

	<u>Time</u>	<u>Mile</u>	<u>2 Mile (Split)</u>	<u>3 Mile (Split)</u>	<u>Pace</u>	<u>Place</u>
Kayla Dobies	<b>19:43</b>	6:16	12:44 (6:28)	19:06 (6:22)	6:22	5
Monica Micale	21:21	6:40	13:49 (7:09)	20:39 (6:50)	6:53	12
Marisa Weller	21:24	6:36	13:46 (7:10)	20:42 (6:56)	6:56	17
Kaitria LaFleure	22:05	6:38	13:58 (7:20)	21:21 (7:23)	7:07	25
Lauren Valente	22:54	6:49	14:25 (7:36)	22:09 (7:43)	7:23	38
Alexis Penzien	23:33	7:25	15:14 (7:49)	22:45 (7:31)	7:35	49
Sarah Regener	25:00	7:26	15:53 (8:27)	24:10 (8:17)	8:03	71
Rachel Sliger	25:16	8:10	16:37 (8:27)	24:25 (7:48)	8:08	75
Allyson Slone	25:40	7:28	16:33 (9:05)	24:50 (8:17)	8:17	85
Sarah Verellen	25:45	8:09	16:46 (8:37)	24:54 (8:08)	8:18	86
Lana Amatangelo	25:53	8:08	16:45 (8:37)	25:00 (8:15)	8:21	89
Tara Metcalfe	26:05	8:08	16:44 (8:36)	25:08 (8:24)	8:24	94
Addison Pavlica	26:06	7:52	16:56 (9:04)	25:15 (8:19)	8:25	95
Amber Mousseau	<b>26:16</b>	8:02	16:56 (8:54)	25:21 (8:25)	8:28	99
Rachel Randazzo	26:53	8:04	17:13 (9:09)	26:00 (8:47)	8:40	112
Rachel Pepe	27:34	8:23	17:51 (9:29)	26:42 (8:51)	8:54	120
Elizabeth Gray	28:41	9:00	18:38 (9:38)	27:45 (9:07)	8:55	140
Kami Karas	<b>30:22</b>	9:37	19:50 (10:13)	29:22 (9:32)	9:47	153
Alexis Stillwell	31:05	9:14	19:44 (10:30)	30:03 (10:19)	10:01	155
Hanna Burton	<b>31:35</b>	9:24	20:23 (10:59)	30:28 (10:05)	10:09	160
Marissa Blair	31:43	9:40	20:25 (10:45)	30:42 (10:17)	10:14	161
Stephanie Ung	<b>32:27</b>	9:36	20:50 (11:14)	31:12 (10:22)	10:24	166
Megan Bukowski	<b>34:42</b>	10:46	22:42 (11:56)	33:30 (10:48)	11:33	171

<u>Overall winner</u>			<b>Total Finishers</b>	175
Ersula Farrow	Oak Park	18:32	<b>Total Teams</b>	16+
<u>TopTeams</u>			<b>TOP 5 TIME GAP:</b>	3:11
Oak Park	64		<b>Dakota earned 3 T-Shirts</b>	
<b>Dakota</b>	<b>78</b>		<b>Dakota's athlete of the Meet</b>	
Utica	87		<b>Kayla Dobies</b>	
Trenton	157		<b>Hanna Burton</b>	
L'Anse Creuse North	176			

