

Updated 8/14/2016		Mile	Two Mile	V02 Max	200's	400's	800's	1000's	1200's	1600's	Group	Mileage	Cross Train
Aidan	Parker			0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	Blue	25	19
Anders	Lempia		14:12:00	7:06:00	0:53:15	1:46:30	3:33:00	4:26:15	5:19:30	7:06:00	Blue	25	19
Andrew	Hoffman		14:29:00	7:14:30	0:54:19	1:48:38	3:37:15	4:31:34	5:25:53	7:14:30	Blue	25	19
Avery	George		13:38:00	6:49:00	0:51:08	1:42:15	3:24:30	4:15:38	5:06:45	6:49:00	Blue	30	19
Ben	Phifer		13:19:00	6:39:30	0:49:56	1:39:53	3:19:45	4:09:41	4:59:38	6:39:30	Blue	30	19
Carter	Vande Moore		13:53:00	6:56:30	0:52:04	1:44:08	3:28:15	4:20:19	5:12:23	6:56:30	Blue	25	19
Casey	Hepburn			0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	OWN	20	10
Chance	Bayles		11:16:00	5:38:00	0:42:15	1:24:30	2:49:00	3:31:15	4:13:30	5:38:00	Orange	40	19
Charlie	Cole		11:47:00	5:53:30	0:44:11	1:28:23	2:56:45	3:40:56	4:25:08	5:53:30	Orange	40	19
Charlie	Donlin		14:22:00	7:11:00	0:53:53	1:47:45	3:35:30	4:29:23	5:23:15	7:11:00	Blue	30	19
Christian	Steinhofer		12:44:00	6:22:00	0:47:45	1:35:30	3:11:00	3:58:45	4:46:30	6:22:00	Orange	35	19
Connor	Johnson		13:26:00	6:43:00	0:50:23	1:40:45	3:21:30	4:11:53	5:02:15	6:43:00	Blue	30	19
Cullen	McAndrews		16:54:00	8:27:00	1:03:23	2:06:45	4:13:30	5:16:53	6:20:15	8:27:00	Blue	25	19
Declan	Collins	6:23:00		6:56:00	0:52:00	1:44:00	3:28:00	4:20:00	5:12:00	6:56:00	Freshman	20	16
Eric	Mulshine		10:49:00	5:24:30	0:40:34	1:21:08	2:42:15	3:22:49	4:03:23	5:24:30	Orange	40	19
Ethan	Bodzioney	7:29:00		8:04:30	1:00:34	2:01:08	4:02:15	5:02:49	6:03:23	8:04:30	Freshman	20	16
Gabriel	Chapman-Rienstr			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A			
Garrett	Minich			0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	Blue	30	19
Garrett	Credi	6:43:00		7:20:30	0:55:04	1:50:08	3:40:15	4:35:19	5:30:23	7:20:30	Freshman	20	16
George	Valaika			#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	OWN	6	65
Henry	Niermann		13:37:00	6:48:30	0:51:04	1:42:08	3:24:15	4:15:19	5:06:23	6:48:30	Blue	30	19
Irwin	Loud		10:15:00	5:07:30	0:38:26	1:16:53	2:33:45	3:12:11	3:50:38	5:07:30	Orange	40	19
Jacko	Cullinane	6:24:00		6:56:00	0:52:00	1:44:00	3:28:00	4:20:00	5:12:00	6:56:00	Freshman	20	16
Joe	Vainisi		17:11:00	8:35:30	1:04:26	2:08:53	4:17:45	5:22:11	6:26:38	8:35:30	Blue	30	19
Jonathan	Brukhartz			0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	Freshman	20	16
Jonathan	Ramp		15:32:00	7:46:00	0:58:15	1:56:30	3:53:00	4:51:15	5:49:30	7:46:00	Blue	30	19
Kevin	Davis			0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	Blue	30	19
Lucas	Carrillo		11:55:00	5:57:30	0:44:41	1:29:23	2:58:45	3:43:26	4:28:08	5:57:30	Orange	40	19
Luke	Rippin		14:26:00	7:13:00	0:54:08	1:48:15	3:36:30	4:30:38	5:24:45	7:13:00	Blue	30	19
Luke	Clancy	6:27:00		7:00:00	0:52:30	1:45:00	3:30:00	4:22:30	5:15:00	7:00:00	Freshman	20	16
Manny	Flores		15:55:00	7:57:30	0:59:41	1:59:23	3:58:45	4:58:26	5:58:08	7:57:30	Blue	25	19

