1995 SLUH XC ATTENDANCE

Name		Name	
Seinors		**Sophomores**	
Mark Bonk	✓	Jon Biscan	✓
Joel Brown		John Christie	✓
Tim Chik		John Ebel	58
Ben Fanson	54	Mark Fingerhut	64
John Flynn	50	Chris Graesser	54
John Johnson		Mike Heany	52
Keith Myers		Kevin Kovarik	✓ E
Francis Shen		Scott Lauer	✓
Shannon Yates		Matt Melton	56
		Brian Patton	✓
		John Ramsey	✓
		Ben Rosario	60
		Noah Ruddy	60
		Paul Schuette	55
Juniors			
Tim Blessing	✓		
David Breslin	✓		
Brian Burns	✓		
Ben Caldwell	68	**Freshmen**	
Matt Donaldson	62	Sean Burns	
Joe Donnelly	46	John Crane	
Jerry Fitzgerald	56	Matt Crow	
Phil Kopf	E	Chris Keeney	
Ryan Monahan	60	Greg Leuchtmann	
Eric Monda	49	John McGinnis	
Frank Niesen	58	Matt Orlando	
Matt Nischwitz	56	Phil Rutterer	
Dan Range	66	Matt Schaefer	
Tom Smith	✓	John Senn	
Luke Voytas	50	Alex Spieser	
Codes: A or E			A E U

A = Unexcused E = Excused

1st ?

1994 SLUH XC ATTENDANCE

Name			
Seinors			
Joel Brown	✓	58	
TIM CHIK	✓	56	
BEN LANSON	60	57	
KEITH MERS	64	E	E
FRANCIS SHEN	62	✓	
JOHN FLYNN	50	52	
JOHN JOHNSON	✓	62	
SHANNON YATES	✗		
MARK BONK	✓	✓	
Juniors			
MATT NISHWITZ	60		
BRIAN BURNS	52	✓	
BEN CALDWELL	✓	50	
PHIL KOPF	56	58	
LUKE VOYTAS	50	54	
FRANK NIESEN	✓	66	
DAN RANGE	64	✓	
RYAN MONAHAN	54	✓	
TIM BLESSING	44	50	
ERIC MONDA	52	60	
JOE DONNELLY	48	54	
GERRY HOGAN	✓	54	
MATT DONAHOO	60	66	
DAVID BRESLIN	60	58	
TOM SMITH		✓	

Name			
Sophomores	✓		
JOHN RAMSEY	50	✓	
BEN ROSARIO	64	58	
MIKE HEANY	62	48	
KEVIN KOVARIK	58	62	
JOHN EBEL	62	58	
JOHN CHRISTIE	✓	60	
NOAH RUDOLF	✓	68	
MARK KINGERINT	50	✓	
MATT METON	54	60	
CHRIS GRAESSLE	✓	✓	
SCOTT LAVER	54	✓	
BRIAN PATTON	64	66	
JON BISCAN		68	
PAUL SCHATTE		60	
Freshmen			
MATT CROW	52	E	
ALEX SOIKSER	61	62	
JOHN CRANE	56	60	
PAUL RUTTERER	✓	E	
SEAN BURNS	✓	E	
MATT ORLANDO	62	64	
JON MCGINNIS	66	78	
MATT SCHEFER	72	✗	
JOHN SENN	✓	✓	
GREG LEUCHTMAN	66	✓	
CHRIS REENEY	✓	✓	

Codes: A or E

A = Unexcused E = Excused

1994 SLUH XC ATTENDANCE

21 22 23 24 25 26 28 29 30 31 1

Name													
Seinors													
BROWN		60	62	58	54	60	51	60	54		8	12	78
CHIK	(P)	48	50	54	54	54	54	56	56		11	17	77
KANSON	(P)	62	54	57	72	52	61	57	57		11	20	77
MYERS	(P)	✓	✓	✓	64	64	64	66	66		10	31	77
~~[illegible]~~													
SHEN	(P)	64	58	✓	✓	60	✓	62		E	12	29	77
FLYNN		60	✓	E	✓	✓	50	52	50		1	25	78
JOHNSON	(P)	64	60	56	68	66	64	56	52		11	22	77
YATES	(P)	✓	E	E	E	✓	✓	✓	✓		4	9	78
BONK													
Juniors													
NISCHWITZ		✓	✓	✓	E	✓	50		✓		4	14	79
BURNS		54	50	54	✓	54	✓	54	✓		7	12	79
CALDWELL	(P)	54	53	62	55	✓	50	50	49		5	17	79
KOPF	(P)	E	E	E	E	54	50	54	E				
VOYTAS		52	56	55	54	48	54	E	E	E	[illegible]	[illegible]	[illegible]
NEISEN	(P)	✓	✓	✓	66	62	62	64	64		10	14	79
RANGE		✓	✓	62	66	64	64	66	62		8	15	79
~~[illegible]~~													
MONAHAN		✓	62	62	64	60	62	62	62		5	29	78
BLESSING	(P)	44	E	E	E	E	50	49	✓		8	13	79
MONDA	(P)	50	49	E	48	48	45	45	50		4	12	79
DONNELLY		52	56	50	52	✓	46	46	44		5	4	78
FITZGERALD		✓	✓	✓	52	50	49	54	56		8	18	78
DONALDSON		✓	✓	E	E	64	66	66	62		3	23	79
DAVID BESLYN				✓	65	56	60	62	58		3	28	79

Name														
Sophomores														
RANSEY	✓	54	✓	52	✓	52	✓	✓			12	3	79	(P)
ROSARIO	✓	✓	✓	60	60	60	58	E			1	13	80	(P)
HEANY	56	56	54	60	52	54	56	O			5	27	80	(P)
KOVARIK	68	64	66	66	68	62	68	68			6	6	80	(P)
EBEL	60	✓	✓	64	✓	60	62	60			6	30	80	(P)
CHRISTIE					56	60	58	58			9	5	79	(P)
RUDDY	64	62	60	64	✓	60	64	66			4	10	80	
KINBERHAT	62	68	56	66	68	66	✓	64			7	29	80	
MELTON	✓	✓	59	54	62	60	56	62			8	2	80	
GRAESSER	55	58	54	53	53	54	✓	54			6	1	80	(P)
LAKER	✓	✓	✓	59	56	56	✓	E	E	E	12	5	79	
PATTON	68	✓	68	68	✓	✓	✓	64			6	14	79	
BISCAN	72	✓	✓	68	68	✓	56	68			7	11	80	
SCHUETTE				✓	✓	✓	70	✓			9	28	79	
Freshmen														
MATT CROW	✓	✓	✓	64	60	✓	60	32		E	9	18	80	
~~DAVID NAZIM~~														
ALEX SPEISER	✓	✓	✓	✓	✓	✓	✓	E			1	5	81	
JOHN CRANE	60	✓	✓	60	✓	60	56	58		4	10	81		(P)
PHIL RUTTERER	60	✓	✓	60	✓	58	✓	✓		E	2	17	81	
SEAN BURNS	59	68	✓	62	✓	60	61	64		E	5	2	81	
MATT ORLANDO	✓	68	66	✓	✓	64	64	E	62	6	7	80		
JONATHAN McGINNIS						✓	✓	78		2	1	80		
Matt Schaefer						✓		78		3	29	81		
JOHN SENN								✓						
GREG LEUCHTMANN								✓						
CHRIS KEENEY								✓						

Codes: A or E — A | E | U

A = Unexcused E = Excused

SLUH XC 1995 stats intro 8·9·95

		A	B	C	D	E	F	G	H	I	J	K		
	1	Name	total	last 2	longest	wgt	shoes	phys	two mile	pace	pulse	group		
63	2	JOEL BROWN	281	30	11	✓	✓	✓	13:56		176	1A	1A	31
63	3	TIM CHIK	505	55	12	X	✓	✓	13:28		150	1A	1A	58
34	4	BEN FANSON	358	45	13	X	X	✓*	13:57		130	1	1A	39
37	5	KEITH MYERS	200	220	7	X	✓	✓	15:04		166	2	2B	48
35	6	JOHN SAUTER	150	18	4	✓	✓	✓	14:40		180	1	2C	30
53	7	FRANCIS SREN	80	18	4	✓	✓	✓	15:04		168	2	2D	65
	8	MATT NISCHWITZ	150	5-10	6	✓	✓	✓						
25	9	BRIAN BURNS	171	16	4	X	✓	✓	15:50		142	2	3C	46
46	10	BEN CALDWELL	89	4	5	X	✓	✓	14:45		174	2	2D	45
36	11	PHIL KOPF	160	25	8	X	✓	✓	14:47		146	2	2C	105
47	12	LUKE JOYTAS	90	20	5	✓	✓	✓	14:14		184	2	2D	50
32	13	FRANK NEISEN	73	10	3	X	✓	✓	15:45		140	2	3D	45
34	14	DAN RANGE	220	25	7	X	✓	✓	15:22		180	2	3B	46
25	15	BRAD WEBER	75	0	0	X	X	✓	17:03		188	3	3D	43
52	16	RYAN MONAHAN	45	10	4	✓	X	✓	14:16		140	2	1D	55
42	17	TIM BLESSING	370	40	8	✓	✓	✓	13:39	7	140		1A	52
49	18	ERIC MONDA	99	7	2.5	✓	✓	✓	13:50		166	?	1C	100
30	19	JOE DONNELLY	260	35	8	✓	X	✓	14:02		156		1B	35
	20													
	21													
	22													
	23													
	24													
50	25	JOHN RAMSEY	220	7	35	X	✓	✓	14:02		148		1A	50
40	26	BEN ROSARIO	464	60	12	X	✓	✓	13:28		150		1A	60
50	27	MIKE HEANEY	157	18	4	X	X	✓	14:20		158		2C	25
30	28	KEVIN KOVARIK	175	22	4	X	✓	✓	14:16		158		2C	50
25	29	JOHN EBEL	171	25	6	X	✓	X	15:11		156		2C	29
38	30	JOHN CHRISTIE	0	0	0	X	✓	✓	14:39		190		2D	50
38	31	NOAH RUDDY	49	10	3	X	✓	✓	16:21		150		3D	43
50	32	MARK FINGERHUT	190	16	4	X	✓	✓	15:11		170		2C	50
30	33	MATT MELTON	167	20	4	X	X	✓	16:34		92		3C	60
32	34	CHRIS GRAESSER	159	22	4	X	✓	✓	14:04		158		1C	65
36	35	SCOTT LAUER	188	15	5	X	✓	✓	14:23		172		2C	45
30	36	BRIAN PARRONI	65	6	3	X	✓	✓	16:11		180		3D	50
35	37	JON BISCAN	63	/	3	X	✓	✓	17:10		180		3D	27
	38													
	39	PAUL SCHLETTE					X							
	40													
53	41	JOHN FLYNN	379	35	9	X	✓	✓	15:00		162		2A	52
39	42	JOHN JOHNSON	205	30	6	X	X	✓	13:57		158		1B	46
	43													
	44													
65	45	RUNNER X	4	0	0	✓	✓	X	13:34		164			45
	46											end		

