Jun 26, 2

#	LAST	FIRST	1	2	3	4	AVG	5k Indic
1	**Baggett**	Sean						
2	**Bistritz**	Joe	5:04	5:10	5:09		5:07	15:52
3	**Brown**	Daniel						
4	**Borden**	Peter						
5	**Borden**	William						
6	**Collins**	Tommy						
7	**Crandall**	Jackson						
8	**Davis**	William						
9	**DeGreen**	Mac						
10	**Distaulo**	David						
11	**Dole**	Kevin						
12	**Ellis**	Jack						
13	**Escott**	David						
14	**Flynt**	Reed						
15	**Foley**	Kyle						
16	**Ganger**	Drew						
17	**Ganger**	John						
18	**Girouard**	Peter						
19	**Hogan**	Brenden						
20	**Jansen**	Sam						
21	**Karyo**	Jack	5:39	5:44	5:50		5:44	17:47
22	**Kohn**	Matt						
23	**Lamonica**	Eammon						
24	**McDonnell**	Andrew						
25	**Mitchell**	Conrad	5:58	6:25	6:17		6:13	19:17
26	**Moyse**	Charlie	6:56	7:15	7:56		7:22	22:51
27	**Postlethwaite**	Craig	6:14	6:45	6:35		6:31	20:13
28	**Renton**	Ricky						
29	**Rose**	Michael	5:39	5:32	5:26		5:32	17:10
30	**Rust**	Mark						
31	**Sampsel**	Eric	5:39	5:30	5:25		5:31	17:06
32	**Schneider**	Matt						
33	**Skiljan**	Nick						
34	**Shall**	Max						
35	**Sooy**	Brett						
36	**Spear**	Zach						
37	**Thompson**	Tyler						
38	**Weber**	Rem						
39	**Witalec**	Josh						
40	**Wynveen**	Blake						
	40							

Jul 30, 2013

#	LAST	FIRST	1	2	3	4	AVG	5k Indica
1	**Baggett**	Sean	6:36					
2	**Bistritz**	Joe	5:03	5:06	5:09	5:04	5:05	15:46
3	**Brown**	Daniel						
4	**Borden**	Peter						
5	**Borden**	William						
6	**Collins**	Tommy	6:59	7:10				
7	**Crandall**	Jackson						
8	**Davis**	William						
9	**DeGreen**	Mac						
10	**Distaulo**	David	6:16	6:30	6:30		6:25	19:54
11	**Dole**	Kevin	6:47	6:40	6:26		6:37	20:31
12	**Ellis**	Jack						
13	**Escott**	David						
14	**Flynt**	Reed						
15	**Foley**	Kyle	6:20	6:30	6:30		6:26	19:57
16	**Ganger**	Drew						
17	**Ganger**	John						
18	**Girouard**	Peter						
19	**Hogan**	Brenden						
20	**Jansen**	Sam	5:53	6:06	6:08	6:10	6:04	18:49
21	**Karyo**	Jack						
22	**Kohn**	Matt						
23	**Lamonica**	Eammon						
24	**McDonnell**	Andrew						
25	**Mitchell**	Conrad	6:00	6:01	6:01	6:05	6:01	18:40
26	**Moyse**	Charlie						
27	**Postlethwaite**	Craig	6:06					
28	**Renton**	Ricky						
29	**Rose**	Michael						
30	**Rust**	Mark	5:59	6:30				
31	**Sampsel**	Eric	5:33	5:27	5:30	5:24	5:28	16:57
32	**Schneider**	Matt	6:43	6:43	6:23		6:36	20:28
33	**Skiljan**	Nick	6:47	6:55				
34	**Shall**	Max						
35	**Sooy**	Brett						
36	**Spear**	Zach						
37	**Thompson**	Tyler						
38	**Weber**	Rem						
39	**Witalec**	Josh						
40	**Wynveen**	Blake						

