

	PR (Pre 2019)		Wednesday, March 27, 2019				Wednesday, April 10, 2019				TOTAL
	Time	Speed	Time	Speed	Improve	Points	Time	Speed	Improve	Points	
Francis, Jet	29:00.66	20.678	27:19.26	21.965	5.825%	34	26:36.02	22.556	2.638%	29	63
Herring, Tony	24:57.29	24.048	25:14.33	23.778	3.688%	33	24:29.81	24.490	2.940%	30	63
Hoechster, David	28:57.23	20.725	28:34.20	21.004	1.326%	23	27:50.44	21.557	2.553%	29	52
Bellof, Carolyn			31:18.26	19.169	0.000%	14	29:20.11	20.455	6.290%	34	48
Clark, Tonya			31:13.70	19.210	0.000%	14	29:42.28	20.202	4.879%	34	48
Heiser, Ashby			26:21.73	22.756	0.000%	14	25:04.02	23.936	4.913%	34	48
Leonhardt, Tami			28:13.55	21.251	0.000%	14	27:03.22	22.181	4.153%	34	48
Newman, Jodi			28:14.55	21.239	0.000%	14	27:11.47	22.072	3.723%	33	47
Psurny, Mike			34:12.91	17.535	0.000%	14	33:05.28	18.136	3.294%	32	46
Daniels, Clay			27:16.00	22.005	0.000%	14	26:44.40	22.444	1.932%	26	40
Nelson, Levi			23:03.61	26.012	0.000%	14	22:42.78	26.412	1.505%	24	38
Mobley, Robert	23:17.90	25.751	25:20.00	23.684	0.000%	14	25:00.34	24.000	1.293%	23	37
Cacali, Greg	22:22.67	26.806	23:11.11	25.881	-3.481%	2	22:08.59	27.088	4.494%	34	36
Kunkle, Christy			34:15.14	17.518	0.000%	14	33:49.87	17.734	1.230%	22	36
Farmer, Aleah	29:49.47	20.123	31:52.29	18.828	-6.863%	1	30:16.66	19.813	5.001%	34	35
Greenfield, Erik	24:09.03	24.845	24:26.00	24.557	-1.171%	9	23:58.53	25.017	1.874%	26	35
Nissen, Tim	26:39.20	22.514	28:22.91	21.139	-6.485%	1	26:58.78	22.236	4.940%	34	35
Purser, Lat	25:09.48	23.857	27:24.48	21.898	-8.943%	1	26:09.02	22.945	4.589%	34	35
Shiels, Terry	25:00.63	23.984	28:53.20	20.773	-6.357%	1	27:40.84	21.674	4.175%	34	35
Whitt, Randy	24:57.18	24.048	28:29.03	21.065	-4.825%	1	27:06.81	22.127	4.811%	34	35
Arve, Philip	24:25.73	24.557					23:05.84	25.974	5.451%	34	34
Bennett, Chad	23:29.88	25.532					22:47.28	26.335	6.154%	34	34
Fineran, Dan	23:07.51	25.937	25:38.11	23.407	-4.040%	1	24:40.69	24.308	3.733%	33	34
McVea, Mike	26:39.20	22.514	24:37.17	24.374	7.631%	34					34
Alvey, Keith	24:38.91	24.341	26:19.42	22.799	-5.195%	1	25:27.02	23.576	3.318%	32	33
Samartino, Frank	26:17.26	22.828	27:45.97	21.609	-5.624%	1	26:48.28	22.388	3.463%	32	33
Brumbaugh, John	29:18.55	20.466	28:23.03	21.139	3.157%	31					31
Noonan, Dave	22:37.50	26.529	22:53.20	26.220	-1.157%	9	22:36.62	26.529	1.207%	22	31
Johnston, Raymond	26:13.89	22.872	Volunteer			14	29:16.40	20.501	-5.004%	14	28
McGlothlin, Steve	25:24.63	23.607	27:37.23	21.726	-3.469%	2	27:07.11	22.127	1.817%	26	28
Patterson, John	20:33.69	29.173	23:30.51	25.514	-9.304%	1	22:59.65	26.087	2.188%	27	28
