

9.19.18	2x800, 1 mile Tempo, 2x800, 1 mile Tempo, 2x800 w/2-3 min rest													
												Goal Paces:		
Name	800	800	T-Mile	800	800	T-Mile	800	800	Total RP 800s	Av 800	Av Tempo	Tempo Pace	RP 800 Pace	
Noah Smith	2:43.0	2:33.0	5:50.0	2:37.0	2:41.0	5:50.0	2:36.0	2:36.0	15:46.0	02:37.7	05:50.0	6:00.0	02:43.5	
Asa Smith	2:46.0	2:40.0	6:03.0	2:45.0	2:44.0	6:07.0	2:40.0	2:37.0	16:12.0	02:42.0	06:05.0	6:05.0	02:44.5	
Bo Halvorsen	2:46.0	2:40.0	6:03.0	2:45.0	2:44.0	6:07.0	2:40.0	2:37.0	16:12.0	02:42.0	06:05.0	6:05.0	02:46.8	
Mason Ringger	2:52.0	2:47.0	6:14.0	2:51.0	2:55.0	6:25.0	2:46.0	2:42.0	16:53.0	02:48.8	06:19.5	6:15.0	02:47.8	
Matt Ingalsbe	2:52.0	2:47.0	6:14.0	2:51.0	2:54.0	6:22.0	2:46.0	2:42.0	16:52.0	02:48.7	06:18.0	6:15.0	02:50.2	
Nathan DeMarb	2:52.0	2:47.0	6:14.0	2:51.0	2:56.0	6:20.0	2:46.0	2:46.0	16:58.0	02:49.7	06:17.0	6:20.0	02:51.3	
Noah Ludy	xxx-Injury	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	6:35.0	03:01.0	
Will Bushert	2:58.0	3:01.0	6:40.0	3:01.0	2:58.0	6:55.0	3:00.0	2:45.0	17:43.0	02:57.2	06:47.5	6:40.0	03:01.0	
Adrian Landrus	2:58.0	3:01.0	6:39.0	3:00.0	2:58.0	6:45.0	2:47.0	2:47.0	17:31.0	02:55.2	06:42.0	6:45.0	03:02.7	
Cate Atkins	3:16.0	3:05.0	7:21.0	3:12.0	3:10.0	7:22.0	3:20.0	3:13.0	19:16.0	03:12.7	07:21.5	6:55.0	03:07.7	
Sebastian Meyer	3:07.0	3:06.0	7:45.0	3:02.0	3:02.0	8:01.0	3:24.0	3:11.0	18:52.0	03:08.7	07:53.0	6:55.0	03:08.0	
Aidan Killian	3:09.0	3:07.0	7:30.0	3:12.0	3:09.0	7:41.0	3:20.0	3:09.0	19:06.0	03:11.0	07:35.5	7:05.0	03:11.2	
Zac Nelson	xxx	2:52.0	7:36.0	3:12.0	3:08.0	7:32.0	3:14.0	3:09.0	18:42.0	03:07.0	07:34.0	7:05.0	03:13.0	
Aidan Mann	3:09.0	3:07.0	7:21.0	3:12.0	3:09.0	7:23.0	3:19.0	3:09.0	19:05.0	03:10.8	07:22.0	7:05.0	03:13.2	
Monte Gregory	3:09.0	3:07.0	7:45.0	3:12.0	3:30.0	8:02.0	3:17.0	3:09.0	19:24.0	03:14.0	07:53.5	7:05.0	03:13.5	
Ruby Slightom	3:29.0	3:18.0	7:19.0	3:17.0	3:07.0	7:07.0	3:16.0	3:10.0	19:37.0	03:16.2	07:13.0	7:20.0	03:18.0	
Sophi Allen	3:29.0	3:18.0	7:19.0	3:18.0	3:15.0	7:09.0	3:17.0	3:10.0	19:47.0	03:17.8	07:14.0	7:20.0	03:18.7	
Randy Kent	3:17.0	3:17.0	7:30.0	3:17.0	3:14.0	7:37.0	3:10.0	2:55.0	19:10.0	03:11.7	07:33.5	7:20.0	03:19.8	
Brett Endress	3:17.0	3:17.0	7:35.0	3:20.0	3:16.0	7:45.0	3:12.0	3:05.0	19:27.0	03:14.5	07:40.0	7:20.0	03:20.5	
Charlene Hamilton	3:08.0	3:21.0	7:27.0	3:22.0	3:32.0	8:15.0	3:10.0	3:22.0	19:55.0	03:19.2	07:51.0	7:30.0	03:23.2	
Soren Halvorsen	3:17.0	3:17.0	7:35.0	3:20.0	3:20.0	7:40.0	3:15.0	3:03.0	19:32.0	03:15.3	07:37.5	7:30.0	03:24.8	
Kayden Dewispeleare	3:16.0	3:16.0	7:40.0	3:45.0	4:02.0	8:07.0	3:50.0	3:58.0	22:07.0	03:41.2	07:53.5	7:40.0	03:28.0	
Jenna Kent	3:16.0	3:18.0	7:57.0	3:27.0	3:32.0	8:13.0	3:20.0	3:20.0	20:13.0	03:22.2	08:05.0	7:55.0	03:33.8	
Lane Dohman	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	8:00.0	03:39.7	
Tori Witzig	3:25.0	3:28.0	8:23.0	3:31.0	3:36.0	8:03.0	3:18.0	xxx	20:45.6	03:27.6	08:13.0	8:00.0	03:40.7	
Mya Gramm	3:41.0	3:41.0	8:18.0	3:53.0	3:47.0	8:20.0	3:46.0	3:36.0	22:24.0	03:44.0	08:19.0	8:25.0	03:48.7	
Allison Kelly	3:41.0	3:41.0	8:18.0	4:20.0	4:00.0	9:20.0	4:35.0	4:34.0	24:51.0	04:08.5	08:49.0	8:25.0	03:49.0	
Patrick McNamara	4:00.0	3:41.0	8:28.0	4:00.0	3:45.0	9:30.0	xxx	xxx	23:09.0	03:51.5	08:59.0	8:30.0	04:00.0	
Molly Holt	3:43.0	3:41.0	8:28.0	4:00.0	4:14.0	10:14.0	4:26.0	4:11.0	24:15.0	04:02.5	09:21.0	8:30.0	04:02.3	