

10/7 OD Workout

First Name	1st half Goal	2nd Half Goal	1st half Actual	2nd Half Actual	100	200	400	800	1200	1600	1200	800	400	200	100
Tyler	16:14	15:49:39	16:40:11	15:56:36	:21	:42	1:24	3:05	4:22	5:41	4:14	2:46	1:13	:37	:14
Declan	16:15	15:50:38	16:37:53	16:00:02	:23	:42	1:24	3:03	4:22	5:41	4:21	2:42	1:13	:37	:14
Hunter	18:20	17:52:30	17:27:13	16:38:11	:21	:42	1:25	3:06	4:43	5:59	4:29	2:46	1:16	:37	:13
Elijah	18:36	18:08:06	17:10:00	16:53:57	:21	:42	1:25	3:06	4:28	5:59	4:27	2:47	1:16	:37	0:15
Levi	18:36	18:08:06	18:04:12	16:40:11	0:23	:43	1:25	3:06	4:53	5:58	4:30	2:48	1:16	:37	:15
Johnny	19:41	19:11:29	18:57:22	18:05:04	0:24	:46	1:26	3:16	4:54	6:31	4:46	3:01	1:28	:45	:16
Annaliese	19:41	19:11:29	18:42:55	18:23:25	:27	:46	1:33	3:16	4:55	6:35	4:50	3:07	1:30	:46	:17
Cristopher	19:59	19:29:02	19:20:44	18:15:23	0:24	:47	1:33	3:19	4:55	6:40	4:47	3:00	1:28	:42	:17
Edward	20:42	20:10:57	19:26:30	18:44:04	:28	:47	1:33	3:11	5:08	7:05	4:52	3:03	1:20	:36	:14
Alexis	21:26	20:53:51	21:41:51	19:54:02	:28	:52	1:47	3:50	6:00	7:18	5:20	3:16	1:27	:39	:18
Christopher	21:50	21:17:15	22:16:18	19:37:58	0:27	0:54	1:49	3:32	5:32	7:10	5:15	3:16	1:26	:40	:14
Cash	22:01	21:27:59	22:24:44	20:00:08	0:27	0:55	1:50	3:40	5:30	7:09	5:22	3:25	1:30	:43	:19
Rose	22:11	21:37:44	22:34:54	20:02:04	0:27	0:55	1:50	3:41	5:32	7:12	5:24	3:18	1:33	:44	:18
Gregory	22:20	21:46:30	22:44:04	19:30:05	0:27	0:55	1:51	3:43	5:35	7:15	5:26	2:58	1:20	:36	:15
Drake	22:30	21:56:15	22:54:15	20:00:42	0:28	0:56	1:52	3:45	5:37	7:18	5:29	3:14	1:25	:41	:18
Vivian	23:04	22:29:24	23:28:52	20:54:59	0:28	0:57	1:55	3:50	5:46	7:29	5:37	3:31	1:36	:50	:22
Evi	23:47	23:11:20	24:12:38	20:53:13	0:29	0:59	1:58	3:57	5:56	7:43	5:47	3:15	1:26	:44	:18
Mary	23:50	23:14:15	24:15:41	21:10:05	0:29	0:59	1:59	3:58	5:57	7:44	5:48	3:20	1:34	:45	:24
Brisa	24:20:00	23:43:30	24:46:14	21:53:45	0:30	1:00	2:01	4:03	6:05	7:54	5:55	3:35	1:40	:47	:20
Bridgett	26:46:00	26:05:51	23:56:03	22:58:42	:33	:58	2:00	4:15	6:10	8:27	6:17	3:40	1:38	:46	:20
Liam	27:50:00	27:08:15	25:24:22	23:21:38	:29	:57	2:04	4:19	6:42	9:04	6:07	3:38	1:33	:41	:18
Magaly	31:10:00	30:23:15	31:47:28	33:19:13	:37	1:02	2:15	5:03	8:10	11:13	8:48	5:37	2:15	1:10	:24