		Aug 27, 2						Sep 10, 201						Oct 7, 2014				
1600s		**1**	**2**	**3**	**4**	**AVG**	**5k**	**1**	**2**	**3**	**4**	**AVG**	**5k**	**1**	**2**	**3**	**AVG**	**5k**
Bistritz	**Joseph**	5:00	4:56	4:59	4:58	4:58	**15:25**	4:38	4:47	4:49		4:44	14:42	4:43	4:49		4:46	14:48
Borden	**William**	6:49	6:33			6:42	**20:47**	6:29	6:32			6:30	20:11					
Brown	**Daniel**	6:11	6:31	7:31		6:44	20:55	6:13	6:28	7:06	7:01	6:42	20:48					
Cantlay	**Paul**	5:46	5:49	5:50	5:47	5:48	18:01	5:43	5:46	5:44	5:36	5:42	17:42					
Cervelloni	**Benjamin**	6:20	6:47	7:11		6:46	21:01	7:11	8:00	8:05		7:45	24:04					
Crandall	**Jackson**	5:29	5:24	5:26	5:21	5:25	**16:49**	5:25	5:21	5:26		5:24	16:46	5:21	5:22	5:15	5:19	16:31
DeFoy	**Brett**	8:35	8:35	8:50		8:40	26:55	8:30	8:25	8:45		8:33	26:33					
Di staulo	**David**	6:22	6:15			6:18	19:34	6:31	6:28	7:06	7:01	6:46	21:01					
Foley	**Kyle**	5:47	5:50	5:54	6:02	5:53	**18:16**	5:45	5:52	6:02	5:54	5:53	18:16					
Ganger	**John**	5:30	5:26	5:25	5:21	5:25	**16:49**	5:22	5:20	5:22	2:20 (800)	5:21	16:37	5:22	5:18	5:14	5:18	16:27
Ganger	**Drew**	5:36	5:34	5:39	5:37	5:36	**17:23**	5:32		5:26		5:29	17:02	5:26	5:18	5:14	5:19	16:31
Girouard	**Peter**	5:39	5:45	5:55	5:51	5:47	**17:58**	5:43	5:48	5:59	5:45	5:48	18:01					
Jansen	**Sam**	5:44	5:55	6:00	5:52	5:52	**18:13**	5:46	5:55	5:58	6:05	5:56	18:26					
Karyo	**Jack**	5:32	5:30	5:30	2:44	5:31	**17:08**	5:23	5:20	5:24	2:23 (800)	5:22	16:40	5:21	5:20	5:14	5:18	16:27
King	**Joseph**	8:29	8:30	8:51		8:36	26:43	8:20	8:15	8:17		8:17	25:44					
Kohn	**Matt**	8:27	8:07	8:15		8:16	25:41	7:37	7:50	7:35		7:40	23:49					
Kukla	**John**	7:45	7:45	7:48		7:46	24:07	7:39	7:50	7:54		7:47	24:10					
Lamonica	**Eammon**	6:10	5:59	5:58		6:02	**18:44**	5:50	6:02	6:02	5:59	5:58	18:32					
Lordan	**Sean**	7:10	7:51	7:50		7:37	23:39	7:13	7:30	7:47		7:30	23:18					
Mcdonnell	**Andrew**	6:53	6:55	6:49	6:52	6:52	**21:20**	7:00	6:38	6:56	7:29	7:00	21:44					
Mitchell	**Conrad**	5:37	5:31	5:39	5:34	5:35	**17:20**	5:49	5:46	5:44		5:46	17:54					
Papageorge	**Nicholas**	7:39	7:06	6:46		7:10	22:15	6:48	6:34	6:55		6:45	20:58					
Rayner	**Justin**	6:07	6:21	6:17	6:24	6:17	19:31	5:48	5:59	6:06	6:35	6:07	19:00					
Renton	**Ricky**	6:28	6:47	7:28	6:24	6:46	21:01	6:20	6:30	7:03	6:50	6:40	20:42					
Rose	**Michael**	5:29	5:14	5:08		5:17	**16:24**	5:21	5:15	5:15	2:10 (800)	5:17	16:24	5:23	5:18	5:14	5:18	16:27
Rust	**Mark**	6:20	6:40	7:28		6:49	21:10	6:14	6:42	6:40		6:32	20:17					
Sampsel	**Eric**	5:27	5:14	5:10	5:12	5:15	**16:18**					5:30	17:06	5:14	5:16	5:07	5:12	16:09
Sampsel	**Reed**	6:27	6:30	6:33	6:28	6:29	20:08	6:21	6:27	6:34		6:27	20:02					
Schlaker	**Kevin**	6:30	6:20	6:21	6:27	6:24	19:53	6:10	6:10	6:06	6:06	6:08	19:03					
Shall	**Max**	6:50	6:53	6:40	6:43	6:34	**20:24**	6:40	6:31	6:34	6:50	6:38	20:36					
Sooy	**Brett**	6:28	6:23	6:25	6:21	6:24	**19:53**	6:13	6:19	6:20	6:12	6:16	19:28					
Spear	**Zach**							6:21	6:30	6:53	6:20	6:31	20:14					
Thompson	**Tyler**	8:30	8:19	8:14		8:21	25:56	8:16	8:09	8:02		8:09	25:19					
Wahl	**Anthony**	7:23	7:31	7:18	7:32	7:26	23:05	6:24	6:52	7:13		6:49	21:10					
Weber	**Rem**							5:50	6:02	6:13	6:38	6:10	19:09					
Witalec	**Matthew**	7:20	7:21	7:15	6:47	7:10	22:15	7:13	6:52	7:44		7:16	22:34					
Witalec	**Joshua**	7:45	7:54	8:07		7:55	24:35	7:45	7:55	7:35		7:45	24:04					
Wood	**Andy**	7:39	7:06	6:46		7:07	22:06	6:50	6:40	7:24		6:46	21:01					
Wynveen	**Blake**	5:37	5:31	5:39	5:34	5:35	**17:20**	5:30	5:20	5:21		5:23	16:43	5:24	5:21	5:15	5:20	16:34

	Best This Season		Improvement for 2 consecutive workouts		Improvement for 3 consecutive workouts
BOLD	Better than this date last year		Improvement since last workout		Improvement for 2 consecutive workouts
					Improvement since last workout