

NAME	4 MILE TIME TRIAL DATA					PREDICT 10K Time	ZONE-1 Slower Than	ZONE-2		ZONE-3		ZONE-4 Faster Than
	Finish min:sec	Mile 1 min:sec	Mile 2 min:sec	Mile 3 min:sec	Mile 4 min:sec			Range		Range		
Rob Acker	0:37:44	8:33	8:39	10:23	10:10	0:59:55	11:01	10:01	10:21	9:11	9:31	8:51
Dennis Akos	0:37:28	8:20	8:30	10:35	10:04	0:59:30	11:02	10:02	10:22	9:12	9:32	8:52
Liz Ammon	0:35:57	7:26	7:52	10:41	9:59	0:57:05	10:46	9:46	10:06	8:56	9:16	8:36
Kenneth Apple	0:34:34	7:38	7:49	9:48	9:20	0:54:54	10:18	9:18	9:38	8:28	8:48	8:08
Ryan Argosino	0:31:58	6:53	7:00	9:10	8:56	0:50:46	9:35	8:35	8:55	7:45	8:05	7:25
Natalie Bachtell	0:45:41			13:33	12:29	1:12:33	8:16	7:16	7:36	6:26	6:46	6:06
Lynn Barlow	0:41:24	7:38	8:58	12:33	12:17	1:05:45	12:15	11:15	11:35	10:25	10:45	10:05
Liesl Becker	0:36:15	7:32	7:58	10:36	10:11	0:57:34	10:47	9:47	10:07	8:57	9:17	8:37
Bryan Berkowitz	0:40:20	8:01	8:49	11:24	12:07	1:04:03	11:36	10:36	10:56	9:46	10:06	9:26
Kathryn Bierbaum	0:34:55	7:37	7:42	9:52	9:46	0:55:27	10:17	9:17	9:37	8:27	8:47	8:07
Christy Boutell	0:48:56	10:19	11:13	14:16	13:10	1:17:42	14:14	13:14	13:34	12:24	12:44	12:04
Billy Bronkan	0:49:25	9:59	10:56	14:41	13:51	1:18:28	14:18	13:18	13:38	12:28	12:48	12:08
Wayne Bruckner	0:44:39	9:28	9:56	13:12	12:05	1:10:54	13:04	12:04	12:24	11:14	11:34	10:54
Christie Cadwell	0:36:29	7:56	8:13	10:08	10:14	0:57:56	10:40	9:40	10:00	8:50	9:10	8:30
Maddie Cahill	0:49:12	9:57	10:33	14:57	13:46	1:18:08	14:15	13:15	13:35	12:25	12:45	12:05
Elizabeth Carleo	0:41:09	8:45	9:02	11:44	11:39	1:05:21	11:53	10:53	11:13	10:03	10:23	9:43
Taylor Chase	0:36:21	7:40	7:53	10:36	10:14	0:57:43	10:44	9:44	10:04	8:54	9:14	8:34
John Chisholm	0:46:41	10:18	10:35	13:34	12:16	1:14:08	13:34	12:34	12:54	11:44	12:04	11:24
Run Chneang	0:50:45	10:03	11:24	15:33	13:46	1:20:35	14:58	13:58	14:18	13:08	13:28	12:48
Dan Collins	0:35:23	8:00	7:57	9:42	9:46	0:56:11	10:19	9:19	9:39	8:29	8:49	8:09
Peggy Coolehan	0:43:07	9:42	9:39	12:10	11:39	1:08:28	12:24	11:24	11:44	10:34	10:54	10:14
Alaunde Copley-Woods	0:39:39	7:59	8:48	11:38	11:16	1:02:58	11:43	10:43	11:03	9:53	10:13	9:33
Eric Cops	0:37:19	7:34	8:35	10:44	10:28	0:59:16	11:09	10:09	10:29	9:19	9:39	8:59
Curt Culver	0:33:53	6:56	7:25	9:51	9:44	0:53:48	10:08	9:08	9:28	8:18	8:38	7:58
Edward Dageforde	0:44:25	9:35	9:55	12:11	12:45	1:10:32	12:33	11:33	11:53	10:43	11:03	10:23
