	PR (Pre 2019)		Wednesday, March 27, 2019				Wednesday, April 10, 2019				Wednesday, April 24, 2019				
	Time	Speed	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	TOTAL
Herring, Tony	24:57.29	24.048	25:14.33	23.778	3.688%	33	24:29.81	24.490	2.940%	30	24:01.00	24.983	1.960%	26	89
Francis, Jet	29:00.66	20.678	27:19.26	21.965	5.825%	34	26:36.02	22.556	2.638%	29	26:11.66	22.901	1.526%	24	87
Psurny, Mike			34:12.91	17.535	0.000%	14	33:05.28	18.136	3.294%	32	32:08.34	18.672	2.868%	30	76
Leonhardt, Tami			28:13.55	21.251	0.000%	14	27:03.22	22.181	4.153%	34	26:45.56	22.416	1.088%	21	69
Brumbaugh, John	29:18.55	20.466	28:23.03	21.139	3.157%	31					26:50.28	22.360	5.446%	34	65
Mobley, Robert	23:17.90	25.751	25:20.00	23.684	0.000%	14	25:00.34	24.000	1.293%	23	24:24.56	24.573	2.385%	28	65
Heiser, Ashby			26:21.73	22.756	0.000%	14	25:04.02	23.936	4.913%	34	Volunteer			14	62
Farmer, Aleah	29:49.47	20.123	31:52.29	18.828	-6.863%	1	30:16.66	19.813	5.001%	34	29:51.53	20.089	1.383%	23	58
Purser, Lat	25:09.48	23.857	27:24.48	21.898	-8.943%	1	26:09.02	22.945	4.589%	34	25:51.05	23.211	1.145%	22	57
Daniels, Clay			27:16.00	22.005	0.000%	14	26:44.40	22.444	1.932%	26	26:42.43	22.472	0.123%	15	55
Enes, Tony	24:10.94	24.810	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	24:01.94	24.965	3.747%	33	54
Alvey, Keith	24:38.91	24.341	26:19.42	22.799	-5.195%	1	25:27.02	23.576	3.318%	32	25:17.11	23.731	0.649%	19	52
Hoechster, David	28:57.23	20.725	28:34.20	21.004	1.326%	23	27:50.44	21.557	2.553%	29					52
Clark, Tonya			31:13.70	19.210	0.000%	14	29:42.28	20.202	4.879%	34	30:30.69	19.661	-2.716%	3	51
Newman, Jodi			28:14.55	21.239	0.000%	14	27:11.47	22.072	3.723%	33	28:00.31	21.429	-2.994%	3	50
Bellof, Carolyn			31:18.26	19.169	0.000%	14	29:20.11	20.455	6.290%	34					48
Samartino, Frank	26:17.26	22.828	27:45.97	21.609	-5.624%	1	26:48.28	22.388	3.463%	32	26:54.20	22.305	-0.368%	12	45
Cacali, Greg	22:22.67	26.806	23:11.11	25.881	-3.481%	2	22:08.59	27.088	4.494%	34	22:27.17	26.726	-1.398%	8	44
Disher, Christian			31:46.67	18.878	0.000%	14					30:54.28	19.417	2.748%	29	43
Noonan, Dave	22:37.50	26.529	22:53.20	26.220	-1.157%	9	22:36.62	26.529	1.207%	22	22:42.20	26.432	-0.411%	12	43
Patterson, John	20:33.69	29.173	23:30.51	25.514	-9.304%	1	22:59.65	26.087	2.188%	27	23:04.17	26.012	-0.328%	12	40
Davies, Rodney	23:56.46	25.070					24:58.34	24.032	0.126%	16	24:39.69	24.324	1.245%	22	38
Nelson, Levi			23:03.61	26.012	0.000%	14	22:42.78	26.412	1.505%	24					38
Arve, Philip	24:25.73	24.557					23:05.84	25.974	5.451%	34	23:43.65	25.281	-2.728%	3	37
Johnston, Raymond	26:13.89	22.872	Volunteer			14	29:16.40	20.501	-5.004%	14	29:40.59	20.213	-1.377%	8	36
Kunkle, Christy			34:15.14	17.518	0.000%	14	33:49.87	17.734	1.230%	22					36
Nissen, Tim	26:39.20	22.514	28:22.91	21.139	-6.485%	1	26:58.78	22.236	4.940%	34	28:14.50	21.239	-4.678%	1	36
Greenfield, Erik	24:09.03	24.845	24:26.00	24.557	-1.171%	9	23:58.53	25.017	1.874%	26					35
