

Great Lakes Region  
Short and Long Course Championships  
Lenawee Christian High School, Adrian, Michigan  
October 2nd, 2009

Mens 8k Overall						
Place	TmPl	Name	Year	School	Time	Pace
1	1	Bob Palmer	SR	Adrian College	27:08.58	5:28
2	2	Alexander West	SO	Adrian College	27:34.23	5:33
3	3	Ben Bouwman	SR	Goshen	27:54.47	5:37
4	4	Ben Alger	JR	Albion	27:59.45	5:38
5		Gabe Gunnink	FR	Calvin College	28:03.32	5:39
6		Randall Wilcox			28:26.30	5:44
7	5	Andrew Fuentes	SO	Albion	28:34.74	5:45
8	6	Brian Shoulders	JR	Adrian College	28:41.06	5:47
9	7	Cyle Rogotzke	FR	Adrian College	28:46.32	5:48
10	8	Taylor Polzin	SO	Albion	28:51.00	5:49
11	9	Nick Shaheen	SR	Albion	28:54.29	5:49
12	10	Aaron Croad	SO	Albion	28:58.81	5:50
13	11	John Jacisin	SO	Albion	29:06.14	5:52
14		Martin Avila	SO	Calvin College	29:12.14	5:53
15		Nathan Fraizer	SO	Calvin College	29:43.25	5:59
16	12	Max Wyse	SR	Goshen	29:55.84	6:02
17	13	Mike Albano	JR	Albion	29:59.05	6:02
18	14	Jacob Gunderkline	FR	Goshen	29:59.52	6:03
19		Todd Mitchell	SR	Calvin College	30:30.44	6:09
20	15	David Horst	SO	Goshen	30:34.21	6:09
21	16	Michael Fisher	SO	Adrian College	30:45.05	6:12
22		Cody Putnam	FR	Albion	31:08.47	6:16
23		Kevin Whinnery	SO	Albion	31:28.57	6:20
24		William Ward	JR	Albion	31:29.17	6:21
25		Zeth Hearld	JR	Albion	31:42.64	6:23
26	17	Joel Sliwinski	FR	Adrian College	31:44.01	6:24
27	18	Gregory Govier	FR	Adrian College	31:46.64	6:24
28		Matt Gallick	FR	Albion	31:51.91	6:25
29	19	Jacob Elsea	FR	Owens Comminuty	32:06.08	6:28
30	20	Erich Eitzen	FR	Goshen	33:21.74	6:43
31		Nathan Schwappach	SO	Albion	33:42.32	6:47
32	21	Joseph Rosebrock	SO	Owens Comminuty	38:07.47	7:41
33	22	Steve Bryant	SO	Owens Comminuty	38:07.57	7:41
34	23	Tim Bowlin	SO	Owens Comminuty	39:20.79	7:55
35	24	Jeremy Hemminger	SO	Owens Comminuty	39:29.39	7:57

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

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===== MENS TEAM SCORE =====  
===== 8k Race =====

1. 32 Adrian College ( 28:36 2:22:59)

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1	1	Bob Palmer	SR	27:09
2	2	Alexander West	SO	27:35
3	6	Brian Shoulders	JR	28:42
4	7	Cyle Rogotzke	FR	28:47
5	16	Michael Fisher	SO	30:46
6	( 17)	Joel Sliwinski	FR	31:45
7	( 18)	Gregory Govier	FR	31:47

2. 36 Albion ( 28:40 2:23:20)

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1	4	Ben Alger	JR	28:00
2	5	Andrew Fuentes	SO	28:35
3	8	Taylor Polzin	SO	28:51
4	9	Nick Shaheen	SR	28:55
5	10	Aaron Croad	SO	28:59
6	( 11)	John Jacisin	SO	29:07
7	( 13)	Mike Albano	JR	30:00

3. 64 Goshen ( 30:22 2:31:48)

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1	3	Ben Bouwman	SR	27:55
2	12	Max Wyse	SR	29:56
3	14	Jacob GunderKline	FR	30:00
4	15	David Horst	SO	30:35
5	20	Erich Eitzen	FR	33:22

4. 109 Owens Comminuty ( 37:27 3:07:14)

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1	19	Jacob Elsea	FR	32:07
2	21	Joseph Rosebrock	SO	38:08
3	22	Steve Bryant	SO	38:08
4	23	Tim Bowlin	SO	39:21
5	24	Jeremy Hemminger	SO	39:30