

# ALASKA WINTER STARS

## Fitness Tests'08-09

Date	Last Name	Sex	Class	400m	1000m	3km	5km	PU	SU	Dips	8-J	1-J	Box 90"
10/9/08	Anderson, Greta	F	J1					55/38	54/50	33/19			
Aug'08	Anderson, Greta	F	J1					63/45	50/48	25/14		6.4	
May'08	Anderson, Greta	F	J1		3:39	12:29		47/30	50/45	31/17	54.4	6.0	67
May'09	Anderson, Greta	F	OJ		3:32			48/22	60/54	23/7			68
May'09	Backstrum, Eric	M	j3				23:25	41/17	30/28	7/4	54.2	6.5	38
May'09	Backstrum, Kate	F	J1			12:25		56/30	42/32	12/11	55.7	6.6	51
10/9/08	Baker, Megan	F	J1					47/37	43/42	13/10			
May'08	Baker, Megan	F	J1					43/32	32/36	9/7			56
May'09	Baker, Megan	F	J1										
10/9/08	Besh, Carly	F	J2					44/21	51/31	11/7			47
Aug'08	Besh, Carly	F	J2					46/22	35/26	8/2			40
May'08	Besh, Carly	F	J2										
10/9/08	Besh, David	M	OJ					52/33	51/42	21/11			70
May'09	Besh, David	M	OJ				18:49	53/30	55/40	24/13	66.4	7.8	79
10/9/08	Besh, Michael	M	M					54/45	49/47	20/13			41
Aug'08	Besh, Michael	M	M					52/35	48/40	20/11		6.6	35
10/9/08	Beveridge, William	M	M					33/11	44/38	16/5			51
Aug'08	Butler, Alison	F	OJ					36/27	36/32	11/9		5.6	55
May'08	Butler, Becky	F	J2		3:55	13:10					7.0	53.10	
May'09	Butler, Becky	F	J1		3:34			49/24	53/49	8/8			75
May'09	Carpenter, Emily	F	J2										
Aug'08	Cartee, Katie	F	J2					59/26	44/34	15/8			53
10/9/08	Claerbout Ann	F	M					19/13	59/39	13/9			29
May'09	Coolidge, Kelsey	F	S		3:49	13:02		37/20		7/4	50.1	6.2	55
10/9/08	Cosgrave, Hugh	M	J2					60/51	47/37	12/7			56
May'09	Cosgrave, Hugh	M	J2				23:41	40/56	45/52	10/20	53.7	6.9	60
Aug'08	Crimp, James	M	OJ		2:55		17:24	43/19	58/49	8/6		6.11	86
May'08	Crimp, James	M	OJ		2:56		17:53				65.6	6.10	
May'09	Culver, Katy	F	J2					45/21	43/39	7/2			56
10/9/08	Doolen-Puglisi, Brenna	F	M					32/23	30/22	1/1			20
10/9/08	Dougherty, Andrew	M	J1					71/40	60/51	52/13			95
Aug'08	Dougherty, Andrew	M	J1		2:58			68/35	66/52	37/11		7.9	94
May'08	Dougherty, Andrew	M	J1		2:55		17:52	67/31	61/53	42/11	64.5	7.7	86
May'09	Dougherty, Andrew	M	OJ		2:56		18:01	72/44	59/51	50/15	65.10	8.0	97
10/9/08	Dougherty, Sam	M	J2					53/30	53/38	22/9			93
Aug'08	Dougherty, Sam	M	J2		3:16			40/21	50/40	16/5		6.11	84
May'08	Dougherty, Sam	M	J2				21:17	48/20	50/30	14/15	65.4	7.6	74
May'09	Dougherty, Sam	M	J1		3:10		20:05	59/34	56/45	19/12	66.1	7.3	97
10/9/08	DuBois, Greg	M	M										
Aug'08	DuBois, Greg	M	M				13:54	38/15	40/13	11/4		6.7	30
Aug'08	Dunlap-Shohl, Wiley	M	OJ					77/65	48/46	34/25		6.5	60
10/9/08	Eckets, Jane	F	M					47/30	42/42	11/5			42
Aug'08	Eckets, Jane	F	M			13:54		40/26	47/42	13/5		6.5	37
Aug'08	Edwards, Ira	M	m				21:54	52/13	60/33	20/8		7.7	63
10/9/08	Falcone, Sara	F	J1					35/39	46/37	8/8			50
Aug'08	Falcone, Sara	F	J1			13:17		39/30	33/32	2/8		5.8	55
May'08	Falcone, Sara	F	J1		4:01	13:41		36/31	36/36	1/1	49.0	6.2	56
May'09	Falcone, Sara	F	J1		3:58	13:57		44/35	34/35	2/10	48.10	6.4	66
May'09	Glen Amy	F	OJ										
10/9/08	Glen, John	M	J2					50/47	49/50	17/15			65
Aug'08	Glen, John	M	J2		3:45		25:06	32/30	35/36	16/12			56
May'08	Glen, John	M	J2				27:45.0	32/33	41/35	13/8	52.10	7.0	45
May'09	Glen, John	M	J2		3:43			52/41	43/42	11/8			73

