

XC Goal	Avg. Mile	Avg. 800	Avg. 400	Avg. 200	Avg. 100
17:00	5:40	2:50	1:25	0:42.5	0:21.25
17:15	5:45	2:51.5	1:25.5		
17:30	5:50	2:53	1:26	0:43.5	
17:45	5:55	2:56.5	1:28		
18:00	6:00	3:00	1:30	0:45	0:22.5
18:15	6:05	3:01.5	1:30.5		
18:30	6:10	3:04	1:31	0:46.1	
18:45	6:15	3:06.5	1:33		
19:00	6:20	3:10	1:35	0:47.5	0:23.75
19:15	6:25	3:11.5	1:35.75		
19:30	6:30	3:14	1:37	0:48.5	
19:45	6:35	3:16.5	1:38		
20:00	6:40	3:20	1:40	0:50	0:25
20:15	6:45	3:21	1:40.5		
20:30	6:50	3:24	1:42	0:50.1	
20:45	6:55	3:26	1:43		
21:00	7:00	3:30	1:45	0:52.5	0:26.25
21:15	7:05	3:31	1:45.5		
21:30	7:10	3:34	1:47	0:53.4	
21:45	7:14	3:36	1:48		
22:00	7:20	3:40	1:50	0:55	0:27.5
22:15	7:25	3:41	1:50.5		
22:30	7:29	3:43.5	1:52	0:56	
22:45	7:35	3:36	1:53		
23:00	7:40	3:50	1:55	0:57.5	0:28.75
23:15	7:45	3:51	1:55.5		
23:30	7:50	3:53.5	1:57	0:58.4	
23:45	7:55	3:56	1:58		
24:00	8:00	4:00	2:00	1:00	0:30
24:15	8:05	4:01	2:00.5		
24:30	8:10	4:03.5	2:02	1:01	
24:45	8:15	4:06	2:03		
25:00	8:20	4:10	2:05	1:02.5	0:31.25
25:15	8:24	4:11	2:05.5		
25:30	8:30	4:13.5	2:07	1:03.5	
25:45	8:35	4:16	2:08		
26:00	8:40	4:20	2:10	1:05	0:32.5
26:15	8:45	4:20.5	2:10.5		
26:30	8:50	4:23.5	2:11.5	1:06	
26:45	8:55	4:26	2:12		
27:00	9:00	4:30	2:15	1:07.5	0:33.75
27:15	9:05	4:31	2:15.5		
27:30	9:10	4:33	2:16.5	1:08.5	
27:45	9:15	4:36	2:18		
28:00	9:20	4:40	2:20	1:10	0:35
28:15	9:25	4:41	2:20.5		
28:30	9:30	4:43	2:21.5	1:11	
28:45	9:35	4:46	2:23		

XC Goal	Avg. Mile	Avg. 800	Avg. 400	Avg. 200	Avg. 100
29:00	9:40	4:50	2:25	1:12.5	0:36.25
29:15	9:45	5:51	2:25.5		
29:30	9:50	4:53	2:26.5	1:13.5	
29:45	9:55	4:56	2:28		
30:00	10:00	5:00	2:30	1:15	0:37.5
30:15	10:05	5:02	2:30.5		
30:30	10:10	5:03	2:31.5	1:16	
30:45	10:15	5:06	2:33		
31:00	10:20	5:10	2:35	1:17.5	0:38.75
31:15	10:25	5:11	2:35.5		
31:30	10:30	5:13	2:36.5	1:18.5	
31:45	10:35	5:16	2:38		
32:00	10:40	5:20	2:40	1:20	0:40
32:15	10:45	5:20.5	2:40.5		
32:30	10:50	5:23	2:41.5	1:21	
32:45	10:55	5:25.5	2:43		
33:00	11:00	5:30	2:45	1:22.5	0:41.25
33:15	11:05	5:30.5	2:45.5		
33:30	11:10	5:33	2:46.5	1:23.5	
33:45	11:15	5:35.5	2:48		
34:00	11:20	5:40	2:50	1:25	0:42.5
34:15	11:25	5:40.5	2:50.5		
34:30	11:30	5:42	2:51.5	1:26	
34:45	11:35	5:45.5	2:52.5		
35:00	11:40	5:50	2:55	1:27.5	0:43.75
35:15	11:45	5:50.5	2:55		
35:30	11:50	5:53	2:56.5	1:28	
35:45	11:55	5:55	2:57.5		
36:00	12:00	6:00	3:00	1:30	0:45
36:15	12:05	6:00.5	3:00.5		
36:30	12:10	6:03	3:01.5	1:31	
36:45	12:15	6:05	3:02.5		
37:00	12:20	6:10	3:05	1:32.5	0:46.25
37:15	12:25	6:10.5	3:05.5		
37:30	12:30	6:13	3:06.5	1:33	
37:45	12:35	6:15	3:07.5		
38:00	12:40	6:20	3:10	1:35	0:47.5