Bishop McGuinness CATHOLIC HIGH SCHOOL

1200M INTERVALS

9/8/2020

	Last Name	First Name	1	D	2	D	3	D	4	Avg	5k Pace
1	Chansolme	Luke	4 01	-2	3 59	1	4 00	0	4 00	4 00	16 40
2	Leonard	William	4 01	3	4 04	6	4 10	5	4 15	4 08	17 11
3	Shanbour	Nathaniel	4 03	6	4 09	21	4 30			4 14	17 38
4	Coomes	Matthew	4 28	2	4 30	3	4 33	-3	4 30	4 30	18 46
5	Coomes	Nathan	4 30	1	4 31	9	4 40	-10	4 30	4 33	18 56
6	Cuzalina	Nico	4 38	-5	4 33	7	4 40	-3	4 37	4 37	19 14
7	Eakins	Grant	4 40	-10	4 30	13	4 43	12	4 55	4 42	19 35
8	Edmonds	Jackson	4 33	26	4 59					4 46	19 52
9	Sweis	Amireddean	4 40	-5	4 35	23	4 58	6	5 04	4 49	20 05
10	Rich	Evan	4 54	-8	4 46	10	4 56	-12	4 44	4 50	20 08
11	Ison	Henry	4 54	-7	4 47	9	4 56	-4	4 52	4 52	20 18
12	Tawk	Marc	4 52	-5	4 47	12	4 59			4 53	20 19
13	Grella	Gianfranco	4 36	8	4 44	11	4 55	25	5 20	4 54	20 24
14	Raglow	Thomas	4 54	-6	4 48	11	4 59	-5	4 54	4 54	20 24
15	de Keratry	Andrew	5 00	-6	4 54	9	5 03	-303		4 59	20 46
16	Schwartz	Ryan	5 13	-3	5 10	10	5 20			5 14	21 50
17	Cauthen	Nathaniel	5 13	4	5 17	34	5 51			5 27	22 42
18	Challis	Elijah	5 30	20	5 50	20	6 10			5 50	24 18
19	Ruiz	Oscar	5 40	28	6 08	7	6 15			6 01	25 04
20	Purnell	Samuel	5 50	10	6 00	15	6 15			6 02	25 07
21	Williams	Jacob	5 59	9	6 08	7	6 15			6 07	25 31
	Green	Max									
	Kunzman	Cooper									
	Lipps	Colin									
	Morrow	Jackson									
	Tolbert	Lucas									
	Tran	Brayden									