

	PR (Pre 2019)		Wednesday, March 27, 2019				Wednesday, April 10, 2019				Wednesday, April 24, 2019				Wednesday, May 08, 2019				TOTAL
	Time	Speed	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	
Purny, Mike			34:12.91	17.535	0.00%	14	33:05.23	18.136	3.294%	32	32:08.34	18.672	2.868%	30	30:37.20	19.597	4.726%	34	110
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	Volunteer			14	103
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	25:58.08	23.107	2.768%	30	87
Daniels, Clay			27:16.00	22.005	0.00%	14	26:44.40	22.444	1.932%	26	26:42.43	22.472	0.123%	21	25:58.08	23.107	2.768%	30	85
Leonhardt, Tami			28:13.55	21.251	0.00%	14	27:03.22	22.181	4.153%	34	26:45.56	22.416	1.088%	21	Volunteer			14	83
Brumbaugh, John	29:18.55	20.466	28:23.03	21.139	3.157%	31					26:50.28	22.360	5.446%	34	26:56.37	22.277	-0.378%	12	77
Disher, Christian			31:46.67	18.878	0.00%	14					30:54.28	19.417	2.748%	29	23:55.34	20.056	3.179%	31	74
Mobley, Robert	23:17.90	25.751	25:20.00	23.684	0.00%	14	25:00.34	24.000	1.293%	23	24:24.56	24.573	2.385%	28	24:40.62	24.308	-1.097%	9	74
McVea, Mike	26:39.20	22.514	24:37.17	24.374	7.631%	34								23:36.27	25.424	4.123%	34	68	
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	26:27.14	22.684	1.314%	23	68
Hochster, David	28:57.23	20.725	28:34.20	21.004	1.326%	23	27:50.44	21.557	2.553%	29					27:52.43	21.531	-0.119%	14	66
Clark, Tonya			31:13.70	19.210	0.00%	14	29:42.29	20.202	4.879%	34	30:30.69	19.661	-2.716%	3	29:43.87	20.179	-0.089%	14	65
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	26:12.20	22.901	-1.364%	8	65
Enes, Tony	24:10.94	24.810	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	24:01.34	24.965	3.747%	33	24:20.05	24.658	-1.256%	8	62
Heiser, Ashby			26:21.73	22.756	0.00%	14	25:04.02	23.936	4.913%	34	Volunteer								62
Keefer, Anne							32:18.99	18.566	0.00%	14	32:03.05	18.721	0.822%	20	31:26.02	19.088	1.926%	26	60
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	22:30.62	26.647	0.442%	17	60
Farmer, Aleah	29:49.47	20.123	31:52.29	18.828	-8.863%	1	30:16.66	19.813	5.001%	34	29:51.53	20.089	1.383%	23					58
Nelson, Levi			23:03.61	26.012	0.00%	14	22:42.73	26.412	1.505%	24					22:33.14	26.608	0.707%	19	57
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	26:50.11	22.360	0.536%	18	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
Newman, Jodi			28:14.55	21.239	0.00%	14	27:11.47	22.072	3.723%	33	28:00.31	21.429	-2.994%	3					50
Morgan, Lisa	30:58.17	19.376	33:42.32	17.804	-8.834%	1					DNF				31:39.28	18.957	6.084%	34	49
Sykes, Ava	26:48.47	22.388								26:40.20	22.500	0.514%	18	25:52.17	23.196	3.001%	31	49	
Davies, Rodney	23:56.46	25.070					24:58.34	24.032	0.126%	16	24:39.69	24.324	1.245%	22	24:50.02	24.161	-0.698%	11	49
Crowell, Jamie			33:26.97	17.937	-25.908%	1	27:23.59	21.898	0.00%	14	26:46.72	22.402	#####	34					49
Radler, Bill							26:50.73	22.346	0.00%	14					25:10.66	23.825	6.216%	34	48
Bellof, Carolyn			31:18.26	19.169	0.00%	14	29:20.11	20.455	6.290%	34									48
Arve, Philip	24:25.73	24.557					23:05.84	25.974	5.451%	34	23:43.65	25.281	-2.728%	3	23:19.59	25.714	-0.992%	10	47
Williams, Byron	33:16.66	18.027					33:17.59	18.018	-0.047%	14	33:35.47	17.866	-0.895%	14	33:06.14	18.127	0.573%	18	46
