

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Abraham, Peter	M	1979						2:54.32	3:04.87				2:31.72			2:31.72		
Adam, Andrew	M					5:00.41	5:00.41											
Adams, Dwayne	M	1951											3:45.46			3:45.46		
Adams, Sissy	F	1962											3:48.26			3:48.26		
Agee, Aurora	F	1979											4:54.35			4:54.35		
Ahluquist, David	M	1951											3:30.35			3:30.35		
Ahmed, Omar	M	1998			6:03.13		6:03.13											
Ahmed, Sharmila	F							3:23.52								3:23.52		
Aist, Alisa	F	1997											3:50.87			3:50.87		
Aist, Jennifer	F	1970			7:30.63		7:30.63											
Albert, Lawrence	M	1948											4:45.80			4:45.80		
Alcorn, Berit	F	1989											3:47.74			3:47.74		
Alderman, Garrett	M													2:39.38		2:39.38		
Aldridge, Morgan	F														4:57.15	4:57.15		
Alexander, Beckie	F	1964											3:50.92			3:50.92		
Alexander, Nico	M	2003											4:21.87			4:21.87		
Alexander, Per	M	2001											4:21.57			4:21.57		
Alexander, Wallace	M	1965											4:21.94			4:21.94		
Alexson, Mia	F	1999											3:58.79			3:58.79		
Alexson, Pete	M	1966											3:00.72		3:15.26	3:00.72		
Allen, Amber	F					5:44.50	5:44.50											
Allen, Ben	M		3:57.86				3:57.86	3:20.00				3:23.29		3:22.57	3:15.10	3:15.10		
Allen, Betsy E	F	1954		6:49.89			6:49.89											
Allen, Ina	F	2003											4:56.23			4:56.23		
Allen, Mimi	F	2000			4:09.22		4:09.22											
Altenburg, Michael	M	2000											3:24.75			3:24.75		
Altenburg, Patrick	M	1971											4:26.72			4:26.72		
Altenburg, Sean	M	2002											4:08.14			4:08.14		
Alverts, Lydia	F					14:22.36	14:22.36											
Amore, John	M	1966							3:25.27		3:18.14					3:18.14		
Amskold, Heidi	F	1979											5:58.36			5:58.36		
Andersen, Noah	M							3:03.17								3:03.17		
Andersen, Seth	M														3:58.89	3:58.89		
Anderson, Bryan	M	1984											3:40.98			3:40.98		
Anderson, Christine	F	1961											5:39.50		6:23.47	5:39.50		
Anderson, Deland	M	1961				6:23.53	6:23.53						5:27.78			5:27.78		
Anderson, Duane	M	1952											4:48.66			4:48.66		
Anderson, Nancy	F	1957		4:52.42			4:52.42											
Anderson, Nate	M	1994											4:10.14			4:10.14		
Anderson, Paul	M	1971						3:34.71								3:34.71		
Anglen, Lisa	F							4:05.84								4:05.84		
Angmo, Nora	F	1995											8:06.38			8:06.38		
Antonson, Joan	F	1951									4:16.80		4:22.42	4:18.39	4:18.07	4:16.80		
Apperson, David	M	1988	3:53.54				3:53.54	3:22.66	3:21.63				2:59.91		3:11.01	2:59.91		
Arai, Misaki	F	1997											4:46.16			4:46.16		
Arend, Hayden	M	1996											3:24.24			3:24.24		
Arend, Henry	M	1993										3:54.62			3:19.69	3:19.69		
Arend, Maggi	F	1954											4:47.02			4:47.02		
Arians, Alison	F					3:55.55	3:55.55											
Arians, Ben	M	1973		3:39.28			3:39.28							2:45.46		2:45.46		
Arnold, Robert	M	1958													6:06.86	6:06.86		
Arnold, Stephanie	F	1994	3:28.76				3:28.76	2:57.44							3:19.20	2:57.44		
Arthur, Kellie	F					4:19.68	4:19.68											
Arthur, Krista	F														4:37.93	4:37.93		
Ash, Eric	M	1957											3:33.06		4:16.31	3:33.06		
Ashland, Christopher	M	1989		4:16.27			4:16.27											
Athans, Murray	M														5:19.37	5:19.37		
Atkinson, Brian	M	1987											3:17.32			3:17.32		
Auten, Eric	M	1970				3:48.08	3:48.08	3:25.26								3:25.26		
Bablonka, Josh	M	1986											4:45.43			4:45.43		
Backstrum, Chris	M	1961											3:13.00			3:13.00		
Backus, Gene	M	1953				6:02.25	6:02.25						3:57.44			3:57.44		
Bader, Charles	M	1966							4:10.09	4:16.49			3:40.60			3:40.60		
Bahner, Stephen	M														4:48.78	4:48.78		
Bain, Piper	F							3:34.06								3:34.06		
Baker, Andrew	M					11:43.27	11:43.27											
Baker, Bob	M	1958	3:41.97				3:41.97	4:08.31					3:12.56			3:12.56		
Baker, Sharon	F	1958						4:08.30					3:51.59			3:51.59		
Baker, Troy	M	1963						4:21.66	4:06.91			4:28.29	3:36.96		4:04.28	3:36.96		
Bakker, Mick	M	1980							4:17.41				3:13.78		3:51.30	3:13.78		
Baldwin, Dan	M	1965											3:37.36		4:08.15	3:37.36		
Baltensperger, Andy	M														4:10.07	4:10.07		
Banas, Gigi	F	1953													5:01.79	5:01.79		
Banas, Jessie	F														5:01.80	5:01.80		
Banchero, Paola	F					8:57.17	8:57.17											
Banker, Emory	F	2000											4:07.25			4:07.25		
Barber, Mac	M														5:58.98	5:58.98		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Barber, Micah	M	2000											3:19.07			3:19.07		
Barnard, Jennifer	F							5:36.00							4:07.69	4:07.69		
Barnel, Aurelie	F	1980													4:05.67	4:05.67		
Barnes, Emma	F							3:45.58								3:45.58		
Barnes, Talya	F	2002											5:16.49			5:16.49		
Barnett, Joyce	F	1951											4:42.83		5:41.17	4:42.83		
Barnwell, Allison	F														4:18.80	4:18.80		
Barnwell, Marylynn	F	1960											3:51.68			3:51.68		
Barnwell, Robert	M	1959											3:50.53			3:50.53		
Barrett, Allison	F	1995											5:59.34			5:59.34		
Barrett, Denise	F	1968											5:59.39			5:59.39		
Barrett, Thomas	M	1966											5:32.47			5:32.47		
Barrett, Wyatt	M														4:31.65	4:31.65		
Bartos, Benjamin	M														5:28.04	5:28.04		
Bassett, Lauri	F	1968			4:31.87		4:31.87											
Bassett, Zach	M	1999			3:02.12		3:02.12											
Bathe, Nichole	F							3:04.83								3:04.83		
Bauer, Jacob	M							3:05.80								3:05.80		
Bauer, Joshua	M	1998											3:31.35			3:31.35		
Baumgartner, Brenn	M	2002											3:24.62			3:24.62		
Baun, Marisa	F	1997											6:43.50			6:43.50		
Baurick, Dale	M														3:04.67	3:04.67		
Baurick, Ingrid	F														5:30.12	5:30.12		
Baxter, Adam	M	1982											3:36.53			3:36.53		
Baxter, Jay	M							4:06.40								4:06.40		
Baxter, Loran	M	1953											4:06.81			4:06.81		
Bay, Curtis	M														3:49.64	3:49.64		
Bay, Steve	M	1961											3:33.21		3:47.47	3:33.21		
Baysinger, Barbara	F	1967			6:55.11		6:55.11											
Beachy, Jordan	M	1999											3:33.33			3:33.33		
Bean, Logan	M	1987											3:37.94			3:37.94		
Bean, Sarah	F	1959			5:35.98		5:35.98											
Beardsley, Mark	M	1969											3:26.34			3:26.34		
Beardsley, Sheila	F	1971											3:50.34			3:50.34		
Beattie, Kate	F							4:41.12								4:41.12		
Beaty, Damielle	F														5:14.08	5:14.08		
Beck, Chris	M	1953													4:30.77	4:30.77		
Becker, Randy	M					8:21.95	8:21.95											
Bednorz, Janna	F	1973											4:08.08			4:08.08		
Beedle, James	M	1952											3:51.64			3:51.64		
Beedle, Joseph	M	1952											4:22.64			4:22.64		
Beesley, Nick	M														5:04.80	5:04.80		
Beiergrohslein, Max	M	2002											3:18.51			3:18.51		
Beling, Kyle	M							3:00.36								3:00.36		
Bell, Gerald	M	1946													5:03.83	5:03.83		
Bellino, Peter	M											4:29.52				4:29.52		
Bemben, Thea	F														6:49.45	6:49.45		
Bender, Adrian	M	1984													3:28.47	3:28.47		
Bender, Jennie	F	1988	3:21.23				3:21.23	3:13.91								3:13.91		
Benko, Barry	M	1960										4:12.57	3:54.49		3:50.27	3:50.27		
Bent, Jack	M	2000											3:17.33		4:37.18	3:17.33		
Bentley, Steve	M	1972											4:31.38			4:31.38		
Berg, Catherine	F	1959											4:25.41			4:25.41		
Berger, Maria	F							4:31.50							4:48.05	4:31.50		
Berger, Mark	M							3:12.76								3:12.76		
Berglund, Scott	M	1955											3:52.10			3:52.10		
Bergstroem, Martin	M							2:38.48								2:38.48		
Bergt, Randy	M	1957											2:59.14			2:59.14		
Bergt, Steven	M	1960						3:23.22	3:29.64	3:21.69	2:51.49	3:34.61	2:59.76	2:53.34	3:21.81	2:51.49		
Bergt, Tasha	F	1960											3:03.81			3:03.81		
Berkowitz, Ethan	M	1962											3:41.83		5:13.58	3:41.83		
Berkowitz, Ruth	F	1965											3:45.28			3:45.28		
Berkowitz, Ziva	F	2002											5:40.06			5:40.06		
Bernat, Kiara	F					11:43.48	11:43.48											
Berrigan, Rya	F	1999											3:43.17			3:43.17		
Bertrand, Guillaume	M							3:06.19								3:06.19		
Best, Tanner	M	1996											3:27.98			3:27.98		
Bianco, Amy	F							3:24.99								3:24.99		
Bickford, Colleen	F	1957											4:26.62			4:26.62		
Bickford, Jay	M	1959											3:23.65			3:23.65		
Bickford, Riley	M	1997			2:55.44		2:55.44											
Bickford, Ryan	M	1999											3:14.85			3:14.85		
Biegel, Davey	M	1995											3:01.76			3:01.76		
Biffner, William	M	2002											5:51.90			5:51.90		
Billett, Kayla	F							3:48.04								3:48.04		
Bingham, Eva	F	1998											4:05.76			4:05.76		
Birch, Garrett	M	1997											3:37.98			3:37.98		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Bishop, Alicen	F														4:35.65	4:35.65	
Bishop, Sam	M		6:05.91				6:05.91										
Bittner, Michelle	F	1965											5:51.93		6:09.38	5:51.93	
Bittner, Nicholas	M														5:49.38	5:49.38	
Bittner, William	M	2000													4:18.76	4:18.76	
Black, Maura	F														5:15.30	5:15.30	
Blackmer, Emily	F	1989	3:43.65				3:43.65	3:30.34								3:30.34	
Blackmon, Tim	M	1978											3:16.90			3:16.90	
Blackstone, Bradford	M	1969											3:25.35			3:25.35	
Blackwell, Cameron	F														4:56.59	4:56.59	
Bladel, Julie	F	1959											4:06.25			4:06.25	
Bladel, Kara	F	1989											3:55.72			3:55.72	
Bladel, Randel	M	1959											3:06.53	3:04.12		3:04.12	
Blain, Quinn	M					13:28.95	13:28.95										
Blain, Tracey	F					13:29.52	13:29.52										
Blajeski, Valerie	F	1977											4:37.57			4:37.57	
Blake, Erica	F	1989						4:14.44								4:14.44	
Blanchet, Dave	M	1950							3:37.96				3:13.77			3:13.77	
Bleich, Eric	M	1982			6:23.20		6:23.20										
Bleich, Stacey	F	1983			6:23.11		6:23.11										
Block, Jordyn	F	1998											3:41.49			3:41.49	
Blom, Jamie	M	1965													4:26.59	4:26.59	
Blust, Aaron	M	2002											3:26.90		3:41.92	3:26.90	
Blust, Tim	M	1959											3:26.42		3:35.73	3:26.42	
Boehm, Jeff	M														8:37.16	8:37.16	
Boehm, Jennifer	F														6:29.89	6:29.89	
Bold, Hilikka	F	1972			5:53.04		5:53.04										
Bolger, Kevin	M							2:39.24								2:39.24	
Bollinger, Roderick	M	1988			6:52.13		6:52.13										
Bollinger, Stephanie	F	1987			6:52.43		6:52.43										
Bond, Chris	M	1980											5:10.67			5:10.67	
Bonney, Brian	M	1973											2:58.10			2:58.10	
Bonney, Cynthia	F	1958											3:45.01			3:45.01	
Bonney, Leigh Anne	F	1975											4:13.17			4:13.17	
Bonney, Logan	M	1995											4:13.15			4:13.15	
Boogaardt, Nanne	M	1979											3:48.47		4:11.69	3:48.47	
Booher, Hannah	F	1998											3:14.40			3:14.40	
Borghesan, Dario	M	1979											3:53.88		4:07.55	3:53.88	
Borjon, Ernie	M	1940											5:23.44			5:23.44	
Borke, Todd	M	1969											3:04.81			3:04.81	
Borowski, Erin	F	1965			4:39.46		4:39.46										
Borowski, Florian	M	1965											3:51.68			3:51.68	
Borowski, Quinn	M	1995											3:06.42			3:06.42	
Borson, Heidi	F	1960				5:27.58	5:27.58										
Boruff, Catherine	F	1981													5:15.65	5:15.65	
Bouchard, Jim	M	1955											3:21.51		3:59.24	3:21.51	
Boucher, Ian	M							3:12.77								3:12.77	
Bouffard-Nesbitt, Olivia	F							3:11.00								3:11.00	
Bourne, Kimberly	F							3:53.68								3:53.68	
Bourne, Kristen	F	1995	3:40.59				3:40.59	3:17.16								3:17.16	
Bowles, Brenda	F	1969													7:47.48	7:47.48	
Bowles, Frank	M														6:03.69	6:03.69	
Bowman, Timothy	M	1978											3:53.09		4:08.53	3:53.09	
Box, Michael	M	1975											3:35.08		3:40.04	3:35.08	
Boyes, Tyler	M	1987											3:49.71			3:49.71	
Boyle, Charles	M														4:45.62	4:45.62	
Brady, Mark	M	1982		3:35.93			3:35.93		3:24.40	3:23.48	3:04.59		2:54.70	2:59.47	3:22.35	2:54.70	
Braham, Jim	M	1949													4:50.31	4:50.31	
Branson, Rebecca	F	1955			7:30.22		7:30.22										
Bratrud, Kyle	M							2:43.50								2:43.50	
Brauer, Andrea	F														6:14.81	6:14.81	
Braun, Curtis	M	1977			5:18.16		5:18.16										
Braun, Herbert	M	1958											4:20.09			4:20.09	
Brautaset, Camilla	F							3:22.11								3:22.11	
Bray, Maria	F	1974						3:32.04								3:32.04	
Bredar, Bill	M	1953													6:55.07	6:55.07	
Bredar, Luke	M														6:51.09	6:51.09	
Brelsford, Harry	M	1961				11:41.12	11:41.12										
Brennan, Rosie	F	1988	3:06.05				3:06.05										
Brewer, Kenneth	M	1992		3:10.09			3:10.09					3:00.05	2:28.50			2:28.50	
Brewer, Peter	M	1992										3:18.48		2:51.83	2:51.61	2:51.61	
Brewer, Thomas	M	1964											4:17.79			4:17.79	
Brewster, Brandon	M	1993											2:31.75		2:58.55	2:31.75	
Brewster, Hannah	F	1985											4:21.14			4:21.14	
Brewster, Liz	F	1960											3:43.54			3:43.54	
Briggs, Connor	M														7:48.35	7:48.35	
Briggs, James	M	1954											4:07.07		4:25.69	4:07.07	

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Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Brillhart, Aaron	M	1971														3:56.68	3:56.68	
Brinkerhoff, Douglas	M							6:52.00								4:21.62	4:21.62	
Broadwell, Scott	M	1972								4:12.62	3:36.13			3:36.96	4:04.87	3:36.13	3:36.13	
Brockman, Shannon	F	1969							3:49.93		3:15.20			3:16.31	3:45.73	3:15.20	3:15.20	
Broda, Byron	M							4:34.13									4:34.13	
Brodin, Carolyn	F	1957			4:58.28		4:58.28											
Brodts, Scott	M	1953													5:28.12	5:28.12	5:28.12	
Brokaw, Dan	M	1962	3:46.12				3:46.12	3:23.94	3:45.89	3:17.33	2:54.04	3:28.61	3:00.37	2:53.40		2:53.40	2:53.40	
Bronga, Jaime	F														3:17.63	3:17.63	3:17.63	
Brook, Dave	M	1964											2:53.15			2:53.15	2:53.15	
Brooks, Bill	M														3:35.61	3:35.61	3:35.61	
Brooks, Holly	F	1982						3:02.19			2:37.47			2:37.12		2:37.12	2:37.12	
Bross, Dan	M	1964											3:36.33			3:36.33	3:36.33	
Bross, Tjarn	F	2001											3:36.30			3:36.30	3:36.30	
Brower, Tim	M	1979											4:42.61			4:42.61	4:42.61	
Brown Robinson, De	F	1974											4:54.27			4:54.27	4:54.27	
Brown Taylor, Paula	F														5:37.02	5:37.02	5:37.02	
Brown, Chris	M	1964											5:50.69			5:50.69	5:50.69	
Brown, Elissa	F														5:17.33	5:17.33	5:17.33	
Brown, Jake	M							2:41.75								2:41.75	2:41.75	
Brown, Lacey	F	1984													8:06.90	8:06.90	8:06.90	
Brown, Luke	M							2:54.45								2:54.45	2:54.45	
Brown, Max	M	2001											5:50.72			5:50.72	5:50.72	
Brown, Rogan	M							2:49.37								2:49.37	2:49.37	
Brown, Sandor	M	1974			4:55.17		4:55.17											
Brownlee, Annie	F	1989													3:59.42	3:59.42	3:59.42	
Bruce, Dylan	M					4:49.53	4:49.53											
Brucker, Scott	M							4:11.83									4:11.83	
Brudie, Regan	M	1961				7:43.53	7:43.53						4:05.75			4:05.75	4:05.75	
Buckelew, Stacey	F	1978						3:54.71					3:16.99	3:19.66	3:47.84	3:16.99	3:16.99	
Bueler, Thomas	M														3:14.23	3:14.23	3:14.23	
Buerger, Kristi	F	1961											3:43.68			3:43.68	3:43.68	
Buetow, Eric	M	1953						4:55.68								4:55.68	4:55.68	
Burger, Kathryn	F							3:43.86								3:43.86	3:43.86	
Burkhart, Blase	M	1959				4:18.68	4:18.68		4:05.19				3:19.88			3:19.88	3:19.88	
Burkholder, Jim	M	1942											4:00.83			4:00.83	4:00.83	
Burkholder, Sally	F	1946											4:35.92			4:35.92	4:35.92	
Burleigh, Roger	M	1956							4:15.95				3:38.75		3:57.97	3:38.75	3:38.75	
Burris, Chad	M	1970											3:37.19			3:37.19	3:37.19	
Burrough, Ben	M	1970											3:54.40		5:17.13	3:54.40	3:54.40	
Burrough, Brady	M														4:38.03	4:38.03	4:38.03	
Burrough, Logan	M														4:53.70	4:53.70	4:53.70	
Bursch, Catherine	F	1960			4:45.76		4:45.76											
Bursch, Tom	M	1963											3:51.31			3:51.31	3:51.31	
Burson, Mark	M	1967							3:44.22				3:18.60			3:18.60	3:18.60	
