

			GMC Championships				67 Degrees				
			5/19/11				Wind NE 5-10 mph				
			JV @ Hart Park				Sunny and Nice				
4 x 800	09:10.1	2nd									
Welch			Tesfamichael				B Teich		Sprenger		
00:33.4			00:33.1				00:33.4		00:29.8		
00:37.6	01:11.0		00:35.2	01:08.3			00:34.1	01:07.5	00:30.9	01:00.7	
00:39.3		00:08.1	00:35.0		00:03.4		00:34.6		00:00.4	00:31.5	00:03.2
00:39.8	01:19.1		00:36.7	01:11.7			00:33.3	01:07.9	00:32.4	01:03.9	
02:30.1			02:20.0	PR			02:15.4	PR	02:04.6	PR	09:10.1
				3.8				0.1		7.5	
1600											
J Burbach			R Matzuk				Bridge				
00:35			00:35				00:37				
00:35	01:10		00:35	01:10			00:38	01:14			
00:37			00:37				00:39				
00:38	01:16	02:26	00:38	01:16	02:26		00:40	01:19	02:33		
00:39			00:39				00:39				
00:38	01:17	00:02	00:38	01:17	00:04		00:40	01:19	00:00		
00:37			00:37				00:39				
00:34	01:11	02:28	00:36	01:13	02:30		00:35	01:13	02:33		
04:54.4	PR		04:56.0	PR			05:05.9	PR			
1st	6.0		3rd	3.8			5th	5.0			
800											
Frederick			Zastrow				J Teich				
00:33.5			00:32.5				00:33.5				
00:34.1	01:07.6		00:34.1	01:06.6			00:34.1	01:07.6			
00:33.7		00:03.0	00:35.4		00:02.5		00:35.6		00:01.6		
00:30.9	01:04.6		00:33.7	01:09.1			00:33.6	01:09.2			
02:12.2	PR		02:15.7	PR			02:16.8	PR			
1st	5.2		3rd	2.5			4th	0.8			
3200											
Demet			Enright				Noonan				
00:36			00:36				00:37				
00:36	01:12		00:36	01:12			00:39	01:16			
00:38			00:38				00:41				
00:39	01:16	02:29	00:39	01:16	02:29		00:41	01:22	02:38		
00:39			00:39				00:43				
00:37	01:16	05:03	00:37	01:16	05:03		00:41	01:24	05:26		
00:40			00:40				00:42				
00:39	01:19	02:35	00:39	01:19	02:35		00:42	01:24	02:48		
00:39			00:39				00:44				
00:39	01:18	00:10	00:39	01:18	00:11		00:42	01:26	00:15		
00:40			00:40				00:44				
00:40	01:20	02:37	00:40	01:20	02:37		00:43	01:27	02:53		
00:41			00:41				00:44				
00:40	01:21	05:14	00:40	01:21	05:14		00:44	01:28	05:41		
00:40			00:38				00:42				
00:36	01:15	02:36	00:38	01:16	02:37		00:38	01:20	02:47		
10:16.9	PR		10:17.5	PR			11:06.3	PR			
1st	6.5		2nd	16.0			3rd	11.5			
Excellent effort today . This was an outstanding finish to the season.											
73 points from the distance squad - this might be a record - Congratulations!											