

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Abraham, Peter	M	1979							2:54.32	3:04.87					2:31.72			2:31.72
Adam, Andrew	M	1989					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
Adkins, Jane	F								4:57.00									4:57.00
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										
Ajax, Jacob	M	1996	2:46.31					2:46.31										
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	1982							3:54.45								4:57.15	3:54.45
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
Alfonso, Owen	M								3:27.33									3:27.33
Allen, Amber	F	1988					5:44.50	5:44.50										
Allen, Ben	M	1985	3:57.86	3:33.39				3:33.39	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										
Alnaes, Anikken	F	1994							3:18.73									3:18.73
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	2005					14:22.36	14:22.36										
Amick, Abby	F	1999							2:58.52									2:58.52
Amore, John	M	1966								3:25.27		3:18.14		3:48.28				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	1983															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, Dottie	F	1998							3:20.44									3:20.44
Anderson, Duane	M	1952													4:48.66			4:48.66
Anderson, Luci	F	2000							3:03.10									3:03.10
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
Anderson, Renae	F	1998							3:04.43									3:04.43
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			3:30.16			3:30.16					3:54.62				3:19.69	3:19.69
Arend, Maggi	F	1954													4:47.02			4:47.02
Arians, Allison	F	1970			3:22.92		3:55.55	3:22.92	3:22.92									3:22.92
Arians, Ben	M	1973		3:39.28	3:17.55			3:17.55						3:11.61		2:45.46		2:45.46
Arnold, Robert	M	1958															6:06.86	6:06.86
Arnold, Stephanie	F	1995	3:28.76					3:28.76	2:57.44								3:19.20	2:57.44
Arthur, Kellie	F	2001					4:19.68	4:19.68										
Arthur, Krista	F	1976															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	1956															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
Axelsson, Erik	M	1994	2:39.69					2:39.69										
Baangman, Hedda	F	1995	2:45.85					2:45.85										
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	1984															4:48.78	4:48.78
Bain, Piper	F								3:34.06									3:34.06
Baker, Andrew	M	1989					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	1981															4:10.07	4:10.07
Banas, Gigi	F	1953															5:01.79	5:01.79
Banas, Jessie	F	1982															5:01.80	5:01.80
Banchero, Paola	F	1971					8:57.17	8:57.17										
Banker, Emory	F	2000												4:15.19	4:07.25			4:07.25
Barber, Mac	M	2007															5:58.98	5:58.98
Barber, Micah	M	2000													3:19.07			3:19.07
Barnard, Jennifer	F	1973							5:36.00								4:07.69	4:07.69

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Barnel, Aurelie	F	1980												3:46.70			4:05.67	3:46.70
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	1992															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	2002															4:31.65	4:31.65
Bartos, Benjamin	M	1984															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										
Bates, Tom	M								4:09.69									4:09.69
Bathe, Nichole	F	1995							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	2002							3:16.48								3:04.67	3:04.67
Baurick, Ingrid	F	2007															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	2002															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	1995															5:14.08	5:14.08
Beck, Chris	M	1953															4:30.77	4:30.77
Becker, Randy	M	1958					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	1978															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	1985											4:29.52					4:29.52
Bemben, Thea	F	1973															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	4:15.01	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	1957							4:31.50								4:48.05	4:31.50
Berger, Mark	M								3:12.76									3:12.76
Bergholtz, Michael	M	1965	5:05.03					5:05.03										
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	3:29.84	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	1985					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
Betts, Mark	M	1973													3:45.73			3:45.73
Bezdicek, Sarah	F	1996	3:13.38					3:13.38										
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																
Biegel, Davey	M	1995													3:14.85			3:14.85
Biffner, William	M	2002													3:01.76			3:01.76
Billett, Kayla	F														5:51.90			5:51.90
Bingham, Eva	F	1998							3:48.04									3:48.04
Birch, Garrett	M	1997													4:05.76			4:05.76
Bishop, Alicen	F	1989													3:37.98			3:37.98
Bishop, Sam	M		6:05.91					6:05.91									4:35.65	4:35.65
Bittner, Michelle	F	1965													5:51.93		6:09.38	5:51.93
Bittner, Nicholas	M	2005															5:49.38	5:49.38
Bittner, William	M	2000															4:18.76	4:18.76
Black, Maura	F	2004															5:15.30	5:15.30
Blackhorse-Von Jess, Dak	M	1986							3:13.32									3:13.32
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

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Blackwell, Cameron	F	2003															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, Randal	M	1959	3:34.66					3:34.66							3:06.53	3:04.12		3:04.12
Blain, Quinn	M	2004					13:28.95	13:28.95										
Blain, Tracey	F	1972					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
Blanchet, Lydia	F	1997	2:53.87					2:53.87										
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	1968															8:37.16	8:37.16
Boehm, Jennifer	F	1970															6:29.89	6:29.89
Bold, Hilka	F	1972				5:53.04		5:53.04										
Bolger, Kevin	M	1993	2:30.92					2:30.92	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													3:25.79	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	2:59.71					2:59.71	3:03.85									3:03.85
Bowles, Brenda	F	1969															7:47.48	7:47.48
Bowles, Frank	M	1961															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	1987															4:45.62	4:45.62
Brady, Mark	M	1982	3:35.93	3:36.28				3:35.93		3:24.40	3:23.48	3:04.59		3:18.70	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	1993							2:43.50									2:43.50
Brauer, Andrea	F	1984															6:14.81	6:14.81
Brauer, Neil	M	1983													3:46.82			3:46.82
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
Bredal, Mariah	F	1997	3:25.58					3:25.58										
Bredar, Bill	M	1953															6:55.07	6:55.07
Bredar, Luke	M	2002															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	2:56.61		3:00.08			2:56.61					3:18.48	2:47.55		2:51.83	2:51.61	2:47.55
Brewer, Thomas	M	1964													4:17.79			4:17.79
Brewster, Brandon	M	1993													2:31.75		2:58.55	2:31.75
Brewster, Bryant	M	1996							2:41.35									2:41.35
Brewster, Hannah	F	1985													4:21.14			4:21.14
Brewster, Liz	F	1960													4:29.93	3:43.54		3:43.54
Briggs, Connor	M	2003															7:48.35	7:48.35
Briggs, James	M	1954													4:07.07		4:25.69	4:07.07
Brillhart, Aaron	M	1971															3:56.68	3:56.68
Brinkerhoff, Douglas	M	1986							6:52.00								4:21.62	4:21.62
Brisbois, Caroline	F	1996							3:02.44									3:02.44
Broadwell, Scott	M	1972									4:12.62	3:36.13			3:36.96	4:04.87		3:36.13
Brockman, Shannon	F	1969								3:49.93		3:15.20			3:16.31		3:45.73	3:15.20
Broda, Byron	M								4:34.13									4:34.13
Brodin, Carolyn	F	1957				4:58.28		4:58.28										
Brod, Scott	M	1953															5:28.12	5:28.12
Brokaw, Dan	M	1962	3:46.12	3:42.95				3:42.95	3:23.94	3:45.89	3:17.33	2:54.04	3:28.61		3:00.37	2:53.40		2:53.40
Bronga, Jaime	F	1990															3:17.63	3:17.63
Brook, Dave	M	1964													2:53.15			2:53.15
Brooks, Bill	M	1987															3:35.61	3:35.61
Brooks, Holly	F	1982			3:26.15			3:26.15	3:02.19			2:37.47		3:20.48		2:37.12		2:37.12
Bross, Dan	M	1964													3:36.33			3:36.33
Bross, Tjarn	F	2001													3:36.30			3:36.30
Brower, Tim	M	1979													4:42.61			4:42.61
Brown Robinson, De	F	1974													4:54.27			4:54.27

