

Around The Lake Give'r Take 30 30k Run

Overall Finish List

October 14, 2017

Results By TRIO Sport Events Ltd. TRIO Sport Events www.trioevents.ca



Female Finishers

Place	Name	Bib	AG Pos	Age Group	T1 Time	T1 Pace	T2 Time	T2 Pace	Total Time
1	Lora Bartel	6	1	F 30-39	1:45:30.5	6:36/K	1:10:28.0	5:52/K	2:55:58.6
2	Angela Froese	54	1	F 40-49	1:49:30.2	6:51/K	1:18:44.2	6:16/K	3:08:14.5
3	Melanie Federau	49	2	F 30-39	1:52:34.3	7:02/K	1:19:29.9	6:24/K	3:12:04.3
4	Sara Elias	46	2	F 40-49	1:56:54.1	7:18/K	1:18:06.3	6:30/K	3:15:00.4
5	Diella Siemens	129	3	F 40-49	2:03:42.3	7:44/K	1:22:23.8	6:52/K	3:26:06.2
6	Marina Striker	136	4	F 40-49	2:05:27.5	7:50/K	1:21:41.4	6:54/K	3:27:09.0
7	Susan Bentley	12	5	F 40-49	1:59:54.1	7:30/K	1:28:12.9	6:56/K	3:28:07.0
8	Michelle Gemmel	57	3	F 30-39	1:59:36.0	7:29/K	1:35:59.2	7:11/K	3:35:35.2
9	Anne Neitzke	105	4	F 30-39	2:03:12.5	7:42/K	1:32:26.0	7:11/K	3:35:38.5
10	Amy Herfst	65	6	F 40-49	2:01:16.5	7:35/K	1:35:08.9	7:13/K	3:36:25.5
11	Sophie Thomas	140	1	F 20-29	2:18:48.4	8:41/K	1:32:01.6	7:42/K	3:50:50.1
12	Ellen Dyck	42	5	F 30-39	2:14:27.1	8:24/K	1:39:56.8	7:49/K	3:54:24.0
13	Kelsy Trigg	142	7	F 40-49	2:19:18.0	8:42/K	1:39:24.2	7:57/K	3:58:42.2
14	Shannon Ellemo	47	6	F 30-39	2:26:32.5	9:10/K	1:36:32.8	8:06/K	4:03:05.4
15	Daniela Van Oort	146	8	F 40-49	2:26:33.2	9:10/K	1:36:50.3	8:07/K	4:03:23.5
16	Vernette Bot	15	9	F 40-49	2:15:12.1	8:27/K	1:48:13.4	8:07/K	4:03:25.5
17	Nicky Quinn	116	1	F 50-59	2:23:34.5	8:58/K	1:45:07.5	8:17/K	4:08:42.0
18	Megan Elias	45	7	F 30-39	2:19:39.5	8:44/K	1:49:23.9	8:18/K	4:09:03.5
19	Carmen Langbroek	86	10	F 40-49	2:19:37.5	8:44/K	1:49:26.6	8:18/K	4:09:04.2
20	Michelle Peterson	111	11	F 40-49	2:25:58.4	9:07/K	1:43:21.8	8:19/K	4:09:20.2
21	Angela Jobbagy	73	12	F 40-49	2:24:25.5	9:02/K	1:44:56.5	8:19/K	4:09:22.0
22	Patti Schmidt	123	2	F 50-59	2:24:26.6	9:02/K	1:44:55.4	8:19/K	4:09:22.0
23	Elan Van Herk	145	13	F 40-49	2:26:41.5	9:10/K	1:42:47.0	8:19/K	4:09:28.5
24	Candace Larson	87	14	F 40-49	2:24:44.5	9:03/K	1:45:59.8	8:21/K	4:10:44.3
25	Katie Vallis	144	2	F 20-29	2:26:29.6	9:09/K	1:47:31.8	8:28/K	4:14:01.5