Aug 28, 20

#	LAST	FIRST	1	2	3	4	AVG	5k Indicati
1	**Baggett**	Sean						
2	**Bistritz**	Joe	5:04	5:13	5:13		5:10	16:01
3	**Brown**	Daniel	6:21	6:23	6:52		6:32	20:16
4	**Borden**	Peter						
5	**Borden**	William	6:39	6:55	6:50	6:24	6:42	20:47
6	**Collins**	Tommy	8:06	7:36	7:30		7:44	23:59
7	**Crandall**	Jackson	5:57	5:47	5:52	5:37	5:48	17:59
8	**Davis**	William	8:15	7:26	7:20		7:40	23:46
9	**DeGreen**	Mac	8:06	7:26	7:20		7:37	23:37
10	**Distaulo**	David	6:04	6:10	6:10	6:21	6:11	19:11
11	**Dole**	Kevin	6:27	6:19	6:20	6:04	6:17	19:29
12	**Ellis**	Jack	6:53	6:50	6:49		6:50	21:11
13	**Escott**	David	8:13	7:20	6:43		7:25	23:00
14	**Flynt**	Reed	6:15	6:15	6:12	6:15	6:14	19:20
15	**Foley**	Kyle	6:23	6:27	6:42		6:30	20:09
16	**Ganger**	Drew	5:52	5:51	5:52	5:38	5:48	17:59
17	**Ganger**	John	5:30	5:31	5:34	5:37	5:33	17:13
18	**Girouard**	Peter	6:02	6:06	6:12	6:15	6:08	19:01
19	**Hogan**	Brenden	7:02	7:48			7:23	22:54
20	**Jansen**	Sam	6:03	6:06	6:12	6:03	6:06	18:55
21	**Karyo**	Jack	5:30	5:29	5:32	5:38	5:43	17:44
22	**Kohn**	Matt	7:36	7:29	7:22	7:26	7:28	23:09
23	**Lamonica**	Eammon	6:10	6:06	6:05	6:02	6:05	18:52
24	**McDonnell**	Andrew	7:42	7:26	7:25		7:31	23:19
25	**Mitchell**	Conrad	5:52	5:53	6:04		5:56	18:24
26	**Moyse**	Charlie	6:26	6:37	7:09		6:44	20:53
27	**Postlethwaite**	Craig	6:04	6:10	6:20		6:11	19:11
28	**Renton**	Ricky	6:10	6:19	6:21		6:17	19:29
29	**Rose**	Michael	5:30	5:30	5:28	5:32	5:30	17:03
30	**Rust**	Mark	6:23	6:20	6:37	6:20	6:25	19:54
31	**Sampsel**	Eric	5:30	5:29	5:27	5:24	5:27	16:54
32	**Schneider**	Matt	6:53	6:47	6:49		6:49	21:09
33	**Skiljan**	Nick	8:15	7:20	7:08		7:34	23:28
34	**Shall**	Max						
35	**Sooy**	Brett	6:32	6:31	6:23		6:28	20:03
36	**Spear**	Zach						
37	**Thompson**	Tyler	8:01	7:49	7:35		7:48	24:11
38	**Weber**	Rem	6:45	6:55	6:50	6:52	6:50	21:11
39	**Witalec**	Josh	7:28	7:30	7:45		7:34	23:28
40	**Wynveen**	Blake	5:52	5:51			5:51	18:09

