

2016 Rock the House 10K, 5K

Alpha Overall Results

10K Run - 6.21 Miles

239 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
155/239	ABU-HADIR, JOMANNA	440	01:06:38.06	06:39	10K30-39F	45/89	F	88/157	01:06:22.41
53/239	ALMENDROS, ALBERTO	441	00:54:57.00	05:29	10K30-39M	16/33	M	34/82	00:54:29.03
158/239	ANDERSON, JENNIFER	442	01:06:43.26	06:40	10K30-39F	47/89	F	91/157	01:05:30.33
201/239	ARKLEY, JORDAN	445	01:13:58.22	07:23	10K19&UF	9/10	F	125/157	01:13:37.16
45/239	ARKLEY, LEAH	446	00:53:05.35	05:18	10K50-59F	3/8	F	16/157	00:52:45.57
3/239	ASHTON, CHRISTOPHER	447	00:42:17.36	04:13	10K30-39M	1/33	M	3/82	00:42:13.85
121/239	ASPINALL, AARON	709	01:01:11.70	06:07	10K30-39M	26/33	M	61/82	01:00:01.90
197/239	ATTWOOD, ALYSSA	448	01:12:58.71	07:17	10K30-39F	65/89	F	121/157	01:12:53.06
116/239	BALDWIN, CHRISTA	449	01:00:57.46	06:05	10K30-39F	29/89	F	57/157	01:00:47.29
134/239	BALDWIN, CORISANDE	450	01:02:53.75	06:17	10K30-39F	37/89	F	71/157	01:02:09.15
132/239	BARBER, CLAIRE	451	01:02:51.34	06:17	10K30-39F	35/89	F	69/157	01:02:06.74
103/239	BEAUDOIN, CANDACE	714	01:00:00.05	06:00	10K30-39F	22/89	F	50/157	00:58:26.68
228/239	BENSLER, TANYA	454	01:22:17.03	08:13	10K30-39F	80/89	F	147/157	01:21:09.57
107/239	BEZJACK, CRAIG	455	01:00:02.77	06:00	10K30-39M	24/33	M	56/82	00:59:18.59
171/239	BONNELL, ALIECE	457	01:08:43.34	06:52	10K30-39F	53/89	F	100/157	01:08:07.91
172/239	BONNELL, RYGELL	458	01:08:43.50	06:52	10K30-39M	30/33	M	72/82	01:08:08.82
186/239	BONSER, ASHLEY	460	01:11:45.45	07:10	10K30-39F	58/89	F	110/157	01:11:14.42
203/239	BORYSEWICZ, ASHLEY	461	01:14:25.13	07:26	10K30-39F	69/89	F	127/157	01:13:30.31
179/239	BRAUN, RACHEL	462	01:09:56.85	06:59	10K30-39F	56/89	F	105/157	01:08:57.40
218/239	BRAVO, PEDRO	463	01:18:30.19	07:51	10K30-39M	33/33	M	80/82	01:17:13.78
5/239	BREWERTON, EDWARD	464	00:43:44.34	04:22	10K20-29M	3/16	M	5/82	00:43:25.96
194/239	BREWERTON, MARISA	465	01:12:31.86	07:15	10K20-29F	24/28	F	118/157	01:12:05.31
104/239	BROWN, CHRIS	481	01:00:01.25	06:00	10K40-49M	14/21	M	54/82	00:58:54.49
108/239	BROWN, LACEY	673	01:00:04.30	06:00	10K30-39F	24/89	F	52/157	00:58:57.55
112/239	BRUNET, KATIE	466	01:00:38.63	06:03	10K30-39F	25/89	F	53/157	01:00:06.75
100/239	CALLAGHAN, TERRY	467	00:59:32.18	05:57	10K50-59M	7/9	M	52/82	00:58:20.24
239/239	CAMPBELL, KEITH	469	01:39:33.93	09:57	10K60-69M	1/1	M	82/82	01:39:02.83
69/239	CAO, XINGGUO	719	00:56:50.10	05:41	10K40-49M	8/21	M	39/82	00:56:31.99
70/239	CAPPELLO, KEVIN	470	00:56:53.17	05:41	10K30-39M	19/33	M	40/82	00:56:20.77
