

**Coquitlam Crunch Diversity Challenge 2019**  
September 7, 2019



Results By TRIO Sport Events Ltd. TRIO Sport Events [www.trioevents.ca](http://www.trioevents.ca)



**Make It or Break It - Age Group Details**

Female 15 and Under

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Nicole Comrie	197	8		2:53:49	9:53/K	17.60000
		197	Top 1	21:44	21:44	9:53/K	2.20000
		197	Finish 1	12:44	34:29	5:48/K	2.20000
		197	Top 2	27:55	1:02:24	12:42/K	2.20000
		197	Finish 2	15:29	1:17:53	7:02/K	2.20000
		197	Top 3	29:46	1:47:40	13:32/K	2.20000
		197	Finish 3	16:55	2:04:36	7:42/K	2.20000
		197	Top 4	32:59	2:37:35	15:00/K	2.20000
		197	Finish 4	16:13	2:53:49	7:23/K	2.20000

Female 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Katrina Hombrebueno	167	14		3:53:56	7:36/K	30.80000
		167	Top 1	17:38	17:38	8:01/K	2.20000
		167	Finish 1	10:11	27:50	4:38/K	2.20000
		167	Top 2	19:07	46:58	8:42/K	2.20000
		167	Finish 2	10:32	57:30	4:47/K	2.20000
		167	Top 3	20:40	1:18:10	9:24/K	2.20000
		167	Finish 3	10:18	1:28:28	4:41/K	2.20000
		167	Top 4	21:24	1:49:53	9:44/K	2.20000
		167	Finish 4	10:54	2:00:48	4:58/K	2.20000
		167	Top 5	23:22	2:24:10	10:37/K	2.20000
		167	Finish 5	13:45	2:37:56	6:15/K	2.20000
		167	Top 6	24:41	3:02:37	11:13/K	2.20000
		167	Finish 6	14:26	3:17:04	6:34/K	2.20000
		167	Top 7	24:16	3:41:20	11:02/K	2.20000
		167	Finish 7	12:36	3:53:56	5:44/K	2.20000
2	Terita Deare	159	8		3:05:35	10:33/K	17.60000
		159	Top 1	22:05	22:05	10:02/K	2.20000
		159	Finish 1	12:33	34:38	5:42/K	2.20000
		159	Top 2	26:25	1:01:03	12:01/K	2.20000
		159	Finish 2	13:46	1:14:49	6:15/K	2.20000
		159	Top 3	29:51	1:44:41	13:34/K	2.20000
		159	Finish 3	16:06	2:00:47	7:19/K	2.20000
		159	Top 4	35:42	2:36:30	16:14/K	2.20000
		159	Finish 4	29:04	3:05:35	13:13/K	2.20000
3	Despina Stratidakis	190	6		2:18:59	10:32/K	13.20000
		190	Top 1	26:08	26:08	11:53/K	2.20000
		190	Finish 1	13:44	39:53	6:15/K	2.20000
		190	Top 2	30:05	1:09:58	13:41/K	2.20000
		190	Finish 2	15:25	1:25:23	7:01/K	2.20000
		190	Top 3	34:50	2:00:14	15:50/K	2.20000
		190	Finish 3	18:45	2:18:59	8:32/K	2.20000
4	Mahsa Faizrahneemoo	200	2		2:02:12	27:47/K	4.40000
		200	Top 1	1:33:48	1:33:48	42:38/K	2.20000
		200	Finish 1	28:24	2:02:12	12:55/K	2.20000

