	PR (Pre 2018)		March 28th				April 11th				April 25th				May 9th				May 23rd				June 6th				July 11th				July 25th				August 8th				August 22nd				September 5th				
	Time	Speed	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	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	Time	Speed	Improve	Points	TOTAL	
Broom, John	25:26.40	23.58	25:09.47	23.873	-1.175%	21	24:50.11	23.952	0.355%	15	25:00.53	23.984	0.170%	15	24:39.70	24.341	1.456%	21	24:31.53	24.658	-1.271%	21	24:32.25	24.457	-0.845%	10	24:44.42	24.259	-1.679%	6	Rain			12	23:55.00	25.087	-1.709%	34	24:12.11	24.708	0.192%	15	24:35.20	24.407	-1.241%	12	182	Broom, John
Young, Patrick	25:04.00	23.94	28:11.00	21.289	-12.434%	1	28:02.70	21.390	9.401%	15																							23:55.00	25.087	7.323%	34	25:18.28	23.715	1.945%	24	25:42.51	23.331	-1.596%	12	178	Young, Patrick
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	-0.832%	10	26:38.61	22.514	0.658%	18	26:54.20	22.305	-0.975%	10	26:40.20	22.500	-0.099%	12	27:16.03	22.005	-2.341%	4	Rain			12	24:51.08	24.145	6.726%	34	26:59.25	22.236	-1.291%	8	25:17.23	22.828	1.336%	21	151	Samartino, Frank
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	2.253%	27	23:29.17	25.550	-0.343%	12							23:29.22	25.550	-0.346%	29	Volunteer			12	23:50.48	25.175	-1.860%	12	150	Lehman, Steve
Noonan, Dave	25:29.62	23.53					23:40.51	25.334	7.133%	34	24:01.23	24.983	-1.459%	8	23:37.58	26.125	2.997%	29	23:51.39	26.125	2.997%	29	23:51.39	26.490	1.343%	21					Rain			12	22:28.44	26.706	0.809%	29	22:37.49	26.529	0.143%	15					148	Noonan, Dave
Alvey, Keith	24:38.91	24.34	25:50.75	23.211	-4.858%	1					25:40.26	23.377	0.676%	18	Volunteer			12	25:22.45	23.653	1.196%	21	25:29.20	23.545	-0.443%	12	25:13.34	23.794	0.612%	18	25:01.42	23.984	0.779%	18	Rain			12	24:47.56	24.194	0.923%	21	26:51.47	22.346	-7.269%	12	27:36.61	21.726	-10.936%	12	145	Alvey, Keith
Enes, Tony	25:18.39	23.72	25:56.81	23.889	0.763%	18	25:58.08	23.952	0.248%	15	24:41.61	24.308	1.467%	21	24:19.84	24.810	2.032%	27	24:27.48	24.540	-1.140%	8	24:29.75	24.490	-1.296%	8							23:29.22	25.550	2.979%	29	24:43.05	24.275	2.213%	4	26:04.94	23.003	-7.857%	12	142	Enes, Tony
Liborio, Justin							24:07.25	24.879	0.000%	12	23:56.51	25.406	-2.125%	27									24:03.59	24.931	-1.910%	6	23:44.67	25.263	-0.574%	10	Rain			12	22:28.44	26.706	4.807%	34	23:10.11	25.918	1.936%	24	23:18.20	25.751	-0.654%	12	137	Liborio, Justin
Johnston, Raymond	26:13.89	22.87	28:37.44	20.967	-2.554%	29	28:32.42	21.028	0.292%	15	27:52.70	21.518	-2.310%	27	28:25.88	21.102	-1.984%	6	Volunteer			12	28:34.99	20.991	-2.528%	3	28:26.54	21.090	-2.023%	4	Rain			12	28:24.62	21.114	-1.908%	6	28:11.84	21.277	-1.144%	8	30:15.67	19.824	-6.541%	12	134	Johnston, Raymond
Purser, Lat											25:55.48	23.151	-1.327%	8	24:25.42	23.857	2.967%	29	25:15.61	23.747	-0.406%	12	25:15.43	23.762	-0.394%	12	25:45.70	23.296	-2.400%	4	Rain			12	24:47.56	24.194	1.852%	21	25:15.56	23.747	-0.403%	12	25:28.00	23.560	-1.227%	12	122	Purser, Lat
Grigat, Michael	22:21.34	26.85					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	Rain			12	21:49.69	27.481	3.009%	31	Volunteer			12	23:56.61	25.052	-6.390%	12	121	Grigat, Michael
Van Holderbeke, Sonja	25:43.92	23.32	Volunteer			12	Volunteer			12	27:12.09	22.059	1.202%	15	27:52.48	21.531	-2.475%	12	Volunteer			12	Volunteer			12	Volunteer			12					27:34.62	21.752	-1.380%	29	Volunteer			2					2	120	Van Holderbeke, Sonja
Burst, Silvia							29:05.54	20.678	0.000%	12	28:32.62	21.016	-1.603%	24	28:48.91	20.821	-0.950%	10	Volunteer			12	28:48.91	21.164	0.764%	18									27:34.62	21.752	2.703%	29	29:11.65	20.548	-3.002%	2					107	Burst, Silvia
