

Athlete	Split 1	Split 2	Mile 2	Split 3	Mile 3	Split 4	Mile 4	Split 4.25	Average
Anders	06:28.0	13:04.0	06:36.0	19:20.0	06:16.0	26:02.0	06:42.0	27:35.0	06:30.5
Alec	06:30.0	13:17.0	06:47.0	19:55.0	06:38.0	26:30.0	06:35.0	28:02.0	06:37.5
Nate	06:43.0	13:25.0	06:42.0	20:05.0	06:40.0	27:09.0	07:04.0	28:42.0	06:47.2
Zach	06:44.0	13:29.0	06:45.0	20:08.0	06:39.0	27:09.0	07:01.0	28:42.0	06:47.2
John	07:33.0	15:00.0	07:27.0	23:00.0	08:00.0				07:40.0
Mikey	07:47.0	15:44.0	07:57.0	23:40.0	07:56.0				07:53.3
Naranjan	08:42.0	17:13.0	08:31.0	25:40.0	08:27.0				08:33.3
Ethan	08:30.0	17:11.0	08:41.0	25:40.0	08:29.0				08:33.3

Will	05:50.0	12:00.0	06:10.0		06:10.0		06:10.0			2 x 2 mile tempo with 2:30 recovery. Had the runs and recovering from URI
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