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Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle	
Brown Taylor, Paula	F	1965															5:37.02	5:37.02	
Brown, Chris	M	1964													5:50.69			5:50.69	
Brown, Elissa	F	1988															5:17.33	5:17.33	
Brown, Jake	M	1992							2:41.75									2:41.75	
Brown, Lacey	F	1984															8:06.90	8:06.90	
Brown, Luke	M	1995	2:42.52					2:42.52	2:54.45									2:54.45	
Brown, Max	M	2001													5:50.72			5:50.72	
Brown, Rogan	M	1991	2:38.91					2:38.91	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	
Bruce, Dylan	M	1999					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	
Buckelew, Stacey	F	1978							3:54.71						3:16.99	3:19.66	3:47.84	3:16.99	
Bueler, Ed	M	1966							4:13.90									4:13.90	
Bueler, Thomas	M	2002							3:15.99								3:14.23	3:14.23	
Buerger, Kristi	F	1961													3:43.68			3:43.68	
Buetow, Eric	M	1953							4:55.68									4:55.68	
Burger, Kathryn	F								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	
Burkholder, Jim	M	1942													4:00.83			4:00.83	
Burkholder, Sally	F	1946													4:35.92			4:35.92	
Burleigh, Roger	M	1956								4:15.95					3:38.75		3:57.97	3:38.75	
Burrell, Jonathan	M	2001							3:10.89									3:10.89	
Burris, Chad	M	1970													3:37.19			3:37.19	
Burrough, Ben	M	1970													3:54.40		5:17.13	3:54.40	
Burrough, Brady	M	2004														4:38.03		4:38.03	
Burrough, Logan	M	2002															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	
Burson, Mark	M	1967								3:44.22					3:18.60			3:18.60	
Burwen, Debby	F	1954													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	
Buth, Joel	M	1969							3:23.39									3:23.39	
Butler, Jay	M	1958								4:07.72					3:18.90			3:18.90	
Buttner, Murray	M	1968															8:49.36	8:49.36	
Bye, Thomas	M	1995	2:39.30					2:39.30	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	
Cahill, Frank	M	1950															4:02.47	4:02.47	
Cahill, James	M	1962													3:21.87		3:50.99	3:21.87	
Caldera, Debra	F	1951		5:07.53				5:07.53	4:53.02		4:08.83	4:48.48	4:48.09	4:25.28	3:53.28	5:12.71		3:53.28	
Caldwell, Kai	M	2004															3:48.93	3:48.93	
Caldwell, Patrick	M	1994							2:45.90									2:45.90	
Caldwell, Sophie	F	1990	3:08.14					3:08.14	2:51.93									2:51.93	
Camblin, Sarah	F	1985													4:03.77			4:03.77	
Cameron, Matt	M								4:10.28									4:10.28	
Camicioli, Emma	F								3:35.17									3:35.17	
Campbell, Anna	F	1996													4:49.59			4:49.59	
Campbell, Brooke	F	1971													5:02.05			5:02.05	
Campbell, Colin	M	1990															5:26.82	5:26.82	
Campbell, Dan	M	1979															5:23.32	5:23.32	
Campbell, Kenneth	M	1950													4:47.28			4:47.28	
Campbell, Rianne	F	1992					9:18.20	9:18.20											
Campbell, Rod	M	1963															3:56.56	3:56.56	
Campbell, Tracy-Kim	F	1964															4:56.32	4:56.32	
Carleton, Timothy	M	1956													3:23.63			3:23.63	
Carlyle, Jack	M								2:51.24									2:51.24	
Carnahan, Finn	M	2002															6:06.77	6:06.77	
Carnahan, Patrick	M	1969											4:01.67	3:31.08	3:19.36		3:34.61	3:19.36	
Carnes, Wayne	M	1962							8:26.89									8:26.89	
Carpenter, Justin	M	1999													3:09.80		3:38.97	3:09.80	
Carpenter, Kyle	M	1992															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	1959							4:52.95			5:33.34	4:54.80	4:16.07				4:16.07	
Cater, Jack	M	2002															3:43.25	3:43.25	
Cech, Jan	M	1993							2:45.87									2:45.87	
Cedervaern, Emilie	F	1991	3:26.37					3:26.37											
Chambers, Lisa	F	1970					10:22.65	10:22.65											
Chan, Madison	F	1995															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	1989															4:15.51	4:15.51	
Cherrier, Ann	F	1967															6:14.12	6:14.12	
Childers, Dorothy	F	1956															4:23.18	3:37.00	
Chilson, Jordan	M	1990							3:14.13								3:46.76	3:14.13	
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	
Christianson, Jack	M	1997	2:53.76					2:53.76											

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	4:51.20			4:49.37	4:04.68	4:02.59	3:33.15	4:47.14	4:24.11		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	1991															5:44.12	5:44.12
Clarke, Jeffery	M	1955													3:08.24			3:08.24
Claussen, Jerry	M	1983					9:03.50	9:03.50										
Cleary, Steve	M	1971												4:12.21	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	1977															4:22.66	4:22.66
Cole, Dermot	M	1953							6:02.92									6:02.92
Cole, Hannah	F	1995	3:15.98					3:15.98										
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										5:03.74						4:24.93
Columbus, John	M								4:18.40		4:24.93							4:18.40
Conger, Keith	M	1961															3:37.07	3:37.07
Conger, Mallory	F	2002															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	1977															3:50.39	3:50.39
Cooley, Skye	M	1974															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	1965											4:36.67				4:49.41	4:36.67
Cooper, Pat	M	1963							4:14.69								4:09.34	4:09.34
Coopersmith, Jeffrey	M	1964													4:22.37		4:57.37	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	4:18.20				4:18.20	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	2002															5:05.80	5:05.80
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															3:35.73	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, Devon	M								3:15.00									3:15.00
Crawford, Diane	F	1945				5:42.21		5:42.21										
Crawford, Jeremy	M	1973													3:08.68			3:08.68
Crews, Jennifer	F	1974															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, Benjamin	M	2002															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			4:39.20			4:39.20			3:49.45	3:17.07	4:00.54	3:34.59		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	1981															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	1969													5:46.64			5:46.64
Dahlberg, Hanna	F	1996	3:18.03					3:18.03										
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

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Dale, Lisa	F	1981							3:30.04									3:30.04
Dalton, Anna	F	1989											3:47.42	3:36.26				3:36.26
Dalton, Danielle	F	1978													3:50.77	4:10.39		3:50.77
Damberg, Carol	F	1964					8:19.76	8:19.76										
Damberg, Doug	M	1967					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							2:54.12									2:54.12
Darnell, Joseph	M	1952							4:46.23									4:46.23
Darrow, Eloise	F	2002														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	2002														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	1983														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	4:20.79	3:37.89	3:36.27	4:19.32	3:36.27
DeJesus, Norberto	M	1997														6:42.51		6:42.51
Dekker, Franklin	M	1989		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				3:29.97
Delamere, Alan	M	1935							6:02.91							5:00.98		6:02.91
Delamere, Peter	M								3:25.69									3:25.69
Delamere, Samuel	M	2001							3:25.26									3:25.26
Deline, Callan	M	1995	2:32.69					2:32.69										
Delker, Hannah	F	2001														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	2001														3:42.50		3:42.50
Dennis, Samuel	M	1961														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
Derflinger, Jeremy	M	1986													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
Di Silvestri, Gary	M								3:11.08									3:11.08
Dickerson, Frederick	M	1980														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	2001														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							3:01.23									3:01.23
Diggins, Jessica	F	1991	2:59.81					2:59.81	2:41.67									2:41.67
Diller, Melissa	F	1997													4:30.84			4:30.84
Dimarzio, Chuck	M	1979							3:14.10	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			4:13.24			4:13.24				4:02.05	3:40.43	3:46.00				3:40.43
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	1997							2:41.85									2:41.85
Donaldson, Ti	M	2000							2:40.13									2:40.13
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	1991			3:07.03			3:07.03	3:35.12			2:28.45	3:35.65	3:00.35		2:37.96	3:07.14	2:28.45
Dougherty, James	M	1964													4:39.32			4:39.32
Dougherty, Thomas	M	1958														5:31.52		5:31.52
Dougherty, Tim	M	1957														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	2003														5:30.56		5:30.56