08-10-95 jog long or short , cal, brief stretch, 7.6, 6.2. 5.2, 4 mile, ?, cal, stretch

	Name	Cal	Course	Time	Pulse	Name (PUSH UP)	Cal	Course	Time (CRUNCH)	Pulse
1A	JOEL BROWN		7.6	N/A						
	CHIK		7.6	50:35	176	51			53	
	FANSON		7.6	N/A						
	BLESSING		7.6	67:15?	164	43			88	
	RAMSEY	L	7.6	Absent						
	ROSARIO		7.6	50:35	170	31			50	
2A	JOHN FLYNN		7.6	67:15?	166	43			56	
1B	JOHNSON		6.2	45:10	164	39			57	
	DONNELLY		6.2	44:13	162	43			53	
2B	MYERS		6.2	N/A						
3B	RANGE		5.2	37:12	182	43			62	
1C	MONDA	?	4	28:38	174	18			50	
	GRAESSER		5.2	36:22	164	40			60	
2C	SALTER		4	32:10	188	38			50	
	KOPF		5.2	36:22	160	48			124	
	HEANY		4	30:01	168	30			40	
	KOVARIK		4	30:02	140	45			65	
	EBEL		4	30:56	182	33			38	
	KINDERHILL		4	28:29	186					
	CAVER		4	29:43	164	45			60	
	MONAHAN		4	30:45	166	59			61	
2D	SHEN		4	33:18	162	61			38	
	CALDWELL	AC	4							Rest of Gro
	VOYTAS		4	29:35	190	56			50	
	CHRISTIE		4	29:43	160	40			53	
	DONACOSKY			32:30	184	35			50	
2	BURNS		4	29:29	154	22			27	
	MELTON		3.25	x	234	38			66	
3D	NIESEN		3.25	x		36			39	
	WEBER	A	3.25	x						
	RUDDY		3.25	x	170	44			41	
	PATTON		3.25	x		36			46	
	BISCAN		3.25	x		36 27			31	
	X		4	29:30	177	67			52	
	Y		3	x	128	62			42	
										end

7962

172 +18

Aug. 11: Fartlek on Lake course

mrx

(AVG IS ON REAR)

8/14

	Name	rest p.	warm	p.u.	cr.	tot min	dur	interval	p.u.	cr	cool dwn	notes	
1A	BROWN	66	20	46	47	40	1	3min			1mi		68
	CHIK	✓	20	56	62	"	"						52
	KANSON	✓	20	47	40	"							✓
	BLESSING	✓	20	49	67	"							✓
	RAMSEY	✓	20	50	75	"						heat shortened	✓
	ROSARIO	✓	20	41	66	"							✓
	FLYNN	✓	20			"							✓
													✓
2A	JOHNSON	✓	20	38	69	"							✓
	DONNELLY	✓	20	43	62	"							
2B	MYERS	A	1+			X						Absent	✓
3B	RANGE	✓	1+	44	71	30							A
1C	MONDA	48		34	55	30			27	47			48
	GRAESSER	✓	✓	30	80	30							✓
			1+										
2C	SAFER	✓	1			30						shortened heat	
	KOPF	A	1+										✓
	HEANY	✓	1+	52	55	30							58
	KOVARIK	✓	1+	45	50	30			25	40			70
	EBEL	✓	1+	28	30	30			27	23			62
	KINGERNT	✓	1+	48	52	"			25	33			✓
	LAUER	✓	1+	40	75	"							✓
	MONAHAN	✓	1+	50	46	6			35	37			66
2D	SHEN	✓	1+	49	23	25							✓
	CALDWELL	✓	1+	43	40								✓
	VOYTAS	✓	1+	51	52								✓
	CHRISTIE	A	1+									ABSENT	✓
	DONALDSON	✓	1+	45	83								✓
	MISCHWITZ	✓	1+	80	90				70	70			48
3C	BURNS	✓	1+	36	54				20	34			✓
	MELTON	✓	1+	41	41				19	39			✓
3D	NIESEN	✓	1	31	47								✓
	WEBER	A	1+										
	RUDDY	✓	1+	31	33				26	32			✓
	PATTON	A	1+										✓
	BISCAN	✓	1+	44	29				36	31			✓
	YATES											end	✓

8 · 12

Oct 4, 1994 Jog, cal, stretch, push-up #'s, strength circuits, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
BROWN	9.6	1:06:50	160		CROW	2	15:30	168/144
CHIK	9.6	1:06:52	162		NAHM	2	15:30	180/188
FANSON	9.6	1:06:52	170		SPEISER	2	16:00	162/94
BLESSING	6	44:47	150		CRANE	2	15:30	170/180
RAMSEY	9.6	75:15	180		RUTTERER	2	15:40	160/160
ROSARIO	9.6	1:06:52	148		BURNS	2	15:30	195/166
					ORLANO	2	15:30	172/180
FLYNN	9.6	72:10	156					156
JOHNSON	9.6	75:15	178					
DONNELLY	9.6	74:50	168					
MYERS	4	29:10	164					
RANGE	6	43:31	170					
MONDA	2	15:30	156/160					
GRAESSER	6	45:30	170					
SAUER	4	29:42	164					
KOPK	4							
HEANY	4	29:50	158					
KOVARIK	4	29:51	170					
EBELING	4	[illegible]	178					
LINGERHUT	6	45:00	176					
CAVER	6	45:00	164					
MORRAHAN	4	29:23	176					
SHEN	6	45:00	148					
CALDWELL	4	30:00	178					
VOYTAS	4	29:28	168					
CHRISTIE	6	45:00	164					
DONALDSON	4	31:31	190					
NISCHWITZ	4	30:15	144					
BURNS	4	30:00	164					
MELTON	4	33:57	162					
YATES	6	43:23	164					
NIELSEN	4	33:25	162					
WEBER	4							
RUDDY	4							
PATTON	4	35:10	190 ?					
BISCAN	4	35:53	188					
BEHM		1:06:50						
end								

76:10 78:40 28:15 29:15

8:16 2mile REPEATS 26:47 XC 8:17 45:45 35:50

Oct 4, 1994 Jog, cal, stretch, push-up #'s, ~~strength circuits~~, course, cal, jog, stretch

	Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
74/63	BROWN	12:59	14:54	158		8	54:35	140	
83/61	CHIK	12:13	12:16	166	12:18	8	54:35	156	
56/34	FANSON	12:45	12:55	190		8	54:35	160	
51/75	FLYNN	12:40	12:24	178		8	54:35	152	
59/71	JOHNSON	13:16	14:04	174		6	45:15	158	
48/38	BLESSING	13:00	13:35	170		6			
51/67	DONNELLY	13:02	14:01	180		6	45:15	170	
54/55	RAMSEY	12:50	13:42	178		6	45:15	162	
45/78	ROSARIO	12:10	12:35	150	12:19	8	54:35	150	
41/44	MYERS	22:06				6	48:30	168	
	SAUTER					(A)			
62/21	SHEN	27:57				6	48:31	158	
30/61	YATES	20:10		164		(A)			
43/56	RANGE	23:21				6	48:12	168	
41/75	MONDA	22:09				4	33:00	160	
41/75	GRAESSER	21:26				4	32:34	160	
57/63	HEANEY	22:04				6 (?)	47:57	164	
40/52	KWARIK	23:15				6	48:57	180	
7/31	EBEL	24:50				4	30:48	178	
16/60	FINGERHUT	23:06				6	53:16	168	
44/63	LAUER	23:40				4	32:15	168	
53/49	MONAHAN	22:08				3	21:02	152	
41/52	CALDWELL	DNF				6	48:26	190	
51/43	VOYTAS	22:35				3	24:20	150	
—	CHRISTIE	—				3	[illegible]	[illegible]	
44/52	DONALDSON	25:35				3	22:20	192	
75/60	NISCHWITZ	25:25				3	20:55	196	
43/53	BURNS B.	24:21				3	21:00	142	
47/46	MELTON	25:30				3	23:29	192	
32/52	NIBSEN	DNF				3	21:52	200	
47/42	RUDDY	27:18				4	35:30	196	
33/53	PATTON	26:43				4	35:50	160	
55/43	BISLAN	26:57				4	26:35	208	
46/51	FITZGERALD	24:14				3	20:20	195	
35/47	CROW	16:53				3	22:16	176	
43/39	CRANE	16:53				3	21:32	168	
32/33	BURNS S.	16:53				3	21:30	169	
32/34	ORLANDO	17:00				3	24:05	172	
35/30	RUTTGER	16:53				3	24:35	160	
26/33	SPEISER	17:15				3	27:00	146	
end									

