

[Nick Grinlinton](#) (NYRR profile)

[Athlinks Profile](#) (last updated Summer 2025)

[NYCRuns Profile](#)

Personal Bests:

1 mile (road): 4:46 New Balance 5th Ave Mile (2022)
5 kilometers (road): 16:17 NYRR Mindful 5k (2025)
10 kilometers (road): 34:10 Citizens Queens 10k (2024)
Half Marathon: 1:13:58 RBC Brooklyn Half Marathon (2024)
Marathon: 2:42:30 BMW Berlin Marathon (2024)

Event Name	Event Date	Distance	Finish Time	Pace	Gun Time	Overall Place	Gender Place	Age-Group Place	Age-Graded Time	Age-Graded Place	Age-Graded Percent
2025 Race to Deliver 4M to Benefit God’s Love We Deliver	23-Nov-25	4 miles	0:21:59	5:30	0:22:01	16	16	4	0:21:14	23	79.64%
2025 Chicago Marathon	12-Oct-25	Marathon	2:44:33	6:17		1176	1117	233			
2025 New Balance 5th Avenue Mile	07-Sep-25	1 mile	0:04:57	04:57	8:05:02	258	219	24	0:04:40	233	79.71%
2025 Percy Sutton Harlem 5K	09-Aug-25	5 km	0:16:36	05:21	0:16:39	32	32	7	0:15:56	41	81.50%
2025 Citizens Queens 10K	14-Jun-25	10 km	0:34:50	05:37	0:34:54	60	58	5	0:34:00	79	78.61%
2025 RBC Brooklyn Half	17-May-25	Half-Marathon	1:14:53	05:43	1:14:57	80	79	11	1:13:14	99	79.72%
2025 NYRR Mindful 5K	03-May-25	5 km	0:16:17	05:15	0:16:18	3	3	2	0:15:38	4	83.10%
2025 Run as One 4M Presented by JPMorgan Chase	06-Apr-25	4 miles	0:21:24	05:21	0:21:26	38	38	4	0:20:40	61	81.81%
2025 United Airlines NYC Half	16-Mar-25	Half-Marathon	1:15:06	05:44	1:15:21	137	116	15	1:13:28	148	79.48%
2025 NYRR Manhattan 10K	02-Feb-25	10 km	0:34:12	05:31	0:34:14	11	11	1	0:33:32	11	79.69%
2025 NYCRUNS Frozen Pigeon 5K	18-Jan-25	5 km	0:17:07	5:30		2	2	2			
2024 NYRR Frosty 5K	14-Dec-24	5 km	0:16:50	05:25	0:16:51	9	8	1	0:16:20	6	79.49%

