

FASTEST PERFORMANCES, 1M to MARATHON

[Top 10-20 performances in officially scored races on the Whippets calendar]

Fastest races, 1 Mile (or 1500m, 1600m)

[MM = Running pace in minutes/seconds per 1609.34 meters]

Women (62 results)			Time	Pace (MM)	Men (121 results)			Time	Pace (MM)	
1 Evelyn A	1 mile - Friday Night Miles	9/09/11	5:29.6	5:30 (11)	1 Alex A	1500m - Thursday Night at	2/23/12	4:13.6	4:32 +	
	Megan K	9/24/11	5:30.0	5:30	2 Alex A	1 mile - Thursday Night at	2/09/12	4:40.4	4:40	
3 Evelyn A	1 mile - Friday Night Miles	8/26/11	5:32.1	5:32	3 John L	Fifth Avenue Mile	9/24/11	4:42.0	4:42 (11)	
4 Evelyn A	1500m - Thursday Night at	2/24/11	5:14.1	5:37	4 Alex A	1500m - Thursday Night at	1/19/12	4:29.3	4:49	
5 Kimberly D	1 mile - Whippets Friendly	6/04/11	5:39.5	5:39		Idan L	Fifth Avenue Mile	9/24/11	4:49.0	4:49
6 Megan K	1500m - Thursday Night at	2/24/11	5:17.7	5:41	6 Marvin Y	Fifth Avenue Mile	9/24/11	4:50.0	4:50	
7 Megan K	1 mile - Friday Night Miles	9/09/11	5:42.7	5:43		Mwangi G	Fifth Avenue Mile	9/24/11	4:50.0	4:50
8 Evelyn A	1 mile - Friday Night Miles	8/12/11	5:46.4	5:46	8 Rob Y	Fifth Avenue Mile	9/26/10	4:51.0	4:51 (10)	
9 Megan K	1 mile - Friday Night Miles	8/26/11	5:48.6	5:49		Matt W	Fifth Avenue Mile	9/24/11	4:51.0	4:51
	May C	9/24/11	5:49.0	5:49	10 Matt W	Fifth Avenue Mile	9/26/10	4:52.0	4:52	
	<i>Top Quartile* (faster than 75% of results)</i>			5:57		<i>Top Quartile*</i>			5:10	
	<i>Median* (faster than 50% of results)</i>			6:34		<i>Median*</i>			5:37	
Masters Women					Masters Men					
1 Michelle M	Fifth Avenue Mile	9/24/11	6:14.0	6:14	1 Scott B	Fifth Avenue Mile	9/24/11	5:19.0	5:19	
2 Annette V	Fifth Avenue Mile	9/24/11	7:02.0	7:02	2 Dan D	Fifth Avenue Mile	9/24/11	5:43.0	5:43	
Women, Notable Recent Performances					Men, Notable Recent Performances					
27 Catie B	1500m - Thursday Night at	2/23/12	6:00.1	6:26	16 Marvin Y	1 Mile - Front Runners Indc	3/23/12	4:59.6	5:00	

Fastest race paces, 3 miles to 5K

Women (168 results)			Time	Pace (MM)	Men (194 results)			Time	Pace (MM)	
1 Colleen E	OLMA 5K	10/23/11	19:19	6:13 (11)	1 Joseph P	Coogan's 5K	3/04/12	15:56	5:08 +	
2 Carrie A	Coogan's 5K	3/04/12	19:28	6:16 R+	2 Alex A	Coogan's 5K	3/04/12	16:16	5:14	
3 Megan K	Heart & Sole 5K	7/11/11	19:50	6:23	3 Jeremy A	Coogan's 5K	3/04/12	16:26	5:17	
	Megan K	3/06/11	19:51	6:23	4 John L	Coogan's 5K	3/04/12	16:45	5:23	
5 Alexis D	Coogan's 5K	3/06/11	19:55	6:25	5 Rei O	Coogan's 5K	3/04/12	16:50	5:25 R	
	Evelyn A	2/12/11	19:56	6:25		Alex A	Thursday Night at the Race	1/19/12	16:50	5:25
7 Megan K	Jones Beach Park 5K (II)	1/30/11	20:05	6:28	7 Chris M	Coogan's 5K	3/04/12	17:20	5:35	
8 Colleen E	Coogan's 5K	3/04/12	20:07	6:28		Paul W	Heart & Sole 5K	7/11/11	17:20	5:35 (11)
9 Sarah P	Coogan's 5K	3/04/12	20:19	6:32 R	9 Josh N	HoBOOken Halloween 5K	10/30/10	17:24	5:36 (10)	
10 Dayle G	Coogan's 5K	3/04/12	20:21	6:33 R	10 Josh N	Hoboken Run Against Crirr	8/03/09	17:28	5:37 (09)	
11 Evelyn A	Coogan's 5K	3/06/11	20:26	6:35	11 Paul W	Coogan's 5K	3/04/12	17:32	5:39	
12 Alexis D	Stratford (CT) Turkey 5K	11/25/10	20:28	6:35 (10)	12 Chris M	Thursday Night at the Race	1/19/12	17:38	5:41	
	Evelyn A	4/02/11	20:29	6:36	13 Matt W	Coogan's 5K	3/06/11	17:51	5:45	
14 Megan K	Jones Beach Park 5K (I)	1/16/11	20:49	6:42	14 Josh N	Wall Street Run (3M)	5/19/09	17:16	5:45	
15 Tessa B	Coogan's 5K	3/04/12	20:55	6:44	15 Mwangi G	Heart & Sole 5K	7/11/11	17:56	5:46	
	<i>Top Quartile* (faster than 75% of results)</i>			22:51	7:21 (5K)	<i>Top Quartile*</i>			18:46	6:02 (5K)
	<i>Median* (faster than 50% of results)</i>			25:53	8:38 (3M)	<i>Median*</i>			21:01	6:46 (5K)
Masters Women					Masters Men					
1 Michelle M	Coogan's 5K	3/04/12	22:35	7:16	1 Brandon C	Coogan's 5K	3/06/11	18:37	6:00	
2 Wams W	Coogan's 5K	3/06/11	22:59	7:24	2 Damon S	Coogan's 5K	3/06/11	19:00	6:07	
3 Sarah T	Coogan's 5K	3/06/11	23:42	7:38	3 Scott B	Coogan's 5K	3/04/12	19:15	6:12	
Women, Notable Recent Performances					Men, Notable Recent Performances					
23 Shay D	Coogan's 5K	3/04/12	0:21:42	6:59	17 Tommy P	Coogan's 5K	3/04/12	0:18:00	5:48	
24 Andrea H	Coogan's 5K	3/04/12	0:21:44	7:00	21 Luciano R	Coogan's 5K	3/04/12	0:18:08	5:50	
29 Deniz D	Coogan's 5K	3/04/12	0:22:11	7:08	22 Idan L	Coogan's 5K	3/04/12	0:18:09	5:51	

