

Green: LSD – Orange: Tempo

	½ mile 1 Lap	1 mile 2 Laps	1½ miles 3 Laps	2 miles 4 Laps	2½ miles 5 Laps	3 miles 6 Laps	3½ miles 7 Laps	4 miles 8 Laps	4½ miles 9 Laps	5 miles 10 Laps
Bryson	03:55	07:51	11:08	14:25	17:42	20:59	24:16	27:33	31:28	35:24
Ben	04:04	08:09	11:33	14:58	18:22	21:47	25:11	28:36	32:40	36:45
Peter	04:14	08:28	12:00	15:32	19:04	22:36	26:08	29:40	33:54	38:08
Kason	04:20	08:40	12:17	15:55	19:32	23:10	26:47	30:25	34:45	39:05
Andrew	04:27	08:09	11:52	15:34	19:17	23:44				
Maia	04:29	08:59	12:44	16:29	20:14	23:59	27:44	31:29	35:58	40:28
Adam	04:32	09:05	12:52	16:40	20:27	24:15	28:02	31:50	36:22	40:55
Trace	04:32	09:05	12:52	16:40	20:27	24:15	28:02	31:50	36:22	40:55
Timothy	04:32	08:19	12:07	15:54	19:42	24:14				
Emily	04:48	08:48	12:49	16:49	20:50	25:38				
Tom	04:51	09:42	13:45	17:48	21:51	25:54	29:57	34:00	38:51	43:42
Lily	05:00	09:34	14:09	18:43	23:18	28:18				
Naomi	05:04	09:17	13:05	16:52	20:40	25:44				
Kayleah	05:04	09:17	13:05	16:52	20:40	25:44				
Annie	05:11	10:22	14:43	19:05	23:26	27:48	32:09	36:31	41:42	46:53
Sophia R.	05:11	10:22	14:43	19:05	23:26	27:48	32:09	36:31	41:42	46:53
Izzie	05:14	09:38	14:02	18:26	22:50	28:04				
Owen	05:17	10:34	15:00	19:27	23:53	28:20	32:46	37:13	42:30	47:47
Sophia M.	05:26	10:52	15:26	20:00	24:34	29:08	33:42	38:16	43:42	49:08
Sam	05:30	10:06	14:30	18:54	23:18	28:48				
Luke	05:47	11:35	16:27	19:44	23:01	26:18	29:35	32:52	38:40	44:27
Isabel	05:48	10:42	15:37	20:31	25:26	31:14				
Sabrina	05:54	11:48	16:48	21:48	26:48	31:48	36:48	41:48	47:42	53:36
Sarah	06:09	11:21	16:34	21:46	26:59	33:08				
Caleb	06:12	11:27	16:42	21:57	27:12	33:24				
Elijah	08:00	15:15	20:09	25:04	29:58	37:58				