

Mon. 9/7/09
weather: nice

workout: RSM 5K

	<u>3.0 mi.</u>	<u>2 mi.</u>	<u>3rd mi.</u>	<u>08</u>	<u>07</u>		<u>3.0 mi.</u>	<u>08</u>
Holcomb	15:39	10:30	5:09	16:40	16:57	Spraker	19:22	
Prior	17:02	11:11	5:51	16:45	20:06	Mackrell	20:16	21:06
Miller	17:12	11:25	5:47	18:15	19:02	Domier	21:10	
Stege	17:22	11:25	5:57	19:10	22:00	Parrino	21:36	
Engel	17:43	11:43	6:00			Smith	22:07	23:44
Giuliano	17:58	11:43	6:15	19:57		Hewitt	22:17	
Team time	84:58			81:53				
Time gap	2:04			:46				