	PR (Pre 2019)		Wednesday, March 27, 2019						Wednesday, April 10, 2019						Wednesday, April 24, 2019						Wednesday, May 08, 2019						Wednesday, May 22, 2019							
	Time	Speed	Start	Finish	Time	Speed	Improve	Points	Start	Finish	Time	Speed	Improve	Points	Start	Finish	Time	Speed	Improve	Points	Start	Finish	Time	Speed	Improve	Points	Start	Finish	Time	Speed	Improve	Points	TOTAL	
Psurny, Mike			01:00.00	35:12.91	**34:12.91**	17.535	0.000%	14	01:00.00	34:05.28	**33:05.28**	18.136	3.294%	32	01:30.00	33:38.34	**32:08.34**	18.672	2.868%	30	01:00.00	31:37.20	**30:37.20**	19.597	4.726%	34	03:00.00	33:26.61	**30:26.61**	19.704	0.576%	18	128	Psurny, Mike
Herring, Tony	24:57.29	24.048	13:00.00	38:14.33	**25:14.33**	23.778	3.688%	33	14:50.00	39:19.81	**24:29.81**	24.490	2.940%	30	17:30.00	41:31.00	**24:01.00**	24.983	1.960%	26			**Volunteer**			14	17:30.00	41:33.91	24:03.91	24.931	-0.202%	13	116	Herring, Tony
Leonhardt, Tami			06:05.00	34:18.55	**28:13.55**	21.251	0.000%	14	10:30.00	37:33.22	**27:03.22**	22.181	4.153%	34	10:00.00	36:45.56	**26:45.56**	22.416	1.088%	21			**Volunteer**			14	11:00.00	37:26.33	**26:26.33**	22.699	1.198%	22	105	Leonhardt, Tami
Daniels, Clay			20:30.00	47:46.00	**27:16.00**	22.005	0.000%	14	12:50.00	39:34.40	**26:44.40**	22.444	1.932%	26	12:00.00	38:42.43	**26:42.43**	22.472	0.123%	15	11:30.00	37:28.08	**25:58.08**	23.107	2.768%	30	12:30.00	38:26.00	**25:56.00**	23.136	0.133%	16	101	Daniels, Clay
Hoechster, David	28:57.23	20.725	05:05.00	33:39.20	**28:34.20**	21.004	1.326%	23	07:00.00	34:50.44	**27:50.44**	21.557	2.553%	29							06:30.00	34:22.43	27:52.43	21.531	-0.119%	14	08:31.00	35:50.70	**27:19.70**	21.951	1.840%	26	92	Hoechster, David
Farmer, Aleah	29:49.47	20.123	03:30.00	35:22.29	**31:52.29**	18.828	-6.863%	1	02:00.00	32:16.66	**30:16.66**	19.813	5.001%	34	03:30.00	33:21.53	**29:51.53**	20.089	1.383%	23							04:10.00	32:50.39	**28:40.39**	20.930	3.971%	33	91	Farmer, Aleah
Mobley, Robert	23:17.90	25.751	21:00.00	46:20.00	**25:20.00**	23.684	0.000%	14	14:25.00	39:25.34	**25:00.34**	24.000	1.293%	23	15:00.00	39:24.56	**24:24.56**	24.573	2.385%	28	16:00.00	40:40.62	24:40.62	24.308	-1.097%	9	15:30.00	39:52.55	**24:22.55**	24.607	0.137%	16	90	Mobley, Robert
Francis, Jet	29:00.66	20.678	04:35.00	31:54.26	**27:19.26**	21.965	5.825%	34	12:26.00	39:02.02	**26:36.02**	22.556	2.638%	29	12:30.00	38:41.66	**26:11.66**	22.901	1.526%	24													87	Francis, Jet
Sykes, Ava	26:48.47	22.388													11:30.00	38:10.20	**26:40.20**	22.500	0.514%	18	12:00.00	37:52.17	**25:52.17**	23.196	3.001%	31	13:00.00	37:51.45	**24:51.45**	24.145	3.912%	33	82	Sykes, Ava
Clark, Tonya			00:30.00	31:43.70	**31:13.70**	19.210	0.000%	14	04:00.00	33:42.28	**29:42.28**	20.202	4.879%	34	05:00.00	35:30.69	30:30.69	19.661	-2.716%	3	03:30.00	33:13.87	29:43.87	20.179	-0.089%	14			**Volunteer**			14	79	Clark, Tonya
