LAST	FIRST	1	2	3	4	AVG	5k Indication
Bistritz	Joe	5:30	11:18	17:13		5:44	16:13
Brown	Daniel	6:29	13:26	20:33		6:51	19:22
DeGreen	Mac						
Flynt	Reed	6:29	13:12	20:25		6:48	19:13
Ganger	Drew	6:29	13:08	19:47		6:35	18:37
Ganger	John	6:15	12:54	19:44		6:34	18:34
Jansen	Sam	6:20	13:12	20:25		6:48	19:13
Karyo	Jack	6:10	12:37	19:05	25:26	6:21	17:57
Mitchell	Conrad	6:29	13:08	19:47		6:35	18:37
Moyse	Charlie	6:54	15:00	23:20		7:46	21:57
Postlethwaite	Craig						
Rose	Michael	6:10	12:20	18:43	25:10	6:17	17:46
Sooy	Brett	6:43	14:34	23:00		7:40	21:40
Spear	Zach						
Wynveen	Blake						

Jul 16, 2(

	1	2	3	4	AVG	5k Indication
	5:35	11:12	16:59	23:00	5:45	16:15
	9:15	19:00			9:30	26:51
	6:28	13:00	19:34	25:59	**6:29**	18:20
	6:23	12:46	19:06	25:10	6:17	17:46
	6:54	13:54	20:57		6:59	19:45
	6:07	12:17	18:25	24:32	**6:08**	17:20
	7:24	15:22	23:02		7:40	21:40
	6:57	13:54	21:04		**7:01**	19:50
	5:57	12:00	18:05	24:10	**6:02**	17:03
	7:20	15:22	23:25		7:48	22:03
	6:27	13:05	19:53	26:35	6:38	18:45

Jul 23, 2(

First Name	Last Name	1	2	3	4	5	AVG	5K
Sean	Baggett	7:40	13:40	23:40			7:53	22:17
Joseph	Bistritz	5:40	11:32	17:20	23:26	29:12	5:50	16:30
William	Borden							
Peter	Borden							
Daniel	Brown							
Tommy	Collins	8:24	16:45	26:27			8:49	24:55
jackson	crandall	6:16	12:40	19:05	26:45		6:41	18:54
William	Davis	9:08	16:45	26:24			8:48	24:53
Mac	DeGreen		18:22	26:52			**8:57**	25:18
David	Di Staulo	6:58	13:54		27:32		**6:53**	19:28
Kevin	Dole	8:22	15:50	22:48	29:18		**7:19**	20:38
Jack	Ellis	7:37	15:20	22:33			7:31	21:15
David	Escott	9:30	18:22	26:52			8:57	25:18
Reed	Flynt	6:32	13:22	20:40			6:53	19:28
kyle	foley	6:32	13:22	20:39			6:53	19:28
John	Ganger	6:15	12:33	18:50	25:08		6:17	17:46
Drew	Ganger	6:24	12:52		25:47		6:26	18:11
Peter	Girouard	6:37	13:40	20:36	27:32		**6:53**	19:28
Brendon	Hogan	9:30		28:18			9:26	26:40
Sam	Jansen	6:15	12:52	19:36	26:37		6:39	18:48
Jack	Karyo	6:00	12:08	18:19	24:34	30:30	6:06	17:15
Matt	Kohn	9:27	20:18				10:09	28:43
Eammon	LaMonica	6:52	13:46				**6:53**	19:28
Andrew	McDonnell	8:07	16:45				8:22	23:39
Conrad	Mitchell		12:52	19:25	25:46		6:26	18:11
Charlie	Moyse		15:40		30:30		**7:37**	21:32
Craig	Postlethwaite							
Ricky	Renton							
michael	rose	6:00	12:04	18:06	24:09	29:50	**5:58**	16:52
Mark	Rust							
Eric	Sampsel	6:00	12:04	18:06	24:09	29:45	**5:57**	16:49
Matthew	Schneider	7:37	15:20	22:33			7:31	21:15
Max	Shall	8:04	16:40				**8:20**	23:34
Nicholas	Skiljan	9:08	16:45	26:45			8:55	25:14
Brett	Sooy	8:22	15:40	23:18	30:42		7:40	21:40
Zach	Spear	7:40	15:40	23:40			7:53	22:17
Tyler	Thompson	9:30	19:00	28:18			9:26	26:40
Rem	Weber	7:14	15:02	23:19			7:46	21:58
Joshua	Witalec	8:22	17:07				8:33	24:12
Blake	Wynveen	6:20	12:52	19:25	26:09		**6:32**	18:28

