

SYC Mile Time Trial - Grades 7 and 8

| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank |
|-------|------------------|----------|--------|--------------------------|-------|-------------------|-------------|--------------|-------------------|
| 1 | JONAS YIENGST | | M: 1 | RUNNER | 88 | 00:05:14.44 | 05:14 | 11.4mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:15.01 | 05:01 | 11.9mph | 00:01:15.01 |
| | | | | 800 Meters | | 00:01:17.41 | 05:11 | 11.6mph | 00:02:32.41 |
| | | | | 1200 Meters | | 00:01:20.42 | 05:23 | 11.1mph | 00:03:52.82 |
| | | | | 1600 Meter | | 00:01:21.63 | 05:28 | 11.0mph | 00:05:14.44 |
| 2 | AIDEN RAGSDALE | | M: 2 | RUNNER | 71 | 00:05:19.53 | 05:19 | 11.3mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:15.12 | 05:02 | 11.9mph | 00:01:15.12 |
| | | | | 800 Meters | | 00:01:19.36 | 05:19 | 11.3mph | 00:02:34.48 |
| | | | | 1200 Meters | | 00:01:24.53 | 05:40 | 10.6mph | 00:03:59.00 |
| | | | | 1600 Meter | | 00:01:20.53 | 05:23 | 11.1mph | 00:05:19.53 |
| 3 | THOMAS KIM | | M: 3 | RUNNER | 45 | 00:05:28.95 | 05:29 | 10.9mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:17.49 | 05:11 | 11.5mph | 00:01:17.49 |
| | | | | 800 Meters | | 00:01:25.23 | 05:42 | 10.5mph | 00:02:42.71 |
| | | | | 1200 Meters | | 00:01:26.77 | 05:49 | 10.3mph | 00:04:09.48 |
| | | | | 1600 Meter | | 00:01:19.47 | 05:19 | 11.3mph | 00:05:28.95 |
| 4 | CALEB JAMES | | M: 4 | RUNNER | 42 | 00:05:45.33 | 05:45 | 10.4mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:18.81 | 05:17 | 11.4mph | 00:01:18.81 |
| | | | | 800 Meters | | 00:01:28.78 | 05:57 | 10.1mph | 00:02:47.58 |
| | | | | 1200 Meters | | 00:01:31.23 | 06:07 | 9.8mph | 00:04:18.81 |
| | | | | 1600 Meter | | 00:01:26.52 | 05:48 | 10.3mph | 00:05:45.33 |
| 5 | BYRON BARBOZA JR | | M: 5 | RUNNER | 7 | 00:05:45.95 | 05:46 | 10.4mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:23.87 | 05:37 | 10.7mph | 00:01:23.87 |
| | | | | 800 Meters | | 00:01:31.07 | 06:06 | 9.8mph | 00:02:54.94 |
| | | | | 1200 Meters | | 00:01:29.19 | 05:58 | 10.0mph | 00:04:24.13 |
| | | | | 1600 Meter | | 00:01:21.83 | 05:29 | 10.9mph | 00:05:45.95 |
| 6 | ALEX FEATHERLY | | M: 6 | RUNNER | 29 | 00:05:46.52 | 05:46 | 10.4mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:24.63 | 05:40 | 10.6mph | 00:01:24.63 |
| | | | | 800 Meters | | 00:01:32.12 | 06:10 | 9.7mph | 00:02:56.75 |
| | | | | 1200 Meters | | 00:01:27.43 | 05:51 | 10.2mph | 00:04:24.17 |
| | | | | 1600 Meter | | 00:01:22.35 | 05:31 | 10.9mph | 00:05:46.52 |
| 7 | ZACHARY PAREDES | | M: 7 | RUNNER | 68 | 00:05:56.81 | 05:56 | 10.1mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:22.58 | 05:32 | 10.8mph | 00:01:22.58 |
| | | | | 800 Meters | | 00:01:32.68 | 06:12 | 9.7mph | 00:02:55.26 |
| | | | | 1200 Meters | | 00:01:34.53 | 06:20 | 9.5mph | 00:04:29.79 |
| | | | | 1600 Meter | | 00:01:27.02 | 05:50 | 10.3mph | 00:05:56.81 |
| 8 | MAREK MANKA | | M: 8 | RUNNER | 52 | 00:06:04.62 | 06:04 | 9.9mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:24.41 | 05:39 | 10.6mph | 00:01:24.41 |
| | | | | 800 Meters | | 00:01:34.03 | 06:18 | 9.5mph | 00:02:58.43 |
| | | | | 1200 Meters | | 00:01:40.55 | 06:44 | 8.9mph | 00:04:38.97 |
| | | | | 1600 Meter | | 00:01:25.66 | 05:44 | 10.4mph | 00:06:04.62 |
