

Coquitlam Crunch Diversity Challenge 2018
September 8, 2018

Results By TRIO Sport Events Ltd. TRIO Sport Events 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	Maddie Falk	3817	5		3:34:01	9:44/K	22.00000
		3817	Lap 1	38:08	38:08	8:40/K	4.40000
		3817	Lap 2	41:39	1:19:47	9:28/K	4.40000
		3817	Lap 3	41:54	2:01:41	9:31/K	4.40000
		3817	Lap 4	45:21	2:47:02	10:18/K	4.40000
		3817	Lap 5	46:58	3:34:01	10:40/K	4.40000

Female 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Leah Dixon	3813	5		3:24:16	9:17/K	22.00000
		3813	Lap 1	31:33	31:33	7:10/K	4.40000
		3813	Lap 2	35:39	1:07:12	8:06/K	4.40000
		3813	Lap 3	40:29	1:47:41	9:12/K	4.40000
		3813	Lap 4	46:19	2:34:00	10:32/K	4.40000
		3813	Lap 5	50:15	3:24:16	11:25/K	4.40000

2	Alia Amlani	3801	4		3:33:55	12:09/K	17.60000
		3801	Lap 1	51:37	51:37	11:44/K	4.40000
		3801	Lap 2	49:28	1:41:05	11:15/K	4.40000
		3801	Lap 3	56:12	2:37:18	12:46/K	4.40000
		3801	Lap 4	56:36	3:33:55	12:52/K	4.40000

3	Agnes Kocylo	3822	4		3:44:43	12:46/K	17.60000
		3822	Lap 1	51:37	51:37	11:44/K	4.40000
		3822	Lap 2	50:29	1:42:06	11:28/K	4.40000
		3822	Lap 3	55:12	2:37:18	12:33/K	4.40000
		3822	Lap 4	1:07:25	3:44:43	15:19/K	4.40000

4	Kelsey Andronik	3802	4		3:44:43	12:46/K	17.60000
		3802	Lap 1	51:35	51:35	11:43/K	4.40000
		3802	Lap 2	50:30	1:42:06	11:29/K	4.40000
		3802	Lap 3	55:12	2:37:18	12:33/K	4.40000
		3802	Lap 4	1:07:25	3:44:43	15:19/K	4.40000

Female 36 to 65

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Amy Mazzone	3827	6		3:46:26	8:35/K	26.40000
		3827	Lap 1	35:00	35:00	7:57/K	4.40000
		3827	Lap 2	35:37	1:10:37	8:06/K	4.40000
		3827	Lap 3	37:01	1:47:39	8:25/K	4.40000
		3827	Lap 4	38:27	2:26:07	8:44/K	4.40000
		3827	Lap 5	39:55	3:06:02	9:04/K	4.40000
		3827	Lap 6	40:23	3:46:26	9:11/K	4.40000

2	Gillian Laing	3824	5		3:01:03	8:14/K	22.00000
		3824	Lap 1	31:44	31:44	7:13/K	4.40000
		3824	Lap 2	32:45	1:04:29	7:27/K	4.40000
		3824	Lap 3	36:50	1:41:19	8:22/K	4.40000
		3824	Lap 4	38:07	2:19:26	8:40/K	4.40000

