



Summer 2021 Girls Tempo Results! (Updated July 4, 2021)

2021 Summer Tempo Results June '21 Progression: Tier #1) 3 x .5 mi > 4 x .5 mi > .5 - 1 - .5 mi > 1-1 Tier #2) 2 > 2 > 2.5 Tier #3) 2.5 > 2.5 > 3 > 3 (Greg: "it's better to go longer, than faster") HR Range: 165-175 or ~85% of max effort Last Name, First Name																		M/F	AVG. ACTUAL PACE (1st 4 weeks)	6/9/21 Tempo Dist. (Miles)	6/9/21 Total Time	6/9/21 Mile GOAL Pace	6/9/21 Mile ACTUAL Pace	6/16/21 Tempo Dist. (Miles)	6/16/21 Total Time	6/16/21 Mile GOAL Pace	6/16/21 Mile ACTUAL Pace	6/23/21 Tempo Dist. (Miles)	6/23/21 Total Time	6/23/21 Mile GOAL Pace	6/23/21 Mile ACTUAL Pace	6/30/21 Tempo Dist. (Miles)	6/30/21 Total Time	6/30/21 Mile GOAL Pace	6/30/21 Mile ACTUAL Pace
Mattice, Vivien	F	6:39	3.00	19:30	6:40	6:30	3.00	20:00	6:45	6:40					3.50			6:49																	
Trenam, Gracie	F	6:44									3.00	20:20	6:45	6:46	3.00	20:04	6:50	6:41																	
Taylor, Rebekah	F	6:46									3.00	20:10	6:40	6:43	3.00	20:26	6:45	6:48																	
Damron, Avery	F	6:55	2.50	17:10	7:20	6:52	2.50	17:40	6:55	7:04	3.00	20:22	7:00	6:47	3.50	24:20	6:50	6:57																	
Cregan, Brooke	F	6:55	2.50		7:20	6:52	2.50	17:52	6:55	7:08	3.00	20:22	7:00	6:47	3.00	20:38	6:50	6:52																	
Hedden, Avery	F	6:56					2.50		7:00	7:09	3.00	20:24	7:00	6:48	3.50	24:00	6:55	6:51																	
Moe, Kira	F	6:57	2.50	17:10	7:20	6:52	2.50	17:40	6:55	7:09	3.00	20:43	7:00	6:54	3.00	20:40	6:53	6:53																	
Chong, Ella	F	6:59	2.50	17:41	7:20	7:04					3.00	21:00	7:00	7:00	3.00	20:40	7:00	6:53																	
Jimenez, Carmen	F	7:23	2.50	18:27	7:20	7:22	2.50	18:30	7:20	7:24																									
Mathiesen, Isabella	F	7:25	2.50	18:27	7:20	7:22	2.50	18:38	7:20	7:27																									
McGarva, Nola	F	7:25	2.00	14:50	7:45	7:25																													
Carra, Mia	F	7:27	2.00	14:55	7:45	7:27	1+3x800s	7:13	3:30	3:30																									
Kam, Sarah	F	7:30					2.00		7:00	7:00																									
Choe, Katie	F	7:30	4X800	3:45?	3:55?	4:00?	4 x 800	3:47	3:46	3:50	.5+1+.5	3:42	6:47	3:41																					
Trenam, Carly	F	7:30																																	
Rivera, Sara	F	7:35	4X800	3:45	3:55	4:00	4 x 800	3:50	3:47	3:46	.5+1+.5	3:42	7:00	3:41	1+1	7:20	7:50	7:35																	
Cuniberti, Lily	F	7:37	2.00	14:59	7:45	7:29					.5+1+.5	3:17	6:45	3:28																					
Donohue, Allie	F	7:38	4X800	3:45?	3:55?	4:00?	2.00	15:16	8:00	7:38																									
Schubert, Carley	F	7:30					2.00		7:15	7:00	.5+1+.5	3:20	7:25	3:30	1+1	7:50	7:30	7:40																	
Li, Catherine	F	7:40					4 x 800		7:30	7:15																									
Szczekocki, Brooke	F	7:43					2.00	14:20	7:15	7:10	.5+1+.5	3:42	7:43	4:00																					
Gunderson, Grace	F	7:43					4 x 800		7:15	7:12	.5+1+.5	3:42	7:43	4:00																					
Feng, Natalie	F	7:50	4X800	3:45?	3:55?	4:00?	4x800	3:40	3:46	3:50					1+1	7:45	7:55	7:50																	
Heaps, Myrea	F	8:00					4 x 800		7:15	7:25	.5+1+.5																								
Kim, Saryn	F	8:00					4 x 800		7:30	7:45																									
Shalev, Phoebe	F	8:19													1+1	7:50	8:49	8:19																	
Grafe, Sophia	F	8:30													4X800			8:30																	