52

53:00

08-17-95 Jog, cal, stretch, striders, lake course fixed interval fartlek repeats by small groups, cal, jog stretch

08/18/95

	A	B	C	D	E	F	G	H	I
1	Name	cal	200's	# cir	aer. pase	hrd pace	pulse	cool	Comments:
9 2	CHUK		2:33	1:38	8	53:32	168		
9 3	ROSARIO		2:33	1:38	8	53:32	180		
4	FLYNN				6	46:37	170		
7 5	BROWN		2:38	1:41	8	54:04	154		
7 6	RAMSEY		2:38	1:43	8	54:04	188		
7 7	JOHNSON		2:48	1:43	6	44:45	174		
7 8	FANSON		2:38	1:41	5	39:34	150		
7 9	DONNELLY		2:40	1:42	6	44:35	166		
10	MONDA				5	39:34	156		
5 11	BURNS								
5 12	MYERS		2:45	1:48	4	31:49	166		
5 13	GLASSOP								
5 14	RANOE		2:47	1:50	6	47:54	178		
5 15	GRAESSER		2:45	1:45	6	45:20	158		
5 16									
5 17	MONAHAN		2:40	1:41	5	46:59	164	LOST	
5 18	BURNS		2:40	1:42	4	31:34	148		
5 19	VOYTAS		2:40	1:45	4	31:03	186		
5 20	NIESEN		2:40	1:46	4	35:22	164		
5 21	CALDWELL		2:45	2:00	3	22:49	182		
22									
5 23	KOVARIK		2:42	1:52	5	43:38	186		
24	KEANY		2:42	1:43	4	31:05	180		
25	LAUER		2:44	1:50	5	43:53	164		
26	EBEL		2:45	1:50	4	32:24	174		
27	FINKERHUT				5	43:53	178		
28									
5 29	FITZ		2:40	1:39	5	46:59	158	LOST	
30	SHEN		2:50	1:50	6	45:47	166		
31	NISCHWITZ		2:45	1:50					
32									
5 33	BISCAN		2:55	2:00	4	35:17	194		
34	PATTON		2:45	2:00	4	38:19	180		
35	RUDDY		2:55	2:00	4	38:19	180		
36	MELTON		2:55	1:45	5/4	53:16	142	LOST	
37	BRESLIN		2:45	1:50	4			LOST	
38									
3 39	BURNS		2:40	1:45	3	21:59	159		
3 40	CRANE		2:4	1:45	3	21:59	168		
41									
3 42	RUTHERER		2:40	1:55	3	23:17	166		
43	ORLANDO		2:30	2:00	3	24:45	168		
44	CROW		2:35	1:55	3	21:58	184		
45									
46	SPIESER		3:05	2:10	3	25:58	156		
7									
8									
1	Schutte				3	25:51	110		
									end

Timed Course

8/21

Date:

8/22 EASY DAY

Name	Group	Course	Time	Pulse	Cool Down	Comment		
					1ST MILE			
BROWN		12	1:27:20	172	35 min			
CHIK			1:27:26	168				
ROSARIO			1:27:20	160				
JOHNSON			1:30:21	172				
FANSON			1:27:20	170				
FLYNN			1:27:20	172				
RAMSEY					1 MILE	2 MILE	4 MILE	*(3 MILE)
BLESSING X					6:22	13:15	26:38	148
DONNOLLY X		7.6	53:33	168	7:11	14:42	27:46	168
GRAESSER			55:34	174	7:10	14:43	29:10	162
FINGERHUT			56:44	166	7:10	14:43	29:23	166
YATES			53:05	168	7:05	13:38	25:40	174
MYERS			57:01	172	7:21	15:08	30:04	166
SWEN			56:48	158	7:31	15:30	29:58	146
RANGE			55:34	182	7:24	15:15	29:22*	162
HEANY		6.2	46:00	194	7:10	14:38	21:09*	166
KOVARIK			48:31	190	7:22	15:17	21:42*	180
CALDWELL			47:09	186	7:35	15:05	21:03*	186
KOPF			46:45	146	7:24	15:15	21:20*	154
CHRISTIE			47:09	180	7:30	15:15	21:30*	160
LAVER			46:53	164	7:30	15:28	21:30*	164
MONAHAN			48:12	174	7:11	14:32	27:51	152
FITZ			48:12	182	6:29	13:15	26:45	152
NISCHWITZ					7:47	15:08	—	
MELTON		5.2	41:15	188	8:00	16:53	24:12*	186
BISCAN			38:59	192	8:01	17:15	27:38*	180
RUDDY			38:50	180	7:21	15:34	21:55*	160
NIESEN			39:55	154	6:50	14:20	20:39*	164
EBEL			38:49	194	7:21	15:34	21:54*	164
VOYTAS			35:59	180	6:51	14:19	28:10	180
BURNS			35:59	154	7:35	15:15	21:23*	160
MONDA			35:59	164	7:35	15:15	21:30*	162
DONALDSON			39:50	196	7:33	15:42	22:20*	188
BRESLIN			41:43	140	7:56	16:45	23:48*	154
PATTON			40:08	180	7:30	15:50	23:03*	190
SCHMITTE			41:23	168	7:20	15:40	21:54*	168
BURNS		4	29:51	172	7:35	15:52	22:20*	160
RUETTERER			33:00	176	7:40	16:07	23:24*	172
ORLANDO			32:00	168	7:40	16:07	23:24*	172
CRANE			29:51	160	7:24	15:25	21:38*	164
CROW			30:41	194	7:35	15:58	22:52*	168
SPEISER			34:30	160	7:45	16:24	24:00*	152

did extra

Jog/cal//Course long/cal/jog/ stretch

08-30-95 SMALL GROUP

08-23-95 Jog, cal, stretch, striders, lake course fixed interval fartlek repeats by small groups, cal, jog stretch

HARD EASY #

	A	B	C	D	E	F	G	H	I
1	Name	cal	200's	# cir	aer. pase	hrd pace	pulse	cool	Comments:
2	CHIK	1:30	2:28	10					77-65
3	ROSARIO	1:30	2:23	10					40-79
4	BROWN	1:32	2:32	8					69-62
5	LANSON	1:32	2:32	8					62-40
6	FLYNN	1:32	2:32	8					58-75
7	JOHNSON	1:36	2:37	8					61-?
8	RAMSEY	1:32	2:32	8					56-74
9	BLESSING	1:32	2:32	8					51-43
10	DONNELLY	1:36	2:37	8					55-70
11	GRAESSER	1:32	2:40	7					35-80
12	FINGERHUT	1:45	2:45	7					56-56
13	YATES ✓	1:27	2:35	7					50-30
14	MYERS	1:32	2:40	7					48-55
15	SHEN ✓	1:35	2:43	7					60-27
16	RANGE	1:34	2:40	7					47-67
17									
18	HENNY ✓	1:35	2:40	7					
19	KOVARIK	1:44	2:45	7					60-80
20	CROWELL	1:39	2:41	6					44-55
21	KOPF	1:41	2:41	6					53-111
22	CHRISTIE	1:40	2:45	7					56-64
23	LALER	1:41	2:42	7					47-51
24	MONAHAN ✓	1:31	2:35	7					60-55
25	FITZGERALD	1:27	2:35	7					55-60
26	NISCHWITZ	1:41	2:37	7					80-70
27	MELTON	1:45	2:45	7					49-67
28	BISCAN	2:00	2:55	6					53-80
29	NIESEN	1:40	2:40	7					46-73
30	EGEL	1:36	2:45	6					37-47
31	VOYTAS								
32	BURNS	1:37	2:40	7					47-72
33	MONDA ✓	1:30	2:30	7					46-75
34	DONALDSON	1:45	2:45	6					41-60
35	BRESLYN	1:40	2:45	6					15-55
36	PATTON	1:50	2:45	6					44-60
37	SCHUTTE	1:40	2:40	6					30-50
38									
39	BURNS	1:32	2:40	5					49-69
40	RUTHERER	1:50	2:40	5					46-43
41	ORLANDO	1:50	2:35	5					37-45
42	CRANE	1:41	2:37	5					50-40
43	CROW	1:48	2:35	5					46-52
44	SPIESER	1:53	2:50						43-?
45									
46	MCGINNIS	2:00	2:45						30-50
47	Schaefer	1:45	2:40						47-35
48									
49									
50									
51									
52									end

8/28/95

8-24-95 Jog, cal, stretch, push-up #'s, strength circuits, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
BROWN	8	52:30	144			13	1:28:29	168
CHIK	✓					13	1:28:29	166
FANSON	8	52:30	138			13	1:2	
FLYNN	8	53:12	144			13	1:28:29	
JOHNSON	8	53:12	142			13	1:28:29	164
BLESSING	8	52:30	162			13	1:28:29	172
DONNELLY	8	52:35	158			13		
RAMSEY	8	52:30	142			13	1:28:29	178
ROSARIO	8	53:12	130			13	1:28:29	168
BONR						6	43:40	154
MYERS	6	44:30	160			7.6 GRASS	51:15	154
SHEN	6	43:29	154			9	1:07:39	146
YATES	8	52:30	144			9	1:04:54	164
MONAHAN	5	37:59	142			7.6		57:04/156
MONDA	5	39:14	148			6	36:50	142
FITZGERALD	5	37:59	148			7.6	1:00:54	146
GRAESSER	6	43:29	144			7.6	49:45	164
VOYTAS						6	43:15	174
NISCHWITZ	5	37:59	154			5	37:30	172
BURNS	5	39:20	168			6	49:00	164
CALDWELL	5	39:13	176			7.6	57:24	181
NEISEN	6	44:33	186			5	38:24	168
RANGE	6	44:12	166		7.6			51:58/170
HEANY	5	38:23	172			7.6	DNF	
KIMBERHUT	5	41:55	162			7.6	55:27	178
LAUER	5	39:15	166			7.6	55:27	170
CHRISTIE	4	36:20	172			6	DNF	
DONALDSON	5	42:20	174	*LONGER		5	39:01	170
BRESLIN	5	37:59	150			6	33:04	160
KOVARIK	5	42:19	180					
EBEL	5	42:33	164	*LONGER		6	49:42	176
RUDDY	5	42:28	166	*LONGER		5	39:30	172
MELTON	4	31:48	178			5	38:52	194
PATTON	4	34:25	160			5	40:30	180
BISCAN	4	34:47	168			5	43:24	188
SCHUTTE	4	32:12	166			5	39:12	158
CROW	3	22:11	176			4	33:09	160
CRANE						4	30:34	180
RUTTERER	3	22:21	172			4	33:18	168
BURNS	3	22:11	155			5	39:12	164
McGINNIS	5	40:27	98			5	40:27	98
ORLANDO						4	32:20	158
SPIESER	3	23:37				4		3.5/WALKED BACK
Schaeder	3	22:11	171			4		?
					SENN	5	38:12	136
					LEHMAN	4	33:08	108
					KEENEY	5	40:27	N.P.
								end

