

SpringThing 2015 Long Course																		
	First Name	Last Name																
			1st	MPH	2nd	MPH	3rd	MPH	4th	MPH	5th	MPH	Total	Total MPH	Run 1	Run 2	Run 3	Run 4
2	Christopher	Stuff	1:01:00	19.7	0:59:00	20.3	1:10:00	17.1	1:13:00	16.4	1:25:00	14.1	5:48:00	17.2				
4	Erika	Valentine	1:01:00	19.7	1:08:00	17.6	1:14:00	16.2	1:27:00	13.8		-		16.6				
1	Tim	Dickey	1:01:00	19.7	1:03:00	19.0	1:06:00	18.2	1:13:00	16.4	1:18:00	15.4	5:41:00	17.6				
2	Todd	Angrignon	1:01:00	19.7	0:59:00	20.3	1:15:00	16.0	1:11:00	16.9	1:22:00	14.6	5:48:00	17.2				
3	Michael	Voigt	1:01:00	19.7	0:59:00	20.3	1:15:00	16.0	1:11:00	16.9	1:17:00	15.6	5:43:00	17.5				

SpringThing 2015 Timed Century															
	First Name	Last Name													
			1st	MPH	2nd	MPH	3rd	MPH	4th	MPH	5th	MPH	Total	Total MPH	
	Rachel	Achtziger	1:15:00	16.0	1:17:00	15.6	1:34:00	12.8	1:30:00	13.3			5:36:00	14.3	
	Justin	Adamek	1:01:00	19.7	1:44:00	11.5							2:45:00	14.5	
	Steven	Gentz	1:01:00	19.7	1:17:00	15.6							2:18:00	17.4	
	Jeremy	Griffiths	1:02:00	19.4	1:09:00	17.4	1:20:00	15.0					3:31:00	17.1	
4	George	Hackford	1:16:00	15.8	1:24:00	14.3	1:39:00	12.1	1:27:00	13.8	1:37:00	12.4	7:23:00	13.5	
	Joshua	Harris	1:13:00	16.4	1:14:00	16.2	1:15:00	16.0					3:42:00	16.2	
2	Thomas	kraus	1:01:00	19.7	1:01:00	19.7	1:04:00	18.8	1:12:00	16.7	1:07:00	17.9	5:25:00	18.5	
	Gary	Randolph	1:11:00	16.9	1:09:00	17.4	1:20:00	15.0					3:40:00	16.4	
	Joe	Rogalski	1:01:00	19.7									1:01:00	19.7	
1	joe	rosati	1:01:00	19.7	1:01:00	19.7	1:04:00	18.8	1:12:00	16.7	1:03:00	19.0	5:21:00	18.7	
4	Lisa	Trapasso	1:18:00	15.4	1:23:00	14.5	1:42:00	11.8	1:23:00	14.5	1:37:00	12.4	7:23:00	13.5	
	Sandy	Kaminski	1:05:00	18.5	1:18:00	15.4	1:16:00	15.8	1:29:00	13.5			5:08:00	15.6	
3	Mark	Knerr	1:03:00	19.0	1:07:00	17.9	1:25:00	14.1	1:35:00	12.6	1:33:00	12.9	6:43:00	14.9	

SpringThing 2015 Intermediate														
	First Name	Last Name									2.75miles			
			1st	MPH	2nd	MPH	Total	Total MPH		Run 1	min/mile	Run 2	min/mile	Total Time
	Amy	Benedict Campbell	1:13:00	16.4	1:15:00	16.0	2:28:00	16.2		0:30	0:10:55			
5	nicole	bennett	1:02:00	19.4	1:04:00	18.8	2:06:00	19.0		0:26	0:09:27	0:29	0:10:33	3:01
	Julian	Braunstein	1:19:00	15.2	1:47:00	11.2	3:06:00	12.9						
	Thomas	Buck	1:09:00	17.4	1:10:00	17.1	2:19:00	17.3		0:38	0:13:49			
	Sean	Davis	1:17:00	15.6	1:11:00	16.9	2:28:00	16.2		0:43	0:15:38			
8	David	Federspiel	1:03:00	19.0	1:02:00	19.4	2:05:00	19.2		0:35	0:12:44	0:29	0:10:33	3:09
13	Tammy	Foley	1:06:00	18.2	0:59:00	20.3	2:05:00	19.2		0:47	0:17:05	0:35	0:12:44	3:27
	Brett	French	1:06:00	18.2	1:09:00	17.4	2:15:00	17.8		0:53	0:19:16			
	Kara	Gorgos	1:07:00	17.9	1:16:00	15.8	2:23:00	16.8						
5	Dan	Gunderson	0:56:00	21.4	0:58:00	20.7	1:54:00	21.1		0:27	0:09:49	0:40	0:14:33	3:01
3	Bill	Haas	0:56:00	21.4	0:58:00	20.7	1:54:00	21.1		0:29	0:10:33	0:31	0:11:16	2:54
12	Jim	herbert	1:00:00	20.0	1:05:00	18.5	2:05:00	19.2		0:21	0:07:38	0:59	0:21:27	3:25
	kendra	kramer	1:07:00	17.9	1:16:00	15.8	2:23:00	16.8						
9	Ashley	Meyer	1:07:00	17.9	1:12:00	16.7	2:19:00	17.3		0:09	0:03:16	0:43	0:15:38	3:11
6	David	Michaud	1:00:00	20.0	1:06:00	18.2	2:06:00	19.0		0:33	0:12:00	0:23	0:08:22	3:02
10	Walter	Potocki	1:06:00	18.2	1:10:00	17.1	2:16:00	17.6		0:30	0:10:55	0:33	0:12:00	3:19
	Marco	Riccioni	0:56:00	21.4	1:03:00	19.0	1:59:00	20.2		0:31	0:11:16			
1	paul	schwan	0:56:00	21.4	0:59:00	20.3	1:55:00	20.9		0:23	0:08:22	0:28	0:10:11	2:46
11	David	Schwan	1:07:00	17.9	1:12:00	16.7	2:19:00	17.3		0:32	0:11:38	0:33	0:12:00	3:24
	Mark	Sommers	1:00:00	20.0	1:06:00	18.2	2:06:00	19.0		0:38	0:13:49			
7	Gary	Thompson	1:08:00	17.6	1:11:00	16.9	2:19:00	17.3		0:24	0:08:44	0:25	0:09:05	3:08
2	Peter	Thompson	0:57:00	21.1	0:57:00	21.1	1:54:00	21.1		0:30	0:10:55	0:26	0:09:27	2:50
4	Matthew	Warta	1:03:00	19.0	1:04:00	18.8	2:07:00	18.9		0:24	0:08:44	0:24	0:08:44	2:55