| 9 | JACK OLIVER | | M: 9 | RUNNER | 64 | 00:06:08.51 | 06:08 | 9.8mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:29.52 | 06:00 | 10.0mph | 00:01:29.52 |
| | | | | 800 Meters | | 00:01:32.77 | 06:13 | 9.6mph | 00:03:02.28 |
| | | | | 1200 Meters | | 00:01:39.36 | 06:39 | 9.0mph | 00:04:41.64 |
| | | | | 1600 Meter | | 00:01:26.88 | 05:49 | 10.3mph | 00:06:08.51 |
| 10 | LORELAI FREESE | | F: 1 | RUNNER | 34 | 00:06:10.91 | 06:10 | 9.7mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:24.85 | 05:41 | 10.5mph | 00:01:24.85 |
| | | | | 800 Meters | | 00:01:32.41 | 06:11 | 9.7mph | 00:02:57.26 |
| | | | | 1200 Meters | | 00:01:35.39 | 06:23 | 9.4mph | 00:04:32.64 |
| | | | | 1600 Meter | | 00:01:38.27 | 06:35 | 9.1mph | 00:06:10.91 |
| 11 | HARRISON SIMON | | M: 10 | RUNNER | 77 | 00:06:15.37 | 06:15 | 9.6mph | : |
| | | | | <u>Split Description</u> | | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | 400 Meters | | 00:01:25.28 | 05:43 | 10.5mph | 00:01:25.28 |
| | | | | 800 Meters | | 00:01:35.35 | 06:23 | 9.4mph | 00:03:00.62 |
| | | | | 1200 Meters | | 00:01:40.51 | 06:44 | 8.9mph | 00:04:41.13 |
| | | | | 1600 Meter | | 00:01:34.25 | 06:19 | 9.5mph | 00:06:15.37 |

SYC Mile Time Trial - Grades 7 and 8

| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank | |
|-------|------------------|----------|--------|--------|-------|--------------------------|-------------------|-------------|---------------|-------------------|
| 12 | JAMESON SEARIGHT | | M: 11 | RUNNER | 75 | 00:06:17.19 | 06:17 | 9.5mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:25.78 | 05:45 | 10.4mph | 00:01:25.78 |
| | | | | | | 800 Meters | 00:01:34.35 | 06:19 | 9.5mph | 00:03:00.12 |
| | | | | | | 1200 Meters | 00:01:39.99 | 06:42 | 8.9mph | 00:04:40.10 |
| | | | | | | 1600 Meter | 00:01:37.09 | 06:30 | 9.2mph | 00:06:17.19 |
| 13 | ZACHARY PETERSEN | | M: 12 | RUNNER | 69 | 00:06:22.67 | 06:22 | 9.4mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:26.95 | 05:49 | 10.3mph | 00:01:26.95 |
| | | | | | | 800 Meters | 00:01:39.34 | 06:39 | 9.0mph | 00:03:06.29 |
| | | | | | | 1200 Meters | 00:01:41.65 | 06:48 | 8.8mph | 00:04:47.93 |
| | | | | | | 1600 Meter | 00:01:34.75 | 06:21 | 9.4mph | 00:06:22.67 |
| 14 | BRUNO LAYERENZA | | M: 13 | RUNNER | 46 | 00:06:23.52 | 06:23 | 9.4mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:27.93 | 05:53 | 10.2mph | 00:01:27.93 |
| | | | | | | 800 Meters | 00:01:37.66 | 06:32 | 9.2mph | 00:03:05.59 |
| | | | | | | 1200 Meters | 00:01:41.62 | 06:48 | 8.8mph | 00:04:47.20 |
| | | | | | | 1600 Meter | 00:01:36.32 | 06:27 | 9.3mph | 00:06:23.52 |
| 15 | LEAH DEVOE | | F: 2 | RUNNER | 24 | 00:06:24.03 | 06:24 | 9.4mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:29.17 | 05:58 | 10.0mph | 00:01:29.17 |
| | | | | | | 800 Meters | 00:01:40.21 | 06:43 | 8.9mph | 00:03:09.38 |
| | | | | | | 1200 Meters | 00:01:43.12 | 06:54 | 8.7mph | 00:04:52.49 |
| | | | | | | 1600 Meter | 00:01:31.54 | 06:08 | 9.8mph | 00:06:24.03 |
| 16 | KEIRA BOURKLAND | | F: 3 | RUNNER | 12 | 00:06:26.97 | 06:27 | 9.3mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:27.71 | 05:52 | 10.2mph | 00:01:27.71 |
| | | | | | | 800 Meters | 00:01:38.59 | 06:36 | 9.1mph | 00:03:06.29 |
