

NO FRILLS RACING SERIES

5 Mile Course Records, Single Age (1/1/2015)

	Women		Time	Date	AG Time	% AG	AG Rank
12	Brooke Banik	12	42:35.0	2/22/2014	38:43	61.78	61
13	Mazie Larsen	13	36:38.7	3/8/2014	33:57	70.44	49
14	Katie Spencer	14	34:01.0	1/14/2012	32:02	74.65	29
15	Regan Hefner	15	35:16.2	1/11/2014	33:41	71.01	45
16	Regan Hefner	16	34:04.1	2/8/2014	32:57	72.60	39
17	Andrea Saavedra	17	37:05.7	1/14/2012	36:19	65.86	58
18	Hallie Stevens	18	36:04	3/9/1996	35:41	67.03	56
	Hallie Stevens	18	36:04	3/23/1996	35:41	67.03	57
19	Emily Bengford	19	35:04	2/23/2002	34:56	68.47	52
	Mary Timmerman	19	35:04	2/23/2002	34:56	68.47	53
20	Niki Dorcas	20	33:55	3/14/1998	33:54	70.54	48
21	Sheila Webb	21	35:40	3/22/1997	35:40	67.06	55
22	Kira Vincent	22	32:22.0	2/22/2014	32:22	73.89	34
23	Breelan Kear	23	33:50.4	1/25/2014	33:50	70.68	46
24	Rachel Carrizales	24	31:33.4	3/12/2011	31:33	75.79	27
25	Rachel Carrizales	25	32:03.7	3/10/2012	32:04	74.60	30
26	Abby Knight	26	31:20.0	1/23/2010	31:20	76.33	23
27	Abby Knight	27	30:51.4	2/12/2011	30:51	77.51	18
28	Lindsay Meyer	28	33:21.4	1/25/2014	33:21	71.7	43
29	Maureen Larsen	29	33:54	12/29/2001	33:54	70.55	47
30	Abby Knight	30	32:52.4	1/25/2014	32:52	72.78	37
31	Michelle Janovec	31	37:29.0	1/22/2011	37:26	63.88	59
32	Jodi Saso	32	35:01.0	2/12/2011	34:56	68.48	51
33	Christy Nielsen	33	30:50.1	3/14/2009	30:41	77.93	13
34	Anna Fisher	34	33:29	3/12/1994	33:14	71.95	42
35	Anna Fisher	35	34:42	12/10/1994	34:20	69.66	50
36	Shelly Geist	36	38:04.0	3/13/2010	37:31	63.74	60
37	Anna Fisher	37	35:56	3/22/1997	35:16	67.83	54
38	Carol Smolsky	38	32:06	2/14/1998	31:21	76.31	24
39	Maureen Larsen	39	32:18.2	1/28/2012	31:22	76.26	26
40	Maureen Larsen	40	32:03.6	2/25/2012	32:55	72.67	38
41	Maureen Larsen	41	31:44.2	1/25/2014	30:24	78.66	7
42	Maureen Larsen	42	32:25.4	2/8/2014	30:49	77.59	16
43	Natalie Jetensky	43	32:31.4	1/25/2014	30:40	77.99	11
44	Carol Smolsky	44	34:05	1/10/2004	31:51	75.10	28
45	Carol Smolsky	45	36:07	2/26/2005	33:25	71.56	44
46	Linda Barnhart	46	35:14.0	1/23/2010	32:16	74.12	33
47	Carol Smolsky	47	36:23	3/10/2007	32:57	72.60	40
48	Stacy Shaw	48	34:28.1	1/25/2014	30:51	77.55	17
49	Carol Smolsky	49	36:43.0	3/14/2009	32:26	73.73	35
50	Anne Medeiros	50	35:44	1/22/1994	31:10	76.74	22
51	Carol Smolsky	51	37:15.1	3/12/2011	32:50	72.83	36
52	Anne Medeiros	52	36:24	3/9/1996	30:55	77.35	19
53	Anne Medeiros	53	37:07	3/22/1997	31:06	76.88	21
54	Anne Medeiros	54	37:55	12/27/1997	31:21	76.3	25
55	Anne Medeiros	55	37:38	12/12/1998	30:41	77.94	12
56	Anne Medeiros	56	37:16	12/11/1999	29:58	79.81	4
57	Anne Medeiros	57	38:38	3/10/2001	30:37	78.1	10
58	Anne Medeiros	58	38:57	2/23/2002	30:26	78.58	8
59	Anne Medeiros	59	43:09	2/22/2003	33:14	71.98	41
60	Anne Medeiros	60	40:28	1/10/2004	30:42	77.9	14
61	Anne Medeiros	61	39:12	2/12/2005	29:18	81.64	1
62	Anne Medeiros	62	43:47	2/25/2006	32:13	74.22	32
63	Anne Medeiros	63	42:23	3/10/2007	30:43	77.88	15
64	Anne Medeiros	64	43:29	2/9/2008	31:01	77.11	20
65	Anne Medeiros	65	43:31.6	3/14/2009	30:33	78.28	9
66	Anne Medeiros	66	43:00.7	2/13/2010	29:42	80.52	3

67	Anne Medeiros	67	44:02.6	3/12/2011	32:04	74.58	31
68	Anne Medeiros	68	45:17.4	2/25/2012	30:15	79.07	5
69	Anne Medeiros	69	45:01.9	3/9/2013	29:34	80.9	2
70	Anne Medeiros	70	47:06.9	3/8/2014	30:24	78.68	6

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5 Mile Course Records, Single Age (1/1/2015)

