

SHAMROCK SUMMER RUNNING CLUB

3 MILE THURSDAY TIME TRIAL

8/7/2025

#	Last	First	Finish	1 Mile	Δ	2 Mile	Δ	3 Mile	Avg Mile	Proj 5k
1	Schultz	James	17 44	6 02	-2	6 00	-18	5 42	5 55	18 19
1	Taylor	Kade	17 44	6 02	-2	6 00	-18	5 42	5 55	18 19
1	Worthington	Luke	17 44	6 02	-2	6 00	-18	5 42	5 55	18 19
4	Bryan	Luke	17 45	6 02	-2	6 00	-17	5 43	5 55	18 21
5	Ireland	Gabriel	17 54	6 02	-2	6 00	-8	5 52	5 58	18 30
6	Taylor	Kamran	18 40	6 02	+9	6 11	+16	6 27	6 13	19 17
7	deCoune	Max	18 45	6 15	+1	6 16	-2	6 14	6 15	19 23
8	Garcia	Henrik	18 48	6 11	+20	6 31	-25	6 06	6 16	19 26
9	Denton	Raleigh	19 05	6 06	+19	6 25	+9	6 34	6 22	19 43
10	Desrochers	Vincent	19 13	6 15	+3	6 18	+22	6 40	6 24	19 51
11	Jea	Matthew	19 28	6 32	+3	6 35	-14	6 21	6 29	20 07
12	Morris	Ian	19 58	6 32	+3	6 35	+16	6 51	6 39	20 38
13	Pruden	Zander	20 51	6 15	+77	7 32	-28	7 04	6 57	21 33
14	Monacelli	Marco	20 54	6 32	+54	7 26	-30	6 56	6 58	21 36
15	Bassett	Elishah	21 24	6 42	+38	7 20	+2	7 22	7 08	22 07
16	Worthington	James	22 22	6 32	+61	7 33	+44	8 17	7 27	23 07
17	Gerten	Wyatt	22 23	7 25	+14	7 39	-20	7 19	7 28	23 08
18	Morris	Landon	15 38	7 30	+38	8 08			7 49	24 14
19	Logiodice	Easton	23 43	7 25	+39	8 04	+10	8 14	7 54	24 30
20	Mumiukha	Emery	18 25	7 39	+187	10 46			9 13	28 33
21	Hallman	Grayson	29 00	7 48	+169	10 37	-2	10 35	9 40	29 58
22	Ellis	Palmer	20 27	9 55	+37	10 32			10 14	31 42
	Allen	Robby								
	Clark	Cohen								
	Conley	Malachi								
	Garcia	Markus								
	Gungoll	Sebastian								
	Hickman	Nicholas								
	Hidalgo	Emiliano								
	Jea	Michael								
	Nones	Sedwyn								
	Phu	Ethan								
	Simonson	Braden								
	Strickland	Colin								
	Tran	Justin								
	Varghese	Aaron								

SHAMROCK SUMMER RUNNING CLUB

3 MILE THURSDAY TIME TRIAL

7/31/2025

#	Last	First	Finish	1 Mile	Δ	2 Mile	Δ	3 Mile	Avg Mile	Proj 5k
1	Bryan	Luke	18 10	6 05	+4	6 09	-13	5 56	6 03	18 46
1	Taylor	Kade	18 10	6 05	+4	6 09	-13	5 56	6 03	18 46
3	Ireland	Gabriel	18 30	6 05	+4	6 09	+7	6 16	6 10	19 07
4	Taylor	Kamran	18 42	6 05	+17	6 22	-7	6 15	6 14	19 19
5	Garcia	Henrik	18 57	6 07	+22	6 29	-8	6 21	6 19	19 35
6	Denton	Raleigh	19 17	6 22	+6	6 28	-1	6 27	6 26	19 56
7	deCounne	Max	19 22	6 25	+5	6 30	-3	6 27	6 27	20 01
8	Morris	Ian	20 01	6 25	+19	6 44	+8	6 52	6 40	20 41
9	Pruden	Zander	20 11	6 25	+15	6 40	+26	7 06	6 44	20 51
10	Monacelli	Marco	20 53	6 25	+44	7 09	+10	7 19	6 47	21 35
11	Worthington	James	20 57	6 25	+38	7 03	+26	7 29	6 59	21 39
12	Mumiukha	Emery	21 16	7 08	+5	7 13	-18	6 55	7 05	21 59
13	Gerten	Wyatt	21 22	7 08	+5	7 13	-12	7 01	7 07	22 05
14	Phu	Ethan	22 01	7 07	+7	7 14	+26	7 40	7 20	22 45
15	Garcia	Markus	22 27	7 13	+33	7 46	-18	7 28	7 30	23 12
16	Bassett	Elishah	23 27	7 36	+23	7 59	-7	7 52	7 49	24 14
17	Logiodice	Easton	23 36	7 52	+7	7 59	-14	7 45	7 52	24 23
18	Hallman	Grayson	24 47	8 23	-4	8 19	-14	8 05	8 16	25 37
19	Morris	Landon	24 59	8 49	-28	8 21	-32	7 49	8 35	25 49
20	Nones	Sedwyn	25 23	8 05	+42	8 47	-16	8 31	8 26	26 14
21	Strickland	Colin	27 21	9 33	-38	8 55	-2	8 53	9 07	28 16
22	Gungoll	Sebastian	28 16	9 16	+38	9 54	-48	9 06	9 25	29 13
23	Simonson	Braden	29 15	9 38	+22	10 00	-23	9 37	9 45	30 14
24	Ellis	Palmer	29 24	9 38	+22	10 00	-14	9 46	9 49	30 23
	Jea	Matthew	DNF	6 25						
	Allen	Robby								
	Clark	Cohen								
	Conley	Malachi								
	Desrochers	Vincent								
	Hickman	Nicholas								
	Hidalgo	Emiliano								
	Jea	Michael								
	Schultz	James								
	Tran	Justin								
	Varghese	Aaron								
	Worthington	Luke								