## Female 36 to 64

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Patty Gallivan	163	12		3:35:32	8:10/K	26.40000
		163	Top 1	19:07	19:07	8:42/K	2.20000
		163	Finish 1	13:42	32:50	6:14/K	2.20000
		163	Top 2	19:44	52:35	8:58/K	2.20000
		163	Finish 2	13:24	1:05:59	6:06/K	2.20000
		163	Top 3	20:28	1:26:28	9:18/K	2.20000
		163	Finish 3	13:19	1:39:47	6:03/K	2.20000
		163	Top 4	21:47	2:01:35	9:55/K	2.20000
		163	Finish 4	14:59	2:16:35	6:49/K	2.20000
		163	Top 5	24:53	2:41:28	11:19/K	2.20000
		163	Finish 5	15:44	2:57:12	7:09/K	2.20000
		163	Top 6	24:32	3:21:45	11:09/K	2.20000
		163	Finish 6	13:47	3:35:32	6:16/K	2.20000
2	Rik Chapman	154	12		3:36:23	8:12/K	26.40000
		154	Top 1	17:28	17:28	7:56/K	2.20000
		154	Finish 1	10:33	28:01	4:48/K	2.20000
		154	Top 2	19:57	47:58	9:04/K	2.20000
		154	Finish 2	11:12	59:11	5:06/K	2.20000
		154	Top 3	21:36	1:20:48	9:49/K	2.20000
		154	Finish 3	12:12	1:33:00	5:33/K	2.20000
		154	Top 4	23:28	1:56:28	10:40/K	2.20000
		154	Finish 4	13:31	2:09:59	6:09/K	2.20000
		154	Top 5	26:15	2:36:15	11:56/K	2.20000
		154	Finish 5	14:58	2:51:14	6:48/K	2.20000
		154	Top 6	29:22	3:20:36	13:21/K	2.20000
		154	Finish 6	15:46	3:36:23	7:10/K	2.20000
3	Ramona Toth	191	11		3:41:45	9:10/K	24.20000
		191	Top 1	21:33	21:33	9:48/K	2.20000
		191	Finish 1	13:11	34:44	6:00/K	2.20000
		191	Top 2	22:41	57:26	10:19/K	2.20000
		191	Finish 2	14:44	1:12:11	6:42/K	2.20000
		191	Top 3	25:40	1:37:51	11:40/K	2.20000
		191	Finish 3	15:26	1:53:18	7:01/K	2.20000
		191	Top 4	24:53	2:18:11	11:19/K	2.20000
		191	Finish 4	15:32	2:33:43	7:04/K	2.20000
		191	Top 5	26:53	3:00:37	12:13/K	2.20000
		191	Finish 5	15:13	3:15:50	6:55/K	2.20000
		191	Top 6	25:54	3:41:45	11:47/K	2.20000
4	Teri Towner	192	11		3:48:45	9:27/K	24.20000
		192	Top 1	22:54	22:54	10:25/K	2.20000
		192	Finish 1	13:46	36:40	6:15/K	2.20000
		192	Top 2	24:52	1:01:32	11:18/K	2.20000
		192	Finish 2	13:57	1:15:29	6:20/K	2.20000
		192	Top 3	25:40	1:41:10	11:40/K	2.20000
		192	Finish 3	15:38	1:56:48	7:07/K	2.20000
		192	Top 4	26:31	2:23:20	12:03/K	2.20000
		192	Finish 4	13:46	2:37:06	6:16/K	2.20000
		192	Top 5	27:53	3:05:00	12:41/K	2.20000
		192	Finish 5	14:44	3:19:44	6:42/K	2.20000
		192	Top 6	29:01	3:48:45	13:11/K	2.20000

5	Amy Mazzone	178	10		3:17:06	8:58/K	22.00000
		178	Top 1	22:48	22:48	10:22/K	2.20000
		178	Finish 1	11:34	34:22	5:16/K	2.20000
		178	Top 2	23:59	58:21	10:54/K	2.20000
		178	Finish 2	12:28	1:10:50	5:40/K	2.20000
		178	Top 3	25:19	1:36:10	11:31/K	2.20000
		178	Finish 3	13:01	1:49:11	5:55/K	2.20000
		178	Top 4	30:00	2:19:12	13:38/K	2.20000
		178	Finish 4	13:47	2:33:00	6:16/K	2.20000
		178	Top 5	30:20	3:03:20	13:48/K	2.20000
178	Finish 5	13:45	3:17:06	6:15/K	2.20000		
6	Gillian Laing	171	10		3:25:07	9:19/K	22.00000
		171	Top 1	18:57	18:57	8:37/K	2.20000
		171	Finish 1	12:34	31:31	5:43/K	2.20000
		171	Top 2	21:25	52:57	9:44/K	2.20000
		171	Finish 2	14:04	1:07:01	6:24/K	2.20000
		171	Top 3	23:42	1:30:44	10:47/K	2.20000
		171	Finish 3	14:46	1:45:31	6:43/K	2.20000
		171	Top 4	25:56	2:11:27	11:47/K	2.20000
		171	Finish 4	16:53	2:28:21	7:41/K	2.20000
		171	Top 5	32:19	3:00:40	14:41/K	2.20000
171	Finish 5	24:27	3:25:07	11:07/K	2.20000		
7	Susan Jones	199	10		3:34:41	9:46/K	22.00000
		199	Top 1	22:34	22:34	10:16/K	2.20000
		199	Finish 1	11:39	34:13	5:18/K	2.20000
		199	Top 2	24:51	59:04	11:18/K	2.20000
		199	Finish 2	12:30	1:11:34	5:41/K	2.20000
		199	Top 3	26:52	1:38:27	12:13/K	2.20000
		199	Finish 3	14:28	1:52:56	6:35/K	2.20000
		199	Top 4	29:18	2:22:14	13:19/K	2.20000
		199	Finish 4	16:05	2:38:20	7:19/K	2.20000
		199	Top 5	33:43	3:12:03	15:20/K	2.20000
199	Finish 5	22:37	3:34:41	10:17/K	2.20000		
8	Megan Krempel	205	10		3:44:59	10:14/K	22.00000
		205	Top 1	22:39	22:39	10:18/K	2.20000
		205	Finish 1	21:45	44:24	9:53/K	2.20000
		205	Top 2	23:12	1:07:36	10:33/K	2.20000
		205	Finish 2	19:44	1:27:21	8:59/K	2.20000
		205	Top 3	23:50	1:51:12	10:50/K	2.20000
		205	Finish 3	19:42	2:10:55	8:58/K	2.20000
		205	Top 4	24:35	2:35:30	11:11/K	2.20000
		205	Finish 4	22:05	2:57:36	10:03/K	2.20000
		205	Top 5	25:14	3:22:51	11:28/K	2.20000
205	Finish 5	22:08	3:44:59	10:04/K	2.20000		
9	Jessi Cannaughton	206	10		3:45:00	10:14/K	22.00000
		206	Top 1	22:38	22:38	10:18/K	2.20000
		206	Finish 1	21:45	44:24	9:53/K	2.20000
		206	Top 2	23:12	1:07:36	10:33/K	2.20000
		206	Finish 2	19:45	1:27:21	8:59/K	2.20000
		206	Top 3	23:50	1:51:12	10:50/K	2.20000
		206	Finish 3	19:43	2:10:55	8:58/K	2.20000
		206	Top 4	24:35	2:35:31	11:11/K	2.20000
		206	Finish 4	22:04	2:57:36	10:02/K	2.20000
		206	Top 5	25:15	3:22:51	11:29/K	2.20000
206	Finish 5	22:08	3:45:00	10:04/K	2.20000		

