

**Carleton HyRox Simulation Results - April 5, 2026**

| Division                 | Rank | Member 1             | Member 2               | Time |        |        |
|--------------------------|------|----------------------|------------------------|------|--------|--------|
|                          |      |                      |                        | Hour | Minute | Second |
| Full Pro Men's Doubles   | 1    | Paul Markhauser      | Colin Huff             | 0    | 59     | 46     |
|                          | 2    | Christopher Fudge    | Geraldo Grimaud        | 1    | 2      | 22     |
|                          | 3    | Matt Benoit          | Derek Lacelle          | 1    | 6      | 12     |
|                          | 4    | Joey Kewin           | Chris Latimer          | 1    | 8      | 41     |
|                          | 5    | Peter Davidson       | Pawel Wojnarowicz      | 1    | 10     | 26     |
|                          | 6    | William Verboon      | Gabriel Suderman       | 1    | 10     | 35     |
|                          | 7    | Mathieu April        | Brian Nguyen           | 1    | 31     | 50     |
| Full Pro Women's Doubles | 1    | Caitlin O'Higgins    | Erin O'Higgins         | 1    | 4      | 43     |
|                          | 2    | Katherine Markhauser | Carly Little           | 1    | 11     | 32     |
|                          | 3    | Brynn ODwyer         | Payton Bray            | 1    | 11     | 55     |
|                          | 4    | Victoria Falcone     | Taylor Sims            | 1    | 16     | 53     |
|                          | 5    | Lauren Heuvel        | Marie Aude Grandmaitre | 1    | 17     | 20     |
|                          | 6    | Nathalie Connors     | Audrey Prayal Brown    | 1    | 19     | 3      |
|                          | 7    | Kate Bond            | Cassie Campbell        | 1    | 22     | 30     |
|                          | 8    | Holly Wagg           | Rosana Pasqualim       | 1    | 25     | 10     |
| Full Mixed Doubles       | 1    | Kristin Honshorst    | Geoff Carran           | 1    | 6      | 35     |
|                          | 2    | Amelie Boutin        | Laurent Cousineau      | 1    | 9      | 20     |
|                          | 3    | Joanne Giguere       | Gregory James Mckean   | 1    | 9      | 27     |
|                          | 4    | Colin Adams          | Kara Richardson        | 1    | 10     | 57     |
|                          | 5    | Amanda Ennis         | Phil Machon            | 1    | 11     | 27     |
|                          | 6    | Laurent Pichette     | Michelle Murphy        | 1    | 12     | 30     |
|                          | 7    | Rose LaBreche        | Kile Loveridge         | 1    | 12     | 36     |
|                          | 8    | Deanne Spiers        | Kris Gibbs             | 1    | 14     | 5      |
|                          | 9    | Jason McNamara       | Carly Heatley          | 1    | 15     | 14     |
|                          | 10   | Kael Kleinbub        | Julia Clinch           | 1    | 16     | 49     |
|                          | 11   | Mark Alves           | Kelly Schincariol      | 1    | 17     | 14     |
|                          | 12   | Drake Thiessen       | Sara Gross             | 1    | 17     | 57     |
|                          | 13   | Shawn Clost          | Allison Gracie         | 1    | 22     | 52     |
|                          | 14   | Meghan Graham        | Geoff Roth             | 1    | 22     | 56     |
|                          | 15   | Austin Trudeau       | Anna McLaughlin        | 1    | 24     | 10     |
|                          | 16   | Camille Pelet        | Matteo LeClair         | 1    | 24     | 49     |
|                          | 17   | Noah Kutyma          | Madelaine Lapointe     | 1    | 25     | 56     |
|                          | 18   | Makayla Thornton     | Matthew Douvris        | 1    | 29     | 54     |
|                          | 19   | Isabella Fiorelli    | Hady Nazif             | 1    | 39     | 0      |
|                          | 20   | Saksham Mahajan      | Sierra Dubrovsky       | 1    | 41     | 10     |
|                          | 21   | Saif Kubba           | Damia Alqadi           | 1    | 49     | 56     |
|                          | 22   | Andrew Girgis        | Jessica Richardson     | 1    | 54     | 47     |
| Full Open Men's Doubles  | 1    | Benn Best            | Nikolai Madsen         | 1    | 6      | 55     |
|                          | 2    | Winston To           | Howie Abramovitch      | 1    | 7      | 43     |
|                          | 3    | Josh Cunningham      | Jacob Morris           | 1    | 10     | 10     |
|                          | 4    | Kevin Woodley        | Tim Guttormson         | 1    | 10     | 40     |
|                          | 5    | Rob Mallof           | Jonny Udell            | 1    | 11     | 7      |
|                          | 6    | Shane Kranz          | Connor Ryan            | 1    | 13     | 4      |
|                          | 7    | Justin Jedlinski     | James Allen            | 1    | 14     | 24     |
|                          | 8    | Ethan Rocha          | Aiden Arnott Smith     | 1    | 14     | 25     |
|                          | 9    | Matt Maloley         | Tayeb Mesbah           | 1    | 14     | 43     |
|                          | 10   | Mark Stanley         | Tyler Wong             | 1    | 14     | 49     |
|                          | 11   | Peter Valee          | Patrick Muldoon        | 1    | 16     | 37     |
|                          | 12   | Hayden Lawrance      | Jamie Van Walleghem    | 1    | 16     | 40     |
|                          | 13   | Enrique Arias Sosa   | Scott Pora             | 1    | 18     | 33     |
|                          | 14   | Ted Zeisner          | Ollie Zeisner          | 1    | 18     | 48     |
|                          | 15   | Bill Young           | Khaled El-Emam         | 1    | 21     | 51     |
|                          | 16   | Justin Wong          | Justin Huang           | 1    | 23     | 16     |
