



Race #1
Mens 6k

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Virginia	16	1-2-3-4-6(10)(28)	1:30:02	18:01	0:12.5
2 William & Mary	80	14-15-16-17-18(19)(27)	1:33:02	18:37	0:01.6
3 Richmond	89	11-13-20-22-23(32)(43)	1:33:13	18:39	0:13.9
4 American	95	8-12-24-25-26(33)(44)	1:33:10	18:38	0:31.8
5 George Mason	121	5-9-30-37-40(53)	1:34:14	18:51	1:20.7
6 VCU	154	7-29-31-41-46(60)	1:35:34	19:07	1:28.0
7 Christopher Newport	202	21-35-39-48-59(67)(68)	1:37:27	19:30	1:36.1
8 Longwood	215	36-38-42-45-54(61)(62)	1:37:38	19:32	0:35.4
9 Mary Washington	257	49-50-51-52-55(56)(57)	1:39:15	19:51	0:12.0
10 VMI	310	34-63-69-71-73(74)	1:42:53	20:35	2:05.1
11 Hampton	350	47-64-77-79-83	1:50:36	22:08	5:20.6
12 St. Mary's (Md.)	356	65-66-72-75-78(80)(82)	1:47:01	21:25	2:17.6
13 Virginia State	369	58-70-76-81-84(85)	1:53:18	22:40	5:12.0

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K	4K	5K
1 BENDTSEN, Nicholas	SR	473	Virginia	1	17:57.6	4:48.9	2:59.6	2:58.	6:03.	9:06.	12:09	15:05
2 WACHTEL, Justin	SR	480	Virginia	2	17:57.7	4:48.9	2:59.6	2:58.	6:04.	9:06.	12:08	15:05
3 JONES, Andrew	SR	476	Virginia	3	17:57.8	4:49.0	2:59.6	2:58.	6:04.	9:06.	12:09	15:04
4 DALEY, Will	SR	474	Virginia	4	17:57.9	4:49.0	2:59.7	2:58.	6:04.	9:06.	12:09	15:05
5 BEARDSLEY, Biruk	SO	441	George Mason	5	18:02.5	4:50.2	3:00.4	2:59.	6:05.	9:06.	12:09	15:05
6 MORENO, Richard	JR	477	Virginia	6	18:10.1	4:52.3	3:01.7	2:58.	6:04.	9:07.	12:09	15:10
7 HESS, Jonathan	FR	421	VCU	7	18:10.7	4:52.4	3:01.8	2:59.	6:05.	9:07.	12:10	15:15
8 MORGAN, Carver	SR	1439	American	8	18:16.6	4:54.0	3:02.8	2:59.	6:05.	9:06.	12:09	15:15
9 SHEPPARD-BROWN, Lloyd	SR	448	George Mason	9	18:19.4	4:54.7	3:03.2	2:59.	6:05.	9:07.	12:13	15:21
10 ATROSH, Hudson	FR	527	Unattached	-	18:23.8	4:55.9	3:04.0	2:59.	6:04.	9:06.	12:12	15:20
11 DYER, Cayden	SO	475	Virginia	(10)	18:30.4	4:57.7	3:05.1	2:59.	6:08.	9:17.	12:27	15:35
12 CONDON, Andy	FR	293	Richmond	11	18:30.5	4:57.7	3:05.1	2:59.	6:05.	9:12.	12:23	15:31
13 SMITH, Noah	SO	1440	American	12	18:32.3	4:58.2	3:05.4	3:00.	6:05.	9:10.	12:21	15:30
14 HAASE, Henry	SR	297	Richmond	13	18:32.4	4:58.2	3:05.4	2:59.	6:04.	9:07.	12:14	15:23
15 WILCOX, Caleb	FR	1498	William & Mary	14	18:35.7	4:59.1	3:06.0	3:06.	6:13.	9:20.	12:30	15:37
16 ELLWOOD, Luke	SR	1490	William & Mary	15	18:36.1	4:59.2	3:06.0	3:02.	6:10.	9:17.	12:29	15:37
