

## Time trial results, July 31st, 2025

**NOTE:** Starting this season, we are using a new age grade calculator, located here: <https://runbundle.com/tools/age-grading-calculator>. If you see any inaccuracies in your results, please contact Johannes.

### 400m Results & Standings

#### Individual Time Trial Results, 400m

Date	Position	Name	Age	Time	Age Graded Time	Age Perf %
Jul 31, 2025	1	Paolo T.	46M	01:04.0	00:58.6	73.5%
Jul 31, 2025	2	Melissa T.	45F	01:41.0	01:31.8	51.9%

#### Female Leaderboard (Age Graded), 400m

Position	Name	AG Time
1	Karren J.	01:08.7
2	Lauren F.	01:18.0
3	Melissa T.	01:31.8

#### Male Leaderboard (Age Graded), 400m

Position	Name	AG Time
1	Sam N.	00:57.5
2	Paolo T.	00:58.6
3	Michael K.	01:07.0
4	Bryan D.	01:11.8
5	Scott C.	01:12.7
6	Arnold U.	01:15.4
7	Aiden G.	01:17.0
8	Fabio S.	01:33.7
9	Dennis S.	01:39.2

### 800m Results & Standings

#### Individual Time Trial Results, 800m

Date	Position	Name	Age	Time	Age Graded Time	Age Perf %
Jul 31, 2025	1	Sam N.	28M	02:16.0	02:16.0	74.9%
Jul 31, 2025	2	Aidan G.	22M	02:52.0	02:52.0	59.3%
Jul 31, 2025	3	Scott C.	52M	02:54.0	02:31.4	67.3%
Jul 31, 2025	4	Marissa R.	33F	03:01.0	03:01.0	62.6%
Jul 31, 2025	5	Peter C.	56M	03:03.0	02:34.0	66.1%
Jul 31, 2025	6	Karen J.	62F	03:21.0	02:38.6	71.5%
Jul 31, 2025	7	Dennis S.	76M	05:53.0	04:10.0	40.7%

Female Leaderboard (Age Graded), 800m

Position	Name	AG Time
1	Karen J.	02:38.6
2	Marissa R.	02:58.0
3	Kylie P.	03:14.0
4	Melissa T.	03:20.7

Male Leaderboard (Age Graded), 800m

Position	Name	AG Time
1	Sam N.	02:16.0
2	Johannes S.	02:25.3
3	Scott C.	02:31.4
4	Peter C.	02:34.0
5	Michael K.	02:38.0
6	Bryan D.	02:41.9
7	Aidan G.	02:52.0
8	Ray Y.	03:03.0
9	Nick S.	03:11.2
10	Fabio S.	03:13.7

## 1500m Results & Standings

*Individual Time Trial Results, 1500m*

Date	Position	Name	Age	Time	Age Graded Time	Age Perf %
Jul 31, 2025	1	Scott C.	52M	05:51.0	05:06.6	67.2%
Jul 31, 2025	2	Peter C.	56M	05:52.0	04:57.7	69.2%
Jul 31, 2025	3	Melissa T.	45F	07:05.0	06:25.4	59.3%
Jul 31, 2025	4	Dennis S.	76M	11:53.0	08:18.7	41.3%

Female Leaderboard (Age Graded), 1500m

Position	Name	AG Time
1	Karren J.	05:10.4
2	Marissa R.	05:52.0
3	Lauren F.	06:15.0
4	Melissa T.	06:25.2

Male Leaderboard (Age Graded), 1500m

Position	Name	AG Time
1	Peter C.	04:57.7
2	Michael K.	05:06.0
3	Scott C.	05:06.6
4	Paolo T.	05:07.5
5	Bryan D.	05:19.6
6	Fabio S.	06:14.6
7	Nick S.	06:16.9
8	Dennis S.	07:25.8

## 3200m Results & Standings

Male Leaderboard (Age Graded), 3200m

Position	Name	AG Time
1	Johannes S.	11:58.1
2	Aidan G.	14:17.0