

Varsity Letter Points																	
2008 Season																	
	Randolph Inv	Central/Lakewood	Manchester/Barnegat	South Jersey Shootout	Mon Donovan	Thetford Woods Trail Run	Pt Boro/Pinelands	South Jersey Open	Jackson Memorial	Ocean County Championship	SJ Group 3 State Sectional	State Group 3 Championship	Time Standard Points	Bonus Points	Current Accumulated Varsity Points	Current Varsity Points Standard (as of last meet)	Total Projected Points Needed for Varsity (based on total number of meets)
Albrecht	1	3	0	2	0	0	2	0	3	1			4	0	16	25.0	27.5
Aponte	0	1	2	0	0	0	0	0	0	0				0	3	25.0	27.5
Avilleira	4	5	5	3	4	4	4	4	0	3			8	0	44	25.0	27.5
Locklear	2	5	5	3	3	4	3	4	4	3			6	0	42	25.0	27.5
Mamazza	4	5	5	3	3	4	3	4	4	4			6	0	45	25.0	27.5
Cucchiara	3	5	5	0	0	0	3	2	3	3			4	0	28	25.0	27.5
Mannikus	0	1	2	2	2	3	0	0	2	0				0	12	25.0	27.5
Scharff	0	1	4	0	2	0	2	0	2	0				0	11	25.0	27.5
Arnold	0	0	0	0	0	0	0	0	0	0				0	0	25.0	27.5
Boothe	0	5	5	3	4	0	4	4	4	5			8	0	42	25.0	27.5
Davies	2	3	4	3	3	3	3	2	0	0			4	0	27	25.0	27.5
Gustafson	2	5	5	3	3	3	3	2	4	4			6	0	40	25.0	27.5
Luca	2	3	4	3	3	0	2	2	3	2			4	0	28	25.0	27.5
Yostpille	0	1	2	2	2	0	0	0	2	0				0	9	25.0	27.5
Curtis	1	4	5	1	0	4	0	0	0	0			4	0	19	25.0	27.5
Pangborn	0	1	0	0	0	0	0	0	0	0				0	1	25.0	27.5
Rajhel	0	1	2	0	0	0	0	0	0	0				0	3	25.0	27.5

Race Breakdown		Freedom Park, Randolph			A-Standard	17:34		
Randolph Invitational		Raining, 70's - Night Race, muddy conditions			B-Standard	18:27		
9/12/2008					C-Standard	19:33		
					Negative Split			
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:38:00	11:39:00	6:01	6:09	18:28:00	5:56:38	V	4
Mamazza	5:39:00	11:54:00	6:15	6:19	18:54:00	6:05:00	V	4
Locklear	5:56:00	12:31:00	6:35	6:17	19:29:00	6:16:16	V	2
Cucchiara	5:55:00	12:10:00	6:15	6:13	19:03:00	6:07:54	V	3
Davies	5:41:00	12:39:00	6:58	6:10	19:29:00	6:16:16	V	2
Gustafson	5:47:00	12:39:00	6:52	6:33	19:55:00	6:24:38	V	2
Luca	6:18:00	13:23:00	7:05	6:58	21:06:00	6:47:29	V	2
Albrecht	6:23:00	13:30:00	7:07	6:51	21:05:00	6:47:10	JV	1
Yostpille	6:59:00	14:47:00	7:48	7:44	23:21:00	7:30:56	JV	
Mannikus	6:41:00	14:05:00	7:24	7:08	21:59:00	7:04:33	JV	
Scharff	6:45:00	14:49:00	8:04	7:48	23:28:00	7:33:11	JV	
Aponte	6:59:00	14:54:00	7:55	7:46	23:30:00	7:33:50	JV	
Boothe	DNR							
Arnold	DNR							
Frosh Race	Mile 1	1.65 Miles						
Curtis	5:57:00	9:43:00				5:53:20	F	1
Pangborn	6:32:00	10:53:00				6:35:45	F	
Rajhel	6:54:00	11:42:00				7:05:27	F	
Course +30 seconds from OCP								
Course Measured to 5000m								
Freshman Course is 2655m (1.65miles)								

