

Name		VDOT	Easy Pace	Mile Marathon Pace	400 Tempo Pace	1000 Tempo Pace	Mile Tempo Pace	400 Interval Pace	800 Interval Pace	1000 Interval Pace	1200 Interval Pace	5K Pace	200 Repetition Pace	400 Repetition Pace
Dave	Florence	57	7:25	6:31	:91	3:50	6:09	:85	2:48	3:31	4:15	5:32	:39	:79
Thom	Nash	57	7:25	6:31	:91	3:50	6:09	:85	2:48	3:31	4:15	5:32	:39	:79
Russell	Adrian	55	7:38	6:43	:94	3:56	6:20	:87	2:53	3:37	4:21	5:55	:40	:81
Gordon	Cully	54	7:45	6:49	:95	4:00	6:26	:88	2:56	3:41	4:25	6:00	:40	:82
Roger	Dow	54	7:45	6:49	:95	4:00	6:26	:88	2:56	3:41	4:25	6:00	:40	:82
Pam	Smith	54	7:45	6:49	:95	4:00	6:26	:88	2:56	3:41	4:25	6:00	:40	:82
Steph	Snyder	54	7:45	6:49	:95	4:00	6:26	:88	2:56	3:41	4:25	6:00	:40	:82
Dan	Meireis	53	7:52	6:56	:97	4:04	6:32	:90	2:58	3:44	4:29	6:06	:41	:84
Mike	Studer	53	7:52	6:56	:97	4:04	6:32	:90	2:58	3:44	4:29	6:06	:41	:84
Tim	Zuk	53	7:52	6:56	:97	4:04	6:32	:90	2:58	3:44	4:29	6:06	:41	:84
Angie	Smith	51	8:07	7:09	1:40	4:11	6:44	:92	3:04	3:51	4:36	6:18	:42	:86
Denise	Coomes	50	8:14	7:17	1:42	4:15	6:51	:93	3:07	3:55	4:41	6:25	:43	:87
Brian	Villarete	50	8:14	7:17	1:42	4:15	6:51	:93	3:07	3:55	4:41	6:25	:43	:87
Michelle	Mills	49	8:22	7:24	1:43	4:20	6:55	:95	3:10	3:59	4:45	6:32	:44	:89
David	Ridell	49	8:22	7:24	1:43	4:20	6:55	:95	3:10	3:59	4:45	6:32	:44	:89
Dan	Rideout	49	8:22	7:24	1:43	4:20	6:55	:95	3:10	3:59	4:45	6:32	:44	:89
Ryan	Melton	48	8:31	7:32	1:45	4:24	7:02	:96	3:13	4:03	4:49	6:39	:44	:90
Steve	Schellenberg	48	8:31	7:32	1:45	4:24	7:02	:96	3:13	4:03	4:49	6:39	:44	:90
Mariko	Yokote	48	8:31	7:32	1:45	4:24	7:02	:96	3:13	4:03	4:49	6:39	:44	:90
Rui	Zhu	48	8:31	7:32	1:45	4:24	7:02	:96	3:13	4:03	4:49	6:39	:44	:90
Nina	Ceja	47	8:39	7:40	1:47	4:29	7:10	:98	3:17	4:07	4:54	6:46	:45	:92
Michelle	Roos	47	8:39	7:40	1:47	4:29	7:10	:98	3:17	4:07	4:54	6:46	:45	:92
Alton	Rossmann	47	8:39	7:40	1:47	4:29	7:10	:98	3:17	4:07	4:54	6:46	:45	:92
Ernesto	Toskovic	47	8:39	7:40	1:47	4:29	7:10	:98	3:17	4:07	4:54	6:46	:45	:92
Susan	Brainard	45	8:58	7:57	1:51	4:38	7:25	1:42	3:24	4:16	5:06	7:02	:47	:96
Tom	Box	45	8:58	7:57	1:51	4:38	7:25	1:42	3:24	4:16	5:06	7:02	:47	:96
Kurtis	Drake	45	8:58	7:57	1:51	4:38	7:25	1:42	3:24	4:16	5:06	7:02	:47	:96
Jenni	Johnson	45	8:58	7:57	1:51	4:38	7:25	1:42	3:24	4:16	5:06	7:02	:47	:96
Ted	Raszka	45	8:58	7:57	1:51	4:38	7:25	1:42	3:24	4:16	5:06	7:02	:47	:96
Tracy	Broyels	44	9:07	8:06	1:53	4:43	7:33	1:44	3:28	4:21	5:12	7:10	:48	:98
Judy	Mathison	44	9:07	8:06	1:53	4:43	7:33	1:44	3:28	4:21	5:12	7:10	:48	:98
Melinda	Stubenrauch	44	9:07	8:06	1:53	4:43	7:33	1:44	3:28	4:21	5:12	7:10	:48	:98
Kristen	Duus	42	9:28	8:25	1:57	4:54	7:52	1:48	3:36	4:31	5:23	7:27	:50	1:42
Anita	Risburg	42	9:28	8:25	1:57	4:54	7:52	1:48	3:36	4:31	5:23	7:27	:50	1:42

Steve	Worley	42	9:28	8:25	1:57	4:54	7:52	1:48	3:36	4:31	5:23	7:27	:50	1:42
Simon	Bryant	40	9:50	8:46	2:02	5:06	8:12	1:52	3:45	4:42	5:37	7:46	:52	1:46
Francis	Curtis	40	9:50	8:46	2:02	5:06	8:12	1:52	3:45	4:42	5:37	7:46	:52	1:46
Joe	Schnabel	40	9:50	8:46	2:02	5:06	8:12	1:52	3:45	4:42	5:37	7:46	:52	1:46
Matt	Ficek	38	10:14	10:14	2:07	5:19	8:33	1:56	3:54	4:54	5:51	8:07	:54	1:50
Kevin	Gienger	38	10:14	10:14	2:07	5:19	8:33	1:56	3:54	4:54	5:51	8:07	:54	1:50
Adele	Honeyman	36	10:40	9:33	2:13	5:33	8:55	2:02	4:04	5:07	6:06	8:29	:57	1:55
Natalya	Brickner	34	11:09	11:09	2:19	5:48	9:20	2:08	4:16	5:20	6:23	8:59	:60	2:02
Becky	Willhite	34	11:09	11:09	2:19	5:48	9:20	2:08	4:16	5:20	6:23	8:59	:60	2:02
Katie	Dillingham	32	11:41	10:29	2:26	6:05	9:47	2:14	4:28	5:35	6:42	9:25	:63	2:08
Erica	Presley	30	12:16	12:16	2:33	6:24	10:18	2:22	4:42	5:53	7:02	9:50	:67	2:16