

DAKOTA COUGARS
CROSS COUNTRY

MAC RED DIVISION CHAMPIONSHIP
LAKE SAINT CLAIR METROPARK
OCTOBER 24, 2015

WEATHER:
55°
Light Breeze, Some Drizzle

		<u>Time</u>	<u>Mile</u>	<u>2 mile</u>	<u>(split)</u>	<u>3 mile</u>	<u>(split)</u>	<u>pace</u>	<u>Place</u>
Chase	Fedolak	16:32	5:15	10:36	5:21	15:58	5:22	5:19	4
Brendan	Koch	16:35	5:12	10:34	5:22	16:01	5:26	5:20	7
James	Hoefler	16:44	5:13	10:39	5:26	16:09	5:30	5:23	9
Mitchell	MacDonald	16:52	5:22	10:56	5:34	16:17	5:22	5:26	12
Zachary	MacDonald	17:01	5:15	10:47	5:32	16:26	5:38	5:29	15
Joshua	Jaster	17:06	5:22	10:59	5:37	16:31	5:32	5:30	21
Brendan	Mousseau	17:22	5:33	11:15	5:42	16:46	5:32	5:35	25
Sawyer	Kisha	17:27	5:23	11:06	5:43	16:51	5:44	5:37	28
David	Walker	17:39	5:30	11:10	5:40	17:03	5:51	5:41	JV-2
Calvin	Bojanowski	18:14	5:39	11:36	5:57	17:36	6:00	5:52	JV-8
Andrew	Gustafson	18:17	5:41	11:42	6:01	17:39	5:57	5:53	JV-9
Colin	Swanson	18:18	5:40	11:37	5:57	17:40	6:02	5:53	JV-10
Adam	Frost	18:19	5:42	11:42	6:00	17:41	5:59	5:54	JV-11
Daniel	Westarb	18:24	5:40	11:50	6:10	17:46	5:56	5:55	JV-14
Matthew	Jesue	18:25	5:42	11:39	5:57	17:47	6:07	5:56	JV-16
Thomas	Szymanski	18:28	5:42	11:50	6:08	17:50	6:00	5:57	JV-17
Joshua	VanSlambrou	18:34	5:38	11:44	6:06	17:56	6:10	5:59	JV-19
Nathan	Sossi	18:49	5:46	12:00	6:14	18:10	6:10	6:03	JV-29
Anthony	Barbera	18:50	5:40	11:55	6:15	18:11	6:15	6:04	JV-30
David	Carnago	18:50	5:50	12:08	6:18	18:11	6:03	6:04	JV-31
Kyle	Fedolak	18:52	5:46	11:58	6:12	18:13	6:14	6:04	JV-33
Anthony	Eovaldi	18:53	5:46	11:57	6:11	18:14	6:16	6:05	JV-34
Zachary	Willaert	19:09	5:50	12:20	6:30	18:29	6:10	6:10	JV-41
Kyle	Pietrzak	19:10	5:46	12:09	6:23	18:30	6:20	6:10	JV-43
Matthew	Ford	19:23	5:49	12:21	6:32	18:43	6:21	6:14	JV-56
Marko	Tegeltija	19:49	5:59	12:43	6:44	19:08	6:25	6:23	JV-80
Anthony	Peters	20:33	6:05	13:03	6:58	19:51	6:47	6:37	JV-117
Matthew	Thomas	20:44	6:19	13:09	6:50	20:01	6:51	6:40	JV-125
David	Almendarez	20:47	6:13	13:09	6:56	20:04	6:54	6:41	JV-130
Robert	Gracin	21:01	6:47	13:47	7:00	20:18	6:32	6:46	JV-141
Andrew	Merrifield	21:02	6:16	13:25	7:09	20:19	6:53	6:46	JV-144
Tyler	Chaffin	21:21	6:49	13:45	6:56	20:37	6:52	6:52	JV-158
Joshua	Brooks	21:49	6:43	13:52	7:09	21:04	7:11	7:01	JV-170
Austin	Mabrey	22:12	6:51	14:03	7:12	21:26	7:22	7:09	JV-179
Joshua	Rouseau	22:49	6:47	14:11	7:24	22:02	7:48	7:21	JV-198
Sean	Whitaker	23:20	7:29	15:12	7:43	22:32	7:21	7:31	JV-208
Evan	Pena	23:36	7:28	15:12	7:44	22:47	7:35	7:36	JV-216
Jay	Nandy	33:10	9:09	20:07	10:58	32:01	11:47	10:40	JV-246

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Varsity Winner

Adam Fraeyman-Romeo 16:04

JV Winner

Daniel Lamontagne-St. Clair 17:20

Total Finishers

61

Total Finishers

246

TOP 5 TIME GAP:

0:29

JV TOP 5 GAP:

0:40

Top Teams

Dakota 47
Romeo 59
Utica 87
Grosse Pointe North 120
Eisenhower 124
Grosse Pointe South 141
L'Anse Creuse North 145
Stevenson 224

Top JV Teams

Dakota 36
Grosse Pointe South 87
Romeo 113
Utica 114
St. Clair 137
Grosse Pointe North 143
Eisenhower 152
Marysville 216
Chippewa Valley 288
Stevenson 326

Total Teams 22

Dakota's Athlete of the Meet:

Drew Gustafson (PR by 53 seconds)
Tyler Chaffin (ran even splits)
Mitch MacDonald (PR of 7 seconds, all conference)

Medals Earned by Dakota

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