		3824	Lap 5	41:36	3:01:03	9:27/K	4.40000
3	Ramona Toth	3837	5		3:19:51	9:05/K	22.00000
		3837	Lap 1	35:30	35:30	8:04/K	4.40000
		3837	Lap 2	36:56	1:12:26	8:24/K	4.40000
		3837	Lap 3	41:14	1:53:41	9:22/K	4.40000
		3837	Lap 4	43:32	2:37:14	9:54/K	4.40000
		3837	Lap 5	42:37	3:19:51	9:41/K	4.40000
4	Chantal Falk	3816	5		3:34:14	9:44/K	22.00000
		3816	Lap 1	38:08	38:08	8:40/K	4.40000
		3816	Lap 2	41:39	1:19:47	9:28/K	4.40000
		3816	Lap 3	41:53	2:01:41	9:31/K	4.40000
		3816	Lap 4	45:24	2:47:05	10:19/K	4.40000
		3816	Lap 5	47:08	3:34:14	10:43/K	4.40000
5	Martiza Van Rooi	3841	5		3:38:04	9:55/K	22.00000
		3841	Lap 1	36:21	36:21	8:16/K	4.40000
		3841	Lap 2	41:38	1:18:00	9:28/K	4.40000
		3841	Lap 3	45:59	2:03:59	10:27/K	4.40000
		3841	Lap 4	46:16	2:50:16	10:31/K	4.40000
		3841	Lap 5	47:47	3:38:04	10:52/K	4.40000
6	Megan Krempel	3823	5		3:53:21	10:36/K	22.00000
		3823	Lap 1	46:10	46:10	10:30/K	4.40000
		3823	Lap 2	47:10	1:33:20	10:43/K	4.40000
		3823	Lap 3	48:07	2:21:27	10:56/K	4.40000
		3823	Lap 4	46:57	3:08:25	10:40/K	4.40000
		3823	Lap 5	44:56	3:53:21	10:13/K	4.40000
7	Jessi Connaughton	3810	5		3:53:22	10:36/K	22.00000
		3810	Lap 1	46:09	46:09	10:29/K	4.40000
		3810	Lap 2	47:10	1:33:20	10:43/K	4.40000
		3810	Lap 3	48:07	2:21:27	10:56/K	4.40000
		3810	Lap 4	46:57	3:08:25	10:40/K	4.40000
		3810	Lap 5	44:56	3:53:22	10:13/K	4.40000
8	Shaunene Smyth	3836	5		3:55:09	10:41/K	22.00000
		3836	Lap 1	41:25	41:25	9:25/K	4.40000
		3836	Lap 2	45:14	1:26:39	10:17/K	4.40000
		3836	Lap 3	48:03	2:14:42	10:55/K	4.40000
		3836	Lap 4	50:34	3:05:17	11:30/K	4.40000
		3836	Lap 5	49:51	3:55:09	11:20/K	4.40000
9	Janice Kennedy	3821	4.5		3:55:11	11:51/K	19.80000
		3821	Lap 1	1:25:28	1:25:28	19:25/K	4.40000
		3821	Lap 2	40:21	2:05:50	9:10/K	4.40000
		3821	Lap 3	42:15	2:48:06	9:36/K	4.40000
		3821	Lap 4	40:20	3:28:26	9:10/K	4.40000
		3821	Lap 4.5	27:45	3:55:11	9:15/K	2.20000
10	Angela Beers	3806	4		3:21:59	11:29/K	17.60000
		3806	Lap 1	46:51	46:51	10:39/K	4.40000
		3806	Lap 2	49:40	1:36:32	11:17/K	4.40000
		3806	Lap 3	49:54	2:26:26	11:20/K	4.40000
		3806	Lap 4	55:32	3:21:59	12:37/K	4.40000

11	Rachelle Jadot	3820	4		3:27:43	11:48/K	17.60000
		3820	Lap 1	46:26	46:26	10:33/K	4.40000
		3820	Lap 2	48:45	1:35:11	11:05/K	4.40000
		3820	Lap 3	54:56	2:30:07	12:29/K	4.40000
		3820	Lap 4	57:35	3:27:43	13:05/K	4.40000
12	Desiree Jackson	3819	4		3:35:52	12:16/K	17.60000
		3819	Lap 1	47:55	47:55	10:53/K	4.40000
		3819	Lap 2	45:40	1:33:35	10:23/K	4.40000
		3819	Lap 3	1:00:00	2:33:36	13:38/K	4.40000
		3819	Lap 4	1:02:15	3:35:52	14:09/K	4.40000
13	Iris Balson	3804	4		3:35:52	12:16/K	17.60000
		3804	Lap 1	46:50	46:50	10:39/K	4.40000
		3804	Lap 2	48:58	1:35:49	11:08/K	4.40000
		3804	Lap 3	57:47	2:33:36	13:08/K	4.40000
		3804	Lap 4	1:02:16	3:35:52	14:09/K	4.40000
14	Sanja Simikic	3834	4		3:49:51	13:04/K	17.60000
		3834	Lap 1	55:58	55:58	12:43/K	4.40000
		3834	Lap 2	56:42	1:52:41	12:53/K	4.40000
		3834	Lap 3	56:08	2:48:49	12:45/K	4.40000
		3834	Lap 4	1:01:01	3:49:51	13:52/K	4.40000