FASTEST PERFORMANCES, 1M to MARATHON, continued

Fastest races, 4 miles

Women (311 results)			Time	Pace (MM)	Men (378 results)			Time	Pace (MM)	
1 Kirby M	Run As One	4/29/12	24:26	6:07	R+	1 Jyrki R	Fitness Mind Body Spirit G	9/17/11	21:36	5:24 (11)
2 Kirby M	Colon Cancer 4M	4/01/12	24:57	6:14	R	2 Jeremy A	Run for Central Park	7/16/11	21:52	5:28
3 Evelyn A	Celebrate Israel Run	6/05/11	25:31	6:23	(11)	Steve R	Run for Central Park	7/16/11	21:52	5:28
4 Evelyn A	Run for Central Park	7/16/11	25:32	6:23		4 Alex A	Run for Central Park	7/16/11	22:13	5:33
5 Carrie A	AI Gordon Classic	2/25/12	25:38	6:24	R	5 Jyrki R	Run for Central Park	7/16/11	22:18	5:35
6 Evelyn A	NYRR Four-Mile	4/23/11	26:13	6:33		6 Jeff S	Celebrate Israel Run	6/05/11	22:25	5:36
7 Kimberly D	Run for Central Park	7/16/11	26:16	6:34		7 Paul W	Run for Central Park	7/16/11	22:31	5:38
8 Kristin J	Run for Central Park	7/16/11	26:37	6:39		8 Mwangi G	Run for Central Park	7/16/11	22:59	5:45
9 Jennifer Herring	Fitness Mind Body Spirit G	9/11/10	26:48	6:42	(10)	9 Greg P	Run for Central Park	7/16/11	23:06	5:46
10 Megan K	Run for Central Park	7/16/11	27:00	6:45		10 Jeff S	Fitness Mind Body Spirit G	9/11/10	23:09	5:47 (10)
Kristin C	Run for the Parks	4/22/12	27:01	6:45	R	11 Paul W	Japan Day Race	5/08/11	23:19	5:50
12 Alexis D	Fitness Mind Body Spirit G	9/11/10	27:16	6:49		Matt W	Run for Central Park	7/16/11	23:19	5:50
13 Andrea H	Run for Central Park	7/16/11	27:19	6:50		13 Paul W	AI Gordon Classic	2/25/12	23:21	5:50 +
Jennifer Herring	Fitness Mind Body Spirit G	9/17/11	27:19	6:50		Luciano R	Run for Central Park	7/16/11	23:23	5:51
15 Ashley S	AI Gordon Classic	2/25/12	27:21	6:50	R	Anthony C	Fitness Mind Body Spirit G	9/17/11	23:24	5:51
Shay D	Gridiron Classic	2/06/11	27:22	6:50		16 Josh N	Gridiron Classic	2/07/10	23:30	5:53
Evelyn A	AI Gordon Classic	2/26/11	27:22	6:50		17 Luciano R	Fitness Mind Body Spirit G	9/11/10	23:33	5:53
Evelyn A	Race to Deliver	11/21/10	27:23	6:51		18 Anthony C	Run for Central Park	7/16/11	23:36	5:54
Alexis D	Run for Central Park	7/16/11	27:24	6:51		Simon D	Run As One	4/29/12	23:37	5:54
20 Dayle G	Run As One	4/29/12	27:30	6:52	R	Matt W	Fitness Mind Body Spirit G	9/11/10	23:38	5:54
21 Kimberly D	AI Gordon Classic	2/26/11	27:40	6:55		Tom F	NYRR Four-Mile	4/23/11	23:38	5:54
22 Leslie B	Run As One	4/29/12	27:44	6:56	R	Tom F	Japan Day Race	5/08/11	23:38	5:55
23 Dayle G	AI Gordon Classic	2/25/12	27:50	6:57	R	23 Andy W	Fitness Mind Body Spirit G	9/11/10	23:47	5:57
24 Megan K	Fitness Mind Body Spirit G	9/11/10	28:00	7:00		Matt W	AI Gordon Classic	2/26/11	23:48	5:57
Wams W	Japan Day Race	5/08/11	28:00	7:00		25 Sam B	Fitness Mind Body Spirit G	9/17/11	23:52	5:58
	<i>Top Quartile* (faster than 75% of results)</i>		31:36	7:54			<i>Top Quartile*</i>		26:16	6:34
	<i>Median* (faster than 50% of results)</i>		34:20	8:35			<i>Median*</i>		29:15	7:19

