

Total Score = Performance + Participation - last updated 10/31/05										
Performance + Best 3 Scores of 5 (runner's best times)					Participation + Best 3 Scores of 5 (runner's best times)					
Score	5 Mile	10K	10 Mile	Half Marathon	Marathon	5K	10K	10 Mile	Half Marathon	Marathon
1	1:00:00	2:00:00	3:00:00	4:00:00	5:00:00	1:00:00	2:00:00	3:00:00	4:00:00	5:00:00
2	1:01:00	2:01:00	3:01:00	4:01:00	5:01:00	1:01:00	2:01:00	3:01:00	4:01:00	5:01:00
3	1:02:00	2:02:00	3:02:00	4:02:00	5:02:00	1:02:00	2:02:00	3:02:00	4:02:00	5:02:00
4	1:03:00	2:03:00	3:03:00	4:03:00	5:03:00	1:03:00	2:03:00	3:03:00	4:03:00	5:03:00
5	1:04:00	2:04:00	3:04:00	4:04:00	5:04:00	1:04:00	2:04:00	3:04:00	4:04:00	5:04:00
6	1:05:00	2:05:00	3:05:00	4:05:00	5:05:00	1:05:00	2:05:00	3:05:00	4:05:00	5:05:00
7	1:06:00	2:06:00	3:06:00	4:06:00	5:06:00	1:06:00	2:06:00	3:06:00	4:06:00	5:06:00
8	1:07:00	2:07:00	3:07:00	4:07:00	5:07:00	1:07:00	2:07:00	3:07:00	4:07:00	5:07:00
9	1:08:00	2:08:00	3:08:00	4:08:00	5:08:00	1:08:00	2:08:00	3:08:00	4:08:00	5:08:00
10	1:09:00	2:09:00	3:09:00	4:09:00	5:09:00	1:09:00	2:09:00	3:09:00	4:09:00	5:09:00
11	1:10:00	2:10:00	3:10:00	4:10:00	5:10:00	1:10:00	2:10:00	3:10:00	4:10:00	5:10:00
12	1:11:00	2:11:00	3:11:00	4:11:00	5:11:00	1:11:00	2:11:00	3:11:00	4:11:00	5:11:00
13	1:12:00	2:12:00	3:12:00	4:12:00	5:12:00	1:12:00	2:12:00	3:12:00	4:12:00	5:12:00
14	1:13:00	2:13:00	3:13:00	4:13:00	5:13:00	1:13:00	2:13:00	3:13:00	4:13:00	5:13:00
15	1:14:00	2:14:00	3:14:00	4:14:00	5:14:00	1:14:00	2:14:00	3:14:00	4:14:00	5:14:00
16	1:15:00	2:15:00	3:15:00	4:15:00	5:15:00	1:15:00	2:15:00	3:15:00	4:15:00	5:15:00
17	1:16:00	2:16:00	3:16:00	4:16:00	5:16:00	1:16:00	2:16:00	3:16:00	4:16:00	5:16:00
18	1:17:00	2:17:00	3:17:00	4:17:00	5:17:00	1:17:00	2:17:00	3:17:00	4:17:00	5:17:00
19	1:18:00	2:18:00	3:18:00	4:18:00	5:18:00	1:18:00	2:18:00	3:18:00	4:18:00	5:18:00
20	1:19:00	2:19:00	3:19:00	4:19:00	5:19:00	1:19:00	2:19:00	3:19:00	4:19:00	5:19:00
21	1:20:00	2:20:00	3:20:00	4:20:00	5:20:00	1:20:00	2:20:00	3:20:00	4:20:00	5:20:00
22	1:21:00	2:21:00	3:21:00	4:21:00	5:21:00	1:21:00	2:21:00	3:21:00	4:21:00	5:21:00
23	1:22:00	2:22:00	3:22:00	4:22:00	5:22:00	1:22:00	2:22:00	3:22:00	4:22:00	5:22:00
24	1:23:00	2:23:00	3:23:00	4:23:00	5:23:00	1:23:00	2:23:00	3:23:00	4:23:00	5:23:00
