



* Kick Some *ICE* 5,000m. *

1-16-21



Timing by

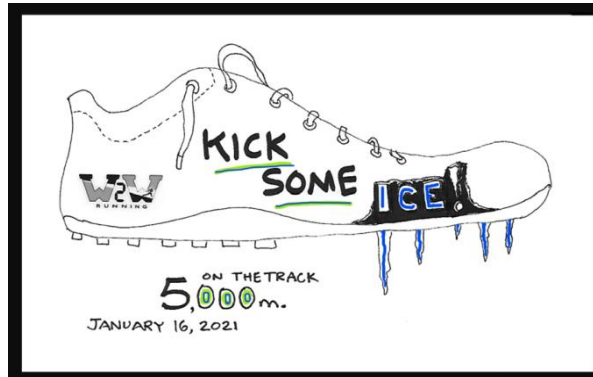
Lap Splits (in meters)

Athlete	Time	200	600	1,000	1,400	1,800	2,200	2,600	3,000	3,400	3,800	4,200	4,600	5,000
Ryan McKee	16:58.6	37.5	1:18.7	1:18.0	1:21.7	1:22.4	1:22.3	1:22.8	1:22.8	1:23.8	1:24.0	1:22.8	1:24.1	1:13.5
McKinley Chapell	16:59.5	38.3	1:18.8	1:23.0	1:23.7	1:22.6	1:24.1	1:23.0	1:21.9	1:22.5	1:23.2	1:22.5	1:21.9	1:14.2
Patrick Bollwek	17:13.5	38.2	1:18.7	1:23.1	1:23.9	1:22.7	1:24.2	1:23.1	1:22.1	1:25.7	1:25.7	1:24.8	1:24.2	1:17.2
Colin McCann	17:35.1	37.7	1:18.7	1:23.1	1:23.7	1:23.4	1:23.2	1:23.1	1:24.3	1:23.0	1:24.8	1:27.4	1:27.4	1:26.2
Andy Forsyth	18:17.8	38.7	1:23.9	1:32.1	1:32.2	1:31.6	1:31.0	1:31.5	1:31.9	1:29.6	1:25.1	1:25.0	1:25.8	1:20.4
David Reusch	18:21.7	42.9	1:27.5	1:28.5	1:28.3	1:27.8	1:31.5	1:30.9	1:30.9	1:26.6	1:27.4	1:27.3	1:27.7	1:23.7
Omar Hernandez	18:54.9	39.6	1:23.3	1:32.1	1:32.3	1:31.3	1:31.0	1:31.6	1:31.8	1:31.2	1:33.4	1:34.7	1:34.0	1:28.5
Kameron Chapell	18:56.5	38.7	1:23.9	1:32.1	1:32.3	1:31.5	1:31.0	1:31.6	1:31.7	1:31.5	1:36.4	1:35.4	1:35.1	1:26.6
Olivia Berry	20:48.0	41.5	1:35.3	1:41.0	1:42.2	1:42.7	1:42.5	1:43.0	1:43.7	1:43.3	1:43.9	1:40.9	1:40.7	1:28.5
Barrett Stepp	21:36.5	44.9	1:40.3	1:37.5	1:46.2	1:47.9	1:42.0	1:45.2	1:45.5	1:46.8	1:47.1	1:47.5	1:44.8	1:37.0
JT Forsyth	21:36.8	42.9	1:34.6	1:37.2	1:40.7	1:43.6	1:47.4	1:49.7	1:51.5	1:54.1	1:46.5	1:45.3	1:48.9	1:34.7
Alan Forsyth	21:37.1	43.0	1:34.4	1:37.2	1:41.1	1:43.6	1:47.3	1:49.8	1:51.8	1:53.7	1:46.5	1:45.4	1:48.8	1:34.8
Trinity Atkins	22:54.9	51.8	1:47.5	1:49.1	1:50.0	1:49.7	1:51.5	1:53.7	1:51.6	1:51.0	1:54.9	1:53.1	1:50.9	1:40.5
Rob Forbes	24:09.0	52.5	1:52.6	1:52.5	1:56.3	1:54.8	1:56.1	1:59.2	1:59.6	2:00.9	2:01.1	2:00.1	1:56.8	1:46.2
Frank George	24:24.0	59.1	1:56.6	1:57.6	1:57.3	1:58.2	1:56.4	1:57.9	1:57.3	1:58.0	1:56.7	1:57.8	1:57.5	1:53.5
Abshul Ellis	24:25.0	55.5	1:46.1	1:57.7	2:01.3	2:00.8	2:01.3	2:00.9	1:58.1	1:56.9	1:59.8	2:02.7	2:01.0	1:39.2
Leyla Booth	25:14.2	57.4	1:48.7	2:01.1	2:04.1	2:06.5	2:02.8	2:02.6	2:00.4	2:01.4	2:07.6	2:11.8	2:03.9	1:43.5
Hadley Finnemore	25:20.3	57.7	1:48.5	2:00.8	2:04.4	2:06.6	2:02.9	2:07.0	1:59.9	1:58.9	2:05.9	2:12.3	2:03.7	1:50.5
Ruth Ference	26:16.0	59.6	2:04.0	2:06.9	2:09.0	2:07.5	2:09.4	2:07.9	2:07.9	2:06.2	2:09.6	2:06.3	2:02.8	1:58.8
Margo Walker	28:36.1	1:12.7	2:04.3	2:17.8	2:20.0	2:19.1	2:20.4	2:20.9	2:22.4	2:19.4	2:23.5	2:26.9	2:15.8	2:04.8



Thank you to everyone who participated!

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