Burwen, Debby	F	1954											4:17.52			4:17.52	4:17.52	
Butera, Liz	F	1958				4:15.22	4:15.22											
Butera, Paul	M	1997											2:39.06			2:39.06	2:39.06	
Buth, Joel	M	1969						3:23.39								3:23.39	3:23.39	
Butler, Jay	M	1958							4:07.72				3:18.90			3:18.90	3:18.90	
Buttner, Murray	M														8:49.36	8:49.36	8:49.36	
Bye, Thomas	M							2:55.79								2:55.79	2:55.79	
Byrne, Ashley	M	1974			4:49.46		4:49.46											
Cacy, Cynthia	F	1982											3:55.30			3:55.30	3:55.30	
Cahill, Frank	M	1950													4:02.47	4:02.47	4:02.47	
Cahill, James	M	1962						3:13.52					3:21.87			3:13.52	3:13.52	
Cahill, Jim	M														3:50.99	3:50.99	3:50.99	
Caldera, Debra	F	1951		5:07.53			5:07.53		4:53.02		4:08.83	4:48.48	4:25.28	3:53.28	5:12.71	3:53.28	3:53.28	
Caldwell, Kai	M														3:48.93	3:48.93	3:48.93	
Caldwell, Patrick	M							2:45.90								2:45.90	2:45.90	
Caldwell, Sophie	F	1990	3:08.14				3:08.14											
Camblin, Sarah	F	1985											4:03.77			4:03.77	4:03.77	
Cameron, Matt	M							4:10.28								4:10.28	4:10.28	
Camicioli, Emma	F							3:35.17								3:35.17	3:35.17	
Campbell, Anna	F	1996											4:49.59			4:49.59	4:49.59	
Campbell, Brooke	F	1971											5:02.05			5:02.05	5:02.05	
Campbell, Colin	M														5:26.82	5:26.82	5:26.82	
Campbell, Dan	M														5:23.32	5:23.32	5:23.32	
Campbell, Kenneth	M	1950											4:47.28			4:47.28	4:47.28	
Campbell, Rianne	F					9:18.20	9:18.20											
Campbell, Rod	M														3:56.56	3:56.56	3:56.56	
Campbell, Tracy-Kim	F														4:56.32	4:56.32	4:56.32	
Carleton, Timothy	M	1956											3:23.63			3:23.63	3:23.63	
Carlyle, Jack	M							2:51.24								2:51.24	2:51.24	
Carnahan, Finn	M														6:06.77	6:06.77	6:06.77	
Carnahan, Patrick	M	1969										4:01.67	3:19.36		3:34.61	3:19.36	3:19.36	
Carnes, Wayne	M	1962						8:26.89								8:26.89	8:26.89	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Carpenter, Justin	M	1999											3:09.80		3:38.97	3:09.80		
Carpenter, Kyle	M														3:30.24	3:30.24		
Carr, Gil	M	1984											3:56.44			3:56.44		
Carroll, Erica	F	1981	7:09.70			8:12.30	7:09.70											
Carroll, Quinn	M	1997											3:19.89			3:19.89		
Carsten, Christine	F	1956											4:37.55			4:37.55		
Carter, Marcus	M	1961													7:31.79	7:31.79		
Cartier, Annette	F	1961											3:34.57			3:34.57		
Casey, Susan	F	1966											4:17.07			4:17.07		
Cason, Drew	M	1987			3:40.11		3:40.11											
Cason, Everett	M	2001											3:19.55			3:19.55		
Cason, Jackie	F	1961											4:36.73	5:46.22		4:36.73		
Cason, Sam	M	1960						4:52.95				5:33.34	4:16.07			4:16.07		
Cater, Jack	M														3:43.25	3:43.25		
Cech, Jan	M							2:45.87								2:45.87		
Cedervaern, Emilie	F	1991	3:26.37				3:26.37											
Chambers, Lisa	F					10:22.65	10:22.65											
Chan, Madison	F														7:16.30	7:16.30		
Charnon, Tim	M	1966						3:56.98					3:24.35		4:40.70	3:24.35		
Chernyavski, Eugene	M														4:15.51	4:15.51		
Cherrier, Ann	F														6:14.12	6:14.12		
Childers, Dorothy	F	1956									3:40.08	4:20.26	3:37.00		4:23.18	3:37.00		
Chilson, Jordan	M														3:46.76	3:46.76		
Chinlund, Dede	F	1954			6:13.76		6:13.76											
Christensen, Claudia	F	1954											4:05.19			4:05.19		
Christianson, Heath	M	1973											4:49.20			4:49.20		
Christie, Aaron	M	1974											4:05.82			4:05.82		
Christie, Erika	F	1976											4:59.19			4:59.19		
Christopherson, John	M	1946											4:20.39			4:20.39		
Christopherson, Rune	M	1978													3:24.91	3:24.91		
Christopherson, Tor	M	1981										3:12.45	2:41.33		2:56.55	2:41.33		
Christy, Kathy	F	1950											4:18.82			4:18.82		
Chythlook, Annamari	F	1999											3:47.62			3:47.62		
Cladouhos, Joel	M	1979		5:25.26			5:25.26			3:55.56	3:30.96		3:39.52	3:29.87	4:00.60	3:29.87		
Claman, Matt	M	1959		4:49.37			4:49.37	4:04.68	4:02.59	3:33.15	4:47.14		3:31.21		4:33.11	3:31.21		
Clark, Justin	M	1979			6:37.34		6:37.34											
Clark, Paul	M	1977						3:53.13					3:28.96			3:28.96		
Clark, Robert	M														5:44.12	5:44.12		
Clarke, Jeffery	M	1955											3:08.24			3:08.24		
Claussen, Jerry	M					9:03.50	9:03.50											
Cleary, Steve	M	1971											3:40.08	4:35.06	4:40.75	3:40.08		
Cline, Eric	M	1969											3:55.81			3:55.81		
Clingenpeel, Adrienne	F	1988											3:54.82			3:54.82		
Cohen, Jeremy	M	1972													4:50.94	4:50.94		
Cohen, Kirsten	F														4:22.66	4:22.66		
Cole, Dermot	M	1953						6:02.92								6:02.92		
Coleman, Will	M	1987											2:51.07			2:51.07		
Collins, Jeffrey	M	1980											3:29.30			3:29.30		
Collins, Patrick	M	1979											5:17.02			5:17.02		
Colt, Steve	M	1959								4:24.93		5:03.74				4:24.93		
Columbus, John	M							4:18.40								4:18.40		
Conger, Keith	M	1961													3:37.07	3:37.07		
Conger, Mallory	F														3:52.09	3:52.09		
Coniglio, Noelle	F													3:27.23		3:27.23		
Connelly, Mark	M	1999											3:58.78			3:58.78		
Connelly, Michael	M	1997											3:47.22			3:47.22		
Consenstein, Danny	M	1951											4:16.35			4:16.35		
Conway, Elizabeth	F	1996											3:44.77			3:44.77		
Conway, Patrick	M	1977											3:29.36			3:29.36		
Conway-Stamm, Katie	F	1977											3:56.41			3:56.41		
Cook, Bryan	M							2:56.39								2:56.39		
Cook, Rima	F	1968													4:28.48	4:28.48		
Cooke, Brad	M	1978											3:54.14			3:54.14		
Cooley, Hilary	F														3:50.39	3:50.39		
Cooley, Skye	M														4:23.43	4:23.43		
Coolidge, Shelley	F	1957											4:42.41			4:42.41		
Coolidge, Thomas	M	1950											3:18.37			3:18.37		
Coon, Megon	F	1985													4:12.25	4:12.25		
Cooper, Debora	F											4:36.67			4:49.41	4:36.67		
Cooper, Pat	M							4:14.69							4:09.34	4:09.34		
Coopersmith, Jeff	M														4:57.37	4:57.37		
Coopersmith, Jeffrey	M	1964											4:22.37			4:22.37		
Coopersmith, Joshua	M	1998											4:47.15			4:47.15		
Coopersmith, Steven	M	1970			9:21.74		9:21.74											
Copoulos, Art	M	1958		4:40.97			4:40.97		3:45.29	3:44.69		4:12.33	3:14.93		4:02.71	3:14.93		
Corbin, Tom	M	1947			4:20.08		4:20.08											
Corkran, Cole	M														5:05.80	5:05.80		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Corlis, Joleen	F	1987											3:54.03		4:09.15	3:54.03		
Corsetti, Sierra	F	1993											3:41.33			3:41.33		
Corwin, Ben	M	1989											3:30.61			3:30.61		
Coulson, Andrew	M	1987			5:07.49		5:07.49											
Coulson, Laura	F	1989											5:06.21			5:06.21		
Couvillion, Charles	M	1970													4:21.27	4:21.27		
Cowee, Christie	F	1975								3:41.48				3:35.73	4:15.50	3:35.73		
Cox, Caleb	M	1999											3:32.69			3:32.69		
Coyle, Jonathan	M	1966			6:22.25		6:22.25											
Cravez, Glenn	M	1957											6:13.81			6:13.81		
Cravez, Pam	F	1957											5:34.85			5:34.85		
Crawford, Clancy	M	1946											4:06.91			4:06.91		
Crawford, Diane	F	1945			5:42.21		5:42.21											
Crawford, Jeremy	M	1973											3:08.68			3:08.68		
Crews, Jennifer	F														6:54.75	6:54.75		
Crimp, Peter	M	1953											4:32.98			4:32.98		
Crocker, Theresa	F	1964											4:47.92			4:47.92		
Cross, Ben	M														3:31.46	3:31.46		
Crow, Augusta	F	2002											4:56.34			4:56.34		
Crow, Cloyd	M	1962											3:43.15			3:43.15		
Crow, Faren	F	1999											3:46.21			3:46.21		
Cruz, Bradley	M	1954								3:49.45	3:17.07	4:00.54		3:14.05		3:14.05		
Cudnohufsky, Bonnie	F	1954											5:23.79			5:23.79		
Cuenot, Gaspard	M							2:49.33								2:49.33		
Cummings, Julie	F														5:33.03	5:33.03		
Curran, Janet	F	1967											5:31.43			5:31.43		
Curtis, James	M	1955											4:14.81			4:14.81		
Cusick, Joel	M	1961											4:44.73			4:44.73		
Cvancara, Dax	M	1998											3:09.88			3:09.88		
Cvancara, George	M	2001											3:25.87			3:25.87		
Cvancara, Luke	M	1996											2:55.31			2:55.31		
D'Agostino, Maria	F												5:46.64			5:46.64		
Dahlin, Andrew	M	1982											7:11.01			7:11.01		
Dalberg, Jacob	M							3:08.59								3:08.59		
Dale, Brenda	F	1965											4:49.81			4:49.81		
Dale, Isaac	M	1980													4:22.24	4:22.24		
Dalton, Anna	F	1989										3:47.42				3:47.42		
Dalton, Danielle	F	1978											3:50.77		4:10.39	3:50.77		
Damberg, Carol	F					8:19.76	8:19.76											
Damberg, Doug	M					8:19.72	8:19.72											
Daniels, Alyeska	F	1998			5:05.98		5:05.98	3:40.24								3:40.24		
Daniels, Katie	F	1996											3:48.85			3:48.85		
Danielson, Emil	M	1992											3:18.28			3:18.28		
Danielson, James	M	1959											4:14.42			4:14.42		
Danielson, Karl	M	1999											3:10.74			3:10.74		
Darnell, Anna	F	1998						3:12.40								3:12.40		
Darrow, Eloise	F														4:28.88	4:28.88		
Davis, Jacob	M	1999											3:33.20			3:33.20		
Davis, Kasey	F	1979			5:19.61		5:19.61											
Davis, Katie	F														4:22.71	4:22.71		
Davis, Paula	F	1952											5:28.87			5:28.87		
Davis, Trevor	M	1974			4:14.99		4:14.99											
De Yong, Kristy	F	1979						3:28.88								3:28.88		
De Yong, Nicole	F														3:15.25	3:15.25		
Dearborn, Judy	F	1956				6:14.16	6:14.16											
Decker, Cynthia	F	1958		5:04.53			5:04.53	4:28.12	4:10.64	4:00.92	3:46.96	4:21.17	3:37.89	3:36.27	4:19.32	3:36.27		
Dejesus, Norberto	M														6:42.51	6:42.51		
Dekker, Franklin	M			3:50.58			3:50.58											
Del Frate, Amanda	F	1992											3:22.26			3:22.26		
Del Frate, Gino	M	1959											3:29.97		5:00.98	3:29.97		
Delamere, Alan	M	1935						6:02.91								6:02.91		
Delamere, Peter	M							3:25.69								3:25.69		
Delker, Hannah	F														4:56.63	4:56.63		
DeLong, Tom	M	1960						4:22.59								4:22.59		
Demientieff, Aimee	F	1973											5:58.40			5:58.40		
Demientieff, Charlee	F	2001											5:04.61			5:04.61		
Demientieff, Kaysee	F	2013											5:34.42			5:34.42		
Dempsey, David	M	1972													4:04.90	4:04.90		
Dennis, Carly	F	1998													4:30.15	4:30.15		
Dennis, Jason	M	1975											3:49.00			3:49.00		
Dennis, Logan	M	2002											3:48.97			3:48.97		
Dennis, Miles	M														3:42.50	3:42.50		
Dennis, Samuel	M														5:21.26	5:21.26		
Dent, Marcella	F	1987			4:52.18		4:52.18											
Denton, Kaden	M	2002			4:01.90		4:01.90											
Denton, Kelson	M	1999											2:48.18			2:48.18		
Deprey, Reno	M	1930	6:18.03				6:18.03						4:27.60		7:33.38	4:27.60		



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Derflinger, Jeremy	M	1984											5:07.53			5:07.53	
Desatoff, Austin	M	1996											3:58.21			3:58.21	
Desatoff, Savanna	F	1994													4:42.79	4:42.79	
Desatoff, Trevor	M	1967											3:58.24		4:58.82	3:58.24	
Destefano, Chelsea	F	1994											4:04.11			4:04.11	
Destefano, Ralph	M	1962											3:57.20			3:57.20	
Dethlefs, Kasey	F	1984							4:39.44							4:39.44	
Devries, Russ	M	1970													3:38.72	3:38.72	
Devries, Steve	M	1957													5:35.10	5:35.10	
Dickerson, Frederick	M														3:47.28	3:47.28	
Dickerson, Gary	M	1954											4:07.77		5:15.19	4:07.77	
Dickinson, Kelsey	F							3:22.85								3:22.85	
Diehl, Colton	M	1993											3:29.19			3:29.19	
Diekmann, Logan	M							2:52.68								2:52.68	
Dietrich, Dallas	M														4:12.00	4:12.00	
Dietrich, Thomas	M	1967											3:44.96			3:44.96	
Difolco, Donna	F	1964						3:30.66					3:14.78		3:49.36	3:14.78	
Difolco, Eric	M	2002											3:18.43		3:23.56	3:18.43	
Difolco, Jenna	F	1999						3:35.53								3:35.53	
Diggins, Jessica	F	1991	2:59.81				2:59.81										
Diller, Melissa	F	1997											4:30.84			4:30.84	
Dimarzio, Chuck	M	1979							3:43.23				3:10.83		3:35.84	3:10.83	
Dinwoodie, Dawn	F	1968				7:00.44	7:00.44										
Ditto, Julia	F	1998										4:02.05	3:46.00			3:46.00	
Doerr, Georgia	F	1989											4:29.96			4:29.96	
Doerry, Markus	M	1966											3:47.10			3:47.10	
Dolgonos, Lior	M	1977											3:57.25		3:48.20	3:48.20	
Donaldson, Max	M							2:41.85								2:41.85	
Donaldson, Ti	M	2000						2:48.73								2:48.73	
Doniere, Kevin	M	1971							4:40.94							4:40.94	
Donley, Kevin	M	1965										3:25.57	2:37.80		2:56.70	2:37.80	
Donovan, Jennifer	F	1984											4:04.88			4:04.88	
Donovan, Shannon	F	1974				6:17.46	6:17.46										
Dooley, Meghan	F	1985									3:47.51	5:34.87				3:47.51	
Dougherty, Andrew	M							3:35.12			2:28.45	3:35.65		2:37.96	3:07.14	2:28.45	
Dougherty, James	M	1964											4:39.32			4:39.32	
Dougherty, Thomas	M														5:31.52	5:31.52	
Dougherty, Tim	M														5:31.51	5:31.51	
Douglas, Thomas	M							4:02.02								4:02.02	
Douse, Jeremy	M							4:42.12								4:42.12	
Dow, Kevin	M	1958											4:36.47			4:36.47	
Downing, Addison	M	1999											3:25.67		3:13.98	3:13.98	
Downing, Eve	F														5:30.56	5:30.56	
Downing, J D	M	1966											3:16.73			3:16.73	
Downing, Scott	M	1962											4:14.31			4:14.31	
Downs, Seth	M	1969		3:13.18			3:13.18	2:55.84	2:50.98			2:57.68	2:31.66			2:31.66	
Drinkwater, Cindy	F	1959		4:41.96			4:41.96	4:26.15	4:06.62	4:14.97	3:43.42	4:25.48	3:37.85	3:36.69		3:36.69	
Druckenmiller, Patrick	M							4:14.50								4:14.50	
Dubay, Joe	M							3:02.50								3:02.50	
Dubois, Allan	M	1933											4:44.16			4:44.16	
Dubois, Greg	M	1958							4:23.13				3:27.69			3:27.69	
Dubois, Jeff	M	1956											3:37.10			3:37.10	
Ducomb, Andrew	M	1988											3:12.37		3:34.92	3:12.37	
Dudinsky, Todd	M	1968											4:29.02		4:26.82	4:26.82	
Dudley, Brooke	F	1978											4:11.32			4:11.32	
Dudley, Matt	M	1975											4:02.00			4:02.00	
Dugan, Darcy	F	1981			3:43.12		3:43.12										
Duhrsen, Ben	M														4:12.03	4:12.03	
Duhrsen, Vanessa	F	2000											4:54.50			4:54.50	
Duke, Lucca	F	2003											5:30.02		4:19.05	4:19.05	
Dunlap, Davis	M	1992											2:35.47			2:35.47	
Dupier, John	M					8:44.63	8:44.63										
Dupont, Andrea	F							3:13.66								3:13.66	
Dupree, Bonnie	F	1953											5:14.93			5:14.93	
Dura, Jodi	F	1980											4:08.74			4:08.74	
Durazo, Alexandra	F	1996											4:12.94			4:12.94	
Durazo, Oscar	M	1970			5:38.70		5:38.70										
Durtschi, Heather	F	1961											3:54.18			3:54.18	
Dusaint, Jon	M	1977											4:11.81			4:11.81	
Dusaint, Robin	F	1979											4:10.75			4:10.75	
Dworian, Laurie	F														6:24.88	6:24.88	
Dworian, Margaret	F					5:28.61	5:28.61										
Dworian, Nadia	F					4:58.10	4:58.10										
Eagan, Kelly	F	1995											6:37.09			6:37.09	
Earnhart, Michael	M	2002											4:29.98			4:29.98	
Earnhart, William	M	1968											4:30.79			4:30.79	
Easterly, Kyle	M														5:12.47	5:12.47	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Eaton, James	M	1980											3:38.93			3:38.93		
Eberhardt, Elena	F														3:48.68	3:48.68		
Ebner, Lukas	M									2:37.92						2:37.92		
Eckert, Alexander	M							2:47.35								2:47.35		
Eckmann, Karl	M	1994											3:27.11			3:27.11		
Eckmann, Sebastian	M	1961											3:36.00			3:36.00		
Eder, Mike	M	1963											4:33.88			4:33.88		
Edge, John	M	1966				5:46.93	5:46.93			4:29.67		5:17.15	3:59.95			3:59.95		
Edgerly, Jacob	M														4:51.16	4:51.16		
Edic, David	M	1957						4:21.33					2:53.29			2:53.29		
Edic, Heather	F	1991											2:53.35			2:53.35		
Edic, Megan	F							3:25.82								3:25.82		
Egan, Brenna	F							3:30.03								3:30.03		
Egeland, Brett	M	1997			3:03.91		3:03.91											
Eggelston, Steven	M														5:15.96	5:15.96		
