

2010 St. Gregory Cross Country

Meet	St. Mary's @ St. Greg		Personal Best on Home Course		Time Trial		Personal Best on Home Course		Holy Redeemer @ St. Gregs		Personal Best on Home Course		Aquinas Academy/St. Vitus @ St. Gregs		Personal Best on Home Course		St. Greg/St. Kilian/DW/St. James @ Holy Redeemer		St. Gregs/St. Mary's @ St. Bonnies		St. Gregs @ St. Vitus		Personal Best on Home Course			
Date	10/4	10/4			9/28	9/28			9/23	9/23			9/21	9/21			9/14	9/14	9/13	9/13			9/9	9/9		
Where	Home	Mile			Home	Mile			Home	Mile			Home	Mile			Ewing Pk	Mile	Shaler	Mile			Flaherty	Mile		
Course Length	2.00	Rate			2.00	Rate			2.00	Rate			2.00	Rate			1.90	Rate	1.75	Rate			1.80	Rate		
Last, First																										
Adams, Will	20:07	10:03	N	N	20:26	10:13	N	N	21:32	10:46	N	N	18:40	09:20	Y	N	17:42	09:19	N	15:42	08:58	Y	16:18	09:03	N	
Baker, Zac	20:52	10:26	N	N					20:10	10:05	N	N	20:00	10:00	N	N	18:54	09:57	N	16:50	09:37	Y				
Besong, Andy	17:59	09:00	Y	N	19:10	09:35	N	N	19:41	09:50	N	N	21:02	10:31	N	N	17:38	09:17	N	15:03	08:36	N	15:16	08:29	Y	
Bianchi, Anna Marie													31:06	15:33	N	N										
Bianchi, Dominic													33:15	16:38	N	N										
Blough, Abby	19:13	09:36	N	N					19:30	09:45	N	N	20:11	10:05	N	N	20:12	10:38	N	16:02	09:10	N				
Blough, Bailey	18:18	09:09	Y	Y					19:24	09:42	N	N	19:04	09:32	N	N	18:25	09:42	N	16:42	09:33	N				
Bodkin, Emma					21:49	10:54	N	N	20:59	10:30	N	N	20:23	10:11	Y	Y										
Bodkin, Sarah					30:19	15:10	N	N	28:37	14:18	Y	Y														
Byers, Brian	19:00	09:30	Y	Y	24:32	12:16	N	N	29:20	14:40	N	N	24:57	12:28	N	N	25:36	13:28	N	18:33	10:36	N	20:44	11:31	N	
Byers, Daniel	17:45	08:52	Y	Y	20:29	10:15	N	N	20:49	10:24	N	N	18:12	09:06	N	N	17:41	09:18	N	16:41	09:32	N	16:16	09:02	N	
Byers, Patrick	16:25	08:13	Y	Y	17:31	08:45	N	N	17:02	08:31	N	N	16:55	08:28	N	N	16:47	08:50	N	14:50	08:29	N	14:52	08:16	N	
Canella, Colin	23:23	11:41	N	N	24:28	12:14	N	N	21:05	10:32	N	N	20:46	10:23	Y	Y	20:13	10:38	N				20:42	11:30	N	
Carangio, Alex	20:55	10:28	Y	Y					22:55	11:28	N	N					20:45	10:55	N				19:13	10:41	N	
Cummings, Nathan	18:29	09:15	N	N	18:29	09:15	N	N	18:19	09:09	N	N	17:48	08:54	N	N	17:07	09:01	N	15:09	08:39	Y	15:57	08:52	N	
Davison, Sarah	21:16	10:38	Y	Y					24:44	12:22	N	N	23:30	11:45	N	N	23:00	12:06	N	21:02	12:01	N	19:59	11:06	N	
Enders, Sam	16:08	08:04	N	N	15:13	07:36	N	N	17:43	08:51	N	N	15:56	07:58	N	N	15:55	08:23	N	14:04	08:02	N				
Folz, Frances	13:45	06:52	Y	Y					14:39	07:19	N	N	13:49	06:55	N	N				12:09	06:57	N	12:54	07:10	N	
Folz, Joseph	19:14	09:37	Y	N					19:58	09:59	N	N	22:37	11:18	N	N				16:31	09:26	N	16:57	09:25	Y	