Black, Robert	22:48.06	26.32	Volunteer			12									Volunteer			12	24:20.09	24.658	-6.722%	1	24:42.87	24.275	-1.560%	6									24:22.47	24.624	-0.163%	34	22:50.53	26.258	6.134%	34	23:11.55	25.862	-1.534%	6	105	Black, Robert
Graham, Douglas	21:56.58	27.33					22:08.51	27.088	-0.906%	10	22:36.51	26.529	-2.108%	4	22:07.03	27.129	0.111%	15	22:28.73	26.686	-1.635%	6					22:28.29	26.706	-1.602%	6	Rain			12	21:49.69	27.481	1.307%	31	22:30.56	26.647	-1.773%	6	24:17.54	24.691	-9.335%	12	102	Graham, Douglas
Freeman, Kevin	23:57.53	25.03	25:13.00	23.794	-3.869%	1					25:36.00	23.438	-1.520%	6	24:35.36	24.407	2.488%	27	25:02.88	23.952	-1.865%	6	25:07.50	23.889	-2.178%	4									23:39.05	25.370	3.817%	33				12					101	Freeman, Kevin
Koontz, Sharon			29:31.87	15.183	0.000%	12													29:34.87	15.497	2.045%	27					27:02.03	16.165	4.102%	34									27:00.99	16.209	0.297%	15	38:33.20	15.564	-4.102%	12	100	Koontz, Sharon
Robinson, Nan	31:53.15	18.82	33:21.62	17.982	-3.594%	1					32:35.73	18.405	-2.293%	27					31:55.42	18.799	2.061%	27	31:25.05	19.058	1.377%	21	Volunteer			12					Volunteer			12									100	Robinson, Nan
Cacali, Greg	22:22.67	26.81	22:48.59	26.297	-0.010%	12	22:25.73	26.740	1.670%	24	22:48.61	26.297	1.700%	6					22:33.06	26.608	-0.545%	10	22:43.75	26.393	-1.339%	8									22:24.31	26.786	0.106%	15	22:29.25	26.686	-0.367%	12	24:48.55	24.177	-10.720%	12	99	Cacali, Greg
Peterson, Mark	22:47.90	26.32	23:31.78	25.496	-0.677%	10					24:06.91	24.845	-2.630%	3	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	-2.072%	4	Rain			12	24:51.08	24.145	-5.617%	34	25:09.17	23.857	6.886%	1	24:33.33	24.440	-4.360%	12	98	Peterson, Mark
Patterson, John	20:33.69	29.17	21:56.56	27.335	0.000%	12	21:51.32	27.460	0.398%	15	21:36.29	27.778	1.148%	21	21:30.45	27.907	0.451%	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									22:41.43	26.451	-5.100%	1	22:45.00	26.374	-5.277%	12	110	Patterson, John
Brumbaugh, John			28:17.57	17.928	0.000%	12	27:57.14	18.240	1.760%	24					27:17.12	18.538	1.559%	24																					27:17.12	20.466	9.445%	34	94	Brumbaugh, John
Capuano, Mike	23:31.18	25.51	23:55.50	25.087	-1.723%	6	23:55.06	25.087	0.031%	15	23:57.61	25.035	-0.178%	12	23:42.64	25.299	0.865%	18	24:39.03	24.341	-3.954%	1	25:58.69	23.092	-8.963%	1	25:07.76	23.873	-5.963%	1	Rain			12	24:03.02	24.948	-1.423%	8	24:05.72	24.896	-1.622%	6	24:54.44	24.096	-5.047%	12	92	Capuano, Mike
Reinke, Chris	22:52.73	26.22	28:58.11	20.713	-11.152%	1	27:37.03	21.726	4.665%	34	27:09.39	22.099	1.668%	24	26:26.54	22.684	2.630%	29	27:24.67	21.884	-3.664%	1	28:08.05	21.327	-5.198%	1	Volunteer			12					24:22.47	24.624	-7.820%		Volunteer									90	Reinke, Chris
Koontz, Dave			25:42.31	23.331	0.000%	12													25:13.73	23.794	1.937%	24					24:01.64	23.968	0.768%	18									25:06.02	23.904	-0.292%	12	24:43.26	24.259	1.191%	21	87	Koontz, Dave
Whitt, Randy	24:57.18	24.05	27:18.84	21.965	-8.059%	1					29:08.39	20.599	-6.668%	12									28:25.08	21.114	-4.842%	12	27:57.55	21.454	-2.362%	4	Rain			12	27:17.84	21.978	0.061%	15	27:46.34	21.609	-1.740%	6	27:10.36	22.066	0.457%	15	77	Whitt, Randy
Nissen, Tim			27:42.50	21.648	0.000%	12																					27:25.79	21.871	1.009%	21									27:31.56	21.792	-0.354%	12	26:29.40	22.514	2.827%	29	74	Nissen, Tim
O'Donnell, Tim	22:47.15	26.34					25:26.00	23.591	-10.896%	1	Volunteer			12					26:25.09	22.713	-3.872%	1	27:24.87	21.884	-7.790%	1	Volunteer			12	Rain			12	23:39.05	25.370	7.009%	33									72	O'Donnell, Tim
