PLAC	and the second	1		l	Lower 70's Sunny
PLAC	130 miles 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				
1 数 1 年 1	. <u>Mile 1</u>	Mile 2	Mile 3	Finish	Comments
10/25		建筑	學學學		
	7:00	8:38	8:11	23:49	Nice finish for the team.
	7:12	8:27	9:21	25:10	AWESOME first race!
	7:09	8:29	8:16	23:54	Way to work with Maggie.
	10:03	11:43	11:46	33:32	You can go faster, train to improve
	7:22	8:41	8:37	24:40	Great time! You looked good out there.
	7:12	8:27	9:25	25:14	Great time for 1st invitational!
76	8:54	10:08	10:15	29:17	Work on last 2 miles.
56	7:22	8:34	7:52	23:48	Get that 2nd mile time down.
55	7:30	8:15	7:59	23:44	Great raceyou looked strong.
					?
66	7:30	8:40	8:21	24:31	Nice time!
77	8:51	10:19	10:29	29:39	Work on last 2 miles.
37	7:00	7:51	7:35	22:26	Awesome splits. Good race!
	6:26	.7:11	7:14_	20:51	Awesome time.
	6:27	7:27	7:08	21:02	Outstanding race!
	6:44	7:39	7:42	22:05	Race or run? Only you can choose
	6:42	7:30	7:23	21:35	Way to hang in there!
1	6:03	6:49	6:56	19:48	You did well against the competition.
	6:19	7:04	6:53	20:16	Great race. You competed well.
	6:41	7:30	7:36	21:47	Good timeyou were not happy, refocus
35	6:54	7:40	7:20	21:54	Nice 1st mile! Good race!
79	8:26	9:42	9:34	27:42	Way to work with Mal!
78	8:26	9:42	9:24	27:31	Nice finish! Work mi 2you can run faste
37	7:01	7:34	7:24	22:04	Almost broke 22!
80	8:29	10:19	9:40	28:28	Way to speed up 3rd mile.
	56 55 66 77 37 37 35 79 78 37	7:09 10:03 7:22 7:12 76 8:54 56 7:22 55 7:30 66 7:30 77 8:51 37 7:00 6:26 6:27 6:44 6:42 6:03 6:19 6:41 35 6:54 79 8:26 78 8:26 37 7:01	7:09 8:29 10:03 11:43 7:22 8:41 7:12 8:27 76 8:54 10:08 56 7:22 8:34 55 7:30 8:15 66 7:30 8:40 77 8:51 10:19 37 7:00 7:51 6:26 7:11 6:27 7:27 6:44 7:39 6:42 7:30 6:03 6:49 6:19 7:04 6:41 7:30 35 6:54 7:40 79 8:26 9:42 78 8:26 9:42 37 7:01 7:34	7:09 8:29 8:16 10:03 11:43 11:46 7:22 8:41 8:37 7:12 8:27 9:25 76 8:54 10:08 10:15 56 7:22 8:34 7:52 55 7:30 8:15 7:59 66 7:30 8:40 8:21 77 8:51 10:19 10:29 37 7:00 7:51 7:35 6:26 .7:11 7:14 6:27 7:27 7:08 6:44 7:39 7:42 6:42 7:30 7:23 6:42 7:30 7:23 6:56 6:56 6:59 6:56 6:19 7:04 6:53 6:41 7:30 7:36 35 6:54 7:40 7:20 79 8:26 9:42 9:34 78 8:26 9:42 9:34 7:24	7:09 8:29 8:16 23:54 10:03 11:43 11:46 33:32 7:22 8:41 8:37 24:40 7:12 8:27 9:25 25:14 76 8:54 10:08 10:15 29:17 56 7:22 8:34 7:52 23:48 55 7:30 8:15 7:59 23:44 66 7:30 8:40 8:21 24:31 77 8:51 10:19 10:29 29:39 37 7:00 7:51 7:35 22:26 6:26 -7:11 7:14 20:51 6:27 7:27 7:08 21:02 6:44 7:39 7:42 22:05 6:42 7:30 7:23 21:35 6:03 6:49 6:56 19:48 6:19 7:04 6:53 20:16 6:41 7:30 7:36 21:47 35 6:54 7:40