Sep 11, 20

#	LAST	FIRST	1	2	3	4	AVG	5k Indicatio
1	**Baggett**	Sean	7:20	7:03	7:20		7:14	22:26
2	**Bistritz**	Joe	4:57	4:59	4:59		4:58	15:24
3	**Brown**	Daniel	6:29	6:41	6:45		6:38	20:34
4	**Borden**	Peter						
5	**Borden**	William	6:45	6:34	6:38		6:39	20:37
6	**Collins**	Tommy	7:48	7:22	7:30		7:33	23:25
7	**Crandall**	Jackson	5:49	5:48	5:55		5:50	18:05
8	**Davis**	William	8:21	8:18	8:23		8:20	25:50
9	**DeGreen**	Mac	8:12	8:20	8:23		8:18	25:44
10	**Distaulo**	David	6:34	6:24	6:34		6:30	20:09
11	**Dole**	Kevin	6:28	6:35	6:23		6:28	20:03
12	**Ellis**	Jack	6:50	7:08	6:50		6:56	21:30
13	**Escott**	David						
14	**Flynt**	Reed	6:10	6:03	5:59		6:04	18:49
15	**Foley**	Kyle	6:31	6:36	6:33		6:33	20:19
16	**Ganger**	Drew	5:49	5:49	5:55		5:51	18:09
17	**Ganger**	John	5:45	5:47	5:57		5:49	18:02
18	**Girouard**	Peter	6:00	6:18	6:11		6:09	19:09
19	**Hogan**	Brenden	8:09	7:50	8:06		8:01	24:52
20	**Jansen**	Sam	6:00	6:02	6:01		6:01	24:52
21	**Karyo**	Jack	5:49	5:44	5:40		5:44	17:47
22	**Kohn**	Matt	8:28	8:20	8:23		8:23	26:00
23	**Lamonica**	Eammon	6:00	6:01	5:59		6:00	18:36
24	**McDonnell**	Andrew	6:56	7:20	7:45		7:20	22:44
25	**Mitchell**	Conrad	6:00	6:09	5:53		6:01	18:40
26	**Moyse**	Charlie	7:20	6:44	6:52		6:58	
27	**Postlethwaite**	Craig	6:05	6:15	6:09		6:09	19:04
28	**Renton**	Ricky	6:28	6:42	6:55		6:41	20:44
29	**Rose**	Michael	5:38	5:37	5:31		5:35	17:19
30	**Rust**	Mark		6:23	6:40		6:31	20:13
31	**Sampsel**	Eric	5:28	5:37	5:31		5:32	17:10
32	**Schneider**	Matt	6:50	7:08	6:46		6:56	21:30
33	**Skiljan**	Nick	8:12	8:23	8:23		8:19	25:47
34	**Shall**	Max	7:20	7:00	7:16		7:12	22:20
35	**Sooy**	Brett	6:38	6:34	6:45		6:39	20:37
36	**Spear**	Zach	7:20	7:03	6:58		7:07	22:04
37	**Thompson**	Tyler	8:09	7:50	8:07		8:02	24:55
38	**Weber**	Rem	6:54	6:47	6:36		6:45	20:56
39	**Witalec**	Josh						
40	**Wynveen**	Blake	5:49	5:49	5:55		5:51	18:09

Oct 8, 2013

#	LAST	FIRST	1	2	3	4	AVG	5k Indicatio
1	**Baggett**	Sean	6:40	6:40			6:40	20:40
2	**Bistritz**	Joe	4:49	4:48	4:47	4:43	4:46	14:47
3	**Brown**	Daniel	5:55	6:12			6:03	18:46
4	**Borden**	Peter						
5	**Borden**	William						
6	**Collins**	Tommy						
7	**Crandall**	Jackson	5:43	5:38	5:41	5:38	5:40	17:34
8	**Davis**	William	7:40	7:36			7:38	23:42
9	**DeGreen**	Mac	7:21	7:20			7:20	22:47
10	**Distaulo**	David						
11	**Dole**	Kevin	6:00	5:55			5:57	18:27
12	**Ellis**	Jack	6:00	6:17			6:08	19:01
13	**Escott**	David	6:16	6:13			6:14	19:20
14	**Flynt**	Reed	5:52	6:00			5:56	18:24
15	**Foley**	Kyle	7:30	6:23	6:51		6:54	21:24
16	**Ganger**	Drew	5:43	5:37	5:40	5:37	5:39	17:31
17	**Ganger**	John	5:22	5:22			5:22	16:39
18	**Girouard**	Peter	5:43	5:39	5:42	5:49	5:43	17:44
19	**Hogan**	Brenden	7:07	6:40			6:53	21:21
20	**Jansen**	Sam	5:46	5:50			5:48	17:59
21	**Karyo**	Jack	5:22	5:22	5:21	5:12	5:19	16:29
22	**Kohn**	Matt	7:40	7:36			7:38	23:42
23	**Lamonica**	Eammon	5:47	5:40			5:43	17:44
24	**McDonnell**	Andrew	7:01	6:50			6:55	21:27
25	**Mitchell**	Conrad						
26	**Moyse**	Charlie	6:17	6:14			6:15	19:23
27	**Postlethwaite**	Craig	5:45	5:39			5:42	17:41
28	**Renton**	Ricky						
29	**Rose**	Michael	5:26	5:28	5:25	5:21	5:25	16:48
30	**Rust**	Mark	5:56	6:09			6:02	18:43
31	**Sampsel**	Eric	5:22	5:22	5:22	5:12	5:19	16:29
32	**Schneider**	Matt	5:58	6:14			6:06	18:55
33	**Skiljan**	Nick						
34	**Shall**	Max	6:10	6:20			6:15	19:23
35	**Sooy**	Brett	5:57	5:53			5:55	18:21
36	**Spear**	Zach	6:20	6:31			6:25	19:54
37	**Thompson**	Tyler	7:07	6:42			6:54	21:24
38	**Weber**	Rem	5:57	5:51			5:54	18:18
39	**Witalec**	Josh	8:00	7:43			7:51	
40	**Wynveen**	Blake	5:43	5:34	5:40	5:35	5:38	17:28

