

CFXC Boys

Last Name	First Name	8/15					AVG	5k	8/23			
		1	2	3	4	5			1	2	AVG	5k
Grady	Michael	6:19	6:20	6:10			6:16	19:26	5:52	5:46	5:49	18:02
Haskett	Aidan	6:28	6:52	6:48			6:42	20:47	6:09	6:09	6:09	19:04
Potter	Owen	6:45	6:58	9:27			8:23	26:00	5:57	6:27	6:12	19:14
Blair	Nolan	6:45	6:58	9:27			8:23	26:00	5:57	6:29	6:13	19:17
Bello	Vincent	6:51	6:39	6:50			6:46	20:59	6:19	6:18	6:18	19:32
Feeney	Tyler	7:12	6:52	6:56			7:00	21:42	6:20	6:16	6:18	19:32
Stinson	Tyler	6:30	6:35	6:36			6:33	20:19	5:56	6:34	6:19	19:35
Dustin	Jack	6:30	6:35	6:33			6:32	20:16	6:09	6:35	6:22	19:45
Galloway	Hunter	7:14	7:16	7:18			7:16	22:32	6:21	6:40	6:30	20:11
White	Tucker	7:10	7:17	7:05			7:10	22:15	6:20	7:04	6:42	20:48
Campbell	John	7:15	7:35	7:11			7:20	22:45	6:53	6:45	6:49	21:10
Daugherty	Drew	7:04	7:16	7:31			7:17	22:35	6:58	6:52	6:55	21:28
Denton	Brandon								6:58	6:52	6:55	21:28
Gordos	Paul	8:29	8:14	7:26			8:02	24:55	7:04	6:57	7:01	21:46
Schlaker	Kevin	6:55	6:58	6:54			6:55	21:28	7:12	6:50	7:01	21:46
Kukla	Charles	7:35	8:16	8:12			8:01	24:52	7:03	7:03	7:03	21:52
Broz	Parker								7:08	7:05	7:06	22:01
Thompson	Zachary	8:24	8:05	8:17			8:15	25:35	7:01	7:18	7:08	22:08
Wood	James								6:59	6:21	7:10	22:14
Norton	Andy	8:25	8:05	8:17			8:15	25:35	7:10	7:20	7:15	22:29
Lordan	Sean	7:04	7:16	7:44			7:21	22:48	7:17	7:28	7:22	22:51
Shall	Elijah	8:40	9:16	9:20			9:05	28:10	7:30		7:30	23:15
Collins	Andrew								7:54	8:20	8:07	25:11
Singer	Rand	12:00	14:04				13:02	40:25	10:47		10:47	33:20
Brady	Joshua	7:58	9:02	8:50			8:16	25:38	7:40			
Brown	Daniel	6:14	6:13	6:13			6:13	19:17				
Brunson	Andrew											
Cantlay	Paul	5:33	5:24	5:17			5:24	16:45				
Cervelloni	Benjamin	7:36	8:00	8:06			7:54	24:30				
Cox	Matthew											
Crandall	Jackson	5:25	5:23	5:35			5:27	16:54				
Foley	Kyle	5:59	5:55	6:00			5:58	18:30				
Freese	Jacob	5:59					5:59	18:33				
Jansen	Samuel	5:39	5:55	5:59			5:51	18:09				
King	Joseph	7:35	8:17	8:21			8:04	25:01				
King	Michael	10:15	9:47				10:01	31:04	9:38			
Kukla	John	7:05	7:51	7:40			7:32	23:22				
Moyse	Charlie	6:31	6:53	6:31			6:38	20:44				
Partain	Alexander	6:37	6:36	6:10			6:27	20:00				
Rayner	Justin	5:34	5:35	5:46			5:38	17:28				
Sadowski	Marshall											
Sampsel	Reed											
Spear	Zach	6:41	6:52	6:58			6:50	21:11				
Taber	Duncan	6:02	6:00	6:21			6:07	18:58				
Volpe	Peter	5:59	5:55	5:59			5:57	18:27				
Wahl	Anthony	6:14		6:25			6:19	19:35				
Weber	Rem	6:15	6:16	6:12			6:14	19:20				
Wirbel	Thomas	6:36	6:43	7:18			6:52	21:18				
Wise	Michael	8:30	6:58	7:07			7:31	23:19				
Witalec	Matthew	7:04	7:52	7:04			6:40	20:34				
	Improved over last year's best 1600s workout											