

# MEN'S 2016 XC BEST TIMES OF THE YEAR

## 5K

| Rank | Name              | Year | Time    | Avg. Mile | Meet                    |
|------|-------------------|------|---------|-----------|-------------------------|
| 1.   | Terrell Coleman   | Fr.  | 16:26.1 | 5:17.4    | UAlbany XC Invitational |
| 2.   | Austin Sperl      | So.  | 17:08.1 | 5:30.9    | UAlbany XC Invitational |
| 3.   | Evan DeGraw       | Fr.  | 17:12.2 | 5:32.2    | UAlbany XC Invitational |
| 4.   | Joseph Somerville | Fr.  | 17:20.7 | 5:34.9    | UAlbany XC Invitational |

## 6.4K

| Rank | Name            | Year | Time    | Avg. Mile | Meet                    |
|------|-----------------|------|---------|-----------|-------------------------|
| 1.   | Tyler Ranke     | Jr.  | 20:32.8 | 5:10.0    | Harry Lang Invitational |
| 2.   | Ryan Udvardia   | Jr.  | 20:38.8 | 5:11.5    | Harry Lang Invitational |
| 3.   | Calvin Butlak   | So.  | 20:43.1 | 5:12.6    | Harry Lang Invitational |
| 4.   | Jake Johnson    | Fr.  | 21:17.0 | 5:21.1    | Harry Lang Invitational |
| 5.   | Matthew Gladysz | So.  | 21:36.4 | 5:26.0    | Harry Lang Invitational |
| 6.   | Keith Machabee  | Jr.  | 21:40.7 | 5:27.1    | Harry Lang Invitational |
| 7.   | Charlie Ragone  | Fr.  | 21:51.3 | 5:29.7    | Harry Lang Invitational |
| 8.   | Ryan Fox        | So.  | 22:07.1 | 5:33.7    | Harry Lang Invitational |
| 9.   | T.J. Murray     | Fr.  | 22:07.3 | 5:33.7    | Harry Lang Invitational |
| 10.  | Jeremy Carter   | Fr.  | 22:21.9 | 5:37.4    | Harry Lang Invitational |
| 11.  | Terrell Coleman | Fr.  | 22:58.6 | 5:46.6    | Harry Lang Invitational |
| 12.  | Liam Mallon     | So.  | 23:22.7 | 5:52.7    | Harry Lang Invitational |

## 8K

| Rank | Name            | Year | Time    | Avg. Mile | Meet                          |
|------|-----------------|------|---------|-----------|-------------------------------|
| 1.   | Kyle Gronostaj  | Jr.  | 24:41.7 | 4:58.0    | Paul Short Invitational       |
| 2.   | Ryan Udvardia   | Jr.  | 24:44.2 | 4:58.5    | America East XC Championships |
| 3.   | Jake Johnson    | Fr.  | 25:17.8 | 5:05.3    | America East XC Championships |
| 4.   | Calvin Butlak   | So.  | 25:18.8 | 5:05.5    | Paul Short Invitational       |
| 5.   | Tyler Ranke     | Jr.  | 25:24.9 | 5:06.7    | UAlbany XC Invitational       |
| 6.   | Keith Machabee  | Jr.  | 25:38.0 | 5:09.4    | Paul Short Invitational       |
| 7.   | Charlie Ragone  | Fr.  | 26:20.2 | 5:17.9    | UAlbany XC Invitational       |
| 8.   | Jeremy Carter   | Fr.  | 26:24.2 | 5:18.7    | Paul Short Invitational       |
| 9.   | Matthew Gladysz | So.  | 26:54.9 | 5:24.8    | Paul Short Invitational       |
| 11.  | Ryan Fox        | So.  | 27:15.0 | 5:28.9    | UAlbany XC Invitational       |
| 10.  | T.J. Murray     | Fr.  | 27:58.8 | 5:37.7    | Br. Doyle Meet of Champions   |
| 12.  | Terrell Coleman | Fr.  | 29:54.1 | 6:00.9    | Br. Doyle Meet of Champions   |

## 10K

| Rank | Name           | Year | Time    | Avg. Mile | Meet                             |
|------|----------------|------|---------|-----------|----------------------------------|
| 1.   | Ryan Udvardia  | Jr.  | 32:33.6 | 5:14.4    | Northeast Regional Championships |
| 2.   | Tyler Ranke    | Jr.  | 32:49.0 | 5:16.9    | Northeast Regional Championships |
| 3.   | Jake Johnson   | Fr.  | 33:03.4 | 5:19.2    | Northeast Regional Championships |
| 4.   | Keith Machabee | Jr.  | 33:21.2 | 5:22.0    | Northeast Regional Championships |
| 5.   | Charlie Ragone | Fr.  | 33:29.8 | 5:23.4    | Northeast Regional Championships |
| 6.   | Calvin Butlak  | So.  | 33:40.6 | 5:25.2    | Northeast Regional Championships |