

## Top 10 times- Thru State Meet (\*\* = F.A.T time adjusted to Hand Held subtract .24- round down)

### Lincoln High Sprinters- 2014 track season

#### 100 meters

A. Belhaj	10.6
Q Score	11.1
C. Quintinilla	11.2
N. Sudbeck**	11.3
D Arntz** J. Smith**	11.3
D Jones	11.3
Wagner**/Large	11.5
Z. Khan	11.6
B. Furula	11.6
K. Hart/R. Lund	11.6

#### 200m /open

A. Belhaj**	21.5
D. Arntz	23.0
N. Sudbeck	23.1
B. Furula	23.4
C. Quintinilla	23.7
Q. Score	23.7
D. Jones	23.8
J. Smith**	24.2
N. Jalandra**	24.4
Z. Khan/Blarge	24.4

#### 400m/open

A. Belhaj**	48.1
N. Sudbeck	49.7
Z. Khan**	50.3
B. Furula	51.5
I. Bindert	51.5
E. Weber	53
K. Hurley	53.6
N. Schroeder	53.9
A. Moore	54.1
A. Borchart	54.1

#### 4x100 relay

Quintinilla-Arntz**	43.1
Large-Furula	
Large-Arntz	43.6
Score-Belhaj	
Quintinilla-Arntz**	43.8
Jones-Belhaj	
Quintinilla-Arntz	44
Score-Furula	
Quintinilla-Arntz	44.1
Wagner-Belhaj	

#### 4x200 relay

Khan-Arntz**	01:30.3
Jones-Furula	
Quintinilla-Sudbeck	1:31.4
Furula-Belhaj	
Quintinilla-Arntz**	1:32.8
Jones-Khan	
Quintinilla-Wagner	1:33.7
Sudbeck-Belhaj	
Khan-Arntz	1:34.1
Shota-Furula	

#### Medley R

Belhaj-Arntz**	03:35.8
Sudbeck-Schroeder	
Arntz-Furula**	03:37.8
Bindert-Schroeder	
Arntz-Jones**	03:40.4
Furula-Bindert	
Belhaj-Score**	03:40.6
Sudbeck-Schroeder	
Arntz--Shota	03:46.5
Bindert-Bump	

#### 4x400 relay

Sudbeck-Bindert**	03:21.0
Khan-Belhaj	
Sudbeck-Furula	03:21.3
Bindert-Belhaj	
Khan-Furula**	03:26.1
Bindert-Belhaj	
Sudbeck-Bump	03:27.5
Khan-Belhaj	
Bindert-Furula	03:29.5
Khan-Bump	

#### 200m/split

A. Belhaj	21.4
B. Furula	22.3
C. Quintinilla	23.2
D. Arntz	22.4
D. Jones	22.4
E. Weber	23.6
M. Wagner	23.5
N. Meyers	23.3
N. Sudbeck	22.8
Z. Khan	22.7

#### 400m/split

A. Belhaj	48.2
N. Sudbeck	49.3
Z. Kahn	50
I. Bindert	50.8
B. Furula	51.3
F. Bumb	51.8
N. Schroeder	52.7
E. Weber	53.8
A. Moore	54.4
D. Arntz	55

#### 800 m

N. Schroeder	1:58.0
F. Bump	1:58.5
N. Sudbeck	1:58.8
I. Bindert	2:02.2
W. Lauer	2:02.3
C. Barkley	2:04.8
A. Moore	2:05.4
G. Peters	2:08.8
L. DeGross	2:09.0
A. Rassmussen	2:11.5