



PONCA CITY 10-15-2020

		PR/SB		Mile 1	D	Mile 2	D	Mile 3	5k	Av Mile	Av Kilo	AD
State Varsity	1	PR	Chansolme Luke	5 18	19	5 37	3	5 40	17 09	5 32	3 26	11
	2	PR	Leonard William	5 18	37	5 55	-3	5 52	17 40	5 42	3 32	17
	3	PR	Ison Henry	5 46	43	6 29	-18	6 11	19 03	6 09	3 49	12
	4	PR	Coomes Nathaniel	5 45	45	6 30	-15	6 15	19 08	6 10	3 50	15
	5	PR	Grella Gianfranco	5 47	56	6 43	-8	6 35	19 44	6 22	3 57	24
			Shanbour Nathaniel					Quarantine				
			Sweis Amirredean					Quarantine				
State Backup	8	PR	Edmonds Jackson	6 15	30	6 45	-21	6 24	20 02	6 28	4 00	4
	9	SB	Coomes Matthew	5 58	52	6 50	0	6 50	20 19	6 33	4 04	26
	10		Cuzalina Nico	6 01	56	6 57	9	7 06	20 47	6 42	4 09	33
	11	PR	Raglow Thomas	6 40	20	7 00	-6	6 54	21 15	6 51	4 15	7
				Tawk Marc					Quarantine			
	13	PR	de Keratry Andrew	6 12	54	7 06	12	7 18	21 20	6 53	4 16	33
	14		Rich Evan	6 34	48	7 22	-17	7 05	21 43	7 00	4 21	15
	15	PR	Cauthen Nathaniel	6 33	72	7 45	-30	7 15	22 17	7 11	4 27	21
	16		Lipps Colin	6 37	73	7 50	-21	7 29	22 41	7 19	4 32	26
	17	SB	Ruiz Oscar	6 37	79	7 56	10	8 06	23 28	7 34	4 42	45
	18		Williams Jacob	7 15	120	9 15	-70	8 05	25 24	8 12	5 05	25
	19		Tran Brayden	6 47	176	9 43	-27	9 16	26 42	8 37	5 20	75
	20	SB	Tolbert Lucas	7 27	133	9 40	-4	9 36	27 41	8 56	5 32	65
	21		Kunzman Cooper	8 37	111	10 28	-51	9 37	29 40	9 34	5 56	30

SB = "season best" - season fastest 5k, but not lifetime

PR = "personal record" - lifetime fastest 5k