

	PR (Pre 2018)				March 28th				April 11th				April 25th				May 9th				May 23rd				June 6th				July 11th				TOTAL		
	Time		Speed		Speed		Improve		Points		Time		Speed		Improve		Points		Time		Speed		Improve		Points		Time		Speed		Improve			Points	
	Time	Speed	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	Time	Speed	Improve		Points	
Broom, John	25:26.40	23.59	23:59.47	23.873	-1.175%	21	23:59.11	23.952	-0.355%	15	23:58.15	23.984	-0.170%	15	24:13.70	24.341	-0.456%	21	24:19.31	24.658	-1.271%	21	24:32.25	24.457	-0.845%	10	24:44.42	24.259	-1.679%	6	109				
Reinke, Chris	22:52.73	26.22	28:58.11	20.713	-4.105%	1	27:37.03	21.726	-4.655%	34	27:09.39	22.099	-1.655%	24	26:26.54	22.684	-2.630%	29	27:24.67	21.884	-3.654%	1	28:08.05	21.327	-3.356%	1	Volunteer				12	102			
Enes, Tony	25:18.39	23.72	25:04.81	23.889	-0.763%	18	25:04.81	23.952	-0.240%	15	24:41.63	24.308	-1.467%	21	24:10.94	24.810	-0.032%	27	24:27.48	24.540	-1.140%	8	24:29.75	24.490	-1.296%	8								97	
Lehman, Steve	23:10.23	25.90	24:37.62	24.357	-2.675%	29					23:56.73	25.052	-2.767%	29	23:24.36	25.641	-2.233%	27	23:29.17	25.550	-0.343%	12	23:29.17	25.550	-0.343%	12								97	
Raymond, Raymond	25:13.89	23.87	28:37.44	20.987	-2.554%	29	28:32.42	21.028	-1.270%	15	27:52.79	21.518	-0.526%	27	28:25.88	21.102	-0.984%	6	Volunteer				28:34.98	20.991	-2.533%	3	28:26.54	21.090	-2.023%	4	96				
Young, Patrick	25:04.00	23.94	28:11.00	21.289	-2.143%	1	28:02.70	21.390	-0.491%	15					28:44.28	22.444	-4.660%	34	25:04.00	23.226	-3.372%	31	25:48.39	23.256	-1.176%	15	96								
Noonan, Dave	25:29.62	23.53					24:44.91	25.334	-7.133%	34	24:01.23	24.983	-1.459%	8	24:47.94	26.125	-2.997%	29	25:29.20	23.545	-0.443%	12	25:34.94	26.490	-1.343%	21								92	
Alvey, Keith	24:38.91	24.34	25:50.75	23.211	-4.853%	1					25:40.26	23.377	-0.678%	18	25:22.45	23.653	-1.156%	21	25:29.20	23.545	-0.443%	12	25:13.14	23.794	-0.612%	18	25:01.42	23.984	-0.773%	18	88				
Robinson, Nan	31:53.15	18.82	33:21.62	17.982	-3.949%					32:35.73	18.405	-2.293%	27	32:15.42	18.789	-2.081%	27	32:15.42	18.789	-2.081%	27	32:15.42	18.789	-2.081%	27	32:15.42	18.789	-2.081%	27	Volunteer				88	
Van Hildebeke, Sonja	25:43.92	23.32	Volunteer			12	Volunteer			27:12.00	22.059	-6.205%	15	27:52.48	21.531	-2.470%	12	Volunteer				Volunteer				Volunteer								88	
Patterson, John	20:33.69	29.17	21:56.56	27.335	-0.000%	12	21:51.32	27.460	-0.396%	15	21:36.29	27.778	-1.146%	21	21:30.45	27.907	-0.461%	15	21:47.20	27.544	-1.298%	8	21:37.44	27.756	-0.542%	10	22:02.61	27.211	-2.492%	4	85				
Samartino, Frank	26:41.00	22.49	26:49.20	22.374	-0.512%	10	27:00.61	22.209	-0.709%	12	27:02.61	22.181	-0.833%	10	26:54.20	22.305	-0.975%	10	26:40.20	22.500	-0.099%	12	27:16.03	22.005	-2.341%	4	76								
Burns, Silvia							29:49.12	20.678	-0.000%	12	29:17.21	21.016	-0.300%	24	28:48.91	20.821	-0.950%	24	28:48.91	20.821	-0.950%	24	28:48.91	20.821	-0.950%	24	28:48.91	20.821	-0.950%	24	76				
Koontz, Sharon			30:11.14	15.183	-0.000%	12				25:55.48	23.151	-1.327%	8	25:49.49	23.857	-2.957%	29	25:15.61	23.747	-0.406%	12	25:15.43	23.762	-0.394%	12	25:45.70	23.286	-2.400%	4	65					
Purser, Lat	25:35.11	23.45					30:18.11	18.246	-1.766%	24	25:48.61	26.297	-1.700%	6	25:49.49	23.857	-2.957%	29	25:15.61	23.747	-0.406%	12	25:15.43	23.762	-0.394%	12	25:45.70	23.286	-2.400%	4	65				
Brumbaugh, John							30:18.11	18.246	-1.766%	24	25:48.61	26.297	-1.700%	6	25:49.49	23.857	-2.957%	29	25:15.61	23.747	-0.406%	12	25:15.43	23.762	-0.394%	12	25:45.70	23.286	-2.400%	4	65				