8-29-95 Jog, cal, stretch, push-up #'s, strength circuits, course, cal, jog, stretch

Name	P.U	Cr	Pace (Pulse)	Time	Name	Course	Time	Pulse
Brown	77	51	—	40				
Chik	86	56	—	40				
Fanson	57	57	—	40				
Flynn	58	75	/	40				
Johnson	62	68	/	40				
Blessing	60	54	—	40				
Donnelly	63	67	/	40				
Ramsey	64	77	/	40				
Rosario	45	101	—	40				
Yates	DNC	40	—	40				
Myers								
Shen	72	67	—	40				
Monda	51	75	122	40				
Fitzgerald	60	70	—	40				
Monahan	68	50	128	40				
Graesser	50	65	136	40				
Voytas	71	63	160	35				
Nishcwitz	75	60	152	35				
Burns	53	65	152	35				
Caldwell	DNC		176	35				
Niesen	56	73	162	35				
Range	53	68	150	35				
Heany	66	102	162	35				
Fingerhut	59	61	/	35				
Lauer	53	63	153	35				
Christie	54	77	148	30				
Donalson	50	65	166	30				
Breslin	50	55	162	30				
Kovarik	55	80	X	30				
Ebel	53	84	154	30				
Ruddy	51	53	162	30				
Melton	61	50	174	30				
Patton	51	62	160	30				
Biscan	52	64	158	30				
Schutte	50	70	160	30				
Smith	51	59	148	30				
BONIS	60	50	144	35				
Crane 1	61	55	160	25				
Crow 1				25				
Senn 1	60	60	154	25				
McGinnis 1	51	53	180	25				
Burns 1	—	—	—					
Rutterer X	—	—	—					
Orlando 2	45	50	180	25				
Spieser 2	51	45	170	25				
Schaefer 2	52	56	156	25				
Leuchtmann 2	55	65	160	25				
Keeney 2	50	50	180	25				
KOPF	51	73	164	35				
								end

8-30-95 Mile jog-cal-stretch-cal, 200's, 2 twi mile pace runs at current 5k goal pace, lakev loop farlek, extended cool down, jog, cal, stretch

TIMED RUN

Name	200's	mile	pulse	mile	pulse	#	fartlek loops	hard goal	easy goal	notes	
Brown	✓	-			7.6		48:28	1:32	2:32		
Chik	✓				7.6		48:28	1:30	2:28		
Fanson		5:50	160	5:40	152	*	30	1:32	2:32	5:33	17:15
Flynn		5:55	170	5:33	172		30	1:32	2:32	5:38	17:30
Johnson	✓				7.6		49:11	1:32	2:37		
Blessing		5:48	154	5:39	162	*		1:32	2:32	5:36	17:25
Donnelly		5:52		5:36	178			1:36	2:37	5:35	17:20
Ramsey		6:01	180	5:59	182			1:32	2:32	5:40	17:35
Rosario		5:48	167	5:55	172			1:30	2:28	5:28	16:59
Yates	2nd mile ✓	5:49	170	5:39	164	*		1:27	2:35	5:48	18:00
Myers				1	6		first 45:26	1:32	2:40		
Shen	✓60			156	6		time 45:28	1:35	2:43		
Monda		6:07	162	5:32	164	*		1:30	2:30	5:43	17:45
Fitzgerald		5:56	170	5:40	170			1:27	2:35	5:48	18:00
Monahan		6:20	162	6:01	156	*		1:31	2:35	5:57	18:30
Graesser		6:10	164	6:00	170			1:32	2:40	6:02	18:45
Kopf								1:39	2:41		
Bonk		6:23	174	—	—		25			5:57	18:30
Voytas		6:29	188	6:17	180					6:07	19:00+
Nishcwitz		6:40	192	6:09	190			1:41	2:37	6:07	19:00
Burns		6:50	152	6:59	158	*		1:37	2:40	6:07	19:00
Caldwell		6:48	192	7:35				1:39	2:41	5:57	18:30
Niesen		6:33	186	6:32	188			1:40	2:40	6:04	18:50
Range		6:18	184	6:13	192			1:34	2:40	5:56	18:25
Heany		6:17	206	6:28	194			1:35	2:40	6:07	19:00
Fingerhut		6:58	156	7:06	162	*		1:45	2:45	6:12	19:15
Lauer		6:23	180	6:05	180			1:41	2:42	6:05	18:55
Christie		6:29	156	6:22	160	*		1:40	2:45	6:17	19:30
Donalson		7:12	168	7:01	186		25	1:45	2:45	6:36	20:30
Breslin		7:00	163	7:07	150	*		1:40	2:45	6:26	20:00
Kovarik								1:44	2:45		
Ebel		6:36	180	6:34	194			1:36	2:45	6:26	20:00
Ruddy		7:00	160	6:48	180					6:46	21:00
Melton		7:09	210	7:09	220			1:45	2:45	6:49	21:10
Patton		7:13	190	7:09	190			1:50	2:45	7:05	22:00
Biscan		7:26	196	7:43	204			2:00	2:55	6:55	21:30
Schutte		6:30	160	6:37	172			1:40	2:40	6:17	19:30
Smith		7:26	192							6:46	21:00
Crane	54				4		30:24				
Crow	✓				5		38:46				
Senn	EX				—		—				
Burns	58				4		30:24				
Schaefer	60				4						
Orlando	60				4		34:11	178			
Rutterer	✓				4		33:06	156			
Spieser	✓						34:38				
McGinnis O	80						34:33				
Leuchtmann	58						34:34	132			
Keeney	✓						34:29				

8-31-95 Jog, cal, stretch, push-up #'s, course, cal, jog, stretch

	Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
LSD	Brown	6.2	45:45	138		61:30		8	
62	Chik		37:15	168		59		8	
57	Fanson		37:20	188		60:14		8	
52	Flynn		38:39	186				8	
LSD 62	Johnson		43:48	146		60:30		8	
44	Blessing		43:21	174	41:18	60	130	8	
58	Donnelly		39:27	178					
60	Ramsey		42:00	168	41:00		140	8	
54	Rosario		37:24	184		59:34	148	8	
✓	Yates		38:55	180				8	
62	Myers		49:24	182	48:16	56:07	172	6	
64	Shen		49:20	154	47:57	58:00	—	6	
44	Monda		43:21	180	41:18	57:00	164	6	
✓	Fitzgerald		42:52	156	41:30	56:00			
6.2 54	Monahan		47:13	162		57:14	158	6	
✓	Graesser	↓	43:45	—	42:25	51:30	144	6	
	Kopf	X				dnf			
✓	Bonk	5	34:56	182	33:56	57:37	154	6	
50	Voytas		34:56	184	33:56	60:00	160		
✓	Nishcwitz		38:47	180		56:00			
62	Burns		34:41	148	33:41	60:00	154		
62	Caldwell		36:11	192	35:54	59:40			
✓	Niesen		38:10	178		59:16	156	6	
✓	Range		42:27	182					
62	Heany		35:24	180	35:00	55:48	162		
✓	Fingerhut		35:53	172	35:36	60:53	160	6	
✓	Lauer		35:53	180	35:30	59:00			
62	Christie		36:23	166		59:00			
✓	Donalson		40:12	174	38:55	66:00	178		
56	Breslin		39:11	160					
	Kovarik	E							
✓	Ebel		37:04	180	36:57	31:13	174	4	
✓	Ruddy		40:47	172		65:42	160	6	
✓	Melton		39:42	212		65:42	162	6	
✓	Patton								
✓	Biscan		41:59	184		66:30	188		
✓	Schutte	↓	38:46	172		65:39	180		
✓	Smith	4	37:05	162		35:10	152	4	
60	Crane	4	29:55	164	28:02	29:08	160		
52	Crow		29:55	164	28:02	29:30	170		
✓	Senn		29:01	208	27:00	30:00	154		
64	Burns		29:33	182	27:20	31:34	172		
60	Schaefer		31:48	154		29:08	152		
62	Orlando		30:36	188		34:05	168		
54	Rutterer		31:48	176	31:19	37:30	164		
✓	Spieser		34:04	—		35:10	144		
70	McGinnis		32:34	240		29:06	180		
60	Leuchtmann		32:00	187		31:26	182		
✓	Keeney	↓	32:51	180		34:00	196	4	
									end