Masters Women

1 Wams W	Japan Day Race	5/08/11	28:00	7:00
2 Patricia C	Colon Cancer 4M	4/01/12	28:13	7:03 R
3 Michelle M	Fitness Mind Body Spirit G	9/11/10	28:41	7:10
4 Susannah W	Run for the Parks	4/22/12	31:54	7:58
5 Sarah T	Fitness Mind Body Spirit G	9/17/11	32:40	8:10

Women, Notable Recent Performances

28 Patricia T	Gridiron Classic	2/05/12	28:06	7:01
31 Patricia C	Colon Cancer 4M	4/01/12	28:13	7:03 R
33 Anne B	Run for the Parks	4/22/12	28:34	7:09
37 Deniz D	AI Gordon Classic	2/25/12	28:48	7:12
39 Emily B	Gridiron Classic	2/05/12	28:51	7:13

Masters Men

1 Damon S	Gridiron Classic	2/06/11	24:40	6:10
2 Mark H	Run for the Parks	4/22/12	25:24	6:21 R
3 Scott B	Gridiron Classic	2/06/11	25:34	6:23
4 Dan D	Run for Central Park	7/16/11	25:54	6:28
5 Jason C	AI Gordon Classic	2/25/12	25:58	6:29 R

Men, Notable Recent Performances

19 Simon D	Run As One	4/29/12	23:37	5:54
38 Marvin Y	Run As One	4/29/12	24:21	6:05
42 Seth B	Run As One	4/29/12	24:28	6:07 R
44 Manus O	Run for the Parks	4/22/12	24:31	6:08
46 Warren L	Run As One	4/29/12	24:37	6:09

Fastest races, 5 miles or 8K

[8K times are adjusted +0.58% to 5-mile distance]

Women (164 results)			Time	Pace (MM)	Men (228 results)			Time	Pace (MM)	
1 Kir S	Westfield Turkey Trot	11/26/11	30:29	6:06	(11)	1 Joseph P	Join the Voices 5M	12/04/11	26:44	5:21 (11)
2 Jennifer B	NYRR Team Championship	8/06/11	31:30	6:18		2 Alex A	Join the Voices 5M	12/04/11	26:49	5:22
3 Evelyn A	NYRR Team Championship	8/06/11	32:16	6:27		Alex A	Ashenfelter 8000m	11/24/11	26:51	5:22
4 Beth T	Join the Voices 5M	12/04/11	32:36	6:31	R	Jeremy A	Join the Voices 5M	12/04/11	26:52	5:22
5 Kimberly D	NYRR Team Championship	8/06/11	33:05	6:37		5 Joseph P	Ashenfelter 8000m	11/24/11	27:03	5:25
6 Jennifer Herring	NYRR Team Championship	8/07/10	34:07	6:49	(10)	6 Jeremy A	Garden City Turkey Trot	11/24/11	27:11	5:26
7 Alexis D	NYRR Team Championship	8/06/11	34:19	6:52		7 Joseph P	NYRR Team Championship	8/06/11	27:30	5:30
8 Jennifer Herring	NYRR Team Championship	8/06/11	34:27	6:53		8 Jyrki R	Join the Voices 5M	12/04/11	27:41	5:32
Megan K	NYRR Team Championship	8/06/11	34:29	6:54		9 John L	Join the Voices 5M	12/04/11	27:57	5:35
10 Jennifer Herring	Join the Voices 5M	12/04/11	34:47	6:57		10 Jeremy A	NYRR Team Championship	8/06/11	28:05	5:37
Tessa B	NYRR Team Championship	8/06/11	34:49	6:58		Jyrki R	Portugal Day 5M	6/19/11	28:06	5:37
Andrea H	NYRR Team Championship	8/06/11	34:51	6:58		12 Dave K	NYRR Team Championship	8/07/10	28:09	5:38 (10)
13 Evelyn A	Fred Lebow Classic 5M	1/09/11	34:56	6:59		13 Jyrki R	NYRR Team Championship	8/06/11	28:13	5:39
14 Emily B	Join the Voices 5M	12/04/11	34:59	7:00		14 Paul W	Portugal Day 5M	6/19/11	28:35	5:43
Andrea H	Join the Voices 5M	12/04/11	34:59	7:00		15 Chris M	Join the Voices 5M	12/04/11	28:41	5:44
	<i>Top Quartile* (faster than 75% of results)</i>		38:36	7:43			<i>Top Quartile*</i>		31:42	6:20
	<i>Median* (faster than 50% of results)</i>		44:18	8:52			<i>Median*</i>		35:06	7:01

Masters Women

1 Wams W	NYRR Team Championship	8/06/11	37:39	7:32
2 Michelle M	Join the Voices 5M	12/04/11	37:56	7:35
3 Rosa S	NYRR Team Championship	8/06/11	38:19	7:40

Women, Notable Recent Performances

16 Shay D	Join the Voices 5M	12/04/11	35:19	7:04
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Masters Men

1 Scott B	Hudson River Park 5M	10/23/10	32:37	6:31
2 Dan D	Join the Voices 5M	12/04/11	32:53	6:35
3 Ben K	Fred Lebow Classic 5M	1/09/11	38:36	7:43

Men, Notable Recent Performances

17 Adam B	Join the Voices 5M	12/04/11	28:54	5:47
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FASTEST PERFORMANCES, 1M to MARATHON, continued