|                          | 1    | Carly Shaw-Maclaren  | Manon Valiquette       | 1    | 5      | 22     |
|                          | 2    | Vanessa Caron        | Lauren Stroud          | 1    | 10     | 45     |
|                          | 3    | Vanessa Morin        | Taryn Foster           | 1    | 12     | 28     |
|                          | 4    | Rhiannon Parry       | Gabrielle Ebacher      | 1    | 12     | 42     |

|                              |                         |                                 |                            |                   |    |    |    |
|------------------------------|-------------------------|---------------------------------|----------------------------|-------------------|----|----|----|
| Full Open Women's<br>Doubles | 5                       | Megan O'Neill                   | Tiffani Harris             | 1                 | 12 | 51 |    |
|                              | 6                       | Alicia Boxma                    | Keegan McIntosh            | 1                 | 14 | 18 |    |
|                              | 7                       | Olivia Reed                     | Tara Scullion              | 1                 | 14 | 42 |    |
|                              | 8                       | Cheryl Wadasinghe               | Sharon Osborne             | 1                 | 16 | 28 |    |
|                              | 9                       | Michelle Jardine                | Melanie Lepper             | 1                 | 17 | 9  |    |
|                              | 10                      | Paige King                      | Jenn Hendrick              | 1                 | 17 | 35 |    |
|                              | 11                      | Laura Corker                    | Sara Miall                 | 1                 | 17 | 39 |    |
|                              | 12                      | Nadia Ricci                     | Trang Ho-Nguyen            | 1                 | 23 | 7  |    |
|                              | 13                      | Taylor Mackenna                 | Ember Warren               | 1                 | 23 | 9  |    |
|                              | 14                      | Holly Young                     | Brigid McIntyre            | 1                 | 25 | 20 |    |
|                              | 15                      | Jacqueline Yates                | Laura Zaloum               | 1                 | 25 | 56 |    |
|                              | 16                      | Carly Hawke                     | Kate Zito                  | 1                 | 26 | 4  |    |
|                              | 17                      | Annette DeGroot                 | Lana Savkovic              | 1                 | 26 | 5  |    |
|                              | 18                      | Kendra Byrne                    | Thalia Nalley              | 1                 | 29 | 4  |    |
|                              | 19                      | Kyla Cloutier                   | Courtney Lapalm            | 1                 | 30 | 10 |    |
|                              | 20                      | Kaitlyn Macdonald               | Sahara Wren                | 1                 | 31 | 11 |    |
|                              | 21                      | Jenny Fowler                    | Quinn Waylaing             | 1                 | 31 | 18 |    |
|                              | 22                      | Grace Wiley                     | Miriam Plazek              | 1                 | 32 | 26 |    |
|                              | 23                      | Lauren Aussant                  | Isabella McCloskey         | 1                 | 32 | 42 |    |
|                              | 24                      | Jillian Andrews                 | Elodie Pollock             | 1                 | 34 | 46 |    |
|                              | 25                      | Sophie Touchette                | Angela Skaf                | 1                 | 38 | 5  |    |
|                              | 26                      | LYB                             | LYB                        | 1                 | 41 | 55 |    |
|                              | 27                      | Tatyana Smid                    | Sydney Drue Priya Cameron  | 1                 | 41 | 55 |    |
|                              | 28                      | Brenda Ross                     | Jackie DeGouffe            | 1                 | 43 | 59 |    |
|                              | 29                      | Darlin Tezen                    | Dayana Tezen               | 1                 | 48 | 23 |    |
|                              | 30                      | Lyndsay Pare                    | Morgan Sweeney             | 1                 | 50 | 21 |    |
|                              | Half Women's<br>Doubles | 1                               | Maya Carpan                | Ella Paget        | 0  | 55 | 0  |
|                              |                         | 2                               | Kelly Morrissey            | Alyssa Benoit     | 0  | 55 | 57 |
|                              |                         | 3                               | Chris Nadon                | Monique Welbourne | 0  | 56 | 9  |
|                              |                         | 4                               | Madeleine Tremblay         | Dacia Fritz       | 0  | 56 | 34 |
| 5                            |                         | Valerie May                     | Lauren Keyes               | 0                 | 57 | 6  |    |
| 6                            |                         | Katie Scharf                    | Paige Fleet                | 0                 | 58 | 4  |    |
| 7                            |                         | Louise Powell                   | Meghan Abbey               | 1                 | 1  | 22 |    |
| 8                            |                         | Melissa Moran                   | Illiana Veronica Hernandez | 1                 | 5  | 9  |    |
