



BISHOP MCGUINNESS - INTERVALS

8/31/2022

	5 x 1k Grass (2m rest)											4 x 300 Track			
	1	Δ	2	Δ	3	Δ	4	Δ	5	AVG	Δ	6	7	8	9
Leonard	3 25	-3	3 22	-2	3 20	-2	3 18	-2	3 16	3 20	-2	58	58	57	57
Ison	3 27	2	3 29	2	3 31	-2	3 29	-1	3 28	3 29	0	58	58	57	59
deKeratry, A	3 52	-11	3 41	-2	3 39	-10	3 29	-2	3 27	3 38	-6				
Cuzalina	3 58	-17	3 41	-2	3 39	-10	3 29	2	3 31	3 40	-7				
Hoch	3 57	-16	3 41	-2	3 39	-6	3 33	-2	3 31	3 40	-7				
Kovash	4 02	5	4 07	-3	4 04	-2	4 02	-5	3 57	4 02	-1				
Black, B	4 09	-1	4 08	2	4 10	0	4 10	20	4 30	4 13	5				
Schultz	3 48	-4	3 44	1	3 45	-1	3 44			3 00	-1				
Gumerson	3 57	-16	3 41	-2	3 39	9	3 48			3 01	-3				
Taylor	4 02	9	4 11	10	4 21					2 31	10				
Black, A	4 12	8	4 20	16	4 36					2 38	12				

	4 x 1200m Track (3m rest)								4 x 200m Track (3m rest)							
	1	Δ	2	Δ	3	Δ	4	AVG	5	Δ	6	Δ	7	Δ	8	AVG
Sweis	5 11	-1	5 10	5	5 15	-1	5 14	5 13	41	-3	38	2	40	-9	31	38
Lipps, C	5 11	-1	5 10	5	5 15	-1	5 14	5 13	42	-2	40	-3	37	-5	32	38
Al-Botros	5 11	-1	5 10	5	5 15	5	5 20	5 14	35	0	35	0	35	-6	29	34
Twombly	5 11	-1	5 10	5	5 15	8	5 23	5 15	40	0	40	-5	35	-5	30	36
Grella	5 11	-1	5 10	5	5 15	15	5 30	5 17	41	0	41	-1	40	-6	34	39
Healy	5 32	-12	5 20	17	5 37	12	5 49	5 35	35	0	35	0	35	-3	32	34
Sherman	5 32	-12	5 20	25	5 45	13	5 58	5 39	36	5	41	3	44	-7	37	40
Webb	5 32	-10	5 22	36	5 58	2	6 00	5 43	34	5	39	3	42	-7	35	38
Morris	5 32	-3	5 29	23	5 52	13	6 05	5 45	35	1	36	5	41	-7	34	37
Tran	5 11	1	5 12	3	5 15	30	5 45	5 21	45	0	45					45



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	5 x 800m Track (3m rest)											5 x 100m Track (3m rest)					
	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6	AVG	1	2	3	4	5
Griffith	3 56	4	4 00	-14	3 46	4	3 50	-1	3 49			3 52	17	15	16	15	16
Schomas	3 57	4	4 01	-14	3 47	2	3 49	-1	3 48			3 52	15	16	16	15	16
Stone	3 57	4	4 01	-15	3 46	14	4 00					3 56	18	19	18	17	16
Busby	3 57	6	4 03	-8	3 55	5	4 00	-7	3 53	-7	3 46	3 56	15	15	16		
deKeratry, J	4 12	-9	4 03	1	4 04				4 06			4 06	17	17	17	16	17
Lipps, N	4 14	0	4 14	14	4 28							4 19	17	18	18	17	18
Lomaro	4 18	-6	4 12									4 15	17	16	15	13	14

Did not run

- Buckelew
- Conley
- Eakins
- Jansen
- Johnson
- Lau
- Mondelek
- Ruiz
- Slatev
- Tawk