

Potomac Valley Track Club
2009 Decathlon - 6/13/2009 to 6/14/2009
Falls Church HS, FallsChurch VA
Results - Decathlon

Men Decathlon

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
----- M17-18 -----											
1 Scott Campbell	11.44	6.34m	10.32m	1.63m	53.74	16.12	27.48m	3.09m	33.86m	5:02.6h	
Salem, VA	w: +0.0	w: 1.0	33-10.25	5-04.25		w: 1.1	90-02	10-01.5	111-01		
Age-Graded Mark:	11.03	6.82m	11.83m	1.67m	51.90	14.90	32.91m	3.35m	39.12m	4:49.0	
Age-Graded Percent:	88.81%	76.29%	51.19%	68.49%	83.22%	86.66%	44.44%	54.69%	39.73%	71.29%	
M17	5481	(765)	(661)	(505)	(488)	(650) 3069	(719)	(415)	(379)	(354)	(545)

2 Chase Rexroat	12.14	5.27m	11.80m	1.51m	52.94	18.10	28.41m	2.48m	29.10m	4:47.1h	
Front Royal, VA	w: +0.0	w: +0.0	38-08.75	4-11.5		w: 1.4	93-02	8-01.5	95-06		
Age-Graded Mark:	11.70	5.67m	13.53m	1.55m	51.12	16.73	34.03m	2.69m	33.62m	4:34.2	
Age-Graded Percent:	83.69%	63.42%	58.53%	63.45%	84.47%	77.18%	45.94%	43.89%	34.14%	75.13%	
M17 PVTC	4841	(624)	(435)	(594)	(396)	(684) 2733	(515)	(433)	(237)	(287)	(636)

3 James Urdahl	12.24	4.71m	8.19m	1.54m	55.84	16.97	16.75m	NH	38.40m	5:00.5h	
Owings, MD	w: +0.0	w: +0.0	26-10.5	5-00.5		w: 1.1	54-11		126-00		
Age-Graded Mark:	11.80	5.07m	9.39m	1.58m	53.92	15.69	20.06m		44.37m	4:47.0	
Age-Graded Percent:	83.01%	56.68%	40.63%	64.71%	80.09%	82.32%	27.09%		45.05%	71.78%	
M17 PVTC	4110	(605)	(328)	(378)	(419)	(565) 2295	(627)	(212)	(0)	(419)	(557)
----- M15-16 -----											
1 Derek Forthun	11.64	5.39m	10.50m	1.87m	56.24	18.74	26.67m	3.30m	42.18m	4:53.9h	
Monmouth Junction, NJ	w: +0.0	w: -0.6	34-05.5	6-01.5		w: 1.1	87-06	10-10	138-05		
Age-Graded Mark:	11.09	5.98m	12.63m	1.96m	53.49	16.82	33.82m	3.70m	51.94m	4:36.9	
Age-Graded Percent:	88.32%	66.79%	54.66%	80.26%	80.73%	76.79%	45.65%	60.33%	52.75%	74.42%	
M16	5289	(723)	(459)	(516)	(687)	(550) 2935	(455)	(399)	(431)	(474)	(595)

2 Mark Orloff	12.94	4.34m	6.70m	NH	58.34	22.12	17.62m	2.59m	18.09m	5:24.8h	
Herndon, VA	w: +0.0	w: 0.5	21-11.75			w: 1.4	57-10	8-06	59-04		
Age-Graded Mark:	12.33	4.81m	8.06m		55.49	19.85	22.34m	2.90m	22.27m	5:06.0	
Age-Graded Percent:	79.44%	53.78%	34.88%		77.82%	65.05%	30.16%	47.35%	22.62%	67.34%	
M16 PVTC	2753	(478)	(262)	(290)	(0)	(471) 1501	(201)	(228)	(262)	(136)	(425)

DNF Matt Hoogland	12.24	4.95m	10.70m	1.66m	54.84	19.45	25.49m	3.91m		DNS	
Springfield, VA	w: +0.0	w: 0.3	35-01.25	5-05.25		w: 1.4	83-07	12-10			
Age-Graded Mark:	11.80	5.33m	12.27m	1.71m	52.96	17.98	30.53m	4.24m			
Age-Graded Percent:	83.01%	59.57%	53.08%	69.75%	81.55%	71.83%	41.22%	69.2%			
M17 PVTC	DNF	(605)	(373)	(528)	(512)	(605)	(394)	(377)	(592)	(0)	(0)
----- M20-29 -----											
1 Doug Thomasey	12.27	5.70m	11.43m	1.84m	53.94	16.59	39.28m	4.11m	50.03m	4:40.4h	
Lynchburg, VA	w: +0.0	w: 0.8	37-06	6-00.5		w: 1.6	128-10	13-05.75	164-02		
Age-Graded Mark:	12.27	5.70m	11.43m	1.84m	53.94	16.59	39.28m	4.11m	50.03m	4:40.4	
Age-Graded Percent:	79.79%	63.69%	49.44%	75.1%	80.05%	77.82%	53.02%	66.94%	50.8%	73.47%	
M25	6230	(599)	(523)	(572)	(661)	(642) 2997	(668)	(650)	(648)	(589)	(678)