| 9                            |                         | Renee Hogarth-Rosmus            | Emily Cormier              | 1                 | 5  | 19 |    |
| 10                           |                         | Katie Tiffany                   | Emmily Porier              | 1                 | 6  | 7  |    |
| 11                           |                         | Crystal Rodger                  | Fiona Riches               | 1                 | 8  | 58 |    |
| 12                           |                         | Gwen Rushton                    | Sara Rowe                  | 1                 | 10 | 31 |    |
| 13                           |                         | Elisa Koene                     | Julie Pacquette            | 1                 | 13 | 29 |    |
| 14                           |                         | Kristen Drury                   | Clancy Harris              | 1                 | 13 | 38 |    |
| 15                           |                         | Meghan Pettipas                 | Diana Tallman              | 1                 | 13 | 57 |    |
| 16                           |                         | Katie Hennessy                  | Laura Summers              | 1                 | 15 | 15 |    |
| 17                           |                         | Sarah McSweeney                 | Delaney Thompson           | 1                 | 16 | 20 |    |
| 18                           |                         | Ana Valeria Villalpando Cabrera | Lydia Lefebvre             | 1                 | 16 | 39 |    |
| 19                           |                         | Kathryn Cimpello Badeen         | Andrea Zurawski            | 1                 | 16 | 45 |    |
| 20                           |                         | Lynn Venne                      | Chantal Beaupré            | 1                 | 23 | 25 |    |
| 21                           |                         | Juliana Castagno                | Maria Veitch               | 1                 | 24 | 57 |    |
| 22                           |                         | Kandice Fong                    | Joelle Fong                | 1                 | 25 | 30 |    |
| 23                           |                         | Sahel Safaei                    | Tara Afshar                | 1                 | 31 | 51 |    |
| Half Mixed<br>Doubles        | 1                       | Ralitzza Koterlitzova           | Michael Spence             | 0                 | 49 | 40 |    |
|                              | 2                       | Laura Martin                    | Aaron Abele                | 0                 | 50 | 39 |    |
|                              | 3                       | Sean Tippett                    | Makaila Jones              | 0                 | 58 | 48 |    |
|                              | 4                       | Andrew McMaster                 | Jennifer Rottmann          | 0                 | 59 | 21 |    |
|                              | 5                       | Anika Myers                     | Ade Adedapo                | 1                 | 2  | 55 |    |
|                              | 6                       | Maria Pienkowski                | Matthew Lendvay-Zwickl     | 1                 | 5  | 20 |    |
|                              | 7                       | Jason Van Wyngaarden            | Erica Van Wyngaarden       | 1                 | 5  | 56 |    |
|                              | 8                       | Kristen Andersen                | Mark Adam                  | 1                 | 14 | 6  |    |
|                              | 9                       | Taylor Maudlin                  | Oscar Chavez               | 1                 | 15 | 0  |    |
|                              | 10                      | Melissa Jess                    | Patrick Aubry              | 1                 | 15 | 49 |    |
|                              | 11                      | Vanessa Genereaux               | Alaeldin Abdel Magid       | 1                 | 17 | 11 |    |

|                    |                |                       |                         |    |    |    |
|--------------------|----------------|-----------------------|-------------------------|----|----|----|
|                    | 12             | Lois Boateng Amirikah |                         | 1  | 19 | 32 |
|                    | 13             | Valerie Mayer         | Ahmed Sakr              | 1  | 21 | 52 |
| Half Men's Doubles | 1              | Troy Galler           | Aaron Cheung            | 0  | 50 | 46 |
|                    | 2              | Philippe Bjerring     | D'Arcy Pelletier Lauzon | 0  | 51 | 10 |
|                    | 3              | Said Mansoor          | Moustafa Sherif         | 0  | 53 | 4  |
|                    | 4              | Othman Khattab        | Adam Verboon            | 0  | 55 | 11 |
|                    | 5              | Cameron Bye           | Emmet Belcourt          | 0  | 56 | 52 |
|                    | 6              | Carlos Sanchez        | Andrew Trenholm         | 0  | 56 | 59 |
|                    | 7              | Ryan Whalen           | Samuel Howell           | 0  | 58 | 9  |
|                    | 8              | Jim Goodman           | Stephen Davis           | 0  | 58 | 44 |
|                    | 9              | Sabastian Taylor      | Dave Kendall            | 0  | 58 | 59 |
|                    | 10             | Aryn Holness          | Sam Lesh                | 0  | 59 | 13 |
|                    | 11             | Nick Frate            | Hector Reynoso          | 1  | 2  | 40 |
|                    | 12             | Daniel Vrbanac        | Caedan Saulnier         | 1  | 4  | 40 |
|                    | 13             | Mayukhe Peiris        | Akindu Silva            | 1  | 17 | 33 |
| 14                 | Ryan Pollard   | Jack Olgilvie         | 1                       | 21 | 1  |    |
| 15                 | Tarek Osseiran | Zi Heng Zhou          | 1                       | 21 | 19 |    |