Rouse, Charles	24:22.89	24.61					27:16.03	22.005	-7.041%	1	25:22.29	23.653	6.952%	34					24:58.61	24.016	1.592%	24																	25:58.03	23.107	-2.960%	12	71	Rouse, Charles
Acker, Christian	24:53.11	24.11																	25:14.17	25.052	3.760%	33													22:52.75	26.220	4.469%	34									67	Acker, Christian
McVea, Mike																							23:20.60	25.514	0.000%	12	23:25.11	25.550	0.109%	15					23:08.17	26.125	2.182%	27	24:07.37	24.879	-5.006%	1	24:03.61	24.931	-4.733%	12	67	McVea, Mike
Dambach, Adam															24:03.89	23.018	0.000%	12																	24:27.25	24.540	6.179%	34	25:45.54	23.136	0.472%	15					61	Dambach, Adam
Christoforo, Josh																											23:27.90	20.305	0.000%	12	Rain			12	25:52.91	22.333	9.075%	34					58	Christoforo, Josh
Crowell, Jamie/Greenfield, Erik			29:39.43	20.571	0.000%	12					26:34.07	22.585	8.937%	34																					36:57.62	16.231	39.125%	12					58	Crowell, Jamie/Greenfield, Erik
David, Matthew							30:16.06	19.802	0.000%	12	29:31.52	20.501	3.406%	31	Volunteer			12																											55	David, Matthew
Shiels, Terry	25:00.63	23.96	27:32.69	21.779	-2.944%	3	27:20.55	21.938	0.739%	18	27:54.88	21.490	-2.092%	4	27:09.61	22.086	0.667%	18									27:25.55	21.871	-0.978%	10																	53	Shiels, Terry
Daniel, Roxanne	28:46.14	20.86									29:22.51	20.420	-2.107%	4	28:55.45	20.749	1.539%	24	29:13.91	20.525	-1.064%	8	28:54.11	20.761	0.077%	15																					51	Daniel, Roxanne
Gerardi, Richard	24:04.14	24.93	26:12.44	22.901	0.000%	12					25:54.06	23.166	-1.168%	21	25:42.61	23.331	0.737%	18																											51	Gerardi, Richard
Britt, Christi	26:10.50	22.93																					31:57.31	18.779	0.000%	12	26:11.32	22.915	######	34					26:45.08	22.430	-2.140%	4									50	Britt, Christi
Bolton, Scott	27:42.20	21.66	29:22.43	22.670	4.438%	34					26:53.17	22.319	-1.558%	6	26:51.06	22.346	-1.425%	8																											48	Bolton, Scott
Davies, Rodney	23:56.46	25.07	25:36.37	23.498	-2.990%	3									25:00.23	24.000	2.352%	27									25:45.00	23.301	-2.984%	3					25:41.02	23.361	-2.719%	3	26:23.03	22.742	-5.519%	12	48	Davies, Rodney
Triplett, Chester/Bennett, Chad							23:15.73	28.235	0.000%	12									25:32.82	28.731	-1.710%	24									Rain			12													48	Triplett, Chester/Bennett, Chad
Bogan, Bob	26:05.30	23.00	26:56.50	22.263	-3.271%	2					26:34.64	22.571	1.352%	21	26:37.14	22.542	-0.157%	12	26:40.94	22.486	-0.395%	12																					47	Bogan, Bob
Williams, Byron																			24:06.61	17.176	0.000%	12	23:14.67	18.027	4.735%	34																	46	Williams, Byron
Hoechster, David																							31:12.72	18.819	0.000%	12															27:17.72	20.725	9.176%	34	46	Hoechster, David
Moreno, Lonnie	26:31.17	22.63	28:28.00	21.077	0.000%	12									25:28.73	22.670	7.005%	34																									46	Moreno, Lonnie
Beck, Jake	20:27.66	29.32	21:35.59	27.778	-5.533%	1	21:48.54	27.502	-1.000%	10	21:22.78	28.059	0.996%	18	21:59.48	27.293	-2.867%	3																									24:41.88	24.291	-16.526%	12	44	Beck, Jake
Tapkas, Nadja							29:44.50	20.166	0.000%	12					28:25.61	20.857	3.289%	31																											43	Tapkas, Nadja
Beatty, Brian																											27:11.11	21.239	0.000%	12					28:25.43	21.114	-0.609%	10	27:15.22	21.531	1.350%	21					43	Beatty, Brian
Bayag, Dane							29:34.26	19.629	0.000%	12	25:46.23	20.157	2.621%	29																															41	Bayag, Dane
