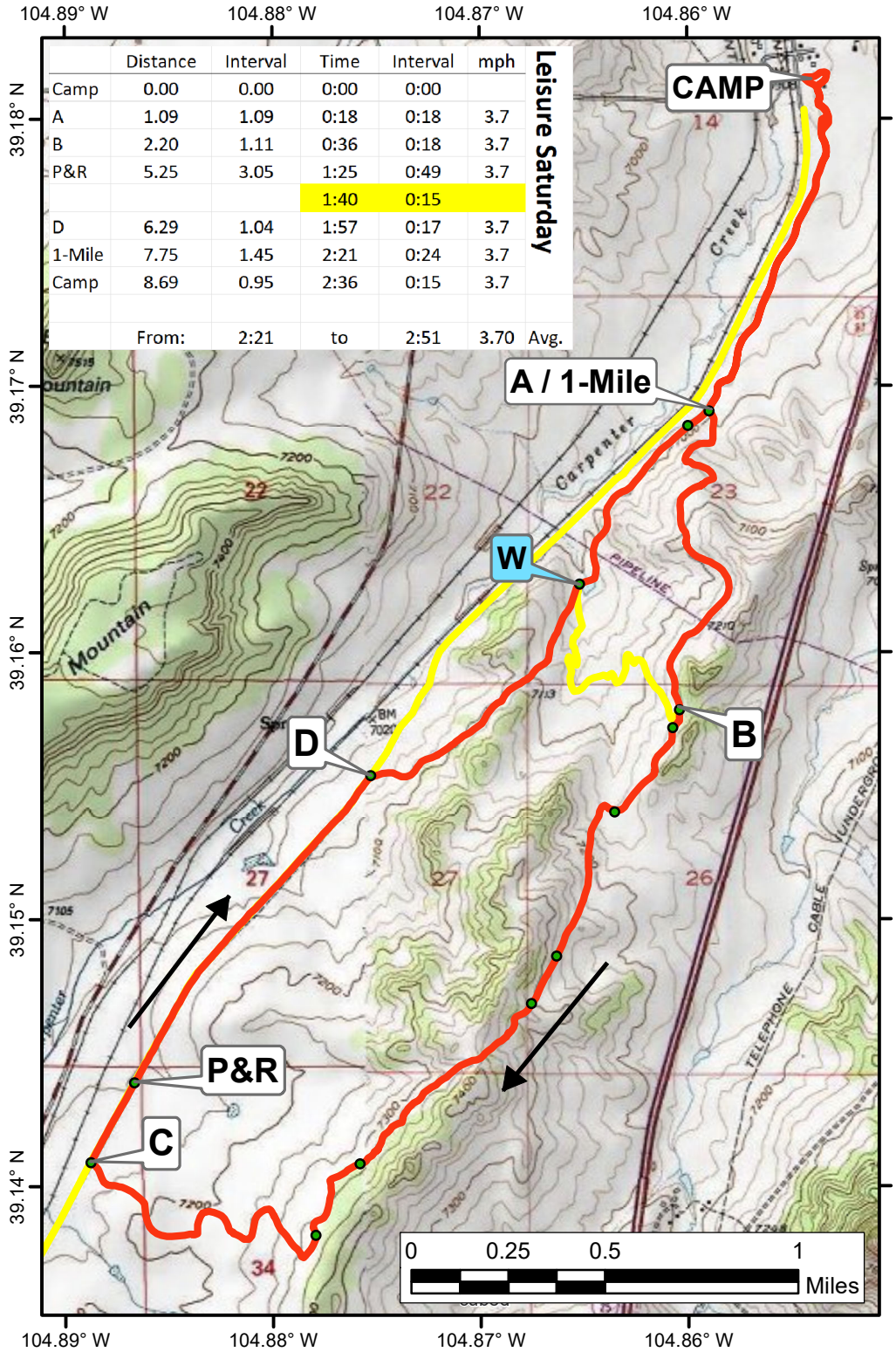
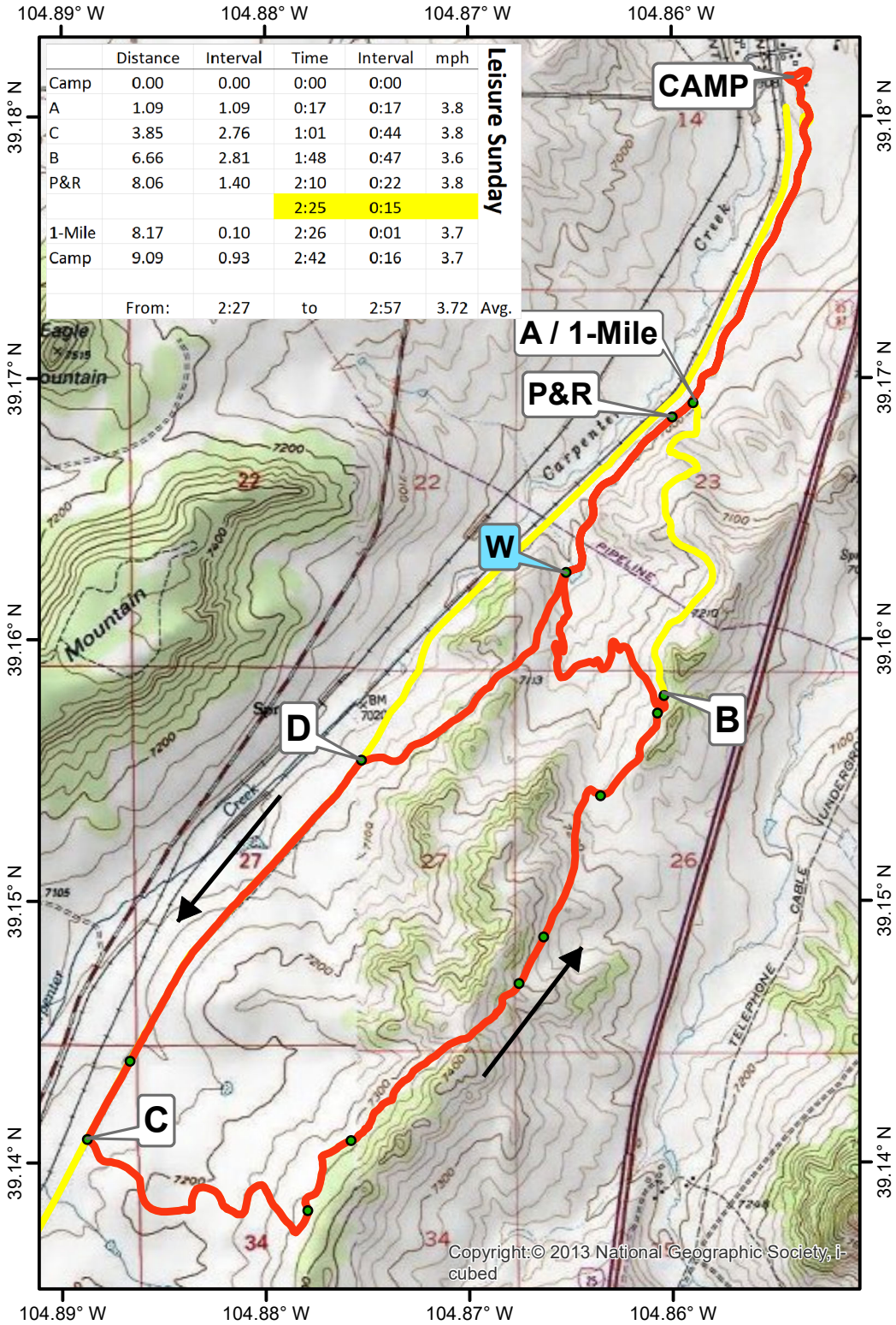


	Distance	Interval	Time	Interval	mph
Camp	0.00	0.00	0:00	0:00	
A	1.09	1.09	0:18	0:18	3.7
B	2.20	1.11	0:36	0:18	3.7
P&R	5.25	3.05	1:25	0:49	3.7
			1:40	0:15	
D	6.29	1.04	1:57	0:17	3.7
1-Mile	7.75	1.45	2:21	0:24	3.7
Camp	8.69	0.95	2:36	0:15	3.7
	From:	2:21	to	2:51	3.70 Avg.



	Distance	Interval	Time	Interval	mph
Camp	0.00	0.00	0:00	0:00	
A	1.09	1.09	0:17	0:17	3.8
C	3.85	2.76	1:01	0:44	3.8
B	6.66	2.81	1:48	0:47	3.6
P&R	8.06	1.40	2:10	0:22	3.8
			2:25	0:15	
1-Mile	8.17	0.10	2:26	0:01	3.7
Camp	9.09	0.93	2:42	0:16	3.7
	From:	2:27	to	2:57	3.72 Avg.