

MSJH Cross-Country 2009

LAST NAME	G	2008 BEST	Gr	7-Aug Low	13-Aug 13:AC*	14-Aug LOW 2MI	25-Aug 13:AC*	16-Sep TRF#1	23-Sep TRF#2	30-Sep TRF#3	14-Oct TRF#4	27-Aug at Dan	29-Aug at Ed	4-Sep at Chr	10-Sep at MZ	12-Sep at Pld	17-Sep HOME	19-Sep HOME	24-Sep at Mon	26-Sep at Oly	1-Oct at PBL	3-Oct at Mon	10-Oct Sect	17-Oct State
SMOES	M	12:21	8	6:17	6:08	13:20	5:59	16:22	15:34	15:31	15:50	12:40	12:37	12:00	11:48	11:43	12:02	11:41	11:56	11:06	11:46	11:39	11:52	11:07
CARLTON	M	12:22	8	6:25	6:18	14:02	6:05	17:08	17:26	16:25	16:55	13:05	13:24	12:22	12:36	11:49	12:30	12:26	12:35	11:44	12:17	12:31	12:26	11:58
RUSSELL	M	12:58	8	7:04	6:26	14:02	6:25	18:20	16:52	16:25	16:52	13:21	13:25	12:42	12:39	12:22	12:46	12:28	12:38	11:51	12:26	12:31	12:25	11:59
J.WILLIAMS	M	12:34	8	6:54	6:22	13:59	6:23	18:34	16:52	16:48	16:50	13:34	inl	13:10	12:50	inl	13:03	12:48	12:38	12:05	12:33	12:25	12:35	12:15
WOLF	M	R	7	7:03	6:36	14:37	6:25	18:22	16:58	16:47	17:07	13:49	13:37	13:16	12:34	inl	13:01	12:45	12:36	12:06	12:29	12:23	12:38	12:16
APPELQUIST	M	12:29	8	6:54	6:24	13:47	6:30	18:34	17:00	17:22	22:34	13:09	13:16	12:38	13:04	12:19	12:57	13:09	12:44	12:34	12:00	12:35	12:40	12:23
WURTHMANN	M	R	6	7:32	6:27	15:20	6:40	19:45	17:80	16:51	17:14	6:20*	6:35*	13:13	12:52	12:57	13:32	13:14	12:42	12:26	12:43	abs	12:40	13:11
SHROTE	M	14:06	7	abs	6:37	15:22	6:25	18:38	18:31	18:00	16:35	14:17	14:27	13:39	13:32	12:55	13:32	13:14	13:15	13:57	12:54	13:40	13:14	12:51
POWELL	M	13:32	7	abs	7:00	16:00	6:39	20:05	abs	17:50	18:40	14:05	6:37*	13:46	13:49	13:38	13:56	13:47	13:37	13:37	13:04	13:13	13:14	12:51
J.MAGYAR	M	R	6	7:30	7:17	16:01	inl	17:57	19:11	17:50	18:40	14:10	6:43*	14:45	13:48	13:43	13:54	13:42	13:33	13:04	13:13	13:14	12:51	Alt
KUPPERSCHMID	M	14:29	8	7:36	7:09	abs	6:50	18:32	19:26	17:36	18:40	15:44	6:57*	15:26	14:32	abs	14:02	14:02	14:05	13:25	13:39	13:38	13:39	13:23
WABBEL	M	R	8	7:50	7:17	abs	7:41	20:36	19:14	18:57	18:57	16:44	6:57*	14:07	14:32	14:02	14:30	14:02	14:05	13:25	13:38	13:38	13:39	13:23
HYDE	M	R	6	7:32	7:14	16:02	7:05	20:27	18:54	18:52	18:52	16:48	6:48*	14:22	14:02	13:50	14:30	14:02	14:05	13:25	13:38	13:38	13:39	13:23
YAKL	M	13:27	8	7:03	6:25	14:05	inl	19:55	19:14	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
SMITH	M	13:22	8	7:01	6:36	16:43	6:55	19:03	19:45	19:07	18:59	13:58	14:37	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
MYERS	M	15:24	7	abs	7:13	16:19	6:55	19:03	19:45	18:54	18:59	6:39*	6:56*	14:37	14:36	14:15	14:22	14:21	14:04	14:08	13:56	13:54	13:59	13:59
KCANALLY	M	R	6	8:37	7:44	abs	7:44	20:30	19:41	18:59	18:59	16:09	6:56*	14:36	14:58	14:22	14:53	14:49	14:59	14:49	14:48	14:13	14:11	14:14
OVERMIR	M	13:50	7	7:57	8:01	19:22	8:19	20:32	19:41	18:59	18:59	16:09	6:56*	14:36	14:58	14:22	14:53	14:49	14:59	14:49	14:48	14:13	14:11	14:14
PARKER	M	13:04	7	9:38	8:05	18:26	8:19	20:32	26:38	19:24	19:24	15:39	15:27	15:05	14:59	15:10	15:25	15:19	15:27	14:45	15:27	14:45	14:45	14:30
COBURN	M	R	8	9:15	8:50	19:23	7:25	22:11	26:14	19:24	19:24	15:39	15:27	15:05	14:59	15:10	15:25	15:19	15:27	14:45	15:27	14:45	14:45	14:30
T.MAGYAR	M	13:27	8	7:26	7:15	17:15	7:23	20:30	19:02	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
TREAT	M	R	6	9:20	8:53	20:32	8:25	22:31	22:31	19:02	19:02	15:39	15:27	15:05	14:59	15:10	15:25	15:19	15:27	14:45	15:27	14:45	14:45	14:30
G.MEGEFF	M	R	6	9:18	8:48	20:17	9:01	22:02	22:02	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
SELIG	M	R	6	9:35	8:26	18:38	7:53	23:08	23:08	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
NIELSEN	M	R	6	11:11	10:00	26:00	11:33	24:34	24:34	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
GEORG	M	R	7	9:32	abs	20:24	9:23	22:13	24:08	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
BROJAHN	M	R	6	abs	13:36	32:22	9:32	31:27	24:08	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
CEBULSKI	M	R	6	9:13	8:00	19:28	8:19	22:44	23:06	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
MIDDLEDOFF	M	17:24	7	9:48	abs	inl	8:54	23:52	23:47	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
PAULEY	M	15:23	8	8:43	7:52	inl	8:18	21:53	21:21	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
MARTIN	M	15:48	7	10:38	9:37	20:24	10:09	27:35	28:03	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
C.WILLIAMS	M	18:31	7	abs	abs	abs	abs	abs	abs	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
B.SIVAGURU	M	R	7	abs	abs	abs	abs	abs	abs	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
V.SIVAGURU	M	R	7	abs	abs	abs	abs	abs	abs	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
COMSERT	M	21:01	7	abs	13:16	28:51	14:56	inl	39:32	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
ANDERSON	M	R	6	8:45	7:59	18:30	8:40	23:18	23:20	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56
FRATHER	M	R	6	7:35	7:26	17:04	7:40	23:18	23:20	18:00	18:00	13:57	14:22	13:41	13:38	13:16	13:38	13:35	13:48	12:55	13:21	13:56	13:56	13:56

All races 3200 meters (2miles) unless noted *