1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-10-09 FIRST PRACTICE Conditions:
Workout: Interview, jog to w.c./push test/dynamics/touchstones/OB aerobic: 10-8-6-4-3 2nd push /10-8-6 strides/jog home/full stretch

Name A	pu	dist	time	pulse	pace	com
[redacted]						
[redacted]						
COOKSON	50	10	70:14	164		
C FORD	61	10	70:14	156		
GABLER	100	10	70:14	136		
KONZEN	67	10	70:14	152		
B						
FLEMING	60	8	56:48	180		
B. FORD	39	8	56:48	176		
FRANEY	36	8	56:48	172		
JENNINGS X						
LICKENBROCK	40	8	56:48	168		
T. MCLAUGHLIN	42	8	56:48	144		
SECKFORT	40	6	41:33	180		
STOLTZE	50	8	56:48	168		
MEIER		8	57:58	172		
RATERMANN	59	6	44:13	180		
BESSWEIN X						
M. MCLAUGHLIN	74	8	56:48	164		
RUBBELKE	41	8	56:48	164		
D						
ZINK-DUDA	35	4	33:18	168		
Hoefel	37	4	29:30	192		

Name C	pu	dist	time	pulse	pace	com
BRADY	40	6	46:57	156		
BUFE	40	6	46:00	172		
FITZGERALD	46	6	39:57	136		
LINFIARES	43	6	43:00	168		
MINNICK	41	6	46:18	172		
HERRMANN	54	6	41:16	168		
[redacted]						
JACOBY		X				
CARROLL	32					
COOLEY	30	6	50:11	172		
FENTRESS						
FOX						
MCENERY	30	6	52:27	176		
REICHOLD	37	6	46:16	172		
POLLIHAN						
MALLILO	40	6	46:57	160		
RATERMAN		6	39:57	148		
D						
KUENSTING	45	4	33:41	166		
MCBRIDE	20	4		184		
M-B X						
MULLIGAN	32	4	33:41	200		
PAINO	40	4	35:19	192		
VARTY	44	4	27:17	200		
LEWIS	46	4	32:11	152		
BOEHM	50	3	21:21	176		
BARSON	30	4	33:41	156		
STINEHART	31	4	32:11	180		
UMANA X						
BOSSUNG X						
BODY X						
S BUFE	42	4	34:30	180		
DODD X						
GAINES	40	4	31:30	160		
GARDNER	50	4	29:30	168		
GRIFFARD X						
MUNKENAST	31	4	34:53			
E						
FLORDS	42	3	23:10	180		
BROMMEL X						
CANNON	42	3	23:10	160		
FISTER X						
KUEHNER	40	3	25:59	188		
C MADDEN	39	3	25:39	172		
E MADDEN	33	3	26:00	180		
RUBIO X						
GLASS	37	3	23:10	172		
MALONEY	33	3	23:10	164		
PILLA	33	3	26:10	180		
THORNBERRY	36	5	25:34	180		
FOX		3	24:00	—		

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-11-09 Conditions:
Jog WC/push/core/dynamics/plyo/aero grass loops:10-8-6/5-4-3/2nd push/10-8-6 strides/jog 1m

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D (cont.)**						
C. Ford		10	7325	156			J Earsom		4	3526	160		
B. Gabler		10	7325	148			J. Zink-Duda		4	3544	164		
E. Cookson		10	7325	164			J. Mungenast		4	3456	168		
T. McLaughlin		8	5959	172			C. Maloney		4	3456	168		
R. Konzen		10					E. Glass		3	2936	164		
							D. Gains		4	3456	160		
							S. Body		3	3020	176		
Group B							S. Cannon		4	3539	176		
T. Minnick		8	6027	156			S. Bufe		4	3457	192		
D. Fleming		8	6027	184			P. Bussung		4	3456	182		
B. Ford		8	5959	184			E. Umana		X				
T. Jennings		8	5959	164			FLOROS		3	2946	144		
B. Franey		8	6027	180			FISTER		3	3020	156		
B. Lickenbrock		8	6027	180			BRUMMELL		4	3456	168		
J. Meier		8	6000	160									
D Raterman		8	5959	168			**Group E**						
A. Ratermann	3	3	24:37	180			E. Thornberry		3	2843	180		
C. Stoltze		8	6000	160			S. Pilla		3	3020	180		
M. McLaughlin		8	6000	156			K. Madden		3	2839	164		
N. Rubbelke		8	6030	156			C. Madden		3	2840	176		
J Esswein		8	6000	[illegible]	168		M. Kuehner		3	2938	188		
THAMES		6	5159	184									
Group C													
N. Seckfort		6	4701	180			**Group F**						
A. Brady		6	5205	160			GILMORE		3	2745	176		
T. Varty		6	4931	224			PORTER		8	6027	156		
C. Fitzgerald		XT	7500	152			(G) ~~CARROLL~~		5	4038	164		
A. Boehm		3	24:37	160									
N. Hermann		6	4640	164			(E) Anders		3				
E. Lewis		5	4349	180									
B. Minden-Birk		5	4351	184									
A. Mellilo		6	4756	196									
P. Mulligan		5	4144	200									
W. Linhares		6	5000	184									
T. Kuensting		5	4208	164									
M. McBride		5	3836	196									
W. Bufe		6	5118	164									
D. Hoefel		5	3915	184									
L. Reichold		6	4701	160									
T. Gardner		5	3850	176									
G. Carroll		5	4038	164									
N. Fox		5	3850	176									
K. Jacoby		5	4203	172									
B. McEnery		6	5025	172									
M. Cooley		5	4415	172									
P. Fentress		6	4640	152									
A. Dodd		X											
Group D													
A. Paino		4	3529	188									
D. Stinehart		4	3456	180									
Griffard		5	3852	200									

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-12-09 Conditions:

Jog WC/push/dynamics/nuero/recovery on OB: A6-B5-C4-D3-E2 jog to meet frosh/2nd push/8-6 strides

FRESHMEN:Jog 1m/pulse-aerobics practice info/push-up test/dynamics/intro form and plyo/strides/jog

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D (cont.)**						
C. Ford		6	44:34	156			D. Stinehart		3	24:57	172		
B. Gabler		6	44:34	144			Paino		3	26:19	176		
E. Cookson		—	—	32			Griffard		4	31:37	164		
T. McLaughlin		6	44:34	156			J Earsom		—	—	—		
R. Konzen		6	44:34	164			J. Zink-Duda		3	24:53	164		
							J. Mungenast		3	24:55	158		
							C. Maloney		2	18:45	160		
Group B							E. Glass		2	18:45	164		
T. Minnick		5	38:53	160			D. Gains		3	25:00	144		
D. Fleming		5	38:53	176			S. Body		2	17:54	200		
B. Ford		5	38:53	168			S. Cannon		2	19:01	168		
T. Jennings		5	38:53	152			S. Bufe		3	25:00	180		
B. Franey		5	38:53	160			P. Bossung		3	25:00	164		
B. Lickenbrock		5	38:53	176			E. Umana		3	26:40	160		
J. Meier		5	38:53	156			Floros		2	19:01	140		
D Raterman		5	38:53	140			Fister		2	17:53	170		
A. Ratermann		3	20:50	180			Brummel		2	18:36	168		
C. Stoltze		5	38:53	156			CHURA		2	18:36	180		
M. McLaughlin		5	38:53	144			POLLIHAN		3	25:00	160		
N. Rubbelke		5	38:53	144			**Group E**						
J Esswein		5	38:52	160			E. Thornberry		2	18:44	172		
							S. Pilla		2	20:41	176		
PACKERS		4	29:37	172			K. Madden		2	18:39	168		
Group C							C. Madden		2	17:44	180		
N. Seckfort		4	29:53	176			M. Kuehner		2	18:44	158		
A. Brady		4	35:15	144			Anders		2	18:45	172		
T. Varty		4	33:00	200			S. RUGGIO		2	—	172		
C. Fitzgerald		4	29:37	128			S. CLARK		3	25:27	168		
A. Boehm		3	20:50	168			**Group F**						
N. Hermann		4	35:14	132			Shark Lavzos						
E. Lewis		4	34:45	156									
B. Minden-Birk		4	35:15	180									
A. Mellilo		4	29:54	150									
P. Mulligan		4	35:38	184									
W. Linhares		4	32:35	156									
T. Kuensting		4	35:37	168									
M. McBride		4	31:37	153									
W. Bufe		4	33:00	160									
Q. Thames		4	29:54	176									
D. Hoefel		4	33:00	190									
L. Reichold		4	29:51	156									
T. Gardner		4	31:37	164									
G. Carroll		4	35:30	152									
N. Fox		4	29:51	172									
K. Jacoby		4	35:19	144									
B. McEnery		4	36:28	176									
M. Cooley		4	34:45	172									
P. Fentress		4	35:40	124									
A. Dodd		4	31:37	172									
Group D													
~~A. Paino~~													

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-13-09 Conditions:
Jog WC/push/dynamics/plyo/Aero run grass loops: A10-B8-C6-D4-E3-F2
2nd push/10-8-6 strides/GROUP STRETCH/jog SLUH

Name	pu	dist	time	pulse	pace	com
Group A						
C. Ford						
B. Gabler						
E. Cookson		8	60:29	176		
T. McLaughlin		8	60:29	180		
R. Konzen		4	29:08	132		cut
Group B						
T. Minnick		6	46:23	160		
D. Fleming		8	62:07	164		
B. Ford		8	62:07	168		
T. Jennings		6	43:17	172		
B. Franey						
B. Lickenbrock		8	62:07	172		
J. Meier		8	62:07	172		
D Raterman		8	62:07	158		
A. Ratermann		4	29:08	172		cut
C. Stoltze		8	61:56	164		
M. McLaughlin		8	62:07	154		
N. Rubbelke		8	62:07	168		
J Esswein		7	50:51	148		*
Group C						
N. Seckfort		6	46:23	172		
A. Brady		6	47:11	164		
T. Varty						
C. Fitzgerald		6	43:17	160		
T. Rackers						
A. Boehm		4	29:08	164		cut
N. Hermann		6	44:30	172		
E. Lewis		6	52:11	180		
B. Minden-Birk		6	52:11	196		
A. Mellilo		5	38:35	180		
P. Mulligan		6	36:52	184		knee
W. Linhares		6	46:50	196		
T. Kuensting		6	52:11	184		
M. McBride		6	46:50	208		
W. Bufe		6	45:41	164		
Q. Thames		6	45:41	180		
D. Hoefel		6	48:30	204		
L. Reichold						
T. Gardner		6	47:29	164		
G. Carroll		6	47:50	172		
N. Fox		6	46:25	172		
K. Jacoby		6	48:58	168		
B. McEnery		6	56:32	164		
M. Cooley		6	43:56	176		cut
P. Fentress		6	47:30	168		
A. Dodd		6	47:43	176		
Rackers		6	43:17	168		

Name	pu	dist	time	pulse	pace	com
Group D						
A. Paino		4	31:48	180		
D. Stinehart		4	35:42	180		
Paino						
Griffard		6	44:58	172		
J Earsom						inj
J. Zink-Duda		4	35:20	160		
J. Mungenast		4	33:39	176		
C. Maloney		4	33:56	160		
~~E. Glass~~						
D. Gains		4	33:20	160		
S. Body		3	24:05	192		
S. Cannon		3	26:21	160		wrong turn
S. Bufe		4	33:39	180		
P. Bussung		4	33:55	160		
E. Umana		4	35:52	164		
Floros		4	33:20	160		
Fister		3	24:05	184		
Brummel		3	26:21	164		wrong turn
Chura						
Pollihan		4	33:39	184		
Rubio		2	20:40	160		
Group E						
E. Thornberry		3	25:45	180		
S. Pilla		3	28:29	176		
K. Madden		3	26:26	168		
C. Madden		3	23:50	180		
M. Kuehner		3	27:49	184		
Anders		4	35:87	182		
Clark		4	33:39	184		
Group F						
Archer		3	29:41	192		
Chott		2	19:38	154		
Clohisy		3	24:10	164		
Curran		3	25:45	180		
~~Gardner~~						
Esma		2	16:40	150		
~~Gruebel~~						
Hannon		2	20:40	172		
Kimble		2	18:30	154		
Lawder		3	29:47	200		
Moody		2	19:10	192		
Nicholoson		2	16:40	144		
Raeber		3	23:50	176		
Philip		2	17:50	184		
Vicini		3	23:50	166		
Wottowa		2	17:50	164		
McCann		2	16:40	160		
Bruns		2	16:40	160		
Wilhelm		2	19:10	144		
Murth		6	48:30	176		
Coach G		4	33:40	176		

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-14-09 Conditions:
Jog CF/push/dynamics/Aero timed run on alum 1k loop plus: A50-BC40-D30-EF SLUH
2nd push/10-8-6 strides/Asseb,e Alum event/GROUP STRETCH

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D**						
C. Ford							A. Paino						
B. Gabler							D. Stinehart						
E. Cookson							Griffard ✓	X					
T. McLaughlin							J Earsom						
R. Konzen							J. Zink-Duda						
							J. Mungenast						
Group B							C. Maloney						
T. Minnick ✓	X						E. Glass						
D. Fleming							D. Gains						
B. Ford							S. Body						
T. Jennings							S. Cannon ✓	X					
B. Franey							S. Bufe						
B. Lickenbrock							P. Bossung						
J. Meier							E. Umana ✓	X					
D Raterman							Floros						
A. Ratermann							Fister						
C. Stoltze							Brummel ✓	X					
M. McLaughlin							Chura ✓	X					
N. Rubbelke							Pollihan						
J Esswein													
							Group E						
							E. Thornberry						
Group C							S. Pilla						
N. Seckfort ✓	X						K. Madden						
A. Brady							C. Madden						
T. Varty							M. Kuehner						
C. Fitzgerald							Anders						
T. Rackers							Rubio						
A. Boehm							Archer						
N. Hermann ✓	X						Clohisy						
E. Lewis							Curran						
B. Minden-Birk							Lawder						
A. Mellilo							**Raeber**						
A. Mueth							Vicini						
P. Mulligan ✓	X												
W. Linhares							**Group F**						
T. Kuensting							**Rubio**						
M. McBride							Chott						
W. Bufe							Essma						
Q. Thames							Hannon						
D. Hoefel							Kimble						
L. Reichold							Moody						
T. Gardner							Nicholoson						
G. Carroll							Philip						
N. Fox							Wottowa						
K. Jacoby							McCann						
B. McEnery ✓	X						Bruns						
M. Cooley							Wilhelm						
P. Fentress													
A. Dodd													

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-17-09 Conditions:
Jog WC/push/dynamics/plyo/Aero run on OB 10-8-6-4-3/2nd pusk/step-ups/strides 10-8-6/stretch/jog

Name	pu	dist	time	pulse	pace	com	Name	pu	dist	time	pulse	pace	com
Group A							**Group D**						
C. Ford		10	69:46	152	–	–	A. Paino		4	39:52	176		
B. Gabler		10	69:46	160			D. Stinehart		4	36:57	172		
E. Cookson		OUT OF TOWN					Griffard		6	46:06	168		
T. McLaughlin							J Earsom						
R. Konzen		10	69:46	156			J. Zink-Duda		4	38:59	164		
							J. Mungenast		4	37:31	172		
Group B							C. Maloney	✓	3	✓	160		
T. Minnick		8	56:39	156	best	ever	E. Glass	✓	3	✓	152		
D. Fleming	✓	6	46:06	180	right foot hurt		D. Gains	✓	4	38:44	152		
B. Ford		8	54:52	168			S. Body		3	31:32			
T. Jennings		10	46:42	200	could not breath		S. Cannon	✓	3				
B. Franey		8	54:56	180			S. Bufe	✓	4	38:40	164		
B. Lickenbrock		8	54:57	176	slow	☹	P. Bussung	✓	4	37:33	164		
J. Meier		8	55:17	164			E. Umana	✓	4	38:49	172		
D Raterman		8	54:58	152			Floros	✓	3	✓	144		
A. Ratermann		6	49:22	180			Fister		3	34:00	164		
C. Stoltze		8	54:57	160		☺	Brummel	✓					
M. McLaughlin		8	54:52	156			Chura	✓	3	33:46	[illegible]		
N. Rubbelke							Pollihan	✓	4	37:34	148		
J Esswein		6	45:40	188	sick	feeling	Simon Clark	✓	4	36:44	152		
							Group E						
							E. Thornberry	✓	3(4)	37:26	180		
Group C							S. Pilla		3	36:43	180		
N. Seckfort		6.5	49:04	164			K. Madden	✓	3(4)	37:15	160		
A. Brady		6/7	50:50	156			C. Madden	✓	3(4)	32:15	164		
T. Varty		6/7	49:08	200			M. Kuehner	✓	3(4)	37:24	[illegible]		
C. Fitzgerald		6/7	50:25	144	sick		Anders (D) (D)	✓	4(5)	37:33	172		
T. Rackers		8	55:19	168			Rubio						
A. Boehm	?	5	39:16	160			Archer						
N. Hermann		6	46:08	148	heck a rest		Clohisy						
E. Lewis							Curran						
B. Minden-Birk	✓	6	58:04	186			Lawder	✓	3	39:09	164		
A. Mellilo		6	46:42	180			**Raeber**	✓	4	38:45	188		
Mueth	✓	6/7	56:13	164			Vicini	✓	4	37:37	164		
P. Mulligan	✓	6	48:18	180									
W. Linhares							**Group F**						
T. Kuensting							**Rubio**	✓	3	29:23	164	–	—
M. McBride							Chott						
W. Bufe	✓	6	52:12	160	Fast	warm	Essma						
Q. Thames	✓	6	47:52	176			Hannon	✓	3	29:41			
D. Hoefel	✓	6	56:13	180			Kimble		3	✓	156		
L. Reichold							Moody						
T. Gardner	✓	5	40:31	160			Nicholoson	✓	3	34:16			
G. Carroll	✓	5	46:20	160			Philip	✓	3		172		
N. Fox	✓	5	40:22	168			Wottowa	✓	3		168		
K. Jacoby	✓	6	47:41	188			McCann	✓	3		165		
B. McEnery	✓	6	56:23	172			Bruns						
M. Cooley	✓	6	55:40	172			Wilhelm	✓	3	36	164		
P. Fentress	✓	6	46:20	200			Stolzer	✓	3	30	160		
A. Dodd	✓	5	40:31	164									

Coach Gilmore ✓ 5+ 45:00 176

Mimlitz ✓ 3 34:14 —
Pertzborn 6 59

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-18-09 Conditions:

Jog WC/push/dynamics/plyo/CORE/Aero run on GL 10-8-6-4-3/2nd pusk/step-ups/ strides 10-8-6/stretch/jog

Name	pu	dist	time	pulse	pace	com
Group A						
C. Ford		10	71:20	160		
B. Gabler		8.5	60:00	140		
E. Cookson		8.5	60:00	184		
T. McLaughlin DD						
R. Konzen		10	71:20	160		
Group B						
T. Minnick DD						
D. Fleming		5	37:43	184		
B. Ford		6	45:39	164		
T. Jennings Sick						
B. Franey		8	58:32	176		
B. Lickenbrock		8	58:32	170		
J. Meier		8	58:32	160		
D Raterman		8	58:32	160		
A. Ratermann		5	37:43	160		
C. Stoltze DD						
M. McLaughlin		8	58:32	156		
N. Rubbelke		8	58:32	164		
J Esswein		6	45:40	156		
Rackers		8	58:32	164		
Group C						
N. Seckfort DD						
A. Brady		6	47:38	148		
T. Varty		6	45:27	216		
C. Fitzgerald		6	45:00	160		
T. Rackers Twice		8	58:32	164		
A. Boehm		5	37:43	164		
N. Hermann		6	45:59	160		
E. Lewis						
B. Minden-Birk		6	49:23	186		
A. Mellilo		6	49:57	168		
A. Mueth		5	43:04	160		
P. Mulligan		6	53:18	180		
W. Linhares		6	45:39	168		
T. Kuensting		6	50:40	184		
M. McBride		6	45:40	204		
W. Bufe		6	49:57	160		
Q. Thames DD						
D. Hoefel		5	43:04	192		
L. Reichold						
T. Gardner		6	48:38	156		
G. Carroll		6	50:30	144		
N. Fox		6	45:39	168		
K. Jacoby		5	43:04	172		
B. McEnery		6	53:18	180		
M. Cooley		6	50:44	176		
P. Fentress		6	46:00	160		
A. Dodd		6	48:38	160		
Coach L		5	40:00	180		

Name	pu	dist	time	pulse	pace	com
Group D						
A. Paino		4	34:51	176		
D. Stinehart		4	34:51	180		
Griffard		6	48:05	168		
J Earsom						
J. Zink-Duda		4	37:16	164		
J. Mungenast		3	24:41	184		
C. Maloney		3	29:18	160		
E. Glass		3	29:18	172		
D. Gains		5	37:53	164		
S. Body		3	27:54	192		
S. Cannon		4	34:16	152		
S. Bufe		4	34:16	156		
P. Bussung		4	34:51	164		
E. Umana		4	36:10	160		
Floros		3	29:18	160		
Fister		3	28:00	176		
Brummel		4	34:16	168		
Chura		4	34:16	156		
Pollihan		4	34:16	156		
Mimlitz		3	26:14	180		
Group E						
E. Thornberry		3	25:41	176		
S. Pilla		3	30:34	160		
K. Madden		3	25:42	160		
C. Madden		4	34:51	180		
M. Kuehner		3	29:05	184		
Anders		4	34:57	164		
Rubio listed twice						
Archer		4	31:20	176		
Clohisy		3	24:46	144		
Curran		4	34:26	172		
Lawder		2	19:35	168		
Raeber		3	29:18	184		
Vicini		4	34:57	176		
Clark		4	31:25	168		
Group F						
Rubio		2	22:10	171		
Chott		2	19:45	184		
Essma		3	25:00	180		
Hannon DD						
Kimble DD						
Moody		2	19:20	232		
Nicholoson		2	19:19	148		
Philip		3	26:15	196		
Wottowa		3	25:42	164		
McCann DD						
Bruns		3	24:57	124		
Wilhelm		2	22:10	176		
Pertzborn		3	24:42	156		
Stelter						
Dowd		4	31:20	184		
Rancilio		4	34:57	146		
Brooks		2	22:10	160		
Moran		2	19:48	?		

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-18-09 Conditions:
Jog CF/pushCORE/dynamics/TEMPO run on CF 5-4-3-2/2nd push/recovery SLUH/team stretch

Name	pu	dist	time	pulse	pace	com
Group A						
C. Ford		5	29:40	154	5:56	
B. Gabler		4	24:16	170	6:04	
E. Cookson		3	18:14	192		
T. McLaughlin		5	30:40	192	6:08	
R. Konzen		2.5	15:20	164		quads
Group B						
T. Minnick		4	26:02	172		
D. Fleming	3	3	19:41	192		
B. Ford		3	15:41	208		
T. Jennings DD						
B. Franey		4	26:20	150		
B. Lickenbrock		4	28:30	212	7:08	
J. Meier	4	4	25:24	154		
D Raterman		4	25:17	180		
A. Ratermann		3	15:58	180		
C. Stoltze		4	25:23	180		
M. McLaughlin	4	4	26:04	172		
N. Rubbelke	4	4	25:38	160		
J Esswein	4	3	19:56	158		
Rackers	4	4	25:15	192		
Group C						
B N. Seckfort		4	25:25	196		
A. Brady		3	21:45	156		
T. Varty		4	27:16	200	6:49	
C. Fitzgerald Aerobic		4	29:15	176		
~~T. Rackers~~						
A. Boehm		3	19:46	180		
N. Hermann		4	26:08	172		
E. Lewis						
B. Minden-Birk		4	32:00	198		
A. Mellilo		4	27:39	192		
A. Mueth		3	21:28	192		
P. Mulligan		3	23:39	192		
W. Linhares	3	3	22:02	156		
T. Kuensting		3	23:38	200	7:50	
M. McBride		3	20:55	204		
W. Bufe DD						
Q. Thames Aerobic		4	30:48	168		
D. Hoefel		3	21:28	204		
L. Reichold						
T. Gardner		4.5	25:28	176		
G. Carroll		3	24:33	150		
N. Fox	3	3	20:52	154		
K. Jacoby		3	23:41	146		
B. McEnery		3	25:44	154		
M. Cooley	3	3	24:50	150		
P. Fentress		3	20:10	160		
A. Dodd	3	3	21:28	150	7:10	

Name	pu	dist	time	pulse	pace	com
Group D		5	23:29	192		
A. Paino						
D. Stinehart		2	15:49	170		
Griffard		3	22:03	160		
J Earsom inj						
J. Zink-Duda		3	25:01	158		
J. Mungenast		2	15:25	169		
C. Maloney		2	15:40	160		
E. Glass		2	18:02	174		
D. Gains		3	23:13	172		
S. Body		2	16:27	200		
S. Cannon		2	15:40	150		
S. Bufe		3	23:10	184		
P. Bussung		3	24:40	190		
E. Umana		3	29:25:19	154		
Floros		2	17:09	150		
Fister		2	15:39	188		
Brummel		2	15:40	160		
Chura		3	24:10	160		
Pollihan		3	21:29	154		
Mimlitz		2	17:38	158		
Group E						
E. Thornberry		2	15:43	180		Excused
S. Pilla		2	17:13	150		
K. Madden		2	16:59	172		
C. Madden		2	16:10	172		
M. Kuehner		2	16:45	192		
Anders		3	25:40	195		
Clark		3	22:21	182		
Archer		2	14:09	176		
Clohisy		2	15:07	144		
Curran		2	15:12	176		
Lawder DD						
Raeber DD						
Vicini		2	15:11	168		
Group F						
Rubio		2	20:58	192		
Chott		2	18:52	188		
Essma		2	16:26	164		
Hannon		1.5	~~22:26~~	~~164~~		
Kimble		2	17:41	172		
Moody DD						
Nicholoson DD						
Philip DD						
Wottowa		2	17:11	176		
McCann						
Bruns		2	15:05	164		
Wilhelm Knee						
Pertzborn DD						
Stelzer		2	17:10	160		
Dowd		2	13:27	168		
Rancillio DD						
Brooks DD						
Moran DD						
Groesch		2	16:39	172		
Bergman		2	16:49	150		
Surhe						

4:32

4:32

~~P. Ford 20:56 192~~

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

16:15-16:45 16:45 17:30 17:30 18:30 19:30-20:30 20:30 21:30

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

2:50 3:10 3:20 3:30

DATE: 8-20-09 Conditions:

Jog CF/push/dynamics/NUERO/OB loops 8-6-5-4-3-2/2nd push/10-8-6 strides/ SLUH/team stretch

WEIGHTS

Name	pu	dist	time	pulse	pace	com
Group A						
C. Ford 1						
B. Gabler 1						
E. Cookson 1		8	62:02	160		
T. McLaughlin 1		6	44:10	168		ankle
R. Konzen 1		8	62:02	157		
Group B						
T. Minnick 1		6	44:10	160		
D. Fleming 2		5	38:08	172		
B. Ford 2						
T. Jennings 1		4	29:34	180		
B. Franey 1						
B. Lickenbrock 3		8	62:02	158		
J. Meier 2		8	62:02	156		
D Raterman 1		8	62:02	140		
A. Ratermann 2		5	38:08	160		
C. Stoltze 1		8	1:00:36	164		
M. McLaughlin 2		8	62:02	144		
N. Rubbelke 1		8	62:02	144		
J Esswein 2						
Rackers 1		8	62:02	148		
Group C						
N. Seckfort 1	6	45:30	160			
A. Brady 3		6	47:17	148		
T. Varty 2		6	44:25	180		
C. Fitzgerald 2		6	44:38	162		
~~[illegible]~~						
A. Boehm 3		5	38:08	160		
N. Hermann 3		6	45:43	156		
E. Lewis 4		6	48:15	164		
B. Minden-Birk 4		6	48:50	194		
A. Mellilo 3		6	44:39	192		
A. Mueth 3		6	51:11	164		
P. Mulligan 4		6	47:28	184		
W. Linhares 3		5	39:30	172		
T. Kuensting 4		6	54:53	156		
M. McBride 3		6	46:42	188		
W. Bufe 2		6	45:32	160		
Q. Thames 3		4	31:48	168		
D. Hoefel 3		6	51:11	188		
L. Reichold R	INJ	—	—	—		
T. Gardner 2		6	47:57	148		
G. Carroll 4		5	39:30	152		
N. Fox 3		6	47:07	152		
K. Jacoby 4		6	50:54	164		
B. McEnery 5		5	44:23	180		
M. Cooley 5		6	50:44	176		
P. Fentress 3		5	38:20	168		
A. Dodd 3		6	47:53	152		

