Better than last
Back to back improvements x2
Back to back improvements x3

Workout	Steady				8/9					8/23								9/6								10/4		
TEAM	LAST/FIRST	1	2	3	AVG	5K EQUIV	1	2	3	AVG	5K EQUIV	Improve vs Last	1	2	3	AVG	5K EQUIV	Improve vs Last	1	2	3	AVG	5K EQUIV	Improve vs Last
Boys	Rayner, Justin	6:22	6:04	5:58	6:08	16:21	6:17	6:13	6:05	6:12	16:31		05:26	05:44	05:55	05:42	15:11	Y	05:34	05:44	05:56	05:45	15:19	
Boys	Jansen, Samuel	6:22	6:17	6:30	6:23	17:01	6:17	6:18	6:14	6:16	16:44	Y	06:00	06:16	06:19	06:12	16:31	Y	06:02	06:09	06:18	06:10	16:26	Y
Boys	Taber, Duncan	6:57	6:57		6:57	18:32	6:27	6:39		6:33	17:28	Y	06:10	06:37	06:22	06:23	17:01	Y	06:12	06:19	06:14	06:15	16:40	Y
Boys	Haskett, Aidan	7:15	7:12		7:13	19:16							07:01	07:01		07:01	18:43		06:58	06:44	05:18	06:20	16:53	Y
Boys	Grady, Michael	7:06	6:54		7:00	18:40							06:03	06:44	06:54	06:34	17:30		06:18	06:22	06:21	06:20	16:54	Y
Boys	Foley, Kyle	6:35	6:32	6:29	6:32	17:25	6:16	6:24	6:20	6:20	16:53	Y	06:00	06:28	06:27	06:18	16:49	Y	06:20	06:20	06:23	06:21	16:56	
Boys	Weber, Rem	7:05	6:50	6:47	6:54	18:24	6:29	6:38	6:42	6:36	17:37	Y							06:23	06:23	06:23	06:23	17:02	Y
Boys	Sampsel, Reed	7:11	7:11		7:11	19:09	7:15			7:15	19:20		07:01	07:01		07:01	18:43	Y	06:53	06:17		06:35	17:33	Y
Boys	Dustin, Jack	7:26	7:26		7:26	19:49													06:38	06:46	06:33	06:39	17:44	Y
Boys	Partain, Alexander	7:17	7:10		7:13	19:16	7:00	7:23		7:11	19:11	Y	06:47	10:18		08:32	22:47		06:39	06:39	06:39	06:39	17:44	Y
Boys	Stinson, Tyler	7:06	6:59		7:03	18:47													06:38	06:46	06:33	06:39	17:44	Y
Boys	Freese, Jacob						6:43	6:47		6:45	18:00								06:18	07:00		06:39	17:44	Y
Boys	Feeney, Tyler	7:26	7:44		7:35	20:13							07:02	07:11	07:22	07:12	19:11	Y	06:27	06:46	06:47	06:40	17:47	Y
Boys	Wirbel, Thomas	7:45	7:45		7:45	20:40	6:58	7:18		7:08	19:01	Y	07:01	07:20		07:10	19:08		06:41	06:41		06:41	17:49	Y
Boys	Moyse, Charlie	7:04	7:04		7:04	18:52	6:53	7:05		6:59	18:37	Y							06:45	07:05		06:55	18:27	Y
Boys	Brunson, Andrew	7:25	7:40		7:32	20:07	7:20	8:15		7:48	20:47								06:49	07:11		07:00	18:40	Y
Boys	Blair, Nolan	8:54	8:54		8:54	23:44													06:43	07:22		07:02	18:47	Y
Boys	Potter, Owen	7:35	7:35		7:35	20:13													07:02	07:02		07:02	18:47	Y
Boys	Spear, Zach	7:50	7:50		7:50	20:53	6:53			6:53	18:21	Y							06:57	07:19		07:08	19:01	
Boys	Campbell, John	8:00	8:00		8:00	21:20													06:38	08:03		07:20	19:35	Y
Boys	Daugherty, Drew	7:42	8:18		8:00	21:20													07:03	07:39		07:21	19:36	Y
Boys	Broz, Parker	8:01	8:01		8:01	21:24													08:21	06:36		07:28	19:56	Y
Boys	Galloway, Hunter	7:36	11:48		9:42	25:52													07:45	07:45		07:45	20:40	Y
Boys	Thompson, Zachary	7:42			7:42	20:32													07:49	07:49		07:49	20:51	Y
Boys	White, Tucker	7:30	8:10		7:50	20:53													07:49	07:49		07:49	20:51	Y
Boys	Bello, Vincent	7:27	8:07		7:47	20:45							07:07	07:36		07:22	19:37	Y	07:52	07:56		07:54	21:04	
