

## SHOREWOOD INVITE

8/23/2012

| Kern Park<br>NAME | 80 Sunny<br>NE |      |      |      |      | AVFD | TIME         | PACE | CMP | PLACE    |
|-------------------|----------------|------|------|------|------|------|--------------|------|-----|----------|
|                   | M1             | M2   | FADE | M3   | FADE |      |              |      |     |          |
| Varsity Gold      |                |      |      |      |      |      |              |      |     |          |
| Idaragga Al       | 5:36           | 5:50 | 14   | 5:31 | -19  | -2   | 17:31        | 5:39 | -3  | 10/4/5   |
| McCarthy          | 5:42           | 5:48 | 6    | 5:29 | -19  | -6   | 17:32        | 5:39 | -29 | 18/6/6   |
| Matzuk            | 5:45           | 5:57 | 12   | 5:43 | -14  | -1   | 18:00        | 5:48 | -8  | 24/11/8  |
| Steinhafel        | 5:45           | 6:00 | 15   | 6:00 | 0    | 8    | 18:22        | 5:55 | -12 | 21/13/15 |
| Frederick         | 6:03           | 6:12 | 9    | 5:46 | -26  | -8   | 18:36        | 6:00 | -7  | 40/24/21 |
| Bauer             | 5:56           | 6:22 | 26   | 6:00 | -22  | 2    | 18:55        | 6:06 | 4   | 30/30/26 |
| Daleiden          | 6:04           | 6:20 | 16   | 5:55 | -25  | -4   | <b>18:55</b> | 6:06 | -4  | 45/30/27 |
| Gray              | 6:18           | 6:36 | 18   | 6:21 | -15  | 2    | 19:54        | 6:25 | 20  | 58/51/44 |
| Hren              | 6:06           | 6:24 | 18   | 7:20 | 56   | 37   | 20:35        | 6:38 | 28  | 48/31/56 |
| Heinrich          | 6:00           | 8:18 | 138  | 7:49 | -29  | 54   | 22:54        | 7:23 | 85  | 38/?/109 |
| Sprenger          |                |      |      |      |      |      | DNF          |      |     |          |

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