		Aug 7, 20								Sep 17, 201						
		1	2	3	4	5	AVG	5k		1	2	3	4	5	AVG	5k
Bistritz	**Joseph**	2:24	2:19	2:19	2:21	2:20	2:20	**15:08**	1	2:17	2:16	2:18	2:16	2:24	2:18	14:56
Rose	**Michael**	2:40	2:32	2:32	2:31	2:24	2:31	**16:21**	2	2:26	2:30	2:32	2:33	2:30	2:30	16:14
Sampsel	**Eric**	2:40	2:31	2:32	2:29	2:24	2:31	**16:21**	3	2:28	2:31	2:32	2:32	2:30	2:30	16:14
Ganger	**John**									2:29	2:31	2:33	2:32	2:31	2:31	16:21
Karyo	**Jack**	2:43	2:34	2:38	2:38	2:34	2:37	**17:00**	5	2:28	2:30	2:32	2:33	2:33	2:31	16:21
Crandall	**Jackson**	2:44	2:34	2:38	2:38	2:34	2:37	**17:00**	4	2:31	2:36	2:35	2:34	2:33	2:33	16:34
Wynveen	**Blake**	2:44	2:34	2:39	2:42	2:35	2:38	**17:06**	6	2:30	2:35	2:34	2:34	2:33	2:33	16:34
Ganger	**Drew**									2:32	2:36	2:38	2:38	2:40	2:36	16:53
Girouard	**Peter**	2:44	2:43	2:45	2:47	2:46	2:45	**17:52**	7	2:34	2:36	2:41	2:44	2:38	2:38	17:06
Cantlay	**Paul**									2:40	2:42	2:44	2:49	2:42	2:43	17:39
Sooy	**Brett**	2:58	2:59	2:58	2:57	2:55	2:57	**19:09**		2:58	2:44	2:45	2:41	2:38	2:45	17:52
Foley	**Kyle**	2:47	2:45	2:47	2:49	2:55	2:48	**18:11**		2:36	2:49	2:50	2:51	2:50	2:47	18:05
Jansen	**Sam**									2:41	2:45	2:53	2:52	2:48	2:47	18:05
Weber	**Rem**	2:51	2:50	2:53	2:55	3:00	2:53	**18:43**		2:39	2:55	2:58	2:59	2:56	2:53	18:43
Schlaker	**Kevin**		2:54	3:07	3:17	3:14	3:08	20:21		2:48	3:00	3:09	2:56	2:50	2:56	19:03
Rayner	**Justin**	2:45	2:53	3:03	3:03	3:12	2:59	19:22		2:54	2:52	2:59	3:01	3:01	2:57	19:09
Di staulo	**David**	3:28	3:09	3:07	3:05	2:55	3:08	20:21		3:02	2:56	3:08	3:04	3:01	3:02	19:42
Rust	**Mark**	3:25	3:17	3:13	3:13	2:57	3:13	20:53		2:47	3:03	3:15	3:07	3:02	3:02	19:42
Sampsel	**Reed**	3:11	3:25	3:30	3:19	3:12	3:19	21:32		3:00	3:04	3:12	3:01	2:55	3:02	19:42
Brown	**Daniel**									2:48	3:02	3:09	3:14	3:05	3:03	19:48
Papageorge	**Nicholas**	3:28	3:16	3:25	3:40		3:27	22:24		2:59	3:09	3:04	2:58	3:10	3:04	19:55
Renton	**Ricky**									3:06	3:10	3:05	2:55	3:12	3:05	20:01
Cervelloni	**Benjamin**									3:18	3:10	3:08	3:01	3:10	3:09	20:27
Witalec	**Matthew**	4:02	4:02	3:52	3:54	3:47	2:55	18:56		3:20	3:09	3:07	3:04	3:05	3:09	20:27
Spear	**Zach**	3:22		3:18	3:18	3:11	3:22	**21:52**		3:07	3:10	3:20	3:12	3:03	3:10	20:34
Wahl	**Anthony**									3:08	3:09	3:06	3:06	3:27	3:11	20:40
Wood	**Andy**	3:28	3:15	3:25	3:39		3:26	22:18		3:08	3:10	3:10	3:05	3:30	3:12	20:47
Borden	**William**	3:13	3:16	3:15			3:14	21:00		3:07	3:15	3:15	3:25	3:12	3:14	21:00
Mcdonnell	**Andrew**	3:16	3:20	3:22	3:23	3:31	3:22	**21:52**		3:12	3:17	3:10	3:06	3:28	3:14	21:00
Shall	**Max**	3:28	3:07	3:12	3:06	3:14	3:13	**20:53**		3:07	3:15	3:15	3:25	3:12	3:14	21:00
Lordan	**Sean**	3:30	3:52	4:05	3:39	4:19	3:52	25:06		3:06	3:24	3:32	3:21		3:20	21:39
Kohn	**Matt**	3:45	3:44	3:50	3:43	3:40	3:44	24:15		3:15	3:25	3:27	3:24		3:22	21:52
Thompson	**Tyler**	3:44	3:44	3:50	3:43	3:40	3:35	**23:16**		3:26	3:16	3:18	3:40	3:20	3:24	22:05
King	**Joseph**	3:45	3:56	3:58	3:52		3:52	25:06		3:50	3:25	3:21	3:22	3:30	3:29	22:37
Kukla	**John**	3:39	3:45	3:50	3:48		3:45	24:21		3:51	3:29	3:39	3:43	3:38	3:40	23:49
Defoy	**Brett**									3:48	3:45	3:45			3:46	24:27
Witalec	**Joshua**	3:12	3:03	3:23	3:06		3:11	**20:40**		3:50	3:50	3:42	3:43	3:48	3:46	24:27
Lamonica	**Eammon**	2:58	2:55	2:56	2:57	3:01	2:57	19:09								
Mitchell	**Conrad**	2:45	2:44	2:45	2:47	2:44	2:45	**17:52**								
								BOLD	Better than 800s at this time last year							
									Lifetime best 800s workout							