

2024 NFL Dual #2 KW vs. NW, CSAT @ NWHS)
Tuesday, October 1 bus departs from KW at 3:15pm

#		VDot	Pace (mile)	Thresh (1200)	2 mile Cat	Finish	VDot	Pace (mile)
614	Max Stinner	58.4	5:36	4:30	11:12	17:34 (6:22) 51.0	57.9	
615	Jackson Van Dewater	54.7	5:57	4:45	11:49	18:32 (6:43) 48.0	54.4	
604	Vinny Casitglione	51.8	6:13	4:58	12:12	19:19 (7:07) 45.0	51.9	
609	Grady Jones	49.0	6:32	5:12	13:53	23:02 (9:09) 33.9	42.2	
601	Joe Barone	45.9	6:53	5:08	14:10	21:59 (7:49) 40.5	44.6	
605	Domink Engel	44.1	7:07	5:39	13:53	21:57 (8:04) 39.1	44.7	
616	Dylan Vogl	43.9	7:09	5:40	14:12	22:22 (8:10) 38.5	43.7	
606	Aidan Follett	43.8	7:10	5:41	14:50	23:14 (8:24) 37.3	41.8	
613	Dan Shirley	43.2	7:16	5:45	14:12	21:57 (7:45) 40.9	44.7	
612	Ben Pratt	41.2	7:34	5:58	14:56	22:55 (7:59) 39.5	42.5	
611	Kristyan Montanez	39.0	7:56	5:54	15:47	24:29 (8:42) 35.9	39.3	
608	Gabe Hanner	34.9	8:43	6:43				
603	Ry Burks	39.7	7:48	5:49				
602	Joe Bennett	32.9	9:08	6:59				

#		VDot	Pace (mile)	Thresh (1200)	2 mile Cat	Finish	VDot	Pace mile
618	Charlotte Brach	45.3	6:58	5:32	14:40	23:02 (8:22) 37.5	42.2	
623	Cassie Long	40.7	7:38	6:02	15:41	24:28 (8:47) 35.5	39.3	
620	Elin Freeman	37.6	8:09	6:24	16:43	26:16 (9:33) 32.3	36.1	
619	Olivia Dolce	35.4	8:34	6:39	17:36	27:30 (9:54) 31.0	34.2	
622	Meg Kiel	26.0	11:07	8:04	22:00	34:18 (12:18) 24.0	26.2	
624	Metta Sagurney	27.5	9:54	7:48	21:38	34:00 (12:22) 23.9	26.5	
617	Macy A-C	25.6	11:00	8:08	22:00	34:06 (12:06) 24.5	26.4	
621	Katelyn Kellogg	37.8	8:07	6:22	18:25	28:57 (10:32) 28.8	32.2	