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	3:04.18	3:13.18				3:04.18	2:55.84	2:50.98			2:57.68	2:47.25	2:31.66			2:31.66
Drach, Abigail	F	1997	2:58.71					2:58.71										
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, Maggie	F	2002							3:15.02									3:15.02
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	2003															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	1957					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
Dusser, Marine	F	1988												2:59.46			2:59.46	
Dworian, Laurie	F	1970														6:24.88	6:24.88	
Dworian, Margaret	F	2001					5:28.61	5:28.61										
Dworian, Nadia	F	2001					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	1987														5:12.47		5:12.47
Eaton, James	M	1980													3:38.93			3:38.93
Eberhardt, Elena	F	2000														3:48.68		3:48.68
Ebner, Lukas	M	1991									2:37.92							2:37.92
Eckert, Alexander	M	1993							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	1965					5:46.93	5:46.93			4:29.67		5:17.15	4:42.41	3:59.95			3:59.95
Edgerly, Jacob	M	2002														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	2000														5:15.96		5:15.96
Eiden, Mark	M	1959													5:04.80			5:04.80
Eischeid, Ted	M	1961					5:54.34	5:54.34										
Eleazer, Jim	M	1954													6:37.68			6:37.68
Elfstrom, Samuel	M	1994							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	1988	2:30.34					2:30.34	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, Eila	F	1975					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	1989														4:26.31		4:26.31
Ensign, Camden	M	2001														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							3:20.50						3:23.69			3:20.50
Eski, Ivy	F	2003														4:00.18		4:00.18
Eski, Joey	F	1970												4:55.36		5:55.03		4:55.36
Ethun, Michelle	F								4:35.91									4:35.91
Eusden, Spencer	M								2:57.95									2:57.95
Evans, Andrea	F	1970														4:41.18		4:41.18
Evans, Ava	F	2002														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	4:43.81		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	1970														7:05.56		7:05.56

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Evans, Tom	M	1970															4:13.81	4:13.81
Fabry, Michelle	F	1970													4:02.79		5:00.22	4:02.79
Fagrelus, 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	3:28.73	3:13.42		3:42.34	3:13.42
Falconer, Kathy	F	1966													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							6:52.52								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	4:46.78	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
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	1958															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	1971															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	4:45.76			4:45.76			4:14.27	3:53.70		4:36.55	3:52.79			3:52.79
Flowers, Erika	F	1989	2:51.96					2:51.96	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	3:21.90									3:21.90
Fraczek, Chris	M	1973						11:53.19										
Fraczek, Michael	M	2004						10:35.60										
Frank, Mike	M	1946															4:44.92	4:44.92
Frankowski, Rosie	F	1991	2:46.74	3:20.78				2:46.74	2:49.53								2:54.08	2:49.53
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	1980	2:28.96					2:28.96	2:42.73									2:42.73
Freeman, Martha	F	1953				6:12.61		6:12.61									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	3:28.65			3:28.65	3:24.15		2:59.82	3:34.94	3:22.61	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	1980															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	1987															6:42.06	6:42.06
Friedman, Oscar	M	1994							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	2:59.83		3:14.17			2:59.83	3:01.87		3:02.57		3:21.07	3:13.27	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							2:56.76						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	1988							3:13.48									3:11.37
Fugere, Mari	F	1966					11:36.11	11:36.11										
Funatake, Jeanne	F	1950													6:50.45		7:18.14	6:50.45
Gaedeke, Rachael	F	1976													4:08.26			4:08.26
Galanos, Greg	M	1965								4:18.45	4:26.81		4:16.71	4:08.67	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



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Gannon, Shawn	M	1967													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	3:37.09			3:37.09		3:28.06					2:59.01			2:59.01
Garland, Brad	M	1968															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	1972					13:22.11	13:22.11										
Garsha, Andrew	M	1977													4:20.01		5:31.55	4:20.01
Gates, Jennifer	F	1972													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																3:14.54
Gellert, Margaret	F	2000							2:52.06	3:44.35	3:44.38	3:14.54	4:03.89	3:48.64				2:52.06
Gelso, Matthew	M	1988	2:32.61					2:32.61										
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	3:01.10					3:01.10	3:07.22									3:07.22
Gessert, Jennifer	F	1979					6:48.15	6:48.15										
Gessner, Brenna	F	2005															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	1969															5:44.77	5:44.77
Gilman, Nicole	F	1997	3:27.14					3:27.14										
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	1972															5:53.47	5:53.47
Goble, Sarah	F	1997	3:11.58					3:11.58										
Gohr, Caitlin	F	2001															4:28.40	4:28.40
Goltz, Jon	M	1972															5:06.32	5:06.32
Gonsalves, Judy	F	1959															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	1983															5:00.87	5:00.87
Gordon, Joel	M	1973															5:00.88	5:00.88
Gordon, Lael	M	1978															3:57.90	3:57.90
Gordon, Steven	M	1956													4:17.81		5:28.39	4:17.81
Gordon-Rein, Richard	M	2001															3:11.56	3:11.56
Goritski, Karen	F	1962															4:42.13	4:42.13
Gorman, Henry	M	1995	2:45.87					2:45.87	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	1991												4:02.30		3:54.90	3:54.90	
Gramse, Shannon	M	1971	4:18.52	4:06.95	3:53.88			3:53.88									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	1980															3:39.64	3:39.64
Graziano, Jessica	F	1979															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	1959															4:53.42	4:53.42
Greffenius, Laura	F	1960													7:01.66			7:01.66
Gregg, Brian	M	1984	2:29.40					2:29.40	2:41.37									2:41.37
Gregg, Caitlin	F	1980	2:53.94					2:53.94	2:48.58									2:48.58
Gregorin, Edward	M	2006															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	1965															4:08.81	4:08.81
Grunblatt, Jenni	F	1998													3:17.22			3:17.22

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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										
Guiney, Elizabeth	F	1991	2:56.50					2:56.50	2:59.55									2:59.55
Gulkis, Adam	M	1977															9:04.36	9:04.36
Gutsch, Ken	M	1961					9:56.32	9:56.32										
Gutsch, Lou Mei	F	1998															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, Don	M	1990												4:26.04				4:26.04
Haering, John	M	1991									3:10.20							3:10.20
Haessler, 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	1953															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, Eliska	F								3:07.61									3:07.61
Halderman, Ray	M								4:51.14									4:51.14
Hall, Amy K	F	1961																10:22.43
Hall, Andrew	M	2002													2:54.16			2:54.16
Hall, Andy	M	1962													3:40.71			3:40.71
Hall, Carter	M	1996	2:52.01					2:52.01										
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
Halvorsen, Hannah	F	1998							2:57.93									2:57.93
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										
Hanestad, Annika	F	2001							3:01.70									3:01.70
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	1993		2:51.20				2:51.20	2:57.47									2:57.47
Hanneman, Reese	M	1989		2:50.25				2:50.25	3:03.68							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	1992					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	2:52.25					2:52.25	2:50.94									2:50.94
Hartley, Morgan	M	1997											3:31.99	3:25.25			3:51.40	3:25.25
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	1993															5:22.62	5:22.62
Haskin, Travis	M	1983															4:50.42	4:50.42
Hately, Freya	F	1995													5:22.85			5:22.85
Hauer, Maria	F	1995	3:20.31					3:20.31										
Haugen, Anders	M	1980									3:02.02							3:02.02
Haupt, 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, Phillip	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	2006															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							3:40.91						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
Heeringa, Krista	F	1985							3:11.08									3:11.08
Hegman, John	M	1994	2:35.86					2:35.86	3:20.09									3:20.09
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 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Hein, Cynthia	F	1965															4:42.13	4:42.13
Hekkers, Michael	M	1969	4:32.61					4:32.61										
Helgeson, Liberty	F	1977															4:12.30	4:12.30
Helle, John	M	1957				5:36.74		5:36.74										
Hellmann, Chris	M	1966					8:42.43	8:42.43										
Hellmann, Ciara	F	2003															5:08.02	5:08.02
Helminiak, Jeffrey	M	1975							3:34.20								4:53.50	3:34.20
Hemmer, Nathan	M	1984					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	2000															5:30.60	5:30.60
Heninger, Peter	M	1951													4:02.27		6:44.49	4:02.27
Henszey, Melissa	F	1969					7:02.80	7:02.80										
Hermanson, Eli	M	2001							3:02.80						3:02.34			3:02.34
Hermanson, Isaac	M	2005															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	1960															6:20.97	6:20.97
Herz, Nathaniel	M	1987																
Hess, Lauren	F	1991									3:07.82				2:48.27			2:48.27
Hessong, Randy	M	1962											4:00.01		3:27.24			3:27.24
Hett, Vivian	F	1996	2:57.27					2:57.27	3:00.94						4:01.71		3:18.98	3:18.98
Hibler, William	M	1943															3:40.09	3:40.09
Hickel, Rhett	M	1980													6:36.57			6:36.57
Hickel, Ryan	M	1976									3:36.55				4:13.79			4:13.79
Hickman, Don	M	1965													3:10.19		4:44.42	3:10.19
Hill, Jackson	M														3:29.06			3:29.06
Hill, P J	M	1944							3:04.35									3:04.35
Hill, Scott	M								4:30.66						3:53.73		4:48.69	3:53.73
Hillhouse, Margaret	F	1955							2:45.37									2:45.37
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
Hipp, Leo	M	1997	2:42.66					2:42.66										
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										
Hjelstuen, Haakon	M	1992	2:32.60					2:32.60	2:53.54									2:53.54
Hlasny, Jason	M	1974															5:57.70	5:57.70
Hlasny, Paul	M	2006															4:53.31	4:53.31
Hoag, Stephanie	F	1952													4:55.28			4:55.28
Hobart, Jonathan	M	1979													3:21.41			3:21.41
Hodgert, Reittler	M								3:17.15									3:17.15
Hoefler, Brian	M	1959															4:17.13	4:17.13
Hoefler, Gail	F	1962	7:52.45					7:52.45									6:50.83	6:50.83
Hoffman, Jeffrey	M	1967													3:58.95			3:58.95
Hoffman, Noah	M	1989	2:28.99					2:28.99										
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													3:16.22	3:06.02		3:06.02
Holderied, Kris	F	1959					10:20.79	10:20.79	10:33.60		3:28.13	3:08.66						10:33.60
Holen, Davin	M	1972			4:01.98			4:01.98					4:05.36	3:36.32				3:36.32
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	2:51.08					2:51.08	2:45.35									2:45.35
Holmes, Katia	F	2002															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	4:06.88					4:06.88				3:17.30		4:04.45	3:28.77	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			3:48.13	3:44.13	3:33.27	4:38.12	3:33.27
Hood, Kevin	M	1970															5:22.42	5:22.42
Hood, Natalie	F	2005															4:38.13	4:38.13
Hood, Russell	M	1972												3:58.05	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
Houtsma, Graham	M	1997	2:50.71					2:50.71										
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, Andrew	M	2000							3:07.59									3:07.59
Hull, Emily	F	1996													6:53.55			6:53.55
Hume, Bob	M	1952													4:28.53			4:28.53

