BISHOP MCGUINNESS - INTERVALS

9/7/2022

	5 x 1k Track (2m rest)												4 x 300 Track			
	1	Δ	2	Δ	3	Δ	4	Δ	5	Δ	6	AVG	7	8	9	AVG
de Keratry, A	3 35	-7	3 28	-1	3 27	2	3 29	-1	3 28	-16	3 12	3 27	55	57	54	55
Gumerson	3 44	-5	3 39	4	3 43	-6	3 37	1	3 38	-12	3 26	3 38	55	57	54	55
Hoch	3 44	-5	3 39	4	3 43	-6	3 37	1	3 38	-12	3 26	3 38	55	57	54	55
Black, B	4 02	-2	4 00	-3	3 57	3	4 00	3	4 03	0	4 03	4 01	59			59
Cuzalina	3 38	-4	3 34	4	3 38	-4	3 34	12	3 46			3 38	55	57	54	55
Leonard	3 35	-7	3 28	-2	3 26	3	3 29	0	3 29			3 29	55	57	54	55
Schultz	4 02	-11	3 51	-4	3 47	-2	3 45	-6	3 39			3 49	56	57		57
Ison																
Kovash																
Taylor																

	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
Black, A	4 46	11	4 57	-3	4 54	-11	4 43	4 50	33	-3	30	3	33	-3	30	32
Johnson	4 45	14	4 59	23	5 22	-28	4 54	5 00	37	-4	33	2	35	1	36	35
Healy	5 00	9	5 09	17	5 26	-23	5 03	5 10	36	1	37	-3	34	2	36	36
Sweis	5 15	5	5 20	-5	5 15	-12	5 03	5 13	38	-2	36	0	36	0	36	37
Grella	5 15	8	5 23	7	5 30	-15	5 15	5 21	38	-2	36	0	36	-1	35	36
Webb	5 15	13	5 28	-3	5 25	-8	5 17	5 21	40	-10	30	3	33	0	33	34
Tran	5 15	21	5 36	14	5 50	-2	5 48	5 37	33	0	33	3	36	0	36	35
Morris	5 39	7	5 46	20	6 06	-21	5 45	5 49	38	0	38	0	38	-2	36	38
Buckelew	5 00	5	5 05	22	5 27	1	5 28	5 15	40	1	41					41
Sherman	5 30	24	5 54	7	6 01	-33	5 28	5 43	42	1	43					43
Conley	4 30	34	5 04	11	5 15	-22	4 53	4 56								
Lipps	4 53	17	5 10	16	5 26			5 10	33	-3	30	2	32	-2	30	31
Eakins	4 25	29	4 54	32	5 26			4 55								
Twombly	5 00	5	5 05	20	5 25			5 10								
Al-Botros	5 00	10	5 10					5 05	36	0	36	1	37	-1	36	36
Tawk																

BISHOP MCGUINNESS - INTERVALS

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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	AVG	1	2	3	4	5	AVG
Griffith	3 20	23	3 43	4	3 47	-2	3 45	-10	3 35	3 38	13	15	14	14	15	14
Lau	3 20	25	3 45	2	3 47	-2	3 45	-7	3 38	3 39	11	13	12	14	15	13
Mondelek	4 11	39	4 50	13	5 03	3	5 06	-16	4 50	4 48	17	18	16	18	17	17
Ruiz	3 20	25	3 45	5	3 50	0	3 50	23	4 13	3 48	14	14	13	15	16	14
Stone	3 44	9	3 53	-3	3 50	3	3 53	0	3 53	3 51	16	16	14	17	16	16
Busby			3 50	5	3 55	3	3 58	-3	3 55	3 08	17	15	16	15	16	16
Lipps	4 10	-7	4 03	14	4 17	28	4 45			4 19	17	18	16	18	19	18
de Keratry, J	4 04	-5	3 59							4 02						
Lomoro			5 19				5 18			5 19	12	14	13	16	12	13
Jansen																
Schomas																
Slatev																