

The C.A.R.L

85% run for 30-35 min

1mi WU

CD = Finish 50 min

Pace	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	11:00	12:00	13:00
Lap 1	8:38	9:18	9:58	10:38	11:18	11:58	12:38	13:18	14:37	15:57	17:17
Lap 2	17:17	18:37	19:57:00	21:16	22:36	23:56	25:16:12	26:36:00	29:15:36	31:55:12	34:34:48
Lap 3	25:56:06	27:55:48	29:55:30	31:55:12	33:54:54	35:54:36	34:46:12	31:36:00			
Lap 4	34:34:48	34:55:48	33:40:30	35:55:12							
Lap 5											
	4 Laps	3++ Laps	3+ Laps	3+ Laps	3 Laps	3 Laps	2++ Laps	2+ Laps	2 Laps	2 Laps	2 Laps
Miles											

Sully	Lucas	Ian M	Will C	Michael M	Kyle L	Saylor	Sarah M	Ali	Bella	Chloe P
Noah C	Matthew C	William L	Aiden H	Ethan P	Emma	Olivia	Maddy K	Jayant S	Anna N	Maddie S
Andrew S	Brian B	Riley	Jack M	Jamieson C	Madison W	Sarah G	Michael B	Arden	Faith	Katie B
Mark	Kaden	Brayden S	Katie Mo	JR S	Elle Mar	Megan	Abigail	Sanmi O	Alexa	Tucker
	Matthew W	Will G	Slade S	Kyle A	Kathryn	Joey C	Robbie N	Meredith	Abbey	Grace
	Andrew V	Jackson B	Ben Van	Tiffany	Chase C	Marissa	Gaby	Kai	Briggs	Katie H
	Nolan C	James D	Lydia	Brady M	Ryan K	Maddie Ram	Meagan	Mady B		
	Hugh	Eliza	Zack B	Jonah C	Ben S	Lily	Kolbe M	Kristy		
	James B	Matthew T	Tyler G	Ainsley	Maria	Carson J	Clark	Kathleen		
	Gianpaolo L	Chad M	Jake H	Jordan	Meg	Adyson		Lainey		
	Stephen S	Andres P	Andrew K	Owen L	Nicholas D	Katie Tp		Saige		
	Jack S	John Paul M	Miller H	Shivani	Evan P	Nathan P		Ellie Mon		
	Carson D	Thomas C	Ilona	Kayla	Hannah	Ansley		Katie Ta		
			Bobby B	Savannah M		Savannah S				
			Peyton G	Liz						
			Kylie	Zoey						
			Logan J	Isaac K						
			Brennan B	Eli B						
			Will T	Marley						
			Brett H							
			Annalei							
			Maddy Rv							
			Allison B							