

# 2019 SLUH XC "HONOR ROLL"

<u>Sub-16:00 performances (A)</u>		<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
1	Noah Scott	Senior	15:38.6	9-Nov	State	Gans Creek
2	Lucas Rackers	Senior	15:41.5	9-Nov	State	Gans Creek
	Lucas Rackers	Senior	15:53	7-Sep	Granite City Inv.	Wilson Park
	Noah Scott	Senior	15:55	7-Sep	Granite City Inv.	Wilson Park
<u>Sub-17:00 performances (A)</u>		<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
	Lucas Rackers	Senior	16:03.5	16-Nov	NXR Midwest	Lavern Gibson
	Noah Scott	Senior	16:04.3	16-Nov	NXR Midwest	Lavern Gibson
3	Adam Mittendorf	Senior	16:15	7-Sep	Granite City Inv.	Wilson Park
4	Joe Callahan	Senior	16:19.4	9-Nov	State	Gans Creek
	Lucas Rackers	Senior	16:21.3	2-Nov	Sectional	Parkway Central
5	Ryan Kramer	Junior	16:26.0	9-Nov	State	Gans Creek
	Noah Scott	Senior	16:27.0	5-Oct	Parkway West Inv.	Living Word UMC
	Adam Mittendorf	Senior	16:27.8	9-Nov	State	Gans Creek
6	Daniel Hogan	Junior	16:28	7-Sep	Granite City Inv.	Wilson Park
	Adam Mittendorf	Senior	16:31.9	16-Nov	NXR Midwest	Lavern Gibson
7	Grant Brawley	Sophomore	16:32.0	16-Nov	NXR Midwest	Lavern Gibson
	Grant Brawley	Sophomore	16:33.1	9-Nov	State	Gans Creek
	Noah Scott	Senior	16:34	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Grant Brawley	Sophomore	16:34	7-Sep	Granite City Inv.	Wilson Park
	Adam Mittendorf	Senior	16:35.3	5-Oct	Parkway West Inv.	Living Word UMC
	Noah Scott	Senior	16:35.6	14-Sep	FPXC	Forest Park Aviation Fields
	Grant Brawley	Sophomore	16:43.8	5-Oct	Parkway West Inv.	Living Word UMC
8	Peter Dillon	Senior	16:44.4	9-Nov	State	Gans Creek
	Adam Mittendorf	Senior	16:45.2	2-Nov	Sectional	Parkway Central
	Grant Brawley	Sophomore	16:46.0	2-Nov	Sectional	Parkway Central
	Joe Callahan	Senior	16:46.36	2-Nov	Sectional	Parkway Central
	Ryan Kramer	Junior	16:48.5	2-Nov	Sectional	Parkway Central
	Adam Mittendorf	Senior	16:52	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Adam Mittendorf	Senior	16:53.0	10-Oct	MCC	Jefferson Barracks Park
	Lucas Rackers	Senior	16:56.5	14-Sep	FPXC	Forest Park Aviation Fields
	Lucas Rackers	Senior	16:57.4	10-Oct	MCC	Jefferson Barracks Park
	Peter Dillon	Senior	16:58.7	2-Nov	Sectional	Parkway Central
<u>17:00-17:45 performances (A)</u>		<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
	Grant Brawley	Sophomore	17:01.0	10-Oct	MCC	Jefferson Barracks Park
	Lucas Rackers	Senior	17:02	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Ryan Kramer	Junior	17:03.1	16-Nov	NXR Midwest	Lavern Gibson
	Peter Dillon	Senior	17:05	7-Sep	Granite City Inv.	Wilson Park
	Noah Scott	Senior	17:05.8	10-Oct	MCC	Jefferson Barracks Park
	Joe Callahan	Senior	17:05.9	16-Nov	NXR Midwest	Lavern Gibson
	Peter Dillon	Senior	17:06.0	16-Nov	NXR Midwest	Lavern Gibson
9	Baker Pashea	Sophomore	17:06.3	16-Nov	NXR Midwest	Lavern Gibson
	Peter Dillon	Senior	17:08.2	5-Oct	Parkway West Inv.	Living Word UMC
	Peter Dillon	Senior	17:09.6	10-Oct	MCC	Jefferson Barracks Park
	Noah Scott	Senior	17:09.9	2-Nov	Sectional	Parkway Central
	Adam Mittendorf	Senior	17:10.3	14-Sep	FPXC	Forest Park Aviation Fields
	Grant Brawley	Sophomore	17:10.9	14-Sep	FPXC	Forest Park Aviation Fields
	Ryan Kramer	Junior	17:13.1	15-Oct	MCC	Jefferson Barracks Park
10	Reid Jackson	Junior	17:13.6	16-Nov	Run for ALD	Creve Coeur Lake Park
	Joe Callahan	Senior	17:14.8	5-Oct	Parkway West Inv.	Living Word UMC
	Joe Callahan	Senior	17:17.7	10-Oct	MCC	Jefferson Barracks Park
	Daniel Hogan	Junior	17:18.7	14-Sep	FPXC	Forest Park Aviation Fields
	Grant Brawley	Sophomore	17:19	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Lucas Rackers	Senior	17:20.1	26-Oct	District 1	Jackson City Park
	Noah Scott	Senior	17:21.0	26-Oct	District 1	Jackson City Park
11	Hayden Zenor	Junior	17:22.3	5-Oct	Parkway West Inv.	Living Word UMC
	Adam Mittendorf	Senior	17:24.5	26-Oct	District 1	Jackson City Park
	Hayden Zenor	Junior	17:26	7-Sep	Granite City Inv.	Wilson Park
	Daniel Hogan	Junior	17:31.4	25-Oct	Clayton Inv.	Shaw Park
	Hayden Zenor	Junior	17:35	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Peter Dillon	Senior	17:38	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Baker Pashea	Sophomore	17:38.3	19-Oct	Borgia Inv.	Big Driver
	Joe Callahan	Senior	17:39	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Ryan Kramer	Junior	17:40.2	5-Oct	Parkway West Inv.	Living Word UMC
	Hayden Zenor	Junior	17:44.1	25-Oct	Clayton Inv.	Shaw Park
<u>17:46-18:15 performance (B)</u>		<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
	Ryan Kramer	Junior	17:46.1	26-Oct	District 1	Jackson City Park

