

1/27/2023 Workout: 2mi w/u, **6-8x1K**, **4x200**, 2mi c/d

Weather Conditions:

	1K	1K	1K	1K	1K	1K	1K	1K	4x200	AVG K
Kyle Miller	50, 45, 30, 45		45, 45, 29, 44		42, 43, 27, 42					
Kaden Sadler	3:30	3:30	3:27	3:27	3:25	3:19	3:13	3:05	28, 28, 27, 27	3:22
Colin Imhoff	3:30	3:30	3:27	3:27	3:25	3:19	3:15	3:08	29, 29, 29, 29	3:22
Jon Flaws	3:30	3:30	3:27	3:27	3:25	3:20	3:20	3:05	26, 28, 30, 29	3:23
Dylan Austad	3:30	3:31	3:28	3:28	3:26	3:30	3:16	3:17	28, 28, 27, 28	3:25
Carter Braun	3:31	3:31	3:28	3:27	3:35	3:39	3:35	3:33	26, 27, 27, 27	3:32
Xander Steele	3:32	3:33	3:37	3:44	3:50	3:48	3:51	3:40	29, 29, 29, 28	3:41
Hadyn Piskorski	3:28	3:27	3:26	3:24	3:29	3:29	3:26	3:29	29, 28, 27, 28	3:27
Zach Thompson	3:40	3:46	3:49	3:50	3:53	3:53	3:56	3:38	29	3:48
Emily Hoelsing	3:56	4:08	4:09	4:07	4:05	3:52			36, 36, 36, 36	4:02
Hannah Thygesen	OUT									
Madison Betcher	4:06	4:08	4:09	4:13	4:24	4:16			36, 37, 38, 37	4:12
Zoie Callan	7:06	7:25	7:31						32, 33, 32, 31	7:20
Karley Ruiz Genovese	4:09	4:39	4:45	5:00					35	4:38
Lauren McCoy	4:00	4:13	4:38	4:??	4:??	4:??			38, 38, 38, 36	4:17