Eiden, Mark	M	1959											5:04.80			5:04.80		
Eischeid, Ted	M					5:54.34	5:54.34											
Eleazer, Jim	M	1954											6:37.68			6:37.68		
Elfstrom, Samuel	M							2:52.34								2:52.34		
Elk, Tiana	F	1993											6:41.58			6:41.58		
Ellefson, Merry	F	1961			3:48.33		3:48.33	4:19.02								4:19.02		
Ellefson-Carnes, Arne	M	2000						6:16.33					3:35.29			3:35.29		
Ellingson, Jakob	M							2:50.65								2:50.65		
Elliott, John	M	1951											3:58.68			3:58.68		
Elliott, Tad	M							2:41.05								2:41.05		
Ellis, Joseph	M	1949											5:38.57			5:38.57		
Ellsworth, Kevin	M	1970											3:41.75			3:41.75		
Embree, Ella	F					7:10.33	7:10.33											
Emers, Mike	M	1959						4:11.96					3:27.66			3:27.66		
Eng, Steve	M	1955				5:18.39	5:18.39											
Eng, Nathanael	M	1989											3:22.84			3:22.84		
English, Kevin	M	1963											4:09.40			4:09.40		
English, Linda	F	1964											4:32.94			4:32.94		
Engstroem, Jacob	M							2:57.96								2:57.96		
Enriquez, Kevin	M														4:26.31	4:26.31		
Ensign, Camden	M														4:24.09	4:24.09		
Ensrud, Julie Synnoeve	F							3:19.61								3:19.61		
Erdmann, Edwin	M	1973											4:26.53			4:26.53		
Erickson, Brian	M	1976				4:21.84	4:21.84											
Eriksen, Linn	F							3:20.42								3:20.42		
Eskelin, Tony	M	1975											3:23.69			3:23.69		
Eski, Ivy	F														4:00.18	4:00.18		
Eski, Joey	F	1970													5:55.03	5:55.03		
Ethun, Michelle	F							4:39.73								4:39.73		
Eusden, Spencer	M							2:57.95								2:57.95		
Evans, Andrea	F														4:41.18	4:41.18		
Evans, Ava	F														4:41.15	4:41.15		
Evans, Carl	M	1961						4:21.15	4:33.14			4:30.21	3:43.36	4:17.32	4:17.32	3:43.36		
Evans, Diana	F	1958													4:43.81	4:43.81		
Evans, Elizabeth	F							3:35.13								3:35.13		
Evans, Karin	F	1968													7:08.35	7:08.35		
Evans, Matthew	M														7:05.56	7:05.56		
Evans, Tom	M														4:13.81	4:13.81		
Fabry, Michelle	F	1970											4:02.79		5:00.22	4:02.79		
Fagrelius, Lindsay	F	1983											3:42.58			3:42.58		
Fake, Anna	F							3:21.44								3:21.44		
Falconer, Jim	M	1966	3:49.09	3:44.47			3:44.47			3:22.00		3:42.48	3:13.42		3:42.34	3:13.42		
Falconer, Kathy	F	1966								4:42.79	3:59.26	4:42.75	3:57.37		4:13.73	3:57.37		
Falconer, Sara	F	1993							3:28.81				2:58.05			2:58.05		
Fama, Nicholas	M	1989											3:36.80			3:36.80		
Farrell, Patrick	M	1980											3:04.83		3:31.38	3:04.83		
Farrens, Daryl	M	1947											3:46.42			3:46.42		
Fehrenbach, Michael	M							2:44.20								2:44.20		
Fehrman, Kelly	F	1964													6:18.34	6:18.34		
Feidt, Annie	F	1975													3:57.26	3:57.26		
Feierabend, Dash	M	1984											2:47.46			2:47.46		
Fereday, Wyatt	M							2:49.70								2:49.70		
Fermoyle, Patrick	M	1999											5:00.57			5:00.57		
Ferris, Kevin	M	1961											4:05.39			4:05.39		
Ferucci, Paul	M	1968													3:49.64	3:49.64		
Fick, Fiona	F	1999											3:21.03			3:21.03		
Fick, John	M	1955							4:37.98	4:27.86	3:41.89	4:29.31	3:31.19	4:16.08	4:28.63	3:31.19		
Fick, Liam	M	2001											3:34.08			3:34.08		
Fiegel, Lisa	F	1977											4:55.99			4:55.99		
Fields, Jessica	F	1990											5:04.22			5:04.22		
Fields, Julie	F	1968													4:39.43	4:39.43		
Fink, Kae	F							3:21.94								3:21.94		



PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Finkel, Diana	F	1971											3:09.70			3:09.70		
Finucane, Fanchon	F	1959			8:57.28		8:57.28											
Fischer, Benjamin	M	2002											4:02.55			4:02.55		
Fischer, Julian	M	1969			5:49.30		5:49.30								4:32.18	4:32.18		
Fischer, Kyle	M	2004			5:49.33	5:26.01	5:26.01											
Fisher, Gregory	M														5:17.56	5:17.56		
Fisher, John	M	1980											4:13.89			4:13.89		
Fitzgerald, Kate	F	1987		3:44.09			3:44.09	3:18.24					2:37.22			2:37.22		
Fitzpatrick, Timothy	M														5:25.13	5:25.13		
Fjeld Elset, Didrik	M							2:58.96								2:58.96		
Flagstad, Trond	M	1970						3:03.21		2:58.79			2:31.87			2:31.87		
Flaherty, Jim	M	1950											4:43.88			4:43.88		
Flanagan, Cathy	F	1967													3:48.91	3:48.91		
Flanagan, Mark	M	1965											3:56.85		6:01.88	3:56.85		
Flanders, Alice	F							3:12.79								3:12.79		
Flanders, Eric	M	1982							3:15.42				2:50.61		3:15.01	2:50.61		
Floch, Elizabeth	F	1984											4:55.89			4:55.89		
Flora, Berit	F	1943											4:10.88			4:10.88		
Flora, Sam	M	1941	4:52.33	5:10.81			4:52.33			4:14.27	3:53.70		3:52.79			3:52.79		
Flowers, Erika	F	1989	3:11.28				3:11.28	3:06.95								3:06.95		
Floyd, Jordan	F							3:32.18								3:32.18		
Fontana, Branden	M	1992		3:41.56			3:41.56				3:17.57	3:58.39	3:29.63			3:17.57		
Ford, Becca	F	1990													3:44.40	3:44.40		
Ford, David	M	1950											3:07.36			3:07.36		
Foster, Suzi	F	1961											4:34.51			4:34.51		
Fox, Sadie	F	1997				3:31.08	3:31.08	3:21.90								3:21.90		
Fraczek, Chris	M					11:53.19	11:53.19											
Fraczek, Michael	M					10:35.60	10:35.60											
Frank, Mike	M	1946													4:44.92	4:44.92		
Frankowski, Rosie	F	1991	3:22.63	3:20.78			3:20.78	2:51.65							2:54.08	2:51.65		
Fraychineaud, Tom	M	1991							3:58.58				3:23.30			3:23.30		
Freeman, Daniel	M	1963			5:21.18		5:21.18											
Freeman, Kris	M							2:42.73								2:42.73		
Freeman, Martha	F	1953			6:12.61		6:12.61											
Freeman, Marty	F														6:15.74	6:15.74		
Freeman, Sarah	F	1999											3:53.62		3:54.37	3:53.62		
Freer, David	M	1954											3:25.68			3:25.68		
Freistone, Cindy	F	1963		4:47.04			4:47.04	4:12.95				4:14.06	3:49.97		3:53.71	3:49.97		
Freistone, Sarah	F	1994		3:33.56			3:33.56	3:24.15			2:59.82	3:34.94	3:17.66		3:21.43	2:59.82		
French, Hollis	M	1958											4:05.21		4:02.67	4:02.67		
Frenier, Heather	F	1985											4:31.80			4:31.80		
Frey, Troy	M														5:22.78	5:22.78		
Freyensee, Jay	M													3:19.31		3:19.31		
Fried, Neal	M	1954											4:23.49		5:46.64	4:23.49		
Fried, Ruby	F														6:42.06	6:42.06		
Friedman, Oscar	M							3:04.24								3:04.24		
Friend, Scott	M	1970													5:07.00	5:07.00		
Friesen, Ryan	M	1984											4:04.10		5:00.06	4:04.10		
Frisch, Lauren	F							5:13.04								5:13.04		
Fritz, Lauren	F	1988	3:30.66				3:30.66	3:01.87		3:02.57		3:21.07	2:48.24	2:42.47		2:42.47		
Fritz, Kari	F	1971											3:31.64		3:47.89	3:31.64		
Fritz, Luke	M	2000											3:12.95		3:38.60	3:12.95		
Fritz, Trent	M	1999											2:51.20		2:52.06	2:51.20		
Fritz, Troy	M	1971											3:02.99		3:21.39	3:02.99		
Frost, Gerald	M							4:29.41								4:29.41		
Frost, Shalane	F							3:13.48							3:11.37	3:11.37		
Fugere, Mari	F					11:36.11	11:36.11											
Funatake, Jeanne	F	1950											6:50.45		7:18.14	6:50.45		
Gaedeker, Rachael	F	1976											4:08.26			4:08.26		
Galanos, Greg	M	1965							4:18.45	4:26.81		4:16.71	3:47.93		4:16.26	3:47.93		
Gallagher, Ryan	M	1977											3:52.11			3:52.11		
Galt, Joan	F	1943											5:09.50			5:09.50		
Gamache, Claire	F	1996			4:07.48		4:07.48											
Gangemi, Fischer	M	1994						2:51.30	2:58.06	2:47.19	2:25.55		2:35.49			2:25.55		
Gannon, Aiden	M	2002											5:07.86			5:07.86		
Gannon, Shawn	M	1969											3:59.81		3:56.63	3:56.63		
Garber, Gloria	F	1989													5:11.64	5:11.64		
Garber, Karl	M	1952											3:52.44		4:41.35	3:52.44		
Garber-Slaght, Chris	M	1975											3:02.38			3:02.38		
Garber-Slaght, Robb	F	1979											4:21.24			4:21.24		
Gardner, Eva	F	1982							4:39.39						5:46.05	4:39.39		
Gardner, Laura	F	1982		3:49.30			3:49.30		3:28.06				2:59.01			2:59.01		
Garland, Brad	M														4:16.49	4:16.49		
Garrard, Richard	M	1949											4:25.34			4:25.34		
Garrett, Hilary	F	1957											3:45.23			3:45.23		
Garrick, Leeann	F					13:22.11	13:22.11											
Garsha, Andrew	M	1977											4:20.01		5:31.55	4:20.01		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Gates, Jennifer	F	1981											6:03.60		7:09.08	6:03.60		
Gates, Virginia	F	1964			5:59.19		5:59.19											
Gautreau, Pete	M	1964											4:05.07			4:05.07		
Gautreau, Stephen	M	1972											6:06.27			6:06.27		
Gehler, Greer	F	1983													3:45.29	3:45.29		
Gellert, Glenn	M	1963							3:44.35	3:44.38	3:14.54	4:03.89				3:14.54		
Germain, Becky	F	1956			5:25.01		5:25.01											
Germaine, Rick	M	1956											4:28.93			4:28.93		
Germaine, Sarah	F	1991											3:54.57			3:54.57		
Gerry, Ryan	M	1984											4:29.67			4:29.67		
Gesior, Felicia	F	1993	3:28.63				3:28.63	3:18.89								3:18.89		
Gessert, Jennifer	F					6:48.15	6:48.15											
Gessner, Brenna	F														6:07.45	6:07.45		
Giessel, Richard	M	1950											4:12.80			4:12.80		
Giffen, Bruce	M	1958											3:57.58			3:57.58		
Giffen, Clo	F	1963											3:47.61			3:47.61		
Giffen, Luke	M	1999											3:21.16			3:21.16		
Giffen, Sean	M	2003											3:57.55			3:57.55		
Gilbert, Otto	M	1989		4:24.76			4:24.76		3:29.62	3:20.61			2:56.30		3:12.61	2:56.30		
Gilchrist, Vicki	F	1957			10:18.26		10:18.26											
Gillespie, Elsa	F	1998			4:34.13		4:34.13											
Gillette, Lance	M	1960											4:31.03			4:31.03		
Gills, Kristofer	M														5:44.77	5:44.77		
Glaser, Sarah	F	1989						7:49.20					3:30.52		3:59.20	3:30.52		
Glasionov, Mikhail	M	1960	3:55.71	3:45.55			3:45.55	3:32.98	3:25.25	3:25.39			2:58.39		3:40.62	2:58.39		
Glenn, Ruth	F	1952											4:54.46			4:54.46		
Glosser, Kali	F														5:53.47	5:53.47		
Gohr, Caitlin	F														4:28.40	4:28.40		
Goltz, Jon	M														5:06.32	5:06.32		
Gonsalves, Judy	F														7:56.06	7:56.06		
Goodall, Joe	M	1972											3:46.36			3:46.36		
Goodell, Joyce	F	1951			5:52.99	7:01.88	5:52.99											
Gordon, Jill	F														5:00.87	5:00.87		
Gordon, Joel	M														5:00.88	5:00.88		
Gordon, Lael	M														3:57.90	3:57.90		
Gordon, Steven	M	1956											4:17.81		5:28.39	4:17.81		
Gordon-Rein, Richard	M														3:11.56	3:11.56		
Goritski, Karen	F	1962													4:42.13	4:42.13		
Gorman, Henry	M							3:11.05								3:11.05		
Goss, Amanda	F	1991											4:07.32			4:07.32		
Gotcsik, Marah	F	1980													5:18.09	5:18.09		
Gough, Larry	M	1944											5:13.91			5:13.91		
Graff, Nathan	M	1987						3:42.63								3:42.63		
Grage, Sven	M							3:38.77								3:38.77		
Graham, Ariel	F	1989			4:52.06		4:52.06											
Graham, Mariah	F														3:54.90	3:54.90		
Gramse, Shannon	M	1971	4:20.11	4:06.95			4:06.95								3:40.78	3:40.78		
Granfors, Diane	F	1960											4:44.66			4:44.66		
Granger, Donovan	M							4:08.58								4:08.58		
Granroth, Karl	M	1973											2:48.24			2:48.24		
Graziano, Gino	M														3:39.64	3:39.64		
Graziano, Jessica	F														4:49.01	4:49.01		
Green, Julian	M	1964											4:56.94			4:56.94		
Green, Krista	F	1997											3:53.34			3:53.34		
Green, Kristen	F	1981			7:06.26		7:06.26											
Green, Paul	M	1964											5:00.58			5:00.58		
Green, Sama	F	1957											11:00.91			11:00.91		
Greene, Deborah	F														4:53.42	4:53.42		
Greffenius, Laura	F	1960											7:01.66			7:01.66		
Gregg, Brian	M							2:41.37								2:41.37		
Gregorin, Edward	M														5:38.49	5:38.49		
Gregory, Megan	F	1987			7:11.86		7:11.86											
Gregory, Tabitha	F	1967											5:14.10			5:14.10		
Grenier, Genevieve	F	2002											6:27.71			6:27.71		
Griffin, David	M	1974											4:24.34			4:24.34		
Griffin, Tim	M	1974											5:53.19			5:53.19		
Grisham, Michael	M	1966											3:52.92			3:52.92		
Gronning, Chris	M	1954											4:44.71			4:44.71		
Grossman, Hallie	F	1993	3:25.11				3:25.11											
Gruber, Vera	F							3:37.49								3:37.49		
Grumman, Alexander	M														4:08.81	4:08.81		
Grunblatt, Jenni	F	1998											3:17.22			3:17.22		
Grunblatt, Jess	M	1953											3:42.45			3:42.45		
Guedea, Alexia	F	1996			6:25.80		6:25.80											
Guerrini, Kali	F	1971											6:27.87			6:27.87		
Guess, Matthew	M	1978											4:18.47			4:18.47		
Guhl, Meredith	F	1978			8:52.31		8:52.31											

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Guiney, Elizabeth	F	1991	3:11.99				3:11.99	3:16.96								3:16.96		
Gulkis, Adam	M														9:04.36	9:04.36		
Gutsch, Ken	M					9:56.32	9:56.32											
Gutsch, Lou Mei	F														5:09.10	5:09.10		
Gutschow, Ezra	M	1977											3:54.07			3:54.07		
Guyon, Arnaud	M							2:41.96								2:41.96		
Gwartney, Frank	M	1948			5:49.65		5:49.65											
Haan, Tracie	F	1996											3:50.83			3:50.83		
Haaversen, Kiersten	F							4:18.80								4:18.80		
Haering, Celia	F	1994							4:26.40							4:26.40		
Haering, John	M									3:10.20						3:10.20		
Haeussler, Peter	M	1962										5:07.96			3:39.69	3:39.69		
Hagen, Evan	M	1997			3:02.01		3:02.01											
Hahn, Amber	F	1981				6:44.86	6:44.86						4:29.54			4:29.54		
Hahn, Benjamin	M	1979				6:44.95	6:44.95						4:29.57			4:29.57		
Haines, Jamie	M	1982							3:23.23							3:23.23		
Haines, Suzanne	F														7:56.06	7:56.06		
Hajdukovich, Jade	F	1996								3:58.81						3:58.81		
Hajdukovich, Stefan	M	1993											2:40.73			2:40.73		
Hajkova, Eliška	F							3:07.61								3:07.61		
Halderman, Ray	M							4:51.14								4:51.14		
Hall, Amy K	F	1961											10:22.43			10:22.43		
Hall, Andrew	M	2002											2:54.16			2:54.16		
Hall, Andy	M	1962											3:40.71			3:40.71		
Hall, Helena	F	1969											4:46.30			4:46.30		
Hall, Jackson	M							3:15.21								3:15.21		
Hall, Maddie	F	1997											3:26.47			3:26.47		
Hall, Roan	M	1998											2:36.50			2:36.50		
Hall, Robyn	F	1992						5:42.54				4:17.23			4:23.58	4:17.23		
Hall, Tim	M	1955											3:43.35			3:43.35		
Halverson, Eileen	F	1965			6:13.88		6:13.88											
Halverson, Mary	F	1957											4:56.83			4:56.83		
Hamilton, Erin	F	1978								3:27.49			3:20.74			3:20.74		
Hammel, Rorie	F	1953			6:12.01	8:26.21	6:12.01											
Hanley, Owen	M		5:41.75				5:41.75	5:00.37								5:00.37		
Hannah, Emily	F							3:22.57								3:22.57		
Hanneman, Karl	M							4:09.42								4:09.42		
Hanneman, Logan	M			2:51.20			2:51.20											
Hanneman, Reese	M	1989		2:50.25			2:50.25								2:41.12	2:41.12		
Hannon, Cheryl	F	1956			6:06.71	8:09.69	6:06.71											
Hannon, Peter	M	1956			4:54.02	6:10.79	4:54.02											
Hannon, Robert	M							5:51.84								5:51.84		
Hansen, Mark	M					4:16.23	4:16.23											
Hansen, Martin	M	1949				7:44.73	7:44.73											
Hanson, Kyle	M							2:55.18								2:55.18		
Hanson, Stephen	M	1953											3:40.64			3:40.64		
Harbison, Dan	M	1962											3:31.15		3:58.50	3:31.15		
Hardison, Jessie	F	2002											5:29.99			5:29.99		
Harlan, Ethan	M	1991			5:36.39		5:36.39											
Harrison, Nick	M	1997											3:02.55			3:02.55		
Hart, Anne	F	1992	3:06.61				3:06.61	3:04.00								3:04.00		
Hartley, Morgan	M											3:31.99			3:51.40	3:31.99		
Hartley, Van	M	1952											4:20.19		5:47.09	4:20.19		
Hartt, Bob	M	1950			5:17.07		5:17.07											
Harvey, Alli	F	1985				11:43.44	11:43.44						7:38.24			7:38.24		
Harwood, Thomas	M							3:32.63								3:32.63		
Haskin, Sarah	F														5:22.62	5:22.62		
Haskin, Travis	M														4:50.42	4:50.42		
Hately, Freya	F	1995											5:22.85			5:22.85		
Haugen, Anders	M	1980								3:02.02						3:02.02		
Hauptert, Christie	F	1976						4:21.61					3:47.72			3:47.72		
Hauser, Scott	M	1971													3:31.99	3:31.99		
