

Lakewood Invitational 8-25-2010

Course - 5000 meters, mostly flat, tons of turns

Weather - pleasant, mild mid 70s, low humidity, best weather of the season, breezy

Goals for next meet at Carson City:		
this meet	next meet	next meet
PPM	PPM	5000
6:18	6:00	18:45
6:22	6:15	19:32
6:22	6:15	19:32
6:25	6:15	19:32
6:29	6:15	19:32
6:46	6:35	20:34
6:52	6:45	21:05
7:12	7:00	21:52
7:14	7:00	21:52
7:56	7:30	23:26
8:30	8:00	25:00
8:46	8:20	26:03
7:32	7:20	22:54
7:47	7:30	23:26
8:08	7:50	24:28
8:14	7:50	24:28
8:28	7:50	24:28
8:34	7:50	24:28
9:29	9:15	28:54
9:32	9:15	28:54

	1600	3200		4800		5000	
Colton Klapko	5:42	6:30	12:12	6:40	18:52	<b>19:41</b>	
Mitchell Jenks	6:06	6:37	12:43	6:26	19:09	<b>19:55</b>	SB, PR
Sam Syrjala	6:01	6:41	12:42	6:25	19:07	<b>19:56</b>	
Hunter Brown	6:06	6:39	12:45	6:34	19:19	<b>20:07</b>	
Derek Nichoson	5:55	6:48	12:43	6:44	19:27	<b>20:17</b>	SB
Trevor Curtis	6:20	7:01	13:21	6:56	20:17	<b>21:09</b>	SB, PR
Justin Belding	6:21	7:17	13:38	6:58	20:36	<b>21:27</b>	
Tyler Daller	6:43	7:47	14:30	7:08	21:38	<b>22:30</b>	SB, PR
Chris Wucher	7:07	7:39	14:46	6:57	21:43	<b>22:35</b>	
Darrick Arnold	7:37	8:16	15:53	7:57	23:50	<b>24:50</b>	SB, PR
Patrick Stahlin	7:37	8:54	16:31	8:56	25:27	<b>26:34</b>	SB
Russ McDowell	8:22	8:48	17:10	9:07	26:17	<b>27:24</b>	SB, PR
Andrew Wucher	coach's	decision	sick	sitting	out		
Tara VanWagoner	7:05	7:44	14:49	7:46	22:35	<b>23:33</b>	SB
Tristin Miller	7:22	7:59	15:21	7:59	23:20	<b>24:20</b>	SB, PR
Kerisa Arnold	7:44	8:35	16:19	8:06	24:25	<b>25:26</b>	SB, PR
Corynne LeBel	8:09	8:33	16:42	8:04	24:46	<b>25:46</b>	SB
Rachael Warner	7:35	8:59	16:38	8:50	25:24	<b>26:30</b>	
Emily Kunkle	8:09	8:58	17:07	8:36	25:43	<b>26:48</b>	SB, PR
Alli Granzo	9:32	10:05	19:37	8:56	28:33	<b>29:40</b>	SB, PR
Taylor Barger	9:07	9:40	18:47	9:49	28:36	<b>29:50</b>	
Hailey Willingham	DNR	Miss	Belding	Pagent			

PPM = pace per mile  
 SB = season best time this year  
 PR = personal record, best time ever