

2009 UAlbany Men's Cross Country Best of the Year Times

6,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1	Alex Leuchanka	Fr.	19:01	5:06	Monmouth XC Kick-Off
2	Paul Lagno	R-Fr.	19:31	5:14	Monmouth XC Kick-Off
3	Ethan Clary	R-Fr.	19:44	5:17	Monmouth XC Kick-Off
4	Sean Halpin	Fr.	19:55	5:20	Monmouth XC Kick-Off
5	David Rothman	Jr.	19:57	5:21	Monmouth XC Kick-Off
6	Ryan Florkiewicz	R-Fr.	20:13	5:25	Monmouth XC Kick-Off
7	Jack Kelley	So.	20:14	5:25	Monmouth XC Kick-Off
8	Craig Weiss	Fr.	20:25	5:28	Monmouth XC Kick-Off
9	Chris Manico	So.	20:36	5:31	Monmouth XC Kick-Off
10	Jimmy Carroll	So.	21:05	5:39	Monmouth XC Kick-Off
11	Ian Ellis	So.	21:23	5:44	Monmouth XC Kick-Off

8,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1	Alex Leuchanka	Fr.	24:59	5:02	43rd UAlbany Invitational
2	Paul Lagno	R-Fr.	25:24	5:07	43rd UAlbany Invitational
3	Craig Weiss	Fr.	25:37	5:10	43rd UAlbany Invitational
4	Sean Halpin	Fr.	25:44	5:11	43rd UAlbany Invitational
5	Chris Manico	So.	25:46	5:12	43rd UAlbany Invitational
6	David Rothman	Jr.	26:01	5:15	43rd UAlbany Invitational
7	Ethan Clary	R-Fr.	26:28	5:20	43rd UAlbany Invitational
8	John Moore	Jr.	26:36	5:22	43rd UAlbany Invitational
9	Jack Kelley	So.	26:39	5:22	43rd UAlbany Invitational
10	Cory Greczyn	R-Fr.	26:42	5:23	43rd UAlbany Invitational
11	Ryan Florkiewicz	R-Fr.	27:15	5:29	43rd UAlbany Invitational
12	Jimmy Carroll	So.	27:18	5:30	43rd UAlbany Invitational
13	Ian Ellis	So.	27:37	5:33	IC4A Championship