Capuano, Mike	23:31.18	25.514	25:04.51	23.920	-5.755%	1	24:37.11	24.374	1.821%	26	27
Enes, Tony	24:10.94	24.810	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	21
Herrin, Jimmy	23:10.29	25.899					24:26.65	24.540	0.796%	20	20
Graham, Douglas	21:56.58	27.335	22:59.03	26.106	-3.919%	1	22:52.44	26.239	0.478%	17	18
Davies, Rodney	23:56.46	25.070					24:58.34	24.032	0.126%	16	16
Lehman, Steve	23:10.23	25.899					23:23.40	25.659	0.068%	15	15
Young, Patrick	25:04.00	23.936	27:15.20	22.018	-7.701%	1	Volunteer			14	15
Adams, Scott							26:29.81	22.642	0.000%	14	14
Allman, Traci			32:39.58	18.367	0.000%	14					14
Chin, Bernie	23:45.94	25.245					26:30.99	22.627	0.000%	14	14
Crowell, Jamie, Weslock, Rick							27:23.59	21.898	0.000%	14	14
Daleo, Jin							31:11.20	19.241	0.000%	14	14
Disher, Christian			31:46.67	18.878	0.000%	14					14
Engle, James			25:23.17	23.638	0.000%	14					14
Heher, Scott							32:45.81	18.311	0.000%	14	14
Keefer, Anne							32:18.99	18.566	0.000%	14	14
Nord, Marshall							23:45.28	25.263	0.000%	14	14
O'Donnell, Tim	22:47.15	26.335	Volunteer			14					14
Radler, Bill							38:50.78	15.444	0.000%	14	14
Reavis, Jim			30:20.67	19.769	0.000%	14					14
Reynolds, Alex							29:24.28	20.408	0.000%	14	14
Robinson, Nan	31:29.05	19.058	Volunteer			14					14
Siewers, Jim	23:50.96	25.157	28:06.67	21.340	0.000%	14					14
Suarez, Silvio							27:58.37	21.454	0.000%	14	14
Thomas, David			31:59.09	18.760	0.000%	14					14
Wakeman, Trudy							32:22.14	18.538	0.000%	14	14
Williams, Byron	33:16.66	18.027					33:17.59	18.018	-0.047%	14	14
Williams, Ginger							35:34.81	16.862	0.000%	14	14
Christofaro, Josh	26:52.34	22.333	27:10.33	22.086	-1.116%	9					9
Broom, John	24:17.11	24.708	24:51.55	24.129	-2.364%	4					4
Six, Fred	23:29.49	25.550	24:22.54	24.607	-2.341%	4					4
Liborio, Justin	23:09.11	25.918					23:49.71	25.175	-2.923%	3	3
Bayag, Dane	29:46.29	20.157					30:58.78	19.365	-4.058%	1	1
Bogan, Bob	26:05.30	23.003	27:41.51	21.661	-4.193%	1					1
Britt, Christi	26:10.50	22.930	28:31.17	21.040	-8.900%	1					1
Crowell, Jamie/Greenfield, Erik	26:34.00	22.585	33:26.97	17.937	-25.908%	1					1
Daniel, Roxanne (Englin)	28:46.14	20.857					29:56.05	20.045	-3.572%	1	1
Morgan, Lisa	30:58.17	19.376	33:42.32	17.804	-8.834%	1					1
Peterson, Mark	22:47.90	26.316	25:32.67	23.483	-8.563%	1					1
Rogut, Nathan	25:51.67	23.196	28:04.03	21.378	-8.530%	1					1
Van Holderbeke, Sonja	25:43.92	23.316	28:24.70	21.114	-4.449%	1					1
Zeman, Chad	25:09.28	23.857	26:17.11	22.828	-4.494%	1					1