Name	Recovery	Long	Easy	State	Tempo	Cruise	Cr (1k)	CV Pace	VO2	Rep	Sprint
Carter Alicks	8:11-8:47	7:51-8:08	7:21-7:36	6:33-6:44	6:13-6:23	5:56-6:04	3:42-3:47	5:40-5:47	5:13-5:19	1:04-1:06	30-32
Chase Peterson	8:11-8:47	7:51-8:08	7:21-7:36	6:33-6:44	6:13-6:23	5:56-6:04	3:42-3:47	5:40-5:47	5:13-5:19	1:04-1:06	30-32
Patrick Robinson	8:11-8:47	7:51-8:08	7:21-7:36	6:33-6:44	6:13-6:23	5:56-6:04	3:42-3:47	5:40-5:47	5:13-5:19	1:04-1:06	30-32
Katie Nolan	8:14-8:50	7:55-8:11	7:24-7:39	6:35-6:45	6:16-6:25	5:58-6:06	3:43-3:49	5:42-5:50	5:15-5:21	1:05-1:07	30-32
Julia Ireland	8:25-9:02	8:05-8:22	7:34-7:49	6:44-6:55	6:24-6:34	6:06-6:14	3:48-3:54	5:50-5:57	5:22-5:28	1:06-1:08	31-32
Evey Austin	8:44-9:23	8:24-8:42	7:52-8:07	7:00-7:11	6:39-6:49	6:20-6:29	3:57-4:03	6:03-6:11	5:35-5:40	1:09-1:11	32-34
Griffin Messina	8:44-9:23	8:24-8:42	7:52-8:07	7:00-7:11	6:39-6:49	6:20-6:29	3:57-4:03	6:03-6:11	5:35-5:40	1:09-1:11	32-34
Bella Metternich	8:44-9:23	8:24-8:42	7:52-8:07	7:00-7:11	6:39-6:49	6:20-6:29	3:57-4:03	6:03-6:11	5:35-5:40	1:09-1:11	32-34
Gwen O'Hearn	8:44-9:23	8:24-8:42	7:52-8:07	7:00-7:11	6:39-6:49	6:20-6:29	3:57-4:03	6:03-6:11	5:35-5:40	1:09-1:11	32-34
Jackson Pascale	8:44-9:23	8:24-8:42	7:52-8:07	7:00-7:11	6:39-6:49	6:20-6:29	3:57-4:03	6:03-6:11	5:35-5:40	1:09-1:11	32-34
Declan Brown	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Rylan Chintada	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Liam Furman	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Kaycie Falcone	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
John Groff	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Nick Marchionda	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Eden Pascale	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Ethan Poplawski	9:18-9:58	8:56-9:15	8:21-8:38	7:26-7:39	7:04-7:15	6:44-6:54	4:12-4:18	6:26-6:35	5:56-6:03	1:13-1:15	34-36
Brianna Brady	10:33-11:19	10:08-10:29	9:29-9:48	8:27-8:41	8:01-8:13	7:38-7:49	4:46-4:53	7:18-7:28	6:44-6:52	1:23-1:25	39-41
Sera Lam	10:33-11:19	10:08-10:29	9:29-9:48	8:27-8:41	8:01-8:13	7:38-7:49	4:46-4:53	7:18-7:28	6:44-6:52	1:23-1:25	39-41
Yana Saluja	10:33-11:19	10:08-10:29	9:29-9:48	8:27-8:41	8:01-8:13	7:38-7:49	4:46-4:53	7:18-7:28	6:44-6:52	1:23-1:25	39-41
Allison Carlucci	12:33-13:28	12:04-12:30	10:38-10:57	10:03-10:20	9:33-9:48	9:06-9:19	5:41-5:49	8:42-8:54	8:01-8:10	1:39-1:42	47-48
Kristina Chotai	12:33-13:28	12:04-12:30	10:38-10:57	10:03-10:20	9:33-9:48	9:06-9:19	5:41-5:49	8:42-8:54	8:01-8:10	1:39-1:42	47-48
Katherine O'Malley	12:33-13:28	12:04-12:30	10:38-10:57	10:03-10:20	9:33-9:48	9:06-9:19	5:41-5:49	8:42-8:54	8:01-8:10	1:39-1:42	47-48
Samantha Zborowski	12:33-13:28	12:04-12:30	10:38-10:57	10:03-10:20	9:33-9:48	9:06-9:19	5:41-5:49	8:42-8:54	8:01-8:10	1:39-1:42	47-48