

	First Name	Last Name	Target 2K Time	Target Pace	Previous PR (Before this Program)	Time
1	Jamal	Abdunnasir	6:40.0	1:40.0	6:53.0	6:53.1
2	Stacy	Banas	9:44.0	2:26.0	None	9:37.4
3	Matt	Boynton	7:10.0	1:47.5	6:57.3	7:02.8
4	Matt	Cooper	6:40.0	1:40.0	None	6:39.5
5	Laura	Dunne	8:56.0	2:14.0		8:43.8
6	Rob	Evans	6:58.0	1:44.5	None	7:12.9
7	Eric	Eve	7:48.0	1:57.0	None	7:53.8
8	Jess	Fox	7:48.0	1:57.0	7:56.9	7:50.7
9	Christian	Fox	7:19.0	1:49.8	7:18.0	7:16.2
10	Eriach	Fox	7:24.0	1:51.0	7:36.0	7:14.5
11	Jack	Lienke	7:20.0	1:50.0	7:57.0	7:18.9
12	Mark	McIntyre	7:30.0	1:52.5	7:28.0	7:29.2
13	Lesley	O'Seep	7:55.0	1:58.8	None	7:51.8
14	Dustin	Perun	7:55.0	1:58.8	None	7:49.5
15	Lynsey	Roddam	8:00.0	2:00.0	None	8:05.5
16	Tom	Shpetner	7:15.0	1:48.8	7:04.0	7:15.7
17	Toni	Smith	7:08.0	1:47.0	7:28.0	7:05.9
18	Keith	Van Wickler	6:52.0	1:43.0	6:52.7	6:50.0
19	Jim	William				7:27.9