SHAMROCK SUMMER RUNNING CLUB

3 MILE THURSDAY TIME TRIAL

7/24/2025

#	Last	First	Finish	1 Mile	Δ	2 Mile	Δ	3 Mile	Avg Mile	Proj 5k
1	Schultz	James	17 57	6 07	-3	6 04	-18	5 46	5 59	18 33
1	Taylor	Kade	17 57	6 07	-3	6 04	-18	5 46	5 59	18 33
1	Worthington	Luke	17 57	6 07	-3	6 04	-18	5 46	5 59	18 33
4	Ireland	Gabriel	18 05	6 07	-3	6 04	-10	5 54	6 02	18 41
5	Bryan	Luke	18 40	6 08	+1	6 09	+14	6 23	6 13	19 17
6	Desrochers	Vincent	19 06	6 31	-4	6 27	-19	6 08	6 22	19 44
7	Garcia	Henrik	19 14	6 14	+22	6 36	-12	6 24	6 25	19 52
8	Taylor	Kamran	19 31	6 31	+0	6 31	-2	6 29	6 30	20 10
9	Denton	Raleigh	20 10	6 30	+20	6 50	+0	6 50	6 43	20 50
10	deCoune	Max	20 14	6 26	+39	7 05	-22	6 43	6 45	20 54
11	Jea	Matthew	20 18	6 31	+31	7 02	-17	6 45	6 46	20 59
12	Pruden	Zander	20 27	6 36	+35	7 11	-31	6 40	6 49	21 08
13	Worthington	James	20 34	6 26	+25	6 51	+26	7 17	6 51	21 15
14	Morris	Ian	21 04	6 33	+28	7 01	+29	7 30	7 01	21 46
15	Gerten	Wyatt	22 26	7 34	+5	7 39	-26	7 13	7 29	23 11
16	Mumiukha	Emery	22 52	7 20	+31	7 51	-10	7 41	7 37	23 38
17	Logiodice	Easton	24 31	8 09	+12	8 21	-20	8 01	8 10	25 20
18	Bassett	Elishah	25 30	8 29	+5	8 34	-7	8 27	8 30	26 21
19	Phu	Ethan	26 08	8 11	+57	9 08	-19	8 49	8 43	27 00
20	Hallman	Grayson	26 47	8 50	+12	9 02	-7	8 55	8 56	27 41
21	Allen	Robby	27 03	9 03	+5	9 08	-16	8 52	9 01	27 57
22	Strickland	Colin	27 54	9 03	+52	9 55	-59	8 56	9 18	28 50
23	Simonson	Braden	28 12	9 03	+52	9 55	-41	9 14	9 24	29 08
24	Gungoll	Sebastian	29 26	9 16	+64	10 20	-30	9 50	9 49	30 25
	Varghese	Aaron	Inj							
	Clark	Cohen								
	Conley	Malachi								
	Ellis	Palmer								
	Garcia	Markus								
	Hickman	Nicholas								
	Hidalgo	Emiliano								
	Jea	Michael								
	Monacelli	Marco								
	Morris	Landon								
	Nones	Sedwyn								
	Tran	Justin								

