

Compilation of Tempo runs

Name	Pace 6/11	Pace 6/18	Pace 6/25	Pace 7/9	Pace 7/23	Pace 7/30
Abi Roy				9:41:57		
Ainsley Cole	7:40:39	8:01:01	7:35:28	7:48:40		7:27:53
Alexa Rinehart	12:34:06	10:59:50		13:11:48		
Allison Baker	7:49:55	7:28:22	7:34:31	7:42:56		
Anna Windom	7:35:44	7:14:35	7:18:36	7:23:59		
Annalei Canter	7:56:30		9:31:26			
Ansley McGruder	8:55:31		9:17:39			
Bethany Ahlberg		9:43:36	10:07:54	10:20:15		
Briggs Manuel						11:24:13
Brooke Martin	12:06:47		10:46:31		10:37:39	
Courtney Mason	12:01:03	12:14:35		13:36:27		
Elena Longo				9:18:16		
Eliza Hackworth	7:16:20	7:07:49	7:10:57	7:23:37		7:24:05
Ellary Hackworth	7:48:25	7:25:52		8:52:17		
Ellie Martin	9:07:49	8:15:14			8:50:36	
Emily Webb	10:03:17	10:14:36	10:37:58			
Emma Carroll	8:35:32	8:14:59	8:27:08	8:43:39	7:52:11	
Gaby Smith		8:08:13	8:54:58		9:28:18	
Ilona Kish	10:44:16	8:20:49		9:54:44		
Isabella Kelly	12:06:47			13:20:00	10:36:43	
Jordan Carlson	8:23:46	7:52:56				
Kate Curtis	8:17:51			8:34:14	7:58:57	
Katelyn Taylor	12:34:06	9:28:02	10:46:37			
Kathleen Laine	11:16:42			13:20:00	12:16:05	
Kayla Knickerbocker	8:33:07		9:35:34			
Kylee Geveke	7:43:55	7:44:40	7:41:24		8:39:03	8:13:14
Kylie Sobol		7:13:35	7:21:26	7:15:00		
Lainey Hall	11:21:09		11:09:55	13:56:05	12:16:05	12:13:50
Lexie Carlson	8:29:01	8:46:42		10:14:14	9:15:44	
Lucy Farace	14:13:00	12:46:40	14:54:44			
Lydia Longo				8:37:48		
Maddie Ramsey	8:20:15	7:53:11	7:59:57			
Maddy Ravenscraft					8:22:44	8:01:12
Madison Wallace	8:18:00	9:16:38				8:13:32
Mady Kornitski	9:51:14					
Maria Valdez			8:33:17	10:09:01		
Marissa Patrohay	9:17:09	9:03:37	9:24:49			
Marley Hess	8:18:00	8:09:13	7:59:57	9:18:16	7:58:27	
Meagang Kimball	9:51:14	9:01:21	9:14:21		9:22:50	
Meg Kunst			9:31:26			
Morgan Cole	8:52:05	10:02:15	9:06:06			
Paige Adams	8:16:43			8:13:59		
Riley Perlakowski		6:58:18	6:53:08			6:41:12
Sara Margate		8:24:07	9:07:00			
Sarah Gabrielle		8:30:56	8:35:02	8:40:03		
Savannah McVey	7:45:55	7:44:10	7:51:03	8:23:47		
Savannah Smith	10:44:16	8:51:09	9:17:24	9:12:38	9:11:22	9:09:44
Shivani Makadia	8:35:32	8:15:14				
Sydney Cole		9:23:55	9:27:05	10:17:29		
Tiffany Ahlberg	7:18:21	7:58:10	8:26:41	9:13:54	7:48:40	8:22:15
Zoey Weir			9:35:11	7:55:25	7:56:42	7:54:26