17/239	CASTILLO MONTALVO, JORGE	472	00:46:46.77	04:40	10K20-29M	6/16	M	16/82	00:46:15.90
232/239	CHAN, MARGARET	473	01:24:07.72	08:24	10K30-39F	84/89	F	151/157	01:23:33.68
78/239	CHAULK, SCOTT	474	00:57:47.71	05:46	10K40-49M	11/21	M	45/82	00:57:39.80
80/239	CHEVALIER, CELINE	475	00:57:50.70	05:47	10K40-49F	4/22	F	35/157	00:57:47.53
211/239	CHRISTIANS, TERRY	683	01:17:13.09	07:43	10K40-49M	21/21	M	78/82	01:16:40.21
123/239	CLOWES, RACHEL	476	01:01:29.97	06:08	10K30-39F	31/89	F	62/157	00:59:01.43
44/239	COLWELL, TANYA	477	00:53:05.15	05:18	10K40-49F	2/22	F	15/157	00:52:59.49
190/239	CRAIG, ANGELA	479	01:12:01.65	07:12	10K40-49F	16/22	F	114/157	01:11:19.03
51/239	CROSS, TIM	482	00:54:11.67	05:25	10K30-39M	15/33	M	33/82	00:51:11.14
156/239	CURRY, KATARZYNA	483	01:06:39.56	06:39	10K30-39F	46/89	F	89/157	01:05:14.07
157/239	DAGENAIS, MICHELLE	484	01:06:41.70	06:40	10K40-49F	12/22	F	90/157	01:06:29.83
166/239	DATTA, SHANTANU	545	01:07:57.80	06:47	10K30-39M	29/33	M	70/82	01:07:29.65
32/239	DAUNHAUER, GREG	485	00:50:49.22	05:04	10K30-39M	10/33	M	23/82	00:50:47.79
133/239	DAVIES, STEPHANIE	486	01:02:52.19	06:17	10K30-39F	36/89	F	70/157	01:02:09.84
226/239	DE CHASTELAIN FINNIGAN, KELLY	699	01:21:34.34	08:09	10K19&UF	10/10	F	146/157	01:20:33.68
234/239	DEBRUYN, NATALIE	487	01:24:49.65	08:28	10K30-39F	86/89	F	153/157	01:23:12.71
212/239	DENNIS, MICHELLE	489	01:17:18.35	07:43	10K20-29F	26/28	F	134/157	01:16:24.37
175/239	DERKSEN, ERIN	490	01:09:04.19	06:54	10K30-39F	54/89	F	102/157	01:08:23.54
43/239	DEROCHIE, LESA	491	00:52:59.30	05:17	10K30-39F	8/89	F	14/157	00:52:49.67
161/239	DHAMODARAN, AMARNATH	720	01:07:00.53	06:42	10K30-39M	28/33	M	68/82	01:06:33.52
7/239	DIXON, RYAN	492	00:44:08.11	04:24	10K30-39M	2/33	M	7/82	00:44:04.89
85/239	DOUGLAS, FAITH	710	00:58:13.69	05:49	10K19&UF	5/10	F	39/157	00:55:36.92
89/239	DOUGLAS, LYNNE	711	00:58:17.19	05:49	10K50-59F	5/8	F	42/157	00:55:42.37
125/239	DOW, DRYDN	494	01:02:01.00	06:12	10K20-29M	11/16	M	62/82	01:01:47.59
59/239	DOWLING, CHRISTINE	495	00:55:25.97	05:32	10K20-29F	5/28	F	25/157	00:54:36.12
148/239	DOWNE, DANIEL	496	01:06:08.96	06:36	10K50-59M	8/9	M	66/82	01:05:54.85
117/239	DUONG, BRENDAN	684	01:01:02.29	06:06	10K30-39M	25/33	M	60/82	01:00:52.39
23/239	ELLIOTT-BOCK, MARTIN	498	00:48:22.61	04:50	10K20-29M	7/16	M	19/82	00:47:27.19
113/239	FEE, BRYDIE	500	01:00:52.23	06:05	10K30-39F	26/89	F	54/157	00:58:23.07
38/239	FERNANDEZ, JOSE	501	00:52:28.19	05:14	10K20-29M	9/16	M	26/82	00:51:56.68