Samartino, Frank	26:17.26	22.828	12:35.00	40:20.97	**27:45.97**	21.609	-5.624%	1	10:55.00	37:43.28	**26:48.28**	22.388	3.463%	32	11:00.00	37:54.20	26:54.20	22.305	-0.368%	12	11:00.00	37:27.14	**26:27.14**	22.684	1.314%	23	12:00.00	38:41.91	26:41.91	22.472	-0.931%	10	78	Samartino, Frank
Brumbaugh, John	29:18.55	20.466	04:05.00	32:28.03	**28:23.03**	21.139	3.157%	31							06:30.00	33:20.28	**26:50.28**	22.360	5.446%	34	10:30.00	37:26.37	26:56.37	22.277	-0.378%	12							77	Brumbaugh, John
McVea, Mike	26:39.20	22.514	12:10.00	36:47.17	**24:37.17**	24.374	7.631%	34													14:30.00	38:06.27	**23:36.27**	25.424	4.123%	34	18:30.00	42:22.61	23:52.61	25.122	-1.154%	9	77	McVea, Mike
Morgan, Lisa	30:58.17	19.376	02:30.00	36:12.32	**33:42.32**	17.804	-8.834%	1									DNF			14	00:00.00	31:39.28	**31:39.28**	18.957	6.084%	34	02:30.00	33:32.09	**31:02.09**	19.334	1.958%	26	75	Morgan, Lisa
Williams, Byron	33:16.66	18.027							02:30.00	35:47.59	**33:17.59**	18.018	-0.047%	14	01:00.00	34:35.47	33:35.47	17.866	-0.895%	14	00:30.00	33:36.14	**33:06.14**	18.127	0.573%	18	01:30.00	33:43.48	**32:13.48**	18.624	2.651%	29	75	Williams, Byron
Disher, Christian			03:00.00	34:46.67	**31:46.67**	18.878	0.000%	14							03:00.00	33:54.28	**30:54.28**	19.417	2.748%	29	02:00.00	31:55.34	**29:55.34**	20.056	3.179%	31							74	Disher, Christian
Keefer, Anne									01:30.00	33:48.99	**32:18.99**	18.566	0.000%	14	02:00.00	34:03.05	**32:03.05**	18.721	0.822%	20	01:30.00	32:56.02	**31:26.02**	19.088	1.926%	26			**Volunteer**			14	74	Keefer, Anne
Enes, Tony	24:10.94	24.810	18:30.00	43:41.55	**25:11.55**	23.810	-4.177%	1	15:40.00	40:38.08	**24:58.08**	24.032	0.891%	20	16:00.00	40:01.94	**24:01.94**	24.965	3.747%	33	16:30.00	40:50.05	24:20.05	24.658	-1.256%	8	16:30.00	40:58.67	24:28.67	24.506	-1.854%	6	68	Enes, Tony
Purser, Lat	25:09.48	23.857	15:00.00	42:24.48	**27:24.48**	21.898	-8.943%	1	12:05.00	38:14.02	**26:09.02**	22.945	4.589%	34	13:00.00	38:51.05	**25:51.05**	23.211	1.145%	22	12:30.00	38:42.20	26:12.20	22.901	-1.364%	8							65	Purser, Lat
Davies, Rodney	23:56.46	25.070							16:20.00	41:18.34	**24:58.34**	24.032	0.126%	16	15:30.00	40:09.69	**24:39.69**	24.324	1.245%	22	14:00.00	38:50.02	24:50.02	24.161	-0.698%	11			**Volunteer**			14	63	Davies, Rodney
Heiser, Ashby			06:35.00	32:56.73	**26:21.73**	22.756	0.000%	14	13:10.00	38:14.02	**25:04.02**	23.936	4.913%	34			**Volunteer**			14												62	Heiser, Ashby
Nissen, Tim	26:39.20	22.514	10:30.00	38:52.91	**28:22.91**	21.139	-6.485%	1	09:40.00	36:38.78	**26:58.78**	22.236	4.940%	34	10:30.00	38:44.50	28:14.50	21.239	-4.678%	1	09:30.00	36:20.11	**26:50.11**	22.360	0.536%	18	10:35.00	37:45.61	27:10.61	22.072	-1.273%	8	62	Nissen, Tim
Arve, Philip	24:25.73	24.557							18:10.00	41:15.84	**23:05.84**	25.974	5.451%	34	20:00.00	43:43.65	23:43.65	25.281	-2.728%	3	18:00.00	41:19.59	23:19.59	25.714	-0.992%	10			**Volunteer**			14	61	Arve, Philip