17 WALSH, Collin	FR	1497	William & Mary	16	18:36.2	4:59.2	3:06.0	3:06.	6:13.	9:20.	12:30	15:36
18 YEAGLE, Nolan	FR	529	Unattached	-	18:36.5	4:59.3	3:06.1	2:59.	6:05.	9:08.	12:20	15:32
19 GRIESMER, Will	SO	1494	William & Mary	17	18:36.7	4:59.4	3:06.1	3:06.	6:13.	9:21.	12:30	15:38
20 TRAPP, Hayes	JR	1496	William & Mary	18	18:37.3	4:59.5	3:06.2	3:05.	6:13.	9:20.	12:30	15:37
21 TOWNSEND, Wyatt	SO	1495	William & Mary	(19)	18:40.4	5:00.4	3:06.7	3:06.	6:13.	9:21.	12:30	15:37
22 NOTGRASS, Nathan		523	Unattached	-	18:41.7	5:00.7	3:07.0	3:01.	6:06.	9:11.	12:25	15:38
23 MASTROLY, Alex	FR	300	Richmond	20	18:41.9	5:00.8	3:07.0	2:59.	6:06.	9:12.	12:23	15:32
24 PHILLIPS, Eli	FR	1460	Gooch Elite	-	18:41.9	5:00.8	3:07.0	2:59.	6:06.	9:11.	12:22	15:31
25 JANETSKY, Andrew	SO	340	Christopher Newpor	21	18:43.2	5:01.1	3:07.2	3:02.	6:13.	9:21.	12:28	15:35
26 SCULLY, Eric	JR	301	Richmond	22	18:43.7	5:01.3	3:07.3	2:58.	6:04.	9:10.	12:24	15:36
27 BARBER, Brady	SO	291	Richmond	23	18:44.4	5:01.4	3:07.4	3:00.	6:13.	9:21.	12:31	15:37

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Pole Green Park

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Mens 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K	4K	5K
28 MICHAUD, Cooper	SR	1438	American	24	18:45.0	5:01.6	3:07.5	2:59.	6:05.	9:10.	12:24	15:36
29 ZERBE, Zack	SO	1441	American	25	18:47.2	5:02.2	3:07.9	3:00.	6:05.	9:11.	12:25	15:39
30 FREDERICK, Jaden	SO	1432	American	26	18:48.4	5:02.5	3:08.1	3:00.	6:07.	9:17.	12:29	15:40
31 ANDERSON, Henry	SO	1489	William & Mary	(27)	18:50.6	5:03.1	3:08.4	3:04.	6:14.	9:20.	12:31	15:40
32 GOLDEN, Peyton	JR	1492	William & Mary	-	19:00.1	5:05.7	3:10.0	3:06.	6:14.	9:21.	12:36	15:55
33 PERRY, Charles	FR	478	Virginia	(28)	19:01.9	5:06.1	3:10.3	2:59.	6:07.	9:17.	12:29	15:47
34 GOODMAN, Hayden	FR	1499	Ggv crew	-	19:06.9	5:07.5	3:11.2	3:00.	6:07.	9:18.	12:36	15:55
35 LAWSON, Julian	SR	423	VCU	29	19:09.4	5:08.2	3:11.6	3:00.	6:13.	9:29.	12:49	16:02
36 ALBON, Travis	SO	439	George Mason	30	19:09.4	5:08.2	3:11.6	3:01.	6:11.	9:21.	12:41	15:58
37 HESS, Thomas	JR	422	VCU	31	19:09.5	5:08.2	3:11.6	2:59.	6:12.	9:30.	12:51	16:08
38 BRUNS, Carter	JR	292	Richmond	(32)	19:11.7	5:08.8	3:12.0	3:01.	6:10.	9:22.	12:39	16:00
39 GOULET, Ben		543	Unattached	-	19:13.2	5:09.2	3:12.2					
40 GOLDSTEIN, Barak	SO	1433	American	(33)	19:15.4	5:09.8	3:12.6	3:01.	6:08.	9:20.	12:39	16:00
