

UALBANY XC - Best of the Year

	<u>Time</u>	<u>Avg Mile</u>	<u>Name</u>	<u>Grad Year</u>	<u>Date</u>	<u>Meet</u>
<u>Women 4,000m Run</u>						
1	14:36.00	5:52.45	Laura Cummings	'09	9/6/2008	2008 Monmouth Kick-Off Classic
2	15:08.00	6:05.32	Emily Fung	'12	9/6/2008	2008 Monmouth Kick-Off Classic
3	15:22.00	6:10.95	Laine Sefick	'10	9/6/2008	2008 Monmouth Kick-Off Classic
4	15:27.00	6:12.97	Alexandra Panos	'11	9/6/2008	2008 Monmouth Kick-Off Classic
5	15:28.00	6:13.37	Ada Lauterbach	'12	9/6/2008	2008 Monmouth Kick-Off Classic
6	17:50.00	7:10.50	Jennifer Pierson	'10	9/6/2008	2008 Monmouth Kick-Off Classic
7	18:13.00	7:19.75	Meghan Crowe	'10	9/6/2008	2008 Monmouth Kick-Off Classic
<u>Women 5000m Run</u>						
1	18:08.42	5:50.33	Laura Cummings	'09	9/20/2008	2008 Commodore Classic
2	18:23.60	5:55.21	Emily Fung	'12	10/18/2008	2008 UAlbany Invitational
3	18:40.30	6:00.59	Alexandra Panos	'11	10/18/2008	2008 UAlbany Invitational
4	18:48.40	6:08.54	Laine Sefick	'10	11/1/2008	2008 America East Championships
5	18:53.60	6:04.87	Kristin Grab	'11	10/18/2008	2008 UAlbany Invitational
6	19:10.00	6:10.15	Ada Lauterbach	'12	9/20/2008	2008 Commodore Classic
7	19:19.50	6:13.21	Roxanne Wegman	'10	10/18/2008	2008 UAlbany Invitational
8	19:53.90	6:30.49	Zuliana Fontanez	'10	11/1/2008	2008 America East Championships
9	20:47.60	6:41.56	Jennifer Pierson	'10	10/18/2008	2008 UAlbany Invitational
10	21:20.00	6:51.99	Alexandria Carlson	'12	10/18/2008	2008 UAlbany Invitational
11	21:26.10	6:53.96	Esperanza Blanco	'10	10/18/2008	2008 UAlbany Invitational
12	21:46.10	7:00.39	Meghan Crowe	'10	10/18/2008	2008 UAlbany Invitational
13	22:12.40	7:08.86	Laura Varble	'12	10/18/2008	2008 UAlbany Invitational
14	26:29.00	8:31.45	Octavia Clarkson	'10	10/18/2008	2008 UAlbany Invitational
<u>Women 6,000m Run</u>						
1	23:12.20	6:13.42	Laura Cummings	'09	9/13/2008	2008 Princeton's Old Nassau Run
2	24:39.90	6:36.94	Ada Lauterbach	'12	9/13/2008	2008 Princeton's Old Nassau Run
3	24:46.20	6:38.63	Alexandra Panos	'11	9/13/2008	2008 Princeton's Old Nassau Run
4	25:12.20	6:45.61	Laine Sefick	'10	9/13/2008	2008 Princeton's Old Nassau Run
5	25:59.60	6:58.32	Roxanne Wegman	'10	9/13/2008	2008 Princeton's Old Nassau Run
6	27:57.50	7:29.95	Jennifer Pierson	'10	9/13/2008	2008 Princeton's Old Nassau Run
7	29:30.00	7:54.76	Meghan Crowe	'10	9/13/2008	2008 Princeton's Old Nassau Run
<u>Men 6,000m Run</u>						
1	19:47.00	5:18.38	Jack Kelley	'12	9/6/2008	2008 Monmouth Kick-Off Classic
2	19:53.00	5:19.99	Richard Sniffen	'12	9/6/2008	2008 Monmouth Kick-Off Classic
3	20:06.00	5:23.48	Christopher Manico	'12	9/6/2008	2008 Monmouth Kick-Off Classic
4	20:12.00	5:25.09	David Rothman	'11	9/6/2008	2008 Monmouth Kick-Off Classic
5	20:15.00	5:25.89	James Carroll	'12	9/6/2008	2008 Monmouth Kick-Off Classic
6	20:49.00	5:35.01	Ian Ellis-Jones	'12	9/6/2008	2008 Monmouth Kick-Off Classic
7	21:01.00	5:38.23	Justin LaLiberte	'09	9/6/2008	2008 Monmouth Kick-Off Classic
8	21:14.00	5:41.72	Jonathan Juleus	'12	9/6/2008	2008 Monmouth Kick-Off Classic
9	21:21.00	5:43.59	Paul LaRocca	'12	9/6/2008	2008 Monmouth Kick-Off Classic
10	22:48.00	6:06.93	Jonathan Hilbert	'10	9/6/2008	2008 Monmouth Kick-Off Classic
11	25:25.00	6:49.04	Brian Yurkewecz	'09	9/6/2008	2008 Monmouth Kick-Off Classic
<u>Men 8,000m Run</u>						
1	24:40.90	4:57.91	Brian Yurkewecz	'09	10/18/2008	2008 UAlbany Invitational
2	25:59.30	5:13.68	Jack Kelley	'12	10/18/2008	2008 UAlbany Invitational
3	26:03.80	5:14.59	Christopher Manico	'12	10/18/2008	2008 UAlbany Invitational
4	26:15.90	5:17.02	Jonathan Juleus	'12	10/18/2008	2008 UAlbany Invitational
5	26:21.10	5:18.07	David Rothman	'11	10/18/2008	2008 UAlbany Invitational
6	26:29.60	5:19.78	Ian Ellis-Jones	'12	10/18/2008	2008 UAlbany Invitational
7	26:42.60	5:22.39	James Carroll	'12	10/18/2008	2008 UAlbany Invitational
8	26:45.56	5:22.99	Richard Sniffen	'12	9/20/2008	2008 Commodore Classic
9	27:37.60	5:33.46	Aaron Lozier	'10	10/18/2008	2008 UAlbany Invitational
10	27:44.70	5:34.88	Paul LaRocca	'12	10/18/2008	2008 UAlbany Invitational
11	28:01.90	5:38.34	Justin LaLiberte	'09	9/13/2008	2008 Princeton's Old Nassau Run
12	29:04.70	5:50.98	Jonathan Hilbert	'10	9/13/2008	2008 Princeton's Old Nassau Run