

MYSL/Hoigaards Team Sprint Training Series

Date: 1.4.12

Wirth Park, Mpls

temperature:

34 degrees, soft snow

number of laps and length:

6 x 1.1km

MEN		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	Scott Kyser	2:01:00		2:08:00		2:10:00	
	John Swain		1:49:00		1:57:00		2:01:00
		2:01:00	3:50:00	5:58:00	7:55:00	10:05:00	12:06:00
2	Eric Edevold	1:57:00		2:10:00		2:07:00	
	Rody Lageson		2:07:00		2:11:00		2:18:00
		1:57:00	4:04:00	6:14:00	8:25:00	10:32:00	12:50:00
WOMEN							
1	Kate Wold	2:19:00		2:24:00		2:24:00	
	Hannah Sanborn		2:21:00		2:22:00		2:24:00
		2:19:00	4:40:00	7:04:00	9:26:00	11:50:00	14:14:00
MIXED							
1	Kuan Teoh	2:26:00		2:29:00		2:39:00	
	Amy Cichanowski		2:27:00		2:29:00		2:27:00
		2:26:00	4:53:00	7:22:00	9:51:00	12:30:00	14:57:00
2	Amy Johnson	2:30:00		2:46:00		2:40:00	
	Dallas Johnson		2:12:00		2:27:00		2:50:00
		2:30:00	4:42:00	7:28:00	9:55:00	12:35:00	15:25:00
3	Beckie Alexander	2:22:00		2:24:00		2:24:00	
	Wallace Alexander		2:49:00		2:51:00		2:48:00
		2:22:00	5:11:00	7:35:00	10:26:00	12:50:00	15:38:00
YOUTH							
1	Madeline Williams	3:01:00		2:57:00		2:57:00	
	Erik Williams		3:04:00		3:16:00		3:18:00
		3:01:00	6:05:00	9:02:00	12:18:00	15:15:00	18:33:00
2	Jacob Rochell-Share	2:58:00		3:09:00		3:02:00	
	Elan Rochell-Share		3:04:00		3:17:00		3:10:00
		2:58:00	6:02:00	9:11:00	12:28:00	15:30:00	18:40:00
3	Will Gage	3:14:00		3:19:00		3:26:00	
	Owen Gage		3:02:00		3:10:00		3:07:00
		3:14:00	6:16:00	9:35:00	12:45:00	16:11:00	19:18:00
4	Garrett Teoh	3:20:00		3:36:00		3:36:00	
	Soren Davidson		3:30:00		3:18:00		3:20:00
		3:20:00	6:50:00	10:26:00	13:44:00	17:20:00	20:40:00
5	Nick Kjorme	3:29:00		3:23:00		3:41:00	
	Ricky Petroff		3:26:00		3:26:00		3:20:00
		3:29:00	6:55:00	10:18:00	13:44:00	17:25:00	20:45:00
6	Nico Alexander	3:32:00		3:45:00		3:40:00	
	Per Alexander		3:43:00		4:10:00		3:50:00
		3:32:00	7:15:00	11:00:00	15:10:00	18:50:00	22:40:00
ADULT/YOUTH							
1	Lily Richmond	3:05:00		2:53:00		3:22:00	
	Martin Richmond		3:00:00		2:35:00		2:30:00
		3:05:00	6:05:00	8:58:00	11:33:00	14:55:00	17:25:00

submitted by: Amy Cichanowski, MYSL Executive Director