

**BRTF Distance Group  
Evanston Open Meet (2-4-23)**

3200m	800	Split	1600	Split	2400	Split	3200	Place
Gavin O'Connor	2:34	2:40	5:14	2:45	7:59	2:44	10:44.26	2
Eamon Roache	3:00	3:09	6:09	3:20	9:29	3:14	12:43.44	
Dylan Koss	3:00	3:09	6:09	3:20	9:29	3:14	12:43.44	
Connor Allen	3:09	3:18	6:27	3:37	10:03	3:37	13:40.20	

600m	200	400	600	Place
Joey Bowes				

1600m	400	800	1200	1600	Place
Charley Duggan	72	2:27 (75)	3:43 (75)	4:49.40 (66)	2
Charlie Walsh	72	2:28 (76)	3:47 (78)	5:06.70 (79)	6
Danny Macis	73	2:30 (77)	3:50 (79)	5:08.72 (79)	
Andrew Straley	73	2:30 (78)	3:47 (77)	5:02.63 (75)	1
Brian Spellman		4:00		?	

4x800m	400	800	Overall	Place
Charley Duggan	62.72	2:11.63 (68.91)	9:26.40	3
Charlie Walsh	65.25	2:19.88 (74.63)		
Andrew Straley	66.88	2:21.65 (74.77)		
Joey Bowes	69.16	2:33.24 (84.08)		

4x400m	200	400	Overall	Place
Joey Bowes		65.15	4:11.25	4
Charley Duggan		60.01		
Charlie Walsh		60.23		
Patrick Quirk		65.86		
Heins		?		
Dylan Koss		67.00		
Matt Glennon		72.33		
Eamon Roache		71.57		

3:30.90

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3200m		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16	Lap 17	Lap 18	Lap 19	Lap 20	
	Goal Pace																					
	Race Pace	2:34.21					2:40.32					2:45.68					2:44.05					
Gavin O'Connor	10:20 (31.0)	29.87	30.41	30.35	31.20	32.38	32.49	31.39	31.99	31.92	32.53	33.12	32.92	33.02	33.24	33.38	33.61	33.64	33.63	33.53	29.64	644.26
3200m		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16	Lap 17	Lap 18	Lap 19	Lap 20	
	Goal Pace																					
	Race Pace	2:59.72					3:09.36					3:19.67					3:14.69					
Eamon Roache	11:40 (35.0)	32.75	35.07	36.76	37.73	37.41	37.80	36.80	37.69	38.52	38.55	38.76	39.31	40.26	40.62	40.72	41.57	40.88	40.11	40.00	36.13	767.44
3200m		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16	Lap 17	Lap 18	Lap 19	Lap 20	
	Goal Pace																					
	Race Pace	2:59.72					3:09.36					3:19.67					3:14.69					
Dylan Roache	Stay on Eamon	32.75	35.07	36.76	37.73	37.41	37.80	36.80	37.69	38.52	38.55	38.76	39.31	40.26	40.62	40.72	41.57	40.88	40.11	40.00	36.13	767.44
3200m		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11	Lap 12	Lap 13	Lap 14	Lap 15	Lap 16	Lap 17	Lap 18	Lap 19	Lap 20	
	Goal Pace																					
	Race Pace	3:08.87					3:17.60					3:36.80					3:37.27					
Connor Allen	13:00 (39.0)	34.00	37.97	40.10	38.40	38.40	39.30	39.20	38.90	39.90	40.30	41.30	41.60	43.40	43.80	46.70	46.70	44.20	42.10	41.47	42.80	820.54