

SLUH Cross Country

Forest Park Cross Country Festival, Varsity Green Race: September 8, 2012

Name	Team	Place	1 mi split	2 mi split	5 km time	1st mi pace	2nd mi pace	3rd mi pace	Comments
Matt Nicholson	V	17	4:55	10:20	16:08.4	4:55	5:25	5:17	medalist; PR
Joe Archer	V	28	4:58	10:27	16:29.2	4:58	5:29	5:29	PR
Matt Hennessy	V	36	5:07	10:35	16:38.5	5:07	5:28	5:30	PR
Shayn Jackson	V	44	5:07	10:37	16:46.7	5:07	5:30	5:36	PR
Tom Rubio	V	48	5:01	10:35	16:51.5	5:01	5:34	5:42	
Peter Rackers	V-B	68	5:16	10:54	17:05.0	5:16	5:38	5:37	
Jack Sullivan	V-B	83	5:07	10:50	17:12.9	5:07	5:43	5:48	PR
David Arredondo	V	90	5:11	10:56	17:18.9	5:11	5:45	5:48	
Jordan Sosa	V-B	125	5:32	11:22	17:40.7	5:32	5:50	5:44	PR
Matt Rancilio	V-B	141	5:20	11:12	17:51.5	5:20	5:52	6:03	
Jack Gallagher	V-B	155	5:37	11:36	18:01.2	5:37	5:59	5:50	PR
Tom Laughlin	V	158	5:27	11:22	18:02.9	5:27	5:00	6:04	
Jerry Amster	V-B	177	5:27	11:27	18:21.4	5:27	6:00	6:17	
Thomas Hogan	V-B	180	5:41	11:46	18:23.9	5:41	6:05	6:02	PR
Alex Sextro	V-B	183	5:41	11:46	18:24.9	5:41	6:05	6:03	PR
Jacob Marty	V-B	203	5:31	11:36	18:41.7	5:31	6:05	6:27	
Garret Fox	V	251	5:07	11:33	19:40.7	5:07	6:26	7:23	
Michael Swan	V	DNF							

Weather: Sunny, breezy, course a little soft from rain the night before, 75 degrees.

Team Rank	Name	YR	Race	Place	Time	Points	Comments
1	Matt Nicholson	12	Varsity	17	16:08.4	16	Medalist; PR
2	Joe Archer	12	Varsity	28	16:29.2	27	PR
3	Matthew Hennessey	10	Varsity	36	16:38.5	33	PR
4	Shayn Jackson	10	Varsity	44	16:46.7	40	PR
5	Tom Rubio	11	Varsity	48	16:51.5	44	
6	Peter Rackers	11	Varsity	68	17:05.0	64	
7	Jack Sullivan	10	Varsity	83	17:12.9	77	PR
8	David Arredondo	12	Varsity	90	17:18.9	--	
9	Jordan Sosa	10	Varsity	125	17:40.7	--	PR
10	Matt Rancilio	12	Varsity	141	17:51.5	--	
11	Jack Gallagher	10	Varsity	155	18:01.2	--	PR
12	Tom Laughlin	12	Varsity	158	18:02.9	--	
13	Jerry Amsler	11	Varsity	177	18:21.4	--	
14	Thomas Hogan	10	Varsity	180	18:23.9	--	PR
15	Kevin Murphy	10	JV	47	18:24.2	45	PR
16	Alex Sextro	11	Varsity	183	18:24.9	--	PR
17	Jack Schroeder	10	JV	60	18:39.2	55	PR
18	Jacob Marty	10	Varsity	203	18:41.7	--	
19	Joe Vicini	12	JV	70	18:49.7	61	
20	Brendan Keuss	11	JV	74	18:54.2	64	
21	Brian Curran	12	JV	77	18:57.4	66	
22	Matt Thomas	11	JV	80	19:04.7	68	
23	Nick Perryman	10	JV	81	19:05.2	69	PR
24	Peter Mungenast	11	JV	91	19:14.7	--	PR
25	Greg Murphy	11	JV	99	19:26.9	--	
26	David Kasper	11	JV	115	19:39.9	--	
27	Garret Fox	10	Varsity	251	19:40.7	--	
28	John Sperkowski	10	JV	120	19:43.4	--	PR
29	Alex Brewer	10	JV	126	19:49.9	--	PR
30	Joe Moran	12	JV	137	19:59.4	--	
31	Michael Walsh	10	JV	138	20:00.4	--	
32	Matt Raeber	12	JV	142	20:03.7	--	
33	Josh Bergman	12	JV	145	20:05.2	--	
34	Jacob Colvis	10	JV	151	20:15.2	--	PR
35	Alex Peraud	11	JV	163	20:25.7	--	
36	Nick Booth	10	JV	167	20:27.7	--	
37	Ryan Bleche	10	JV	173	20:31.2	--	
38	Peter Volmert	10	JV	177	20:32.5	--	
39	David Szatkowski	11	JV	187	20:40.2	--	
40	Michael Mimplitz	11	JV	191	20:43.7	--	
41	Matthew Fleming	10	JV	201	20:54.2	--	
42	Peter Soto	10	JV	209	21:01.2	--	
43	Tommy Blackwell	10	JV	215	21:04.9	--	
44	Patrick Oster	11	JV	225	21:09.4	--	
45	Mark Rieke	11	JV	232	21:15.0	--	
46	Michael Schrock	11	JV	234	21:16.7	--	
47	Nic Pitti	10	JV	235	21:16.7	--	
48	John Lauer	11	JV	242	21:21.7	--	
49	Luke Carron	11	JV	265	21:49.4	--	
50	Charles Quinlivan	10	JV	267	21:50.2	--	
51	Ross Thompson	10	JV	281	22:05.7	--	
52	Lewis Kelley	10	JV	309	22:42.7	--	

53	Tony Conte	11	JV	320	23:02.2	--
54	Andrew Hof	10	JV	340	23:40.7	--
55	Matt Phimpavong	11	JV	353	24:09.2	--
56	Jack Kiehl	10	JV	370	25:02.2	--
57	Jeric George	10	JV	373	25:21.9	--
58	Christian Siegfried	11	JV	391	29:06.2	--