Jun 26, 2

#	LAST	FIRST	1	2	3	4	AVG	5k Indic
1	**Cantlay**	Cate	8:20	8:35	8:46		8:33	26:31
2	**Collins**	Colleen						
3	**Deruytter**	Natane	6:40	6:50	6:40		6:43	20:50
4	**Dubay**	Macie						
5	**Dustin**	Allie	6:27	6:46	6:35		6:36	20:28
6	**Gielink**	Sophia						
7	**Hauserman**	Olivia						
8	**Hendricks**	Caroline						
9	**Kang**	Anna						
	Klug	Natalie						
10	**Loomis**	Hannah						
11	**Lowe**	Hailey						
12	**McGuinness**	Liesel						
13	**Morgan**	Kate	8:20	8:35	8:46		8:33	26:31
14	**Moyse**	Anne						
15	**Muckle**	Emily						
16	**Nafziger**	Meggie						
17	**Nazelli**	Lena	6:56	7:09	7:04		7:03	21:52
18	**O'Neil**	Kathryn						
19	**O'Toole**	Shannon						
20	**Owen**	Emily						
21	**Peterson**	Caroline						
22	**Prince**	Lauren	9:20	9:35	9:32		9:29	29:24
23	**Staley**	Abby						
24	**Thombs**	Emma						
25	**Vehar**	Megan						
26	**Weber**	Anna						
27	**Weber**	Katy						
28	**Williams**	Jenna						
29	**Williams**	Chloe						
30	**Workum**	Julia						
	30							

Jul 30, 2013

#	LAST	FIRST	1	2	3	4	AVG	5k Indica
1	**Cantlay**	Cate	8:32	8:07	8:17		8:18	
2	**Collins**	Colleen						
3	**Deruytter**	Natane						
4	**Dubay**	Macie						
5	**Dustin**	Allie	6:25	6:25	6:20	6:14	6:21	19:42
6	**Gielink**	Sophia						
7	**Hauserman**	Olivia						
8	**Hendricks**	Caroline						
9	**Kang**	Anna	9:56		9:30			
	Klug	Natalie						
10	**Loomis**	Hannah	9:02		9:55			
11	**Lowe**	Hailey	6:35	6:54	6:58		6:49	21:08
12	**McGuinness**	Liesel						
13	**Morgan**	Kate	8:32	8:07	8:17		8:18	
14	**Moyse**	Anne	6:27	6:27	6:26	6:30	6:27	20:00
15	**Muckle**	Emily						
16	**Nafziger**	Meggie	7:34	7:22	7:47		7:34	23:28
17	**Nazelli**	Lena						
18	**O'Neil**	Kathryn						
19	**O'Toole**	Shannon						
20	**Owen**	Emily	6:31	6:36	6:45	6:57	6:42	20:47
21	**Peterson**	Caroline	9:39	10:54	10:45		10:26	32:21
22	**Prince**	Lauren	8:24	9:07	9:20		8:57	
23	**Staley**	Abby						
24	**Thombs**	Emma						
25	**Vehar**	Megan						
26	**Weber**	Anna	7:55	8:07	8:18		8:06	25:07
27	**Weber**	Katy	7:55	8:07	8:18		8:06	25:07
28	**Williams**	Jenna						
29	**Williams**	Chloe						
30	**Workum**	Julia						