Boys	Witalec, Matthew	7:30	8:05		7:48	20:47	7:23	8:02		7:42	20:33	Y	07:47	07:50		07:48	20:49		07:52	07:57		07:55	21:05	
Boys	Wood, James	8:00	8:20		8:10	21:47													08:27	08:02		08:15	21:59	
Boys	Cervelloni, Benjamin	8:16	8:29		8:22	22:20	7:30	7:45		7:37	20:20	Y							08:27			08:27	22:32	
Boys	Kukla, Charles	7:26	8:24		7:55	21:07													08:33	08:33		08:33	22:48	Y
Boys	Cox, Matthew												08:13	08:54		08:33	22:49		08:43	08:43		08:43	23:13	
Boys	Wise, Michael						7:00	7:51		7:25	19:48								08:10	09:15		08:43	23:13	
Boys	Collins, Andrew																		08:51	09:06		08:58	23:56	
Boys	Brady, Joshua	9:58			9:58	26:35													08:37	09:33		09:05	24:13	Y
Boys	King, Michael	10:06			10:06	26:56													09:17			09:17	24:45	Y
Boys	Wahl, Anthony	7:05			7:05	18:53	6:25	6:50		6:37	17:40	Y								16:22		16:22	43:39	
Boys	Brown, Daniel	7:05	6:53	6:44	6:54	18:24	6:30	6:40	6:48	6:39	17:45	Y												
Boys	Cantlay, Paul	6:22	6:13	5:59	6:11	16:30	6:16	6:14	6:05	6:12	16:31		05:46	05:55	06:09	05:57	15:51	Y						
Boys	Carroll, Patrick																							
Boys	Crandall, Jackson	6:22	6:12	5:50	6:08	16:21	5:58	6:01	6:00	6:00	15:59	Y												
Boys	Denton, Brandon	7:42	8:18		8:00	21:20																		
Boys	Gordos, Paul	8:19	8:31		8:25	22:27																		
Boys	King, Joseph	8:35	10:01		9:18	24:48	8:10			8:10	21:47	Y												
Boys	Kukla, John	7:29	12:01		9:45	26:00	7:10			7:10	19:07	Y	07:47	09:08		08:28	22:33							
Boys	Lordan, Sean	7:40			7:40	20:27																		
Boys	Norton, Andy	8:05	8:05		8:05	21:33																		
Boys	Sadowski, Marshall																							
Boys	Schlaker, Kevin	7:25	7:38		7:31	20:04																		
Boys	Shall, Elijah	9:10	9:44		9:27	25:12																		
Boys	Singer, Rand	11:40			11:40	31:07																		
Boys	Volpe, Peter	6:35	6:32	6:29	6:32	17:25	6:16	6:24	6:20	6:20	16:53	Y												
Girls	Zimmer, Annie						6:27	6:18	6:08	6:18	16:47								06:02	05:57	06:01	06:00	16:00	Y
Girls	Coffey, Catherine	6:54	6:39	6:27	6:40	17:47	6:31	6:39	6:32	6:34	17:31	Y							06:22	06:18	06:21	06:20	16:54	Y
Girls	Clark, Hannah	6:54	6:39	6:27	6:40	17:47	6:31	6:39	6:32	6:34	17:31	Y							06:38	06:46	06:26	06:37	17:38	
Girls	Lechman, Katarina	6:54	6:39	6:27	6:40	17:47	6:31	6:39	6:28	6:33	17:27	Y							06:38	06:46	06:26	06:37	17:38	
Girls	Lowe, Hailey						6:31	6:39	6:32	6:34	17:31								06:38	06:46	06:26	06:37	17:38	
Girls	Owen, Emily	6:54	6:36	6:30	6:40	17:47	6:31	6:39	6:28	6:33	17:27	Y							06:38	06:46	06:26	06:37	17:38	
Girls	Zaluski, Hannah																		06:38	06:46	06:26	06:37	17:38	Y
Girls	Flynt, Kate	7:20	7:18		7:19	19:31	7:00	7:15		7:07	19:00	Y	07:07	07:45		07:26	19:49		06:58	07:11		07:04	18:52	Y
Girls	Muckle, Emily	7:35	8:10		7:52	21:00	7:10			7:10	19:07	Y							06:55	07:40		07:17	19:27	
Girls	Patton, Abigail	7:43			7:43	20:35	7:12			7:12	19:12	Y	08:07	08:15		08:11	21:49		07:07	07:59		07:33	20:08	
