Cascade Lake Time Trial: 2-miles
August 18, 2023

Sunny: 76°,, Fair   Wind: 13-mph, S   Humidity 54%

Team	Name	Yr.	Time	Pace	VDOT	Level	5K
1	Aiden Feda	10	11:05	5:33	57.1	5	17:47
2	Jayden Anderson	10	11:22	5:41	55.5	5	18:13
3	Phillip Dahlen	12	11:55	5:58	52.6	4	19:05
4	Layton Mathis	8	12:03	6:02	51.9	4	19:18
5	Max Nguyen	11	12:07	6:04	51.6	4	19:24
6	Noah Stanslaski	12	12:11	6:06	51.3	4	19:30
7	Luke Liedl	12	12:17	6:09	50.8	4	19:40
8	Nate Nigbur	11	12:26	6:13	50.1	4	19:54
9	Scott Anderson	12	12:45	6:23	48.7	3	20:24
10	Jacob Wiest	9	12:57	6:29	47.8	3	20:43
11	Ben Wallace	10	14:15	7:08	42.9	2	22:45
12	Landon Ortmeier	10	14:35	7:18	41.7	2	23:16
13	Jacob Perry	8	15:41	7:51	38.4	1	25:00
14	Simon Anderson	8	15:58	7:59	37.6	1	25:26
15	Lucas Leidig	9	16:10	8:05	37.0	1	25:45
16	Ezra Mogenson	7	16:20	8:10	36.6	1	26:01
17	Mason Nguyen	8	16:22	8:11	36.5	1	26:04
18	Noah Chounard	11	16:33	8:17	36.0	1	26:21
19	Patrick Luckey	9	16:35	8:17	35.9	1	26:24
20	Clayton Coons	8	16:37	8:19	35.9	1	26:27
21	Jack Bergerson	10	17:14	8:37	34.3	DNR	27:25
22	Andrew Dahlen	10	17:15	8:38	34.3	DNR	27:27
23	Dylan Rudzik	10	17:17	8:39	34.2	DNR	27:30
24	Stephen Johnson	12	DNR	DNR	DNR	DNR	DNR
25	Cameron Flottmeyer	10	DNR	DNR	DNR	DNR	DNR
26	Evan Melyncezko	7	DNR	DNR	DNR	DNR	DNR
27	Ivan Mamaril	10	DNR	DNR	DNR	DNR	DNR
28	Samuel Kasper	8	DNR	DNR	DNR	DNR	DNR

The term VDOT was coined by renowned running coach and physiologist Jack Daniels and his associate Jimmy Gilbert. At its core, VDOT is an attempt to objectively quantify the shape of a runner across all the various distances one might race. For training purposes, runners performing at Level 3 or above may receive more intensive workouts. Runners at Level 1&2 will work on building their base of fitness. Movement to a higher level can be attained by retesting or from the time performed in a race. To remain in the intensive training group, the runner must be able to complete the workout at the directed intensity.