| | | | | | | 1200 Meters | 00:01:45.38 | 07:03 | 8.5mph | 00:04:51.67 |
| | | | | | | 1600 Meter | 00:01:35.31 | 06:23 | 9.4mph | 00:06:26.97 |
| 17 | JULIET LORD | | F: 4 | RUNNER | 50 | 00:06:45.36 | 06:45 | 8.9mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:25.90 | 05:45 | 10.4mph | 00:01:25.90 |
| | | | | | | 800 Meters | 00:01:39.90 | 06:41 | 9.0mph | 00:03:05.80 |
| | | | | | | 1200 Meters | 00:01:50.27 | 07:23 | 8.1mph | 00:04:56.06 |
| | | | | | | 1600 Meter | 00:01:49.30 | 07:19 | 8.2mph | 00:06:45.36 |
| 18 | GRAHAM RUSSELL | | M: 14 | RUNNER | 73 | 00:06:47.60 | 06:47 | 8.8mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:30.20 | 06:02 | 9.9mph | 00:01:30.20 |
| | | | | | | 800 Meters | 00:01:43.73 | 06:57 | 8.6mph | 00:03:13.93 |
| | | | | | | 1200 Meters | 00:01:48.51 | 07:16 | 8.2mph | 00:05:02.43 |
| | | | | | | 1600 Meter | 00:01:45.17 | 07:03 | 8.5mph | 00:06:47.60 |
| 19 | NICHOLAS LEWIS | | M: 15 | RUNNER | 47 | 00:07:15.78 | 07:15 | 8.3mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:47.52 | 07:12 | 8.3mph | 00:01:47.52 |
| | | | | | | 800 Meters | 00:01:57.30 | 07:51 | 7.6mph | 00:03:44.81 |
| | | | | | | 1200 Meters | 00:01:48.80 | 07:17 | 8.2mph | 00:05:33.61 |
| | | | | | | 1600 Meter | 00:01:42.18 | 06:51 | 8.8mph | 00:07:15.78 |
| 20 | CHRISTIAN HETZEL | | M: 16 | RUNNER | 40 | 00:07:24.76 | 07:24 | 8.1mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:46.68 | 07:09 | 8.4mph | 00:01:46.68 |
| | | | | | | 800 Meters | 00:01:56.05 | 07:46 | 7.7mph | 00:03:42.73 |
| | | | | | | 1200 Meters | 00:01:50.53 | 07:24 | 8.1mph | 00:05:33.26 |
| | | | | | | 1600 Meter | 00:01:51.51 | 07:28 | 8.0mph | 00:07:24.76 |
| 21 | JACKSON LORD | | M: 17 | RUNNER | 49 | 00:07:28.36 | 07:28 | 8.0mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:43.42 | 06:56 | 8.7mph | 00:01:43.42 |
| | | | | | | 800 Meters | 00:01:57.53 | 07:52 | 7.6mph | 00:03:40.95 |
| | | | | | | 1200 Meters | 00:01:57.49 | 07:52 | 7.6mph | 00:05:38.43 |
| | | | | | | 1600 Meter | 00:01:49.93 | 07:22 | 8.1mph | 00:07:28.36 |
| 22 | MYRA YOUNG | | F: 5 | RUNNER | 90 | 00:07:30.38 | 07:30 | 8.0mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:42.21 | 06:51 | 8.8mph | 00:01:42.21 |
| | | | | | | 800 Meters | 00:01:49.86 | 07:21 | 8.1mph | 00:03:32.06 |
| | | | | | | 1200 Meters | 00:02:02.85 | 08:14 | 7.3mph | 00:05:34.90 |
| | | | | | | 1600 Meter | 00:01:55.48 | 07:44 | 7.7mph | 00:07:30.38 |

SYC Mile Time Trial - Grades 7 and 8

| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank | |
|-------|---------------------|----------|--------|--------|-------|--------------------------|-------------------|-------------|---------------|-------------------|
| 23 | PAUL BING | | M: 18 | RUNNER | 10 | 00:07:33.32 | 07:33 | 7.9mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:47.18 | 07:11 | 8.3mph | 00:01:47.18 |
| | | | | | | 800 Meters | 00:01:56.51 | 07:48 | 7.7mph | 00:03:43.68 |
| | | | | | | 1200 Meters | 00:01:53.00 | 07:34 | 7.9mph | 00:05:36.68 |
| | | | | | | 1600 Meter | 00:01:56.64 | 07:49 | 7.7mph | 00:07:33.32 |
| 24 | BROCK BAUMANN | | M: 19 | RUNNER | 8 | 00:07:52.92 | 07:53 | 7.6mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:56.21 | 07:47 | 7.7mph | 00:01:56.21 |
| | | | | | | 800 Meters | 00:02:03.14 | 08:15 | 7.3mph | 00:03:59.35 |