10	Laura Fenton	162	10		3:46:57	10:19/K	22.00000
		162	Top 1	24:00	24:00	10:55/K	2.20000
		162	Finish 1	14:11	38:12	6:27/K	2.20000
		162	Top 2	25:38	1:03:51	11:39/K	2.20000
		162	Finish 2	14:37	1:18:28	6:39/K	2.20000
		162	Top 3	27:33	1:46:02	12:32/K	2.20000
		162	Finish 3	16:00	2:02:02	7:17/K	2.20000
		162	Top 4	30:51	2:32:54	14:02/K	2.20000
		162	Finish 4	22:52	2:55:47	10:24/K	2.20000
		162	Top 5	32:54	3:28:42	14:58/K	2.20000
162	Finish 5	18:15	3:46:57	8:18/K	2.20000		
11	Rachel Zhang	194	10		3:54:54	10:41/K	22.00000
		194	Top 1	29:05	29:05	13:14/K	2.20000
		194	Finish 1	16:40	45:46	7:35/K	2.20000
		194	Top 2	23:42	1:09:29	10:47/K	2.20000
		194	Finish 2	14:48	1:24:18	6:44/K	2.20000
		194	Top 3	26:40	1:50:59	12:08/K	2.20000
		194	Finish 3	16:46	2:07:45	7:38/K	2.20000
		194	Top 4	30:26	2:38:12	13:50/K	2.20000
		194	Finish 4	22:14	3:00:26	10:07/K	2.20000
		194	Top 5	33:53	3:34:20	15:25/K	2.20000
194	Finish 5	20:34	3:54:54	9:21/K	2.20000		
12	Susan Deane	158	10		3:58:28	10:50/K	22.00000
		158	Top 1	25:43	25:43	11:41/K	2.20000
		158	Finish 1	18:23	44:06	8:21/K	2.20000
		158	Top 2	28:20	1:12:27	12:53/K	2.20000
		158	Finish 2	20:01	1:32:28	9:06/K	2.20000
		158	Top 3	29:33	2:02:02	13:26/K	2.20000
		158	Finish 3	19:54	2:21:57	9:03/K	2.20000
		158	Top 4	30:52	2:52:49	14:02/K	2.20000
		158	Finish 4	20:05	3:12:55	9:08/K	2.20000
		158	Top 5	30:42	3:43:37	13:57/K	2.20000
158	Finish 5	14:51	3:58:28	6:45/K	2.20000		
13	Rachelle Jadot	168	9		3:59:22	12:05/K	19.80000
		168	Top 1	28:50	28:50	13:07/K	2.20000
		168	Finish 1	18:23	47:14	8:22/K	2.20000
		168	Top 2	32:03	1:19:17	14:34/K	2.20000
		168	Finish 2	16:25	1:35:42	7:28/K	2.20000
		168	Top 3	33:29	2:09:11	15:13/K	2.20000
		168	Finish 3	18:23	2:27:35	8:22/K	2.20000
		168	Top 4	36:35	3:04:10	16:38/K	2.20000
		168	Finish 4	21:04	3:25:15	9:35/K	2.20000
		168	Top 5	34:07	3:59:22	15:31/K	2.20000
14	Elena Mandric	175	8		3:11:47	10:54/K	17.60000
		175	Top 1	25:22	25:22	11:32/K	2.20000
		175	Finish 1	16:38	42:00	7:34/K	2.20000
		175	Top 2	26:49	1:08:49	12:11/K	2.20000
		175	Finish 2	16:53	1:25:43	7:41/K	2.20000
		175	Top 3	28:25	1:54:09	12:55/K	2.20000
		175	Finish 3	19:33	2:13:42	8:53/K	2.20000
		175	Top 4	30:00	2:43:43	13:39/K	2.20000
		175	Finish 4	28:04	3:11:47	12:46/K	2.20000