Race Breakdown		Ocean County Park			A-Standard	17:08		
Tri-Meet Lakewood & Central		Partly Sunny, Low 70's			B-Standard	17:58		
9/16/2008					C-Standard	18:53		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:39:00	11:24:00	5:45	5:11	17:09:00	5:31:12	V	5
Mamazza	5:47:00	11:40:00	5:53	5:21	17:36:00	5:39:54	V	5
Cucchiara	5:36:00	11:59:00	6:23	5:32	18:07:00	5:49:52	V	5
Locklear	5:49:00	11:52:00	6:03	5:39	18:08:00	5:50:12	V	5
Boothe	5:52:00	12:05:00	6:13	5:36	18:17:00	5:53:05	V	5
Gustafson	5:50:00	12:01:00	6:11	5:45	18:23:00	5:55:01	V	5
Curtis	5:52:00	12:05:00	6:13	5:53	18:36:00	5:59:12	V	4
Albrecht	6:24:00	12:59:00	6:35	6:11	19:50:00	6:23:01	JV	3
Davies	6:00:00	13:05:00	7:05	6:34	20:22:00	6:33:19	JV	3
Luca	6:15:00	13:13:00	6:58	6:30	20:25:00	6:34:17	JV	3
Scharff	6:37:00	13:40:00	7:03	6:12	20:32:00	6:36:33	JV	1
Pangborn	6:21:00	13:36:00	7:15	6:37	20:56:00	6:44:16	JV	1
Mannikus	6:30:00	13:38:00	7:08	6:38	20:59:00	6:45:14	JV	1
Yostpille	7:08:00	14:53:00	7:45	6:51	22:28:00	7:13:53	JV	1
Rajhel	7:17:00	15:07:00	7:50	6:56	22:48:00	7:20:19	JV	1
Aponte	7:09:00	15:04:00	7:55	7:10	23:00:00	7:24:11	JV	1
Arnold	DNR							
Course +0 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Josh Avilleira								

Race Breakdown		Ocean County Park			A-Standard	17:08		
Tri-Meet Manchester & Barnegat		Partly Sunny, Low-Mid 60's			B-Standard	17:58		
9/23/2008					C-Standard	18:53		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:38:00	11:30:00	5:52	5:47	17:55:00	5:46:01	V	5
Locklear	5:41:00	11:45:00	6:04	5:37	17:59:00	5:47:18	V	5
Boothe	5:44:00	11:44:00	6:00	5:40	18:01:00	5:47:56	V	5
Mamazza	5:37:00	11:35:00	5:58	5:51	18:04:00	5:48:54	V	5
Gustafson	5:46:00	11:52:00	6:06	5:44	18:13:00	5:51:48	V	5
Curtis	5:49:00	12:03:00	6:14	5:47	18:28:00	5:56:38	V	5
Cucchiara	5:42:00	11:48:00	6:06	6:05	18:33:00	5:58:14	V	5
Davies	5:48:00	12:24:00	6:36	5:56	18:59:00	6:06:37	JV	4
Luca	6:03:00	12:41:00	6:38	6:19	19:41:00	6:20:08	JV	4
Scharff	6:20:00	13:09:00	6:49	6:14	20:04:00	6:27:32	JV	4
Mannikus	6:28:00	13:21:00	6:53	6:29	20:32:00	6:36:33	JV	2
Yostpille	6:45:00	14:00:00	7:15	6:36	21:19:00	6:51:40	JV	2
Rajhel	7:02:00	14:35:00	7:33	7:04	22:25:00	7:12:55	JV	2
Aponte	6:46:00	14:36:00	7:50	7:35	23:00:00	7:24:11	JV	2
Arnold	DNR							
Albrecht	DNR							
Pangborn	DNR							
Course +0 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Nick Luca								

