

**PLANO HIGH SCHOOL CROSS COUNTRY RESULTS**  
**SENECA DUAL MEET 9-7-10**  
**COURSE CONDITIONS: HILLY, HUMID**

	<b>1 MILE SPLIT/PL.</b>	<b>2 MILE SPLIT/PL.</b>	<b>3 MILE SPLIT/PL.</b>	<b>IMPROVED AVG.</b>
Brandon	5:48/3 S/F: 26	12:02/3 6:14/+0	17:58/3 5:56/+0	+0 5:59
Adam	5:48/3 S/F: 1:00	12:16/4 6:28/-1	18:37/7 6:21/-3	-4 6:12
Mike M.	6:01/9 S/F: 25	12:51/13 6:50/-4	19:04/13 6:13/+0	-4 6:21
Max	6:01/8 S/F: 27	12:52/14 6:51/-6	19:05/14 6:13/+0	-6 6:22
DeBolt	6:12	DNF	DNF	
Luke	6:13/18 S/F: 40	13:15/16 7:02/+2	19:48/16 6:33/+0	+2 6:36
Fonz	6:33/27 S/F: 1:10	14:39/26 8:06/+1	22:44/29 8:05/-3	-2 7:35
Marshal	7:23	?	24:41/36	8:14
Johnson	7:15	?	25:03/37	8:21
Karson	6:39/1 S/F: 52	14:10/1 7:31/+0	21:21/3 7:11/-2	-2 7:07
Lizy	6:51/2 S/F: 1:28	15:10/7 8:19/-5	22:48/7 7:38/+0	-5 7:36

**Total Runners Varsity**                      **2010 3-4**  
 Girls 26                      Boys 42

**Team Results**                                      **2 OF 4 Teams**

Marquette	31
<b>PLANO</b>	<b>53</b>
Seneca	64
Lisle	71

1-5 split 1:50..... Not good

*“I have seen hundreds of runners who were physically in better condition than I was. Mentally, however, they were not, so consequently they couldn’t win the race.”*

*-George Young 8:22 2-mile, Teacher, Coach.*