Name	pu	dist	time	pulse	pace	com
Group D						
A. Paino 5		5	40:31	184		
D. Stinehart 5		4	32:36	180		
Griffard 3		6	46:58	164		
J Earsom (R)		—				
J. Zink-Duda 5		4	34:26	180		
J. Mungenast 5		3	24:19	180		
C. Maloney 5		3	26:54	164		
E. Glass 5		3	27:04	172		
D. Gains 4		6	48:29	152		
S. Body 5		3	25:01	192		
S. Cannon 5		4	36:46	152		
S. Bufe 5		5	40:31	172		
P. Bussung 5		4	31:43	156		
E. Umana 5		4	33:58	160		
Floros 5		3	27:04	164		
Fister 5		3	24:19	200		
Brummel 5		4	33:59	180		
Chura 5		4	33:59	180		
Pollihan 3		6	~~[illegible]~~ ~~152~~		48:29	172
Mimlitz 5		3	24:46	188		
Group E						
E. Thornberry 5		4	33:34	192		
S. Pilla (D) 5		3	30:35	172		
K. Madden 6		3	25:12	168		
C. Madden 5		4	31:42	172		
M. Kuehner 5		3	25:48	184		
Anders 5		4	32:40	160		
Clark 5		4	31:49	~~[illegible]~~		
Archer 4		4	31:18	168		
Clohisy 4						
Curran 5		4	33:48	160		
Lawder 5		3	27:10	184		
Raeber 5		3	25:23	176		
Vicini 4		DD	—	—		
Group F						
Rubio 7		2	23:08	160		
Chott 6		2	20:24	188		
Essma 5		3	24:20	156		
Hannon 7		2	23:01	—	TAREW-UP!	
Kimble 6		3	27:56	172		
Moody 6		3	26:55	?		
Nicholoson 5		3	26:30	144		
Philip 6		3	26:45	192		
Wottowa 6		DD	—	—		
McCann 5		3	24:19	200		
Bruns 4		4	31:45	196		
Wilhelm 6		DD	—	—		
Pertzborn 5		OT	—	—		
Stelzer 6		DD	—	—		
Dowd 4		4	31:18	180		
Rancillio 6		3	27:23	160		
Brooks ?						
Moran 7		3	25:23	180		
GROESCH 5		3	25:23	180		
BERGMAN 6		3	26:30	210		

CALL BURNE! 6

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-21-09 Conditions:

Jog WC/push/CORE/plyo/OBLE loop 8-6-5-4-3-2/2nd push/10-8-6 strides/ SLUH/team stretch WEIGHTS

Name	pu	dist	time	pulse	pace	com
Group A						
C. Ford ✓						
B. Gabler ✓						
E. Cookson ✗						
T. McLaughlin ✗						
R. Konzen ✓						
Group B						
T. Minnick ✓		6	42.06	156		
D. Fleming ✓		6	46.22	164		
B. Ford ✓						
T. Jennings ✓		6	42.06	168		
B. Franey ✓						
B. Lickenbrock ✓						
J. Meier ✓						
D Raterman ✗						
A. Ratermann ✓		6	46.06	160		
C. Stoltze ✓						
M. McLaughlin ✓						
N. Rubbelke ✓						
J Esswein ✓		5	38.30	144		
Rackers ✓						
Group C						
N. Seckfort ✓		6	46.20	140		
A. Brady ✓						
T. Varty ✓		6	46.06	180		
C. Fitzgerald ✓		6	[illegible]	120		
~~J. Rackers~~						
A. Boehm ✓		6	46.07	160		
N. Hermann ✗						
E. Lewis ✓		6	46.22	156		
B. Minden-Birk ✓		6	46.27	179		
A. Mellilo ✓		6	45.59	164		
A. Mueth ✓		6	47.47	168		
P. Mulligan ✗						
W. Linhares ✓						
T. Kuensting ✗						
M. McBride ✓		6	46.22	180		
W. Bute ✓						
Q. Thames ✗						
D. Hoefel ✓		6	48.47	189		
L. Reichold ✗						
T. Gardner ✓		5	39.45	140		
G. Carroll ✓		5	39.45	152		
N. Fox ✓		5	38.48	156		
K. Jacoby ✓		6	47.31	164		
B. McEnery ✓		6	50.49	172		
M. Cooley ✓		6	49.24	164		
P. Fentress ✓		5	39.45	148		
A. Dodd ✓		5	38.48	140		

Name	pu	dist	time	pulse	pace	com
Group D						
A. Paino ✓		4	31.39	154		
D. Stinehart ✓		4	32.26	160		
Griffard ✓		6	44.32	154		
J Earsom ✗						
J. Zink-Duda ✓		4	33.40	164		
J. Mungenast ✓		4	30.04	172		
C. Maloney ✓		3	25.30	164		
E. Glass ✓		3	25.30	168		
D. Gains ✓		5	39.45	148		
S. Body ✓		3	24.15	180		
S. Cannon ✗						
S. Bute ✓		4	32.26	140		
P. Bussung ✓		4	32.05	140		
E. Umana ✓		4	35.01	164	got	lost
Floros ✗						
Fister ✓		4	32.15	160		
Brummel ✗						
Chura ✗						
Pollihan ✓		5	40.00	152		
Mimlitz ✓		4	35.01	176	got	lost
Group E						
E. Thornberry ✓		4	35.06	160		
S. Pilla ✓		3	25.49	164		
K. Madden ✓		3	26.51	168		
C. Madden ✓		4	32.05	156		
M. Kuehner ✓		4	35.17	176		
Anders ✓		4	32.05	160		
Clark ✓		5	38.48	164		
Archer ✓		4	31.30	152		
Clohisy ✗						
Curran ✓		4	32.18	172		
Lawder ✓		4	33.07	176		
Raeber ✓		5	39.45	176		
Vicini ✓		5	39.45	168		
Group F						
Rubio ✓		2	—	160	watch malfunction	
Chott ✓		3	28.42	182		
Essma ✓		3	25.31	160		
Hannon ✓						
Kimble ✓		3	26.30	182		
Moody ✓		3	25.33	180		
Nicholoson ✓		4	32.45	148		
Philip ✓		3	26.57	182		
Wottowa ✓		3	28.26	180		
McCann ✓		5	38.48	180		
Bruns ✓		3	25.21	164		
Wilhelm ✗						
Pertzborn ✗						
Stelzer ✓		3	25.35	160		
Dowd ✓		4	31.30	148		
Rancillio ✓		4	32.35	180		
Brooks ✗						
Moran ✓		3	25.25	182		
SHRE ✓		4	38.10	160		
CROSSCH ✓		4	33.26	180		
BERGMAN ✓		3	26.36	172		

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-22-09 Conditions:
Jog CF/push/full stretch/2xstrides/ABC fartlek 10-6 k CDEF 800m repeats
/2nd push/extended jog/stretch/WEIGHTS

Name	pu	dist	time	pulse	pace		com
Group A							
C. Ford							
B. Gabler							
E. Cookson							
T. McLaughlin							
R. Konzen							
Group B							
T. Minnick							
D. Fleming							
B. Ford							
T. Jennings							
B. Franey							
B. Lickenbrock							
J. Meier							
D Raterman							
A. Ratermann							
C. Stoltze							
M. McLaughlin							
N. Rubbelke							
J Esswein							
Rackers							
Group C							
N. Seckfort							
A. Brady							
T. Varty							
C. Fitzgerald							
T. Rackers							
A. Boehm							
N. Hermann	2:59	2:52	2:51	2:49	2:47	2:47	2:38
E. Lewis							
B. Minden-Birk							
A. Mellilo							
A. Mueth	3:04	3:5	2:53	2:52	2:52	2:50	2:44
P. Mulligan							
W. Linhares							
T. Kuensting							
M. McBride							
W. Bufe							
Q. Thames							
D. Hoefel							
L. Reichold							
T. Gardner							
G. Carroll	3:05	3:05	3:04	3:11	3:05	3:5	2:54
N. Fox							
K. Jacoby	3:11	3:09	3:06	3:07	3:09		
B. McEnery	3:21	3:19	3:18	3:19	3:17	3:18	3:16
M. Cooley	3:34	3:29	3:34	3:47	3:56	4:02	3:44
P. Fentress							
A. Dodd	3:00	2:59	2:54	2:58	3:06	3:02	2:54

Name	pu	dist	time	pulse		pace	com
Group D							
A. Paino	3:19	3:16	3:16	3:14	3:13	3:03	
D. Stinehart	—	25:00	[illegible]	172		timed	run
Griffard	—						
J Earsom	—						
J. Zirik-Duda	3:20	3:13	3:11	3:11	3:05	2:46	
J. Mungenast	3:19	3:14	3:13	3:15			
C. Maloney	3:10	3:10	3:10	3:15			
E. Glass	—						
D. Gains	3:04	3:59	2:58	3:06	3:01	3:04	2:5
S. Body	3:20	3:16	3:03	3:09			
S. Cannon	—						
S. Bufe	3:16	3:14	3:13	3:15	3:16	3:11	
P. Bussung	3:16	3:13	3:10	3:11	3:06	2:59	
E. Umana	3:19	3:17	3:20	3:27	3:00	3:09	
Floros							
Fister	3:19	3:16	3:15	3:16	3:17		
Brummel	3:04	3:10	3:04	3:03	2:55	2:46	
Chura	3:04	3:10	3:08	3:16	3:15	3:10	
Pollihan	—						
Mimlitz	3:19	3:18	3:17	3:16	3:17		
Group E							
E. Thornberry	3:25	3:20	3:19	3:17	3:07		
S. Pilla	3:21	3:30	3:19	3:23	3:15		
K. Madden	3:31	3:20	3:30	3:28	3:23		
C. Madden	3:16	3:10	3:08	3:07	3:06	2:57	
M. Kuehner	3:21	3:17	3:14	3:15	3:08		
Anders	—						
Clark	3:15	3:10	3:07	3:04	3:05	2:57	
Archer	3:02	2:59	3:05	3:05	3:04		
Clohisy							
Curran	3:19	3:16	3:07	3:10	3:08		
Lawder	3:36	3:35	3:34	3:41	3:30		
Raeber	3:18	3:16	3:08	3:10	3:03		
Vicini	2:56	2:51	2:52	2:48	2:56		
Group F							
Rubio	3:49	3:46	4:04	3:52			
Chott	3:43	3:48	3:46	3:56			
Essma	3:19	3:17	3:19	3:20			
Hannon	3:26	3:26	4:18	4:40			
Kimble	3:32	3:32	3:34	3:26			
Moody	3:30	3:18	4:03	4:16			
Nicholoson	3:18	3:16	3:02	3:03	3:07		
Philip	3:25	3:20	3:28	3:42			
Wottowa	3:21	3:19	3:25	3:24	3:22		
McCann	3:18	3:16	3:08	3:11			
Bruns	3:15	3:12	3:10	3:09	3:07	3:00	
Wilhelm	—						
Pertzborn	—						
Stelzer	3:34	3:32	3:37	3:29			
Dowd	2:55	2:58	3:07	2:51	3:03		
Rancillio	3:17	3:4	3:01	2:53	2:46		
Brooks	—						
Moran	—						
Groesh	3:18	3:15	3:08	3:05	3:03		
Bergmann	3:37	3:36	3:34	3:30	3:24		
Surhe	3:31	3:29	3:31	3:27			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-22-09 Conditions:
Jog CF/push/full stretch/2xstrides/ABC fartlek 10-6 k CDEF 800m repeats
/2nd push/extended jog/stretch/WEIGHTS

Name	pu	dist	time	pulse	pace		com	Name	pu	dist	time	pulse		pace	com
Group A								**Group D**							
C. Ford		10	37:29	184				A. Paino							
B. Gabler		10	38:30	172				D. Stinehart							
E. Cookson		8	30:37	176				Griffard		6	25:53	190			
T. McLaughlin		10	38:30	180				J Earsom							
R. Konzen			39:20	176				J. Zink-Duda							
		K						J. Mungenast							
Group B								C. Maloney							
T. Minnick		8	31:38	176				E. Glass							
D. Fleming		6	24:32					D. Gains							
B. Ford		8	[illegible]	204	32:49		Have mes up	S. Body							
T. Jennings		6	23:42	204				S. Cannon							
B. Franey		8	31:07	180				S. Bufe							
B. Lickenbrock		6	25:11	190				P. Bussung							
J. Meier		8	31:07	176				E. Umana							
D Raterman		8	31:07	172				Floros							
A. Ratermann		6	23:51					Fister							
C. Stoltze		8	31:07	160				Brummel							
M. McLaughlin		8	32:05	172				Chura							
N. Rubbelke		8	31:07	172				Pollihan		6	25:50	188			
J Esswein		5K	14:58	188				Mimlitz							
Rackers		8	31:07	186				**Group E**							
								E. Thornberry							
Group C		6	23:32					S. Pilla							
N. Seckfort		✓	✓	172				K. Madden							
A. Brady		6	26:14	164				C. Madden							
T. Varty		6	25:02	200				M. Kuehner							
C. Fitzgerald		6	24:32	196				Anders							
~~T. Rackers~~								Clark							
A. Boehm		6	25:04	180				Archer							
N. Hermann								Clohisy							
E. Lewis		6	27:36	184				Curran							
B. Minden-Birk		6	27:36	190				Lawder							
A. Mellilo		6	25:26	160				Raeber							
A. Mueth								Vicini							
P. Mulligan		6	27:36	188				**Group F**							
W. Linhares		6	26:30	200				**Rubio**							
T. Kuensting		6	27:36	196				Chott							
M. McBride		6	25:27	200				Essma							
W. Bufe		6	27:50	176				Hannon							
Q. Thames								Kimble							
D. Hoefel		6	25:50	188	26:50			Moody							
L. Reichold								Nicholoson							
T. Gardner		10K	34:13					Philip							
G. Carroll								Wottowa							
N. Fox		6	25:27	184				McCann							
K. Jacoby								Bruns							
B. McEnery								Wilhelm							
M. Cooley								Pertzborn							
P. Fentress		6	25:11	176				Stelzer							
A. Dodd								Dowd							
								Rancillio							
								Brooks							
								Moran							

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-24-09 Conditions:

Jog WC/push/CORE/plyo/ 10-8-6-5-4-3-2 OS scenic/2nd push/12-10-8 strides/jog SLUH/stretch

Name	pu	dist	time	pulse	pace		com
Group A							
C. Ford 1		10	70:25	160			
B. Gabler 1		10	70:25	140			
E. Cookson		10	70:25	164			
T. McLaughlin		8	56:36	176			
R. Konzen		10	70:25	156			
Group B							
T. Minnick		8	59:26	164			
D. Fleming		9	40.25	180			
B. Ford		8	59:33	156			
T. Jennings		8	57:18	192			
B. Franey		8	56:36	176			
B. Lickenbrock		6	42.29	172			
J. Meier		8	56:36	164			
D Raterman		8	56:36	160			
A. Ratermann		6	42.29	164			
C. Stoltze		8	56:36	160			
M. McLaughlin		8	56:36	156			
N. Rubbelke		8	[illegible]	164			
J Esswein		5	38:45	178			
Rackers		8	59:26	156			
Group C							
N. Seckfort		6	42.29	172			
A. Brady		6	44.39	156			
T. Varty		6	43.23	192			
C. Fitzgerald		8	56:36	152			
A. Boehm		6	42.29	148			
N. Hermann		6.5	48.32	164			
E. Lewis		6	47.47	168			
B. Minden-Birk		6	46.47	194			
A. Mellilo		6	47.59	194			
A. Mueth		6	49.09	190			
P. Mulligan		6	46.47	160			
W. Linhares		5	40.25	196			
T. Kuensting		6.5	46.47	196			
M. McBride		6	43.53	184			
W. Bufe		6	48:20	160			
Q. Thames		—					
D. Hoefel		6	48.19	192			
L. Reichold		—					
T. Gardner		6	44.39	164			
G. Carroll		6.5	50.35	160			
N. Fox		6	44.09	176			
K. Jacoby		6	40.00	148			
B. McEnery		6	52:42	172			
M. Cooley		6	47.59	176			
P. Fentress		6	50.15	140			
A. Dodd		6	44.09	172			

Name	pu	dist	time	pulse		pace	com
Group D							
A. Paino	192	5	37.04				
D. Stinehart	180	4	32.49				
Griffard	160	6	44.02				
J Earsom	XT						
J. Zink-Duda	160	4	33.08				
J. Mungenast	152	4	30.11				
C. Maloney							
E. Glass							
D. Gains	156	6	50.15				
S. Body	212	4	31.57				
S. Cannon	172	4	35.10				
S. Bufe	180	5	37.10				
P. Bussung	192	4	31.50				
E. Umana	164	4	34.33				
Floros							
Fister	172	4	31.57				
Brummel	160	4	35.08				
Chura	180	4	34.30				
Pollihan	160	6	50.01				
Mimlitz	184	4	32.09				
Group E							
E. Thornberry	150	3	28.18				
S. Pilla	164	3	28.18				
K. Madden	172	4	32.10				
C. Madden	172	4	31.50				
M. Kuehner		2	17.53				
Anders	172	4	34.33				
Clark	148	5	37.10				
Archer	180	4	30.13				
Clohisy	164	4	32.03				
Curran	124	2	24				
Lawder	188	4	35.40				
Raeber	172	4	34.33				
Vicini	168	4	30.13				
Group F							
Rubio		2	17.53				
Chott	172	3	28.43				
Essma	164	3	24.1				
Hannon	187	3	20.8				
Kimble	148	3	25.41				
Moody	204	3	27.22				
Nicholoson	164	3	24				
Philip	192	3	27.37				
Wottowa	173	3	24.40				
McCann	160	4	31.50				
Bruns	164	4	32.03				
Wilhelm	—						
Pertzborn	—						
Stelzer	180	3	25.44				
Dowd	164	4	30.13				
Rancillio	172	3	25.20				
Moran	184	3	27.22				
Bergman	192	3	24.44				
Groesch	180	3	25.38				
Surhe	160	3	26.40				
Woelfje	176	2	20.08				
Navarro	180	2	20.08				

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-25-09 Conditions:

Jog CF/push/static/dyn/SPLIT: ABC rep 800 race and neg:8-7-6 DEF: aero to tempo 4-3-2

2nd push/jog SLUH/full stretch/WEIGHTS

Name								Name	pu	dist	time	pulse		pace	com
Group A								**Group D**							
2 29 C. Ford T ++	233	227	229	227	227	226	221	A. Paino							
B. Gabler T ✓	237	233	231	232	234	232	228	D. Stinehart							
E. Cookson ✓	238	231	231	230	230	230	226	Griffard ✓	310	300	258	254	254	300	
2 33 T. McLaughlin +	238	233	232	232	233	232	233	J Earsom							
2 40 R. Konzen ✓	240	239	238	236	239	240	246	J. Zink-Duda							
								J. Mungenast							
Group B								C. Maloney							
T. Minnick ✓	242	240	239	237	239	243	238	E. Glass							
D. Fleming −	247	234	234	249	250	240		D. Gains							
B. Ford ✓	239	236	232	232	233	230	239	S. Body							
T. Jennings	CROSS TRAIN							S. Cannon							
B. Franey +	243	238	239	238	238	236	241	S. Bufe MOVE UP							
B. Lickenbrock −	253	248	252	255	259	300		P. Bussung							
J. Meier +	244	239	238	240	235	235	240	E. Umana							
D Ratermann ++	243	238	238	236	233	236	234	Floros							
A. Ratermann +	247	243	240	237	235	233	224	Fister							
C. Stoltze +	242	238	238	236	236	234	229	Brummel							
M. McLaughlin +	249	247	248	250	246	243	243	Chura							
N. Rubbelke +	244	239	237	236	235	235	236	Pollihan +	307	302	300	256	257	257	
J Esswein								Mimlitz							
Rackers	244	238	237	236	235	236	238	**Group E**							
		OFF	DAY					E. Thornberry							
Group C								S. Pilla							
N. Seckfort −	234	228	230	238	242	239		K. Madden							
A. Brady −	256	59	304	306	306	307		C. Madden							
T. Varty −	244	45	249	251	300			M. Kuehner							
C. Fitzgerald ✓	247	45	244	240	250	244		Anders							
A. Boehm ✓	252	99	251	248	241	250		Clark							
N. Hermann	RECOVERING							Archer							
E. Lewis ✓	313	303	309	309	306	259		Clohisy							
B. Minden-Birk +	312	311	306	305	303	252		Curran							
A. Mellilo ✓	259	313	259	327	[illegible]	254	254	Lawder							
A. Mueth	7							Raeber							
P. Mulligan +	312	312	307	306	301	51		Vicini							
W. Linhares −	258	257	300	304				**Group F**							
T. Kuensting ✓	311	312	309	310	312	307		Rubio							
M. McBride ✓	255	251	253	57	55	56		Chott							
W. Bufe ✓	251	248	249	250	253	52		Essma							
Q. Thames ✓	305	303	301	301	302	301		Hannon							
D. Hoefel +	310	306	304	305	300	259		Kimble							
L. Reichold								Moody							
T. Gardner ✓	247	44	244	247	249	48		Nicholoson							
G. Carroll								Philip							
N. Fox ++	303	256	255	253	253	48		Wottowa							
K. Jacoby								McCann							
B. McEnery								Bruns							
M. Cooley								Wilhelm							
P. Fentress ✓ +	256	254	255	254	254	253		Pertzborn							
A. Dodd								Stelzer							
								Dowd							
								Rancillio							
								Moran							
								Bergman							
								Groesch							
								Surhe							

n 25

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-25-09 Conditions:

Jog CF/push/static/dyn/SPLIT: ABC rep 800 race and neg:8-7-6 DEF: aero to tempo 4-3-2

2nd push/jog SLUH/full stretch/WEIGHTS

Name							
Group A							
C. Ford							
B. Gaplert							
E. Cookson							
T. McLaughlin							
R. Konzen							
Group B							
J. Mlanick							
D. Fleming							
B. Ford							
T. Jennings							
M. Franey							
B. Luckenbrock							
J. Meier							
D. Ratterman							
A. Ratermann							
C. Stoltze							
M. McLaughlin							
N. Kuebelke							
J. Esswein							
Rackers							
Group C							
~~N. Sockfort~~							
A. Brady							
~~T. Vogly~~							
~~C. Fitzgerald~~							
A. Boehm							
N. Hermann	7:45	7:31	136				
E. Lewis							
B. Minden-Birk							
~~A. Mello~~							
A. Mueth	7:35	7:42	156	3	2160	160	
P. Mulligan							
~~W. Eckhares~~							
T. Kuensting							
M. McBride							
W. Bufe							
Q. Thames							
D. Hoefel							
L. Reichold							
T. Gardner							
G. Carroll	7:35	7:41	144	3	2707	168	
N. Fox							
K. Jacoby	7:45	7:47	160	3	2701	172	
B. McEnery	7:45	7:48	168	3	2737	180	
M. Cooley	7:45	7:46	156	3	2706	180	
P. Fentress							
A. Dodd	7:20	7:31	140	3	2016	164	

Name	pu	dist	time	pulse		pace	com
Group D							
A. Paino	7:45	7:43	176	2	1338	188	
D. Stinehart	7:45	7:44	176	2	1432	184	
Griffard							
J Earsom							
J. Zink-Duda	7:45	7:49	160	2	1357	172	
J. Mungenast	7:50	7:51	176	2	1420	156	
C. Maloney	7:50	7:51	164	2	1549	169	
E. Glass	8:00	7:59	168	2	1647	182	
D. Gains	7:35	7:40	140	3	2000	176	
S. Body	7:45	7:51	140		1447	192	
S. Cannon	7:45	7:52	140		1549	164	
S. Bufe	7:40	7:43	156	2	1351	180	
P. Bussung	7:50	7:51	164	2	1406	172	
E. Umana	8:00	8:00	164	2	1520	168	
Floros	8:00	8:10	172	2	1647	192	
Fister	7:45	7:41	176	2	1457	180	
Brummel	7:45	7:50	148	2	1448	160	
Chura	7:45	7:50	148	2	1448	176	
Pollihan							
Mimlitz	7:50	7:51	180	2	1448	188	
Group E							
E. Thornberry		—	—	-	—	—	
S. Pilla	8:10	8:13	172	2	1596	200	
K. Madden	8:10	8:13	152	2	1720	168	
C. Madden	7:35	7:40	164	2	1358	180	
M. Kuehner	8:10	8:13	176	2	1534	200	
Anders	7:45	7:46	160	2	1516	172	
Clark	7:45	7:40	176	2	1342	188	
Archer	7:30	7:33	160	2	1332	180	
Clohisy	7:30	7:41	148	2	1442	160	
Curran	7:35	7:42	164	2	1430	170	
Lawder	8:30	8:29	176		7:29	184	
Raeber	8:00	7:57	176	1	640	184	
Vicini	7:30	7:31	148	2	1447	160	
Group F							
Rubio	8:10	8:15	160	1	750	192	
Chott	8:30	8:43	180	1	759	176	
Essma	7:45	7:44	160	1	701	180	
Hannon	9:00	9:18	184	2	850	192	
Kimble	8:00	7:51	186	1	709	188	
Moody		—	—	—	—	—	
Nicholoson	7:35	7:40	140	1	6:25	148	
Philip	7:50	7:44	176	1	7:40	188	
Wottowa	7:40	7:34	176	2	7:01	176	
McCann	7:35	7:41	148	2	6:25	[illegible]	192
Bruns	7:45	7:42	168	2	1447	188	
Wilhelm		—	—	—	—	—	
Pertzborn	7:45	8:11	118	1	713	152	
Stelzer	7:45	8:11	172	2	7:24	172	
Dowd	7:30	7:33	164	2	1337	168	
Rancillio		—	—	—	—	—	
Moran	8:00	7:50	182	1	6:45	192	
Bergman	7:50	7:49	176	1	7:21	200	
Groesch	7:45	7:49	164	2	1456	188	
Surhe	8:30	8:43	160	1	7:31	180	
NAVARRO	8:30	8:34	200	1	8:15	186	
WOELTJE	9:00	9:40	176	1	9:47	192	
SHMATE	7:50	7:53	160	1	642	180	

AERO TRAINING PACE

POST

A=500/10/60 B=300/8/50 C=200/6/40 D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

8-26

DATE: 8-26-09 Conditions:

Jog WC/push/CORE/dyn/N[redacted]/: OB aero 8-6-5-4-3-2/2nd push/8/6 strides/stretch/jog

