2015 Running Room ACAC Cross Country Running Championships

Hosted by Lethbridge College

Saturday October 31st, 2015

ACAC men's 8 km results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LCK	STMU	AUG	GPRC	RDC	CUE	LAKE	OLDS	0	0	0	0	0	0	Pace/km
Alex Harding	LCK	332	26:07	1	1		1														03:16
Kirk Sundt	CUE	340	26:08	2	2							2									03:16
Andrew Harding	LCK	333	26:55	3	3		3														03:22
Boaz Korir	LCK	331	27:12	4	4		4														03:24
Kenton Sportak	CUE	339	27:33	5	5							5									03:27
Moses Chesseret	LCK	336	27:45	6	6		6														03:28
Brandon Wyladyko	GPRC	315	28:00	7	7					7											03:30
Dan Marsh	SAIT	325	28:21	8	8	8															03:33
Kevin Chambers	CUE	338	28:45	9	9							9									03:36
Ben Thomas	CUE	341	28:47	10	10							10									03:36
Andrew Jacobs	RDC	321	28:47	11	11						11										03:36
Matthieu Martin	AUG	307	28:49	12	12				12												03:36
Sean Hickey	SAIT	324	28:58	13	13	13															03:37
Joedy Dalke	AUG	304	29:08	14	14				14												03:39
Joel Demarcke	GPRC	316	29:13	15	15					15											03:39
Chris White-Gloria	STMU	300	29:46	16	16			16													03:43
Michael Schnare	SAIT	326	29:55	17	17	17															03:44
Jonathan Fuller	AUG	305	29:57	18	18				18												03:45
Carson Gunn	SAIT	327	30:14	19	19	19															03:47
Erik Rust	AUG	308	30:31	20	20				20												03:49
Zach Jackman	OLDS	344	31:17	21	21									21							03:55
Josh Malmsten	GPRC	313	31:32	22	22					22											03:57
Nolan Dyck	RDC	319	31:38	23	23						23										03:57
Jonathan Lam	RDC	322	31:49	24	24						24										03:59
Michael Cole	AUG	303	32:31	25	25				25												04:04
Joe Sartison	AUG	309	32:38	26	26				26												04:05
Andrew Sanchez-Orosz	CUE	342	32:49	27	27							27									04:06
Reece Bailey	AUG	302	33:05	28	x				x												04:08
Dallas Prince	LAKE	310	33:12	29	28								28								04:09
Carter Weber	RDC	323	33:13	30	29						29										04:09
Riley Bowker	CUE	337	33:28	31	30							30									04:11
Ethan Laverty	AUG	306	33:32	32	x				x												04:12
Mark Mcconnell	SAIT	328	34:05	33	31	31															04:16
Jonathan Allan	RDC	318	34:09	34	32						32										04:16
Logan Pearce	STMU	301	34:22	35	33			33													04:18
Ryan Jahnke	OLDS	345	34:29	36	34									34							04:19
Kyle Murray	GPRC	314	35:29	37	35					35											04:26
Keelan Ellerby	RDC	320	35:59	38	36						36										04:30
Kyle De Groot	LCK	335	36:11	39	37		37														04:31
David Scott	LCK	334	36:42	40	38		38														04:35
Ankit Bishnoi	LAKE	312	40:01	41	39								39								05:00
Travis Rockburn	OLDS	347	40:03	42	40									40							05:00
Andrew Sax	LAKE	311	45:48	43	41								41								05:43
Ethan Nielson	OLDS	346	51:29	44	42									42							06:26

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring	44	42	5	6	2	6	4	6	6	3	4	0	0	0	0	0	0
# of exhibition runners		2	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
total best 4 runners			57	14		64	79	87	26		137						
rank on best 4 runners			3	1		4	5	6	2		7						
total best 3 runners			38	8		44	44	58	16	108	95						
rank on best 3 runners			3	1		4	4	6	2	8	7						
total best 3 women+best 3 men			95	22		81	73	89	39	213							
rank on best 3 women and men			6	1		4	3	5	2	7							
			SAIT	LCK	STMU	AUG	GPRC	RDC	CUE	LAKE	OLDS	0	0	0	0	0	0