

Compilation of Tempo runs

Name	Pace 7/30	Pace 8/26	Pace 9/23	Pace 10/7
Allison Baker			7:16:24	6:55:00
Anna Windom		7:12:24	7:00:12	7:00:00
Annalei Canter		7:24:44	8:20:00	7:13:36
Ainsley Cole	7:27:53	7:15:09	7:59:19	7:18:12
Kate Curtis		7:44:00	7:30:00	7:19:24
Kylee Geveke	8:13:14	7:44:36	7:46:27	7:28:45
Tiffany Ahlberg	8:22:15	7:37:12		7:29:00
Lexie Carlson		8:22:00	8:51:15	7:40:12
Jordan Carlson		7:26:14	7:50:53	7:45:36
Marley Hess		7:42:24	8:16:40	7:47:47
Savannah McVey		8:35:09		7:51:33
Shivani Makadia		7:50:36		7:51:33
Gaby Smith		8:08:12		7:58:51
Maddy Ravenscraft	8:01:12	8:31:08		8:02:30
Lidia Longo		8:18:53	8:17:07	8:06:00
Meagan Kimball		8:31:48	8:57:30	8:10:00
Emma Carroll		7:50:24	8:16:40	8:11:21
Ansley McGruder		8:24:14		8:11:48
Sarah Gabrielle			8:17:20	8:12:30
Sara Margate		9:00:59	8:57:00	8:13:43
Madison Wallace	8:13:32	8:22:00		8:15:07
Morgan Cole				8:31:12
Savannah Smith	9:09:44	8:22:54		8:33:00
Kayla Knickerbocker			9:36:30	8:51:09
Maria Valdez				8:58:48
Mady Kornitski		8:51:51		9:22:34
Elena Longo		9:08:15		9:28:51
Katelyn Taylor		9:20:00		9:28:51
Brooke Martin		9:38:30		9:38:29
Maddie Ramsey			10:31:58	9:39:07
Marissa Patrohay		9:41:00	10:31:58	9:39:07
Paige Adams		9:38:30		9:41:39
Sydney Cole			8:22:13	9:42:55
Kathleen Laine		10:28:41	11:29:14	9:45:27
Megan Linard				9:45:43
Ali Daurie				10:07:31
Faith Burns				10:10:46
Adyson Willis		12:59:19		10:11:24
Mady Bell		9:30:45		10:12:02
Arden Kahle				10:12:02
Lainey Hall	12:13:50	12:46:55		10:23:06
Ellie Monday				10:40:36
Courtney Mason		12:54:26		11:17:27
Abi Roy		9:29:30		
Alexa Rinehart			10:47:49	
Briggs Manuel	11:24:13	9:51:48		
Eliza Hackworth	7:24:05	7:16:05		
Ellary Hackworth		7:44:00		
Ellie Martin		8:05:31		
Hannah Jackson		9:13:30		
Ilona Kish		9:08:15	7:55:57	
Isabella Kelly				
Kylie Sobol		6:55:47		
Meg Kunst		8:52:31		
Riley Perlakowski	6:41:12	6:34:51		
Zoey Weir	7:54:26	8:35:15		

