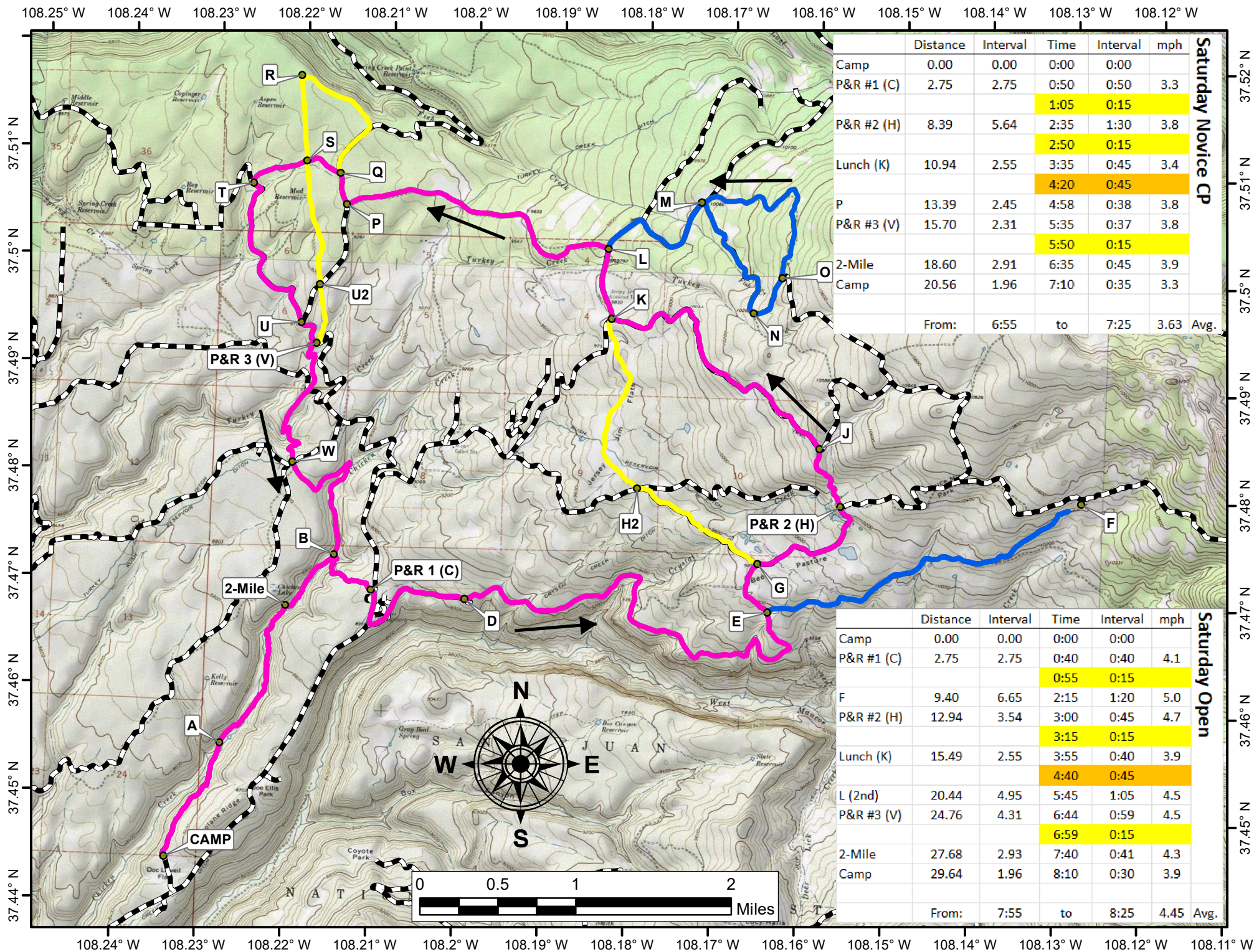




Saturday Novice Cp					
	Distance	Interval	Time	Interval	mph
Camp	0.00	0.00	0:00	0:00	
P&R #1 (C)	2.75	2.75	0:50	0:50	3.3
			1:05	0:15	
P&R #2 (H)	8.39	5.64	2:35	1:30	3.8
			2:50	0:15	
Lunch (K)	10.94	2.55	3:35	0:45	3.4
			4:20	0:45	
P	13.39	2.45	4:58	0:38	3.8
P&R #3 (V)	15.70	2.31	5:35	0:37	3.8
			5:50	0:15	
2-Mile	18.60	2.91	6:35	0:45	3.9
Camp	20.56	1.96	7:10	0:35	3.3
	From:		6:55	to	7:25
					3.63 Avg.

Saturday Open					
	Distance	Interval	Time	Interval	mph
Camp	0.00	0.00	0:00	0:00	
P&R #1 (C)	2.75	2.75	0:40	0:40	4.1
			0:55	0:15	
F	9.40	6.65	2:15	1:20	5.0
P&R #2 (H)	12.94	3.54	3:00	0:45	4.7
			3:15	0:15	
Lunch (K)	15.49	2.55	3:55	0:40	3.9
			4:40	0:45	
L (2nd)	20.44	4.95	5:45	1:05	4.5
P&R #3 (V)	24.76	4.31	6:44	0:59	4.5
			6:59	0:15	
2-Mile	27.68	2.93	7:40	0:41	4.3
Camp	29.64	1.96	8:10	0:30	3.9
	From:		7:55	to	8:25
					4.45 Avg.