Haviland, Brian	M	1982											3:33.98			3:33.98		
Havlick, Miles	M							2:48.19								2:48.19		
Hawkins, Bart	M	1955											4:28.32			4:28.32		
Hawley, David	M	1952											4:27.89			4:27.89		
Hayano, Yukiko	F	1961										4:57.08	4:08.29		4:17.40	4:08.29		
Hayden, Philip	M	1969											4:07.80			4:07.80		
Haynes, Bronwyn	F	1967											3:41.55			3:41.55		
Hays, Michael	M	1972											3:36.99		4:21.40	3:36.99		
Hays, Nelson	M														7:46.56	7:46.56		
Haywood, Aden	M	1998											3:23.56			3:23.56		
Haywood, Beck	M	2001											3:39.55			3:39.55		
Hedberg, John	M	1952											3:20.71			3:20.71		
Hedblom, Sonja	F							3:27.25								3:27.25		
Hedeger, Jewel	F	1999											3:17.36			3:17.36		
Hegseth, Randi	F	1969											4:04.24			4:04.24		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Hein, Cynthia	F														4:42.13	4:42.13	
Hekkers, Michael	M	1969	4:42.05				4:42.05										
Helgeson, Liberty	F														4:12.30	4:12.30	
Helle, John	M	1957			5:36.74		5:36.74										
Hellmann, Christopher	M					8:42.43	8:42.43										
Hellmann, Ciara	F														5:08.02	5:08.02	
Helminiak, Jeffrey	M														4:53.50	4:53.50	
Hemmer, Nathan	M					6:29.44	6:29.44										
Hemming, Carl	M	1951						5:33.29					4:14.53			4:14.53	
Hemming, Paul	M	1981											3:27.51			3:27.51	
Hendel, Cynthia	F	1955				5:55.08	5:55.08						3:48.75			3:48.75	
Hendricks, Kealey	F														5:30.60	5:30.60	
Heninger, Peter	M	1951											4:02.27		6:44.49	4:02.27	
Henszey, Melissa	F					7:02.80	7:02.80										
Hermanson, Eli	M	2001											3:02.34			3:02.34	
Hermanson, Isaac	M														4:40.66	4:40.66	
Hermanson, Jay	M	1968													6:45.67	6:45.67	
Herriges, Jim	M							4:00.64								4:00.64	
Herring, Daniel	M														6:20.97	6:20.97	
Herz, Nathaniel	M	1987								3:07.82			2:48.27			2:48.27	
Hess, Lauren	F	1991										4:00.01	3:27.24			3:27.24	
Hessong, Randy	M	1962										4:01.71	3:18.98		3:40.09	3:18.98	
Hibler, William	M	1943											6:36.57			6:36.57	
Hickel, Rhett	M	1980											4:13.79			4:13.79	
Hickel, Ryan	M	1977							3:36.55				3:10.19		4:44.42	3:10.19	
Hickman, Don	M	1965											3:29.06			3:29.06	
Hill, Jackson	M							3:04.35								3:04.35	
Hill, P J	M	1944						4:30.66					3:53.73		4:48.69	3:53.73	
Hill, Scott	M							2:45.37								2:45.37	
Hillhouse, Margaret	F	1955							3:47.51							3:47.51	
Himma, Martina	F							3:29.91								3:29.91	
Hinckley, Ann	F	1952											4:51.82			4:51.82	
Hinckley, Mike	M	1986											2:39.15			2:39.15	
Hinckley, Scott	M	1951											4:29.85			4:29.85	
Hinckley, William	M	1982											3:05.40			3:05.40	
Hinds, Cory	M	1967										4:01.26			3:33.46	3:33.46	
Hinrichs, Ari	M	1999											3:03.74			3:03.74	
Hinrichsen, Kris	M	1983											5:22.94			5:22.94	
Histand, Ben	M	1984										4:11.71			3:42.79	3:42.79	
Hjelm, Erik	M	1985				3:33.98	3:33.98										
Hjelm, Jim	M	1951			5:35.53	6:51.93	5:35.53										
Hlasny, Jason	M														5:57.70	5:57.70	
Hlasny, Paul	M														4:53.31	4:53.31	
Hoag, Stephanie	F	1952											4:55.28			4:55.28	
Hoback, Johnathan	M	1979											3:21.41			3:21.41	
Hobart, Jonathan	M	1979							4:11.70							4:11.70	
Hodgert, Reitler	M							3:17.15								3:17.15	
Hoefler, Brian	M	1959													4:17.13	4:17.13	
Hoefler, Gail	F	1962													6:50.83	6:50.83	
Hoffman, Jeffrey	M	1967											3:58.95			3:58.95	
Hoffman, Peter	M	1998											3:24.84		3:42.18	3:24.84	
Hogan, Mimi	F	1946						7:49.70								7:49.70	
Hogins-Wolfe, Carol	F	1959											4:42.42			4:42.42	
Hokanson, Karsten	M							3:10.49								3:10.49	
Hokanson, Sally	F	1985								3:28.13	3:08.66		3:16.22	3:06.02		3:06.02	
Holderied, Kris	F					10:20.79	10:20.79	10:33.60								10:33.60	
Holen, Davin	M	1972										4:05.36				4:05.36	
Holland Leclair, Claire	F														4:13.79	4:13.79	
Holland, Caleb	M	1999											5:00.18			5:00.18	
Holloway, Eric	M	1964							4:33.96				4:04.00		5:10.88	4:04.00	
Holmes, Chelsea	F	1987	3:06.31				3:06.31	3:03.38								3:03.38	
Holmes, Katia	F	2001													4:22.69	4:22.69	
Holmes, Sam	M							3:04.43								3:04.43	
Holtan, Jay	M	1947											4:26.77			4:26.77	
Holzappel, Lisa	F	1953			6:17.55		6:17.55										
Homestead, Charles	M	1960								3:17.30		4:04.45	2:55.59		3:34.67	2:55.59	
Homestead, Korin	F	1961													4:46.02	4:46.02	
Hood, Julie	F	1971								4:03.29		3:44.13	3:33.27	4:38.12	3:33.27	3:33.27	
Hood, Kevin	M														5:22.42	5:22.42	
Hood, Natalie	F														4:38.13	4:38.13	
Hood, Russell	M	1972											3:38.63		5:22.36	3:38.63	
Hooper, Michael	M							5:24.51								5:24.51	
Hoosier, Tom	M	1947											4:24.74			4:24.74	
Hoppe, Alex	M	2004											5:02.05		4:45.46	4:45.46	
Hoppe, Kirsten	F	1971											5:02.08			5:02.08	
Hoskins, Wes	M	1978											4:12.97		4:13.02	4:12.97	
Hough, Morgan	M	1989											3:22.82			3:22.82	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Hoveid, Halvor	M							4:05.22								4:05.22		
Howell, Elizabeth	F	1972											4:55.95		5:33.29	4:55.95		
Howell, Heather	F	1974			9:03.05		9:03.05											
Hughes, Dora	F	1985											6:10.35			6:10.35		
Hulbert, Jean	F	1962			6:49.86		6:49.86											
Hull, Aicha	F	1977											4:21.49			4:21.49		
Hull, Emily	F	1996											6:53.55			6:53.55		
Hume, Bob	M	1952											4:28.53			4:28.53		
Hunt, Tom	M	1959											3:59.41			3:59.41		
Hupp, Jerry	M	1955											3:47.22			3:47.22		
Hurd, James	M					6:24.67	6:24.67											
Hurd, Karen	F	1946				6:47.32	6:47.32						4:48.79			4:48.79		
Husby, Bill	M	1952	4:57.96				4:57.96											
Hutt, Benjamin	M														10:16.44	10:16.44		
Hveding, Elaina	F	1975											5:19.38			5:19.38		
Hveding, Fred	M	1973											3:28.12		4:02.33	3:28.12		
Hynes, Natalie	F							3:15.46								3:15.46		
Ickes, Andrew	M	1980			6:11.44		6:11.44											
Ickes, Tracy	F	1984			6:10.75		6:10.75											
Irwin, Deedra	F	1992	3:51.28				3:51.28	3:30.94								3:30.94		
Isaacs, Zachary	M	1975											4:22.94			4:22.94		
Ishibashi, Karen	F	1952			5:37.37		5:37.37											
Ito, Mikio	M	1950													4:54.10	4:54.10		
Ivanoff, Ivy	F														5:13.12	5:13.12		
Ivars, Oscar	M							2:50.95								2:50.95		
Iverson, Mark	M	1982						2:48.42	2:49.10	2:37.80			2:23.88			2:23.88		
Ivory, Bill	M	1980											4:16.64		5:48.13	4:16.64		
Jackson, Jerome	M	1951						5:13.15								5:13.15		
Jackson, Sarah	F	1994											3:23.90			3:23.90		
Jacobs, Jill	F														7:56.35	7:56.35		
Jager, Luke	M	2000											2:36.59			2:36.59		
James Dio, Ronnie	M	1974											4:06.04			4:06.04		
James, Kayce	F	1985											5:10.43			5:10.43		
Jamieson, Bruce	M	1952						4:35.39					3:51.38			3:51.38		
Jaschek, Leopold	M	1996											3:49.40			3:49.40		
Jenkins, Ian	M	1964											3:17.10			3:17.10		
Jenkins, Jody	F	1950			6:20.90		6:20.90											
Jenkins, Joyce	F	1976							4:07.21	4:00.15	3:18.09	4:04.91	3:35.49		4:00.93	3:18.09		
Jensen, Chad	M	1975											3:38.97			3:38.97		
Jensen, Erica	F	1980											5:04.84			5:04.84		
Jensen, Orion	M	2010											5:06.20			5:06.20		
Jensen, Tomas	M														3:55.46	3:55.46		
Jensen, Trond	M	1960							3:14.10	3:08.58			2:45.70			2:45.70		
Jerry, Danielle	F	1950						5:05.97	4:21.60	4:32.65			3:44.28			3:44.28		
Jigliotti, Joey	F	1963			7:04.21		7:04.21											
Joda, David	M							3:11.90								3:11.90		
Joensuu, Jasmi	F							3:07.72								3:07.72		
Johns, Amy	F	1961			3:50.72		3:50.72											
Johnson, Andrew	M														4:38.14	4:38.14		
Johnson, Avi	M	2001			3:50.55	3:46.13	3:46.13											
Johnson, Bill	M	1970											3:43.91			3:43.91		
Johnson, Chad	M													3:15.30	3:59.28	3:15.30		
Johnson, Crane	M	1974											3:32.05			3:32.05		
Johnson, Diana	F	1982											3:27.40		4:00.28	3:27.40		
Johnson, Elizabeth	F	2000											3:46.26			3:46.26		
Johnson, Haydn	M														5:54.20	5:54.20		
Johnson, Jacob	M														4:56.08	4:56.08		
Johnson, Leslie	F	1958			6:51.09		6:51.09											
Johnson, Meghan	F	1969			7:25.07		7:25.07											
Johnson, Michael	M	1998											3:05.54			3:05.54		
Johnson, Norm	M	1944													4:58.49	4:58.49		
Johnson, Patrick	M	1989						2:50.24								2:50.24		
Johnson, Paul	M	1961								4:01.85						4:01.85		
Johnson, Pete	M	1953								4:00.59	3:51.81	4:27.71			4:10.48	3:51.81		
Johnson, Peter	M	1952										4:41.13	3:50.86			3:50.86		
Johnson, Rick	M	1954						3:46.41								3:46.41		
Johnson, Sam	M	1961											3:49.09			3:49.09		
Johnson, Sandy	F	1967											4:43.58	3:51.56	6:28.54	3:51.56		
Johnson, Sikulik	M	1999											3:14.28			3:14.28		
Johnston, Galen	M	1990		3:08.39			3:08.39		3:00.31		2:28.42		2:35.50		2:55.25	2:28.42		
Jolliff, Jennifer	F	1970											3:59.36			3:59.36		
Jonas, Mark	M	1959											3:52.39			3:52.39		
Jones, Anna Mackenzie	F	1980											4:17.30			4:17.30		
Jones, Bobbie	F	1957											3:34.04			3:34.04		
Jones, Colleen	F	1963											3:39.86			3:39.86		
Jones, Jeff	M	1957											3:27.60		3:39.71	3:27.60		
Jones, Jennah	F														3:53.61	3:53.61		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Jones, Liam	M	1996			3:43.45		3:43.45											
Jones, Lindy	F	1961											4:10.87			4:10.87		
Jones, Michael	M	1975											3:49.20			3:49.20		
Jones, Nancy	F	1951											5:49.35			5:49.35		
Jones, Nathan	M	1983								3:12.92	2:50.57	3:56.73	2:57.63		3:20.69	2:50.57		
Jones, Riley	M	1998			3:43.41		3:43.41											
Jones, Shelly	F	1975											4:20.08			4:20.08		
Jones, Willow	F														6:38.04	6:38.04		
Jordheim, Guro	F							3:02.27								3:02.27		
Jorgensen, Janine	F	1951											4:56.21			4:56.21		
June, Marc	M	1955											4:34.16			4:34.16		
Kagerer, Andrew	M	1999											5:57.56			5:57.56		
Kagerer, Barbara	F	1961						8:28.58	5:42.77				5:07.10			5:07.10		
Kagerer, John	M	1957						7:33.43	5:00.64	4:51.44	3:59.67	4:29.37	4:17.42	4:14.55	4:25.73	3:59.67		
Kagerer, Stephen	M	1996								4:10.40						4:10.40		
Kahoe, Ben	M														3:51.32	3:51.32		
Kahraman, Ferudun	M	1967			3:32.85		3:32.85											
Kam, Kai	M	2002											3:34.73			3:34.73		
Kam, Zane	M	2000											3:10.33			3:10.33		
Kamienski, Ed	M	1961								4:27.19					4:09.45	4:09.45		
Kam-Magruder, Janel	F	1976											4:11.44		4:14.15	4:11.44		
Kamrath, Jody	F	1966											4:33.06			4:33.06		
Kanady, Judy	F	1960											3:15.16			3:15.16		
Kanady, Mackenzie	F							3:18.18								3:18.18		
Kanady, Rachelle	F	1989		4:02.42			4:02.42				3:09.66	4:07.92			3:38.16	3:09.66		
Kanady, Randy	M	1960							3:44.71				3:13.95			3:13.95		
Karas, Michael	M	1980													3:23.63	3:23.63		
Karas, Paul	M														4:27.36	4:27.36		
Kari, Paul	M					3:35.30	3:35.30											
Karl, Susan	F	1951											4:00.47		6:18.68	4:00.47		
Kase, Jeff	M	1982		3:41.58			3:41.58		3:29.48	3:07.97		3:41.87	2:58.62			2:58.62		
Kastning, Andrew	M	1982							3:02.14			3:11.36				3:02.14		
Kasukonis, Nathan	M	1976											3:35.63		4:19.66	3:35.63		
Kauffman, Ryan	M	1979			6:11.26		6:11.26											
Kaufman, Bob	M	1961							4:01.37				3:26.80			3:26.80		
Kaufman, Max	M	1971						2:57.32				3:33.33	2:49.28		3:06.44	2:49.28		
Kean, Bob	M	1940			8:05.04		8:05.04											
Kearns, Dylan	M	2001											4:11.49			4:11.49		
Keefe, Madison	F							3:36.88								3:36.88		
Keeler, Dan	M	1977							4:19.44							4:19.44		
Keener, Benjamin	M	1999											3:38.33			3:38.33		
Keesecker, Connor	M	1992											4:13.41			4:13.41		
Keesecker, Karen	F	1964											5:19.61			5:19.61		
Keller, Bill	M							4:23.82								4:23.82		
Keller-Miller, Michaela	F							3:23.65								3:23.65		
Kelly, Kristan	F	1967											3:39.08			3:39.08		
Kelly, Terry	M	1970			3:48.40		3:48.40								4:34.85	4:34.85		
Kelsey, Kathy	F														5:07.28	5:07.28		
Kemp, Megan	F	1984													5:06.83	5:06.83		
Kemppel, Roger	M	1942											4:00.50			4:00.50		
Kendrick, Thomas	M							3:04.82								3:04.82		
Kenna, Skyler	M							3:04.62			2:32.44				3:12.47	2:32.44		
Kent, Meghan	F							3:56.06								3:56.06		
Kentch, Gavin	M	1981						3:04.33		3:03.95			2:51.03	2:41.87	3:15.40	2:41.87		
Keogh, Ryan	M	1984							4:39.42							4:39.42		
Kessler, Anne	F	1947			9:09.12	14:46.71	9:09.12											
Ketterson, Jan	M							2:51.75								2:51.75		
Khera, Paul	M	1963											3:37.01			3:37.01		
Kilby, Alex	M	1998											2:53.76			2:53.76		
Kilby, Elizabeth	F	2013											6:25.14		4:32.97	4:32.97		
Kilcher, Atz	M	1947											3:40.78			3:40.78		
Kim, Callie	F														5:20.78	5:20.78		
Kimball, Murphy	M														4:35.89	4:35.89		
Kincaid, Kristine	F	1961			6:58.82	9:16.83	6:58.82											
King, Brianna	F					8:46.57	8:46.57											
King, Jerry	M	1951											4:11.40			4:11.40		
King, Noah	M	1987											3:00.13			3:00.13		
King, Sheila	F	1962			10:18.22		10:18.22											
Kirby, Blythe	F														6:27.06	6:27.06		
Kirby, Danielle	F					11:15.07	11:15.07											
Kirchner, Carolyn	F	1981											3:38.41			3:38.41		
Kirk, Jacob	M									2:56.29						2:56.29		
Kirk, Tanya	F	1967											3:57.15		4:33.25	3:57.15		
Klaben, Michelle	F	1993											3:37.53			3:37.53		
Klebes, Peter	M	1972													5:04.39	5:04.39		
Kling, Peter	M	1987						2:54.79		2:37.83						2:37.83		
Klobuczek, Heinrich	M	1964						3:38.81					3:53.61			3:38.81		



PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Klobuczek, Poonyanuch	F	1981	6:34.36				6:34.36										
Klott, Kevin	M	1979													4:12.25	4:12.25	
Klug, Bryant	M	1995											3:23.11			3:23.11	
Klug, Grant	M	1997			3:02.28		3:02.28										
Knapp, Elizabeth	F	1988		4:52.47			4:52.47		4:10.48	4:07.88	3:39.21	4:13.52	3:38.87		4:04.15	3:38.87	
Knapp, Gunnar	M	1953							4:22.70	4:19.27	3:45.07		3:43.34	3:51.40		3:43.34	
Knapp, Lorena	F	1975							5:30.51				4:02.35			4:02.35	
Knight, Brent	M	1984							2:53.30							2:53.30	
Knight, Erika	F	1987											5:52.67		4:31.42	4:31.42	
Knock, Doug	M	1961													4:09.77	4:09.77	
Knopp, David	M	1964											3:00.03	3:02.75	3:16.39	3:00.03	
Knori, Jesse	F							3:07.61								3:07.61	
Knudsen, Anrea	F	1999											6:40.59			6:40.59	
Knudson, Kip	M	1964											6:29.01			6:29.01	
Kobylarz, Stephanie	F					11:06.97	11:06.97										
Koch, Ameer	F	1972													5:16.65	5:16.65	
Koch, Franz	M														8:39.05	8:39.05	
Koch, Josh	M														4:00.91	4:00.91	
Koch, Skip	M	1949											5:32.25			5:32.25	
Kochevar, David	M					5:00.10	5:00.10										
Koehn, Duncan	M							3:08.38				3:32.01			3:11.94	3:08.38	
Koenig, Benjamin	M							2:51.86								2:51.86	
Koenig, Robert	M							4:11.99								4:11.99	
Kokesh, John	M	1962													4:35.63	4:35.63	
Koleser, Raymond	M	1957									3:36.11				3:55.33	3:36.11	
Kollo, Toomas	M							3:02.50								3:02.50	
Konieczny, Rebecca	F	1990						3:14.41								3:14.41	
Kopal, Krystof	M							2:57.88								2:57.88	
Kopsack, Alyson	F														3:45.52	3:45.52	
Kopsack, Lance	M	1964											3:55.34		4:22.58	3:55.34	
Kopsack, Lyon	M	1995											2:51.00			2:51.00	
Kornfield, Robin	F		8:54.00				8:54.00										
Kornfield, Tamra	F	1985		4:23.25			4:23.25	4:49.24	4:02.27		3:37.04	4:01.63	3:21.70			3:21.70	
Kornfield, Tyler	M	1990						2:32.64							2:42.01	2:32.64	
