

# Adams Sports Medicine MiSCA Coaches Race

## Individual Results



Place	Name	Team	Lap 1	Lap 2	PEN	FINAL
<b>Male Coaches Beginner Course: 2 Laps (7.4 mi)</b>						
1	Riggs, Paul	Huron Valley	14:17.8	13:57.9		28:15.755
2	Crowley, Andrew	West Michigan Coyotes	14:06.4	14:09.5		28:15.989
3	DeCook, Ryan	RAYC Raptors	14:00.9	14:49.8		28:50.840
4	Lapinski, Joe	RAYC Raptors	14:35.8	14:36.0		29:11.935
5	Welch, Shaun	Lake Orion	14:35.2	14:36.9		29:12.240
6	Spry, Stephen	RAYC Raptors	14:29.8	14:43.8		29:13.717
7	Sherwood, Michael	SW Michigan Thundercats	14:34.9	14:55.9		29:30.873
8	Pankey, Brett	West Michigan Coyotes	14:42.2	14:53.5		29:35.797
9	Heirtzler, Paul	Northville	14:41.6	15:03.9		29:45.521
10	Tungl, Tobi	West Michigan Coyotes	14:44.5	15:19.3		30:03.896
11	McClure, Darcy	Northville	15:06.8	15:09.3		30:16.202
12	Pokowski, Adam	RAYC Raptors	15:06.8	15:09.6		30:16.506
13	Savona, Aaron	RAYC Raptors	15:06.8	15:14.5		30:21.382
14	Cogswell, Aaron	Ann Arbor MTB	15:08.6	15:18.4		30:27.077
15	Drajka, Jeffrey	West Michigan Coyotes	15:30.7	15:13.4		30:44.211
16	Schultz, William	Lake Orion	15:39.4	15:10.0		30:49.531
17	Learman, Keith	RAYC Raptors	15:27.5	15:21.9		30:49.556
18	Zielinski, Steven	Lake Orion	15:38.3	15:12.1		30:50.539
19	Kollien, Justin	Huron Valley	15:45.2	15:05.6		30:50.868
20	Grant, David	Huron Valley	15:57.1	14:55.3		30:52.461
21	Chappell, Conner	Lake Orion	15:44.1	15:27.1		31:11.306
22	Bayma, Nicholas	Northville	15:44.4	15:58.8		31:43.321
23	Sims, Emil	Northville	16:30.6	15:15.7		31:46.416
24	Oag, Gavin	RAYC Raptors	15:57.9	15:54.1		31:52.068
25	Babichev, Alexey	Lake Orion	15:57.5	16:03.7		32:01.323
26	Malone, Ken	RAYC Raptors	16:41.5	15:19.7		32:01.350
27	Poirier, Jeff	Brighton	16:24.0	15:51.6		32:15.737
28	LaGest, Adrian	Lake Orion	16:21.8	16:04.3		32:26.236
29	Bretzlaff, Jason	Orange Krush	16:33.1	16:33.4		33:06.550
30	Merrill, Nick	SW Michigan Thundercats	16:24.5	17:27.8		33:52.419
31	Hlahla, Blessing	Huron Valley	17:13.1	17:03.1		34:16.278

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Place	Name	Team	Lap 1	Lap 2	PEN	FINAL
32	Sanchez, Lawrence	Ann Arbor MTB	17:19.1	17:03.9		34:23.100
33	Savoie, James	Brandon	16:51.2	17:33.8		34:25.068
34	Ahn, Christopher	Lake Orion	17:27.5	16:57.6		34:25.278
35	Huston, Aaron	Brandon	17:12.9	17:17.6		34:30.622
36	Messina, John	Huron Valley	17:24.4	17:06.3		34:30.787
37	Carknard, Vincent	Brighton	17:34.9	16:57.9		34:32.895
38	Smith, Walt	Orange Krush	18:06.4	16:47.3		34:53.757
39	Kriebel, Nick	RAYC Raptors	17:13.9	17:40.1		34:54.015
40	Paddock, Jon	Ann Arbor MTB	18:38.4	16:32.9		35:11.382
41	Abington, James	Brighton	18:36.3	17:22.6		35:59.031
42	Leitow, Don	SW Michigan Thundercats	17:50.3	18:10.0		36:00.366
43	Smith, Kyle	Black Swamp Riders	18:55.5	17:18.2		36:13.750
44	Denby, Scott	Northville	18:00.0	18:29.3		36:29.312
45	Veley, Chris	West Michigan Coyotes	18:07.6	18:30.6		36:38.312
46	Bovee, Benjamin	Ann Arbor MTB	19:06.5	17:39.1		36:45.672
47	Nowowiejski, Daniel	Black Swamp Riders	18:34.2	18:31.2		37:05.502
48	Carstens, Curt	Huron Valley	18:49.5	18:30.9		37:20.548
49	Haberkorn, Adam	Brighton	19:06.4	18:28.3		37:34.821
50	Heusted, Jake	Huron Valley	19:34.1	18:44.4		38:18.651
51	Kirian, Adam	Black Swamp Riders	19:35.4	18:48.4		38:23.952
52	Hodder, Randall	Brighton	20:08.0	18:22.3		38:30.488
53	Broughton, Justinian	West Michigan Coyotes	20:07.7	18:31.9		38:39.769
54	Taylor, Jason	Huron Valley	19:36.8	19:09.7		38:46.542
55	O'Malley, Eric	SW Michigan Thundercats	19:53.3	19:41.8		39:35.110
56	Pereira, Celso	SW Michigan Thundercats	19:34.9	20:17.8		39:52.825
57	Howard, Mark	Lansing Cyclones	20:07.6	19:46.1		39:53.855
58	Keen, Andrew	Lansing Cyclones	19:53.0	20:07.4		40:00.537
59	Swanson, Erik	RAYC Raptors	19:50.4	20:20.6		40:11.154
60	Kauffman, Andrew	Huron Valley	19:29.4	21:01.6		40:31.053
61	Nickey, Justin	Black Swamp Riders	20:21.2	20:09.7		40:31.053
62	Kowalski, Darin	Huron Valley	18:59.0	21:34.9		40:34.057
63	Carnwath, Ron	RAYC Raptors	21:18.3	19:27.2		40:45.585
64	Redhage, Erich	Rochester MBT	18:38.1	22:14.8		40:53.013