46/239	FERREIRA, MELISA	502	00:53:23.18	05:20	10K30-39F	9/89	F	17/157	00:53:14.06
1/239	FEWSTER, MARK	697	00:38:01.84	03:48	10K40-49M	1/21	M	1/82	00:37:59.90
227/239	FINNIGAN, COREY	700	01:21:41.00	08:10	10K50-59M	9/9	M	81/82	01:20:39.97
34/239	FITZGERALD, ARIELLE	503	00:51:39.47	05:09	10K20-29F	1/28	F	10/157	00:51:28.68
229/239	FONG, JOSEPHINE	504	01:23:30.36	08:21	10K30-39F	81/89	F	148/157	01:23:20.87
236/239	FRANK, LORNA	505	01:30:36.55	09:03	10K40-49F	22/22	F	155/157	01:29:43.46
213/239	FURLONG, MAUREEN	506	01:17:40.37	07:46	10K30-39F	73/89	F	135/157	01:16:15.39

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
75/239	GAFIUK, GREG	686	00:57:36.06	05:45	10K19&UM	1/2	M	44/82	00:57:29.65
82/239	GAFIUK, RICK	687	00:58:02.11	05:48	10K50-59M	4/9	M	46/82	00:57:54.83
162/239	GOEHNER, MAME	509	01:07:06.47	06:42	10K30-39F	49/89	F	94/157	01:05:53.60
185/239	GOLBY, SUSANNE	510	01:11:45.33	07:10	10K30-39F	57/89	F	109/157	01:11:14.24
92/239	GONZALES, DORINDA	511	00:58:18.56	05:49	10K40-49F	5/22	F	45/157	00:57:50.67
77/239	GONZALES, KIANA	512	00:57:45.78	05:46	10K19&UF	4/10	F	33/157	00:57:22.13
19/239	GOODE, CHRISTINE	513	00:47:14.87	04:43	10K30-39F	2/89	F	3/157	00:47:13.23
122/239	GRAHAM, AMANDA	514	01:01:12.82	06:07	10K30-39F	30/89	F	61/157	01:00:05.48
54/239	GRAINGER, MADISON	515	00:55:12.98	05:31	10K20-29F	3/28	F	20/157	00:54:51.63
37/239	GRENVILLE, LAURIE-ANN	516	00:52:07.16	05:12	10K30-39F	7/89	F	12/157	00:51:57.97
73/239	HAGEN, CALEB	518	00:57:27.27	05:44	10K30-39M	20/33	M	42/82	00:56:18.25
188/239	HAIGHTSHERRY, KRISTA	520	01:11:51.38	07:11	10K30-39F	60/89	F	112/157	01:11:27.07
105/239	HANSEN, KYLE	522	01:00:01.87	06:00	10K30-39M	23/33	M	55/82	00:58:18.28
106/239	HANSEN, LINDSAY	523	01:00:02.11	06:00	10K30-39F	23/89	F	51/157	00:58:18.14
220/239	HARDER, CORINNA	524	01:19:13.17	07:55	10K30-39F	77/89	F	140/157	01:18:28.17
126/239	HAYNES, CAIRA	526	01:02:12.06	06:13	10K20-29F	17/28	F	64/157	01:01:56.98
237/239	HENDERSON, NICOLE	527	01:34:28.88	09:26	10K30-39F	88/89	F	156/157	01:34:28.88
154/239	HENDERSON, RAELENE	528	01:06:33.75	06:39	10K20-29F	20/28	F	87/157	01:05:18.16
79/239	HERBERT, LORINA	529	00:57:50.54	05:47	10K30-39F	16/89	F	34/157	00:56:31.19
29/239	HILSCHER, STACEY	530	00:50:17.04	05:01	10K30-39F	5/89	F	8/157	00:47:08.95
114/239	HUDEL, ALYSSA	532	01:00:53.34	06:05	10K30-39F	27/89	F	55/157	01:00:38.71
129/239	HUTCHISON, KENDRA	534	01:02:26.88	06:14	10K40-49F	7/22	F	66/157	01:01:44.63
