

Compilation of Tempo runs

Girls	Pace 6/6	Pace 6/12	Pace 6/19	Pace 6/26	Pace 7/10	Pace 7/17	Pace 7/24	Pace 8/2
Ahlberg	7:10	7:29:15	7:23:37	7:20:36	7:46:07		7:39:15	7:41:00
Baker, A		7:44:45	8:01:39		7:28:48			7:52
Bammann		8:08:15		8:50:40			8:09:24	8:04
Boyle, K		8:08:15				8:43	8:14	8:25
Canter, A		8:10:00		7:58				7:46
Carlson		8:05:15	8:32:39	8:04:30				8:04
Carroll			9:09:22	9:06:12	9:17:07		10:05	8:49
Cole		8:45:56	8:38:53	7:57	7:59:12			
Crump	9:19:00	10:49:44						11:18:00
Daurie, A		10:31:12	10:07:36					10:39:00
Daurie, K		10:12:01	9:57:00	9:40				10:40:00
Duncan					10:31:30			10:55:00
Dwyer, L		9:15:45		8:48		9:09	8:33:55	9:11:00
Gabrielle		13:07:59		9:46	10:06:33	9:50	9:18:45	9:44:00
Hackworth			8:29:20	7:22	7:36:46		7:48:00	7:33
Hall, L	11:13	11:38:07		13:37:18		11:50	11:48	11:14:00
Hess	7:57	8:34:40	8:49:07			8:43	8:37:00	8:19
Kahle, A					10:07:31		10:18:03	10:34
Kish	7:36	8:01:12	8:14:22		8:38:48	8:56	8:02:15	
Knickerbocker		DNF	8:31:17	7:55	7:55:56			8:32:00
Kornitsky		10:00:33	9:27:40	10:09:01			9:09	9:30:00
Kunst				8:20				9:11:00
Laine, K		10:31:35	10:10:46	9:31:12	10:10:40		10:55	10:15:00
Linard		10:03:10						9:53
Manuel		12:03:30	11:18:12	11:21			13:16	11:25
Margate, S		9:57:22	10:39:28					10:19
McGruder	8:06	8:27:31		8:08	8:50:20	8:50	8:37:00	9:11
McVey, S		8:40:45		7:58			8:08:21	8:20
Monday, E	9:17:00	11:32:54						11:14
Monday, K		7:27:20			7:18:12		7:17:00	7:24:00
Nichols					10:31:30		10:16	10:40
Patrohay		9:11:55	9:56:37	8:40	10:28	8:58	9:11:55	8:48:00
Perlakowski, R			7:25:15	7:18			7:47:36	7:24:00
Ramsey		10:20:13		8:50	10:28:10	8:36	9:03:59	9:11:00
Ravenscraft, M		8:40:45	8:55:00	8:32				8:20:00
Rinehart	9:17:00	10:55:44	10:52:38	11:32	11:51:05		13:23	
Smith, G	8:41		9:30:18	9:13		10:35	9:00	9:36:00
Smith, Sav	8:17		9:00:59	9:10	9:21:24	8:56	9:49	9:16
Sobol			7:26:27	7:42	7:43:23			8:13
Valdez		8:04:11	8:19:11	7:48	9:00:00		8:32:48	7:41:00
Wallace				8:53		9:09		9:06
Weir			9:19:24	8:06	8:01:20			8:20:00
Willis	9:16:00	11:38:22						