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

7/17/2025

#	Last	First	1 Mile	Δ	2 Mile	Avg Mile	2m Finish
1	Worthington	Luke	5 58	-17	5 41	5 50	11 39
2	Taylor	Kade	5 58	-16	5 42	5 50	11 40
3	Ireland	Gabriel	5 58	-10	5 48	5 53	11 46
4	Taylor	Kamran	5 58	+2	6 00	5 59	11 58
5	Schultz	James	6 01	+8	6 09	8 07	12 10
6	Varghese	Aaron	6 10	-5	6 05	6 08	12 15
7	Denton	Raleigh	6 00	+17	6 17	6 09	12 17
8	Garcia	Henrik	6 02	+17	6 19	6 11	12 21
9	deCoun	Max	5 59	+28	6 27	6 13	12 26
10	Desrochers	Vincent	6 15	+12	6 27	6 21	12 42
11	Morris	Landon	8 49	-42	8 07	8 28	16 56
12	Worthington	James	6 28	+24	6 52	6 40	13 20
13	Clark	Cohen	7 02	+19	7 21	7 12	14 23
14	Logiodice	Easton	7 42	-36	7 06	7 24	14 48
15	Gerten	Wyatt	7 42	-35	7 07	7 25	14 49
16	Bassett	Elishah	7 38	-2	7 36	7 37	15 14
17	Morris	Ian	6 28	+7	6 35	6 32	13 03
18	Nones	Sedwyn	8 20			8 20	16 40
19	Phu	Ethan	8 53	-32	8 21	8 37	17 14
20	Allen	Robby	8 50	-5	8 45	8 48	17 35
21	Strickland	Colin	8 45	+10	8 55	8 50	17 40
22	Gungoll	Sebastian	8 44	+28	9 12	8 58	17 56
23	Tran	Justin	9 22	-257	5 05	9 38	19 16
24	Simonson	Braden	10 06	-15	4 40	9 51	19 41
25	Ellis	Palmer	10 57	-4	5 23	10 53	21 47
26	Hallman	Grayson	12 45			12 45	25 30
	Bryan	Luke					
	Conley	Malachi					
	Garcia	Markus					
	Hickman	Nicholas					
	Hidalgo	Emiliano					
	Jea	Matthew					
	Monacelli	Marco					
	Mumiukha	Emery					
	Pruden	Zander					

*Italized entries ran 1 or 1.5 miles - finish time projected

SHAMROCK SUMMER RUNNING CLUB

2 MILE THURSDAY TIME TRIAL

6/26/2025

#	Last	First	1 Mile	Δ	2 Mile	Avg Mile	2m Finish
1	Ireland	Gabriel	6 05	-8	5 57	6 01	12 02
1	Schultz	James	6 05	-8	5 57	6 01	12 02
1	Worthington	Luke	6 05	-8	5 57	6 01	12 02
4	Taylor	Kade	6 05	-6	5 59	6 02	12 04
5	Desrochers	Vincent	6 18	-20	5 58	6 08	12 16
6	Varghese	Aaron	6 05	+17	6 22	6 14	12 27
7	Bryan	Luke	6 08	+14	6 22	6 15	12 30
8	Taylor	Kamran	6 20	-6	6 14	6 17	12 34
9	Denton	Raleigh	6 20	+13	6 33	6 27	12 53
10	Monacelli	Marco	6 27	+21	6 48	6 38	13 15
11	Morris	Ian	6 27	+22	6 49	6 38	13 16
12	Jea	Matthew	6 17	+49	7 06	6 42	13 23
13	deCoune	Max	6 42	+13	6 55	6 49	13 37
14	Pruden	Zander	7 01	-20	6 41	6 51	13 42
15	Worthington	James	6 37	+54	7 31	7 04	14 08
16	Gerten	Wyatt	7 18	-12	7 06	7 12	14 24
17	Clark	Cohen	7 20	-2	7 18	7 19	14 38
18	Logiodice	Easton	7 27	+33	8 00	7 44	15 27
19	Bassett	Elishah	7 23	+48	8 11	7 47	15 34
20	Hickman	Nicholas	7 53	-8	7 45	7 49	15 38
21	Phu	Ethan	7 53	-5	7 48	7 51	15 41
22	Mumiukha	Emery	8 03	-20	7 43	7 53	15 46
23	Morris	Landon	8 31	-22	8 09	8 20	16 40
24	Hidalgo	Emiliano	8 58	-33	8 25	8 42	17 23
25	Strickland	Colin	9 24	-19	9 05	9 15	18 29
26	Hallman	Grayson	9 29	-12	9 17	9 23	18 46
27	Gungoll	Sebastian	10 39	+9	5 24	10 42	21 24
28	Ellis	Palmer	10 53	+11	5 32	10 57	21 53
28	Simonson	Braden	10 53	+11	5 32	10 57	21 53
	Allen	Robby					
	Conley	Malachi					
	Garcia	Henrik					
	Garcia	Markus					
	Jea	Michael					
	Tran	Justin					