26	Kimberley Dutton	40	15	F 40-49	2:27:33.5	9:13/K	1:46:47.1	8:29/K	4:14:20.6
27	Ashleigh Chapman	24	8	F 30-39	2:24:25.1	9:02/K	1:53:19.4	8:35/K	4:17:44.5
28	Kelly Roberts-Jones	120	9	F 30-39	2:24:26.0	9:02/K	1:53:18.5	8:35/K	4:17:44.5
29	Alyssa Watkins	148	10	F 30-39	2:29:10.5	9:19/K	1:48:42.7	8:36/K	4:17:53.2
30	Capri Hanninen	62	11	F 30-39	2:29:11.1	9:19/K	1:48:42.3	8:36/K	4:17:53.5
31	Sarah Brunesi	19	12	F 30-39	2:29:09.5	9:19/K	1:48:44.0	8:36/K	4:17:53.5
32	Lea Jovanovic	75	3	F 20-29	2:29:33.6	9:21/K	1:48:23.9	8:36/K	4:17:57.5
33	Shelley Beyak	13	16	F 40-49	2:29:33.6	9:21/K	1:48:27.9	8:36/K	4:18:01.6
34	Nell Schouten	125	3	F 50-59	2:32:45.2	9:33/K	1:45:39.0	8:37/K	4:18:24.3
35	Tanya Jones	74	13	F 30-39	2:29:36.0	9:21/K	1:48:55.1	8:37/K	4:18:31.1
36	Kirsten Wilson	152	17	F 40-49	2:29:35.5	9:21/K	1:48:55.6	8:37/K	4:18:31.2
37	Jeanie Calver	21	18	F 40-49	2:23:08.1	8:57/K	1:55:45.4	8:38/K	4:18:53.5
38	Sue Flom	51	4	F 50-59	2:26:17.2	9:09/K	1:53:13.8	8:39/K	4:19:31.0
39	Penny Youngash	158	1	F 60-69	2:28:22.1	9:16/K	1:53:27.4	8:44/K	4:21:49.6
40	Natalie Bedard	8	19	F 40-49	2:29:35.1	9:21/K	1:54:18.8	8:48/K	4:23:54.0
41	Donna Heine	63	5	F 50-59	2:33:21.6	9:35/K	1:51:06.6	8:49/K	4:24:28.2
42	Kim Lawlor	89	14	F 30-39	2:31:56.0	9:30/K	1:52:57.0	8:50/K	4:24:53.0
43	Jackie Perrey	109	15	F 30-39	2:30:10.5	9:23/K	1:56:44.0	8:54/K	4:26:54.5
44	Lee Lovely	94	6	F 50-59	2:33:35.2	9:36/K	1:54:16.0	8:56/K	4:27:51.2
45	Sara Dixon	38	7	F 50-59	2:33:43.5	9:36/K	1:54:33.7	8:57/K	4:28:17.3
46	Shannon Kessler	80	20	F 40-49	2:35:08.3	9:42/K	1:53:56.0	8:58/K	4:29:04.4
47	Jeanette Dyck	43	21	F 40-49	2:29:30.4	9:21/K	2:02:35.7	9:04/K	4:32:06.1
48	Patty Jadis	72	22	F 40-49	2:34:57.6	9:41/K	1:58:33.7	9:07/K	4:33:31.3
49	Kristy Krulitski	83	16	F 30-39	2:40:11.4	10:01/K	1:54:07.0	9:09/K	4:34:18.4
50	Courtney Leiren	92	17	F 30-39	2:40:11.6	10:01/K	1:54:07.5	9:09/K	4:34:19.1
51	Terri Martens	100	8	F 50-59	2:33:58.6	9:37/K	2:03:07.8	9:14/K	4:37:06.4
52	Courtney Stothers	134	4	F 20-29	2:34:57.0	9:41/K	2:02:31.2	9:15/K	4:37:28.2