41 HAGERICH, Benjamin	SR	1414	VMI	34	19:15.6	5:09.8	3:12.6	3:02.	6:13.	9:27.	12:47	16:06
42 TWYMAN, Colby	FR	526	Unattached	-	19:15.8	5:09.9	3:12.6	3:01.	6:14.	9:29.	12:51	16:09
43 YOUNG, Evan	JR	344	Christopher Newpor	35	19:15.9	5:09.9	3:12.7	3:02.	6:16.	9:28.	12:48	16:05
44 SANTOS NGUYEN, Jaiden	FR	374	Longwood	36	19:18.1	5:10.5	3:13.0	3:04.	6:16.	9:32.	12:52	16:06
45 BARNETT, Bryson	FR	440	George Mason	37	19:18.7	5:10.6	3:13.1	3:06.	6:19.	9:33.	12:53	16:06
46 KOVAL, AJ	FR	568	Longwood	38	19:19.6	5:10.9	3:13.3	3:02.	6:15.	9:29.	12:49	16:09
47 BARROW, Jacob	JR	522	Unattached	-	19:20.4	5:11.1	3:13.4	3:02.	6:08.	9:18.	12:37	16:01
48 RANKIN, Clayton	JR	342	Christopher Newpor	39	19:20.9	5:11.2	3:13.5	3:05.	6:17.	9:34.	12:54	16:11
49 FAGAN, Eric	SO	1491	William & Mary	-	19:23.0	5:11.8	3:13.8	3:07.	6:19.	9:33.	12:54	16:15
50 ROWE, Jackson	SO	447	George Mason	40	19:23.2	5:11.8	3:13.9	3:06.	6:18.	9:32.	12:53	16:06
51 SMITH, Carter	JR	425	VCU	41	19:25.2	5:12.4	3:14.2	3:00.	6:14.	9:29.	12:50	16:09
52 ALMEDA, Jack	FR	518	Unattached	-	19:26.5	5:12.7	3:14.4	3:07.	6:19.	9:34.	12:54	16:13
53 CLANCY, Clinton	JR	564	Longwood	42	19:28.3	5:13.2	3:14.7	3:05.	6:17.	9:32.	12:53	16:12
54 LATINA, Jason	SR	298	Richmond	(43)	19:31.2	5:14.0	3:15.2	3:02.	6:15.	9:32.	12:51	16:11
55 LINTON, Jeffrey	FR	525	Unattached	-	19:31.4	5:14.0	3:15.2	3:03.	6:14.	9:30.	12:53	16:17
56 WRIGHT, Bennett	FR	303	Richmond	-	19:31.6	5:14.1	3:15.3	3:01.	6:13.	9:28.	12:52	16:12
57 MANFREDI, David	JR	1437	American	(44)	19:31.7	5:14.1	3:15.3	3:03.	6:16.	9:31.	12:54	16:15
58 BRENNAN, Brady	FR	528	Unattached	-	19:37.4	5:15.7	3:16.2	3:06.	6:22.	9:40.	13:03	16:24
59 HATHAWAY, Andrew	FR	566	Longwood	45	19:37.9	5:15.8	3:16.3	3:07.	6:21.	9:40.	13:01	16:24
60 ABDALLAH, Nahim	SR	420	VCU	46	19:38.7	5:16.0	3:16.5	2:59.	6:12.	9:29.	12:57	16:23
61 GRAY, Josh	JR	295	Richmond	-	19:39.3	5:16.2	3:16.5	3:02.	6:15.	9:33.	12:57	16:21
62 AL-YAFEE, Mohammed	SR	1062	Hampton	47	19:40.2	5:16.4	3:16.7	2:59.	6:15.	9:34.	13:01	16:23
63 DOHERTY, Patrick	SO	294	Richmond	-	19:40.9	5:16.6	3:16.8	3:06.	6:21.	9:42.	13:02	16:24
64 GROAT, Cooper	SR	296	Richmond	-	19:43.1	5:17.2	3:17.2	3:02.	6:14.	9:34.	13:01	16:24
65 VALENCIA, Alex	FR	479	Virginia	-	19:44.4	5:17.5	3:17.4	3:00.	6:09.	9:22.	12:46	16:16
