



Make It or Break It
 Female 15 and Under



Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Paige Korbely	4416	4		2:59:21	10:11/K	17.600
		4416	Lap 1	39:42	39:42	9:01/K	4.400
		4416	Lap 2	43:18	1:23:01	9:50/K	4.400
		4416	Lap 3	45:03	2:08:04	10:14/K	4.400
		4416	Lap 4	51:16	2:59:21	11:39/K	4.400
2	Maddie Falk	5304	4		3:45:16	12:48/K	17.600
		5304	Lap 1	1:09:44	1:09:44	15:51/K	4.400
		5304	Lap 2	57:48	2:07:32	13:08/K	4.400
		5304	Lap 3	52:19	2:59:52	11:53/K	4.400
		5304	Lap 4	45:24	3:45:16	10:19/K	4.400

Female 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Sarah Raggett	5310	6		3:49:34	8:42/K	26.400
		5310	Lap 1	33:17	33:17	7:34/K	4.400
		5310	Lap 2	36:41	1:09:58	8:20/K	4.400
		5310	Lap 3	39:32	1:49:31	8:59/K	4.400
		5310	Lap 4	40:57	2:30:28	9:18/K	4.400
		5310	Lap 5	38:38	3:09:07	8:47/K	4.400
		5310	Lap 6	40:26	3:49:34	9:11/K	4.400
2	Keegan Clemens	5319	5		3:39:50	10:00/K	22.000
		5319	Lap 1	37:43	37:43	8:34/K	4.400
		5319	Lap 2	44:13	1:21:57	10:03/K	4.400
		5319	Lap 3	43:12	2:05:09	9:49/K	4.400
		5319	Lap 4	45:28	2:50:38	10:20/K	4.400
		5319	Lap 5	49:12	3:39:50	11:11/K	4.400

Female 36 to 54

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Tina Connelly	5302	8		3:56:48	6:44/K	35.200
		5302	Lap 1	23:36	23:36	5:22/K	4.400
		5302	Lap 2	25:42	49:18	5:50/K	4.400
		5302	Lap 3	27:25	1:16:43	6:14/K	4.400
		5302	Lap 4	28:35	1:45:19	6:30/K	4.400
		5302	Lap 5	30:15	2:15:34	6:53/K	4.400
		5302	Lap 6	32:39	2:48:13	7:25/K	4.400
		5302	Lap 7	34:50	3:23:04	7:55/K	4.400
		5302	Lap 8	33:44	3:56:48	7:40/K	4.400
2	Chris Hughes	5318	6		3:44:47	8:31/K	26.400
		5318	Lap 1	34:58	34:58	7:57/K	4.400
		5318	Lap 2	35:36	1:10:34	8:05/K	4.400
		5318	Lap 3	35:54	1:46:28	8:10/K	4.400
		5318	Lap 4	37:08	2:23:37	8:26/K	4.400
		5318	Lap 5	37:58	3:01:35	8:38/K	4.400
		5318	Lap 6	43:11	3:44:47	9:49/K	4.400
3	Andrea Lyons	5306	5.5		3:58:17	9:02/K	24.200
		5306	Lap 1	37:29	37:29	8:31/K	4.400
		5306	Lap 2	41:25	1:18:55	9:25/K	4.400
		5306	Lap 3	43:07	2:02:02	9:48/K	4.400

		5306	Lap 4	41:57	2:44:00	9:32/K	4.400
		5306	Lap 5	45:36	3:29:37	10:22/K	4.400
		5306	Lap 5.5	28:39	3:58:17	6:31/K	2.200
4	Maritza Van Rooi	5313	5		3:19:59	9:05/K	22.000
		5313	Lap 1	34:17	34:17	7:48/K	4.400
		5313	Lap 2	39:09	1:13:26	8:54/K	4.400
		5313	Lap 3	41:15	1:54:41	9:23/K	4.400
		5313	Lap 4	42:34	2:37:16	9:40/K	4.400
		5313	Lap 5	42:42	3:19:59	9:42/K	4.400
5	Nadia Clemens	5320	4		3:31:58	12:03/K	17.600
		5320	Lap 1	41:08	41:08	9:21/K	4.400
		5320	Lap 2	53:18	1:34:26	12:07/K	4.400
		5320	Lap 3	56:57	2:31:23	12:57/K	4.400
		5320	Lap 4	1:00:34	3:31:58	13:46/K	4.400
6	Chantal Falk	5303	4		3:45:26	12:49/K	17.600
		5303	Lap 1	1:09:44	1:09:44	15:51/K	4.400
		5303	Lap 2	57:49	2:07:33	13:08/K	4.400
		5303	Lap 3	52:18	2:59:52	11:53/K	4.400
		5303	Lap 4	45:34	3:45:26	10:21/K	4.400
7	Debbie Jang	5316	3		2:41:48	12:15/K	13.200
		5316	Lap 1	44:54	44:54	10:12/K	4.400
		5316	Lap 2	54:03	1:38:58	12:17/K	4.400
		5316	Lap 3	1:02:50	2:41:48	14:17/K	4.400

