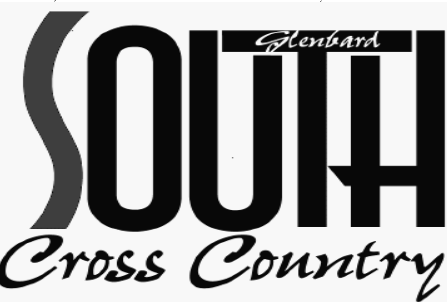


LT Lions Pride Invite

September 5, 2015

			Meet:	LT Lions Pride		Varsity Finish:		7 of 12		
			Date:	9/5/15		Varsity 1-5 split:		02:27.7		
			Course Length:	3.1 miles (5K)		Frosh/Soph Finish:		2nd of 8		
			Weather:	85 - Hot & Stormy		Frosh/Soph 1-5 split		00:55.3		
	Junior Varsity-8:00	1st mile	2nd mile	2 Mile Split	3rd mile	Final Time	Pace	Place	PR pace	Comments
1	Hannah Johnson	6:58	-		-	-	-	-	-	
2	Grace Gibson	7:29	-		-	-	-	-	-	
3	Meghan Rumel	7:42	-		-	-	-	-	-	
4	Sophie Nelson	7:43	-		-	-	-	-	-	
5	Esther Niedert	7:57	-		-	-	-	-	-	
6	Kaitlyn Lehman	11:03	-		-	-	-	-	-	
7										
	Varsity-9:00	1st mile	2nd mile	2 Mile Split	3rd mile	Final Time	Pace	Place	PR pace	Comments
1	Diane Lipa	5:45	12:09	6:24	19:21.9	19:21.9	06:14.8	12	-	5K - 3.1
2	Abby Schlenker	5:45	12:25	6:40	19:52.1	19:52.0	06:24.5	19	-	5K - 3.1
3	Courtney Knight	6:10	13:10	7:00	20:44.4	20:44.4	06:41.4	38	-	5K - 3.1
4	Alyssa Flores	6:23	13:28	7:05	21:20.4	21:20.4	06:53.0	50	-	5K - 3.1
5	Erica Mote	6:38	13:51	7:13	21:49.7	21:49.7	07:02.5	58	-	5K - 3.1
6	Bri Fonseca	7:03	15:03	8:00	23:40.8	23:40.8	07:38.3	75	-	5K - 3.1
7	Lauren Washington	7:03	15:03	8:00	23:49.8	23:49.8	07:41.2	76	-	5K - 3.1
	F/S - 11:00	1st mile	2nd mile	2 Mile Split	3rd mile	Final Time	Pace	Place	PR pace	Comments
1	Ava Childs	6:13	13:02	6:49	X	14:09.6	06:35.2	10		2.15 Miles?
2	Elizabeth Cizek	6:24	13:32	7:08	X	14:36.0	06:47.5	13		2.15 Miles?
3	Julia Clingen	6:22	13:48	7:26	X	14:54.3	06:55.9	16		2.15 Miles?
4	Gisela Hegedorn	6:30	13:55	7:25	X	15:03.0	07:00.0	17		2.15 Miles?
5	Emma Johnson	6:45	14:08	7:23	X	15:04.8	07:00.9	20		2.15 Miles?
6	Katie King	6:32	14:08	7:36	X	15:23.3	07:09.4	29		2.15 Miles?
7	Meghan Gallagher	8:35	18:07	9:32	X	19:24.0	09:01.4	98		2.15 Miles?
8	Mikayla Jacoby	8:47	18:07	9:20	X	19:25.9	09:02.3	99		2.15 Miles?