

SLUH Cross Country - August 29, 2020 - Alumni Race @ SLUH Track

Alumni	38	2, 7, 8, 9, 12 (13, 14)
Team	19	1, 3, 4, 5, 6 (10, 11)

Weather: 80F, high humidity/dew point, mostly sunny, low winds

Alums across the country ran on their own and submitted times for inclusion.

Place	Name	Year	Division	Team Pts	Heat	Time	5K Conversion	Total Time								Lap Splits								Mile Times			
								Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Mile 1	Mile 2	Difference	
1	Baker Pashea	Junior	T	1	1	10:15		1:13	2:30	3:48	5:07	6:27	7:46	9:04	10:15	1:13	1:17:00	1:18:00	1:19:00	1:20:00	1:19:00	1:18:00	1:11:00	5:07	5:08	0:01:00	
2	Eric Monda	Alum - 1997	A	1	2	10:19																					
3	Daniel Hogan	Senior	T	2	3	10:22		1:13	2:30	3:48	5:06	6:27	7:46	9:06	10:22	1:13	1:17:00	1:18:00	1:18:00	1:21:00	1:19:00	1:20:00	1:16:00	5:06	5:16	0:10:00	
4	Francis Alford	Junior	T	3	4	10:46		1:16	2:37	3:59	5:22	6:45	8:10	9:32	10:46	1:16	1:21:00	1:22:00	1:23:00	1:23:00	1:25:00	1:22:00	1:14:00	5:22	5:24	0:02:00	
5	Justin Glass	Junior	T	4	5	10:49		1:14	2:36	3:59	5:21	6:45	8:10	9:32	10:49	1:14	1:22:00	1:23:00	1:22:00	1:24:00	1:25:00	1:22:00	1:17:00	5:21	5:28	0:07:00	
6	Hayden Zenor	Senior	T	5	6	10:53		1:15	2:36	3:58	5:21	6:45	8:11	9:33	10:53	1:15	1:21:00	1:22:00	1:23:00	1:24:00	1:26:00	1:22:00	1:20:00	5:21	5:32	0:11:00	
7	Nate Tower	Alum - 2000	A	2	7	10:54																					
8	John Oliver	Alum - 2004	A	3	8	11:05																					
9	Noah Scott	Alum - 2020	A	4	9	11:07																					
10	Sandy LeGrand	Senior	T	6	10	11:09		1:18	2:39	4:01	5:27	6:51	8:20	9:46	11:09	1:18	1:21:00	1:22:00	1:26:00	1:24:00	1:29:00	1:26:00	1:23:00	5:27	5:42	0:15:00	
11	Joe LaBarge	Junior	T	7	11	11:13		1:17	2:38	3:59	5:24	6:52	8:22	9:52	11:13	1:17	1:21:00	1:21:00	1:25:00	1:28:00	1:30:00	1:30:00	1:21:00	5:24	5:49	0:25:00	
12	Nolan Meara	Sophomore	T	8	-	11:14		1:17	2:39	4:03	5:31	7:00	8:31	9:57	11:14	1:17	1:22:00	1:24:00	1:28:00	1:29:00	1:31:00	1:26:00	1:17:00	5:31	5:43	0:12:00	
13	Tim Greiner	Sophomore	T	9	-	11:17		1:18	2:43	4:05	5:32	7:01	8:30	9:57	11:17	1:18	1:25:00	1:22:00	1:27:00	1:29:00	1:29:00	1:27:00	1:20:00	5:32	5:45	0:13:00	
14	Wyatt Seal	Sophomore	T	10	-	11:19		1:16	2:38	4:03	5:30	6:59	8:30	9:58	11:19	1:16	1:22:00	1:25:00	1:27:00	1:29:00	1:31:00	1:28:00	1:21:00	5:30	5:49	0:19:00	
15	Carter Lowe	Sophomore	T	11	-	11:28		1:19	2:43	4:05	5:32	7:00	8:30	10:02	11:28	1:19	1:24:00	1:22:00	1:27:00	1:28:00	1:30:00	1:32:00	1:26:00	5:32	5:56	0:24:00	
16	Tim Probst	Alum - 1993	A	5	12	11:29																					
17	Will Riggan	Sophomore	T	12	-	11:29		1:19	2:44	4:08	5:37	7:07	8:38	10:09	11:29	1:19	1:25:00	1:24:00	1:29:00	1:30:00	1:31:00	1:31:00	1:20:00	5:37	5:52	0:15:00	
18	Noah Apprill-Sokol	Senior	T	13	-	11:30		1:16	2:38	4:02	5:29	7:00	8:32	10:07	11:30	1:16	1:22:00	1:24:00	1:27:00	1:31:00	1:32:00	1:35:00	1:23:00	5:29	6:01	0:32:00	