JOHN MARINO
DREW BUSER SOCCER 16:00 135 ?
CHRIS LEWIS — 16:00 140

2 22:50 150
2 19:15 160
2 15:45 160

9-7-95 Jog, cal, stretch, cal, knee proofing, course, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
Brown	9	1:01:08	150		Crane	5	37:08	160
Chik	9	58:40	156		Crow	5	37:08	176
Fanson	9	58:40	162		Senn	4	30:14	168
Flynn	9	1:03:55	170		Burns	4	29:31	165
Johnson	8	51:06	158		Schaefer	5	37:08	158
Blessing	9	58:09	158		Orlando	4	30:20	164
Donnelly	9	101:08	140		Rutterer	4	30:38	162
Ramsey	9	1:01:08	168		Spieser ?	4	36:00	152
Rosario	9	100:08	159		McGinnis	4	30:14	118
Yates	9	58:50	162		Leuchtmann	4	30:26	168
Myers	8	54:45	178		Keeney	3	22:34	140
Shen	8	54:39	150		Collea	3	24:06	164
Monda	6	42:00	150		Buser ?	4	36:00	156
Fitzgerald ?	6	45:03	182		Lewis	3	22:33	156
Monahan	8	50:41	164		Grunzinger	3	24:00	—
Graesser	8	101:21	142		Nolan	4	36:12	115
Kopf					~~Lew~~			
Bonk	8	53:19	163					
Voytas	6	45:00	166					
Nishcwitz !	6	45:05	180					
Burns	6	42:00	158					
Caldwell	5	44:49	176					
Niesen	6	45:28	178					
Range	8	49:54	180					
Heany	6	44:03	188					
Fingerhut	6	43:39	170					
Lauer	6	43:34	172					
Christie	6	44:27	168					
Donalson	4	29:30	178		CHIK	291-8903		
Breslin	X				MONDA	443-5629		
Kovarik	2	16:52	146		NISCHWITZ	487-2233	(Lv)	
Ebel	6	44:03	182					
Ruddy	6	44:16	168					
Melton	6	50:17	192					
Patton	8	16:52	170					
Biscan	8	50:17	192					
Schutte	6	44:30	164					
Smith	4	31:23	186					
								end

9-11-95 V and JV : Jog, cal, stretch, cal, knee proofing, course, cal, jog, stretch
Freshman: Fartlek and hill work

Name ✓	Course	Time	Pulse	# push ups	Name	Course (HILLS)	Time	Pulse	# push ups
Brown	6	40:55	158		Crane	5			
Chik	6	40:55	142 +		Crow	5			
Fanson	6	40:55	180		Senn	O			
Flynn	6	43:15	150 +		Burns	5			
Johnson	6	42:15	148 +		Schaefer	5			
Blessing	6	40:55	148		Orlando	5			
Donnelly	6	40:55	164		Rutterer	5			
Ramsey	6	40:55	144 +		Spieser	5			
Rosario	6	40:55	154		McGinnis	5			
Yates	6		118		Leuchtmann	5			
Myers	6	40:55	172		Keeney	4			
Shen	6	42:15	152		Collea O	4			
Monda	4	—	74 ↓		Buser	4			
Fitzgerald	6	41:37	148		Lewis	4			
Monahan	6	41:34	170		Grunzinger	4			
Graesser	6	42:30	160		Nolan ✓	4			
Kopf	(?)		ok						
Bonk	5	35:00	144						
Voytas	5	2 miles	ok						
Nishcwitz	5	43:54	180						
Burns	5	35:00	128 ↓						
Caldwell	↗ 5	39:07	158						
Niesen	↘ 5	42:38	148						
Range	5	41:58	166						
Heany	5	38:37	168						
Fingerhut	5	41:39	152						
Lauer	5	41:39	152						
Christie	5	41:39	158						
Donalson	5	39:15	170						
Breslin	4	2 miles	↑						
Kovarik	4	2 miles	ok						
Ebel	5	38:44	162						
Ruddy	5	42:30	164						
Melton	5	42:50	180						
Patton	5	41:28	190 (↑)						
Biscan	5	42:30	180						
Schutte	5	40:17	150						
Smith	4								

9-12-95 Jog, cal and check numbers, stretch, cal, 4 x 200 striders at 75%, 20 or 15 minutes of running on loop at good O.D. pace with emphasis on form-coach comments, cal, jog, stretch

Name	Group	Time	# push ups	Form comments
Crane 58			70	GOOD
Crow 60			50	LEFT ARM CROSSES
Burns 56			62	" " "
Schaefer 56			78	GOOD
McGinnis 68			35	HANDS STRAIGHT
Leuchtmann –			66	GOOD
Orlando 62			55	MORE ARM MOVEMENT
Rutterer –			54	GOOD
Spieser –			54	BETTER
Keeney –			55	FLAT-FOOTED
Colleda 62	SICK			
Buser –			30	CROSSES ARMS
Lewis – PULLED MUSCLE IN BACK				
Grunzinger 64			55	
Nolan 64			35	
Senn –			60	

9-14-95 Jog, cal, stretch, cal, record numbers, 8 x 200, course, cal, jog, stretch

Name	Course	Time	Pulse	# push ups	Comments
✓ Crane	5.5	29:03	164	65	
✓ Crow	5	37:16	152	67	
✓ Senn	5.5	39:03	168	44	
✓ Burns	5	39:12	164	43	
✓ Schaefer	5	37:16	156	70	
✓ Orlando	5	39:08	168	50	
✓ Rutterer	5	39:12	168	51	
Spieser	7.X5	41:30	176	42	
McGinnis	5.5	39:03	180	25	
Leuchtmann	5	39:05	165	63	
Keeney	5	39:40	170	48	
Collea	4			39	
Buser	4	34:30	121	45	
Lewis	4	34:16	150	45	
Grunzinger	4	36:23	204	40	
Nolan	4	36:23	165	38	end

9-14-95 Jog/Stretch/Cal/ Injury Circuits/Extra Cal/ Quarters on Grass/Cal/ Jog/Stretch

Name	goal/ #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Comments
Brown 81.5	17:00	79	82	79	80	80	80	80	80	81	80	80	79	78	80	79	77	79	76	
Chik 78	16:15	77	79	76	77	77	77	77	77	77	76	76	76	77	79	77	77	78	77	
Fanson 81.5	17	86	84	85	85	85	85	85	85	85	85	85	85	77	79	78	77	78	76	
Flynn 81.5	17	82	85	83	82	82	83	83	83	83	83	84	83	82	83	84	82	82	80	
Johnson 86.5	18:00	90	83	85	88	85	84	84	83	83	81	83	82	81	79	83	83			
Blessing 81.5	17	79	81	79	80	79	80	80	80	80	80	80	78	79	81	79	79	79	77	
Donnelly 80.5	16:45	79	81	79	80	80	80	79	79	78	79	79	78	80	80	79	79	79	76	
Ramsey 84	17:30	79	81	78	81	81	81	81	80	83	82	82	83	82	80	83	83	82	79	
Rosario 79.5	16:35	78	80	79	79	79	77	79	79	79	79	79	78	80	80	80	79	80	77	
Yates 86.5	18	85	84	83	82	81	83	83	81	81	83	83	81	82	83	81	78			
Myers	/																			
Shen 87.5	18:15	92	83	87	88	84	84	85	86	82	82	84	84	82	80					
Monda 80.5	16:45	77	80	79	77	78	84	85	84	83	85	85								
Fitzgerald 81.5	17	79	80	77	79	78	78	78	79	78	77	76	76	77	79	77	—			
Monahan 87	18:05	92	84	83	86	87	85	85	84	83	83	86	87	82	79					
Graesser	/																			
Kopf	/																			
Bonk 87.5	18:15	88	78	86	85	84	83	83	83	83	81	83	83	82	83					
Voytas	/																			
Nischwitz 87.5	18:15	84	82	82	86	85	84	84	85	84	87	83	82	82	83					
Burns 87.5	18:15	92	83	86	88	86	85	85	85	85	86	89	88	87	85					
Caldwell 89	18:30	93	84	87	90	89	88	87	88	90	89	90	86	88	87					
Niesen 89	18:25	90	83	87	89	88	87	87	87	89	88	89	85	87	86					
Range 87	18:05	90	85	87	86	88	87	86	87	88	86	85	86	86	85	83	83			
Heany 90	18:45	91	83	84	89	97	87	88	90	91	90	93	92	90	88					
Fingerhut 89	18:35	91	82	83	86	87	87	86	89	93	90	90	90	89	86					
Lauer 89	18:30	91	84	84	87	85	86	87	87	86	87	88	84	84	82					
Christie 89	18:30	91	79	82	88	86	86	86	87	86	85	87	85	85	82					
Donaldson 94.5	19:45	94	88	89	92	92	92	91	93	95	93	93	94	93	89					
Breslin 96	20	97	91	93	95	96	94	95	95	96	96	97	98	97	95					
Kovarik	/																			
Ebel 90	18:45	90	84	82	88	87	88	88	90	91	90	92	92	90	89					
Ruddy 94	19:30	90	96	90	98	95	99	94	95	95	98	100	95	97	92					
Melton 93	19:20	96	92	95	95	95	97	97	100	100	100	92	101	100	96					
Patton 96	20	96	92	94	96	97	96	96	95	98	96	96	[illegible]	96	92					
Biscan 93.5	19:25	98	91	97	98	98	100	99	100	98	98	113	112	115	98					
Schutte 92.5	19:15	92.5	87	91	92	92	92	93	94	95	92	94	96	92	91					
Smith 96	20	97	92	95	99	103														
Brown																				
Chik																				
Fanson																				
Flynn																				
Johnson																				
Blessing																				
Donnelly																				
Ramsey																				
Rosario																				
Yates																				
Myers																				
Shen																				
end																				

9-19-95 Jog, cal, stretch, cal, record numbers, knee proofing, course, cal, jog, stretch