Name	Pace 6/11	Pace 6/18	Pace 6/25	Pace 7/2	Pace 7/9	Pace 7/23	Pace 7/30
Andres Pulido	8:02:57	7:42:24	7:49:43				
Andrew Cole	6:51:02		7:31:00				
Barrett Wilson	9:54:37	11:09:10	10:54:26		8:39:08		9:17:55
Ben VanRenselear	7:05:04	7:39:54	7:07:24		7:31:08	7:03:10	7:00:29
Bobby Burns							7:20:59
Brayden Strum		7:01:03					
Brian Boyle	6:21:46		6:20:45	6:15:57		6:14:15	6:03:43
Campbell Guynn		8:28:52	10:11:24		10:08:52		
Carson Davis	6:49:16	6:58:03					7:07:24
Chad Mabry		7:06:34	7:11:51		7:46:10		7:07:37
Connor Kruger	7:46:10	DNF	9:03:26				8:01:04
Donovan Webster	10:21:50	9:00:11	8:14:56		10:36:05		
Elijah Baker	7:50:18						
Ethan Hunt	6:38:22						
Evan Peterson		9:22:39	9:15:14			9:13:00	
Gavin Farber		8:20:49					
Gianpaolo Longo					7:14:52		
Hugh Bargerion	8:19:15						
Ian Morceau			8:10:52				
Issac Kimball	8:00:12	7:26:07	7:29:27			7:33:08	
Jack Mellom	6:19:27	6:31:14	6:41:47		7:09:52	6:41:34	6:29:40
Jack Sisk		6:43:31			7:37:41		
Jackson Burke					7:46:10	7:16:32	6:57:36
Jake Hall	7:24:37		7:21:52		7:39:55	7:12:44	7:06:44
James Boyle	6:29:06		6:29:11	06:16.1		6:18:27	6:06:21
Joey Camp	8:24:31				8:30:13		
Jonah Criswell	8:01:42	7:49:10	7:41:15				
Jordan Jaret		8:09:51					
Josh Patrohay	7:49:33	7:36:01	7:52:47				
JR Stamper		6:59:48	8:10:52		8:02:27		7:41:15
Kaden McVey	6:21:46	6:07:40	6:07:42		6:21:58	6:07:29	5:49:37
Kolbe Mendoza	8:19:15	8:36:32	9:01:12		9:03:05	8:32:47	8:09:13
Kyle Acampora	8:19:45		8:36:42		9:22:50	8:50:36	
Kyle Lowe	8:41:03	DNF					
Mark Ravenscraft	6:27:58	6:25:58	6:41:42		6:30:40	6:10:29	6:03:43
Mason Casteel	8:50:05						
Mason Rountree	8:18:54		8:11:48		8:41:03	7:49:40	7:16:05
Matthew Davis							10:36:43
Matthew Davis	7:37:23	9:25:25					
Matthew Taylor	6:50:02	7:49:40	7:00:16				
Matthew Wyman	6:21:46	5:57:09	6:03:55	6:14:55	6:11:03	5:56:01	6:04:28
Michael Boyden	10:08:31					8:50:05	
Miller Holmgren	7:01:33	6:52:17				6:55:09	6:57:36
Nick Dwyer			8:19:33				
Noah Connelly	6:22:38	6:08:22	6:04:17	6:10:56			
Noah Larson		8:15:15	7:23:02		7:04:03		
Owen Lucas	6:50:17	7:06:34	7:01:09		7:03:27	6:44:01	7:03:10
Parker Buchheit	7:26:27	6:48:33	6:22:31				7:03:10
Patrick Curd	10:21:48	9:25:25	9:43:14				
Peyton Godbee	7:06:03	7:06:17	7:06:37				
Robbie Nelson		9:06:22	8:44:03				
Ryan Kloss	7:40:39	7:52:56				7:56:57	7:15:38
Sahil Makadia	8:50:36	9:47:58	10:34:11				
Sanmi Omonaiye		9:38:57	9:25:25				
Slade Smith			7:04:49		7:06:30		
Sterling Sellier	6:39:41	6:44:45	7:08:25				
Stone Farber	11:43:00	11:54:17	10:46:10				
Sully Shelton				5:50:10	5:56:00		5:45:32
Thomas Boyle	9:01:32		8:10:43			7:31:08	7:47:40
Thomas Campbell	7:45:10	6:59:48	6:58:42		8:05:31	7:12:31	
Timothy Wolfe		7:08:04	6:50:15			6:43:47	
Will Grubb	7:00:03		7:00:03				6:54:02
Will Lipani			7:49:57		9:55:05	11:25:27	10:45:29
Will Walker		8:04:49	8:11:27			8:37:46	7:57:57
William Laine	6:32:14		6:43:34		7:06:39	6:43:20	