Whitt, Randy	24:57.18	24.048	08:30.00	36:59.03	**28:29.03**	21.065	-4.825%	1	08:20.00	35:26.81	**27:06.81**	22.127	4.811%	34							09:00.00	36:15.59	27:15.59	22.005	-0.540%	11	09:40.00	36:46.23	**27:06.23**	22.140	0.036%	15	61	Whitt, Randy
Alvey, Keith	24:38.91	24.341	16:00.00	42:19.42	**26:19.42**	22.799	-5.195%	1	13:35.00	39:02.02	**25:27.02**	23.576	3.318%	32	14:30.00	39:47.11	**25:17.11**	23.731	0.649%	19							14:00.00	39:37.23	25:37.23	23.422	-1.326%	8	60	Alvey, Keith
Noonan, Dave	22:37.50	26.529	21:30.00	44:23.20	**22:53.20**	26.220	-1.157%	9	21:35.00	44:11.62	**22:36.62**	26.529	1.207%	22	21:30.00	44:12.20	22:42.20	26.432	-0.411%	12	20:30.00	43:00.62	**22:30.62**	26.647	0.442%	17							60	Noonan, Dave
Patterson, John	20:33.69	29.173	23:30.00	47:00.51	**23:30.51**	25.514	-9.304%	1	18:35.00	41:34.65	**22:59.65**	26.087	2.188%	27	20:30.00	43:34.17	23:04.17	26.012	-0.328%	12	19:00.00	42:52.53	23:52.53	25.122	-3.833%	1	19:00.00	41:50.51	**22:50.51**	26.258	0.662%	19	60	Patterson, John
Young, Patrick	25:04.00	23.936	14:30.00	41:45.20	**27:15.20**	22.018	-7.701%	1			**Volunteer**			14	09:00.00	36:04.20	**27:04.20**	22.167	0.673%	19							10:00.00	36:33.39	**26:33.39**	22.599	1.897%	26	60	Young, Patrick
Peterson, Mark	22:47.90	26.316	20:00.00	45:32.67	**25:32.67**	23.483	-8.563%	1							13:30.00	38:00.02	**24:30.02**	24.490	4.088%	34	15:30.00	40:13.28	24:43.28	24.275	-0.902%	10	15:00.00	39:31.09	24:31.09	24.473	-0.073%	14	59	Peterson, Mark
Nelson, Levi			22:00.00	45:03.61	**23:03.61**	26.012	0.000%	14	20:15.00	42:57.78	**22:42.78**	26.412	1.505%	24							20:00.00	42:33.14	**22:33.14**	26.608	0.707%	19							57	Nelson, Levi
Grigat, Michael	22:21.34	26.846													21:00.00	43:43.20	**22:43.20**	26.412	-0.954%	10	19:30.00	41:49.50	**22:19.50**	26.866	1.739%	25	19:30.00	41:42.09	**22:12.09**	27.027	0.553%	18	53	Grigat, Michael
Johnston, Raymond	26:13.89	22.872			**Volunteer**			14	11:20.00	40:36.40	**29:16.40**	20.501	-5.004%	14	06:00.00	35:40.59	29:40.59	20.213	-1.377%	8	04:00.00	33:37.81	29:37.81	20.247	-1.219%	9	05:45.00	35:30.64	29:45.64	20.157	-1.665%	7	52	Johnston, Raymond
Newman, Jodi			05:30.00	33:44.55	**28:14.55**	21.239	0.000%	14	10:05.00	37:16.47	**27:11.47**	22.072	3.723%	33	09:30.00	37:30.31	28:00.31	21.429	-2.994%	3													50	Newman, Jodi
Crowell, Jamie					**33:26.97**	17.937	-25.908%	1									**26:46.72**	22.402	######	34													49	Crowell, Jamie
Lehman, Steve	23:10.23	25.899							17:50.00	41:13.40	**23:23.40**	25.659	0.068%	15	19:30.00	42:40.08	**23:10.08**	25.899	0.949%	20									**Volunteer**			14	49	Lehman, Steve
Bellof, Carolyn			07:30.00	38:48.26	**31:18.26**	19.169	0.000%	14	03:30.00	32:50.11	**29:20.11**	20.455	6.290%	34																			48	Bellof, Carolyn
Radler, Bill									15:15.00	42:05.78	**26:50.78**	22.346	0.000%	14							13:30.00	38:40.66	**25:10.66**	23.825	6.216%	34							48	Radler, Bill
