

**BRTF Distance Group
Kevin Richards Invite (3-9-24)**

3200m		800	Split	1600	Split	2400	Split	3200	Place
Matt Hynes		3:00	2:56	5:56	3:08	9:04	2:58	12:03.42	4
Declan Nieto		3:00	2:55	5:55	3:09	9:04	3:13	12:18.65	6

1600m	400	800	1200	1600	Place
Eamon Roache				5:46.43	13
Matt Glennon				5:31.39	9
Declan Malloy				6:05.89	11

800m	200	400	600	800	Place
Brian Biondo		69		2:21.58 (72)	10
Luke Bishop		70		2:32.20 (82)	14
Dylan Cody		65		2:18.17 (73)	5
Desmond Nieto		70		2:30.11 (80)	7

400m	200	400	Place
Andrew Straley		57.71	3

4x800m	400	800	Overall	Place

4x400m	200	400	Overall	Place
Dylan Cody		60.27	DQ	
Matt Hynes		60.45		
Declan Nieto				
Damien Melton			3:59.75	
Keanu Juhasz		59.42		
Gavin O'Connor		58.38		
Brian Biondo		61.12		
Luke Bishop		60.83		

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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	3:00.39					2:56.20					3:08.18					2:58.39				
Matt Hynes		36.08	36.45	35.35	36.28	36.23	35.71	33.11	35.19	36.17	36.02	37.44	38.23	37.59	37.55	37.37	41.44	34.37	37.52	34.36	30.70

723.16

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	3:00.04					2:55.52					3:09.17					3:13.51				
Declan Nieto		35.65	36.39	35.87	35.81	36.32	35.77	32.82	35.05	36.02	35.86	37.80	38.10	37.77	38.15	37.35	38.76	38.42	41.13	39.70	35.50

738.24