2024 BMW Berlin Marathon	29-Sept-24	Marathon	2:42:30	6:12		1298	1243	312			
2024 New Balance 5th Avenue Mile	08-Sep-24	1 mile	0:04:47	04:47	8:09:52	187	162	15	0:04:39	180	80.04%
2024 Citizens Queens 10K	15-Jun-24	10 km	0:34:10	05:30	0:34:14	45	44	6	0:33:30	62	79.76%
2024 RBC Brooklyn Half	18-May-24	Half-Marathon	1:13:58	05:39	1:14:14	97	96	17	1:12:46	133	80.24%
2024 NYRR Mindful 5K	04-May-24	5 km	0:16:26	05:18	0:16:28	4	4	1	0:15:57	8	81.41%
TCS New York City Marathon 2023	05-Nov-23	Marathon	2:45:52	06:20	2:45:59	324	308	60	2:45:51	698	74.14%
2023 NYCRUNS Falling Leaves 5K	21-Oct-23	5 km	0:16:28	5:18		2	2	2			
2023 New Balance 5th Avenue Mile	10-Sep-23	1 mile	0:04:46	04:46	8:14:59	138	117	12	0:04:40	159	79.74%
2023 RBC Brooklyn Half	20-May-23	Half-Marathon	1:16:55	05:52	1:16:59	147	137	27	1:16:14	232	76.60%
2023 NYRR Newport 5K	07-May-23	5 km	0:16:32	05:20	0:16:33	9	9	2	0:16:10	15	80.37%
2023 United Airlines NYC Half	19-Mar-23	Half-Marathon	1:17:13	05:54	1:17:41	132	117	15	1:16:31	194	76.30%
2022 NYRR Frosty 5K	10-Dec-22	5 km	0:17:33	05:39	0:17:33	7	7	1	0:17:17	11	75.18%
2022 Race to Deliver 4M to Benefit God's Love We Deliver	20-Nov-22	4 miles	0:22:35	05:39	0:22:36	14	14	1	0:22:18	28	75.84%
2022 Abbott Dash to the Finish Line 5K and USATF Championships	05-Nov-22	5 km	0:16:49	05:25	0:16:51	126	93	6	0:16:33	109	78.51%
2022 NYCRUNS Frozen Leaves 5K	15-Oct-22	5 km	0:16:43	5:24		4	4	1			
2022 New Balance 5th Avenue Mile	11-Sep-22	1 mile	0:04:46	04:46	8:19:24	181	154	12	0:04:41	221	79.40%
2022 Percy Sutton Harlem 5K	13-Aug-22	5 km	0:16:50	05:25	0:16:53	33	31	5	0:16:34	58	78.40%
2022 RBC Brooklyn Half	21-May-22	Half-Marathon	1:17:50	05:57	1:18:12	137	122	22	1:17:24	208	75.44%
2022 NYCRUNS 5K	10-Apr-22	5 km	0:17:21	5:36		2	2	2			
2022 NYRR Fred Lebow Half-Marathon	23-Jan-22	Half-Marathon	1:19:22	06:04	1:19:25	14	14	6	1:19:08	71	73.78%
2021 New Balance 5th Avenue Mile	12-Sep-21	1 mile	0:04:53	04:53	8:50:00	166	143	35	0:04:50	204	76.99%
2019 Race to Deliver 4M	24-Nov-19	4 miles	0:24:26	06:07	0:24:26	23	22	5	0:24:18	52	69.56%
2019 Abbott Dash to the Finish Line 5K and USATF 5K Championships	02-Nov-19	5 km	0:18:30	05:58	0:18:35	169	128	31	0:18:21	183	70.77%
2019 NYRR Grete's Great Gallop (10K)	05-Oct-19	10 km	0:36:50	05:56	0:36:51	34	32	5	0:36:46	70	72.68%

