

**RECOVER FASTER.
TRAIN SMARTER.
SLEEP BETTER.**



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Team	Swim Challenge (4 x 200 yard)	FastSplits Indoor TT	Maraton Sports Relay Run (4 x 1600m)	TOTAL TIME
Peak Triathlon Coaching	00:08:54	01:02:10	00:20:07	01:31:11
Davis Method - Team 1	00:08:26	01:04:59	00:19:59	01:33:24
Breakthrough Performance Coaching - Team 1	00:10:11	01:02:55	00:21:47	01:34:53
Davis Method - Team 2	00:10:08	01:08:04	00:20:55	01:39:07
Zoom Multisport	00:09:38	01:04:51	00:26:22	01:40:51
Boston Tri Team	00:09:03	01:11:03	00:23:07	01:43:13
Wheelworks Multisport	00:09:45	01:09:59	00:24:15	01:43:59
Lunenburg Tri Club	00:10:44	01:10:55	00:24:40	01:46:19
University Club Boston	00:09:59	01:10:36	00:27:47	01:48:22
Northeast Multisport - Blue Team	00:10:40	01:13:59	00:25:40	01:50:19
UMASS Amherst	00:10:32	01:19:35	00:23:28	01:53:35
Bay State Tri Team Team 1	00:13:30	01:19:30	00:25:44	01:58:44
Breakthrough Performance Coaching - Team 2	00:12:19	01:20:08	00:26:25	01:58:52
Northeast Multisport - Team Orange	00:12:14	01:23:05	00:29:25	02:04:44
Boston University Tri Team	00:09:01	01:33:22	00:23:19	02:05:42
Bay State Tri Team Team 2	00:14:02	01:22:38	00:31:21	02:08:01