



XC Time Trial Two at Union Catholic Track (Boys)

11/12/2012

Weather: 60, Partly Sunny

Nice Running. A lot of PR's

1600 Meters (Time Trial)			Split Times				
	Comments	Pace	400	800	1200		
1	Cuppari, Nick	5:24.00	PR	5:25	1:13.00	2:37.00	4:04.00
2	Perona, Jimmy	5:24.20	PR	5:26	1:11.00	2:34.00	4:02.00
3	Williams, Bishop	5:37.00	PR	5:38	1:12.00	2:36.00	4:05.00
4	Birritteri, Nick	5:44.00	PR	5:46		2:44.00	4:15.00
5	Pangan, Martin	5:45.00	PR	5:47		2:44.00	4:16.00
6	Moncada, Matius	5:58.00	PR	6:00		2:48.00	4:30.00
7	Veliakath, Joe	5:59.00	PR	6:01		2:48.00	4:26.00
8	Kusi, Jamelle	6:15.00	PR	6:17	1:13.00	2:40.00	4:20.00
9	Nugent, Tim	6:18.00		6:20		2:58.00	4:41.00
10	Sikora, Andrew	6:29.00		6:31	1:26.00	3:00.00	4:45.00
11	McTernan, Nick	6:42.00	PR	6:44	1:20.00	3:02.00	4:52.00
12	Muhammad, Alfred	6:49.00		6:51		3:05.00	4:59.00
13	Miranda, Chris	7:03.00	PR	7:05		3:15.00	5:15.00
14	Pagan, Joel	7:05.00	PR	7:07	1:21.00	3:08.00	5:05.00
15	Murphy, Conor	7:10.00		7:12		3:07.00	5:03.00
16	Kaluzny, Ian	7:16.00	PR	7:18	1:30.00	3:22.00	5:21.00
17	Johnson, Ryan	7:59.00	PR	8:01	1:45.00	3:49.00	5:59.00
	Ghizzone, Zach	4:57.00	PR	4:58	1:11.00	2:24.00	3:41.00

3200 Meters (Time Trial)			Split Times				
	Comments	Pace	800	1600	2400		
1	Ghizzone, Andrew	9:55.00	PR	4:59	2:24.00	4:53.00	7:28.00
2	Siegal, Derek	10:01.00		5:02	2:24.00	4:53.00	7:30.00
3	Evely, Kenny	10:10.00	PR	5:06	2:24.00	4:53.00	7:31.00
4	Barbosa, Christian	10:22.00	PR	5:12	2:24.00	4:53.00	7:34.00
5	Roberts, Matt	10:41.00		5:22	2:32.00	5:12.00	7:56.00
6	Perona, Joe	10:50.00	PR	5:26	2:32.00	5:12.00	7:58.00
7	Wright, Arthur	11:06.00		5:34	2:32.00	5:15.00	8:11.00
8	Sagendorf, Brian	11:38.00	PR	5:51	2:43.00	5:46.00	8:51.00
9	Novack, Luke	11:48.00		5:56	2:43.00	5:46.00	8:51.00
10	Schafer, Jesse	11:51.00		5:57	2:43.00	5:46.00	8:51.00

AG-1:10,2:24,3:38,4:53,6:10,7:28,8:47

DS-1:10,2:24,3:38,4:53,6:11,7:30,8:49

KE-1:10,2:24,3:39,4:53,6:12,7:31,8:53

CB-1:10,2:24,3:39,4:53,6:12,7:34,9:00

MP-1:10,2:24,3:39,4:53,6:12,7:34,9:00