

MYSL/Hoigaards Team Sprint Training Series 17-Feb-10

Wirth Park, Mpls

26 degrees

6 x 2.5k; two person teams

| MEN | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 |
|-------------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Chris Sachs | 6:34:00 | | 6:43:00 | | 6:55:00 | |
| Dave Duede | | 6:27:00 | | 6:39:00 | | 6:24:00 |
| | 6:34:00 | 13:01:00 | 19:44:00 | 26:23:00 | 33:18:00 | 39:42:00 |
| Dave Nelson | 6:34:00 | | 6:53:00 | | 7:10:00 | |
| Chip Tabor | | 6:26:00 | | 6:45:00 | | 6:49:00 |
| | 6:34:00 | 13:00:00 | 19:53:00 | 26:38:00 | 33:48:00 | 40:37:00 |
| Matt Schadow | 6:34:00 | | 6:40:00 | | 7:08:00 | |
| Pete Tollefson | | 7:04:00 | | 7:39:00 | | 7:18:00 |
| | 6:34:00 | 13:38:00 | 20:18:00 | 27:57:00 | 35:05:00 | 42:23:00 |
| Andy Elvester | 6:50:00 | | 7:29:00 | | 7:17:00 | |
| Kevin Brochman | | 7:14:00 | | 7:26:00 | | 6:59:00 |
| | 6:50:00 | 14:04:00 | 21:33:00 | 28:59:00 | 36:16:00 | 43:15:00 |
| Ted Loosen | 6:58:00 | | 7:16:00 | | 7:05:00 | |
| Craig Ringsven | | 7:05:00 | | 7:40:00 | | 7:13:00 |
| | 6:58:00 | 14:03:00 | 21:19:00 | 28:59:00 | 36:04:00 | 43:17:00 |
| Kevin Kvalsten | 6:58:00 | | 7:16:00 | | 8:13:00 | |
| MIXED | | | | | | |
| Beckie Alexander | 8:51:00 | | 9:28:00 | | 9:25:00 | |
| Wallace Alexander | | 7:41:00 | | 8:04:00 | | 8:01:00 |
| | 8:51:00 | 16:32:00 | 26:00:00 | 34:04:00 | 43:29:00 | 51:30:00 |
| Sarah Douglass | 9:10:00 | | 9:41:00 | | 9:25:00 | |
| Madison Shaw | | 9:23:00 | | 9:27:00 | | 9:23:00 |
| | 9:10:00 | 18:33:00 | 28:14:00 | 37:41:00 | 47:06:00 | 56:29:00 |
| YOUTH | | | | | | |
| Nico Alexander | 3:58:00 | | 3:29:00 | | 3:35:00 | |
| Per Alexander | | 4:32:00 | | 4:26:00 | | 4:53:00 |
| | 3:58:00 | 8:30:00 | 11:59:00 | 16:25:00 | 20:00:00 | 24:53:00 |

Thanks to all of our racers for a great season. See you next year.

-Amy Cichanowski, MYSL Executive Director