Name								Name	pd	dist	time	pulse		pace	com
Group A								**Group D**							
C. Ford T		6	4401	156				A. Paino		5	40:07	176			
B. Gabler T		6	4401	144				D. Stinehart		4	32:28	176			
E. Cookson		8	5756	152				Griffard		5	37:00	156			
T. McLaughlin		6	4401	180				J Earsom inj							
R. Konzen		6	4402	152				J. Zink-Duda		4	31:37	164			
								J. Mungenast		4	32:22	168			
Group B			4444					C. Maloney		3	24:20	168			
T. Minnick		6	[redacted]	X				E. Glass		3	24:39	184			
D. Fleming	4	31:22	168					D. Gains		5	37:30	164			
B. Ford		6	4401	160				S. Body		4	34:17	180			
T. Jennings		6	4400	164				S. Cannon		3	24:28	168			
B. Franey		6	4401	172				S. Bufe		4	32:27	164			
B. Lickenbrock		6	4406	160				P. Bussung		4	31:08	164			
J. Meier		6	4430	156				E. Umana		4	37:06	172			
D Raterman		6	4402	140				Floros		3	24:47	180			
A. Ratermann		6	4430	168				Fister		4	31:44	184			
C. Stoltze		6	4401	168				Brummel		4	32:30	160			
M. McLaughlin		6	4402	140				Chura		4	33:35	160			
N. Rubbelke		6	4430	144				Pollihan		5	37:21	176			
J Esswein OX		X						Mimlitz		4	33:05	176			
Rackers		6	4430	164				**Group E**							
								E. Thornberry	inj						
Group C								S. Pilla		3	27:30	176			
N. Seckfort		5	3624	180				K. Madden		3	24:58	168			
A. Brady		5	3755	160				C. Madden		4	31:05	176			
T. Varty		5	37:54	206				M. Kuehner		3	24:43	184			
C. Fitzgerald		DI	KE					Anders		4	31:46	160			
A. Boehm		5	3528	172				Clark		4	31:53	188			
N. Hermann		4	31:21	164				Archer		4	29:48	180			
E. Lewis		4	3052	168				Clohisy		4	31:59	168			
B. Minden-Birk		5	4048	180				Curran		3	23:50	156			
A. Mellilo		5	37:00	200				Lawder		3	27:23	184			
A. Mueth		5	3508	180				Raeber		3	25:00	180			
P. Mulligan		5	3839	184				Vicini		3	24:58	164			
W. Linhares		4	3052	168				**Group F**							
T. Kuensting		4	3348	180				Rubio		2	19:47	144			
M. McBride		4	3051	200				Chott		3	18:19	220			
W. Bufe	5	[redacted]	4043	164				Essma		3	26:36	164			
Q. Thames		5	3820	172				Hannon	O	2	18:31	164			
D. Hoefel		6	3930	192				Kimble		3	27:02	180			
L. Reichold inj		X						Moody		2	18:44	204			
T. Gardner		5	37:00	148				Nicholoson		3	23:12	148			
G. Carroll		4	37:40	156				Philip		2	18:27	164			
N. Fox		5	3568	172				Wottowa		3	24:56	172			
K. Jacoby		5	4157	176				McCann		3	25:00	172			
B. McEnery		5	4403	176				Bruns d		4	33:18	178			
M. Cooley		5	39:18	172				Wilhelm		X					
P. Fentress		4	3230	156				Pertzborn		X					
A. Dodd		5	3558	164				Stelzer		3	26:57	176			
								Dowd d		4	29:48	160			
								Rancillio		3	26:36	180			
								Moran	3	[redacted]	23:11	194			
								Bergman		3	26:57	200			
								Groesch		3	24:28	168			
								Surhe		X					
								[redacted] Navarro	8	2	19:30	132			
								Woeltje	8	2	17:2	18:31			
								Schumate		3	22:37	180			

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-27-09 Conditions:

Jog WC/NUERO/dyn/ OBLuury aero 8-6-5-4-3-2/2nd pushSTEP UPS/stretch/jog

Name								Name	pu	dist	time	pulse		pace	com
Group A								**Group D**							
C. Ford 1		8	60:10	136				A. Paino		4	34:02	204			
B. Gabler 1		8	60:10	128				D. Stinehart		4	34:35	172			
E. Cookson		6	43:40	156				Griffard		5	31:28	164			
T. McLaughlin		8	60:10	168				J Earsom inj							
R. Konzen		8	60:10	156				J. Zink-Duda		4	34:37	160			
								J. Mungenast		3	24:35	160			
Group B								C. Maloney							
T. Minnick		6	44:15	?				E. Glass		3	24:15	172			
D. Fleming		5	39:20	172				D. Gains		5	41:00	152			
B. Ford		6	49:26	144				S. Body inj							
T. Jennings		5	38:46	176				S. Cannon		3	24:15	160			
B. Franey		6	49:29	148				S. Bufe		4	34:02	160			
B. Lickenbrock		5	39:33	160				P. Bussung		3	26:20	160			
J. Meier		6	48:00	148				E. Umana		3	28:26	168			
D Raterman		6	43:40	144				Floros		3	24:15	164			
A. Ratermann		6	49:29	168				Fister		3	24:35	196			
C. Stoltze		6	49:29	156				Brummel		5	40:50	152			
M. McLaughlin		6	43:40	152				Chura		3	28:26	160			
N. Rubbelke		6	48:00	152				Pollihan		5	40:50	160			
J Esswein		3	25:45	188				Mimlitz		3	28:26	176			
Rackers		6	49:29	156				**Group E**							
								E. Thornberry							
Group C								S. Pilla		2	26:12	176			
N. Seckfort		6	46:03	164				K. Madden		3	28:26	168			
A. Brady		5	39:16	148				C. Madden		3	28:30	120			
T. Varty		5	39:43	204				M. Kuehner		3	30:39	168			
C. Fitzgerald		5	38:46	160				Anders		3	28:26	160			
A. Boehm		4	31:56	156				Clark		4	34:35	184			
N. Hermann		4	31:56	152				Archer		3	24:50	176			
E. Lewis		5	39:48	160				Clohisy		4	31:56	152			
B. Minden-Birk		5	41:12	184				Curran		2	21:06	152			
A. Mellilo		5	41:12	180				Lawder		2	19:59	192			
A. Mueth		5	40:43	180				Raeber		3	27:38	160			
P. Mulligan		5	42:15	172				Vicini		3	27:25	152			
W. Linhares		5	42:30	168				**Group F**							
T. Kuensting		5	41:40	166				Rubio		2	25:30	144			
M. McBride		5	39:50	188				Chott		2	19:59	200			
W. Bufe		5	39:46	160				Essma		3	28:26	176			
Q. Thames		5	39:30	168				Hannon		2	21:08	184			
D. Hoefel		5	41:35	188				Kimble		2	20:59	160			
L. Reichold inj								Moody		2	27:43				
T. Gardner		5	40:36	148				Nicholoson		2	21:42	160			
G. Carroll inj								Philip		2	20:30	192			
N. Fox		5	40:00	160				Wottowa		3	27:35	176			
K. Jacoby		4	33:12	168				McCann		3	25:02	172			
B. McEnery		5	43:35	164				Bruns		3	28:26	160			
M. Cooley		5	43:16	172				Wilhelm							
P. Fentress		6	48:00	160				Pertzborn		2	21:08	166			
A. Dodd		4	34:02	172				Stelzer		3	28:41	180			
								Dowd		3	24:54	152			
								Rancillio		2	21:06	160			
								Moran							
								Bergman		3	32:30	194			
								Groesch		4	32:30	164			
								Surhe		3	32:30	160			
								Shumate		2	19:49	178			
								Woodtje		2	27:35	160			
								Prince		3	27:48	176			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 8-28-09 Conditions:
Jog CF/satic/push/dyn/TEMPO -5-4-3-2/2nd push/stretch/jog

Name	DIST	TIME	PULSE					Name	pu	dist	time	pulse		pace	com
Group A								**Group D**		~~3~~	~~22:01~~	~~192~~			
C. Ford T	5	29:23	180					A. Paino		3	22:01	192			
B. Gabler T	5	28:51	176					D. Stinehart		3	22:05	184			
E. Cookson	5	28:30	196					Griffard		3	24:47	200			
T. McLaughlin	5	28:54	184					J Earsom							
R. Konzen	5	29:41	168					J. Zink-Duda		3	27:02	180			
								J. Mungenast		3	21:30	164			
Group B								C. Maloney		2	14:27	172			
T. Minnick	4	24:25	192					E. Glass		2	16:05	176			
D. Fleming	3	18:55	184					D. Gains		3	20:52	180			
B. Ford	4	23:06	208					S. Body							
T. Jennings	5	30:43	204	1st mile Recovery				S. Cannon		3	20:50	180			
B. Franey	4	23:32	188			6:51		S. Bufe		3	23:00	184			
B. Lickenbrock	3	19:27	188					P. Bussung		3	21:18	172			
J. Meier	4	23:22	184					E. Umana		3	23:40	184			
D Raterman	4	23:02	189					Floros		2	17:10	172			
A. Ratermann	4	24:41	188					Fister		2	13:38	188			
C. Stoltze	4	23:29	176					Brummel		3	20:15	168			
M. McLaughlin	4	23:54	172					Chura		2	15:09	172			
N. Rubbelke	4	23:55	180					Pollihan		3	19:36	180			
J Esswein								Mimlitz		2	15:46	172			
Rackers	4	23:32	196					**Group E**							
								E. Thornberry							
Group C								S. Pilla		2	16:02	180			
N. Seckfort	4	23:31	180					K. Madden		2	14:56	172			
A. Brady	3	19:50	164					C. Madden		2	14:47	168			
T. Varty	3	18:18	186					M. Kuehner		2	15:09	188			
C. Fitzgerald	3	18:10	172					Anders		3	22:46	176			
A. Boehm	3	18:44	180					Clark		3	20:36	142			
N. Hermann	3	19:09	180					Archer		2	13:05	192			
E. Lewis	3	20:48	176					Clohisy		3	21:14	168			
B. Minden-Birk	3	20:49	196					Curran		2	14:18	160			
A. Mellilo	3	19:57	216					Lawder		1	8:46	176			
A. Mueth	3	20:15	188					Raeber		2	14:18	176			
P. Mulligan	3	20:41	192					Vicini		2	13:12	172			
W. Linhares	3	19:50	200					**Group F**							
T. Kuensting	3	20:39	184					Rubio							
M. McBride	3	24:00	180					Chott		2	16:50	168			
W. Bufe	3	19:06	172					Essma		2	15:13	144			
Q. Thames	3	19:04	188					Hannon		2	18:01	192			
D. Hoefel	3	20:15	204					Kimble		2	15:09	188			
L. Reichold								Moody							
T. Gardner	3	172	19:04					Nicholoson		2	13:08	164			
G. Carroll								Philip		2	16:18	192			
N. Fox	3	180	19:33					Wottowa		2	14:47	176			
K. Jacoby	3	21:08	176					McCann		2	13:38	184			
B. McEnery	3	22:49	176					Bruns		3	22:26	188			
M. Cooley	3	20:13	180					Wilhelm							
P. Fentress	3	19:24	160					Pertzborn		2	13:17	158			
A. Dodd	3	20:25	176					* Stelzer		2	16:02	176			
								Dowd		1	12:49	?			
								Rancillio		2	13:00	160			
								Moran		2	14:44	200			
								Bergman		2	15:40	192			
								Groesch		2	14:36	172			
								Surhe		2	15:45	172			
								Wilhm		1	9:53	176			
								Prince		2	15:01	186			

~~Sho~~

Shumate 2 14:47 168

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 8-29-09 Conditions:

SPLIT First Cap racers at McNair 2 x course tour

REST team: Jog WC/push/dyn/PLYØOS and Scenic Loops 6-5-4-3/2nd push/stides 8-6/STEP-UPSstretch/jog

Name								Name	pu	dist	time	pulse		pace	com
Group A								**Group D**							
C. Ford T								A. Paino		5	40.39	180			
B. Gabler T								D. Stinehart		5	39.37	176			
E. Cookson								Griffard		6	42.48	168			
T. McLaughlin								J Earsom							
R. Konzen								J. Zink-Duda		4	47.42	180			
								J. Mungenast		4	30.40	156			
Group B								C. Maloney		4	31.38	172			
T. Minnick								E. Glass		4	39.57	164			
D. Fleming								D. Gains		5	38.00	140			
B. Ford								S. Body		3	23.23	160			
T. Jennings								S. Cannon		4	31.20	160			
B. Franey								S. Bufe		5	38.00	164			
B. Lickenbrock		8	57:42	148				P. Bussung							
J. Meier								E. Umana		4	33.24	160			
D Raterman								Floros		4	37.30	148			
A. Ratermann								Fister		4	31.37	190			
C. Stoltze								Brummel		4	30.05	168			
M. McLaughlin								Chura		5	38.00	180			
N. Rubbelke								Pollihan		~~5~~	~~38.00~~	~~160~~	6	44.05	160
J Esswein								Mimlitz		4	35.55	160			
Rackers								**Group E**							
								E. Thornberry							
Group C								S. Pilla		4	35.55	152			
N. Seckfort		—						K. Madden		3	25.46	156			
A. Brady		6	42.52	156				C. Madden		5	38.00	164			
T. Varty		8	57:43	172				M. Kuehner		4	33.55	176			
C. Fitzgerald		—						Anders		5	38.01	180			
A. Boehm		8	57:43	152				Clark		5	36.37	180			
N. Hermann		6	49:45	140				Archer		4	28.38	180			
E. Lewis		6	44.11	190				Clohisy		3	23.16	152			
B. Minden-Birk		6	46.70	164				Curran		4	31.04	164			
A. Mellilo		8	59:19	174				Lawder							
A. Mueth		6	48.25	164				Raeber		4	33.04	176			
P. Mulligan		3	29.01	170				Vicini		4	35.55	160			
W. Linhares		5	45.09	156				**Group F**							
T. Kuensting		6	44.11	172				Rubio							
M. McBride		—	—	—				Chott		3	29.28	173			
W. Bufe		X	—	—				Essma		3	23.40	160			
Q. Thames		8	58:52	172				Hannon							
D. Hoefel		6	48.25	164				Kimble		3	27.10	160			
L. Reichold		—	—	—				Moody		3	25.59	208			
T. Gardner		~~8~~	—	—				Nicholoson		4	31.37	148			
G. Carroll		5	28.55	164				Philip		3	27.50	160			
N. Fox		6	43.32	164				Wottowa		4	33.45	172			
K. Jacoby		6	48.23	164				McCann		4	29.38	192			
B. McEnery		6	54:44	164				Bruns		4	31.37	168			
M. Cooley		6	51.22	168				Wilhelm							
P. Fentress		6	49:45	140				Pertzborn		3	27.09	152			
A. Dodd		6	44.05	168				Stelzer		3	27.05	164			
								Dowd		4	28.51	168			
								Rancillio		4	33.39	160			
								Moran		3	25.53	194			
								Bergman		4	37.30	160			
								Groesch		4	31.04	164			
								Surhe		3	28.50	160			
								Woeltge	~~148~~	2	20.12	160			
								Parkett Shwa		3	23.37	140			
								Prince	ate	3	27.12	150			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

8/31/09

DATE: ~~9-1~~-09 Conditions:

JOG CF/push/static/dyn/2x strides/SPLIT: ABC repeat 1k at race A=7 B=6 C=5/2nd push/ext jog: 30-20/str

REST team: 800m reps at race and negative: D=6 E=5 F=4/same as above

Name	DST	TIME	PULSE
Group A			
C. Ford T	10	71:18	~~148~~ 182
B. Gabler T	10	71:33	132
E. Cookson	10	71:18	~~136~~ 148
T. McLaughlin	6	43:56	160
R. Konzen	10	71:33	168
Group B			
T. Minnick	6	43:56	164
D. Fleming	6	43:27	180
B. Ford	8	57:27	156
T. Jennings	6	43:56	164
B. Franey	8	57:27	156
B. Lickenbrock	6	43:23	140
J. Meier	8	58:27	148
D Raterman	8	57:27	140
A. Ratermann	8	57:27	172
C. Stoltze	8	57:27	144
M. McLaughlin	8	57:27	148
N. Rubbelke	8	58:18	160
J Esswein	4	27:51	182
Rackers	8	57:27	164
Group C			
N. Seckfort	6	43:19	164
A. Brady	6	42:54	168
T. Varty	8	60:51	164
C. Fitzgerald	8	57:27	192
A. Boehm	6	44:13	160
N. Hermann	6	45:00	156
E. Lewis	6	44:09	168
B. Minden-Birk	6	43:49	194
A. Mellilo	6	43:23	188
A. Mueth	6	46:00	156
P. Mulligan	6	44:21	180
W. Linhares			
T. Kuensting	6	44:09	180
M. McBride			
W. Bufe	6	45:53	156
Q. Thames	6	42:54	176
D. Hoefel	6	46:00	180
L. Reichold			
T. Gardner	6	43:27	160
G. Carroll	4	31:58	152
N. Fox	6	43:23	164
K. Jacoby	6	46:07	164
B. McEnery	6	52:53	156
M. Cooley	6	49:18	164
P. Fentress	6	45:00	156
A. Dodd	6	44:05	152

Name	DST	TIME	PULSE
Group D			
A. Paino	5	34:43	172
D. Stinehart	5	33:38	164
Griffard	6	43:27	168
J Earsom			
J. Zink-Duda	4	32:04	168
J. Mungenast	5	36:02	160
C. Maloney	4	31:40	168
E. Glass	3	30:00	164
D. Gains	6	48:00	152
S. Body	4	31:03	180
S. Cannon	5	34:57	164
S. Bufe	6	48:00	164
P. Bussung	5	35:51	164
E. Umana	4	32:50	160
Floros	3	30:00	160
Fister	4	31:40	160
Brummel	5	34:58	162
Chura	5	34:57	184
Pollihan	6	48:00	148
Mimlitz	4	33:48	180
Group E			
E. Thornberry			
S. Pilla	4	32:57	160
K. Madden	4	33:46	168
C. Madden	5	35:50	184
M. Kuehner	4	33:58	172
Anders	5	37:17	176
Clark	5	36:23	180
Archer	4	27:57	160
Clohisy			
Curran	3	23:39	172
Lawder	2	15:10	168
Raeber	4	31:40	164
Vicini	4	32:57	164
Group F			
~~Kubic~~			
Chott	3	27:51	164
Essma	4	32:10	176
Hannon	2	19:56	158
Kimble	3	26:26	180
Moody	3	25:07	208
Nicholoson	4	23:29	144
Philip	3	26:17	184
Wottowa	3	23:35	164
McCann	4	31:00	180
Bruns	4	32:40	156
Wilhelm			
Pertzborn			
Stelzer	3	23:39	168
Dowd	4	27:55	160
Rancillio	3	25:01	170
Moran	3	24:24	184
Bergman	3	28:28	168
Groesch	3	23:40	176
Surhe	3	26:17	165
Shumate	2	19:55	160
Prince	3	26:17	160

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

9-1-09

DATE: ~~8-31-09~~ Conditions:

JOG WC/2nd push/CORE/dynNUERO/Aero on OS and Scenic:10-8-6-5-4-3/2nd push/12-10-8 strides/jog/str

WEIGHTS

Name	1	2	3	4	5
Group A					
C. Ford 1	3:22	10	08	09	07
B. Gabler 1	25	16	15	18	17
E. Cookson	27	14	13	12	11
T. McLaughlin	27	14	14	12	11
R. Konzen	28	17	17	21	20
Group B					
T. Minnick	30	31	26	22	20
D. Fleming	34	31	32	35	35
B. Ford	33	38	42	19	07
T. Jennings	27	12	12	11	14
B. Franey	27	15	16	18	17
B. Lickenbrock	3:41	34	36	35	33
J. Meier	32	19	19	22	19
D Raterman	27	15	15	16	15
A. Ratermann	34	25	26	23	20
C. Stoltze	31	18	20	23	20
M. McLaughlin	32	16	19	25	20
N. Rubbelke	32	20	18	23	21
J Esswein	37	19	24	—	—
Rackers	37	18	20	23	21
Group C					
N. Seckfort –	32	20	19	22	19
A. Brady	45	44	51	50	49
T. Varty	38	32	32	34	31
C. Fitzgerald –	34	32	32	35	35
A. Boehm	41	35	36	38	39
N. Hermann	44	36	39	39	41
E. Lewis	58	59	4:00	57	53
B. Minden-Birk	58	59	59	57	57
A. Mellilo	44	40	51	50	49
A. Mueth	57	50	52	48	49
P. Mulligan	4:00	4:00	4:01	56	56
W. Linhares	46	46	51	51	52
T. Kuensting	58	59	4:00	57	51
M. McBride					
W. Bufe –	37	32	32	34	35
Q. Thames	55	55	55	55	55
D. Hoefel	59	54	54	51	49
L. Reichold	—	—	—		
T. Gardner –	35	30	31	33	33
G. Carroll					
N. Fox	45	44	42	41	41
K. Jacoby	58	58	4:02	4:01	58
B. McEnery	4:07	4:18	4:34	4:44	4:48
M. Cooley	4:05	4:14	4:46	4:41	4:48
P. Fentress	54	47	39	39	37
A. Dodd	50	45	47	52	59
POLLIHAN	49	45	45	47	48
GRIFFARD	51	49	47	50	48
S. BUFE	4:00	59	58	58	58
GAINES	59	59	59	59	59

Name							
Group D							
A. Paino	AEROBIC	2	17:42				
D. Stinehart							
Griffard							
J Earsom							
J. Zink-Duda							
J. Mungenast							
C. Maloney							
E. Glass							
D. Gains							
S. Body							
S. Cannon							
S. Bufe							
P. Bussung							
E. Umana							
Floros							
Fister							
Brummel							
Chura							
Pollihan							
Mimlitz							
Group E							
E. Thornberry							
S. Pilla							
K. Madden							
C. Madden							
M. Kuehner							
Anders							
Clark							
Archer							
Clohisy							
Curran							
Lawder							
Raeber							
Vicini							
Group F							
Rubio							
Chott							
Essma							
Hannon							
Kimble							
Moody							
Nicholoson							
Philip							
Wottowa							
McCann							
Bruns							
Wilhelm							
Pertzborn							
Stelzer							
Dowd							
Rancillio							
Moran							
Bergman							
Groesch							
Surhe							

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

9-1-09

DATE: ~~8-31-09~~ Conditions:

JOG WC/2nd push/CORE/dynNUERO/Aero on OS and Scenic:10-8-6-5-4-3/2nd push/12-10-8 strides/jog/str

WEIGHTS

Name							
Group A							
C. Ford T							
B. Gabler T							
E. Cookson							
T. McLaughlin							
R. Konzen							
Group B							
T. Minnick							
D. Fleming							
B. Ford							
T. Jennings							
B. Franey							
B. Lickenbrock							
J. Meier							
D Raterman							
A. Ratermann							
C. Stoltze							
M. McLaughlin							
N. Rubbelke							
J Esswein							
Rackers							
Group C							
N. Seckfort							
A. Brady							
T. Varty							
C. Fitzgerald							
A. Boehm							
N. Hermann							
E. Lewis							
B. Minden-Birk							
A. Mellilo							
A. Mueth							
P. Mulligan							
W. Linhares							
T. Kuensting							
M. McBride							
W. Bufe							
Q. Thames							
D. Hoefel							
L. Reichold							
T. Gardner							
G. Carroll D	307	258	256	306	X	302	
N. Fox							
K. Jacoby							
B. McEnery							
M. Cooley							
P. Fentress							
A. Dodd							

Name							
Group D							
A. Paino							
D. Stinehart D	300	300	259	258	257	254	✓
Griffard							
J Earsom							
J. Zink-Duda	311	304	300	256	252	236	✓
J. Mungenast	313	313	313	311	308	252	✓
C. Maloney	322	319	313	314	254		
E. Glass	344	341	337	335	315		
D. Gains							
S. Body	323	321	316	311	259		
S. Cannon	3:04	308	300	303	305	248	✓
S. Bufe							
P. Bussung	304	303	303	303	301	251	✓
E. Umana	322	321	317	316	312	255	✓
Floros	344	341	337	335	326		
Fister	308	304	258	257	249		
Brummel D	3:04	300	259	254	254	242	✓
Chura	3:30	321	319	315	308	257	✓
Pollihan							
Mimlitz	323	322	316	315	311	303	✓
Group E							
E. Thornberry							
S. Pilla	333	322	317	316	306		
K. Madden	323	321	318	316	318		
C. Madden	302	303	302	259	301	250	
M. Kuehner	320	314	312	311	259		
Anders	301	302	~~259~~	304	306	306	300 ✓
Clark D	303	300	259	255	253	241	
Archer	307	304	258	252	244		
Clohisy							
Curran	318	310	305	306	300		
Lawder	346	336	316	304			
Raeber	320	318	315	314	254		
Vicini	307	304	258	252	241		
Group F							
Rubio							
Chott	343	340	335	330			
Essma	307	303	300	302			
Hannon	400	343	415	X			
Kimble	330	329	317	308			
Moody	340	330	314	343			
Nicholoson	308	305	259	251	242		
Philip	329	330	328	326			
Wottowa	321	318	315	313	301		
McCann	258	251	252	257			
Bruns	321	313	306	305	252		
Wilhelm	358	343	416	X			
Pertzborn	327	342	333	314			
Stelzer	340	334	331	322			
Dowd	307	304	258	~~250~~	251		
Rancillio	~~356~~	~~350~~	256	250	250	~~[illegible]~~	247 240
Moran	335	332	312	250			
Bergman	322	324	315	307			
Groesch	320	310	305	306	301		
Surhe	359	352	347	313			
Prince	327	337	304	335			
Schumate	356	335	319	259			

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-02-09 Conditions:
JOG WC/push/CORE/dyn/Aero on OB -8-6-5-4-3/2nd push/8-6 strides/stetch/jog/
WEIGHTS

Name			
Group A			
C. Ford T	4	55:10	144
B. Gabler T	4	55:10	124
E. Cookson	4	55:10	148
T. McLaughlin	6	42:00	172
R. Konzen	E		
Group B			
T. Minnick	4	44:30	140
D. Fleming	5	38:05	172
B. Ford	6	42:00	164
T. Jennings		CT	
B. Franey	6	42:00	172
B. Lickenbrock	5	38:05	160
J. Meier	6	42:00	156
D Raterman	6	42:00	148
A. Ratermann	6	42:00	168
C. Stoltze	6	42:00	160
M. McLaughlin	6	42:00	160
N. Rubbelke	6	42:00	164
J Esswein	4	27:55	164
Rackers	6	42:00	168
Group C			
N. Seckfort	5	35:17	168
A. Brady	5	35:24	156
T. Varty	6	41:57	200
C. Fitzgerald		CROSS	
A. Boehm	5	38:05	160
N. Hermann	5	38:50	148
E. Lewis	5	36:27	160
B. Minden-Birk	5	36:27	154
A. Mellilo	5	35:35	188
A. Mueth	5	34:43	160
P. Mulligan	5	41:17	188
W. Linhares	5	35:36	172
T. Kuensting	5	41:14	150
M. McBride		R	
W. Bufe	5	38:12	156
Q. Thames	5	36:35	168
D. Hoefel	5	39:43	180
L. Reichold	4	34:00	148
T. Gardner	3	38:00	148
G. Carroll	5	34:10	140
N. Fox	5	36:00	168
K. Jacoby	5	34:48	160
B. McEnery	5	44:07	184
M. Cooley	5	40:39	172
P. Fentress			
A. Dodd	5	36:01	168

Name			
Group D			
A. Paino	3	25:54	172
D. Stinehart	4	32:18	172
Griffard	5	38:00	156
J Earsom		?	
J. Zink-Duda	4	32:00	172
J. Mungenast	4	24:25	156
C. Maloney	4	34:10	168
E. Glass			
D. Gains	5	38:00	164
S. Body	3	25:21	160
S. Cannon	4	34:10	154
S. Bufe	5	38:00	168
P. Bussung	4	24:47	164
E. Umana	4	36:50	164
Floros	3	25:00	180
Fister	4	24:04	180
Brummel	4	28:45	160
Chura	4	30:41	180
Pollihan	5	37:55	164
Mimlitz	4	32:37	188
Group E			
E. Thornberry		E	
S. Pilla	3	25:21	172
K. Madden	3	25:54	160
C. Madden	4	30:38	172
M. Kuehner	4	32:47	188
Anders	4	30:41	180
Clark	4	32:00	180
Archer	4	27:32	192
Clohisy		CROSS	
Curran	3	22:55	152
Lawder		R	
Raeber	3	23:54	176
Vicini	3	22:54	156
Group F			
[illegible]			
Chott	3	27:24	174
Essma	3	25:18	144
Hannon	R		
Kimble	3	26:04	184
Moody	3	25:14	208
Nicholoson	3	22:55	148
Philip	2	19:44	156
Wottowa	3	22:54	172
McCann	4	28:38	180
Bruns	3	25:18	156
[illegible]		R	
Pertzborn	3	25:47	152
Stelzer	3	24:00	180
Dowd	4	27:32	180
Rancillio	3	24:40	180
Moran	3	25:42	184
Bergman	3	25:44	172
Groesch	3	22:55	164
Surhe	3	28:00	180
Shumate	2	19:57	160
Prince	3	25:47	156