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Hunt, Tom	M	1959													3:59.41			3:59.41
Huntington, Caleb	M								3:51.85									3:51.85
Hupp, Jerry	M	1955													3:47.22			3:47.22
Hurd, James	M	1942					6:24.67	6:24.67										
Hurd, Karen	F	1946					6:47.32	6:47.32							4:48.79			4:48.79
Husain, Kamran	M	1997	2:42.65					2:42.65										
Husby, Bill	M	1952	4:57.96					4:57.96										
Hutt, Benjamin	M	1980														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
Hyde, Emily	F	1996	3:03.47					3:03.47										
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	3:07.72									3:07.72
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	1990														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	2002														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
Jarzin, Abigail	F	2000							3:01.05									3:01.05
Jaschek, Leopold	M	1996												3:49.40				3:49.40
Jenkins, Greta	F	1997	3:18.10					3:18.10	3:28.35									3:28.35
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, Adam	M								3:11.76									3:11.76
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	1978														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										
Johnsen, Ane	F	1995	2:59.20					2:59.20										
Johnson, Andrew	M	1971														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	1981													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	2001														5:54.20		5:54.20
Johnson, Jacob	M	2006														4:56.08		4:56.08
Johnson, Leif	M	1990							3:27.84									3:27.84
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	3:57.68		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	3:00.27				3:00.27		3:00.31		2:28.42		2:47.22	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							5:36.92						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	1986														3:53.61		3:53.61
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																
Jones, Riley	M	1998				3:43.41		3:43.41			3:12.92	2:50.57	3:56.73		2:57.63	3:20.69		2:50.57
Jones, Shelly	F	1975													4:20.08			4:20.08
Jones, Willow	F	1974														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
Jortberg, Lauren	F	1997	2:52.37					2:52.37										
June, Marc	M	1955													4:34.16			4:34.16

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	2002															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, Rachele	F	1989		4:02.42				4:02.42				3:09.66	4:07.92	3:37.17			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	1944															4:27.36	4:27.36
Karl, Paul	M	1977					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	3:23.52	2:58.62			2:58.62
Kastning, Andrew	M	1982																3:02.14
Kasukonis, Nathan	M	1976								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							3:06.82						3:38.33			3:06.82
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	1986															5:07.28	5:07.28
Kemp, Megan	F	1984												5:01.50			5:06.83	5:01.50
Kemppel, Roger	M	1942													4:00.50			4:00.50
Kendrick, Thomas	M								3:04.82									3:04.82
Kenna, Skyler	M	1995							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
Kerker, William	M	1998							3:01.55									3:01.55
Kessler, Anne	F	1947				9:09.12	14:46.71	9:09.12										
Ketterson, Jan	M								2:51.75									2:51.75
Ketterson, Zak	M	1997	2:31.32					2:31.32	2:47.43									2:47.43
Khera, Paul	M	1963													3:37.01			3:37.01
Kiekintveld, Naomi	F	1998												3:54.42				3:54.42
Kilby, Alex	M	1998													2:53.76			2:53.76
Kilby, Elizabeth	F	2003													6:25.14		4:32.97	4:32.97
Kilcher, Atz	M	1947													3:40.78			3:40.78
Kim, Callie	F	1980															5:20.78	5:20.78
Kimball, Murphy	M	2007															4:35.89	4:35.89
Kincaid, Kristine	F	1961				6:58.82	9:16.83	6:58.82										
King, Brianna	F	1979					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	1988															6:27.06	6:27.06
Kirby, Danielle	F	1970					11:15.07	11:15.07										
Kirchner, Brian	M	1989												3:20.39				3:20.39
Kirchner, Carolyn	F	1981													3:38.41			3:38.41
Kirk, Jacob	M	1993									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
Klecka, Jackie	F	1995							3:51.10									3:51.10
Klecka, Joey	M	1990							3:24.03									3:24.03
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
Klobuczek, Poonyanuch	F	1982	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, Alice	F	1959	4:15.19					4:15.19										
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			3:38.04			3:38.04						3:31.30	3:00.03	3:02.75	3:16.39	3:00.03
Knopp, Dawson	M	1998			2:48.30			2:48.30										
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	1976					11:06.97	11:06.97										

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km)						updated 3-1-2018			
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Koch, Ameer	F	1972															5:16.65	5:16.65
Koch, Franz	M	1950															8:39.05	8:39.05
Koch, Josh	M	1979															4:00.91	4:00.91
Koch, Kelly	F	2000							3:06.03									3:06.03
Koch, Skip	M	1949													5:32.25			5:32.25
Kochevar, David	M	1986					5:00.10	5:00.10										
Koehn, Duncan	M	1992							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	1993							2:57.88									2:57.88
Kopsack, Alyson	F	2000															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	1991	2:28.91					2:28.91	2:32.64								2:42.01	2:32.64
Kornmesser, Marc	M	1963															5:11.34	5:11.34
Kornmesser, Milo	M	2008															5:11.29	5:11.29
Kornmesser, Wyatt	M	2005															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								4:27.11				4:00.88			3:54.50	3:54.50
Kramer, Kendall	F	2002							3:01.64									3:01.64
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	1987															4:11.81	4:11.81
Krenzelok, Dora	F	1966				5:47.44	6:22.34	5:47.44										
Kruschwitz, Gil	M	1941												4:24.45			5:05.71	4:24.45
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
Lachance, Max	M	1996	2:37.65					2:37.65	3:15.63									3:15.63
Lafrance, Pete	M	1976												3:58.29				3:58.29
Laker, Pam	F	1969							4:55.27								4:31.51	4:31.51
Laker-Morris, Jordan	M	2003															3:13.34	3:13.34
Laker-Morris, Zarah	F	2006															5:43.95	5:43.95
Lamb, Allison	F	1983												4:12.39				4:12.39
Lambert, Steve	M	1953							5:42.28								5:25.28	5:25.28
Lammers, Isaac	M	1993							3:09.09					2:28.56				2:28.56
Lammers, Sarissa	F	1996							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	1962					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	1972															4:26.47	4:26.47
Lann, Meredith	F	1975				7:45.26		7:45.26										
Lapkass, Maja	F	2003															4:20.34	4:20.34
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	1975															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	1956							3:52.41					3:46.25	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			4:13.79	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	1980															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



PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-1-2018			
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle	
Lervik, Anne Siri	F							5:16.37	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						4:22.48	4:38.01		4:46.05	4:22.48	
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	1950	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	1977															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		3:29.84	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	1966															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	1973															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	
Lipp, Erin	F	1997	3:24.71					3:24.71											
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, Tom	M	1948	5:58.79		5:02.54			5:02.54		4:29.90			4:52.52	4:02.18	4:09.39	4:06.19		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	1988														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				3:50.34	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	1988														4:14.71		4:14.71	
Loso, Karen	F	1976												3:43.25		4:15.77		3:43.25	
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	1966							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	1992	2:29.37					2:29.37	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								6:31.34									6:31.34	
Macleon, Dan	M	1970												3:58.79		4:22.44		3:58.79	
Maconochie, James	M	1969				7:04.54	8:43.63	7:04.54											
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	2:38.75	3:00.73				2:38.75	2:41.86								3:01.30	2:41.86	
Maifeld-Carucci, Akeo	M	1993	2:38.14					2:38.14	2:47.81									2:47.81	
Majjala, Anja	F	1999							3:27.14									3:27.14	
Mamrol, Pam	F	1956												4:46.43				4:46.43	
Mamrol, Peter	M	1993							3:33.59									3:33.59	
Mander, Jack	M	1971				5:33.59		5:33.59											
Manderfeld, Brad	M	1976												3:11.75				3:11.75	
Manley, Rebecca	F	1949	5:14.13					5:14.13	6:38.49					4:22.73		6:15.14		4:22.73	
Mann, Frances	F	1962												6:32.22				6:32.22	
Manning, Elizabeth	F	1967												5:04.11		7:10.24		5:04.11	

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	1971															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
Martell, Annika	F	1997	3:29.76					3:29.76										
Martin, Adam	M	1994	2:29.36					2:29.36	2:41.62									2:41.62
Martin, Jackson	M	1997					4:20.62	4:20.62										
Martin, Kelly	M	2003					4:20.55	4:20.55										
Martin, Larry	M	1950					5:36.86	5:36.86										
Martin-Calkins, Dorothy	F	1967															4:03.61	4:03.61
Martinez, Patrick	M	1964													3:53.68	4:14.36		3:53.68
Martinsen, Roy Holger	M		6:01.38					6:01.38										
Martinson, Holly	F	1985															4:35.57	4:35.57
Maslow, Lyn	F	1957					9:34.92	9:34.92										
Matell, Nora	F	1984			4:12.70			4:12.70						3:51.24		4:17.20		3:51.24
Mathis, C James	M	1957													3:44.86			3:44.86
Mathy, Nick	M	1985															3:47.60	3:47.60
Matsuoka, Toshio	M	2001					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	2003															3:32.00	3:32.00
Maurer, Erik	M	1967															4:40.52	4:40.52
Maurer, Jasmine	F	1981															3:36.71	3:36.71
Maves, Aaron	M	2004															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	1998				3:49.02		3:49.02			2:50.93			3:52.74	2:55.00	3:28.49		2:50.93
Mayers, Sophia	F	2005															5:18.20	5:18.20
Maynard, Suzanne	F	1963													5:07.41			5:07.41
Mayo, Amy	F	2002															5:00.40	5:00.40
Mayo, Else	F	2001															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
Mayo-Kiely, Ella	F	2004															7:26.89	7:26.89
McAuliffe, Lee	M	1987															3:44.58	3:44.58
McBride, Bridget	F	1979																
McBride, Megan	F	1984													3:27.86			3:27.86
McCarthy, Judith	F	1976				8:26.17		8:26.17							4:26.05			4:26.05
McCarthy, Mike	M	1943				4:47.28		4:47.28										
McCaslin, Jack	M	2002															4:29.82	4:29.82
McCaslin, Justin	M	1967															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	1971															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, Mike	M	1968													4:07.97		5:24.28	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										
McDonald, Sophie	F	1996							3:04.28									3:04.28
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	3:33.69	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
Mcewen, Gavin	M	1997	2:40.98					2:40.98										
McFarland, Mace	M	1963													3:52.25			3:52.25
McGilvra, Nathaniel	M	1983													3:38.79			3:38.79
McGrath, Tiernan	F	2002																
MCGRATTY, Hope	F	1974				6:17.95		6:17.95										
McKay, Gwendolyn	F	2005															7:28.27	7:28.27
McKay, Neil	M	1977					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
McNown, 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
Meeds, Maggie	F	1999							3:05.96									3:05.96
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

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	2006														5:38.79		5:38.79
Metzger, Kenan	M	2004														5:32.56		5:32.56
Metzger, Peter	M	1994												3:26.74				3:26.74
Metzger, Raymond	M	1999					4:49.52	4:49.52										
Metzger, Warren	M	2001												4:05.86		3:26.14		3:26.14
Meyerhofer, Abe	M	1993							3:16.70	3:08.13	3:00.79	2:41.13		2:40.21	2:41.41			2:40.21
Meyerhofer, Marcella	F	1997												3:50.38				3:50.38
Meyers, Berit	F	2006														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
Michaud, Nick	M	1992							3:17.08									3:17.08
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	1996														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, Balin	M	2001			4:20.36			4:20.36										
Miller, Bruce	M								3:48.06									3:48.06
Miller, Iain	M	1993												3:47.87				3:47.87
Miller, Kaitlynn	F	1991	2:49.19					2:49.19	2:52.37									2:52.37
Miller, Katherine	F	1980												3:50.69		4:10.56		3:50.69
Miller, Leigh	F	1991					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	1974							3:54.00							3:49.67		3:49.67
Miner, Jodie	F	1976							4:48.00							5:08.97		4:48.00
Mische-Richter, Tamer	M	1996	2:42.17					2:42.17										
Mishin, Stan	M	1976												3:49.03				3:49.03
Mitchell, Alyssa	F	1981					14:26.37	14:26.37										
Mitchell, Deena	F	1962														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										
Mitchell, Rick	M								4:28.35									4:28.35
Mittelstadt, Konrad	M	1965												3:23.22				3:23.22
Mittelstadt, Richard	M	1935												6:18.69				6:18.69
Moe, Jake	M	1985					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
Mohwinkel, Sheryl	F	1972											4:55.41					4:55.41
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	3:16.29	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	1994							2:50.06									2:50.06
Moriarty, John	M	1989												4:36.36				4:36.36
Morris, Steve	M	1955											4:11.16	4:05.04		4:14.98		4:05.04
Morrow, Robert	M								3:39.85									3:39.85
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										
Morse, Ti	M	2002												4:45.19			3:33.37	3:33.37
Mosconi, Pietro	M	1993							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							2:51.46					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	3:38.07					3:38.07		3:48.00				3:32.68				3:32.68

