

	Avg pace	27-Aug	3-Sep	8-Sep	10-Sep	15-Sep	29-Sep	3-Oct	6-Oct	10-Oct	17-Oct	27-Oct	5-Nov	Ave Pace													
	8/29-9/22	FN	BW	Detroit Lakes	Milbank	New London	Fergus Falls	Hawley	Perham	HOL Hawley	Park Rapids	6A New London	State Northfld	after 9/29													
Bailey	8	20:58	5k	19:57	5k	20:02	5k	19:49	5k	20:28	5k	20:77	5k	19:59	5k	21:19	5k	20:21	5k	19:54	5k	20:18	5k				
Wickamp	6:37	6:37	3:10	6:25	3:51	6:43	3:70	6:44	3:42	6:18	3:67	6:26	3:59	6:24	3:11	6:51	3:47	6:23	3:11	6:25	3:11	6:25	3:11	6:30	43/176	6:32	
Shaylin	12				29:10	5k	27:16	5k	25:02	5k	26:46	5k	25:24	5k													
Reff	8:44				9:24	60/70	8:47	46/48	8:10	37/47	8:38	41/65	8:58	27/36	8:10	108/121										8:35	
Grace	8	17:51	4k	19:15	4k	26:32	5k	23:37	5k	22:55	5k	24:13	5k	23:04	5k	26:35	5k										
Conemius	7:41	7:11	2:43	7:45	3:49	8:33	51/70	7:36	59/48					7:23	4/65	7:48	12/36	7:26	76/121	8:33	41/47			7:25	87/142	7:43	
Victoria	11	28:24	5k	20:01	4k	27:13	5k	26:01	5k	23:58	5k	25:40	5k	24:12	5k	25:47	5k	24:51	5k	23:25	5k						
Wilson	8:24	9:08	19/19	8:03	21/49	8:46	53/70	8:22	43/48	7:42	18/47	8:16	27/65	8:02	16/36	7:47	19/121	8:18	36/47	8:00	82/111	7:33	88/142			7:59	
Alyssa	11	21:46	4k	23:59	4k	10:54	5k	25:54	4k	31:06	5k			33:01	5k												
Hansberger	9:55	9:35	42/43	9:39	45/49	9:57	64/70	10:25	31/36	10:00	45/47			10:38	68/68												10:38
Summer	11	23:29	4k	23:02	4k	31:05	5k	23:24	4k	27:18	5k	28:40	5k	28:11	5k	32:02	5k	28:41	5k								
Wendricks	9:21	9:27	40/43	9:41	38/49	10:01	65/70	9:24	24/26	8:47	39/47	9:14	52/65	8:07	59/68	10:18	21/25	9:14	109/121								9:28
Forster	10				23:53	4k	31:23	5k	23:54	5k	27:44	5k	29:03	5k	26:27	5k	29:12	5k	28:06	5k							
Lindblad	9:24				9:29	41/49	10:07	66/70	9:24	25/36	8:56	40/47	9:04	46/65	9:21	32/36	8:30	47/68	9:23	18/25	9:03	107/111	8:18	127/142			8:56
Taylor	9							25:01	5k	25:42	5k	26:07	5k	23:47	5k	27:55	5k	24:53	5k	23:34	5k						
Bell	8:10							8:03	23/47	8:17	29/65	8:24	22/36	7:39	54/121	8:54	43/47	8:01	84/111	7:35	91/142					8:35	
Malory	10	22:45	4k	23:45	4k	31:22	5k	22:32	4k	26:35	5k	28:40	5k	28:23	5k	28:19	5k	28:17	5k	27:25	5k						
Belcourt	9:16	9:09	39/43	9:33	43/49	10:07	34/46	9:04	19/36	8:33	36/47	9:14	51/65	9:08	28/36	8:28	113/121	9:06	43/47	8:49	103/111	8:25	128/142			8:51	
Gabby	8				15:27	3k	18:03	3:2k	15:37	3k	14:05	2:8k			16:03	3k	18:36	3:1k									
Getro	8:27				8:17	27/43	9:05	67/91	8:23	24/40				8:28	59/81	9:35	113/20										9:01
Rachel	8					15:40	3:2k	13:45	3k	8:06	29/25	14:50	3:2k	25:49	5k	24:39	5k										
Gowin	7:37					7:53	26/91	7:42	21/40			7:31	24/70	8:18	21/26	7:56	106/131	8:17	74/47								7:53
Megan	8				16:08	3k								18:05	3:1k	16:08	3k	19:05	3:1k								
Meyer	8:39				8:39	31/43								9:19	87/11	8:31	63/84	9:49	16/20								9:11
Madison	8	17:19	3k	15:37	3k	18:12	3:2k	15:34	3k	14:12	2:8k	16:59	3:2k	17:10	3:1k	15:25	3k	18:14	3:1k								
Hickamp	8:39	8:17	17/22	8:22	28/43	9:10	68/91	8:20	23/40	8:10	39/45	8:33	54/70	8:50	7/11	8:08	49/84	9:23	12/20								8:43