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10/9/08	Gorman, Erik	M	OJ					43/21	56/52	27/13			76
May'08	Hagen , Noah	M	J1		2:56								
May'09	Hagen, Noah	M	J1				18:20	60/38	41/32	30/17	67.10	8.1	98
10/9/08	Hess, Austin	M	J2					47/45	50/57	12/11			79
10/9/08	Hess, Lauren	F	J1					30/20	50/30	13/9			
Aug'08	Hess, Lauren	F	J1					35/20	50/45			5.5	
May'09	Hess, Lauren	F	J1					41/30	47/34	19/11			55
Aug'08	Hinckley, Mike	m	S				17:46						
10/9/08	Kanady, Mackenzie	F	J2					70/39	64/56	24/7			70
Aug'08	Kanady, Mackenzie	F	J2		4:01			83/39	64/54	15/16		6.3	63
May'08	Kanady, Mackenzie	F	J2		4:08	14:52					49.3	6.0	
May'09	Kanady, Mackenzie	F	J1					64/49	61/53				64
Aug'08	Kanady, Rachelle	F	OJ		3:48	12:51		43/21	54/51	6/5		6.5	67
May'08	Kanady, Rachelle	F	OJ		3:43	13:42					52.6	6.9	
May'09	Kanady, Rachelle	F	S					44/14	45/42	6/7			56
10/9/08	Kennedy, Esther	F	J1					62/44	50/48	15/12			83
Aug'08	Kennedy, Esther	F	J1		3:15				51/52			6.1	85
May'09	Kennedy, Esther	F	J1		3:22			55/35	41/38	15/10			
Aug'08	Kirchner, Brian	M	OJ		2:54		17:10	56/44	59/54	35/28		8.1	100
May'08	Kirchner, Brian	M	OJ		2:56								
10/9/08	Kornfield , Tyler	M	J1					61/25	59/49	27/10			92
Aug'08	Kornfield , Tyler	M	J1										
May'08	Kornfield , Tyler	M	J1		2:47		17:22				68.10	7.11	
May'09	Kornfield, Tyler	M	OJ		2:44								
May'09	Lane, Jani	M	J1		2:43		17:04				67.10	7.11	
Date	Last Name	Sex	Class	400m	1000m	3km	5km	PU	SU	Dips	8-J	1-J	Box 90"
10/9/08	Liotta, Annie	F	J2					36/29	45/44	18/13			56
Aug'08	Liotta, Annie	F	J2		3:26			43/30	41/40	17/12		6.3	53
May'08	Liotta, Annie	F	J2		3:24			50/33	39/37	17/10			63
May'09	Liotta, Annie	F	J1		3:23	11:53		40/23	50/46	18/8	55.4	6.7	58
10/9/08	Liotta, Neil	M	J1					53/35	42/39	24/16			80
Aug'08	Liotta, Neil	M	J1		2:57			59/30	41/32	13/6		7.2	80
May'08	Liotta, Neil	M	J1		2:58			46/23	47/33	17/13			79
May'09	Liotta, Neil	M	OJ		2:57		18:55	47/32	41/30	11/8	63.7	7.3	85
10/9/08	Mamrol, Peter	M	J2					45/40	38/40	10/7			70
Aug'08	Mamrol, Peter	M	J2				23:41	30/28	34/37	5/3			59
May'08	Mamrol, Peter	M	J2		3:52		24:27.0				51.10	6.3	
May'09	Mamrol, Peter	M	J2		3:21		20:41	43/13	48/44	10/5	61.2	6.8	83
10/9/08	Mamrol. Rebecca	F	J1					36/22	50/44	8/4			67
Aug'08	Mamrol. Rebecca	F	J1		3:50	13:27		45/18	43/45	8/4		6.4	66
May'08	Mamrol. Rebecca	F	J1								55.2	6.0	
May'09	Mamrol. Rebecca	F	J1		3:57	14:36		30/19	50/46	9/4	53.8	6.7	73
May'09	McMullen, Mykaela	F	J3		3:50	12:29		27/22	41/25	7/3	48.2	5.9	32
May'09	Miller, Anna	F	J2					43/21	43/32	14/8			36
May'09	Miller, Madeline	F	J3										
May'08	Monaco, Bryce	M	J1				20:30				57.11	7.4	
May'09	Monaco, Bryce	M	J1		3:10			59/24	45/35	8/7	62.6	7.5	86
May'09	Nakada, Matre	F	J3										
10/9/08	Neeno, Jasmine	F	J2										
May'08	Neeno, Jasmine	F	J2			14:34					49.11	6.3	
May'09	Neeno, Jasmine	F	J1										
Aug'08	Packer, Eric	M	OJ				16:45	84/43	60/54	47/24		8.7	101
May'08	Packer, Eric	M	OJ		2:49		17:26	73/38	55/52	37/17	69.9	8.10	
10/9/08	Packer, Karina	F	J1					59/45	54/42	22/11			66