Summer 2021 Boys Tempo Results! (Updated July 4, 2021)

2021 Summer Tempo Results June '21 Progression: Tier #1) 3 x .5 mi > 4 x .5 mi > .5 - 1 - .5 mi > 1-1 Tier #2) 2 > 2 > 2 > 2.5 Tier #3) 2.5 > 2.5 > 3 > 3 (Greg: "it's better to go longer, than faster") HR Range: 165-175 or ~85% of max effort Last Name, First Name		M/F	AVG. ACTUAL PACE (1st 4 weeks)	6/9/21 Tempo Dist. (Miles)	6/9/21 Total Time	6/9/21 Mile GOAL Pace	6/9/21 Mile ACTUAL Pace	6/16/21 Tempo Dist. (Miles)	6/16/21 Total Time	6/16/21 Mile GOAL Pace	6/16/21 Mile ACTUAL Pace	6/23/21 Tempo Dist. (Miles)	6/23/21 Total Time	6/23/21 Mile GOAL Pace	6/23/21 Mile ACTUAL Pace	6/30/21 Tempo Dist. (Miles)	6/30/21 Total Time	6/30/21 Mile GOAL Pace	6/30/21 Mile ACTUAL Pace
Donohue, Jacob	M	5:29					3.00	16:39	5:30	5:33	3.50	19:01	5:30	5:26					
McCorquodale, Adam	M	5:33	2.00	11:07	5:20	5:33													
Vieyra, Noe	M	5:34	3.00	16:25	5:20	5:28	2.50	13:56	5:20	5:34	3.00	16:59	5:20	5:40					
Rodriguez, Oswaldo	M	5:38	3.00	16:55	5:20	5:38													
Choe, Benji	M	5:48	2.50	14:17	6:10	5:42	3.00	17:52	6:00	5:57	3.00	17:18	5:55	5:46					
Lorenzana, Alexis	M	5:51					3.00	17:48	5:40	5:56					3.25	18:49	5:45	5:47	
Gubera, Sean	M	5:55					3.00	18:00	6:00	6:00					3.00	17:33	6:00	5:51	
Donohue, Jonathan	M	5:57					2.50	15:10	6:00	6:04	3.00	17:32	5:55	5:50					
Sitton, Gabe	M	6:08	2.00	12:30	6:30	6:15					2.00	12:04	6:00	6:02					
Wilson, Jack	M	6:14	2.00	12:42	6:00	6:21	2.50	15:50	6:10	6:20	2.00	12:04	5:55	6:02					
Sanderson, Grant	M	6:29	2.00	12:58	6:30	6:29									2.50	16:14	6:30	6:29	
Mattice, Deion	M	6:29	2.00	12:48	6:30	6:24	2.00	13:00	6:30	6:30					2.50	16:25	6:30	6:34	
Newton, Gavin	M	6:30	2.00	13:00	6:30	6:30													
Stevens, Andrew	M	6:31	2.00	13:02	6:30	6:31													
Nacouzi, Rami	M	6:31					2.00	13:10	6:35	6:35					2.50	16:10	6:30	6:28	
Hakola, Justin	M	6:33	2.00	13:02	6:30	6:31	2.00	13:14	6:30	6:37					2.50	16:18	6:30	6:31	
Page, Jason	M	6:41	2.00	13:50	6:20	6:55					2.00	12:56	6:20	6:28					
Gross, Nick	M	6:42	2.00	13:20	6:30	6:40	2.00	13:30	6:30	6:45									
Dave, Kapil	M	6:43									1 + 1	6:40	6:50	6:45	1 + 1	6:50	6:34	6:42	
Bombace, Alex	M	6:55	2.00	14:10	6:50	7:05	2.00	13:33	6:40	6:46									
Flores, Isaiah	M	6:58	2.00	13:30	6:30	6:45	2.00	13:50	6:40	7:11									
Trenam, Kevin	M	6:58									1 + 1	7:10	7:40	7:25	1 + 1	6:25	6:39	6:32	
Gamino, Fabian	M	7:20					2.00	14:41	7:20	7:20									
Toig, Henry	M	7:34									1 + 1	7:30	7:46	7:38	1 + 1	7:30	7:30	7:30	
Ehly, Evan	M	7:42					2.00	15:50	7:45	7:55	2.00	15:00	7:30	7:30					