

The Zion Benton Half Workout - All Time

	<u>Name</u>	<u>Year</u>	<u>Date</u>	<u>Performance</u>
1	Andrew Ntim	Fr	8/21/10	18 Laps 110 Meters
2	Cody Wynn	Sr	4/27/10	18 Laps 60 Meters
3	Cooper Steffen	So	4/27/10	17 Laps 310 Meters
4	Marco Vara	So	3/29/10	17 Laps 300 Meters
5	Eric Miller	Fr	4/27/10	17 Laps 280 Meters
6	Derek Nystrom	Jr	8/10/11	17 Laps 50 Meters
7	Sean Cashin	Fr	4/27/10	17 Laps 50 Meters
8	Luis Ramirez	Fr	4/17/10	17 Laps 40 Meters
9	Eric Goebel	Fr	8/21/10	16 Laps 380 Meters
10	Prentiss Grant	Sr	8/21/10	16 Laps 300 Meters
11	Isaac Murray	Fr	8/21/10	16 Laps 300 Meters
12	Mike Beem	Jr	3/29/10	16 Laps 200 Meters
13	Nick Kremer	Fr	8/21/10	16 Laps 200 Meters
14	Sean Cashin	Fr	3/29/10	16 Laps 100 Meters
15	Cooper Steffen	So	3/29/10	16 Laps 0 Meters
16	Luis Ramirez	Fr	3/29/10	15 Laps 0 Meters
17	Derek Nystrom	So	8/21/10	13 Laps 275 Meters
18	Sean Zatz	Jr	8/21/10	10 Laps 150 Meters