







TEAM RED LIZARD		
Portland 		Oregon
3:00		
Mile	Time	Pace
1	0:06:49	06:48
2	0:13:44	06:51
3	0:20:46	06:50
4	0:27:36	06:55
5	0:34:13	06:47
6	0:41:05	06:50
7	0:48:02	06:49
8	0:55:04	07:00
9	1:02:06	07:02
10	1:08:52	06:58
11	1:15:55	06:58
12	1:22:46	06:52
13	1:29:49	06:52
14	1:36:42	06:59
15	1:43:22	06:45
16	1:50:12	06:50
17	1:57:08	06:49
18	2:04:10	06:52
19	2:10:48	06:34
20	2:17:24	06:50
21	2:24:23	06:48
22	2:31:01	06:53
23	2:38:00	06:55
24	2:45:02	06:46
25	2:51:34	06:50
26	2:58:24	06:50
end	3:00:00	06:52

TEAM RED LIZARD		
Portland 		Oregon
3:05		
Mile	Time	Pace
1	0:07:00	07:00
2	0:14:07	07:02
3	0:21:21	07:02
4	0:28:22	07:07
5	0:35:11	06:59
6	0:42:13	07:01
7	0:49:22	07:01
8	0:56:36	07:12
9	1:03:49	07:13
10	1:10:46	07:09
11	1:18:01	07:09
12	1:25:03	07:04
13	1:32:18	07:04
14	1:39:22	07:10
15	1:46:14	06:56
16	1:53:15	07:02
17	2:00:23	07:01
18	2:07:36	07:04
19	2:14:26	06:46
20	2:21:13	07:01
21	2:28:23	07:00
22	2:35:13	07:04
23	2:42:24	07:06
24	2:49:37	06:57
25	2:56:20	07:01
26	3:03:21	07:01
end	3:05:00	07:04

TEAM RED LIZARD		
Portland 		Oregon
3:10		
Mile	Time	Pace
1	0:07:12	07:11
2	0:14:30	07:14
3	0:21:55	07:13
4	0:29:08	07:18
5	0:36:08	07:10
6	0:43:22	07:13
7	0:50:43	07:12
8	0:58:08	07:23
9	1:05:32	07:25
10	1:12:41	07:20
11	1:20:07	07:21
12	1:27:20	07:15
13	1:34:47	07:15
14	1:42:02	07:22
15	1:49:05	07:08
16	1:56:18	07:13
17	2:03:37	07:12
18	2:11:02	07:15
19	2:18:04	06:57
20	2:25:01	07:13
21	2:32:24	07:11
22	2:39:24	07:16
23	2:46:47	07:18
24	2:54:12	07:09
25	3:01:06	07:13
26	3:08:18	07:13
end	3:10:00	07:15

TEAM RED LIZARD		
Portland 		Oregon
3:15		
Mile	Time	Pace
1	0:07:23	07:23
2	0:14:53	07:25
3	0:22:30	07:25
4	0:29:54	07:30
5	0:37:05	07:22
6	0:44:31	07:24
7	0:52:03	07:24
8	0:59:40	07:35
9	1:07:16	07:36
10	1:14:35	07:32
11	1:22:13	07:32
12	1:29:38	07:26
13	1:37:16	07:26
14	1:44:42	07:33
15	1:51:57	07:19
16	1:59:21	07:25
17	2:06:52	07:24
18	2:14:29	07:26
19	2:21:42	07:09
20	2:28:50	07:24
21	2:36:25	07:23
22	2:43:36	07:27
23	2:51:10	07:29
24	2:58:47	07:20
25	3:05:52	07:24
26	3:13:16	07:24
end	3:15:00	07:26

TEAM RED LIZARD		
Portland 		Oregon
3:25		
Mile	Time	Pace
1	0:07:46	07:46
2	0:15:39	07:48
3	0:23:40	07:48
4	0:31:26	07:53
5	0:38:59	07:45
6	0:46:48	07:47
7	0:54:44	07:47
8	1:02:43	07:57
9	1:10:42	07:59
10	1:18:24	07:55
11	1:26:24	07:55
12	1:34:12	07:49
13	1:42:14	07:49
14	1:50:03	07:56
15	1:57:40	07:42
16	2:05:27	07:47
17	2:13:21	07:46
18	2:21:21	07:49
19	2:28:58	07:32
20	2:36:28	07:47
21	2:44:26	07:46
22	2:51:59	07:50
23	2:59:56	07:52
24	3:07:57	07:43
25	3:15:24	07:47
26	3:23:11	07:47
end	3:25:00	07:49

