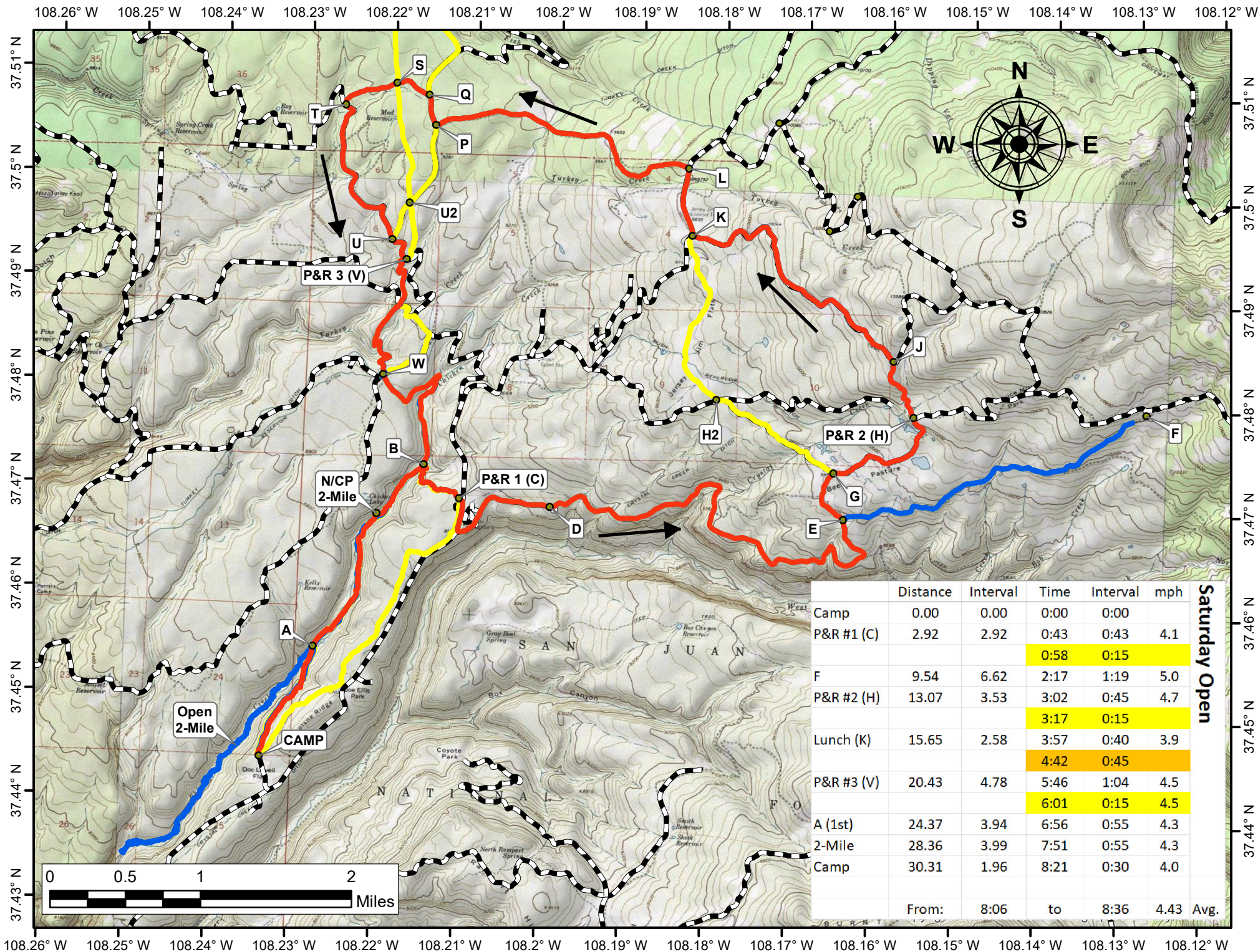




	Distance	Interval	Time	Interval	mph	Saturday Open
Camp	0.00	0.00	0:00	0:00		
P&R #1 (C)	2.92	2.92	0:43	0:43	4.1	
			0:58	0:15		
F	9.54	6.62	2:17	1:19	5.0	
P&R #2 (H)	13.07	3.53	3:02	0:45	4.7	
			3:17	0:15		
Lunch (K)	15.65	2.58	3:57	0:40	3.9	
			4:42	0:45		
P&R #3 (V)	20.43	4.78	5:46	1:04	4.5	
			6:01	0:15	4.5	
A (1st)	24.37	3.94	6:56	0:55	4.3	
2-Mile	28.36	3.99	7:51	0:55	4.3	
Camp	30.31	1.96	8:21	0:30	4.0	
From:		8:06	to	8:36	4.43 Avg.	