Jenna Dallaire	0:38:56	7:57	8:34	11:21	11:04	1:01:50	11:27	10:27	10:47	9:37	9:57	9:17
Christina Davies	0:36:31	8:10	8:21	10:19	9:42	0:57:59	10:50	9:50	10:10	9:00	9:20	8:40
Lanae Davis	0:38:28	8:36	9:03	10:41	10:09	1:01:05	11:22	10:22	10:42	9:32	9:52	9:12
Robert Dean	0:40:04	8:22	8:40	11:08	11:56	1:03:38	11:24	10:24	10:44	9:34	9:54	9:14
Betsy Decker	0:38:27	8:38	8:47	11:00	10:04	1:01:04	11:23	10:23	10:43	9:33	9:53	9:13
Debra Deininger	0:40:35	8:23	9:08	11:41	11:25	1:04:27	11:54	10:54	11:14	10:04	10:24	9:44
Becky Dreasher	0:35:48	7:51	8:15	10:05	9:38	0:56:51	10:40	9:40	10:00	8:50	9:10	8:30

Mary Egan	0:39:57	8:40	8:57	11:27	10:55	1:03:26	11:42	10:42	11:02	9:52	10:12	9:32
Aaron Evans	0:32:53	6:31	7:13	9:42	9:28	0:52:13	9:57	8:57	9:17	8:07	8:27	7:47
Liz Fliegelman	0:34:32	6:47	7:32	10:22	9:51	0:54:50	10:27	9:27	9:47	8:37	8:57	8:17
Barbara Fusco	0:37:03	7:59	8:00	10:43	10:22	0:58:50	10:51	9:51	10:11	9:01	9:21	8:41
Dave Garrison	0:44:19	9:02	9:56	12:53	12:30	1:10:22	12:54	11:54	12:14	11:04	11:24	10:44
Jack Gathright	0:59:39	12:15	12:53	18:48	15:44	1:34:43	17:20	16:20	16:40	15:30	15:50	15:10
Melanie Gauss	0:45:40	9:11	9:36	14:17	12:38	1:12:31	13:26	12:26	12:46	11:36	11:56	11:16
Anne Gibson	0:41:13	8:47	9:05	11:33	11:50	1:05:27	11:49	10:49	11:09	9:59	10:19	9:39
Alex Gigas	0:34:53	7:38	8:16	9:26	9:35	0:55:24	10:21	9:21	9:41	8:31	8:51	8:11
Amy Goeglein	0:49:35	10:31	11:08	14:09	13:48	1:18:44	14:08	13:08	13:28	12:18	12:38	11:58
Harvey Golumb	0:42:28	8:56	9:34	12:08	11:51	1:07:26	12:21	11:21	11:41	10:31	10:51	10:11
Rebecca Green	0:46:16	9:14	9:55	14:26	12:44	1:13:28	13:40	12:40	13:00	11:50	12:10	11:30
John Greff	0:32:00	7:08	7:11	8:48	8:54	0:50:49	9:29	8:29	8:49	7:39	7:59	7:19
Cindy Hagerman	0:48:13	9:22	9:44	15:52	13:16	1:16:34	14:18	13:18	13:38	12:28	12:48	12:08
Richard Halle	0:30:51	6:39	7:02	8:43	8:29	0:48:59	9:22	8:22	8:42	7:32	7:52	7:12
Colby Harmon	0:53:33	10:41	11:24	17:54	13:35	1:25:02	16:09	15:09	15:29	14:19	14:39	13:59
Mariane Harsch	0:34:55	7:49	7:49	9:36	9:43	0:55:27	10:12	9:12	9:32	8:22	8:42	8:02
Win Hartley	0:27:58	6:10	6:19	7:42	7:49	0:44:25	8:30	7:30	7:50	6:40	7:00	6:20
Kimberly Hartrick	0:35:32	7:50	7:54	9:58	9:51	0:56:26	10:26	9:26	9:46	8:36	8:56	8:16
Meg Heerd	0:36:46	7:58	8:32	10:07	10:11	0:58:23	10:49	9:49	10:09	8:59	9:19	8:39
Mark Hemmeter	0:35:06	7:39	7:41	10:10	9:37	0:55:44	10:25	9:25	9:45	8:35	8:55	8:15
