

Polson's Mission Shadow Duels @ Pablo 2019

Blue = met goal, Green = best mile, Orange = significantly slower, Yellow = best time

Name (2017 Time)	5K Goal	Mile 1	Mile 2	Mile 3	5K Total	Overall Mile Pace
Girls						
Tally	33:00	9:50?	12:30? 22:10	10:25	33:38	10:50/M
Melaia 35:43	35:00	10:10?	12:30? 22:40	10:25	34:08	11:00/M
Aubrey	37:00	10:20?	12:29? 22:49	11:45	35:46	11:32/M
Boys						
Billy	19:00	5:51	6:17	6:00	18:44	6:02/M
Micah	20:00	6:11	6:37	6:26	19:53	6:24/M
Sage 22:34	20:45	6:00	7:02	6:40	20:23	6:34/M
RJ	22:30	6:58	7:26	7:00	22:07	7:08/M
Denny	23:00	6:37	7:28	7:24	22:14	7:10/M
Devin	25:00	7:30?	8:06?	7:59	24:23	7:51/M