	5000M	4000 Pace	3200 pace	2400 pace	1600 pace	1200 pace	1000 pace	800 pace	600 pace	400 pace	90%	80%	Long run
Joe	18m 33s	14m 50s	11m 53s	8m 54s	5m 59s	4m 29s	3m 44s	3m 0s	2m 15s	1m 30s	6m 39s	7m 29s	7m 59s
Thomas	18m 34s	14m 51s	11m 53s	8m 55s	5m 59s	4m 30s	3m 45s	3m 0s	2m 15s	1m 30s	6m 39s	7m 29s	7m 59s
Tom	18m 38s	14m 54s	11m 56s	8m 57s	6m 1s	4m 30s	3m 45s	3m 0s	2m 15s	1m 30s	6m 41s	7m 31s	8m 1s
Jackson	19m 24s	15m 31s	12m 25s	9m 19s	6m 15s	4m 42s	3m 55s	3m 8s	2m 21s	1m 34s	6m 57s	7m 49s	8m 21s
Ryder	19m 48s	15m 50s	12m 41s	9m 30s	6m 23s	4m 47s	4m 0s	3m 12s	2m 24s	1m 36s	7m 6s	7m 59s	8m 31s
Matthew	20m 18s	16m 14s	13m 0s	9m 45s	6m 33s	4m 55s	4m 6s	3m 16s	2m 27s	1m 38s	7m 17s	8m 11s	8m 44s
Noah	20m 19s	16m 15s	13m 0s	9m 45s	6m 33s	4m 55s	4m 6s	3m 17s	2m 27s	1m 38s	7m 17s	8m 12s	8m 44s
Kaden	20m 34s	16m 27s	13m 10s	9m 52s	6m 38s	4m 59s	4m 9s	3m 19s	2m 29s	1m 40s	7m 22s	8m 18s	8m 51s
Corbin	21m 8s	16m 54s	13m 32s	10m 9s	6m 49s	5m 7s	4m 16s	3m 25s	2m 33s	1m 42s	7m 34s	8m 31s	9m 5s
Marissa	21m 10s	16m 56s	13m 33s	10m 10s	6m 50s	5m 7s	4m 16s	3m 25s	2m 34s	1m 42s	7m 35s	8m 32s	9m 6s
Joey	21m 22s	17m 6s	13m 41s	10m 15s	6m 54s	5m 10s	4m 18s	3m 27s	2m 35s	1m 43s	7m 39s	8m 37s	9m 11s
Nadia	21m 25s	17m 8s	13m 43s	10m 17s	6m 55s	5m 11s	4m 19s	3m 27s	2m 35s	1m 44s	7m 41s	8m 38s	9m 13s
Archer	21m 29s	17m 11s	13m 45s	10m 19s	6m 56s	5m 12s	4m 20s	3m 28s	2m 36s	1m 44s	7m 42s	8m 40s	9m 14s
Sam	21m 54s	17m 31s	14m 1s	10m 31s	7m 4s	5m 18s	4m 25s	3m 32s	2m 39s	1m 46s	7m 51s	8m 50s	9m 25s
Corey	21m 54s	17m 31s	14m 1s	10m 31s	7m 4s	5m 18s	4m 25s	3m 32s	2m 39s	1m 46s	7m 51s	8m 50s	9m 25s
Kyle	22m 10s	17m 44s	14m 11s	10m 39s	7m 9s	5m 22s	4m 28s	3m 35s	2m 41s	1m 47s	7m 57s	8m 56s	9m 32s
Cassidy	22m 12s	17m 46s	14m 13s	10m 39s	7m 10s	5m 22s	4m 29s	3m 35s	2m 41s	1m 47s	7m 57s	8m 57s	9m 33s
Grace	22m 57s	18m 22s	14m 42s	11m 1s	7m 24s	5m 33s	4m 38s	3m 42s	2m 47s	1m 51s	8m 14s	9m 15s	9m 52s
Cade	23m 22s	18m 42s	14m 58s	11m 13s	7m 32s	5m 39s	4m 43s	3m 46s	2m 50s	1m 53s	8m 23s	9m 25s	10m 3s
Jonas	23m 22s	18m 42s	14m 58s	11m 13s	7m 32s	5m 39s	4m 43s	3m 46s	2m 50s	1m 53s	8m 23s	9m 25s	10m 3s
Boden	23m 40s	18m 56s	15m 9s	11m 22s	7m 38s	5m 44s	4m 46s	3m 49s	2m 52s	1m 55s	8m 29s	9m 33s	10m 11
Kya	24m 38s	19m 42s	15m 46s	11m 50s	7m 57s	5m 58s	4m 58s	3m 58s	2m 59s	1m 59s	8m 50s	9m 56s	10m 36
Lilly	25m 30s	20m 24s	16m 20s	12m 15s	8m 14s	6m 10s	5m 8s	4m 7s	3m 5s	2m 3s	9m 8s	10m 17s	10m 58
Jackson	25m 35s	20m 28s	16m 23s	12m 17s	8m 15s	6m 11s	5m 9s	4m 8s	3m 6s	2m 4s	9m 10s	10m 19s	11m 0s
Lili	26m 19s	21m 3s	16m 51s	12m 38s	8m 29s	6m 22s	5m 18s	4m 15s	3m 11s	2m 7s	9m 26s	10m 37s	11m 19
Chase	27m 38s	22m 6s	17m 41s	13m 16s	8m 55s	6m 41s	5m 34s	4m 27s	3m 21s	2m 14s	9m 54s	11m 9s	11m 53
William	27m 43s	22m 10s	17m 45s	13m 18s	8m 56s	6m 42s	5m 35s	4m 28s	3m 21s	2m 14s	9m 56s	11m 11s	11m 55
Amerie	29m 9s	23m 19s	18m 40s	14m 0s	9m 24s	7m 3s	5m 53s	4m 42s	3m 32s	2m 21s	10m 27s	11m 45s	12m 32

Name	2 mile time	Mile pace	120% Vo2	110% Vo2	90% vo2 Tempo	80% vo2 Tempo s	70% vo2 Rec.	60% vo2 Long	85% vo2
Henry	10m 38s	5m 19s	4m 15s	4m 47s	5m 51s	6m 23s	6m 55s	7m 27s	6m 15s
		0	0	0	0	0	0	0	0