Male 16 to 35

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Steven Hughes	3818	7		3:55:19	7:38/K	30.80000
		3818	Lap 1	25:56	25:56	5:54/K	4.40000
		3818	Lap 2	30:39	56:36	6:58/K	4.40000
		3818	Lap 3	30:56	1:27:33	7:02/K	4.40000
		3818	Lap 4	36:15	2:03:48	8:14/K	4.40000
		3818	Lap 5	39:21	2:43:09	8:57/K	4.40000
		3818	Lap 6	37:49	3:20:59	8:36/K	4.40000
		3818	Lap 7	34:19	3:55:19	7:48/K	4.40000

Male 36 to 65

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Douglas Race	3833	9		3:50:04	5:49/K	39.60000
		3833	Lap 1	25:01	25:01	5:41/K	4.40000
		3833	Lap 2	25:51	50:53	5:53/K	4.40000
		3833	Lap 3	26:09	1:17:02	5:57/K	4.40000
		3833	Lap 4	25:55	1:42:58	5:53/K	4.40000
		3833	Lap 5	26:08	2:09:06	5:56/K	4.40000
		3833	Lap 6	24:54	2:34:01	5:40/K	4.40000
		3833	Lap 7	26:43	3:00:44	6:04/K	4.40000
		3833	Lap 8	25:33	3:26:18	5:48/K	4.40000
		3833	Lap 9	23:45	3:50:04	5:24/K	4.40000

2	Peter Muralt	3828	8		3:44:47	6:23/K	35.20000
		3828	Lap 1	24:54	24:54	5:40/K	4.40000
		3828	Lap 2	25:46	50:41	5:51/K	4.40000
		3828	Lap 3	26:11	1:16:52	5:57/K	4.40000
		3828	Lap 4	25:51	1:42:44	5:53/K	4.40000
		3828	Lap 5	27:43	2:10:28	6:18/K	4.40000
		3828	Lap 6	31:34	2:42:02	7:10/K	4.40000
		3828	Lap 7	32:01	3:14:03	7:17/K	4.40000
		3828	Lap 8	30:43	3:44:47	6:59/K	4.40000

3	Ray Barrett	3805	8		3:49:28	6:31/K	35.20000
		3805	Lap 1	24:44	24:44	5:37/K	4.40000
		3805	Lap 2	25:51	50:36	5:53/K	4.40000
		3805	Lap 3	26:12	1:16:48	5:57/K	4.40000
		3805	Lap 4	25:58	1:42:47	5:54/K	4.40000
		3805	Lap 5	27:17	2:10:04	6:12/K	4.40000
		3805	Lap 6	30:39	2:40:44	6:58/K	4.40000
		3805	Lap 7	33:26	3:14:11	7:36/K	4.40000
		3805	Lap 8	35:17	3:49:28	8:01/K	4.40000
4	Joe Smyth	3835	7		3:41:20	7:11/K	30.80000
		3835	Lap 1	24:11	24:11	5:30/K	4.40000
		3835	Lap 2	28:35	52:47	6:30/K	4.40000
		3835	Lap 3	29:15	1:22:02	6:39/K	4.40000
		3835	Lap 4	29:00	1:51:03	6:35/K	4.40000
		3835	Lap 5	30:13	2:21:16	6:52/K	4.40000
		3835	Lap 6	37:21	2:58:37	8:29/K	4.40000
		3835	Lap 7	42:42	3:41:20	9:42/K	4.40000
5	Omar Vasquez	3844	7		3:41:54	7:12/K	30.80000
		3844	Lap 1	29:29	29:29	6:42/K	4.40000
		3844	Lap 2	28:07	57:37	6:23/K	4.40000
		3844	Lap 3	29:25	1:27:02	6:41/K	4.40000
		3844	Lap 4	31:03	1:58:06	7:03/K	4.40000
		3844	Lap 5	33:19	2:31:26	7:34/K	4.40000
		3844	Lap 6	34:22	3:05:48	7:49/K	4.40000
		3844	Lap 7	36:05	3:41:54	8:12/K	4.40000
6	Peter Pauli	3831	7		3:43:53	7:16/K	30.80000
		3831	Lap 1	27:59	27:59	6:22/K	4.40000
		3831	Lap 2	29:39	57:38	6:44/K	4.40000
		3831	Lap 3	30:11	1:27:50	6:52/K	4.40000
		3831	Lap 4	31:30	1:59:20	7:10/K	4.40000
		3831	Lap 5	32:44	2:32:05	7:26/K	4.40000
		3831	Lap 6	35:36	3:07:41	8:05/K	4.40000
		3831	Lap 7	36:12	3:43:53	8:14/K	4.40000
7	Conrad Easby	3814	7		3:46:06	7:20/K	30.80000
		3814	Lap 1	28:45	28:45	6:32/K	4.40000
		3814	Lap 2	31:44	1:00:30	7:13/K	4.40000
		3814	Lap 3	32:53	1:33:24	7:28/K	4.40000
		3814	Lap 4	33:02	2:06:26	7:30/K	4.40000
		3814	Lap 5	33:20	2:39:47	7:35/K	4.40000
		3814	Lap 6	33:38	3:13:26	7:39/K	4.40000
		3814	Lap 7	32:40	3:46:06	7:25/K	4.40000
8	Jeff Boyes	3809	6		3:10:34	7:13/K	26.40000
		3809	Lap 1	27:53	27:53	6:20/K	4.40000
		3809	Lap 2	30:07	58:00	6:51/K	4.40000
		3809	Lap 3	30:47	1:28:48	7:00/K	4.40000
		3809	Lap 4	32:38	2:01:26	7:25/K	4.40000
		3809	Lap 5	33:39	2:35:06	7:39/K	4.40000
		3809	Lap 6	35:27	3:10:34	8:03/K	4.40000
9	Mark Pain	3829	6		3:32:11	8:02/K	26.40000

