CANADIAN GOLD MEDAL PROGNOSTIC TIMES 2009 - 2012

EVENT	Senior Men		UNDER 23 MEN		SENIOR WOMEN				JUNIOR MEN	JUNIOR WOMEN
	HM	LM	HM	LM	HW	LW	HW	LW		
	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic	Prognostic
8+	5:19 6.269 m/s	5:24 6.173 m/s	5:26 6.144 m/s		5:53 5.666 m/s		6:00 5.553 m/s		5:35 5.970 m/s	6:10 5.405 m/s
4x	5:32 6.024 m/s	5:37 5.935 m/s	5:39 5.903 m/s	5:44 5.816 m/s	6:06 5.465 m/s	6:13 5.356 m/s	6:13 5.356 m/s	6:21 5.249 m/s	5:49 5.731 m/s	6:25 5.195 m/s
4-	5:41 5.865 m/s	5:46 5.780 m/s	5:48 5.748 m/s	5:53 5.664 m/s	6:18 5.291 m/s		6:24 5.213 m/s		5:57 5.602 m/s	6:36 5.056 m/s
4+	5:53 5.666 m/s		6:00 5.553 m/s						6:10 5.411 m/s	
2x	6:02 5.525 m/s	6:07 5.450 m/s	6:09 5.415 m/s	6:15 5.341 m/s	6:36 5.051 m/s	6:45 4.938 m/s	6:46 4.925 m/s	6:53 4.839 m/s	6:19 5.277 m/s	7:00 4.763 m/s
2-	6:13 5:362 m/s	6:18 5.291 m/s	6:21 5.255 m/s	6:26 5.185 m/s	6:51 4.866 m/s		6:59 4.769 m/s		6:31 5.121 m/s	7:10 4.651 m/s
1x	6:33 5.089 m/s	6:38 5.025 m/s	6:41 4.987 m/s	6:46 4.925 m/s	7:07 4.684 m/s	7:15 4.598 m/s	7:16 4.590 m/s	7:23 4.516 m/s	6:49 4.900 m/s	7:25 4.494 m/s
2+	6:39 5.013 m/s									