

## MYSL/Hoigaards Team Sprint Training Series

Jan 20th, 2010 Wirth Park, Mpls 27° F  
6 x 1.5k; two person teams

Men		Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
Chris Sachs	Dave Duede	4:23:00	4:24:00	4:42:00	4:34:00	4:57:00	4:09:00
		<b>4:23:00</b>	<b>8:47:00</b>	<b>13:29:00</b>	<b>18:03:00</b>	<b>23:00:00</b>	<b>27:09:00</b>
John Munger	Mike Moulsoff	4:48:00	4:17:00	5:05:00	4:58:00	4:56:00	4:33:00
		<b>4:48:00</b>	<b>9:05:00</b>	<b>14:10:00</b>	<b>19:08:00</b>	<b>24:04:00</b>	<b>28:37:00</b>
Matt Schadow	Pete Tollefson	5:23:00	4:49:00	4:44:00	5:18:00	5:04:00	4:46:00
		<b>4:16:00</b>	<b>9:05:00</b>	<b>13:49:00</b>	<b>19:07:00</b>	<b>24:11:00</b>	<b>28:57:00</b>
Kevin Brochman	Andy Elvester	4:40:00	4:22:00	5:09:00	5:10:00	4:51:00	4:52:00
		<b>4:40:00</b>	<b>9:02:00</b>	<b>14:11:00</b>	<b>19:21:00</b>	<b>24:12:00</b>	<b>29:04:00</b>
Craig Ringsven	Mark Schulte	6:23:00	4:26:00	5:43:00	5:27:00	5:07:00	5:10:00
		<b>4:38:00</b>	<b>9:04:00</b>	<b>14:47:00</b>	<b>20:14:00</b>	<b>25:21:00</b>	<b>30:31:00</b>
Madison Shaw	Jack Cheesebro	5:51:00	5:15:00	5:57:00	5:01:00	7:04:00	5:11:00
		<b>5:51:00</b>	<b>11:06:00</b>	<b>17:03:00</b>	<b>22:04:00</b>	<b>29:08:00</b>	<b>34:19:00</b>

Results with grey backgrounds are less than accurate.