25	1:24:00	2:24:00	3:24:00	4:24:00	5:24:00	1:24:00	2:24:00	3:24:00	4:24:00	5:24:00
26	1:25:00	2:25:00	3:25:00	4:25:00	5:25:00	1:25:00	2:25:00	3:25:00	4:25:00	5:25:00
27	1:26:00	2:26:00	3:26:00	4:26:00	5:26:00	1:26:00	2:26:00	3:26:00	4:26:00	5:26:00
28	1:27:00	2:27:00	3:27:00	4:27:00	5:27:00	1:27:00	2:27:00	3:27:00	4:27:00	5:27:00
29	1:28:00	2:28:00	3:28:00	4:28:00	5:28:00	1:28:00	2:28:00	3:28:00	4:28:00	5:28:00
30	1:29:00	2:29:00	3:29:00	4:29:00	5:29:00	1:29:00	2:29:00	3:29:00	4:29:00	5:29:00
31	1:30:00	2:30:00	3:30:00	4:30:00	5:30:00	1:30:00	2:30:00	3:30:00	4:30:00	5:30:00
32	1:31:00	2:31:00	3:31:00	4:31:00	5:31:00	1:31:00	2:31:00	3:31:00	4:31:00	5:31:00
33	1:32:00	2:32:00	3:32:00	4:32:00	5:32:00	1:32:00	2:32:00	3:32:00	4:32:00	5:32:00
34	1:33:00	2:33:00	3:33:00	4:33:00	5:33:00	1:33:00	2:33:00	3:33:00	4:33:00	5:33:00
35	1:34:00	2:34:00	3:34:00	4:34:00	5:34:00	1:34:00	2:34:00	3:34:00	4:34:00	5:34:00
36	1:35:00	2:35:00	3:35:00	4:35:00	5:35:00	1:35:00	2:35:00	3:35:00	4:35:00	5:35:00
37	1:36:00	2:36:00	3:36:00	4:36:00	5:36:00	1:36:00	2:36:00	3:36:00	4:36:00	5:36:00
38	1:37:00	2:37:00	3:37:00	4:37:00	5:37:00	1:37:00	2:37:00	3:37:00	4:37:00	5:37:00
39	1:38:00	2:38:00	3:38:00	4:38:00	5:38:00	1:38:00	2:38:00	3:38:00	4:38:00	5:38:00
40	1:39:00	2:39:00	3:39:00	4:39:00	5:39:00	1:39:00	2:39:00	3:39:00	4:39:00	5:39:00
41	1:40:00	2:40:00	3:40:00	4:40:00	5:40:00	1:40:00	2:40:00	3:40:00	4:40:00	5:40:00
42	1:41:00	2:41:00	3:41:00	4:41:00	5:41:00	1:41:00	2:41:00	3:41:00	4:41:00	5:41:00
43	1:42:00	2:42:00	3:42:00	4:42:00	5:42:00	1:42:00	2:42:00	3:42:00	4:42:00	5:42:00
44	1:43:00	2:43:00	3:43:00	4:43:00	5:43:00	1:43:00	2:43:00	3:43:00	4:43:00	5:43:00
45	1:44:00	2:44:00	3:44:00	4:44:00	5:44:00	1:44:00	2:44:00	3:44:00	4:44:00	5:44:00
46	1:45:00	2:45:00	3:45:00	4:45:00	5:45:00	1:45:00	2:45:00	3:45:00	4:45:00	5:45:00
47	1:46:00	2:46:00	3:46:00	4:46:00	5:46:00	1:46:00	2:46:00	3:46:00	4:46:00	5:46:00
48	1:47:00	2:47:00	3:47:00	4:47:00	5:47:00	1:47:00	2:47:00	3:47:00	4:47:00	5:47:00
49	1:48:00	2:48:00	3:48:00	4:48:00	5:48:00	1:48:00	2:48:00	3:48:00	4:48:00	5:48:00
50	1:49:00	2:49:00	3:49:00	4:49:00	5:49:00	1:49:00	2:49:00	3:49:00	4:49:00	5:49:00
51	1:50:00	2:50:00	3:50:00	4:50:00	5:50:00	1:50:00	2:50:00	3:50:00	4:50:00	5:50:00
