

Grant Kohrs Invite @ Deer Lodge 2019

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

Name (2018 Time)	5K Goal	Mile 1	Mile 2	Mile 3	5K Total	Overall Mile Pace
Girls						
Chey	25:00	8:02	8:36	8:41	26:12	8:27/M
Aubrey	45:00	12:43	14:07	13:40	41:33	13:24/M
Boys						
Billy	22:00	6:02	6:45	6:49	20:28	6:36/M
Denny	25:00	6:52	8:01	7:40	23:43	7:39/M
Devin	27:00	8:53	9:22	8:36	27:23	8:50/M