

		Aug 7, 20							Sep 17, 2014								
		1	2	3	4	5	AVG	5k		1	2	3	4	5	AVG	5k	
Cantlay	Cate	3:47	3:37	3:37	3:41	3:40	3:40	23:49		3:29	3:33	3:46	3:40	3:46	3:38	23:36	
Deruytter	Natane	2:59	2:53	2:56	2:55	2:52	2:55	18:56	1	2:52	2:53	2:55	2:47	2:46	2:50	18:24	
Dubay	Macie	3:14	3:09	3:22	3:20	3:30	3:19	21:32	6	3:03	3:13		3:11	3:13	3:08	20:21	
Dustin	Allie	2:59	2:53	2:56	2:55	2:52	2:55	18:56	2	2:52	2:53	2:58	2:58	2:46	2:53	18:43	
Galicki	Elizabeth	3:45	3:30	3:25	3:35		3:33	23:03		3:20	3:09	3:25			3:18	21:26	
Gielink	Sophia	3:57	3:59	3:55	3:51	3:43	3:53	25:13		3:43	3:48	3:44	3:45	3:35	3:43	24:08	
Gottschalk	Alexandra									4:06	4:20	4:21	4:22	4:30	4:19	28:02	
Hauserman	Olivia	3:44	3:30		3:40	3:38	3:38	23:36		3:29	3:33	3:45	3:47	3:43	3:39	23:42	
Henkalin	Anna									3:03	3:09	3:21	3:18	3:23	3:14	21:00	
Klug	Natalie	3:44	3:30	3:39	3:34	3:33	3:36	23:23		3:29	3:33	3:46	3:40	3:43	3:38	23:36	
Lewis	Claudia	3:47	3:37	3:37	3:41	3:43	3:41	23:55		3:56	3:47	3:43	3:40	3:43	3:45	24:21	
Loomis	Hannah	3:57	4:00	4:06	4:02	4:04	4:01	26:05		3:56	3:47	3:56	3:52		3:52	25:06	
Lowe	Hailey	3:09	3:06	3:04	3:05	3:03	3:05	20:01	5	3:01	3:01	3:02	3:04	3:00	3:01	19:35	
Lurch	Mackenzie	3:19	3:10	3:30	3:33		3:23	21:58		3:02	3:08	3:14	3:13	3:10	3:09	20:27	
Magersupp	Mia	3:50	3:40	3:48	3:51		3:47	24:24									
Mccormack	Stephanie									3:56	3:47	3:43	3:37	3:30	3:42	24:02	
Mcguinness	Liesel	3:49	3:47	3:48	3:44	3:35	3:44	24:15		3:39	3:44	3:42	3:40		3:41	23:55	
Mitchell	Madeline																
Morgan	Katherine	3:47	3:37	3:37	3:41	3:40	3:43	24:08		3:28	3:29	3:29	3:23	3:28	3:27	22:24	
Moyse	Anne	2:58	2:54							2:56	2:55	2:54	2:54	2:49	2:53	18:43	
Muckle	Emily	3:43	3:30	3:41	3:35	3:33	3:36	23:23		3:26	3:30	3:31			3:29	22:37	
Owen	Emily	3:03	3:00	3:04	3:08	3:06	3:04	19:55	4	2:56	3:00	2:58	3:04	2:58	2:59	19:22	
Perrymond	Dezarae									4:20	3:55	3:45	3:35	3:25	3:48	24:40	
Sevich	Anna									4:20	3:55		3:35	3:25	3:48	24:40	
Staley	Abigail									3:45	3:48	3:54	3:49		3:49	24:47	
Szymkowicz	Ellie																
Thombs	Emma	3:19	3:14	3:20	3:23	3:28	3:20	21:39	7	3:26	3:33	3:44			3:34	23:10	
Vehar	Megan	3:57	3:59	3:55	3:51	3:43	3:53	25:13		3:45	3:58		3:57	4:00	3:55	25:26	
Williams	Chloe									3:45	3:48	3:54	3:52		3:49	24:47	
Williams	Jenna																
Workum	Julia									3:47	3:52	4:05	4:10		3:58	25:45	
Workum	Jacey																
Zimmer	Annie	3:03	2:54	2:56	2:55	2:52	2:56	19:03	3	2:52	2:53	2:55	2:47	2:46	2:50	18:24	
								BOLD	Better than 800s at this time last year								
									Lifetime best 800s workout								