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Muffoletto, Matthew	M	1996															3:05.00	3:05.00
Mumford, Ty	M	1997													3:48.72			3:48.72
Mundahl, Erik	M	1986	3:14.76					3:14.76	2:39.99									2:39.99
Muniz, Nino	M	1959													3:56.01			3:56.01
Munns, Marc	M	1964													3:54.65			3:54.65
Murphy, Devlin	M	2003															4:14.81	4:14.81
Murphy-Logue, Steph	M	1996				5:15.95		5:15.95										
Musgrave, David	M	1952							5:25.12	5:16.77					4:00.26			4:00.26
Musik, Melody	F	2003					14:21.81	14:21.81										
Myers, Janet	F	1946				6:32.88		6:32.88										
Mylus, 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	1991															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	1970															5:26.39	5:26.39
Nelson, Jeffrey	M	1987															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	1942					10:09.04	10:09.04										
Nelson, Wilbur	M	1967													4:28.58			4:28.58
Nenahlo, Thomas	M	1987															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										
Neyman, Jenny	F	1979							3:57.25									3:57.25
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, Josefina	F								3:29.32									3:29.32
Niva, Josh	M	1973													3:32.96			3:32.96
Noble, Meredith	F	1991															4:09.53	4:09.53
Noble, Steve	M																4:31.71	4:31.71
Noblin, Rebecca	F	1977															5:06.92	5:06.92
Noel, Brian	M	1955					9:30.20	9:30.20										
Noel, Laura	F	1990					9:18.21	9:18.21										
Noel, Lynn	F	1958					9:37.19	9:37.19										
Nord, Derek	M	1971		3:30.69				3:30.69										
Norman, Connor	M	2001													4:00.77		3:42.61	3:42.61
Norris, David	M	1990	2:28.99					2:28.99	2:27.09							2:18.74		2:18.74
Norton, Michael	M	1952													4:56.54			4:56.54
Notopoulos, Andrea	F	1990									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							2:44.35								4:51.39	2:44.35
Novakovich, Matt	M	1974															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	1992															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										
Oba, Lupua	F	1998							3:54.36						3:54.89			3:54.36
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	1959				5:39.33		5:39.33										
Odell, Shawn	M	1975															7:02.41	7:02.41
Odell, Tyler	M	2005															7:01.85	7:01.85
Oder, Erik	M	1995											4:38.61		4:04.54		4:40.93	4:04.54
O'Donnell, Neil	M	1954													4:38.39		6:26.91	4:38.39
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	1969					6:07.53	6:07.53										
O'Hara, Alison	F	1963													3:54.74		4:08.26	3:54.74
O'Hara, Lars	M	2000															3:37.60	3:37.60
O'Harra, Ariana	F	2002													3:49.81			3:49.81
O'Harra, Doug	M	1957													3:27.92		4:02.37	3:27.92
O'Harra, Thomas	M	1996	2:42.06	2:54.13				2:42.06	2:31.16								2:38.48	2:31.16
Ohms, Haley	F	1983											4:31.62				3:52.36	3:52.36
Oksojaruk, James	M	1970													2:52.81			2:52.81
O'Laire, Maddie	F	1989													4:08.47			4:08.47
O'Laire, Michael	M	1979													4:18.54			4:18.54
O'Leary, Claire	F	2005															6:59.34	6:59.34
O'Leary, Deborah	F	1966															8:16.76	8:16.76
Oliver, Jesse	F	1981															7:09.83	7:09.83
Olmes, Cynthia	F	1951													4:42.31			4:42.31
Olsen, Jody	F	1967															5:26.83	5:26.83
Olson, Alexander	M	2002															4:02.63	4:02.63
Olson, Bradley	M	1968													4:39.04			4:39.04
Olson, James Kon	M	1948					8:26.48	8:26.48										

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)						Freestyle pace ( m:ss.00 / km )								updated 3-1-2018			
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle		
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	1991															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	1988															4:50.37	4:50.37		
Ostrovsky, Larry	M	1956													4:20.18		5:05.30	4:20.18		
Ostrovsky, Nick	M	1980													4:03.27			4:03.27		
Oswald, John	M	1948													5:05.87			5:05.87		
Oswald, Peter	M	1976												3:19.93	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		
Otterson, Stefan	M	1958													3:53.43			3:53.43		
Owens, Robert	M	1954													8:06.35			8:06.35		
Oyen, Cheyenne	F	1989															4:48.07	4:48.07		
Paape, David	M	1978													5:19.14			5:19.14		
Packer, Eric	M	1990	2:28.93					2:28.93	2:28.16			2:20.23						2:20.23		
Packer, Karina	F	1992			3:56.32			3:56.32				3:06.22		3:45.82				3:06.22		
Packer, Lies	F	1955													3:45.28			3:45.28		
Page, Dennis	M	1991							2:42.49									2:42.49		
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	1994							2:43.84									2:43.84		
Pannkuk, Lily	F	2005															5:54.53	5:54.53		
Panzer, Jacob	M	1993							3:51.30								4:28.02	3:51.30		
Panzer, Kevin	M	1957							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	1988															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	1997	3:36.24					3:36.24	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	2:46.57					2:46.57	2:51.09									2:51.09		
Patterson, Scott	M	1992	2:29.02					2:29.02	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	2003															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	3:15.46				3:15.46		
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	1991															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	2005					5:23.44	5:23.44												
Perez, Diego	M	1992															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	2001															3:05.57	3:05.57		
Personius, Hjelle	F								3:54.76									3:54.76		
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							3:22.75								3:21.85	3:21.85		
Petrone, Kevin	M	1971												3:15.27				3:15.27		
Phillips Moe, Allie	F	1989															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		
Pickner, Emily	F	1997	3:33.25					3:33.25												
Pieh, Erik	M								2:47.64									2:47.64		
Pieper, Niklas	M	2000															5:47.45	5:47.45		
Pike, Chris	M	1981															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	1996	2:49.09					2:49.09	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	1984															3:22.33	3:22.33		
Poirier, Dennis	M	1960													3:10.85			3:10.85		
Pokorny, Annie	F	1992							3:00.47									3:00.47		
Pollock, Joe	M	1969															3:45.30	3:45.30		

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-1-2018			
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle	
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	
Pothast, John-Mark	M	1999													3:29.08			3:29.08	
Poty, Andrew	M	1997	2:41.01					2:41.01	2:52.54									2:52.54	
Pounds, Peter	M	1973												3:46.90				3:46.90	
Pourchot, Pat	M	1949															5:55.32	5:55.32	
Powell, Michael	M	1968		3:49.09	3:35.22			3:35.22			3:16.31	2:54.57	4:04.42		3:03.70	2:57.91	3:30.31	2:54.57	
Power, Aaron	M	2005																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	
Power, Nicholas	M	1992	2:43.30					2:43.30	3:23.98									3:23.98	
Powers, Cathelyne	F	2000																3:37.76	
Prasanth, Sai	M	1985					14:01.67	14:01.67										3:37.76	
Praznik, Aljaz	M								2:55.94									2:55.94	
Presler, Mallory	F	2003															5:00.34	5:00.34	
Presler, Peyton	F	2000																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	2:47.66				2:26.81	
Prindle-Hess, Polly	F	1955													4:35.90			4:35.90	
Pruszenski, Jordan	F	1993							3:50.74									3:50.74	
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	
Randall, Kikkan	F	1982							2:44.91									2:44.91	
Ratcliffe, Ken	M	1964													4:05.84			4:05.84	
Ratzlaff, Zoe	F	1999							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	1962															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	1975							4:10.88								4:08.40	4:08.40	
Reese, Joshua	M	1970							6:19.52								4:57.00	4:57.00	
Reese, Marcus	M	1977															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	
Renahan, John	M	1992					5:00.52	5:00.52											
Renken, Lisa	F	1969				6:48.26		6:48.26											
Renkert, Jim	M	1959							3:29.53									3:29.53	
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	
Ressegule, Andrew	M	1985													3:18.26			3:18.26	
Restrepo, Felipe	M	1994															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	2001															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	3:16.32	3:25.75	3:22.75	3:31.42	3:16.32	
Rieger, Steve	M	1952							3:52.85	3:54.82	3:17.59	3:58.50	3:51.99	3:14.48	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	2003															5:34.12	5:34.12	
Rinehart, Stuart	M	2001													4:36.18		5:34.30	4:36.18	
Riordan, Nick	M	1984							4:45.60									4:45.60	
Ripley, Robert	M	1961															3:31.51	3:31.51	
Ritter, Jennifer	F	1973															4:35.48	4:35.48	