	MEN	Age	Time	Date	AG Time	% AG	AG Rank
9	Tyler Harr	9	1:03:55.5	1/12/2013	50:25	41.49	64
11	Simon Falcon	11	35:45	2/22/2003	30:09	70.75	53
12	Justin Liedke	12	30:38.4	2/27/2010	26:35	78.69	25
13	Justin Liedke	13	29:02.4	1/28/2012	25:50	82.60	3
14	Justin Liedke	14	29:24.0	2/11/2012	26:44	79.82	18
15	Nick Bailey	15	29:48.3	1/26/2013	27:37	75.74	46
16	Nick Bailey	16	28:22.0	2/22/2014	26:43	78.29	30
17	James Schrader	17	29:33	1/28/1995	28:13	75.60	48
18	Matt Mosman	18	26:12	3/22/1997	25:20	84.20	1
19	Chris Stiffler	19	29:21	3/14/1998	28:44	74.25	50
20	J.P. LaVenture	20	28:10	2/23/2002	27:52	76.56	43
21	Matt Mosman	21	26:10	3/11/2000	26:04	81.85	8
22	John Gorman	22	28:11	12/29/2001	28:10	75.73	47
23	Danny McClenahan	23	27:52	1/28/2006	27:52	76.56	44
24	Micky Kaufman	24	27:39	3/10/2007	27:39	77.15	39
25	Shannon Stenger	25	26:52	2/14/2004	26:52	79.40	22
26	Chris Kopp	26	27:38	1/28/2006	27:38	77.20	38
27	Dustin Llewellyn	27	27:10	1/28/2006	27:10	78.53	26
28	Carl Chamberlain	28	26:48	3/22/1997	26:48	79.61	19
29	Justin Mollak	29	26:35.4	2/8/2014	26:34	78.73	24
30	Derek Fey	30	27:03.4	2/27/2010	26:59	77.5	37
31	Jason Zakaras	31	26:24.6	1/25/2014	26:17	79.58	20
32	Ron Beene	32	27:30	3/22/1997	27:17	78.19	32
33	Mike Vance	33	28:00	3/8/1997	27:41	77.08	40
34	Ron Beene	34	28:12	2/12/2000	27:45	76.88	42
35	Mike Vance	35	26:50	2/13/1999	26:16	81.23	13
36	Mike Kuckta	36	28:12	2/13/1999	27:26	77.76	35
37	Brian Erb	37	26:44	2/23/2008	25:50	82.59	4
38	Roy White	38	29:03	1/26/2002	27:52	76.56	45
39	Brian Erb	39	26:44.5	2/27/2010	25:28	82.15	6
40	Mike Vance	40	28:00	2/28/2004	26:28	80.62	15
41	Craig Christians	41	27:52	2/8/2003	26:08	81.62	10
42	Kevin Muilenburg	42	28:53	2/22/2003	26:53	79.33	23
43	Tim Francis	43	29:58	1/24/2004	27:41	77.05	41
44	Jeff Marshall	44	29:59	3/11/2006	27:30	77.60	36
45	Jeff Marshall	45	29:52	3/10/2007	27:11	78.50	27
46	Gary Julin	46	29:09	1/22/1994	26:19	81.06	14
47	Jeff Marshall	47	30:31.2	3/14/2009	27:20	78.03	33
48	Mike Wasson	48	29:18.0	2/22/2014	26:03	80.32	16
49	Jeff Marshall	49	31:02.2	1/22/2011	27:22	77.96	34
50	Peter Silberstein	50	31:11	1/11/2003	27:17	78.21	31
51	Peter Silberstein	51	30:00	1/10/2004	26:02	81.96	7
52	Bill Monahan	52	29:52	3/11/1995	25:42	83.00	2
53	Bill Monahan	53	30:36	3/23/1996	26:07	81.67	9
54	Bill Monahan	54	30:58	3/22/1997	26:13	81.38	11
55	Bill Monahan	55	31:45	2/14/1998	26:39	80.04	17
56	Bill Monahan	56	31:31	3/13/1999	26:14	81.32	12
57	Bill Monahan	57	32:29	3/11/2000	26:49	79.57	21
58	Cyrus Huffman	58	31:36	3/12/1994	25:52	82.49	5
59	Bill Monahan	59	33:33	1/26/2002	27:13	78.38	28
59	Bill Monahan	59	33:33	2/23/2002	27:13	78.38	29
60	Peter Silberstein	60	34:29.0	1/12/2013	27:44	75.42	49

61	Peter Silberstein	61	36:11.0	2/22/2014	28:51	72.51	51
62	Don Dickmeyer	62	38:05	12/28/2002	30:06	70.89	52
63	Jim Manners	63	42:13	1/13/1996	33:04	64.52	58
64	Tom O'Hanlan	64	40:46.2	1/14/2012	31:38	67.42	56
65	Eddie Damon	65	39:58	1/24/2004	30:44	69.40	55
66	Tom McCrudden	66	39:46.5	2/25/2012	30:19	70.39	54
67	Tom McCrudden	67	42:32.4	2/9/2013	32:07	65.13	57
68	Ken Lathrum	68	48:53.2	2/12/2011	36:34	58.35	60
69	Tom Whitaker	69	49:23.3	1/8/2011	36:33	57.22	61
70	Tom Whitaker	70	49:31.1	1/28/2012	36:15	58.86	59
71	Tom Whitaker	71	52:36.0	2/9/2013	38:02	55	62
72	Tom Whitaker	72	54:45.1	3/8/2014	39:04	53.55	63