Kornmesser, Marc	M	1963													5:11.34	5:11.34	
Kornmesser, Milo	M														5:11.29	5:11.29	
Kornmesser, Wyatt	M														7:35.02	7:35.02	
Kosaka, Takahiro	M	1969											7:04.49			7:04.49	
Kostoff, Lauren	M	1959							4:00.29	4:10.08			3:32.81			3:32.81	
Kovacs, Paul	M	1990						2:56.69					2:31.60			2:31.60	
Kozak, Carolyn	F	1987						3:03.00	4:27.11				4:00.88		3:54.50	3:03.00	
Kramer, Mike	M	1968							3:04.80	3:09.32			2:39.11			2:39.11	
Kramer, Tim	M	1978											4:18.93			4:18.93	
Krause, David	M														4:11.81	4:11.81	
Krenzelok, Dora	F	1966			5:47.44		5:47.44										
Krenzelok, Heliadora	F	1966				6:22.34	6:22.34										
Kruschwitz, Gil	M	1941											4:24.45			4:24.45	
Kruschwitz, Gilbert	M														5:05.71	5:05.71	
Kruse, Mark	M	1987											4:06.91			4:06.91	
Kruse, Steve	M	1955											5:42.31		7:02.33	5:42.31	
Kugel, Libby	F	1988						6:54.19					3:49.28			3:49.28	
Kullberg, Max	M	1978													4:20.81	4:20.81	
Kullberg, Richard	M	1944							5:03.59				3:58.58			3:58.58	
Kumle, Cynthia	F	1964			8:08.06		8:08.06										
Kupferschmid, Jeremy	M	2000			3:17.00		3:17.00								3:14.44	3:14.44	
Kupilik, Agneta	F	1976											3:55.88			3:55.88	
Kurtak, Joseph	M	1951							4:59.38				4:09.92			4:09.92	
Kurtz, Kathryn	F	1966											4:21.25			4:21.25	
Kvaale, Eivind Romberg	M							2:41.25								2:41.25	
Labelle-Hamer, Tully	M	1986													4:33.11	4:33.11	
Lafrance, Pete	M	1976											3:58.29			3:58.29	
Laker, Pam	F							4:55.27							4:31.51	4:31.51	
Laker-Morris, Jordan	M														3:13.34	3:13.34	
Laker-Morris, Zarah	F														5:43.95	5:43.95	
Lamb, Allison	F	1983											4:12.39			4:12.39	
Lambert, Steve	M	1953						5:55.90							5:25.28	5:25.28	
Lammers, Isaac	M	1993						3:09.09					2:28.56			2:28.56	
Lammers, Sarissa	F							3:04.79								3:04.79	
Lamoreaux, Bill	M	1947											4:20.02			4:20.02	
Lamoreaux, Jason	M	1978							3:05.16							3:05.16	
Landeau, Thierry	M	1967											4:40.96			4:40.96	
Landry, David	M					4:26.48	4:26.48										
Langdon, Margaret	F		9:26.11				9:26.11										
Lange, Leah	F							3:17.11								3:17.11	
Lange, Quentin	M														4:26.47	4:26.47	
Lann, Meredith	F	1975			7:45.26		7:45.26										
Lapkass, Maja	F														4:20.34	4:20.34	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Large, Ember	F							3:17.68								3:17.68		
Larsen, Amy	F	1970											3:52.35			3:52.35		
Larsgaard, Jerry	M	1951			5:12.86		5:12.86											
Lasselle, Ed	M	1960			4:17.77	4:44.01	4:17.77											
Latona, Nikki	F														7:27.01	7:27.01		
Latva-Kiskola, Niko	M	2001											3:16.96			3:16.96		
Latva-Kiskola, Tuomo	M	1963											3:17.49			3:17.49		
Lawler, Kurt	M	1984											3:31.62			3:31.62		
Leary, Ken	M	1958						3:52.41					3:08.11		3:47.43	3:08.11		
Lease, Colin	M	1999						3:15.24								3:15.24		
Leclair, Aubrey	F	2000											3:56.36			3:56.36		
Leclair, Claire	F	1960											4:06.30			4:06.30		
Lecy, Danielle	F	1968											4:25.50			4:25.50		
Lee Allen, Mary	F	1966											7:14.36			7:14.36		
Lee, Andrea	F							3:11.74								3:11.74		
Lee, Jeannette	F														5:11.75	5:11.75		
Lee, Nicole	F	1984											3:36.03			3:36.03		
Lee, Theresa	F	1988			7:06.34		7:06.34											
Lee, Wyatt	M	1998											3:30.37			3:30.37		
Leghorn, Ken	M	1955			4:50.78		4:50.78											
Leik, Jim	M	1955				8:27.02	8:27.02											
Leistikow, Corrine	F	1959						5:09.84								5:09.84		
Leonard, Benjamin	M	1983											4:11.13			4:11.13		
Leonard, Pete	M							3:14.76								3:14.76		
Leonetti, Crystal	F	1976											4:23.16		4:26.76	4:23.16		
Leroy, Erik	M	1952											4:17.02			4:17.02		
Lervik, Anne Siri	F							3:12.01								3:12.01		
Leseman, Wendy	F	1956			5:16.37	5:31.14	5:16.37											
Lesko, Danielle	F	1975		4:40.27			4:40.27						4:38.01		4:46.05	4:38.01		
Lesko, Nicole	F	1979											4:38.13		4:46.54	4:38.13		
Lessard, Kathryn	F	1962											4:34.88		5:22.18	4:34.88		
Lessard, Kristen	F	1993													4:24.58	4:24.58		
Leveque, Jerome	M	1974													4:11.42	4:11.42		
Levey, Steve	M	1965			3:40.06		3:40.06											
Levine, Howard	M	1956											3:53.64			3:53.64		
Lewanski, Bev	F	1951	6:00.00		4:58.30	6:56.55	4:58.30											
Lewis, Adam	M	1983			3:49.85	4:12.00	3:49.85											
Lewis, De	F	1963													4:32.19	4:32.19		
Lewis, Kathryn	F	1987											5:03.62			5:03.62		
Lewis, Melissa	F	1970						3:28.75							3:27.52	3:27.52		
Lewis, Tyler	M														4:04.83	4:04.83		
Leyf, Max	M	1988											3:04.62			3:04.62		
Libbey, Colleen	F	1974											4:27.73		5:15.68	4:27.73		
Libbey, Dan	M	1970		3:55.93			3:55.93			3:22.92	2:52.59		3:21.82	2:54.76	3:37.93	2:52.59		
Libbey, Karol	F	1939											12:24.34			12:24.34		
Libbey, Robert	M	1935											12:11.65			12:11.65		
Liebsch, Matt	M							2:42.63								2:42.63		
Lindeke, Martin	M	1967											4:08.05			4:08.05		
Lindemuth, Helen	F	1974											4:13.72			4:13.72		
Lindquist, Katie	F														3:59.70	3:59.70		
Lindsey, Ann	F	1963			4:26.83		4:26.83								4:53.16	4:53.16		
Lindsey, Christopher	M														4:20.10	4:20.10		
Lindsey, Jim	M	1934											5:24.64			5:24.64		
Lindsey, June	F	1936			6:50.24		6:50.24											
Linfield, Jana	F	1959													4:33.48	4:33.48		
Liotta, Patti	F	1960											4:21.86			4:21.86		
Littell, Jeremy	M	1973		4:10.53			4:10.53		3:20.27	3:09.40	2:47.00	3:33.95	2:57.66		3:13.18	2:47.00		
Littlefield, Devin	M	1992											3:10.69			3:10.69		
Liu, Harry	M	1992											3:33.37			3:33.37		
Livingston, Stephen	M	1949				5:42.12	5:42.12						4:07.41			4:07.41		
Livingston, Thomas	M		5:58.79				5:58.79								4:06.19	4:06.19		
Livingston, Tom	M	1948							4:29.90			4:52.52	4:02.18	4:09.39		4:02.18		
Loan, Alex	M	1995						3:09.10			2:36.65		2:48.05			2:36.65		
Loan, Kinsey	F	1992								3:26.42			2:56.62			2:56.62		
Loan, Sheryl	F	1959											3:31.64		3:53.90	3:31.64		
Lockard, David	M	1960											4:24.17			4:24.17		
Lockert, Jon	M	1951											4:12.58			4:12.58		
Loeffler, Ben	M														4:08.89	4:08.89		
Loeffler, Jonas	M	1992											2:35.90			2:35.90		
Loeffler, Karen	F	1957											4:56.37		5:56.34	4:56.37		
Lojewski, Nathan	M	1982							3:58.05	4:00.43			3:23.39			3:23.39		
Lokken, Jim	M	1959						3:34.68					2:52.91		3:24.14	2:52.91		
Longhart, Fred	M	1950											3:33.84			3:33.84		
Looney, Brian	M	1961							3:53.48				3:23.10		4:08.88	3:23.10		
Lor, Soch	F	1968				5:35.38	5:35.38						5:11.21			5:11.21		
Loran, Alyse	F														4:14.71	4:14.71		
Loso, Karen	F	1976											3:43.25		4:15.77	3:43.25		

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Loso, Michael	M	1968											3:42.92			3:42.92	
Louthan, Kirk	M	1988													3:57.11	3:57.11	
Lovett, Andre	M	1993						3:02.65	3:03.11	2:49.02	2:25.32		2:39.64	2:25.44		2:25.32	
Lovett, Andrew	M							2:54.56								2:54.56	
Lovett, Emily	F							3:38.57							4:09.55	3:38.57	
Lovett, Nicholas	M							2:51.09								2:51.09	
Lovett, Nick	M							2:45.92								2:45.92	
Luban, Adam	M							2:52.84								2:52.84	
Lubeck, Thomas	M	1954											4:40.65			4:40.65	
Lucca, Carolyn	F							3:29.95								3:29.95	
Lundin, Morgen	F	1998											6:53.44			6:53.44	
Lunieski, John	M	1984											3:38.01			3:38.01	
Lustgarten, Benjamin	M							2:52.01								2:52.01	
Lyle, Sarah	F							4:03.08								4:03.08	
Lynch, Rob	M	1979											4:02.13		4:13.96	4:02.13	
Lynes, Jenny	F	1988											4:37.42			4:37.42	
Lynn, James	M	1997											3:22.01			3:22.01	
Lynn, Lorene	F	1973											4:19.58			4:19.58	
Lyon, Jon	M	1946	5:05.43				5:05.43		4:16.13				3:40.10			3:40.10	
Maakestad, Trygve	M	1996											3:41.95			3:41.95	
Maassen, Peter	M	1955													5:19.58	5:19.58	
Mach, Steven	M							3:50.14								3:50.14	
Mackenzie Jones, Anna	F							5:36.92								5:36.92	
Maclean, Dan	M	1970											3:58.79		4:22.44	3:58.79	
Maconochie, James	M	1969			7:04.54		7:04.54										
Maconochie, Jim	M					8:43.63	8:43.63										
Macy, Mike	M	1951											3:47.75		4:06.85	3:47.75	
Madden, Dustin	M	1981											3:41.77		3:59.37	3:41.77	
Madlener, Moritz	M							2:37.96								2:37.96	
Mahlen, Forrest	M	1993	2:58.53	3:00.73			2:58.53	2:47.16							3:01.30	2:47.16	
Maifeld-Carucci, Akeo	M							2:47.81								2:47.81	
Mamrol, Pam	F	1956											4:46.43			4:46.43	
Mander, Jack	M	1971			5:33.59		5:33.59										
Manderfeld, Brad	M	1976											3:11.75			3:11.75	
Manley, Becky	F	1949											4:22.73			4:22.73	
Manley, Rebecca	F		5:14.13				5:14.13	6:38.49							6:15.14	6:15.14	
Mann, Frances	F	1962											6:32.22			6:32.22	
Manning, Elizabeth	F	1967											5:04.11		7:10.24	5:04.11	
Mannix, Margaret	F	1957											4:57.07			4:57.07	
Mans, Elizabeth	F	2002			3:53.15		3:53.15										
Marban, Alex	M	1970											3:37.51			3:37.51	
Marbarger, Peter	M	1982			3:50.75		3:50.75										
Marchowsky, Kori	F	1973											4:13.82			4:13.82	
Margalit, Dov	M														11:55.47	11:55.47	
Marine, Caitlin	F	1987							3:43.52				3:08.65			3:08.65	
Markset, Anne-Tine	F							3:20.33								3:20.33	
Marquardt, Karen	F	1962			6:52.82		6:52.82										
Marroquin, Guadalupe	F	1955											3:44.84			3:44.84	
Marshall, Kyle	M							3:00.91								3:00.91	
Martin, Adam	M							2:41.62								2:41.62	
Martin, Jackson	M	1997				4:20.62	4:20.62										
Martin, Kelly	M					4:20.55	4:20.55										
Martin, Larry	M	1950				5:36.86	5:36.86										
Martin-Calkins, Dorothy	F														4:03.61	4:03.61	
Martinez, Patrick	M	1964											3:53.68		4:14.36	3:53.68	
Martinson, Holly	F														4:35.57	4:35.57	
Maslow, Lyn	F					9:34.92	9:34.92										
Matell, Nora	F														4:17.20	4:17.20	
Mathis, C James	M	1957											3:44.86			3:44.86	
Mathy, Nick	M														3:47.60	3:47.60	
Matsuoka, Toshio	M														4:49.58	4:49.58	
Mattingly, Regan	M	1978											4:06.28			4:06.28	
Mattingly, Wayne	M	1951											4:33.54			4:33.54	
Mattson, Benjmain	M	1980											3:33.04			3:33.04	
Maurer, Alexander	M														3:32.00	3:32.00	
Maurer, Erik	M														4:40.52	4:40.52	
Maurer, Jasmine	F	1981													3:36.71	3:36.71	
Maves, Aaron	M														4:12.02	4:12.02	
Maxwell, David	M	1971						4:01.03								4:01.03	
May, Christina	F	1984											3:05.45			3:05.45	
Mayer, Maksim	M	1999			3:49.02		3:49.02				2:50.93			2:55.00	3:28.49	2:50.93	
Mayers, Sophia	F														5:18.20	5:18.20	
Maynard, Suzanne	F	1963											5:07.41			5:07.41	
Mayo, Amy	F														5:00.40	5:00.40	
Mayo, Else	F														7:19.61	7:19.61	
Mayo, Jesse	M	1996						2:55.46								2:55.46	
Mayo-Kiely, Dave	M	1970											3:24.50			3:24.50	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Mayo-Kiely, Ella	F														7:26.89	7:26.89	
McAuliffe, Lee	M														3:44.58	3:44.58	
McBride, Bridget	F	1979											3:27.86			3:27.86	
McBride, Megan	F	1984											4:26.05			4:26.05	
McCarthy, Judith	F	1976			8:26.17		8:26.17										
McCarthy, Mike	M	1943			4:47.28		4:47.28										
McCaslin, Jack	M														4:29.82	4:29.82	
McCaslin, Justin	M														5:23.84	5:23.84	
MCCAUL, Erica	F	1966			6:40.38		6:40.38										
MCCLAREN, Marjory	F	1958											4:27.23			4:27.23	
MCCELLELAND, Thomas	M	1994											4:30.78			4:30.78	
MCCLURG, Colleen	F	1968			7:16.35		7:16.35										
McConnell, Chris	M														6:11.12	6:11.12	
MCCORCLE, Tim	M	1962			5:33.22		5:33.22										
Mccrerey, Taeler	F							3:09.99								3:09.99	
McCrudden, Michael	M														5:24.28	5:24.28	
McCrudden, Mike	M	1968											4:07.97			4:07.97	
MCCUNE, Wendy	F	1955			8:10.61		8:10.61										
Mcdermott, Cambria	F	1993	3:16.03				3:16.03										
MCDERMOTT, Mark	M	1953			6:39.82		6:39.82										
MCDERMOTT, Molly	F	1988			6:29.89		6:29.89										
MCDONNELL, Bill	M	1974											3:43.17			3:43.17	
McDonough, Amber	F	1976										4:33.29				4:33.29	
McDuffie, Greg	M	1961		4:09.82			4:09.82			3:25.96	3:06.74	3:50.57	3:08.93	3:07.75	4:05.48	3:06.74	
McDuffie, Laura	F	1993													4:42.77	4:42.77	
McElravey, Patrick	M							2:55.53								2:55.53	
McFarland, Mace	M	1963											3:52.25			3:52.25	
McGilvra, Nathaniel	M	1983											3:38.79			3:38.79	
McGrath, Tiernan	F					5:36.33	5:36.33										
MCGRATTY, Hope	F	1974			6:17.95		6:17.95										
McKay, Gwen	F														7:28.27	7:28.27	
McKay, Neil	M					11:14.98	11:14.98										
McKinney, Nancy	F	1963			6:12.00		6:12.00										
MCLANE, Margaret	F	1987											5:44.34			5:44.34	
McLaughlin, Luke	M	1996											2:36.44			2:36.44	
McMahon, Neil	M	1975													3:53.19	3:53.19	
McNowen, Robert	M	1987											3:00.00			3:00.00	
McPhetres, Alyson	F	1991													4:24.56	4:24.56	
McPhetres, David	M							3:09.96								3:09.96	
McPhetres, Tina	F	1965													4:54.79	4:54.79	
Mctavish, Megan	F	1977	3:40.35				3:40.35										
MCVEIGH, David	M	1964											4:27.64			4:27.64	
Meehan, Joe	M	1961											3:30.83			3:30.83	
Meek, Katy	F	1987													8:07.02	8:07.02	
Menegek, Michael	M	1999											5:52.45			5:52.45	
Menghini, Mark	M	1955											3:41.47			3:41.47	
Menghini, Nina	F	1959			6:53.10		6:53.10										
Menzel, Gloria	F	1958			7:46.34		7:46.34										
Merritt, Steven	M	1966											5:17.43			5:17.43	
Metzger, Chip	M	1954											4:05.81		3:53.29	3:53.29	
Metzger, Christa	F	1963			5:51.06		5:51.06										
Metzger, Elise	F														5:38.79	5:38.79	
Metzger, Kenan	M														5:32.56	5:32.56	
Metzger, Peter	M	1994											3:26.74			3:26.74	
Metzger, Raymond	M					4:49.52	4:49.52										
Metzger, Warren	M	2001											4:05.86		3:26.14	3:26.14	
Meyerhofer, Abe	M	1993							3:08.13	3:00.79	2:41.13		2:40.21	2:41.41		2:40.21	
Meyerhofer, Abraham	M							3:16.70								3:16.70	
Meyerhofer, Marcella	F	1997											3:50.38			3:50.38	
Meyers, Berit	F														4:57.60	4:57.60	
Meyers, Kai	M	2000													2:48.87	2:48.87	
Meyn, Christi	F	1990			6:02.29	7:27.35	6:02.29										
Meyn, Hope	F	1993			6:29.01		6:29.01										
Michaud, Fox	M	1995											3:01.74			3:01.74	
Michaud, Madeleine	F	1997											4:39.17			4:39.17	
Middleton, Timothy	M	1940											4:50.56		6:28.66	4:50.56	
Miernyk, Karen	F	1969											4:31.36			4:31.36	
Mikkelsen, Martin	M							2:41.30								2:41.30	
Mikkelson, Audun	M	1958			3:26.20		3:26.20										
Mildon, Benjamin	M	1998											3:13.18	3:25.77		3:13.18	
Miles, Jena	F														7:10.96	7:10.96	
Miley, Craig	M	1990			4:48.99		4:48.99										
Milkowski, Stefan	M							3:33.07								3:33.07	
Miller, Anika	F							3:04.62								3:04.62	
Miller, Bruce	M							3:48.06								3:48.06	
Miller, Iain	M	1993											3:47.87			3:47.87	
Miller, Kaitlynn	F	1991	3:03.18				3:03.18	3:11.38								3:11.38	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Miller, Katherine	F	1980											3:50.69			3:50.69		
Miller, Katie	F														4:10.56	4:10.56		
Miller, Leigh	F					8:14.54	8:14.54											
Miller, Martin	M	1980											2:54.47			2:54.47		
Miller, Michael	M	1955			11:42.83	10:53.65	10:53.65											
Miller, Nora	F	1967											3:14.45			3:14.45		
Milliron, Steve	M	1963						3:50.41							3:46.50	3:46.50		
Mills, Greg	M	1980			6:21.42		6:21.42											
