6/18/2015

2-4x1600 @ Tempo Pace (5k Pace + 30s) w/ 4min RIBs

BOYS		1	2	3	4	AVG	5k	5k (-30)	1	2	3	4	AVG	5k	5k (-25)	1	2	3	4	AVG	5k	5k (-15)
First	**Last**	**6/18**							**6/25**							**7/28**						
Joe	**Bistritz**								5:06	5:00	4:55		5:00	15:30	15:05	5:00	4:57	4:53	4:47	4:54	15:12	14:57
Conrad	**Mitchell**	6:15	6:12	6:15		**6:14**	19:20	18:50	5:55	5:53	5:56	5:52	5:54	18:18	17:53	5:45	5:47	5:45	5:33	5:42	17:41	17:26
Kyle	**Foley**	6:27	6:17	6:38	6:44	**6:31**	20:13	19:43	6:05	6:08	6:07		6:06	18:55	18:30	5:53	5:56	6:09		5:59	18:32	18:17
Sam	**Jansen**															5:58	6:01	6:12		6:03	18:46	18:31
Andy	**McDonnell**															6:51	7:12	7:12		7:05	21:58	21:43
Reed	**Sampsel**	6:54	7:01			**6:57**	21:33	21:03								7:01				7:01	21:46	21:31
Michael	**Rose**	6:05	5:51	5:45		**5:53**	18:15	17:45	5:36	5:27	5:24		5:29	17:00	16:35							
Paul	**Cantlay**								5:57	5:56	5:56		5:56	18:24	17:59							
Jacob	**Freese**	7:18	7:35	7:42		**7:31**	23:19	22:49	7:02	7:01	6:59		7:01	21:46	21:21							
Eammon	**Lamonica**	6:30	6:27			**6:28**	20:03	19:33														
Justin	**Rayner**	6:30	6:32	6:58		**6:40**	20:40	20:10														
Daniel	**Brown**	6:24	6:35	6:38	7:08	**6:41**	20:44	20:14														
Ricky	**Renton**	6:47	7:06			**6:56**	21:30	21:00														

6/18/2015

2-4x1600 @ Tempo Pace (5k Pace + 30s) w/ 4min RIBs

GIRLS		1	2	3	4	AVG	5k	5k (-30)	1	2	3	4	AVG	5k	5k (-25)	1	2	3	4	AVG	5k	5k (-15)
First	**Last**	**6/18**							**6/25**							**7/28**						
Emily	**Owen**	6:32	6:27	6:40	6:49	**6:37**	20:31	20:01								6:33	6:24	6:27	6:18	6:25	19:54	19:39
Lena	**Nazelli**															6:40	6:26	6:32		6:32	20:22	20:07
Kat	**Lechman**															6:40	6:29	6:45		6:38	20:34	20:19
Anna	**Henkaline**															6:52	7:00			6:56	21:24	21:09
Emma	**Thombs**	8:43	7:50	7:43		**8:05**	25:04	24:34	7:35	7:44	7:29		7:36	23:34	22:09	7:26	7:38	7:49		7:37	23:37	23:22
Abby	**Patton**															7:10	7:38	8:09		7:39	23:43	23:28
Katie	**Malik**															7:55	7:58	8:01		7:58	24:42	24:27
Alice	**Patton**															7:37	8:08	8:38		8:07	25:10	24:55
Maddison	**Salvati**															9:30				9:30	26:51	26:36
Natane	**Deruytter**	6:29	6:17	6:15		**6:20**	19:38	19:08	6:09	6:05	5:57		6:03	18:46	18:21							
Annie	**Zimmer**								6:09	6:05	5:57		6:03	18:46	18:21							
Hailey	**Lowe**	6:32	6:35	6:51		**6:39**	20:37	20:07	6:33	6:32	6:25		6:30	20:09	19:44							
Addison	**Henkaline**								6:50	6:53	7:15		6:59	21:36	21:11							
Shannon	**Staley**								7:08	7:19	7:08		7:11	22:17	21:52							
Kate	**Flynt**								7:10	7:25	7:26		7:20	22:44	22:19							
Milly	**Mason**	7:07	6:50			**6:58**	21:36	21:06														
Katie	**Malik**	7:18	7:40	7:47		**7:31**	23:19	22:49														
Madeline	**Mitchell**	8:53	9:03			**8:58**	27:48	27:18														