		3829	Lap 1	32:54	32:54	7:29/K	4.40000
		3829	Lap 2	34:19	1:07:14	7:48/K	4.40000
		3829	Lap 3	34:25	1:41:40	7:49/K	4.40000
		3829	Lap 4	34:56	2:16:36	7:56/K	4.40000
		3829	Lap 5	37:23	2:53:59	8:30/K	4.40000
		3829	Lap 6	38:11	3:32:11	8:41/K	4.40000
10	Brian Clements	3845	5		2:20:22	6:23/K	22.00000
		3845	Lap 1	24:46	24:46	5:38/K	4.40000
		3845	Lap 2	25:50	50:37	5:52/K	4.40000
		3845	Lap 3	28:38	1:19:15	6:30/K	4.40000
		3845	Lap 4	29:52	1:49:07	6:47/K	4.40000
		3845	Lap 5	31:14	2:20:22	7:06/K	4.40000
11	Connor Hofler	3846	5		2:38:30	7:12/K	22.00000
		3846	Lap 1	28:00	28:00	6:22/K	4.40000
		3846	Lap 2	29:53	57:54	6:48/K	4.40000
		3846	Lap 3	31:49	1:29:43	7:14/K	4.40000
		3846	Lap 4	33:27	2:03:11	7:36/K	4.40000
		3846	Lap 5	35:19	2:38:30	8:02/K	4.40000
12	Henry Main	3839	5		2:51:51	7:49/K	22.00000
		3839	Lap 1	26:55	26:55	6:07/K	4.40000
		3839	Lap 2	30:31	57:26	6:56/K	4.40000
		3839	Lap 3	33:16	1:30:43	7:34/K	4.40000
		3839	Lap 4	37:10	2:07:53	8:27/K	4.40000
		3839	Lap 5	43:57	2:51:51	9:59/K	4.40000
13	Jason Boyes	3842	5		3:11:10	8:41/K	22.00000
		3842	Lap 1	32:34	32:34	7:24/K	4.40000
		3842	Lap 2	34:08	1:06:42	7:45/K	4.40000
		3842	Lap 3	35:14	1:41:57	8:00/K	4.40000
		3842	Lap 4	41:25	2:23:22	9:25/K	4.40000
		3842	Lap 5	47:48	3:11:10	10:52/K	4.40000
14	Sunny Luk	3826	5		3:22:58	9:14/K	22.00000
		3826	Lap 1	40:33	40:33	9:13/K	4.40000
		3826	Lap 2	42:20	1:22:53	9:37/K	4.40000
		3826	Lap 3	38:39	2:01:32	8:47/K	4.40000
		3826	Lap 4	40:39	2:42:12	9:14/K	4.40000
		3826	Lap 5	40:45	3:22:58	9:16/K	4.40000
15	Oscar Correia	3811	5		3:26:46	9:24/K	22.00000
		3811	Lap 1	32:38	32:38	7:25/K	4.40000
		3811	Lap 2	36:27	1:09:05	8:17/K	4.40000
		3811	Lap 3	39:11	1:48:17	8:54/K	4.40000
		3811	Lap 4	45:00	2:33:18	10:14/K	4.40000
		3811	Lap 5	53:28	3:26:46	12:09/K	4.40000
16	Chris Laing	3825	5		3:27:36	9:26/K	22.00000
		3825	Lap 1	32:12	32:12	7:19/K	4.40000
		3825	Lap 2	34:23	1:06:35	7:49/K	4.40000
		3825	Lap 3	36:01	1:42:36	8:11/K	4.40000
		3825	Lap 4	45:17	2:27:54	10:18/K	4.40000
		3825	Lap 5	59:41	3:27:36	13:34/K	4.40000