15	Ann Dallinger Pickthall	157	8		3:19:30	11:20/K	17.60000
		157	Top 1	26:55	26:55	12:14/K	2.20000
		157	Finish 1	22:50	49:46	10:23/K	2.20000
		157	Top 2	26:58	1:16:45	12:16/K	2.20000
		157	Finish 2	22:32	1:39:17	10:15/K	2.20000
		157	Top 3	27:50	2:07:08	12:39/K	2.20000
		157	Finish 3	21:03	2:28:11	9:34/K	2.20000
		157	Top 4	31:20	2:59:32	14:15/K	2.20000
		157	Finish 4	19:57	3:19:30	9:04/K	2.20000
16	Nicole Darling	202	8		3:33:20	12:07/K	17.60000
		202	Top 1	25:09	25:09	11:26/K	2.20000
		202	Finish 1	15:08	40:17	6:53/K	2.20000
		202	Top 2	40:41	1:20:58	18:30/K	2.20000
		202	Finish 2	15:41	1:36:39	7:08/K	2.20000
		202	Top 3	34:17	2:10:57	15:35/K	2.20000
		202	Finish 3	20:12	2:31:09	9:11/K	2.20000
		202	Top 4	35:53	3:07:02	16:19/K	2.20000
		202	Finish 4	26:17	3:33:20	11:57/K	2.20000
17	Tara Smith	189	8		3:45:50	12:50/K	17.60000
		189	Top 1	26:49	26:49	12:11/K	2.20000
		189	Finish 1	20:44	47:33	9:26/K	2.20000
		189	Top 2	30:57	1:18:30	14:04/K	2.20000
		189	Finish 2	22:36	1:41:06	10:17/K	2.20000
		189	Top 3	32:45	2:13:52	14:53/K	2.20000
		189	Finish 3	26:40	2:40:33	12:08/K	2.20000
		189	Top 4	35:46	3:16:19	16:16/K	2.20000
		189	Finish 4	29:31	3:45:50	13:25/K	2.20000
18	Sandra Ang	151	5		3:09:31	17:14/K	11.00000
		151	Top 1	25:59	25:59	11:49/K	2.20000
		151	Finish 1	14:57	40:57	6:48/K	2.20000
		151	Top 2	1:02:42	1:43:39	28:30/K	2.20000
		151	Finish 2	16:02	1:59:42	7:17/K	2.20000
151	Top 3	1:09:49	3:09:31	31:44/K	2.20000		

## Male 15 and Under

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Victor Mandric	176	8		3:11:47	10:54/K	17.60000
		176	Top 1	25:22	25:22	11:32/K	2.20000
		176	Finish 1	16:38	42:00	7:34/K	2.20000
		176	Top 2	26:48	1:08:49	12:11/K	2.20000
		176	Finish 2	16:54	1:25:43	7:41/K	2.20000
		176	Top 3	28:25	1:54:08	12:55/K	2.20000
		176	Finish 3	19:04	2:13:13	8:40/K	2.20000
		176	Top 4	30:29	2:43:42	13:52/K	2.20000
		176	Finish 4	28:05	3:11:47	12:46/K	2.20000

