

Track Workout Mile Time Trial Results, 2005-2012									
	2005	2006	2007	2008	2009	2010	2011	2012	
	mile	mile	mile	mile	1600m	1600m	mile	mile	
Adam		5:27.7					5:39.0*	5:17.3	
Alicia									7:06.8
Anders				5:52.3					
Andy B		4:50.2							
Angie						7:59.9			
Anne M					6:15.6				6:37.6
Ashley							5:55.7		
Asit		6:30.5	6:21.7	6:26.6	6:02.2		6:24.6	6:20.3	
Brent		5:37.3							
Brian			5:50.7						
Brian H					5:54.3				
Brian P							6:24.6		
Brian VZ					6:04.4	6:09.6			
Carlos						5:31.2		5:00.3	
Chris C							5:27.5		
Chris M		6:03.9							
Chrstine				6:43.5					
Dale				5:42.7					
Dan			5:54.9						
Danielle			6:00.1	5:47.7		5:40.8	5:35.4	5:39.5	
Dave P						5:41.4	5:25.5		
David O'C				5:16.4					
Denis			5:19.1	5:28.0	5:18.5	5:15.1		5:12.4	
Diment					4:55.7				
Drew								5:19.0	
Emily				6:51.6					
Erin		7:37.5							
Felix								5:53.5	
Ferris	5:56.9								
Fiona						6:26.3			
Francisco		5:35.6							
Frank	5:25.3	5:44.8	5:46.8	5:14.1	5:09.5	5:36.0			
Galen								5:51.9	
Gene								6:31.8	
Geoffrey V							5:02.0		
George D						6:58.5			
Gino			5:15.9		5:02.3	5:09.9			
Greg T							5:03.7	5:10.0	
Ilona					6:23.7				
Jeff H	5:27.4		5:18.6				5:24.9		
Jessie					6:14.9				
Joel				6:34.5					
John G				5:32.6				5:49.3	
John S			5:31.6	5:47.2	5:29.3	5:55.3			
Justin					4:42.7	4:40.2	4:44.2	4:38.9	
Keith	6:35.8	6:51.9	7:00.7					7:53.5	
Kelly H								7:10.0	
Ken A								6:56.6	
Kenley					5:10.5	5:12.9*	5:07.1	5:11.8	
Lara		6:37.9							
Leah				5:37.6					
Lee								7:48.9	
Louise							6:01.0	6:16.1	
Malinda	7:30.8	7:01.8	7:19.6	7:35.3	6:49.8	6:24.5	6:34.9	6:45.0	
Mark Her.						5:36.0			
Mark Huff.					5:56.8		6:08.3	6:15.3	
Markham				5:40.9					
Matthew		5:05.7							
Michael G								6:15.6	
Mike A							5:40.9	5:24.3	
Mike H	5:58.0								
Mike Kim	5:31.5								
Monica Z					5:52.3				
Nakia						5:38.6	5:22.2		
Nathan	5:03.1	5:25.4	5:48.8	5:26.7					
Patrick	6:28.5		6:15.1	6:31.9	6:42.0		6:27.5	6:37.1	
Paul								5:57.6	
Pete		5:10.4							
Peter H						5:23.3			
Raissa							7:14.2		
Raymond		7:43.6							
Sara C				6:10.2					
Sara S			5:52.1	6:00.5					
Sarah								8:10.4	
Shawn					5:47.2				
Simon						5:12.0		5:10.6	
Stella					6:09.5				
Steve H								5:17.0	
Steve L						4:50.5	4:56.1		
Steven Pits.								5:30.6	
Tan								5:23.8	
Ted								6:08.9	
Thang								6:09.7	
Theo								7:09.6	
Tim								4:57.1	
Tom					5:21.9				
Tomas	5:18.8	5:15.9		5:28.2	5:18.0	5:29.2	5:26.4		
Tower							5:01.2		
Xiaoyin						7:11.3			
Yvonne						5:40.2			
Zack	5:00.9		5:14.1		5:17.0				