

Halden Invitational Distance Races Splits
April 23, 2011

1600 meters

Sophie Meads	77.4	2:38.5	4:01.2	5:16.8
	77.4	81.1	82.7	75.6
Laney Teaford	79.6	2:41.6	4:06.8	5:27.7
	79.6	82.0	85.2	80.9
Tess Williams	79.6	2:41.8	4:07.0	5:37.0
	79.6	82.2	85.2	90.0
Kathy Dooley	80.7	2:49.5	4:19.4	5:46.2
	80.7	88.8	89.9	86.8
Halley Rainer	83.5	2:56.5	4:28.3	5:53.4
	83.5	93.0	91.8	85.1
Erika Hashimoto	83.5	2:56.6	4:29.1	5:56.6
	83.5	93.1	92.5	87.5
Ciara Parenzin	86.1	3:00.3	4:37.0	6:04.6
	86.1	94.2	96.7	87.6
Trevor Halsted	61.8	2:08.1	3:15.8	4:17.3
	61.8	66.3	67.7	61.5
Brian De La Mora	64.1	2:09.9	3:15.4	4:19.4
	64.1	65.8	65.5	64.0
Mac Harvey	64.8	2:11.1	3:18.7	4:26.4
	64.8	66.3	69.6	67.7
Hamid Naemeh	68.3	2:20.1	3:34.5	4:45.5
	68.3	71.8	74.4	71.0

1600 meters

William Young	71.5	2:26.5	3:41.3	4:54.4
	71.5	75.0	74.8	73.1
Ryan Greenough	67.4	2:20.9	3:37.4	4:52.2
	67.4	73.5	76.5	74.8
Matt Wall	70.1	2:31.1	3:51.0	5:05.7
	70.1	81.0	79.9	74.7
Stefan Seretin	81.6	2:53.1	4:25.7	5:47.0
	81.6	91.5	92.6	81.3

800 meters

Hannah Krovetz	71.0	2:24.1		
	71.0	73.1		
Sophie Meads	71.5	2:27.9		
	71.5	76.4		
Laney Teaford	72.6	2:31.8		
	72.6	79.2		
Kathy Dooley	79.6	2:36.3		
	79.6	76.7		
Erika Hashimoto	82.6	2:44.6		
	82.6	82.0		
Halley Rainer	82.3	2:45.9		
	82.3	83.6		
Emily DuPlantier	83.7	2:55.4		
	83.7	91.7		

800 meters

Julia Ainsworth	86.7	3:04.4
	86.7	97.7
Trevor Halsted	60.5	1:58.7
	60.5	58.2
Paul Mohr	59.0	1:59.8
	59.0	60.8
Mac Harvey	60.9	2:01.6
	60.9	60.7
Andrew Croft	58.6	2:01.9
	58.6	63.3
Brian De La Mora	61.2	2:04.1
	61.2	62.9
Hamid Naemeh	62.8	2:08.9
	62.8	66.1
Danny Pugh	59.4	2:10.5
	59.4	71.1
Matt Wall	66.5	2:20.6
	66.5	74.1

3200 meters

Braeden Van Deynze	69.3	2:23.5	3:39.1	4:54.8	6:12.0	7:32.7	8:52.7	10:12.8
	69.3	74.2	75.6	75.7	77.2	80.7	80.0	80.1
Dan Gonzalez	74.5	2:31.3	3:46.8	5:03.7	6:21.1	7:40.9	9:00.3	10:16.8
	74.5	76.5	75.5	76.9	77.4	79.8	79.4	76.5
Ryan Greenough	71.9	2:26.8	3:43.7	5:02.5	6:25.9	7:53.5	9:20.4	10:44.8
	71.9	74.9	76.9	78.8	83.4	87.6	86.9	84.4
Will Young	77.3	2:38.6	3:58.9	5:19.7	6:41.6	8:04.6	9:27.9	10:48.9
	77.3	81.3	80.3	80.8	81.9	83.0	83.3	81.0