Fastest races, 10K

Women (294 results)			Time	Pace (MM)
1	Carrie A	Scotland Run	4/07/12	40:17 6:29 R+
2	Kimberly D	Scotland Run	4/10/11	40:25 6:30 (11)
3	Evelyn A	Scotland Run	4/10/11	40:50 6:34
4	Colleen E	Great Cow Harbor 10K	9/17/11	40:56 6:35
	Megan K	Scotland Run	4/10/11	40:59 6:36
6	Evelyn A	Get Outside on Governor's	6/26/11	41:18 6:39
7	Beth T	NYC Rock 'n' Roll 10K	10/22/11	41:39 6:42 R
8	Evelyn A	NYRR Mini 10K	6/11/11	41:44 6:43
	Dayle G	Joe Kleinerman 10K	1/07/12	41:44 6:43 R
10	Kimberly D	NYRR Mini 10K	6/11/11	42:04 6:46
	Megan K	NYRR Mini 10K	6/11/11	42:07 6:47
12	Shay D	Scotland Run	4/10/11	42:20 6:49
	Evelyn A	Joe Kleinerman 10K	12/05/10	42:21 6:49 (10)
14	Alexis D	Joe Kleinerman 10K	12/05/10	42:37 6:52
15	Shay D	Joe Kleinerman 10K	12/05/10	43:07 6:56
16	Jennifer Herring	NYRR Mini 10K	6/11/11	43:18 6:58
	Megan K	Joe Kleinerman 10K	12/05/10	43:19 6:58
18	Dayle G	Scotland Run	4/07/12	43:25 6:59 R
19	Wams W	Healthy Kidney 10K	5/14/11	43:41 7:02
20	Cate K	Scotland Run	4/07/12	44:04 7:06 R
21	Leslie B	Scotland Run	4/07/12	44:11 7:07 R
22	Jennifer Herring	Joe Kleinerman 10K	12/05/10	44:49 7:13
	Andrea H	NYRR Mini 10K	6/11/11	44:49 7:13
24	Patricia C	Scotland Run	4/07/12	45:01 7:15 R
25	Emily B	NYC Rock 'n' Roll 10K	10/22/11	45:05 7:15
		<i>Top Quartile* (faster than 75% of results)</i>		49:35 7:59
		<i>Median* (faster than 50% of results)</i>		55:15 8:53

Masters Women

1	Wams W	Healthy Kidney 10K	5/14/11	43:41 7:02
2	Patricia C	Scotland Run	4/07/12	45:01 7:15 R
3	Kristine B	Scotland Run	4/07/12	47:41 7:40 R
4	Michelle M	Scotland Run	4/07/12	48:12 7:45
5	Sarah T	Scotland Run	4/10/11	48:34 7:49

Women, Notable Recent Performances

28	Emily R	Scotland Run	4/07/12	45:22 7:18
30	Patricia T	Scotland Run	4/07/12	45:31 7:20
38	Anne B	Scotland Run	4/07/12	46:32 7:29
51	Edda S	Scotland Run	4/07/12	47:26 7:38 R
56	Kristine B	Scotland Run	4/07/12	47:41 7:40 R

Fastest race paces, 15K to 10 miles

Women (56 results)			Time	Pace (MM)
1	Carrie A	Colon Cancer 15K	4/01/12	1:02:53 6:45 R+
2	Megan K	Cherry Tree 10 Mile Run	2/20/11	1:09:12 6:55 (11)
3	Colleen E	Cherry Tree 10 Mile Run	2/19/12	1:09:47 6:59
4	Megan K	Ted Corbitt 15K	12/19/10	1:06:40 7:09 (10)
	Evelyn A	Ted Corbitt 15K	12/19/10	1:06:41 7:09
6	Shay D	Ted Corbitt Classic 15K	12/17/11	1:07:33 7:15
7	Andrea H	Cherry Tree 10 Mile Run	2/20/11	1:13:54 7:23
8	Tessa B	Cherry Tree 10 Mile Run	2/20/11	1:14:58 7:30
9	Michelle M	Colon Cancer 15K	4/01/12	1:12:00 7:43
10	Wams W	Ted Corbitt Classic 15K	12/17/11	1:12:09 7:44
		<i>Top Quartile* (faster than 75% of results)</i>		1:16:53 8:15 (15K)
		<i>Median* (faster than 50% of results)</i>		1:24:48 9:06 (15K)

Masters Women

1	Michelle M	Colon Cancer 15K	4/01/12	1:12:00 7:43
2	Annette V	Ted Corbitt 15K	12/19/10	1:18:53 8:28

Women, Notable Recent Performances

13	Laura J	Colon Cancer 15K	4/01/12	1:16:31 8:13
17	Neeti D	Cherry Blossom 10M	4/01/12	1:23:04 8:18 R
28	Betsy C	Cherry Tree 10 Mile Run	2/19/12	1:30:17 9:02

