



Summer 2021 Time Trial Results! (Updated July 4, 2021)



2021 Summer Time Trials Results Last Name, First Name	M/F	AVG. ACTUAL PACE	Date	Distance	Time	Goal Pace / Mile	Actual Avg. Pace / Mile	1600m # 1 Splits	1600m # 2 Splits	1600m # 3 Splits
Donohue, Jacob	M	5:07	7/3/2021	4800m MCHS Track	15:22	5:35	5:07	5:13	5:17	4:52
Vieyra, Noe	M	5:08	7/3/2021	4800m MCHS Track	15:25	5:35	5:08	5:13	5:17	4:55
Lorenzana, Alexis	M	5:19	7/3/2021	4800m MCHS Track	15:58	5:20	5:19	5:20	5:20	5:18
Donohue, Jonathan	M	5:29	7/3/2021	4800m MCHS Track	16:27	5:35	5:29	5:37	5:33	5:17
Choe, Benji	M	5:33	6/30/2021	5K MCHS Track	17:14	5:35	5:33	5:33	5:31	5:31
Gubera, Sean	M	5:36	7/3/2021	4800m MCHS Track	16:47	5:35	5:36	5:37	5:33	5:37
Wilson, Jack	M	5:55	7/3/2021	3200m MCHS Track	11:51	6:00	5:55	6:00	5:51	
Page, Jason	M	6:03	7/3/2021	6 laps MCHS Track	9:05	6:00	6:03	5:59		
Nacouzi, Rami	M	6:09	7/3/2021	4800m MCHS Track	18:29	6:30	6:09	6:10	6:17	6:02
Mattice, Vivien	F	6:09	7/3/2021	4800m MCHS Track	18:27	6:30	6:09	6:11	6:07	6:09
Hakola, Justin	M	6:10	7/3/2021	4800m MCHS Track	18:30	6:30	6:10	6:12	6:20	5:58
Mattice, Deion	M	6:12	7/3/2021	4800m MCHS Track	18:37	6:30	6:12	6:15	6:23	5:59
Sanderson, Grant	M	6:12	7/3/2021	4800m MCHS Track	18:37	6:30	6:12	6:15	6:23	5:59
Trenam, Gracie	F	6:16	7/3/2021	4800m MCHS Track	18:50	6:30	6:16	6:29	6:21	6:00
Cregan, Brooke	F	6:24	7/3/2021	4800m MCHS Track	19:12	6:40	6:24	6:29	6:31	6:12
Taylor, Rebekah	F	6:29	7/3/2021	4800m MCHS Track	19:28	6:30	6:29	6:29	6:31	6:28
Hedden, Avery	F	6:32	7/2/2021	5K MCHS Track	20:22	6:40	6:32	6:35	6:31	6:30
Moe, Kira	F	6:43	7/3/2021	3200 MCHS Track	13:27	6:40	6:43	6:32	6:55	
Flores, Isaiah	M	6:45	7/3/2021	11 laps MCHS Track	18:49	7:00	6:45	6:39	6:51	
Trenam, Kevin	M	6:45	7/3/2021	11 laps MCHS Track	18:39	6:50	6:45	6:47	6:43	
Jimenez, Carmen	F	6:47	7/2/2021	3200 MCHS Track	13:35	6:50	6:47	6:45	6:50	
Dave, Kapil	M	6:49	7/3/2021	10 laps MCHS Track	17:10	6:50	6:49	6:47	6:52	
Chong, Ella	F	6:51	7/2/2021	4800m MCHS Track	20:32	6:50	6:51	6:40	6:50	7:02
Bombace, Alex	M	6:55	7/3/2021	4800m MCHS Track	20:39	7:00	6:55	6:47	6:46	7:06
Toig, Henry	M	6:55	7/3/2021	1 Mi +1200m	13:42	7:00	6:55	6:55		
Choe, Katie	F	6:59	6/30/2021	3200 MCHS Track	13:54	7:20	6:59	7:00	6:54	
Gorauskas, Leyna	F	7:16	7/3/2021	3200 MCHS Track	14:33	7:20	7:16	7:16	7:17	
Hoagland-Rivera, Josephine	F	7:18	7/3/2021	3200 MCHS Track	14:36	7:20	7:18	7:16	7:20	
Feng, Natalie	F	7:37	7/3/2021	3200 MCHS Track	15:14	8:00	7:37	7:50	7:24	
Donohue, Allie	F	7:42	7/3/2021	3200 MCHS Track	15:25	8:00	7:42	7:50	7:35	
Szczekocki, Brooke	F	8:00	7/3/2021	3200 MCHS Track	16:01	8:00	8:00	7:50	8:11	
Li, Catherine	F	8:12	7/3/2021	3200 MCHS Track	16:24	8:00	8:12	7:58	8:26	
Gunderson, Grace	F	8:22	7/3/2021	3200 MCHS Track	16:45	8:00	8:22	7:57	8:48	
Shalev, Phoebe	F	8:27	7/3/2021	3200 MCHS Track	16:55	8:00	8:27	7:59	8:56	
Jahnke, Ella	F	8:40	7/3/2021	3200 MCHS Track	17:21	8:30	8:40	9:03	8:18	
Bisbee, Kate	F	8:58	7/3/2021	1 Mi MCHS Track	8:58	8:30	8:58	8:58		