

# Time Trial

Friday, May 9 2014

High 60's; windy, sunny

## 800:

Lehnhardt	2:03*
McMahon	2:05
A Gleisner	2:06*
Sieczkowski	2:13.5
Brower	2:13.8
Benz-Weeden	2:14
Wagner	2:16
Cummings	2:17
Claure	2:20
Starzec	2:21
Lahucik	2:23
Brower	2:13.8
Markey	2:27
Cavalier	2:32

## 3200:

D Gleisner	72—75 (2:27) 5:00—7:33	10:05*
H Becker	72—75 (2:27) 5:01—7:41	10:21
Lifonti	73—75 (2:28) 5:02—7:54	10:42
Skucas	72—75 (2:27) 5:00—7:45	10:36
Szymanski	75—80 (2:35) 5:21—8:12	10:48
Carollo	76—79 (2:35) 5:22—8:15	10:57*

## 400:

Lehnhardt	55.8*
Sieczkowski	59.75*
B-W	60.3
Brower	60.48
Markey	62.0
Wagner	65.0
Claure	67.0

## Comments:

Let's start with **Maximus**: he flat out worked his way into the SWSC varsity lineup. I said this was possible and Max showed how you could run hard enough—regardless of the conditions and environment—to make your mark. This is an important characteristic of great racers: the ability to, in the words of Peter Coe, “develop the iron will to run solo through any pain barrier.” If you don't know who Peter and Seb Coe are...go look them up. The **Gleisners** also put together great PR performances. Adam shaved two more seconds off his 800—a strong PR. David continues his fantastic sophomore season with a 10:05, having to roll solo for much of the race. He has range across all events and is developing into a phenomenal varsity runner. I love his mentality. Finally, **Carollo**—only a week after a personally disappointing performance which left him very disappointed, he rallied back and turned that setback into the substance of his best race yet. He had to dig down deep to run down his sub 11:00 in the final 800.