

Time Event 20211228

Allison	3 km	Running Time	Lap time	500m	200m		
	1	00:21.8	00:21.8	1	00:21.2	1	00:14.1
	2	00:37.3	00:15.5	2	00:36.3		
	3	00:53.2	00:15.9	3	00:43.6		
	4	01:09.7	00:16.5				
	5	01:26.5	00:16.8				
	6	01:43.7	00:17.1				
	7	02:01.1	00:17.5				
	8	02:18.5	00:17.4				
	9	02:36.0	00:17.4				
	10	02:53.4	00:17.4				
	11	03:10.9	00:17.5				
	12	03:28.2	00:17.3				
	13	03:45.6	00:17.4				
	14	04:03.0	00:17.4				
	15	04:23.9	00:20.9				

Diane Snobelen	500m	200m		
	1	00:20.4	1	00:13.8
	2	00:34.3	1	00:13.5
	3	00:41.4		
	4	00:41.4		