	A	B	C	D	E	F	G	H	I	J
1			wk 1	wk 2	wk 3	wk 4	wk 5	wk 6	wk 7	
2	First	Last	Distance/Time	Distance/Time	Distance/Time	Distance/Time	Distance/Time	Distance/Time	Distance/Time	Strong AF
3	David	Baier	x	5.2 / 59:09	3.1/36:13	3.1/46:50	5.2/1:01:55	5.2/59:55	5.2/59:15	**:) af**
4	Ria	Betts	5.2 / 59:06	5.2 / 57:56	3.1/36:06	x	5.2/1:01:50	5.2/59:55	5.2/59:06	**:) af**
5	Becky	Boyd	x	3.1 / 51:42	3.1/53:20	x	x	x	x	:)
6	Lisa	Damphousse	5.2 / 59:10	5.2 / 58:49	3.1/39:10	3.1/36:30	5.2/1:02:10	5.2/1:00:00	5.2/59:40	**:) af**
7	Sandi	Frish	5.2 / 1:29.17	5.2 / 1:14:38	5.2/1:12:26	x	5.2/1:21:09	5.2/1:18:20	5.2/1:16:45	**:) af**
8	Karen	Kohler	3.1 / 30:39	*3.1 / 37:08	3.1/39:10	x	x	*3.1/36:49	3.1/42:30	**:) af**
9	Mike	Kovalesky	3.1 / 30:40	*3.1 / 37:08	3.1/39:10	3.1/34:45	3.1/35:00	*3.1/37:05	*3.1/56:00	**:) af**
10	Ryan	Schave	5.2 / 49:51	x	5.2/47:30	5.2/44:58	x	5.2/45:44	x	:)
11	Valerie	Schave	3.1 / 44:09	3.1 / 50:06	3.1/41:20	3.1/45:00	x	3.1/44:03	x	:)
12	Jan	Schroeder	3.1 / 43:42	*3.1 / 37:08	3.1/39:10	*3.1/38:35	x	*3.1/36:40	3.1/42:30	**:) af**
13	Jeanette	Sena	5.2 / 1:04:23	3.1 / 50:06	5.2/1:05:12	x	3.1/41:35	5.2/1:19:25	5.2/1:01:05	**:) af**
14	Dani	Smith	5.2 / 45:45	5.2 / 49:00	5.2/45:48	5.2/45:22	5.2/45:43	5.2/53:09	3.1/30:10	**:) af**
15	Debbie	Whitlock	5.2 / 50:02	5.2 / 49:12	5.2/48:22	5.2/49:25	x	5.2/54:37	5.2/52:22	**:) af**
16	MJ	Wrobel	3.1 / 1:03:00	3.1 / 50:06	3.1/45:15	x	3.1/44:45	5.2/1:19:25	x	:)
17	Dave	Wrobel	3.1 / 1:03:00	x	x	x	x	x	x	:)
18	Ning	Ye	5.2 / 1:04:23	5.2 / 1:02:48	5.2/1:05:12	5.2/59:20	5.2/1:01:05	5.2/58:25	5.2/1:01:05	**:) af**
19	Vicky	Zoldos	x	3.1 / 29:16	*3.1/31:20	5.2/48:40	3.1/27:12	3.1/28:55	3.1/54:46	**:) af**
20	Derek	Zoldos	x	3.1 / 1:04:50	3.1/56:34	3.1/56:20	3.1/58:05	3.1/59:05	3.1/54:46	**:) af**
21	Joyce	Bayma				3.1/46:50		5.2/1:03:21	x	:)
22	Martha	Childs					5.2/1:15:06			:)
23	Lydia	Makarovicova						5.2/54:37	5.2/52:22	:)
24	-									
25	-									