Mills, Michael	M	1964											4:16.82			4:16.82		
Milsteadt, Richard	M	1966			5:33.19		5:33.19											
Miner, David	M							3:54.00							3:49.67	3:49.67		
Miner, Jodie	F							4:48.00							5:08.97	4:48.00		
Mishin, Stan	M	1976											3:49.03			3:49.03		
Mitchell, Alyssa	F					14:26.37	14:26.37											
Mitchell, Deena	F														6:13.09	6:13.09		
Mitchell, Ellie	F	2000											3:40.19		4:00.83	3:40.19		
Mitchell, Liam	M	1995			3:12.05		3:12.05											
Mittelstadt, Konrad	M	1965											3:23.22			3:23.22		
Mittelstadt, Richard	M	1935											6:18.69			6:18.69		
Moe, Jake	M					4:30.68	4:30.68											
Mogensen, Sven	M	1952			6:03.50		6:03.50											
Mogren, Ken	M	1948											3:29.10			3:29.10		
Molitor, Jeanne	F	1953			5:50.82		5:50.82											
Moloney, Robert	M							6:18.30								6:18.30		
Monk, Jeannie	F	1963											4:05.00		5:04.48	4:05.00		
Montesano, Peter	M	1967			5:00.65	5:51.78	5:00.65											
Moon, Stacey	M	1967		3:25.28			3:25.28		3:10.68	3:03.99	2:47.14	3:19.20	2:49.80	2:45.49		2:45.49		
Mooney, Heather	F	1994	3:38.35				3:38.35	3:26.25								3:26.25		
Moore, Frank	M	1947			5:18.65		5:18.65											
Moore, Kent	M	1954											3:54.89			3:54.89		
Moore, Laura	F	1976											4:58.43			4:58.43		
Moore, Svetlana	F	1989			5:18.60		5:18.60											
Morgan, Cole	M							2:50.06								2:50.06		
Moriarty, John	M	1989											4:36.36			4:36.36		
Morris, Steve	M	1955										4:11.16			4:14.98	4:11.16		
Morse, Aaron	M	1998											3:14.82			3:14.82		
Morse, Brynn	F	2000											3:56.01			3:56.01		
Morse, Dawn	F	1969			7:05.60		7:05.60											
Morse, Rowan	M	2004			6:12.34		6:12.34								3:33.37	3:33.37		
Morse, Ti	M	2002											4:45.19			4:45.19		
Mosconi, Pietro	M							2:52.78				3:09.82				2:52.78		
Mothersbaugh, Jamie	M							3:17.70								3:17.70		
Mouffe, Eric	M	1962											4:04.10		4:25.57	4:04.10		
Mouracade, John	M	1974											5:24.75			5:24.75		
Mouracade, Luke	M	1999											3:10.09			3:10.09		
Mouracade, William	M	2001											4:11.74			4:11.74		
Mowry, Logan	M	1998											2:50.91			2:50.91		
Mowry, Tim	M	1963											4:56.90			4:56.90		
Mozen, Avery	F	2000											3:36.82			3:36.82		
Mozen, Howard	M	1958													4:16.81	4:16.81		
Mozen, Owen	M	2003											4:36.22			4:36.22		
Muan, Martin	M							2:58.96								2:58.96		
Mucha, Bree	F							3:41.01								3:41.01		
Mucha, John	M	1958							3:48.00							3:48.00		
Muffoletto, Matthew	M	1996													3:05.00	3:05.00		
Mumford, Ty	M	1997											3:48.72			3:48.72		
Muniz, Nino	M	1959											3:56.01			3:56.01		
Munns, Marc	M	1964											3:54.65			3:54.65		
Murphy, Devlin	M														4:14.81	4:14.81		
Murphy-Logue, Steph	M	1996			5:15.95		5:15.95											
Musgrave, Dave	M							5:25.12								5:25.12		
Musgrave, David	M	1952							5:16.77				4:00.26			4:00.26		
Musik, Melody	F					14:21.81	14:21.81											
Myers, Janet	F	1946			6:32.88		6:32.88											
Mylius, Molly	F	1988			4:52.11	6:14.41	4:52.11											
Myrseth, Merete	F							3:02.24								3:02.24		
Nakada, Tadhg	M	1994								3:08.92						3:08.92		
Neaton, Claire	F														4:10.83	4:10.83		
Needham, Jennie	F	1977			10:32.17		10:32.17											
Neeno, Jasmine	F	1992											4:06.19			4:06.19		
Neidig, Hans	M														5:26.39	5:26.39		
Nelson, Jeffrey	M														4:45.54	4:45.54		
Nelson, Lisa	F	1955											5:59.80		8:33.46	5:59.80		
Nelson, Mark	M	1980											7:11.03			7:11.03		
Nelson, Sheryl	F	1967											4:59.19			4:59.19		
Nelson, Tom	M					10:09.04	10:09.04											
Nelson, Wilbur	M	1967											4:28.58			4:28.58		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Nenahlo, Thomas	M														4:53.59	4:53.59	
Neptune, Andre	M	1961			3:59.73		3:59.73										
Neptune, Jacques	M	1995											3:47.18			3:47.18	
Nevins, Chip	M	1958											3:24.74			3:24.74	
Newman, Grace	F	2001											4:22.86			4:22.86	
Newman, Janice	F	1944			5:50.99		5:50.99										
Nicholas, Mary	F	1969											3:43.12			3:43.12	
Nichols, Matt	M							2:55.82								2:55.82	
Nicol, Jenna	F	1989			6:21.58		6:21.58										
Niiranen, Krista	F							3:05.73								3:05.73	
Nillo, Jazelle	F	1982											4:36.49			4:36.49	
Nilsson, Binget	F	1966											3:58.57	5:36.80		3:58.57	
Nilsson, Josefin	F							3:29.32								3:29.32	
Niva, Josh	M	1973											3:32.96			3:32.96	
Noble, Meredith	F														4:09.53	4:09.53	
Noble, Steve	M													4:31.71		4:31.71	
Noblin, Rebecca	F														5:06.92	5:06.92	
Noel, Brian	M	1955				9:30.20	9:30.20										
Noel, Laura	F					9:18.21	9:18.21										
Noel, Lynn	F	1958				9:37.19	9:37.19										
Nord, Derek	M			3:30.69			3:30.69				2:51.30	3:21.43		2:45.95	3:21.59	2:45.95	
Norman, Connor	M	2001											4:00.77		3:42.61	3:42.61	
Norris, David	M	1990						2:27.75						2:18.74		2:18.74	
Norton, Michael	M	1952											4:56.54			4:56.54	
Notopoulos, Andrea	F									3:52.19						3:52.19	
Nottingham, Derek	M	1975											3:58.51			3:58.51	
Novak, Jack	M	1993		3:07.43			3:07.43	2:33.92		2:44.38			2:28.28	2:23.74	2:47.40	2:23.74	
Novak, John	M	1959													4:51.39	4:51.39	
Novakovich, Matt	M														3:13.13	3:13.13	
Novgorodtsev, Dmitrii	M													3:31.97		3:31.97	
Nyberg Haaland, Endre	M							3:10.08								3:10.08	
Nyholm, Joe	M														4:58.26	4:58.26	
Nyquist, Anders	M	1992						4:14.46								4:14.46	
O Connell, Kathleen	F							3:16.95								3:16.95	
O Connell, Mary	F	1994	3:18.22				3:18.22										
O'Brien, Kristin	F							4:39.53								4:39.53	
O'Connell, Mary	F							3:34.34								3:34.34	
O'Connor, Ed	M	1966							3:49.76				3:19.27			3:19.27	
O'Connor, Lauren	F	1963											5:41.86	6:13.83		5:41.86	
O'Day, Bonnie	F				5:39.33		5:39.33										
Odell, Shawn	M														7:02.41	7:02.41	
Odell, Tyler	M														7:01.85	7:01.85	
Oder, Erik	M	1995										4:38.61	4:04.54	4:40.93		4:04.54	
Odonnell, Neil	M	1954											4:38.39			4:38.39	
O'Donnell, Neil	M														6:26.91	6:26.91	
Ogden, Katharine	F	1997	3:17.80				3:17.80	3:03.57								3:03.57	
O'Grady, Katherine	F	1952											4:42.88	6:02.41		4:42.88	
Ogren, Amy	F					6:07.53	6:07.53										
O'Hara, Alison	F	1963											3:54.74	4:08.26		3:54.74	
O'Hara, Lars	M													3:37.60		3:37.60	
O'Harra, Ariana	F												3:49.81			3:49.81	
O'Harra, Doug	M												3:27.92	4:02.37		3:27.92	
O'Harra, Thomas	M	1996	3:04.00	2:54.13			2:54.13	2:41.98							2:38.48	2:38.48	
Ohms, Haley	F	1983										4:31.62		3:52.36		3:52.36	
Oksotaruk, James	M	1970											2:52.81			2:52.81	
O'Laire, Maddie	F												4:08.47			4:08.47	
O'Laire, Michael	M												4:18.54			4:18.54	
O'Leary, Claire	F													6:59.34		6:59.34	
O'Leary, Deborah	F													8:16.76		8:16.76	
Oliver, Jesse	F													7:09.83		7:09.83	
Olnes, Cynthia	F	1951											4:42.31			4:42.31	
Olsen, Jody	F													5:26.83		5:26.83	
Olson, Alexander	M													4:02.63		4:02.63	
Olson, Bradley	M	1968											4:39.04			4:39.04	
Olson, James Kon	M					8:26.48	8:26.48										
Olson, Megan	F	1971											4:42.49	5:16.24		4:42.49	
Orcutt, Jeff	M	1958											4:34.00			4:34.00	
Ord, James	M	1980											3:09.08	3:18.27		3:09.08	
Ord, Nathan	M													3:22.15		3:22.15	
Ord, Peter	M	1953											3:41.22	4:21.30		3:41.22	
Orlansky, Susan	F	1953			7:55.81	8:10.16	7:55.81										
Osen, Wendy	F	1961											4:37.51			4:37.51	
Oshiro, Joleen	F													4:50.37		4:50.37	
Ostrovsky, Larry	M	1956											4:20.18			4:20.18	
Ostrovsky, Lawrence	M													5:05.30		5:05.30	
Ostrovsky, Nick	M	1980											4:03.27			4:03.27	
Oswald, John	M	1948											5:05.87			5:05.87	



PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Oswald, Peter	M	1976											3:08.71			3:08.71		
Oswald, Sadie	F	1999											4:03.74		3:59.29	3:59.29		
Oswald, Willow	F	2002											5:00.60			5:00.60		
Ottersen, Stefan	M	1958											3:53.43			3:53.43		
Owens, Robert	M	1954											8:06.35			8:06.35		
Oyen, Cheyenne	F														4:48.07	4:48.07		
Paape, David	M	1978											5:19.14			5:19.14		
Packer, Eric	M							2:49.37			2:20.23					2:20.23		
Packer, Karina	F									3:06.22						3:06.22		
Packer, Lies	F	1955											3:45.28			3:45.28		
Painter, Charles	M	1959											5:01.19			5:01.19		
Pakonen, Jerry	M	1953											3:32.30			3:32.30		
Pallesen, Aesha	F	1982											4:20.03		4:24.58	4:20.03		
Palmer-Charrette, Evan	M							2:43.84								2:43.84		
Pannkuk, Lily	F														5:54.53	5:54.53		
Panzer, Jacob	M							3:51.30							4:28.02	3:51.30		
Panzer, Kevin	M							3:54.52							4:29.56	3:54.52		
Pape, Barbara	F	1973			4:44.63		4:44.63											
Paprocki, Ted	M	1977											4:00.45			4:00.45		
Park, Melina	F														3:28.72	3:28.72		
Parkin, Cynthia	F	1967											4:10.20			4:10.20		
Parks, Alan	M	1958											3:31.69			3:31.69		
Parmelee, Scott	M	1997			4:17.38		4:17.38											
Parrott, Mackenzie	F							3:40.25								3:40.25		
Parsons, Victoria	F	1997			4:54.93		4:54.93											
Patel, Vikram	M	1979											5:19.26			5:19.26		
Patterson, Caitlin	F	1990	3:02.19				3:02.19	3:03.17								3:03.17		
Patterson, Scott	M							2:41.74								2:41.74		
Patz, Greg	M	1950				4:57.14	4:57.14						3:56.85			3:56.85		
Pearce, Bennett	M														5:05.95	5:05.95		
Pearce, John	M	1967											4:35.83			4:35.83		
Pearson, Bill	M	1978						3:49.05				3:40.60				3:40.60		
Pearson, Ted	M	1999											3:58.57			3:58.57		
Pease, Nancy	F	1961											3:17.69			3:17.69		
Pedersen, Kevin	M	1956											4:10.42			4:10.42		
Pedrick, Gabriel	M	1974			6:01.29		6:01.29											
Peltier, Travis	M	1981							3:42.02	4:07.75						3:42.02		
Pence, Wayne	M														3:42.46	3:42.46		
Pendergrast, Don	M							4:56.12								4:56.12		
Pennino, Vince	M	1969											3:51.18			3:51.18		
Peot, James	M					5:23.44	5:23.44											
Perez, Diego	M														6:21.60	6:21.60		
Perry, Daniel	M	1965											3:23.13			3:23.13		
Perry, Dennis	M	1951											4:09.54			4:09.54		
Perry, Patricia	F	1949											5:13.37			5:13.37		
Personius, Hans	M														3:05.57	3:05.57		
Pessey, Iris	F	1992	3:22.23				3:22.23											
Peter, Justin	M	2002											4:12.31			4:12.31		
Petersen, Lynne	F		5:52.00				5:52.00											
Petersen, Sonny	M	1952											3:31.20		4:24.94	3:31.20		
Petri, Dante	M	1985													3:21.85	3:21.85		
Phillips Moe, Allie	F														5:26.19	5:26.19		
Phillips, Theresa	F	1970					5:49.46	5:49.46										
Phinney, Kelsey	F							3:08.66								3:08.66		
Pieper, Niklas	M														5:47.45	5:47.45		
Pike, Chris	M														5:19.63	5:19.63		
Pillifant, Laura	F	1961						4:59.98								4:59.98		
Pillifant, Marya	F	1966													6:32.34	6:32.34		
Pillifant, Thomas	M	1964											3:33.80			3:33.80		
Pintner, Bob	M	1961			3:36.66		3:36.66		3:45.05							3:45.05		
Pintner, Bryce	M	2000											3:36.30			3:36.30		
Pintner, Maureen	F	1962			5:19.21		5:19.21											
Pitney, Crystal	F	1990							3:58.64							3:58.64		
Plant, Randall	M	1954			4:47.10		4:47.10											
Platil, Luk	M							2:50.70								2:50.70		
Platte, Bob	M	1959						4:22.02	4:03.20	3:45.74			3:26.82			3:26.82		
Platte, Guerin	F							4:28.37								4:28.37		
Poe, Star	F	1961											6:37.90			6:37.90		
Poggi, Sarah	F	1991											4:04.49			4:04.49		
Pohl, Christina	F														3:22.33	3:22.33		
Poirier, Dennis	M	1960											3:10.85			3:10.85		
Pollock, Joe	M														3:45.30	3:45.30		
Pollock, Mark	M							3:22.43								3:22.43		
Pollock, Ron	M	1950											4:42.23			4:42.23		
Pomeroy, Mary	F	1949											4:32.47			4:32.47		
Popek, Ed	M	1948			5:17.64		5:17.64											
Popiel, David	M	1980											3:37.35			3:37.35		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017	
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Pothast, John-Mark	M	1999											3:29.08			3:29.08	
Poty, Andrew	M							2:52.54								2:52.54	
Pourchot, Pat	M	1949													5:55.32	5:55.32	
Powell, Michael	M	1968		3:49.09			3:49.09			3:16.31	2:54.57	4:04.42	3:03.70	2:57.91	3:30.31	2:54.57	
Power, Aaron	M															4:59.11	
Power, Joel	M	2002											4:04.40		3:24.49	3:24.49	
Power, John	M	1960											4:04.43		5:50.17	4:04.43	
Powers, Cathelyne	F														3:37.76	3:37.76	
Prasanth, Sai	M					14:01.67	14:01.67										
Praznik, Aljaz	M							2:55.94								2:55.94	
Presler, Mallory	F														5:00.34	5:00.34	
Presler, Peyton	F														3:53.57	3:53.57	
Price, Alex	M	1968							4:59.37				4:15.11		4:33.52	4:15.11	
Priest, Cody	M	1988		3:13.12			3:13.12		2:54.71	2:46.46	2:26.81	2:58.82				2:26.81	
Prindle-Hess, Polly	F	1955											4:35.90			4:35.90	
Puchner, Chris	M	1953						4:33.80					3:51.21			3:51.21	
Quimby, Bryan	M							4:26.32								4:26.32	
Quimby, John	M	1958							3:45.43				3:20.20			3:20.20	
Quimby, Thomas	M							5:12.96								5:12.96	
Quinley, John	M	1957			4:39.59		4:39.59										
Quinn, Daniel	M	1954				7:04.46	7:04.46										
Rabon, Thomas	M							3:12.31								3:12.31	
Radoff, Diana	F	1967											4:56.18			4:56.18	
Radoff, Ian	M	2000			4:33.12		4:33.12										
Ramirez, Aaron	M	1961											3:57.82		4:10.37	3:57.82	
Ramsey, Welly	M							3:08.17								3:08.17	
Ratcliffe, Ken	M	1964											4:05.84			4:05.84	
Ratzlaff, Zoe	F							3:13.50							5:09.10	3:13.50	
Rauch, Caleb	M	2001											4:02.67			4:02.67	
Rauch, Carlin	F	1971			4:24.88		4:24.88										
Ravens, Noah	M	2000			3:19.69		3:19.69										
Ravens, Tom	M	1960											3:15.30	3:21.94		3:15.30	
Rawlins, Katherine	F	1974				7:10.37	7:10.37						6:12.80			6:12.80	
Ray, Bert	M														6:02.08	6:02.08	
Rayle, Maya	F	1999											3:30.94			3:30.94	
Rearden, Annette	F	1977											4:15.14			4:15.14	
Rearden, Don	M	1974										5:29.14			4:53.94	4:53.94	
Reast, Joanna	F	1961											5:26.79			5:26.79	
Reausaw, Jacob	M	2002											4:49.76			4:49.76	
Rector, Travis	M	1970	4:38.74	4:25.31			4:25.31		3:47.67			3:41.70	3:09.29		3:35.08	3:09.29	
Redwood, Diana	F	1978											4:14.27		4:42.92	4:14.27	
Reed, John	M	1968											4:02.77		4:30.65	4:02.77	
Rees, Michael	M	1953			8:56.80		8:56.80										
Reese, Gwendolyn	F							4:10.88							4:08.40	4:08.40	
Reese, Joshua	M							6:19.52							4:57.00	4:57.00	
Reese, Marcus	M														4:42.97	4:42.97	
Reeves, Jim	M	1945			5:09.78		5:09.78										
Regan, Cam	M							3:10.76								3:10.76	
Rehm, Kathleen	F	1980		4:33.07			4:33.07					3:58.44			3:50.10	3:50.10	
Reinhard, Pat	M							5:30.16								5:30.16	
Reis, Tammy	F	1971											4:00.25			4:00.25	
Reistad, Petter	M							2:41.69								2:41.69	
Renehan, John	M					5:00.52	5:00.52										
Renken, Lisa	F	1969			6:48.26		6:48.26										
Renner, Konrad	M	2003											3:27.72			3:27.72	
Renner, Mark	M	1968											3:28.42			3:28.42	
Renner, Torsten	M	2000											3:10.17			3:10.17	
Resseguie, Andrew	M	1985											3:18.26			3:18.26	
Restrepo, Felipe	M														4:00.08	4:00.08	
Retherford, Rob	M	1947			4:15.65		4:15.65										
Reynolds, Chris	M	1970							4:02.49				3:29.31			3:29.31	
Reynolds, Rosemary	F	1998			5:07.43	5:34.54	5:07.43										
Reynolds, Roxanna	F														5:54.22	5:54.22	
Rice, Bud	M	1950											3:43.29			3:43.29	
Rice, William	M	1967							3:56.52				3:24.49		3:56.55	3:24.49	
