Mile Reps		9/2							9/16							10/13					
First	Last	1	2	3	4	Average	5k		1	2	3	4	Average	5k		1	2	3	4	Average	5k
Joseph	Bistritz	4:57	4:55	5:09	2:22	5:00	15:30		4:49	4:50	4:54	4:47	4:50	14:59		4:44	4:47	4:40	4:38	4:42	14:35
Michael	Rose	5:31	5:23	5:17	2:22	5:23	16:42		5:21	5:18	5:13	5:12	5:16	16:20		5:12	5:08	5:06	5:04	5:07	15:52
Paul	Cantlay	5:51	5:51	6:05	2:49	5:55	18:21		5:39	5:43	5:43		5:41	17:38		5:32	5:32	5:35		5:33	17:19
Conrad	Mitchell	5:51	5:51	6:05		5:55	18:21		5:46	5:48	5:38		5:44	17:47		5:40	5:44	5:28		5:37	17:25
Kyle	Foley	5:51	5:52	6:08	3:11	5:57	18:27		5:47	5:49	5:46		5:47	17:56		5:40	5:44	5:35		5:39	17:31
Justin	Rayner	6:10	6:07	6:02		6:06	18:55		6:10	6:12	6:05	2:52	6:09	19:04		5:42	5:44	5:32		5:39	17:31
Jackson	Crandall	5:34	5:30	5:35	2:31	5:33	17:13		5:26	5:22	5:23	5:19	5:22	16:39							
Sam	Jansen	5:51	5:51	6:08	2:59	5:56	18:24		5:47	5:43	5:43		5:44	17:47							
Eammon	Lamonica	6:04	6:00	5:59	2:52	6:01	18:36		5:55	5:53	5:57	2:44	5:55	18:21							
Rem	Weber	6:10	6:07	5:59	2:51	6:05	18:52		6:08	6:11	6:05	2:50	6:08	19:01							
Duncan	Taber	6:10	6:10	6:10		6:10	19:07		6:07	6:10	6:11	2:54	6:09	19:04							
Kevin	Schlaker	6:27	6:17	6:28	3:03	6:24	19:51		6:17	6:13	6:19	2:52	6:16	19:26							
Daniel	Brown	6:10	6:45	6:27		6:27	20:00		6:09	6:12	6:28		6:16	19:26							
Marshall	Sadowski	6:57	7:12	6:56		7:01	21:46		6:29	6:34	6:09		6:24	19:51							
Zach	Spear	6:43	7:13			6:58	21:36		6:24	6:36			6:30	20:09							
Andrew	Mcdonnell	6:47	6:44	6:45		6:45	20:56		6:38	6:27	6:29		6:31	20:13							
Ricky	Renton	6:28	6:31	6:55	3:03	6:38	20:34		6:16	6:38	7:01	2:55	6:33	20:19							
Thomas	Wirbel	7:00	7:16	7:43		7:19	22:41		6:30	6:49	3:15		6:39	20:37							
Anthony	Wahl	6:40	7:15	6:54		6:56	21:30		6:39	6:39	6:46		6:41	20:44							
Benjamin	Cervelloni	6:40	7:15	6:57		6:57	21:33		6:39	6:39	6:47		6:41	20:44							
Max	Shall	6:33	6:53	8:00		7:08	22:07		6:51	6:45	6:55		6:50	21:11							
Reed	Sampsel	6:39	6:44	6:29		6:37	20:31		6:53	6:54	6:58		6:55	21:27							
Andrew	Brunson	7:15	7:32	8:43		7:50	24m 17s		6:59	6:58	6:48		6:55	21:27							
Charlie	Moyse	7:15	7:26	6:59		7:13	22:23		6:59	7:05	6:53		6:59	21:39							
Michael	Wise	7:37	7:37	8:06		7:46	24m 5s		7:10	7:01	7:00		7:03	21:52							
Andy	Wood	7:27	7:29	7:34		7:30	23:15		7:05	7:08	7:01		7:04	21:55							
David	Di staulo	7:46	7:30	7:35		7:37	23:37		7:07	7:09	7:04		7:06	22:01							
Matthew	Cox	8:03	8:09	8:18		8:10	25m 19s		7:05	7:01	7:24		7:10	22:13							
Matthew	Witalec	7:12	7:32	7:01		7:15	22:29		7:10	7:32	7:09		7:17	22:35							
Sean	Lordan								7:29	7:17	7:12		7:19	22:41							
Brett	Defoy	7:54	8:02	8:20		8:05	25m 4s		7:30	7:51	7:16		7:32	23:22							
Joshua	Witalec	7:56	8:00	2:56		7:58	24m 42s		7:41	7:34	7:43		7:39	23:43							
Joseph	King	7:54	8:02	8:53		8:17	25m 41s		7:29	7:42	7:49		7:40	23:46							
Brandon	Denton	7:24	8:02	8:20		7:55	24m 33s		7:50		7:57		7:53	24:27							
Drew	Daugherty	7:27	7:51	8:20		7:52	24m 24s		7:58	7:52	7:57		7:55	24:33							
Jacob	Freese	6:54	6:48	6:50		6:50	21:11														
John	Kukla																				