70	Male	41:45.1	+27:09.6