Richards, Jake	M							3:04.85								3:04.85	
Richardson, Marty	F	1946											5:19.54			5:19.54	
Rideout, Abby	F	1980											3:39.52			3:39.52	
Rideout, Stephen	M	1977											3:23.41			3:23.41	
Ridgely, Annie	F	1981											3:42.17		4:35.93	3:42.17	
Rieck, Melonie	F	1958											4:25.30			4:25.30	
Rieger, Matthew	M	2001								4:08.49		3:36.93	3:25.75	3:22.75	3:31.42	3:22.75	
Rieger, Steve	M	1952							3:52.85	3:54.82	3:17.59	3:58.50	3:14.48		3:56.72	3:14.48	
Rinehart, Holly	F	1966											5:16.50		7:13.68	5:16.50	
Rinehart, Max	M														5:34.12	5:34.12	
Rinehart, Stuart	M	2001											4:36.18		5:34.30	4:36.18	
Ripley, Robert	M	1961													3:31.51	3:31.51	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Ritter, Jennifer	F	1973													4:35.48	4:35.48		
Ritter, Susan	F														8:17.75	8:17.75		
Rix, Anna	F	1989			3:27.33	4:14.16	3:27.33	3:49.06	3:56.71	4:37.06				3:24.90		3:24.90		
Roach, Joshua	M	1998											3:40.69			3:40.69		
Robbins, Brad	M	1976											4:18.49			4:18.49		
Roberts, C T	M	1997											3:27.24			3:27.24		
Roberts, Tracy	M	1961											4:24.95			4:24.95		
Robertson, Dash	M	1999											3:14.41			3:14.41		
Robertson, Dima	M	1999											3:13.55			3:13.55		
Robertson, Julya	F	1998											3:56.17			3:56.17		
Robinson, Julie	F	1968	4:44.92				4:44.92											
Robinson, Martha	F	1962											4:42.84		5:25.42	4:42.84		
Robinson, Ray	M	1970						3:23.27					3:14.89			3:14.89		
Rodewald, Edeltraud	F	1955											4:01.54			4:01.54		
Rodgers, Cesar	M	1969											4:35.76		5:20.07	4:35.76		
Rodgers, Forrest	M	2005											4:35.72		4:58.86	4:35.72		
Rodgers, Kimber	F	1975			8:05.57		8:05.57											
Rodgers, Zoe	F														5:20.06	5:20.06		
Rogers, Rick	M	1957							3:34.38	3:29.92		3:49.02	3:09.84	3:01.81	3:57.17	3:01.81		
Rohr, Charles	M	1999											3:20.97			3:20.97		
Roivas, Kati	F	1994	3:14.02				3:14.02											
Rolandsen, Christina	F							3:02.39								3:02.39		
Romberg, Bill	M	1969											4:06.48			4:06.48		
Romberg, Hannah	F	2000											4:00.59			4:00.59		
Rombock, Niklas	M							3:07.80								3:07.80		
Rondeau, Daniel	M	1953											3:37.85		4:09.09	3:37.85		
Rondeau, Luc	M	1992											3:37.82		5:14.10	3:37.82		
Ronsse, Annie	F	1953											4:25.88			4:25.88		
Ronsse, Dennis	M	1952											3:41.31			3:41.31		
Rorabaugh, Becca	F	1989	3:22.63	3:12.69			3:12.69	3:08.72								3:08.72		
Rose, Beth	F	1960											4:34.15			4:34.15		
Rose, Mary	F	1991	3:23.50				3:23.50	3:13.41								3:13.41		
Rose, Nikki	F	1979											4:36.05			4:36.05		
Roseman, David	M	1968											3:23.36			3:23.36		
Rosen, Yereth	F	1959				6:36.50	6:36.50		5:24.98				4:29.12			4:29.12		
Rosencrans, Kelly	F	1987											5:31.77			5:31.77		
Rosenthal, Allen	M	1953						4:13.34								4:13.34		
Rosier, Luke	M	1986											3:29.91		3:58.39	3:29.91		
Ross, Chad	M	1973								4:05.29			3:46.35		3:47.22	3:46.35		
Ross, Clare	F	1977											3:26.94		3:50.96	3:26.94		
Ross, Mark	M							3:40.79								3:40.79		
Rossero, Robert	M	1955											4:12.82	4:02.20	4:14.58	4:02.20		
Roth, Brett	M	1977											3:30.35		4:34.05	3:30.35		
Roth, Joseph	M	1960											3:46.48			3:46.48		
Rothmeyer, Aden	M														4:32.40	4:32.40		
Rouse, Brett	M											4:54.35			4:39.10	4:39.10		
Rowe, Jay	M	1962											3:12.09			3:12.09		
Rowe, Kathy	F	1964											3:47.80			3:47.80		
Rowland, Hannah	F							3:21.00								3:21.00		
Rozen, Celia	F	1955							4:47.67		4:44.06					4:44.06		
Rubin, Jeffrey	M	1956							4:02.28							4:02.28		
Ruckhaus, Michael	M	1953						5:04.76								5:04.76		
Ruckhaus, Robin	F	1993											4:23.17			4:23.17		
Rudd, Hannah	F							3:14.93								3:14.93		
Rueter, Gabe	M	1998						4:01.28					3:22.87			3:22.87		
Rueter, Helena	F							4:53.38								4:53.38		
Rueter, Joseph	M	1962						4:16.28					3:36.40			3:36.40		
Ruffatto, Susie	F	1955											3:50.85			3:50.85		
Rupert, Ryan	M	1985											4:15.34		5:55.33	4:15.34		
Rupp, Jonathan	M					4:52.66	4:52.66											
Rupp, Robin	F					10:11.26	10:11.26											
Russell, Audrey	F	1999											5:01.87			5:01.87		
Russell, Brandon	M														3:40.37	3:40.37		
Ruthrauff, Dan	M	1968											3:13.90		4:08.73	3:13.90		
Saari, Matias	M	1970										3:40.93	2:51.06		3:14.81	2:51.06		
Sallee, Hannah	F														7:52.84	7:52.84		
Saltonstall, Patrick	M	1965											3:50.54			3:50.54		
Salzetti, Mikaela	F	1997											3:46.30			3:46.30		
Salzetti, Mikel	M	1966											4:03.45			4:03.45		
Samuelson, Rachel	F	1981											3:20.33			3:20.33		
Samuelson, Tim	M	1945													3:31.48	3:31.48		
Sanchez-Ulloa, Luis	M														7:15.00	7:15.00		
Sandau, Kevin	M							2:42.39								2:42.39		
Sandford, Marilyn	F	1965													4:58.01	4:58.01		
Santhep, Boom	M	1997											6:04.72			6:04.72		
Sargent, Ida	F	1988	3:01.93				3:01.93											
Sarwas, Regan	M	1965							3:56.94				3:20.84			3:20.84		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Saucy, Hilary	F							3:46.97								3:46.97		
Saunders, Sam	M														4:00.95	4:00.95		
Saxton, Benjamin	M							2:54.12								2:54.12		
Sayre, Roger	M	1958											2:52.94			2:52.94		
Schafer, Elizabeth	F	1971													6:00.16	6:00.16		
Scharpf, Amy	F	1979													4:49.38	4:49.38		
Schell, S.	F	1969											4:11.38			4:11.38		
Schierling, Tanya	F	1970			9:20.99		9:20.99											
Schimpl, Sophie	F	1994	3:29.14				3:29.14	3:12.71								3:12.71		
Schimscheimer, Sabrina	F					6:12.55	6:12.55											
Schmidt, Rosa	F	1960											3:23.19			3:23.19		
Schmidt, Samuel	M												3:27.12	3:43.14		3:27.12		
Schmidt, Tara	F	1962											4:28.01	4:27.14		4:27.14		
Schmitz, Christi	F														4:10.07	4:10.07		
Schmoker, Mike	M	1953						4:30.63					3:43.11			3:43.11		
Schmutz, Joel	M														4:40.57	4:40.57		
Schneller, Sophia	F														6:35.59	6:35.59		
Schober, Robert	M														9:55.59	9:55.59		
Schoch, Carl	M	1955											3:43.41			3:43.41		
Schoen, John	M	1947											3:58.91	4:27.08		3:58.91		
Schoff, Chip	M														2:50.84	2:50.84		
Schommer, Paul	M							2:45.98								2:45.98		
Schrage, Jennie	F	1943											4:50.57			4:50.57		
Schroader, Tim	M							4:15.92								4:15.92		
Schubert, Sandra	F	1954											4:14.57			4:14.57		
Schue, Laura	F	1970													5:39.21	5:39.21		
Schultz, Chris	M														4:03.65	4:03.65		
Schultz, Ivy	F	1990											6:29.17			6:29.17		
Schultz, Kathy	F	1955				6:55.71	6:55.71						5:22.06			5:22.06		
Schultz, Kirsten	F	1988											4:16.16	4:41.07		4:16.16		
Schultz, Thomas	M	1986											3:46.86			3:46.86		
Schulz, Beth	F	1956			5:58.60		5:58.60											
Schulz, Garth	M	1994							3:05.28				2:36.18			2:36.18		
Schulz, Heidi	F	1959													4:39.90	4:39.90		
Schulz, Kenneth	M	1961											3:39.11	4:22.52		3:39.11		
Schulz, Logan	M	1991											3:29.89			3:29.89		
Schumacher, Amy	F	1969									3:24.13					3:24.13		
Schumacher, Rudy	M	2003													4:19.55	4:19.55		
Schwab, Julie	F	1969						4:55.68								4:55.68		
Schwartz, Dan	M					5:05.43	5:05.43											
Schwartz, Meredith	F					5:15.51	5:15.51											
Schwencke, Fredrik	M							2:44.98								2:44.98		
Schwenn, Shelly	F	1969											4:32.52	5:53.12		4:32.52		
Schwieder, John	M	1960											3:49.64	4:17.84		3:49.64		
Schwinghammer, Nina	F	1986											4:50.87	4:46.94		4:46.94		
Scotch, Mark	M	1955											3:51.95			3:51.95		
Scott, Mike	M	1976											4:00.54			4:00.54		
Scrimgeour, Maxfield	M							3:08.43								3:08.43		
Seale, Lesley	F														5:20.82	5:20.82		
Seater, Katrina	F	1965											3:38.05			3:38.05		
Segal, Aliza	F	1984										4:09.75	3:46.41	3:30.13	4:06.71	3:30.13		
Seger, Carl	M	1979											4:01.23			4:01.23		
Seggerman, Tom	M	1956											3:32.99	3:47.83		3:32.99		
Seglem, Jan	M	1966							4:14.98				3:47.18			3:47.18		
Segura, Sarah	F					7:26.98	7:26.98											
Seitz, Andy	M							3:49.58								3:49.58		
Seitz, Susan	F	1975						3:57.04								3:57.04		
Serventi, Daniel	M		3:23.76					2:46.12							3:01.01	2:46.12		
Serventi, Paul	M					7:07.76	7:07.76											
Severin, Sam	M	1978											3:40.34			3:40.34		
Severus, Eva	F	1992	3:18.36				3:18.36											
Shank, Heather	F	1970											4:24.23			4:24.23		
Shannon, Dustin	M	1981											3:56.83	4:32.81		3:56.83		
Shayer, Eli	M	1995											2:50.81			2:50.81		
Shepard, Brett	M	1979			5:58.67		5:58.67											
Shepard, Michael	M	1963				4:38.29	4:38.29											
Sheppard, Rick	M	1981											5:16.81			5:16.81		
Shercliffe, Rachel	F	1993											4:16.12			4:16.12		
Sherry, Bruce	M	1975												3:58.83		3:58.83		
Shields, Juliana	F	1976											4:25.83	6:11.85		4:25.83		
Shine, Jim	M	1977											2:46.03			2:46.03		
Shriner, Stacey	F	1980			7:52.56		7:52.56											
Shuler, Joshua	M														3:16.82	3:16.82		
Siegel, Amalia	F							3:27.82								3:27.82		
Simeone, John	M	1983											5:52.64			5:52.64		
Simpson, Bill	M							4:21.45								4:21.45		
Simpson, Chris	M	1960											3:44.82			3:44.82		

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Simpson, Samantha	F	1986											4:11.21		5:25.59	4:11.21	
Sims, Michele	F	1951													8:18.44	8:18.44	
Sind, Katherine	F														4:31.92	4:31.92	
Singleton, Colin	M	1989											2:53.81		3:32.38	2:53.81	
Singleton, James	M	1957											4:02.21		4:24.28	4:02.21	
Skahan, Crystal	F	1978			5:37.78		5:37.78										
Skelly, Ian	M	1981											4:15.04			4:15.04	
Skelly, Kevin	M	1950											4:59.38			4:59.38	
Slade-House, Joell	F	1969			5:28.19		5:28.19										
Slotnick, Sylvia	F	1960											4:16.66			4:16.66	
Slotte, Hanna	F													3:32.77		3:32.77	
Smayda, Tom	M	1955							3:47.33				3:13.60			3:13.60	
Smith, Aubrey	F	1980											2:51.09			2:51.09	
Smith, Blaine	M	1961											3:55.47			3:55.47	
Smith, Cory	M	1974								3:05.41		3:55.87				3:05.41	
Smith, Ethel	F	1948											4:08.30			4:08.30	
Smith, Glenn	M	1965											4:53.26			4:53.26	
Smith, John	M	1953													5:16.72	5:16.72	
Smith, Kim	M	1946											3:56.08			3:56.08	
Smith, Madison	F														5:02.72	5:02.72	
Smith, Mark	M	1954							4:06.11				3:32.86			3:32.86	
Smith, Michael	M	1968													4:28.31	4:28.31	
Smole, Justin	M														3:35.44	3:35.44	
Sneed, Spencer	M	1951											3:37.58			3:37.58	
Snover, Amy	F	1969											3:49.25			3:49.25	
Snow, Josh	M	1968						3:51.25								3:51.25	
Snow, Stephanie	F	1965			9:06.42		9:06.42										
Snowden, Andrea	F	1973											4:00.29			4:00.29	
Snyder, Gary	M	1972		3:26.53			3:26.53		3:24.06		2:41.65		2:51.18	2:49.71	3:27.57	2:41.65	
Soderholm, Pamela	F	1964			9:00.14		9:00.14										
Soderholm, Thomas	M	1953			9:01.05		9:01.05										
Solie, Sean	M														5:28.06	5:28.06	
Somppi, Michael	M							2:41.50								2:41.50	
Sonnesyn, Alayna	F	1996	3:20.94				3:20.94	3:15.81								3:15.81	
Sonnesyn, Marit	F							3:23.21								3:23.21	
Soos, Frank	M							5:16.91								5:16.91	
Soule, Megan	F	1974											4:33.49		5:48.13	4:33.49	
Souza, Nick	M	1979											4:33.26			4:33.26	
Spangler, Allan	M	1986		3:22.33			3:22.33		3:04.81		2:44.53	3:24.31	2:39.13		2:55.39	2:39.13	
Sparrow, Toni	F	1964											3:28.76			3:28.76	
Spencer, Bill	M	1956									3:32.40					3:32.40	
Spencer, Lynn	F	1954							6:28.80							6:28.80	
Sprecher, Patricia	F	1991											3:09.45			3:09.45	
Spring, Jon	M														6:17.29	6:17.29	
Spring, Stephanie	F														5:47.02	5:47.02	
Spurkland, Jan	M	1978											2:41.31			2:41.31	
Spurkland, Lars	M	1975							3:31.99							3:31.99	
Spurkland, Megan	F	1979						3:52.94								3:52.94	
St.Clair, Ryan	M							3:04.76								3:04.76	
Staats, Molly	F														5:14.98	5:14.98	
Stachow, Dave	M	1954			6:35.63		6:35.63										
Stachow, Gregory	M	1985											4:10.92		4:31.83	4:10.92	
Stallard, Tim	M	1974													3:47.28	3:47.28	
Stamm, Nathan	M	1972											3:29.08			3:29.08	
Stamp, David	M	1987							3:09.80	3:07.31	2:49.96					2:49.96	
Stark, Rory	M	1971											3:18.25		3:54.09	3:18.25	
Stark, Todd	M	1962											3:31.95			3:31.95	
Stead, Sherry	F	1955			8:10.65		8:10.65										
Stearns, Katelyn	F														4:19.35	4:19.35	
Stedman, Ben	M	1962							6:28.80		4:24.02					4:24.02	
Steer, Anjanette	F	1972							4:19.79				3:49.14		4:14.62	3:49.14	
Steinbach, Lori	F					5:27.72	5:27.72	5:33.60								5:33.60	
Steinberg, Amalia	F	1969	8:24.00				8:24.00						5:07.97		5:41.93	5:07.97	
Steinberg, David	M	2002											4:01.12			4:01.12	
Steinberg, Joshua	M	2013											4:53.66			4:53.66	
Steinberg, Leonard	M	1954											5:13.66			5:13.66	
Steinhauser, Evan	M	1962											4:04.28			4:04.28	
Steinhauser, Evan R	M														5:29.24	5:29.24	
Stephen, Elizabeth	F	1987	3:02.30				3:02.30										
Stevens, Katherine	F	1954											4:20.34		5:11.31	4:20.34	
Stevens, Randall	M	1953											4:01.41		4:55.73	4:01.41	
Stevens, Sheryl	F	1971											4:00.18			4:00.18	
Stevenson, David	M	1953			4:45.92		4:45.92										
Stevenson, Grant	M	1986							3:12.28				2:49.26			2:49.26	
Stewart, Brandy	F							3:19.44								3:19.44	
Stiassny, Ari	M	1981							3:38.29	3:48.06						3:38.29	
Stiassny, Melanee	F	1976							4:02.33				3:33.93		4:04.31	3:33.93	

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Stiassny, Peter	M														3:44.81	3:44.81	
Stiassny, Ulyana	F	1973													5:22.01	5:22.01	
Stibitz, Brian	M	1975						4:42.86					3:48.37		5:16.98	3:48.37	
Stigar, Mark	M	1957											3:46.64			3:46.64	
Stigar, Stacie	F	1961											4:46.46			4:46.46	
Stinson, Christopher	M	1982											4:14.40			4:14.40	
Stinson, Joslyn	F	1983											4:14.37		4:50.88	4:14.37	
Stock, Corey	F							3:20.53								3:20.53	
Stock, Joe	M	1972													4:25.32	4:25.32	
Stolen, Ben	M	1985						3:49.62		3:49.76			3:23.10			3:23.10	
Stolen, Benjamin	M							3:26.46								3:26.46	
Stone, Paul	M											3:55.24				3:55.24	
Stone, Tim	M	1946											3:30.26			3:30.26	
Stoops, Quinn	M	1990											4:49.87		4:22.28	4:22.28	
Strabel, Ed	M	1945				4:36.57	4:36.57		4:14.12				3:47.98			3:47.98	
Strickland, Dan	M	1953											4:17.77			4:17.77	
Strickland, Pamela	F	1955											4:35.71			4:35.71	
Stridsklev, Camilla	F		5:34.77				5:34.77										
Strohmeier, Hope	F	2003											5:05.81			5:05.81	
Strohmeier, Jolie Poi	F	1974											7:05.70			7:05.70	
Strohmeier, Nicholas	M	1971						3:36.37					3:15.43			3:15.43	
Stuart, Vicky	F	1962									4:20.18					4:20.18	
Stuart, Victoria	F														5:00.10	5:00.10	
Stuby, Lisa	F														6:53.58	6:53.58	
Stuits, Hunter	M	1996											3:49.18			3:49.18	
Stuits, Tanner	M	1998											4:17.39			4:17.39	
Stuits, Thomas	M	1964											5:40.85			5:40.85	
Stutzer, Fred	M	1961		3:52.78			3:52.78		3:28.63	3:28.52		3:44.04	2:58.29			2:58.29	
Suddock, Richard	M	1962		3:31.41			3:31.41				2:46.01			2:42.98	3:12.87	2:42.98	
Sugai, Susan	F							5:58.63								5:58.63	
Sullivan, Marie	F	1997											4:28.19			4:28.19	
Sullivan, Matthew	M	1972											3:54.39			3:54.39	
Sullivan, Patrick	M														3:17.84	3:17.84	
Sullivan, Peggy	F	1959			5:43.66		5:43.66										
Sulser, Elise	F							3:26.66								3:26.66	
Sveinbjornsson, Bjorn	M														4:15.05	4:15.05	
