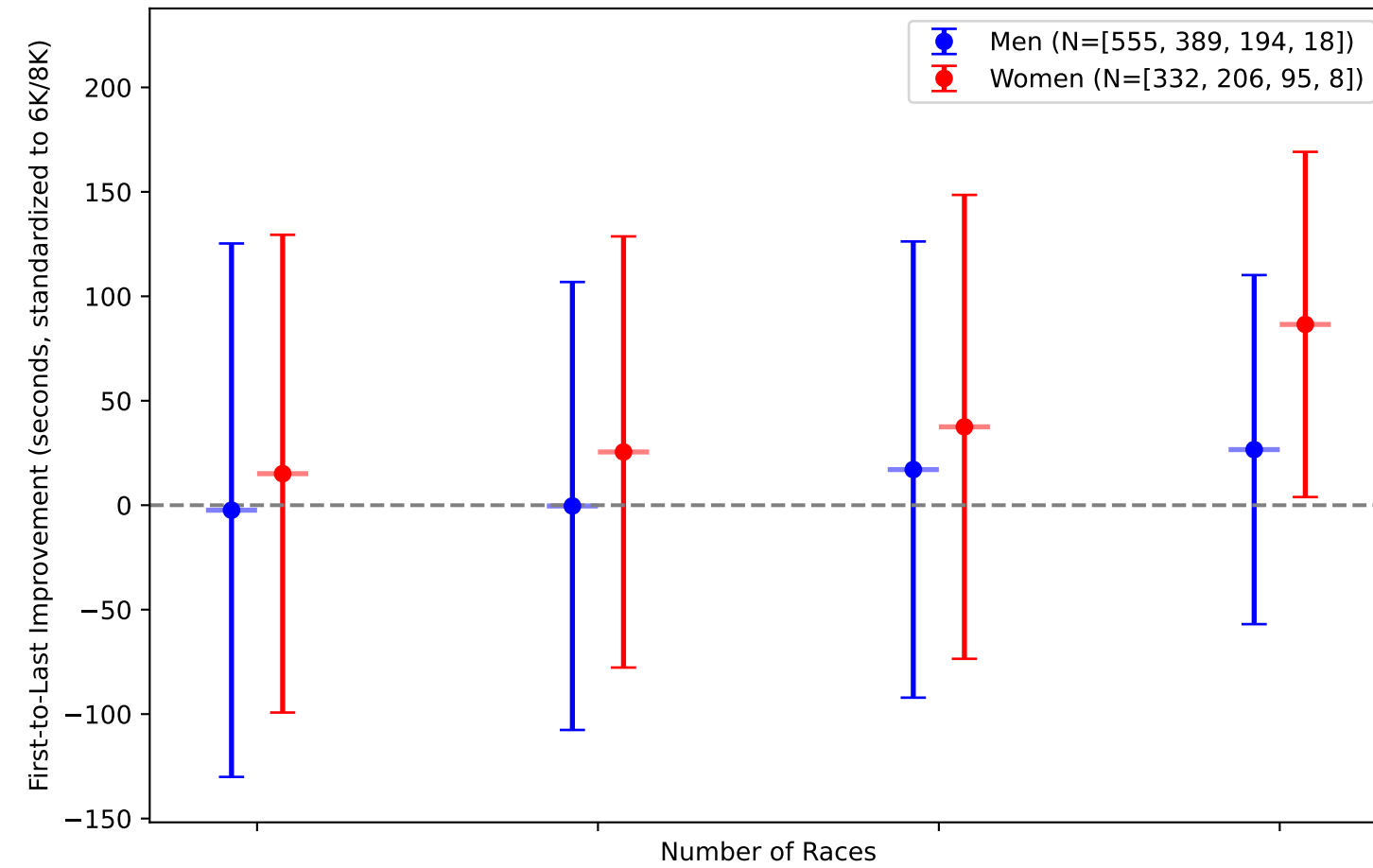
