



# BISHOP MCGUINNESS

# INTERVALS

# 8/5/2021

\* Lap = 1/2 Mile

	1	D	2	D	3	D	4	D	5	D	6	Finish	Avg Lap	5k Pace
1 Leonard	2 53	6	2 59	1	3 00	0	3 00	-1	2 59	-6	2 53	17 44	2 57	18 19
2 Cuzalina	3 00	5	3 05	-1	3 04	2	3 06	-1	3 05	-9	2 56	18 16	3 03	18 53
3 Sweis	3 02	1	3 03	2	3 05	8	3 13	-4	3 09	-8	3 01	18 33	3 06	19 10
4 Coomes	3 00	5	3 05	-2	3 03	4	3 07	5	3 12	3	3 15	18 42	3 07	19 19
5 deKeratry	3 04	13	3 17	7	3 24	-3	3 21	4	3 25	-15	3 10	19 41	3 17	20 20
6 Grella	3 02	11	3 13	10	3 23	12	3 35	-18	3 17			16 30	3 18	20 28
7 Tawk	3 15	3	3 18	11	3 29	-3	3 26	-13	3 13			16 41	3 20	20 41
8 Ison	3 31	1	3 32	-5	3 27	15	3 42	-17	3 25			17 37	3 31	21 51
9 Black, B	3 19	15	3 34	6	3 40	2	3 42	-14	3 28			17 43	3 33	21 58
10 Lipps	3 27	18	3 45	8	3 53	4	3 57	-29	3 28			18 30	3 42	22 56
11 Rich	3 27	25	3 52	19	4 11	-16	3 55	-10	3 45			19 10	3 50	23 46
12 Bittle	3 31	20	3 51	27	4 18	-2	4 16	-31	3 45			19 41	3 56	24 24
13 Green	3 45	21	4 06	7	4 13	11	4 24	-15	4 09			20 37	4 07	25 34
14 Morrow	3 45	26	4 11	22	4 33	-12	4 21	-20	4 01			20 51	4 10	25 51
15 Johnson	3 17	-1	3 16	8	3 24	-21	3 03					13 00	3 15	20 09
16 Schein	3 29	2	3 31	6	3 37	-26	3 11					13 48	3 27	21 23
17 Black, A	3 19	17	3 36	9	3 45	-27	3 18					13 58	3 30	21 39
18 Gumerson	3 50	18	4 08	-6	4 02	-17	3 45					15 45	3 56	24 25
19 Healy	3 45	10	3 55	20	4 15	-7	4 08					16 03	4 01	24 53
20 Tran	3 48	30	4 18	5	4 23	-26	3 57					16 26	4 07	25 28
21 Ferguson	3 52	28	4 20	20	4 40	-16	4 24					17 16	4 19	26 46
22 Morris	4 17	16	4 33	-12	4 21	-13	4 08					17 19	3 28	21 28
23 Rogers	4 01	33	4 34	14	4 48	-7	4 41					18 04	4 31	28 00
24 Challis	4 35	25	5 00	14	5 14	-8	5 06					19 55	4 59	30 52
25 Kunzman	4 39	41	5 20	2	5 22	-33	4 49					20 10	5 03	31 16
C Cagigal	3 00	5	3 05	-3	3 02	-2	3 00	-1	2 59	-5	2 54	18 07	3 00	18 36