

Shore Coaches Invitational at Holmdel Park (Girls) 10/4/2014 Weather: 63 / Heavy Rain

Nice Racing!

O AM)	Comments	Pace	Split Times			
15:37.88		7:51	8:11.00			
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	Comments	Pace	1.0 mile	2.0 miles		
23:40.84		7:37	8:07.00	15:59.00		
23:43.18		7:38	7:39.00	15:32.00		
		9:00	9:25.00	18:56.00		
27:58.81		9.00	9.25.00	10.00.00		
27:58.81		9.00	Split T			
27:58.81	Comments	Pace				
19:45.61	Comments PR (-54.55)		Split T	imes		
		Pace	Split T 1.0 mile	imes 2.0 miles		
19:45.61		Pace 6:21	Split T 1.0 mile 6:36.00	imes 2.0 miles 13:00.00		
19:45.61 21:07.02		Pace 6:21 6:47	Split T 1.0 mile 6:36.00 6:59.00	imes 2.0 miles 13:00.00 14:00.00		
19:45.61 21:07.02 21:32.88		Pace 6:21 6:47 6:56	Split T 1.0 mile 6:36.00 6:59.00 7:11.00	imes 2.0 miles 13:00.00 14:00.00 14:17.00		
19:45.61 21:07.02 21:32.88 21:39.47		Pace 6:21 6:47 6:56 6:58	Split T 1.0 mile 6:36.00 6:59.00 7:11.00 7:12.00	imes 2.0 miles 13:00.00 14:00.00 14:17.00 14:24.00		
	23:40.84	15:37.88 Comments 23:40.84	15:37.88 7:51 Comments Pace 23:40.84 7:37 23:43.18 7:38	15:37.88 7:51 8:11.00 Split T Comments Pace 1.0 mile 23:40.84 7:37 8:07.00 23:43.18 7:38 7:39.00	D AM) Comments Pace 1.0 mile 15:37.88 7:51 8:11.00 Split Times Comments Pace 1.0 mile 2.0 miles 23:40.84 7:37 8:07.00 15:59.00 23:43.18 7:38 7:39.00 15:32.00	Comments Pace 1.0 mile

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