2016 Cross Country

Scrimmage

Two mile time trial. Focus was to run negative splits.

9:00 am Norwalk Park. Course was on Sparta El Roy Bike Trail

Notes:

* Weather: start of run was a light rain and became a driving rain at about the mile mark.
* Missing from workout: Haakon Mathison, Brinn Cade and Justice Franks.
* Due to weak procedures recording times, and tough weather conditions athletes should be thoughtful about interpreting their efforts.

**Athlete 1st mile Finish Time - / + split 2015 Time Improvement from 2015**

John 5:45 11:43 + 12:25 :42

Kyle 5:50 12:12 + 12:30 :18

Elena 6:06 12:40 + 13:21 :41

Kade 6:21 12:45 = 14:41 1:56

Brendan 6:24 13:03 + 13:00 =

Brad 6:28 13:08 + ----- -----

Derek 6:24 13:09 = ----- -----

Kin 6:28 13:13 + ----- -----

Abbey 6:29 13:28 + 14:00 :32

Roman 6:28 13:29 + 12:30 -----

Sydney 6:46 13:30 = 14:49 1:19

Julianne 6:32 13:47 + 14:05 :18

Evan 6:54 13:50 = 15:26 1:36

Ryan 7:08 14:20 = ----- -----

Kooper 7:12 14:27 = ----- -----

**Lexi 7:30 14:28 -:32 ----- -----**

**Erinn 7:20 14:33 -:07 15:08 :35**

Ryla 6:56 14:47 + 13:50 -----

Griffin 7:17 14:50 + ----- -----

Liza 7:41 15:26 = ----- -----

Sierra 7:47 15:28 = 15:10 -----

Sarah 7:44 15:36 = ----- -----

Kelsie 7:47 16:11 + ----- -----

Dani 8:12 16:50 + 15:50 -----

Riley 8:14 16:50 + 15:50 -----

Savannah 8:25 16:52 = ----- -----

Melody 8:50 18:17 + ----- -----

Cassie 9:45 19:56 + ----- -----

Evie 9:47 19:56 + 19:13 -----