2 Steve Hoogland	12.90	4.91m	7.30m	1.54m	57.36	21.52	21.91m	3.30m	33.79m	4:21.3h	
Springfield, VA	w: +0.0	w: +0.0	23-11.5	5-00.5		w: 1.3	71-10	10-10	110-10		
Age-Graded Mark:	12.90	4.91m	7.30m	1.54m	57.36	21.52	21.91m	3.30m	33.79m	4:21.3	
Age-Graded Percent:	75.89%	54.86%	31.57%	62.86%	75.28%	59.99%	29.58%	53.75%	34.31%	78.84%	
M24 PVTC	4235	(485)	(365)	(325)	(419)	(507) 2101	(239)	(308)	(431)	(353)	(803)

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3	Denver Davis	12.90	4.57m	7.27m	1.42m	58.36	23.20	19.55m	1.98m	25.19m	5:15.5h		
	Fairfax, VA	w: +0.0	w: +0.0	23-10.25	4-07.75		w: 1.3	64-02	6-06	82-08			
	Age-Graded Mark:	12.90	4.57m	7.27m	1.42m	58.36	23.20	19.55m	1.98m	25.19m	5:15.5		
	Age-Graded Percent:	75.89%	51.06%	31.44%	57.96%	73.99%	55.65%	26.39%	32.25%	25.58%	65.29%		
	M26	3160	(485)	(303)	(323)	(331)	(471)	1913	(141)	(264)	(136)	(232)	(474)

DNF	Korosh Yazdanpanah	11.95	5.64m	10.21m	1.51m								
	Arlington, VA	w: +0.0	w: -0.1	33-06	4-11.5								
	Age-Graded Mark:	11.83	5.70m	10.39m	1.51m								
	Age-Graded Percent:	82.76%	63.73%	44.98%	61.63%								
	M20	2113	(685)	(523)	(509)	(396)	(0)	2113	(0)	(0)	(0)	(0)	(0)

DNF	Douglas Zimmer	12.14	6.23m	10.65m	1.84m	53.24			SCR				
	McLean, VA	w: +0.0	w: +0.0	34-11.25	6-00.5								
	Age-Graded Mark:	12.10	6.23m	10.65m	1.84m	53.24							
	Age-Graded Percent:	80.97%	69.61%	46.06%	75.1%	81.1%							
	M21	DNF	(631)	(637)	(525)	(661)	(671)		(0)	(0)	(0)	(0)	(0)

---- M30 ----													
1	Adam Alderton	11.34	6.34m	9.64m	1.66m	50.64	17.54	24.95m	3.40m	48.91m	4:51.5h		
	Alexandria, VA	w: +0.0	w: -0.1	31-07.5	5-05.25		w: 1.6	81-10	11-01.75	160-05			
	Age-Graded Mark:	11.34	6.34m	9.64m	1.67m	50.64	17.80	24.95m	3.40m	48.91m	4:51.5		
	Age-Graded Percent:	86.33%	70.84%	41.7%	68.31%	85.27%	72.52%	33.68%	55.37%	49.66%	70.67%		
	M34 PVTC	5764	(786)	(661)	(464)	(520)	(785)	3216	(543)	(366)	(457)	(572)	(610)

---- M40 ----													
1	James Barr	12.74	5.51m	12.15m	1.69m	1:01.80	19.52	36.64m	2.41m	45.51m	5:54.3h		
	Arlington, VA	w: +0.0	w: +0.0	39-10.5	5-06.5		w: 1.3	120-02	7-10.75	149-04			
	Age-Graded Mark:	12.17	6.12m	12.47m	1.86m	57.79	18.67	36.64m	2.66m	51.34m	5:32.6		
	Age-Graded Percent:	80.53%	68.45%	53.98%	76.13%	74.72%	69.16%	49.46%	43.35%	52.14%	61.94%		
	M41 PVTC	5409	(618)	(613)	(635)	(679)	(491)	3036	(504)	(597)	(277)	(608)	(387)

---- M50 ----													
1	Noel Ruebel	13.58	4.96m	11.13m	1.59m	1:03.62	16.69	37.73m	3.30m	34.64m	6:20.4h		
	Winston-Salem, NC	w: 0.6	w: -1.1	36-06.25	5-02.5		w: 0.9	123-09	10-10	113-08			
	Age-Graded Mark:	12.11	6.22m	12.76m	1.94m	55.47	16.27	37.73m	4.17m	44.30m	5:25.2		
	Age-Graded Percent:	80.85%	69.57%	55.21%	79.5%	77.85%	79.39%	50.93%	67.9%	44.99%	63.36%		
	M52	6162	(629)	(635)	(653)	(749)	(580)	3246	(703)	(619)	(665)	(505)	(424)

