

2023 ACAC XC Championships - Oct. 28/2023

Alpha Overall Results

8K - Men

61 Finishers

OA/PI	Name	Bib#	Time	Pace/K	Pace/M	Split1	Split2	Split3	Split4	School
54/61	ACHILOV, Akmurat	203	37:08.036	04:38	07:28	08:43.65	09:28.19	09:43.92	09:12.26	NAIT
35/61	AYUDO, Ayudo	233	32:39.823	04:04	06:34	07:59.62	08:03.38	08:16.79	08:20.00	STMU
43/61	BAILEY, Jack	210	34:57.680	04:22	07:02	07:36.35	08:32.96	09:39.61	09:08.74	LCK
32/61	BOLAND, Marcus	262	32:14.230	04:01	06:29	07:37.13	08:10.30	08:17.73	08:09.05	CUE
60/61	CASTANEDA, Andres	228	43:55.421	05:29	08:50	10:15.79		11:27.96	11:11.02	UAA
2/61	CHESOO, Leonard	259	26:21.150	03:17	05:18	06:18.75	06:25.76	06:34.26	07:02.35	CUE
8/61	COEN, Jordan	240	27:45.641	03:28	05:35	07:02.53	07:09.00	06:54.39	06:39.70	RDP
12/61	FISHER, Justin	207	28:56.398	03:37	05:49	06:54.59	07:14.90	07:24.19	07:22.70	LCK
41/61	FOLLENSBEE, Riley	234	34:51.423	04:21	07:00	08:17.62	08:46.95	09:07.37	08:39.47	STMU
47/61	GAVIN, Robert	256	36:18.022	04:32	07:18	08:28.27	09:24.67	09:25.69	08:59.38	NWP
10/61	GRASMEYER, Ethan	205	28:43.532	03:35	05:46	07:02.53	07:14.91	07:18.59	07:07.47	LCK
11/61	GUNNINK, Shawn	201	28:52.483	03:36	05:48	07:03.09	07:10.96	07:20.02	07:18.40	NAIT
19/61	HARTERY, Keegan	208	30:16.178	03:47	06:05	07:13.29	07:40.41	07:45.32	07:37.14	LCK
34/61	HENNIG, Jonah	211	32:22.645	04:02	06:30	07:36.13	08:07.81	08:21.30	08:17.38	LCK
13/61	HIGHAM, Ben	243	29:07.109	03:38	05:51	07:02.39	07:09.70	07:22.71	07:32.29	RDP
6/61	HOUSE, Ben	238	27:21.360	03:25	05:30	06:37.46	06:53.15	06:55.85	06:54.88	RDP
25/61	IWATA, Shintaro	227	31:03.429	03:52	06:14	07:09.78	07:56.13	08:03.73	07:53.77	MHC
38/61	JAGER, Justin	223	33:35.394	04:11	06:45	07:43.41	08:35.59	08:44.64	08:31.74	MHC
17/61	JOHNSON, Nathan	248	30:07.155	03:45	06:03	07:10.16	07:41.80	07:43.17	07:32.00	PRAC
52/61	KELBA, Nathan	235	36:45.444	04:35	07:23	08:19.31	09:14.23	09:51.50	09:20.38	STMU
9/61	KUJAT, Josh	250	28:21.172	03:32	05:42	06:36.09	07:06.73	07:17.29	07:21.05	TKU
20/61	LEADLAY, Dylan	241	30:24.031	03:48	06:07	07:07.49	07:17.02	07:49.27	08:10.23	RDP
26/61	LOISELLE, Jesse	253	31:46.458	03:58	06:23	07:37.60	08:03.73	08:11.13	07:53.98	NWP
42/61	MACKAY, Sheldon	202	34:57.281	04:22	07:01	08:25.11	08:57.43	08:56.88	08:37.84	NAIT
53/61	MARCHALEK, Gabriel	249	37:07.147	04:38	07:28	08:06.67	09:40.10	09:52.84	09:27.51	PRAC
5/61	MARCHAND, Keiran	213	27:14.213	03:24	05:28	06:27.13	06:53.60	06:59.67	06:53.80	SAIT
59/61	MARCHESE, Domenic	263	42:05.291	05:15	08:28	08:38.99	10:38.13	11:32.87	11:15.28	CUE
39/61	MATTHEWS, Rylan	220	33:39.706	04:12	06:46	07:54.11	08:37.07	08:45.06	08:23.45	SAIT
58/61	MCKINLEY, Jon	224	40:13.987	05:01	08:05	09:06.69	10:07.45	10:20.80	10:39.03	MHC
18/61	MICHEL, Colton	254	30:12.546	03:46	06:04	07:03.67	07:31.87	07:54.60	07:42.39	NWP
16/61	MILLER, Elijah	244	30:05.959	03:45	06:03	07:08.84	07:24.74	07:43.00	07:49.36	PRAC
30/61	MOHAMED, Kaysan	209	32:06.778	04:00	06:27	07:35.81	08:07.82	08:21.07	08:02.06	LCK
28/61	MOTLEY, Fraser	242	32:01.341	04:00	06:26	07:52.43	08:06.41	08:12.18	07:50.28	RDP
45/61	MWATHA, Joe	230	35:36.376	04:27	07:09	08:39.75	09:01.11	09:05.73	08:49.77	UAA
49/61	OWUSU, Nyam	255	36:25.498	04:33	07:19	08:50.25	09:09.03	09:17.02	09:09.18	NWP
61/61	PAVIER, Jack	236	46:40.559	05:50	09:23	11:01.10		11:53.96	12:03.00	STMU