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-3-09 Conditions:

JOG WC/push/dyn/Racers Aero on OBLE 6-5-TIME TRIALERS; Aero on OS Scenic 6-5-42nd push/6 strides/stret

Name								Name							
Group A								**Group D**							
C. Ford T	6	39.00	140					A. Paino	4	35.11	180				
B. Gabler T	6	45.20	116					D. Stinehart	5	38.00	172				
E. Cookson	6	45.32	144					Griffard	5	~~35.3~~	35.53	148			
T. McLaughlin	5	38.21	136					J Earsom							
R. Konzen	5	37.50	156					J. Zink-Duda	4	31.44	176				
								J. Mungenast	5	38.21	136				
Group B								C. Maloney	4	33.50	168				
T. Minnick	5	37.50	140					E. Glass	4	34.10	172				
D. Fleming	5	37.50	168					D. Gains	6	49.30	156				
B. Ford	5	37.50	152					S. Body	4	31.12	180				
T. Jennings	5	37.50	152					S. Cannon	4	33.50	160				
B. Franey	5	37.50	156					S. Bufe	6	49.40	160				
B. Lickenbrock	5	35.03	160					P. Bussung	4	31.14	164				
J. Meier	5	37.50	148					E. Umana	4	33.18	168				
D Raterman	5	37.50	152					Floros	4	35.00	160				
A. Ratermann	5	37.50	152					Fister	4	28.35	200				
C. Stoltze	5	37.50	152					Brummel	4	32.58	156				
M. McLaughlin	5	37.50	136					Chura	4	31.11	160				
N. Rubbelke	3	~~22.20~~	22.20	148				Pollihan							
J Esswein	3	~~22.20~~	22.20	156				Mimlitz	4	31.27	160				
Rackers	5	37.50	140					**Group E**							
								E. Thornberry							
Group C								S. Pilla	4	37.35	180				
N. Seckfort	5	38.59	160					K. Madden	4	35.14	160				
A. Brady	6	44.45	148					C. Madden	4	30.11	164				
T. Varty	Gimp							M. Kuehner	4	35.44	188				
C. Fitzgerald	5	37.50	132					Anders	4	31.11	172				
A. Boehm	5	35.03	160					Clark	5	35.54	188				
N. Hermann	5	37.36	148					Archer	4	27.48	192				
E. Lewis	6	43.09	176					Clohisy				CROSS			
B. Minden-Birk	6	46.19	188					Curran	3	22.58	168				
A. Mellilo	6	43.05	188					Lawder	3	24.41	172				
A. Mueth	6	46.41	164					Raeber	4	35.08	180				
P. Mulligan	6	46.33	176					Vicini	4	31.27	172				
W. Linhares	5	35.53	164					**Group F**							
T. Kuensting	6	49.16	168					~~Rubio~~							
M. McBride				CROSS				Chott	3	26.08	172				
W. Bufe	5	37.50	148					Essma	4	31.44	160				
Q. Thames	6	~~45.05~~	42.52	172				Hannon				CROSS			
D. Hoefel	6	46.46	176					Kimble	2	22.53	164				
L. Reichold	4	30.11	148					Moody	4	35.42	200				
T. Gardner	5	38.07	140					Nicholoson	3	22.56	140				
G. Carroll	4	31.11	152					Philip	Gimp						
N. Fox	6	44.18	164					Wottowa	4	35.54	164				
K. Jacoby	6	48.12	164					McCann	4	27.40	182				
B. McEnery	6	50.48	180					Bruns	4	31.16	168				
M. Cooley	6	47.23	172					Wilhelm	2	22.19	164				
P. Fentress	5	37.36	148					Pertzborn	3	27.40	158				
A. Dodd	6	44.22	172					Stelzer	3	24.41	176				
								Dowd	4	27.18	188				
								Rancillio	4	35.08	180				
								Moran	3	35.26	144				
								Bergman	3	25.52	180				
								Groesch	3	22.58	164				
								Surhe	3	27.40	155				
								Prme	3	27.40	164				

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-5-09 Conditions: RAINY DAY PRACTICE

Lobby mtg/CORE/dyn/WEIGHTS for 22/fartlek for rest:40-35-30-25/Racers go recovery 50-40 min/push/stretch

Name								Name							
Group A								**Group D**							
C. Ford 1	[illegible]	132						A. Paino		168	★recovery run				
B. Gabler 1	132							~~D. Stinchart~~							
E. Cookson	—							Griffard		172					
T. McLaughlin	128							J Earsom	—						
R. Konzen	140							J. Zink-Duda		172					
								J. Mungenast							
Group B								C. Maloney	—						
T. Minnick	124							[redacted]							
D. Fleming	144							D. Gains		176					
B. Ford	140							S. Body		180					
T. Jennings (C)	148							S. Cannon	—						
B. Franey	144							S. Bufe		✓					
B. Lickenbrock	184							P. Bussung	—	—					
J. Meier	140							E. Umana		168					
D Raterman	120							Floros		180					
A. Ratermann	[redacted]	✓						Fister		168					
C. Stoltze	140							Brummel		160					
M. McLaughlin	116							[redacted]							
N. Rubbelke	140	★30 min. run						Pollihan		172					
J Esswein	140							Mimlitz		176					
Rackers	—							**Group E**							
								[redacted]							
Group C								S. Pilla		188					
N. Seckfort	✓	low						K. Madden		154					
A. Brady	148							C. Madden	[redacted]	154					
T. Varty	—							M. Kuehner	[redacted]	188					
C. Fitzgerald	120							Anders	[redacted]	160					
A. Boehm	180	★ regular	aerobic run					Clark	[redacted]	172					
N. Hermann	168							Archer	[redacted]	✓					
E. Lewis	152							Clohisy	[redacted]	—					
B. Minden-Birk	192							Curran	[redacted]	140					
A. Mellilo	196							Lawder		150					
A. Mueth	180							Raeber		180					
P. Mulligan	172							Vicini		108					
W. Linhares	180							**Group F**							
T. Kuensting	168							[redacted]							
M. McBride	—							Chott		168					
W. Bufe	140							Essma	—						
Q. Thames	184							Hannon	—						
D. Hoefel	—							Kimble		188					
L. Reichold	172							Moody	[redacted]	144					
T. Gardner	[redacted]	140	★20 min. run					Nicholoson		112					
G. Carroll	184							Philip	✓						
N. Fox	168							Wottowa		164					
K. Jacoby	176							McCann	—						
B. McEnery	172							Bruns		—					
M. Cooley	✓							Wilhelm	✓						
P. Fentress	168							Pertzborn		140					
A. Dodd	168							Stelzer		176					
								[redacted]							
								Rancillio		160					
								[redacted]							
								Bergman		192					
								Groesch		152					
								Surhe		160					
								[redacted]							
								[redacted]							

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

PT PT PT 9-9-09

SLUH XC Attendance '09 Date:

Seniors (25)	pulse	Juniors(cont)	pulse	Sophs(cont.)	pulse
Brady 148 29:15	49	Rackers 180 36:24		Pollihan 144 33:50	55
Bufe, W 152 29:53	✓	Raterman, D 36:25 144	47	Reichold 168 29:57	✓
Cookson 120 36:25	46	Ratermann, A 36:36 180		Rubbelke 144 36:35	✓
Fitzgerald 140 36:12	42	Stinehart 176 32:14	48	~~Thornberry~~	
Fleming ✗	✓	Umana 160 31:57		Zink-Duda 172 32:14	60
Ford, B 34:25	56	Waters 180 27:00	55		
Ford, C 152 36:25	✓			Freshmen (29)	
Franey ✗		Sophs. (33)		Archer, Joe	✓
Gabler 132 36:20	53	Anders 172 33:50	✓	Bergman, Josh	✓
Jennings 152 29:19	53	Bossung 164 32:30	54	Bruns, Will	✓
Kuensting 184 33:13		Body 180 32:53		Chott, Sam	✓
Lewis ✗	✓	Brummell 160 31:00	✓	Clohisy, Matt	59
Lickenbrock 31:20 180		Bufe, S 164 31:08		Curran, Brian	✓
Linhares 174 30:53		Cannon 160 31:00	✓	Dowd, Mike	✓
McBride		Carrol 140 31:02	✓	Essma, Michael	✓
McLaughlin, T 36 29:15		Chura 120 31:15	✓	Groesch, Alex	✓
Melillo 196 29:46	✓	Cooley 176 32:56	✓	Hannon, Sean	
Minnick 152 30:50	✓	Dodd ✗	57	Kimble, Nick	65
Minden-Birk 180 31:02	✓	Esswein 148 36:23	53	Lawder, John	✓
Mulligan 160 32:22	✗	Fentress ✗	✓	McCann, John	✓
Paino ✗	✓	Fox 168 29:22	✓	Moody, Charlie	✓
Seckfort 148 33:44	57	Fister 200 29:45	60	Moran, Joe	
Stoltze 144 36:27		Floros ✗ 32:57	✓	Nicholson, Matt	✓
Thames 176 29:43	✗	Gaines 148 33:50	50	Pertzborn, Nick	✓
Varty 200 36:23	✗	Gardner 29:53 148	51	Philip, Sean	✓
		Glass 172 32:24	✓	Raeber, Matt	✓
Juniors (15)		Griffard 152 29:33	60	Rancillio, Matt	✓
Boehm ✗	52	Kuehner 180 34:31	✓	Shumate, Parker	✓
Clark 180 31:49	54	Madden, C 180 32:56	✓	Steltzer, Phil	✓
Herrmann 152 31:13	59	Madden, K 168 33:27	52	Surhe, Brian	
Hoefel 180 32:12	✓	McEnery 35:57 172		Vicini, Joseph	71
Jacoby 172 30:29	55	McLaughlin, M 152 36:22		Whilhelm, John	59
Konzen 168 36:17	51	Mimlitz 32:24 192		Wottowa, Nick	✓
Meier 156 36:30	50	Moloney	k	Yakubu, Prince	✓
Mueth 160 30:38	49	Mungenast ✗	✓		
		Pilla 168 36:10	✓		

Pulse	Time
176	29:00
200	34:42
172	32:1
168	27:0
176	30:54
200	29:00
176	33:00
176	32:1
180	34:36
188	34:54
184	29:31
184	34:1
187	34:00
152	30:5
158	26:5
196	27:15
172	33:58
164	32:21
180	22:5
180	33:16
172	32:30
180	14:30
176	32:11
142	27:5

A=absent E= Excused U= Unexcused

AB 6
C 5
DE 4
R-3

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-10-9 Conditions:

WC Jog/push/light CORE/dyn/AERO on OB LUXURY Loop AB 6, C 5 DE 4, 2nd push/6 strides/stretch/jog

Name	DS	Tm	Pulse
Group A			
C. Ford T	6	44:15	148
B. Gabler T	6	44:34	170
E. Cookson	6	44:46	132
T. McLaughlin	CJ		
R. Konzen	6	44:26	190
Group B			
T. Minnick	6	44:12	136
~~D. Henning~~			
B. Ford	6	44:05	160
T. Jennings	CJ		
~~B. Franey~~			
B. Lickenbrock	6	44:45	168
J. Meier	6	45:18	152
D Raterman	6	43:44	136
A. Ratermann	6	44:54	160
C. Stoltze	6	49:30	152
M. McLaughlin	6	44:22	140
N. Rubbelke	6	44:32	148
J Esswein	5	35:52	140
Rackers	6	48:30	162
Group C			
N. Seckfort	5	38:52	156
A. Brady	5	36:50	156
T. Varty	6	44:05	172
C. Fitzgerald	5	44:05	136
A. Boehm	3	26:30	128
N. Hermann	5	34:58	144
E. Lewis	5	37:04	176
B. Minden-Birk	5	37:35	190
A. Mellilo	5	36:56	180
A. Mueth	5	39:20	160
P. Mulligan	5	42:17	164
W. Linhares	5	39:25	144
T. Kuensting	5	42:07	164
~~M. McBride~~			
W. Bufe	5	37:52	152
~~C. Thames~~			
D. Hoefel	5	38:54	180
~~L. Kerchold~~			
T. Gardner	5	38:00	148
G. Carroll	5	37:05	128
N. Fox	5	39:04	172
K. Jacoby	5	42:04	184
B. McEnery	5	46:13	160
M. Cooley	5	41:54	180
P. Fentress	5	38:58	152
A. Dodd	5	38:00	164
Waxes	3	27:39	184

Name	DS	Tm	Pulse
Group D			
A. Paino	3	28:04	172
D. Stinehart	4	33:14	180
Griffard	5	38:16	152
~~J Earsom~~			
J. Zink-Duda	4	31:06	178
J. Mungenast	CJ		
~~C. Maloney~~			
E. Glass	4	38:54	156
D. Gains	5	42:00	140
S. Body	4	32:09	172
S. Cannon	4	31:10	160
S. Bufe	5	42:00	140
P. Bussung	4	31:20	172
E. Umana	4	32:26	168
Floros	4	35:54	160
Fister	4	30:30	176
Brummel	4	31:35	156
Chura	4	30:46	160
Pollihan	5	39:15	168
Mimlitz	4	31:52	198
Group E			
~~E. Thornberry~~			
S. Pilla	3	27:36	164
K. Madden	3	26:48	160
C. Madden	4	31:20	176
M. Kuehner	4	35:00	172
Anders	4	31:20	160
Clark	4	32:00	188
Archer	4	24:45	180
Clohisy	3	23:47	168
Curran	4	31:14	172
~~Hawder~~			
Raeber	3	23:24	180
Vicini	4	31:52	176
Group F			
Chott	3	28:05	180
Essma	3	24:05	152
~~Hannon~~			
Kimble	3	26:03	168
Moody	3	29:10	204
Nicholoson	4	30:00	144
Philip	3	26:23	160
Wottowa	4	32:05	184
McCann	3	22:13	184
Bruns	3	25:27	164
~~Wilhelm~~			
Pertzborn	3	28:52	138
Stelzer	3	24:05	160
Dowd	4	29:45	180
Rancillio	3	23:08	172
Moran	3	27:14	162
Bergman	3	26:23	184
Groesch	4	32:05	172
Surhe	3	32:11	150
Shumate	3	24:02	160
Yokubu	3	28:52	196

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-14-09 Conditions:

WC Jog/push/ CORE/dyn/AERO on OSY Loop A10 B8 C6 D5 DE 4, to SLUH 2nd push/10 strides/stretch/jog

WEIGHTS

Name			
Group A			
C. Ford T	10	65:30	140
B. Gabler T	10	68:30	144
E. Cookson	10	1:05:30	160
T. McLaughlin	6	43:02	164
R. Konzen	10	65:30	
Group B			
T. Minnick	6	43:02	168
D. Fleming	—		
B. Ford	8	51:33	168
T. Jennings	6	43:02	168
B. Franey	—		
B. Lickenbrock	8	51:33	176
J. Meier	8	51:33	164
D Raterman	8	51:33	160
A. Ratermann	8	51:33	160
C. Stoltze	8	51:33	160
M. McLaughlin	8	51:33	156
N. Rubbelke	8	51:33	164
J Esswein	8	51:33	176
Rackers	3	22:14	152
Group C			
N. Seckfort	—	—	—
A. Brady	6	38:22	152
T. Varty	6	36:15	136
C. Fitzgerald	8	51:33	160
A. Boehm	5	33:43	172
N. Hermann	6	42:00	164
E. Lewis	6	42:46	156
B. Minden-Birk	6	42:51	184
A. Mellilo	6	48:45	188
A. Mueth	6	45:20	164
P. Mulligan	6	41:57	164
W. Linhares	6	43:08	172
T. Kuensting	6	43:46	172
M. McBride	4	28:32	200
W. Bufe	6	42:50	148
Q. Thames	6	41:12	176
D. Hoefel	6	45:20	164
L. Reichold	6	41:35	164
T. Gardner	6	42:00	144
G. Carroll	5	36:04	168
N. Fox	6	41:35	164
K. Jacoby	6	47:19	168
B. McEnery	6	44:57	164
M. Cooley	6	46:48	168
P. Fentress	—		
A. Dodd	6	41:35	168
Waters	3	21:16	184

Name			
Group D			
A. Paino	—		
D. Stinehart	5	36:57	176
Griffard	6	42:00	146
J Earsom	—		
J. Zink-Duda	5	31:12	168
J. Mungenast	—		
C. Maloney	4	31:12	160
E. Glass	4	32:00	160
D. Gains	6	45:11	156
S. Body	4	30:41	172
S. Cannon	4	31:12	152
S. Bufe	6	45:11	150
P. Bussung	5	33:00	164
E. Umana	5	36:41	164
Floros	4	32:00	160
Fister	5	32:07	140
Brummel	5	35:01	162
Chura	5	35:01	180
Pollihan	6	42:00	168
Mimlitz	5	34:31	192
Group E			
~~E. Thornberry~~	—		
S. Pilla	4	31:05	180
K. Madden	4	32:10	160
C. Madden	—		
M. Kuehner	4	32:14	188
Anders	5	33:35	160
Clark	5	36:01	188
Archer	4	27:13	180
Clohisy	4	28:53	164
Curran	4	32:25	172
~~Lawder~~	—		
Raeber	5	19:40	152
Vicini	5	36:31	164
Group F			
Chott	3	19:44	168
Essma	4	31:5	164
~~Hannon~~	—		
Kimble	3	20:18	144
Moody	4	32:10	—
Nicholoson	4	32:25	164
Philip	3	20:18	188
Wottowa	4	31:35	180
McCann	3	21:04	172
Bruns	—		
Wilhelm	—		
Pertzborn	3	20:52	128
Stelzer	3	22:24	176
Dowd	4	27:13	180
Rancillio	3	19:42	148
Moran	3	20:51	178
Bergman	4	35:21	192
Groesch	—		
Surhe	3	28:00	140
Shumate	3	22:24	176
Yokubu	3	20:52	148

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

9-15-09

DATE: ~~9-14-09~~ Conditions: 4M TEMPO

WC Jog/push/ CORE/dyn/AERO ~~on/OSX Loop A10 B8 C6 D5 DE 4~~, to ~~SLUH 2nd push/10 strides/stretch/jog~~

WEIGHTS PARKWAY GROUP

Name	DIST	TIME						Name							
Group A								**Group D**							
C. Ford 1								A. Paino							
B. Gabler 1								D. Stinehart							
E. Cookson								Griffard							
T. McLaughlin								J Earsom							
R. Konzen	4	24	10		164			J. Zink-Duda							
								J. Mungenast							
Group B								C. Maloney							
T. Minnick								E. Glass							
D. Fleming								D. Gains							
B. Ford								S. Body							
T. Jennings								S. Cannon							
B. Franey								S. Bufe							
B. Lickenbrock								P. Bussung							
J. Meier	4	24	22		184			E. Umana							
D Raterman								Floros							
A. Ratermann	4	24	41		180			Fister							
C. Stoltze								Brummel							
M. McLaughlin	4	24	11		176			Chura							
N. Rubbelke	4	24	51		168			Pollihan							
J Esswein	3	18:53		164				Mimlitz							
Rackers								**Group E**							
								E. Thornberry							
Group C								S. Pilla							
N. Seckfort								K. Madden							
A. Brady								C. Madden							
T. Varty								M. Kuehner							
C. Fitzgerald								Anders							
A. Boehm								Clark							
N. Hermann								Archer							
E. Lewis								Clohisy							
B. Minden-Birk								Curran							
A. Mellilo								Lawder							
A. Mueth								Raeber							
P. Mulligan								Vicini							
W. Linhares								**Group F**							
T. Kuensting								Chott							
M. McBride								Essma							
W. Bufe								Hannon							
Q. Thames								Kimble							
D. Hoefel								Moody							
L. Reichold								Nicholoson							
T. Gardner	4	25	14		172			Philip							
G. Carroll								Wottowa							
N. Fox								McCann							
K. Jacoby								Bruns							
B. McEnery								Wilhelm							
M. Cooley								Pertzborn							
P. Fentress								Stelzer							
A. Dodd								Dowd							
								Rancillio							
								Moran							
								Bergman							
								Groesch							
								Surhe							
								Shumate							
								Yokubu							

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: ~~8-24-09~~ 9-15 Conditions: GS/SCENIC

WC Jog/push/ CORE/dyn/AERO on ~~OSX~~ Loop A10 B8 C6 D5 DE 4, to SLUH 2nd push/10 strides/stretch/jog

WEIGHTS

Name			
Group A			
C. Ford 1	8	55:32	160
B. Gabler 1	8	55:32	132
E. Cookson	8	55:36	164
T. McLaughlin	6	43:01	172
R. Konzen			
Group B			
T. Minnick	6	43:01	172
D. Fleming			
B. Ford	8	55:36	164
T. Jennings	6	43:01	172
B. Franey			
B. Lickenbrock	8	55:15	172
J. Meier			
D Raterman	8	55:15	156
A. Ratermann			
C. Stoltze	8	55:15	164
M. McLaughlin			
N. Rubbelke			
J Esswein			
Rackers			
Group C			
N. Seckfort			
A. Brady	6	42:34	160
T. Varty	8	55:15	184
C. Fitzgerald	8	55:15	160
A. Boehm	6	45:00	164
N. Hermann	6	42:39	164
E. Lewis	6	42:50	172
B. Minden-Birk	6	45:39	188
A. Mellilo	6	42:06	176
A. Mueth	6	46:49	156
P. Mulligan	6	46:50	168
W. Linhares	5	37:00	172
T. Kuensting	6	46:50	168
M. McBride			
W. Bufe	6	44:45	152
Q. Thames	6	43:05	176
D. Hoefel	6	46:49	180
L. Reichold	6	41:53	152
T. Gardner			
G. Carroll	4	32:20	152
N. Fox	6	41:55	164
K. Jacoby	6	46:48	172
B. McEnery	6	51:14	169
M. Cooley	6	49:48	172
P. Fentress	6	45:00	164
A. Dodd	6	44:10	168

Name			
Group D			
A. Paino	5	44:22	172
D. Stinehart	5	38:38	172
Griffard			
J Earsom			
J. Zink-Duda	5	37:33	168
J. Mungenast			
C. Maloney	4	29:30	160
E. Glass	4	33:14	168
D. Gains	6	47:43	160
S. Body	4	30:52	176
S. Cannon			
S. Bufe	6	47:32	164
P. Bussung	5	37:58	176
E. Umana	5	38:10	164
Floros	4	33:14	160
Fister	4	30:52	176
Brummel	5	36:35	160
Chura	5	36:42	174
Pollihan	6	44:25	156
Mimlitz	5	38:38	184
Group E			
E. Thornberry			
S. Pilla	4	35:20	168
K. Madden	3	26:04	160
C. Madden			
M. Kuehner	5	44:04	172
Anders	5	38:00	172
Clark	5	34:48	188
Archer	5	34:42	180
Clohisy			
Curran	4	31:51	168
Lawder			
Raeber	4	33:14	168
Vicini	5	38:10	164
Group F			
Chott	3	26:07	168
Essma	4	31:51	176
Hannon			
Kimble 2	18:27	154	
Moody	3	26:26	192
Nicholoson	4	31:55	156
Philip	3	27:00	168
Wottowa	4	31:51	182
McCann	4	29:12	176
Bruns			
Wilhelm			
Pertzborn	4	35:20	168
Stelzer	3	24:46	160
Dowd	5	34:42	172
Rancillio	5	37:52	168
Moran	3	26:14	174
Bergman			
Groesch	4	31:46	158
Surhe	3	26:00	151
Shumate	3	24:41	168
Yokubu	3	27:10	144
M. Waters	3	23:39	188

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-16-09 Conditions:

JogCF/push/dyn/TWO GROUPS: Park Cent racers scenic 4/8 strides/jog/stretch

Rest of teamTEMPO+hard repeats 1m and 800:AB 4-1-2 C 3-1-1 D 2-0-2 E2-0-1/2nd push/ext jog/stretch

Name	3	~~2~~	~~3~~ time	Pulse	~~4~~	~~1~~	~~800~~	Name	3		time	pulse		1	800
Group A								**Group D**							
C. Ford 1								A. Paino							
B. Gabler 1								D. Stinehart							
E. Cookson								Griffard	3		20:03	162		6:05	3:02
T. McLaughlin								J Earsom							
R. Konzen								J. Zink-Duda							
								J. Mungenast							
Group B								C. Maloney							
T. Minnick								E. Glass							
D. Fleming								D. Gains							
B. Ford								S. Body							
T. Jennings								S. Cannon							
B. Franey								S. Bute							
B. Lickenbrock	3		19:47	200		6:56	2:54	P. Bussung							
J. Meier								E. Umana							
D Raterman								Floros							
A. Ratermann								Fister							
C. Stoltze								Brummel							
M. McLaughlin								Chura							
N. Rubbelke								Pollihan	3		19:55	176		6:01	2:51
J Esswein								Mimlitz							
Rackers								**Group E**							
								E. Thornberry							
Group C								S. Pilla							
N. Seckfort								K. Madden							
A. Brady	3		19:56	160		6:38	2:57	C. Madden							
T. Varty	3		20:15	172		5:45	2:43	M. Kuehner							
C. Fitzgerald								Anders							
A. Boehm	3		19:18	180		7:~~55~~ 57	—	Clark							
N. Hermann	3		19:05	180		5:50	2:46	Archer							
E. Lewis								Clohisy							
B. Minden-Birk								Curran							
A. Mellilo	3		19:47	188		6:51	2:45	Lawder							
A. Mueth	3		20:25	188		6:13	3:01	Raeber							
P. Mulligan								Vicini							
W. Linhares	3		20:10	176		6:20	—	**Group F**							
T. Kuensting								Chott							
M. McBride								Essma							
W. Bute								Hannon							
Q. Thames	3		19:33	184		6:12	2:43	Kimble							
D. Hoefel	3		20:48	204		6:45	3:08	Moody							
L. Reichold	3		19:37	176		6:13	2:59	Nicholoson							
T. Gardner								Philip							
G. Carroll								Wottowa							
N. Fox	3		19:37	176		6:00	2:47	McCann							
K. Jacoby								Bruns							
B. McEnery								Wilhelm							
M. Cooley								Pertzborn							
P. Fentress	3		19:56	168		6:35	2:41	Stelzer							
A. Dodd	3		20:08	176		7:11	—	Dowd							
								Rancillio							
								Moran							
								Bergman							
								Groesch							
								Surhe							
								Shumate							
								Yokubu							

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

C=

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-16-09 Conditions:
JogCF/push/dyn/TWO GROUPS: Park Cent racers scenic 4/8 strides/jog/stretch
Rest of teamTEMPO+hard repeats 1m and 800:AB 4-1-2 C 3-1-1 D 2-0-2 E2-0-1/2nd push/ext jog/stretch