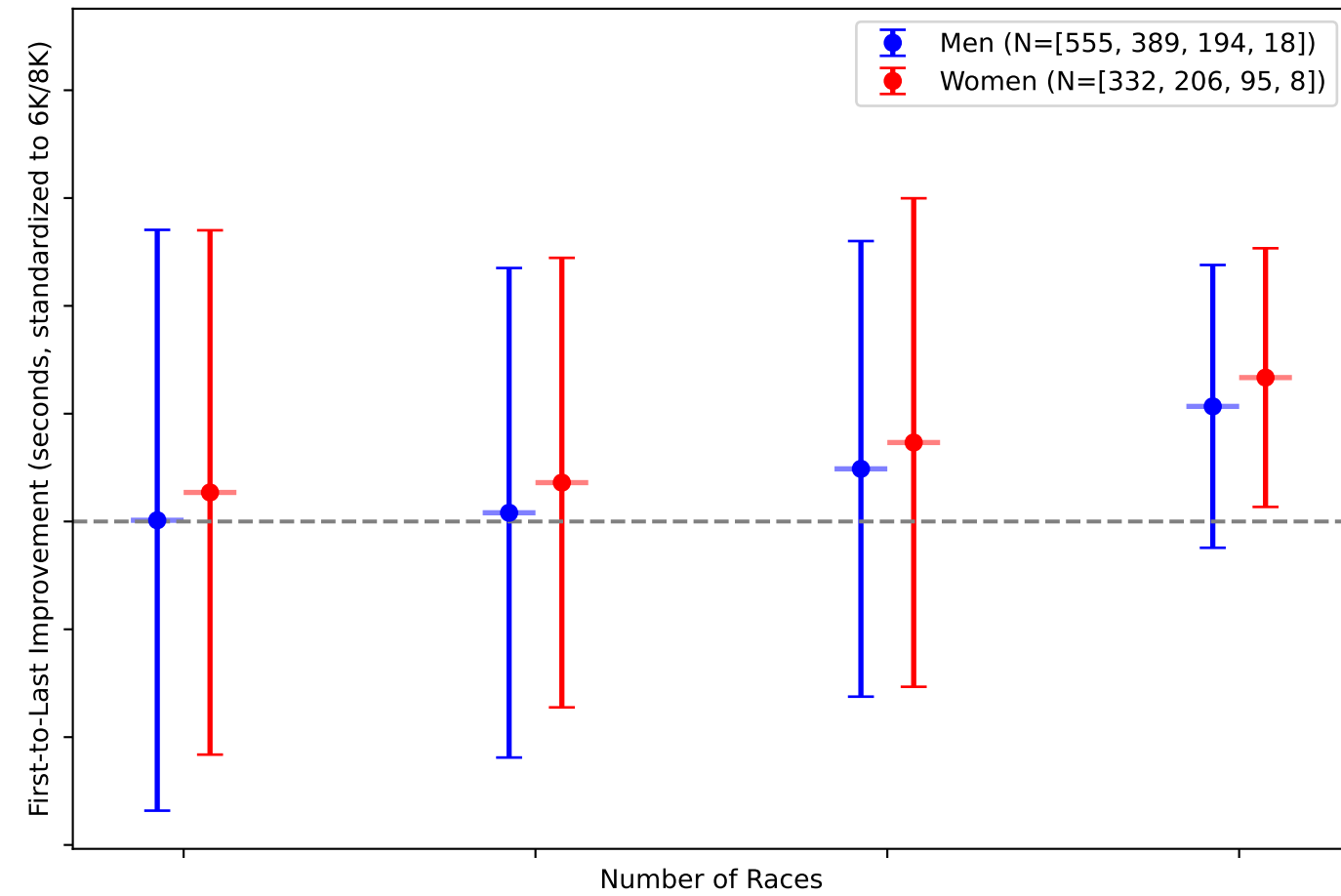