Williams, Ginger									00:00.00	35:34.81	**35:34.81**	16.862	0.000%	14													01:00.00	33:59.70	**32:59.70**	18.182	7.266%	34	48	Williams, Ginger
Thomas, David			02:00.00	33:59.09	**31:59.09**	18.760	0.000%	14							02:30.00	35:01.43	32:31.43	18.452	-1.685%	7							02:00.00	33:24.91	**31:24.91**	19.098	1.781%	26	47	Thomas, David
Six, Zoe	29:13.54	20.525																			03:00.00	32:38.59	**29:38.59**	20.236	2.111%	27	05:10.00	34:36.20	**29:26.20**	20.385	0.697%	19	46	Six, Zoe
Cacali, Greg	22:22.67	26.806	22:30.00	45:41.11	**23:11.11**	25.881	-3.481%	2	19:25.00	41:33.59	**22:08.59**	27.088	4.494%	34	22:30.00	44:57.17	22:27.17	26.726	-1.398%	8							20:00.00	43:03.14	23:03.14	26.030	-4.106%	1	45	Cacali, Greg
Van Holderbeke, Sonja	25:43.92	23.316	08:00.00	36:24.70	**28:24.70**	21.114	-4.449%	1									**Volunteer**			14	05:00.00	33:02.11	**28:02.11**	21.403	1.325%	23	07:15.00	35:42.88	28:27.88	21.077	-1.532%	7	45	Van Holderbeke, Sonja
Houlihan, Mark	23:35.70	25.424													18:00.00	41:41.00	**23:41.00**	25.334	0.000%	14							18:00.00	41:02.09	**23:02.09**	26.049	2.738%	29	43	Houlihan, Mark
Leiser, Jenny															14:00.00	37:41.43	**23:41.43**	25.334	0.000%	14	17:00.00	40:08.40	**23:08.40**	25.937	2.324%	28							42	Leiser, Jenny
Engle, James			07:00.00	32:23.17	**25:23.17**	23.638	0.000%	14																			13:30.00	38:19.36	**24:49.36**	24.177	2.220%	27	41	Engle, James
Bennett, Chad	23:29.88	25.532							19:00.00	41:47.28	**22:47.28**	26.335	6.154%	34													18:30.00	41:50.11	23:20.11	25.714	-2.401%	4							38	Bennett, Chad
Christofaro, Josh	26:52.34	22.333	09:30.00	36:40.33	**27:10.33**	22.086	-1.116%	9																			07:30.00	33:57.62	**26:27.62**	22.670	2.620%	29							38	Christofaro, Josh
Kunkle, Christy			00:00.00	34:15.14	**34:15.14**	17.518	0.000%	14	00:30.00	34:19.87	**33:49.87**	17.734	1.230%	22																			36	Kunkle, Christy
Greenfield, Erik	24:09.03	24.845	00:00.00	24:26.00	**24:26.00**	24.557	-1.171%	9	17:30.00	41:28.53	**23:58.53**	25.017	1.874%	26																			35	Greenfield, Erik
Shiels, Terry	25:00.63	23.984	09:00.00	37:53.20	**28:53.20**	20.773	-6.357%	1	05:30.00	33:10.84	**27:40.84**	21.674	4.175%	34																			35	Shiels, Terry
Acker, Christian	23:56.97	25.052																									16:00.00	38:39.54	**22:39.54**	26.471	5.388%	34	34	Acker, Christian
Crowell, Jamie/Harrold, Paul	30:37.48	19.597													07:05.00	33:51.72	**26:46.72**	22.402	######	34													34	Crowell, Jamie/Harrold, Paul
Fineran, Dan	23:07.51	25.937	17:00.00	42:38.11	**25:38.11**	23.407	-4.040%	1	13:55.00	38:35.69	**24:40.69**	24.308	3.733%	33																			34	Fineran, Dan
Alfano, Joel															08:00.00	36:05.05	**28:05.05**	21.365	0.000%	14							07:50.00	35:42.45	**27:52.45**	21.531	0.748%	19	33	Alfano, Joel
