

	Wednesday, March 27, 2019				Wednesday, April 10, 2019				Wednesday, April 24, 2019				Wednesday, May 08, 2019				Wednesday, May 22, 2019				Wednesday, June 26, 2019				Wednesday, July 17, 2019				TOTAL	
	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points		
Daniels, Clay	27:16.83	22.005	0.000%	14	28:44.48	22.444	1.932%	25	28:42.43	22.472	0.123%	15	25:58.22	23.107	2.768%	30	25:58.00	23.136	0.133%	16	26:40.33	22.757	0.404%	17	25:36.43	23.736	3.957%	33	151	
Herring, Tony	25:14.33	23.778	3.688%	33	24:58.81	24.890	2.940%	30	24:41.06	24.983	1.960%	26	Volunteer				24:03.91	24.931	-0.202%	13	24:26.36	24.870	1.462%	23	24:39.34	24.652	-0.885%	10	149	
Psurry, Mike	34:11.53	17.535	0.000%	14	33:58.28	18.324	3.294%	32	33:06.34	18.672	2.868%	30	30:17.78	19.597	4.726%	34	30:46.81	19.704	0.576%	18	32:06.88	18.906	-2.136%	5	Volunteer				14	147
Leonhardt, Tami	28:11.53	21.251	0.000%	14	27:03.22	22.181	4.153%	34	25:25.59	22.416	1.088%	21	Volunteer				27:03.22	22.699	1.198%	22	26:23.75	23.026	3.588%	32	137					
Clark, Tonya	31:13.78	19.210	0.000%	14	29:15.22	20.202	4.878%	34	30:30.69	19.661	-2.716%	3	29:43.87	20.179	-0.869%	14	Volunteer				30:53.37	19.885	0.843%	17	29:18.03	20.765	4.239%	34	130	
Mobley, Robert	25:20.00	23.684	0.000%	14	25:20.34	24.000	1.293%	23	24:24.56	24.373	2.895%	28	24:40.62	24.318	-1.007%	9	24:22.55	24.607	0.137%	16	23:03.84	24.253	0.478%	17	24:31.98	24.443	0.773%	20	127	
McVea, Mike	34:17.17	24.374	7.631%	34									33:34.27	25.424	4.123%	34	23:52.61	25.122	-1.944%	9	23:34.84	25.781	3.319%	32	23:44.65	25.598	-0.715%	11	120	
Hochstetler, David	28:14.28	21.004	1.326%	23	27:36.84	21.557	2.553%	29	Volunteer				27:52.43	21.531	-0.119%	14	27:18.70	21.951	1.914%	26	27:41.31	21.951	1.914%	26	118					
Farmer, Aleah	31:52.29	18.828	-4.962%	1	30:16.66	19.813	5.001%	34	29:51.53	20.089	1.383%	23	Volunteer				29:40.20	20.930	3.071%	33	29:36.36	20.530	0.000%	14	29:56.66	20.298	-1.143%	9	114	
Ane, Philip	27:03.22	21.139	3.157%	31	27:03.22	25.974	5.451%	34	23:43.65	25.281	-2.729%	3	23:18.59	25.714	-0.802%	10	Volunteer				23:11.33	26.099	2.393%	28	23:36.43	26.456	1.352%	23	112	
Burnhough, John	28:11.53	21.139	3.157%	31	27:03.22	25.974	5.451%	34	23:43.65	25.281	-2.729%	3	23:18.59	25.714	-0.802%	10	Volunteer				23:11.33	26.099	2.393%	28	23:36.43	26.456	1.352%	23	112	
Patterson, John	23:05.51	25.514	-3.504%	1	22:59.65	26.087	2.188%	27	23:04.17	26.012	-0.328%	12	23:52.53	25.122	-3.433%	1	22:50.51	26.258	0.626%	19	23:28.11	25.899	0.544%	18	23:00.86	26.425	1.991%	26	104	
Enes, Tony	25:11.55	23.810	-4.177%	1	24:58.08	24.032	0.891%	20	24:04.34	24.965	3.747%	33	24:20.06	24.658	-1.250%	8	Volunteer				24:00.86	24.689	0.808%	20	102					
Samarino, Frank	27:45.97	21.609	-5.824%	1	26:48.28	22.388	3.463%	32	26:54.20	22.905	-0.368%	12	26:27.14	22.684	1.314%	23	26:41.91	22.472	-0.931%	10	27:54.84	21.773	-2.105%	5	28:00.43	21.702	-0.328%	12	95	
Van Holderbeke, Sonja	28:24.70	21.114	-4.468%	1	Volunteer				24:39.59	24.324	1.245%	22	24:02.11	21.403	1.325%	23	28:27.88	21.077	-1.632%	7	28:48.33	21.137	0.672%	19	28:14.28	21.764	2.979%	30	94	