Whitt, Randy	24:57.18	24.048	28:29.03	21.065	-4.825%	1	27:06.81	22.127	4.811%	34					27:15.59	22.005	-0.540%	11	46
Peterson, Mark	22:47.90	26.316	25:32.67	23.483	-8.563%	1					24:30.02	24.490	4.088%	34	24:43.28	24.275	-0.902%	10	45
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	29:37.81	20.247	-1.219%	9	45
Cacali, Greg	22:22.67	26.806	23:11.11	25.881	-3.481%	2	22:08.50	27.088	4.494%	34	22:27.17	26.726	-1.398%	8					44
Leiser, Jenny											23:41.43	25.334	0.00%	14	23:08.40	25.937	2.324%	28	42
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	23:52.53	25.122	-3.633%	1	41
Christofaro, Josh	26:52.34	22.333	27:10.33	22.086	-1.116%	9								26:27.62	22.670	2.620%	29	38	
Van Holderbeke, Sonja	25:43.92	23.316	28:24.70	21.114	-4.449%	1					Volunteer			14	28:02.11	21.403	1.325%	23	38
Bennett, Chad	23:29.88	25.532					22:47.28	26.335	6.154%	34					23:20.11	25.714	-2.401%	4	38
Kunkle, Christy			34:15.14	17.518	0.00%	14	33:49.87	17.734	1.230%	22									36
Grigat, Michael	22:21.34	26.846									22:43.20	26.412	-0.954%	10	22:19.50	26.866	1.739%	25	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
Lehman, Steve	23:10.23	25.899					23:23.40	25.659	0.068%	15	23:10.08	25.899	0.949%	20					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
Crowell, Jamie/Harold, Paul	30:37.48	19.597									26:46.72	22.402	#####	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
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
Liborio, Justin	23:09.11	25.918					23:49.71	25.175	-2.923%	3	23:31.37	25.514	1.283%	23	24:11.56	24.793	-2.848%	3	29
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
Six, Zoe	29:13.54	20.525												29:38.59	20.236	2.111%	27	27	
Capuano, Mike	23:31.18	25.514	25:04.51	23.920	-5.755%	1	24:37.11	24.374	1.821%	26									27
Broom, John	24:17.11	24.708	24:51.55	24.129	-2.364%	4					24:40.00	24.324	0.774%	20					24
Melville, Rick											28:39.22	20.942	0.00%	14	28:56.53	20.725	-1.007%	9	23
Thomas, David			31:59.99	18.760	0.00%	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					25:49.22	23.241	0.468%	17	17
Dambach, Adam	25:56.50	23.136													29:55.47	20.056	0.032%	15	16
Englin, Roxanne	28:46.14	20.857					29:56.05	20.045	-3.572%	1					DNF				15
Siewers, Jim	23:50.96	25.157	28:06.67	21.340	0.00%	14													15
Hartley, Dana														30:14.05	19.846	0.00%	14	14	
Sciorilli, Elisa														28:49.31	20.821	0.00%	14	14	
Warren, Scott	27:38.36	21.713												27:57.66	21.454	0.00%	14	14	
Boyer, Jeff														25:50.04	23.226	0.00%	14	14	
Adams, Scott							26:29.61	22.642	0.00%	14									14
Alfano, Joel											28:05.05	21.365	0.00%	14					14
Allman, Traci			32:39.58	18.367	0.00%	14													14
Chin, Bernie	23:45.94	25.245					26:30.99	22.627	0.00%	14									14
Crowell, Jamie/Weslock, Rick							27:23.59	21.898	0.00%	14									14
Daleo, Jin							31:11.20	19.241	0.00%	14									14
Engle, James			25:23.17	23.638	0.00%	14													14
Galeotti, Peter											26:26.28	22.699	0.00%	14					14
Heher, Scott							32:45.81	18.311	0.00%	14									14
Houlihan, Mark	23:35.70	25.424									23:41.00	25.334	0.00%	14					14
Koontz, Sharon	37:00.99	16.209									Volunteer								14
McLeod, Lilly											27:32.99	21.779	0.00%	14					14
McLeod, Melody				</															