Adams, Jennifer							29:57.03	19.386	0.000%	12																	30:22.11	19.704	1.609%	24															36	Adams, Jennifer
Cannady, David																																																36	Cannady, David
Beddingfield, Cameron	28:05.33	21.36	29:57.18	22.250	0.000%	12	31:51.78	22.346	0.394%	15	27:10.91	22.072	-1.218%	8																																	36	Beddingfield, Cameron
McCall, Benjamin	32:22.73	18.53																									23:54.31	20.033	7.527%	34															34	McCall, Benjamin
Fowley, David	22:40.26	26.47					Volunteer			12	24:38.26	24.357	-7.276%	1	24:17.45	24.708	1.408%	21																													34	Fowley, David
Bivens, Steven																																									27:27.25	24.540	0.000%	34					34	Bivens, Steven
Mitchell, Andy																																																33	Mitchell, Andy
Tremblay, Jacob																																																33	Tremblay, Jacob
Herrin, Jimmy	23:10.29	25.90																	24:38.42	24.357	-1.837%	6													25:53.91	23.166	-5.105%	1	Rain			12					31	Herrin, Jimmy
Britt, Sandy	27:51.22	21.54													31:37.11	18.977	2.890%	29																	33:09.42	18.100	-4.602%	1									30	Britt, Sandy
Fineran, Dan	23:07.51	25.94									24:38.39	24.357	-1.470%	8									24:48.87	24.177	-0.709%	10													24:42.59	24.275	-0.284%	12					30	Fineran, Dan
Six, Zoe	29:13.54	20.52	30:23.56	19.737	-3.993%	1					30:29.39	19.683	-0.320%	12	30:16.94	19.813	0.363%	15																													28	Six, Zoe
Davenport,Tracy			29:57.21	20.145	0.000%	12	31:24.51	20.191	0.270%	15																																					27	Davenport,Tracy
Greenfield, Erik																																																	27	Greenfield, Erik
Stinson, Shawn	24:21.73	24.62									25:57.21	25.175	-2.153%	27																											24:13.44	24.776	-0.304%	12	24:50.00	24.161	-2.827%	3					27	Stinson, Shawn
Adams, John	26:49.48	22.37					DNF			12	27:35.93	21.739	0.000%	12									28:30.08	21.053	-3.270%	2																					26	Adams, John
Cassidy, Peter	22:49.44	26.30					23:43.42	25.299	-3.942%	1	23:16.23	25.788	2.310%	24																															25	Cassidy, Peter
Willetts, Chris																																																27:01.13	22.005	0.000%	12	27:36.00	21.739	-1.244%	12	24	Willetts, Chris
Roqut, Nathan																			25:13.72	23.196	0.000%	12									Rain			12													24	Roqut, Nathan
Wilson, Bob	27:23.46	21.91	29:01.84	20.666	-3.412%	2					28:42.67	20.894	1.101%	21																																	23	Wilson, Bob
Piasecki, Luke																																																22	Piasecki, Luke
McCall, Jason	26:33.02	22.60																									31:53.84	16.870	0.000%	12					35:53.66	16.713	-0.943%	10									18	McCall, Jason
Bennett, Chad	23:29.88	25.53																									29:48.58	20.112	0.000%	18															18	Bennett, Chad
Spokas, TJ	31:32.51	19.02																									24:16.94	24.708	-2.229%	2															14	Spokas, TJ
Morgan, Lisa																											33:20.67	17.991	-8.215%	1	Rain			12													13	Morgan, Lisa
Herring, Tony	24:57.29	24.05													25:21.87	19.376	0.000%	12	32:33.94	18.424	-5.154%	1																									13	Herring, Tony
Foust, Laura															26:12.32	22.901	14.011%	1	26:17.11	22.828	-0.305%	12																									13	Foust, Laura
Fitzpatrick, Bruce	29:58.89	20.01																																									38:35.23	15.551	0.000%	12					12	Fitzpatrick, Bruce
Scott, Jordan																			27:07.87	16.158	0.000%	12																									12	Scott, Jordan
Sharp, Rick																							32:52.62	18.246	0.000%	12																					12	Sharp, Rick