---- M55 ----													
1	Keith Mathis	13.86	4.57m	9.27m	1.50m	1:11.78	21.18	27.78m	1.77m	36.78m	6:58.30		
	Reisterstown, MD	w: 0.6	w: -0.6	30-05	4-11		w: 0.9	91-02	5-09.75	120-08			
	Age-Graded Mark:	11.97	6.13m	11.80m	1.94m	1:00.54	19.25	30.51m	2.41m	51.70m	5:42.22		
	Age-Graded Percent:	81.82%	68.52%	51.07%	79.37%	71.33%	67.09%	41.19%	39.25%	52.51%	60.2%		
	M56 PVTC	5072	(657)	(615)	(594)	(749)	(395)	3010	(411)	(474)	(222)	(614)	(341)

---- M60 ----													
1	Jeff Young	15.32	3.89m	10.15m	1.22m	1:31.53	22.58	19.01m	1.87m	22.34m	DNF		
	McLean, VA	w: 0.5	w: +0.0	33-03.75	4-00		w: 1.7	62-04	6-01.5	73-03			
	Age-Graded Mark:	12.82	5.60m	12.89m	1.67m	1:14.75	20.37	21.35m	2.76m	33.07m			
	Age-Graded Percent:	76.37%	62.64%	55.77%	68.54%	57.77%	63.42%	28.82%	45.06%	33.58%			
	M60	3498	(499)	(502)	(661)	(520)	(55)	2237	(321)	(297)	(300)	(343)	(0)

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---- M65 ----												
1	Richard Klehm	16.54	3.55m	9.86m	1.37m	DNF	22.64	32.37m	NH	27.87m	DNF	
	Spotsylvania, VA	w: 0.5	w: -0.4	32-04.25	4-06		w: 1.7	106-02		91-05		
	Age-Graded Mark:	13.43	5.52m	14.51m	2.00m		18.85	40.50m		45.97m		
	Age-Graded Percent:	72.91%	61.74%	62.76%	81.55%		68.51%	54.68%		46.68%		
	M65 PVTC	4095	(397)	(485)	(760)	(803)	(0) 2445	(446)	(675)	(0)	(529)	(0)

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	Points	100	LJ	SP	HJ	400 Day1	100H	DT	PV	JT	1500
----- W15-16 -----											
1 Caitlin Davis	14.03	4.02m	6.60m	1.37m	1:14.63	20.38	15.67m	1.87m	17.75m	7:20.50	
Clarksville, MD	w: 0.3	w: +0.0	21-08	4-06		w: 1.2	51-05	6-01.5	58-03		
Age-Graded Mark:	13.39	4.69m	8.93m	1.53m	1:08.72	18.00	19.21m	2.51m	27.07m	7:00.68	
Age-Graded Percent:	78.4%	62.42%	39.47%	73.26%	69.28%	67.86%	25.02%	48.83%	37.09%	55.26%	
W15 PVTC	2980	(599)	(312)	(309)	(481)	(228) 1929	(271)	(201)	(183)	(247)	(149)

2 Kelly Davis	14.41	4.34m	7.48m	1.37m	1:19.07	24.29	20.17m	2.18m	15.52m	7:26.50	
Clarksville, MD	w: 0.3	w: -1.0	24-06.5	4-06		w: 1.2	66-02	7-01.75	50-11		
Age-Graded Mark:	13.75	5.06m	10.12m	1.53m	1:12.80	21.45	24.73m	2.93m	23.67m	7:06.41	
Age-Graded Percent:	76.34%	67.39%	44.74%	73.26%	65.39%	56.94%	32.21%	56.92%	32.43%	54.52%	
W15 PVTC	2848	(541)	(388)	(366)	(481)	(132) 1908	(46)	(281)	(276)	(206)	(131)

DNF Lizzie Jagoe	14.16	4.33m	5.62m	1.22m							
Falls Church, VA	w: 0.3	w: +0.0	18-05.25	4-00							
Age-Graded Mark:	13.65	4.86m	7.03m	1.32m							
Age-Graded Percent:	76.91%	64.72%	31.1%	63.54%							
W16 PVTC	DNF	(579)	(386)	(247)	(331)	(0) 1543	(0)	(0)	(0)	(0)	(0)

----- W13-14 -----											
1 Cassidy Davis	14.43	4.09m	5.48m	1.32m	1:13.00	21.44	15.58m	1.67m	13.66m	6:42.00	
Clarksville, MD	w: 0.3	w: +0.0	17-11.75	4-04		w: 1.2	51-01	5-05.75	44-10		
Age-Graded Mark:	13.41	5.23m	5.48m	1.57m	1:04.50	21.44	15.58m	1.67m	13.66m	6:12.50	
Age-Graded Percent:	78.24%	69.56%	24.22%	75.43%	73.81%	56.95%	20.29%	32.43%	18.71%	62.41%	
W13 PVTC	2780	(539)	(329)	(238)	(429)	(269) 1804	(194)	(199)	(128)	(172)	(283)
