

FOREST PARK CC FESTIVAL							9/12/2015			
Forest Park--St. Louis			70 Sunny W							
NAME	M1	M2	FADE	M3	FADE	AVFD	TIME	PACE	CMP	PLACE
<b>Varsity Gold</b>							<b>7TH/33</b>			
DeMeulenaere	4:55	5:10	15	5:29	19	17	16:08	5:12	4	15/9/12
Rauh C	5:22	5:22	0	5:23	1	0	<b>16:40</b>	5:23	-4	98/52/31
McKenna	5:21	5:28	7	5:42	14	10	<b>17:06</b>	5:31	-1	102/56/59
Ehrlich	5:30	5:39	9	5:44	5	7	17:28	5:38	3	149/106/85
Kozinski	5:36	5:48	12	5:55	7	10	<b>17:55</b>	5:47	-4	167/134/118
Kramer	5:37	5:52	15	5:51	-1	7	<b>17:56</b>	5:47	-3	182/156/120
DeGuire	5:37	5:51	14	5:56	5	10	<b>18:00</b>	5:48	-7	175/142/130
DeMichele	5:37	5:52	15	5:56	4	10	<b>18:01</b>	5:49	-3	176/147/134
Cappon	5:33	6:03	30	6:39	36	33	18:55	6:06	32	153/167/201
<b>Splits and Places are recorded at the Mile, 2 Mile, and Finish</b>										
<b>Pace = Time/3.1</b>										
<b>CMP is relative to previous performance</b>										
<b>PRs are in Bold Type</b>										
<b>MILE 3 = Split/1.1</b>										