



Shore Coaches Invitational at Holmdel Park (Boys)

10/1/2011

Beginning of Something Good

Varsity 5K (10:50 AM)

7th Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

2	Barbosa, Christian	17:38.00	<i>PR (-58.00)</i>	5:40	5:45.00	11:36.00
20	Ghizzone, Andrew	17:49.00		5:44	5:53.00	11:49.00
38	Siegal, Derek	18:11.00		5:51	5:56.00	11:56.00
77	Seebode, Jp	18:57.00		6:05	6:16.00	12:32.00
82	Evely, Kenny	19:05.00		6:08	6:16.00	12:33.00
83	Wright, Arthur	19:05.00		6:08	6:15.00	12:43.00

7th out of 23 teams

JV 5K (12:10 PM)

5th Place

Comments

Pace

Split Times

1.0 mile

2.0 miles

15	Ledet, Alex	19:07.00	<i>PR (-2:51.00)</i>	6:09	6:16.00	12:35.00
24	Ghizzone, Zach	19:37.00	<i>PR (-1:56.00)</i>	6:18	6:17.00	12:46.00
27	DeAngelis, Mike	19:41.00		6:20	6:20.00	12:58.00
42	Sikora, Andrew	20:09.00	<i>PR (-3:40.00)</i>	6:29	6:41.00	13:29.00
43	O' Reilly, Brendan	20:10.00	<i>PR (-01.00)</i>	6:29	6:23.00	13:17.00
98	Nugent, Tim	21:31.00		6:55	7:21.00	14:27.00
188	Palmer, Barrington	27:12.00		8:45	8:37.00	17:55.00

5th out of 16 teams

Frosh 3200 Meters (1:10 PM)

Comments

Pace

Split Times

1.0 mile

150	Novack, Luke	15:47.00		7:56	7:54.00
172	Alves, Kevin	16:57.00		8:31	8:24.00
173	McTiernan, Nick	16:58.00		8:31	8:30.00
185	Murphy, Conor	18:10.00		9:08	8:42.00

Performer of the Meet: Christian Barbosa