2019 New Balance 5th Avenue Mile	08-Sep-19	1 mile	0:05:01	05:01	8:55:04	309	272	51	0:04:58	448	74.74%
2019 Percy Sutton Harlem 5K	24-Aug-19	5 km	0:18:09	05:51	0:18:11	40	39	11	0:18:00	78	72.14%
2019 Al Goldstein Summer Speed Series 5K	17-Jul-19	5 km	0:17:55	5:46		9	9	2			
2019 NYRR Team Championships	27-Jul-19	5 miles	0:29:59	06:00	0:30:05	234	206	55	0:29:54	300	71.33%
2019 NYCRUNS Fire Cracker 5k	04-Jul-19	5 km	0:17:39	5:42		6	5	1			
2019 NYRR Queens 10K	15-Jun-19	10 km	0:37:10	05:59	0:37:17	143	130	41	0:37:07	232	72.01%
2019 Popular Brooklyn Half	18-May-19	Half-Marathon	1:22:15	06:17	1:22:31	402	362	109	1:22:14	586	71.01%
2019 UAE Healthy Kidney 10K	28-Apr-19	10 km	0:35:55	05:47	0:36:03	112	95	26	0:35:52	169	74.51%
2019 NYCRUNS Queens 5K	13-Apr-19	5 km	0:17:25	5:37		1	1	1			
2018 Kansas City Marathon	20-Oct-18	Marathon	3:10:07	7:15		36	33	10			
2018 TCS New York City Marathon Training Series 18M	16-Sep-18	18 miles	1:58:19	06:35	1:58:22	13	11	5			
2018 New Balance 5th Avenue Mile	09-Sep-18	1 mile	0:04:57	04:57	8:35:02	260	227	49	0:04:55	431	75.53%
2018 Percy Sutton Harlem 5K Run	25-Aug-18	5 km	0:17:02	05:29	0:17:05	56	56	16	0:16:56	101	76.68%
2018 NYRR Team Championships	28-Jul-18	5 miles	0:28:57	05:48	0:29:04	122	117	32	0:28:54	187	73.76%
2018 Stockholm Marathon	02-Jun-18	Marathon	4:00:49	9:11		3819	3216	1426			
2018 NYRR Washington Heights Salsa, Blues and Shamrocks 5K	04-Mar-18	5 km	0:17:09	05:31	0:17:59	81	81	22	0:17:03	125	76.16%
PPTC Cherry Tree 10 Mile	18-Feb-18	10 miles	0:58:15	5:50		6	6	1			
TCS New York City Marathon 2017	05-Nov-17	Marathon	2:54:48	06:41	2:55:01	659	617	158	2:54:48	1262	70.34%
2017 New Balance Bronx 10-Mile	24-Sep-17	10 miles	0:58:05	05:49	0:58:13	64	63	23	0:58:05	109	75.76%
2017 Percy Sutton Harlem 5K Run	26-Aug-17	5 km	0:16:41	05:22	0:16:44	48	48	17	0:16:38	92	78.13%
2017 NYRR Team Championships: Men (5M)	05-Aug-17	5 miles	0:27:58	05:36	0:28:05	79	79	27	0:27:57	125	76.30%
2017 NYRR Queens 10K	17-Jun-17	10 km	0:35:18	05:41	0:35:26	49	47	15	0:35:18	92	75.72%
2017 Boston Marathon	17-Apr-17	Marathon	2:59:38	6:51		1405	1315	1001			
2017 United Airlines NYC Half	19-Mar-17	Half-Marathon	1:15:39	05:47	1:15:45	121	100	25	1:15:39	160	77.19%
2016 PPTC Turkey Trot 5 Mile	24-Nov-16	5 miles	0:28:14	5:39		6	6	1			

2016 NYRR Staten Island Half	09-Oct-16	Half-Marathon	1:19:25	06:04	1:19:25	75	71	19	1:19:25	126	73.52%
New Balance 5th Avenue Mile	03-Sep-16	1 mile	0:04:55	04:55	8:59:57	160	131	40	0:04:55	300	75.63%
2016 NYRR Team Championships: Men 5M	30-Jul-16	5 miles	0:29:59	06:00	0:30:07	149	149	49	0:29:59	231	71.12%
2016 Colorado Marathon	01-May-16	Marathon	2:54:33	6:39		16	16	3			
2016 Scotland Run 10K	02-Apr-16	10 km	0:35:41	05:45	0:36:03	70	68	18	0:35:41	138	74.88%
2016 NYCRUNS Frozen Penguin Half-Marathon	12-Mar-16	Half-Marathon	1:21:31	6:13		6	6	2			
2015 PPTC Turkey Trot 5 Mile	26-Nov-15	5 miles	0:29:42	5:56		8	8	3			
2015 Fifth Avenue Mile	13-Sep-15	1 mile	0:05:18	05:18	9:00:12	412	382	85	0:05:18	678	70.00%
2015 San Francisco Marathon	26-Jul-15	Marathon	3:14:47	7:26		159	150	36			
United Airlines NYC Half 2015	15-Mar-15	Half-Marathon	1:29:48	06:51	1:30:54	751	635	138	1:29:48	999	65.02%
2014 Prospect Park Turkey Trot 5 Mile	27-Nov-14	5 miles	0:33:57	6:47		62	57	12			
2014 Marathon Tune-Up	14-Sep-14	18 miles	2:21:27	07:52	2:23:39	479	414	64			