Swangel, Megan	F					7:27.35	7:27.35										
Swanson, Eric	M	1965											2:53.89			2:53.89	
Swanson, Tara	F														4:15.91	4:15.91	
Sweeny, Kim	F														6:27.93	6:27.93	
Swenor, Kristina	F	1982											4:01.45		4:58.78	4:01.45	
Swirbul, Hailey	F							3:07.78								3:07.78	
Sykes, John	M	1989											3:12.62			3:12.62	
Tafs, Paul	M	2004											6:44.18		7:16.29	6:44.18	
Tafs, Phillip	M	1974											6:44.25		7:16.35	6:44.25	
Takagi, June	F	1958													5:00.64	5:00.64	
Takagi, Seiji	M	1996						2:47.33								2:47.33	
Talbot, Bruce	M	1951							4:32.63			4:02.85	3:18.70		3:40.06	3:18.70	
Talbot, Cole	M									2:52.44						2:52.44	
Talbot, Silas	M							3:01.96								3:01.96	
Talihaerm, Johanna	F	1993	3:31.27				3:31.27										
Tang, Amanda	F							6:49.57								6:49.57	
Tannenbaum, Tim	M	1970											4:18.48			4:18.48	
Tappel, John	M	1958							3:55.58				3:28.56			3:28.56	
Tarbath, Emma	F	1997						3:31.18								3:31.18	
Tauschek, Heather	F	1976			7:44.98		7:44.98										
Taylor, Audrey	F	1975											4:06.94		4:17.68	4:06.94	
Taylor, Brenda	F					6:06.25	6:06.25										
Taylor, Brent	M													2:57.73		2:57.73	
Taylor, Gailyn	F	1965											4:10.13			4:10.13	
Taylor, Kneeland	M	1947				6:42.54	6:42.54						4:46.31			4:46.31	
Taylor, Madeleine	F	2002											4:35.68			4:35.68	
Taylor-Roth, Clem	M	2001				3:42.72	3:42.72						3:32.69			3:32.69	
Tedrow, Jason	M	1973											2:44.65			2:44.65	
Templeman, Bryan	M	1969								4:25.48			4:23.65		3:57.09	3:57.09	
Temte, James	M	1980											3:07.76		3:53.57	3:07.76	
Terry, Matthew	M	2002											4:46.84			4:46.84	
Thein, Lucas	M	1988											3:16.94		3:56.89	3:16.94	
Theis, Lindy	F	1957			5:51.09		5:51.09										
Theroux, Mark	M	1961			4:49.61		4:49.61										
Thibodeau, Guy	M	1950											3:15.92			3:15.92	
Thielke, Sydney	F	1982			4:23.00		4:23.00										
Thomas Mears, Becky	F														7:38.49	7:38.49	
Thomas Mears, Frank	M														7:38.39	7:38.39	
Thomas, Germaine	F	1967											3:33.55		3:41.00	3:33.55	
Thomas, Joanne	F														4:24.07	4:24.07	
Thomas, Julia	F														6:15.13	6:15.13	



PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Thomas, Kelli	F	1999											3:40.44			3:40.44		
Thomas, Kjerstin	F	1977											3:54.46		4:06.84	3:54.46		
Thomas, Laron	M	1984											4:12.32			4:12.32		
Thomas, Sarana	F														7:11.35	7:11.35		
Thomas, Steve	M														6:15.22	6:15.22		
Thomas, Teslin	F														5:11.52	5:11.52		
Thomas-Mears, Becky	F	1957											5:56.36			5:56.36		
Thomas-Mears, Frank	M	1954											5:56.38			5:56.38		
Thompson, Bob	M	1961						2:49.14					3:56.98			2:49.14		
Thompson, Hunter	M	1998			3:02.41		3:02.41											
Thompson, Jordin	F	1986											4:24.21			4:24.21		
Thorndike, Mark	M	1963											3:53.61		4:04.52	3:53.61		
Thorsness, Daniel	M	1958									3:23.28				3:46.03	3:23.28		
Thrasher, Todd	M	1978											2:39.09			2:39.09		
Thurston, Jeffrey	M	1960											4:08.18			4:08.18		
Timmons, Saree	F	1962											6:18.85			6:18.85		
Timmons, Will	M	1995						3:04.90								3:04.90		
Tirrell, Danielle	F	1972							4:24.07							4:24.07		
Tobin, Canyon	M	1999			2:54.83		2:54.83											
Tobin, Garvee	F														4:28.45	4:28.45		
Todd, Pam	F	1966											3:47.15	4:15.53		3:47.15		
Todd, Pamela	F							4:54.20								4:54.20		
Tomeo, Martha	F	1971			5:46.09		5:46.09											
Tomsen, Jan	F	1985											3:52.78			3:52.78		
Toohey, Ryan	M	1977													5:27.25	5:27.25		
Toresson, Zackarias	M							2:50.96								2:50.96		
Torrance, David	M	1978											5:35.41			5:35.41		
Torrance, Keith	M	1961			8:38.94		8:38.94											
Torrance, Naomi	F	1980			6:55.99		6:55.99											
Toth, Robert	M							6:23.07								6:23.07		
Trammell, Chad	M												3:48.88			3:48.88		
Tranel, Kelsey	F	1989											4:57.08			4:57.08		
Travis, Gabriel	M	1972											4:01.86		4:20.21	4:01.86		
Travostino, Joan	F	1955			8:52.27		8:52.27											
Treinen, Charles	M	1953						4:46.35					3:57.57	3:15.33	5:05.65	3:15.33		
Treinen, Lex	M	1990						2:29.63					2:23.85			2:23.85		
Trimble, Brian	M	1955											5:19.53		4:48.60	4:48.60		
Trolleboe, Dag Frode	M							2:38.09								2:38.09		
Trott, Kelly	F					9:00.12	9:00.12											
Trowbridge, Bianca	F	1999											4:04.82		4:21.15	4:04.82		
Troyer, Riley	M	1994											2:35.44			2:35.44		
Truffer, Martin	M							4:10.59								4:10.59		
Truskowski, Conner	M	1997						2:59.51								2:59.51		
Truskowski, Julie	F	1964			3:55.58	5:53.34	3:55.58											
Truskowski, Mike	M	1964		3:54.44			3:54.44		3:16.23	3:17.31	3:00.14	3:57.96	2:55.57		3:34.82	2:55.57		
Tsao-Wu, George	M	1964											4:26.18		7:00.61	4:26.18		
Tsao-Wu, Lauren	F	1997											4:05.39		4:46.99	4:05.39		
Tumey, Jania	F	1999			4:36.05	4:28.30	4:28.30											
Tumey, Martin	M					6:31.50	6:31.50											
Tuning, Ashlinn	F														3:53.10	3:53.10		
Tuning, Kevin	M	1972											3:44.29		5:41.14	3:44.29		
Tuning, Teagan	M														5:17.73	5:17.73		
Turletes, Chris	M	1954				9:57.33	9:57.33						6:37.63			6:37.63		
Turman, Christina	F							3:13.49								3:13.49		
Tuttle, Laura	F	1988									3:22.11					3:22.11		
Twardock, Paul	M	1961							4:09.16				3:35.32		4:05.26	3:35.32		
Ubedei, Sabo	M	1978			6:59.61		6:59.61											
Udevitz, Mark	M	1956											4:01.19			4:01.19		
Uffenbeck, Benji	M	1977						3:20.04				3:43.16			3:17.21	3:17.21		
Uffenbeck, Shannon	F							4:08.45								4:08.45		
Uhl, Ann-Cathrin	F							3:12.35								3:12.35		
Ulman, Sean	M	1981							3:52.20				3:24.21		4:20.95	3:24.21		
Ulrich, Emma	F					5:36.86	5:36.86											
Ulrich, Linda	F	1973											4:18.57			4:18.57		
Ulrich, Savannah	F	1999											3:40.27			3:40.27		
Urlaub, Andrew	M	2001											3:48.19			3:48.19		
Urlaub, Michelle	F	1970											4:20.69			4:20.69		
Urlaub, Noelle	F	2000											4:42.02			4:42.02		
Urstadt, Christopher	M	1959			7:20.16		7:20.16											
Urtle, T	M														6:44.28	6:44.28		
Usgaard, Robert	M	1965											3:50.48			3:50.48		
Utermohle, Charles	M	1950			6:14.35		6:14.35											
Vaherkoski, Petteri	M							2:47.22								2:47.22		
Vaissiere, Sharon	F	1954			6:33.74		6:33.74											
Valencia, Kristine	F	1948			12:41.52		12:41.52											
Van Dommelen, Puck	M					4:41.62	4:41.62											
Van Hemert, Caroline	F	1978											3:40.40		3:46.44	3:40.40		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle		
Van Hemert, Rose	F	1949											4:21.59		5:28.40	4:21.59		
Van Orman, Scott	M	1969											3:23.03			3:23.03		
Vanias, Alex	M							2:55.99								2:55.99		
Vann, Ailis	F	1983											4:10.51			4:10.51		
Varner, Andy	M													4:53.01		4:53.01		
Vazquez Davis, Ameli	F	1999											6:42.48			6:42.48		
Veltkamp, Brent	M	1968											4:32.54			4:32.54		
Verrier, Adam	M	1968		3:21.32			3:21.32		3:03.87							3:03.87		
Vetsch, Jessica	F	1985							3:58.50							3:58.50		
Vignaroli, Taylor	M							3:29.62								3:29.62		
Villon, Michel	M	1943											4:10.87			4:10.87		
Vines, Walter	M	1958											3:47.84			3:47.84		
Vinlove, Quinn	M	1999						3:43.48					3:16.15		3:37.01	3:16.15		
Vivian, Rhyss	M													5:44.83		5:44.83		
Vo, Brittany	F													5:11.84		5:11.84		
Voehl, Dusten	M	1985											4:29.26			4:29.26		
Vogel, Michael	M					5:39.24	5:39.24											
Vogel, Mike	M	1956			4:04.01		4:04.01											
Voigt, Gerald	M	1954											4:21.31			4:21.31		
Vollstedt, Gregory	M	1967											7:20.08			7:20.08		
Volper, Marielle	F	1990											4:38.80			4:38.80		
Volz, Karl	M	1963			3:05.29	3:36.70	3:05.29											
Von Huene, Marliese	F	1991						6:09.89							5:49.89	5:49.89		
Vontish, Phillip	M	1999											4:28.90			4:28.90		
Voss, Adrienne	F	1976											3:45.46		4:34.50	3:45.46		
Voss, Kevin	M	1976											3:28.27			3:28.27		
Walaszek, Greg	M	1956												5:06.38		5:06.38		
Waldrop, Valerie	F	1969						5:24.42	4:44.42	4:31.00			4:17.60		7:35.20	4:17.60		
Walgren, Phil	M	1962												5:24.27		5:24.27		
Walker, Craig	M	1962											2:51.12			2:51.12		
Walker, Kevin	M	1950											4:43.41			4:43.41		
Walker, Max	M	1945			6:15.43	8:28.09	6:15.43											
Walker, Steve	M	1953											4:12.33			4:12.33		
Walkush, Jason	M	1982												4:26.57		4:26.57		
Wallace, David	M	1963											4:56.36		5:49.24	4:56.36		
Wallace, Ellen	F	2001											4:56.32		4:54.82	4:54.82		
Wallace, Erin	F	2000											3:49.56			3:49.56		
Wallace, Jasper	F					7:39.17	7:39.17											
Walling, Joseph	M													3:44.82		3:44.82		
Walter, Jared	M	1994											4:08.94		5:01.06	4:08.94		
Walters, Alec	M													5:30.05		5:30.05		
Walters, Bradley	M													3:34.20		3:34.20		
Wanat, Bonnie	F	1959			6:12.11	7:28.40	6:12.11											
Ward Waller, Chelsea	F													4:59.10		4:59.10		
Ward, David	M	1958		4:17.44			4:17.44		3:36.38	3:35.38	3:14.95	4:01.83		3:24.88	4:09.89	3:14.95		
Ward, Joe	M	1985												4:03.06		4:03.06		
Ward, Suzanne	F	1993							4:22.87	4:21.63						4:21.63		
Warner, David	M	1996											2:51.27			2:51.27		
Warren, Roger	M	1970											5:02.28			5:02.28		
Warthin, Morgan	F	1973											4:51.03			4:51.03		
Watts, Dylan	M	1984						3:05.97	2:59.93	2:44.40	2:32.73		2:28.34		2:55.29	2:28.34		
Watts, Mattie	F	1996	3:47.05				3:47.05											
Waugaman, Jim	M	1953			5:42.28		5:42.28											
Way, Landon	M	1998											3:20.16			3:20.16		
Webb, Christian	M	1996											3:35.04			3:35.04		
Weddleton, John	M	1958		4:10.09			4:10.09		4:09.19		3:06.27	3:49.26	3:11.06	3:12.23	3:43.81	3:06.27		
Wedeking, Matt	M	1976							3:48.48				3:21.11			3:21.11		
Weeg, Cathy	F	1967						5:03.86								5:03.86		
Weidner, Phillip	M	1977											3:41.58		7:16.43	3:41.58		
Weinman, Evan	M							3:10.58								3:10.58		
Weis, Sam	M	1986								4:24.81			4:11.04			4:11.04		
Welch, Chantel	F													5:09.05		5:09.05		
Welch, Joseph	M					10:20.55	10:20.55											
Wellock, Kimbra	F	1977											5:14.92			5:14.92		
Wells, Aaron	M													4:31.22		4:31.22		
Wendling, Shawn	M	1958			5:07.46		5:07.46											
Wessler, Kendall	F					9:00.02	9:00.02											
Whisenhant, Greg	M	1958						3:50.23					3:14.71			3:14.71		
Whisenhant, Stephanie	F	1991											4:08.03		5:10.45	4:08.03		
Whitaker, Maggie	F													3:53.54		3:53.54		
White, Elizabeth	F	1961											5:21.97			5:21.97		
White, Jack	M	1999											3:47.61			3:47.61		
White, Jeff	M	1963											4:21.92			4:21.92		
White, Joleen	F					5:53.85	5:53.85											
White, Virginia	F				5:51.30		5:51.30											
Whitney, Allene	F										4:03.29	4:42.03	3:53.38		4:03.82	3:53.38		
Whitney, Eric	M									3:38.17			3:23.79			3:23.79		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )							updated 3-15-2017		
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle	
Whitney, Robert	M			3:23.12			3:23.12						2:33.28		2:56.08	2:33.28	
Wiepking, Tim	M												4:09.19		6:07.57	4:09.19	
Wiggin, Diane	F												4:46.79		6:20.35	4:46.79	
Wiggin, Mark	M												4:53.41			4:53.41	
Wiggs, Kathy	F												5:16.99			5:16.99	
Wikgren, Ken	M							3:27.92								3:27.92	
Wilberg, Christopher	M														5:09.91	5:09.91	
Wilberg, Monique	F														5:09.90	5:09.90	
Wilkerson, Claire	F					7:41.34	7:41.34										
Willems, Chad	M		4:49.06			4:19.53	4:19.53										
Williams, David	M				5:38.95		5:38.95										
Williams, Joey	F														6:04.30	6:04.30	
Williams, Randy	M												4:53.06			4:53.06	
Williams, Zachary	M												4:53.00			4:53.00	
Willman, Daniel	M												3:47.94			3:47.94	
Willsrud, Elsa	F														7:24.78	7:24.78	
Wilson, Bryan	M				7:15.48		7:15.48										
Wilson, Edward	M														8:15.61	8:15.61	
Wilson, Hannah	F												3:56.37			3:56.37	
Wilson, Helen	F												3:49.79			3:49.79	
Wilson, Stephen	M												3:49.82			3:49.82	
Wilson-Ramirez, Gin	F												5:11.58			5:11.58	
Windt Pearson, Rebecca	F				4:41.84		4:41.84								4:38.64	4:38.64	
Winford, Mark	M							4:25.62								4:25.62	
Winkle, Kristin	F												4:04.47			4:04.47	
Winner, Adam	M								4:23.02							4:23.02	
Wise, Michael	M												2:37.73			2:37.73	
Wiswell, Sam	M							3:07.81								3:07.81	
Witherell, Jonathan	M											4:34.25			4:39.14	4:34.25	
Witmer, Erin	F					6:35.37	6:35.37										
Witmer, Frank	M											4:31.33			4:51.11	4:31.33	
Witten, Evie	F														3:58.64	3:58.64	
Witter, Jennifer	F												6:09.47		5:46.63	5:46.63	
Witter, Rob	M											4:08.17	3:13.58	3:42.03		3:13.58	
Witter, Tatum	F												5:44.66			5:44.66	
Witter, Zoe	F												6:09.43			6:09.43	
Witty, Rachel	F												4:06.65			4:06.65	
Woelber, Mark	M					6:52.22	6:52.22						4:22.55			4:22.55	
Wohlforth, Charles	M								4:04.20	4:19.23			3:26.77			3:26.77	
Wolf, Sarah	F												4:32.50			4:32.50	
Wolfe, Hamish	M				2:55.87		2:55.87										
Wolfe, Jim	M												4:28.59			4:28.59	
Wolfe, Patrick	M					3:43.62	3:43.62										
Wood, Daniel	M							3:01.29								3:01.29	
Wood, John	M		3:58.96			3:58.06	3:58.06										
Wood, Kristin	F												4:57.84			4:57.84	
Woodbeck, Ben	M												3:17.53			3:17.53	
Woodings, Ruby	F												4:08.49			4:08.49	
Woods, Marion	F		3:52.84				3:52.84										
Wooten, Teri	F												5:04.51			5:04.51	
Worrell, Jeff	M				4:26.06		4:26.06										
Woster, Timothy	M							4:52.34								4:52.34	
Wright, Addy	F					4:56.86	4:56.86										
Wright, Adeline	F												4:53.41			4:53.41	
Wright, Casey	F							3:10.18								3:10.18	
Wright, Cathy	F														5:13.49	5:13.49	
Wright, Duncan	M											3:47.30	3:25.02	3:59.05	3:25.02	3:25.02	
Wright, Geoff	M														4:59.43	4:59.43	
Wright, Geoffrey	M												4:53.57			4:53.57	
Wright, Jack	M												3:05.47			3:05.47	
Wright, Jay	M												3:21.49			3:21.49	
Wright, Kyle	M												4:06.87			4:06.87	
Wright, Lissa	F												4:06.13			4:06.13	
Wright, Nathaniel	M												7:09.74			7:09.74	
Wright, Oliver	M														4:57.20	4:57.20	
Wright, Sarah	F					6:45.25	6:45.25						4:01.26			4:01.26	
Wright, William	M								4:02.82							4:02.82	
Wrigley, Debbie	F					4:24.17	4:24.17										
Wüestner, Johannes	M							3:57.20								3:57.20	
Wuttig, Hanna	F														4:51.80	4:51.80	
Yager, Garrett	M												3:16.52		3:50.59	3:16.52	
Yager, Jamie	F												4:48.22			4:48.22	
Yarborough, Linda	F				5:21.42		5:21.42										
Yeaton, Jessica	F		3:15.85				3:15.85	3:14.43								3:14.43	
York, Bo	M										3:15.18	4:07.62				3:15.18	
Young, Dan	M														3:47.83	3:47.83	
Young, Jason	M					7:44.23	7:44.23										

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )										updated 3-15-2017	
Name	Sex	Byear	Outside	Pia17	TOA14	TOA17	Best Classic	Outside	Sven14	Sven15	Sven16	Sven17	TOA14	TOA16	TOA17	Best Freestyle			
Young, Ryan	M												3:58.18			3:58.18			
Youngberg, Chelsey	F							3:37.36								3:37.36			
Zafren, Christina	F												4:35.23			4:35.23			
Zafren, Rachel	F												3:49.03			3:49.03			
Zandman-Zeman, Sharon	F				5:42.18	7:12.64	5:42.18												
Zars, Reed	M									3:45.93						3:45.93			
Zoesch, Eric	M														4:52.94	4:52.94			
Zyatitsky, Karina	F				4:34.10		4:34.10												