

Alexandria Lions Invite - 2019

50 F, wet ground, gradually more muddy				Saturday, October 5, 2019								Arrowwood Resort, Alexandria					
Team	Meet	Varsity Race										Same Meet		Last Race		CC Pers Best	
Place	Place	Runner	Grade	1000m	1st 1600m	2nd 1600m	3200m	3rd 1600m	5000m avg.	1600m avg.	1000m avg.	Last yr	Improv.	5k/3200m	Improv.	5k	2mi
1	7	Finn Sokolowski	12	03:09.0	05:12.5	05:20.7	10:33.2	05:12.0	16:24.2	05:14.9	03:16.8	16:16.9		16:35.0	00:10.8	15:51.3	10:08.0
2	11	Alec Nelson	12	03:11.0	05:18.4	05:26.6	10:45.0	05:11.5	16:35.4	05:18.5	03:19.1	16:39.2	00:03.8	17:08.3	00:32.9	16:05.3	10:12.0
3	16	Will Sacay	12	03:09.0	05:11.1	05:24.9	10:36.0	05:24.8	16:41.4	05:20.4	03:20.3	16:23.7		17:06.2	00:24.8	15:59.3	10:21.0
4	20	Santino Preciado	12	03:16.0	05:23.9	05:33.3	10:57.2	05:15.9	16:52.6	05:24.0	03:22.5	17:43.8	00:51.2	18:11.2	01:18.6	17:10.7	10:46.0
5	25	Elliott McArthur	9	03:15.0	05:23.1	05:32.9	10:56.0	05:25.4	17:02.1	05:27.1	03:24.4	16:41.6		17:46.5	00:44.4	16:19.0	10:06.0
6	29	Matthew Miller	11	03:15.0	05:26.9	05:35.1	11:02.0	05:25.2	17:07.9	05:28.9	03:25.6	17:16.9	00:09.0	18:05.8	00:57.9	17:03.2	10:26.0
7	58	Nathaniel Apostol	12	03:15.0	05:27.6	05:49.4	11:17.0	05:54.5	17:55.8	05:44.3	03:35.2	17:30.7		18:22.8	00:27.0	16:58.5	10:36.0
JV Race																	
1	10	Ezra Gaim	12		05:31.0	05:48.0	11:19.0	05:40.2	17:41.7	05:39.7	03:32.3			18:58.3	01:16.6	17:46.4	11:10.0
2	12	Charlie Brody	11		05:42.0	05:53.0	11:35.0	05:26.7	17:42.5	05:40.0	03:32.5			19:22.9	01:40.4	18:00.1	11:24.9
3	15	Brenner Kline	12		05:31.0	05:52.0	11:23.0	05:38.6	17:43.9	05:40.4	03:32.8	19:07.6	01:23.7	20:07.5	02:23.6	17:52.9	11:50.8
4	24	Ellis Maloney	11		05:42.0	05:54.0	11:36.0	05:40.9	17:59.5	05:45.4	03:35.9	17:52.1		19:40.1	01:40.6	17:45.5	11:23.6
5	32	Sam Magnuson	11		05:34.0	05:59.0	11:33.0	05:54.8	18:12.2	05:49.5	03:38.4	17:41.1		19:52.2	01:40.0	17:41.1	11:27.0
6	41	Carter Francisco	11		05:44.0	06:06.0	11:50.0	05:53.6	18:27.8	05:54.5	03:41.6	19:28.2	01:00.4	17:58.3		17:58.3	12:35.1
7	43	John Pfenning-Wendt	12		05:45.0	06:07.0	11:52.0	05:53.2	18:29.3	05:55.0	03:41.9	18:47.6	00:18.3	18:12.4		18:12.4	11:36.9
8	52	Zach Allie	12		05:47.0	06:17.0	12:04.0	05:49.5	18:37.2	05:57.5	03:43.4	19:29.9	00:52.7	20:31.9	01:54.7	18:14.8	11:22.6
9	92	Tanner Ware	12		05:53.0	06:30.0	12:23.0	06:00.4	19:08.5	06:07.5	03:49.7	22:20.5	03:12.0	19:01.0		19:01.0	12:09.7
10	110	Luke Welsh	11		06:09.0	06:22.0	12:31.0	06:10.5	19:27.8	06:13.7	03:53.6	21:42.9	02:15.1	21:16.2	01:48.4	19:10.0	12:14.5
11	135	Alex Breen	12		05:50.0	06:36.0	12:26.0	06:33.0	19:48.1	06:20.2	03:57.6	19:22.3		19:03.9		19:03.9	11:58.3
12	138	Daniel Rauenhurst	11		06:06.0	06:28.0	12:34.0	06:26.9	19:49.3	06:20.6	03:57.9	20:04.2	00:14.9	19:35.7		19:35.7	12:36.0