Men (295 results)			Time	Pace (MM)
1	Joseph P	NYC Rock 'n' Roll 10K	10/22/11	33:17 5:21 (11)
2	Adam B	Scotland Run	4/07/12	34:11 5:30 +
3	Rei O	Scotland Run	4/07/12	34:33 5:34 R
	John L	Scotland Run	4/07/12	34:33 5:34
5	Jyrki R	Scotland Run	4/10/11	34:37 5:34
	Jeremy A	Cystic Fibrosis Run to Bre	7/10/11	34:37 5:34
7	Jyrki R	Scotland Run	4/07/12	34:45 5:36
8	Alex A	NYC Rock 'n' Roll 10K	10/22/11	35:21 5:41
9	Jyrki R	Get Outside on Governor's	6/26/11	35:35 5:44
10	Chris M	Scotland Run	4/07/12	35:57 5:47
	Jyrki R	River View Run 10K	10/02/11	35:59 5:48
12	Josh N	Scotland Run	4/03/10	36:23 5:51 (10)
13	Matt W	Scotland Run	4/10/11	36:55 5:56
14	Tommy P	Scotland Run	4/10/11	37:10 5:59
	Paul W	Joe Kleinerman 10K	1/07/12	37:11 5:59
16	Dave K	NYRR Dash & Splash	7/10/10	37:16 6:00
	Josh N	Joe Kleinerman 10K	12/06/09	37:18 6:00 (09)
	Paul W	Scotland Run	4/07/12	37:20 6:00
	Jyrki R	CitiTri Prospect Park 10K	11/13/11	37:21 6:01
20	Paul W	Scotland Run	4/10/11	37:29 6:02
21	Luciano R	Scotland Run	4/10/11	37:41 6:04
22	Tommy P	Joe Kleinerman 10K	12/05/10	37:51 6:05
	Tom F	Scotland Run	4/10/11	37:52 6:06
	Rob Y	Scotland Run	4/10/11	37:53 6:06
25	Anthony C	Scotland Run	4/07/12	37:59 6:07
		<i>Top Quartile*</i>		41:11 6:38
		<i>Median*</i>		46:21 7:28

Masters Men

1	Brandon C	Scotland Run	4/10/11	38:19 6:10
2	Scott B	Scotland Run	4/07/12	39:41 6:23
3	Jason C	Scotland Run	4/07/12	41:11 6:38 R
4	Gordon S	Healthy Kidney 10K	5/14/11	41:24 6:40
5	Keith S	Scotland Run	4/10/11	42:23 6:49

Men, Notable Recent Performances

33	Simon D	Scotland Run	4/07/12	38:39 6:13
34	Marvin Y	Scotland Run	4/07/12	38:43 6:14
35	Mike O	Scotland Run	4/07/12	38:44 6:14
48	Warren L	Scotland Run	4/07/12	39:38 6:23
49	Scott B	Scotland Run	4/07/12	39:41 6:23

Men (90 results)			Time	Pace (MM)
1	Joseph P	Ted Corbitt Classic 15K	12/17/11	0:52:23 5:37 (11)
2	Jeremy A	Ted Corbitt Classic 15K	12/17/11	0:52:51 5:40
3	Jyrki R	Colon Cancer 15K	4/01/12	0:53:24 5:44 +
4	Jyrki R	Ted Corbitt Classic 15K	12/17/11	0:53:38 5:45
5	Jyrki R	Battle of Brooklyn 10M	8/21/11	0:59:20 5:56
6	Paul W	Cherry Tree 10 Mile Run	2/19/12	1:00:02 6:00
7	Paul W	Battle of Brooklyn 10M	8/21/11	1:00:28 6:03
	Paul W	Colon Cancer 15K	4/01/12	0:56:22 6:03
9	Tommy P	Cherry Tree 10 Mile Run	2/19/12	1:02:05 6:13
10	Paul W	Colon Cancer 15K	3/27/11	0:57:58 6:13
		<i>Top Quartile*</i>		1:01:39 6:37 (15K)
		<i>Median*</i>		1:10:20 7:33 (15K)

Masters Men

1	Scott B	Ted Corbitt 15K	12/19/10	1:02:29 6:42
2	Gordon S	Colon Cancer 15K	3/27/11	1:02:58 6:45

Men, Notable Recent Performances

17	Marvin Y	Cherry Tree 10 Mile Run	2/19/12	1:04:21 6:26
20	David P	Cherry Blossom 10M	4/01/12	1:06:00 6:36 R
21	Mike O	Cherry Blossom 10M	4/01/12	1:06:05 6:36

FASTEST PERFORMANCES, 1M to MARATHON, continued

Fastest races, Half Marathon

Women (319 results)			Time	Pace (MM)
1 Kir S	NYC Half Marathon	3/18/12	1:22:35	6:18 +
2 Carrie A	NYC Half Marathon	3/18/12	1:28:13	6:44 R
3 Megan K	Grete's Great Gallop	10/01/11	1:28:24	6:45 (11)
4 Carrie A	More Half Marathon	4/15/12	1:30:01	6:52 R
5 Kinjal P	NYC Half Marathon	3/18/12	1:30:24	6:54 R
6 Colleen E	13.1 NY - Half Marathon	3/24/12	1:30:34	6:55
7 Beth T	NYC Half Marathon	3/18/12	1:31:09	6:57 R
8 Evelyn A	Brooklyn Half Marathon	5/21/11	1:31:23	6:58
Lindy F	More Half Marathon	4/15/12	1:31:26	6:58 R
Beth T	More Half Marathon	4/15/12	1:31:27	6:59 R
11 Jennifer Herring	NYC Half Marathon	3/20/11	1:32:45	7:05
Kimberly D	13.1 NY - Half Marathon	4/02/11	1:32:45	7:05
Megan K	Brooklyn Half Marathon	5/21/11	1:32:48	7:05
14 Megan K	Manhattan Half Marathon	1/22/11	1:33:25	7:08
15 Andrea H	Grete's Great Gallop	10/01/11	1:34:12	7:11
16 Jennifer Herring	NYC Half Marathon	3/18/12	1:34:29	7:12
17 Andrea H	NYC Half Marathon	3/18/12	1:35:00	7:15
18 Jennifer Herring	Brooklyn Half Marathon	5/21/11	1:35:10	7:16
Jennifer Herring	NYC Half Marathon	3/21/10	1:35:12	7:16 (10)
20 Evelyn A	Manhattan Half Marathon	1/22/11	1:35:20	7:16
21 Tessa B	NYC Half Marathon	3/18/12	1:35:50	7:19
22 Tessa B	Staten Island Half Maratho	10/09/11	1:36:23	7:21
23 Andrea H	More/Fitness Half Maratho	4/03/11	1:36:51	7:23
24 Andrea H	Brooklyn Half Marathon	5/21/11	1:37:11	7:25
25 Laura J	NYC Half Marathon	3/18/12	1:37:20	7:25
<i>Top Quartile* (faster than 75% of results)</i>			1:48:44	8:18
<i>Median* (faster than 50% of results)</i>			1:59:26	9:07