19	Cody Cox	Sophomore	T	14	-	11:33		1:16	2:39	4:03	5:30	6:59	8:32	10:07	11:33	1:16	1:23:00	1:24:00	1:27:00	1:29:00	1:33:00	1:35:00	1:26:00	5:30	6:03	0:33:00	
20	Reed Milnor	Alum - 2019	A	6	13	11:34																					
21	Sean Kellogg	Junior	T	15	-	11:36		1:19	2:45	4:09	5:37	7:08	8:38	10:09	11:36	1:19	1:26:00	1:24:00	1:28:00	1:31:00	1:30:00	1:31:00	1:27:00	5:37	5:59	0:22:00	
22	Cliff David	Alum - 2009	A	7	14	11:42																					
23	Keegan Cantwell	Senior	T	16	-	11:45		1:21	2:49	4:17	5:49	7:21	8:53	10:25	11:45	1:21	1:28:00	1:28:00	1:32:00	1:32:00	1:32:00	1:32:00	1:20:00	5:49	5:56	0:07:00	
24	Steffan Mayer	Sophomore	T	17	-	11:46		1:19	2:48	4:22	5:55	7:21	8:51	10:24	11:46	1:19	1:29:00	1:34:00	1:33:00	1:26:00	1:30:00	1:33:00	1:22:00	5:55	5:51	-0:04:00	
25	Aidan Byrne	Senior	T	18	-	11:51		1:18	2:44	4:09	5:39	7:13	8:50	10:27	11:51	1:18	1:26:00	1:25:00	1:30:00	1:34:00	1:37:00	1:37:00	1:24:00	5:39	6:12	0:33:00	
26	Tyler Barks	Sophomore	T	19	-	11:54		1:20	2:47	4:16	5:48	7:20	8:54	10:27	11:54	1:20	1:27:00	1:29:00	1:32:00	1:32:00	1:34:00	1:33:00	1:27:00	5:48	6:06	0:18:00	
27	Nicholas Purschke	Sophomore	T	20	-	12:01		1:19	2:45	4:09	5:39	7:14	8:50	10:29	12:01	1:19	1:26:00	1:24:00	1:30:00	1:35:00	1:36:00	1:39:00	1:32:00	5:39	6:22	0:43:00	
28	Stephen Kuehner	Alum - 2008	A	8		12:08																					
29	Ben Rosario	Alum - 1998	A	9		12:15																					
30	Adam Mittendorf	Alum - 2020	A	10		12:25																					
31	Tad Gray	Junior	T	21	-	12:31		1:20	2:47	4:20	5:56	7:34	9:14	10:55	12:31	1:20	1:27:00	1:33:00	1:36:00	1:38:00	1:40:00	1:41:00	1:36:00	5:56	6:35	0:39:00	
32	Tim Huegerich	Alum - 2000	A	11		12:35																					
33	Simon Clark	Alum - 2011	A	12		12:39																					
34	Andrew Frattini	Senior	T	22	-	12:41		1:20	2:51	4:27	6:06	7:45	9:24	11:06	12:41	1:20	1:31:00	1:36:00	1:39:00	1:39:00	1:39:00	1:42:00	1:35:00	6:06	6:35	0:29:00	
35	Alex Mittendorf	Junior	T	23	-	13:01		1:27	3:01	4:39	6:16	7:58	9:43	11:29	13:01	1:27	1:34:00	1:38:00	1:37:00	1:42:00	1:45:00	1:46:00	1:32:00	6:16	6:45	0:29:00	

36	Nate Boyer	Freshman	T	24	-	3	13:03			1:26	3:04	4:44	6:23	8:05	9:47	11:29	13:03	1:26	1:38:00	1:40:00	1:39:00	1:42:00	1:42:00	1:42:00	1:34:00	6:23	6:40	0:17:00
37	Coach Brian Gilmore	Alum - 2002	A	13			13:05																			6:11	6:48	
38	Charlie Murray	Freshman	T	25	-	2	13:05			1:26	3:04	4:42	6:22	8:05	9:49	11:34	13:05	1:26	1:38:00	1:38:00	1:40:00	1:43:00	1:44:00	1:45:00	1:31:00	6:22	6:43	0:21:00
39	Pete Palumbo	Alum - 1983	A	14			13:15																					
40	Michael Buescher	Senior	T	26	-	2	13:18			1:28	3:02	4:40	6:18	8:03	9:51	11:37	13:18	1:28	1:34:00	1:38:00	1:38:00	1:45:00	1:48:00	1:46:00	1:41:00	6:18	7:00	0:42:00
