



# CompuScore Newsletter

October, 2019



## September Recap

During the month of September we again had a lot of great performances and had the pleasure of timing 5594 athletes in 5Ks, 8K, 10Ks, and a few Triathlons. We ran some statistics we found interesting based on time and on PLP.

Overall	
All Finishers Count	3762
Avg Time	34:20
Avg PLP	48.11%

Masters (>= 40 years old)	
All Finishers Count	1958
Avg Time	35:15
Avg PLP	48.62%

Open Males	
Male Finishers Count	1959
Fastest Male Time	16:01
Highest Male PLP	84.14%
Male Avg Time	31:35
Male Avg PLP	49.65%

Masters Males	
Masters Male Finishers Count	1023
Masters Male Avg Time	32:21
Masters Male Avg PLP	50.25%

Open Females	
Females Finishers Count	1803
Fastest Females Time	19:13
Highest Females PLP	84.48%
Females Avg Time	37:20
Females Avg PLP	46.45%

Masters Females	
Masters Females Finishers Count	935
Masters Females Avg Time	38:25
Masters Females Avg PLP	46.83%

Distribution of Times	Count
16:00-19:59	79
20:00-29:59	1488
30:00-30:59	1314
40:00-40:59	502
50:00-60:00	280
60:00+	99

Distribution of PLP's	Count
90's	0
80's	7
70's	113
60's	509
50's	1061
40's	1098
30's	686
20's	278
10's	10

PLP: Performance Level Percentage, an age graded % that shows your level based on your gender and age;

Masters is greater than or equal to 40 years old.

These stats are only for the twenty-six 5K's timed in September

## Looking Ahead to October

In October we will have the pleasure of timing 40 events, some with multiple distances to choose from. You have a choice of, one 18 miler, two Half Marathons, one 6.66 mile run, one 12K, one 10K and thirty-seven 5Ks. These events are on weekdays as well as weekends. Check out the list of races:

## **UPCOMING EVENTS**

### **Local Wonder Woman is 6th Marathoner in the World**



ALEXANDER HASSENSTEIN GETTY IMAGES

Congratulations are in order for Randolph's Roberta Groner on her 6th overall, 1st American finish in Friday's brutal Marathon World Championships in Doha, Qatar. Toeing the line at midnight local time, in 90 degrees with 73% humidity, the 41 year old, full time nurse and mother to 3 boys, conquered the conditions and 6 loop course for a time of 2:38:44. Only 40 of the 68 world class athletes completed the race, some being taken away in wheelchairs and ambulances due to the extreme temperatures and humidity. Planning, perseverance and true NJ grit define Roberta's astounding performance despite these grueling conditions. Roberta credited her 3 boys for getting her through the race: "This is a dream," she said. "I've worked really hard and this is for them, to show them you can do things with hard work so just never give up. It doesn't matter how old you are, what you're doing, as long as you put your mind to it." We can't wait to see Roberta run the NYC Marathon in November. She has much more to offer the sport coming soon! It's an honor to know her and time her at local events. As her tribe would say, KFG.



# Skratch Labs

We recently reached out to you about what you would like to see in our Newsletter and what products you would like featured. This month we are featuring Skratch Labs, a performance sports nutrition product line. Find their 5 Tips for Better Fueling [Here](#).

## **Skratch Labs: Help without the Hurt**

We use real food, starting from scratch, to create sports nutrition that you actually want to eat. Our products taste better and feel better--because they have no artificial sweeteners, isolates, colors, or preservatives that might cause GI distress--to help you perform better.

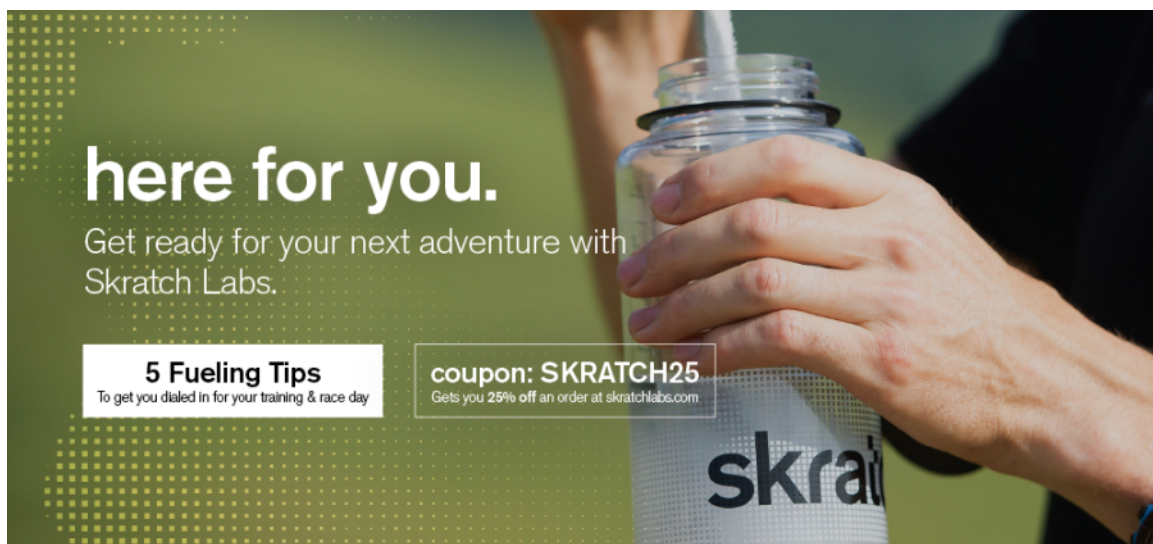
## **Our Story**

We were two pros who spent years on the Pro Cycling Tour watching our teammates eat terribly and suffer through bad-tasting sports "nutrition" that ruined their stomachs. So we did something about it. Skratch Labs started as a "secret drink mix" of real sugar, salt, and fruit powder, mixed together in a 5-gallon paint bucket. We wanted to help pro cyclists feel better and ride faster, and we did. Nearly a decade later, our approach is the same: help athletes perform better by solving their nutrition problems, without causing new ones, using real food ingredients. As we've learned in the kitchen and in our careers -- everything is better when you start from scratch.

## **Our Guarantee: We're Here to Help**

We guarantee that our products will help you perform better. If they don't, we'll help you find something else or refund your purchase. It's on us -- no matter where you bought them -- because we're here to help.

Use Coupon Code SKRATCH25 @ [skratchlabs.com](https://skratchlabs.com) to get 25% off



# Social Media

If you are not following us on social media, you are missing out. We highlight our upcoming races for the week, and try to have at least a few pictures or videos after the events are done. We also love following you to see your wonderful accomplishments. Follow us on [Facebook](#) and [Instagram](#).

## Questions

We would love to hear from you. If you have any positive feedback, questions or comments about how we can improve, or what you would love to see, please feel free to contact us at [info@compuscore.com](mailto:info@compuscore.com)