Masters Women

1 Wams W	NYC Half Marathon	3/20/11	1:39:45	7:37
2 Michelle M	Brooklyn Half Marathon	5/21/11	1:42:13	7:48
3 Rosa S	NYC Half Marathon	3/20/11	1:47:09	8:10
Kristine B	More Half Marathon	4/15/12	1:47:15	8:11 R
5 Annette V	Manhattan Half Marathon	1/22/11	1:52:39	8:36

Women, Notable Recent Performances

28 Kristin C	More Half Marathon	4/15/12	1:38:30	7:31 R
46 Michelle M	NYC Half Marathon	3/18/12	1:42:58	7:51
48 Elizabeth M	NYC Half Marathon	3/18/12	1:43:04	7:52
55 Patricia T	New Orleans Rock 'n' Roll	3/04/12	1:44:37	7:59
56 Kristy L	NYC Half Marathon	3/18/12	1:44:39	7:59 R

Fastest races, Marathon

Women (136 results)			Time	Pace (MM)
1 Kir S	NYC Marathon	11/06/11	2:59:28	6:51 (11)
2 Jennifer B	NYC Marathon	11/06/11	3:00:47	6:54
3 Kimberly D	Pocono Run for the Red M	5/15/11	3:07:00	7:08
4 Kimberly D	NYC Marathon	11/06/11	3:11:29	7:18
5 Colleen E	NYC Marathon	11/06/11	3:11:48	7:19
6 Megan K	Ocean Drive (NJ) Maratho	3/26/11	3:14:21	7:25
7 Susan P	NYC Marathon	11/06/11	3:28:19	7:57 R
8 Masako S	NYC Marathon	11/07/10	3:29:57	8:00 (10)
9 Wams W	Boston Marathon	4/18/11	3:31:54	8:05
Masako S	Hartford Marathon	10/09/10	3:32:00	8:05
Andrea H	Marine Corps Marathon	10/30/11	3:32:11	8:06
12 Patricia T	Lehigh Valley Marathon	9/11/11	3:32:40	8:07
Shay D	Philadelphia Marathon	11/20/11	3:32:40	8:07
14 Megan K	NYC Marathon	11/07/10	3:32:59	8:07
15 Masako S	Boston Marathon	4/18/11	3:34:57	8:12
<i>Top Quartile* (faster than 75% of results)</i>			3:46:29	8:38
<i>Median* (faster than 50% of results)</i>			4:09:57	9:32

Masters Women

1 Wams W	Boston Marathon	4/18/11	3:31:54	8:05
2 Michelle M	Lehigh Valley Marathon	9/11/11	3:42:00	8:28
3 Martina C	NYC Marathon	11/06/11	3:49:45	8:46

Women, Notable Recent Performances

79 Patricia T	Boston Marathon	4/16/12	4:21:05	9:57
83 Sonia C	Boston Marathon	4/16/12	4:22:11	10:00
87 Lisa C	New Orleans Rock 'n' Roll	3/04/12	4:26:58	10:11

Men (385 results)			Time	Pace (MM)
1 Jeremy A	NYC Half Marathon	3/18/12	1:13:37	5:37 +
2 Steve R	NYC Half Marathon	3/18/12	1:14:56	5:43
3 Adam B	NYC Half Marathon	3/18/12	1:15:29	5:45
4 Rei O	NYC Half Marathon	3/18/12	1:16:23	5:50 R
5 Jyrki R	Staten Island Half Maratho	10/09/11	1:17:27	5:54 (11)
6 Steve R	Providence Rock-and-Roll	8/12/11	1:18:20	5:59
7 Josh N	NYC Half Marathon	3/20/11	1:18:54	6:01
Steve R	13.1 NY - Half Marathon	3/24/12	1:18:55	6:01
9 Josh N	NYC Half Marathon	3/21/10	1:19:06	6:02 (10)
10 Paul W	Brooklyn Half Marathon	5/21/11	1:19:29	6:04
11 Jyrki R	Queens Half Marathon	7/30/11	1:19:55	6:06
12 Paul W	Fairfield Half Marathon	6/26/11	1:20:42	6:09
Tommy P	Long Island Half Marathon	5/01/11	1:20:48	6:10
Josh N	Brooklyn Half Marathon	5/21/11	1:20:54	6:10
15 Jeremy A	Grete's Great Gallop	10/01/11	1:21:01	6:11
Tommy P	Fairfield Half Marathon	6/26/11	1:21:02	6:11
Paul W	NYC Half Marathon	3/18/12	1:21:02	6:11
18 Paul W	Staten Island Half Maratho	10/09/11	1:21:12	6:12
19 Matt W	Suntrust (DC) National Hal	3/26/11	1:21:51	6:15
20 Alex A	Brooklyn Half Marathon	5/22/10	1:22:02	6:15
21 Matt W	NYC Half Marathon	3/18/12	1:22:13	6:16
Paul W	Grete's Great Gallop	10/01/11	1:22:15	6:16
23 Tommy P	Staten Island Half Maratho	10/10/10	1:22:28	6:17
Brandon C	NYC Half Marathon	3/20/11	1:22:33	6:18
Tommy P	Bronx Half Marathon	8/15/10	1:22:39	6:18
<i>Top Quartile*</i>			1:31:50	7:00
<i>Median*</i>			1:42:59	7:51