*Italized entries ran 1.5 miles - 2 mile finish time projected

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

6/19/2025

#	Last	First	0.5 Mile	Δ	0.5 Mile	Finish
1	Ireland	Gabriel	2 50	-4	2 46	5 36
1	Schultz	James	2 50	-4	2 46	5 36
1	Taylor	Kade	2 50	-4	2 46	5 36
1	Worthington	Luke	2 50	-4	2 46	5 36
5	Bryan	Luke	2 50	-2	2 48	5 38
5	Varghese	Aaron	2 50	-2	2 48	5 38
7	Denton	Raleigh	2 50	+7	2 57	5 47
8	Taylor	Kamran	2 54	+5	2 59	5 53
9	Garcia	Henrik	2 55	+4	2 59	5 54
10	deCoune	Max	3 14	-14	3 00	6 14
11	Monacelli	Marco	3 14	+9	3 23	6 37
12	Clark	Cohen	3 23	-1	3 22	6 45
12	Mumiukha	Emery	3 23	-1	3 22	6 45
14	Phu	Ethan	3 21	+13	3 34	6 55
14	Worthington	James	3 14	+27	3 41	6 55
16	Conley	Malachi	3 33	-1	3 32	7 05
17	Garcia	Markus	3 25	+18	3 43	7 08
18	Jea	Matthew	3 14	+44	3 58	7 12
19	Logiodice	Easton	3 33	+12	3 45	7 18
20	Hallman	Grayson	3 48	-17	3 31	7 19
20	Tran	Justin	3 45	-11	3 34	7 19
22	Strickland	Colin	4 25	-13	4 12	8 37
23	Gungoll	Sebastian	4 40	+2	4 42	9 22
24	Allen	Robby	5 25	-12	5 13	10 38
	Bassett	Elishah				
	Desrochers	Vincent				
	Ellis	Palmer				
	Gerten	Wyatt				
	Hickman	Nicholas				
	Hidalgo	Emiliano				
	Jea	Michael				
	Morris	Landon				
	Morris	Ian				
	Pruden	Zander				
	Simonson	Braden				

SHAMROCK SUMMER RUNNING CLUB

THURSDAY TIME TRIAL

6/12/2025

#	Last	First	0.5 Mile	Δ	0.5 Mile	Finish
1	Schultz	James	2 56	-07	2 49	5 45
1	Worthington	Luke	2 56	-07	2 49	5 45
3	Ireland	Gabriel	2 56	-06	2 50	5 46
4	Desrochers	Vincent	2 56	-03	2 53	5 49
5	Bryan	Luke	2 56	-02	2 54	5 50
6	Varghese	Aaron	2 56	-01	2 55	5 51
7	Denton	Raleigh	2 56	+02	2 58	5 54
8	Taylor	Kade	2 58	+06	3 04	6 02
9	Monacelli	Marco	3 00	+08	3 08	6 08
10	Taylor	Kamran	3 00	+11	3 11	6 11
11	Worthington	James	3 02	+18	3 20	6 22
11	deCoune	Max	3 02	+18	3 20	6 22
13	Clark	Cohen	3 18	+27	3 45	7 03
14	Bassett	Elishah	3 21	+35	3 56	7 17
15	Conley	Malachi	3 48	-06	3 42	7 30
16	Mumiukha	Emery	3 31	+32	4 03	7 34
17	Hidalgo	Emiliano	3 48	+19	4 07	7 55
18	Strickland	Colin	4 08	+13	4 21	8 29
19	Gungoll	Sebastian	4 53	+08	5 01	9 54
20	Ellis	Palmer	6 00	-16	5 44	11 44
	Allen	Robby				
	Garcia	Henrik				
	Garcia	Markus				
	Gerten	Wyatt				
	Hallman	Grayson				
	Hickman	Nicholas				
	Jea	Matthew				
	Jea	Michael				
	Logiodice	Easton				
	Morris	Landon				
	Morris	Ian				
	Phu	Ethan				
	Pruden	Zander				
	Simonson	Braden				
	Tran	Justin				