



# Shore Coaches Invitational at Holmdel Park (Boys)

10/5/2013

Weather: 76 / Sunny

*Very Nice Day of Racing!*

## JV 5K (11:55 PM)

**4th Place**

		Comments	Pace	Split Times		
				1.0 mile	2.0 miles	
19	Sagendorf, Brian	19:37.00	<i>PR (-53.00)</i>	6:18	6:33.00	13:02.00
26	Veliakath, Joe	19:47.00		6:22	6:33.00	12:54.00
34	Williams, Bishop	20:04.00		6:27	6:39.00	13:21.00
60	Tyburczy, Alexei	20:47.00		6:41	6:47.00	13:38.00
67	Moncada, Matus	20:56.00		6:44	7:03.00	13:55.00
90	Lamanna, Chris	21:23.00		6:52	7:07.00	14:10.00
140	Miranda, Chris	22:56.00		7:22	7:45.00	15:12.00

## Frosh 3200 Meters (12:50 PM)

		Comments	Pace	Split Times	
				1.0 mile	
16	Gibbs, Greg	12:22.00	6:13	6:08.00	
18	McCabe, Brendan	12:24.00	6:14	6:09.00	
	Connolly, Will	17:53.00	8:59	9:02.00	

## 5K (5:05 PM)

		Comments	Pace	Split Times		
				1.0 mile	2.0 miles	
1	Ghizzone, Andrew	16:46.00	<i>PR (-50.00)</i>	5:23	5:30.00	11:00.00
23	Perona, Jimmy	17:50.00		5:44	5:51.00	11:45.00
28	Seebode, Jp	18:05.00	<i>PR (-52.00)</i>	5:49	5:57.00	11:57.00
37	Wright, Arthur	18:27.00	<i>PR (-38.00)</i>	5:56	6:00.00	12:08.00
60	Perona, Joe	18:58.00		6:06	6:02.00	12:30.00

**OPEN RACE**

*Performer of the Meet: JP Seebode*