53	Tomoko Nishimatsu	107	9	F 50-59	2:37:53.4	9:52/K	1:59:55.0	9:16/K	4:37:48.4
54	Caroline Bentley	11	23	F 40-49	2:32:13.5	9:31/K	2:06:19.4	9:17/K	4:38:33.0
55	Karen Bentley	10	24	F 40-49	2:37:48.6	9:52/K	2:04:56.8	9:26/K	4:42:45.4
56	Avril Alfred	3	18	F 30-39	2:34:50.6	9:41/K	2:08:00.9	9:26/K	4:42:51.5
57	Brenna Kalmar	76	25	F 40-49	2:34:47.3	9:40/K	2:11:56.7	9:33/K	4:46:44.1
58	Patti Leboe	91	10	F 50-59	2:34:48.3	9:41/K	2:11:55.8	9:33/K	4:46:44.1
59	Janice Kennedy	79	2	F 60-69	2:46:21.5	10:24/K	2:07:20.0	9:47/K	4:53:41.5
60	Nicole Davis	34	19	F 30-39	2:45:41.6	10:21/K	2:08:31.6	9:48/K	4:54:13.2
61	Laurie Carstensen	23	26	F 40-49	2:42:46.3	10:10/K	2:15:19.2	9:56/K	4:58:05.5
62	Denise Craig	31	11	F 50-59	2:52:07.5	10:45/K	2:11:25.8	10:07/K	5:03:33.4
63	Stefanie Henders	64	27	F 40-49	2:51:14.6	10:42/K	2:18:09.8	10:19/K	5:09:24.5
64	Laura Lindstrom	93	28	F 40-49	2:47:30.2	10:28/K	2:35:48.1	10:47/K	5:23:18.3
65	Gloria Garcia	78	12	F 50-59	2:47:30.2	10:28/K	2:35:48.9	10:47/K	5:23:19.2