Race Breakdown		Gloucester County College, Sewell NJ				A-Standard	NS	
South Jersey Shootout		Cloudy, little rain, low 70s				B-Standard	NS	
9/27/2008						C-Standard	NS	
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:47:00	12:07:00	6:20	6:44	19:33:00	6:17:33	V	3
Locklear	5:39:00	11:45:00	6:06	6:14	18:38:00	5:59:51	V	3
Boothe	5:39:00	11:45:00	6:06	6:30	18:55:00	6:05:19	V	3
Mamazza	5:47:00	11:54:00	6:07	6:24	18:58:00	6:06:17	V	3
Gustafson	5:54:00	12:00:00	6:06	6:42	19:24:00	6:14:39	V	3
Davies	5:56:00	12:38:00	6:42	7:02	20:24:00	6:33:58	V	3
Luca	6:13:00	12:59:00	6:46	6:56	20:38:00	6:38:28	V	3
Albrecht	6:31:00	13:23:00	6:52	7:12	21:19:00	6:51:40	JV	2
Mannikus	6:28:00	13:21:00	6:53	7:35	21:43:00	6:59:24	JV	2
Yostpille	6:16:00	13:07:00	6:51	9:05	23:08:00	7:26:45	JV	2
Aponte	DNR							
Arnold	DNR							
Cucchiara	DNR							
Scharff	DNR							
Curtis	5:42:00	14:37:00				7:21:04	F	1
Rajhel	6:58:00	17:37:00				8:51:35	F	
Pangborn	DNR							
Course +40 seconds from OCP				Team Average	19:15:48			
Course Measured to 5000m								
Meat of the Meet Award - Pace Race-NO AWARD								

Race Breakdown		Jackson Liberty Course				A-Standard	17:58	
Dual Meet Mon Donovan		Mostly cloudy, low 70s				B-Standard	18:56	
9/29/2008						C-Standard	19:47	
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:27:00	11:05:00	5:38	6:03	17:45:00	5:42:47	V	4
Boothe	5:32:00	11:25:00	5:53	6:06	18:09:00	5:50:31	V	4
Locklear	5:36:00	11:36:00	6:00	6:25	18:41:00	6:00:49	V	3
Mamazza	5:27:00	11:20:00	5:53	6:40	18:41:00	6:00:49	V	3
Davies	5:39:00	12:14:00	6:35	6:42	19:38:00	6:19:10	V	3
Gustafson	5:33:00	11:45:00	6:12	7:22	19:52:00	6:23:40	V	3
Luca	5:53:00	12:31:00	6:38	7:05	20:20:00	6:32:41	V	3
Mannikus	6:33:00	13:45:00	7:12	7:47	22:20:00	7:11:18	JV	2
Scharff	6:21:00	13:24:00	7:03	7:30	21:40:00	6:58:26	JV	2
Yostpille	6:41:00	14:07:00	7:26	7:38	22:32:00	7:15:10	JV	2
Albrecht	5:48:00	12:45:00	6:57	7:20	20:50:00	6:42:20	JV	
Aponte	DNR							
Arnold	DNR							
Cucchiara	DNR							
Curtis	DNR							
Rajhel	DNR							
Pangborn	DNR							
				Team Average	18:34:48			
Course +40 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Jordan Boothe								