130/239	HUYNH, HOA	535	01:02:34.26	06:15	10K30-39F	33/89	F	67/157	01:01:47.50
124/239	JACKSON, MEGHAN	536	01:02:00.94	06:12	10K20-29F	16/28	F	63/157	01:01:47.47
72/239	JENKINS, SCOTT	537	00:57:17.46	05:43	10K40-49M	9/21	M	41/82	00:56:23.48
99/239	JENNINGS, NATHAN	538	00:59:29.68	05:56	10K30-39M	21/33	M	51/82	00:59:11.85
152/239	JENNINGS, SUNDAYE	539	01:06:27.81	06:38	10K40-49F	11/22	F	85/157	01:06:10.00
141/239	JESNEY, ANDREA	540	01:04:17.24	06:25	10K30-39F	40/89	F	77/157	01:04:00.41
138/239	JOHANSEN, HEATHER	541	01:03:48.58	06:22	10K30-39F	39/89	F	74/157	01:02:23.88
9/239	JONES, ANDREW	542	00:45:18.28	04:31	10K20-29M	4/16	M	9/82	00:45:10.99
15/239	JONES, JASON	688	00:46:15.77	04:37	10K30-39M	5/33	M	14/82	00:46:12.39
12/239	JONES, RACHEL	689	00:46:05.20	04:36	10K30-39F	1/89	F	1/157	00:46:01.93
214/239	KALUSKI, DANYELLE	546	01:17:40.41	07:46	10K30-39F	74/89	F	136/157	01:16:14.84
147/239	KAMIS, FATAN	547	01:06:00.33	06:36	10K20-29F	19/28	F	82/157	01:05:45.53
4/239	KELLOWAY, CHAD	548	00:42:54.08	04:17	10K20-29M	2/16	M	4/82	00:41:59.26
216/239	KEONG, ALEX	549	01:18:21.81	07:50	10K30-39M	32/33	M	79/82	01:17:49.11
93/239	KHALID, AMIR	550	00:58:19.26	05:49	10K40-49M	12/21	M	48/82	00:57:48.35
225/239	KHAMIS, TINA	551	01:21:01.94	08:06	10K30-39F	79/89	F	145/157	01:20:46.38
49/239	KIPP, TODD	702	00:54:10.72	05:25	10K30-39M	13/33	M	31/82	00:53:07.37
238/239	KLASSEN, JILLIAN	552	01:37:28.63	09:44	10K30-39F	89/89	F	157/157	01:36:20.64
87/239	KLESSENS, AMY	553	00:58:16.59	05:49	10K30-39F	19/89	F	40/157	00:56:53.64
231/239	KLETCHKO, ANDREA	554	01:23:41.35	08:22	10K30-39F	83/89	F	150/157	01:22:42.11
204/239	KOMMULA, VENKATA	543	01:14:29.45	07:26	10K20-29M	16/16	M	77/82	01:14:02.32
21/239	KROSHUS, CLAIRE	556	00:47:26.67	04:44	10K50-59F	1/8	F	4/157	00:47:22.32
33/239	LAARVELD, VINCENT	557	00:51:03.64	05:06	10K30-39M	11/33	M	24/82	00:50:47.09
101/239	LACHANCE, JAMIE	718	00:59:32.26	05:57	10K30-39M	22/33	M	53/82	00:58:22.80
74/239	LAI, STEPHEN	559	00:57:29.83	05:44	10K40-49M	10/21	M	43/82	00:57:17.61
207/239	LAZZARI, JEN	560	01:16:12.69	07:37	10K30-39F	71/89	F	130/157	01:15:17.79
217/239	LEE-CHAN, JENNIE	561	01:18:25.66	07:50	10K30-39F	75/89	F	138/157	01:17:56.75
135/239	LEECE, TARA	562	01:03:18.48	06:19	10K30-39F	38/89	F	72/157	01:01:55.43
193/239	LESLIE, TERRI	563	01:12:25.53	07:14	10K30-39F	62/89	F	117/157	01:12:16.60
215/239	LOW, ANNIE	564	01:18:14.28	07:49	10K20-29F	27/28	F	137/157	01:17:41.40
165/239	LOWES, MIKE	631	01:07:22.06	06:44	10K40-49M	20/21	M	69/82	01:06:29.34
