

1/31/2023 Workout: **D:** 2mi w/u, **8x800, 4x200**, 2mi c/d **MD:** 2mi w/u, **2(1k, 4x400), 4x200**, 2mi c/d

Weather Conditions:

												4x200	AVG 800
Kyle Miller	2:34	2:32	2:28	2:28	2:26	2:24	2:20	2:15				28, 26, 26, 26	2:25
Kaden Sadler	2:35	2:31	2:28	2:28	2:26	2:26	2:26	2:23				28, 28, 29, 28	2:27
Colin Imhoff	2:35	2:31	2:29	2:28	2:26	2:28	2:26	2:25				29, 28, 28, 28	2:28
Jon Flaws	2:35	2:31	2:29	2:28	2:26	2:28	2:26	2:25					2:28
Dylan Austad	2:36	2:35	2:35	2:32	2:30	2:33	2:33	2:34				27, 28, 28, 27	2:33
Carter Braun	3:19	68	68	68	69	3:19	63	68	66	68		28, 27, 26, 26	
Xander Steele	3:20	69	70	72	73	3:35	66	70	67	65		30, 29, 27, 26	
Hadyn Piskorski	2:38	2:36	2:33	2:36	2:38	2:34	2:34	2:36				28, 27, 28, 27	2:35
Zach Thompson	3:20	68	69	70	71	3:25	64	69	66	65		30, 30	
Emily Hoelsing	3:49	82	85	86	85	3:39	79	85	82	81		37, 37, 37, 37	
Hannah Thygesen	OUT												
Madison Betcher	OUT												
Zoie Callan	3:49	80	86	86	87	3:44	80	79	79	74		32, 33, 33, 32	
Karley Ruiz Genovese		83	93	95	98		85	92	91	90			
Lauren McCoy	4:16	87	91	94	91		86					38, 37, 38, 38	