

MYSL/Hoigaards Team Sprint Training Series

Jan 13th, 2010 Wirth Park, Mpls 27° F

8 x 1.2k; two person teams

Men		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Finish							
Chris Sachs	Dave Duede	3:31	3:31	2:39	6:10	3:14	9:24	3:13	12:37	2:55	15:32	3:28	19:00	3:17	22:17	3:00	25:17
Jake Boyce	Nes Dyste	3:31	3:31	2:39	6:10	3:13	9:23	3:15	12:38	3:00	15:38	3:33	19:11	3:16	22:27	3:10	25:37
Matt Schadow	Pete Tollefson	3:31	3:31	2:52	6:23	3:07	9:30	3:46	13:16	3:23	16:39	3:50	20:29	3:36	24:05	3:21	27:26
Kevin Brochman	Andy Elvester	3:35	3:35	2:59	6:34	3:31	10:05	3:28	13:33	3:33	17:06	3:37	20:43	3:34	24:17	3:21	27:38
Craig Ringsven	Ted Loosen					10:24	3:38	14:02	3:34	17:36	3:33	21:09	3:45	24:54	3:21	28:15	
Keven Kvalsten	Bill Donahue			8:24	8:24	3:24	11:48	3:44	15:32			22:44	3:29	26:13	3:34	29:47	
Madison Shaw	Nick Tscherne	4:11	4:11	3:51	8:02	4:41	12:43	4:01	16:44	4:43	21:27	4:06	25:33	4:13	29:46	3:50	33:36

Mixed

Charlie Weber	Audry Weber			6:48	6:48	3:26	10:14	3:44	13:58	3:39	17:37	3:53	21:30	3:33	25:03	3:38	28:41
Wallace Alexander	Beckie Alexander			7:44	7:44	3:40	11:24	4:11	15:35	3:42	19:17	4:22	23:39	3:45	27:24	4:04	31:28

Youth (500 meters)

Per Alexander	Niko Alexander	3:47	3:47	2:39	6:26												19:16
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Great racing. I missed a few of the splits. But got most of them. See you next week. - Amy Cichanowski, race director; MYSL