



# BISHOP MCGUINNESS BOYS XC

## THRESHOLD / TEMPO - 08/17/2021

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>Avg</b>
<b>1600m (1 Mile)</b>											
Leonard	6 28	6 16	6 30	6 06	6 20						6 20
Cooms	6 28	6 16	6 30	6 23	6 30						6 25
Ison	6 28	6 16	6 30	6 23	6 30						6 25
deKeratry	6 28	6 16	6 30	6 23	6 30						6 25
Cuzalina	6 28	6 16	6 30	6 23	6 30						6 25
Sweis	6 28	6 16	6 30	6 23	6 30						6 25
Hoch	6 28	6 16	6 30	6 23	6 30						6 25
Johnson, B	6 28	6 16	6 30	1200m							6 25
<b>800m (1/2 Mile)</b>											
Tawk	3 20	3 27	3 23	3 29	3 28	3 17					3 24
Shanbour	3 20	3 27	3 23	3 29	3 28	3 17					3 24
Gianfranco	3 20	3 27	3 23	3 29	3 28	3 17					3 24
Grim	3 20	3 27	3 23	3 29	3 28	3 17					3 24
<b>400m (1/4 Mile)</b>											
Black, B	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Schein	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Black, A	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Gumerson	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Lipps	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Rich	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Johnson, C	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
Albotross	2 04	1 52	1 48	1 42	1 38	1 35	1 32	1 32	1 33	1 31	1 41
<b>400m (1/4 Mile)</b>											
Bittle	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Green	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Tran	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Healy	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Morrow	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Purnell	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
Ferguson	1 50	1 44	1 44	1 43	1 43	1 36	1 44	1 44	1 42	1 40	1 43
<b>400m (1/4 Mile)</b>											
Morris	2 17	2 12	2 06	2 00	2 00	2 10	1 58	2 09			2 07
Challis	2 17	2 12	2 06	2 00	2 00	2 10	1 58	2 09			2 07
Coonsman	2 07	2 12	2 06	2 00	2 00	2 10	1 58	2 09			2 05
Rogers	2 17	2 12	2 06	2 00	2 00	2 10	1 58	2 09			2 07