

**2023 USATF NATIONAL CROSS COUNTRY
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #6
U20 Men 8k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Garden State Track Club [0	10	1-2-3-4(5)(6)	1:56:29	29:08	2:02.0

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Lamprecht, Isaac	16	272	Colonial Road Runn	-	25:43.00	---	5:10.5	3:12.9
2 Kee, Ryan	17	318	Wings of America [4	-	27:43.00	2:00.00	5:34.6	3:27.9
3 Kahn, Max	16	281	Garden State Track	1	27:49.00	2:06.00	5:35.8	3:28.6
4 Roundface, Theodore	16	319	Wings of America [4	-	27:54.00	2:11.00	5:36.8	3:29.3
5 Williams, Lucas	16	320	Wings of America [4	-	27:58.00	2:15.00	5:37.6	3:29.8
6 Macom, Ryan	15	282	Garden State Track	2	28:59.00	3:16.00	5:49.9	3:37.4
7 Califano, Matthew	16	279	Garden State Track	3	29:50.00	4:07.00	6:00.2	3:43.8
8 Califano, Alexander	16	278	Garden State Track	4	29:51.00	4:08.00	6:00.4	3:43.9
9 Hudak, Austin	16	280	Garden State Track	(5)	30:40.00	4:57.00	6:10.2	3:50.0
10 Shah, Arya	16	283	Garden State Track	(6)	32:25.00	6:42.00	6:31.3	4:03.1