Name								Name							
Group A								**Group D**							
C. Ford 1								A. Paino							
B. Gabler 1								D. Stinehart							
E. Cookson								Griffard							
T. McLaughlin								J Earsom							
R. Konzen								J. Zink-Duda							
								J. Mungenast							
Group B								C. Maloney							
T. Minnick								E. Glass	2	14:56	172	3:03			
D. Fleming								D. Gains							
B. Ford								S. Body							
T. Jennings								S. Cannon							
B. Franey								S. Bufe							
B. Lickenbrock								P. Bussung							
J. Meier								E. Umana							
D Raterman								Floros	2	14:59	180	3:07			
A. Ratermann								Fister							
C. Stoltze								Brummel							
M. McLaughlin								Chura							
N. Rubbelke								Pollihan							
J Esswein								Mimlitz							
Rackers								**Group E**							
								E. Thornberry							
Group C								S. Pilla	2	15:58	188	3:19			
N. Seckfort								K. Madden							
A. Brady								C. Madden							
T. Varty								M. Kuehner	2	15:58	184	3:04	3:15		
C. Fitzgerald								Anders							
A. Boehm								Clark							
N. Hermann								Archer							
E. Lewis								Clohisy							
B. Minden-Birk								Curran							
A. Mellilo								Lawder							
A. Mueth								Raeber							
P. Mulligan								Vicini							
W. Linhares								**Group F**							
T. Kuensting								Chott	2	15:36	196	3:44			
M. McBride								Essma	2	14:58	160	3:09	3:20		
W. Bufe								Hannon							
Q. Thames								Kimble	2	14:59	176	3:11	3:19		
D. Hoefel								Moody	2	16:21	196	4:17			
L. Reichold								Nicholoson							
T. Gardner								Philip	2	15:12	192	3:34			
G. Carroll								Wottowa	2	14:48	180	3:07	3:20		
N. Fox								McCann							
K. Jacoby								Bruns							
B. McEnery	2	15:25	176	3:09	3:18			Wilhelm							
M. Cooley								Pertzborn	2	15:45	160	3:45			
P. Fentress								Stelzer	2	15:19	180	3:32			
A. Dodd								Dowd							
								Rancillio							
								Moran	2	16:17	196	3:32			
								Bergman							
								Groesch							
								Surhe	2	15:30	160	3:42			
								Shumate							
								Yokubu							
								Waters	2	15:07	192	3:58			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

D =

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-16-09 Conditions:

JogCF/push/dyn/TWO GROUPS: Park Cent racers scenic 4/8 strides/jog/stretch

Rest of teamTEMPO+hard repeats 1m and 800:AB 4-1-2 C 3-1-1 D 2-0-2 E2-0-1/2nd push/ext jog/stretch

Name	mile	pulse	time	800	800			Name	mile	pulse	time	800	800		
Group A								**Group D**							
C. Ford T								A. Paino	2	192	14:10	3:07	3:16		
B. Gabler T								D. Stinehart	2	180	14:27	3:09	3:09		
E. Cookson								Griffard							
T. McLaughlin								J Earsom	—						
R. Konzen								J. Zink-Duda	2	180	13:52	2:55	2:50		
								J. Mungenast	—						
Group B								C. Maloney	2	168	14:58	3:17	3:20		
T. Minnick								E. Glass	—						
D. Fleming								D. Gains	2	184	13:26	2:45	3:21		
B. Ford								S. Body	2	184	14:10	3:13	3:10		
T. Jennings								S. Cannon	2	180	13:40	3:00	2:59		
B. Franey								S. Bufe	2	180	13:08	2:56	2:59		
B. Lickenbrock								P. Bussung	2	176	14:10	3:00	3:03		
J. Meier								E. Umana	2	168	14:31	3:10	3:22		
D Raterman								Floros	—						
A. Ratermann								Fister	2	200	13:00	2:55	2:57		
C. Stoltze								Brummel	2	176	13:42	2:59	2:57		
M. McLaughlin								Chura	2	168	13:28	2:59	3:10		
N. Rubbelke								Pollihan							
J Esswein								Mimlitz	2	14:20	184	3:11	3:10		
Rackers								**Group E**							
								E. Thornberry	—						
Group C								S. Pilla							
N. Seckfort								K. Madden							
A. Brady								C. Madden	—						
T. Varty								M. Kuehner							
C. Fitzgerald								Anders	2	14:18	172	3:17	2:58		
A. Boehm								Clark	2	1324	188	2:48	2:57		
N. Hermann								Archer	2	184	13:04	2:56	2:55		
E. Lewis	2	180	13:36	2:57	2:50			Clohisy	2	13:42	168	2:57	2:57		
B. Minden-Birk	2	180	13:36	2:57	2:55			Curran	2	14:14	172	3:06	3:19		
A. Mellilo								Lawder							
A. Mueth								Raeber	2	184	14:11	3:10	3:19		
P. Mulligan	2	188	13:22	2:56	2:45			Vicini	2	13:32	172	2:59	2:55		
W. Linhares								**Group F**							
T. Kuensting	2	184	13:22	2:56	2:45			Chott							
M. McBride								Essma							
W. Bufe								Hannon							
Q. Thames								Kimble							
D. Hoefel								Moody							
L. Reichold								Nicholoson	2	160	13:04	3:06	3:09		
T. Gardner								Philip							
G. Carroll	2	1336	164	2:59	3:10			Wottowa	2	14:48	180	3:07	3:20		
N. Fox								McCann	2	184	13:19	—	—		
K. Jacoby	2	180	13:34	2:55	2:59			Bruns							
B. McEnery								Wilhelm							
M. Cooley	2	14:46	184	3:11	3:51			Pertzborn							
P. Fentress								Stelzer							
A. Dodd								Dowd	2	13:00	180	2:45	2:58		
								Rancillio	2	13:24	164	2:45	2:58		
								Moran							
								Bergman							
								Groesch	2	14:11	168	2:55	2:59		
								Surhe	—						
								Shumate	2	14:11	168	2:56	3:03		
								Yokubu	2	15:45	172	3:21	3:16		

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

A/B COACHL

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-16-09 Conditions:
JogCF/push/dyn/TWO GROUPS: Park Cent racers scenic 4/8 strides/jog/stretch
Rest of teamTEMPO+hard repeats 1m and 800:AB 4-1-2 C 3-1-1 D 2-0-2 E2-0-1/2nd push/ext jog/stretch

	Name	Miles	time	pulse	race mile	800	800		Name							
	Group A								**Group D**							
1	C. Ford 1	4	22:29	184	4:57	2:27			A. Paino	●						
1	B. Gabler 1	4	23:40	176	5:40	2:34			D. Stinehart	5						
1	E. Cookson	4	22:47	188	5:11	2:32			Griffard	4						
1	T. McLaughlin	4	23:40	192	5:18	2:28			J Earsom	●						
●	R. Konzen	—							J. Zink-Duda	5						
									J. Mungenast	●						
	Group B								C. Maloney	5						
1	T. Minnick	4	35:00	168	5:47	2:52			E. Glass	6						
●	D. Fleming	—							D. Gains	5						
2	B. Ford	4	23:39	204	5:20	2:23			S. Body	5						
1	T. Jennings	4	23:16	188	5:21	2:28			S. Cannon	4						
●	B. Franey	—							S. Bufe	4						
3	B. Lickenbrock								P. Bussung	4						
●	J. Meier								E. Umana	6						
1	D Raterman	4	23:07	180	5:36	2:32			Floros	6						
●	A. Ratermann	—							Fister	4						
2	C. Stoltze	4	24:07	172	5:31	2:39			Brummel	4						
●	M. McLaughlin								Chura	5						
●	N. Rubbelke								Pollihan	4						
2	J Esswein	~~2~~							Mimlitz	5						
1	Rackers	~~X~~							**Group E**							
									E. Thornberry							
	Group C								S. Pilla	5						
●	N. Seckfort								K. Madden	6						
4	A. Brady								C. Madden	●						
3	T. Varty								M. Kuehner	5						
2	C. Fitzgerald	4	25:09	180	6:05	2:52			Anders	5						
4	A. Boehm								Clark	4						
3	N. Hermann								Archer	4						
4	E. Lewis								Clohisy	5						
4	B. Minden-Birk								Curran	5						
4	A. Mellilo								Lawder	●						
3	A. Mueth								Raeber	4						
4	P. Mulligan								Vicini	4						
4	W. Linhares								**Group F**							
4	T. Kuensting								Chott	6						
X	M. McBride								Essma	5						
3	W. Bufe	4	26:27	172	6:05	2:52			Hannon	●						
4	Q. Thames								Kimble	5						
4	D. Hoefel								Moody	6						
4	L. Reichold								Nicholoson	4						
X	T. Gardner								Philip	6						
5	G. Carroll								Wottowa	5						
3	N. Fox								McCann	5						
5	K. Jacoby								Bruns	5						
5	B. McEnery								Wilhelm	●						
5	M. Cooley								Pertzborn	6						
3	P. Fentress								Stelzer	6						
4	A. Dodd								Dowd	4						
5	WATERS 5								Rancillio	4						
									Moran	5						
									Bergman	6						
									Groesch	4						
									Surhe	6						
									Shumate	5						
									Yokubu	5						

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-17-09 Conditions:
Park Cent Race/JogWC/push/CORE/dyn/PLYO/Aero OB:10=-8-6-5-4/10-8 strides/jog/stretch
Rest of teamTEMPO+hard repeats 1m and 800:AB 4-1-2 C 3-1-1 D 2-0-2 E2-0-1/2nd push/ext jog/stretch

Name								Name							
Group A								**Group D**							
C. Ford 1	10	70:42	140					A. Paino	5	42:31	176				
B. Gabler 1								D. Stinehart	5	40:23	168				
E. Cookson	10	70:42	184					Griffard	6	44:11	156				
T. McLaughlin								J Earsom							
R. Konzen								J. Zink-Duda	5	38:56	168				
								J. Mungenast							
Group B								C. Maloney	4	29:50	160				
T. Minnick								E. Glass	4	30:06	164				
D. Fleming								D. Gains	3	23:49	140				
B. Ford	8	56:56	156					S. Body	4	33:33	196				
T. Jennings								S. Cannon	4	29:50	160				
B. Franey								S. Bufe	6	48:00	164				
B. Lickenbrock	6	44:11	172					P. Bussung	5	36:30	164				
J. Meier								E. Umana	5	38:50	160				
D Raterman	8	56:56	152					Floros	4	32:10	160				
A. Ratermann								Fister	5	35:32	180				
C. Stoltze	8	56:56	164					Brummel	5	36:09	172				
M. McLaughlin								Chura	4	29:50	158				
N. Rubbelke								Pollihan	6	48:00	152				
J Esswein								Mimlitz	5	39:35	196				
Rackers	6	71:55	172					**Group E**							
								E. Thornberry							
Group C								S. Pilla	4	35:09	164				
N. Seckfort								K. Madden							
A. Brady	6	42:54	156					C. Madden							
T. Varty	8	56:56	176					M. Kuehner	4	36:24	176				
C. Fitzgerald	8	56:56	152					Anders	5	36:30	160				
A. Boehm	4	29:30	156					Clark	5	35:30	188				
N. Hermann	6	48:07	160					Archer	5	35:30	180				
E. Lewis	6	44:33	148					Clohisy							
B. Minden-Birk	6	43:47	188					Curran	4	31:01	164				
A. Mellilo	6	43:22	184					Lawder	3	23:49	168				
A. Mueth	6	46:48	160					Raeber	4	32:06	164				
P. Mulligan	6	44:20	172					Vicini	5	40:13	160				
W. Linhares								**Group F**							
T. Kuensting								Chott	4	36:24	[illegible]				
M. McBride								Essma	4	31:38	164				
W. Bufe	6	43:58	156					Hannon							
Q. Thames	6	42:58	172					Kimble							
D. Hoefel	6	47:00	184					Moody							
L. Reichold	6	41:58	172					Nicholoson	4	31:00	160				
T. Gardner								Philip	4	33:54	172				
G. Carroll	5	38:35	148					Wottowa	4	31:38	172				
N. Fox	6	41:58	176					McCann	4	29:64	180				
K. Jacoby	6	46:52	168					Bruns							
B. McEnery	6	53:46	164					Wilhelm							
M. Cooley	6	51:58	160					Pertzborn	4	35:31	172				
P. Fentress	6	48:07	156					Stelzer	4	33:38	176				
A. Dodd	6	41:58	176					Dowd	5	35:20	164				
								Rancillio	5	40:25	160				
								Moran	3	26:00	194				
								Bergman	4	36:41	180				
								Groesch	5	36:43	168				
								Surhe	4	32:30	160				
								Shumate							
								Yokubu							
								Waters	4	44:52	184				

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-18-09 Conditions:

TWO GROUPS: Racers on Gravel to HQ or Union/6 strides REST on UNITY RUN perimeter/10 strides

Name								Name							
Group A								**Group D**							
C. Ford 1	✓	✓						A. Paino	✓	168					
B. Gabler 1	✓	✓						D. Stinehart	17:54	160					
E. Cookson	✓	✓						Griffard	23:44	140					
T. McLaughlin	—							J Earsom	—						
R. Konzen	✓	✓						J. Zink-Duda	✓	160					
								J. Mungenast	—						
Group B								C. Maloney	✓	158					
T. Minnick	✓	✓						E. Glass	✓	152					
D. Fleming	—							D. Gains	✓	148					
B. Ford	✓	✓						S. Body	✓	160					
T. Jennings	✓	✓						S. Cannon	✓	158					
B. Franey	—							S. Bufe	✓	✓					
B. Lickenbrock	23:44	160						P. Bussung	✓	160					
J. Meier	✓	✓						E. Umana	✓	160					
D Raterman	✓	✓						Floros	✓	140					
A. Ratermann	✓	✓						Fister	✓	150					
C. Stoltze	✓	✓						Brummel	✓	154					
M. McLaughlin	✓	✓						Chura	✓	✓					
N. Rubbelke	✓	✓						Pollihan	✓	140					
J Esswein	✓	✓						Mimlitz	✓	164					
Rackers	✓	✓						**Group E**							
								E. Thornberry	—						
Group C								S. Pilla	✓	✓					
N. Seckfort	—							K. Madden	✓	160					
A. Brady	✓	136						C. Madden	—						
T. Varty	✓	156						M. Kuehner	✓	184					
C. Fitzgerald	✓	140						Anders	✓	160					
A. Boehm	24:00	156						Clark	✓	168					
N. Hermann	23:44	148						Archer	—						
E. Lewis	✓	180						Clohisy	✓	148					
B. Minden-Birk	✓	164						Curran	✓	168					
A. Mellilo	✓	160						Lawder	18:14	172					
A. Mueth	✓	144						Raeber	✓	172					
P. Mulligan	✓	140						Vicini	✓	152					
W. Linhares	—							**Group F**							
T. Kuensting	—							Chott	18:29	192					
M. McBride	—							Essma	✓	160					
W. Bufe	✓	148						Hannon	—						
Q. Thames	✓	160						Kimble	—						
D. Hoefel	✓	152						Moody	—						
L. Reichold	✓	140						Nicholoson	✓	140					
T. Gardner	✓	✓						Philip	✓	164					
G. Carroll	✓	152						Wottowa	✓	168					
N. Fox	✓	156						McCann	✓	180					
K. Jacoby	✓	156						Bruns	—						
B. McEnery	✓	152						Wilhelm	—						
M. Cooley	✓	✓						Pertzborn	✓	136					
P. Fentress	✓	130						Stelzer	✓	176					
A. Dodd	✓	148						Dowd	24:00	168					
M Waters	17:54	164						Rancillio	✓	160					
								Moran	✓	168					
								Bergman	✓	168					
								Groesch	✓	140					
								Surhe	✓	150					
								Shumate	✓	160					
								Yokubu							

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-21-09 Conditions:
TWO GROUPS: AB on Express/ Rest: Jog WC/push/dyn/OB 10-8-6-5/2nd push/8-10 strides/stretch/jog
TEAM MEETING AFTER GROUPS RETURN FROM RUN

Name	Dist	Time	Pulse
Group A			
C. Ford 1	10	71:53	160
B. Gabler 1	10	71:58	132
E. Cookson	10	71:53	168
T. McLaughlin	8	58:16	176
R. Konzen	10	71:53	156
Group B			
T. Minnick	8	58:16	164
~~D. Fleming~~			
B. Ford	8	54:14	176
T. Jennings	8	58:16	156
~~B. Franey~~			
B. Lickenbrock	6	43:50	156
J. Meier	8	55:30	160
D Raterman	8	54:08	184
A. Ratermann	8	55:00	180
C. Stoltze	8	55:00	156
M. McLaughlin	8	55:43	160
~~N. Rubbelke~~			
J Esswein	3	21:32	164
Rackers	8	54:08	180
Group C			
~~N. Sacktort~~			
A. Brady	6	42:07	160
T. Varty	8	54:08	184
C. Fitzgerald	8	54:14	148
A. Boehm	~~DNF~~ 5	36:20	(Walk Lawder Back)
N. Hermann	6	43:53	160
E. Lewis	5	36:52	152
B. Minden-Birk	6	41:08	188
~~A. Mellio~~			
A. Mueth	6	47:26	164
P. Mulligan	6	43:04	200
W. Linhares	4	32:40	172
T. Kuensting	4	36:58	160
M. McBride	4	36:57	192
W. Bufe	6	45:43	160
Q. Thames	6	46:05	172
D. Hoefel	6	47:41	180
L. Reichold	6	44:12	172
T. Gardner	6	43:50	140
G. Carroll	5	39:03	180
N. Fox	6	45:25	164
K. Jacoby	6	47:26	172
B. McEnery	6	55:50	168
M. Cooley	6	52:02	168
P. Fentress	6	45:20	156
A. Dodd	6	45:50	160
M Waters	5	41:05	180

Name	Dist	Time	Pulse
Group D			
A. Paino	5	44:35	196
D. Stinehart	5	39:02	184
Griffard	6	45:50	160
~~J Earsom~~			
J. Zink-Duda	5	37:10	172
~~J. Mungenast~~			
~~C. Maloney~~			
~~E. Glass~~			
D. Gains	6	47:10	164
S. Body	4	35:47	160
S. Cannon	5	37:10	160
S. Bufe	6	47:10	140
P. Bussung	5	38:00	168
E. Umana	5	38:59	164
~~Horos~~			
Fister	5	38:50	180
Brummel	5	37:10	160
Chura	5	38:00	160
Pollihan	6	47:16	164
Mimlitz	5	42:00	188
Group E			
~~E. Thornberry~~			
S. Pilla	5	45:30	184
K. Madden	4	34:46	168
~~C. Madden~~			
M. Kuehner	5	44:15	180
Anders	5	38:30	180
Clark	6	46:43	188
Archer	5	35:54	160
Clohisy	4	31:05	172
Curran	5	41:00	168
~~Lawder~~	DNF		
Raeber	4	40:08	172
Vicini	5	43:20	160
Group F			
Chott	5	49:43	200
Essma	5	38:59	164
~~Hannon~~			
Kimble	3	33:03	168
~~Moody~~	5	47:01	140
Nicholoson	5	41:00	160
Philip	5	46:00	172
Wottowa	5	41:51	176
~~McCann~~			
~~Bruns~~			
~~Wilhelm~~			
Pertzborn	5	49:58	160
Stelzer	5	43:49	162
Dowd	5	~~37:57~~	~~160~~ 35:00 160
Rancillio	5	37:36	168
Moran	5	42:20	212
Bergman	5	43:26	188
~~Groesch~~			
Surhe	5	49:51	150
Shumate	5	42:51	172
Yokubu	5	42:31	196

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-22-09 Conditions:

Jog CF/push/dyn/static/2 x strides/800 reps 1 race, 2 1m pace, rest FAST/2nd push/ext cool/stretych/we

Name	1	2	3	4	5	6	7	8
Group A								
C. Ford T A	2:38	28	24	24	27	23	27	25
B. Gabler T A	2:40	36	34	36	40	40	38	—
E. Cookson A	40	31	30	32	30	31	30	31
T. McLaughlin A	40	33	32	32	31	30	30	—
R. Konzen A	44	36	34	36	38	38	33	—
Group B								
T. Minnick B	43	36	35	35	37	37	39	—
~~D. Fleming~~								
B. Ford B	40	33	28	29	29	27	46	—
T. Jennings B	40	33	32	32	31	31	30	—
~~B. Franey~~								
~~B. Lickenbrock~~								
J. Meier B	45	36	35	33	32	34	40	—
D Raterman B	44	36	33	33	32	32	30	—
~~A. Ratermann~~								
C. Stoltze B	46	36	34	33	32	32	33	—
M. McLaughlin B	47	39	35	36	39	36	38	—
~~N. Rubbelke~~								
~~J Esswein~~								
Rackers C	45	35	33	33	35	32	—	—
Group C								
N. Seckfort								
A. Brady								
T. Varty C	47	42	41	41	50	50	43	—
C. Fitzgerald C	46	41	43	44	52	50	—	—
A. Boehm								
N. Hermann								
E. Lewis								
B. Minden-Birk								
A. Mellilo								
A. Mueth								
P. Mulligan								
W. Linhares								
T. Kuensting								
M. McBride								
W. Bute C	48	43	42	44	48	47	—	—
Q. Thames								
D. Hoefel								
L. Reichold								
T. Gardner C	48	41	39	39	40	41	—	—
G. Carroll								
N. Fox C	49	44	43	43	46	—	—	—
K. Jacoby								
B. McEnery								
M. Cooley								
P. Fentress								
A. Dodd								
M Waters								

Name
Group D
A. Paino
D. Stinehart
Griffard
J Earsom
J. Zink-Duda
J. Mungenast
C. Maloney
E. Glass
D. Gains
S. Body
S. Cannon
S. Bute
P. Bussung
E. Umana
Floros
Fister
Brummel
Chura
Pollihan
Mimlitz
Group E
E. Thornberry
S. Pilla
K. Madden
C. Madden
M. Kuehner
Anders
Clark
Archer
Clohisy
Curran
Lawder
Raeber
Vicini
Group F
Chott
Essma
Hannon
Kimble
Moody
Nicholoson
Philip
Wottowa
McCann
Bruns
Wilhelm
Pertzborn
Stelzer
Dowd
Rancillio
Moran
Bergman
Groesch
Surhe
Shumate
Yokubu

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

Joe Esswein: 43:12 6 miles 148

~~Alt~~ Alan Ratermann: 43:12 6 miles 160

Nate Reubbelke: 35:40 5 miles 144

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-22-09 Conditions:

Jog CF/push/dyn/static/2 x strides/800 reps 1 race, 2 1m pace, rest FAST/2nd push/ext cool/stretych/we

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino						
B. Gabler 1									D. Stinehart						
E. Cookson									Griffard						
T. McLaughlin									J Earsom						
R. Konzen									J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick									E. Glass						
D. Fleming									D. Gains	3:07	3:06	3:05	3:04	3:03	3:01
B. Ford															
T. Jennings									S. Cannon	3:13	3:12	3:11	3:10	2:51	
B. Franey									S. Bufe	3:06	3:01	3:02	3:02	3:10	2:04
B. Lickenbrock	2:56	2:45	2:47	2:44	2:49	2:53			P. Bossung	3:10	3:06	3:08	3:10	3:04	
J. Meier									E. Umana						
D Raterman									Floros						
A. Ratermann									Fister	3:03	3:00	3:00	3:00	2:55	
C. Stoltze									Brummel	3:10	3:04	3:03	3:00	2:54	
M. McLaughlin									Chura						
N. Rubbelke									Pollihan	2:56	2:53	2:53	2:52	2:51	2:51
J Esswein									Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden	30:00	145	recovery			
A. Brady	2:58	2:52	2:54	2:52	3:04	2:56			C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm	2:57	2:53	2:50	2:48	2:51	2:51			Clark	3:07	3:01	3:00	2:57	2:53	
N. Hermann	2:58	2:57	2:50	2:48	2:48	2:53			Archer	3:04	2:58	2:59	2:54	2:55	
E. Lewis	3:03	2:59	2:59	3:00	3:04	2:55			Clohisy						
B. Minden-Birk									Curran						
A. Mellilo	3:01	2:53	2:53	2:52	2:59	2:58			Lawder						
A. Mueth	3:02	2:58	2:57	2:54	2:59	2:53			Raeber						
P. Mulligan									Vicini	3:06	3:03	3:04	3:02	2:54	
W. Linhares	3:02	2:59	2:59	2:59	3:00				**Group F**						
T. Kuensting	30:00		144 pulse		recovery				Chott						
M. McBride									Essma						
W. Bufe									Hannon						
Q. Thames	3:02	2:57	2:56	2:55	2:52	2:49			Kimble						
D. Hoefel	3:11	3:05	3:04	3:01	3:06	2:58			Moody						
L. Reichold	3:06	2:56	2:57	2:55	2:59	2:53			Nicholoson	3:04	3:00	3:01	3:01	2:56	
T. Gardner									Philip						
G. Carroll	3:06	2:59	3:06	3:10	3:09				Wottowa						
N. Fox									McCann						
K. Jacoby	3:07	3:04	3:04	3:08	3:07	3:02			Bruns						
B. McEnery 45									Wilhelm						
M. Cooley 45									Pertzborn						
P. Fentress	3:05	2:56	2:54	2:47	2:59	2:45			Stelzer						
A. Dodd	3:07	2:58	2:59	3:02	3:06				Dowd	3:04	2:56	2:59	2:52	2:47	
~~M. Waters~~									Rancillio	3:04	3:01	3:00	2:52	2:47	
									Moran						
									Bergman						
									Groesch	3:06	3:04	3:04	3:03	3:00	
									Surhe						
									Shumate						
									Yokubu						

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-22-09 Conditions:

Jog CF/push/dyn/static/2 x strides/800 reps 1 race, 2 1m pace, rest FAST/2nd push/ext cool/stretych/we

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino	328	323	324	330	325	
B. Gabler 1									D. Stinehart	323	317	316	318	313	
E. Cookson									Griffard						
T. McLaughlin									J Earsom						
R. Konzen									J. Zink-Duda	317	302	255	256	247	
									J. Mungenast						
Group B									C. ~~Maloney~~						
T. Minnick									E. Glass	340	345	338	336	321	
D. Fleming									D. Gains						
B. Ford									S. Body ✱	3					
T. Jennings									S. Cannon						
B. Franey									S. Bufe						
B. Lickenbrock									P. Bussung						
J. Meier									E. Umana	330	327	323	323	320	
D Raterman									~~Flores~~ ✱	3 miles					
A. Ratermann									Fister						
C. Stoltze									Brummel						
M. McLaughlin									Chura	320	314	318	317	320	
N. Rubbelke									Pollihan						
J Esswein									Mimlitz	326	320	316	313	305	
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla	331	328	323	323	316	
N. Seckfort									K. Madden (Aerobic)						
A. Brady									C. Madden						
T. Varty									M. Kuehner	335	330	319	320	319	
C. Fitzgerald									Anders	316	314	316	315	306	
A. Boehm									Clark						
N. Hermann									Archer						
E. Lewis									Clohisy	315	306	305	306	302	
B. Minden-Birk									Curran	321	321	318	320	311	
A. Mellilo									Lawder	340	344	321	338	335	
A. Mueth									Raeber	325	320	320	320	310	
P. Mulligan									Vicini						
W. Linhares									**Group F**						
~~T. Kuenisting~~									Chott	337	337	323	341	343	
M. McBride									Essma	326	320	319	319	312	
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody	337	329	326	341	348	
L. Reichold									~~Nicholoson~~						
T. Gardner									Philip	335	335	332	338	335	
G. Carroll									Wottowa	329	326	325	324	322	
N. Fox									~~McCann~~						
K. Jacoby									Bruns						
B. McEnery	328	326	323	325	341				Wilhelm						
M. Cooley	332	325	322	352	343				Pertzborn	346	349	341			
P. Fentress									Stelzer	345	348	339	341	346	
A. Dodd									Dowd						
M Waters	315	305	303	304	302				Rancillio						
									Moran	335	329	320	NA	NA	
									Bergman	341	343	335	334	327	
									Groesch						
									Surhe	341	343	332	343	330	
									Shumate	327	318	312	312	302	
									Yokubu	327	324	317	321	326	

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-23-09 Conditions:

Jog WC/push/dyn/PLYO/Run OS Scenic Loops 8-6-5-4/2nd push/8-10 strides/stretch/weights