41	Parker Stus	Senior	T	27	-	3	13:19			1:26	3:04	4:45	6:24	8:07	9:55	11:45	13:19	1:26	1:38:00	1:41:00	1:39:00	1:43:00	1:48:00	1:50:00	1:34:00	6:24	6:55	0:31:00
42	Connor Coolbaugh	Sophomore	T	28	-	3	13:24			1:28	3:03	4:44	6:23	8:08	9:57	11:48	13:24	1:28	1:35:00	1:41:00	1:39:00	1:45:00	1:49:00	1:51:00	1:36:00	6:23	7:01	0:38:00
43	Landon Beiseman	Freshman	T	29	-	2	13:33			1:20	2:52	4:33	6:17	8:02	9:51	11:43	13:33	1:20	1:32:00	1:41:00	1:44:00	1:45:00	1:49:00	1:52:00	1:50:00	6:17	7:16	0:59:00
44	Nathan Wojtkowski	Junior	T	30	-		13:34			<i>ran on his own</i>																		
45	Anthony Zangara	Freshman	T	31	-	4	13:38			1:26	3:12	4:53	6:42	8:29	10:16	12:02	13:38	1:26	1:46:00	1:41:00	1:49:00	1:47:00	1:47:00	1:46:00	1:36:00	6:42	6:56	0:14:00
46	Gavin Lawhorn	Junior	T	32	-	2	13:44			1:27	3:02	4:42	6:25	8:13	10:04	11:58	13:44	1:27	1:35:00	1:40:00	1:43:00	1:48:00	1:51:00	1:54:00	1:46:00	6:25	7:19	0:54:00
47	Jack Werremeyer	Junior	T	33	-	2	13:46			1:29	3:04	4:43	6:31	8:21	10:17	12:13	13:46	1:29	1:35:00	1:39:00	1:48:00	1:50:00	1:56:00	1:56:00	1:33:00	6:31	7:15	0:44:00
48	Eli Dernlan	Junior	T	34	-	2	13:49			1:28	3:03	4:43	6:34	8:26	10:21	12:14	13:49	1:28	1:35:00	1:40:00	1:51:00	1:52:00	1:55:00	1:53:00	1:35:00	6:34	7:15	0:41:00
49	Ben Siemer	Senior	T	35	-	3	13:51			1:37	3:15	4:53	6:37	8:27	10:17	12:12	13:51	1:37	1:38:00	1:38:00	1:44:00	1:50:00	1:50:00	1:55:00	1:39:00	6:37	7:14	0:37:00
50	Flynn O'Connell	Junior	T	36	-	4	13:51			1:23	3:05	4:49	6:37	8:28	10:20	12:13	13:51	1:23	1:42:00	1:44:00	1:48:00	1:51:00	1:52:00	1:53:00	1:38:00	6:37	7:14	0:37:00
51	Sam Quinlivan	Junior	T	37	-	4	13:53			1:35	3:17	5:02	6:46	8:35	10:25	12:14	13:53	1:35	1:42:00	1:45:00	1:44:00	1:49:00	1:50:00	1:49:00	1:39:00	6:46	7:07	0:21:00
52	Lionel Moise	Sophomore	T	38	-	4	13:53			1:36	3:18	5:02	6:46	8:35	10:24	12:15	13:53	1:36	1:42:00	1:44:00	1:44:00	1:49:00	1:49:00	1:51:00	1:38:00	6:46	7:07	0:21:00
53	Noah Evers	Freshman	T	39	-	2	14:08			1:33	3:24	5:14	7:01	8:51	10:39	12:30	14:08	1:33	1:51:00	1:50:00	1:47:00	1:50:00	1:48:00	1:51:00	1:38:00	7:01	7:07	0:06:00
54	Jackson Cooper	Sophomore	T	40	-	2	14:10			1:28	3:08	4:54	6:43	8:35	10:28	12:24	14:10	1:28	1:40:00	1:46:00	1:49:00	1:52:00	1:53:00	1:56:00	1:46:00	6:43	7:27	0:44:00
55	Michael McCafferty	Alum - 2008	A				14:22																					
56	Thomas Bock	Sophomore	T	41	-	3	14:22			1:33	3:24	5:21	7:16	9:09	11:02	12:54	14:22	1:33	1:51:00	1:57:00	1:55:00	1:53:00	1:53:00	1:52:00	1:28:00	7:16	7:06	-0:10:00
57	Henry McIntyre	Senior	T	42	-	2	14:23			1:39	3:36	5:26	7:12	8:55	10:49	12:43	14:23	1:39	1:57:00	1:50:00	1:46:00	1:43:00	1:54:00	1:54:00	1:40:00	7:12	7:11	-0:01:00
58	Tag Arens	Junior	T	43	-	3	14:37			1:38	3:29	5:24	7:23	9:20	11:17	13:11	14:37	1:38	1:51:00	1:55:00	1:59:00	1:57:00	1:57:00	1:54:00	1:26:00	7:23	7:14	-0:09:00
