

Nike Pre-Nationals

Portland Meadows- Portland, OR - Sept. 25, 2010

5K Course

2:55 PM	Varsity Girls	1st Place: 43	Time: 1:34:37	Avg: 18:55.3	Spread: 00:22
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Rank	Name	GR	Mile 1		Mile 2		Mile 3-Finish		Finish Place	Average Mile
			Time	Time	Split	Time	2 Mile Split			
1	Kayla Ferron	10	05:47			18:44.7	12:58	5	06:02.8	
2	Lyndsey Mull	11	05:47			18:45.2	12:58	6	06:03.0	
3	Laura O'Neill	12	05:47			18:54.4	13:07	10	06:05.9	
4	Rachel Bush	12	05:47			19:05.7	13:19	13	06:09.6	
5	Kelly Ryan	12	05:47			19:06.5	13:19	14	06:09.8	
6	Cara Ulizio	10	05:47			19:13.8	13:27	17	06:12.2	
7	Anique Villegas	11				20:16.9		58	06:32.5	

3:20 PM	Varsity Boys	15th Place: 396	Time: 1:24:40	Avg: 16:56.0	Spread: 00:35
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Rank	Name	GR	Mile 1		Mile 2		Mile 3-Finish		Finish Place	Average Mile
			Time	Time	Split	Time	Split			
1	Evan Malone-White	10				16:42.9		61	05:23.5	
2	Dezhan Bland	12				16:43.8		62	05:23.8	
3	Tyler Caracoza	11				16:43.9		63	05:23.8	
4	Patrick Borgerding	11				17:12.3		109	05:33.0	
5	Garrett Klatter	10				17:17.4		121	05:34.6	
6	Alex Guzman	11				17:51.2		167	05:45.5	
7	Nick Herold	12				17:56.4		174	05:47.2	

2:10 PM	Varsity Girls-Division 1	19th Place: 379	Time: 1:48:43	Avg: 21:44.7	Spread: 02:48
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Rank	Name	GR	Mile 1		Mile 2		Mile 3-Finish		Finish Place	Average Mile
			Time	Time	Split	Time	Split			
1	Alexis Thibodeau	10				20:37.6		29	06:39.2	
2	Elizabeth de la Torre	10				21:03.0		54	06:47.4	
3	Pammie Sherman	12				21:48.2		90	07:02.0	
4	Olivia Loveland	12				21:48.6		91	07:02.1	
5	Brenna Sopp	11				23:26.0		139	07:33.6	

	Junior/Senior JV Boys		Time: 0:18:15	Avg: 18:15.4	Spread: 00:00
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Rank	Name	GR	Mile 1		Mile 2		Mile 3-Finish		Finish Place	Average Mile
			Time	Time	Split	Time	Split			
1	Andrew Hazeltine	11				18:15.4		27	05:53.4	