Noonan, Dave	22:53.20	26.220	-1.157%	9	23:38.63	26.529	1.207%	22	22:42.20	26.432	-0.411%	12	23:18.19	26.647	0.442%	17	23:03.86	26.496	1.008%	21	23:06.56	26.301	-0.368%	12	93					
Nissen, Tim	28:22.91	21.139	-4.468%	1	26:58.78	22.236	4.940%	34	28:14.50	21.239	-4.472%	14	26:50.11	22.360	0.536%	18	27:10.61	22.072	-1.273%	8	28:34.45	21.271	-2.956%	3	91					
Young, Patrick	27:15.20	22.018	-7.701%	1	Volunteer				27:10.61	22.167	0.673%	19	26:33.39	22.599	1.897%	26	Volunteer				26:39.47	22.895	3.222%	31	91					
Purser, Lat	27:24.48	21.898	-4.942%	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	Volunteer				27:16.34	22.284	-2.081%	5	27:00.49	22.474	0.846%	20	90	
Davies, Rodney	28:24.70	21.114	-4.468%	1	24:58.08	24.032	0.891%	20	24:04.34	24.965	3.747%	33	24:20.06	24.658	-1.250%	8	Volunteer				23:11.33	26.099	2.393%	28	23:36.43	26.456	1.352%	23	112	
Grigg, Michael	28:24.70	21.114	-4.468%	1	24:58.08	24.032	0.891%	20	24:04.34	24.965	3.747%	33	24:20.06	24.658	-1.250%	8	Volunteer				23:11.33	26.099	2.393%	28	23:36.43	26.456	1.352%	23	112	
Alvey, Keith	26:19.42	22.799	-5.195%	1	25:27.02	23.576	3.319%	32	25:17.41	23.731	0.649%	19	24:11.84	22.801	1.526%	24	25:37.23	23.422	-1.326%	8	26:45.87	22.708	-2.398%	4	26:21.25	23.063	1.539%	24	88	
Francis, Jet	37:11.26	21.965	5.825%	1	34:18.98	22.556	2.638%	29	34:40.34	22.801	1.526%	24	34:18.98	22.801	1.526%	24	Volunteer				34:36.74	17.535	-2.221%	1	87					
Sykes, Ava	28:39.03	21.065	-4.869%	1	27:06.81	22.127	4.811%	34	29:40.59	20.213	-1.377%	8	28:37.37	22.870	2.620%	29	27:06.81	22.127	4.811%	34	29:40.59	20.213	-1.377%	8	82					
Whitt, Randy	28:39.03	21.065	-4.869%	1	27:06.81	22.127	4.811%	34	29:40.59	20.213	-1.377%	8	28:37.37	22.870	2.620%	29	27:06.81	22.127	4.811%	34	29:40.59	20.213	-1.377%	8	82					
Johnston, Raymond	Volunteer				28:16.40	20.901	-5.004%	14	29:40.59	20.213	-1.377%	8	28:37.37	22.870	2.620%	29	27:06.81	22.127	4.811%	34	29:40.59	20.213	-1.377%	8	82					
Thomas, David	31:18.33	18.760	0.000%	14	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Keefe, Anne	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Morgan, Lisa	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Williams, Byron	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Risher, Christian	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Houlihan, Mark	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Lehman, Steve	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Peterson, Mark	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Christoforo, Josh	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Neison, Levi	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Broom, John	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Liborio, Justin	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Crowell, Jamie	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.090	-3.366%	2	33:53.75	18.477	2.093%	27	76					
Newman, Jodi	33:42.32	17.804	-8.534%	1	30:16.66	19.813	5.001%	34	32:31.43	18.452	-1.885%	7	31:46.91	19.098	1.781%	26	33:35.84	18.												