	Baker Pashea	Sophomore	17:46.9	5-Oct	Parkway West Inv.	Living Word UMC
	Hayden Zenor	Junior	17:46.9	10-Oct	MCC	Jefferson Barracks Park
12	<b>Sirius Song</b>	<b>Senior</b>	<b>17:47.1</b>	<b>25-Oct</b>	<b>Clayton Inv.</b>	<b>Shaw Park</b>
	Joe Callahan	Senior	17:48.4	26-Oct	District 1	Jackson City Park
	Daniel Hogan	Junior	17:48.4	30-Oct	Findley	Jefferson Barracks Park
	Daniel Hogan	Junior	17:50.0	16-Nov	NXR Midwest	Lavern Gibson
	Baker Pashea	Sophomore	17:50	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Grant Brawley	Sophomore	17:50.3	26-Oct	District 1	Jackson City Park
	Peter Dillon	Senior	17:51.2	14-Sep	FPXC	Forest Park Aviation Fields
	Baker Pashea	Sophomore	17:53	4-Sep	O'Fallon Futures Inv.	Milburn School
	Peter Dillon	Senior	17:54.4	26-Oct	District 1	Jackson City Park
13	<b>Ben Garcia</b>	<b>Senior</b>	<b>17:55.2</b>	<b>16-Nov</b>	<b>NXR Midwest</b>	<b>Lavern Gibson</b>
	Hayden Zenor	Junior	17:57.0	14-Sep	FPXC	Forest Park Aviation Fields
14	<b>Justin Glass</b>	<b>Sophomore</b>	<b>17:57</b>	<b>4-Sep</b>	<b>O'Fallon Futures Inv.</b>	<b>Milburn School</b>
	Reid Jackson	Junior	17:57.2	30-Oct	Findley	Jefferson Barracks Park
15	<b>Joe LaBarge</b>	<b>Sophomore</b>	<b>17:57.7</b>	<b>16-Nov</b>	<b>NXR Midwest</b>	<b>Lavern Gibson</b>
16	<b>Sandy LeGrand</b>	<b>Junior</b>	<b>17:57.8</b>	<b>16-Nov</b>	<b>NXR Midwest</b>	<b>Lavern Gibson</b>
	Baker Pashea	Sophomore	17:58.0	30-Oct	Findley	Jefferson Barracks Park
	Baker Pashea	Sophomore	17:58	7-Sep	Granite City Inv.	Wilson Park
	Sirius Song	Senior	17:58.8	30-Oct	Findley	Jefferson Barracks Park
	Ryan Kramer	Junior	17:59	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Reid Jackson	Junior	17:59.4	19-Oct	Borgia Inv.	Big Driver
	Reid Jackson	Junior	18:00.0	5-Oct	Parkway West Inv.	Living Word UMC
	Justin Glass	Sophomore	18:02	7-Sep	Granite City Inv.	Wilson Park
	Joe LaBarge	Sophomore	18:03.2	19-Oct	Borgia Inv.	Big Driver
17	<b>Mitchell Booher</b>	<b>Senior</b>	<b>18:08.5</b>	<b>27-Sep</b>	<b>Fox Warrior Inv.</b>	<b>Arnold City Park</b>
18	<b>Graham Sanfilippo</b>	<b>Sophomore</b>	<b>18:08.9</b>	<b>5-Oct</b>	<b>Parkway West Inv.</b>	<b>Living Word UMC</b>
	Baker Pashea	Sophomore	18:09.7	15-Oct	MCC	Jefferson Barracks Park
	Sirius Song	Senior	18:10.2	19-Oct	Borgia Inv.	Big Driver
	Sandy LeGrand	Junior	18:11.3	19-Oct	Borgia Inv.	Big Driver
19	<b>Tim Greiner</b>	<b>Freshman</b>	<b>18:11.7</b>	<b>16-Nov</b>	<b>Run for ALD</b>	<b>Creve Coeur Lake Park</b>
	Mitchell Booher	Senior	18:13.0	25-Oct	Clayton Inv.	Shaw Park