13	146	Max Derosier	10		06:04.0	06:43.0	12:47.0	06:22.8	19:57.6	06:23.2	03:59.5			18:54.8		18:54.8	11:55.3
14	154	Cole Kath	10		06:17.0	06:37.0	12:54.0	06:24.4	20:06.5	06:26.1	04:01.3			19:45.3		19:45.3	12:24.1
15	161	James Freimuth	11		06:29.0	06:40.0	13:09.0	06:14.1	20:09.9	06:27.2	04:02.0	21:21.5	01:11.6	20:14.9	00:05.0	19:59.6	12:30.6
16	162	Caleb Laberge	12		06:27.0	06:42.0	13:09.0	06:17.4	20:13.6	06:28.4	04:02.7			20:30.6	00:17.0	20:30.6	
17	176	Jack Simser	12		06:38.0	06:46.0	13:24.0	06:15.0	20:25.9	06:32.3	04:05.2			22:23.9	01:58.0	21:24.5	
18	197	Matthew Nelson	12		06:30.0	06:51.1	13:21.1	06:41.5	20:52.8	06:40.9	04:10.6	20:28.7		22:13.7	01:20.9	20:23.6	12:43.2
19	254	Justin Rauenhurst	11		07:12.0	07:20.0	14:32.0	06:43.2	22:05.6	07:04.2	04:25.1	22:10.9	00:05.3	20:53.5		20:53.5	13:22.8
20	257	Yatharth Sharma	10		06:54.0	07:18.0	14:12.0	07:13.5	22:19.7	07:08.7	04:27.9			20:59.8		20:59.8	13:08.3
21	265	Ashwin Wariar	11		06:57.0	07:24.0	14:21.0	07:17.1	22:32.7	07:12.9	04:30.5	23:22.8	00:50.1	25:00.8	02:28.1	22:09.5	13:31.1
		Matthew Walker	11						DNR					18:34.1		18:34.1	11:41.8
		Laken Hairston	12						DNR					21:37.1		21:37.1	
		Leo Cui	11						DNR					24:00.9		24:00.9	
		Mikey Gennaro	12						DNR					19:36.7		18:02.3	11:18.7
		Harrison Smith	10						DNR					24:11.3		22:35.5	13:44.5
Freshmen Race																	
1	8	Canton Franciso	9		05:46.0	05:36.2	11:22.2							18:21.8		18:21.8	12:14.9
2	13	Nick Schulte	9		05:47.0	05:55.3	11:42.3							18:27.0		18:27.0	11:42.2
3	20	Evan Kirland	8		06:01.0	06:01.0	12:02.0							21:51.6		21:51.6	12:10.1
4	25	Ben Sparks	9		06:01.0	06:09.5	12:10.5							18:59.4		18:59.4	12:09.4
5	36	Victor Lelinga	9		06:12.0	06:21.2	12:33.2							20:27.9		20:27.9	13:06.7
6	64	Sam Richter	9		06:25.0	06:40.3	13:05.3							21:00.0		21:00.0	13:33.6
7	79	William Anderson	9		06:31.0	06:49.0	13:20.0							21:32.0		21:32.0	13:34.9
8	88	Ben Wiggenhorn	9		06:49.0	06:43.3	13:32.3							21:29.6		21:29.6	13:55.1
9	94	Jack Carlson	9		06:51.0	06:52.0	13:43.0							21:32.1		21:32.1	14:59.6
10	102	Sam McDonald	9		06:50.0	06:59.7	13:49.7							21:36.6		21:36.6	15:27.8
11	106	Lane Bennett	9		06:57.0	06:58.0	13:55.0							22:23.9		22:23.9	14:32.5
12	155	Tate Nelson	9		07:23.0	07:51.0	15:14.0							27:16.8		27:16.8	15:37.3
13	174	Charlie Anderson	9		07:43.0	08:10.2	15:53.2							26:04.0		26:04.0	
14	178	Hudson Hirsch	9		08:12.0	07:48.2	16:00.2							24:20.2		24:20.2	16:17.6
		Theo Moller	9											26:50.1		26:50.1	17:29.2
		Lukas Nicolopoulos	9											22:42.4		22:42.4	
		Ivan Zu	9											23:01.5		23:01.5	
		Sam Geer	7											19:27.6		19:27.6	12:02.8
		Otto Coleman	8											21:55.3		21:55.3	12:41.2
		Levi Hammerbeck	8											22:37.5		22:37.5	13:23.9
		August Arnold	8											22:26.0		22:26.0	
		Khai Mulheron	7											DNR			14:25.6