

Rim Rock Farm - 5A State

Varsity GIRLS					Varsity BOYS				
Varsity	GIRLS	1st Mile	2nd Mile	5K Time	Varsity	BOYS	1st Mile	2nd Mile	5K Time
Izzy	Ross	05:50.0	12:07.0	18:58.0	Canyon	Buehler	04:56.0	10:08.0	15:49.0
Alex	Laurie	06:01.0	12:25.0	19:37.0	Crew	Buehler	04:59.0	10:12.0	16:11.0
Avery	Reynolds	06:01.0	12:26.0	19:38.0	Alex	Roberts	05:02.0	10:21.0	16:14.0
Maryam	El-Demerdash	06:53.0	14:20.0	23:12.0	Elijah	Chavez	05:07.0	10:31.0	16:28.0
Stella	Malinowski	06:42.0	13:53.0	21:53.0	Cooper	Reeves	05:10.0	10:26.0	16:24.0
Katie	Schallon	06:56.0	14:14.0	22:34.0	Cameron	Paschke	05:15.0	10:44.0	16:51.0
Skyler	Fisher	07:00.0	14:26.0	22:53.0	Gabe	Lewis	05:11.0	10:52.0	17:44.0
Alternates					Alternates				
Kiley	Shamet				Kai	Schallon			
Samantha	Dinger				Zach	Brewington			
Grace	Zimmerman				Max	Clark			

* Athlete needs to meet a requirement to race - (See Coach for details)

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Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff
Izzy Ross	05:50	06:17	06:11	00:27	Canyon Buehler	04:56	05:12	05:08	00:16
Alex Laurie	06:01	06:24	06:30	00:23	Crew Buehler	04:59	05:13	05:24	00:14
Avery Reynolds	06:01	06:25	06:30	00:24	Alex Roberts	05:02	05:19	05:19	00:17
Maryam El-Demerdash	06:53	07:27	08:00	00:34	Elijah Chavez	05:07	05:24	05:22	00:17
Stella Malinowski	06:42	07:11	07:13	00:29	Cooper Reeves	05:10	05:16	05:23	00:06
Katie Schallon	06:56	07:18	07:31	00:22	Cameron Paschke	05:15	05:29	05:31	00:14
Skyler Fisher	07:00	07:26	07:38	00:26	Gabe Lewis	05:11	05:41	06:12	00:30
Alternates	Pace @ 1mi	Pace @ 2mi	Total Ave Pace	1st mi Diff	Alternates	Pace @ 1mi	Pace @ 2mi	Total Ave Pace	1st mi Diff
Kiley Shamet					Kai Schallon				
Samantha Dinger					Zach Brewington				
Grace Zimmerman					Max Clark				

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