TEAM RED LIZARD		
Portland 		Oregon
3:30		
Mile	Time	Pace
1	0:07:58	07:57
2	0:16:02	08:00
3	0:24:14	07:59
4	0:32:12	08:04
5	0:39:56	07:56
6	0:47:56	07:59
7	0:56:04	07:58
8	1:04:15	08:09
9	1:12:25	08:10
10	1:20:18	08:06
11	1:28:30	08:06
12	1:36:29	08:01
13	1:44:43	08:01
14	1:52:43	08:07
15	2:00:32	07:53
16	2:08:30	07:59
17	2:16:36	07:58
18	2:24:48	08:01
19	2:32:36	07:43
20	2:40:17	07:58
21	2:48:26	07:57
22	2:56:11	08:01
23	3:04:20	08:03
24	3:12:32	07:55
25	3:20:10	07:58
26	3:28:08	07:58
end	3:30:00	08:01

TEAM RED LIZARD		
Portland		Oregon
3:35		
Mile	Time	Pace
1	0:08:09	08:08
2	0:16:25	08:11
3	0:24:49	08:11
4	0:32:58	08:15
5	0:40:53	08:08
6	0:49:05	08:10
7	0:57:24	08:09
8	1:05:47	08:20
9	1:14:08	08:22
10	1:22:12	08:18
11	1:30:36	08:18
12	1:38:47	08:12
13	1:47:12	08:12
14	1:55:23	08:19
15	2:03:23	08:05
16	2:11:33	08:10
17	2:19:50	08:09
18	2:28:14	08:12
19	2:36:13	07:55
20	2:44:06	08:10
21	2:52:27	08:09
22	3:00:23	08:13
23	3:08:43	08:15
24	3:17:07	08:06
25	3:24:56	08:10
26	3:33:05	08:10
end	3:35:00	08:12


TEAM RED LIZARD		
Portland		Oregon
3:40		
Mile	Time	Pace
1	0:08:20	08:20
2	0:16:48	08:22
3	0:25:24	08:22
4	0:33:44	08:27
5	0:41:51	08:19
6	0:50:14	08:21
7	0:58:45	08:21
8	1:07:19	08:32
9	1:15:51	08:33
10	1:24:06	08:29
11	1:32:42	08:29
12	1:41:04	08:24
13	1:49:41	08:24
14	1:58:04	08:30
15	2:06:15	08:16
16	2:14:36	08:22
17	2:23:05	08:21
18	2:31:40	08:24
19	2:39:51	08:06
20	2:47:55	08:21
21	2:56:28	08:20
22	3:04:34	08:24
23	3:13:06	08:26
24	3:21:42	08:17
25	3:29:42	08:21
26	3:38:03	08:21
end	3:40:00	08:24


TEAM RED LIZARD		
Portland		Oregon
3:45		
Mile	Time	Pace
1	0:08:33	08:33
2	0:17:13	08:35
3	0:26:02	08:35
4	0:34:35	08:39
5	0:42:54	08:32
6	0:51:29	08:34
7	1:00:13	08:33
8	1:08:60	08:44
9	1:17:45	08:46
10	1:26:12	08:42
11	1:35:00	08:42
12	1:43:35	08:36
13	1:52:25	08:36
14	2:01:00	08:43
15	2:09:24	08:29
16	2:17:57	08:34
17	2:26:39	08:33
18	2:35:27	08:36
19	2:43:51	08:19
20	2:52:06	08:34
21	3:00:52	08:33
22	3:09:11	08:37
23	3:17:55	08:39
24	3:26:45	08:30
25	3:34:57	08:34
26	3:43:30	08:34
end	3:45:00	08:36

TEAM RED LIZARD		
Portland		Oregon
3:50		
Mile	Time	Pace
1	0:08:43	08:43
2	0:17:33	08:45
3	0:26:33	08:45
4	0:35:15	08:50
5	0:43:44	08:42
6	0:52:30	08:44
7	1:01:23	08:44
8	1:10:20	08:54
9	1:19:16	08:56
10	1:27:53	08:52
11	1:36:51	08:52
12	1:45:36	08:46
13	1:54:37	08:46
14	2:03:21	08:53
15	2:11:55	08:39
16	2:20:38	08:44
17	2:29:30	08:43
18	2:38:29	08:46
19	2:47:03	08:29
20	2:55:28	08:44
21	3:04:24	08:43
22	3:12:52	08:47
23	3:21:47	08:49
24	3:30:47	08:40
25	3:39:08	08:44
26	3:47:52	08:44
end	3:50:00	08:46


