

2014 UAlbany Men's Cross Country

Best Times of the Year

8,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1.	Christopher Buchanan	Sr.	24:51.0	5:00	Paul Short (10/4)
2.	Tyler Ranke	Fr.	25:11.6	5:04	Paul Short
3.	John DeLallo	Sr.	25:19.6	5:06	Paul Short
4.	James Sommer	Jr.	25:27.0	5:07	Paul Short
5.	Kyle Gronostaj	Fr.	25:55.3	5:13	UAlbany Invite (10/18)
6.	Youness Benzaid	Sr.	26:01.2	5:14	Paul Short
7.	Peter Schweitzer	Sr.	26:14.5	5:17	Paul Short
8.	Raymond Farinella	Jr.	26:24.6	5:19	Paul Short
9.	Jordan Healy	Fr.	26:26.9	5:19	Paul Short - Open
10.	Jonathan Moore	Jr.	26:29.55	5:20	AE Championships (11/1)
11.	Austin Lane	Jr.	27:03.8	5:27	Paul Short
12.	Simon Nwana	Fr.	28:14.1	5:41	UAlbany Invite
13.	Alex Christensen	Fr.	28:44.8	5:47	Binghamton Dual
14.	Keith Machabee	Fr.	29:15.2	5:53	UAlbany Invite

10,000-Meter Run

Rank	Name	Year	Time	Avg. Mile	Meet
1.	Christopher Buchanan	Sr.	32:29.89	5:14	Northeast Regionals (11/14)
2.	Kyle Gronostaj	Fr.	32:41.79	5:16	Northeast Regionals
3.	Tyler Ranke	Fr.	32:50.19	5:17	Northeast Regionals
4.	Keith Machabee	Fr.	34:12.36	5:30	Northeast Regionals
5.	Jonathan Moore	Jr.	34:22.34	5:32	Northeast Regionals
6.	Peter Schweitzer	Sr.	34:41.79	5:35	Northeast Regionals
7.	Jordan Healy	Fr.	35:42.83	5:45	Northeast Regionals