183/239	LOZINSKI, AMY	565	01:11:17.23	07:07	10K20-29F	22/28	F	108/157	01:10:40.15
22/239	MACKENIZE, ANDREW	650	00:48:06.81	04:48	10K30-39M	7/33	M	18/82	00:47:43.54
230/239	MACKENZIE, KENDRA	571	01:23:41.23	08:22	10K30-39F	82/89	F	149/157	01:22:34.45
88/239	MACKAY, AMANDA	572	00:58:16.65	05:49	10K20-29F	9/28	F	41/157	00:58:05.13
95/239	MAGUIRE, CHRISTI	573	00:59:14.38	05:55	10K20-29F	12/28	F	47/157	00:58:48.69
111/239	MAINS, GORDON	574	01:00:15.39	06:01	10K40-49M	17/21	M	59/82	00:59:34.44
200/239	MARTIN, NATASHA	575	01:13:34.04	07:21	10K30-39F	68/89	F	124/157	01:12:26.00
36/239	MCCABE, JESSICA	576	00:51:55.74	05:11	10K30-39F	6/89	F	11/157	00:51:50.88
115/239	MCCANN, ALLYSON	577	01:00:54.79	06:05	10K30-39F	28/89	F	56/157	01:00:29.43
50/239	MCCASHIN, BRENDAN	703	00:54:10.85	05:25	10K30-39M	14/33	M	32/82	00:53:07.80
120/239	MCCOUBREY, BROOKE	578	01:01:07.10	06:06	10K20-29F	15/28	F	60/157	01:00:00.20
198/239	MCGLONE, AMBER	580	01:13:14.22	07:19	10K30-39F	66/89	F	122/157	01:13:00.01
206/239	MCKENZIE, BAILLIE	471	01:15:53.02	07:35	10K20-29F	25/28	F	129/157	01:14:50.17

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142/239	MEEK, KELLY	581	01:04:50.16	06:29	10K40-49M	18/21	M	65/82	01:03:40.62
196/239	MEIKLE, CHRISTINA	582	01:12:58.59	07:17	10K30-39F	64/89	F	120/157	01:12:52.92
41/239	MIGLIARESE, ANGELO	707	00:52:47.18	05:16	10K50-59M	2/9	M	28/82	00:52:34.24
96/239	MILLER, KURT	583	00:59:19.86	05:55	10K50-59M	6/9	M	49/82	00:58:52.20
191/239	MILLER, LEAH	584	01:12:04.25	07:12	10K30-39F	61/89	F	115/157	01:11:47.79
199/239	MITCHELL, DONDA	690	01:13:30.09	07:21	10K30-39F	67/89	F	123/157	01:12:32.71
184/239	MITHA, HAKEEM	585	01:11:26.46	07:08	10K20-29M	15/16	M	76/82	01:09:45.33
67/239	MONTALVO, SUHEILY	692	00:56:33.09	05:39	10K20-29F	7/28	F	29/157	00:55:45.30
137/239	MOORE, DONNA	586	01:03:45.86	06:22	10K50-59F	6/8	F	73/157	01:03:21.37
31/239	MURPHY, KELLY	587	00:50:27.18	05:02	10K50-59F	2/8	F	9/157	00:50:19.19
97/239	MURRAY, KYLA	588	00:59:20.59	05:56	10K30-39F	21/89	F	48/157	00:59:03.59
64/239	MWANGI, JOHN	589	00:56:27.16	05:38	10K50-59M	3/9	M	37/82	00:55:15.77
178/239	NELSON, LAURA	591	01:09:49.90	06:58	10K30-39F	55/89	F	104/157	01:09:08.37
209/239	NEVES, VERUSHKA	592	01:16:58.09	07:41	10K40-49F	19/22	F	132/157	01:16:07.73
84/239	NICOLSON, JEN	594	00:58:05.23	05:48	10K30-39F	18/89	F	38/157	00:57:07.85
189/239	NORRIS, REBECCA	595	01:11:52.03	07:11	10K20-29F	23/28	F	113/157	01:10:56.89
144/239	NORRIS, TRACY	596	01:05:07.87	06:30	10K50-59F	7/8	F	79/157	01:04:12.32
