

Coquitlam Crunch Diversity Challenge 2017  
 Age Group Summary  
 September 09, 2017



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



**Make It or Break It**

Female 15 and Under

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Gracie Lorensen-Nordstrand	5362	7.5	3:54:46	7:37/K	30.80000
2	Maddie Falk	5312	5	3:33:07	9:41/K	22.00000

Female 16 to 35

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Jessica Tite	5336	8	3:54:33	6:40/K	35.20000
2	Christelle Stoesz	5333	6	3:50:18	8:43/K	26.40000
3	Leah Dixon	5310	5	3:18:45	9:02/K	22.00000
4	Despina Stratidakis	5334	5	3:28:49	9:30/K	22.00000
5	Teresa Ngan	5325	5	3:54:12	10:39/K	22.00000
6	Katie Delmos	5309	4	3:45:39	12:49/K	17.60000
7	Ashley Bergson	5304	4	3:54:32	13:20/K	17.60000
8	Trish Rydman	5330	2	2:00:31	13:42/K	8.80000

Female 36 to 65

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Renee Caesar	5305	8	3:52:46	6:37/K	35.20000
2	Kirsten Smith	5361	7	3:48:14	7:25/K	30.80000
3	Julie McClanahan	5342	6	3:35:36	8:10/K	26.40000
4	Joanne Turnbull	5338	6	3:36:41	8:12/K	26.40000
5	Amy Mazzone	5321	5	3:28:48	9:29/K	22.00000
6	Chantal Falk	5311	5	3:33:07	9:41/K	22.00000
7	Teri Towner	5337	5	3:34:45	9:46/K	22.00000
8	Heather Rohrlack	5329	5	3:34:46	9:46/K	22.00000
9	Jennifer Nichols	5326	5	3:43:11	10:09/K	22.00000
10	RACHELLE JADOT	5318	5	3:44:51	10:13/K	22.00000
11	Gillian Laing	5368	4	2:20:49	8:00/K	17.60000
12	Aleksandra Kaleta	5360	4	3:12:38	10:57/K	17.60000
13	Robyn Miyata	5323	4	3:13:22	10:59/K	17.60000
14	Melanie Gingras	5316	4	3:34:11	12:10/K	17.60000
15	Janice Kennedy	5319	2	4:05:29	27:54/K	8.80000

Male 16 to 35

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Dan Johnson	5363	7	3:44:57	7:18/K	30.80000
2	Steven Hughes	5317	6	3:29:56	7:57/K	26.40000
3	Dan Cossette	5364	6	3:38:21	8:16/K	26.40000
4	Jesse Tianleess	5371	6	3:43:51	8:29/K	26.40000
5	Aydin Smith	5367	4	2:22:21	8:05/K	17.60000
6	Jamie Dixon	5373	4	2:56:14	10:01/K	17.60000
7	Christian Hardy	5372	3	2:16:46	10:22/K	13.20000

Male 36 to 65

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Ray Barrett	5366	8	3:35:41	6:08/K	35.20000
2	Brian Clements	5306	8	3:47:53	6:28/K	35.20000
3	Matt Sessions	5332	8	3:51:41	6:35/K	35.20000
4	Steve Wong	5358	7.5	3:53:05	6:37/K	35.20000
5	Terry Field	5359	7	3:43:48	7:16/K	30.80000
6	Scott McIntyre	5355	7	3:51:23	7:31/K	30.80000
7	Tony Gallo	5315	7	3:53:09	7:34/K	30.80000

8	Peter Pauli	5328	7	3:54:45	7:37/K	30.80000
9	Eric Kalnins	5370	6	3:28:41	7:54/K	26.40000
10	Arjen Van Der Meulen	5356	6	3:29:43	7:57/K	26.40000
11	Mark Pain	5327	6	3:33:35	8:05/K	26.40000
12	Mits Miyata	5324	5	3:13:23	8:47/K	22.00000
13	Dave Zille	5340	5	3:34:29	9:45/K	22.00000
14	Gordon Barkman	5302	5	3:36:43	9:51/K	22.00000
15	Eric Beauregard	5303	5	3:36:48	9:51/K	22.00000
16	Ian Macdonald	5320	5	3:40:50	10:02/K	22.00000
17	Chris Liang	5369	4	2:24:15	8:12/K	17.60000
18	Chris Voysey	5339	4	2:42:14	9:13/K	17.60000
19	Wade Sandberg	5331	4	2:43:58	9:19/K	17.60000
20	Hector Ceruantes	5365	4	2:56:59	10:03/K	17.60000
21	Kris Fournier	5314	2	2:00:31	13:42/K	8.80000

Male 66 and Over

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Don Prince	5357	5	3:45:18	10:14/K	22.00000

