

Workout			Steady			8/9/16				8/23/16				9/6/16				Workout Progression						
TEAM	Last Name	First Name	LAST/FIRST	1	2	3	AVG	SK EQUIV	1	2	3	AVG	SK EQUIV	1	2	3	4	AVG	SK EQUIV	AVG 1 PACE	AVG 2 PACE	AVG 3 PACE	TREND	
Boys	Bello	Vincent	Bello, Vincent	07:27	08:07		07:47	20:45						07:07	07:36			07:22	19:37	07:47		07:22		
Boys	Blair	Nolan	Blair, Nolan	08:54	08:54		08:54	23:44													08:54			
Boys	Brady	Joshua	Brady, Joshua	09:58			09:58	26:35													09:58			
Boys	Brown	Daniel	Brown, Daniel	07:05	06:53	06:44	06:54	18:24	06:30	06:40	06:48	06:39	17:45							06:54	06:39			
Boys	Broz	Parker	Broz, Parker	08:01	08:01		08:01	21:24													08:01			
Boys	Brunson	Andrew	Brunson, Andrew	07:25	07:40		07:32	20:07	07:20	08:15		07:48	20:47							07:32	07:48			
Boys	Campbell	John	Campbell, John	08:00	08:00		08:00	21:20												08:00				
Boys	Cantlay	Paul	Cantlay, Paul	06:22	06:13	05:59	06:11	16:30	06:16	06:14	06:05	06:12	16:31	05:46	05:55	06:09		05:57	15:51	06:11	06:12	05:57		
Boys	Cervelloni	Benjamin	Cervelloni, Benjamin	08:16	08:29		08:22	22:20	07:30	07:45		07:37	20:20							08:22	07:37			
Boys	Collins	Andrew	Collins, Andrew																					
Boys	Cox	Matthew	Cox, Matthew											08:13	08:54			08:33	22:49			08:33		
Boys	Crandall	Jackson	Crandall, Jackson	06:22	06:12	05:50	06:08	16:21	05:58	06:01	06:00	06:00	15:59							06:08	06:00			
Boys	Daugherty	Drew	Daugherty, Drew	07:42	08:18		08:00	21:20												08:00				
Boys	Denton	Brandon	Denton, Brandon	07:42	08:18		08:00	21:20												08:00				
Boys	Dustin	Jack	Dustin, Jack	07:26	07:26		07:26	19:49												07:26				
Boys	Feeney	Tyler	Feeney, Tyler	07:26	07:44		07:35	20:13						07:02	07:11	07:22		07:12	19:11	07:35		07:12		
Boys	Foley	Kyle	Foley, Kyle	06:35	06:32	06:29	06:32	17:25	06:16	06:24	06:20	06:20	16:53	06:00	06:28	06:27		06:18	16:49	06:32	06:20	06:18		
Boys	Freese	Jacob	Freese, Jacob						06:43	06:47		06:45	18:00								06:45			
Boys	Galloway	Hunter	Galloway, Hunter	07:36	11:48		09:42	25:52												09:42				
Boys	Gordos	Paul	Gordos, Paul	08:19	08:31		08:25	22:27												08:25				
Boys	Grady	Michael	Grady, Michael	07:06	06:54		07:00	18:40						06:03	06:44	06:54		06:34	17:30	07:00		06:34		
Boys	Haskett	Aidan	Haskett, Aidan	07:15	07:12		07:13	19:16						07:01	07:01			07:01	18:43	07:13		07:01		
Boys	Jansen	Samuel	Jansen, Samuel	06:22	06:17	06:30	06:23	17:01	06:17	06:18	06:14	06:16	16:44	06:00	06:16	06:19		06:12	16:31	06:23	06:16	06:12		
Boys	King	Joseph	King, Joseph	08:35	10:01		09:18	24:48	08:10			08:10	21:47							09:18	08:10			
Boys	King	Michael	King, Michael	10:06			10:06	26:56												10:06				
Boys	Kukla	Charles	Kukla, Charles	07:26	08:24		07:55	21:07												07:55				
Boys	Kukla	John	Kukla, John	07:29	12:01		09:45	26:00	07:10			07:10	19:07	07:47	09:08			08:28	22:33	09:45	07:10	08:28		
Boys	Lordan	Sean	Lordan, Sean	07:40			07:40	20:27												07:40				
Boys	Moyse	Charlie	Moyse, Charlie	07:04	07:04		07:04	18:52	06:53	07:05		06:59	18:37							07:04	06:59			
Boys	Norton	Andy	Norton, Andy	08:05	08:05		08:05	21:33												08:05				
Boys	Partain	Alexander	Partain, Alexander	07:17	07:10		07:13	19:16	07:00	07:23		07:11	19:11	06:47	10:18			08:32	22:47	07:13	07:11	08:32		
Boys	Potter	Owen	Potter, Owen	07:35	07:35		07:35	20:13												07:35				
Boys	Rayner	Justin	Rayner, Justin	06:22	06:04	05:58	06:08	16:21	06:17	06:13	06:05	06:12	16:31	05:26	05:44	05:55		05:42	15:11	06:08	06:12	05:42		
Boys	Sadowski	Marshall	Sadowski, Marshall																					
Boys	Sampsel	Reed	Sampsel, Reed	07:11	07:11		07:11	19:09	07:15			07:15	19:20	07:01	07:01			07:01	18:43	07:11	07:15	07:01		
Boys	Schlaker	Kevin	Schlaker, Kevin	07:25	07:38		07:31	20:04												07:31				