Marjie Hemstreet	0:38:28	8:29	8:29	11:07	10:24	1:01:05	11:18	10:18	10:38	9:28	9:48	9:08
Jessie Hilb	0:44:03	9:20	9:46	12:59	12:00	1:09:57	12:52	11:52	12:12	11:02	11:22	10:42
Deanna Hoover	0:34:21	7:10	7:36	9:53	9:44	0:54:33	10:14	9:14	9:34	8:24	8:44	8:04
Linda Hudson	0:44:33	8:20	9:24	13:55	12:56	1:10:45	13:09	12:09	12:29	11:19	11:39	10:59
Jiva Jagtap	0:43:59	9:36	9:59	12:23	12:03	1:09:51	12:41	11:41	12:01	10:51	11:11	10:31
Chad Jenkins	0:33:01	7:35	7:42	9:01	8:45	0:52:26	9:51	8:51	9:11	8:01	8:21	7:41
Ben Kanute	0:25:33	5:37	5:54	7:10	6:54	0:40:34	8:02	7:02	7:22	6:12	6:32	5:52
Josh Kanute	0:29:35	6:14	6:46	8:19	8:17	0:46:59	9:02	8:02	8:22	7:12	7:32	6:52
Mike Kanute	0:32:06	7:01	7:30	8:59	8:38	0:50:58	9:44	8:44	9:04	7:54	8:14	7:34
Jessie Kasynski	0:32:38	7:01	7:15	9:13	9:11	0:51:49	9:44	8:44	9:04	7:54	8:14	7:34
Barb Kauffman	0:41:49	9:04	9:36	11:44	11:27	1:06:24	12:10	11:10	11:30	10:20	10:40	10:00
Jerry Kauffman	0:42:58	8:21	9:38	12:54	12:07	1:08:14	12:46	11:46	12:06	10:56	11:16	10:36
Esra Kellermanns	0:37:07	7:26	8:10	11:13	10:20	0:58:56	11:11	10:11	10:31	9:21	9:41	9:01
Tom Kissinger	0:32:45	6:55	7:29	9:27	8:56	0:52:00	9:58	8:58	9:18	8:08	8:28	7:48

Russ Klein	0:36:30	7:58	7:58	10:12	10:23	0:57:58	10:35	9:35	9:55	8:45	9:05	8:25
Colleen Knill	0:34:27	7:49	7:43	9:21	9:35	0:54:42	10:02	9:02	9:22	8:12	8:32	7:52
Mary Kate Knill	0:43:47	9:32	10:17	12:16	11:44	1:09:32	12:46	11:46	12:06	10:56	11:16	10:36
Sue Knill	0:37:26	7:46	8:05	11:12	10:24	0:59:27	11:08	10:08	10:28	9:18	9:38	8:58
Deirdre Kopel	0:50:00	10:49	11:14	14:23	13:36	1:19:24	14:18	13:18	13:38	12:28	12:48	12:08
Jana Kruger	0:46:13	9:44	10:18	13:30	12:43	1:13:24	13:24	12:24	12:44	11:34	11:54	11:14
Kraig Kruger	0:37:13	8:07	8:29	10:23	10:14	0:59:06	10:56	9:56	10:16	9:06	9:26	8:46
Dave Kwas	0:34:56	7:21	7:50	9:56	9:51	0:55:28	10:23	9:23	9:43	8:33	8:53	8:13
Timothy Lankford	0:24:24	5:11	5:31	6:34	7:09	0:38:45	7:32	6:32	6:52	5:42	6:02	5:22
Lida Letowt	0:45:59	9:43	10:41	12:53	12:44	1:13:01	13:17	12:17	12:37	11:27	11:47	11:07
Karen Lipinsky	0:44:27	9:38	9:54	12:12	12:45	1:10:35	12:33	11:33	11:53	10:43	11:03	10:23
Michael Logan	0:29:53			8:05	8:16	0:47:27	5:32	4:32	4:52	3:42	4:02	3:22
Michael Long	0:35:28	7:14	7:30	10:27	10:18	0:56:19	10:28	9:28	9:48	8:38	8:58	8:18
David Lueders	0:41:58	9:02	9:25	11:35	11:57	1:06:39	12:00	11:00	11:20	10:10	10:30	9:50