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Aug'08	Packer, Karina	F	J1		3:36	12:50		66/38	55/49	20/11		6.0	64
May'08	Packer, Karina	F	J1		3:48	12:56		51/33	61/53	21/9	50.8	5.11	58
May'09	Packer, Karina	F	J1		3:37	12:26		60/50	61/60	20/9	52.10	6.1	72
Aug'08	Patterson, Caitlin	F	OJ		3:18	11:05		26/21	58/59	8/5		5.9	48
May'08	Patterson, Caitlin	F	OJ			11:36					54.6	5.10	
May'09	Patterson, caitlin	F	OJ		3:23	10:57		31/18	54/56	6/6	54.2	5.11	
10/9/08	Patterson, Scott	M	J1					59/47	61/56	28/15			91
Aug'08	Patterson, Scott	M	J1		2:56		16:46	52/38	57/59	27/12		6.5	90
May'08	Patterson, Scott	M	J1		2:59		17:11	45/25	59/55	12/9	61.0	6.8	84
May'09	Patterson, Scott	M	J1		3:00		17:13	53/30	59/55	22/10	60.9	7.1	93
10/9/08	Price, Anna	F	J2					46/35	44/43	15/12			60
Aug'08	Price, Anna	F	J2		3:31	12:45							
May'09	Price, Anna	F	J2		3:38	12:42		44/37	42/40	14/10	55.4	6.7	63
10/9/08	Prince, Jake	M	J2					47/30	45/30	17/13			62
May'09	Pruszanski, Jordan	F	J2		3:56						50.2	5.10	
Aug'08	Pruszynski, Jordan	F	J2			13:02							
10/9/08	Ramey, Tristan	F	J2					56/44	43/37	24/16			44
Aug'08	Ramey, Tristan	F	J2			14:06		60/37	37/28	28/18		6.1	61
May'09	Ramey, Tristan	F	J1			14:40					54.5	5.10	
10/9/08	Rice Ken	M	M										
Aug'08	Rice Ken	M	M					57/33	44/43	16/10		6.1	43
10/9/08	Rogers, Emily	F	J1					65/44	59/47	33/11			72
Aug'08	Rogers, Emily	F	J1		3:33	12:53		61/45	48/36	21/12		6.2	74
May'08	Rogers, Emily	F	J1										
May'09	Rogers, Emily	F	J1					50/31	51/47	21/11			69
Aug'08	Rogers, Heidi	F	OJ					37/26	37/44	19/5		5.1	48
May'08	Rogers, Heidi	F	OJ										
Aug'08	Rogers, Rick	M	M					52/30	47/36	17/10		6	51
May'09	Roming, Dean	M	S									6.11	
10/9/08	Ross, Allison	F	J2					49/38	41/32	15/8			66
Aug'08	Ross, Allison	F	J2			13:34		51/25	28/21	8/4		6.5	65
May'08	Ross, Allison	F	J2		4:11	14:48		46/27	32/20	10/2	54.4	6.5	52
May'09	Ross, Allison	F	J1		4:04			46/23	39/24	7/4			63
Aug'08	Ryan, Megan	F	OJ					34/24	38/27	12/6		5.4	56
May'08	Ryan, Megan	F	OJ										
10/9/08	Stanley, Madigan	F	J1					40/25	30/25	15/10			
Aug'08	Stanley, Madigan	F	J1					44/25	35/27	11/9		5.5	46
May'08	Stanley, Madigan	F	J1			13:59					49.7	5.10	
10/9/08	Stutzel, Fred	M	M					44/22	52/40	28/14			66
Aug'08	Stutzel, Fred	M	M				22:14	39/22	52/31	29/14		7.8	62
10/9/08	Sudduck, Rich	M	M										
Aug'08	Sudduck, Rich	M	M				18:37	53/48	57/37	27/20			
Aug'08	Talbot, Cole	M	OJ		2:47		16:20	45/20	61/57	16/11		6.7	82
May'08	Talbot, Cole	M	OJ		2:50		16:54				58.10	6.4	
10/9/08	Talbot, Silas	M	J1					58/26	56/48	20/15			76
Aug'08	Talbot, Silas	M	J1				18:57						
May'08	Talbot, Silas	M	J1				18:50				70.8	7.6	
10/9/08	Tarbath, Forest	M	J2										
Aug'08	Tarbath, Forest	M	J2				26:42						
May'09	Tarbath, Forest	M	J2		3:43		23:42				53.7	6.4	
10/9/08	Todd, Kyle	m	J1					33/21	51/50	9/5			65
Aug'08	Todd, Kyle	m	J1					24/11	47/34	4/1		6.9	59
May'08	Todd, Kyle	m	J1				20:20	38/30	47/33	7/4	59.8	7.0	60
May'09	Todd, Kyle	M	J1				19:28				63.3	8.3	