Race Breakdown		Thetford Woods Trail, Vermont			A-Standard	18:39		
Woods Trail Run		Mostly cloudy, some sun, high 50s			B-Standard	19:29		
10/4/2008					C-Standard	20:25		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:52:00	12:04:00	6:12	6:16	19:32:00	6:07:24	V	4
Mamazza	5:43:00	12:02:00	6:19	6:28	19:44:00	6:11:10	V	4
Locklear	5:46:00	12:08:00	6:22	6:25	19:47:00	6:12:06	V	4
Curtis	6:14:00	12:42:00	6:28	6:28	20:24:00	6:23:42	V	4
Davies	6:04:00	12:36:00	6:32	6:36	20:28:00	6:24:57	V	3
Gustafson	6:05:00	12:44:00	6:39	6:40	20:40:00	6:28:43	V	3
Mannikus	6:38:00	13:49:00	7:11	7:21	22:34:00	7:04:27	V	3
Scharff	6:42:00	14:08:00	7:26	7:30	23:04:00	7:13:51	JV	
Luca	6:04:00	14:18:00	8:14	7:41	23:27:00	7:21:04	JV	
Yostpille	7:06:00	14:57:00	7:51	8:20	24:08:00	7:46:04	JV	
Albrecht	6:46:00	14:57:00	8:11	8:26	24:15:00	7:48:19	JV	
Rajhel	7:18:00	15:44:00	8:26	8:44	25:22:00	8:09:53	JV	
Arnold	8:08:00	17:45:00	9:37	10:20	29:09:00	9:22:57	JV	
Boothe	6:04:00	12:28:00	6:24		DNF	6:14:00		
Cucchiara	DNR							
Aponte	DNR							
Pangborn	DNR							
Course +1:31 seconds from OCP					Team Average	19:59:00		
Course Measured to 5134m								
Meat of the Meet Award - Phil Curtis								

Race Breakdown		Ocean County Park			A-Standard	17:08		
Tri-Meet vs Pt Boro & Pinelands		Mostly cloudy, some sun, high 50s			B-Standard	17:58		
10/7/2008					C-Standard	18:53		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:24:00	11:03:00	5:39	5:10	16:47:00	5:24:07	V	4
Boothe	5:25:00	11:04:00	5:39	5:27	17:07:00	5:30:34	V	4
Locklear	5:32:00	11:24:00	5:52	5:32	17:32:00	5:38:36	V	3
Gustafson	5:30:00	11:27:00	5:57	5:30	17:33:00	5:38:56	V	3
Mamazza	5:25:00	11:16:00	5:51	5:55	17:49:00	5:44:05	V	3
Davies	5:24:00	11:48:00	6:24	5:48	18:14:00	5:52:07	V	3
Cucchiara	5:50:00	12:11:00	6:21	5:55	18:44:00	6:01:47	V	3
Luca	6:06:00	12:30:00	6:24	6:01	19:10:00	6:10:09	JV	2
Scharff	6:11:00	12:39:00	6:28	5:55	19:12:00	6:10:48	JV	2
Albrecht	6:08:00	12:46:00	6:38	6:23	19:51:00	6:23:21	JV	2
Mannikus	6:16:00	12:59:00	6:43	6:18	19:58:00	6:25:36	JV	
Yostpille	6:56:00	14:14:00	7:18	6:46	21:44:00	6:59:43	JV	
Aponte	6:57:00	14:36:00	7:39	7:03	22:25:00	7:12:55	JV	
Curtis	5:51:00	12:27:00	6:36	DNF	DNF	6:13:30		
Rajhel	DNR							
Arnold	DNR							
Pangborn	DNR							
Course +0 seconds from OCP				Team Average	17:21:36			
Course Measured to 5000m								
Meat of the Meet Award - The Goose								

