



# BISHOP MCGUINNESS - REGIONALS TULSA

**TOP 5 AVERAGE 19 03**

**TOP 7 AVERAGE 19 16**

**TEAM AVERAGE 20 01**

**10/23/21**

|              | PR    | 1 Mile | D  | 2 Mile | D  | Est. 3M | Avg Mile | 5K    |
|--------------|-------|--------|----|--------|----|---------|----------|-------|
| 1 Ison       | 18 38 | 5 48   | 18 | 6 06   | -4 | 6 02    | 5 59     | 18 32 |
| 2 deKeratry  | 18 33 | 5 48   | 32 | 6 20   | -8 | 6 12    | 6 07     | 18 57 |
| 3 Leonard    | 17 38 | 5 39   | 32 | 6 11   | 23 | 6 34    | 6 08     | 19 01 |
| 4 Cuzalina   | 18 25 | 5 57   | 29 | 6 26   | -5 | 6 21    | 6 15     | 19 21 |
| 5 Johnson, B | 18 52 | 5 57   | 29 | 6 26   | -4 | 6 22    | 6 15     | 19 22 |
| 6 Coomes     | 18 20 | 5 50   | 43 | 6 33   | 6  | 6 39    | 6 21     | 19 40 |
| 7 Tawk       | 19 28 | 6 03   | 34 | 6 37   | 3  | 6 40    | 6 27     | 19 59 |
| 8 Gumerson   | 20 06 | 6 04   | 36 | 6 40   | 2  | 6 42    | 6 29     | 20 05 |
| 9 Black, A   | 19 53 | 6 08   | 41 | 6 49   | 16 | 7 05    | 6 41     | 20 42 |
| 10 Sweis     | 19 22 | 6 02   | 58 | 7 00   | 18 | 7 18    | 6 47     | 21 01 |
| 11 Grella    | 19 42 | 6 14   | 63 | 7 17   | -3 | 7 14    | 6 55     | 21 26 |
| 12 Black, B  | 20 50 | 6 19   | 66 | 7 25   | 12 | 7 37    | 7 07     | 22 04 |
| Hoch         | 18 40 |        |    |        |    |         |          |       |
| Average      | 19 07 | 5 59   | 40 | 6 39   | 5  | 6 44    | 6 27     | 20 01 |