

## PSAC Cross Country Championships

Race Date

October 31, 2009

Overall Finish List**Men****XC Men**

<u>Place</u>	<u>Score</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Class</u>	<u>Time</u>	<u>Pace</u>
1	1	383	Nick Hilton	Lock Haven	Jr.	26:17.5	5:15/M
2	2	389	Brandon Pomerantz	Lock Haven	Sr.	26:25.6	5:17/M
3	3	368	Hillary Mugun	Indiana	Fr.	26:33.6	5:19/M
4	4	348	Chris Lantinen	Edinboro	Sr.	26:39.4	5:20/M
5	5	438	Matt Grey	Slippery Rock	Jr.	26:39.8	5:20/M
6	6	384	Aj Johnson	Lock Haven	Jr.	26:40.0	5:20/M
7	7	346	Ben Hahn	Edinboro	Jr.	26:44.8	5:21/M
8	8	387	Mitch Miller	Lock Haven	So.	26:47.9	5:21/M
9	9	427	Matt Gillette	Shippensburg	Fr.	26:51.9	5:22/M
10	10	424	Ed Buck	Shippensburg	Fr.	26:52.5	5:22/M
11	11	320	Chris Werner	California	Fr.	26:53.6	5:23/M
12	12	333	Frank Fezza	East Stroudsburg	Fr.	26:56.7	5:23/M
13	13	341	Scott Anderson	Edinboro	Fr.	26:58.5	5:24/M
14	14	351	Dustin Thomas	Edinboro	Fr.	27:00.4	5:24/M
15	15	349	Barry McLaughlin	Edinboro	Jr.	27:03.0	5:25/M
16	16	442	Brian Ulrich	Slippery Rock	Jr.	27:04.1	5:25/M
17	17	432	Stephen Schelander	Shippensburg	So.	27:04.6	5:25/M
18	18	434	Sean Stetler	Shippensburg	Jr.	27:10.5	5:26/M
19	19	431	Ethan Rissell	Shippensburg	Jr.	27:11.0	5:26/M
20	20	429	Josh Neyhart	Shippensburg	Jr.	27:15.5	5:27/M
21	21	334	Greg Laraia	East Stroudsburg	So.	27:17.6	5:27/M
22	22	381	Mike Garraway	Lock Haven	Fr.	27:20.3	5:28/M
23	23	305	Bobby Furman	Bloomsburg	So.	27:20.4	5:28/M
24	24	308	Misha Litvinov	Bloomsburg	Sr.	27:21.6	5:28/M
25	25	430	John Reilly	Shippensburg	Fr.	27:32.0	5:30/M
26	26	350	Sean Naderer	Edinboro	Fr.	27:35.3	5:31/M
27	(> 7)	423	Brandon Boyer	Shippensburg	So.	27:37.3	5:31/M
28	(> 7)	425	Eric Evans	Shippensburg	So.	27:39.7	5:32/M
29	27	392	Joe Stanek	Mansfield	Jr.	27:42.7	5:32/M
30	28	337	Kyle Weir	East Stroudsburg	Sr.	27:43.5	5:33/M
31	29	335	Mike Pereira	East Stroudsburg	Fr.	27:43.5	5:33/M
32	30	374	Ben Loht	Kutztown	Sr.	27:44.7	5:33/M
33	31	331	Patty Carr	East Stroudsburg	Sr.	27:52.5	5:34/M
34	32	328	Amr Aldeen	East Stroudsburg	Fr.	27:55.0	5:35/M
35	33	397	Bud Plaszenski	Mansfield	Fr.	27:55.2	5:35/M
36	34	301	Jared Arnold	Bloomsburg	Jr.	28:01.4	5:36/M
37	35	310	David Moyer	Bloomsburg	So.	28:02.8	5:36/M
38	36	347	Jake Krolick	Edinboro	So.	28:03.0	5:37/M
39	(> 7)	352	Garth Watson	Edinboro	So.	28:03.6	5:37/M
40	37	390	Jed Yeatts	Lock Haven	Sr.	28:05.5	5:37/M
41	(> 7)	345	Bart Eckel	Edinboro	Fr.	28:06.5	5:37/M
42	38	363	Josh Joson	Indiana	So.	28:08.1	5:38/M
43	39	376	Ryan Reich	Kutztown	So.	28:12.3	5:38/M
44	40	364	Clint Keller	Indiana	Fr.	28:14.9	5:39/M
45	41	339	Chris Zadroga	East Stroudsburg	Jr.	28:15.8	5:39/M
46	42	315	Chris Poss	California	Fr.	28:20.1	5:40/M
47	(> 7)	343	Bryan Baumgartner	Edinboro	Fr.	28:22.4	5:40/M

