

VIRTUAL 5K

VIRTUAL 5K RESULTS

1ST OVERALL MALE	JAKE	ARNOLD	19.31
2ND OVERALL MALE	LUIS	HERNANDEZ	21.59
3RD OVERALL MALE	DENNIS	MOORE	23.05
1ST OVERALL FEMALE	KRISSY	FRIEDHOFF	27.56
2ND OVERALL FEMALE	CASEY	FAVOR	28.29
3RD OVERALL FEMALE	AMY	MITCHELL	29.31
1ST AGE GRADED MALE	ROGER	ROBINSON	16.09
2ND AGE GRADED MALE	DENNIS	MOORE	16.14
3RD AGE GRADED MALE	NORMAN	GOLUSKIN	16.52
1ST AGE GRADED FEMALE	KRISSY	FRIEDHOFF	26.22
2ND AGE GRADED FEMALE	LAURETTE	MARTIN	26.26
3RD AGE GRADED FEMALE	SARAH	CAMPBELL	26.31

OVERALL	First Name	Last Name	time	Age	Age Graded Time	A/G %	M/F
1	Jake	Arnold	19.31	17	18.38	69.21%	M
2	Luis	Hernandez	21.59	26	21.59	58.68%	M
3	Dennis	Moore	23.05	73	16.14	79.48%	M
4	Roger	Robinson	26.19	80	16.09	79.86%	M
5	Matt	Barnhart	26.47	51	23.14	55.51%	M
6	Jason	Dove	27.33	61	21.58	58.74%	M
7	Krissy	Friedhoff	27.56	43	26.22	56.14%	F
8	Norman	Goluskin	28.11	81	16.52	76.48%	M
9	Casey	Favor	28.39	25	28.39	51.66%	F
10	John	Lunsford	29.21	75	19.59	64.56%	M
11	Amy	Mitchell	29.31	36	29.06	50.86%	F
12	Sarah	Campbell	29.49	11	26.31	55.81%	F
13	Ashley	Stone	30.44	33	30.36	48.38%	F
14	Laurette	Martin	31.24	53	26.26	55.98%	F
15	Kelly	Rowland	31.51	35	31.31	46.95%	F
16	Jennifer	Gunter	34.27	40	33.15	44.51%	F
17	Laura	Frazier	35.24	40	34.10	43.31%	F
18	Eli	Rogers	35.36	11	30.02	42.96%	M
19	Meaghan	Headen	35.59	33	35.49	41.32%	F
20	Daina	Campbell	37.54	40	36.35	40.45%	F
21	Heidi	Marino	38	49	33.39	43.98%	F
22	Catherine	Kemper	42.48	68	29.02	50.96%	F
23	Sharna	Chapman	45.24	51	39.13	37.74%	F
24	Kathrine	Switzer	46.16	73	28.52	51.26%	F
25	Cindy	Dutill	55.58	49	49.34	29.86%	F

Age Grading: how it works

Age grading uses tables of "age factors" and "age standards" to put all runners, regardless of age and sex on a level playing field. In particular, they allow runners' performances, no matter what their age, to be corrected to what they would have been achieving in their prime years, and permit valid comparisons to be made between people of different ages.

>100% = World record level

> 90% = World class

> 80% = National class

> 70% = Regional class

> 0% = An Athlete

