

ROY GRIAK

9/29/2012

SUNNY 84

LES BOLSTAD GC--ST. PAUL

W

NAME	M1	M2	FADE	M3	FADE	AVFD	TIME	PACE	CMP	PLACE
<b>Varsity Gold</b>							<b>20TH/44</b>			
McCarthy	5:18	5:22	4	5:41	19	12	16:56	5:28	5	96/54/43
Matzuk	5:16	5:31	15	5:58	27	21	17:21	5:36	11	84/75/75
Heinrich	5:19	5:41	22	6:12	31	26	17:50	5:45	14	109/123/137
Burbach J	5:35	5:43	8	6:06	23	16	18:01	5:49	11	243/196/169
Carter R	5:29	5:45	16	6:12	27	22	18:04	5:50	9	193/170/173
Gray	5:49	5:57	8	6:08	11	10	18:31	5:58	17	360/316/239
Alcorta	5:40	6:07	27	6:19	12	20	18:45	6:03	15	292/317/272
Bauer	5:49	5:58	9	6:22	24	16	18:48	6:04	20	358/315/282
Idaragga An	5:52	5:56	4	6:22	26	15	18:49	6:04	15	385/324/285

Splits and Places are recorded at the Mile, 2 Mile, and Finish

Pace = Time/3.1

CMP is relative to previous race pace.

M3 = Split/1.1

PR'S are in bold type