Williams, Elizabeth	28:32.52	21.02													32:22.54	18.528	-0.442%	12																													12	Williams, Elizabeth
Swanson, William															32:13.57	18.595	0.000%	12																													12	Swanson, William
Llanas, Emilio																							31:19.87	19.149	0.000%	12																					12	Llanas, Emilio
Burchett, Eric											31:13.76	19.210	0.000%	12																																	12	Burchett, Eric
Carlson, Connor															31:07.63	19.272	0.000%	12																													12	Carlson, Connor
Ellefson, David											31:00.74	19.282	0.000%	12																																	12	Ellefson, David
Fox, Charley											29:56.60	20.045	0.000%	12																																	12	Fox, Charley
Farmer, Aleah																											27:17.49	20.123	0.000%	12																	12	Farmer, Aleah
Templeton, W. Lee															29:20.93	20.443	0.000%	12																													12	Templeton, W. Lee
Frasier, Niko											29:14.53	20.525	0.000%	12																																	12	Frasier, Niko
Kisch, Jonathan																			27:10.21	20.642	0.000%	12																									12	Kisch, Jonathan
Francis, Jet																							29:04.02	20.678	0.000%	12																					12	Francis, Jet
Jenkins, Belvie	26:06.06	22.99	27:50.22	21.567	0.000%	12																																									12	Jenkins, Belvie
Dukowski, Janet			27:39.73	21.700	0.000%	12																																									12	Dukowski, Janet
Anderson, Rick	27:41.77	21.66																									27:25.14	21.700	0.000%	12																	12	Anderson, Rick
Bucher, Kelsey			27:19.48	21.965	0.000%	12																																									12	Bucher, Kelsey
Cain, William																																																12	Cain, William
Barker, Molly															27:24.53	22.140	0.000%	12																													12	Barker, Molly
Sykes, Ava																																																12	Sykes, Ava
Harrold, Paul/Houlihan, Shannon											26:13.21	22.901	0.000%	12																																	12	Harrold, Paul/Houlihan, Shannon
Robinson, Charles											25:48.23	23.107	0.000%	12																																	12	Robinson, Charles
Zeman, Chad																							25:08.20	23.857	0.000%	12																					12	Zeman, Chad
Robinson, Davian/Harrold, Paul																			24:53.81	24.457	0.000%	12																									12	Robinson, Davian/Harrold, Paul
Hoffman, Mark			24:06.97	24.845	0.000%	12																																									12	Hoffman, Mark
Mantooth, Chuck			27:47.60	25.192	0.000%	12																																									12	Mantooth, Chuck
Triplett, Chester/Moreno, Lonnie			27:26.11	25.605	0.000%	12																																									12	Triplett, Chester/Moreno, Lonnie
Duckworth, Daniel			27:17.27	25.862	0.000%	12																																									12	Duckworth, Daniel
Triplett, Chester, Patterson, John																																															12	Triplett, Chester, Patterson, John
Triplett, Chester/Weslock, Rick																							29:25.21	29.056	0.000%	12																					12	Triplett, Chester/Weslock, Rick
Harrold, Paul/Crowell, Jamie																																																12	Harrold, Paul/Crowell, Jamie
Hood, Brad																																																12	Hood, Brad
Arve, Philip																																																12	Arve, Philip
Bissette, Michael																																																12	Bissette, Michael
Blackman, Jackson														12														