

Tempo Workout Targets

Lovejoy Boys XC

6.21.2019

Last	First	Target Pace	Distance
Muirhead	William	5:19	3
Bedell	Whitson	5:24	3
Laboret	Brady	5:24	3
Sharma	Rohan	5:24-5:37	3
Malik	Trevor	5:24	3
Day	Erik	5:24-5:37	3
Armstrong	John	5:24-5:37	3
Gueller	Grant	5:24	3
Murray	Matthew	5:24-5:34	3
Edwards	Zane	5:24-5:34	3
Mena	Samuel	5:24-5:34	3
Heruska	Mason	5:37	3
Mehta	Shalin	5:37	3
Pedersen	Alex	5:48	3
Lingenfelder	Stefan	5:48-5:53	3
Sandoval	Luis	5:48-5:53	3
James	Reid	5:48-5:58	3
Barr	Tate	5:48-5:58	3
Dunleavy	Brendan	5:48-5:58	3
Michal	Thomas	5:58-6:07	3
Hinton	Blake	6:03-6:13	3
Sipes	Matthew	6:17-6:27	3
Iovine	Andrew	6:17-6:27	3
McGoldrick	Finnegan	6:17-6:27	3
Maroney	Justin	6:20-6:36	3
Piccirillo	Jake	6:20-6:36	3
Farkas	Joey	6:27	3
Stout	Chase	6:27	2 or 3
Beets	Jacob	6:27	3
Michal	Matthew	6:27-6:36	3
Bittlestone	Joshua	6:30-6:40	3
Mousavijam	Grayson	6:30-6:40	3
Paulus	Cole	6:40-6:50	3
Walton	Sam	7:04	2
McGowan	Riley		3
Rouse	Sam		3
Pedersen	Logan		3
Kennedy	Cameron		3
Mosel	Davis		3
Heruska	Landon		2
Larimer	Devon		2
McClure	Jack		2
Yount	Aaron		2 or 3
York	Ian		2
Beets	Caleb		3
Easley	Kyle		3
Person	Carson		3
Brown	William		2
Day	Hayden		2
Huemiller	Roman		2
Kline	Andrew		2
Lamping	Daniel		2
Larson	Gage		2
Migura	Jacob		2
Paxton	Andrew		2
Ramos	Gage		2
Rush	Matthew		2
Vigil	Andres		2
Arellano	Nicholas		2 or 3