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Ritter, Susan	F	1959															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	2008															5:20.06	5:20.06
Rogers, Rick	M	1957								3:34.38	3:29.92		3:49.02	3:35.72	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	1995	2:51.10					2:51.10	3:02.39									3:02.39
Rolid, Mathias	M	1996							3:24.95									3:24.95
Romberg Kvaale, Eivind	M	1994	2:28.94					2:28.94										
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
Ronnander, Elspeth	F								3:03.08									3:03.08
Ronsse, Annie	F	1953													4:25.88			4:25.88
Ronsse, Dennis	M	1952													3:41.31			3:41.31
Rorabaugh, Becca	F	1989	2:52.35	3:12.69				2:52.35	2:59.53									2:59.53
Rose, Beth	F	1960													4:34.15			4:34.15
Rose, Mary	F	1991	3:23.50					3:23.50	2:53.10									2:53.10
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				5:46.15	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							3:16.25						3:29.91	3:58.39		3:16.25
Ross, Chad	M	1973									4:05.29			4:00.05	3:46.35	3:47.22		3:46.35
Ross, Clare	F	1977												4:14.14	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	2002														4:32.40		4:32.40
Rouse, Brett	M	1972										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	1995							3:21.00									3:21.00
Royce, Daryl	M	1968							6:52.50									6:52.50
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	1998							3:07.51									3:07.51
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	1983					4:52.66	4:52.66										
Rupp, Robin	F	1956					10:11.26	10:11.26										
Russell, Audrey	F	1999													5:01.87			5:01.87
Russell, Brandon	M	1984															3:40.37	3:40.37
Ruthrauff, Dan	M	1968												3:46.09	3:13.90	4:08.73		3:13.90
Saari, Matias	M	1970			3:57.81			3:57.81				3:40.93	3:28.59	2:51.06		3:14.81		2:51.06
Sallee, Hannah	F	2003														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	2002			5:09.76			5:09.76						5:34.61		7:15.00		5:34.61
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	2:52.28									2:52.28
Sarwas, Regan	M	1965								3:56.94					3:20.84			3:20.84
Saucy, Hilary	F								3:46.97									3:46.97
Saunders, Sam	M	1988															4:00.95	4:00.95
Saxton, Benjamin	M	1993	2:32.28					2:32.28	2:54.12									2:54.12
Sayre, Roger	M	1958													2:52.94			2:52.94
Sayre, Tristan	M	1997							3:02.25									3:02.25
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										

PACE (m:ss.00 / km)		Classic pace (m:ss.00 / km)							Freestyle pace ( m:ss.00 / km )							updated 3-1-2018		
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Schimpl, Sophie	F	1994	3:29.14					3:29.14	3:08.23									3:08.23
Schimscheimer, Sabrina	F	2002					6:12.55	6:12.55										
Schmidt, Rosa	F	1960													3:23.19			3:23.19
Schmidt, Samuel	M	1993													3:27.12		3:43.14	3:27.12
Schmidt, Tara	F	1962													4:28.01			4:27.14
Schmitz, Christi	F	1992															4:10.07	4:10.07
Schmoker, Mike	M	1953							4:30.63						3:43.11			3:43.11
Schmutz, Joel	M	1964															4:40.57	4:40.57
Schneider, Nicole	F	1997	3:06.61					3:06.61	2:51.82									2:51.82
Schneller, Sophia	F	2000															6:35.59	6:35.59
Schober, Robert	M	1972															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	2000															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	1985															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, Gus	M	2000	2:31.39					2:31.39	2:39.86									2:39.86
Schumacher, Rudy	M	2003															4:19.55	4:19.55
Schwab, Julie	F	1969							4:55.68									4:55.68
Schwartz, Dan	M	1968					5:05.43	5:05.43										
Schwartz, Meredith	F	2005					5:15.51	5:15.51										
Schwencke, Fredrik	M	1992							2:44.98									
Schwenn, Shelly	F	1969												4:55.39	4:32.52		5:53.12	4:32.52
Schwieder, John	M	1960												4:06.09	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	1992															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	1993					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	1994	3:23.76					3:23.76	2:46.12								3:01.01	2:46.12
Serventi, Paul	M	1951					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										
Shephard, 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										
Shugak, Jason	M	1982												4:43.61				4:43.61
Shuler, Joshua	M	2000															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
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	1990															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
Singleton, Rosalyn	F	1956								3:25.44								3:25.44
Siri Lervik, Anne	F	1996	2:51.12					2:51.12										
Skahan, Crystal	F	1978				5:37.78		5:37.78										
Skatteboe, Rolf	M		4:14.81					4:14.81										
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

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Smith, Cory	M	1974			3:15.57			3:15.57			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, Hannah	F	1993							2:39.66									2:39.66
Smith, John	M	1953															5:16.72	5:16.72
Smith, Kim	M	1946													3:56.08			3:56.08
Smith, Madison	F	2000															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	1987															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										
Snow, Zoe	F	1996	3:03.75					3:03.75										
Snowden, Andrea	F	1973													4:00.29			4:00.29
Snyder, Gary	M	1972		3:26.53	3:16.31			3:16.31		3:24.06		2:41.65		3:07.73	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										
Soensterud, Lars	M	1997							2:46.03									2:46.03
Solie, Sean	M	1991															5:28.06	5:28.06
Somppi, Michael	M	1988							2:41.50									2:41.50
Sonnesyn, Alayna	F	1996	2:49.72					2:49.72	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	3:27.02			3:22.33		3:04.81		2:44.53	3:24.31	3:00.61	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	1953															6:17.29	6:17.29
Spring, Stephanie	F	1986															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	1987															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												3:50.61	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	1988															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	1950					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		5:29.24	4:04.28
Stephen, Elizabeth	F	1987	3:02.30					3:02.30										
Sterbis, Michael	M	1966							3:33.60									3:33.60
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
Stiassny, Peter	M	2000															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	1994							3:11.90									3:11.90
Stock, Joe	M	1972															4:25.32	4:25.32
Stolen, Ben	M	1985							3:26.46		3:49.76				3:23.10			3:23.10
Stone, Paul	M	1976											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
Storb, Meryl	F								4:27.45									4:27.45
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					5:00.10	4:20.18
Stuby, Lisa	F	1965															6:53.58	6:53.58

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Stuitts, Hunter	M	1996													3:49.18			3:49.18
Stuitts, Tanner	M	1998													4:17.39			4:17.39
Stuitts, 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	3:34.61	2:58.29			2:58.29
Suddock, Richard	M	1962		3:31.41	3:20.34			3:20.34				2:46.01		3:10.04		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	1979															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	1976															4:15.05	4:15.05
Swangel, Megan	F	1984					7:27.35	7:27.35										
Swanson, Eric	M	1965													2:53.89			2:53.89
Swanson, Tara	F	1992															4:15.91	4:15.91
Sweeny, Kim	F	1953															6:27.93	6:27.93
Swenor, Kristina	F	1982													4:01.45		4:58.78	4:01.45
Swirbul, Hailey	F	1998							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	2:43.47					2:43.47	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	1990									2:52.44							2:52.44
Talbot, Silas	M	1992	2:37.70					2:37.70	3:01.96									3:01.96
Taliharerm, 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	3:01.09					3:01.09	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	1963					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
Terry, Ryan	F	1997	3:13.40					3:13.40										
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	1958															7:38.49	7:38.49
Thomas Mears, Frank	M	1955															7:38.39	7:38.39
Thomas, Germaine	F	1967													3:33.55		3:41.00	3:33.55
Thomas, Joanne	F	1968															4:24.07	4:24.07
Thomas, Julia	F	2004															6:15.13	6:15.13
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	2006															7:11.35	7:11.35
Thomas, Steve	M	1968													6:15.22			6:15.22
Thomas, Teslin	F	2004															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, Dan	M	1958										3:23.28		4:14.82			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	2003															4:28.45	4:28.45
Todd, Pam	F	1966							4:54.20						3:47.15	4:15.53		3:47.15
Tomeo, Martha	F	1971				5:46.09		5:46.09										
Tomsen, Jan	F	1985													3:52.78			3:52.78
Tongen, Andrew	M								4:17.23									4:17.23
Toohey, Ryan	M	1977															5:27.25	5:27.25
Torchia, Ian	M	1996	2:30.09					2:30.09										
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	1985											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										

PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pla17	Pla18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
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	1993	2:28.97					2:28.97	2:38.09									2:38.09
Trott, Kelly	F	1988					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
Trujillo, Anna	F	1995							3:13.43									3:13.43
Trujillo, Claire	F	1995							3:13.43									3:13.43
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	3:48.52				3:48.52		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	2005					6:31.50	6:31.50										
Tuning, Ashlinn	F	2005															3:53.10	3:53.10
Tuning, Kevin	M	1972													3:44.29		5:41.14	3:44.29
Tuning, Teagan	M	2006															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	1996							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	2003					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	1956															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	2000					4:41.62	4:41.62										
Van Hemert, Caroline	F	1978													3:40.40		3:46.44	3:40.40
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	1990							2:55.99									2:55.99
Vann, Allis	F	1983													4:10.51			4:10.51
Varner, Andy	M	1978															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				3:10.75				3:03.87
Vestoel, Olav	M	1994	2:46.87					2:46.87										
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	1989															5:44.83	5:44.83
Vo, Brittany	F	1999															5:11.84	5:11.84
Voehl, Dusten	M	1985													4:29.26			4:29.26
Vogel, Forrest	M								3:40.80									3:40.80
Vogel, Mike	M	1956				4:04.01	5:39.24	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
Waichler, Claire	F	1997	3:14.38					3:14.38										
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	1983					7:39.17	7:39.17										
Walling, Joseph	M	2001							3:48.22								3:44.82	3:44.82
Walter, Jared	M	1994													4:08.94		5:01.06	4:08.94
Walters, Alec	M	1995															5:30.05	5:30.05
Walters, Bradley	M	2002															3:34.20	3:34.20