Aug 28, 20

#	LAST	FIRST	1	2	3	4	AVG	5k Indicati
1	**Cantlay**	Cate	8:12	8:18	8:07	8:16	8:13	25:29
2	**Collins**	Colleen	10:15	10:12			10:13	31:41
3	**Deruytter**	Natane	6:23	6:20	6:24	6:35	6:25	19:54
4	**Dubay**	Macie	7:01	7:14	6:43	6:30	6:52	21:18
5	**Dustin**	Allie	6:23	6:20	6:22	6:08	6:18	19:32
6	**Gielink**	Sophia	9:07	9:32	9:07		9:23	29:06
7	**Hauserman**	Olivia	8:12	8:18			8:15	25:35
8	**Hendricks**	Caroline	9:09	9:14	9:15		9:12	28:32
9	**Kang**	Anna	9:59	9:36	9:51		9:48	30:23
	Klug	Natalie						
10	**Loomis**	Hannah	8:41	8:46	9:02		8:49	27:20
11	**Lowe**	Hailey	6:50	7:09	7:18		7:05	21:58
12	**McGuinness**	Liesel	8:36	9:05	8:42		8:47	27:14
13	**Morgan**	Kate	8:20	8:40	8:22		8:27	26:12
14	**Moyse**	Anne	6:22	6:20	6:22		6:21	19:42
15	**Muckle**	Emily	8:33	9:08	8:41		8:47	27:14
16	**Nafziger**	Meggie	8:20	8:45	8:50	9:00	8:43	27:02
17	**Nazelli**	Lena	6:50	7:09	7:18		7:05	21:58
18	**O'Neil**	Kathryn	8:20	8:45	8:50	9:00	8:43	27:02
19	**O'Toole**	Shannon	10:00	9:36	10:01		9:52	30:36
20	**Owen**	Emily	6:23	6:23	6:36	6:40	6:40	20:40
21	**Peterson**	Caroline	9:18	9:07	8:33		8:59	27:51
22	**Prince**	Lauren	8:11	8:38	8:40		8:29	26:18
23	**Staley**	Abby	8:41	8:47	8:30		8:39	26:49
24	**Thombs**	Emma	7:04	7:15			7:09	22:10
25	**Vehar**	Megan	8:23	8:57	9:04		8:48	27:17
26	**Weber**	Anna	8:20	8:45	8:50	9:00	8:43	27:02
27	**Weber**	Katy	8:24	8:48	8:22	4:05(800)	8:31	26:25
28	**Williams**	Jenna	10:10	9:33	9:17		9:40	29:58
29	**Williams**	Chloe	9:09	9:07	8:33		8:56	27:42
30	**Workum**	Julia	9:01	9:08	8:46		8:58	27:48

