Bishop McGuinness CATHOLIC HIGH SCHOOL

"GORILLA HILL" WORKOUT 8/27/2020

		1	D	2	D	3	D	4	D	5	D	6	D	7	Avg	5k Pace
1	Chansolme	1 01	3	1 04	0	1 04	0	1 04	-2	1 02	4	1 06	3	1 05	1 04	15 40
2	Eakins	1 04	5	1 09	-1	1 08	0	1 08	1	1 09					1 08	16 38
3	Leonard	1 04	5	1 09	-1	1 08	0	1 08	1	1 09	2	1 11	1	1 10	1 08	16 50
4	Coomes M	1 12	-2	1 10	-2	1 08	9	1 17	-7	1 10	0	1 10	-2	1 08	1 11	17 24
5	Shanbour	1 12	-1	1 11	-3	1 08	9	1 17	-8	1 09					1 11	17 34
6	Cuzalina	1 13	-2	1 11	-2	1 09	8	1 17	-8	1 09	2	1 11			1 12	17 38
7	Coomes N	1 12	0	1 12	2	1 14	3	1 17	-4	1 13	-2	1 11	-4	1 09	1 13	17 51
8	Ison	1 13	-2	1 11	3	1 14	3	1 17	-4	1 13	-2	1 11	-2	1 11	1 13	17 55
9	Sweis	1 12	0	1 12	2	1 14	3	1 17	-8	1 09					1 13	17 55
10	Grella	1 12	0	1 12	2	1 14	3	1 17	1	1 18					1 15	18 21
11	Raglow	1 14	0	1 14	0	1 14	3	1 17	-3	1 14					1 15	18 21
11	Rich	1 14	0	1 14	0	1 14	3	1 17	-3	1 14					1 15	18 21
13	Lipps	1 17	0	1 17	2	1 19	-2	1 17	-2	1 15					1 17	18 57
14	de Keratry	1 24	-7	1 17	2	1 19	1	1 20	-1	1 19					1 20	19 38
15	Cauthen	1 21	-1	1 20	5	1 25	-5	1 20	-1	1 19					1 21	19 56
16	Schwartz	1 20	6	1 26	-1	1 25	-1	1 24	-7	1 17					1 22	20 16
17	Tran	1 22	4	1 26	0	1 26	0	1 26	-8	1 18					1 24	20 34
18	Purnell	1 35	-5	1 30	19	1 49	0	1 49	-24	1 25					1 38	24 01
18	Challis	1 23	12	1 35	10	1 45	-5	1 40	5	1 45					1 38	24 01
20	Williams	1 22	12	1 34	9	1 43	25	2 08	-33	1 35					1 40	24 42
21	Morrow	1 43	0	1 43	8	1 51	-1	1 50							1 47	26 16
22	Kunzman	1 58	5	2 03	0	2 03	-6	1 57	-12	1 45					1 57	28 50
	Green	1 23	11	1 34												
	Ruiz															
	Edmonds															
	Tolbert															
	Tawk															