Bishop McGuinness CATHOLIC HIGH SCHOOL

"GORILLA HILL" WORKOUT 9/10/2020

		1	D	2	D	3	D	4	D	5	D	6	D	7	8/7 Avg	D	Avg	5k Pace
1	Chansolme	1 05	0	1 05	-1	1 04	1	1 05	0	1 05	0	1 05	1	1 06	1 04	1	1 05	15 59
2	Eakins	1 07	-1	1 06	0	1 06	2	1 08	2	1 10					1 08	0	1 07	16 35
3	Leonard	1 07	2	1 09	-3	1 06	2	1 08	2	1 10	0	1 10	1	1 11	1 08	0	1 09	16 54
4	Grella	1 06	0	1 06	0	1 06	9	1 15	-2	1 13					1 15	-5	1 09	17 01
5	Coomes M	1 09	1	1 10	1	1 11	3	1 14	-3	1 11	3	1 14	-3	1 11	1 11	1	1 11	17 34
6	Sweis	1 10	1	1 11	2	1 13	4	1 17	-6	1 11	1	1 12	-6	1 06	1 13	-1	1 11	17 34
7	Raglow	1 10				1 13	2	1 15							1 15	-2	1 13	17 53
8	Cuzalina	1 09	2	1 11	2	1 13	2	1 15	2	1 17	0	1 17	-2	1 15	1 12	2	1 14	18 10
9	Coomes N	1 09	2	1 11	2	1 13	2	1 15	2	1 17	0	1 17	3	1 20	1 13	2	1 15	18 21
10	Shanbour	1 10	2	1 12	6	1 18	1	1 19	0	1 19					1 11	4	1 16	18 36
11	Rich			1 16	4	1 20	-2	1 18		1 18					1 15	3	1 18	19 11
12	de Keratry			1 16	4	1 20	-2	1 18	3	1 21					1 20	-1	1 19	19 22
13	Ison	1 10	5	1 15	4	1 19	0	1 19	1	1 20	5	1 25	0	1 25	1 13	6	1 19	19 26
14	Cauthen	1 19	3	1 22	-3	1 19	3	1 22	-4	1 18					1 21	-1	1 20	19 41
15	Green	1 20				1 24	-2	1 22									1 22	20 10
16	Purnell	1 52				1 24	-2	1 22	1	1 23					1 38	-7	1 30	22 12
17	Williams	1 26				1 30	-14	1 16	34	1 50					1 40	-10	1 31	22 16
18	Tran	1 25				1 40									1 24	9	1 33	22 45
19	Morrow	1 31	20	1 51	-11	1 40	-11	1 29	4	1 33					1 47	-10	1 37	23 49
20	Ruiz					1 38											1 38	24 06
21	Kunzman	1 53	2	1 55	3	1 58	-1	1 57	-7	1 50					1 57	-3	1 55	28 11
	Challis														1 38			
	Edmonds																	
	Lipps														1 17			
	Schwartz														1 22			
	Tawk																	
	Tolbert																	