	<u>18:16-18:45 performance (C)</u>	<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
	Baker Pashea	Sophomore	18:16.0	14-Sep	FPXC	Forest Park Aviation Fields
	Joe LaBarge	Sophomore	18:16.7	5-Oct	Parkway West Inv.	Living Word UMC
	Sandy LeGrand	Junior	18:18	7-Sep	Granite City Inv.	Wilson Park
	Hayden Zenor	Junior	18:19.7	16-Nov	NXR Midwest	Lavern Gibson
	Joe LaBarge	Sophomore	18:20	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
20	<b>Wyatt Seal</b>	<b>Freshman</b>	<b>18:20.8</b>	<b>19-Oct</b>	<b>Borgia Inv.</b>	<b>Big Driver</b>
	Tim Greiner	Freshman	18:22.3	5-Oct	Parkway West Inv.	Living Word UMC
	Joe Callahan	Senior	18:23.0	14-Sep	FPXC	Forest Park Aviation Fields
	Joe LaBarge	Sophomore	18:23	7-Sep	Granite City Inv.	Wilson Park
	Justin Glass	Sophomore	18:23.7	5-Oct	Parkway West Inv.	Living Word UMC
	Sirius Song	Senior	18:23.8	5-Oct	Parkway West Inv.	Living Word UMC
	Sandy LeGrand	Junior	18:24.0	27-Sep	Fox Warrior Inv.	Arnold City Park
	Sandy LeGrand	Junior	18:24.2	30-Oct	Findley	Jefferson Barracks Park
	Wyatt Seal	Freshman	18:24	7-Sep	Granite City Inv.	Wilson Park
	Reid Jackson	Junior	18:25.3	15-Oct	MCC	Jefferson Barracks Park
	Justin Glass	Sophomore	18:26.1	16-Nov	NXR Midwest	Lavern Gibson
	Justin Glass	Sophomore	18:26.3	15-Oct	MCC	Jefferson Barracks Park
	Graham Sanfilippo	Sophomore	18:27.7	25-Oct	Clayton Inv.	Shaw Park
21	<b>Peter LaBarge</b>	<b>Senior</b>	<b>18:28.0</b>	<b>25-Oct</b>	<b>Clayton Inv.</b>	<b>Shaw Park</b>
	Mitchell Booher	Senior	18:28	7-Sep	Granite City Inv.	Wilson Park
	Wyatt Seal	Freshman	18:28.6	5-Oct	Parkway West Inv.	Living Word UMC
	Mitchell Booher	Senior	18:29.6	19-Oct	Borgia Inv.	Big Driver
	Graham Sanfilippo	Sophomore	18:32.8	19-Oct	Borgia Inv.	Big Driver
	Graham Sanfilippo	Sophomore	18:33	4-Sep	O'Fallon Futures Inv.	Milburn School
	Sirius Song	Senior	18:33	7-Sep	Granite City Inv.	Wilson Park
	Sirius Song	Senior	18:33.6	27-Sep	Fox Warrior Inv.	Arnold City Park
	Wyatt Seal	Freshman	18:34	4-Sep	O'Fallon Futures Inv.	Milburn School
	Wyatt Seal	Freshman	18:36	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Sirius Song	Senior	18:37.3	15-Oct	MCC	Jefferson Barracks Park
	Justin Glass	Sophomore	18:37.7	19-Oct	Borgia Inv.	Big Driver
	Wyatt Seal	Freshman	18:38.9	15-Oct	MCC	Jefferson Barracks Park
	Graham Sanfilippo	Sophomore	18:39.6	27-Sep	Fox Warrior Inv.	Arnold City Park
22	<b>Francis Alford</b>	<b>Sophomore</b>	<b>18:40.5</b>	<b>27-Sep</b>	<b>Fox Warrior Inv.</b>	<b>Arnold City Park</b>
	Peter LaBarge	Senior	18:40.5	5-Oct	Parkway West Inv.	Living Word UMC
	Peter LaBarge	Senior	18:41.0	19-Oct	Borgia Inv.	Big Driver
	Sandy LeGrand	Junior	18:41.6	5-Oct	Parkway West Inv.	Living Word UMC
	Justin Glass	Sophomore	18:43	28-Sep	Palatine Inv.	Deer Grove East Forest Preserve
	Wyatt Seal	Freshman	18:44.0	30-Oct	Findley	Jefferson Barracks Park
	Tim Greiner	Freshman	18:45.0	19-Oct	Borgia Inv.	Big Driver
	Joe LaBarge	Sophomore	18:45	4-Sep	O'Fallon Futures Inv.	Milburn School

