

NAME	Grace Christian 3.1 Miles 9/3/09	Emerson Waldorf 3.1 Miles 9/10/09	Grace Christian 3.1 Miles 9/17/09	Emerson Waldorf 3.1 Miles 10/1/09	Wake Christian 3.1 Miles 10/5/09	Ravenscroft 3.1 Miles 10/15/09
Connor Appel	21:54	22:19	22:23	21:58		
	7:03/mile avg	7:11/mile avg	7:13/mile avg	7:05/mile avg		
Josh Brickey	N/A	40:20	32:27	32:41		
	N/A	13:00/mile avg	10:28/mile avg	10:32/mile avg		
Kyle Brown	34:03	37:01	N/A	27:07 (2.5 miles)		
	10:59/mile avg	11:56/mile avg	N/A	10:50/mile avg		
Catherine Bryant	44:03	35:27	40:47	38:12 (2.5 miles)		
	14:12/mile avg	11:26/mile avg	13:09/mile avg	15:16/mile avg		
Caleb Carter	20:29	21:01	19:24	19:54		
	6:36/mile avg	6:46/mile avg	6:15/mile avg	6:25/mile avg		
Patrick Harvey	34:22	37:21	34:37	36:47		
	11:05/mile avg	12:02/mile avg	11:10/mile avg	11:51/mile avg		
Adrian Hillman	25:33	23:38	N/A	N/A		
	8:14/mile avg	7:37/mile avg	N/A	N/A		
Zoia Jones	22:15	21:50	21:42	22:58		
	7:10/mile avg	7:02/mile avg	7:00/mile avg	7:24/mile avg		
Lara Klein	42:08	N/A	N/A	41:10		
	13:35/mile avg	N/A	N/A	13:16/mile avg		
Jacob McCaslin	23:12	25:06	23:38	23:43		
	7:29/mile avg	8:05/mile avg	7:37/mile avg	7:39/mile avg		
Sam Putnam	N/A	40:55	N/A	N/A		
	N/A	13:11/mile avg	N/A	N/A		
Evan Rodriguez	25:32	28:39	N/A	28:02		
	8:14/mile avg	9:14/mile avg	N/A	9:02/mile avg		
Alfonso Skog	27:25	25:28	24:26	28:04		
	8:50/mile avg	8:12/mile avg	7:52/mile avg	9:03/mile avg		
Mynor Skog	30:26	28:18	28:41	26:20		
	9:49/mile avg	9:07/mile avg	9:15/mile avg	8:29/mile avg		
Jessica Smith	33:21	34:47	33:06	27:00 (2.5 miles)		
	10:45/mile avg	11:13/mile avg	10:40/mile avg	10:47/mile avg		
Alex Stammers	33:55	N/A	N/A	N/A		
	10:56/mile avg	N/A	N/A	N/A		
Carson Sweeny	33:14	32:32	34:25	35:00		
	10:43/mile avg	10:29/mile avg	11:06/mile avg	11:17/mile avg		
Chris Thanhauser	30:44	29:53	29:04	27:11		
	9:54/mile avg	9:38/mile avg	9:22/mile avg	8:46/mile avg		
Taylor Trogdon	34:00	34:24	33:09	32:42		
	10:58/mile avg	11:05/mile avg	10:41/mile avg	10:32/mile avg		
Danny Turchick	55:24	29:18 (1.5 miles)	46:38	25:00 (2.5 miles)		
	17:52/mile avg	19:32/mile avg	15:02/mile avg	10:00/mile avg		
Eric Van Scoyoc	25:32	N/A	N/A	N/A		
	8:14/mile avg	N/A	N/A	N/A		

Will Warden	41:32	40:35	33:55	37:18		
	13:23/mile avg	13:05/mile avg	10:56/mile avg	12:01/mile avg		
Angela Woody	N/A	N/A	38:37	41:00		
	N/A	N/A	12:27/mile avg	13:13/mile avg		
Hunter Young	N/A	36:39	N/A	36:17		
	N/A	11:49/mile avg	N/A	11:42/mile avg		