



# UC vs Cranford at Warinanco Park (Boys)

9/27/2011

*We need to Race with Toughness*

| 5150 Meters (4:30 PM) | Comments                      | Pace | Split Times |           |
|-----------------------|-------------------------------|------|-------------|-----------|
|                       |                               |      | 1.0 mile    | 2.0 miles |
| Eke, Allen            | 17:35.00                      | 5:29 | 5:30.00     | 11:04.00  |
| Ghizzone, Andrew      | 18:16.00 <i>PR (-26.00)</i>   | 5:42 | 5:30.00     | 11:05.00  |
| Seebode, Jp           | 18:28.00 <i>PR (-38.00)</i>   | 5:46 | 5:39.00     | 11:27.00  |
| Ledet, Alex           | 19:04.00 <i>PR (-1:05.00)</i> | 5:57 | 5:53.00     | 11:40.00  |
| Barbosa, Christian    | 19:09.00                      | 5:59 | 5:53.00     | 11:40.00  |
| Wright, Arthur        | 19:16.00 <i>PR (-1:20.00)</i> | 6:01 | 5:42.00     | 11:35.00  |
| Evely, Kenny          | 19:19.00                      | 6:02 | 5:33.00     | 11:35.00  |
| DeAngelis, Mike       | 20:18.00                      | 6:20 | 6:02.00     | 12:25.00  |
| Sikora, Andrew        | 20:24.00 <i>PR (-20.00)</i>   | 6:22 | 6:14.00     | 12:40.00  |
| Wang, Thomas          | 21:05.00 <i>PR (-05.00)</i>   | 6:35 | 6:25.00     | 12:50.00  |
| O' Reilly, Brendan    | 21:25.00                      | 6:41 | 6:21.00     | 13:21.00  |
| Ghizzone, Zach        | 22:09.00                      | 6:55 | 6:00.00     | 12:34.00  |
| Nugent, Tim           | 22:21.00                      | 6:59 | 6:49.00     | 13:51.00  |
| Novack, Luke          | 23:05.00                      | 7:12 | 7:04.00     | 13:53.00  |
| Palmer, Barrington    | 24:15.00                      | 7:34 | 7:11.00     | 14:58.00  |
| Sagendorf, Brian      | 24:32.00                      | 7:39 | 7:04.00     | 14:23.00  |

| JV 3200 Meters (4:30 PM) | Comments | Pace | Split Times |
|--------------------------|----------|------|-------------|
|                          |          |      | 1.0 mile    |
| McTiernan, Nick          | 16:52.00 | 8:28 | 8:12.00     |
| Murphy, Conor            | 18:28.00 | 9:17 | 8:15.00     |

*Performer of the Meet: JP Seebode*