Cacali, Greg	22:22.67	26.81	22:48.59	26.297	-0.010%	12	22:25.73	26.746	-1.670%	24	22:48.61	26.297	-1.700%	6	22:30.36	26.608	-0.545%	10	22:43.75	26.393	-1.339%	8													60
Rouse, Charles	24:22.89	24.61					27:16.03	22.905	-0.500%	1	27:22.29	23.653	-0.956%	34	24:28.61	24.015	-1.659%	24																59	
David, Matthew							29:11.14	18.902	-0.000%	12	29:11.14	18.902	-0.000%	12	Volunteer																			55	
Capuano, Mike	23:31.18	25.51	23:55.50	25.087	-1.723%	6	23:55.06	25.097	-0.013%	15	23:57.61	25.035	-0.178%	12	23:42.64	25.299	-0.365%	18	24:39.03	24.341	-0.044%	1	25:58.69	23.092	-0.560%	1	25:07.76	23.873	-0.363%	1	54				
Koontz, Dave			29:41.98	23.331	-0.000%	12				22:30.32	26.667	-0.669%	10	22:32.20	26.627	-0.139%	12	22:35.48	26.568	-0.382%	12	22:47.66	26.316	-1.284%	8	22:35.42	26.568	-0.378%	12	54					
Grigat, Michael	22:21.34	26.85					27:32.69	21.779	-2.944%	3	27:26.95	21.938	-0.759%	18	27:54.88	21.493	-2.093%	4	27:09.61	22.096	-0.607%	18	27:25.55	21.871	-0.978%	10	51								
Shiels, Terry	28:46.14	20.86					29:22.51	20.420	-2.107%	4	29:22.51	20.420	-2.107%	4	28:55.45	20.749	-1.330%	24	29:13.91	20.525	-1.064%	8	28:54.11	20.761	-0.071%	15	51								
Daniel, Roxanne	24:04.14	24.93	26:12.44	22.901	-0.000%	12				25:54.06	23.166	-1.169%	21	25:42.61	23.331	-0.733%	18																51		
Gerardi, Richard	27:42.20	21.66	28:48.41	22.670	-4.438%	34				26:53.17	22.319	-1.558%	6	26:51.06	22.346	-1.425%	8																	48	
Bolton, Scott	26:05.30	23.00	26:56.50	22.263	-3.271%	2				26:34.84	22.971	-1.362%	21	26:37.14	22.542	-0.197%	12	28:40.94	22.486	-0.399%	12													47	
Bogin, Bob	26:10.50	22.93								26:10.50	22.93																						47		
Britt, Chad										26:10.50	22.93																						46		
Crowell, Jamie/Greenfield, Erik			30:11.14	20.571	-0.000%	12				26:10.50	22.93																							46	
Moreno, Lonnie	26:31.17	22.63	28:28.00	21.077	-0.000%	12				26:31.17	22.63																							46	
Williams, Byron										26:31.17	22.63																							46	
Friesman, Kevin	23:57.53	25.03	25:13.00	23.794	-0.269%	1				25:36.00	23.438	-1.520%	6	24:35.36	24.407	-0.093%	27	25:02.88	23.952	-1.465%	6	25:07.50	23.889	-2.178%	4								44		
Tapkas, Nadja							30:14.58	27.088	-0.906%	10	22:36.51	26.529	-2.108%	12	22:47.03	27.125	-1.111%	15	22:28.79	26.968	-1.635%	6	22:28.29	26.706	-1.602%	6	41								
Graham, Douglas	21:56.58	27.33					30:14.58	19.629	-0.000%	12	22:36.51	26.529	-2.108%	12	22:47.03	27.125	-1.111%	15	22:28.79	26.968	-1.635%	6	22:28.29	26.706	-1.602%	6	41								
Bayag, Dane	22:47.90	26.32	23:31.78	25.496	-0.677%	10				25:48.29	20.157	-2.821%	29	23:45.11	25.263	-0.944%	10	24:03.51	24.931	-2.248%	4	23:47.17	25.228	-1.090%	8	24:01.03	24.983	-0.272%	4	39					
Peterson, Mark							30:14.58	19.629	-0.000%	12	24:08.91	24.845	-2.630%	31	23:45.11	25.263	-0.944%	10	24:03.51	24.931	-2.248%	4	23:47.17	25.228	-1.090%	8	24:01.03	24.983	-0.272%	4	39				
Adams, John							30:14.58	19.629	-0.000%	12	24:08.91	24.845	-2.630%	31	23:45.11	25.263	-0.944%	10	24:03.51	24.931	-2.248%	4	23:47.17	25.228	-1.090%	8	24:01.03	24.983	-0.272%	4	39				
Triplet, Chester/Bennett, Chad							30:14.58	19.629	-0.000%	12	24:08.91	24.845	-2.630%	31	23:45.11	25.263	-0.944%	10	24:03.51	24.931	-2.248%	4	23:47.17	25.228	-1.090%	8	24:01.03	24.983	-0.272%	4	39				
Beddingfield, Cameron	28:05.33	21.36	28:17.68	22.250	-0.000%	12	28:11.91	22.346	-0.304%	15	27:11.91	22.072	-1.216%	8																					