

						AVG	5k Indicator	
Cantlay	Cate	8:51	17:38	26:25		8:48	24:53	
Deruytter	Natane	6:46	13:44	20:38	27:30	6:52	19:25	
Dubay	Macie	7:20	15:18	22:59	31:03	7:45	21:45	
Dustin	Allie	6:46	13:44	20:38	27:30	6:52	19:25	
Galicki	Elizabeth	8:30	17:02			8:31	24:05	
Gielink	Sophia	9:40	19:14	29:24		9:48	27:42	
Gottschalk	Alexandra	9:40	19:37			9:48	27:42	
Hauserman	Olivia	8:51	17:56	27:30		9:10	25:55	
Hendricks	Caroline	9:10	19:00	31:00		10:20	29:13	
Henkalin	Anna							
Klug	Natalie	8:36	17:02	25:05		8:21	23:33	
Lewis	Claudia	8:45	17:38	26:25		8:48	24:53	
Loomis	Hannah	9:15	18:40	28:30		9:30	26:51	
Lowe	Hailey	6:53	14:08	21:24	29:00	7:15	20:30	
Lurch	Mackenzie	7:06	15:05	22:59		7:39	21:38	
Magersupp	Mia	9:15	19:00	31:00		10:20	29:13	
Mccormack	Stephanie	8:45	17:35	26:01		8:40	24:30	
Mcguiness	Liesel	8:33	18:13	27:22		9:07	25:46	
Mitchell	Madeline							
Morgan	Katherine	8:42	17:02	25:16		8:25	23:48	
Moyse	Anne	6:53	13:47			6:53	19:28	
Muckle	Emily	8:30	18:05	25:20		8:26	23:50	
Owen	Emily	6:46	13:51	21:19	28:50	7:12	20:21	
Perrymond	Dezarae	9:30	19:40			9:50	27:48	
Sevich	Anna							
Shanklin	Mackenzie							
Staley	Abigail							
Szymkowicz	Ellie							
Thombs	Emma	7:39	15:27	23:32		7:50	22:09	
Vehar	Megan	9:15	18:48	28:30		9:30	26:51	
Williams	Jenna	9:40	19:00	27:55		9:18	26:18	
Williams	Chloe	9:10	18:48	28:30		9:30	26:51	
Workum	Jacey							
Zimmer	Annie	6:46	13:44	20:38	27:30	6:52	19:25	
							BOLD	Better than this workout last year
								Better than last Tempo this summer