

# MEN'S 2015 XC BEST TIMES OF THE YEAR

## 5K

| Rank | Name         | Year | Time    | Avg. Mile | Meet               |
|------|--------------|------|---------|-----------|--------------------|
| 1.   | Austin Sperl | Fr.  | 17:38.2 | 5:40.3    | Battle in Beantown |

## 6.4K

| Rank | Name            | Year | Time    | Avg. Mile | Meet                    |
|------|-----------------|------|---------|-----------|-------------------------|
| 1.   | Kyle Gronostaj  | So.  | 20:25.5 | 5:06.9    | Harry Lang Invitational |
| 2.   | Tyler Ranke     | So.  | 21:19.5 | 5:21.7    | Harry Lang Invitational |
| 3.   | Calvin Butlak   | Fr.  | 21:33.3 | 5:25.2    | Harry Lang Invitational |
| 4.   | Ryan Fox        | Fr.  | 21:41.8 | 5:27.3    | Harry Lang Invitational |
| 5.   | Harold Lamour   | Sr.  | 21:52.7 | 5:30.1    | Harry Lang Invitational |
| 6.   | Jordan Johnson  | So.  | 22:15.5 | 5:35.8    | Harry Lang Invitational |
| 7.   | Keith Machabee  | So.  | 22:23.3 | 5:37.8    | Harry Lang Invitational |
| 8.   | Matthew Gladysz | Fr.  | 22:41.0 | 5:42.2    | Harry Lang Invitational |
| 9.   | Liam Mallon     | Fr.  | 23:05.2 | 5:48.3    | Harry Lang Invitational |

## 8K

| Rank | Name            | Year | Time    | Avg. Mile | Meet                    |
|------|-----------------|------|---------|-----------|-------------------------|
| 1.   | Kyle Gronostaj  | So.  | 24:41.3 | 4:58.0    | Paul Short Invitational |
| 2.   | Jordan Johnson  | So.  | 25:50.7 | 5:11.9    | Paul Short Invitational |
| 3.   | Tyler Ranke     | So.  | 25:59.1 | 5:13.3    | UAlbany XC Invitational |
| 4.   | Zachary Cook    | Sr.  | 26:10.1 | 5:15.8    | UAlbany XC Invitational |
| 5.   | Calvin Butlak   | Fr.  | 26:13.3 | 5:16.5    | Paul Short Invitational |
| 6.   | Keith Machabee  | So.  | 26:29.3 | 5:19.7    | Paul Short Invitational |
| 7.   | Ryan Fox        | Fr.  | 26:51.6 | 5:24.2    | Paul Short Invitational |
| 8.   | Matthew Gladysz | Fr.  | 27:08.2 | 5:27.5    | UAlbany XC Invitational |
| 9.   | Liam Mallon     | Fr.  | 27:08.7 | 5:27.7    | Battle in Beantown      |
| 10.  | Harold Lamour   | Sr.  | 27:21.6 | 5:30.2    | UAlbany XC Invitational |
| 11.  | Austin Sperl    | Fr.  | 29:44.7 | 5:59.0    | UAlbany XC Invitational |

## 10K

| Rank | Name           | Year | Time    | Avg. Mile | Meet                             |
|------|----------------|------|---------|-----------|----------------------------------|
| 1.   | Kyle Gronostaj | So.  | 31:46.9 | 5:06.9    | Northeast Regional Championships |
| 2.   | Jordan Johnson | So.  | 32:37.4 | 5:15.0    | Northeast Regional Championships |
| 3.   | Tyler Ranke    | So.  | 33:13.4 | 5:20.8    | Northeast Regional Championships |
| 4.   | Keith Machabee | So.  | 33:24.4 | 5:22.6    | Northeast Regional Championships |
| 5.   | Liam Mallon    | Fr.  | 34:18.1 | 5:31.2    | Northeast Regional Championships |
| 6.   | Calvin Butlak  | Fr.  | 34:58.1 | 5:37.6    | Northeast Regional Championships |
| 7.   | Ryan Fox       | Fr.  | 35:31.5 | 5:43.0    | Northeast Regional Championships |