| | | | | | | 1200 Meters | 00:02:05.33 | 08:24 | 7.1mph | 00:06:04.68 |
| | | | | | | 1600 Meter | 00:01:48.25 | 07:15 | 8.3mph | 00:07:52.92 |
| 25 | LUCAS BALMACEDA | | M: 20 | RUNNER | 5 | 00:07:55.70 | 07:55 | 7.6mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:54.37 | 07:40 | 7.8mph | 00:01:54.37 |
| | | | | | | 800 Meters | 00:02:03.36 | 08:16 | 7.3mph | 00:03:57.73 |
| | | | | | | 1200 Meters | 00:02:06.30 | 08:28 | 7.1mph | 00:06:04.03 |
| | | | | | | 1600 Meter | 00:01:51.68 | 07:29 | 8.0mph | 00:07:55.70 |
| 26 | EVA HALLORAN | | F: 6 | RUNNER | 38 | 00:08:15.88 | 08:15 | 7.3mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:47.74 | 07:13 | 8.3mph | 00:01:47.74 |
| | | | | | | 800 Meters | 00:02:07.55 | 08:33 | 7.0mph | 00:03:55.28 |
| | | | | | | 1200 Meters | 00:02:17.57 | 09:13 | 6.5mph | 00:06:12.85 |
| | | | | | | 1600 Meter | 00:02:03.03 | 08:14 | 7.3mph | 00:08:15.88 |
| 27 | DUKE OKONTA | | M: 21 | RUNNER | 63 | 00:08:18.11 | 08:18 | 7.2mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:36.63 | 06:28 | 9.3mph | 00:01:36.63 |
| | | | | | | 800 Meters | 00:02:14.55 | 09:01 | 6.7mph | 00:03:51.18 |
| | | | | | | 1200 Meters | 00:02:21.50 | 09:29 | 6.3mph | 00:06:12.67 |
| | | | | | | 1600 Meter | 00:02:05.44 | 08:24 | 7.1mph | 00:08:18.11 |
| 28 | ANTHONY HENDRICKSON | | M: 22 | RUNNER | 39 | 00:08:20.48 | 08:20 | 7.2mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:59.55 | 08:00 | 7.5mph | 00:01:59.55 |
| | | | | | | 800 Meters | 00:02:10.21 | 08:43 | 6.9mph | 00:04:09.76 |
| | | | | | | 1200 Meters | 00:02:10.65 | 08:45 | 6.8mph | 00:06:20.40 |
| | | | | | | 1600 Meter | 00:02:00.08 | 08:03 | 7.5mph | 00:08:20.48 |
| 29 | ISAAC WHEATLEY | | M: 23 | RUNNER | 84 | 00:08:33.27 | 08:33 | 7.0mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:33.20 | 06:14 | 9.6mph | 00:01:33.20 |
| | | | | | | 800 Meters | 00:02:10.78 | 08:46 | 6.8mph | 00:03:43.97 |
| | | | | | | 1200 Meters | 00:02:32.77 | 10:14 | 5.9mph | 00:06:16.74 |
| | | | | | | 1600 Meter | 00:02:16.53 | 09:09 | 6.6mph | 00:08:33.27 |
| 30 | TY SECREST | | M: 24 | RUNNER | 76 | 00:08:35.68 | 08:35 | 7.0mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:02:00.36 | 08:04 | 7.4mph | 00:02:00.36 |
| | | | | | | 800 Meters | 00:02:06.16 | 08:27 | 7.1mph | 00:04:06.52 |
| | | | | | | 1200 Meters | 00:02:20.61 | 09:25 | 6.4mph | 00:06:27.12 |
| | | | | | | 1600 Meter | 00:02:08.57 | 08:37 | 7.0mph | 00:08:35.68 |
| 31 | AVA JUDD | | F: 7 | RUNNER | 43 | 00:08:50.09 | 08:50 | 6.8mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:01:59.41 | 08:00 | 7.5mph | 00:01:59.41 |
| | | | | | | 800 Meters | 00:02:16.57 | 09:09 | 6.6mph | 00:04:15.98 |
| | | | | | | 1200 Meters | 00:02:25.13 | 09:43 | 6.2mph | 00:06:41.10 |
| | | | | | | 1600 Meter | 00:02:08.99 | 08:38 | 6.9mph | 00:08:50.09 |
| 32 | CORA NEWMAN | | F: 8 | RUNNER | 60 | 00:09:24.23 | 09:24 | 6.4mph | : | |
| | | | | | | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |
| | | | | | | 400 Meters | 00:02:09.66 | 08:41 | 6.9mph | 00:02:09.66 |
| | | | | | | 800 Meters | 00:02:23.93 | 09:39 | 6.2mph | 00:04:33.59 |
| | | | | | | 1200 Meters | 00:02:34.55 | 10:21 | 5.8mph | 00:07:08.13 |
| | | | | | | 1600 Meter | 00:02:16.10 | 09:07 | 6.6mph | 00:09:24.23 |