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48	43	404	Thomas Bolger	Mercyhurst	Sr.	28:23.3	5:41/M
49	44	362	Ben Havko	Indiana	Sr.	28:23.3	5:41/M
50	(> 7)	336	Jim Romano	East Stroudsburg	Fr.	28:23.7	5:41/M
51	45	437	Eric Geddis	Slippery Rock	Fr.	28:27.6	5:41/M
52	(> 7)	340	Tom Zarncoch	East Stroudsburg	So.	28:28.2	5:42/M
53	46	419	Tim Stauring	Millersville		28:29.0	5:42/M
54	47	373	Harry Latchford	Kutztown	Fr.	28:30.8	5:42/M
55	48	302	Brent Balmer	Bloomsburg	Fr.	28:33.3	5:43/M
56	49	318	Tony Russo	California	Jr.	28:36.9	5:43/M
57	50	366	Colt Mack	Indiana	So.	28:41.1	5:44/M
58	51	379	Chris Bell	Lock Haven	Sr.	28:44.0	5:45/M
59	52	393	Nate MacNabb	Mansfield	So.	28:48.0	5:46/M
60	53	418	Jeff Rafach	Millersville		28:50.6	5:46/M
61	54	446	Ed Brittingham	West Chester	Fr.	28:52.9	5:46/M
62	55	412	Nick Stolar	Mercyhurst	Fr.	28:53.5	5:47/M
63	56	313	Sam Wisniewski	Bloomsburg	Fr.	28:54.5	5:47/M
64	57	377	Kevin Rodgers	Kutztown	Jr.	28:58.1	5:48/M
65	58	358	Christian Kennett	Gannon	Fr.	29:03.1	5:49/M
66	59	316	Eric Reger	California	Sr.	29:06.7	5:49/M
67	60	421	Paul Walton	Millersville		29:07.1	5:49/M
68	(> 7)	433	Jake Sitler	Shippensburg	Jr.	29:10.1	5:50/M
69	61	454	Kevin Selinsky	West Chester	Sr.	29:11.9	5:50/M
70	62	304	Ryan Evans	Bloomsburg	Sr.	29:12.3	5:50/M
71	63	398	Sean Vollenweider	Mansfield	Jr.	29:12.8	5:50/M
72	64	369	Matt Rutt	Indiana	Fr.	29:14.9	5:51/M
73	65	365	Zephaniah Koech	Indiana	Fr.	29:21.8	5:52/M
74	(> 7)	311	Nick Patton	Bloomsburg	Fr.	29:23.5	5:53/M
75	66	451	Mike Malejko	West Chester	Jr.	29:24.9	5:53/M
76	67	450	Brian Leisenring	West Chester	Jr.	29:25.4	5:53/M
77	68	416	Ben Morrison	Millersville		29:26.4	5:53/M
78	69	420	Conner Veres	Millersville		29:27.0	5:53/M
79	(> 7)	306	Michael Hookham	Bloomsburg	Fr.	29:27.8	5:53/M
80	70	449	John Hedrick	West Chester	Jr.	29:33.5	5:55/M
81	71	441	Jon Snowden	Slippery Rock	Fr.	29:34.1	5:55/M
82	72	453	Sean Sebeck	West Chester	Fr.	29:34.2	5:55/M
83	(> 7)	309	Auston Martzall	Bloomsburg	Jr.	29:41.4	5:56/M
84	73	410	Steven Lovewell	Mercyhurst	So.	29:43.6	5:57/M
85	(> 7)	330	Jeff Buck	East Stroudsburg	Sr.	29:48.5	5:58/M
86	74	436	Buddy Clements	Slippery Rock	Fr.	29:49.5	5:58/M
87	75	401	Scott Wilt	Mansfield	Jr.	29:50.3	5:58/M
88	76	372	Joe Dyas	Kutztown	Fr.	29:51.4	5:58/M
89	77	396	Chris Hakes	Mansfield	Fr.	29:57.7	5:59/M
90	78	417	Michael Parker	Millersville		30:03.3	6:01/M
91	(> 7)	370	Stephen Todaro	Indiana	So.	30:05.4	6:01/M
92	79	314	Timothy Lahmers	California	So.	30:08.6	6:02/M
93	80	395	Orion Bernard	Mansfield	Fr.	30:09.0	6:02/M
94	81	415	Tyler Longenecker	Millersville		30:12.9	6:02/M

