

BISHOP MCGUINNESS BOYS CROSS COUNTRY



TRACK INTERVALS



10/1/2025

Group 1	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
Bryan	8:55	2:40	0	2:40	-2	2:38	-5	2:33	1	2:34	2 37	8:51	46	45	44	42
Worthington, L	8:55	2:40	0	2:40	-2	2:38	-5	2:33	1	2:34	2 37	8:51	50	48	47	48
Group 2	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
de Coune	9:46	2:52	-2	2:50	-1	2:49	-5	2:44	-1	2:43	2 47	9:37	50		50	
Desrochers	9:46	2:52	-2	2:50	-1	2:49	-5	2:44	-1	2:43	2 47	9:37	51		46	47
Ireland	9:46	2:52	-2	2:50	-1	2:49	-5	2:44	-1	2:43	2 47	9:37	49	48	48	49
Taylor, Kad	9:46	2:52	-2	2:50	-1	2:49	-5	2:44	-1	2:43	2 47	9:37	49	47	47	46
Garcia	DNR															
Group 3	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
Denton	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	52	51	51	52
Jea	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	51	49	49	48
Morris	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	52	49	49	50
Pruden	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	52	51	49	48
Taylor, Kam	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	52	49	49	50
Varghese	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	51	49	49	48
Worthington, J	10:03	3:22	-9	2:53	1	2:54	-1	2:53	-1	2:52	2 54	10:08	53	51	49	50
Schultz	DNR															
Group 4	1600m	600m	Δ	600m	Δ	600m	Δ	600m	Δ	600m	Avg 600	1600m	300m			
Gerten	7:09	2:20	-4	2:16	0	2:16	1	2:17	1	2:18	2 17	7:07	54	52	53	51
Monacelli	7:09	2:20	-4	2:16	0	2:16	1	2:17	1	2:18	1 57	7:07	54	52	53	47
Mumiukha	7:09	2:20	-4	2:16	0	2:16	1	2:17	1	2:18	2 17	7:07				
Phu	7:09	2:20	-4	2:16	0	2:16	1	2:17	1	2:18	2 17	7:07	54	52	53	51
Tran	7:09	2:20	-4	2:16	0	2:16	1	2:17	1	2:18	2 17	:00	54	52	53	51
Bassett	DNR															
Nones	DNR															
Group 5	1600m	400m	Δ	400m	Δ	400m	Δ	400m	Δ	400m	Avg 400	1600m	300m			
Allen	8:28	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27	62	62	61	59
Ellis	8:26	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27	62	62	61	59
Gungoll	8:18	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27	62			
Logiodice	8:28	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	2 54	8:27	62	62	61	59
Shadid	8:21	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27	62	62	68	65
Simonson	8:22	1:56	4	2:00			-4	1:56	3	1:59	1 34	8:27		66	68	0
Strickland	8:28	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27	62	62	61	59
Tawk	8:24	1:56	4	2:00	-3	1:57	-1	1:56	3	1:59	1 57	8:27				
Hallman	DNR															

Group 1	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
Bryan	9:00	2:36	2	2:38	-2	2:36	-3	2:33	-3	2:30	2 34	9:00	47	46	44	42
Worthington, L	9:00	2:36	2	2:38	-2	2:36	-3	2:33	-3	2:30	2 34	9:00	47	46	44	42
Group 2	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
de Coune	9:43	2:54	-5	2:49	0	2:49	-2	2:47	-4	2:43	2 48	9:22	49	DNR	DNR	DNR
Desrochers	9:43	2:54	-5	2:49	0	2:49	-2	2:47	-4	2:43	2 48	9:20	49	47	DNR	DNR
Garcia	9:43	2:54	-5	2:49	0	2:49	-2	2:47	-4	2:43	2 48	9:22	52	51	51	52
Ireland	9:43	2:54	-5	2:49	0	2:49	-2	2:47	-4	2:43	2 48	9:22	49	48	48	49
Taylor, Kad	9:43	2:54	-5	2:49	0	2:49	-2	2:47	-4	2:43	2 48	9:04	48	45	45	47
Group 3	2400m	800m	Δ	800m	Δ	800m	Δ	800m	Δ	800m	Avg 800	2400m	300m			
Denton	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	50	DNR
Jea	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	46	DNR
Morris	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	50	DNR
Schultz	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	46	DNR
Taylor, Kam	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	50	DNR
Varghese	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	46	DNR
Worthington, J	10:02	2:56	2	2:58	-8	2:50	0	2:50	0	2:50	2 52	9:50	53	50	50	DNR
Pruden	DNR															
Group 4	1600m	600m	Δ	600m	Δ	600m	Δ	600m	Δ	600m	Avg 800	1600m	300m			
Gerten	7:00	2:17	1	2:18	-2	2:16	-1	2:15	1	2:16	2 16	7:04	56	54	52	50
Logiodice	7:00	2:17	1	2:18	-2	2:16	-1	2:15	5	2:20	2 17	7:23	68	61	67	65
Monacelli	7:00	2:17	1	2:18	-2	2:16	-1	2:15	1	2:16	2 16	7:02	56	54	52	50
Mumiukha	7:00	2:17	1	2:18	-2	2:16	-1	2:15	1	2:16	2 16	7:02	56	DNR	DNR	DNR
Nones	7:00	2:17	1	2:18	-2	2:16	-1	2:15	7	2:22	2 17	DNF	56	57	DNR	DNR
Phu	7:00	2:17	1	2:18	-2	2:16	-1	2:15	1	2:16	2 16	7:04	56	54	52	57
Tran	7:00	2:17	1	2:18	-2	2:16	-1	2:15	1	2:16	2 16	7:02	56	54	DNR	DNR
Bassett	DNR															
Group 5	1600m	400m	Δ	400m	Δ	400m	Δ	400m	Δ	400m	Avg 800	1600m	300m			
Allen	8:29	1:58	2	2:00	0	2:00	0	2:00	0	2:00	1 59	8:30	63	62	61	62
Ellis	8:17	1:58	2	2:00	-4	1:56	3	1:59	0	1:59	1 58	8:30	69	60	60	61
Gungoll	8:42	2:66	4	2:10	-5	2:55	5	2:10		DNR	1 42	8:48	DNR	DNR	DNR	DNR
Hallman	8:19	1:58	2	2:00	-4	1:56	3	1:59	0	1:59	1 58	8:28	70			