

Augustana Cross Country 3000m time trial

Date: 13-Sep-11
Time: 5:45 PM
Location: High School Track
Conditions: 11EC, calm, sunny

SPLIT TIMES (formatted mm:ss)

Name:	400 m	1 km	2 km	3 km
Ryan	01:21	03:30	07:06	10:39
Warner	01:20	03:30	07:06	10:42
Brady	01:22	03:36	07:26	11:07
Noel	01:25	03:42	07:34	11:10
Dexter	01:31	03:58	08:10	11:59
Taylor	01:31	04:00	08:09	12:06
Henning	01:30	03:59	08:17	12:09
Colin	01:33	04:00	08:10	12:10
Karly	01:32	04:05	08:21	12:54
Mari	01:38	04:21	09:07	13:50
Dillon	01:41	04:35	09:38	14:33
Carly	01:55	05:01	10:22	15:33

notes

LAP TIMES

Name:	km @ 400	km 1	km 2	km 3	km avg
Ryan	03:23	03:30	03:36	03:33	03:33
Warner	03:20	03:30	03:36	03:36	03:34
Brady	03:25	03:36	03:50	03:41	03:42
Noel	03:33	03:42	03:52	03:36	03:43
Dexter	03:48	03:58	04:12	03:49	04:00
Taylor	03:48	04:00	04:09	03:57	04:02
Henning	03:45	03:59	04:18	03:52	04:03
Colin	03:53	04:00	04:10	04:00	04:03
Karly	03:50	04:05	04:16	04:33	04:18
Mari	04:05	04:21	04:46	04:43	04:37
Dillon	04:13	04:35	05:03	04:55	04:51
Carly	04:47	05:01	05:21	05:11	05:11

note: km @ 400 is projected km time at first 400 m pace