

**FOREST PARK CC FESTIVAL**

**9/8/2012**

**80 Sunny**

**FOREST PARK--ST. LOUIS MO**

**73**

**NE**

**Windy**

<b>NAME</b>	<b>M1</b>	<b>M2</b>	<b>FADE</b>	<b>M3</b>	<b>FADE</b>	<b>AVFD</b>	<b>TIME</b>	<b>PACE</b>	<b>CMP</b>	<b>PLACE</b>
							<b>11TH/35</b>			
<b>Varsity Gold</b>										
McCarthy	5:27	5:33	6	5:24	-9	-2	<b>16:57</b>	5:28	-1	140/89/53
Idaragga Al	5:28	5:30	2	5:29	-1	0	<b>17:01</b>	5:29	-1	144/81/60
Matzuk	5:23	5:40	17	5:28	-12	2	<b>17:04</b>	5:30	-7	121/95/63
Sprenger	5:25	5:43	18	5:38	-5	6	<b>17:20</b>	5:35	-9	131/107/85
Frederick	5:35	5:41	6	5:34	-7	0	<b>17:24</b>	5:37	-4	203/128/88
Daleiden	5:37	5:38	1	5:39	1	1	17:29	5:38	1	202/127/97
Bauer	5:36	5:55	19	6:01	6	12	18:09	5:51	1	201/164/152
Steinhafel	5:32	6:00	28	6:13	13	20	18:23	5:56	16	174/165/180
DeMeulenaere	5:47	6:16	29	6:09	-7	11	18:50	6:05	13	243/238/215

**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**