

METRO INVITE
Washington Park

9/10/2011

NAME	M1	M2	FADE	M3	FADE	AVFD	TIME	PACE	CMP	PLACE
Varsity Blue							2ND/7			
Matzuk	5:32	5:56	24	5:53	-3	10	17:57	5:47	-5	5/4/4
Frederick	5:39	6:10	31	6:12	2	16	18:39	6:01	-14	9/7/7
Heinrich	5:43	6:14	31	6:08	-6	12	18:42	6:02	-6	11/11/8
Burbach J	5:40	6:13	33	6:22	9	21	18:54	6:06	9	10/9/12
Gray	5:38	6:21	43	6:25	4	24	19:03	6:09	0	8/12/13
Tesfamichael	5:49	6:15	26	6:29	14	20	19:12	6:12	-1	14/14/14
Alcorta	5:57	6:41	44	6:30	-11	16	19:48	6:23	-23	16/17/15
Lasky	5:53	6:44	51	7:06	22	36	20:26	6:35	24	15/15/18
JV							1ST/7			
Meilinger B	6:00	6:11	11	6:23	12	12	19:13	6:12	9	5/1/1
Lopez	5:52	6:21	29	6:29	8	18	19:22	6:15	-3	1/4/3
Teich J	6:10	6:23	13	6:17	-6	4	19:28	6:17	2	15/7/5
Hushek J	6:08	6:27	19	6:20	-7	6	19:34	6:19	-10	11/9/6
Zastrow T	6:10	6:24	14	6:25	1	8	19:38	6:20	-8	14/8/7
Hren	6:04	6:26	22	6:34	8	15	19:44	6:22	7	7/6/8
Valentyn D	6:07	6:22	15	6:36	14	14	19:45	6:22	-6	10/5/9
Siegel	6:04	6:35	31	6:34	-1	15	19:53	6:25	28	9/10/10
Nunez	6:14	6:37	23	6:30	-7	8	20:01	6:27	-4	22/16/12
Fendt	6:11	6:32	21	6:42	10	16	20:06	6:29	1	16/11/14
Teich B	6:18	6:40	22	6:30	-10	6	20:08	6:30	13	28/21/15
De Leo	6:16	6:44	28	6:33	-11	8	20:13	6:31	21	25/24/16
Zastrow S	6:20	6:37	17	6:44	7	12	20:22	6:34	-4	30/20/17
Lyon	6:16	6:41	25	6:46	5	15	20:24	6:35	-5	26/19/18
Nordness	6:12	6:39	27	6:51	12	20	20:24	6:35	-61	19/15/19
Pruhs	6:33	6:39	6	6:35	-4	1	20:27	6:36	-5	36/28/20
Skalmoski	6:17	6:42	25	6:50	8	16	20:31	6:37	-7	27/22/21
Ordman	6:09	6:47	38	6:54	7	22	20:32	6:37	2	13/18/22
Mulhaney	6:09	6:45	36	6:57	12	24	20:33	6:38	6	12/17/23
Felser	6:56	6:31	-25	6:29	-2	-14	20:36	6:39	2	57/33/24
O'Callaghan	6:13	6:47	34	6:56	9	22	20:38	6:39	-21	21/23/26
Patterson	6:20	7:00	40	6:38	-22	9	20:38	6:39	2	29/32/25
Baumgartner	6:20	6:51	31	6:48	-3	14	20:40	6:40	5	32/27/27
Bauer	5:59	6:48	49	7:14	26	38	20:45	6:42	-2	4/14/28
Wahl	6:48	6:48	0	6:32	-16	-8	20:48	6:43	28	45/35/29
Bougie	6:55	6:42	-13	6:38	-4	-8	20:55	6:45	23	55/37/30
Andrews	6:11	6:55	44	7:07	12	28	20:56	6:45	17	17/26/31
Burbach M	6:39	6:58	19	6:39	-19	0	20:56	6:45	0	39/38/32
Jochem	6:48	6:48	0	6:48	0	0	21:05	6:48	9	46/36/34
Gottsacker	6:12	7:03	51	7:09	6	28	21:07	6:49	26	20/31/35
Jimenez	6:12	6:51	39	7:20	29	34	21:08	6:49	30	18/25/36
McDonough M	6:15	6:59	44	7:11	12	28	21:09	6:49	8	23/29/37
Idarraga An	6:53	6:45	-8	6:51	6	-1	21:11	6:50	1	53/40/38
Prom Ju	6:53	6:52	-1	6:48	-4	-2	21:14	6:51	10	52/42/39
Imp	6:42	6:57	15	6:54	-3	6	21:15	6:51	-8	42/41/40
Giese	6:25	7:10	45	6:59	-11	17	21:16	6:52	24	33/34/41
Bretl	6:58	6:58	0	6:46	-12	-6	21:23	6:54	1	61/45/42
Luedtke	6:27	7:10	43	7:18	8	26	21:39	6:59	7	34/39/44
Conlon	6:36	7:10	34	7:24	14	24	21:55	7:04	28	37/43/45
Schultz	6:58	6:59	1	7:15	16	8	21:56	7:05	23	60/48/46
McDonough K	6:40	7:16	36	7:17	1	18	21:57	7:05	-22	40/44/47
Shultz St	6:41	7:24	43	7:25	1	22	22:15	7:11	24	41/49/52
Maher	7:06	7:00	-6	7:27	27	10	22:18	7:12	-5	69/51/53

