



Cross Country Mile Time Trial at Union Catholic Track (Boys)

11/10/2010

Weather: 50 and Windy

It was a Good Time

1 Mile Time Trial (3:30 PM)

Comments Pace

| | | | |
|----|--------------------|---------|------|
| 1 | Ghizzone, Andrew | 5:12.00 | 5:12 |
| 2 | Evely, Kenny | 5:12.00 | 5:12 |
| 3 | Mintel, Mark | 5:20.00 | 5:20 |
| 4 | DeAngelis, Mike | 5:25.00 | 5:25 |
| 5 | Siegal, Derek | 5:28.00 | 5:28 |
| 6 | Wright, Arthur | 5:29.00 | 5:29 |
| 7 | Seebode, Jp | 5:30.00 | 5:30 |
| 8 | Rhein, Nick | 5:32.00 | 5:32 |
| 9 | O' Reilly, Brendan | 5:32.00 | 5:32 |
| 10 | Ghizzone, Zach | 5:32.00 | 5:32 |
| 11 | Busch, Brandon | 6:04.00 | 6:04 |
| 12 | Nugent, Tim | 6:20.00 | 6:20 |

400 Meter Time Trial (4:00 PM)

Comments Pace

| | | | |
|----|--------------------|---------|-----|
| 1 | DeAngelis, Mike | 56.00 | ?:? |
| 2 | Evely, Kenny | 58.00 | ?:? |
| 3 | Mintel, Mark | 59.00 | ?:? |
| 4 | Wright, Arthur | 1:00.00 | ?:? |
| 5 | Ghizzone, Andrew | 1:01.00 | ?:? |
| 6 | Ghizzone, Zach | 1:03.00 | ?:? |
| 7 | O' Reilly, Brendan | 1:04.00 | ?:? |
| 8 | Seebode, Jp | 1:04.00 | ?:? |
| 9 | Siegal, Derek | 1:06.00 | ?:? |
| 10 | Busch, Brandon | 1:11.00 | ?:? |
| 11 | Nugent, Tim | 1:20.00 | ?:? |