David Lutter	0:42:14	8:45	9:35	12:23	11:33	1:07:04	12:29	11:29	11:49	10:39	10:59	10:19
Georgia Madrid	0:50:07	11:02	11:23	14:13	13:31	1:19:35	14:18	13:18	13:38	12:28	12:48	12:08
Stephen Meratla	0:29:49	6:09	6:33	8:42	8:27	0:47:21	9:07	8:07	8:27	7:17	7:37	6:57
Tom Miaskiewicz	0:32:10	7:16	7:47	8:38	8:30	0:51:05	9:42	8:42	9:02	7:52	8:12	7:32
Donna Mitchell	0:48:24	9:51	10:15	14:26	13:53	1:16:52	13:50	12:50	13:10	12:00	12:20	11:40
Doug Mitchell	0:43:23	9:33	9:50	12:14	11:47	1:08:54	12:32	11:32	11:52	10:42	11:02	10:22
Kelly Moninger	0:45:09	9:16	9:37	13:17	13:02	1:11:42	12:57	11:57	12:17	11:07	11:27	10:47
Bob Moore	0:37:20	8:20	8:29	10:36	9:57	0:59:17	11:02	10:02	10:22	9:12	9:32	8:52
Sommer Myers	0:35:25	7:37	8:07	9:56	9:46	0:56:15	10:31	9:31	9:51	8:41	9:01	8:21
Sophie Newbury	0:34:50	7:35	7:37	9:44	9:55	0:55:19	10:10	9:10	9:30	8:20	8:40	8:00
Hannah Nicholls	0:49:00	10:11	11:14	14:16	13:20	1:17:49	14:15	13:15	13:35	12:25	12:45	12:05
Melanie Nygren	0:36:27	7:43	7:54	10:28	10:24	0:57:53	10:41	9:41	10:01	8:51	9:11	8:31
Cindy Pendleton	0:41:49	8:38	8:59	12:35	11:39	1:06:24	12:17	11:17	11:37	10:27	10:47	10:07
Jennifer Peterson	0:36:37	8:15	8:22	10:16	9:45	0:58:09	10:49	9:49	10:09	8:59	9:19	8:39
Nancy Phares-Zook	0:49:06	9:59	10:44	15:12	13:13	1:17:58	14:28	13:28	13:48	12:38	12:58	12:18
Aileen Pierce	0:49:23	10:40	10:43	14:24	13:37	1:18:25	14:03	13:03	13:23	12:13	12:33	11:53
Jennifer Plucinski	0:35:15	7:39	7:50	10:07	9:40	0:55:59	10:28	9:28	9:48	8:38	8:58	8:18
Patience Ramsey	0:53:59	11:45	12:05	15:38	14:33	1:25:44	15:21	14:21	14:41	13:31	13:51	13:11
Gail Raznick	0:55:57	11:15	12:06	17:01	15:36	1:28:51	16:03	15:03	15:23	14:13	14:33	13:53
Dianna Richards	0:38:17	8:21	8:33	10:46	10:40	1:00:48	11:09	10:09	10:29	9:19	9:39	8:59
Brad Rix	0:31:35	6:41	6:59	9:09	8:47	0:50:09	9:34	8:34	8:54	7:44	8:04	7:24

Teresa Robbins	0:43:00	8:27	9:22	12:48	12:24	1:08:17	12:35	11:35	11:55	10:45	11:05	10:25
David Rohatch	0:40:19	8:25	9:11	11:31	11:13	1:04:01	11:51	10:51	11:11	10:01	10:21	9:41
Sabrina Romo	0:41:26	8:25	8:49	12:28	11:46	1:05:48	12:08	11:08	11:28	10:18	10:38	9:58
Stephanie Rutherford	0:40:04	8:32	8:50	11:50	10:54	1:03:38	11:50	10:50	11:10	10:00	10:20	9:40
Ashlan Sarff	0:38:18	8:01	8:22	11:41	10:16	1:00:49	11:31	10:31	10:51	9:41	10:01	9:21
Walter Scott	0:37:20	7:48	8:17	10:43	10:34	0:59:17	11:00	10:00	10:20	9:10	9:30	8:50
Greg Seethaler	0:29:19	6:09	6:30	7:59	8:41	0:46:33	8:44	7:44	8:04	6:54	7:14	6:34
