

CFXC Tempo Runs

7/15/14	2mi	3mi	4mi	AVG	5k Indicator
Bistriz		16:40	21:15	5:18	14:59
Rose		17:45	23:34	5:53	16:38
Karyo			23:35	5:53	16:38
J. Ganger			23:48	5:57	16:49
E. Sampsel		17:40	23:50	5:57	16:49
D. Ganger		18:43	24:48	6:12	17:32
Crandall		18:43	24:48	6:12	17:32
Mitchell		18:43	24:48	6:12	17:32
Jansen		19:00		6:20	17:54
Foley		20:20		6:46	19:07
Cantlay		21:02		7:00	19:47
Weber		21:50		7:16	20:33
Renton		22:34		7:31	21:15
McDonald		24:30		8:10	23:05
Cervelloni		24:30		8:10	23:05
R. Sampsel		24:30		8:10	23:05

Bryant		18:43	24:48	6:12	17:32
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7/15/14	2mi	3mi	4mi	AVG	5k Indicator
Dustin		20:50		6:56	19:36
Moyse	13:57			6:58	19:42
Owen		21:03		7:01	19:50
Szymkowicz		21:15		7:05	20:02
Lowe		21:25		7:08	20:10
Klug		24:58		8:19	23:31
Thombs		25:00		8:20	23:33
Muckle		25:07		8:22	23:39
Gielink	19:00			9:30	26:51
Mitchell	19:00			9:30	26:51

Kang	19:28			9:44	27:31
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Lifetime Best

7/21/14	1mi	2mi	3mi	4mi	5mi	AVG	5k Indicator
Bistriz	5:20	10:42	16:10	21:48		5:27	15:25
Rose	5:55	11:49	17:41	23:38		5:54	16:41
J. Ganger	5:55	11:53	17:51	24:00	30:00	6:00	16:58
Karyo	6:03	12:28	19:00	25:28		6:22	18:00
D. Ganger	6:16	12:44	19:05	25:28		6:22	18:00
Wynveen	6:16	12:44	19:05	25:28		6:22	18:00
Girouard	6:16	12:50	19:30	26:26		6:36	18:40
Brown	7:18	15:20	22:21	26:26		6:36	18:40
Raynor	7:18	15:08	22:10			7:23	20:52
Spear	7:18	15:15	23:10			7:43	21:49
Renton	7:18	15:15	23:10			7:43	21:49

Bryant	6:16	12:44	19:05	25:28		6:22	18:00
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7/21/14	1mi	2mi	3mi	4mi	5mi	AVG	5k Indicator
Moyse	6:55	13:45	20:38			6:52	19:36
Thombs	7:50	16:05	24:03			8:01	22:40
Klug	8:05	16:27	24:36			8:12	23:11
Vehar	9:00	19:35	29:39			9:53	27:56

Kang	8:45	18:55	28:50			9:36	27:08
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Improvement