Male 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Benjamin Bavko	5312	7		3:54:20	7:36/K	30.800
		5312	Lap 1	28:06	28:06	6:23/K	4.400
		5312	Lap 2	27:23	55:29	6:13/K	4.400
		5312	Lap 3	28:42	1:24:11	6:31/K	4.400
		5312	Lap 4	33:33	1:57:45	7:38/K	4.400
		5312	Lap 5	37:23	2:35:09	8:30/K	4.400
		5312	Lap 6	42:32	3:17:41	9:40/K	4.400
		5312	Lap 7	36:39	3:54:20	8:20/K	4.400
2	Ngoc Minh Vo	5321	5		3:36:13	9:50/K	22.000
		5321	Lap 1	32:25	32:25	7:22/K	4.400
		5321	Lap 2	36:12	1:08:37	8:14/K	4.400
		5321	Lap 3	35:55	1:44:33	8:10/K	4.400
		5321	Lap 4	55:19	2:39:52	12:34/K	4.400
		5321	Lap 5	56:21	3:36:13	12:48/K	4.400
3	Brett Conway-Brown	5322	4		2:31:23	8:36/K	17.600
		5322	Lap 1	33:32	33:32	7:37/K	4.400
		5322	Lap 2	36:44	1:10:16	8:21/K	4.400
		5322	Lap 3	40:00	1:50:16	9:05/K	4.400
		5322	Lap 4	41:06	2:31:23	9:20/K	4.400
4	Omar Vasquez	4408	2		1:10:45	8:02/K	8.800
		4408	Lap 1	34:08	34:08	7:45/K	4.400
		4408	Lap 2	36:37	1:10:45	8:19/K	4.400

Male 36 to 54

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Mark Pain	5308	6		3:39:19	8:18/K	26.400
		5308	Lap 1	27:57	27:57	6:21/K	4.400
		5308	Lap 2	31:44	59:41	7:13/K	4.400

		5308	Lap 3	33:01	1:32:42	7:30/K	4.400
		5308	Lap 4	36:19	2:09:01	8:15/K	4.400
		5308	Lap 5	39:41	2:48:43	9:01/K	4.400
		5308	Lap 6	50:36	3:39:19	11:30/K	4.400
2	David McCloskey	5317	6		3:49:36	8:42/K	26.400
		5317	Lap 1	33:53	33:53	7:42/K	4.400
		5317	Lap 2	37:04	1:10:57	8:25/K	4.400
		5317	Lap 3	38:02	1:49:00	8:39/K	4.400
		5317	Lap 4	39:04	2:28:05	8:53/K	4.400
		5317	Lap 5	41:20	3:09:25	9:24/K	4.400
		5317	Lap 6	40:10	3:49:36	9:08/K	4.400
3	Alex Henderson	5305	4		2:46:17	9:27/K	17.600
		5305	Lap 1	35:55	35:55	8:10/K	4.400
		5305	Lap 2	37:41	1:13:36	8:34/K	4.400
		5305	Lap 3	46:49	2:00:26	10:38/K	4.400
		5305	Lap 4	45:51	2:46:17	10:25/K	4.400
4	Darren Jespersen	5314	4		3:54:16	13:19/K	17.600
		5314	Lap 1	49:25	49:25	11:14/K	4.400
		5314	Lap 2	55:21	1:44:47	12:35/K	4.400
		5314	Lap 3	1:01:18	2:46:05	13:56/K	4.400
		5314	Lap 4	1:08:10	3:54:16	15:30/K	4.400
5	Ken Hirvo	5323	4		3:56:27	13:26/K	17.600
		5323	Lap 1	1:08:20	1:08:20	15:32/K	4.400
		5323	Lap 2	50:58	1:59:19	11:35/K	4.400
		5323	Lap 3	56:59	2:56:18	12:57/K	4.400
		5323	Lap 4	1:00:08	3:56:27	13:40/K	4.400
6	Randy Trca	5315	4		3:56:49	13:27/K	17.600
		5315	Lap 1	48:27	48:27	11:01/K	4.400
		5315	Lap 2	53:26	1:41:53	12:09/K	4.400
		5315	Lap 3	57:34	2:39:28	13:05/K	4.400
		5315	Lap 4	1:17:20	3:56:49	17:35/K	4.400
Male 55 and Over							
Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Al Olson	5307	5		3:39:54	10:00/K	22.000
		5307	Lap 1	37:03	37:03	8:25/K	4.400
		5307	Lap 2	43:57	1:21:01	9:59/K	4.400
		5307	Lap 3	43:39	2:04:40	9:55/K	4.400
		5307	Lap 4	45:45	2:50:26	10:24/K	4.400
		5307	Lap 5	49:27	3:39:54	11:14/K	4.400
2	W Allan Eisel	5311	5		3:57:43	10:48/K	22.000
		5311	Lap 1	38:15	38:15	8:42/K	4.400
		5311	Lap 2	49:57	1:28:13	11:21/K	4.400
		5311	Lap 3	48:41	2:16:54	11:04/K	4.400
		5311	Lap 4	47:35	3:04:30	10:49/K	4.400
		5311	Lap 5	53:13	3:57:43	12:06/K	4.400
3	Don Prince	5309	4		3:05:05	10:31/K	17.600
		5309	Lap 1	35:38	35:38	8:06/K	4.400
		5309	Lap 2	41:44	1:17:22	9:29/K	4.400
		5309	Lap 3	49:05	2:06:28	11:09/K	4.400
		5309	Lap 4	58:36	3:05:05	13:19/K	4.400