

PLANO HIGH SCHOOL CROSS COUNTRY RESULTS
SENECA TWILIGHT 9-3-10
COURSE CONDITIONS: HILLY, HUMID

	1 MILE SPLIT/PL.	2 MILE SPLIT/PL.	3 MILE SPLIT/PL.	IMPROVED AVG.
Brandon	5:25 S/F: 29	11:35 5:50	17:29/22 5:54	5:50
Adam	5:30 S/F: 1:00	12:00 6:30	18:12/28 6:12	6:04
Max	6:05 S/F: 27	12:35 6:30	18:38/39 6:03	6:13
Mike M.	6:05 S/F: 25	12:35 6:30	18:44/45 6:09	6:15
DeBolt *SPR	6:10 S/F: 41	12:55 6:45	18:59/52 6:04	6:20
Luke *LPR	6:25 S/F: 40	13:05 6:40	19:05/56 6:00	6:22
Fonz *SPR	6:25 S/F: 1:10	14:00 7:35	21:35/102 7:35	7:12
Johnson	?	?	22:39/122	7:33
Marshall	?	?	24:41/139	8:14
Karson	6:44/18 S/F: 35	14:05/17 7:19/+1	21:22/15 7:17/+2	+3 7:07
Lizy	6:52/29 S/F: 56	14:40/30 7:48/-1	22:27/33 7:47/-3	-4 7:29

Total Runners Varsity **2010 1-3**
 Girls 102 Boys 153

Team Results	5 OF 18 Teams
Yorkville	60
Marquette	64
Beecher	65
Plainfield	83
PLANO	177

“There’s no secret to running. Use common sense, do it long enough, and you’ll get to be pretty good at it.” -Bill Dellinger Oregon Track Coach, Olympic Coach