66 RAFFLE, Jason		541	Unattached	-	19:44.7	5:17.6	3:17.5	3:05.	6:21.	9:40.	13:05	16:29
67 TOMPKINS, Luke	SR	343	Christopher Newpor	48	19:47.5	5:18.4	3:17.9	3:04.	6:25.	9:46.	13:10	16:32
68 SEDLACEK, Rylan	SO	1083	Mary Washington	49	19:47.8	5:18.4	3:18.0	3:08.	6:24.	9:46.	13:09	16:32
69 BLAIR, Luke	SR	1074	Mary Washington	50	19:47.9	5:18.5	3:18.0	3:07.	6:22.	9:40.	13:06	16:33
70 HULLEMAN, Christopher	FR	1077	Mary Washington	51	19:49.1	5:18.8	3:18.2	3:10.	6:31.	9:53.	13:16	16:38
71 KIMENER, Aidan	SR	1078	Mary Washington	52	19:50.4	5:19.1	3:18.4	3:08.	6:26.	9:51.	13:15	16:38
72 VOM SAAL, Max	SO	449	George Mason	(53)	19:50.8	5:19.2	3:18.5	3:06.	6:18.	9:37.	13:05	16:31
73 REID, Christian	JR	371	Longwood	54	19:53.5	5:20.0	3:18.9	3:10.	6:26.	9:48.	13:15	16:37

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74 LEVINE, Jack	JR	299	Richmond	-	19:53.7	5:20.0	3:19.0	3:03.	6:19.	9:40.	13:07	16:30
75 GREEN, Quinn	SO	1493	William & Mary	-	19:59.7	5:21.6	3:20.0	3:05.	6:16.	9:34.	13:03	16:34
76 NIESE, Steven	FR	1082	Mary Washington	55	19:59.8	5:21.7	3:20.0	3:08.	6:23.	9:46.	13:13	16:41
77 SOSA, Marcus	SO	1085	Mary Washington	(56)	20:03.0	5:22.5	3:20.5	3:08.	6:20.	9:45.	13:11	16:41
78 VOLK, Jimmy	JR	1087	Mary Washington	(57)	20:10.6	5:24.6	3:21.8	3:03.	6:20.	13:15	16:46	
79 CIMON, Everett	SO	1075	Mary Washington	-	20:12.8	5:25.1	3:22.1	3:11.	6:32.	9:58.	13:26	16:55
80 SMERLIS, Nicholas	SO	1100	Mary Washington	-	20:14.9	5:25.7	3:22.5	3:08.	6:27.	9:51.	13:22	16:57
81 CHANDLER, Jack	JR	1430	American	-	20:15.8	5:26.0	3:22.6	3:02.	6:20.	9:45.	13:13	16:45
82 STEVENS, Zachary	JR	302	Richmond	-	20:16.2	5:26.1	3:22.7	3:04.	6:25.	9:46.	13:15	16:51
83 WILLIAMS, Emmanuel	JR	502	Virginia State	58	20:18.4	5:26.6	3:23.1	3:15.	6:42.	10:07	13:35	17:01
84 FARNSWORTH, Kevin	JR	335	Christopher Newpor	59	20:19.3	5:26.9	3:23.2	3:04.	6:21.	9:46.	13:20	16:55
85 LOCKHART, Jaiden	JR	424	VCU	(60)	20:19.5	5:26.9	3:23.3	3:01.	6:25.	9:56.	13:26	17:00
86 LEHOCKY, Morgan	SO	1079	Mary Washington	-	20:22.2	5:27.7	3:23.7	3:09.	6:31.	9:57.	13:29	17:01
87 ARJONA, Sean	FR	561	Longwood	(61)	20:22.5	5:27.7	3:23.8	3:10.	6:32.	9:58.	13:32	17:05
88 RUTHERFORD, Andrew	FR	373	Longwood	(62)	20:24.1	5:28.2	3:24.0	3:17.	6:44.	10:09	13:36	17:02
89 LAMBERT, Cameron	FR	1418	VMI	63	20:25.1	5:28.4	3:24.2	3:15.	6:39.	10:05	13:31	17:01