163/239	O'GORMAN, JENN	597	01:07:10.65	06:43	10K30-39F	50/89	F	95/157	01:06:13.75
167/239	OLSVIK, ERIKA	708	01:07:58.98	06:47	10K40-49F	14/22	F	97/157	01:06:59.90
219/239	PALLESEN, TRIA	721	01:18:30.27	07:51	10K30-39F	76/89	F	139/157	01:17:16.16
202/239	PARENT, ANN	598	01:13:58.44	07:23	10K50-59F	8/8	F	126/157	01:12:53.16
35/239	PARSONS, BRANDON	693	00:51:43.17	05:10	10K30-39M	12/33	M	25/82	00:50:57.05
222/239	PASCUAL, MARIVIC	599	01:19:50.62	07:59	10K20-29F	28/28	F	142/157	01:18:23.72
66/239	PEELAR, NICK	600	00:56:29.62	05:38	10K30-39M	18/33	M	38/82	00:56:20.38
208/239	PENNER, SHERYL	601	01:16:25.90	07:38	10K40-49F	18/22	F	131/157	01:16:02.40
10/239	PETERS, KEITH	712	00:45:20.77	04:32	10K40-49M	3/21	M	10/82	00:45:16.09
8/239	PETKAU, JUSTIN	696	00:44:21.86	04:26	10K40-49M	2/21	M	8/82	00:44:19.84
187/239	PETROVA, PETIA	602	01:11:46.31	07:10	10K30-39F	59/89	F	111/157	01:11:14.55
86/239	PINDER, DOUG	713	00:58:15.22	05:49	10K50-59M	5/9	M	47/82	00:55:39.30
60/239	POELZER, JESSE	603	00:55:27.81	05:32	10K20-29M	10/16	M	35/82	00:54:56.62
98/239	POTTINGER, DUNCAN	704	00:59:24.18	05:56	10K40-49M	13/21	M	50/82	00:59:12.06
42/239	QUADRI, TARIQ	606	00:52:54.05	05:17	10K40-49M	6/21	M	29/82	00:52:42.73
39/239	RADZICHOWSKY, IAN	607	00:52:38.36	05:15	10K40-49M	5/21	M	27/82	00:51:52.12
11/239	RAMSAY, CRAIG	608	00:45:28.50	04:32	10K30-39M	3/33	M	11/82	00:45:24.76
14/239	RAYNER, BEN	611	00:46:15.77	04:37	10K30-39M	4/33	M	13/82	00:45:40.16
119/239	REED, VICTORIA	612	01:01:06.84	06:06	10K20-29F	14/28	F	59/157	00:59:59.10
47/239	REVERING, KATHERINE	613	00:53:26.50	05:20	10K30-39F	10/89	F	18/157	00:53:14.74
61/239	RIABKO, CASSIE	614	00:55:32.16	05:33	10K20-29F	6/28	F	26/157	00:53:59.95
143/239	RICHARDS, RENITA	615	01:04:57.83	06:29	10K20-29F	18/28	F	78/157	01:04:45.79
20/239	RODRIGUEZ, FIL	544	00:47:24.79	04:44	10K30-39M	6/33	M	17/82	00:47:21.70
16/239	ROGERS, KEITH	616	00:46:35.25	04:39	10K40-49M	4/21	M	15/82	00:46:28.71
176/239	ROMIH, DARREN	617	01:09:31.66	06:57	10K20-29M	13/16	M	74/82	01:09:20.79
177/239	ROMIH, MEGAN	618	01:09:31.72	06:57	10K19&UF	8/10	F	103/157	01:09:21.03
164/239	ROOD, JASMINE	619	01:07:11.91	06:43	10K30-39F	51/89	F	96/157	01:06:15.71
223/239	RUSSELL, LISA	706	01:20:04.83	08:00	10K40-49F	21/22	F	143/157	01:19:53.16
210/239	SAXON, EMMA	459	01:16:58.49	07:41	10K30-39F	72/89	F	133/157	01:16:08.13
151/239	SCHIFFKE, KATHRYN	621	01:06:24.96	06:38	10K30-39F	43/89	F	84/157	01:04:59.39
40/239	SCHMITT, HILARY	622	00:52:43.73	05:16	10K19&UF	2/10	F	13/157	00:52:39.44