Boffeli	7:00	7:16	16	7:21	5	10	22:22	7:13	27	65/55/54
Guns	7:24	7:23	-1	6:54	-29	-15	22:23	7:13	10	86/65/60
Carragher	6:54	7:31	37	7:15	-16	10	22:24	7:14		54/56/56
Hartnett	6:44	7:21	37	7:33	12	24	22:24	7:14	-3	44/50/55
Gross	7:18	7:22	4	7:02	-20	-8	22:25	7:14	-2	79/62/57
Coogan	6:57	7:29	32	7:16	-13	10	22:26	7:14	-20	59/57/59
Hovan	6:52	7:36	44	7:21	-15	14	22:34	7:17	-7	49/60/61
Walker A	7:23	7:22	-1	7:06	-16	-8	22:34	7:17	8	85/64/62
O'Connell	7:30	7:20	-10	7:04	-16	-13	22:37	7:18	5	90/69/63
Keuer	7:14	7:36	22	7:08	-28	-3	22:41	7:19		74/70/64
Ries	7:20	7:30	10	7:23	-7	2	22:58	7:25	-3	82/71/66
Brooks	7:02	7:42	40	7:32	-10	15	23:02	7:26	-15	68/63/67
Welch	6:51	7:35	44	7:49	14	29	23:02	7:26	33	47/59/68
Gabaldon	6:59	7:49	50	7:31	-18	16	23:05	7:27	26	62/66/69
Schelble	7:12	7:41	29	7:31	-10	10	23:10	7:28	-17	73/73/70
Walker S	7:19	7:30	11	7:39	9	10	23:15	7:30	12	81/68/71
Rizzo	7:25	7:42	17	7:34	-8	4	23:27	7:34	14	88/80/72
Valentyn J	7:35	7:38	3	7:35	-3	0	23:34	7:36	-6	96/89/81
Kraker	7:32	7:51	19	7:27	-24	-2	23:35	7:36	-15	92/91/74
Nogalski	7:29	7:43	14	7:37	-6	4	23:35	7:36	2	89/87/73
Caballero	7:32	7:40	8	7:38	-2	3	23:36	7:37	-13	93/86/75
Judd	6:57	7:51	54	7:59	8	31	23:36	7:37	-5	58/67/76
Radke	7:34	7:37	3	7:39	2	2	23:37	7:37	16	95/84/77
Bennett	7:09	7:43	34	8:00	17	26	23:41	7:38	-5	71/72/79
Lee	7:15	7:40	25	7:59	19	22	23:42	7:39	-3	76/74/80
Carter R	7:12	7:56	44	7:54	-2	21	23:50	7:41	17	72/81/45
Ullrich	7:22	7:48	26	7:53	5	16	23:51	7:42	41	84/83/83
Harkins	6:59	7:40	41	8:22	42	42	23:52	7:42	5	63/61/85
Wimmer	7:35	7:45	10	7:45	0	5	23:52	7:42	-3	97/90/84
Johnson	7:33	7:38	5	8:00	22	14	24:00	7:45	19	94/85/87
Perea	6:51	8:04	73	8:16	12	42	24:01	7:45	18	48/79/88
Tank	7:41	7:50	9	7:45	-5	2	24:03	7:45	-11	107/95/89
Pauly	7:16	7:52	36	8:07	15	26	24:04	7:46	20	77/82/90
Baker	7:15	7:58	43	8:03	5	24	24:05	7:46	14	75/88/91
Hemauer	7:36	7:53	17	7:49	-4	6	24:06	7:46	18	98/93/92
Pickart	7:46	7:48	2	7:46	-2	0	24:07	7:47	4	112/99/93
Sanchez	7:31	8:01	30	7:51	-10	10	24:11	7:48	0	91/97/94
Gunderson	7:36	7:53	17	7:55	2	10	24:12	7:48	14	100/92/95
Grebe	7:39	7:54	15	7:54	0	8	24:15	7:49	14	102/98/98
White	7:50	7:59	9	7:42	-17	-4	24:18	7:50	23	114/103/99
Franz	7:39	7:59	20	7:57	-2	9	24:23	7:52	40	101/100/100
Schumacher	7:58	7:51	-7	7:53	2	-2	24:30	7:54		117/102/102
Krier	7:21	8:09	48	8:16	7	28	24:36	7:56	19	76/94/103
English	8:01	8:13	12	7:58	-15	-2	25:00	8:04	34	119/107/104
Wangard	7:58	8:19	21	8:03	-16	2	25:09	8:07	2	118/115/105
Klein	7:46	8:26	40	8:13	-13	14	25:15	8:09	-15	111/104/107
McCormack	7:44	8:30	46	8:12	-18	14	25:16	8:09	20	109/106/108
McGinn B	7:49	8:27	38	8:16	-11	14	25:22	8:11	23	113/109/110
Kohl	7:55	8:24	29	8:14	-10	10	25:23	8:11	-14	116/116/111
Sjogren	8:03	8:31	28	8:06	-25	2	25:29	8:13	29	122/118/112
Zellmer	7:45	8:28	43	8:34	6	24	25:39	8:16	19	110/105/113
Handrich	7:53	8:22	29	8:43	21	25	25:51	8:20		115/108/114
Guerin	8:12	8:45	33	8:07	-38	-2	25:53	8:21	52	127/122/115
Mullen	8:05	8:41	36	8:19	-22	7	25:55	8:22	-12	124/120/116
Shultz Sc	8:02	8:34	32	8:29	-5	14	25:56	8:22	11	120/119/117
Steimle	8:23	8:42	19	8:03	-39	-10	25:57	8:22	-17	133/125/118