90 HAMID, Khalid	JR	1066	Hampton	64	20:27.8	5:29.2	3:24.6	3:07.	6:31.	10:02	13:35	17:02
91 MARTIN, Joshua	SO	569	Longwood	-	20:29.9	5:29.7	3:25.0	3:17.	6:44.	10:11	13:39	17:07
92 HOGUE, Pierson	SO	414	St. Mary's (Md.)	65	20:31.2	5:30.1	3:25.2	3:07.	6:34.	10:03	13:41	17:13
93 SMOOT, Brandon	FR	416	St. Mary's (Md.)	66	20:32.5	5:30.4	3:25.4	3:13.	6:45.	10:17	13:51	17:20
94 QUINDOZA, Ian	SR	519	Unattached	-	20:36.7	5:31.6	3:26.1	3:12.	6:40.	10:08	13:42	17:14
95 SMITH, Chris	FR	379	Longwood	-	20:41.3	5:32.8	3:26.9	3:17.	6:44.	10:11	13:39	17:18
96 FOTI, Tom	SR	336	Christopher Newpor	(67)	20:41.6	5:32.9	3:26.9	3:07.	6:33.	10:04	13:40	17:16
97 BROWN, Thomas	FR	333	Christopher Newpor	(68)	20:42.1	5:33.0	3:27.0	3:13.	6:40.	10:10	13:45	17:19
98 GROGAN, Daden	FR	1434	American	-	20:46.7	5:34.2	3:27.8	3:05.	6:24.	9:50.	13:24	17:11
99 LOWRY, Patrick	SO	1419	VMI	69	20:47.9	5:34.6	3:28.0	3:22.	6:54.	10:27	13:56	17:23
100 SEMTNER, Louis	FR	376	Longwood	-	20:49.7	5:35.0	3:28.3	3:10.	6:32.	10:03	13:41	17:22
101 HINTON, Luca	SO	339	Christopher Newpor	-	20:53.8	5:36.1	3:29.0	3:15.	6:46.	10:22	13:56	17:27
102 DUARTE, Daniel	SO	565	Longwood	-	20:57.0	5:37.0	3:29.5	3:17.	6:44.	10:12	13:48	17:25
103 NICHOLS, Trent	FR	1081	Mary Washington	-	21:00.0	5:37.8	3:30.0	3:13.	6:41.	10:11	13:48	17:23
104 KIPCHIRCHIR, Emmanuel	JR	509	Virginia State	70	21:00.5	5:37.9	3:30.1	3:15.	6:43.	10:19	13:59	17:35
105 CRENSHAW, Colin	JR	1410	VMI	71	21:03.1	5:38.6	3:30.5	3:11.	6:33.	10:04	13:45	17:28
106 WILEY, Misha	SR	377	Longwood	-	21:04.8	5:39.1	3:30.8	3:09.	6:35.	10:10	13:48	17:29
107 HENDLER-VOSS, Myles	FR	338	Christopher Newpor	-	21:11.9	5:41.0	3:32.0	3:14.	6:46.	10:20	13:56	17:36
108 BRYNE, Kelly	SR	409	St. Mary's (Md.)	72	21:18.8	5:42.8	3:33.1	3:10.	6:39.	10:12	13:54	17:41
109 FIORILLO, Peter	SO	1412	VMI	73	21:20.7	5:43.4	3:33.5	3:16.	6:44.	10:14	13:56	17:39
110 FALCONE, Jake	JR	1411	VMI	(74)	21:20.9	5:43.4	3:33.5	3:17.	6:47.	10:22	14:02	17:49
111 BRYN, Henry	FR	319	Marymount (Va.)	-	21:21.1	5:43.5	3:33.5	3:15.	6:44.	10:16	14:01	17:45
112 CHRISTIAN, Bryce	SR	563	Longwood	-	21:24.3	5:44.3	3:34.1	3:16.	6:45.	10:19	14:00	17:46
113 DALTON, Taylor	SR	334	Christopher Newpor	-	21:25.5	5:44.6	3:34.3	3:15.	6:47.	10:22	14:02	17:49
114 SCHAEFER, Andrew	JR	375	Longwood	-	21:29.9	5:45.8	3:35.0	3:16.	6:43.	10:22	14:09	18:00
