Bishop McGuinness CATHOLIC HIGH SCHOOL

1200M INTERVALS

9/22/2020

	Last Name	First Name	1	D	2	D	3	D	4	9-8 Avg	D	9-15 Avg	D	9-22 Avg	5k Pace
1	Chansolme	Luke	3 58	1	3 59	-1	3 58	0	3 58	4 00	-1	3 59	-1	3 58	16 33
2	Leonard	William	3 58	1	3 59	5	4 04	6	4 10	4 08	-8	4 00	3	4 03	16 51
3	Sweis	Amireddean	4 24	-2	4 22	0	4 22	-12	4 10	4 49	-24	4 25	-6	4 20	18 01
4	Cuzalina	Nico	4 24	-2	4 22	-3	4 19	4	4 23	4 37	-9	4 28	-6	4 22	18 12
5	Edmonds	Jackson	4 29	0	4 29			-15	4 14	4 46			-22	4 24	18 20
6	Coomes	Nathan	4 24	-1	4 23	3	4 26	-2	4 24	4 33	-7	4 26	-2	4 24	18 21
7	Coomes	Matthew	4 24	-1	4 23	3	4 26	2	4 28	4 30	-4	4 26	-1	4 25	18 25
8	Raglow	Thomas	4 32	-3	4 29	10	4 39			4 54	-14	4 40	-7	4 33	18 59
9	Rich	Evan	4 24	12	4 36	9	4 45			4 50	-17	4 33	2	4 35	19 06
10	Ison	Henry	4 34	3	4 37			-2	4 35	4 52	-18	4 34	1	4 35	19 07
11	de Keratry	Andrew	4 33	6	4 39	14	4 53			4 59	-16	4 43	-1	4 42	19 34
12	Tawk	Marc	4 37	3	4 40			20	5 00	4 53			-7	4 46	19 50
13	Tran	Brayden	4 40	38	5 18							5 12	-13	4 59	20 46
14	Schwartz	Ryan	4 55	5	5 00	29	5 29			5 14	-16	4 58	10	5 08	21 23
15	Challis	Elijah	4 56	18	5 14	14	5 28			5 50	-29	5 21	-8	5 13	21 42
16	Ruiz	Oscar	5 15	-2	5 13	0	5 13			6 01	-37	5 24	-10	5 14	21 47
17	Green	Max	4 57	33	5 30	-6	5 24					5 24	-7	5 17	22 01
18	Williams	Jacob	5 18	12	5 30	8	5 38			6 07	27	6 34	-65	5 29	22 49
19	Tolbert	Lucas	6 08	-6	6 02	18	6 20							6 10	25 42
20	Kunzman	Cooper	6 13	-2	6 11	19	6 30							6 18	26 15
	Cauthen	Nathaniel								4 14					
	Grella	Gianfranco								4 54	-30	4 24			
	Purnell	Samuel								6 02	-38	5 24			
	Lipps	Colin													
	Morrow	Jackson													
	Shanbour	Nathaniel													