Herrin, Jimmy	23:10.29	25.899							16:40.00	41:06.65	**24:26.65**	24.540	0.796%	20	18:30.00	43:02.00	24:32.00	24.457	-0.365%	12													32	Herrin, Jimmy
Liborio, Justin	23:09.11	25.918							20:40.00	44:29.71	**23:49.71**	25.175	-2.923%	3	19:00.00	42:31.37	**23:31.37**	25.514	1.283%	23	17:30.00	41:41.56	24:11.56	24.793	-2.848%	3							29	Liborio, Justin
Adams, Scott									06:00.00	32:29.81	**26:29.81**	22.642	0.000%	14																			28	Adams, Scott
Koontz, Sharon	37:00.99	16.209															**Volunteer**			14													28	Koontz, Sharon
McGlothlin, Steve	25:24.63	23.607	10:00.00	37:37.23	**27:37.23**	21.726	-3.469%	2	11:45.00	38:52.11	**27:07.11**	22.127	1.817%	26																			28	McGlothlin, Steve
O'Donnell, Tim	22:47.15	26.335			**Volunteer**			14			**Volunteer**			14																			28	O'Donnell, Tim
Capuano, Mike	23:31.18	25.514	19:30.00	44:34.51	**25:04.51**	23.920	-5.755%	1	16:00.00	40:37.11	**24:37.11**	24.374	1.821%	26																			27	Capuano, Mike
McLeod, Lilly															05:30.00	33:02.99	**27:32.99**	21.779	0.000%	14							09:00.00	36:40.32	27:40.32	21.687	-0.443%	12	26	McLeod, Lilly
Broom, John	24:17.11	24.708	18:00.00	42:51.55	**24:51.55**	24.129	-2.364%	4							17:00.00	41:40.00	**24:40.00**	24.324	0.774%	20													24	Broom, John
Melville, Rick															04:30.00	33:09.22	**28:39.22**	20.942	0.000%	14	04:30.00	33:26.53	28:56.53	20.725	-1.007%	9							23	Melville, Rick
Graham, Douglas	21:56.58	27.335	23:00.00	45:59.03	**22:59.03**	26.106	-3.919%	1	21:10.00	44:02.44	**22:52.44**	26.239	0.478%	17																			18	Graham, Douglas
Dambach, Adam	25:56.50	23.136																			13:00.00	38:49.22	**25:49.22**	23.241	0.468%	17							17	Dambach, Adam
Koontz, Dave	24:43.76	24.259													16:30.00	41:36.00	**25:06.00**	23.904	-1.499%	8							14:40.00	40:01.91	25:21.91	23.653	-1.056%	9	17	Koontz, Dave
Englin, Roxanne	28:46.14	20.857							08:50.00	38:46.05	**29:56.05**	20.045	-3.572%	1							02:30.00	32:25.47	**29:55.47**	20.056	0.032%	15							16	Englin, Roxanne
Siewers, Jim	23:50.96	25.157	17:30.00	45:36.67	**28:06.67**	21.340	0.000%	14													05:30.00		DNF			1							15	Siewers, Jim
Allman, Traci			01:30.00	34:09.58	**32:39.58**	18.367	0.000%	14																									14	Allman, Traci
Boyer, Jeff																					07:00.00	32:50.04	**25:50.04**	23.226	0.000%	14							14	Boyer, Jeff
Burstein, David																											17:00.00	41:00.09	**24:00.09**	25.000	0.000%	14	14	Burstein, David
Chin, Bernie	23:45.94	25.245							17:05.00	43:35.99	**26:30.99**	22.627	0.000%	14																			14	Chin, Bernie
Crowell, Jamie/Weslock, Rick									04:30.00	31:53.59	**27:23.59**	21.898	0.000%	14																			14	Crowell, Jamie/Weslock, Rick
Daleo, Jin									06:30.00	37:41.20	**31:11.20**	19.241	0.000%	14																			14	Daleo, Jin