## Male 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	David Bandiera	152	16		3:47:04	6:27/K	35.20000
		152	Top 1	14:58	14:58	6:48/K	2.20000
		152	Finish 1	9:48	24:46	4:27/K	2.20000
		152	Top 2	15:40	40:27	7:07/K	2.20000
		152	Finish 2	10:26	50:53	4:45/K	2.20000
		152	Top 3	15:56	1:06:50	7:15/K	2.20000
		152	Finish 3	10:21	1:17:12	4:43/K	2.20000
		152	Top 4	18:05	1:35:17	8:13/K	2.20000
		152	Finish 4	12:01	1:47:19	5:28/K	2.20000
		152	Top 5	17:00	2:04:20	7:44/K	2.20000
		152	Finish 5	12:35	2:16:55	5:43/K	2.20000
		152	Top 6	18:27	2:35:22	8:23/K	2.20000
		152	Finish 6	11:53	2:47:15	5:24/K	2.20000
		152	Top 7	21:09	3:08:25	9:37/K	2.20000
		152	Finish 7	10:59	3:19:25	5:00/K	2.20000
		152	Top 8	17:36	3:37:01	8:00/K	2.20000
		152	Finish 8	10:03	3:47:04	4:34/K	2.20000
2	Cuillermo Cepeda	204	14		3:49:48	7:28/K	30.80000
		204	Top 1	13:55	13:55	6:20/K	2.20000
		204	Finish 1	10:01	23:57	4:34/K	2.20000
		204	Top 2	15:30	39:28	7:03/K	2.20000
		204	Finish 2	9:19	48:47	4:14/K	2.20000
		204	Top 3	19:29	1:08:16	8:51/K	2.20000
		204	Finish 3	11:15	1:19:32	5:07/K	2.20000
		204	Top 4	20:42	1:40:14	9:25/K	2.20000
		204	Finish 4	12:47	1:53:02	5:49/K	2.20000
		204	Top 5	22:32	2:15:35	10:15/K	2.20000
		204	Finish 5	12:37	2:28:13	5:45/K	2.20000
		204	Top 6	26:35	2:54:48	12:05/K	2.20000
		204	Finish 6	13:43	3:08:32	6:14/K	2.20000
		204	Top 7	26:39	3:35:12	12:07/K	2.20000
		204	Finish 7	14:36	3:49:48	6:38/K	2.20000
3	Walton Beaux	198	12		3:32:07	8:02/K	26.40000
		198	Top 1	17:10	17:10	7:48/K	2.20000
		198	Finish 1	8:22	25:32	3:48/K	2.20000
		198	Top 2	19:50	45:22	9:01/K	2.20000
		198	Finish 2	9:40	55:02	4:24/K	2.20000
		198	Top 3	20:09	1:15:12	9:10/K	2.20000
		198	Finish 3	9:41	1:24:53	4:24/K	2.20000
		198	Top 4	22:04	1:46:57	10:02/K	2.20000
		198	Finish 4	10:42	1:57:40	4:52/K	2.20000
		198	Top 5	24:52	2:22:32	11:18/K	2.20000
		198	Finish 5	14:52	2:37:25	6:46/K	2.20000
		198	Top 6	30:21	3:07:47	13:48/K	2.20000
		198	Finish 6	24:20	3:32:07	11:04/K	2.20000

4	Cameron Crawford	155	12		3:42:45	8:26/K	26.40000
		155	Top 1	19:09	19:09	8:42/K	2.20000
		155	Finish 1	15:09	34:19	6:54/K	2.20000
		155	Top 2	19:45	54:04	8:59/K	2.20000
		155	Finish 2	16:02	1:10:06	7:17/K	2.20000
		155	Top 3	23:01	1:33:07	10:28/K	2.20000
		155	Finish 3	13:34	1:46:42	6:10/K	2.20000
		155	Top 4	20:41	2:07:24	9:24/K	2.20000
		155	Finish 4	16:09	2:23:33	7:21/K	2.20000
		155	Top 5	23:55	2:47:29	10:53/K	2.20000
		155	Finish 5	15:02	3:02:31	6:50/K	2.20000
		155	Top 6	22:25	3:24:56	10:11/K	2.20000
		155	Finish 6	17:49	3:42:45	8:06/K	2.20000
		5	Fraser McKay	179	12		3:43:05
179	Top 1			17:11	17:11	7:49/K	2.20000
179	Finish 1			11:02	28:13	5:01/K	2.20000
179	Top 2			20:49	49:02	9:28/K	2.20000
179	Finish 2			12:12	1:01:14	5:33/K	2.20000
179	Top 3			21:28	1:22:43	9:46/K	2.20000
179	Finish 3			11:06	1:33:50	5:03/K	2.20000
179	Top 4			24:20	1:58:10	11:04/K	2.20000
179	Finish 4			13:32	2:11:42	6:09/K	2.20000
179	Top 5			26:27	2:38:10	12:02/K	2.20000
179	Finish 5			21:33	2:59:44	9:48/K	2.20000
179	Top 6			29:16	3:29:01	13:19/K	2.20000
179	Finish 6			14:04	3:43:05	6:24/K	2.20000
6	Michael Litz			174	12		3:43:25
		174	Top 1	16:30	16:30	7:30/K	2.20000
		174	Finish 1	11:09	27:40	5:04/K	2.20000
		174	Top 2	19:46	47:26	9:00/K	2.20000
		174	Finish 2	11:29	58:56	5:13/K	2.20000
		174	Top 3	22:48	1:21:44	10:22/K	2.20000
		174	Finish 3	12:05	1:33:49	5:30/K	2.20000
		174	Top 4	26:52	2:00:42	12:13/K	2.20000
		174	Finish 4	13:52	2:14:35	6:19/K	2.20000
		174	Top 5	30:53	2:45:28	14:03/K	2.20000
		174	Finish 5	14:09	2:59:38	6:26/K	2.20000
		174	Top 6	30:32	3:30:11	13:53/K	2.20000
		174	Finish 6	13:14	3:43:25	6:01/K	2.20000
		7	Joseph Gindo	164	12		3:48:37
164	Top 1			16:17	16:17	7:25/K	2.20000
164	Finish 1			11:15	27:33	5:07/K	2.20000
164	Top 2			18:32	46:06	8:26/K	2.20000
164	Finish 2			10:50	56:56	4:56/K	2.20000
164	Top 3			19:17	1:16:14	8:46/K	2.20000
164	Finish 3			10:54	1:27:09	4:58/K	2.20000
164	Top 4			21:30	1:48:39	9:46/K	2.20000
164	Finish 4			11:49	2:00:28	5:22/K	2.20000
164	Top 5			25:43	2:26:12	11:42/K	2.20000
164	Finish 5			13:50	2:40:02	6:17/K	2.20000
164	Top 6			42:20	3:22:23	19:15/K	2.20000
164	Finish 6			26:13	3:48:37	11:55/K	2.20000

