

# Holmdel Night of the 1600's

## A Thousand-Watt Future!!!

Name	Finish	Comment	According to Daniels' VDOT					
			VDOT	400	800	1600	3200	5000
S. Sonty	4:44.22		70	53.2	1:57	4:17	9:12	14:55
J. Bunting	4:47.34*	-.06	69	54.0	1:59	4:21	9:19	15:06
S. Passey	4:48.74*	-.04	68	54.8	2:01	4:24	9:26	15:18
M. Holman	4:48.87		67	55.5	2:02	4:28	9:33	15:29
N. Hausman	4:52.36*	-.04	66	56.3	2:03	4:32	9:41	15:42
S. Flesichman	4:52.67*	-.03	65	57.0	2:05	4:39	9:49	15:54
C. Murphy	4:53.65		64	57.8	2:07	4:40	9:57	16:07
R. Pierotti	4:56.65		63	58.5	2:09	4:43	10:06	16:20
B. Johnston	4:57.76*	-.19	62	59.5	2:11	4:47	10:14	16:24
W. Lusty	4:57.91*	-.05	61	60.3	2:12	4:52	10:23	16:48
A. Torio	4:59.92*	-.03	60	61.0	2:12	4:55	10:33	17:03
W. Freeman	5:03.14*	-.29	59	62.0	2:16	4:59	10:42	17:17
A. Kinget	5:06.05		58	62.9	2:16	5:04	10:52	17:33
D. Naiman	5:06.18*	-.07	57	63.8	2:19	5:10	11:01	17:49
T. Chicules	5:10.24*	-.09	56	65.0	2:23	5:14	11:12	18:05
N. Freeman	5:15.89		55	66.0	2:25	5:17	11:23	18:22
E. McNamara	5:22.77*	-.12	54	67.2	2:28	5:24	11:34	18:40
S. Molina	5:23.35*	-.15	53	68.3	2:30	5:29	11:45	18:58
J. Banks	5:25.98*	-.09	52	69.5	2:32	5:39	11:57	19:17
S. O'Connell	5:47.03		51	70.7	2:35	5:41	12:10	19:36
B. Kanaley	6:16.02		50	72.0	2:38	5:47	12:23	19:57
A. Geci	6:45.60		49	73.1	2:40	5:53	12:36	20:18
			48	74.4	2:44	6:00	12:50	20:39
			47	76.0	2:47	6:07	13:05	21:02
			46	77.5	2:50	6:14	13:20	21:25
			45	79.0	2:54	6:22	13:35	21:50
			44	81.0	2:58	6:29	13:51	22:15
H. Flamme	5:24.85*	-.06						
H. Russo	5:26.48*	-.24						
J. Nociari	5:46.44							
M. Hoad	5:49.58							
D. Yozzi	5:51.80*	-.07						
N. Torio	5:59.80							
L. Edwards	6:03.63*	-.06						
M. Kasemeyer	6:21.28							
C. Lavin	6:41.98*	-.16						
K. Palphreymar	7:03.89*	-.25						
A. Li	7:25.32*	-.25						

**Straight Line across chart is goal**



**Upward denotes more endurance and less speed**

**Speedwork is a focus - strides matter**

**Structural Strength Begets Speed - Wt. Room**



**Downward denotes more speed and less endurance**



**Summer base building - mileage - is key**

**First Summer XC run - Monday, June 20th - 6:30pm at Memorial!!!**

## ***Holmdel Night of the 1600's***