

RACING SUMMARY 1985 → 1987.

1985			min/mile
MAR 31	10 Km	42:46.18	6.88
MAY 12	10 Km	44:06.?	SICK PRIOR 7.10
MAY 18	10 Km	42:52.91	6.90
MAY 26	10 Km	42:29.56	6.84
JUNE 16	20.3 Km	1:31:06.?	7.22
JULY 7	10 Km	41:55.?	6.75
SEPT 8	10 Km	41:42.95	6.71
SEPT 15	10 Km	39:58.75	6.43

7.10km
1.20km

86			
APRIL 6	10 Km	42:09.50	6.78
APRIL 27	21 Km	1:34:23.08	7:20
MAY 3	10.4 mi 16.7 Km	1:12:36.	6.98
MAY 25	10 Km	41:59.40	6.76
JUNE 8	10 Km	40:47	6.89. Central
JULY 6	10 Km	45:25	7.31 Sick
SEPT 7	10 Km	45:31	7.33 10 lbs.
SEPT 26	10 Km	46:16.28	7.45 1 min slow start
OCT 11	15 Km	1:08:33	7.35

87			
MARCH 29	10 Km	42:15.36	6.80
APRIL 26	21.1	1:30:28.34	6.90
MAY 10	10 Km	46:24.	7.47 with a slow
MAY 24	10 Km	41:02.46	6.60
JUNE 6	15.9	1:10:51	7.17 J-B RELAY
JULY 27	14.0	1:10.44	7.80 K-100 RELAY