Masters Men

1 Brandon C	NYC Half Marathon	3/20/11	1:22:33	6:18
2 Yoshinori S	NYC Half Marathon	3/18/12	1:23:19	6:21 R
3 Dan D	Staten Island Half Maratho	10/09/11	1:28:40	6:46
4 Gordon S	Manhattan Half Marathon	1/22/11	1:31:29	6:59
5 Scott B	Brooklyn Half Marathon	5/21/11	1:31:50	7:00

Men, Notable Recent Performances

26 Luciano R	NYC Half Marathon	3/18/12	1:22:42	6:19
32 Yoshinori S	NYC Half Marathon	3/18/12	1:23:19	6:21 R
33 Anthony C	NYC Half Marathon	3/18/12	1:23:36	6:23
38 Mike O	NYC Half Marathon	3/18/12	1:24:59	6:29
42 Mwangi G	13.1 NY - Half Marathon	3/24/12	1:25:50	6:33

Men (210 results)			Time	Pace (MM)
1 Jyrki R	Philadelphia Marathon	11/20/11	2:36:45	5:59 (11)
2 Jyrki R	Boston Marathon	4/18/11	2:38:51	6:04
3 Jeremy A	NYC Marathon	11/06/11	2:45:20	6:18
4 Steve R	NYC Marathon	11/06/11	2:50:57	6:31
5 Tommy P	NYC Marathon	11/07/10	2:51:43	6:33 (10)
6 Tommy P	Pocono Run for the Red M	5/15/11	2:52:00	6:34
7 Tommy P	Boston Marathon	4/16/12	2:53:03	6:36 +
8 Tommy P	Suntrust (DC) National Mai	3/26/11	2:53:46	6:38
9 Josh N	NYC Marathon	11/01/09	2:55:07	6:41 (09)
10 Josh N	NYC Marathon	11/07/10	2:57:50	6:47
11 Andy W	Chicago Marathon	10/10/10	2:58:44	6:49
12 Mwangi G	Lehigh Valley Marathon	9/11/11	2:59:13	6:50
13 Luciano R	Lehigh Valley Marathon	9/11/11	2:59:29	6:51
14 Adam B	Lehigh Valley Marathon	9/11/11	3:00:27	6:53
15 Matt W	Boston Marathon	4/18/11	3:00:51	6:54
<i>Top Quartile*</i>			3:24:33	7:48
<i>Median*</i>			3:48:17	8:42

Masters Men

1 Charlie Justice	NYC Marathon	11/06/11	3:06:48	7:07
2 Brandon C	NYC Marathon	11/06/11	3:09:50	7:14
3 Dan D	Lehigh Valley Marathon	9/11/11	3:20:15	7:38

Men, Notable Recent Performances

37 Andy W	Boston Marathon	4/16/12	3:14:13	7:24
48 David P	Boston Marathon	4/16/12	3:20:23	7:39 R
64 Yoshinori S	Boston Marathon	4/16/12	3:31:58	8:05 R

LONGER DISTANCES

[Officially scored races on the Whippets calendar]

Fast Performances, 18 to 50 miles

Women				Time	Pace	Dist	Men				Time	Pace	Dist
Megan K	NYC Marathon Tune-Up (1	9/25/11	2:21:37	7:52	18M	Tommy P	NYC Marathon Tune-Up (1	9/19/10	1:59:44	6:39	18M		
Meghan G	NYC Marathon Tune-Up (1	9/19/10	2:32:53	8:30	18M	Paul W	NYC Marathon Tune-Up (1	9/25/11	2:00:06	6:40	18M		
Megan K	North Face Endurance Ch	5/07/11	6:16:02	12:06	31M	Damon S	Sybil Luddington 50K	4/16/11	4:35:02	8:51	31M		
Betsy G	Vermont 50K	9/26/10	7:26:04	14:21	31M	Sean K	North Face Endurance Ch	5/07/11	7:23:29	14:16	31M		
Megan K	Knickerbocker 60K	11/20/10	6:00:35	9:40	37M	Tommy P	Knickerbocker 60K	11/20/10	4:39:01	7:29	37M		
Elizabeth M	Knickerbocker 60K	11/20/10	6:41:21	10:46	37M	Anthony C	Knickerbocker 60K	11/19/11	5:32:30	8:55	37M		
Emily R	Knickerbocker 60K	11/19/11	6:57:45	11:12	37M	Jeff S	Knickerbocker 60K	11/21/09	5:36:47	9:02	37M		
						Josh N	JFK 50 Miler	11/20/10	7:42:01	9:14	50M		

FASTEST PERFORMANCES, SHORT RACES

[Timed track meets and short races that are listed on Whippets calendar]

Fastest races, 400m

[s/400 = Running pace in seconds per 400 meters]

