		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**
Cantlay	**Cate**	7:26	7:32	7:52	7:53	7:40	**23:49**	7:35	7:51	7:33	3:55 (800)	7:39	23:46					
Deruytter	Natane	6:11	6:19	6:22	6:05	6:14	**19:21**	6:11	6:06	6:05	2:50 (800)	6:07	19:00	6:04	5:58	6:02	6:01	18:41
Dubay	**Macie**	6:36	6:40	6:48	6:47	6:42	**20:48**	6:21	6:46	6:42	3:48 (800)	6:36	20:30					
Dustin	**Allie**	6:11	6:19	6:22	6:17	6:17	**19:31**	6:11	6:06	6:06	2:43 (800)	6:07	19:00	6:05	6:02	6:08	6:05	18:54
Galicki	**Elizabeth**	7:25	7:10	7:43		7:26	23:05	7:05										
Gielink	**Sophia**	8:24	8:26	8:24		8:25	**26:08**	8:12	8:13	8:30		8:15	25:37					
Gottschalk	**Alexandra**	8:46	9:05	9:50		9:10	28:28	8:48	9:05	9:25		9:06	28:16					
Hauserman	**Olivia**	7:27		7:50		7:38	**23:42**	7:35	7:49	7:33	3:55 (800)	7:39	23:46					
Henkaline	**Anna**	6:32	6:46	7:03		6:47	21:04	6:18	6:47	7:10	7:05	6:50	21:13	6:33	6:26	6:35	6:31	20:14
Klug	**Natalie**	7:26	7:15	7:43	7:26	7:27	**23:08**	7:37	7:35	7:33	3:51 (800)	7:35	23:33					
Lewis	**Claudia**	8:24	8:07	8:12		8:14	25:34	8:29										
Loomis	**Hannah**	8:29	8:43	8:49		8:40	**26:55**	8:17	8:21	9:07		8:35	26:40					
Lowe	**Hailey**	6:32	6:30	6:31	6:22	6:28	**20:05**	6:20	6:34	6:39	2:56 (800)	6:31	20:14	6:33	6:26	6:26	6:28	20:05
Lurch	**Mackenzie**	6:35	6:46	6:52	6:59	6:48	21:07	6:20	6:34	6:39	3:04 (800)	6:31	20:14	6:33	6:26	6:27	6:28	20:05
Magersupp	**Mia**	8:00	7:32	7:51		7:47	24:10	7:38	7:51	7:39		7:42	23:55					
Mccormack	**Stephanie**	8:24	8:07	8:12		8:14	25:34	8:29	8:05	7:33		7:59	24:48					
Mcguiness	**Liesel**	7:24	7:13	7:26		7:21	**22:50**	8:22										
Mitchell	**Madeline**																	
Morgan	**Katherine**	7:19	7:19	7:43	7:27	7:27	**23:08**	7:35	7:46	7:37	3:55 (800)	7:39	23:46					
Moyse	**Anne**	6:20	6:15	6:16	6:12	6:15	**19:25**	6:15	6:09	6:05	2:46 (800)	6:09	19:06	6:05	6:05	6:03	6:04	18:50
Muckle	**Emily**	7:22	7:12	7:24		7:18	**22:40**	7:01	7:17	7:36		7:18	22:40					
Owen	**Emily**	6:11	6:19	6:21	6:28	6:19	**19:37**	6:11	6:19	6:21	2:51 (800)	6:17	19:31	6:10	6:06	6:19	6:11	19:12
Perrymond	**Dezarae**	8:20	8:47	8:15		8:27	26:15											
Sevich	**Anna**							7:20										
Staley	**Abigail**	8:21	8:26	8:28		8:25	**26:08**	8:12	8:13	8:31		8:18	25:37					
Szymkowicz	**Ellie**																	
Thombs	**Emma**	7:10	7:30			7:20	22:47	6:45										
Vehar	**Megan**	8:34	8:48	8:49		8:43	**27:04**	8:26	8:20	9:05		8:37	26:46					
Williams	**Jenna**	8:31	8:20	8:14		8:21	**25:56**	8:16	8:09	8:02		8:09	25:19					
Williams	**Chloe**																	
Workum	**Jacey**	8:20	8:16	8:14		8:16	25:41	7:57	7:53	7:33		7:47	24:10					
Workum	**Julia**	8:13	8:49	9:07		8:43	**27:04**	8:22	9:00	9:32		8:58	27:51					
Zimmer	**Annie**	6:11	6:19	6:22	6:04	6:14	19:21	6:11	6:06	6:05	2:40 (800)	6:07	19:00	6:04	5:58	6:02	6:01	18:41

	Best This Season
BOLD	Better than this date last year

	Improvement for 2 consecutive workouts
	Improvement since last workout

	Improvement for 3 consecutive workouts
	Improvement for 2 consecutive workouts
	Improvement since last workout