

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

Place	TmPl	Name	Year	School	Time	Pace
1	1	Sam Chege	Sr.	Goshen	26:08.54	5:16
2		Tim Murray	Sr.	Trine	26:24.30	5:19
3	2	Adam Smith	So.	Lansing Community	26:26.24	5:20
4	3	Addisalem Habtewol	Fr.	Lansing Community	26:32.75	5:21
5	4	Ben Bouwman	Jr.	Goshen	26:46.59	5:24
6	5	Ian McDowell	So.	Lansing Community	26:58.31	5:26
7	6	Sawyer Koops	Jr.	Calvin	26:59.79	5:26
8	7	Bob Palmer	Jr.	Adrian	27:05.24	5:27
9	8	Tim Langenberg	Sr.	Calvin	27:06.04	5:28
10	9	Harrison Fausey	Fr.	Bethel	27:07.47	5:28
11	10	David Weeks	So.	Lansing Community	27:15.61	5:30
12	11	Joe Horka	Sr.	Madonna	27:21.21	5:31
13	12	Ryan Rebain	Fr.	Lansing Community	27:22.39	5:31
14	13	Calon Naragon	Sr.	Bethel	27:33.08	5:33
15	14	Dan Carreon	Fr.	Calvin	27:40.53	5:35
16	15	Matt Logan	Sr.	Calvin	27:51.18	5:37
17	16	Keith Hearn	Sr.	Madonna	27:53.81	5:37
18	17	Justus Koech	So.	Lansing Community	28:02.42	5:39
19	18	Dan Diruzza	Sr.	John Carroll	28:04.13	5:39
20	19	Andrew Mark	So.	Lansing Community	28:11.73	5:41
21	20	Alexander West	Fr.	Adrian	28:12.43	5:41
22	21	Todd Mitchell	Jr.	Calvin	28:14.52	5:41
23		Justin Perkins	Fr.	Defiance	28:24.67	5:43
24	22	Nick Bouwman	Jr.	Goshen	28:39.44	5:46
25	23	Jared Mead	Jr.	Bethel	28:41.48	5:47
26	24	Jake Smith	Fr.	John Carroll	28:46.41	5:48
27	25	Dietrich Eitzen	Jr.	Goshen	28:52.95	5:49
28	26	Jeff Sigmund	Fr.	John Carroll	29:00.63	5:51
29		Aaron King	Fr.	Lansing Community	29:15.17	5:54
30	27	Drew Bishop	So.	Bethel	29:19.88	5:55
31		Justin Cochard	So.	Trine	29:22.48	5:55
32	28	Brian Shoulders	So.	Adrian	29:22.57	5:55
33	29	Ryan Waybright	Jr.	Bethel	29:31.77	5:57
34	30	Sean Joyce	Sr.	John Carroll	29:35.16	5:58
35		Bill Walters		M. M. Track Club	29:36.70	5:58
36		Travis Skaggs	So.	Trine	29:38.27	5:58
37		Ian McKay	Fr.	Lansing Community	29:44.58	5:59
38		Seth Bidlack	So.	Defiance	29:45.63	6:00
39		Thomas Lucas	Fr.	Lansing Community	29:47.44	6:00
40	31	Mike Joseph	Jr.	John Carroll	29:48.53	6:00
41	32	Brent Swee	Fr.	Adrian	30:00.86	6:03
42		Robin McGrath	Fr.	Lansing Community	30:08.33	6:04
43	33	Allen Coen	Fr.	Adrian	30:10.79	6:05
44	34	Josh Orndorff	Jr.	Calvin	30:55.76	6:14
45	35	Michael Fisher	Fr.	Adrian	30:57.91	6:14
46	36	Max Guy	Jr.	Madonna	31:01.14	6:15
47	37	Bryant George	So.	Madonna	31:12.68	6:17
48		Corey Kelly	Fr.	Lansing Community	31:39.29	6:23
49	38	Mark Miller	Sr.	Goshen	31:53.67	6:25
50		Troy Secrest	So.	Defiance	32:07.48	6:28

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Mens 8k Overall

Place	TmPl	Name	Year	School	Time	Pace
51		Logan Brenneke	Fr.	Trine	33:15.81	6:42
52	39	Mitch Cieslak	So.	Madonna	34:22.28	6:55
53		Tim Bowlin	Fr.	Owens Comminuty	35:23.37	7:08
54	40	David Cardenas	Sr.	Madonna	35:25.19	7:08

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com

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

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

1. 32 Lansing Community (26:56 2:14:38)

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1	2	Adam Smith	So.	26:27
2	3	Addisalem Habtewold	Fr.	26:33
3	5	Ian McDowell	So.	26:59
4	10	David Weeks	So.	27:16
5	12	Ryan Rebain	Fr.	27:23
6	(17)	Justus Koech	So.	28:03
7	(19)	Andrew Mark	So.	28:12

2. 64 Calvin (27:35 2:17:55)

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1	6	Sawyer Koops	Jr.	27:00
2	8	Tim Langenberg	Sr.	27:07
3	14	Dan Carreon	Fr.	27:41
4	15	Matt Logan	Sr.	27:52
5	21	Todd Mitchell	Jr.	28:15
6	(34)	Josh Orndorff	Jr.	30:56

3. 90 Goshen (28:29 2:22:23)

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1	1	Sam Chege	Sr.	26:09
2	4	Ben Bouwman	Jr.	26:47
3	22	Nick Bouwman	Jr.	28:40
4	25	Dietrich Eitzen	Jr.	28:53
5	38	Mark Miller	Sr.	31:54

4. 101 Bethel (28:28 2:22:16)

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1	9	Harrison Fausey	Fr.	27:08
2	13	Calon Naragon	Sr.	27:34
3	23	Jared Mead	Jr.	28:42
4	27	Drew Bishop	So.	29:20
5	29	Ryan Waybright	Jr.	29:32

5. 120 Adrian (28:59 2:24:54)

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1	7	Bob Palmer	Jr.	27:06
2	20	Alexander West	Fr.	28:13
3	28	Brian Shoulders	So.	29:23
4	32	Brent Swee	Fr.	30:01
5	33	Allen Coen	Fr.	30:11
6	(35)	Michael Fisher	Fr.	30:58

6. 129 John Carroll (29:04 2:25:18)

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1	18	Dan DiRuzza	Sr.	28:05
2	24	Jake Smith	Fr.	28:47
3	26	Jeff Sigmund	Fr.	29:01
4	30	Sean Joyce	Sr.	29:36
5	31	Mike Joseph	Jr.	29:49

7. 139 Madonna (30:23 2:31:54)

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1	11	Joe Horka	Sr.	27:22
2	16	Keith Hearn	Sr.	27:54
3	36	Max Guy	Jr.	31:02
4	37	Bryant George	So.	31:13
5	39	Mitch Cieslak	So.	34:23
6	(40)	David Cardenas	Sr.	35:26