Haggerty	8:22	8:45	23	8:15	-30	-4	26:12	8:27	-55	132/126/120
Quick	8:24	9:05	41	8:16	-49	-4	26:35	8:35	22	135/133/123
McGinn T	8:23	8:46	23	8:39	-7	8	26:40	8:36	35	134/128/124
Tarpey	8:11	8:47	36	8:59	12	24	26:52	8:40	16	126/123/126
Galati	7:43	9:08	85	9:21	13	49	27:09	8:45	25	108/121/128
Meilinger N	8:16	9:04	48	9:09	5	26	27:25	8:51	-55	131/129/129
Brodd	8:27	8:59	32	9:05	6	19	27:26	8:51	46	137/131/130
O'Dea	8:15	9:07	52	9:09	2	27	27:27	8:51	25	130/130/131
Major	7:41	9:21	100	9:47	26	63	27:48	8:58	54	106/124/132
Heidemann	8:32	9:30	58	9:38	8	33	28:38	9:14	-17	139/135/134
Schilter	8:26	9:30	64	9:53	23	44	28:49	9:18	7	136/134/135
Cappon	8:15	10:00	105	10:26	26	66	29:44	9:35		129/137/138
McCormick	8:10	9:55	105	10:36	41	73	29:45	9:36	-27	125/136/139
Bloch	8:31	9:56	85	10:18	22	54	29:47	9:36	-72	138/138/140
Drees	8:39	10:02	83	10:25	23	53	30:09	9:44	17	140/139/141

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

Pace =

Time/3.1

CMP is relative to previous performance

M3=Split/1.1