First-to-Last Race Improvement Comparison
All times standardized and converted: Women to 6K, Men to 8K
Standardized = weather/terrain/course adjustment; Converted = distance only
± IQR excluding nationals

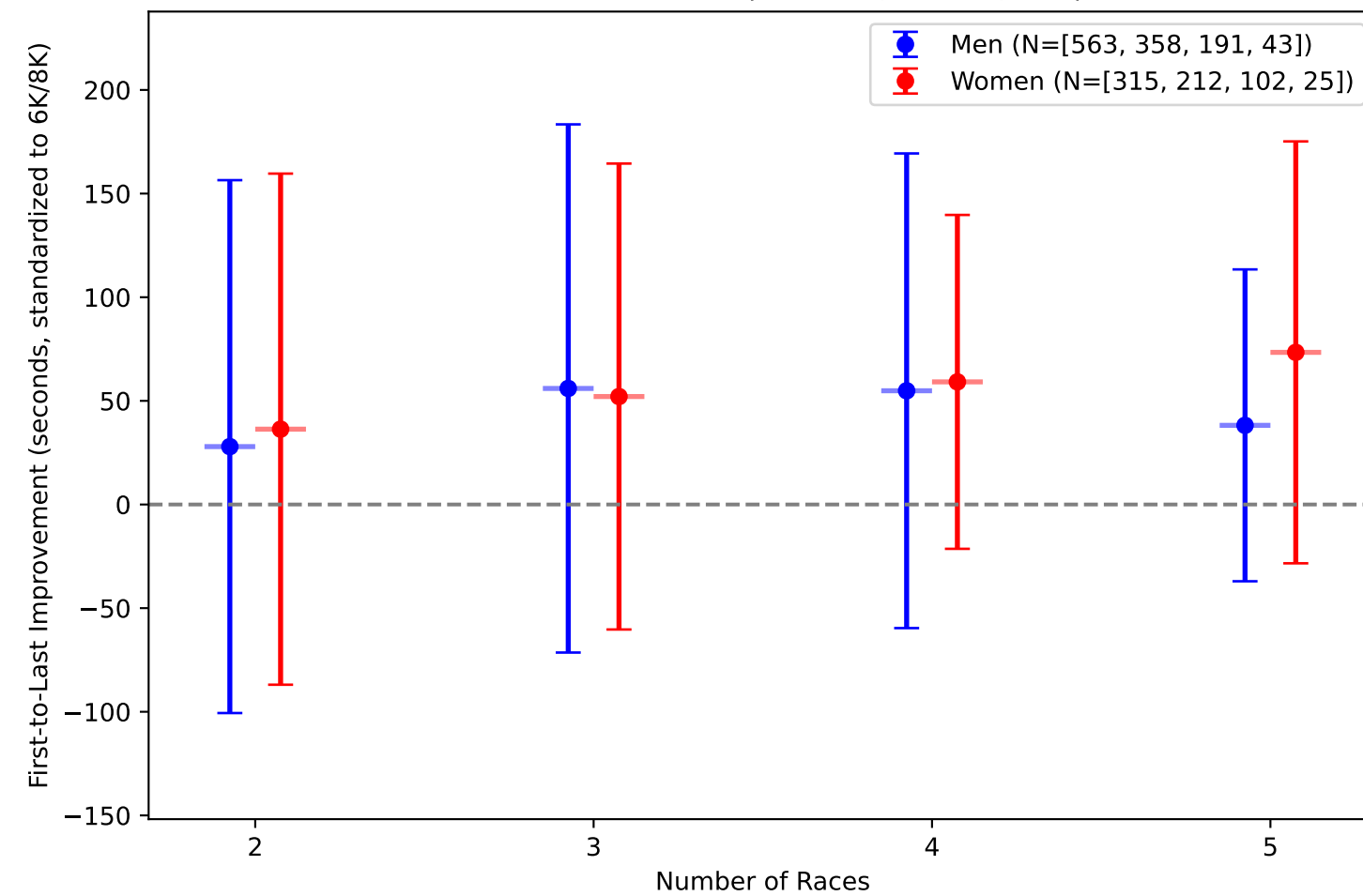
2023: Standardized (weather, terrain, etc.)



2023: Converted Only (distance)



2024: Standardized (weather, terrain, etc.)



2024: Converted Only (distance)