Male Finishers

Place	Name	Bib	AG Pos	Age Group	T1 Time	T1 Pace	T2 Time	T2 Pace	Total Time
1	Ricky Federau	50	1	M 30-39	1:26:27.2	5:24/K	1:06:39.0	5:06/K	2:33:06.2
2	Benjamin Schmidt	124	2	M 30-39	1:30:08.5	5:38/K	1:07:14.8	5:15/K	2:37:23.4
3	Russ Esau	48	1	M 40-49	1:28:51.2	5:33/K	1:09:00.2	5:16/K	2:37:51.4
4	Lee Phillips	112	2	M 40-49	1:38:18.2	6:09/K	1:09:28.2	5:36/K	2:47:46.5
5	Mike Hanninen	61	3	M 30-39	1:39:01.5	6:11/K	1:11:41.5	5:41/K	2:50:43.0
6	Jeremy Acker	1	4	M 30-39	1:37:41.5	6:06/K	1:15:47.6	5:47/K	2:53:29.2
7	Gerad Shea	128	3	M 40-49	1:39:49.6	6:14/K	1:15:29.0	5:51/K	2:55:18.6
8	Brian Bell	9	4	M 40-49	1:45:59.1	6:37/K	1:17:39.3	6:07/K	3:03:38.5
9	Craig Frizzle	53	5	M 30-39	1:49:43.3	6:51/K	1:15:00.7	6:09/K	3:04:44.0
10	David Simington	130	6	M 30-39	1:51:16.1	6:57/K	1:15:33.3	6:14/K	3:06:49.4
11	Mikey Ross	121	1	M 60-69	1:51:13.6	6:57/K	1:18:07.8	6:19/K	3:09:21.4
12	Jeremy Schwab	126	5	M 40-49	1:52:19.2	7:01/K	1:22:41.3	6:30/K	3:15:00.6
13	Michael Mcgee	102	1	M 50-59	1:53:13.4	7:05/K	1:26:10.7	6:39/K	3:19:24.2
14	Jason Shea	127	6	M 40-49	1:49:15.4	6:50/K	1:30:52.6	6:40/K	3:20:08.0
15	Dave Burns	20	7	M 30-39	1:49:41.2	6:51/K	1:32:44.7	6:45/K	3:22:26.0
16	Dave Schieling	36	8	M 30-39	1:59:30.6	7:28/K	1:27:20.5	6:54/K	3:26:51.2
17	Jay Porter	115	7	M 40-49	1:53:05.3	7:04/K	1:34:51.1	6:56/K	3:27:56.4
18	Silverio Diaz	37	2	M 50-59	2:00:02.2	7:30/K	1:28:39.2	6:57/K	3:28:41.5
19	Gerry Slykhuis	131	3	M 50-59	1:59:40.1	7:29/K	1:29:58.8	6:59/K	3:29:39.0
20	Colin Braun	17	9	M 30-39	1:52:09.5	7:01/K	1:38:23.5	7:01/K	3:30:33.1
21	Grant Davies	33	8	M 40-49	1:46:57.2	6:41/K	1:46:31.7	7:07/K	3:33:29.0
22	Darren Koop	82	9	M 40-49	1:55:29.5	7:13/K	1:38:50.9	7:09/K	3:34:20.5
23	Allen Fossheim	52	10	M 30-39	2:01:14.5	7:35/K	1:36:44.0	7:16/K	3:37:58.5
24	Derek Niezen	106	1	M 20-29	2:01:36.6	7:36/K	1:39:49.9	7:23/K	3:41:26.5
25	Shaun Calver	22	11	M 30-39	2:01:45.3	7:37/K	1:41:07.3	7:26/K	3:42:52.6
26	Geoff Hughes-Games	70	4	M 50-59	2:03:10.5	7:42/K	1:39:47.7	7:26/K	3:42:58.2
27	Michael Bozic	16	10	M 40-49	2:04:06.3	7:45/K	1:40:40.8	7:30/K	3:44:47.1
28	Simon Adams	2	11	M 40-49	2:04:06.2	7:45/K	1:40:41.3	7:30/K	3:44:47.5
29	David Giesler	60	12	M 30-39	2:01:38.4	7:36/K	1:43:37.6	7:31/K	3:45:16.0
30	Sheldon Baron	5	12	M 40-49	2:19:30.2	8:43/K	1:31:22.7	7:42/K	3:50:53.0
31	Rick David	32	13	M 30-39	2:13:55.1	8:22/K	1:40:37.3	7:49/K	3:54:32.4
32	Kirk Dzaman	44	14	M 30-39	2:20:01.6	8:45/K	1:37:20.4	7:55/K	3:57:22.0
33	Dave Stephen	133	2	M 60-69	2:24:49.6	9:03/K	1:37:50.6	8:05/K	4:02:40.2
34	Dan Maiden	97	15	M 30-39	2:08:04.1	8:00/K	1:56:53.3	8:10/K	4:04:57.5
35	Nick Dunmall	39	16	M 30-39	2:08:25.5	8:02/K	2:05:19.6	8:28/K	4:13:45.1
36	Tungesh Kapil	77	2	M 20-29	2:20:13.5	8:46/K	1:56:18.0	8:33/K	4:16:31.6
37	Duke Lampen	85	13	M 40-49	2:21:14.4	8:50/K	1:56:04.7	8:35/K	4:17:19.2
38	Luis Polanco	114	5	M 50-59	2:21:28.6	8:51/K	1:56:55.9	8:37/K	4:18:24.5
39	David De Wit	35	14	M 40-49	2:26:46.3	9:10/K	1:53:49.0	8:41/K	4:20:35.4
40	Alex Marks	98	1	M 70-99	2:27:55.3	9:15/K	1:53:44.8	8:43/K	4:21:40.2
41	Len Van Oort	233	17	M 30-39	2:11:32.0	8:13/K	2:10:26.3	8:44/K	4:21:58.4
42	Brad Trigg	143	6	M 50-59	2:36:46.6	9:48/K	1:46:15.7	8:46/K	4:23:02.3
43	Simon Cox	30	15	M 40-49	2:30:01.6	9:23/K	1:54:06.7	8:48/K	4:24:08.4

44	Robert Quinn	117	16	M 40-49	2:32:48.3	9:33/K	1:53:34.7	8:53/K	4:26:23.0
45	Nathan Perrey	110	18	M 30-39	2:30:10.5	9:23/K	1:56:45.0	8:54/K	4:26:55.6
46	Peter Chick	25	7	M 50-59	2:29:32.6	9:21/K	2:01:04.4	9:01/K	4:30:37.1
47	Clinton Marks	99	17	M 40-49	2:35:13.3	9:42/K	1:59:10.2	9:09/K	4:34:23.6
48	Bob Gemmel	59	2	M 70-99	2:33:56.0	9:37/K	2:04:22.2	9:17/K	4:38:18.2
49	Jon Heron	66	8	M 50-59	2:28:20.6	9:16/K	2:12:11.9	9:21/K	4:40:32.5
50	Stephen Palahicky	108	19	M 30-39	2:39:23.4	9:58/K	2:22:25.1	10:04/K	5:01:48.5