Name	Course	Time	Pulse	# push ups	Name	Course	Time	Pulse	# push ups
Brown	7.6	51:40	144		Crane	4	29:10	160	
Chik	7.6	41:51	130		Crow	4	29:02	176	
Fanson	7.6	44:25	160		Senn	4	29:03	176	
Flynn	7.6	47.51	144		Burns		30:27	164	
Johnson	7.6	51:44	156		Schaefer		29:03	158	
Blessing	7.6	50:18	120		Orlando		29:30	174	
Donnelly	7.6	45:22			Rutterer	4	29:02	160	
Ramsey	7.6	—			Spieser		33:44	124	
Rosario	7.6	48:22	156		McGinnis		29:37	170	
Yates	7.6	—			Leuchtmann		29:45	150	
Myers		—			Keeney		—		
Shen	6	50:08	128		Collea		33:44	173	
Monda	6	36:58	178		Buser	4	29:33	129	
Fitzgerald	7.6	50:18	136		Lewis	4	29:03	165	
Monahan	6	44:23	138		Grunzinger		38:45	168	
Graesser		—			Nolan		38.51	164	
Kopf		—							
Bonk	6	44:23	170						
Voytas		—							
Nishcwitz	6	49:48	150						
Burns	6	44:00							
Caldwell	6	44:14	168						
Niesen	6	46:39	160						
Range	6	44:19	160						
Heany	4	30:40	154						
Fingerhut	6	44:06	163						
Lauer	6	46:00	152						
Christie	6	44:25	154						
✓ Donalson	6	46:49	178						
Breslin	6	50:08	150						
Kovarik		—							
Ebel		—							
Ruddy	6	49:02	172						
Melton	6	46:38	168						
Patton	6	49:50	160						
Biscan	6	49:06	180						
Schutte	6	47:09	164						
Smith	4	30:40	168						
								end	

9-21-95 Jog, cal, stretch, cal, record numbers, 6 x 200, course, cal, jog, stretch

Name	Course	Time	Pulse	# push ups	Name	Course	Time	Pulse	# push ups
~~Brown~~					Crane	6.2	44:28	168	
~~Ohik~~					~~Crow~~				
~~Ferson~~					Senn	5.2	40:07	144	
~~Flynn~~					Burns				
Johnson	6.2	44:45	158		Schaefer	6.2	44:18	152	
~~Blaseing~~					Orlando	6.2	46:06	172	
~~Connelly~~					Rutterer	6.2	46:15	152	
~~Ramsey~~					Spieser	✓	LOST		
~~Rosario~~					McGinnis	5.2	41:51	168 ?	
~~Yates~~					Leuchtmann	6.2	48:12	161	
~~Myers~~					Keeney	5.2	41:13	160	
~~Ohen~~					Collea	✓	LOST		
~~Monda~~					Buser	DNF	INJ		
~~Fitzgerald~~					Lewis	5.2	41:09	180	SPRINT
Monahan	6.2	49:03	138		Grunzinger	5.2	46:55	174	
Graesser	Hm	30:02	140		Nolan	5.2	54:00	158	
~~Kopf~~									
~~Bonk~~									
~~Voytas~~									
~~Nickenitz~~									
Burns	6.2	43:44	162						
Caldwell	6.2	42:45	182						
Niesen	✓	DNF	INJ						
~~Range~~									
Heany	✓	JOG							
~~Fingerhut~~									
Lauer	6.2	47:52	144						
Christie	~~(44:35)~~	44:35	158						
Donalson	6.2	47:13	186						
Breslin	6.2	49:03	160						
Kovarik	—								
~~Ebel~~ Rudd	6.2	48:07	180						
~~Reddy~~ Ebel	6.2	46:05	156						
Melton	6.2	46:10	192						
Patton	6.2	50:45	180						
Biscan	6.2	47:55	180						
Schutte	6.2	50:36	148						
Smith	✓	JOG							
Flanagan	5.2	35:41	176						
								end	

Meet: ~~Hazelwood Invitational~~ ~~Date: 9-16-95~~ 9.20.95

Weather: 4x 1mile REPEATS

NAME		Level	Place #	1 Mile ①	2 mile ②	3.1 Finish ③	Comments ④
Chik	16:40	5:22	5:33	5:24	5:25	5:28	170
Rosario	16:59	5:28	5:41	5:35	5:37	5:40	172
Donnelly	17:00	5:28	5:41	5:33	5:31	5:37	160
Fanson	17:10	5:32	5:41	5:31	5:32	5:28	160
Yates							
Brown	17:20	5:35	5:45	5:35	5:42	5:49	
Fitzgerald	17:15	5:33	5:41	5:28	5:46	5:26	180
Flynn	17:00	5:28	5:39	5:27	5:30	5:36	—
Ramsey	17:35	5:40	5:45	5:40	5:48	—	—
Blessing	17:20	5:35	5:43	5:33	5:37	5:41	174
Monda	17:30	5:38	5:41	5:37	5:37	—	
Graesser	✓						
Voytas	✓						
Johnson	18:15	5:52	5:58	5:53	5:55	6:03	174
Monahan	18:15	5:52	5:55	5:51	5:55	6:02	164
Myers	✓						
Range	18:40	6:01	6:03	5:52	5:48	5:49	178
Bonk	18:45	6:02	6:02	5:55	5:57	177	
Voytas	✓						
Lauer	18:40	6:01	6:07	6:00	5:58	160	
Burns	18:40	6:01	6:02	6:00	6:00	154	
Christie	18:40	6:01	6:05	5:52	5:54	164	
Niesen	19:00	6:07	6:18	6:18			
Kopf	X						
Heany	✓						
Fingerhut	18:41	6:01	6:15	6:13	6:19	182	
Nischwitz	18:30	5:57	6:21	6:06	5:58	158	
Caldwell	19:00	6:07	6:14	6:08	6:16	176	
Donaldson	20:00	6:26	6:42	6:25	6:28	200	
Breslin	20:00	6:26	6:42	6:34	6:44	184	
Kovarik	X						
Ebel	19:30	6:17	6:29	6:20	6:15	172	
Ruddy	21:00	6:46	6:52	6:48	6:60	150	
Melton	20:00	6:26	6:38	6:27	6:27	240	
Patton	21:30	6:55	6:51	6:48	6:48	190	
Biscan	20:00	6:26	6:40	6:51	7:00	196	
Schutte	Glen 18:29	5:57	6:12	5:51	6:23	144	
Smith	Schuette 20:00	6:26	6:40	6:28	6:38	184	
Crow	Smith (2)	6:46	6:53	6:51	7:05	174	
Crane							
Schaeffer							
McGinnis							
Burns							
Other Freshman							
						end	

4

9/25/95 One Mile Repeats: Jog, cal stretch cal, 4 x 200, repeat ones at Race Pace + with 5-6 min rest, 4 x 200, extended jog, cal

3

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	Name	#	1	2	3	4		Name	#	1	2	3	4	
2	Brown 5:35	+	536	36	48	Y		Niesen 6:07		6:00	6:06	6:08		
3	Chik 22	—	5:28	22	25	5:27	5:33	Caldwell 6:07		5:58	6:07	6:45		
4	Fanson 32	—	546	42	45	X								
5	Flynn 28	—	533	29	34	5:31		Breslin 6:26		6:26	6:19	6:22		
6	Johnson 52	—	6:04	13		X		Heany		6:26	6:27	—		
7	Blessing 35	+	6:31	44	38	X								
8	Donnelly 28	—	6:48	23	34	35		Donaldson 6:26		6:24	6:20	6:24		
✓ 9								Ruddy 6:46		6:52	6:56	6:36		
10	Rosario 28	—	6:33	36	48	5:46		Melton 6:26		6:31	6:34	6:38		
✓ 11	Yates 40	—	5:51	55	6:00	X		Patton 6:55						
✓ 12	Myers 52	+	5:40	40		X		Biscan 6:46		6:44	6:57	7:00		
13	Shen 57	—	6:02	605	1:07	5:49		Schutte 6:26		6:26	6:26	6:32		
14	Monda 32	—	5:54	6:02	6:18	X				6:44	6:57			
15	Fitzgerald 33	—	6:44	34	47	5:35		Crane		5:58	5:59	DNF		
16	Monahan 52	—	5:57	55	55	5:49		Crow		5:58	5:57	6:02		
17	Bonk 6:02		X	X	X	X		Senn		6:10	6:02	6:26		
18	Nischwitz 5:57	—	6:04	04	6:08	5:54		Burns		6:08	6:15	6:29		
19	Burns 6:01	+	554	600	6:02	X		Schaefer		5:58	6:00	6:01		
20								Orlando		6:31	6:21	6:19		
21	Range 6:01	+	5:59	6:04	6:06	6:07		Rutterer		6:34	6:17	6:22		
22	Ebel 6:17	+	6:16	6:19	6:30	6:19		Spieser		6:44	6:36	6:45		
23	Fingerhut 6:01	—	6:11	6:18	6:12	X		McGinnis		6:04	6:04	6:24		
24	Lauer 6:01	+	6:57	5:56	6:02	5:52		Leuchtmann		6:13	6:12	6:15		
25	Christie 6:01	+	5:57	558	6:01	6:06		Keeney		6:48	6:31	6:52		
26								Buser		6:53	7:05	7:09		
27								Colleda		6:57	7:33			
28								Grunzinger		7:45	7:11	6:58		
29								Nolan		7:10	7:10	7:38		
30								Lewis		6:20	6:06	6:19		