Gregor, Emily	18:10	09:05	Y	Y					22:15	11:07	N	N	20:58	10:29	N	N										
Gregor, Matthew	17:30	08:45	Y	Y					19:14	09:37	N	N	17:45	08:52	N	N										
Gregor, Robbie	18:07	09:03	Y	Y					18:49	09:24	N	N	18:55	09:28	N	N										
Johnston, Lauren	18:51	09:26	N	N					17:33	08:47	Y	Y	19:20	09:40	N	N				16:07	09:13	N	16:05	08:56	N	
Lachendro, Eric	16:58	08:29	N	N													14:37	07:42	N	12:51	07:21	Y	13:33	07:32	N	
Lachendro, Jack	19:22	09:41	N	N	17:17	08:39	N	N	16:00	08:00	Y	N	16:29	08:15	N	N	14:58	07:53	N	13:27	07:41	Y	13:51	07:42	N	
Lachendro, Kate	17:30	08:45	Y	Y	19:48	09:54	N	N					19:01	09:30	N	N	18:22	09:40	N				16:04	08:56	N	
Maloney, Katie	18:23	09:11	Y	Y	19:53	09:56	N	N	19:36	09:48	N	N	19:15	09:37	N	N	18:36	09:47	N	16:57	09:41	N	17:03	09:28	N	
Maloney, Mickey	16:46	08:23	Y	N	17:39	08:49	N	N	17:07	08:33	N	N	17:02	08:31	N	N	16:43	08:48	N	14:52	08:30	N	14:55	08:17	Y	
Mangus, Jason									29:38	14:49	N	N	26:39	13:19	N	N	28:02	14:45	N							
Marra, Bella	18:07	09:03	N	N					18:12	09:06	N	N	17:32	08:46	N	N	17:29	09:12	N				14:26	08:01	Y	
Marra, Nikki	18:57	09:28	N	N					19:43	09:51	N	N	20:22	10:11	N	N	19:14	10:07	N				16:12	09:00	Y	
Renk, Taylor	14:41	07:20	Y	Y					14:52	07:26	N	N					14:35	07:41	N	12:52	07:21	N				
Schmitzer, Emily	17:40	08:50	N	N	18:09	09:04	N	N	18:17	09:09	N	N	17:39	08:49	Y	Y	17:40	09:18	N	16:04	09:11	N				
Schmitzer, Joey	14:28	07:14	Y	Y	15:03	07:31	N	N	15:04	07:32	N	N	15:15	07:37	N	N	15:12	08:00	N	13:18	07:36	N				
Schnarre, Andrew	14:41	07:20	N	N					14:58	07:29	N	N	14:31	07:15	Y	Y	14:27	07:36	N	12:50	07:20	N				
Schnarre, Emily	15:08	07:34	Y	Y					16:02	08:01	N	N	15:49	07:55	N	N	15:44	08:17	N	14:09	08:05	N				
Schnarre, Matthew	13:53	06:57	N	N					13:51	06:55	Y	Y	14:09	07:04	N	N				12:14	06:59	N				
Shirlow, Cassidy	18:10	09:05	Y	Y					19:21	09:41	N	N	19:12	09:36	N	N				16:34	09:28	N	16:40	09:16	N	
Shirlow, Sydney	20:40	10:20	Y	N					22:21	11:11	N	N	21:57	10:58	N	N	20:27	10:46	N	18:22	10:30	N	17:09	09:32	Y	
Standish, Shea	20:50	10:25	N	N	20:33	10:16	N	N	23:51	11:56	N	N	23:30	11:45	N	N	21:06	11:06	N	17:52	10:13	N	18:31	10:17	N	
Wilson, Chris	18:54	09:27	N	N	20:25	10:13	N	N	18:35	09:17	N	N	18:31	09:15	N	N	19:11	10:06	N	15:04	08:37	Y	15:53	08:49	N	
Zilavy, Andrew	18:25	09:13	Y	Y	18:30	09:15	N	N	19:35	09:48	N	N					18:32	09:45	N				16:41	09:16	N	
Personal Best		21	17			0	0			4	3			5	4			0			6			6		
# of Runners		37	37			19	19			38	38			37	37			30			28			24		
% with personal best			57%	46%			0%	0%			11%	8%			14%	11%			0%			21%			25%	