Steven Sellars	0:26:19	5:57	6:09	7:13	7:02	0:41:47	8:11	7:11	7:31	6:21	6:41	6:01
Larry Sherwood	0:33:59	7:24	7:29	9:24	9:44	0:53:58	9:56	8:56	9:16	8:06	8:26	7:46
Brian Shimamoto	0:49:30	10:32	11:37	13:47	13:35	1:18:36	14:12	13:12	13:32	12:22	12:42	12:02
Lynn Stein	0:42:08	9:10	9:56	12:16	10:47	1:06:54	12:36	11:36	11:56	10:46	11:06	10:26
Ginger Stoker	0:33:46	7:17	7:30	9:25	9:35	0:53:37	9:57	8:57	9:17	8:07	8:27	7:47
Holly Stull	0:33:13	6:40	7:09	10:12	9:13	0:52:45	10:10	9:10	9:30	8:20	8:40	8:00
Ellen Sukovich	0:57:23	10:47	13:15	16:53	16:30	1:31:07	16:34	15:34	15:54	14:44	15:04	14:24
Chris Sword	0:33:55	7:39	7:44	9:13	9:21	0:53:52	9:58	8:58	9:18	8:08	8:28	7:48
Chris Szabo	0:42:44	8:50	8:09	12:52	12:55	1:07:52	12:00	11:00	11:20	10:10	10:30	9:50
Jessica Talbot	0:43:22	8:44	9:05	13:22	12:12	1:08:52	12:43	11:43	12:03	10:53	11:13	10:33
Ron Thomasson	0:25:51	5:37	5:58	7:09	7:08	0:41:03	8:03	7:03	7:23	6:13	6:33	5:53
Scott Tomko	0:33:52	7:35	7:51	9:22	9:07	0:53:47	10:06	9:06	9:26	8:16	8:36	7:56
Erin Tracy	0:46:51	9:32	10:58	13:49	12:34	1:14:24	13:53	12:53	13:13	12:03	12:23	11:43
Andrew Tubach	0:35:50	8:14	8:20	9:40	9:38	0:56:54	10:30	9:30	9:50	8:40	9:00	8:20
Jeanne Ulmer	0:39:32	9:04	8:37	11:14	10:39	1:02:47	11:25	10:25	10:45	9:35	9:55	9:15
Michael Urbain	0:29:51	7:13	6:56	7:39	8:05	0:47:24	8:47	7:47	8:07	6:57	7:17	6:37
Ryan Van Duzer	0:26:04	5:43	5:51	7:15	7:17	0:41:24	8:03	7:03	7:23	6:13	6:33	5:53
Blaine Versaw	0:32:35	7:06	7:15	9:04	9:11	0:51:45	9:39	8:39	8:59	7:49	8:09	7:29
Francis Versaw	0:47:38	9:18	10:17	14:42	13:21	1:15:39	13:59	12:59	13:19	12:09	12:29	11:49
Jenny Wagnon	0:49:32	10:17	10:40	14:57	13:39	1:18:40	14:18	13:18	13:38	12:28	12:48	12:08
Jennifer Ward	0:32:27	7:03	7:15	9:03	9:08	0:51:32	9:39	8:39	8:59	7:49	8:09	7:29
Stephanie Weber	0:36:39	8:12	8:21	10:20	9:47	0:58:12	10:50	9:50	10:10	9:00	9:20	8:40
Ed Weir	0:39:15	8:20	8:31	11:35	10:51	1:02:20	11:33	10:33	10:53	9:43	10:03	9:23
Jessica Weir	0:43:25	8:46	9:05	13:21	12:13	1:08:57	12:43	11:43	12:03	10:53	11:13	10:33
Eric Winters	0:30:44	6:21	6:33	8:45	9:06	0:48:48	9:09	8:09	8:29	7:19	7:39	6:59
Ruth Wood	0:43:29	8:48	9:29	13:36	11:38	1:09:03	13:02	12:02	12:22	11:12	11:32	10:52
Ryan Wood	0:35:09	7:41	8:07	9:55	9:28	0:55:49	10:31	9:31	9:51	8:41	9:01	8:21
Doug Yester	0:30:28	6:36	6:54	8:48	8:12	0:48:23	9:21	8:21	8:41	7:31	7:51	7:11

