

## Long Run Training Run

13.1 Morning Wave - 9:00AM	BIB #	Start Time	Finish Time	Total Time
Olaniyan, Tamara	2	9:36	11:49	2 hour 13 mins

  

10K Morning Wave - 10:00AM	BIB #	Start Time	Finish Time	Total Time
Jones, Ethan	1	9:45:00 AM	10:29:00 AM	44 mins
Lopez, Eric	4	9:52:00 AM	10:57:00 AM	1 hour 05 mins
Rosado, Amin	3	9:50:00 AM	10:50:00 AM	1 hour

  

5K Morning Wave - 10:30AM	BIB #	Start Time	Finish Time	Total Time
Burks, Tony	9	11:00:00 AM	11:37:00 AM	37 mins
Crutchfield, Naadia	10	11:00:00 AM	11:37:00 AM	37 mins
O'Brien, Maegan	6	9:52:00 AM	10:42:00 AM	50 mins

  

13.1 Afternoon Wave - 10:00AM	BIB #	Start Time	Finish Time	Total Time
Andiel, Karen	7	10:03:00 AM	-	1:02:15
Waters, Kimberly	5	10:03:00 AM	-	1:09:32
Winsdor, Dennis	8	10:20:00 AM	11:02:00 AM	42mins

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