

**Top Times – Men’s XC**  
*Updated Through 2019 Season*

**6K**

Jack Worman .....	19:02.7*	(9/6)
Dominic Paoletti .....	19:12.5*	(9/6)
Ignacio Veloz Bonilla .....	19:12.7*	(9/6)
Eric Carothers .....	19:51.2*	(9/6)
Victor Fortin .....	20:10.5*	(9/6)
Nathan Izewski .....	20:14.9*	(9/6)
Michael George .....	20:45.3*	(9/6)
Xavi Ramierez .....	20:54.7	(9/6)
Joey Black .....	20:55.0*	(9/6)
Cameron Sheehy .....	21:03.7*	(9/6)
Andrew Zittel .....	21:17.8*	(9/6)
Rylan Dreyer .....	21:31.7*	(9/6)
Bradley Davis .....	21:41.0*	(9/6)
William Neupert .....	21:56.0*	(9/6)

**8K**

Alexander Bruno .....	24:45.0	(10/18)
Dominic Paoletti .....	25:07.0*	(10/18)
Iganacio Veloz Bonilla .....	25:33.8*	(10/18)
Jack Worman .....	25:57.1	(10/18)
Nathan Izewski .....	26:35.3*	(10/18)
Victor Fortin .....	26:52.6	(10/18)
Eric Carothers .....	26:38.4*	(10/18)
Michael George .....	27:32.3*	(10/18)
Cameron Sheehy .....	27:45.5*	(10/18)
Brady Southern .....	27:55.1*	(10/18)
Bradley Davis .....	29:13.6*	(9/21)
William Neupert .....	29:15.4*	(9/21)
Joey Black .....	27:53.1	(10/18)

\* - Career best time

Rylan Dreyer .....	29:26.2	(9/21)
Noah Vanderhei .....	30:03.4	(9/21)
John Donovan .....	30:20.8*	(9/21)

### 5 Mile

Alexander Bruno .....	25:08.53*	(10/4)
Iganacio Veloz Bonilla .....	25:15.92*	(10/4)
Dominic Paoletti .....	25:16.72*	(10/4)
Jack Worman .....	25:36.61*	(10/4)
Eric Carothers .....	26:39.47*	(10/4)
Nathan Izewski .....	26:52.57*	(10/4)
Victor Fortin .....	27:30.77	(10/4)
Michael George .....	27:39.98*	(10/4)
Brady Southern .....	28:03.29*	(10/4)
Cameron Sheehy .....	28:08.78*	(10/4)
Rylan Dreyer .....	28:35.25*	(10/4)
William Neupert .....	28:59.27*	(10/4)
Noah Vanderhei .....	29:17.10*	(10/4)
John Donovan .....	30:55.10*	(10/4)

### 10K

Alexander Bruno .....	31:56.2	(11/15)
Dominic Paoletti .....	32:41.5*	(11/15)
Iganacio Veloz Bonilla .....	33:12.0*	(11/15)
Jack Worman .....	33:23.1*	(11/15)
Nathan Izewski .....	34:12.43*	(11/15)
Eric Carothers .....	34:19.1*	(11/15)
Victor Fortin .....	34:56.6	(11/15)

\* - Career best time

**Top Times – Women’s XC**  
*Updated Through 2019 Season*

**5K**

Katherine Germann .....	18:40.32	(10/4)
Alaina Carpenter .....	19:10.42*	(10/4)
Taylor Justison .....	19:24.62*	(10/4)
Sarah Caesar .....	20:02.12	(10/4)
Maranda Donahue .....	20:12.3*	(9/6)
Danielle Durak .....	21:26.50*	(10/4)
Claire Kovarik .....	21:23.17 *	(10/4)
Kathleen Neal .....	21:51.9	(9/6)
Sarah Padilla .....	22:08.36*	(10/4)
Peyton Nash .....	22:50.71*	(10/4)

**6K**

Katherine Germann .....	22:31.3*	(10/18)
Alaina Carpenter .....	22:39.7*	(10/18)
Taylor Justison .....	23:34.6*	(10/18)
Sarah Caesar .....	23:53.1*	(10/18)
Maranda Donahue .....	24:16.4*	(10/18)
Danielle Durak .....	25:44.4*	(10/18)
Claire Kovarik .....	26:42.5 *	(10/18)
Kathleen Neal .....	26:17.8	(10/18)
Sarah Padilla .....	22:08.36*	(10/18)
Peyton Nash .....	28:02.2*	(10/18)