Aug 6, 2(

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First Name	Last Name	1	2	3	4	5	AVG	5K
Sean	Baggett	7:35	15:37	23:50	32:24		8:06	22:54
Joseph	Bistritz	5:27	10:55	16:22	22:01	27:34	5:30	15:33
William	Borden	7:23	14:56	22:28	29:52		7:28	21:07
Peter	Borden							
Daniel	Brown	7:10	14:30	22:01	29:39		7:24	20:55
Tommy	Collins	7:57	16:40	25:20			8:26	23:50
jackson	crandall	6:11	12:33	18:53	25:18	31:40	6:20	17:54
William	Davis	9:30	18:55	28:30			9:30	26:53
Mac	DeGreen	9:30	18:55	28:28			9:29	26:50
David	Di Staulo	7:08	14:40	22:10	29:04		7:16	20:33
Kevin	Dole	7:08	14:20	21:15	27:35		6:53	19:28
Jack	Ellis	7:15	14:40	22:10	29:30		7:22	20:50
David	Escott	9:30	18:55	28:28			9:29	26:50
Reed	Flynt	6:25	13:15	20:06	26:50		6:42	18:57
kyle	foley	6:34	13:20	20:10	27:00		6:45	19:05
John	Ganger	6:05	12:14	18:21	24:20	29:42	5:56	16:47
Drew	Ganger	6:25	13:03	19:33	25:50	31:50	6:22	18:00
Peter	Girouard	6:25	13:03	19:33	25:50	31:55	6:23	18:03
Brendon	Hogan	8:27	16:42	25:00			8:20	23:33
Sam	Jansen	6:25	13:03	19:35	25:59		6:29	18:20
Jack	Karyo	6:05	12:14	18:21	24:20	29:46	5:57	16:49
Matt	Kohn	9:30	18:55	28:30			9:30	26:53
Eammon	LaMonica	6:27	13:08	19:52	26:23		6:35	18:37
Andrew	McDonne	7:50	15:53	24:15			8:05	22:51
Conrad	Mitchell	6:25	13:03	19:33			6:31	18:25
Charlie	Moyse	7:35	15:37	23:42	30:30		7:37	21:32
Craig	Postlethw	6:27	13:08	19:52	26:25		6:36	18:40
Ricky	Renton	7:09	154:20	21:15	27:35		6:53	19:28
michael	rose	6:05	12:14	18:21	24:20	29:42	5:56	16:47
Mark	Rust	7:15	14:36	21:30	27:56		6:59	19:45
Eric	Sampsel	6:05	12:14	18:21	24:20	29:58	5:59	16:55
Matthew	Schneide	7:15	14:40	21:30	27:55		6:58	19:42
Max	Shall	7:43	15:44	24:25			8:08	23:00
Nicholas	Skiljan	9:30	18:55	28:30			9:30	26:53
Brett	Sooy	7:15	14:40	22:10	29:04		7:16	20:33
Zach	Spear	7:35	15:37	23:42	31:45		7:56	22:26
Tyler	Thompso	8:27	16:42	25:00			8:20	23:33
Rem	Weber	6:45	13:40	20:28	28:06		7:01	19:50
Joshua	Witalec		16:20				8:10	23:05
Blake	Wynveen	6:25	13:03	19:33	25:50	31:50	6:22	18:00

Sep 24, 2

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First Name	Last Name	1	2	3	4	5	AVG	5K
Sean	Baggett	7:04	14:50				7:25	20:58
Joseph	Bistritz	5:10	10:33	16:11	22:04	28:04	5:36	15:50
William	Borden	6:40	13:38				6:49	19:16
Peter	Borden							
Daniel	Brown	6:30	13:30	20:10			6:43	18:59
Tommy	Collins	8:30	17:15				8:37	24:22
jackson	crandall	5:53	12:00	18:10	24:23	30:06	6:01	17:01
William	Davis	8:30	17:10				8:35	24:16
Mac	DeGreen	8:25	17:05	25:35			8:31	24:05
David	Di Staulo	6:26	13:30	20:50	27:55		6:58	19:42
Kevin	Dole	6:22	12:43	19:02	27:49		6:57	19:39
Jack	Ellis	6:28	13:30	20:48			6:56	19:36
David	Escott							
Reed	Flynt			19:25			6:28	18:17
kyle	foley	6:30	13:20	20:01			6:40	18:51
John	Ganger		11:39	17:32	23:25	29:25	5:53	16:38
Drew	Ganger	6:00	12:10	18:25	24:40	30:43	6:08	17:20
Peter	Girouard	6:00	12:10	18:25	24:40	30:48	6:09	17:23
Brendon	Hogan		16:37				8:18	23:30
Sam	Jansen	6:12	12:40	18:58			6:19	17:52
Jack	Karyo	5:47	11:39	17:32	23:25	28:58	5:47	16:21
Matt	Kohn	8:20	16:30				8:15	23:19
Eammon	LaMonica		12:40	18:51			6:17	17:46
Andrew	McDonne	7:11	15:21				7:40	21:40
Conrad	Mitchell	6:02	12:23	18:50	25:22		6:20	17:54
Charlie	Moyse	7:04	14:10	21:19			7:06	20:05
Craig	Postlethwaite		12:43				6:22	18:00
Ricky	Renton	6:28	13:30	20:45	27:35		6:53	19:28
michael	rose	5:40	11:30	17:50	23:15		5:48	16:24
Mark	Rust		13:02	19:50			6:36	18:40
Eric	Sampsel	5:47	11:39	17:32	23:25	28:58	5:47	16:21
Matthew	Schneider		17:32				8:46	24:49
Max	Shall	6:46	14:20				7:10	20:16
Nicholas	Skiljan	8:22	16:30				8:15	23:19
Brett	Sooy	6:30	13:20	20:01			6:40	18:51
Zach	Spear	7:04	14:30	21:55			7:18	20:38
Tyler	Thompson		16:37				8:18	23:28
Rem	Weber		13:20	20:01			6:40	18:51
Joshua	Witalec	8:18	17:30				8:45	24:44
Blake	Wynveen	6:00	12:10	18:25	24:40	30:42	6:08	17:20

Oct 1, 20

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KEY

Light Blue	One Week Consecutive Improvement
Neon Blue	Two Weeks Consecutive Improvement
Dark Blue	Three Weeks Consecutive Improvement