

MYSL/Hoigaards Team Sprint Training Series Jan 20, 2010

Wirth Park, Mpls

27 degrees

6 x 2.0k; two person teams

Men	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
Matt Schadow	5:15:00		5:40:00		5:47:00	
Pete Tollefson		5:49:00		6:04:00		5:51:00
	5:15:00	11:04:00	16:44:00	22:48:00	28:35:00	34:26:00
Chris Sachs	5:18:00		5:38:00		5:41:00	
Todd Johnson		6:14:00		6:26:00		6:02:00
	5:18:00	11:32:00	17:10:00	23:36:00	29:17:00	35:19:00
Mike Moulsoff	5:46:00		6:01:00		5:43:00	
Matt Waite		5:51:00		6:08:00		6:25:00
	5:46:00	11:37:00	17:38:00	23:46:00	29:29:00	35:54:00