8	Kyle Comrie	196	8		3:33:43	12:09/K	17.60000
		196	Top 1	26:10	26:10	11:54/K	2.20000
		196	Finish 1	24:25	50:35	11:06/K	2.20000
		196	Top 2	28:10	1:18:45	12:48/K	2.20000
		196	Finish 2	22:11	1:40:57	10:05/K	2.20000
		196	Top 3	31:19	2:12:16	14:14/K	2.20000
		196	Finish 3	25:06	2:37:22	11:25/K	2.20000
		196	Top 4	31:47	3:09:09	14:27/K	2.20000
		196	Finish 4	24:33	3:33:43	11:10/K	2.20000

9	DyIn Sheidow	188	4		1:04:45	7:22/K	8.80000
		188	Top 1	17:25	17:25	7:55/K	2.20000
		188	Finish 1	10:34	28:00	4:49/K	2.20000
		188	Top 2	21:43	49:43	9:52/K	2.20000
		188	Finish 2	15:02	1:04:45	6:50/K	2.20000

Male 36 to 64

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Douglas Race	183	18		3:46:10	5:43/K	39.60000
		183	Top 1	14:44	14:44	6:42/K	2.20000
		183	Finish 1	10:01	24:45	4:33/K	2.20000
		183	Top 2	15:51	40:37	7:13/K	2.20000
		183	Finish 2	10:22	51:00	4:43/K	2.20000
		183	Top 3	15:23	1:06:23	7:00/K	2.20000
		183	Finish 3	10:16	1:16:39	4:40/K	2.20000
		183	Top 4	15:33	1:32:13	7:04/K	2.20000
		183	Finish 4	10:06	1:42:20	4:36/K	2.20000
		183	Top 5	15:36	1:57:56	7:06/K	2.20000
		183	Finish 5	9:53	2:07:50	4:30/K	2.20000
		183	Top 6	15:26	2:23:17	7:01/K	2.20000
		183	Finish 6	9:42	2:32:59	4:25/K	2.20000
		183	Top 7	15:29	2:48:28	7:03/K	2.20000
		183	Finish 7	9:29	2:57:58	4:19/K	2.20000
		183	Top 8	15:26	3:13:25	7:01/K	2.20000
		183	Finish 8	9:43	3:23:08	4:25/K	2.20000
		183	Top 9	15:13	3:38:22	6:55/K	2.20000
		183	Finish 9	7:47	3:46:10	3:33/K	2.20000