TEAM RED LIZARD		
Portland		Oregon
4:00		
Mile	Time	Pace
1	0:09:06	09:06
2	0:18:20	09:08
3	0:27:43	09:08
4	0:36:48	09:13
5	0:45:39	09:05
6	0:54:48	09:07
7	1:04:06	09:07
8	1:13:26	09:18
9	1:22:44	09:19
10	1:31:44	09:15
11	1:41:06	09:15
12	1:50:13	09:09
13	1:59:38	09:09
14	2:08:45	09:16
15	2:17:41	09:02
16	2:26:48	09:08
17	2:36:03	09:07
18	2:45:25	09:09
19	2:54:23	08:52
20	3:03:10	09:07
21	3:12:30	09:06
22	3:21:21	09:10
23	3:30:39	09:12
24	3:40:02	09:03
25	3:48:46	09:07
26	3:57:53	09:07
end	4:00:00	09:09


TEAM RED LIZARD		
Portland		Oregon
4:10		
Mile	Time	Pace
1	0:09:29	09:29
2	0:19:06	09:31
3	0:28:52	09:31
4	0:38:21	09:36
5	0:47:34	09:28
6	0:57:06	09:30
7	1:06:46	09:30
8	1:16:29	09:40
9	1:26:11	09:42
10	1:35:32	09:38
11	1:45:17	09:38
12	1:54:48	09:32
13	2:04:36	09:32
14	2:14:05	09:39
15	2:23:24	09:25
16	2:32:54	09:30
17	2:42:32	09:29
18	2:52:18	09:32
19	3:01:38	09:15
20	3:10:48	09:30
21	3:20:31	09:29
22	3:29:44	09:33
23	3:39:25	09:35
24	3:49:12	09:26
25	3:58:18	09:30
26	4:07:47	09:30
end	4:10:00	09:32


TEAM RED LIZARD		
Portland  Oregon		
4:25		
Mile	Time	Pace
1	0:10:03	10:03
2	0:20:14	10:05
3	0:30:36	10:05
4	0:40:38	10:10
5	0:50:24	10:02
6	1:00:30	10:04
7	1:10:46	10:04
8	1:21:03	10:15
9	1:31:18	10:16
10	1:41:13	10:12
11	1:51:32	10:12
12	2:01:37	10:06
13	2:11:60	10:06
14	2:22:03	10:13
15	2:31:56	09:59
16	2:41:59	10:05
17	2:52:12	10:04
18	3:02:33	10:06
19	3:12:28	09:49
20	3:22:10	10:04
21	3:32:28	10:03
22	3:42:14	10:07
23	3:52:29	10:09
24	4:02:52	10:00
25	4:12:30	10:04
26	4:22:34	10:04
end	4:25:00	10:06

TEAM RED LIZARD		
Portland  Oregon		
4:40		
Mile	Time	Pace
1	0:10:38	10:37
2	0:21:23	10:40
3	0:32:21	10:39
4	0:42:57	10:44
5	0:53:17	10:36
6	1:03:57	10:39
7	1:14:48	10:38
8	1:25:40	10:49
9	1:36:30	10:51
10	1:46:58	10:46
11	1:57:53	10:47
12	2:08:31	10:41
13	2:19:30	10:41
14	2:30:07	10:48
15	2:40:34	10:34
16	2:51:11	10:39
17	3:02:00	10:38
18	3:12:56	10:41
19	3:23:25	10:23
20	3:33:41	10:38
21	3:44:35	10:37
22	3:54:54	10:42
23	4:05:44	10:44
24	4:16:43	10:35
25	4:26:54	10:39
26	4:37:32	10:39
end	4:40:00	10:41

TEAM RED LIZARD		
Portland  Oregon		
5:00		
Mile	Time	Pace
1	0:11:23	11:23
2	0:22:55	11:25
3	0:34:40	11:25
4	0:46:01	11:30
5	0:57:05	11:22
6	1:08:32	11:25
7	1:20:09	11:24
8	1:31:47	11:35
9	1:43:23	11:36
10	1:54:35	11:32
11	2:06:16	11:32
12	2:17:40	11:27
13	2:29:26	11:27
14	2:40:48	11:33
15	2:52:00	11:19
16	3:03:23	11:25
17	3:14:59	11:24
18	3:26:41	11:27
19	3:37:57	11:09
20	3:48:57	11:24
21	4:00:37	11:23
22	4:11:40	11:27
23	4:23:17	11:29
24	4:35:03	11:21
25	4:45:58	11:24
26	4:57:21	11:24
end	5:00:00	11:27

TEAM RED LIZARD		
Portland  Oregon		
Mile	Time	Pace
1		
2		
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end		

TEAM RED LIZARD		
Portland  Oregon		
Mile	Time	Pace
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end		

TEAM RED LIZARD		
Portland  Oregon		
Mile	Time	Pace
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end		