	Graham Sanfilippo	Sophomore	18:45	7-Sep	Granite City Inv.	Wilson Park
23	<b>Noah Apprill-Sokol</b>	<b>Junior</b>	<b>18:45</b>	<b>7-Sep</b>	<b>Granite City Inv.</b>	<b>Wilson Park</b>
	Mitchell Booher	Senior	18:45.6	30-Oct	Findley	Jefferson Barracks Park
	Sandy LeGrand	Junior	18:45.8	15-Oct	MCC	Jefferson Barracks Park
24	<b>Carter Lowe</b>	<b>Freshman</b>	<b>18:46.0</b>	<b>5-Oct</b>	<b>Parkway West Inv.</b>	<b>Living Word UMC</b>

	<u>Sub-20:00 Freshmen</u>	<u>Grade</u>	<u>5K or 3m Converted Time</u>	<u>Date</u>	<u>Race</u>	<u>Course</u>
1	Tim Greiner	Freshman	18:11.7	16-Nov	Run for ALD	Creve Coeur Lake Park
2	Wyatt Seal	Freshman	18:20.8	19-Oct	Borgia Inv.	Big Driver
3	Carter Lowe	Freshman	18:46.0	5-Oct	Parkway West Inv.	Living Word UMC
4	Nicholas Purschke	Freshman	18:53.8	16-Nov	Run for ALD	Creve Coeur Lake Park
5	Will Riggan	Freshman	18:56.2	19-Oct	Borgia Inv.	Big Driver
6	Nolan Meara	Freshman	19:03	7-Sep	Granite City Inv.	Wilson Park
7	Tyler Barks	Freshman	19:11.7	5-Oct	Parkway West Inv.	Living Word UMC
8	Lucas Rammacher	Freshman	19:29.1	27-Sep	Fox Warrior Inv.	Arnold City Park
9	Cody Cox	Freshman	19:58.5	27-Sep	Fox Warrior Inv.	Arnold City Park

**A** 17:45 performance or better earns runner a navy team shirt and varsity letter.

**B** 18:15 performance or better earns runner a varsity letter.

**C** 18:45 performance or better earns runner a junior varsity letter.

Runner's best performance this season is highlighted in red.

Runner's position on team (as indicated by season PR) is marked with the number left of name.

Times converted from 3.0 mile time using <http://www.runfastcoach.com/calc2/index.php>