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## Fitness Tests'08-09

Aug'08	Tower, Dana	F	OJ					36/21	36/28	25/11		6.4	
May'08	Tower, Dana	F	OJ										
May'09	Tower, Dana	F	OJ					36/16	35/10	9/5	54.2	6.9	52
10/9/08	Treinen, Lex	M	OJ					59/45	52/52	14/9			94
Aug'08	Treinen, Lex	M	OJ				16:48	53/43				7.1	90
May'08	Treinen, Lex	M	OJ		2:58		16:57	50/39	53/51	16/11	61.6	6.8	88
May'09	Treinen, Lex	M	OJ		2:54		16:42	61/57	50/53		64.2	7.7	98
Aug'08	Treinen, Max	M	S				16:30						
May'09	Treinen, Max	M	S		2:58		16:52				60.5	7.10	
	Treinen, Max	M	S				16:39				61.8	7.7	
10/9/08	Treinen, Nick	M	J1										
Aug'08	Treinen, Nick	M	J1				17:58	57/20	53/48	10/11		7.3	63
May'09	Treinen, Nick	M	J1		2:54		17:20				67.8	8.6	
10/9/08	Voris, Becky	F	M					13/23	47/35	2/2			21
May'09	Woods, Marion	F	J3					31/17	58/45	9/9	51.8	6.1	71
May'09	Yutrzeuka, Teagan	F	J2		15:06						54.3	6.4	
<i>Date</i>	<i>Last Name</i>	<i>Sex</i>	<i>Class</i>	<i>400m</i>	<i>1600m</i>	<i>3km</i>	<i>5km</i>	<i>PU</i>	<i>SU</i>	<i>Dips</i>	<i>8-J</i>	<i>1-J</i>	<i>Box 90"</i>
May'09	Baker, Erin	F	J3		8:01			29/20	24/25	12/7	54.9	6.0	44
May'09	Claman, Ben	M	J2			14:40		33/11	38/33	13/6	55.5	6.6	51
May'09	Culver Peter	m	J3					30/19	18/17	5/4			26
May'09	Glen Andy	M	J3		11:47			23/15	22/24	2/3	38.8	3.10	20
May'09	Klug, Bryant	M	J3		8:48			18/11	17/12	1/1	46.8	6.1	29
May'09	Miller, Bob	M	J4		9:01			41/41	36/26		44.10	5.8	30
May'09	Nakada, Fintan	M	J4		6:25								
May'09	Shayer, Eli	M	J3					62/20	40/36	14/7	49.6	6.3	43
May'09	Takagi, Seiji	M	J3					31/30	21/18	4/4			25
May'09	Miller, Anna	F	J2					43/21	43/32	14/8			36
May'09	Miller, Madeline	F	J3										
<i>Date</i>	<i>Last Name</i>	<i>Sex</i>	<i>Class</i>	<i>400m</i>	<i>1000m</i>	<i>3km</i>	<i>5km</i>	<i>PU</i>	<i>SU</i>	<i>Dips</i>	<i>8-J</i>	<i>1-J</i>	<i>Box 90"</i>
May'09	DuBois, Greg	M	M		4:19		25:49:00				54.4	6.7	
May'09	Doolen-Puglisi, Brena	F	M					22/20	24/17	4/3			23
May'09	Gangl, Melissa	F	M					35/25	39/24	8/7			30
May'09	Coolidge, Tom	M	M		3:43		20:08	50/30	42/21	31/12	52.5	6.11	48
May'09	Doolen, David	M	M					38/22	37/26	22/12			30
May'09	Suddock, Rich	M	M		3:24		19:22	69/39	45/41	41/23	59.6	7.6	71
May'09	Thorsness, Dan	M	M		3:48		22:01				61.10	7.8	
May'09	Rogers, Rick	M	M		3:40		21:14	50/25	51/32	22/11	51.11	6.3	49
May'09	Edwards, Ira	M	M				24:04	60/18	60/31	15/6	66.5	8.1	60
May'09	Slaughter, Mark	M	M					32/20	38/34	12/5			34
May'09	Besh Michael	M	M				22:27	38/33	47/38	17/11		6.10	39
May'09	Stutzer, Fred	M	M				22:31					58.9	7.5