Girls	Mrofchak, Jenna	8:19	8:28		8:24	22:23													07:08	08:08		07:38	20:21	Y
Girls	Galicki, Elizabeth																		07:28	08:04		07:46	20:43	
Girls	O'Malley, Kathryn	8:00	8:20		8:10	21:47	8:00	9:13		8:36	22:57		08:24	10:03		09:13	24:36		07:18	08:18		07:48	20:48	Y
Girls	Baker, Katherine	8:06	7:57		8:01	21:24													08:02	08:06		08:04	21:31	
Girls	Davis, Maddy	8:57	8:57		8:57	23:52	8:30			8:30	22:40	Y							08:04	08:06		08:05	21:33	Y
Girls	Sevich, Anna	8:55	8:55		8:55	23:47													08:04	08:06		08:05	21:33	Y
Girls	Harrison, Alexia																		08:00	08:21		08:11	21:48	
Girls	Lee, Grace	8:19	8:49		8:34	22:51													08:00	08:21		08:11	21:48	Y
Girls	McCuaig, Katie	8:34	8:34		8:34	22:51													08:02	08:19		08:11	21:48	Y
Girls	Workum, Jacey	9:10	9:53		9:32	25:24	8:10	8:40		8:25	22:27	Y	08:12	08:30		08:21	22:16	Y	08:04	08:18		08:11	21:49	Y
Girls	Klug, Isabella	8:23	8:45		8:34	22:51													08:17	08:12		08:15	21:59	Y
Girls	Razavi, Mia																		08:10	08:19		08:15	21:59	
Girls	Workum, Julia	8:35	9:09		8:52	23:39	9:08			9:08	24:21								07:45	08:45		08:15	22:00	Y
Girls	Malik, Katherine	7:45	8:00		7:52	21:00	7:30			7:30	20:00	Y	08:14	08:48		08:31	22:43		08:03	08:33		08:18	22:08	
Girls	Lordan, Claire	7:30	8:13		7:52	20:57													08:20	08:46		08:33	22:48	
Girls	Murray, Ella																		08:20	08:46		08:33	22:48	
Girls	Magersupp, Mia						8:35			8:35	22:53		07:07	07:45		07:26	19:49	Y	08:10	09:12		08:41	23:09	
Girls	Lurch, Mackenzie	7:17	7:23		7:20	19:33	7:00	7:10		7:05	18:53	Y							06:56	14:04	07:08	09:23	25:00	
Girls	Mandel, Anne	10:42			10:42	28:32													09:00	10:39		09:49	26:12	Y
Girls	Salvati, Maddison	10:23			10:23	27:41													08:32	11:07		09:49	26:12	Y
Girls	Mandel, Elizabeth	9:05	10:28		9:46	26:04													09:09	10:46		09:58	26:33	
Girls	Kang, Madison	9:38	10:54		10:16	27:23	9:37	10:40		10:09	27:03	Y							09:05	11:12		10:09	27:03	
Girls	Agan, Rebekah	8:22	8:46		8:34	22:51																		
Girls	Andresen, Olivia	8:22	8:46		8:34	22:51																		

Girls	Henkaline, Addison																								
Girls	Henkaline, Anna	7:02	7:02		**7:02**	18:45																			
Girls	Kang, Chloe	9:55	10:37		**10:16**	27:23	9:40	10:20		**10:00**	26:40	**Y**													
Girls	Kovatch, Alexandria	9:05	9:50		**9:28**	25:13	9:04			**9:04**	24:11	**Y**													
Girls	Marinelli, Grace						9:08			**9:08**	24:21														
Girls	McClintock, Halle																								
Girls	Sanford, Katie																								
Girls	Staley, Shannon	7:41			**7:41**	20:29	7:29			**7:29**	19:57	**Y**													
Girls	Stapulionis, Madeline	8:19	8:28		**8:24**	22:23							07:16	08:21		**07:48**	20:49	**Y**							
Girls	Subel, Lily	8:11	8:57		**8:34**	22:51																			
Girls	Turoczi, Eneh												07:16	08:37		**07:56**	21:11								