Sep 11, 20

#	LAST	FIRST	1	2	3	4	AVG	5k Indicatio
1	**Cantlay**	Cate	8:12	7:56	8:11		8:06	25:07
2	**Collins**	Colleen	9:58	10:00	10:30		10:09	31:29
3	**Deruytter**	Natane	6:12	6:08	6:23		6:14	19:20
4	**Dubay**	Macie	6:56	6:38	6:46		6:46	20:59
5	**Dustin**	Allie	6:11	6:08	6:23		6:14	19:20
6	**Gielink**	Sophia	9:45	9:29	10:45		9:59	30:59
7	**Hauserman**	Olivia	7:18					
8	**Hendricks**	Caroline	8:30	8:53	10:45		9:22	29:04
9	**Kang**	Anna	9:45	10:00	10:00		9:55	30:45
	Klug	Natalie						
10	**Loomis**	Hannah	8:28	9:16	10:03		9:15	28:41
11	**Lowe**	Hailey	6:53	6:38	6:50		6:47	21:02
12	**McGuinness**	Liesel	8:25	8:24	8:43		8:30	26:22
13	**Morgan**	Kate						
14	**Moyse**	Anne	6:21	6:38	7:37		6:52	21:18
15	**Muckle**	Emily	8:15	8:49	8:58		8:40	26:52
16	**Nafziger**	Meggie	8:40	8:45			8:42	26:59
17	**Nazelli**	Lena						
18	**O'Neil**	Kathryn	8:40	8:45	8:50		8:45	27:10
19	**O'Toole**	Shannon	9:23	9:25			9:24	29:10
20	**Owen**	Emily	6:15	6:28	6:52		6:31	20:13
21	**Peterson**	Caroline	9:58	9:11	8:37		9:15	28:43
22	**Prince**	Lauren	8:12	8:35	8:40		8:29	26:18
23	**Staley**	Abby						
24	**Thombs**	Emma	6:57					
25	**Vehar**	Megan	8:27	9:15	9:12		8:58	27:48
26	**Weber**	Anna	8:40					
27	**Weber**	Katy	8:40	8:40	9:15		8:51	27:28
28	**Williams**	Jenna	9:45	9:29	9:24		9:32	29:34
29	**Williams**	Chloe	8:30	8:53	10:45		9:22	29:04
30	**Workum**	Julia	8:34	8:53	8:35		8:40	26:52

Oct 8, 2013

#	LAST	FIRST	1	2	3	4	AVG	5k Indicatio
1	**Cantlay**	Cate	7:20	7:23			7:21	22:50
2	**Collins**	Colleen						
3	**Deruytter**	Natane	5:59	6:10	6:15	6:06	5:57	18:29
4	**Dubay**	Macie						
5	**Dustin**	Allie	5:59	6:10	6:15	6:06	5:57	18:29
6	**Gielink**	Sophia	8:18	8:34			8:26	26:09
7	**Hauserman**	Olivia						
8	**Hendricks**	Caroline	8:15	8:36			8:25	26:08
9	**Kang**	Anna	8:39	8:15			8:27	26:12
	Klug	Natalie	7:27	7:38			7:32	23:22
10	**Loomis**	Hannah	8:19	8:36			8:27	26:12
11	**Lowe**	Hailey	6:49	6:46	6:50	6:51	6:49	21:10
12	**McGuinness**	Liesel	7:57	7:50			7:53	24:27
13	**Morgan**	Kate	7:21	7:38			7:29	23:10
14	**Moyse**	Anne	6:11	6:11	6:12	6:12	6:11	19:12
15	**Muckle**	Emily	7:40	7:48			7:44	23:59
16	**Nafziger**	Meggie	7:33	7:23			7:28	23:10
17	**Nazelli**	Lena						
18	**O'Neil**	Kathryn						
19	**O'Toole**	Shannon	8:53	8:27			8:40	26:52
20	**Owen**	Emily	5:59	6:10	6:19	6:12	6:10	19:10
21	**Peterson**	Caroline	8:23	7:57			8:10	25:19
22	**Prince**	Lauren						
23	**Staley**	Abby	8:20	8:19			8:19	25:49
24	**Thombs**	Emma	6:49	6:46			6:47	21:02
25	**Vehar**	Megan						
26	**Weber**	Anna						
27	**Weber**	Katy						
28	**Williams**	Jenna	8:21	7:57			8:09	25:16
29	**Williams**	Chloe						
30	**Workum**	Julia	7:27	8:01			7:44	23:59

KEY	**AVG**	Blue Mark in AVG Column means that you are faster right now than in a1600s at this time last year.	**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout	Darker Blue Mark in AVG Indication column means you improved from your last 1600s workout for 2 workouts	**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout	Darker Blue Mark in AVG Indication column means you improved from your last 1600s workout for 2 workouts	**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout	Darker Blue Mark in AVG Indication column means you improved from your last 1600s workout for 2 workouts	**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout	Darker Blue Mark in AVG Indication column means you improved from your last 1600s workout for 2 workouts	
	5k Indication	Blue Mark in 5k Indication column means you improved from your last 1600s workout	**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout		**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout		**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout for 3 workouts		**AVG**	Blue Mark in AVG Indication column means you improved from your last 1600s workout for 3 workouts		