169/239	SCHWARTZ, MICHAEL	691	01:08:13.84	06:49	10K20-29M	12/16	M	71/82	01:07:10.79
27/239	SCOTT, CATHERINE	623	00:49:58.82	04:59	10K30-39F	4/89	F	7/157	00:49:47.57
205/239	SCOTT-GERBER, MEGAN	624	01:15:17.50	07:31	10K30-39F	70/89	F	128/157	01:14:19.02
110/239	SERVISS, JARED	625	01:00:15.39	06:01	10K40-49M	16/21	M	58/82	00:59:34.32
128/239	SHELLBORN, SHEILA	626	01:02:24.78	06:14	10K30-39F	32/89	F	65/157	01:01:17.49
2/239	SHIKAZE, JEFF	627	00:40:13.64	04:01	10K20-29M	1/16	M	2/82	00:40:09.28
30/239	SIA, ADAM	628	00:50:26.56	05:02	10K20-29M	8/16	M	22/82	00:50:10.87
153/239	SIEGERS, DIONE	629	01:06:29.74	06:38	10K30-39F	44/89	F	86/157	01:06:22.53
195/239	SIEGERS, ERIN	630	01:12:46.74	07:16	10K30-39F	63/89	F	119/157	01:12:39.66
90/239	SKERRY, ALICIA	632	00:58:17.33	05:49	10K20-29F	10/28	F	43/157	00:58:04.79
55/239	SORENSEN, LEAH	705	00:55:13.88	05:31	10K30-39F	11/89	F	21/157	00:54:11.15
48/239	STEVENS, TOM	635	00:53:42.66	05:22	10K40-49M	7/21	M	30/82	00:53:06.81
28/239	STOKKE, TREVOR	637	00:50:12.68	05:01	10K30-39M	9/33	M	21/82	00:49:45.93
83/239	STOROZUK, SHELLEY	638	00:58:04.68	05:48	10K30-39F	17/89	F	37/157	00:56:41.26
235/239	STOUTENBERG, TRISH	639	01:30:05.49	09:00	10K30-39F	87/89	F	154/157	01:29:12.71
180/239	SUN, RICHARD	640	01:10:03.49	07:00	10K20-29M	14/16	M	75/82	01:09:29.63
57/239	SUNSTRUM, CHERYL	641	00:55:22.36	05:32	10K50-59F	4/8	F	23/157	00:54:06.17
18/239	SWERTZ, JENNIFER	694	00:46:56.53	04:41	10K40-49F	1/22	F	2/157	00:46:43.41

2016 Rock the House 10K, 5K

Alpha Overall Results

10K Run - 6.21 Miles

239 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
76/239	SZABADI, CANDACE	642	00:57:40.13	05:46	10K30-39F	15/89	F	32/157	00:57:23.76
109/239	TAYLOR, CAREY	643	01:00:13.05	06:01	10K40-49M	15/21	M	57/82	00:59:04.21
52/239	TAYLOR, JENNIFER	644	00:54:52.73	05:29	10K20-29F	2/28	F	19/157	00:54:47.07
71/239	THIESSEN, STEPHANIE	645	00:57:13.93	05:43	10K30-39F	14/89	F	31/157	00:57:08.26
233/239	THOMAS, KATIE	646	01:24:45.27	08:28	10K30-39F	85/89	F	152/157	01:23:44.62
127/239	THOMSON, COREY	444	01:02:20.24	06:14	10K30-39M	27/33	M	63/82	01:01:59.38
192/239	TONGSRINARK, PAM	647	01:12:21.20	07:14	10K40-49F	17/22	F	116/157	01:09:47.92
102/239	TRUONG, LORI	695	00:59:54.87	05:59	10K40-49F	6/22	F	49/157	00:59:26.04
68/239	TURNER, CHLOE	648	00:56:39.26	05:39	10K19&UF	3/10	F	30/157	00:56:08.95
146/239	TURNER, JENN	649	01:05:58.89	06:35	10K40-49F	10/22	F	81/157	01:05:28.58