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37/61	PICCIRILLO, Nicholas	219	33:28.690	04:11	06:44	07:56.63	08:08.31	08:30.24	08:53.50	SAIT
27/61	QUIBELL, Daniel	237	31:50.324	03:58	06:24	07:38.91	08:09.47	08:16.66	07:45.27	STMU
21/61	REISINGER, Maxwell	217	30:33.615	03:49	06:08	07:14.65	07:36.90	07:49.27	07:52.77	SAIT
22/61	REPETSKI, Lony	247	30:47.537	03:50	06:11	07:13.03	07:44.88	08:02.87	07:46.74	PRAC
56/61	ROMANUIK, Jaiden	222	38:19.732	04:47	07:42	08:03.84	09:39.19	09:54.27	10:42.41	MHC
51/61	RONALD, Roger	252	36:31.616	04:33	07:20	09:00.37	09:25.85	09:02.14	09:03.24	TKU
24/61	RONO, Brian	218	31:03.310	03:52	06:14	07:14.77	07:41.65	08:00.94	08:05.94	SAIT
14/61	ROSA-MOLINA, Elsami	215	29:17.303	03:39	05:53	07:14.33	07:18.64	07:16.18	07:28.13	SAIT
48/61	SALY, James	231	36:21.047	04:32	07:18	08:55.87	09:17.15	09:10.78	08:57.23	UAA
31/61	SCHEIDEKER, Antonin	260	32:09.284	04:01	06:28	07:30.69	08:06.89	08:21.84	08:09.85	CUE
33/61	SHELLENBERG, Ewan	232	32:15.402	04:01	06:29	07:59.05	07:58.11	08:08.52	08:09.70	UAA
44/61	SCRIMGER, Tristan	225	35:23.744	04:25	07:07	07:38.64	09:10.30	09:21.62	09:13.17	MHC
40/61	SINGER, Kade	258	34:13.011	04:16	06:53	07:54.95	08:46.17	08:51.12	08:40.75	NWP
36/61	SMITH, Gage	221	32:56.511	04:07	06:37	07:24.97	08:08.10	08:43.03	08:40.39	MHC
50/61	STEWART, Luke	261	36:28.194	04:33	07:20	08:39.49	09:14.85	09:24.80	09:09.03	CUE
7/61	STEWART, Owen	204	27:38.422	03:27	05:33	06:35.19	06:59.28	07:06.20	06:57.73	LCK
23/61	SUTHERLAND, Judah	245	31:00.287	03:52	06:14	07:30.25	07:49.04	07:57.80	07:43.17	PRAC
4/61	SZUCS, Dan	239	26:53.915	03:21	05:24	06:33.35	06:40.86	06:51.03	06:48.66	RDP
3/61	THIESSEN, Maximus	212	26:40.463	03:20	05:22	06:18.89	06:31.72	06:48.04	07:01.79	SAIT
15/61	VAN DEN HOEK, Conner	206	29:41.399	03:42	05:58	07:12.22	07:35.16	07:33.00	07:21.00	LCK
57/61	WIEBE, Asher	251	38:46.849	04:50	07:48	09:00.94	09:26.53	10:04.25	10:15.11	TKU
46/61	WILLIAMS, Owen	246	36:06.795	04:30	07:15	07:59.06	09:14.56	09:35.37	09:17.78	PRAC
29/61	WILSON, Spencer	226	32:01.340	04:00	06:26	07:24.85	08:09.29	08:20.57	08:06.62	MHC
1/61	WOYESSA, Nathan	214	25:53.237	03:14	05:12	06:19.13	06:30.18	06:29.78	06:34.13	SAIT
55/61	YE, Kunlin	229	37:59.132	04:44	07:38	09:23.67	09:36.81	09:27.48	09:31.15	UAA