

Corridor Running Club Track Meet #2
8/4/2015
Washington HS Track - Cedar Rapids, IA

Men's & Women's 3000 Meters (Division 1)

PL	Athlete	Gender	Team	Final	Splits							
1	Mullen, Tazer	M	TAZER	9:16.73	36.04	1:48.84	3:02.95	4:17.12	5:33.30	6:49.86	8:05.11	9:16.73
					(36.04)	(1:12.81)	(1:14.11)	(1:14.18)	(1:16.18)	(1:16.57)	(1:15.25)	(1:11.63)
2	Czarnomski, Mario	M	Unattached	9:33.29	39.37	1:55.06	3:11.21	4:29.33	5:48.67	7:08.41	8:24.55	9:33.29
					(39.37)	(1:15.70)	(1:16.15)	(1:18.12)	(1:19.35)	(1:19.74)	(1:16.15)	(1:08.75)
3	Sullivan, Tyler	M	TAZER	9:38.72	38.26	1:53.82	3:10.67	4:28.72	5:48.08	7:07.72	8:25.49	9:38.72
					(38.26)	(1:15.56)	(1:16.85)	(1:18.06)	(1:19.36)	(1:19.65)	(1:17.78)	(1:13.24)
4	Murphy, Ryan	M	LMTC	9:39.49	40.14	1:58.31	3:15.47	4:32.82	5:50.23	7:07.90	8:24.29	9:39.49
					(40.14)	(1:18.17)	(1:17.16)	(1:17.36)	(1:17.41)	(1:17.68)	(1:16.40)	(1:15.20)
5	Gosch, Dalton	M	LMTC	10:24.55	38.98	1:54.32	3:10.96	4:29.04	5:48.35	7:08.13	8:38.77	10:24.55
					(38.98)	(1:15.35)	(1:16.64)	(1:18.08)	(1:19.32)	(1:19.78)	(1:30.65)	(1:45.78)
6	Newman, Mike	M	ARMON	10:54.56	41.98	2:08.56	3:35.42	5:02.93	6:31.60	8:00.28	9:27.22	10:54.56
					(41.98)	(1:26.59)	(1:26.86)	(1:27.52)	(1:28.68)	(1:28.69)	(1:26.94)	(1:27.35)
7	Downey, PJ	M	Unattached	11:33.98	43.40	2:11.76	3:46.56	5:22.19	6:58.32	8:32.36	10:08.10	11:33.98
					(43.40)	(1:28.36)	(1:34.80)	(1:35.64)	(1:36.13)	(1:34.05)	(1:35.74)	(1:25.88)
8	Wolfe, Tom	M	Unattached	12:34.90	47.12	2:26.18	4:05.95	5:46.02	7:29.66	9:13.80	10:58.70	12:34.90
					(47.12)	(1:39.06)	(1:39.77)	(1:40.07)	(1:43.64)	(1:44.15)	(1:44.91)	(1:36.20)
9	Neher, Lisa	F	ARMON	13:19.79	50.54	2:39.39	4:26.76	6:15.70	8:04.07	9:52.23	11:39.69	13:19.79
					(50.54)	(1:48.85)	(1:47.37)	(1:48.95)	(1:48.38)	(1:48.16)	(1:47.46)	(1:40.10)

Men's & Women's 100 Meters (Division 1)

PL	Athlete	Gender	Team	Final
1	Gosch, Dalton	M	LMTC	14.02
2	Werderman, Amos	M	Unattached	14.50
3	Armon, John	M	ARMON	15.80

Men's & Women's 800 Meters (Division 1)

PL	Athlete	Gender	Team	Final	Splits	
1	Armon, John	M	ARMON	2:23.13	1:13.47	2:23.13
					(1:13.47)	(1:09.67)
2	Newman, Mike	M	ARMON	2:26.51	1:13.80	2:26.51
					(1:13.80)	(1:12.72)
3	Nietert, Jeff	M	ARMON	2:26.97	1:14.09	2:26.97
					(1:14.09)	(1:12.88)
4	Hahn, Jason	M	TAZER	2:28.70	1:13.26	2:28.70
					(1:13.26)	(1:15.44)
5	Nietert, Nolan	M	Unattached	2:32.32	1:15.13	2:32.32
					(1:15.13)	(1:17.19)
6	Sunseri, Ken	M	TAZER	2:34.31	1:15.57	2:34.31
					(1:15.57)	(1:18.74)
7	Strickland, Bob	M	Unattached	2:53.95	1:28.62	2:53.95
					(1:28.62)	(1:25.34)
8	Downey, PJ	M	Unattached	3:01.29	1:23.78	3:01.29
					(1:23.78)	(1:37.52)
9	Neher, Lisa	F	ARMON	3:10.48	1:38.27	3:10.48
					(1:38.27)	(1:32.22)

Men's & Women's 200 Meters (Division 1)

PL	Athlete	Gender	Team	Final	Section(SPL)
1	Gosch, Dalton	M	LMTC	24.65	1(1)
2	Melberry, Chandler	M	LMTC	25.57	1(2)
3	Czarnomski, Mario	M	Unattached	25.83	1(3)
4	Gansen, Kyle	M	LMTC	27.79	1(4)
5	Mullen, Tazer	M	TAZER	29.09	2(1)

6	Werderman, Amos	M	Unattached	29.53	2(2)
7	Sunseri, Ken	M	TAZER	30.02	2(3)
8	Wolfe, Tom	M	Unattached	36.35	2(4)

Men's & Women's 4 x 400m Relay (Division 1)

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4	Splits				
1	LMTC	A	4:10.75	Murphy	Gosch	Gansen	Melberry	1:05.75 (1:05.75)	2:04.65 (58.91)	3:05.38 (1:00.73)	4:10.75 (1:05.38)
2	TAZER	A	4:26.30	Hahn	Sullivan	Mullen	Sunseri	1:08.46 (1:08.46)	2:13.05 (1:04.60)	3:15.72 (1:02.67)	4:26.30 (1:10.59)
3	ARMON	A	4:41.38	Neher	Newman	Nietert	Armon	1:24.87 (1:24.87)	2:29.60 (1:04.74)	3:34.61 (1:05.01)	4:41.38 (1:06.78)