**Recreational**

Female 15 and Under

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Catrin Jones	23	3	1:41:41	7:42/K	13.20000
2	Naomi Cooke	18	2	1:40:19	11:24/K	8.80000
3	Monica Mihailescu	15	1	34:09	7:46/K	4.40000
4	Diana Mandric	46	1	35:28	8:04/K	4.40000
5	Cerys Jones	22	1	35:31	8:04/K	4.40000
6	Jade Huynh	48	1	35:45	8:08/K	4.40000
7	Hyewon Hwang	31	1	37:51	8:36/K	4.40000
8	Liepa Bajarunas	27	1	37:53	8:37/K	4.40000
9	Ayanna Seymour	26	1	37:53	8:37/K	4.40000
10	Jalene Le	33	1	38:09	8:40/K	4.40000
11	Jessica Xin	16	1	44:56	10:13/K	4.40000
12	Alexis Hart	38	1	48:14	10:58/K	4.40000
13	Niya Lightfast	63	1	50:08	11:24/K	4.40000
14	Ayla Carmichael	19	1	50:09	11:24/K	4.40000
15	Kaitlin Mean	20	1	50:57	11:35/K	4.40000
16	Kalea Le	32	1	51:07	11:37/K	4.40000
17	Jayla Huynah	49	1	53:06	12:04/K	4.40000
18	Desiree Pilchak	72	1	54:49	12:28/K	4.40000
19	Dora Berinde	41	1	55:25	12:36/K	4.40000
20	Kaitlyn Conway	43	1	55:26	12:36/K	4.40000
21	Kayleigh Pilchak	73	1	1:07:58	15:27/K	4.40000

Female 16 to 35

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Susan Jones	25	1	34:05	7:45/K	4.40000
2	Brenda Carmichael	21	1	50:56	11:35/K	4.40000
3	Darla Alford	78	1	51:06	11:37/K	4.40000
4	Abigail Avery	13	1	55:51	12:42/K	4.40000
5	Brittany Bruskiwicz	86	1	57:35	13:05/K	4.40000
6	Elizabeth Mittelstaedt	61	1	1:13:01	16:36/K	4.40000
7	Maddy Macdoland	85	1	1:13:08	16:37/K	4.40000
8	Justine Salter	83	1	1:25:44	19:29/K	4.40000
9	Danja Fredrickson	3	1	1:46:42	24:15/K	4.40000

## Female 36 to 65

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Megan Krempel	30	3	1:53:52	8:38/K	13.20000
2	Jessi Cannoughton	29	3	1:53:53	8:38/K	13.20000
3	Michele Roth	79	3	2:17:42	10:26/K	13.20000
4	Cheryl Oschanney	74	3	2:17:52	10:27/K	13.20000
5	Sue Round	77	1	42:24	9:38/K	4.40000
6	Kathryn Hart	39	1	46:45	10:38/K	4.40000
7	Amy Le	34	1	51:07	11:37/K	4.40000
8	Bea Leung	58	1	52:09	11:51/K	4.40000
9	Mimi Sharma	35	1	53:10	12:05/K	4.40000
10	Allison Parsley	84	1	55:58	12:43/K	4.40000
11	Roshni Naik	60	1	56:26	12:50/K	4.40000
12	Carol Cahoon	54	1	58:11	13:13/K	4.40000
13	Christy Lilte	80	1	59:57	13:38/K	4.40000
14	Tamsen Ogden	65	1	1:06:40	15:09/K	4.40000
15	Alex Hopson	52	1	1:13:08	16:37/K	4.40000
16	Rita Fredrickson	2	1	1:46:42	24:15/K	4.40000

## Male 15 and Under

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Jordan Reed	75	1	28:21	6:27/K	4.40000
2	Lukas Bulin	57	1	30:51	7:01/K	4.40000
3	Ethan Tan	59	1	35:17	8:01/K	4.40000
4	Jarren Huynh	50	1	35:47	8:08/K	4.40000
5	Cooper Ogden	66	1	50:48	11:33/K	4.40000
6	Austin Jones	76	1	52:40	11:58/K	4.40000
7	Dylan Destefano	68	1	54:04	12:17/K	4.40000
8	Ray Lightfast	64	1	56:26	12:50/K	4.40000
9	William Walton	70	1	1:06:23	15:05/K	4.40000
10	Duncan Walton	71	1	1:07:22	15:19/K	4.40000

## Male 16 to 35

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Jarrold Cowan	28	2	1:15:16	8:33/K	8.80000
2	Ryan Harbcink	82	1	1:25:26	19:25/K	4.40000

## Male 36 to 65

Place	Name	Bib No	Laps	Total Time	Pace	Distance
1	Jeff Cooke	17	3	2:17:42	10:26/K	13.20000
2	Peter Jones	24	2	1:40:58	11:28/K	8.80000
3	Jan Bulin	56	1	38:47	8:49/K	4.40000
4	Harald Hutter	67	1	44:12	10:03/K	4.40000
5	Yong Xin	47	1	44:49	10:11/K	4.40000
6	Jeremy Hart	37	1	46:32	10:35/K	4.40000
7	Dann Ball	14	1	56:02	12:44/K	4.40000
8	Warren Lightfast	62	1	56:26	12:50/K	4.40000
9	Ken Cahoon	55	1	58:11	13:13/K	4.40000
10	Mark Fisher	81	1	59:57	13:38/K	4.40000
11	Rob Krhukangas	69	1	1:03:35	14:27/K	4.40000
12	Steve Salten	87	1	1:25:44	19:29/K	4.40000