

		Aug 5, 2023					AVG	5k Indicator		
Bistriz	Joseph	5:27	10:53	16:25	22:07	27:44	5:32	15:39		
Borden	William	7:39	15:30	23:27			7:49	22:06		
Brown	Daniel									
Cantlay	Paul									
Cervelloni	Benjamin									
Crandall	Jackson	6:25	12:52	19:30	26:27		6:36	18:40		
Currey	Christopher									
Di staulo	David									
Ganger	Drew									
Ganger	John									
Girouard	Peter	6:32	13:11	19:53	26:31		6:37	18:42		
Hogan	Brendan									
Jansen	Sam	6:32	13:11	19:58	26:54		6:43	18:59		
Karyo	Jack	6:11	12:45	19:53	27:10		6:47	19:11		
King	Joseph	8:49	20:40				10:20	29:13		
Kohn	Matt	8:45	17:39	26:00			8:40	24:30		
Kukla	John	8:36	18:17				9:08	25:49		
Lamonica	Eammon	6:47	13:44	21:11	29:59		7:29	21:09		
Lordan	Sean		19:00				9:30	26:51		
Mcdonnell	Andrew	7:39	15:37	24:00			8:00	22:37		
Mitchell	Conrad	6:25	12:52	19:05	25:30		6:22	18:00		
Papageorge	Nicholas									
Rayner	Justin	7:06	15:05	22:40			7:33	21:21		
Renton	Ricky									
Rose	Michael									
Rust	Mark	7:48	15:30	23:22			7:47	22:00		
Sampsel	Eric	5:51	11:48	17:55	24:05	29:55	5:59	16:55		
Sampsel	Reed	7:25	15:30				7:45	21:55		
Schlaker	Kevin	8:14	15:45	23:22			7:47	22:00		
Sooy	Brett									
Spear	Zach	7:06	14:46	22:54			7:38	21:35		
Thompson	Tyler	8:36	18:22	28:10			9:23	26:31		
Wahl	Anthony									
Weber	Rem	6:47	13:44	20:55	28:30		7:07	20:07		
Witalec	Matthew	7:25	15:27				7:43	21:49		
Witalec	Joshua	8:27	17:32	27:09			9:03	25:35		
Wynveen	Blake	6:25	12:52	19:41	26:35		6:38	18:45		
								BOLD	Better than this workou	
									Better than last Tempo	