115 WILLIAMS, Nicolas	JR	378	Longwood	-	21:32.9	5:46.6	3:35.5	3:20.	6:54.	10:36	14:16	18:00
116 BAN, Charlie		547	Unattached	-	21:37.8	5:47.9	3:36.3					
117 CARBERRY, Blake	SO	410	St. Mary's (Md.)	75	21:49.1	5:51.0	3:38.2	3:16.	6:50.	10:36	14:22	18:15
118 DAVIS, Leo	SO	498	Virginia State	76	22:05.3	5:55.3	3:40.9	3:17.	6:52.	10:41	14:40	18:40
119 GRANT, Jeremiah	SO	337	Christopher Newpor	-	22:06.3	5:55.6	3:41.1	3:16.	6:53.	10:36	14:29	18:26

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120 LEE, Bronson		545	Unattached	-	22:10.0	5:56.6	3:41.7					
121 MULHERN, Thomas	SO	1080	Mary Washington	-	22:19.9	5:59.2	3:43.3	3:11.	6:46.	10:33	14:23	18:24
122 BASSEY, Dominic	FR	1063	Hampton	77	22:37.0	6:03.8	3:46.2	3:18.	7:02.	10:59	14:54	18:49
123 FISHER, Noah	JR	412	St. Mary's (Md.)	78	22:48.8	6:07.0	3:48.1	3:25.	7:17.	11:18	15:18	19:11
124 DANNER, Daniel	SO	1064	Hampton	79	22:50.2	6:07.3	3:48.4	3:20.	7:08.	11:12	15:13	19:08
125 BARON, Joe		546	Unattached	-	23:09.4	6:12.5	3:51.6					
126 GARCIA, Edmund	JR	1076	Mary Washington	-	23:28.0	6:17.5	3:54.7	3:35.	7:27.	11:26	15:29	19:33
127 BREWER, Kaiden	FR	332	Christopher Newpor	-	23:49.7	6:23.3	3:58.3	3:27.	7:25.	11:21	15:29	19:40
128 KUTA, Jack	SO	415	St. Mary's (Md.)	(80)	23:54.8	6:24.7	3:59.1	3:44.	7:45.	11:47	15:53	20:00
129 KOONCE, Alijzah	SO	501	Virginia State	81	24:22.8	6:32.2	4:03.8	3:40.	7:37.	11:51	16:04	20:27
130 PHELPS, Jacob	SO	341	Christopher Newpor	-	24:24.9	6:32.7	4:04.2	3:36.	7:43.	12:00	16:15	20:35
131 ETZLER, Ronald	SO	411	St. Mary's (Md.)	(82)	24:29.4	6:33.9	4:04.9	3:29.	7:38.	11:54	16:19	20:33
132 DONES, Jordan	FR	1065	Hampton	83	25:00.8	6:42.4	4:10.1	3:42.	7:52.	12:11	16:30	20:53
133 EPPS, Elijah	JR	499	Virginia State	84	25:30.4	6:50.3	4:15.1	3:40.	7:58.	12:26	16:59	21:25
134 WYNN-FLOYD, Pharoah	SR	524	Unattached	-	26:02.0	6:58.8	4:20.3	3:47.	8:11.	12:43	21:39	
135 BREakey, Cooper	FR	408	St. Mary's (Md.)	-	26:18.7	7:03.2	4:23.1	3:30.	7:47.	12:30	21:49	
136 CALOS, Stefan		1500	Pony Express	-	27:02.7	7:15.0	4:30.5	4:22.	8:50.	13:26	18:00	22:36
137 HANSEN, Jax	FR	413	St. Mary's (Md.)	-	29:23.8	7:52.9	4:54.0	4:03.	8:50.	14:06	19:14	24:29
138 WILLIAMS, Kiwan	JR	514	Virginia State	(85)	29:24.0	7:52.9	4:54.0	3:52.	8:19.	13:30	18:58	24:27
-- ROLDAN, Javier	SR	372	Longwood	-	DNF	---	---	3:10.	6:41.			
-- KLUTH, Kaden	SR	1435	American	-	DNF	---	---	3:00.	6:06.	9:12.		