

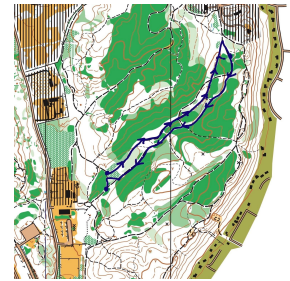
# Timed Runs

## Sunday 9.27 West Hills Park

### Sand Trail Uphill Main Trail Downhill (1 mile)

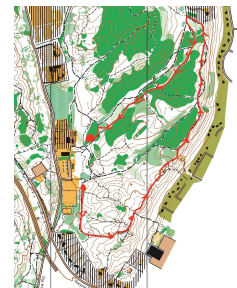


	9/27	9/20	8/30
Marissa C.	9:37.1	10:12.6	
Noha	10:53.3	11:25.3	
Sara I.	11:03.5		11:45.1
Ryan Z.	12:15.3	14:47.1	
Tatiana P.	12:59.7		12:41.0
Jaxson M.	12:53.8	12:39.9	
Amanda S.	12:55.1		11:06.6
Emike O.	17:45.4	15:13.1	
Nico P.	13:38.2	16:02.1	
Massimo O.	14:54.3	16:17.4	
Aminosi O.	18:39.7	19:51.9	
Victor P.	14:03.8		12:11.4
John R.	14:25.3		14:08.4
Teagan D.	14:17.6		14:46.8
Paige	15:18.7		



### High Trail Uphill Main Trail Downhill (1.75 miles)

	9/27	9/20
Brooke C.	15:02.6	15:43.8
Emily C.	15:25:3	15:07.6
Valentina B.	20:05.0	17:47.2
Justin M.	20:42.8	n/a
Paula B.	22:30.8	20:46.3
Abigail O.	25:05.2	25:21.3
Natalia I.	27:02.3	24:53.5
Emmanuel O.	29:36.2	25:35.2



### 5K course: Cool Out Trail, Green Fence Trail, Main Trail, High Trail, Main Trail again (3.1 miles)

Simon B: 27:49.1

