

PLANO HIGH SCHOOL CROSS COUNTRY RESULTS

WAR ON 34 8-27-10 78 Deg. 69 % Hum.

COURSE CONDITIONS: HILLY, HUMID

Actual Time +20 secs.

	1 MILE	2 MILE	3 MILE	IMPROVED
	SPLIT/PL.	SPLIT/PL.	SPLIT/PL.	AVG.
Brandon	5:17/11	11:15/10	17:12/10	+1
*SPR	S/F: 41	5:58/+1	5:57/+0	5:44
Adam	5:25/13	11:40/16	17:56/18	-5
	S/F: 51	6:15/-3	6:16/-2	5:59
Mike M.	5:52/27	12:15/25	18:32/23	-4
*SPR	S/F: 31	6:23/+2	6:17/+2	6:11
Max	6:02/31	12:22/27	18:37/25	+6
	S/F: 18	6:20/+4	6:15/+2	6:12
DeBolt	6:16/42	13:05/45	19:27/39	+3
	S/F: 33	6:49/-3	6:32/+6	6:29
Luke	6:45/46	13:08/46	19:36/44	+2
*LPR	S/F: 22	6:23/+0	6:24/+2	6:32
Fonz	6:50/58	14:10/54	21:43/51	+7
*SPR	S/F: 43	7:20/+4	7:33/+3	7:15
Johnson	6:55/ -	?	23:14/67	7:44
Marshall	?	?	24:39/74	8:13
*LPR				
Droysen	?	?	26:31/79	8:50
*LPR				
Karson	6:36/14	14:33/16	24:04/27	-13
	S/F: 2:55	7:57/-2	9:31/-13	8:01
Lizy	6:47/18	15:05/21	23:19/19	-1
	S/F: 1:31	8:18/-3	8:14/+2	7:46

Total Runners Varsity 2010 1-3

93

Team Results 4 OF 5 Teams

Yorkville 33

Oswego 37

Sandwich 84

Plano 88 (Miller, Morello, Lil Mil, Max, Debolt, Luke, Macias)

Somonauk 100+

“A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more.”

Steve Prefontaine