Boys	Shall	Elijah	Shall, Elijah	09:10	09:44		09:27	25:12												09:27				
Boys	Singer	Rand	Singer, Rand	11:40			11:40	31:07												11:40				
Boys	Spears	Zach	Spears, Zach	07:50	07:50		07:50	20:53	06:53			06:53	18:21							07:50	06:53			
Boys	Stinson	Tyler	Stinson, Tyler	07:06	06:59		07:03	18:47												07:03				
Boys	Taber	Duncan	Taber, Duncan	06:57	06:57		06:57	18:32	06:27	06:39		06:33	17:28	06:10	06:37	06:22		06:23	17:01	06:57	06:33	06:23		
Boys	Thompson	Zachary	Thompson, Zachary	07:42	02:28		05:05	13:33												05:05				
Boys	Volpe	Peter	Volpe, Peter	06:35	06:32	06:29	06:32	17:25	06:16	06:24	06:20	06:20	16:53							06:32	06:20			
Boys	Wahl	Anthony	Wahl, Anthony	07:05			07:05	18:53	06:25	06:50		06:37	17:40							07:05	06:37			
Boys	Weber	Rem	Weber, Rem	07:05	06:50	06:47	06:54	18:24	06:29	06:38	06:42	06:36	17:37							06:54	06:36			
Boys	White	Tucker	White, Tucker	07:30	08:10		07:50	20:53												07:50				
Boys	Wirbel	Thomas	Wirbel, Thomas	07:45	07:45		07:45	20:40	06:58	07:18		07:08	19:01	07:01	07:20			07:10	19:08	07:45	07:08	07:10		
Boys	Wise	Michael	Wise, Michael						07:00	07:51		07:25	19:48								07:25			
Boys	Witalec	Matthew	Witalec, Matthew	07:30	08:05		07:48	20:47	07:23	08:02		07:42	20:33	07:47	07:50			07:48	20:49	07:48	07:42	07:48		
Boys	Wood	James	Wood, James	08:00	08:20		08:10	21:47												08:10				
Girls	Agan	Rebekah	Agan, Rebekah	08:22	08:46		08:34	22:51												08:34				
Girls	Andresen	Olivia	Andresen, Olivia	08:22	08:46		08:34	22:51												08:34				
Girls	Baker	Katherine	Baker, Katherine	08:06	07:57		08:01	21:24												08:01				
Girls	Clark	Hannah	Clark, Hannah	06:54	06:39	06:27	06:40	17:47	06:31	06:39	06:32	06:34	17:31							06:40	06:34			
Girls	Coffey	Catherine	Coffey, Catherine	06:54	06:39	06:27	06:40	17:47	06:31	06:39	06:32	06:34	17:31							06:40	06:34			
Girls	Davis	Maddy	Davis, Maddy	08:57	08:57		08:57	23:52	08:30			08:30	22:40							08:57	08:30			
Girls	Flynt	Kate	Flynt, Kate	07:20	07:18		07:19	19:31	07:00	07:15		07:07	19:00	07:07	07:45			07:26	19:49	07:19	07:07	07:26		
Girls	Galicki	Elizabeth	Galicki, Elizabeth																					
Girls	Harrison	Alexia	Harrison, Alexia																					
Girls	Henkaline	Addison	Henkaline, Addison																					
Girls	Henkaline	Anna	Henkaline, Anna	07:02	07:02		07:02	18:45												07:02				
Girls	Kang	Chloe	Kang, Chloe	09:55	10:37		10:16	27:23	09:40	10:20		10:00	26:40							10:16	10:00			
Girls	Kang	Madison	Kang, Madison	09:38	10:54		10:16	27:23	09:37	10:40		10:09	27:03							10:16	10:09			
Girls	Klug	Isabella	Klug, Isabella	08:23	08:45		08:34	22:51												08:34				
Girls	Kovatch	Alexandria	Kovatch, Alexandria	09:05	09:50		09:28	25:13	09:04			09:04	24:11							09:28	09:04			
Girls	Lechman	Katarina	Lechman, Katarina	06:54	06:39	06:27	06:40	17:47	06:31	06:39	06:28	06:33	17:27							06:40	06:33			
Girls	Lee	Grace	Lee, Grace	08:19	08:49		08:34	22:51												08:34				
Girls	Lordan	Claire	Lordan, Claire	07:30	08:13		07:52	20:57												07:52				
Girls	Low	Hailey	Low, Hailey						06:31	06:39	06:32	06:34	17:31								06:34			
Girls	Lurch	Mackenzie	Lurch, Mackenzie	07:17	07:23		07:20	19:33	07:00	07:10		07:05	18:53							07:20	07:05			
Girls	Magersupp	Mia	Magersupp, Mia						08:35			08:35	22:53	07:07	07:45			07:26	19:49		08:35	07:26		
Girls	Malik	Katherine	Malik, Katherine	07:45	08:00		07:52	21:00	07:30			07:30	20:00	08:14	08:48			08:31	22:43	07:52	07:30	08:31		
Girls	Mandel	Anne	Mandel, Anne	10:42			10:42	28:32												10:42				
Girls	Mandel	Elizabeth	Mandel, Elizabeth	09:05	10:28		09:46	26:04												09:46				
Girls	Marinelli	Grace	Marinelli, Grace																					