Farmer, Chris																											03:30.00	36:38.70	**33:08.70**	18.100	0.000%	14	14	Farmer, Chris
Galeotti, Peter															08:30.00	34:56.28	**26:26.28**	22.699	0.000%	14													14	Galeotti, Peter
Hartley, Dana																					08:00.00	38:14.05	**30:14.05**	19.846	0.000%	14							14	Hartley, Dana
Heher, Scott									03:00.00	35:45.81	**32:45.81**	18.311	0.000%	14																			14	Heher, Scott
MacGillivray, Matt																											06:35.00	34:33.17	**27:58.17**	21.454	0.000%	14	14	MacGillivray, Matt
McLeod, Melody															04:00.00	30:52.84	**26:52.84**	22.319	0.000%	14													14	McLeod, Melody
Nord, Marshall									19:50.00	43:35.28	**23:45.28**	25.263	0.000%	14																			14	Nord, Marshall
Piasecki, Luke	35:33.54	16.870															DNF			14													14	Piasecki, Luke
Reavis, Jim			16:30.00	46:50.67	**30:20.67**	19.769	0.000%	14																									14	Reavis, Jim
Reynolds, Alex									09:20.00	38:44.28	**29:24.28**	20.408	0.000%	14																			14	Reynolds, Alex
Robinson, Nan	31:29.05	19.058			**Volunteer**			14																									14	Robinson, Nan
Sciorilli, Elisa																					06:00.00	34:49.31	**28:49.31**	20.821	0.000%	14							14	Sciorilli, Elisa
Suarez, Silvio									07:30.00	35:28.37	**27:58.37**	21.454	0.000%	14																			14	Suarez, Silvio
Wakeman, Trudy									05:00.00	37:22.14	**32:22.14**	18.538	0.000%	14																			14	Wakeman, Trudy
Warren, Scott	27:38.36	21.713																			08:30.00	36:27.66	**27:57.66**	21.454	0.000%	14							14	Warren, Scott
West, David	28:50.09	20.809																									06:16.00	36:32.32	**30:16.32**	19.824	0.000%	14	14	West, David
Pennypacker, Dean	24:31.83	24.457																			15:00.00	41:33.84	**26:33.84**	22.585	-2.027%	5							5	Pennypacker, Dean
Six, Fred	23:29.49	25.550	19:00.00	43:22.54	**24:22.54**	24.607	-2.341%	4																									4	Six, Fred
Bissette, Michael	21:57.45	27.335													22:00.00	44:31.37	**22:31.37**	26.647	-2.575%	3													3	Bissette, Michael
Bayag, Dane	29:46.29	20.157							07:50.00	38:48.78	**30:58.78**	19.365	-4.058%	1																			1	Bayag, Dane
Bogan, Bob	26:05.30	23.003	11:00.00	38:41.51	**27:41.51**	21.661	-4.193%	1																									1	Bogan, Bob
Britt, Christi	26:10.50	22.930	13:30.00	42:01.17	**28:31.17**	21.040	-8.900%	1																									1	Britt, Christi
Crowell, Jamie/Greenfield, Erik	26:34.00	22.585	11:45.00	45:11.97	**33:26.97**	17.937	-25.908%	1																									1	Crowell, Jamie/Greenfield, Erik
Freeman, Kevin	23:57.53	25.035																			10:00.00	35:54.62	**25:54.62**	23.151	-5.372%	1							1	Freeman, Kevin
Roqut, Nathan	25:51.67	23.196	14:00.00	42:04.03	**28:04.03**	21.378	-8.530%	1																									1	Roqut, Nathan
Zeman, Chad	25:09.28	23.857	15:30.00	41:47.11	**26:17.11**	22.828	-4.494%	1																									1	Zeman, Chad