Time trial results, May 4 ${ }^{\text {th }}, 2023$

## 400m Results \& Standings

Individual Time Trial Results, 400 m

| Date | Position | Name | Age | Time | Age Graded Time | Age Perf \% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 04, 2023 | 1 | Albert S. | 31 M | $01: 11.0$ | $01: 11.0$ | $60.8 \%$ |
| May 04, 2023 | 2 | Molly C. | 28 F | $01: 14.0$ | $01: 14.0$ | $64.3 \%$ |
| May 04, 2023 | 3 | Ralph V. | 60 M | $01: 29.0$ | $01: 12.7$ | $59.4 \%$ |
| May 04, 2023 | 4 | Karen J. | 60 F | $01: 30.0$ | $01: 07.1$ | $70.9 \%$ |
| May 04, 2023 | 5 | Hannah H. | 31 F | $01: 33.0$ | $01: 33.0$ | $51.2 \%$ |
| May 04, 2023 | 6 | Melissa T. | 43 F | $01: 38.0$ | $01: 26.1$ | $55.3 \%$ |
| May 04, 2023 | 7 | Jen H. | 59 F | $01: 40.0$ | $01: 15.3$ | $63.2 \%$ |
| May 04, 2023 | 8 | Tiffany G. | 47 F | $02: 00.0$ | $01: 41.2$ | $47.0 \%$ |

Female Leaderboard (Age Graded), 400m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Karen J. | $01: 07.1$ |
| 2 | Molly C. | $01: 14.0$ |
| 3 | Jen H. | $01: 15.3$ |
| 4 | Melissa T. | $01: 26.1$ |
| 5 | Hannah H. | $01: 33.0$ |
| 6 | Tiffany G. | $01: 41.2$ |

Male Leaderboard (Age Graded), 400m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Erik | $00: 54.6$ |
| 2 | Johannes S. | $01: 05.9$ |
| 3 | Albert S. | $01: 11.0$ |
| 4 | Ted | $01: 12.7$ |
| 5 | Ralph V. | $01: 12.7$ |

## 800m Results \& Standings

Individual Time Trial Results, 800 m

| Date | Position | Name | Age | Time | Age Graded Time | Age Perf \% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 04, 2023 | 1 | Marissa R. | 31 F | $02: 52.0$ | $02: 52.0$ | $65.9 \%$ |
| May 04, 2023 | 2 | Glenn M. | 69 M | $03: 21.0$ | $02: 28.4$ | $68.2 \%$ |
| May 04, 2023 | 3 | Karen J. | 60 F | $03: 33.0$ | $02: 45.5$ | $68.5 \%$ |
| May 04, 2023 | 4 | Melissa T. | 43 F | $03: 37.0$ | $03: 25.5$ | $55.1 \%$ |
| May 04, 2023 | 5 | Tiffany G. | 47 F | $04: 30.0$ | $04: 07.0$ | $45.9 \%$ |

Female Leaderboard (Age Graded), 800m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Karen J. | $02: 45.5$ |
| 2 | Marissa R. | $02: 52.0$ |
| 3 | Melissa T. | $03: 25.5$ |
| 4 | Tiffany G. | $04: 07.0$ |

Male Leaderboard (Age Graded), 800m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Glenn M. | $02: 28.4$ |
| 2 | Johannes S. | $02: 38.3$ |
| 3 | David L. | $02: 43.5$ |

## 1mile Results \& Standings

Individual Time Trial Results, 1 mile

| Date | Position | Name | Age | Time | Age Graded Time | Age Perf \% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 04, 2023 | 1 | Tim N. | 40 M | $04: 55.0$ | $04: 38.8$ | $79.8 \%$ |
| May 04, 2023 | 2 | Molly C. | 28 F | $06: 01.0$ | $06: 01.0$ | $69.7 \%$ |
| May 04, 2023 | 3 | Albert S. | 31 M | $06: 11.0$ | $06: 09.2$ | $60.3 \%$ |
| May 04, 2023 | 4 | Marissa R. | 31 F | $06: 20.0$ | $06: 18.9$ | $66.4 \%$ |
| May 04, 2023 | 5 | Karen J. | 60 F | $07: 13.0$ | $05: 18.1$ | $79.1 \%$ |
| May 04, 2023 | 6 | Hannah H. | 31 F | $07: 29.0$ | $07: 27.7$ | $56.2 \%$ |
| May 04, 2023 | 7 | Glenn M. | 69 M | $07: 32.0$ | $05: 34.6$ | $66.5 \%$ |
| May 04, 2023 | 8 | Jose R. | 59 M | $07: 34.0$ | $06: 08.3$ | $60.4 \%$ |
| May 04, 2023 | 9 | Ralph V. | 60 M | $07: 38.0$ | $06: 08.4$ | $60.4 \%$ |
| May 04, 2023 | 10 | Melissa T. | 43 F | $07: 45.0$ | $07: 06.2$ | $59.0 \%$ |
| May 04, 2023 | 11 | Tiffany G. | 47 F | $09: 18.0$ | $08: 07.5$ | $51.6 \%$ |

Female Leaderboard (Age Graded), 1 mile

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Karen J. | $05: 18.1$ |
| 2 | Molly C. | $06: 01.0$ |
| 3 | Marissa R. | $06: 18.9$ |
| 4 | Taylor | $06: 54.0$ |
| 5 | Melissa T. | $07: 06.2$ |
| 6 | Hannah H. | $07: 27.7$ |
| 7 | Tiffany G. | $08: 07.5$ |

Male Leaderboard (Age Graded), 1 mile

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Tim N. | $04: 38.8$ |
| 2 | Glenn M. | $05: 34.6$ |
| 3 | Ted | $05: 34.6$ |
| 4 | Jose R. | $06: 08.3$ |
| 5 | Ralph V. | $06: 08.4$ |
| 6 | Albert S. | $06: 09.2$ |

## 3200m Results \& Standings

Individual Time Trial Results, 3200m

| Date | Position | Name | Age | Time | Age Graded Time | Age Perf $\%$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 04, 2023 | 1 | Tim N. | 40 M | $10: 35.0$ | $10: 00.1$ | $78.2 \%$ |
| May 04, 2023 | 2 | Molly C. | 28 F | $12: 43.0$ | $12: 43.0$ | $70.1 \%$ |
| May 04, 2023 | 3 | Hannah H. | 31 F | $16: 16.0$ | $16: 14.2$ | $54.9 \%$ |
| May 04, 2023 | 4 | Jose R. | 59 M | $16: 17.0$ | $13: 12.6$ | $59.2 \%$ |

Female Leaderboard (Age Graded), 3200m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Molly C. | $12: 43.0$ |
| 2 | Marissa R. | $13: 41.5$ |
| 3 | Taylor | $14: 01.0$ |
| 4 | Hannah H. | $16: 14.2$ |

Male Leaderboard (Age Graded), 3200m

| Position | Name | AG Time |
| :---: | :---: | :---: |
| 1 | Tim N. | $10: 00.1$ |
| 2 | David L. | $11: 30.9$ |
| 3 | Johannes S. | $12: 22.9$ |
| 4 | Jose R. | $13: 12.6$ |
| 5 | Albert S. | $13: 59.0$ |

Note: This sheet includes a minor correction for the AG times for the 3200 m distance compared to the April time trials.