[illegible]

Short Tempo		Tempo Pace	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Group for Tempo	
Aidan	Parker	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00		
Anders	Lempia	7:53:20	7:53:20	15:46:40	23:40:00	31:33:20	39:26:40		
Andrew	Hoffman	8:02:47	8:02:47	16:05:33	24:08:20	32:11:07	40:13:53		
Avery	George	7:34:27	7:34:27	15:08:53	22:43:20	30:17:47	37:52:13	1	
Ben	Phifer	7:23:53	7:23:53	14:47:47	22:11:40	29:35:33	36:59:27	1	
Carter	Vande Moor	7:42:47	7:42:47	15:25:33	23:08:20	30:51:07	38:33:53	1	
Casey	Hepburn	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00		
Chance	Bayles	6:15:33	6:15:33	12:31:07	18:46:40	25:02:13	31:17:47	2	
Charlie	Cole	6:32:47	6:32:47	13:05:33	19:38:20	26:11:07	32:43:53	2	
Charlie	Donlin	7:58:53	7:58:53	15:57:47	23:56:40	31:55:33	39:54:27	1	
Christian	Steinhofer	7:04:27	7:04:27	14:08:53	21:13:20	28:17:47	35:22:13	2	
Connor	Johnson	7:27:47	7:27:47	14:55:33	22:23:20	29:51:07	37:18:53	1	
Cullen	McAndrews	9:23:20	9:23:20	18:46:40	28:10:00	37:33:20	46:56:40	1	
Declan	Collins	7:42:13	7:42:13	15:24:27	23:06:40	30:48:53	38:31:07	1	
Eric	Mulshine	6:00:33	6:00:33	12:01:07	18:01:40	24:02:13	30:02:47	2	
Ethan	Bodzioney	8:58:20	8:58:20	17:56:40	26:55:00	35:53:20	44:51:40	1	
Gabriel	Chapman-Ri	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A		
Garrett	Minich	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00		
Garrett	Credi	8:09:27	8:09:27	16:18:53	24:28:20	32:37:47	40:47:13	1	
George	Valaika	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A		
Henry	Niermann	7:33:53	7:33:53	15:07:47	22:41:40	30:15:33	37:49:27	1	
Irwin	Loud	5:41:40	5:41:40	11:23:20	17:05:00	22:46:40	28:28:20	2	
Jacko	Cullinane	7:42:13	7:42:13	15:24:27	23:06:40	30:48:53	38:31:07		
Joe	Vainisi	9:32:47	9:32:47	19:05:33	28:38:20	38:11:07	47:43:53	1	
Jonathan	Brukhartz	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00		
Jonathan	Ramp	8:37:47	8:37:47	17:15:33	25:53:20	34:31:07	43:08:53	1	
Kevin	Davis	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00		
Lucas	Carrillo	6:37:13	6:37:13	13:14:27	19:51:40	26:28:53	33:06:07	2	
Luke	Rippin	8:01:07	8:01:07	16:02:13	24:03:20	32:04:27	40:05:33	1	
Luke	Clancy	7:46:40	7:46:40	15:33:20	23:20:00	31:06:40	38:53:20	1	
Manny	Flores	8:50:33	8:50:33	17:41:07	26:31:40	35:22:13	44:12:47	1	