221/239	VAN VEEN, SANDRA	652	01:19:29.93	07:56	10K40-49F	20/22	F	141/157	01:18:29.27
91/239	VAZ-DUNN, LINDA	653	00:58:18.50	05:49	10K20-29F	11/28	F	44/157	00:57:20.26
56/239	VIELGUTH, MAGGIE	654	00:55:19.25	05:31	10K20-29F	4/28	F	22/157	00:55:01.14
173/239	VIERNEZA, ISLA	655	01:08:54.90	06:53	10K19&UF	7/10	F	101/157	01:08:31.02
174/239	VIERNEZA, MIKE	656	01:08:54.90	06:53	10K30-39M	31/33	M	73/82	01:08:31.59
140/239	WALKER, LORI	722	01:04:00.81	06:24	10K40-49F	9/22	F	76/157	01:03:38.77
182/239	WALKER, TAMMY	657	01:11:10.40	07:07	10K40-49F	15/22	F	107/157	01:11:10.40
24/239	WARD, COLIN	659	00:48:36.38	04:51	10K30-39M	8/33	M	20/82	00:48:26.83
131/239	WASPE, NANTIA	660	01:02:43.36	06:16	10K30-39F	34/89	F	68/157	01:01:23.43
62/239	WASYLYK, BRETT	661	00:55:39.55	05:33	10K30-39M	17/33	M	36/82	00:54:52.71
65/239	WATTENBARGER, AMANDA	662	00:56:29.46	05:38	10K30-39F	13/89	F	28/157	00:56:20.53
160/239	WEBB OVERMANN, SARAH	663	01:06:54.54	06:41	10K30-39F	48/89	F	93/157	01:05:40.71
168/239	WEBER, BELLA	664	01:08:04.19	06:48	10K19&UF	6/10	F	98/157	01:06:50.08
58/239	WEBER, KIM	665	00:55:22.36	05:32	10K40-49F	3/22	F	24/157	00:54:07.29
149/239	WHITE, LYNSEY	666	01:06:11.33	06:37	10K30-39F	42/89	F	83/157	01:04:47.09
139/239	WICKES, SANDRA	667	01:03:58.65	06:23	10K40-49F	8/22	F	75/157	01:03:32.48
136/239	WILKIE, DECLAN	668	01:03:44.46	06:22	10K19&UM	2/2	M	64/82	01:03:42.12
25/239	WILSON, CAROLINE	669	00:49:17.04	04:55	10K30-39F	3/89	F	5/157	00:48:53.01
13/239	WING, PETER	670	00:46:08.44	04:36	10K20-29M	5/16	M	12/82	00:46:02.03
145/239	WITZEL, LINDSEY	672	01:05:53.87	06:35	10K30-39F	41/89	F	80/157	01:04:30.23
63/239	WONG, JANE	674	00:55:49.61	05:34	10K30-39F	12/89	F	27/157	00:55:33.55
81/239	WONG, KRISTIE	675	00:57:58.00	05:47	10K20-29F	8/28	F	36/157	00:57:52.34
181/239	WOODHEAD, KATHERINE	676	01:10:19.88	07:01	10K20-29F	21/28	F	106/157	01:09:33.44
150/239	WOROBETZ, BLAINE	677	01:06:18.97	06:37	10K40-49M	19/21	M	67/82	01:05:04.18
224/239	WOROBETZ, LEAH	678	01:20:25.38	08:02	10K30-39F	78/89	F	144/157	01:19:09.87
170/239	YANO ATKINSON, MICHELLE	715	01:08:15.44	06:49	10K30-39F	52/89	F	99/157	01:07:12.79
94/239	YUE, MAXINE	679	00:59:04.05	05:54	10K30-39F	20/89	F	46/157	00:58:38.36
118/239	ZAILO, ASHLEIGH	680	01:01:06.53	06:06	10K20-29F	13/28	F	58/157	01:00:51.85
159/239	ZELINSKY, NATASHA	681	01:06:52.63	06:41	10K40-49F	13/22	F	92/157	01:06:44.64
6/239	ZUMWALT, BRAD	723	00:43:57.75	04:23	10K50-59M	1/9	M	6/82	00:43:47.27
26/239	ZUMWALT, CASSIE	724	00:49:43.68	04:58	10K19&UF	1/10	F	6/157	00:49:34.06