

*energy begins within*



## KARMEA RUN LAB

<b>SESSION :</b>	5km Benchmark Run
<b>LOCATION :</b>	Manly
<b>ROUTE :</b>	Queenscliff to Shelly Beach Return

<b>RESULTS</b>							
<b>NAME</b>	<b>08.07.10</b>	<b>19.08.10</b>	<b>30.09.10</b>	<b>16.12.10</b>	<b>13.01.11</b>		
Aelwyn	00:28:32				00:28:39		
Thor	00:27:35		00:24:11		00:25:23		
Warren	00:19:19						
Gill D			00:22:21				
Chris		00:22:31					
Kristina		00:23:37		00:24:21	00:23:00		
Sarah Anne		00:20:23					
Patrick							
Mark		00:22:00					
Sinead		00:22:51					
Sarah		00:24:38					
Claire			00:24:10				
Rob				00:25:27			
Lisa				00:25:27			
Nick D					00:27:34		
Parco					00:25:27		
Gill					00:25:23		

