

Compilation of Tempo runs

Girls	Pace 8/2	Pace 1/30	Pace 2/11
Ahlberg	7:41	7:46	7:31
Bammann	8:04	7:51	7:44
Boyle, K	8:25	9:09	8:25
Burns	11:05		9:54
Canter, A	7:46	7:54	8:08
Carlson	8:04	7:37	
Carroll	8:49	9:11	8:28
Cole, A		8:53	7:58
Cole, M			9:08
Dwyer, L	9:11	8:17	8:14
Gabrielle	9:44	9:23	
Hackworth	7:33	7:23	7:10
Hess	8:19	8:28	
Hobbs			8:25
Kimball			8:54
Kish		9:23	8:52
Knickerbocke	8:32	8:10	
Kornitsky	9:30	9:10	8:54
Kukla			9:12
Kunst	9:11		
Laine, K	10:15	10:32	
Linard	9:53	9:54	9:06
Longo			9:05
Makadia	8:49		8:08
Margate, S	10:19	9:21	8:55
Martin			8:02
Maynard			11:56
McGruder	9:11	DNR	
McVey, S	8:20	8:14	7:54
Monday, E	11:14	DNR	
Monday, K	7:24	7:22	7:15
Patrohay	8:48	9:21	
Perlakowski,	7:24	7:08	6:44
Ramsey	9:11	9:21	
Ravenscraft,	8:20	8:10	7:54
Smith, G	9:36	9:21	8:01
Smith, Sav	9:16	9:23	8:52
Taylor			10:34
Thompson	10:47		10:08

Boys	Pace 8/2	Pace 1/30	Pace 2/11
Amazon			7:43
Boyle, B	6:50	6:53	6:37
Boyle, J	7:14		6:37
Brown	6:48	7:09	6:42
Burden	7:47		8:05
Burke	7:46	7:09	7:40
Burns, B	7:41	7:45	8:25
Camp	10:42	9:13	8:20
Canter	7:11	7:08	6:37
Crane	6:50	6:53	6:36
Criswell	8:28	7:50	
Curd			11:03
Davis	7:52	7:09	7:06
Dill			7:10
Dwyer, N	9:31	8:02	7:45
Godbee			8:06
Grubb	7:46	7:23	7:10
Hall, J	7:49	7:47	7:25
Holmgren		7:30	7:16
Hutchison	8:22		
Kessler	7:47	8:13	7:10
Kloss	8:37	8:02	
Kruger	8:18	8:27	8:25
Longo			7:07
Lowe	10:08	8:25	8:05
Mabry	7:49	7:09	6:37
Margate	8:40	8:28	8:39
McVey, K	6:49	6:53	6:36
Mellom	8:33	7:17	7:09
Mendoza	10:44	9:23	9:37
Nelson	10:39		9:12
Peterson	8:58	8:07	8:02
Ravenscra	6:52		6:37
Shelton	6:09	5:31	
Shewchuk	8:36	7:17	7:22
Smith, SL	7:35	7:41	
Taylor	8:21	7:52	7:26
Van Ren	8:18	7:19	7:08
Wyman	6:50	6:53	6:35

Wallace	9:06	8:39	8:24
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