Women (7 results)				Time	Pace (s/400)	Men (25 results)				Time	Pace (s/400)
1 Evelyn A	Wannabees Track Meet	09/17/11	1:06.6	66.6	(11)	1 Mwangi G	Tuesday Night Speed Seri	06/14/11	0:58.7	58.7	(11)
2 Patricia T	NBR McCarren Park Class	03/10/12	1:14.6	74.6	+	2 Matt W	Whippets Friendly Track M	06/04/11	0:59.0	59.0	
3 Megan K	Wannabees Track Meet	09/17/11	1:14.9	74.9		3 A.J. K	Whippets Friendly Track M	06/04/11	0:59.7	59.7	
4 Yumiko H	Whippets Friendly Track M	06/04/11	1:24.1	84.1		4 Marvin Y	Front Runners Indoor Trac	03/23/12	0:59.9	59.9	+
5 Maggie Z	Whippets Friendly Track M	06/04/11	1:26.1	86.1		5 Luke T	Front Runners Indoor Trac	03/18/11	1:00.6	60.6	

Fastest races, 800m

Women (11 results)				Time	Pace (s/400)	Men (39 results)				Time	Pace (s/400)
1 Evelyn A	Wannabees Track Meet	09/17/11	2:36.5	78.3	(11)	1 Alex A	Thursday Night at the Rac	02/25/10	2:13.6	66.8	(10)
2 Megan K	Whippets Friendly Track M	07/29/10	2:42.3	81.2	(10)	2 Alex A	Tuesday Night Speed Seri	05/04/10	2:15.1	67.6	
3 Megan K	Wannabees Track Meet	09/17/11	2:47.4	83.7		3 Alex A	Whippets Friendly Track M	07/29/10	2:16.7	68.4	
4 Alexis D	Front Runners Indoor Trac	03/18/11	2:50.7	85.4		4 Marvin Y	Front Runners Indoor Trac	03/18/11	2:17.0	68.5	(11)
5 Rita S	Tuesday Night Speed Seri	05/31/11	2:53.1	86.6		5 Mwangi G	Whippets Friendly Track M	06/04/11	2:17.9	69.0	
6 Emi M	Whippets Friendly Track M	06/04/11	2:53.8	86.9		6 Josh N	Thursday Night at the Rac	01/07/10	2:19.6	69.8	
7 Lisa C	Whippets Friendly Track M	07/29/10	2:56.4	88.2		7 Marvin Y	Thursday Night at the Rac	01/06/11	2:19.9	70.0	
8 Patricia T	Whippets Friendly Track M	06/04/11	2:56.5	88.3		8 Marvin Y	Thursday Night at the Rac	01/20/11	2:22.8	71.4	

Fastest races, 2 Mile (includes 3000m, 3200m)

Women (11 results)				Time	Pace (MM)	Men (24 results)				Time	Pace (MM)
1 Megan K	2 Mile - Whippets Friendly	06/04/11	11:57.7	5:59	(11)	1 Jeremy A	3200m - NBR McCarren Pa	03/10/12	10:14.4	5:09	+
2 Megan K	2 Mile - Front Runners Ind	03/18/11	12:24.2	6:12		2 Alex A	3000m - Thursday Night at	02/09/12	9:45.0	5:14	
3 Kimberly D	2 Mile - Front Runners Ind	03/18/11	12:33.8	6:17		3 Jyrki R	2 Mile - Whippets Friendly	06/04/11	10:46.0	5:23	(11)
4 Megan K	2 Mile - Thursday Night at	02/10/11	12:48.5	6:24		4 Alex A	2 Mile - Whippets Friendly	06/04/11	10:47.6	5:24	
5 Alexis D	2 Mile - Thursday Night at	02/10/11	12:53.4	6:27		5 Alex A	3200m - Whippets Friendly	07/29/10	10:52.5	5:28	(10)
6 Michelle M	2 Mile - Front Runners Ind	03/23/12	14:08.2	7:04	+	6 Paul W	2 Mile - Whippets Friendly	06/04/11	11:09.2	5:35	
7 Catie B	3000m - Thursday Night at	02/09/12	13:26.1	7:12		7 Eric P	2 Mile - Whippets Friendly	06/04/11	11:15.3	5:38	
8 Erin D	3200m - Whippets Friendly	07/29/10	14:51.0	7:28	(10)	Josh N	3200m - Whippets Friendly	07/29/10	11:12.6	5:38	

Fastest races, 4x400 Relay (must be all DWRT members)

Women (4 results)				Time	Pace (s/400)	Men & Coed (10 results)				Time	Pace (s/400)
1 Rita S team	Whippets Friendly Track M	6/04/11	5:11.0	77.8	(11)	1 Luciano R team	Whippets Friendly Track M	7/29/10	4:01.5	60.4	(10)
2 Emi M team	Whippets Friendly Track M	7/29/10	5:14.5	78.7	(10)	2 Mwangi G team	Whippets Friendly Track M	6/04/11	4:11.8	63.0	(11)
3 Patricia T team	Whippets Friendly Track M	7/29/10	5:37.5	84.4		3 Anthony C team	Front Runners Indoor Trac	3/18/11	4:14.4	63.6	
4 Emily G team	Whippets Friendly Track M	6/04/11	6:02.5	90.7		4 Luke T team	Tuesday Night Speed Seri	6/04/11	4:26.7	66.7	
						5 Rich H team	Whippets Friendly Track M	7/29/10	4:31.4	67.9	

Notes:

- Results are ONLY tabulated for timed races listed on the Whippets calendar.
- R Whippets rookie (defined as someone who joined the Whippets on or after 10/01/11)
- * Median and top quartile results are only displayed for races with 100 or more total results
- (09) (10) (11) Fastest result in past years
- + Fastest performance this year
- Data set: from 5/16/09 to 4/29/12