Isabell	7	19:23	3k	18:31	3k	20:24	3:2k	16:54	3k	14:41	2:8k	17:29	3:2k			10:25	3k	18:59	3:1k								
Leberg	9:28	10:24	21/22	9:56	38/43	10:16	87/97	9:04	32/40	8:20	32/45	8:48	59/70			8:08	49/84	9:46	15/20								8:28

	Avg Mile	27-Aug	3-Sep	8-Sep	10-Sep	15-Sep	29-Sep	3-Oct	6-Oct	10-Oct	17-Oct	27-Oct	5-Nov	Ave Pace													
	8/29-9/22	FN	BW	Detroit Lakes	Milbank	New London	Fergus Falls	Hawley	Perham	HOL Hawley	Park Rapids	6A New London	State Northfld	after 9/29													
Hunter	10	17:31	5k	17:29	5k	18:01	5k	17:11	5k	16:55	5k	17:22	5k	17:54	5k	16:57	5k	18:45	5k	17:06	5k	16:57	5k	17:22	5k		
Gowin	5:36	5:39	5/28	5:38	6/29	5:48	12/83	5:32	3/16	5:26	5/92	5:36	14/74	5:45	3/91	5:28	19/336	6:02	9/51	5:41	8/134	5:28	7/544	5:35	68/176	5:37	
Jordan	11	19:10	5k	18:53	5k	21:05	5k	18:05	5k	18:05	5k	18:26	5k	19:48	5k	18:18	5k	19:29	5k	18:40	5k						
Mahur	6:05	6:10	18/28	6:06	11/79	6:44	63/83	5:49	7/36	5:49	25/92	5:56	15/74	6:22	17/51	5:53	65/136	6:16	18/51	6:00	42/134	5:38	15/144			6:00	
Zach	10	19:12	5k	18:59	5k	19:26	5k	18:06	5k	17:38	5k	18:12	5k	18:46	5k	17:37	5k	19:38	5k	18:05	5k	17:56	5k				
Hair	6:00	6:11	19/28	6:07	22/79	6:48	42/81	5:50	8/36	5:40	28/92	6:52	29/74	6:02	6/51	5:46	28/128	6:19	20/51	5:49	29/134	5:47	27/144				5:54
Michael	10				20:51	5k	19:53	5k	18:56	5k	19:11	5k	19:09	5k	19:30	5k											
Randall	6:18				6:28	45/79	6:44	60/63	6:06	18/56	6:10	61/92	6:10	49/74	6:19	14/51	5:58	71/136	6:31	26/51	6:06	52/134	5:55	48/144			6:09
Isaac	12				21:08	5k	22:15	5k	20:31	5k	19:19	5k	20:46	5k	22:22	5k	20:02	5k	21:37	5k	20:40	5k					
Samuels	6:41				6:48	60/79	7:10	74/83	6:36	42/56	6:13	65/92	6:42	68/74	7:12	12/39	6:27	112/136	6:57	15/59	6:34	27/102					6:46
Alex	12	25:05	5k	21:35	5k	22:03	5k	19:58	5k	20:28	5k	22:05	5k	19:34	5k	21:03	5k	20:01	5k								
Krack	7:08	8:04	28/28	6:57	65/79	7:06	71/83	6:26	37/56	6:36	66/74	7:07	7/39	6:17	103/136	6:46	41/51	6:27	74/134	6:16	93/144						6:34
Logan	11	21:41	5k	22:15	5k	21:02	5k	19:58	5k	21:19	5k	21:06	5k	19:49	5k	21:21	5k	20:25	5k								
Conrau	6:50				6:59	67/79	7:10	51/118	6:46	48/56	6:26	72/92	6:52	71/74	6:47	35/51	6:22	107/136	6:52	44/51	6:35	86/134					6:43
Harrison	12				21:14	5k	16:47	4k			20:37	5k			20:09	5k	21:40	5k									
Mian	7:07				7:29	77/118	6:45	12/65			6:39	48/109			6:29	49/128	6:59	18/59									6:42
Miley	11	16:18	4k	16:43	4k	22:09	5k	20:31	5k	20:31	5k	22:51	5k	20:52	5k	22:15	5k										
Lisbach	6:40	6:33	20/37	6:40	29/71	7:07	72/83	6:27	38/56	6:36	89/92			7:21	15/29	6:43	77/128	7:10	25/28	7:10	57/102						7:06
Mason	11					17:34	4k	21:21	5k	22:07	5k	22:18	5k	20:47	5k	22:23	5k	20:59	5k								
Meyer	6:58					7:04	25/65	6:52	43/83	7:08	82/109	7:11	11/39	6:41	72/128	7:31	38/59	6:45	34/102								7:03
Nolan	10				16:38	4k	22:45	5k	16:38	4k	20:28	5k	21:38	5k	22:03	5k	20:26	5k	21:38	5k							
Lemna	6:51				6:42	26/71	7:20</																				