17	Dave Zille	3838	5		3:36:23	9:50/K	22.00000
		3838	Lap 1	36:40	36:40	8:20/K	4.40000
		3838	Lap 2	42:54	1:19:35	9:45/K	4.40000
		3838	Lap 3	43:38	2:03:13	9:55/K	4.40000
		3838	Lap 4	46:05	2:49:18	10:28/K	4.40000
		3838	Lap 5	47:04	3:36:23	10:42/K	4.40000

18	Peter Elsaesser	3815	4		2:58:25	10:08/K	17.60000
		3815	Lap 1	47:55	47:55	10:53/K	4.40000
		3815	Lap 2	47:51	1:35:47	10:53/K	4.40000
		3815	Lap 3	39:36	2:15:23	9:00/K	4.40000
		3815	Lap 4	43:02	2:58:25	9:47/K	4.40000

19	Gabriel Garcia	3840	4		3:00:54	10:17/K	17.60000
		3840	Lap 1	39:17	39:17	8:56/K	4.40000
		3840	Lap 2	44:19	1:23:37	10:04/K	4.40000
		3840	Lap 3	45:34	2:09:11	10:21/K	4.40000
		3840	Lap 4	51:43	3:00:54	11:45/K	4.40000

Male 66 and Over

Place	Name	Bib No	Laps	Time	Total Time	Pace	Distance
1	Don Prince	3832	5.5		3:49:04	8:41/K	24.20000
		3832	Lap 1	35:16	35:16	8:01/K	4.40000
		3832	Lap 2	36:46	1:12:02	8:21/K	4.40000
		3832	Lap 3	39:14	1:51:17	8:55/K	4.40000
		3832	Lap 4	41:33	2:32:51	9:27/K	4.40000
		3832	Lap 5	44:56	3:17:47	10:13/K	4.40000
		3832	Lap 5.5	32:17	3:49:04	10:15/k	2.20000

2	Mark Hyder	3843	5		3:04:06	8:22/K	22.00000
		3843	Lap 1	35:04	35:04	7:58/K	4.40000
		3843	Lap 2	36:42	1:11:47	8:20/K	4.40000
		3843	Lap 3	35:22	1:47:09	8:02/K	4.40000
		3843	Lap 4	36:56	2:24:06	8:24/K	4.40000
		3843	Lap 5	40:00	3:04:06	9:05/K	4.40000

3	Jim Paugh	3830	5		3:38:14	9:55/K	22.00000
		3830	Lap 1	36:39	36:39	8:20/K	4.40000
		3830	Lap 2	40:23	1:17:03	9:11/K	4.40000
		3830	Lap 3	43:21	2:00:25	9:51/K	4.40000
		3830	Lap 4	45:46	2:46:11	10:24/K	4.40000
		3830	Lap 5	52:03	3:38:14	11:50/K	4.40000

4	John Beers	3807	4		3:21:59	11:29/K	17.60000
		3807	Lap 1	46:13	46:13	10:30/K	4.40000
		3807	Lap 2	49:33	1:35:46	11:16/K	4.40000
		3807	Lap 3	50:29	2:26:16	11:28/K	4.40000
		3807	Lap 4	55:42	3:21:59	12:40/K	4.40000