2	Tom Petryshen	201	18		3:50:35	5:49/K	39.60000
		201	Top 1	14:41	14:41	6:41/K	2.20000
		201	Finish 1	9:38	24:20	4:23/K	2.20000
		201	Top 2	15:06	39:27	6:52/K	2.20000
		201	Finish 2	9:19	48:46	4:14/K	2.20000
		201	Top 3	15:18	1:04:05	6:58/K	2.20000
		201	Finish 3	9:40	1:13:46	4:24/K	2.20000
		201	Top 4	15:39	1:29:26	7:07/K	2.20000
		201	Finish 4	9:30	1:38:56	4:19/K	2.20000
		201	Top 5	16:00	1:54:57	7:17/K	2.20000
		201	Finish 5	9:15	2:04:12	4:13/K	2.20000
		201	Top 6	16:32	2:20:45	7:31/K	2.20000
		201	Finish 6	9:30	2:30:15	4:19/K	2.20000
		201	Top 7	17:00	2:47:15	7:44/K	2.20000
		201	Finish 7	8:51	2:56:07	4:01/K	2.20000
		201	Top 8	17:25	3:13:32	7:55/K	2.20000
		201	Finish 8	9:36	3:23:08	4:22/K	2.20000
		201	Top 9	18:01	3:41:09	8:11/K	2.20000
		201	Finish 9	9:25	3:50:35	4:17/K	2.20000



3	Ray Barrett	203	16		3:41:28	6:18/K	35.20000
		203	Top 1	15:21	15:21	6:59/K	2.20000
		203	Finish 1	9:26	24:47	4:18/K	2.20000
		203	Top 2	16:18	41:06	7:25/K	2.20000
		203	Finish 2	9:44	50:51	4:26/K	2.20000
		203	Top 3	16:52	1:07:43	7:40/K	2.20000
		203	Finish 3	9:44	1:17:27	4:25/K	2.20000
		203	Top 4	16:48	1:34:16	7:38/K	2.20000
		203	Finish 4	9:46	1:44:02	4:27/K	2.20000
		203	Top 5	17:38	2:01:40	8:01/K	2.20000
		203	Finish 5	10:04	2:11:45	4:35/K	2.20000
		203	Top 6	18:03	2:29:49	8:12/K	2.20000
		203	Finish 6	10:31	2:40:20	4:47/K	2.20000
		203	Top 7	18:30	2:58:50	8:25/K	2.20000
		203	Finish 7	11:56	3:10:46	5:26/K	2.20000
		203	Top 8	19:37	3:30:24	8:55/K	2.20000
		203	Finish 8	11:04	3:41:28	5:02/K	2.20000
4	Andrew Katnick	169	14		3:51:17	7:31/K	30.80000
		169	Top 1	16:14	16:14	7:23/K	2.20000
		169	Finish 1	9:16	25:31	4:13/K	2.20000
		169	Top 2	18:09	43:40	8:15/K	2.20000
		169	Finish 2	9:56	53:36	4:31/K	2.20000
		169	Top 3	18:41	1:12:18	8:30/K	2.20000
		169	Finish 3	9:48	1:22:07	4:28/K	2.20000
		169	Top 4	20:23	1:42:30	9:16/K	2.20000
		169	Finish 4	10:41	1:53:11	4:52/K	2.20000
		169	Top 5	22:42	2:15:54	10:19/K	2.20000
		169	Finish 5	12:33	2:28:27	5:42/K	2.20000
		169	Top 6	27:21	2:55:49	12:26/K	2.20000
		169	Finish 6	14:18	3:10:07	6:30/K	2.20000
		169	Top 7	27:14	3:37:22	12:23/K	2.20000
169	Finish 7	13:55	3:51:17	6:20/K	2.20000		
5	Matt Sessions	187	14		3:57:33	7:43/K	30.80000
		187	Top 1	19:01	19:01	8:39/K	2.20000
		187	Finish 1	9:19	28:21	4:14/K	2.20000
		187	Top 2	21:44	50:06	9:53/K	2.20000
		187	Finish 2	9:47	59:54	4:27/K	2.20000
		187	Top 3	20:12	1:20:06	9:11/K	2.20000
		187	Finish 3	10:36	1:30:43	4:49/K	2.20000
		187	Top 4	23:00	1:53:43	10:27/K	2.20000
		187	Finish 4	10:20	2:04:04	4:42/K	2.20000
		187	Top 5	24:29	2:28:33	11:08/K	2.20000
		187	Finish 5	15:03	2:43:37	6:51/K	2.20000
		187	Top 6	25:59	3:09:36	11:49/K	2.20000
		187	Finish 6	13:35	3:23:12	6:11/K	2.20000
		187	Top 7	23:23	3:46:35	10:38/K	2.20000
187	Finish 7	10:58	3:57:33	4:59/K	2.20000		
6	Branko Radmilovic	184	12		3:19:00	7:32/K	26.40000
		184	Top 1	16:00	16:00	7:16/K	2.20000
		184	Finish 1	9:42	25:42	4:25/K	2.20000
		184	Top 2	18:39	44:22	8:29/K	2.20000
		184	Finish 2	11:07	55:29	5:03/K	2.20000
		184	Top 3	19:39	1:15:09	8:56/K	2.20000
		184	Finish 3	10:50	1:25:59	4:56/K	2.20000
		184	Top 4	21:15	1:47:14	9:40/K	2.20000
		184	Finish 4	12:25	1:59:40	5:39/K	2.20000
		184	Top 5	24:10	2:23:50	10:59/K	2.20000
		184	Finish 5	12:33	2:36:24	5:43/K	2.20000
		184	Top 6	26:19	3:02:44	11:58/K	2.20000
184	Finish 6	16:16	3:19:00	7:24/K	2.20000		