Name	Dist	TIME	Pulse
Group A			
C. Ford 1	8	58:30	148
B. Gabler 1	8	58:30	144
E. Cookson	8	58:30	152
T. McLaughlin	10	44:36	156
R. Konzen	8	58:30	144
Group B			
T. Minnick	6	44:36	~~156~~ 156
~~D. Fleming~~			
B. Ford	6	43:46	156
T. Jennings	6	44:36	176
~~B. Franey~~			
B. Lickenbrock	5	36:01	156
J. Meier	6	44:25	156
D Raterman	6	44:25	152
A. Ratermann	6	43:46	172
C. Stoltze	6	44:09	160
M. McLaughlin	6	43:45	156
N. Rubbelke	6	44:45	148
J Esswein	6	43:45	160
Rackers	6	44:25	~~[illegible]~~ 152
Group C			
~~N. Seckfort~~			
A. Brady	5	34:18	152
T. Varty	6	43:46	172
C. Fitzgerald	6	43:41	160
A. Boehm	5	35:52	144
N. Hermann	5	36:01	140
E. Lewis	5	36:11	172
~~B. Minden-Birk~~			
A. Mellilo	5	34:08	180
A. Mueth	5	37:47	156
~~P. Mulligan~~			
W. Linhares	4	30:10	172
T. Kuensting	4	30:44	168
M. McBride	4	28:42	204
W. Bute	5	35:35	152
Q. Thames	5	36:18	160
D. Hoefel	5	37:39	176
L. Reichold	5	34:17	176
T. Gardner	5	34:17	156
G. Carroll	5	37:09	152
N. Fox	5	34:17	172
K. Jacoby	5	38:31	152
B. McEnery	5	37:51	176
M. Cooley	4	36:15	144
P. Fentress	4	31:00	152
A. Dodd	5	35:10	164
M Waters	4	33:09	184

Name	Dist	TIME	Pulse
Group D			
A. Paino	4	33:07	176
D. Stinehart	4	33:07	172
Griffard	6	44:25	168
~~J. Larsom~~			
J. Zink-Duda	4	30:33	160
~~J. Mungenast~~			
C. Maloney	4	31:10	168
E. Glass	4	32:07	160
D. Gains	5	37:00	156
S. Body	4	32:27	160
S. Cannon	4	31:10	160
S. Bute	5	36:38	164
P. Bussung	4	31:00	164
E. Umana	3½	26:49	152
Floros	3	26:15	170
Fister	4	29:59	168
Brummel	4	31:00	176
Chura	4	31:00	176
Pollihan	5	37:00	164
Mimlitz	4	29:59	188
Group E			
~~E. Thornberry~~			
S. Pilla	4	35:01	160
K. Madden	3	26:15	156
~~C. Madden~~			
M. Kuehner	4	35:56	160
Anders	4	31:00	160
Clark	5	35:31	188
Archer	5	34:08	192
Clohisy	Cross Training		
Curran	4	29:22	168
Lawder	4	34:19	168
Raeber	4	32:38	172
Vicini	4	29:55	172
Group F			
Chott	4	35:47	172
Essma	4	30:59	160
~~Hannon~~			
Kimble	Cross Training		
Moody	4	32:59	200
Nicholoson	4	29:22	156
Philip	4	35:58	172
Wottowa	4	30:50	176
~~McCann~~			
~~Bruns~~			
~~Wilhelm~~			
Pertzborn			
Stelzer	4	33:30	162
Dowd	5	34:08	168
Rancillio	5	37:09	160
~~Moran~~			
Bergman	4	36:10	180
Groesch	5	35:29	156
Surhe	4	36:15	160
Shumate	4	33:46	164
Yokubu	4	34:19	148

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 9-24-09 Conditions:
RAINY DAY/meet lobby/push/dyn/warm into rainy loops: 6-4-3-2 cool home/cal/stretch

Name	Dist.	TI	ME	Pulse				
Group A								
~~C. Ford 1~~								
B. Gabler 1	7(?)	49:	03	128				
E. Cookson	7(?)	49:	03	140				
T. McLaughlin	(7)							
R. Konzen ✓								
Group B	—	—	—	—				
~~T. Minnick~~								
~~D. Fleming~~								
B. Ford	—	29:	51	128				
~~T. Jennings~~								
~~B. Franey~~								
B. Lickenbrock	HQ	31:	21	140				
J. Meier	7(?)	49:	03	148				
D Raterman	(7)?	49:	03	132				
A. Ratermann	7(?)	49:	03	156				
C. Stoltze	—	29:	51	136				
M. McLaughlin	7(?)	49:	03	132				
N. Rubbelke	7(?)	49:	03	152				
J Esswein	HQ	29:	51	140				
Rackers	7(?)	49:	03	152				
Group C	—	—	—	—				
~~N. Seckfort~~								
A. Brady	HQ	25:	00	140				
T. Varty	HQ	29:	43	152				
C. Fitzgerald	HQ	29:	45	120				
A. Boehm	3	22:	39	~~156~~	148			
N. Hermann	HQ	31:	21	136				
E. Lewis	HQ	30:	28	148				
~~B. Minden-Birk~~								
A. Mellilo	HQ	23:	31	164				
A. Mueth	4	31:	30	140				
~~P. Mulligan~~								
W. Linhares	HQ	23:	41	156				
T. Kuensting	HQ	30:	28	156				
~~M. McBride~~								
W. Bute	HQ	29:	51	144				
Q. Thames	HQ	23:	41	152				
D. Hoefel	4	31:	30	164				
L. Reichold	HQ	25:	00	132				
T. Gardner	7(?)	49:	03	148				
G. Carroll	3	19:	09	152				
N. Fox	—	29:	51	152				
K. Jacoby	4	31:	30	144				
B. McEnery	3	23:	50	160				
M. Cooley	3	23:	47	—				
P. Fentress	HQ	25:	00	128				
A. Dodd	HQ	25:	00	140				
M Waters	HQ	31:	30	160				

Name	Dist	TI	ME	Pulse		
Group D						
A. Paino	3	25:	32	164		
D. Stinehart	HQ	24:	55	168		
Griffard	HQ	25:	00	144		
~~J Larsom~~						
J. Zink-Duda	3	19:	32	152		
~~J. Mungenast~~						
~~C. Maloney~~						
~~E. Glass~~						
D. Gains ✓	(2)					
S. Body	3	19:	09	168		
~~S. Cannon~~						
S. Bute	HQ	25:	00	148		
P. Bussung	3	19:	09	164		
E. Umana	HQ	24:	55	—		
Floros	3	24:	40	160		
Fister	3	19:	32	160		
Brummel	3	19:	09	160		
Chura	3	19:	09	160		
Pollihan ✓						
Mimlitz	3	19:	37	172		
Group E	—	—	—	—		
~~E. Thornberry~~						
S. Pilla	3	24:	03	[illegible]	160	
K. Madden	3	24:	03	156		
~~C. Madden~~						
M. Kuehner	3	22:	00	—		
~~Anders~~						
Clark	HQ	27:	17	180		
Archer	HQ	25:	00	160		
Clohisy	3	19:	33	156		
Curran	3	19:	33	156		
Lawder	3	22:	00	164		
Raeber	3	19:	09	168		
Vicini	HQ	25:	00	140		
Group F	—	—	—	—		
Chott	3	24:	12	—		
Essma	3	19:	09	156		
~~Hannon~~						
~~Kimble~~						
~~Moody~~						
Nicholoson O						
Philip	3	22:	43	168		
Wottowa	3	24:	12	168		
~~McCann~~						
~~Bruns~~						
~~Wilhelm~~						
~~Pertzborn~~						
~~Stelzer~~						
Dowd	4	24:	40	140		
Rancillio	HQ	24:	45	140		
Moran	3	24:	03	156		
Bergman	3	22:	12	—		
Groesch ✓O						
Surhe						
Shumate	3	22:	43	164		
Yokubu	3	22:	43	172		

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 9-30-09 Conditions:

Jog WC/CORE/push/dyn/HYBRID/OB-LUXURY Aero 8-6-5/push/10-8 strides/jog/stretch/WEIGHTS

Name	Dist	TI	ME	Pulse
Group A				
~~G. Ford 1~~				
B. Gabler 1	6	46	05	128
E. Cookson1	8	60	51	132
T. McLaughlin1	6	45	16	144
R. Konzen1	8	60	51	140
Group B				
T. Minnick 1	6	45	17	144
~~B. Fleming R~~				
B. Ford 1	8	60	51	140
~~T. Jennings~~				
~~B. Franey R~~				
B. Lickenbrock 3	6	44	00	160
J. Meier	8	60	51	140
D Raterman	8	60	51	124
A. Ratermann	8	60	51	168
C. Stoltze	8	60	51	136
M. McLaughlin	8	60	51	120
N. Rubbelke	4	32	20	140
J Esswein	6	45	00	144
~~Backers~~				
Group C				
~~N. Sockford~~				
A. Brady	6	43	15	156
T. Varty	8	60	39	148
C. Fitzgerald	8	60	51	120
A. Boehm	6	45	15	140
N. Hermann	6	48	32	136
E. Lewis	6	43	35	168
B. Minden-Birk	6	45	02	176
A. Mellilo	6	43	31	184
A. Mueth	6	46	41	164
P. Mulligan	6	47	07	160
W. Linhares	6	46	05	168
T. Kuensting	6	45	01	184
M. McBride	4	33	17	160
W. Bufe	8	60	51	140
Q. Thames	6	44	00	168
D. Hoefel	6	46	41	172
~~E. Reichold~~				
~~T. Gardner~~	6	48	32	132
G. Carroll	6	43	30	160
N. Fox	6	43	15	164
K. Jacoby	6	47	02	160
B. McEnery	6	53	59	164
M. Cooley	6	51	14	156
P. Fentress	6	48	32	152
A. Dodd	5	38	50	140 (Recovering)
M Waters	6	44	06	180

Name	Dist	TI	ME	Pulse
Group D				
A. Paino	5	40	53	184
D. Stinehart	6	49	41	180
Griffard				
~~J Earsom~~				
J. Zink-Duda	5	37	16	160
~~J. Mungenast~~				
C. Maloney	5	42	00	164
E. Glass	5	43	10	160
D. Gains	6	48	44	144
S. Body	5	39	26	168
S. Cannon	4	33	20	148
S. Bufe	6	48	59	152
P. Bussung	5	38	27	160
E. Umana				
Floros	5	41	20	172
Fister	5	37	50	164
Brummel	5	42	00	140
Chura	5	39	17	168
Pollihan	6	46	09	156
Mimlitz	5	37	34	176
Group E				
~~E. Thornberry~~				
S. Pilla				
~~K. Madden~~				
~~C. Madden~~				
M. Kuehner	5	43	38	172
Anders	5	39	51	180
Clark	6	46	59	188
Archer	5	36	39	180
~~Clohisy~~				
Curran	5	36	57	156
~~Lawder~~				
Raeber	5	42	00	160
Vicini	5	37	56	148
Group F				
Chott	5	43	46	188
Essma	5	39	00	144
~~Hannon~~				
~~Kimble~~				
Moody	5	44	31	164
Nicholoson	5	36	47	148
Philip	5	39	36	156
Wottowa	5	39	36	172
~~McCann~~				
Bruns	4	35	25	160
~~Wilhelm~~				
Pertzborn	5	44	32	156
Stelzer	5	39	29	156
Dowd	5	36	39	164
Rancillio	5	39	20	160
Moran	3	24	45	180
Bergman	5	39	36	184
Groesch	5	36	39	172
Surhe	5	42	11	160
Shumate	5	37	58	148
Yokubu	4	35	25	148

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-1-09 Conditions:

Jog WC//push/dyn/MEETING/SPLIT: racers scenic 4 JA3/6 strides/jog stretch OTHERS: Flying 200 /perimeter/10 strides/jog/stretch

Name			
Group A			
C. Ford 1			
B. Gabler 1	6	42:28	120
E. Cookson1	6	42:29	128
T. McLaughlin1			
R. Konzen1			
Group B			
T. Minnick 1	4	29:07	148
D. Fleming R			
B. Ford 1			
T. Jennings 1	6	42:29	152
B. Franey R			
B. Lickenbrock 3	4	32-	140
J. Meier	4	30:11	136
D Raterman	4	30:50	116
A. Ratermann	4	30:08	124
C. Stoltze	4	30:40	140
M. McLaughlin	4	30:08	124
N. Rubbelke	4	30:45	132
J Esswein	4	30:50	128
Rackers	4	30:11	150
Group C			
N. Seckfort			
A. Brady	4	32:29	116
T. Varty	4	31:05	140
C. Fitzgerald	4	30:44	120
A. Boehm	4	32-	128
N. Hermann	4	32:40	160
E. Lewis	4	30:38	160
B. Minden-Birk	4	30:38	152
A. Mellilo	4	30:39	176
A. Mueth	4	32:40	144
P. Mulligan	4	34:42	116
W. Linhares	3	22:30	156
T. Kuensting	4	34:42	196
M. McBride			
W. Bufe	4	33:1	140
Q. Thames	4	31:05	160
D. Hoefel	4	31:05	176
L. Reichold	4	32:54	128
T. Gardner	4	32:54	136
G. Carroll	3	22:30	132
N. Fox	4	30:38	146
K. Jacoby	4	32:39	152
B. McEnery	4	35:21	172
M. Cooley	4	31:30	160
P. Fentress	4	32:40	144
A. Dodd	4	32:56	128
M Waters	4	30:42	172

Name			
Group D			
A. Paino	3	26:53	160
D. Stinehart	4	32:47	160
Griffard	3	23:36	120
~~J Larson~~			
J. Zink-Duda	3	23:54	160
J. Mungenast			
C. Maloney			
E. Glass	3	29:37	156
D. Gains	3	26:51	140
S. Body	3	25:00	154
S. Cannon	3	24:37	152
S. Bufe	3	26:51	124
P. Bussung	3	23:50	152
E. Umana			
Floros	3	24:37	140
Fister	3	22:32	160
Brummel	3	23:36	120
Chura	3	23:10	120
Pollihan	3	22:36	136
Mimlitz	3	24:19	136
Group E			
~~E. Thornberry~~			
S. Pilla			
K. Madden			
C. Madden			
M. Kuehner	3	26:07	164
Anders	3	24:38	104
Clark	4	31:30	164
Archer	4	30:09	124
Clohisy	3	24:38	132
Curran	3	22:46	160
Lawder			
Raeber	3	25:37	156
Vicini	3	26:50	132
Group F			
Chott	3	26:59	160
Essma	3	24:43	136
Hannon			
Kimble			
Moody	3	25:13	122
Nicholoson	3	22:46	148
Philip	3	26:50	156
Wottowa	3	24:01	184
McCann			
Bruns	3	25:48	176
Wilhelm			
Pertzborn	3	30:30	142
Stelzer	3	27:43	166
Dowd	4	30:09	136
Rancillio	4	30:00	160
Moran	3	23:36	132
Bergman	3	25:47	160
Groesch	3	22:36	152
Surhe	3	27:55	160
Shumate			
Yokubu	3	24:38	160

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-3-09 Conditions:
FAMILY DAY FOR TOP GROUP!
Jog WC/dyn/OB LUXURY 8-6-4 family style/flying two's/jog/stretch/weights

Name									Name						
Group A									**Group D**						
C. Ford T	7								A. Paino						
B. Gabler T ✓		60:39	144						D. Stinehart						
E. Cookson T ✓	8	60:39	136						Griffard						
T. McLaughlin T ✓	6	45	124						J Earsom						
R. Konzen T	X								J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick T ✓	6		148						E. Glass						
D. Fleming R									D. Gains						
B. Ford T ✓	4		160						S. Body						
T. Jennings T ✓	6	45	140						S. Cannon						
B. Franey R									S. Bufe						
B. Lickenbrock 3									P. Bussung						
J. Meier ✓	6	45	132						E. Umana						
D Raterman									Floros						
A. Ratermann									Fister						
C. Stoltze ✓	4		136						Brummel						
M. McLaughlin ✓	6	45	124						Chura						
N. Rubbelke ✓	6	45	136						Pollihan						
J Esswein ✓	6	45	136						Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm									Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran						
A. Mellilo									Lawder						
A. Mueth									Raeber						
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott						
M. McBride									Essma						
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody						
L. Reichold									Nicholoson						
T. Gardner ✓	6		128						Philip						
G. Carroll									Wottowa						
N. Fox									McCann						
K. Jacoby									Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress									Stelzer						
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran						
									Bergman						
									Groesch						
									Surhe						
									Shumate						
									Yokubu						

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-5-09 Conditions:
EXPRESS SCHEDULE W/ MTG at 4:45
Jog WC/push-dyn/OS and Scenic 8-6-5/STEPUPS/8-10 strides/jog/stretch

Name			
Group A			
C. Ford 1	6½	46:37	156
B. Gabler 1	6	45:36	152
E. Cookson1			
T. McLaughlin1	6	45:36	164
R. Konzen1			
Group B			
T. Minnick 1	6	45:36	164
D. Fleming R			
B. Ford 1	6	45:33	156
T. Jennings 1	6	45:36	168
B. Franey R			
B. Lickenbrock 3	6	44:10	160
J. Meier	8	60:20	160
D Raterman			
A. Ratermann	6	45:33	160
C. Stoltze	6	45:33	156
M. McLaughlin	8	60:20	152
N. Rubbelke	8	60–	152
J Esswein	6	45:36	164
Rackers	6½	46:37	156
Group C			
N. Seckfort			
A. Brady	5	34:14	152
T. Varty	6	44:12	160
C. Fitzgerald	8	60:20	144
A. Boehm	6	44:10	152
N. Hermann	5	36:59	152
E. Lewis	5	39:30	152
B. Minden-Birk	6	44:16	176
A. Mellilo	6	44:06	196
A. Mueth	6	47:34	140
P. Mulligan	5	39:30	156
W. Linhares	6	47:34	117
T. Kuensting	6	42:46	172
M. McBride	5	37:11	192
W. Bute	6	49:51	140
Q. Thames	5	35:52	176
D. Hoefel	6	47:44	176
L. Reichold			
T. Gardner	6	45:36	156
G. Carroll			
N. Fox	6	45:35	164
K. Jacoby	6	47:28	156
B. McEnery	6	53:40	168
M. Cooley	6	50:49	164
P. Fentress	5	37:00	148
A. Dodd	6	43:46	168
M Waters	6	43:43	172

Name			
Group D			
A. Paino	5	40:30	168
D. Stinehart	6	48:12	180
Griffard	6	45:37	156
J Earsom			
J. Zink-Duda	5	35:03	168
J. Mungenast			
C. Maloney	5	48:36	164
E. Glass	6	48:37	168
D. Gains	5	37:05	156
S. Body	5	38:44	168
S. Cannon	5	36:11	180
S. Bute	5	37:36	164
P. Bussung	5	37:17	156
E. Umana	4	30:26	164
Floros	5	41:01	180
Fister	5	35:57	180
Brummel	5	36:11	168
Chura	5	39:35	160
Pollihan	5	35:57	164
Mimlitz	6	37:05	184
Group E			
E. Thornberry			
S. Pilla			
K. Madden	4	34:05	160
C. Madden			
M. Kuehner	5	42:01	164
Anders	5	37:17	160
Clark	6	47:42	188
Archer	5	35:05	164
Clohisy	5	37:05	172
Curran	5	38:29	172
Lawder	5	41:01	180
Raeber	6	48:37	160
Vicini	5	39:37	176
Group F			
Chott	5	48:32	188
Essma			
Hannon			
Kimble			
Moody			
Nicholoson	5	37:05	158
Philip	5	40:37	172
Wottowa			
McCann			
Bruns	4	32:19	176
Wilhelm			
Pertzborn			
Stelzer	5	41:25	160
Dowd			
Rancillio	5	37:05	160
Moran	5	40:29	188
Bergman	5	43:22	164
Groesch			
Surhe	5	44:38	160
Shumate	4	31:54	164
Yokubu	5	38:37	164

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

Mile repeats (4/3) @ Sub 6 minute pace; October 6, 2009.

	Name	#	mile 1	mile 2	mile 3	mile 4	average	5 Km
1	Emmett Cookson	4	5:09	5:05	5:05	5:02	5:05.25	15:48.8
2	Tyler Jennings	4	5:16	5:09	5:07	4:59	5:07.75	15:56.3
3	Tim McLaughlin	4	5:16	5:09	5:07	5:04	5:09.00	16:00.0
4	Charlie Stoltze	4	5:16	5:09	5:08	5:12	5:11.25	16:07.5
5	Joe Meier	4	5:16	5:10	5:11	5:15	5:13.00	16:12.0
6	Mike McLaughlin	4	5:16	5:15	5:15	5:18	5:16.00	16:21.0
7	Alan Ratermann	4	5:16	5:19	5:16	5:14	5:16.25	16:21.8
8	Tony Minnick	4	5:24	5:21	5:14	5:12	5:17.75	16:26.3
9	Bill Gabler	4	5:29	5:19	5:21	5:23	5:23.00	16:45.0
10	Casey Fitzgerald	4	5:45	5:36	5:38	5:37	5:39.00	17:33.0
11	Will Bufe	4	5:52	5:44	5:41	5:35	5:43.00	17:45.0
12	Adam Boehm	4	5:53	5:47	5:48	5:36	5:46.00	17:54.0
1	Caleb Ford	3	5:12	4:59	4:59	-	5:02.50	15:40.5
2	Tim Rackers	3	5:09	5:05	5:00	-	5:04.67	15:47.0
3	Joe Esswein	3	5:26	5:22	5:16	-	5:21.34	16:37.0
4	Nathan Rubbelke	3	5:27	5:28	5:30	-	5:28.34	17:01.0
5	Ted Varty	3	5:26	5:28	5:38	-	5:30.67	17:08.0
6	Nathan Fox	3	5:54	5:43	5:34	-	5:43.67	17:47.0
7	Brian Lickenbrock	3	5:55	5:40	5:38	-	5:44.34	17:49.0
8	Jimmy Griffard	3	5:54	5:43	5:38	-	5:45.00	17:51.0
9	Paul Fentress	3	5:56	5:51	5:30	-	5:45.67	17:53.0
10	Michael Pollihan	3	5:54	5:45	5:41	-	5:46.67	17:56.0
11	Nick Herrmann	3	5:55	5:40	5:52	-	5:49.00	18:03.0
12	Andrew Brady	3	5:53	5:52	5:49	-	5:51.34	18:13.0
13	Quin Thames	3	5:53	5:51	5:55	-	5:53.00	18:18.0
14	Joe Vicini	3	5:59	5:59	5:46	-	5:54.67	18:23.0
15	Michael Dowd	3	6:05	5:57	5:44	-	5:55.34	18:25.0
16	Matt Clohisy	3	6:05	5:57	5:46	-	5:56.00	18:27.0
17	Padrick Mulligan	3	6:07	6:01	5:42	-	5:56.67	18:29.0
18	Eric Mueth	3	6:06	5:53	5:51	-	5:56.67	18:29.0
19	Matt Rancilio	3	6:05	6:00	5:46	-	5:57.00	18:30.0
20	Joe Archer	3	6:02	5:57	5:52	-	5:57.00	18:30.0
21	Matthew Nicholson	3	6:06	6:00	5:46	-	5:57.34	18:31.0
22	Alex Dodd	3	5:55	5:52	6:05	-	5:57.34	18:31.0
23	Greg Fister	3	6:06	6:00	5:51	-	5:59.00	18:36.0
24	Daniel Hoefel	3	6:09	6:03	5:46	-	5:59.67	18:38.0
25	Tim Kuensting	3	6:07	6:01	5:51	-	5:59.67	18:38.0

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-6-09 Conditions:

Name		1	2	3	4			
Group A								
— C. Ford 1		5:12	4:59	4:59	—			
— B. Gabler 1		5:21	5:19	5:21	5:23			
— E. Cookson 1		5:09	5:05	5:05	5:02			—
— T. McLaughlin 1		5:16	5:09	5:07	5:04			
~~R. Konzen~~ 1								
Group B								
— T. Minnick 1		5:24	5:21	5:14	5:12			
~~D. Fleming~~ R								
B. Ford 1 2aerobic 1 tempo?				5:05				
— T. Jennings 1		5:16	5:09	5:07	4:59			
~~B. Craney~~ R								
— B. Lickenbrock 3		5:55	5:40	5:38	—			
— J. Meier		5:16	5:10	5:11	5:15			
— D Raterman 3aerobic		(Aerobic	3)	21:03		136		
— A. Ratermann		5:16	5:19	5:16	5:14			
— C. Stoltze		5:16	5:09	5:08	5:12			
— M. McLaughlin		5:16	5:15	5:15	5:18			
— N. Rubbelke		5:27	5:28	5:30	—			—
— J Esswein		5:26	5:22	5:16	—			
— Rackers		5:09	5:05	5:00				
Group C								
N. Seckfort								
— A. Brady		5:53	5:52	5:49				
— T. Varty		5:26	5:28	5:38	—			
— C. Fitzgerald		5:35	5:36	5:38	5:37			
— A. Boehm		5:53	5:47	5:48	5:36			
— N. Hermann		5:55	5:40	5:52	—			
E. Lewis								
B. Minden-Birk								
— A. Mellilo		5:53	5:52	6:25	—			
A. Mueth								
P. Mulligan								
W. Linhares								
T. Kuensting								
M. McBride								
— W. Bufe		5:52	5:44	5:41	[illegible]	[illegible]	5:35	
— Q. Thames		5:53	5:51	5:55	—			
D. Hoefel								
L. Reichold CT								
T. Gardner X								
G. Carroll								
— N. Fox		5:54	5:43	5:34	—			
K. Jacoby								
B. McEnery								
M. Cooley								
— P. Fentress		5:56	5:51	5:30	—			
— A. Dodd		5:55	5:52	6:05	—			
M Waters								

Name		1	2	3	4	
Group D						
A. Paino						
D. Stinehart 3aerobic						
— Griffard		5:54	5:43	5:38		
J Earsom						
J. Zink-Duda						
J. Mungenast						
C. Maloney						
E. Glass CT						
D. Gains						
S. Body						
S. Cannon						
S. Bufe						
P. Bussung						
E. Umana						
Floros						
Fister						
Brummel						
Chura						
— Pollihan		5:54	5:45	5:41		
Mimlitz						
Group E						
E. Thornberry						
S. Pilla CT						
K. Madden 2miles						
C. Madden CT						
M. Kuehner						
Anders						
Clark						
Archer						
Clohisy						
Curran						
Lawder						
Raeber						
Vicini						
Group F						
Chott						
Essma CT						
Hannon						
Kimble						
Moody CT						
Nicholoson						
Philip						
Wottowa						
McCann						
Bruns 3aerobic		24:28	17[illegible]			
Wilhelm						
Pertzborn CT						
Stelzer						
Dowd						
Rancillio						
Moran						
Bergman						
Groesch						
Surhe						
Shumate						
Yokubu						

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-6-09 Conditions:

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino						
B. Gabler 1									D. Stinehart						
E. Cookson1									Griffard						
T. McLaughlin1									J Earsom						
R. Konzen1									J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1									E. Glass						
D. Fleming R									D. Gains	6:09	6:10	6:13	✓		
B. Ford 1									S. Body						
T. Jennings 1									S. Cannon						
B. Franey R									S. Bufe	6:10	6:06	6:05	+		
B. Lickenbrock 3									P. Bussung						
J. Meier									E. Umana						
D Raterman									Floros						
A. Ratermann									Fister	6:06	6:00	5:51	+		
C. Stoltze									Brummel						
M. McLaughlin									Chura						
N. Rubbelke									Pollihan						
J Esswein									Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm									Clark	6:10	6:02	6:02	+		
N. Hermann									Archer	6:02	5:57	5:52	+		
E. Lewis	6:09	6:02	5:42	+					Clohisy	6:05	5:57	5:46	+		
B. Minden-Birk	6:07	6:05	6:01	+					Curran						
A. Mellilo									Lawder						
A. Mueth	6:06	5:57	5:51	+					Raeber			5:46			
P. Mulligan	6:07	6:01	5:42	+					Vicini	5:59	5:59	5:46	+		
W. Linhares	6:09	6:06	6:05	+					**Group F**						
T. Kuensting	6:07	6:01	5:51	+					Chott						
M. McBride									Essma						
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel	6:09	6:03	5:46	+					Moody						
L. Reichold									Nicholoson	6:06	6:00	5:46	+		
T. Gardner									Philip						
G. Carroll									Wottowa						
N. Fox									McCann						
K. Jacoby	6:10	6:11	6:08	+					Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress									Stelzer						
A. Dodd									Dowd	6:05	5:57	5:44	+		
M Waters	6:10	6:04	6:52	+					Rancillio	6:05	6:00	5:46	+		
									Moran						
									Bergman						
									Groesch	6:06	6:00	6:00	+		
									Surhe						
									Shumate						
									Yokubu						

