

Great Lakes Region Short and Long Course Championships

Hosted by Adrian College

October 3rd, 2008

Mens Score

Place	School	Long Course Score	Short Course Score	Total Score
1	Calvin	29	15	44
2	Goshen	24	49	73
3	Bethel	41	33	74
4	Adrian College	47	30	77
5	Trine	48	50	98
6	John Carroll	56	72	128
7	Defiance	69	89	158

Great Lakes Region
Short and Long Course Championships
Lenawee Christian High School, Adrian, Michigan
October 3rd, 2008

===== MENS TEAM SCORE =====

===== 5k Race =====

1. 15 Calvin (16:21 49:02)

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1	2	Jared Eliason	Jr.	16:10
2	5	Rhett Morici	Fr.	16:23
3	8	Brian Odegaard	Jr.	16:29

2. 16 Cornerstone (16:20 48:58)

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1	1	Stehan Larson	Jr.	16:04
2	3	Wes Muller	Sr.	16:14
3	12	Robert Atwood	Sr.	16:40

3. 30 Adrian (16:35 49:44)

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1	7	Tim Storm	Jr.	16:25
2	10	Jay Yockey	Jr.	16:31
3	13	Alex Poulsen	Fr.	16:48

4. 33 Bethel (16:45 50:14)

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1	4	Austin Naragon	Fr.	16:18
2	11	Ryan Starkel	Sr.	16:38
3	18	Cory Naragon	So.	17:18

5. 44 Davenport (17:03 51:08)

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1	9	Joey Snellink	Fr.	16:31
2	16	Keith Heyboer	Fr.	17:12
3	19	Ethan Jonker	Fr.	17:25

6. 49 Goshen (17:15 51:43)

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1	6	David Rumsey	Sr.	16:24
2	17	Paul Versluis	So.	17:14
3	26	Ramadhan Onyango	Sr.	18:05

7. 50 Trine (17:12 51:35)

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1	14	Darin King	Jr.	16:50
2	15	Andrew Lehman	Fr.	17:04
3	21	Mark Brown	Jr.	17:41

8. 69 Macomb Community (17:57 53:49)

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1	20	Paul Schultz	Fr.	17:38
2	22	Ryan Renas	Fr.	17:44
3	27	Austin Parker	Fr.	18:27

9. 72 John Carroll (17:54 53:42)

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1	23	Neil Kelleher	Fr.	17:53
2	24	Ned McGrath	Fr.	17:53
3	25	Andrew Billiter	Fr.	17:56

10. 89 Defiance (19:21 58:02)

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1	28	Matt Rohlf	So.	18:36
2	30	Ryan Nusbaum	Jr.	19:39
3	31	Justin Lamb	Fr.	19:47

11. 94 Schoolcraft (19:48 59:22)

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1	29	Aaron McClellan	Fr.	18:58
2	32	Zachary Pici	Fr.	19:59
3	33	Scott Howse	Fr.	20:25

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===== MENS TEAM SCORE =====

===== 8k Race =====

1. 13 Lansing Community (26:40 1:19:59)

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1	3	Adam Smith	So.	26:27
2	4	Addisalem Habtewold	Fr.	26:33
3	6	Ian McDowell	So.	26:59

2. 24 Goshen (27:12 1:21:36)

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1	1	Sam Chege	Sr.	26:09
2	5	Ben Bouwman	Jr.	26:47
3	18	Nick Bouwman	Jr.	28:40

3. 29 Calvin (27:16 1:21:48)

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1	7	Sawyer Koops	Jr.	27:00
2	9	Tim Langenberg	Sr.	27:07
3	13	Dan Carreon	Fr.	27:41

4. 41 Bethel (27:48 1:23:24)

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1	10	Harrison Fausey	Fr.	27:08
2	12	Calon Naragon	Sr.	27:34
3	19	Jared Mead	Jr.	28:42

5. 47 Adrian (28:14 1:24:42)

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1	8	Bob Palmer	Jr.	27:06
2	16	Alexander West	Fr.	28:13
3	23	Brian Shoulders	So.	29:23

6. 48 Trine (28:29 1:25:27)

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1	2	Tim Murray	Sr.	26:25
2	22	Justin Cochard	So.	29:23
3	24	Travis Skaggs	So.	29:39

7. 51 Madonna (28:46 1:26:18)

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1	11	Joe Horka	Sr.	27:22
2	14	Keith Hearnns	Sr.	27:54
3	26	Max Guy	Jr.	31:02

8. 56 John Carroll (28:38 1:25:53)

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1	15	Dan DiRuzza	Sr.	28:05
2	20	Jake Smith	Fr.	28:47
3	21	Jeff Sigmund	Fr.	29:01

9. 69 Defiance (30:07 1:30:19)

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1	17	Justin Perkins	Fr.	28:25
2	25	Seth Bidlack	So.	29:46
3	27	Troy Secrest	So.	32:08