Name	Pace 7/30	Pace 8/26	Pace 9/23	Pace 10/7
1 Sully Shelton	5:45:32	5:35:20		5:24:11
2 Kaden McVey	5:49:37	5:45:34		5:59:36
3 Matthew Wyman	6:04:28	5:59:15	6:23:28	6:01:34
4 Mark Ravenscraft	6:03:43	6:15:15		6:02:45
5 Noah Connelly		5:58:03		6:06:00
6 Brian Boyle	6:03:43	5:52:29	6:02:53	6:07:25
7 James Boyle	6:06:21	6:00:46	5:59:17	6:18:26
8 Owen Lucas	7:03:10	6:21:06	6:46:57	6:24:12
9 William Laine		6:30:43	6:39:26	6:30:46
10 Jackson Burke	6:57:36	6:39:19	7:08:48	6:34:41
11 Jack Sisk		6:30:33		6:37:22
12 Sterling Sellier				6:39:00
13 Matthew Taylor		6:53:21	7:07:12	6:39:52
14 Slade Smith		6:43:57		6:41:07
15 Carson Davis	7:07:24	6:45:09	7:09:00	6:42:40
16 Jack Mellom	6:29:40	6:20:45		6:42:56
17 Will Grubb	6:54:02	6:45:09		6:43:20
18 Zach Burden		6:48:56		6:43:47
19 Hugh Bargeron		6:34:30		6:46:53
20 Gianpaolo Longo		6:33:08	6:31:25	6:47:13
21 Parker Buchheit	7:03:10	6:49:46		6:50:05
22 Andrew Cole		6:33:28		6:50:23
23 Miller Holmgren	6:57:36	6:38:30		6:51:53
24 Thomas Campbell		6:58:59	7:16:24	6:52:53
25 Stephen Smith			7:39:30	6:53:07
26 Haydon Amazon				6:53:33
27 Ryan Kloss	7:15:38	7:21:00		6:57:33
28 Andres Pulido		8:08:00		6:58:12
29 Thomas Boyle	7:47:40	7:15:09		6:58:13
30 Ben VanRennselear	7:00:29	6:48:16	7:15:36	6:58:21
31 Jake Hall	7:06:44	7:01:14		6:58:40
32 Timothy Wolfe		6:47:13		7:02:24
33 Noah Larson		7:47:47		7:09:07
34 Michael Margate		8:47:33	8:02:13	7:10:27
35 Nick Dwyer				7:10:53
36 Brayden Strum		6:49:27		7:12:53
37 Jonah Criswell		8:32:27		7:13:47
38 Kyle Acampora				7:23:20
39 Brennan Boone		8:46:13		7:26:00
40 Mason Casteel				7:26:40
41 Bobby Burns	7:20:59	7:36:23	8:01:07	7:27:07
42 Donovan Webster		8:03:07		7:28:27
43 Will Walker	7:57:57	7:50:00		7:28:27
44 Issac Kimball		7:16:24	7:12:24	7:29:13
45 JR Stamper	7:41:15	7:25:29		7:29:13
46 Ian Morceau		7:17:58		7:31:20
47 Sanmi Omonaiye				7:34:13
48 Brady Meese		8:44:27		7:38:40
49 Connor Kruger	8:01:04	7:27:22	8:57:26	7:39:15
50 Kolbe Mendoza	8:09:13	7:49:48		7:39:30
51 Barrett Wilson	9:17:55	9:04:45		7:40:00
52 Logan Jones		8:46:40	8:04:27	7:49:30
53 Evan Peterson		8:04:00		7:55:30
54 Clark Hanson				8:05:00
55 Campbell Guynn		9:05:00		8:14:00
56 Sahil Makadia		8:33:20		8:19:00

57	Matthew Davis		8:32:13		8:26:33
58	Matthew Davis	10:36:43			8:26:33
59	Carson Jones			9:34:30	8:29:17
60	Joey Camp				8:40:30
61	Jaret Jordan		7:49:48		8:53:04
62	Gib Akin		8:44:35	8:58:00	8:53:39
63	Josh Patrohay				8:54:09
64	Michael Boyden		8:31:20		9:42:17
65	Robbie Nelson		9:27:45		9:47:21
66	Stone Farber		10:28:58		10:02:51
67	Patrick Curd		9:28:00		10:24:03
68	Will Lipani	10:45:29	9:56:43		10:28:29
69	Chad Mabry	7:07:37			
70	Elijah Baker				
71	Ethan Hunt		7:27:48		
72	Grant Richa		7:41:00		
73	Kyle Lowe		8:29:20		
74	Mason Rountree	7:16:05	7:08:00		
75	Peyton Godbee		6:48:16		
76	Samuel Becker		8:06:40		
77	Tyler Gallegos		7:40:00		