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-6-09 Conditions: Cloudy, slight Breeze, 70:ish Groups 4-5

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino	6:29	6:20	6:04			
B. Gabler 1									D. Stinehart	5m.	24:47	E172			
E. Cookson1									Griffard						
T. McLaughlin1									J Earsom						
R. Konzen1									J. Zink-Duda	6:21	6:12	5:53			
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1									E. Glass						
~~D. Fleming R~~									D. Gains						
B. Ford 1									S. Body	6:28	6:22	6:14			
T. Jennings 1									S. Cannon	6:05	6:06	6:02			
B. Franey R									S. Bufe						
B. Lickenbrock 3									P. Bussung	6:23	6:25	6:16			
J. Meier									E. Umana	6:29	6:39	6:23			
D Raterman									Floros	7:10	6:58	6:26			
A. Ratermann									Fister						
C. Stoltze									Brummel	6:04	6:03	5:57			
M. McLaughlin									Chura	6:05	6:10	6:29			
N. Rubbelke									Pollihan						
J Esswein									Mimlitz	6:07	6:26	DNR			
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
~~N. Seckfort~~									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner	6:29	6:29	6:33			
C. Fitzgerald									Anders	6:22	6:32	6:53			
A. Boehm									Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran	7:02	6:53	6:29			
A. Mellilo									Lawder	7:03	7:07	6:54			
A. Mueth									Raeber	6:23	6:26	6:21			
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott	7:12	7:59	7:04			
M. McBride									Essma	6:25	6:25	6:26			
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody						
L. Reichold									Nicholoson						
T. Gardner									Philip	7:05	7:09	7:04			
G. Carroll	6:03	6:00	6:22						Wottowa						
N. Fox									McCann						
K. Jacoby									Bruns						
B. McEnery	7:07	7:02	7:01						Wilhelm						
M. Cooley	7:01	7:09	7:32						Pertzborn						
P. Fentress									Stelzer	7:05	7:02	6:54			
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran	6:24	6:20	6:12			
									Bergman	6:58	6:49	6:44			
									Groesch						
									Surhe	7:05	6:58	6:54			
									Shumate	6:01	5:52	5:55			
									Yokubu	6:57	6:31	6:16			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DA~~TE~~ Conditions: 10-7-09

Name	Dist	TI	ME	Pulse
Group A				
~~G. Ford 1~~				
B. Gabler 1	6	44	30	124
E. Cookson1	10	69	34	148
✓ T. McLaughlin1				
✓ R. Konzen1				
Group B				
✓ T. Minnick 1				
~~D. Fleming R~~				
~~B. Ford~~ 1	10	69	34	156
✓ T. Jennings 1				
B. Franey R	4	31	19	172
B. Lickenbrock 3	8	53	30	176
J. Meier	10	71	43	152
D Raterman	5	35	56	144
A. Ratermann	10	71	43	172
C. Stoltze	10	70	11	160
M. McLaughlin	10	70	11	144
N. Rubbelke	10	70	11	148
J Esswein	8	57	58	140
~~Rackers~~				
Group C				
~~N. Seekfort~~				
A. Brady	8	54	20	152
T. Varty	8	57	19	—
C. Fitzgerald	10	69	34	140
A. Boehm	8	55	57	156
N. Hermann	8	56	04	148
E. Lewis	8	57	45	180
B. Minden-Birk	8	56	28	180
A. Mellilo	8+	59	14	188
A. Mueth	8	62	41	148
P. Mulligan	8	58	18	172
W. Linhares	8	56	36	188
T. Kuensting	8	58	17	172
M. McBride	5	39	22	188
W. Bufe	8	57	40	140
Q. Thames	8+	59	58	176
D. Hoefel	8	62	51	176
L. Reichold	6	46	13	124
~~T. Gardner~~				
G. Carroll	8	58	18	168
N. Fox	8	54	29	164
K. Jacoby	8	62	41	164
B. McEnery	6	55	21	172
M. Cooley	8	62	00	168
P. Fentress	5	44	12	140
A. Dodd	8	54	29	168
M Waters	8	64	40	164
S. Bule	8	62	08	160

Name	Dist	TI	ME	Pulse
Group D				
A. Paino	8	56	28	188
D. Stinehart	8	64	40	172
~~Griffard~~				
~~J Larsom~~				
J. Zink-Duda	6	43	31	164
~~J. Mungonast~~				
C. Maloney	6	50	30	168
E. Glass	6	50	30	172
D. Gains	8	62	08	152
S. Body	6	47	35	168
S. Cannon	6	44	20	168
S. Bufe	8	62	08	160
P. Bussung	6	44	30	160
E. Umana	6	44	15	156
Floros	6	50	30	180
Fister	6	43	42	164
Brummel	6	44	30	168
Chura	6	43	56	160
Pollihan	8	55	00	172
Mimlitz	6	45	03	188
Group E				
~~B. Thornberry~~				
~~S. Pilla~~				
~~K. Madden~~				
C. Madden	3	26	19	172
M. Kuehner	6	56	25	164
Anders	6	44	14	176
Clark	8	62	51	188
Archer	6	41	59	172
~~Clohisy~~				
Curran	6	47	31	160
Lawder	6	49	29	164
Raeber	5	44	12	148
Vicini	6	46	10	164
Group F				
Chott	6	55	31	176
Essma	6	47	13	164
~~Hannon~~				
Kimble	3	28	47	172
~~Moody~~				
Nicholoson	4	31	35	160
Philip	6	50	20	176
~~Wottowa~~				
McCann				
Bruns	5	42	06	180
~~Wilhelm~~				
~~Pertzborn~~				
Stelzer	5	42	53	160
Dowd	6	41	59	172
Rancillio	6	44	30	160
Moran	6	48	19	188
Bergman	6	50	48	180
Groesch	6	41	59	172
Surhe	6	50	00	154
Shumate	6	49	00	160
Yokubu	6	49	00	168

2 Kings 2 Vs. 23

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

DATE:

October 10, 2009 "The MCC Race that Wasn't There"

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	comment
CALEB	77	75	75	74	73	73	73	70	69	68	68	68	65	65	66	64	
EMMETT	77	75	75	74	73	73	73	72	70	70	69	69	67	68	67	66	
RACKERS	77	75	75	74	73	73	73	72	70	69	70	70	67	68	67	66	
T. MAC	77	75	75	74	73	73	73	72	70	70	70	69	67	69	67	66	
RATERMAN	77	75	75	74	73	73	73	72	70	[illegible]	70	69	66	65	66	64	
COBLEE	77	75	75	74	73	73	73	72	70	69	70	70	68	69	67	67	
MEIER	77	75	75	74	73	73	73	72	70	70	70	70	68	69	68	67	
MINNICK	77	75	75	74	73	73	73	72	70	70	70	69	X	X	X	X	
B FORD	77	75	75	74	73	73	73	72	70	71	70	70	67	69	67	66	
SALTZE	77	75	75	74	73	72	73	72	70	70	71	70	68	69	68	67	
A RAT	79	83	81	82	77	77	77	75	74	74	74	72	70	69	69	70	
N. RUB	79	83	81	81	77	77	77	76	74	74	74	72	70	69	71	71	
M MAC	79	83	81	81	77	77	77	76	74	74	74	73	71	X	72	71	
KSSWEIN	79	83	81	81	77	77	77	75	74	74	74	72	69	69	70	70	
BURE	79	83	81	81	77	77	77	76	75	74	74	77	71	73	X	X	
CASEY	79	83	81	81	77	77	77	76	74	74	74	72	69	69	70	70	
BEHM	79	83	81	81	77	77	77	76	75	75	74	72	70	69	X	X	

16 x 400

- 4 x 400 sets - 200m jog recovery
- 4 sets - 400m jog rest interval

Sunny, calm, 50°

"The Day Coach Koenigs Disappeared"

"The Day Ben Ford Wore Tights & Looked Like a Superhero"

"The Day Ben Ford Was a Metronome"

"The Day Coach Koenigs Re-Appeared After A Nap"

A=500/10 B=350/8 C=200/6 D=150/4 E=min/3

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-12-09 Conditions:
PRE RACEW/ MTG at 4:45
Jog WC/push-dyn/ Scenic 5-4/6-8 strides/jog/stretch

Name			
Group A			
C. Ford T			
B. Gabler T	5	3154	170
E. Cookson T	5	3128	160
F. McLaughlin T	5	3144	156
R. Konzen T			
Group B			
T. Minnick T	5	3154	144
D. Fleming R			
B. Ford T			
T. Jennings T			
B. Franey R			
B. Lickenbrock 3	4	2915	136
J. Meier	5	3500	148
D Raterman	4	3620	140
A. Ratermann	5	3620	160
C. Stoltze	5	3553	160
M. McLaughlin	5	3623	144
N. Rubbelke	4		
J Esswein	4	3005	124
Rackers	5	3154	162
Group C			
N. Seckfort			
A. Brady	4	2913	144
T. Varty			
C. Fitzgerald	5	3620	136
A. Boehm	4	2915	152
N. Hermann	4	2922	136
E. Lewis			
B. Minden-Birk	4	2915	165
A. Mellilo			
A. Mueth	4	3020	160
P. Mulligan			
W. Linhares	4	2950	164
T. Kuensting	4	2932	172
M. McBride	4	2814	200
W. Bufe	5	3218	140
Q. Thames	4	2931	160
D. Hoefel	4	3018	164
L. Reichold			
T. Gardner			
G. Carroll	4	3110	148
N. Fox	4	2914	164
K. Jacoby			
B. McEnery	4	~~[illegible]~~	~~160~~ 3634 ~~172~~
M. Cooley	4	2948	164
P. Fentress	4	2931	148
A. Dodd	4	2937	156
M Waters	4	2906	168
Flanagan	5	3154	172

Name			
Group D			
A. Paino	4	3319	172
D. Stinehart	4	3141	156
Griffard			
J Earsom			
J. Zink-Duda	4	2:03	172
J. Mungenast			
C. Maloney	4	3408	160
E. Glass			
D. Gains	4	3100	148
S. Body	4	3:17	172
S. Cannon	4	2915	160
S. Bufe	4	3101	156
P. Bussung	4	3000	160
E. Umana	4	3004	162
Floros	4	3313	160
Fister	4	2945	150
Brummel	4	2916	160
Chura			
Pollihan			
Mimlitz	3	2408	174
Group E			
E. Thornberry			
S. Pilla			
K. Madden	3	2544	160
C. Madden	3	2610	170
M. Kuehner	4	3205	164
Anders	4	3000	176
Clark	4	2913	180
Archer	4	2732	160
Clohisy			
Curran	4	3004	164
Lawder	4	3150	192
Raeber	4	3033	160
Vicini	4	2940	164
Group F			
Chott	4	3312	166
Essma	4	3057	160
Hannon			
Kimble			
Moody			
Nicholoson			
Philip	4	3308	160
Wottowa			
McCann	3	2418	176
Bruns	4	3308	160
Wilhelm			
Pertzborn	2	17:44	144
Stelzer	4	3201	164
Dowd	4	2757	160
Rancillio	4	2815	164
Moran	4	2610	172
Bergman	4	3541	160
Groesch	4	2917	160
Surhe	4	3432	160
Shumate	4	2918	164
Yokubu	4	2755	160

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-14-09 Conditions:

RAINY DAY PRACTICE: Push/dyn/CORE in lobby/run aero 8-6-5/indoor step-ups/2nd push/stretch/WEIGHTS

Name			
Group A			
C. Ford 1	4	62:53	156
B. Gabler 1	6	51:55	124
E. Cookson1	8	63:10	148
T. McLaughlin1	4	62:53	120
R. Konzen1	8	63:20	148
Group B			
T. Minnick 1	5	35:02	136
D. Fleming R			
B. Ford 1	3	25:00	140
T. Jennings 1			
B. Franey R		40	5
B. Lickenbrock 3			
J. Meier	4	63:10	160
D Raterman	8		144
A. Ratermann	8	62:53	160
C. Stoltze			
M. McLaughlin	8	62:53	144
N. Rubbelke	8	62:45	160
J Esswein	6	51:55	136
Rackers	6	52:48	136
Group C			
N. Seckfort			
A. Brady	6	41:18	136
T. Varty			
C. Fitzgerald	8	62:53	140
A. Boehm	5	35:02	160
N. Hermann	6	51:25	160
E. Lewis			
B. Minden-Birk	6	49:02	160
A. Mellilo	6	44:05	180
A. Mueth	6	46:41	148
P. Mulligan			
W. Linhares			
T. Kuensting	6	41:55	180
M. McBride	5	35:02	168
W. Bute	8	62:53	140
Q. Thames	6	49:55	168
D. Hoefel	6	46:41	180
L. Reichold	5	35:02	148
T. Gardner	4	30:44	160
G. Carroll	6	44:22	156
N. Fox	6	41:08	164
K. Jacoby	6	46:45	164
B. McEnery			
M. Cooley	6	46:35	156
P. Fentress	6	51:25	140
A. Dodd	6	42:40	144
M Waters	6	40:55	152

Name				
Group D				
A. Paino	5	33:35	176	
D. Stinehart	6	49:08	160	
Griffard	6	49:49	156	
J. Zink-Duda	5	35:02	160	
C. Maloney	3	25:10	160	
E. Glass				
D. Gains	6	44:28	144	
S. Body				
S. Cannon	5	39:10	152	
S. Bute	6	49:28	140	
P. Bussung	5	32:00	160	
E. Umana	6	49:30	152	
Floros				
Fister	5	32:00	164	
Brummel	3	25:10	160	
Chura	5	35:44	160	
Pollihan				
Mimlitz	5	32:00	168	
Group E				
S. Pilla				
K. Madden	3	25:10	160	
C. Madden				
M. Kuehner	5	34:43	156	
Anders	5	32:30	180	
Clark	6	43:45	184	
Archer	5	30:18	148	
Clohisy				
Curran	5	34:03	164	
Lawder	5	35:03	156	
Raeber	5	34:43	160	
Vicini	5	37:41	160	
Group F				
Chott	5	35:03	200	
Essma	5	39:0	160	
Hannon				
Kimble	3	25:10	[redacted]	120
Moody				
Nicholoson	5	35:17	164	
Philip	5	35:03	160	
McCann	5	34:43	184	
Bruns	5	34:44	172	
Wilhelm				
Pertzborn				
Stelzer	5	34:23	160	
Dowd	5	30:18	152	
Rancillio	5	31:44	160	
Moran				
Bergman	5	35:03	180	
Groesch	5	30:18	160	
Surhe	5	43:34	160	
Shumate	5	30:18	152	
Yokubu	5	34:42	160	

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-15-09 Conditions:

Jog WC/ Push/dyn/run aero 6-5/State Group does 4 or 3 art Hills Drills/2nd push/Hybrid/Jog SLUH/stretch/

Name	Dist	TI	ME	Pulse
Group A				
C. Ford 1	8	61	~~60~~ flat	156
B. Gabler 1	8	61	~~0~~ flat	132
E. Cookson1	8	61	flat	140
T. McLaughlin1			~~flat~~ flat	
R. Konzen1	6	43	55	160
Group B				
T. Minnick 1				
D. Fleming R				
B. Ford 1	6	44	19	164
T. Jennings 1	5	36	41	152
B. Franey R				
B. Lickenbrock 3	6	45	30	168
J. Meier	8	61	flat	152 (LGB)
D Raterman	~~6~~ 6	44	12	156
A. Ratermann	8	61	flat	160
C. Stoltze				
M. McLaughlin	6	43	55	128
N. Rubbelke	6	45	35	140
J Esswein	6	44	12	144
Rackers	8	61	flat	156
Group C				
N. Seckfort				
A. Brady	6	46	08	128
T. Varty	4	32	26	172
C. Fitzgerald	6	44	19	156
A. Boehm	6	45	30	152
N. Hermann	6	45	30	164
E. Lewis	6	44	36	184
B. Minden-Birk	6	46	04	164
A. Mellilo	6	44	31	180
A. Mueth	6	45	30	160
P. Mulligan				
W. Linhares	6	45	45	164
T. Kuensting	6	44	10	172
M. McBride				
W. Bufe	6	45	06	140
Q. Thames	6	44	35	168
D. Hoefel	6	45	32	168
L. Reichold	5	36	30	152
T. Gardner	5	37	45	156
G. Carroll	5	36	30	164
N. Fox	6	43	48	156
K. Jacoby	6	45	31	168
B. McEnery				
M. Cooley	6	47	12	156
P. Fentress	5	40	10	120
A. Dodd	5	36	30	168
M Waters	6	44	03	184

Name	Dist	TI	ME	Pulse		
Group D						
A. Paino	5	41	44	172		
D. Stinehart	6	47	06	172		
Griffard	6	44	02	168		
~~Hatsom~~						
J. Zink-Duda	5	36	31	160		
~~J. Mungenast~~						
C. Maloney						
E. Glass						
D. Gains	5	40	10	144		
S. Body						
S. Cannon						
S. Bufe	6	45	38	144		
P. Bussung	5	37	21	156		
E. Umana	6	45	32	156		
Floros	5	40	10	160		
Fister	6	37	30	188		
Brummel	5	40	10	132		
Chura	5	37	00	172		
Pollihan	5	40	10	140		
Mimlitz	5	37	21	~~144~~ 162		
Group E						
~~E. Bothnberry~~						
S. Pilla						
K. Madden	~~5~~	3	27	32	160	
C. Madden						
M. Kuehner	5	42	29	176		
Anders	4	33	33	176		
Clark	6	45	53	188		
Archer	5	36	40	156		
Clohisy	5	38	18	164		
Curran	5	41	36	140		
Lawder	4	35	41	164		
Raeber	5	37	45	168		
Vicini	5	38	40	148		
Group F						
Cliott	5	44	49	164		
Essma	5	38	08	156		
~~Hannon~~						
Kimble						
Moody						
Nicholoson						
Philip	5	43	27	172		
~~Wottowa~~						
McCann	~~4~~ 5	38	08	168		
Bruns	5	40	21	164		
Wilhelm						
Pertzborn	3	27	32	135		
Stelzer	5	42	41	160		
Dowd	5	36	40	152		
Rancillio	5	40	16	160		
Moran	5	40	12	162		
Bergman	5	40	11	164		
Groesch	5	36	57	160		
Surhe	5	44	11	150		
Shumate	5	38	14	152		
Yokubu	5	40	21	156		

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

Date: 1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30/8 5=22+/9/8:30

Date: 10-17-09
Workout: EXT JOG / CAL / STARC / DYN / 2 X STRIDES
7 OR 8 X 800 BEGIN AT RACE THEN NEG / EXT JOG / CAL SNERH

Names	1	2	3	4	5	6	7	8	
✓ C. FORD 8	:33	:30	:30	:30	+:31	:27	+:29	+:31	
RACKERS 7	:34	:33	:34	:33	:34	:31	:29	X ALL 7	
✓ COOKSON 8	:43	:38	:39	:33	+:37	+:41	:38	:37	
✓ MEIER 8	:43	:39	:38	:35	:35	:34	:34	:36 ALL 7	
MINNICK 7	:42	:43	+:45	+:49	+:54	+:50	:49	X	
(*) STOLTZE 7	:46	:42	:40	:39	:39	:39	:36	X ALL 7	
(*) ✓ GABLER 8	:44	:41	:39	:38	:39	:37	:35	:36 ALL 8	
† MCLAUGHLIN 7	:42	:39	:38	:35	:34	:33	:36	ALL 7	
B. FORD 7	:53	:53	:38	+:47	+:01	:57	:43		
~~GARDNER~~									
M MCLAUGHLIN 7	:49	+:56	:45	:49	+:56	:43	:41		
D. RATERMAN 7	:43	:39	:38	:35	:35	X	X	HIP	ISSUE
A. RATERMANN 7	:45	:41	:40	:37	:36	:32	:29	ALL 7	
GARDNERS	:53	:53	:53	:47	:44	X	X		

A=300+/8 B=200+/6 C=100+/4 D=min/3 E=new/2

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE: 10-19-09 Conditions:

Jog WC/ Push/CORE/dyn/run aero OB 10-8-6-5/S/2nd push10-8 strides/Jog SLUH/stretch/

Name			
Group A			
C. Ford 1	8?	55.07	150
B. Gabler 1	6	44.48	132
E. Cookson1	8	57.30	156
T. McLaughlin1	6	44.33	160
R. Konzen1	8	57.50	152
Group B			
T. Minnick 1	6	44.33	160
~~D. Fleming R~~			
B. Ford 1	6	44.07	160
T. Jennings 1	5	34.49	140
B. Franey R	6	35.33	150
B. Lickenbrock 3	6	43.34	165
J. Meier	6	43.55	152
D Raterman	6	44.09	148
A. Ratermann	6	43.03	172
C. Stoltze	6	44.02	156
M. McLaughlin	6	44.32	140
N. Rubbelke	6	44.40	156
J Esswein	6	41.40	156
Rackers	8?	55.07	158
Group C			
~~N. Seckfort~~			
A. Brady			
T. Varty	8.6	41.47	154
C. Fitzgerald	6	43.26	156
A. Boehm	6	43.50	156
N. Hermann	6	44.41	152
E. Lewis			
B. Minden-Birk	6	43.30	160
A. Mellilo	6	41.15	150
A. Mueth			
P. Mulligan			
W. Linhares	5	31.12	175
T. Kuensting	5	30.33	150
M. McBride	5	36.41	200
W. Bute	6	44.20	140
Q. Thames	5	35.31	165
D. Hoefel	6	45.18	150
L. Reichold	6	42.44	172
T. Gardner	6	43.24	164
G. Carroll	4	37.24	120
N. Fox	5	33.34	135
K. Jacoby	6	45.35	164
B. McEnery	DNF	Finish	DN
M. Cooley			
P. Fentress	3	27.24	211
A. Dodd	6	35.10	165
M Waters	6	46.53	160

Name			
Group D			
A. Paino	5	41.30	172
D. Stinehart			
Griffard	6	43.29	172
J Earsom			
J. Zink-Duda	4	27.31	168
J. Mungenast			
C. Maloney	6	35.35	168
E. Glass			
D. Gains	5	42.30	164
S. Body			
S. Cannon			
S. Bute	6	35.00	140
P. Bussung	5	35.18	156
E. Umana	4	35.32	156
Floros	3	20.40	[illegible]
Fister	5	37.27	172
Brummel	6	35.10	154
Chura	4	35.35	132
Pollihan	6	34.02	160
Mimlitz	6	35.32	172
Group E			
E. Thornberry			
S. Pilla			
K. Madden			
C. Madden	4	32.32	152
M. Kuehner	5	41.27	154
Anders	5	35.50	160
Clark	6	43.34	158
Archer	6	37.18	160
Clohisy	5	37.59	165
Curran	5	32.21	176
~~Lawder~~			
~~Raeber~~			
Vicini	5	37.13	172
Group F			
Chott	5	45.30	150
Essma	5	35.15	160
Hannon			
Kimble			
Moody			
Nicholoson	5	37.12	160
Philip	5	41.23	165
Wottowa			
McCann	5	36.14	150
Bruns	5	40.33	176
Wilhelm			
Pertzborn	4	32.34	120
Stelzer	5	42.32	160
Dowd	5	37.16	172
Rancillio	6	41.27	172
Moran	5	35.33	150
Bergman	5	30.14	158
Groesch			
Surhe	5	43.31	140
Shumate	5	34.38	172
Yokubu	5	35.16	172

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

10-20-09 1ST GROUP ! LINHARES

DATE: ~~10-19-09~~ Conditions:

Jog WC/ Push~~/CORE/dyn/run aero OD 10-8-6-5/S/2nd push10-8-strides/Jog SLUH/stretch~~/

Name									Name						
Group A									**Group D**						
C. Ford 1 /	16:46	4:53							A. Paino						
B. Gabler 1 /	17:24	5:19							D. Stinehart						
E. Cookson1 /	17:16	5:18							Griffard						
T. McLaughlin1 /	17:11	5:06							J Earsom						
R. Konzen1 /	17:24	5:23							J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1 /	17:25	5:19							E. Glass						
D. Fleming R									D. Gains						
B. Ford 1 /	17:18	5:04							S. Body						
T. Jennings 1 /	17:47	5:22							S. Cannon						
B. Franey R									S. Bufe						
B. Lickenbrock 3									P. Bussung						
J. Meier /	17:40	5:23							E. Umana						
D Raterman /	17:08	5:18							Floros						
A. Ratermann /	17:43	5:32							Fister						
C. Stoltze /	17:41	5:25							Brummel						
M. McLaughlin /	37	5:32							Chura						
N. Rubbelke /	18:19	—							Pollihan						
J Esswein /	17:56	5:32							Mimlitz						
Rackers /	17:24	4:53							**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm									Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran						
A. Mellilo									Lawder						
A. Mueth									Raeber						
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott						
M. McBride									Essma						
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody						
L. Reichold									Nicholoson						
T. Gardner /	18:36	5:42							Philip						
G. Carroll									Wottowa						
N. Fox									McCann						
K. Jacoby									Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress									Stelzer						
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran						
									Bergman						
									Groesch						
									Surhe						
									Shumate						
									Yokubu						

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

10-20-09 2ND GROUP: PORTER

DATE: ~~10-19-09~~ Conditions:

Jog WC~~/ Push/CORE/dyn/run aero OB 10-8-6-5/S/2nd push10-8 strides/ Jog SLUH/stretch~~/

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino X	6:40	3:04	3:09			
B. Gabler 1									D. Stinehart X						
E. Cookson1									Griffard						
T. McLaughlin1									J Earsom						
R. Konzen1									J. Zink-Duda X	6:22	2:45	2:55			
									J. Mungenast						
Group B									C. Maloney X	6:37	3:04	3:10			
T. Minnick 1									E. Glass						
D. Fleming R									D. Gains X	6:31	2:57	3:10			
B. Ford 1									S. Body X						
T. Jennings 1									S. Cannon						
B. Franey R									S. Bufe						
B. Lickenbrock 3									P. Bussung						
J. Meier									E. Umana X	6:29	2:55	3:16			
D Raterman									Floros X	6:55	3:12	3:08			
A. Ratermann									Fister						
C. Stoltze									Brummel						
M. McLaughlin									Chura X						
N. Rubbelke									Pollihan						
J Esswein									Mimlitz X	6:47	3:10	3:13			
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla X	7:12	3:12	3:41			
N. Seckfort									K. Madden X						
A. Brady									C. Madden X						
T. Varty									M. Kuehner X	6:47	3:04	3:07			
C. Fitzgerald									Anders X						
A. Boehm									Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran X	6:47	3:17	3:17			
A. Mellilo									Lawder X	6:47	3:17	3:19			
A. Mueth									Raeber X	6:28	2:49	3:06			
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott X	7:35	3:23	3:43			
M. McBride									Essma X	6:24	2:52	3:07			
W. Bufe									Hannon						
Q. Thames									Kimble	6:59					
D. Hoefel									Moody						
L. Reichold									Nicholoson X						
T. Gardner									Philip X	6:54	3:16	3:34			
G. Carroll X	6:24	2:47	3:15						Wottowa						
N. Fox									McCann X	6:26	3:10	3:26			
K. Jacoby X									Bruns X	6:47	3:10	3:09			
B. McEnery									Wilhelm						
M. Cooley									Pertzborn X	6:49	3:16	3:32			
P. Fentress									Stelzer X	6:58	3:17	3:40			
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran X	6:16	3:07	3:09			
									Bergman X	6:57	3:06	3:22			
									Groesch						
									Surhe X	7:25	3:25	3:20			
									Shumate						
									Yokubu						

