

Metro Invitational 10-6-95 Jefferson Barracks

Name	Level	Place	1 mi time	2 mi time	3.1 mi time	1st mi pace	2nd mi pace	3rd mi pace	Comments
Top Seven									
Tim Chik	V	10	5:15	10:46	17:11	05:15	05:31	05:50	medalist
Joe Donnelly	V	11	5:22	10:47	17:13	05:22	05:25	05:51	medalist
Ben Fanson	V	14	5:17	10:52	17:19	05:17	05:35	05:52	medalist
John Flynn	V	26	5:25	10:56	17:33	05:25	05:31	06:01	medalist
Ben Rosario	V	29	5:25	10:56	17:35	05:25	05:31	06:03	medalist
Eric Monda	JV	1	5:28	11:09	17:43	05:28	05:41	05:58	
Tim Blessing	V	37	5:21	11:04	17:43	05:21	05:43	06:03	
Second Seven									
Joel Brown	V	53	5:33	11:19	17:59	05:33	05:46	06:04	
Chris Graesser	B	6	5:36	11:33	18:29	05:36	05:57	06:18	medalist
Shannon Yates	JV	6	5:44	11:35	18:34	05:44	05:51	06:21	medalist
John Ramsey	B	8	5:34	11:33	18:46	05:34	05:59	06:34	medalist
Ryan Monahan	JV	12	5:40	11:43	18:47	05:40	06:03	06:25	medalist
Dan Range	JV	17	5:45	11:55	18:56	05:45	06:10	06:23	medalist
John Christie	B	13	5:48	11:57	19:02	05:48	06:09	06:26	medalist
Scott Lauer	B	15	5:44	11:52	19:05	05:44	06:08	06:34	medalist
Matt Schaefer	B	17	5:49	12:01	19:09	05:49	06:15	06:29	medalist
John Senn	B	21	5:50	12:14	19:19	05:50	06:24	06:26	medalist
Matt Nischwitz	JV	25	5:55	12:10	19:21	05:55	06:15	06:32	medalist
Mark Fingerhut	B	22	5:58	12:09	19:23	05:58	06:11	06:35	medalist
Mark Bonk	JV	26	5:48	12:10	19:25	05:48	06:22	06:35	
Matt Crow	B	24	6:00	12:14	19:26	06:00	06:14	06:33	medalist
Brian Burns	JV	28	5:44	12:03	19:28	05:44	06:19	06:45	
John Johnson	JV	30	5:49	12:06	19:30	05:49	06:17	06:44	
John Ebel	B	27	6:02	12:17	19:30	06:02	06:15	06:34	
Greg Leuchtmann	B	29	6:18	12:23	19:34	06:18	06:05	06:32	
Luke Voytas	JV	31	6:04	12:14	19:38	06:04	06:10	06:44	
Frank Niesen	JV	32	5:55	12:10	19:39	05:55	06:15	06:48	
Francis Shen	JV	42	5:55	12:23	19:58	05:55	06:28	06:54	
David Breslin	JV	43	6:14	12:38	19:59	06:14	06:24	06:41	
Ben Caldwell	JV	50	5:51	12:22	20:10	05:51	06:31	07:05	
Chris Lewis	B	49	6:15	12:44	20:12	06:15	06:29	06:47	
Phil Rutterer	B	50	6:20	12:44	20:13	06:20	06:24	06:48	
Josh Ruddy	B	53	6:10	12:41	20:19	06:10	06:31	06:56	
Sean Burns	B	57	6:08	12:44	20:23	06:08	06:36	06:57	
Paul Schutte	B	61	6:14	12:59	20:27	06:14	06:45	06:47	
John Crane	B	63	6:19	12:53	20:29	06:19	06:34	06:55	
Mike Heany	B	66	6:38	12:40	20:32	06:38	06:02	07:09	
Matt Donaldson	JV	67	6:12	12:54	20:52	06:12	06:42	07:15	
Matt Orlando	B	85	6:35	13:15	20:57	06:35	06:40	07:11	
Jon Biscan	B	90	6:24	12:58	21:04	06:24	06:34	07:22	
Matt Melton	B	98	6:24	13:07	21:16	06:24	06:43	07:25	
Kevin Kovarik	B	104	6:44	13:28	21:20	06:44	06:44	07:09	
Drew Buser	B	108	6:33	13:31	21:36	06:33	06:58	07:21	
Chris Keeney	B	101	6:39	13:41	21:39	06:39	07:02	07:15	
Eric Grunzinger	B	112	6:47	13:42	21:41	06:47	06:55	07:15	
Alex Speiser	B	81	6:30	13:10	21:51	06:30	06:40	07:54	
Brian Patton	B	140	6:55	14:05	23:07	06:55	07:10	08:13	
Chad Nolan	B	144	7:10	15:12	23:42	07:10	08:02	07:44	