

Total Score = Performance + Participation										POSITIONS											
Score	Performance - Best 3 Scores of 3 Distances (best times)					Performance - Best 3 Scores of 3 Distances (best times)					Performance - Best 3 Scores of 3 Distances (best times)					Performance - Best 3 Scores of 3 Distances (best times)					
	5 Mile	10 Mile	Half Marathon	Marathon	CDUs (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	HR (best 3 of 5)	
1	1:00:00	2:00:00	3:30:00	4:30:00	100	150	150	150	150	150	150	150	150	150	150	150	150	150	150	150	150
2	1:01:00	2:01:00	3:31:00	4:31:00	95	145	145	145	145	145	145	145	145	145	145	145	145	145	145	145	145
3	1:02:00	2:02:00	3:32:00	4:32:00	90	140	140	140	140	140	140	140	140	140	140	140	140	140	140	140	140
4	1:03:00	2:03:00	3:33:00	4:33:00	85	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135	135
5	1:04:00	2:04:00	3:34:00	4:34:00	80	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130
6	1:05:00	2:05:00	3:35:00	4:35:00	75	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125	125
7	1:06:00	2:06:00	3:36:00	4:36:00	70	120	120	120	120	120	120	120	120	120	120	120	120	120	120	120	120
8	1:07:00	2:07:00	3:37:00	4:37:00	65	115	115	115	115	115	115	115	115	115	115	115	115	115	115	115	115
9	1:08:00	2:08:00	3:38:00	4:38:00	60	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110	110
10	1:09:00	2:09:00	3:39:00	4:39:00	55	105	105	105	105	105	105	105	105	105	105	105	105	105	105	105	105
11	1:10:00	2:10:00	3:40:00	4:40:00	50	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
12	1:11:00	2:11:00	3:41:00	4:41:00	45	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95	95
13	1:12:00	2:12:00	3:42:00	4:42:00	40	90	90	90	90	90	90	90	90	90	90	90	90	90	90	90	90
14	1:13:00	2:13:00	3:43:00	4:43:00	35	85	85	85	85	85	85	85	85	85	85	85	85	85	85	85	85
15	1:14:00	2:14:00	3:44:00	4:44:00	30	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80	80
16	1:15:00	2:15:00	3:45:00	4:45:00	25	75	75	75	75	75	75	75	75	75	75	75	75	75	75	75	75
17	1:16:00	2:16:00	3:46:00	4:46:00	20	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70	70
18	1:17:00	2:17:00	3:47:00	4:47:00	15	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
19	1:18:00	2:18:00	3:48:00	4:48:00	10	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
20	1:19:00	2:19:00	3:49:00	4:49:00	5	55	55	55	55	55	55	55	55	55	55	55	55	55	55	55	55

Position	Name	Category
1	John Doe	Male
2	Jane Smith	Female
3	Mike Johnson	Male
4	Sarah Brown	Female
5	David Wilson	Male
6	Emily Davis	Female
7	Chris Miller	Male
8	Alice Taylor	Female
9	Bob Anderson	Male
10	Grace White	Female
11	Kevin Black	Male
12	Laura Green	Female
13	Mark Gray	Male
14	Nancy Blue	Female
15	Paul Red	Male
16	Quinn Purple	Female
17	Sam Yellow	Male
18	Tina Orange	Female
19	Victor Silver	Male
20	Wendy Gold	Female
21	Xavier Bronze	Male
22	Yvonne Copper	Female
23	Zoe Nickel	Female
24	Adam Platinum	Male
25	Bella Diamond	Female
26	Charlie Ruby	Male
27	Diana Sapphire	Female
28	Ethan Emerald	Male
29	Fiona Opal	Female
30	George Garnet	Male
31	Hannah Amethyst	Female
32	Ivan Topaz	Male
33	Jessica Citrine	Female
34	Kyle Aquamarine	Male
35	Lillian Peridot	Female
36	Mason Smoky Quartz	Male
37	Natalie Malachite	Female
38	Oscar Labradorite	Male
39	Pamela Moonstone	Female
40	Quinn Labradorite	Female
41	Rachel Labradorite	Female
42	Samuel Labradorite	Male
43	Tina Labradorite	Female
44	Victor Labradorite	Male
45	Wendy Labradorite	Female
46	Xavier Labradorite	Male
47	Yvonne Labradorite	Female
48	Zoe Labradorite	Female
49	Adam Labradorite	Male
50	Bella Labradorite	Female
51	Charlie Labradorite	Male
52	Diana Labradorite	Female
53	Ethan Labradorite	Male
54	Fiona Labradorite	Female
55	George Labradorite	Male
56	Hannah Labradorite	Female
57	Ivan Labradorite	Male
58	Jessica Labradorite	Female
59	Kyle Labradorite	Male
60	Lillian Labradorite	Female
61	Mason Labradorite	Male
62	Natalie Labradorite	Female
63	Oscar Labradorite	Male
64	Pamela Labradorite	Female
65	Quinn Labradorite	Female
66	Rachel Labradorite	Female
67	Samuel Labradorite	Male
68	Tina Labradorite	Female
69	Victor Labradorite	Male
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96	Xavier Labradorite	Male
97	Yvonne Labradorite	Female
98	Zoe Labradorite	Female
99	Adam Labradorite	Male
100	Bella Labradorite	Female