Race Breakdown		Delsea Regional High School			A-Standard	17:28		
South Jersey Open		Sunny 70s			B-Standard	18:18		
10/11/2008					C-Standard	19:13		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:40:00	11:27:00	5:47	5:41	17:45:00	5:42:47	V	4
Boothe	5:36:00	11:26:00	5:50	5:49	17:53:00	5:45:22	V	4
Mamazza	5:34:00	11:25:00	5:51	5:52	17:55:00	5:46:01	V	4
Locklear	5:45:00	11:45:00	6:00	5:55	18:18:00	5:53:25	V	4
Gustafson	5:40:00	11:57:00	6:17	6:14	18:52:00	6:04:21	V	2
Davies	5:45:00	12:37:00	6:52	6:23	19:42:00	6:20:27	V	2
Luca	5:57:00	12:37:00	6:40	6:32	19:51:00	6:23:21	V	2
Cucchiara	5:50:00	12:10:00	6:20	6:18	19:09:00	6:09:50	JV	2
Mannikus	6:28:00	13:15:00	6:47	6:39	20:37:00	6:38:09	JV	
Albrecht	6:12:00	13:30:00	7:18	6:46	21:00:00	6:45:33	JV	
Yostpille	7:11:00	16:01:00	8:50	5:03	21:37:00	6:57:28	JV	
Arnold	7:11:00	16:01:00	8:50	8:54	25:53:00	8:19:52	JV	
<i>Rajhel</i>	<i>6:36:00</i>	<i>13:52:00</i>	<i>7:16</i>			<i>6:58:26</i>	<i>F</i>	
Curtis	DNF							
Aponte	DNR							
Scharff	DNR							
Course +0:20 seconds from OCP				Team Average	18:08:36			
Course Measured to 5000m								
Meat of the Meet Award -								

Race Breakdown		Jackson Memorial HS Course			A-Standard	17:48		
Dual Meet vs Jackson Memorial		Sunny High 60s			B-Standard	18:38		
10/17/2008					C-Standard	19:33		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Mamazza	5:32:00	11:22:00	5:50	5:49	17:49:00	5:44:05	V	4
Boothe	5:33:00	11:30:00	5:57	5:43	17:50:00	5:44:24	V	4
Gustafson	5:33:00	11:44:00	6:11	5:49	18:11:00	5:51:10	V	4
Locklear	5:44:00	11:50:00	6:06	6:06	18:36:00	5:59:12	V	4
Cucchiara	5:45:00	12:28:00	6:43	6:04	19:11:00	6:10:28	V	3
Luca	5:56:00	12:31:00	6:35	6:09	19:20:00	6:13:22	V	3
Albrecht	6:11:00	12:55:00	6:44	6:24	20:01:00	6:26:34	V	3
Scharff	6:12:00	13:00:00	6:48	6:31	20:13:00	6:30:26	JV	2
Mannikus	6:10:00	13:04:00	6:54	6:41	20:28:00	6:35:15	JV	2
Yostpille	6:36:00	14:00:00	7:24	7:18	22:05:00	7:06:29	JV	2
Rajhel	6:51:00	14:11:00	7:20	7:11	22:09:00	7:07:46	JV	
Arnold	7:00:00	15:02:00	8:02	7:28	23:18:00	7:29:58	JV	
Avilleira	DNR							
Davies	DNR							
Curtis	DNR							
Aponte	DNR							
Course +40 seconds from OCP					Team Average	18:06:30		
Course Measured to 5000m								
Meat of the Meet Award - Ben								