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

10-20-09 3RD Group: FLANAGAN

DATE: ~~10-19-09~~ Conditions:

Jog ~~WC/ Push/CORE~~/dyn/run aero OB ~~10-8-6-5/S/2nd push10-8 strides/Jog SLUH~~/stretch/

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino						
B. Gabler 1									D. Stinehart						
E. Cookson1									Griffard O	12:35		2:45	2:54		
T. McLaughlin1									J Earsom						
R. Konzen1									J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1									E. Glass						
D. Fleming R									D. Gains						
B. Ford 1									S. Body						
T. Jennings 1									S. Cannon						
B. Franey R									S. Bufe O	13:15		2:57	3:05		
B. Lickenbrock O	12:23		2:36	2:55					P. Bussung O	13:33		3:08	3:06		
J. Meier									E. Umana						
D Raterman									Floros						
A. Ratermann									Fister O	13:09		2:48	3:05		
C. Stoltze									Brummel O						
M. McLaughlin									Chura						
N. Rubbelke									Pollihan O	12:52		2:45	2:59		
J Esswein									Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady O	12:40		2:43	2:51					C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald O	11:37		2:30	2:52					Anders						
A. Boehm O	12:29		2:33	2:56					Clark O	12:57		2:50	2:55		
N. Hermann O	13:01		2:43	2:55					Archer O	12:57		2:41	2:54		
E. Lewis O	13:12		2:48	2:49					Clohisy O	13:00		2:50	2:56		
B. Minden-Birk O	13:14		2:59	3:04					Curran						
A. Mellilo O	13:31		2:47	2:59					Lawder						
A. Mueth O	13:01		2:49	3:03					Raeber						
P. Mulligan									Vicini O	13:01		2:55	2:57		
W. Linhares O	12:58		2:50	3:02					**Group F**						
T. Kuensting O	13:01		2:49	2:55					Chott						
M. McBride O	12:40		2:42	3:00					Essma						
W. Bufe O	12:32		2:40	2:50					Hannon						
Q. Thames O	12:56		2:46	2:45					Kimble						
D. Hoefel O	13:08		2:53	3:03					Moody						
L. Reichold O	12:20			3:02					Nicholoson O	13:37		2:59	3:15		
T. Gardner									Philip						
G. Carroll									Wottowa						
N. Fox O	12:31		2:36	2:46					McCann						
K. Jacoby	13:14		2:50	3:01					Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress O	13:33		2:38	2:41					Stelzer						
A. Dodd O	12:29		2:40	3:05					Dowd O	12:58		2:49	2:58		
M Waters O	13:08		2:47	2:54					Rancillio O	13:14		2:49	2:53		
									Moran						
									Bergman						
									Groesch						
									Surhe						
									Shumate O	—					
									Yokubu O	13:48		3:04	3:20		

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=17/7/6:30 **2**=18/7:30/7 **3**=19/8/7:30 **4**=21/8:30/8 **5**=22+/9/8:30

DATE:

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	comment
VARTY	82	85	80	79	73	75	76	75	72	74	73	76					
LICKENBRICK	83	88	84	83	79	79	79	77	74	74	75	76					
MELLILO	86	86	82	82	76	78	79	79	75	76	75	77					
LINHARES	90	90	87	85	80	84	82	83	78	79	76	77					
MINDEN-B	89	90	83	83	79	83	81	81	77	80	79	77					
FITZGERALD	81	83	79	79	73	76	77	75	73	75	72	74					
BURKE	83	86	81	81	76	78	78	78	75	76	75	71					
BRADY	87	88	83	82	78	82	82	81	78	80	79	75					
KUENSTING	88	90	84	84	80	84	82	82	79	79	74	71					
LEWIS	89	88	84	83	81	83	81	80	76	76	74	72					
MCBRIDE	90	89	83	81	78	80	79	79	74	77	80	71					
(E) ~~[illegible]~~																	
THAMES	88	87	84	84	79	82	81	80	73	76	70	72					
PAINO	94	92	90	87	85	91	91	92	84	92	90	89					

A=500/10 **B**=350/8 **C**=200/6 **D**=150/4 **E**=min/3

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-21-09 Conditions:
Jog WC/ Push//dyn/run aero LUXURY OB 8-6-5-4/2nd push 6 strides/Jog SLUH/stretch/

Name									Name	Dist	TI	mk	Pulse		
Group A									**Group D**						
C. Ford 1	6	46	29	132					A. Paino	4	33	15	176		
B. Gabler 1	6	47	51	132					D. Stinehart						
E. Cookson1			OY	O					Griffard	5	39	58	144		
T. McLaughlin1	6	41	40	148					~~J Larsom~~						
R. Konzen1	6	46	29	144					J. Zink-Duda	4	30	32	164		
									~~J. Mungenast~~						
Group B									~~C. Maloney~~	EXCUSED					
T. Minnick 1	6	41	40	152					~~E. Glass~~	EXCUSED					
~~D. Fleming R~~		OK							D. Gains	5	42	00	144		
B. Ford 1		3RD							S. Body						
T. Jennings 1		3RD							~~S. Cannon~~						
B. Franey R	5	39	11	176					~~S. Bute~~	5					
B. Lickenbrock 3	5	39	19	140					P. Bussung	4	31	58	152		
J. Meier	6	48	20	136					E. Umana	4	31	51	152		
D Raterman	6	48	20	136					Floros	4	35	40	120		
A. Ratermann	6	48	20	156					Fister	4	31	50	164		
C. Stoltze		3RD							Brummel	4	35	40	120		
M. McLaughlin	6	48	40	124					Chura	4	32	45	164		
N. Rubbelke	6	48	40	132					Pollihan	5	42	00	144		
J Esswein	~~4~~	~~3RD~~	46	148					Mimlitz	4	35	55	160		
Rackers	6	46	29	132					**Group E**						
									~~E. Thornberry~~						
Group C									S. Pilla	3	27	30	164		
~~N. Seckfort~~									K. Madden	4	35	25	160		
A. Brady		3RD							~~C. Madden~~	4	35	55	160		
T. Varty	6	48	06	156					M. Kuehner	4	35	55	160		
C. Fitzgerald	6	46	29	128					Anders	4	31	51	160		
A. Boehm	5	39	19	140					Clark	5	40	35	172		
N. Hermann	5	39	59	152					Archer	4	31	51	140		
E. Lewis	5	37	12	176					Clohisy	5	42	25	144		
~~B. Minden-Birk~~									Curran	4	35	39	152		
A. Mellilo		EXCUSED							Lawder	4	35	53	160		
A. Mueth	5	40	35	152					Raeber	4	35	40	140		
P. Mulligan		EXCUSED							Vicini	5	42	00	140		
W. Linhares	2	3RD							**Group F**						
T. Kuensting	5	40	19	180					Chott	4	34	32	168		
M. McBride	5	39	11	180					Essma	4	31	51	[illegible]		
W. Bute		3RD							~~Hannon~~						
Q. Thames	5	39	11	168					Kimble	3	28	43	160		
D. Hoefel	5	40	35	172					~~Moody~~						
L. Reichold	5	40	49	152					Nicholoson	4	35	37	152		
T. Gardner	5	39	58	148					Philip	4	35	53	156		
G. Carroll	5	42	00	160					~~Wottowa~~						
N. Fox									McCann	4	29	32	176		
K. Jacoby	5	40	35	152					Bruns	4	37	21	152		
B. McEnery		EXCUSED							~~Wilhelm~~						
M. Cooley	2	EXCUSED			18:57		152		Pertzborn	4	36	33	120		
P. Fentress	5	40	00	136					Stelzer	4	[illegible]	08	160		
A. Dodd	5	39	50	140					Dowd	4	31	51	140		
M Waters	5	40	59	160					Rancillio	4	32	06	164		
S. Bute	5	42	00	128					~~Moran~~						
									Bergman	4	35	53	164		
									Groesch	3	28	30	156		
									Surhe	4	37	21	150		
									Shumate	4	31	51	164		
									Yokubu	4	29	32	132		

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE:

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino	✓					
B. Gabler 1			6	45:35	136				D. Stinehart	✓					
E. Cookson1									Griffard	5	36:12	140			
T. McLaughlin1							✓		J Earsom	—	—	—	—	—	—
R. Konzen1			8	61:40	148				J. Zink-Duda	3	21:47		164		
									~~J. Mungenast~~	—	—	—	—	—	—
Group B									C. Maloney	5	43:45	168			
T. Minnick 1									E. Glass	✓					
D. Fleming R		—	—	—	—	—	—	—	D. Gains	5	40:24	152			
B. Ford 1									S. Body						
T. Jennings 1			✓				✓		S. Cannon	4	✓				
B. Franey R			✓						S. Bufe	5	39:00	160			
B. Lickenbrock 3			✓						P. Bussung	5	37:06	156			
J. Meier			6	45:35	152				E. Umana	5	36:56	156			
D Raterman									Floros	5	43:45	172			
A. Ratermann			6	45:20	180				Fister	5	37:00	184			
C. Stoltze	5	34:05		120					Brummel	5	39:48	132			
M. McLaughlin		6	45:35	148					Chura	5	41:38	158			
N. Rubbelke									Pollihan	5	36:12	164			
J Esswein									Mimlitz						
Rackers									**Group E**						
									~~E. Thornberry~~	—	—	—	—	—	—
Group C									S. Pilla	4	36:59	172			
N. Seckfort		—	—	—	—	—	—		K. Madden	4	35:26	164			
A. Brady		✓					✓		C. Madden	5	40:21	164			
T. Varty	✓	✓	✓	✓	✓	✓	✓	✓	M. Kuehner	5	40:34	160			
C. Fitzgerald									Anders	5	37:00	180			
A. Boehm	5	36:02	150						Clark	3	21:20	180			
N. Hermann	8	36:12		152					Archer	5	38:59	144			
E. Lewis									Clohisy	5	37:02	160			
B. Minden-Birk							✓		Curran	5	40:08	160			
A. Mellilo		✓					✓		Lawder	5	40:24	168			
A. Mueth			5	36:27	160				Raeber	5	37:45	152			
P. Mulligan	3	23:55		176					Vicini	5	39:40	172			
W. Linhares		✓					✓		**Group F**	—	—	—	—	—	—
T. Kuensting									Chott	5	45:56	176			
M. McBride		✓					✓		Essma	5	37:08	164			
W. Bufe		✓					✓		~~Hannon~~	—	—	—	—	—	—
Q. Thames		✓					✓		Kimble	4	36:46	168			
D. Hoefel			5	37:08	172				Moody						
L. Reichold	5	36:02		160					Nicholoson	5	37:08	164			
T. Gardner									Philip	5	40:24	172			
G. Carroll		5	35:08	160					Wottowa	—	—	—	—	—	—
N. Fox	5	36:06		160					McCann	5	39:05	162			
K. Jacoby			5	37:15	156				Bruns	5	39:05	160			
B. McEnery		—	—	—	—	—	—		~~Wilhelm~~	—	—	—	—	—	—
M. Cooley		4	39:56	160					Pertzborn	5	38:47	134			
P. Fentress		5	39:46	136					Stelzer	5	44:19	160			
A. Dodd		5	36:10	160					Dowd						
M Waters		5	37:35	180					Rancillio	5	39:33	148			
									Moran						
									Bergman	5	41:30	180			
									Groesch	5	37:05	168			
									Surhe	5	39:05	156			
									Shumate	5	39:08	156			
									Yokubu	5	39:16	160			

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-26-09 RAINY DAY PRACTICE

LINDLEY: JOB / RAINY DAY 5-4 / STATE RAINY DAY 8-6

Name									Name						
Group A									**Group D**						
C. Ford 1	8	55:23	152						A. Paino	4	33:00	176			
B. Gabler 1	8	55:23	132						D. Stinehart	5	38:10	172			
E. Cookson1	8	55:40	164						Griffard	5	35:49	156			
T. McLaughlin1	6	48:27	140						J Earsom	—	—	—			
R. Konzen1	4	NT	176		Breathing difficulty				J. Zink-Duda	4	28:31	152			
									J. Mungenast	4	38:20	164			
Group B									C. Maloney	—	—	—			
T. Minnick 1	6	48:27	140						E. Glass	4	38:20	160			
D. Fleming R	2.5	17:32		168					D. Gains	4	31:40	160			
B. Ford 1	8	55:23	156						S. Body	—	—	—			
T. Jennings 1	6	48:27	152						S. Cannon	4	✓	✓			
B. Franey R	8	55:23	172						S. Bufe	5	35:45	140			
B. Lickenbrock 3	5	33:26	160						P. Bussung	4	29:00	156			
J. Meier	8	55:23	156						E. Umana	4	29:50	152			
D Raterman	8	55:23	148						Floros	4	31:48	172			
A. Ratermann	8	55:23	160						Fister	4	28:49	180			
C. Stoltze	8	55:23	152						Brummel	4	38:20	156			
M. McLaughlin	5	38:23	140						Chura	4	30:51	168			
N. Rubbelke	5	38:27	128						Pollihan	5	35:45	170			
J Esswein	5	28:37	128						Mimlitz	4	24:58	172			
Rackers	8	55:23	168						**Group E**						
									E. Thornberry	—	—	—			
Group C									S. Pilla	4	34:47	152			
N. Seckfort	—	—	—						K. Madden	4	34:47	160			
A. Brady	5	33:38	140						C. Madden	4	34:47	160			
T. Varty	5	35:52	160						M. Kuehner	4	34:47	160			
C. Fitzgerald	5	38:27	120						Anders	4	28:48	160			
A. Boehm	5	35:02	152						Clark	5	35:29	180			
N. Hermann	4	30:57	128						Archer	4	28:48	148			
E. Lewis	5	34:36	156						Clohisy	5	35:49	140			
B. Minden-Birk	5	34:57	160						Curran	4	28:44	160			
A. Mellilo	5	34:26	180						Lawder	X-T	36m	Bike	170		
A. Mueth	5	36:21	156						Raeber	4	30:57	148			
P. Mulligan	5	37:36	168						Vicini	4	33:22	132			
W. Linhares	5	35:30	172						**Group F**						
T. Kuensting	5	37:36	168						Chott	4	32:41	164			
M. McBride	5	33:26	188						Essma	4	29:45	152			
W. Bufe	5	38:23	144						Hannon	—	—	—			
Q. Thames	5	35:22	168						Kimble						
D. Hoefel	5	36:21	160						Moody	—	—	—			
L. Reichold	5	33:06	156						Nicholoson	4	28:48	168			
T. Gardner	5	35:49	152						Philip	4	33:22	164			
G. Carroll	5	36:21	164						Wottowa	—	—	—			
N. Fox	5	33:01	160						McCann	4	33:46	164			
K. Jacoby	5	36:21	148						Bruns	4	33:22	148			
B. McEnery	4	35:31	172						Wilhelm	—	—	—			
M. Cooley	5	37:38	164						Pertzborn	4	35:37	134			
P. Fentress	4	30:20	128						Stelzer	4	31:40	160			
A. Dodd	5	34:36	156						Dowd	4	28:48	168			
M Waters	5	36:18	156						Rancillio	4	28:42	160			
									Moran	4	28:48	180			
									Bergman	4	33:17	172			
									Groesch	4	28:48	156			
									Surhe	4	32:11	152			
									Shumate	4	29:45	156			
									Yokubu	4	29:47	156			

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE:																		
Name									**Name**									
Group A									**Group D**									
C. Ford 1									A. Paino									
B. Gabler 1									D. Stinehart									
E. Cookson1									Griffard									
T. McLaughlin1									J Earsom									
R. Konzen1									J. Zink-Duda									
									J. Mungenast									
Group B									C. Maloney	98	98	100	98	92	95	91	86	7
T. Minnick 1									E. Glass	107	107	107	102	103	104	102	97	9
D. Fleming R									D. Gains									
B. Ford 1									S. Body									
T. Jennings 1									S. Cannon									
B. Franey R									S. Bufe									
B. Lickenbrock 3									P. Bussung									
J. Meier									E. Umana	91	89	87	88	87	87	87	85	2
D Raterman									Floros	107	107	107	102	104	102	103	96	1
A. Ratermann									Fister									
C. Stoltze									Brummel									
M. McLaughlin									Chura									
N. Rubbelke									Pollihan									
J Esswein									Mimlitz	94	94	93	93	88	88	87	84	7
Rackers									**Group E**									
									E. Thornberry									
Group C									S. Pilla	92	92	93	92	88	90	92	90	1
N. Seckfort									K. Madden	96	96	95	93	94	94	94	92	1
A. Brady									C. Madden	97	94	93	93	93	95	98	91	9
T. Varty									M. Kuehner	94	96	96	96	94	94	94	92	9
C. Fitzgerald									Anders	91	89	88	88	86	85	85	85	8
A. Boehm									Clark									
N. Hermann									Archer									
E. Lewis									Clohisy									
B. Minden-Birk									Curran	103	101	101	100	93	97	96	93	1
A. Mellilo									Lawder	94	98	98	95	93	93	92	93	1
A. Mueth									Raeber									
P. Mulligan									Vicini									
W. Linhares									**Group F**									
T. Kuensting									Chott	104	99	100	99	95	97	99	95	9
M. McBride									Essma									
W. Bufe									Hannon									
Q. Thames									Kimble	96	95	95	95	88	95	94	92	1
D. Hoefel									Moody									
L. Reichold									Nicholoson									
T. Gardner									Philip	96	98	100	98	94	95	98	95	9
G. Carroll	91	87	87	86	82	82	83	80	Wottowa									
N. Fox								80	McCann	91	88	89	86	88	82	87	84	2
K. Jacoby								83	Bruns	102	100	102	94	96	96	96	94	1
B. McEnery									Wilhelm									
M. Cooley	98	96	102	100	99	103	102	101	Pertzborn	94	93	97	97	98	98	100	91	2
P. Fentress								99	Stelzer	98	96	98	96	94	95	94	91	2
A. Dodd								99	Dowd									
M Waters									Rancillio									
									Moran	91	92	94	95	89	91	91	86	8
									Bergman	98	98	97	94	93	95	93	91	9
									Groesch									
									Surhe	101	100	100	99	98	97	98	96	9
									Shumate									
									Yokubu									
Gilmore	95	95	94	96	95	96	95	88	87 90									

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 2=17:30/7:15 3=18:30/7:30 4=19:30/7:45 5=20:30/8:00 6=22+ 8:30+

DATE:

Name									Name						
Group A									**Group D**						
C. Ford 1	X								A. Paino	X					
B. Gabler 1	X								D. Stinehart						
E. Cookson1	X								Griffard	90	90	90	87/84/86/84/84/80/84/74		
T. McLaughlin1	X								J Earsom	X					
R. Konzen1	X								J. Zink-Duda	96/96/95/96/90/89/90/90/84/88/80					
									J. Mungenast	X					
Group B		73/72/68							C. Maloney	✓					
T. Minnick 1	82	81	78	80/79/78/77/77/76/76					E. Glass	X					
D. Fleming R	X								D. Gains	94/94/94/94/91/91/92/87/90/91/90					
B. Ford 1	X								S. Body	X					
T. Jennings 1	X								S. Cannon	X	23/25/160				
B. Franey R	X								S. Bufe	92/92/91/91/82/87/88/87/84/84/85					
B. Lickenbrock 3	X								P. Bussung	92/93/92/92/86/90/90/89/86/88/88					
J. Meier	X								E. Umana	✓					
D Raterman	X								Floros	✓					
A. Ratermann	X								Fister	91/91/89/87/86/86/88/84/87/83/85					
C. Stoltze	X								Brummel	93/93/91/91/86/86/90/90/90/86/84					
M. McLaughlin	X								Chura	23:25/160					
N. Rubbelke	X	73/72/68							Pollihan	89	90	88	89/84/85/84/84/79/79/81		
J Esswein	82	81	78	80/79/78/77/77/76/76/73					Mimlitz	✓					
Rackers	X								**Group E**						
									E. Thornberry	X					
Group C									S. Pilla	✓					
N. Seckfort	X								K. Madden	✓					
A. Brady	X								C. Madden	✓					
T. Varty	X								M. Kuehner	✓					
C. Fitzgerald	X								Anders	✓					
A. Boehm	91/89/90/89/89/89/87/79/78/78								Clark	90/90/90/90/85/85/84/85/87/80/85					
N. Hermann	92/90/86/85/84/85/85/85/78/78/78								Archer	92/92/90/91/85/86/85/85/81/83/82					
E. Lewis	X								Clohisy	93/93/90/91/85/86/85/86/82/83/83					
B. Minden-Birk	X								Curran	✓					
A. Mellilo	X								Lawder	✓					
A. Mueth	91/89/88/87/89/85/84/84/80/80/81								Raeber	96/96/95/95/90/93/87/87/89/81/81					
P. Mulligan	X								Vicini	89/91/91/91/84/84/88/87/84/83					
W. Linhares	X								**Group F**						
T. Kuensting	X								Chott	✓					
M. McBride	X								Essma	96/96/94/95/90/92/91/90/87/88/89					
W. Bufe	X								Hannon	X					
Q. Thames	X								Kimble	✓					
D. Hoefel	95/95/95/88/89/90/92/80/86/85/87								Moody	X					
L. Reichold	91/88/87/90/84/86/87/85/83/83/82								Nicholoson	94/94/92/92/87/90/90/90/87/87/87					
T. Gardner	82	81	80	81/81/76/78/78/77/76/73					Philip	✓					
~~G. Wells~~	74/73/70								Wottowa	X					
N. Fox	89/89/87/89/89/80/89/89/79/79/79								McCann	X					
K. Jacoby	94/93/93/91/89/89/86/87/85/84/82								Bruns	✓					
B. McEnery	X								Wilhelm	X					
M. Cooley	✓								Pertzborn	✓					
P. Fentress	97/96/87/85/89/88/83/89/84/83/85								Stelzer	✓					
A. Dodd	90	90	87	88/83/84/85/84/82/77/79					Dowd	93/93/90/91/85/90/85/87/82/83/81					
M Waters	96/96/91/91/87/89/88/86/87/86/85								Rancillio	93/93/87/90/84/87/85/78/5 (BM)					
									Moran	✓					
									Bergman	✓					
									Groesch	92/92/91/92/87/90/90/90/87/87/87					
									Surhe	✓					
									Shumate	✓					
									Yokubu	✓					

A=500/10/60 B=300/8/ 50 C=200/6/40-D min/4/30 E=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-30-09 Conditions:

Jog CENT FIELD/ Push/SPLIT PRACTICE: Pre Meet or 3m surge TEMPO/8- 6 strides/Jog SLUH/stretch/

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino						
B. Gabler 1	5	36:26	124						D. Stinehart						
E. Cookson1	5	36:26							Griffard						
T. McLaughlin1									J Earsom						
R. Konzen1									J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1	5	☺	☺						E. Glass						
D. Fleming R									D. Gains						
B. Ford 1									S. Body						
T. Jennings 1	5	31:44	—						S. Cannon						
B. Franey R									S. Bufe						
B. Lickenbrock 3			1st	2nd	3rd				P. Bussung						
J. Meier	3	16:54	5:40	5:50	5:29				E. Umana						
D Raterman									Floros						
A. Ratermann	5	36:26	140						Fister						
C. Stoltze	5	36:26	??	??	??	??	HI!		Brummel						
M. McLaughlin									Chura						
N. Rubbelke	5	36:26	136						Pollihan						
J Esswein									Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm	4th	31:49	136						Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran						
A. Mellilo									Lawder						
A. Mueth									Raeber						
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott						
M. McBride									Essma						
W. Bufe									Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody						
L. Reichold									Nicholoson						
T. Gardner	4th	31:49	148						Philip						
G. Carroll									Wottowa						
N. Fox									McCann						
K. Jacoby									Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress									Stelzer						
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran						
									Bergman						
									Groesch						
									Surhe						
									Shumate						
									Yokubu						

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=16:30/6:45 **2**=17:30/7:15 **3**=18:30/7:30 **4**=19:30/7:45 **5**=20:30/8:00 6=22+ 8:30+

DATE: 10-29-09 Conditions:

Jog WC/ Push/CORE/dyn/run aero LUXURY OB 8-62nd push 6 strides/Jog SLUH/stretch/

Name									Name						
Group A									**Group D**						
C. Ford 1									A. Paino						
B. Gabler 1	8	"	132						D. Stinehart						
E. Cookson1	"8"	53:55	136						Griffard						
T. McLaughlin1									J.Earsom						
R. Konzen1									J. Zink-Duda						
									J. Mungenast						
Group B									C. Maloney						
T. Minnick 1									E. Glass						
D. Fleming R									D. Gains						
B. Ford 1									S. Body						
T. Jennings 1									S. Cannon						
B. Franey [redacted]	8	53:55	168						S. Bufe						
B. Lickenbrock 3									P. Bussung						
J. Meier			152						E. Umana						
D Raterman	8	53:55	140						Floros						
A. Ratermann	8	53:55	160						Fister						
C. Stoltze									Brummel						
M. McLaughlin									Chura						
N. Rubbelke									Pollihan						
J Esswein									Mimlitz						
Rackers									**Group E**						
									E. Thornberry						
Group C									S. Pilla						
N. Seckfort									K. Madden						
A. Brady									C. Madden						
T. Varty									M. Kuehner						
C. Fitzgerald									Anders						
A. Boehm	7	48:30	160						Clark						
N. Hermann									Archer						
E. Lewis									Clohisy						
B. Minden-Birk									Curran						
A. Mellilo									Lawder						
A. Mueth									Raeber						
P. Mulligan									Vicini						
W. Linhares									**Group F**						
T. Kuensting									Chott						
M. McBride									Essma						
W. Bufe	7	49:30							Hannon						
Q. Thames									Kimble						
D. Hoefel									Moody						
L. Reichold									Nicholoson						
T. Gardner									Philip						
G. Carroll									Wottowa						
N. Fox									McCann						
K. Jacoby									Bruns						
B. McEnery									Wilhelm						
M. Cooley									Pertzborn						
P. Fentress									Stelzer						
A. Dodd									Dowd						
M Waters									Rancillio						
									Moran						
									Bergman						
									Groesch						
									Surhe						
									Shumate						
									Yokubu						

Meeting
Thurs 1.00

A=500/10/60 **B**=300/8/ 50 **C**=200/6/40-**D** min/4/30 **E**=new/3/20

1=17/7/6:30 2=18/7:30/7 3=19/8/7:30 4=21/8:30 5=22+/9/8:30 A=350+ B=250+ C=150+ D=min/exp E=beginning

DATE: Conditions:

	1	2	3	1	2	3	1	2	3
CALEB	78	76	72	70	69	71	65	63	65
TIM R	77	76	72	70	69	71	69	68	—
TIM Mc	80	77	74	72	70	73	69	68	67
EMMETT	78	77	73	72	70	73	68	66	66
JOE M	80	77	76	75	72	73	70	68	67
TONY	80	77	75	73	71	73	70	68	68
ALAN	80	77	76	74	71	73	70	67	68
TYLER	80	77	74	72	70	73	68	67	66
BILL	80	77	75	74	72	73	71	68	67
DAN R	80	77	75	74	71	73	71	65	—
RILEY	80	79	80	75	72	72	61	64	67
MIKE	79	77	77	75	73	73	61	69	71
NATE	78	77	80	75	73	72	66	67	69
CASEY	78	77	77	75	72	72	67	68	71
JOE	79	77	79	75	73	72	65	66	69
BEN	79	77	78	74	72	70	61	64	67
CHARLIE	78	77	80	78	72	72	63	66	68
TYLER G	79	78	79	76	74	73	66	69	71
ADAM	80	80	80	78	77	75	69	67	70
BILL F	80	80	80	75	72	72	65	66	71
WILL	80	79	80	78	77	76	72	71	69

* indicates those in varsity level group. # indicates those on the bubble.