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95	82	408	Calvin Corso	Mercyhurst	Jr.	30:13.5	6:03/M
96	83	411	Ryan Haylett	Mercyhurst	Fr.	30:13.8	6:03/M
97	(> 7)	394	Kevin Cusworth	Mansfield	Fr.	30:22.4	6:04/M
98	84	452	Jake Perry	West Chester	Fr.	30:26.2	6:05/M
99	(> 7)	445	Jack Barnett	West Chester	Fr.	30:26.5	6:05/M
100	85	440	Matt Mumford	Slippery Rock	Jr.	30:38.9	6:08/M
101	86	407	Chris Strohm	Mercyhurst	Jr.	30:44.2	6:09/M
102	(> 7)	400	Mike Dennis	Mansfield	Fr.	30:46.1	6:09/M
103	(> 7)	402	Alex Beard	Mansfield	Fr.	30:46.7	6:09/M
104	(> 7)	361	Max Goldencamp	Indiana	Fr.	31:01.9	6:12/M
105	87	357	Joe Karmazin	Gannon	Fr.	31:05.6	6:13/M
106	88	406	Andrew Rusnak	Mercyhurst	Sr.	31:11.2	6:14/M
107	(> 7)	371	Steve Wainwright	Indiana	Jr.	31:15.6	6:15/M
108	(> 7)	447	Damien Clayton	West Chester	Fr.	31:20.0	6:16/M
109	89	356	Mike Holočka	Gannon	So.	31:31.5	6:18/M
110	90	444	Scott Walton	Slippery Rock	Fr.	31:32.2	6:18/M
111	91	359	Phil Rudla	Gannon	Fr.	31:51.4	6:22/M
112	92	319	Gavin Volosky	California	Fr.	31:58.6	6:24/M
113	93	317	Aaron Roe	California	Fr.	32:16.7	6:27/M
114	(> 7)	414	Kyle Johnson	Millersville		32:30.0	6:30/M
115	(> 7)	405	Kevin Flannagan	Mercyhurst	Sr.	32:32.0	6:30/M
116	94	360	Joey Timon	Gannon	Sr.	33:07.6	6:37/M
117	(> 7)	413	Steve Long	Mercyhurst	Fr.	33:10.6	6:38/M
118	95	355	Chris Cuvillo	Gannon	Sr.	35:18.8	7:04/M
119	96	321	Jonathon Jousa	Cheyney	So.	37:30.0	7:30/M
120	97	326	Will Richardson	Cheyney	Jr.	47:27.9	9:29/M
121	98	327	Nathan Young	Cheyney	Fr.	47:28.1	9:30/M
122	99	325	Reeves Darius	Cheyney	Fr.	47:28.3	9:30/M
123	100	323	Robert Parkins	Cheyney	Sr.	55:48.7	11:10/M