Lawrence High School Intrasquad Time Trials (September 5, 2020)

at Haskell Indian Nations University

Lawrence High School Results

Team Reaman – Girls Results (11 Runners) at 8:00 am | 69°

*3 Mile	Mile 1	2nd	Mile 2	3rd	Finish	Average		5k PR	SB		2019	2018	2017	Projected 5k	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	Time	
Lucy Hardy	06:53.4	07:36.7	*14:30.1*	07:29.4	**21:59.5**	07:19.8	**1**	20:23.6			22:23.5			*22:51.5*	
Grace Harader-Ellett	07:25.8	07:33.4	*14:59.2*	07:30.0	**22:29.2**	07:29.7	**2**	22:32.0			27:31.5	30:50.2		*23:22.2*	
Eva Ackley	07:28.2	07:53.6	*15:21.8*	07:40.5	**23:02.3**	07:40.8	**5**	22:32.1			25:53.0	25:01.5		*23:56.4*	
London Scholz	07:56.7	08:34.3	*16:31.0*	08:41.8	**25:12.8**	08:24.3	**8**	24:04.8			DNR			*26:11.7*	
Olive Harrington	08:52.6	09:24.7	*18:17.3*	09:27.1	**27:44.4**	09:14.8	**10**	32:07.0			32:07.0			*28:48.7*	
Ashlei Stafford	08:38.8	09:31.3	*18:10.1*	10:45.3	**28:55.4**	09:38.5	**11**	NT						*30:02.2*	

xx - Personal Record Time **** = improved over 2019 time**

6 - Season Best Time

24:05.6	= 1 - 5 team average
05:44.9	= 1 - 5 separation

Team Sublett – Girls Results (11 Runners) at 8:00 am | 69°

*3 Mile	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2019	2018	2017	Projected 5k	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	Time	
Madison DeWitt	07:23.4	07:34.5	*14:57.9*	07:41.3	**22:39.2**	07:33.1	**3**	21:29.3			25:14.0	26:40.6		*23:32.6*	
Natalie Kennedy	07:26.3	07:37.8	*15:04.1*	07:45.4	**22:49.5**	07:36.5	**4**	22:47.2			28:46.6			*23:43.3*	
Cyrenity Hardy-Billy	07:19.5	07:30.7	*14:50.2*	08:50.7	**23:40.9**	07:53.6	**6**	NT						*24:36.5*	
Jayden Wilson	07:54.3	08:03.7	*15:58.0*	08:16.2	**24:14.2**	08:04.7	**7**	22:47.1			25:45.3	27:41.9	26:53.5	*25:11.0*	
Cadence Johnson	08:35.3	09:12.0	*17:47.3*	09:35.9	**27:23.2**	09:07.7	**9**	NT						*28:26.7*	

xx - Personal Record Time **** = improved over 2019 time**

5 - Season Best Time

24:09.4	= 1 - 5 team average
04:44.0	= 1 - 5 separation

Lawrence High School Intrasquad Time Trials (September 5, 2020)

at Haskell Indian Nations University

Lawrence High School Results

Team Powlas – Boys Results (19 Runners) at 8:30 am | 72°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2019	2018	Improved over 2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Jack Ryan	05:39.5	05:55.3	11:34.8	06:50.4	**18:25.2**	05:55.7	**1**	16:42.5		**SB**	17:55.7	18:37.5		
Will Leuschen	06:07.2	06:36.9	12:44.1	07:56.6	**20:40.7**	06:39.3	**4**	20:34.9		**SB**	23:51.0		03:10.3	**
Lucas Holmberg	06:45.1	07:25.4	14:10.5	08:39.4	**22:49.9**	07:20.9	**7**	18:11.4		**SB**	19:43.9			
Danny Phalen	06:47.8	07:27.5	14:15.3	09:02.2	**23:17.5**	07:29.8	**9**	NT		**PR/SB**				
Jonathan Spoula	07:11.4	07:40.2	14:51.6	08:46.6	**23:38.2**	07:36.5	**10**	22:40.0		**SB**	27:27.5		03:49.3	**
Cian Kasten	07:13.3	08:05.6	15:18.9	09:26.4	**24:45.3**	07:58.1	**12**	NT		**PR/SB**				
Marcos Lepage	07:39.8	08:20.5	16:00.3	09:40.9	**25:41.2**	08:16.1	**14**	22:05.7		**SB**	25:48.8	22:59.2	00:07.6	**
Maddock Oberzan	08:28.1	09:31.0	17:59.1	10:57.2	**28:56.3**	09:18.9	**17**	22:50.2		**SB**	28:16.1			
Simeon Moulton	08:38.1	09:35.6	18:13.7	11:02.2	**29:15.9**	09:25.2	**18**	NT		**PR/SB**				
Ian Perkins	09:06.0	10:16.3	19:22.3	12:34.9	**31:57.2**	10:17.1	**19**	24:21.0		**SB**	DNR			

3 - Personal Record Time **** = improved over 2019 time**

10 - Season Best Time

21:46.3	= 1 - 5 team average
05:13.0	= 1 - 5 separation

Team Anderson – Boys Results (19 Runners) at 8:30 am | 72°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2019	2018	Improved over 2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Jack Pfeifer	06:00.5	06:21.3	12:21.8	07:14.2	**19:36.0**	06:18.5	**2**	19:07.9		**SB**	20:39.9		01:03.9	**
Diego Klish	06:06.2	06:35.2	12:41.4	07:21.7	**20:03.1**	06:27.2	**3**	19:00.6		**SB**				
Jesse Self	06:29.9	07:00.8	13:30.7	08:03.4	**21:34.1**	06:56.5	**5**	NT		**PR/SB**				
Keat Prescott	06:28.3	07:08.1	13:36.4	08:37.9	**22:14.3**	07:09.5	**6**	19:20.4		**SB**	21:52.7	23:03.9		
Winton Anderson	07:10.1	07:33.8	14:43.9	08:31.0	**23:14.9**	07:29.0	**8**	NT		**PR/SB**				
Joe Leuschen	07:14.2	07:39.6	14:53.8	09:00.6	**23:54.4**	07:41.7	**11**	NT		**PR/SB**				
Trevor Johnson	07:14.9	08:05.3	15:20.2	09:50.9	**25:11.1**	08:06.4	**13**	20:14.0		**SB**	DNR			
Griffin Northrop	07:45.2	08:30.5	16:15.7	09:54.8	**26:10.5**	08:25.5	**15**	20:37.0		**SB**	22:51.6			
Abdullah Ahmed	08:33.5	09:23.4	17:56.9	10:11.8	**28:08.7**	09:03.5	**16**	22:55.5		**SB**	28:10.9	30:43.8	00:02.2	**

3 - Personal Record Time **** = improved over 2019 time**

9 - Season Best Time

21:20.5	= 1 - 5 team average
03:38.9	= 1 - 5 separation