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Place	Name	Team	Lap 1	Lap 2	PEN	FINAL
65	McKenzie, Christopher	Rochester MBT	18:34.2	22:18.7		40:53.037
66	Fronek, Jeff	Rochester MBT	18:26.9	22:26.1		40:53.177
67	Wellman, Michael	Rochester MBT	18:28.1	22:25.1		40:53.224
68	Torio, Gino	Black Swamp Riders	20:42.7	20:12.8		40:55.523
69	Park, Jeffry	Huron Valley	23:24.5	20:14.2		43:38.813
70	Dell, Ernest	Orange Krush	22:21.9	22:23.7		44:45.611
71	Werth, Timothy	Orange Krush	23:36.6	21:17.9		44:54.589
72	Schnug, Tyler	Ann Arbor MTB	22:58.4	22:30.2		45:28.738
73	West, Tyler	SW Michigan Thundercats	24:13.3	21:28.5		45:41.886
74	Fate, Dustin	Black Swamp Riders	23:21.8	23:17.1		46:38.964
75	Longhurst, Jason	Orange Krush	23:42.8	22:57.0		46:39.895
76	Judge, David	Orange Krush	24:38.5	22:36.1		47:14.772
77	Duhamel, David	Black Swamp Riders	23:34.7	24:53.7		48:28.509
78	Bilderbeck, Joseph	Lake Orion	29:12.4	28:23.4		57:35.906
79	Henriksen, Jakob	Ann Arbor MTB	29:17.2	31:27.2		1:00:44.464
DNF	Sullivan, Chris	Orange Krush	24:15.2	DNF		
<b>Female Coaches Beginner Course: 2 Laps (7.4 mi)</b>						
1	Derrick, Nikki	Huron Valley	15:39.8	16:02.0		31:41.891
2	Uh, Sara	RAYC Raptors	16:30.8	16:35.3		33:06.175
3	Jara, Ana	RAYC Raptors	16:43.1	16:23.2		33:06.409
4	Opfer, Jessica	SW Michigan Thundercats	16:58.6	17:21.5		34:20.215
5	Swanson, Abbey	RAYC Raptors	17:04.8	17:16.2		34:21.176
6	Sherwood, Sheila	SW Michigan Thundercats	16:42.6	17:42.2		34:24.856
7	Courtney, Jessica	Northville	17:25.6	17:06.9		34:32.574
8	Heist, Jill	Lake Orion	19:06.7	17:07.5		36:14.265
9	Tidbury, Lisa	Huron Valley	19:37.0	18:47.1		38:24.205
10	Hereau, Holly	RAYC Raptors	19:28.2	19:20.6		38:48.862
11	Abington, Liberty	Brighton	20:23.7	20:07.9		40:31.732
12	Smith, Ashley	Black Swamp Riders	20:24.9	20:15.6		40:40.638
13	Courtade, Kristin	RAYC Raptors	20:37.6	20:06.6		40:44.319
14	schafka, jacqueline	Brighton	23:25.5	20:37.9		44:03.516
15	Werth, Jaime	Orange Krush	23:37.8	20:35.6		44:13.571

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Place	Name	Team	Lap 1	Lap 2	PEN	FINAL
16	Inman, Zandra	Orange Krush	22:27.2	22:14.6		44:41.886
17	Bretzlaff, Kara	Orange Krush	22:27.1	22:16.2		44:43.338
18	Thellman, Nikki	SW Michigan Thundercats	22:19.0	22:31.5		44:50.556
19	Liskova, Elena	Black Swamp Riders	23:22.9	22:02.1		45:25.058
20	McCluney, Noel	Black Swamp Riders	23:20.2	22:23.7		45:44.020
21	Taylor, Michelle	Huron Valley	23:35.3	23:18.4		46:53.794
22	Fate, Adrian	Black Swamp Riders	23:26.8	23:27.9		46:54.803
23	LEININGER, LISA	Black Swamp Riders	29:32.2	32:59.5		1:02:31.835
24	Lowien-Kirian, Adrien	Black Swamp Riders	29:16.2	34:20.2		1:03:36.476
DNF	Kyer, Elizabeth	Lansing Cyclones	42:43.1	DNF		
DNF	Eaton, Katie	Lansing Cyclones	29:16.4	DNF		