

800s		Sep 1															
First Name	Last Name	1	2	3	4	5	AVG	5k Indicator	1	2	3	4	5	6	AVG	5k Indicator	
Sean	Baggett	3:26	3:25	3:29	3:24		3:26	22:18	3:44	3:10	3:10	3:12			3:19	21:32	
Joseph	Bistriz	2:26	2:28	2:28	2:29	2:22	2:26	15:48	2:25	2:24	2:26	2:23	2:26	2:21	2:24	15:35	
William	Borden								3:06	3:07	3:10	3:05	3:08		3:07	20:14	
Peter	Borden								3:00	3:30	3:37	3:30			3:24	22:05	
Daniel	Brown								3:00	2:59	2:58	2:57	2:53		2:57	19:09	
Tommy	Collins	3:28	3:22	3:24	3:35	3:32	3:28	22:31	3:15	3:23	3:26	3:29			3:23	21:58	
Jackson	crandall	2:37	2:41	2:42	2:42	2:40	2:40	17:19	2:40	2:41	2:44	2:42	2:43	2:37	2:41	17:26	
William	Davis	3:26	3:20	3:16	3:30	3:26	3:23	21:58									
Mac	DeGreen	3:28	3:45	3:46	3:43		3:40	23:49	3:20	3:30	3:21	3:37			3:27	22:27	
David	Di Staulo	2:57	2:59	2:57	2:58	2:58	2:58	19:16	2:51	2:58	2:52	3:05			2:56	19:03	
Kevin	Dole	3:07	3:07	3:13	3:03		3:07	20:14	2:53	2:53	2:53	2:50	2:48		2:51	18:30	
Jack	Ellis	3:33	3:07	2:57	3:06		3:10	20:34	2:51	3:05	3:08	3:02			3:01	19:35	
David	Escott	2:51	3:05	3:10	2:53		2:59	19:22									
Reed	Flynt	2:57	2:54	2:54	2:57		2:55	18:56	2:52		3:07				2:59	19:22	
kyle	foley	2:53	2:58	3:02	3:07		3:00	19:29	2:48	2:59	2:58	2:59	2:59		2:56	19:03	
John	Ganger	2:43	2:41	2:42	2:42	2:41	2:41	17:26	2:36	2:36	2:36	2:35	2:35	2:32	2:35	16:47	
Drew	Ganger	2:51	2:47	2:44	2:44	2:43	2:45	17:52	2:44	2:44	2:41	2:43			2:43	17:39	
Peter	Girouard	2:57	3:00	2:52	2:51	2:49	2:53	18:43	2:45	2:44	2:46	2:51	2:42		2:45	17:52	
Brendon	Hogan	3:33	3:30	3:27	4:13		3:40	23:49	3:19	3:19	3:30	3:07			3:18	21:26	
Sam	Jansen	2:55	2:57	2:58	3:02	2:59	2:58	19:16	2:48	2:47	2:50	2:56	2:45	2:41	2:47	18:05	
Jack	Karyo	2:41	2:39	2:39	2:40	2:36	2:39	17:13	2:39	2:35	2:35	2:35	2:35	2:25	2:34	16:40	
Matt	Kohn								3:15	3:13	3:27	3:31			3:21	21:45	
Eammon	LaMonica	2:57	2:54	2:52	2:53	2:51	2:53	18:43	2:47	2:45	2:46	2:43	2:44	2:46	2:45	17:52	
Andrew	McDonnell	3:14	3:25	3:46	4:00		3:36	23:22	3:16	3:28	3:33	3:25			3:25	22:11	
Conrad	Mitchell	2:50	2:45	2:44	2:44	2:43	2:45	17:52	2:45	2:46	2:46	2:43	2:44	2:40	2:44	17:45	
Charlie	Moyse	2:58	2:59	3:12	3:13		3:05	20:01	3:08	3:00	3:01				3:03	19:48	
Craig	Postlethwaite								2:45	2:46	2:48	3:00			2:49	18:17	
Ricky	Renton								2:49	2:54	2:58	3:00	2:56		2:55	18:56	
michael	rose	2:35	2:39	2:39	2:40	2:40	2:38	17:06	2:33	2:35	2:35	2:35	2:35	2:25	2:33	16:34	
Mark	Rust								2:57	3:00	2:57	2:55	2:49		2:55	18:56	
Eric	Sampsel	2:34	2:38	2:38	2:39	2:34	2:36	16:47	2:31	2:34	2:35	2:35	2:35	2:25	2:32	16:27	
Matthew	Schneider	3:01	2:58	2:58	2:58		2:58	19:16	2:53	3:03	3:03	2:57	2:52	3:00	2:58	19:16	
Max	Shall	3:26	3:34	3:43	3:43	3:41	3:37	23:29	3:07	3:10	3:10	3:05	3:08		3:08	20:21	
Nicholas	Skiljan	2:57	3:08	3:17	3:12		3:08	20:21	3:15	3:23	3:26	3:31			3:23	21:58	
Brett	Sooy	3:02	3:08	3:17	3:05		3:08	20:21	2:53	2:53	2:55	2:47	2:35		2:48	18:11	
Zach	Spear	3:29	3:23	3:29	3:23		3:26	22:18	3:17	3:09	3:09	3:11			3:11	20:40	
Tyler	Thompson	3:31	3:30	3:40	3:48	4:13	3:44	24:15	3:18	3:19	3:30	3:07			3:18	21:26	
Rem	Weber	3:28	3:13	3:35	3:35	3:24	3:27	22:24	2:49	2:57	2:54	2:54			2:53	18:43	
Joshua	Witalec				4:52				3:25	3:30	3:37	3:35			3:31	22:50	
Blake	Wynveen	2:50	2:45	2:44	2:43	2:40	2:44	17:45	2:44	2:42	2:45	2:42	2:43	2:37	2:42	17:32	

KEY

- Light Blue One Week Consecutive Improvement (dating to previous workout, even if 2012)
- Mid Blue Two Week Consecutive Improvement