59	Nathan Rubbelke	Alum - 2012	A				14:49																			6:57	7:52	
60	Quinn Apprill-Sokol	Freshman	T	44	-	4	15:05			1:40	3:25	5:13	7:08	9:12	11:19	13:20	15:05	1:40	1:45:00	1:48:00	1:55:00	2:04:00	2:07:00	2:01:00	1:45:00	7:08	7:57	0:49:00
61	Leo Fitzmaurice	Freshman	T	45	-	4	15:10			1:26	3:12	4:53	6:42	8:45	11:01	13:16	15:10	1:26	1:46:00	1:41:00	1:49:00	2:03:00	2:16:00	2:15:00	1:54:00	6:42	8:28	1:46:00
62	Joe Donnelly	Alum - 1997	A				15:22																					
63	Sam Kean	Junior	T	46	-	3	15:25			1:38	3:29	5:26	7:23	9:24	11:26	13:31	15:25	1:38	1:51:00	1:57:00	1:57:00	2:01:00	2:02:00	2:05:00	1:54:00	7:23	8:02	0:39:00
64	Joe Abbate	Sophomore	T	47	-	3	15:37			1:34	3:25	5:23	7:24	9:28	11:33	13:38	15:37	1:34	1:51:00	1:58:00	2:01:00	2:04:00	2:05:00	2:05:00	1:59:00	7:24	8:13	0:49:00
65	Luke Pierson	Junior	T	48	-	2	15:41			1:24	2:57	4:42	6:41	8:50	11:05	13:20	15:41	1:24	1:33:00	1:45:00	1:59:00	2:09:00	2:15:00	2:15:00	2:21:00	6:41	9:00	2:19:00
66	Nico Wilson	Sophomore	T	49	-	3	15:49			1:51	3:55	6:04	8:01	9:54	11:51	13:53	15:49	1:51	2:04:00	2:09:00	1:57:00	1:53:00	1:57:00	2:02:00	1:56:00	8:01	7:48	-0:13:00
67	Walter Hurley	Sophomore	T	50	-	3	15:58			1:45	3:43	5:44	7:43	9:47	11:52	14:03	15:58	1:45	1:58:00	2:01:00	1:59:00	2:04:00	2:05:00	2:11:00	1:55:00	7:43	8:15	0:32:00
68	Peter James	Junior	T	51	-	2	16:01			1:34	3:26	5:26	7:31	9:44	11:53	14:00	16:01	1:34	1:52:00	2:00:00	2:05:00	2:13:00	2:09:00	2:07:00	2:01:00	7:31	8:30	0:59:00
69	Matt Brice	Alum - 2000	A				16:07																			7:57	8:09	
70	Ryan Carpenter	Sophomore	T	52	-	3	16:10			1:42	3:44	5:51	7:55	10:00	12:08	14:13	16:10	1:42	2:02:00	2:07:00	2:04:00	2:05:00	2:08:00	2:05:00	1:57:00	7:55	8:15	0:20:00
71	David Richert	Alum - 1976	A				16:15																					
72	Maurice Safar	Senior	T	53	-	4	16:16			1:43	3:39	5:41	7:46	9:59	12:11	14:18	16:16	1:43	1:56:00	2:02:00	2:05:00	2:13:00	2:12:00	2:07:00	1:58:00	7:46	8:30	0:44:00
73	Michael Safar	Freshman	T	54	-	4	16:22			1:54	4:02	6:08	8:16	10:21	12:26	14:27	16:22	1:54	2:08:00	2:06:00	2:08:00	2:05:00	2:05:00	2:01:00	1:55:00	8:16	8:06	-0:10:00
74	Dan Range	Alum - 1997	A				16:28																					
75	Joseph Nesser	Junior	T	55	-	3	16:30			1:40	3:40	5:48	7:56	10:04	12:17	14:38	16:30	1:40	2:00:00	2:08:00	2:08:00	2:08:00	2:13:00	2:21:00	1:52:00	7:56	8:34	0:38:00
76	Cullen Swiecicki	Junior	T	56	-	4	16:30			1:45	3:47	5:55	8:03	10:11	12:26	14:37	16:30	1:45	2:02:00	2:08:00	2:08:00	2:08:00	2:15:00	2:11:00	1:53:00	8:03	8:27	0:24:00
77	Nick La Presta	Junior	T	57	-	3	16:33			1:35	3:37	5:41	7:44	10:02	12:20	14:43	16:33	1:35	2:02:00	2:04:00	2:03:00	2:18:00	2:18:00	2:23:00	1:50:00	7:44	8:49	1:05:00
78	Spencer Johnson	Sophomore	T	58	-	3	16:43			1:54	4:04	6:15	8:20	10:33	12:50	15:04	16:43	1:54	2:10:00	2:11:00	2:05:00	2:13:00	2:17:00	2:14:00	1:39:00	8:20	8:23	0:03:00

