

MID-DISTANCE TRAINING GROUP – True Team Section 7AAA
at Armstrong High School – May 12, 2010 - 48 degrees, damp, cloudy, light breeze

4x800- 8:10.43

2:01.7 Steven Donahue (29.9, 29.8, 31.2, 30.8)

2:04.5 Derick Peterson (29.5, 31.5, 31.6, 31.9)

2:03.0 Preston White (29.4, 30.7, 31.2, 31.7)

2:01.0 Chris Olmanson (29.4, 29.4, 30.0, 32.2)

1600

4:22.51 Max Johnson (65.2, 67.0, 68.7, 61.4)

4:23.89 Josh Thorson (65.1, 67.1, 68.6, 62.7)

4:30.49 Mark Harries (67.0, 67.9, 70.2, 65.2)

400

51.73 Sam Lebewitz (12.6, 25.0, 26.6)

51.7(h) Brian Jarvey (12.8, 25.3, 26.4)

53.68 Skip Johnson (12.8, 25.6, 27.9)

800

1:55.95 Adam Moline (28.4, 29.0, 29.2, 29.2)

1:58.94 Chris Wilson (29.6, 30.3, 29.1, 29.7)

2:01.05 Nate Heintzeman (29.5, 30.1, 29.4, 31.8)

3200

9:31.37 Oliver Haugland (72, 74, 74, 72, 72, 72, 72, 63)

9:35.46 John Subialka (73, 74, 74, 71, 72, 73, 74, 64)

9:36.12 Nate Engel (73, 74, 74, 71, 72, 72, 73, 66)

4x400 – 3:26.14

52.2 Sam Lebewitz (25.0, 27.2)

51.2 Max Jonson (25.4, 25.8)

52.4 Chris Olmanson (25.0, 27.4)

50.2 Adam Moline (24.6, 25.6)