

Table 1

| 1600m TT        |            |         |                  |
|-----------------|------------|---------|------------------|
|                 |            | 8/14/15 | 10/1/15          |
| <b>Joseph</b>   | Bistriz    | 4:11    | 4:10             |
| <b>Michael</b>  | Rose       | 4:43    | 4:32             |
| <b>Paul</b>     | Cantlay    | 5:17    | 5:03             |
| <b>Conrad</b>   | Mitchell   | 5:18    | 5:07             |
| <b>Sam</b>      | Jansen     | 5:17    | 5:12             |
| <b>Daniel</b>   | Brown      | 5:26    | 5:12             |
| <b>Eammon</b>   | Lamonica   | 5:24    | 5:15             |
| <b>Justin</b>   | Rayner     | 5:25    | 5:17             |
| <b>Kyle</b>     | Foley      | 5:23    | 5:19             |
| <b>Rem</b>      | Weber      | 5:25    | 5:20             |
| <b>Duncan</b>   | Taber      | 5:43    | 5:25             |
| <b>Marshall</b> | Sadowski   | 5:45    | 5:35             |
| <b>Kevin</b>    | Schlaker   | 5:45    | 5:35             |
| <b>Reed</b>     | Sampsel    | DNR     | 5:38             |
| <b>Zach</b>     | Spear      | 6:07    | 5:38             |
| <b>Jacob</b>    | Freese     | 6:03    | 5:39             |
| <b>Andrew</b>   | Mcdonnell  | 5:53    | 5:41             |
| <b>Andy</b>     | Wood       | 5:44    | 5:42             |
| <b>Benjamin</b> | Cervelloni | DNR     | 5:43             |
| <b>Ricky</b>    | Renton     | DNR     | 5:43             |
| <b>David</b>    | Di staulo  | 5:50    | 5:48             |
| <b>Matthew</b>  | Witalec    | 6:04    | 5:51             |
| <b>Max</b>      | Shall      | DNR     | 5:51             |
| <b>Michael</b>  | Wise       | 6:04    | 5:54             |
| <b>Andrew</b>   | Brunson    | 6:44    | 5:55             |
| <b>Thomas</b>   | Wirbel     | 6:44    | 6:02             |
| <b>Brandon</b>  | Denton     | 6:45    | 6:02             |
| <b>Charlie</b>  | Moyse      | DNR     | 6:06             |
| <b>Matthew</b>  | Cox        | 6:42    | 6:09             |
| <b>John</b>     | Kukla      | 6:37    | 6:18             |
| <b>Drew</b>     | Daugherty  | 7:20    | 6:29             |
| <b>Joshua</b>   | Witalec    | 7:19    | 6:35             |
| <b>Sean</b>     | Lordan     | 6:50    | 6:40             |
| <b>Brett</b>    | Defoy      | 7:04    | DNR              |
| <b>Joseph</b>   | King       | 7:16    | DNR              |
| <b>Anthony</b>  | Wahl       | 6:10    | ???              |
| <b>Jackson</b>  | Crandall   | 5:12    | DNR              |
|                 |            |         | 1 TT Improvement |
|                 |            |         | 2 TT Improvement |
|                 |            |         | 3 TT Improvement |