

# 3 x Mile Repeats @ ACP with 3 min recovery

Run FULL Course, 1 mile at a time

Times based on Warpath Inv Data

	Name	1st Mi	Avg Mi
1	Sully Shelton	5:04	5:03
2	Noah Connelly	5:10	5:23
3	Matthew Crane	5:10	5:30
4	Andrew Scott	5:12	5:30
5	Mark Ravenscraft	5:17	5:30
6	Brian Boyle	5:25	5:34
7	Matthew Wyman	5:27	5:40
8	Kaden McVey	5:24	5:41
9	Nolan Canter	5:27	5:50
10	Andrew Vincent	5:38	5:50
11	William Laine	5:44	6:01
12	James Boyle	5:29	6:03
13	Ian Morceau	5:45	6:05
14	Hugh Bargeron	5:42	6:05
15	Jack Sisk	5:52	6:07
16	Gianpaolo Longo	5:56	6:08
17	Stephen Smith	5:51	6:09
18	Will Grubb	5:54	6:10
19	Carson Davis	5:57	6:14
20	James Dill	5:48	6:15
21	Miller Holmgren	6:30	6:29
22	Jackson Burke	6:07	6:31
23	Thomas Campbell	6:15	6:37
24	Chad Mabry	6:06	6:39
25	Andrew Kessler	6:12	6:39
26	Tyler Gallegos	6:30	6:42
27	Ben Van Rensselear	6:36	6:43
28	Slade Smith	6:18	6:43
29	Owen Lucas	6:45	6:44
30	Matthew Taylor	6:10	6:48

	Name	1st Mi	Avg Mi
1	Riley Perlakowski	6:06	6:13
2	Allison Baker	6:17	6:27
3	Kylie Sobol	6:18	6:32
4	Eliza Hackworth	6:14	6:33
5	Lydia Troupe	6:18	6:34
6	Ainsley Cole	6:41	6:47
7	Maddy Ravenscraft	6:41	6:53
8	Annalei Canter	6:36	6:53
9	Jordan Carlson	6:44	6:58
10	Zoey Weir	6:41	7:00
11	Ilona Kish	6:30	7:02
12	Savannah McVey	6:42	7:09
13	Shivani Makadia	6:52	7:10
14	Marley Hess	6:52	7:11
15	Tiffany Ahlberg	7:08	7:13
16	Emma Carroll	6:50	7:19
17	Kayla Knickerbocker	7:03	7:24
18	Kathryn Boyle	6:53	7:27
19	Liz Bammann	7:02	7:28
20	Madison Wallace	7:08	7:37
21	Meg Kunst	7:24	7:42
22	Lily Dwyer	7:05	7:49
23	Elle Martin	7:08	7:55
24	Hannah Jackson	7:10	7:59
25	Katie Thompson	7:50	8:03
26	Sarah Gabrielle	8:03	8:04
27	Marissa Patrohay	7:42	8:05
28	Gaby Smith	7:37	8:06
29	Megan Linard	7:31	8:08
30	Adyson Willis	7:37	8:14