Race Breakdown		Ocean County Park, Lakewood				A-Standard	17:08	
Ocean County Championships		Windy and Cold, 40s				B-Standard	17:58	
10/25/2008						C-Standard	18:53	
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Boothe	5:20:00	11:13:00	5:53	5:31	17:20:00	5:34:45	V	5
Mamazza	5:30:00	11:27:00	5:57	5:43	17:47:00	5:43:26	V	4
Gustafson	5:30:00	11:41:00	6:11	5:37	17:55:00	5:46:01	V	4
Locklear	5:29:00	11:42:00	6:13	5:46	18:06:00	5:49:33	V	3
Avilleira	5:34:00	11:51:00	6:17	5:38	18:06:00	5:49:33	V	3
Cucchiara	5:45:00	12:00:00	6:15	5:45	18:22:00	5:54:42	V	3
Luca	5:42:00	12:12:00	6:30	5:59	18:50:00	6:03:43	V	2
Albrecht	5:57:00	12:27:00	6:30	6:01	19:07:00	6:09:11	JV	
Scharff	6:00:00	12:39:00	6:39	5:51	19:08:00	6:09:30	JV	
Mannikus	6:03:00	12:48:00	6:45	6:12	19:40:00	6:19:48	JV	
Yostpille	6:37:00	13:41:00	7:04	6:38	21:02:00	6:46:12	JV	
Arnold	6:44:00	14:38:00	7:54	7:00	22:23:00	7:12:16	JV	
<i>Rajhel</i>	<i>6:30:00</i>	<i>13:35:00</i>	<i>7:05</i>			<i>6:49:53</i>	<i>F</i>	
Davies	DNR							
Curtis	DNR							
Aponte	DNR							
Course +0 seconds from OCP				Team Average	17:50:48			
Course Measured to 5000m								
Meat of the Meet Award - JV Team- 5th Place								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Shore Conf Frosh/JV Champs		Showers, Windy, Very Cold Mid 30s			B-Standard	17:58		
10/29/2008					C-Standard	18:53		
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Albrecht	5:55:00	12:14:00	6:19	5:53	18:43:00	6:01:28	JV	1
Mannikus	6:00:00	12:36:00	6:36	6:09	19:23:00	6:14:20	JV	
Scharff	6:09:00	12:52:00	6:43	6:03	19:32:00	6:17:14	JV	
Yostpille	6:34:00	13:11:00	6:37	6:39	20:31:00	6:36:13	JV	
Rajhel	6:54:00	14:18:00	7:24	6:50	21:50:00	7:01:39	JV	
Course +0 seconds from OCP					Team Average	19:59:48		
Course Measured to 5000m								
Meat of the Meet Award -Matt Albrecht								

Race Breakdown				Thompson Park, Jamesburg			A-Standard
State Frosh/JV Champs				Light Rain, Cool Low 60s			B-Standard
11/5/2008							C-Standard
Varsity/JV 5K	1600m	Mile 1 Split (calc)	3200m	Mile 2 Split (calc)	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace
Luca	5:36:00	5:37	11:54:00	6:20	6:34	19:15:00	6:11:46
Albrecht	6:38:00	6:40	12:37:00	6:01	6:30	19:54:00	6:24:19
Mannikus	6:41:00	6:43	12:39:00	6:00	6:45	20:12:00	6:30:06
Scharff	6:56:00	6:58	13:05:00	6:11	6:53	20:47:00	6:41:22
Yostpille	7:16:00	7:18	13:40:00	6:26	7:31	22:05:00	7:06:29
Arnold	7:24:00	7:26	14:05:00	6:43	7:31	22:30:00	7:14:31
Course +30 seconds from OCP					Team Average	20:26:36	
Course Measured to 5000m							
Meat of the Meet Award -Charlie Arnold							

17:38	
18:28	
19:23	
Race	V Letter Pts
JV	
JV	
JV	
JV	
JV	
JV	
JV	

Race Breakdown				Delsea Regional High School, Franklinville		A-Standard	17:28	
South Jersey Group 3 State Sectional				Light Rain, Cool Low 60s		B-Standard	18:18	
11/8/2008						C-Standard	19:13	
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Avilleira	5:27:00	11:22:00	5:55	5:37	17:36:00	5:39:54	V	3
Boothe	5:27:00	11:29:00	6:02	5:37	17:43:00	5:42:09	V	3
Locklear	5:29:00	11:33:00	6:04	5:45	17:55:00	5:46:01	V	3
Mamazza	5:27:00	11:34:00	6:07	6:04	18:17:00	5:53:05	V	3
Gustafson	5:27:00	11:39:00	6:12	6:02	18:20:00	5:54:03	V	3
Cucchiara	5:35:00	11:51:00	6:16	5:59	18:29:00	5:56:57	V	3
Luca	5:54:00	12:31:00	6:37	6:17	19:29:00	6:16:16	V	3
Course +0:20 seconds from OCP						Team Average	5:47:02	
Course Measured to 5000m								
Meat of the Meet Award -Malaciah Locklear								

Improvement
0:09:00
0:10:00
0:23:00
0:22
0:32:00
0:40:00
0:22:00