Boys	Pace 6/6	Pace 6/12	Pace 6/19	Pace 6/26	Pace 7/10	Pace 7/17	Pace 7/24	Pace 8/2
Acampora		8:38:48	8:21:35	7:55:19	7:53		9:50	8:06:00
Baker, E	8:33	9:20:18		9:28:25	8:50			8:39
Bargeron		7:20:30	8:03:36					6:59
Boone					8:24		9:46	8:16:00
Boyden			10:02:11	10:37:39	10:44:16	10:36	10:08	9:47
Boyle, B		6:58:00	6:43:00	6:22:15	6:40:45	6:54	6:51	6:50
Boyle, J			7:10:15	6:25:00		7:16	7:14	7:14:00
Brown		6:45:33	7:02:12	6:39:00	6:34:24		6:57	6:48
Burden							9:15	7:47
Burke	6:32:00	7:15:08	8:08:15	7:04:35	7:30:00		7:57	7:46
Burns, B	6:46	7:30:57	8:08:15	7:31:22			7:12	7:41:00
Camp			10:45:05		9:02:00			10:42:00
Campbell		8:37:30	8:12:40	8:29:20		8:27	8:52	7:24:00
Cannon		7:46:18		8:57:45	8:24			8:34:00
Canter		7:02:45						7:11:00
Chriszt		9:16:58	7:38:16					8:20:00
Connelly			7:14:00	6:43:33	6:42			6:48
Crane		7:28:30	7:03:22	6:42:45	7:10		7:02	6:50:00
Criswell	8:14	8:57:05						8:28
Davis		7:30:30		7:20:53	8:20		7:14	7:52
Dwyer, N		10:26:45				10:24	9:50	9:31:00
Gallegos					7:27:30	7:31		8:02:00
Godbee		8:15:00	7:51:51					
Grubb	7:01:00	7:40:40	7:40:39	7:22:54		7:47	8:00	7:46:00
Hall, J		8:11:15			8:16		8:02	7:49:00
Holley					7:52		8:09	8:26:00
Holmgren			8:56:04	8:11:48	7:38:15	7:35	8:34	
Hutchison			7:42:24					8:22
Jones, C		9:41:25		9:15:38				9:55
Jones, L		8:05:00		8:15:00	8:08:13			
Kessler		7:57:07						7:47
Kloss			9:29:37		9:25:30	8:40	8:30	8:37:00
Kruger		9:53:38	10:16:55	10:07:09		10:11	9:37	8:18
Laine, W	6:18:00	6:46:58	7:08:58	6:46:33	7:01:15		6:51	
Lowe			8:15:34	9:10:48	9:26	9:00	9:09	10:08:00
Lucas		7:25:21	7:27:00	7:24:44	7:25:00	7:52	7:40	7:47:00
Mabry	6:51:00	7:42:02		8:11:48	8:02		7:19	7:49:00
Margate	8:17	8:35:21	9:43:52					8:40:00
McLeod					8:12		7:57	7:31:00
McVey, K	6:18:00	6:38:06		6:36:10	6:44			6:49:00
Meese			9:25:34	8:30:23	9:24:15		8:11	8:51
Mellom		7:40:07	7:59:19	8:18:30	8:59			8:33
Mendoza		11:40:33	12:01:53	11:36:08	11:22:47	11:32	10:32	10:44:00
Morceau		8:53:07					7:57	
Nelson	8:35			9:20:54			10:36	10:39:00
Omonyaiye		10:18:35	10:37:13					10:09:00
Pavic			9:41:35	8:32:24	10:12:30	10:14	9:04	11:09
Perlakowski, E			8:38:35	7:58:29			7:41	8:38
Peterson		10:11:15		9:18:52	10:21		10:51	8:58
Ravenscraft, M	6:18:00	6:29:33	7:05:41	6:33:27			6:31	6:52
Scott, Al		8:19:00	7:41:45	8:55:15	8:01:20			7:59
Scott, An		6:34:22	6:50:29	6:09:25			6:13	6:24
Shelton		6:30:14	6:26:46	6:24:32	6:29		6:12	6:09
Shewchuk		8:06:53	8:57:47	8:35:00	7:52:13	8:41	7:56	8:36
Sisk					7:26			7:32
Smith, SL	6:50		7:48:35	7:31:22	7:24	7:30	7:19	7:35
Smith, St	7:08:00	8:04:49		7:45:51	7:31:15	7:12	7:48	7:23
Stamper		8:53:07						8:38
Tankersley		9:16:58						
Taylor	6:47	8:19:41	8:10:30	8:12:24	8:11		7:32	8:21
Van Ren		7:48:30	7:56:40		8:21	8:32	8:45	8:18
Vincent	6:20:00	7:03:44					8:09	7:24
Wyman		7:20:45			6:50		6:45	6:50