

3rd

4th

+ 08:08.81

2024 4th Manny Flick / Horvat





2 Hackensack (S. Edmonds)

5 Friends Select (C. Lamont)

4 Wyoming Seminary (A. Innamorati)

Place	Lane		Organizatio	n	Net Time	%	Delta	Split	Pts
1st	1	Ridgewood A (06:43.16						
2nd	3	Shipley (O. Wils	07:09.22	6.5%	00:26.06	00:00:26.06			
3rd	2	Hackensack (S	07:21.24	9.4%	00:12.02	00:00:38.08			
4th	5	Friends Select	08:03.58	19.9%	00:42.34	00:01:20.42			
5th	4	Wyoming Seminary (A. Innamorati)			08:08.81	21.2%	00:05.23	00:01:25.65	
1200 L	0	1260 .	1320	1380	1440 	15	00 J		
1st				06:4	06:43.16 ← 1 Ridgewood A (W. Carroll)				
2nd		07:09.22 +				3 Shipley (O. Wilson)			