Whole 5:54 5:53

19: 6:07

19:30 6:17

20: 6:26

21: 6:46

9/27/95

Name	Course	Time	Pulse	# push ups	Name	Course	Time	Pulse	# push ups
Brown	—				Crane	6.2	45:58	170	
Chik	—	140	53:19		Crow	6.2	46:50	188	
Fanson	—				Senn	6.2	44:38	184	
Flynn		51:06	178		Burns	5.2	38:14	174	
Johnson		47:05	164		Schaefer	6.2	46:50	162	
Blessing	6.2 —	40:26	180		Orlando	5.2	38:12	178	
Donnelly	—	52:05	170		Rutterer	5.2	36:13	172	
Ramsey					Spieser	5.2	40:00	176	
Rosario	—	51:20	172		McGinnis		46:06		
Yates	6.2 —	42:25	168		Leuchtmann				
Myers					Keeney		41:12	185	
Shen		47:34	152		Colleda				
Monda	6.4 6.2 —	42:40	188		Buser	5.2	40:09	147	
Fitzgerald	—	52:05	178		Lewis	5.2	38:09	164	
Monahan		43:52	160		Grunzinger	5.2	41:44	184	
Graesser	6.2 —	43:44	164		Nolan	5.2	41:52	168	
Kopf									
Bonk									
Voytas									
Nishcwitz		48:55	185						
Burns									
Caldwell	6.2	43:56	182						
Niesen	6.2	46:06	192						
Range	6.2	44:49	180						
Heany									
Fingerhut		47:36	178						
Lauer									
Christie									
Donalson		47:57	178						
Breslin		47:56	160						
Kovarik	5.2	41:00	192						
Ebel	6.2	48:45	186						
Ruddy		47:45	190						
Melton		51:10	196						
Patton		50:59	180						
Biscan		52:14	184						
Schutte		49:04	160						
Smith									
								end	

9-28-95 Jog, cal stretch cal, 4 x 110 build ups, run 400's, 800's, 2 mile high aerobic, jog, cal stretch

Name	5k g	800 g	400 g	400	400	400	400	400	400	800	800	800	800	400	400	400	400	2 mi loop	
Brown ✓	17:20	2:46	86	80	81	81	80	80		253	245	245	245		78	76	75	70	12:10	150
Chik ✓	16:40	2:40	81	76	75	77	76	78		243	240	239	239		77	76	74	70	12:00	174
Fanson ✓	17:10	2:45	88	80	79	79	79	79		253	257				79	76	76	71	12:00	184
Flynn ✓	17:00	2:43	84	79	80	80	79	80		250	245	244	243		79	78	79	78	14:00	172
Johnson ✓	18:15	2:55	83	81	83	83	84	79		302	259	301		82	82	79	79		14:57	156
Blessing ✓	17:20	2:46	82	77	79	78	78	79		253	245	245	243		78	77	79	67	12:45	174
Donnelly ✓	17:00	2:43	89	77	76	78	76	78		256	242	239	238		78	76	76	67	12:32	160
Ramsey ✓	17:35	2:49	6 mi 44:14															76	/
Rosario ✓	16:59	2:43	84	76	76	77	77	78		247	243	243	242		77	77	78	70	12:10	170
Yates ✓	18:00	2:53	86	80	80	81	80	79		256	249	248	243		79	78	75		12:45	168
Myers	17:30	2:48	86	83	83	80	79			257	248	248		79	79	77			13:11	186
Shen	18:29	2:58	81	84	84	84	82			306	302	251		80	83	74			16:40	160
Monda ✓	17:30	2:48	89	82	81	81	81	82		253	248	253	253		81	80	81	76	12:30	180
Fitzgerald ✓	17:15	2:46	6 mi 44:14																
Monahan ✓	18:15	2:55	85	81	79	81	83	83		304	300	255	255		81	81	81	74	12:49	156
Graesser	18:15	2:55	86	80	82	82	81	82		304	300	259	258		83	80	82	80	13:20	138
Bonk	18:45	3:00	82	79	78	78	78			259	312			75	78	75			
KOVARIK	19:30	3:07	6 mi 49:24																
Nischwitz	18:30	2:58	88	83	85	85	86			300	257	258		80	85	83			16:20	155
Burns	18:45	2:59	83	81	80	82	83			305	305	306		86	84	80			15:08	148
Caldwell	19:00	3:03	86	78	81	83	82	85		309	304	305	306		83	X	85	80	14:36	180
Niesen	19:00	3:03	87	83	82	84	84			305	303	304		80	85	78			13:21	196
Range	18:40	2:59	86	82	82	82	82	84		304	301	257	256		82	82	82	77	13:37	180
Heany	19:15	3:05	6 mi 49:00																
Fingerhut	18:40	2:59	87	85	84	86	88			309	304	306		96	91	83			14:09	196
Lauer	18:40	2:59								257	258	256		94	85	79			13:50	180
Christie	18:40	2:59	6 mi 44:14																
Donaldson	20:00	3:12	4 mi 35:13																
Breslin	20:00	3:12																	
Ebel	19:30	3:07	90	87	88	89	89			310	307	308		88	88	81			14:09	192
Ruddy	21:00	3:22	92	90	90	90	91			316	320	311		90	89	86			15:17	180
Melton	20:00	3:12	92	90	90	90	91			316	312	303		90					15:55	188
Patton	21:30	3:36	88	89		93	94			318	321	322		97	95	93			17:00	160
Biscan	20:00	3:12	93	91	88	93	90			322	327	531		101	95	90			16:57	180
Schutte	20:00	3:12	88	91	91	92	92			313	312	311		92	93	88			15:19	166
Crane					82	84	84	83		307	303		84		82				14:07	168
Crow ✓					115	82	81	81		300	258		77		73				14:39	160
Senn ✓					128	82	82	81		305	301		83		82				
Burns ✓		4 mi 35:13																	
Schaefer ✓					82	83	81	82		315	329		96						
Orlando					84	85	85	83		305	304		81		76				17:20	160
Rutterer					87	85	85	86		318	307		84		80				15:03	164
McGinnis					111	123	121	80		301	300		77		71				14:07	151
Leuchtmann					82	84	84	83		300	258		79		78				14:26	16
Keeney					125	130	130	126		315	312		87		87				16:41	
Buser					129	130				310	310		92		87				15:49	
~~Collada~~ Spieser					86	87	86	86		314	315		91		87				16:32	
Grunzinger					125	131	129	129		315	315		128		127				17:16	
Nolan					126	130	134	134		324	332		97		96				17:48	
Lewis					124	126	125	124		310	305		81		78				17:36	

400 400

10·2·95 Some very running of hills some distance (while [illegible] + GAL AFTER meeting)

~~9-8-95~~ Jog, cal, stretch, timed run, cal, jog, stretch

Name	Course	Time	Pulse	Pace	Name	Course	Time	Pulse
Brown H					Crane	5	38:51	168
Chik H					Crow	5	38:51	170
Fanson H					~~Senn~~			
Flynn H					~~Burns~~			
Johnson	6	43:22	162		Schaefer	5	44.30	168
Blessing H					Orlando	5	40.44	160
Donnelly H								
Ramsey					Rutterer	5	40.44	164
Rosario H					Spieser	5	47.40	164
~~Yates~~					McGinnis	5	46.14	140
Myers	6	41:51	184		Leuchtmann	5	41:44	136
~~Shen~~					Keeney	5	49.05	160
Monda H or 7 blank	6	45:40	154		~~Marino~~			
~~Fitzgerald~~					Buser	5	49:05	172
Monahan	6	41:27	166		Lewis	5	47.42	164
Graesser	6	43.20	154		Gruzinger	5+	47.40	196
~~Kopf~~					Nolan	5+	?	162
~~Bonk~~		38:40			~~Coleotie~~	5+		6
Voytas	5	~~41.58~~	180		Collins		?	170
Nishcwitz								
Burns	6	44:14	144					
Caldwell	6	45:40	168					
Niesen	6	50.02	156					
Range	6	44:14	164					
Heany	6	44.43	164					
Fingerhut	6	44:58	178					
Lauer	6	44:33	168					
Christie	6	44:33	158					
Donalson	6	46:22	170					
~~Breslin~~								
Kovarik	6	48:09	190					
Ebel	6	45:40	172					
Ruddy	6	48.36	177					
Melton	6	51.10	188					
Patton	6	45:30	185					
Biscan	6	49.30	188					
Schutte	6	46:43	160					
~~Smith~~								
								end

6x200 STRIDERS ~~HANCOCK INVIT~~

Meet: DuBourg Invitational

Date: 10-4-94 Course Conditions: ~~Dry, flat~~ NINE MILE LOOP / PULSE

10.3.95 VARSITY WORKOUT

Place	Team	1	2	3	4	5	Total	6	7	Comments
	Chick	SICK				7.6				
	Fanson	55					49:30	164		
	Blessing	48					49:33	168		
	Donnelly	50					49:30	156		
	Rosario	60					49:33	156		
	Flynn	54					49:50			
										end

5:40
1:50
49:

25 FORM

10-7-95 Hybrid for Jr Sr O.D. for rest

Name	1m	half	half	400	400	200	200	1m	# min run	comments
Brown	"	48.06	160						x	
Chik	7.6	46.50	140							
Fanson	"	46.50	162							
Flynn	7.6	51.12	158							
Johnson	7.6	53:01	132							
Blessing	7.6	47.00	166							
Donnelly		48:30	150							
Ramsey	7.6	48:30	178							
Rosario	7.6	48.06	164							
Yates										
Myers	?	35.00								
Shen		45:18	158							
Monda		46:50	180							
Fitzgerald				BIKE						
Monahan	7.6	51:50	150							
Graesser	7.6	51.15	164							
Kopf										
Bonk										
Voytas	5m	40:00	176							
Nischwitz	8	44.60	205							
Burns	6m	44:40	144							
Caldwell	6m	42.45	164							
Niesen	6m	45:25	168							
Range	7.6	48.18	180							
Heany				6m	43:31	158				
Fingerhut	6m	47.00	159							
Lauer	6	45:00	168							
Christie	7.6	51:50	148							
Donaldson										
Breslin	6	47.30	140							
Kovarik	6	47.27	178							
Ebel	6M	43:30	162							
Ruddy	6M	47.26	160							
Melton	6m	44:50	210							
Patton	6	48.15	170							
Biscan	6	47.59	180							
Schutte										
Sem	6m	41.40	160							
Crow	"	41.45	180							
Lewis	"	41.56	180							
CRANE	6M	41.56	165							
Schaefl	6	41:40	162							
Rutterer	6	46:00	172							
Leuchtmann	6	44:30	150							
Collida	5	45:56	168							
Borns	6	47.26	156							
Speizer	6	44.00	152							
Reney	6	49:40	160							
Nolan	5	48:10	190							end

