



**1200M
INTERVALS**

9/15/2020

| | Last Name | First Name | 1 | D | 2 | D | 3 | D | 4 | 9-8 Avg | D | 9-15 Avg | 5k Pace |
|----|------------|------------|------|----|------|-----|------|-----|------|---------|-----|----------|---------|
| 1 | Chansolme | Luke | 4 00 | -3 | 3 57 | 2 | 3 59 | 1 | 4 00 | 04 00 | -1 | 3 59 | 16 36 |
| 2 | Leonard | William | 4 00 | -3 | 3 57 | 2 | 3 59 | 6 | 4 05 | 04 08 | -7 | 4 00 | 16 41 |
| 3 | Grella | Gianfranco | 4 31 | -5 | 4 26 | 2 | 4 28 | -16 | 4 12 | 04 54 | -30 | 4 24 | 18 21 |
| 4 | Sweis | Amireddean | 4 31 | -4 | 4 27 | 1 | 4 28 | -15 | 4 13 | 04 49 | -25 | 4 25 | 18 23 |
| 5 | Coomes | Matthew | 4 31 | -4 | 4 27 | 1 | 4 28 | -9 | 4 19 | 04 30 | -4 | 4 26 | 18 29 |
| 5 | Coomes | Nathan | 4 31 | -4 | 4 27 | 1 | 4 28 | -9 | 4 19 | 04 33 | -7 | 4 26 | 18 29 |
| 7 | Cuzalina | Nico | 4 31 | -4 | 4 27 | 1 | 4 28 | -3 | 4 25 | 04 37 | -9 | 4 28 | 18 36 |
| 8 | Eakins | Grant | 4 31 | 7 | 4 38 | -11 | 4 27 | 1 | 4 28 | 04 42 | -11 | 4 31 | 18 49 |
| 9 | Rich | Evan | 4 35 | 0 | 4 35 | -5 | 4 30 | | | 04 50 | -17 | 4 33 | 18 59 |
| 10 | Ison | Henry | 4 35 | -1 | 4 34 | 1 | 4 35 | -4 | 4 31 | 04 52 | -19 | 4 34 | 19 01 |
| 11 | Raglow | Thomas | 4 35 | 3 | 4 38 | 8 | 4 46 | | | 04 54 | -14 | 4 40 | 19 25 |
| 12 | de Keratry | Andrew | 4 40 | 5 | 4 45 | 0 | 4 45 | | | 04 59 | -16 | 4 43 | 19 41 |
| 13 | Schwartz | Ryan | 4 47 | 7 | 4 54 | 19 | 5 13 | | | 05 14 | -16 | 4 58 | 20 42 |
| 14 | Tran | Brayden | 5 20 | -8 | 5 12 | -9 | 5 03 | | | | | 5 12 | 21 39 |
| 15 | Challis | Elijah | 5 20 | 0 | 5 20 | 3 | 5 23 | | | 05 50 | -29 | 5 21 | 22 17 |
| 16 | Ruiz | Oscar | | | 5 30 | -13 | 5 17 | | | 06 01 | -38 | 5 24 | 22 28 |
| 17 | Purnell | Samuel | 5 24 | -4 | 5 20 | 7 | 5 27 | | | 06 02 | -38 | 5 24 | 22 29 |
| 18 | Green | Max | 5 24 | -3 | 5 21 | 6 | 5 27 | | | | | 5 24 | 22 30 |
| 19 | Williams | Jacob | 5 54 | 36 | 6 30 | 48 | 7 18 | | | 06 07 | 27 | 6 34 | 27 22 |
| * | Edmonds | Jackson | 3 03 | 0 | 3 03 | -6 | 2 57 | -10 | 2 47 | 04 46 | | 2 58 | 18 29 |
| * | Tawk | Marc | 3 05 | -2 | 3 03 | 0 | 3 03 | 8 | 3 11 | 04 53 | | 3 06 | 19 19 |
| | Cauthen | Nathaniel | | | | | | | | 05 27 | | | |
| | Kunzman | Cooper | | | | | | | | | | | |
| | Lipps | Colin | | | | | | | | | | | |
| | Morrow | Jackson | | | | | | | | | | | |
| | Shanbour | Nathaniel | | | | | | | | 04 14 | | | |
| | Tolbert | Lucas | | | | | | | | | | | |

* Jackson Edmonds and Marc Tawk ran 800m