

	Bloomer Race				All-Time Best XC 5K	Race -PR Difference (minutes:sec)	1k/1200 Workout on 8/25			800s on 8/29	
	Mile 1	Mile 2	5K	Avg pace			Avg workout pace	Pace/Mile conversion	Finishing Mile	Avg 800s	Pace/Mile conversion
Julia	6:45	13:38	21:34:00	6:56	20:52:00	0:42:00	5:03	6:44	6:40	3:23	6:46
Jill	6:51	14:09	22:33:00	7:15	21:52:00	0:41:00	4:30	7:12	7:04	3:30	7:00
Veronica	7:03	14:33	23:12:00	7:27	21:18:00	1:54:00	4:35	7:20	7:25	3:39	7:18
Emily	7:00	14:42	23:41:00	7:36	22:50:00	0:51:00				3:30	7:00
Julia	7:08	14:44	23:41:00	7:36	23:41:00	0:00:00	4:57	7:55	7:46	3:35	7:10
Kaylee	7:27	15:27	24:24:43	7:50	23:12:00	1:12:43				3:42	7:24
Kaitlyn	7:40	15:48	24:56:00	8:01	24:56:00	0:00:00				3:51	7:42
Alexis	7:26	15:39	25:02:00	8:02	25:02:00	0:00:00	5:16	8:25	8:10	3:48	7:36
Sophia	7:30	16:07	25:03:00	8:03	24:58:00	0:05:00					
Emma	7:56	16:19	25:56:00	8:20	25:56:00	0:00:00	5:21	8:33	8:07	4:02	8:04
Mariana	8:00	16:44	26:37:00	8:33	24:13:00	2:24:00	5:18	8:28	8:30	4:00	8:00
Kathryn	7:42	16:23	26:49:00	8:37	23:46:00	3:03:00	5:22	8:35	8:27	3:59	7:58
Lindsey	8:24	18:03	28:13:00	9:04	28:13:00	0:00:00					
Elena	10:42	21:58	33:43:00	10:50	33:43:00	0:00:00					

**Workout & Race Analysis**

Long Interval Average	Race Pace Difference
6:45	0:11
7:06	0:09
7:19	0:08
7:00	0:36
7:32	0:04
7:24	0:26
7:42	0:19
8:00	0:02
8:18	0:01
8:14	0:19
8:16	0:20

Team Average		secs
Race Pace	0:14	faster in practice