

	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									
Herring, Tony	25:14.33	23.778	3.688%	33	24:49.91	24.490	2.940%	30	24:49.04	24.983	1.060%	26	Volunteer				24:03.91	24.931	-0.202%	13	24:49.38	24.870	-1.462%	23	24:39.34	23.736	-0.885%	10	24:49.83	25.157	1.142%	22	171				
Daniels, City	27:16.98	22.005	0.000%	14	26:41.40	22.444	1.932%	26	26:42.41	22.472	0.123%	15	25:58.16	23.107	2.788%	30	25:58.16	23.107	0.133%	16	26:49.39	22.787	0.404%	17	26:49.39	23.797%	3.997%	33	26:49.39	23.844	0.656%	17	168				
Penny, Mae	31:14.91	17.535	0.000%	14	30:57.29	18.136	3.294%	32	31:01.41	18.672	2.868%	30	29:44.47	19.704	0.576%	16	29:44.47	19.704	0.576%	16	29:44.47	18.906	-2.136%	14	29:44.47	18.906	-2.136%	14	29:44.47	18.906	-2.136%	14	164				
Leonhardt, Tami	28:13.98	23.261	0.000%	14	27:53.21	22.181	4.153%	34	28:03.36	22.416	1.098%	21	28:03.36	22.416	1.098%	21	28:03.36	22.416	1.098%	21	28:03.36	23.026	3.358%	32	28:03.36	23.026	3.358%	32	28:03.36	23.026	3.358%	32	154				
Clark, Tony	31:11.70	19.210	0.000%	14	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	31:11.70	20.202	4.879%	34	139				
Molley, Robert	25:20.00	23.684	0.000%	14	25:20.00	24.000	1.293%	23	24:24.36	24.573	1.385%	28	24:40.62	24.308	-1.097%	9	24:22.56	24.607	0.137%	16	24:39.14	24.253	0.476%	17	24:44.33	24.443	0.775%	20	25:00.72	24.300	-0.885%	11	139				
Burns, Mike	31:52.29	18.828	0.000%	1	30:16.66	19.813	0.000%	34	29:51.53	20.089	1.383%	23	29:51.53	20.089	1.383%	23	29:51.53	20.089	1.383%	23	29:51.53	20.530	0.000%	14	29:56.66	20.298	-1.143%	9	29:56.66	20.298	-1.143%	9	123				
Brumbaugh, John	24:23.35	21.139	3.157%	31	24:23.35	22.360	5.449%	34	24:23.35	22.360	5.449%	34	24:23.35	22.360	5.449%	34	24:23.35	22.360	5.449%	34	24:23.35	22.442	2.261%	28	24:23.35	22.442	2.261%	28	24:23.35	22.462	0.689%	15	120				
McVea, Mike	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	25.424	4.233%	34	24:37.11	25.424	4.233%	34	24:37.11	25.424	4.233%	34	24:37.11	25.781	1.154%	9	24:37.11	25.781	1.154%	9	24:37.11	25.781	1.154%	9	120				
Hochstetler, David	27:34.28	21.004	1.528%	23	27:34.28	21.587	2.503%	20	27:34.28	21.587	2.503%	20	27:34.28	21.587	2.503%	20	27:34.28	21.587	2.503%	20	27:34.28	21.951	1.846%	26	27:34.28	21.951	1.846%	26	27:34.28	21.951	1.846%	26	118				
Erns, Tony	25:11.55	23.810	4.577%	1	24:58.08	23.032	0.891%	20	24:58.08	24.965	3.474%	33	24:58.08	24.965	3.474%	33	24:58.08	24.965	3.474%	33	24:58.08	24.965	3.474%	33	24:58.08	24.965	3.474%	33	24:58.08	24.965	3.474%	33	118				
Samaritano, Frank	27:45.97	21.609	5.624%	1	26:48.28	23.388	3.463%	22	26:48.28	23.388	3.463%	22	26:48.28	23.388	3.463%	22	26:48.28	23.388	3.463%	22	26:48.28	23.773	-2.105%	14	26:48.28	24.689	0.808%	20	26:48.28	24.689	0.808%	20	DNF				
Avey, Keith	26:19.42	22.799	-5.189%	1	25:27.02	23.576	3.316%	32	25:27.02	23.731	0.649%	19	25:27.02	23.731	0.649%	19	25:27.02	23.731	0.649%	19	25:27.02	23.731	0.649%	19	25:27.02	23.731	0.649%	19	25:27.02	23.731	0.649%	19	114				
Peterson, John	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	23:39.51	25.514	-5.946%	1	112				
Johnston, Raymond	Volunteer			14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	29:16.40	20.901	-5.024%	14	107
Purser, Lat	27:24.48	21.898	-8.943%	1	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	26:09.02	22.945	4.589%	34	107				
Daves, Rodney	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	27:34.28	21.004	1.528%	23	106				
Whitt, Randy	28:20.03	21.065	-4.625%	1	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	27:06.81	22.127	4.811%	34	106				
Peterson, Mark	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	25:32.67	23.483	-3.933%	1	97				
Van Hadenbeke, Sonja	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	28:24.70	21.114	-5.469%	1	97				
Nnonan, Dave	22:53.20	26.220	-1.157%	9	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	24:36.46	26.529	1.207%	22	93				
Nissen, Tim	28:22.91	21.139	-6.450%	14	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	24:50.78	22.236	4.940%	34	93				
Young, Patrick	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	27:15.20	22.018	-9.730%	1	92				
Criss, Michael	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	89				
Francis, Jet	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	27:19.36	21.965	5.829%	34	87				
Thomas, David	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	82				
Stevens, Ava	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	82				
Keefler, Anne	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	31:39.04	18.760	0.000%	14	75				
Morgan, Lisa	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	33:42.32	17.804	-4.830%	1	75				
Williams, Byron	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	33:11.11	25.881	-3.481%	2	74				
Dieter, Christian	25:04.51	23.920	-5.750%	1	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	24:37.11	24.374	7.631%	33	67				
Capuano, Mike	24:51.55	24.129	-2.364%	4	24:																																