7	Matthew Ellis	161	11		3:48:11	9:26/K	24.20000
		161	Top 1	19:47	19:47	9:00/K	2.20000
		161	Finish 1	12:06	31:54	5:30/K	2.20000
		161	Top 2	22:26	54:20	10:12/K	2.20000
		161	Finish 2	13:37	1:07:58	6:12/K	2.20000
		161	Top 3	25:05	1:33:03	11:24/K	2.20000
		161	Finish 3	13:25	1:46:28	6:06/K	2.20000
		161	Top 4	27:06	2:13:34	12:19/K	2.20000
		161	Finish 4	17:41	2:31:16	8:03/K	2.20000
		161	Top 5	30:17	3:01:34	13:46/K	2.20000
		161	Finish 5	16:56	3:18:31	7:42/K	2.20000
		161	Top 6	29:39	3:48:11	13:29/K	2.20000

8	Zdeno Rusnak	185	8		3:50:17	13:05/K	17.60000
		185	Top 1	27:28	27:28	12:29/K	2.20000
		185	Finish 1	23:57	51:25	10:53/K	2.20000
		185	Top 2	29:41	1:21:07	13:30/K	2.20000
		185	Finish 2	24:52	1:46:00	11:19/K	2.20000
		185	Top 3	31:58	2:17:58	14:32/K	2.20000
		185	Finish 3	28:54	2:46:53	13:08/K	2.20000
		185	Top 4	35:28	3:22:21	16:07/K	2.20000
		185	Finish 4	27:56	3:50:17	12:42/K	2.20000

9	David Abrams	150	6		3:19:31	15:07/K	13.20000
		150	Top 1	31:33	31:33	14:21/K	2.20000
		150	Finish 1	25:00	56:33	11:22/K	2.20000
		150	Top 2	33:41	1:30:15	15:19/K	2.20000
		150	Finish 2	28:33	1:58:48	12:59/K	2.20000
		150	Top 3	45:53	2:44:42	20:52/K	2.20000
		150	Finish 3	34:49	3:19:31	15:50/K	2.20000

10	Avi Winkler	193	6		3:19:32	15:07/K	13.20000
		193	Top 1	31:32	31:32	14:20/K	2.20000
		193	Finish 1	25:01	56:33	11:22/K	2.20000
		193	Top 2	33:34	1:30:08	15:16/K	2.20000
		193	Finish 2	28:40	1:58:48	13:02/K	2.20000
		193	Top 3	45:53	2:44:41	20:51/K	2.20000
		193	Finish 3	34:50	3:19:32	15:50/K	2.20000

Male 65 and Over

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	John Beers	153	10		3:41:12	10:03/K	22.00000
		153	Top 1	24:10	24:10	10:59/K	2.20000
		153	Finish 1	13:28	37:38	6:07/K	2.20000
		153	Top 2	25:36	1:03:14	11:38/K	2.20000
		153	Finish 2	15:58	1:19:13	7:16/K	2.20000
		153	Top 3	26:02	1:45:15	11:50/K	2.20000
		153	Finish 3	14:48	2:00:04	6:44/K	2.20000
		153	Top 4	29:55	2:29:59	13:36/K	2.20000
		153	Finish 4	19:31	2:49:30	8:53/K	2.20000
		153	Top 5	30:32	3:20:02	13:53/K	2.20000
		153	Finish 5	21:09	3:41:12	9:37/K	2.20000

2	Don Prince	182	8		3:16:18	11:09/K	17.60000
		182	Top 1	23:51	23:51	10:51/K	2.20000
		182	Finish 1	17:43	41:34	8:03/K	2.20000
		182	Top 2	26:14	1:07:49	11:56/K	2.20000
		182	Finish 2	20:05	1:27:55	9:08/K	2.20000
		182	Top 3	28:03	1:55:58	12:45/K	2.20000
		182	Finish 3	20:57	2:16:56	9:32/K	2.20000
		182	Top 4	31:30	2:48:27	14:19/K	2.20000
		182	Finish 4	27:51	3:16:18	12:40/K	2.20000