Lehman, Steve	23:10.23	25.899					23:23.40	25.659	0.068%	15	23:10.08	25.899	0.949%	20	35
Peterson, Mark	22:47.90	26.316	25:32.67	23.483	-8.563%	1					24:30.02	24.490	4.088%	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
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
Harrold, Paul/Crowell, Jamie	30:37.48	19.597									26:46.72	22.402	12.559%	34	34
Keefer, Anne							32:18.99	18.566	0.000%	14	32:03.05	18.721	0.822%	20	34
McVea, Mike	26:39.20	22.514	24:37.17	24.374	7.631%	34									34
Young, Patrick	25:04.00	23.936	27:15.20	22.018	-7.701%	1	Volunteer			14	27:04.20	22.167	0.673%	19	34
Herrin, Jimmy	23:10.29	25.899					24:26.65	24.540	0.796%	20	24:32.00	24.457	-0.365%	12	32
McGlothlin, Steve	25:24.63	23.607	27:37.23	21.726	-3.469%	2	27:07.11	22.127	1.817%	26					28
O'Donnell, Tim	22:47.15	26.335	Volunteer			14	Volunteer			14					28
Williams, Byron	33:16.66	18.027					33:17.59	18.018	-0.047%	14	33:35.47	17.866	-0.895%	14	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
Liborio, Justin	23:09.11	25.918					23:49.71	25.175	-2.923%	3	23:31.37	25.514	1.283%	23	26
Broom, John	24:17.11	24.708	24:51.55	24.129	-2.364%	4					24:40.00	24.324	0.774%	20	24
Thomas, David			31:59.09	18.760	0.000%	14					32:31.43	18.452	-1.685%	7	21
Graham, Douglas	21:56.58	27.335	22:59.03	26.106	-3.919%	1	22:52.44	26.239	0.478%	17					18
Sykes, Ava	26:48.47	22.388									26:40.20	22.500	0.514%	18	18
Morgan, Lisa	30:58.17	19.376	33:42.32	17.804	-8.834%	1					DNF			14	15
Van Holderbeke, Sonja	25:43.92	23.316	28:24.70	21.114	-4.449%	1					Volunteer			14	15
Adams, Scott							26:29.81	22.642	0.000%	14					14
Alfano, Joel											28:05.05	21.365	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
Engle, James			25:23.17	23.638	0.000%	14									14
Galeotti, Peter											26:26.28	22.699	0.000%	14	14
Heher, Scott							32:45.81	18.311	0.000%	14					14
Houlihan, Mark	23:35.70	25.424									23:41.00	25.334	0.000%	14	14
Koontz, Sharon	37:00.99	16.209									Volunteer			14	14
Leiser, Jenny											23:41.43	25.334	0.000%	14	14
McLeod, Lilly											27:32.99	21.779	0.000%	14	14
McLeod, Melody											26:52.84	22.319	0.000%	14	14
Melville, Rick											28:39.22	20.942	0.000%	14	14
Nord, Marshall							23:45.28	25.263	0.000%	14					14
Piasecki, Luke	35:33.54	16.870									DNF			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
Wakeman, Trudy							32:22.14	18.538	0.000%	14					14
Williams, Ginger							35:34.81	16.862	0.000%	14					14
Grigat, Michael	22:21.34	26.846									22:43.20	26.412	-0.954%	10	10
Christofaro, Josh	26:52.34	22.333	27:10.33	22.086	-1.116%	9									9
Koontz, Dave	24:43.76	24.259									25:06.00	23.904	-1.499%	8	8
Six, Fred	23:29.49	25.550	24:22.54	24.607	-2.341%	4									4
Bissette, Michael	21:57.45	27.335									22:31.37	26.647	-2.575%	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
Rogut, Nathan	25:51.67	23.196	28:04.03	21.378	-8.530%	1									1
Zeman, Chad	25:09.28	23.857	26:17.11	22.828	-4.494%	1									1