10/11/95 Jog, cal stretch cal, 6 x 200, 4 x One Mile Repeats: Race Pace + with 5-6 min rest, medium 2m cool down, cal jog stretch

Name		#	1	2	3	4	2 m	Name	#	1	2	3	4	2 m	
+ Brown	+	✓	5:57	5:52	5:38			Voytas							
+ Chik	+	✓	5:57	5:47	5:35			Shen		6:17	6:11	5:51			
+ Fanson	+	✓	5:59	5:51	5:37			Donaldson		6:43	6:47	6:19		6:30	✓
+ Flynn	+	✓	6:08	5:57	5:40			Breslin		NFT					
+ Johnson	+	—	6:16	6:11	6:05			Kovarik		7:30	7:10	6:36		6:45	✓
+ Blessing	+	✓	6:03	5:55	5:42			Heany		7:09	6:41	6:28		6:30	✓
+ Donnelly	+	✓	6:02	5:58	5:42			Ruddy		7:32	7:23	6:33		6:30	✓
+ Ramsey	+	✓	6:08	5:59	5:54			Melton		7:25	7:00	6:30		6:30	✓
+ Rosario	+	✓	5:59	5:48	5:43			Patton		7:39	7:34	7:06	336	7:00	
+ Yates	O	✓	6:12	6:00	5:59	5:49		Biscan		7:26	7:15	6:31		7:00	✓
+ Christie	O	✓	6:32	6:00	5:58	6:46		Schutte							
Monda								Smith							
+ Fitzgerald	+	✓	6:24	6:10	5:54			Crane		6:45	6:21	6:06		6:15	✓
+ Monahan	O	✓	6:13	6:00	5:58	6:19		Crow		6:35	6:10	6:00		6:00	✓
+ Graesser	+	✓	6:32	6:15	5:55			Senn		7:02	7:12	—		6:15	
+ Bonk	+	✓	6:16	6:09	6:05			Burns		6:55	6:44	—		6:30	
+ Lauer	+	✓	6:33	6:10	6:09			Schaefer		6:55	6:04	6:42			
Nischwitz		—	6:14	7:22	X			Orlando		8:45					
+ Burns	+	✓	6:32	6:13	6:09			Rutterer		6:52	6:27	6:05		6:15	✓
+ Range	+	✓	6:12	6:02	5:57			Spieser		6:52	6:48	6:27		6:30	✓
+ Niesen		✓	6:22	6:08	5:56			McGinnis		6:35	6:07	—		6:00	
Caldwell		—	6:25	6:25	6:34	6:54		Leuchtmann		6:46	6:24	—			
+ Ebel	+	✓	6:34	6:21	6:13			Keeney							
Fingerhut		—	6:33	7:06	7:08	7:40		Buser		7:04	7:21	6:37		6:45	✓
								Colleda		8:45	7:55	7:12		7:30	✓
								Grunzinger		7:33	7:07	6:34		7:00	✓
								Nolan		8:45	7:56	7:51	342	7:30	
								Lewis		7:03	6:37	6:03		6:15	✓
														end	

10-16-95

10-12-95 Jog, cal stretch cal, 4 x 200 build ups, run course good pace, push up test, 6 x 200 build ups, jog, stretch

Name	200's	course	time	pulse	~~push ups~~ DISTANCE	~~200's~~ TIME	PULSE	Comments
✓ Brown	4		38:08	158	7.6	48:59	156	
✓ Chik		6	38:08	138	7.6	48:27	168	
✓ Fanson		6	39:39	185	7.6	48:27	178	
✓ Flynn		6	38:19	172	7.6	51:27	158	
Johnson		6	39:56	168	6.2	43:20	142	
✓ Blessing		6	38:19	152	7.6	48:38	174	
✓ Donnelly		6	38:22	162	7.6	48:27	164	
✓ Ramsey		6	39:10	172	7.6	48:58	168	
✓ Rosario		6	38:08	158	7.6	48:48	168	
Yates		6	40:19	156	6.2	39:50	168	
Myers								
Shen		5	40:28	172	6.2	57:30	152	
✓ Monda					4	33:46	156	
✓ Fitzgerald		5	38:40	150	4	33:46	128	
Monahan		5	40:52	148	6.2	40:12	148	
Graesser		6	42:00	150	7.6	51:00	158	
Bonk		5	43:09	142	5.2	39:17	156	
Voytas								
Nischwitz					6.2	43:26	156	
Burns		5	35:08	155	7.6	49:07	166	
Caldwell		5	37:66	180	6.2	42:55	174	
Niesen		5	40:04	164	6.2	44:00	162	
Range		6	40:13	164	7.6	49:56	168	
Heany		6	43:19	186	6.2	46:09	160	
Fingerhut		6	46:24	178	6.2	50:56	178	
Lauer		6	41:12	180	6.2	46:30	180	
Christie		6	40:12	154	6.2	43:01	148	
Donaldson		5	38:31	174	6.2	45:17	202	
Breslin		6	46:13	162	6.2	54:49	140	
Ebel		5	39:56	198	6.2	45:37	166	
Ruddy		6	43:16	160	6.2	46:25	176	
Melton		5	40:56	196	6.2	48:40	230	
Patton		5	43:15	180	6.2	48:07	190	
Biscan		6	47:07	184	6.2	49:00	188	
Schutte		5	41:29	172	6.2	54:47	142	
Crane		5	36:05	172	6.2	42:32	136	
Crow		6	42:20	166	6.2	42:33	180	
Senn		5	36:11	176	6.2	42:32	136	
Burns		5	39:10	165	6.2	44:57	168	
chaefer		5	36:09	174	6.2	41:23	156	
rlando		Most	ran	out	of finishers		164	
atterer		5	40:00	172	6.2	49:16	172	
Ginnis		5	40:44	120	6.2	42:15	156	
chtmann		5	36:09	144	6.2	43:52	144	
ney		5	44:19	160	6.2	55:39	160	
r		5	44:16	140	6.2	46:13	162	
da		5	47:15	168	6.2	59:27	152	
zinger		5	41:18	212	6.2	55:33	178	
		5	44:45	168	6.2	59:30	168	
		5	40:54	130	6.2	43:15	156	
eser		5	41:15	172	6.2	48:15	164	
UNIK		6	45:55	190	6.2	48:21	194	

10-17-95 Jog/Stretch/Cal/ 200's/Extra Cal/ Hybrid/Cal/ Jog/Stretch

Name	5k	400	400	400	400	800	800	800	400	400	400	400	2 mile	Comments
Brown		73	73	72	74	2:50	2:39	2:49		75	74	74	12:09	80 2:45 76
Chik		75	73	71	71	2:38	2:35	2:35	72	72	73	70	11:43	77 2:39 76
Fanson		79	78	77	75	2:47	2:39	2:40	74	72	74	68	11:31	79 2:55 76
Flynn		79	76	76	75	2:42	2:40	2:42	77	76	79	78	14:10	79 2:46 79
Johnson		80	79	81	79	2:55	2:56		79	76	81		13:25	83 3:00 79
Blessing		77	75	74	73	2:44	2:39	2:41	74	75	75	69	12:10	78 2:45 78
Donnelly		79	77	75	72	2:43	2:35	2:35	77	72	74	70	12:09	77 2:42 77
Ramsey	180 11:56	76	74	73	71	2:49	2:45	2:46	75	77	76	74		11:56 180
Rosario		78	75	75	74	2:42	2:39	2:41	75	45	76	74	12:09	77 2:43 77
Yates		79	76	76	74	2:47	2:42	2:39	74	72		68		80 2:50 77
Myers														
Shen		78	77	74	73	2:53	2:45		70	75	69			84 3:00 74
Monda		83	80	82	79	2:42	2:37	2:40	73	73	76	78	12:46	81 2:53 80
Fitzgerald													15:20	
Monahan		82	75	78	75	2:46	2:46		77	73	72		12:05	82 2:56 81
Graesser		81	80	80	78	2:52	2:48	2:53	82		79	78	12:50	81 2:59 81
Kopf														
Bonk		76	74	77	74	3:02	2:58		75	73	72		14:17	78 3:05 75
Voytas														
Nischwitz		84	80	82	82	2:56	2:57		81	82	77		13:58	84 2:58 84
Burns		85	82	83	82	3:00	3:02		82	80	78		13:15	82 3:05 82
Caldwell		86	82	86	86	3:09	3:11		85	89	87		15:22	81 3:06 84
Niesen		78	77	74	74		3:03		73	72				82 3:04 82
Range		80	79	78	78	2:49	2:50		78	76	76		12:45	
Heany														85 3:06 87
Fingerhut		87	84	82	85	3:05	2:58		83	91	82		15:17	
Lauer		80	78	78	75	2:52	2:49		78	76	75		12:4	
Christie		80	78	78	80	2:55	2:55		81	84	81		13:41	
Donaldson		87	83	83	84	3:07	3:03		83	85	81		14:27	
Breslin		86	83	82	77	2:55	2:46		74	75	82		14:22	
Kovarik		89	86	85	87	3:10	3:06		87	87	85		15:08	
Ebel		83	83	82	83	3:02	3:03		83	84	80		13:58	88 3:09 88
Ruddy		83	80	79	79	3:12	3:11		80	91	83		15:26	90 3:18 91
Melton		88	85	85	85	3:09	3:10		90		88		15:04	90 3:12 90
Patton		90	85	83	83	3:17	3:15		86	88	87		15:16	91 3:20 95
Biscan		93	86	88	93	3:22	3:21		96	95	94		15:49	90 3:27 95
Schutte		91	87	88	88	3:11	3:11		90	87	85		14:8	91 3:12 91

6th 400 75

RANGE