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km)					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Wanat, Bonnie	F	1959				6:12.11	7:28.40	6:12.11										
Ward Waller, Chelsea	F	1990															4:59.10	4:59.10
Ward, David	M	1958		4:17.44	4:30.67			4:17.44		3:36.38	3:35.38	3:14.95	4:01.83	3:52.28		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	3:42.28			3:42.28		4:09.19		3:06.27	3:49.26	3:31.02	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	1980															5:09.05	5:09.05
Welch, Joseph	M	1989					10:20.55	10:20.55										
Wellock, Kimbra	F	1977													5:14.92			5:14.92
Wells, Aaron	M	1978															4:31.22	4:31.22
Wendling, Shawn	M	1958				5:07.46		5:07.46										
Wessler, Kendall	F	1988					9:00.02	9:00.02										
Whisenant, Greg	M	1958							3:50.23						3:14.71			3:14.71
Whisenant, Stephanie	F	1991													4:08.03		5:10.45	4:08.03
Whitaker, Maggie	F	2001							3:40.31								3:53.54	3:40.31
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	1975					5:53.85	5:53.85										
White, Virginia	F	1957				5:51.30		5:51.30										
Whitney, Allene	F	1971										4:03.29	4:42.03		3:53.38		4:03.82	3:53.38
Whitney, Eric	M	1966									3:38.17				3:23.79			3:23.79
Whitney, Robert	M	1979	3:23.12	3:19.46				3:19.46						3:12.82	2:33.28		2:56.08	2:33.28
Wiepking, Tim	M	1958													4:09.19		6:07.57	4:09.19
Wiggin, Diane	F	1966													4:46.79		6:20.35	4:46.79
Wiggin, Mark	M	1959													4:53.41			4:53.41
Wiggs, Kathy	F	1960													5:16.99			5:16.99
Wigren, Ken	M								3:27.92									3:27.92
Wilberg, Christopher	M	1962															5:09.91	5:09.91
Wilberg, Monique	F	1963															5:09.90	5:09.90
Wilkerson, Claire	F	2004					7:41.34	7:41.34										
Willems, Chad	M	1975	4:49.06				4:19.53	4:19.53										
Williams, David	M	1947				5:38.95		5:38.95										
Williams, Joey	F	1976															6:04.30	6:04.30
Williams, Randy	M	1969													4:53.06			4:53.06
Williams, Zachary	M	2002													4:53.00			4:53.00
Willman, Daniel	M	1973													3:47.94			3:47.94
Willsrud, Elsa	F	2001															7:24.78	7:24.78
Wilson, Bryan	M	1961				7:15.48		7:15.48										
Wilson, Edward	M	1962															8:15.61	8:15.61
Wilson, Hannah	F	1998													3:56.37			3:56.37
Wilson, Helen	F	2001													3:49.79			3:49.79
Wilson, Stephen	M	1965													3:49.82			3:49.82
Wilson-Ramirez, Gin	F	1974													5:11.58			5:11.58
Windt Pearson, Rebecca	F	1981				4:41.84		4:41.84									4:38.64	4:38.64
Winford, Mark	M								4:25.62									4:25.62
Winkle, Kristin	F	1996													4:04.47			4:04.47
Winner, Adam	M	1983								4:23.02								4:23.02
Wise, Michael	M	1965													2:37.73			2:37.73
Wiswell, Sam	M								3:07.81									3:07.81
Witherell, Jonathan	M	1985											4:34.25			4:39.14	4:34.25	
Witmer, Erin	F	1975					6:35.37	6:35.37										
Witmer, Frank	M	1976											4:31.33				4:51.11	4:31.33
Witten, Evie	F	1965															3:58.64	3:58.64
Witter, Jennifer	F	1968													6:09.47		5:46.63	5:46.63
Witter, Rob	M	1968											4:08.17	3:22.57	3:13.58		3:42.03	3:13.58
Witter, Tatum	F	2002													5:44.66			5:44.66
Witter, Zoe	F	2004													6:09.43			6:09.43
Witty, Rachel	F	1971													4:06.65			4:06.65
Woelber, Mark	M	1950					6:52.22	6:52.22							4:22.55			4:22.55
Wohlforth, Charles	M	1960								4:04.20	4:19.23				3:26.77			3:26.77
Wolf, Sarah	F	1999													4:32.50			4:32.50
Wolfe, Hamish	M	1998				2:55.87		2:55.87	2:57.20									2:57.20
Wolfe, Jim	M	1954													4:28.59			4:28.59
Wolfe, Patrick	M	1963				3:43.62		3:43.62										
Wood, Daniel	M	1995	2:51.25					2:51.25	3:01.29									3:01.29
Wood, John	M	1946	3:58.96				3:58.06	3:58.06										
Wood, Kristin	F	1980													4:57.84			4:57.84
Woodbeck, Ben	M	1970													3:17.53			3:17.53
Woodings, Ruby	F	1999													4:08.49			4:08.49
Woods, Marion	F	1995	3:52.84					3:52.84										
Wooten, Teri	F	1955													5:04.51			5:04.51
Worrell, Jeff	M	1958				4:26.06		4:26.06										
Woster, Timothy	M								4:52.34									4:52.34
Wright, Addy	F	2001					4:56.86	4:56.86										
Wright, Adeline	F	2000													4:53.41			4:53.41



PACE (m:ss.00 / km)			Classic pace (m:ss.00 / km)					Freestyle pace ( m:ss.00 / km )					updated 3-1-2018					
Name	Sex	Byear	Other	Pia17	Pia18	TOA14	TOA17	Best Classic	Other	Sven14	Sven15	Sven16	Sven17	Sven18	TOA14	TOA16	TOA17	Best Freestyle
Wright, Casey	F								3:10.18									3:10.18
Wright, Cathy	F	1971															5:13.49	5:13.49
Wright, Duncan	M	1998											3:47.30		3:25.02		3:59.05	3:25.02
Wright, Geoffrey	M	1970													4:53.57		4:59.43	4:53.57
Wright, Jack	M	1999													3:05.47			3:05.47
Wright, Jay	M	1963													3:21.49			3:21.49
Wright, Kyle	M	2000													4:06.87			4:06.87
Wright, Lissa	F	1968													4:06.13			4:06.13
Wright, Nathaniel	M	1995													7:09.74			7:09.74
Wright, Oliver	M	2006															4:57.20	4:57.20
Wright, Sarah	F	1959					6:45.25	6:45.25							4:01.26			4:01.26
Wright, William	M	1991								4:02.82								4:02.82
Wrigley, Debbie	F	1973					4:24.17	4:24.17										
Wüestner, Johannes	M								3:57.20									3:57.20
Wuttig, Hanna	F	2002															4:51.80	4:51.80
Wynn, Carly	F	1992	2:58.63					2:58.63										
Yager, Garrett	M	1978													3:16.52		3:50.59	3:16.52
Yager, Jamie	F	1979													4:48.22			4:48.22
Yarborough, Linda	F	1952				5:21.42		5:21.42										
Yeaton, Jessica	F	1991	2:47.85					2:47.85	3:03.37									3:03.37
York, Bo	M	1972										3:15.18	4:07.62					3:15.18
Young, Dan	M	1969												4:09.19			3:47.83	3:47.83
Young, Jason	M	1983					7:44.23	7:44.23										
Young, Ryan	M	1978																
Youngberg, Chelsey	F								3:37.36									3:37.36
Zafren, Christina	F	1953													4:35.23			4:35.23
Zafren, Rachel	F	1996													3:49.03			3:49.03
Zandman-Zeman, Sharon	F	1951				5:42.18	7:12.64	5:42.18										
Zars, Reed	M	1956									3:45.93							3:45.93
Zoesch, Eric	M	1990															4:52.94	4:52.94
Zyatitsky, Karina	F	1997				4:34.10		4:34.10										