52	1:51:00	2:51:00	3:51:00	4:51:00	5:51:00	1:51:00	2:51:00	3:51:00	4:51:00	5:51:00
53	1:52:00	2:52:00	3:52:00	4:52:00	5:52:00	1:52:00	2:52:00	3:52:00	4:52:00	5:52:00
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60	1:59:00	2:59:00	3:59:00	4:59:00	5:59:00	1:59:00	2:59:00	3:59:00	4:59:00	5:59:00
61	2:00:00	3:00:00	4:00:00	5:00:00	6:00:00	2:00:00	3:00:00	4:00:00	5:00:00	6:00:00
62	2:01:00	3:01:00	4:01:00	5:01:00	6:01:00	2:01:00	3:01:00	4:01:00	5:01:00	6:01:00
63	2:02:00	3:02:00	4:02:00	5:02:00	6:02:00	2:02:00	3:02:00	4:02:00	5:02:00	6:02:00
64	2:03:00	3:03:00	4:03:00	5:03:00	6:03:00	2:03:00	3:03:00	4:03:00	5:03:00	6:03:00
65	2:04:00	3:04:00	4:04:00	5:04:00	6:04:00	2:04:00	3:04:00	4:04:00	5:04:00	6:04:00
66	2:05:00	3:05:00	4:05:00	5:05:00	6:05:00	2:05:00	3:05:00	4:05:00	5:05:00	6:05:00
67	2:06:00	3:06:00	4:06:00	5:06:00	6:06:00	2:06:00	3:06:00	4:06:00	5:06:00	6:06:00
68	2:07:00	3:07:00	4:07:00	5:07:00	6:07:00	2:07:00	3:07:00	4:07:00	5:07:00	6:07:00
69	2:08:00	3:08:00	4:08:00	5:08:00	6:08:00	2:08:00	3:08:00	4:08:00	5:08:00	6:08:00
70	2:09:00	3:09:00	4:09:00	5:09:00	6:09:00	2:09:00	3:09:00	4:09:00	5:09:00	6:09:00
71	2:10:00	3:10:00	4:10:00	5:10:00	6:10:00	2:10:00	3:10:00	4:10:00	5:10:00	6:10:00
72	2:11:00	3:11:00	4:11:00	5:11:00	6:11:00	2:11:00	3:11:00	4:11:00	5:11:00	6:11:00
73	2:12:00	3:12:00	4:12:00	5:12:00	6:12:00	2:12:00	3:12:00	4:12:00	5:12:00	6:12:00
74	2:13:00	3:13:00	4:13:00	5:13:00	6:13:00	2:13:00	3:13:00	4:13:00	5:13:00	6:13:00
75	2:14:00	3:14:00	4:14:00	5:14:00	6:14:00	2:14:00	3:14:00	4:14:00	5:14:00	6:14:00
76	2:15:00	3:15:00	4:15:00	5:15:00	6:15:00	2:15:00	3:15:00	4:15:00	5:15:00	6:15:00
77	2:16:00	3:16:00	4:16:00	5:16:00	6:16:00	2:16:00	3:16:00	4:16:00	5:16:00	6:16:00
78	2:17:00	3:17:00	4:17:00	5:17:00	6:17:00	2:17:00	3:17:00	4:17:00	5:17:00	6:17:00
79	2:18:00	3:18:00	4:18:00	5:18:00	6:18:00	2:18:00	3:18:00	4:18:00	5:18:00	6:18:00
80	2:19:00	3:19:00	4:19:00	5:19:00	6:19:00	2:19:00	3:19:00	4:19:00	5:19:00	6:19:00
81	2:20:00	3:20:00	4:20:00	5:20:00	6:20:00	2:20:00	3:20:00	4:20:00	5:20:00	6:20:00
82	2:21:00	3:21:00	4:21:00	5:21:00	6:21:00	2:21:00	3:21:00	4:21:00	5:21:00	6:21:00
83	2:22:00	3:22:00	4:22:00	5:22:00	6:22:00	2:22:00	3:22:00	4:22:00	5:22:00	6:22:00
84	2:23:00	3:23:00	4:23:00	5:23:00	6:23:00	2:23:00	3:23:00	4:23:00	5:23:00	