

The Zion Benton Workout - All Time

	<u>Name</u>	<u>Year</u>	<u>Date</u>	<u>Performance</u>
1	Philip Meyer	Jr	8/10/11	40 Laps 25 Meters
2	Noel Gonzalez	Sr	8/21/10	38 Laps 360 Meters
3	Noel Gonzalez	Jr	4/27/10	38 Laps 150 Meters
4	Keith Hamilton	Sr	4/27/10	38 Laps 20 Meters
5	Trevor DuBois	Sr	8/10/11	37 Laps 350 Meters
6	Noel Gonzalez	Jr	3/29/10	35 Laps 200 Meters
7	Tim Athans	Jr	8/21/10	35 Laps 100 Meters
8	Trevor DuBois	So	4/27/10	35 Laps 60 Meters
9	Philip Meyer	Fr	4/27/10	35 Laps 60 Meters
10	Keith Hamilton	Sr	3/29/10	35 Laps 50 Meters
11	Philip Meyer	So	8/21/10	34 Laps 210 Meters
12	Trevor DuBois	Jr	8/21/10	34 Laps 50 Meters
13	Tim Athans	Sr	8/10/11	34 Laps 20 Meters
14	John Ulteras	Jr	8/10/11	33 Laps 70 Meters
15	Eric Miller	Jr	8/10/11	33 Laps 25 Meters
16	Trevor DuBois	So	3/29/10	33 Laps 0 Meters
17	Christian Gordon	Jr	4/27/10	31 Laps 125 Meters
18	Mike Beem	Jr	4/27/10	31 Laps 125 Meters
19	Micah Bohon	Jr	8/10/11	30 Laps 350 Meters
20	Cody Wynn	Sr	3/29/10	30 Laps 100 Meters
21	Travis Sims	Sr	4/27/10	30 Laps 0 Meters
22	Christian Gordon	Jr	3/29/10	29 Laps 250 Meters
23	Isaac Murray	So	8/10/11	29 Laps 25 Meters
24	Andrew Ntim	So	8/10/11	26 Laps 200 Meters*