	<u>Time</u>	<u>Mile</u>	<u>2 Mile (Split)</u>	<u>3 Mile (Split)</u>	<u>Pace</u>	<u>Place</u>
Ian Demrose	<b>16:48</b>	5:20	10:45 (5:25)	16:15 (5:30)	5:25	4
Brendan Koch	17:36	5:30	11:10 (5:40)	17:01 (5:51)	5:41	9
Jimmy Hoefler	<b>17:38</b>	5:41	11:15 (5:34)	17:02 (5:47)	5:41	8
Chase Fedolak	<b>17:43</b>	5:45	11:47 (6:02)	17:09 (5:22)	5:43	10
Jacob Kalahar	17:52	5:39	11:22 (5:43)	17:17 (5:55)	5:45	17
Danny Knapp	<b>17:59</b>	5:44	11:50 (6:06)	17:27 (6:37)	5:48	20
Thomas Szymanski	<b>18:05</b>	5:41	11:47 (6:06)	17:30 (5:43)	5:50	23
Mitchell MacDonald	<b>18:26</b>	5:52	11:51 (5:59)	17:48 (5:57)	5:56	28
Noah Vallee	18:48	5:57	12:05 (6:08)	18:13 (6:08)	6:04	39
Zachary MacDonald	<b>19:00</b>	6:09	12:23 (6:14)	18:25 (6:02)	6:08	42
Joshua Jaster	<b>19:10</b>	6:09	12:26 (6:17)	18:35 (6:09)	6:11	46
Tony Barbera	19:15	6:10	12:27 (6:17)	18:40 (6:13)	6:13	48
Brendan Mousseau	<b>19:22</b>	6:16	12:33 (6:17)	18:46 (6:13)	6:15	49
Dan Westarb	19:53	6:16	12:35 (6:19)	19:16 (6:41)	6:25	66
Calvin Bojanowski	20:06	6:27	12:50 (6:23)	19:30 (6:40)	6:30	72
Matthew Jesue	20:45	6:14	13:00 (6:46)	20:04 (7:04)	6:41	92
Robert Gracin	21:01	6:44	13:45 (7:01)	20:22 (6:37)	6:47	99
Kyle Allor	21:03	6:30	13:30 (7:00)	20:22 (6:52)	6:47	101
Nathan Sossi	21:14	6:38	13:45 (7:07)	20:36 (7:11)	6:52	103
David Almendarez	21:09	6:52	14:06 (7:14)	20:45 (6:39)	6:49	111
Matt Ford	<b>21:29</b>	6:55	14:08 (7:13)	20:51 (6:43)	6:56	112
Andrew Gustafson	<b>22:19</b>	6:56	14:28 (7:32)	21:20 (6:52)	7:12	124
Joseph Minnella	22:42	7:11	14:45 (7:34)	22:00 (7:15)	7:20	126
Tyler Chaffin	22:33	7:17	14:54 (7:37)	21:49 (7:55)	7:16	130
Colin Swanson	<b>22:42</b>	7:13	14:46 (7:33)	22:01 (7:15)	7:20	133
Jeremy Balicki	<b>22:46</b>	6:57	14:39 (7:42)	22:03 (7:24)	7:21	134
Kyle Fedolak	<b>23:13</b>	7:37	15:05 (7:28)	22:31 (7:26)	7:30	148
Marko Tegeltija	<b>23:56</b>	7:19	15:10 (7:51)	23:12 (6:02)	7:43	157
Cameron Gray	24:09	7:33	15:34 (8:01)	23:25 (7:51)	7:47	161
David Walker	<b>24:50</b>	7:44	15:54 (8:10)	24:04 (8:10)	8:01	165
Kyle Knight	<b>25:58</b>	7:43	16:34 (8:51)	25:12 (8:38)	8:24	179
Evan Mabry	<b>26:01</b>	7:38	16:18 (8:40)	25:13 (8:55)	8:24	180
Cale Snyder	<b>26:03</b>	8:02	16:34 (8:32)	25:14 (8:40)	8:24	181
Shaun Sanitate	<b>26:09</b>	8:03	16:42 (8:39)	25:21 (8:39)	8:26	182
Evan Pena	<b>27:00</b>	8:41	17:24 (9:23)	26:11 (8:47)	8:43	187
Jay Nandy	<b>27:28</b>	8:27	17:43 (9:16)	26:38 (8:55)	8:52	188
Joshua Russeau	<b>27:55</b>	8:16	17:50 (9:34)	27:00 (9:10)	9:00	190
Adam Vallee	30:44	8:50	19:00 (10:10)	29:48 (10:48)	9:54	199

DAKOTA COUGARS  
CROSS COUNTRY

RUNNING FIT -DETROIT TITAN INVITAIONAL  
CASS BENTON PARK  
SATURDAY, SEPTEMBER 6, 2014

WEATHER:  
Light Wind  
Partly Sunny 70°

**Overall Winner**

Thomas Michno      LCN      16:24

**Total Finishers**      200

**Total Teams**      17+

**Top Teams**

**Dakota**      **44**

Plymouth      84

Warren Mott      132

L'Ansce Creuse North      140

Utica      162

**TOP 5 TIME GAP:**      1:04

**Dakota earned 7 T-Shirts**

**Dakota's athlete of the Meet**

**Chase Fedolak**

**Kyle Knight**