9/28/2022 Workout: 2mi w/u, **4-5 (1k, 400), 4x200**, 2mi c/d

Weather Conditions: 67 deg. Sunny Wind 10 N

	1K		**400**	**2K**		**400**	**3K**		**400**	**4K**		**400**	**5K**		**400**	**4x200**	**AVG K**	**ESTIMATED 8K/6K**
Kyle Miller		3:12	69	3:12		70	3:11		69	3:11		68	3:08		65	29, 28, 30, 28	3:10	25:20:00
Kaden Sadler		3:13	70	3:13		70	3:13		69	3:19		69	3:16		68	30, 29, 30, 31	3:14	25:30:00
Colin Imhoff		3:13	72	3:18		75	3:20		76	3:22		76	3:21		71	31, 31, 31, 31	3:18	26:20:00
Jon Flaws		3:21	72	3:20		70	3:19		70	3:20		69	3:17		69		3:19	26:30:00
Dylan Austad		3:14	71	3:14		71	3:16		71	3:22		70	3:22		71	34, 34, 33, 32	3:17	26:15:00
Logan Seward		3:36	74	3:31		78	3:32		73	3:24		73	3:22		70		3:29	27:50:00
Carter Braun		3:24	74	3:29		75	3:31		74	3:35		73				29, 30, 27, 30	3:29	27:50:00
Xander Steele		3:21	74	3:27		74	3:34		73	3:38		77	3:38		72	30, 31, 30, 31	3:31	28:05:00
Drew Marksbury		3:22	74	3:30		75										31, 34, 32, 30	3:26	27:25:00
Hadyn Piskorski		3:14	71	3:23		73	3:29		72	3:31		72	3:29		71	29, 30, 31, 30	3:25	27:20:00
Zach Thompson		3:29	77	3:39		78	3:45		79	3:41		79	3:39		79	34, 32, 31, 32	3:38	29:00:00
Noah Thurston		3:24	73	3:50		78	3:55		79	4:00		79	3:57		79	34, 32, 31, 32	3:49	30:30:00
Emily Hoesing		3:59	87	3:53		91	3:50		88	3:54		86				39, 38, 41, 40	3:54	23:50
Latrice Hodges		3:59	85	3:53		90	3:50		85	3:55		86				37, 36, 38, 37	3:54	23:50
Qiana Roderick	OUT- HIP																	
Madi Simon		4:00	90	4:15		90	4:15		90	4:30		95					4:15	25:30:00
Mallory McCall	OUT																	
Hannah Thygesen	OUT																	
Madison Betcher		4:00	90	4:15		95	4:30		100	4:45		90				44, 44, 48, 47	4:22	26:10:00
Zoie Callan										4:49		99					4:49	28:50:00
Kiera Altwine		4:08	95	4:21													4:14	25:20:00
Karley Ruiz Genovese		4:15	99	4:30		99	4:33		100	4:35		105				44, 44, 48, 47	4:28	26:45:00
Lauren McCoy		4:08	96	4:22		98	4:27		96	4:11		107				41, 42, 45, 46	4:17	25:40:00
Alexia Nelson	OUT- Foot																	