\* - Career best time

<b>Name</b>	<b>Crusader Open 6K (9/6)</b>	<b>John McNichols Invitational 8K (9/21)</b>	<b>Joe Piane Invite (10/4) 5 Mile</b>	<b>Bradley Pink Classic (10/18) 8K</b>	<b>MVC Championship (11/2) 8K</b>	<b>NCAA Great Lakes Regional (11/15) 10K</b>
<b>Joey Black</b>	20:55.0* (63 <sup>rd</sup> )	29:19.1 (216 <sup>th</sup> )	DNF	27:53.1 (150 <sup>th</sup> )	DNR	DNR
<b>Alexander Bruno</b>	DNR	25:21.2 (42 <sup>nd</sup> )	25:08.53*(34 <sup>th</sup> )	24:45.2 (13 <sup>th</sup> )	25:17.8 (8 <sup>th</sup> )	31:56.2 (62 <sup>nd</sup> )
<b>Eric Carothers</b>	19:51.2* (40 <sup>th</sup> )	27:12.9* (137 <sup>th</sup> )	26:39.47*(117 <sup>th</sup> )	26:38.0* (123 <sup>rd</sup> )	27:06.9 (48 <sup>th</sup> )	34:19.1* (164 <sup>th</sup> )
<b>Bradley Davis</b>	21:41.0* (74 <sup>th</sup> )	29:13.6* (211 <sup>th</sup> )	DNR	29:29.5 (85 <sup>th</sup> )	DNR	DNR
<b>John Donovan</b>	DNR	30:20.8* (239 <sup>th</sup> )	30:55.10*(113 <sup>th</sup> )	30:02.9 (95 <sup>th</sup> )	DNR	DNR
<b>Rylan Dreyer</b>	21:31.7* (72 <sup>nd</sup> )	29:26.2 (219 <sup>th</sup> )	28:35.25*(103 <sup>rd</sup> )	DNR	DNR	DNR
<b>Victor Fortin</b>	20:10.5* (47 <sup>th</sup> )	27:12.4 (136 <sup>th</sup> )	27:30.77 (145 <sup>th</sup> )	26:52.6 (133 <sup>rd</sup> )	27:33.3 (54 <sup>th</sup> )	34:56.6 (176 <sup>th</sup> )
<b>Mike George</b>	20:45.3* (60 <sup>th</sup> )	28:16.9* (182 <sup>nd</sup> )	27:39.98*(148 <sup>th</sup> )	27:32.3* (147 <sup>th</sup> )	DNR	DNR
<b>Nate Izewski</b>	20:14.9* (49 <sup>th</sup> )	26:56.9* (124 <sup>th</sup> )	26:52.57*(136 <sup>th</sup> )	26:35.3* (119 <sup>th</sup> )	27:45.1 (56 <sup>th</sup> )	34:12.4* (161 <sup>st</sup> )
<b>William Neupert</b>	21:56.0* (75 <sup>th</sup> )	29:15.4* (214 <sup>th</sup> )	28:59.57*(105 <sup>th</sup> )	30:35.1 (103 <sup>rd</sup> )	DNR	DNR
<b>Dominic Paoletti</b>	19:12.5* (19 <sup>th</sup> )	26:12.0 (84 <sup>th</sup> )	25:16.72*(42 <sup>nd</sup> )	25:07.0* (35 <sup>th</sup> )	25:29.6 (13 <sup>th</sup> )	32:41.5* (96 <sup>th</sup> )
<b>Xavi Ramirez</b>	20:54.7 (62 <sup>nd</sup> )	DNR	DNR	DNR	DNR	DNR
<b>Cameron Sheehy</b>	21:03.7* (66 <sup>th</sup> )	28:32.6* (190 <sup>th</sup> )	28:08.78*(101 <sup>st</sup> )	27:45.5* (51 <sup>st</sup> )	DNR	DNR
<b>Brady Southern</b>	DNR	29:32.6* (202 <sup>nd</sup> )	28:03.29*(98 <sup>th</sup> )	27:55.1* (54 <sup>th</sup> )	DNR	DNR
<b>Noah Vanderhei</b>	DNR	30:03.4 (230 <sup>th</sup> )	29:17.10* 108 <sup>th</sup> )	30:16.4 (100 <sup>th</sup> )	DNR	DNR
<b>Ignacio Veloz Bonilla</b>	19:12.7* (21 <sup>st</sup> )	26:02.3 (72 <sup>nd</sup> )	25:15.95* (41 <sup>st</sup> )	25:33.8* (61 <sup>st</sup> )	26:06.4 (28 <sup>th</sup> )	33:23.1* (132 <sup>nd</sup> )
<b>Jack Worman</b>	19:02.7* (14 <sup>th</sup> )	26:07.3 (77 <sup>th</sup> )	25:36.61* (69 <sup>th</sup> )	25:57.1 (88 <sup>th</sup> )	26:37.3 (41 <sup>st</sup> )	33:12.0* (126 <sup>th</sup> )
<b>Andrew Zittel</b>	21:17.8* (70 <sup>th</sup> )	DNR	DNR	DNR	DNR	DNR

\* - Career best time

<b>Name</b>	<b>Crusader Open (9/6) 5K</b>	<b>John McNichols Invitational (9/21) 5K</b>	<b>Joe Piane Invite (10/4) 5K</b>	<b>Bradley Pink Classic (10/18) 6K</b>	<b>MVC Championship (11/2) 5K</b>	<b>NCAA Great Lakes Regional (11/15) 6K</b>
<b>Sarah Caesar</b>	20:21.0 (50 <sup>th</sup> )	20:10.2 (140 <sup>th</sup> )	20:02.12 (171 <sup>st</sup> )	23:53.1* (144 <sup>th</sup> )	20:44.4 (64 <sup>th</sup> )	24:31.7 (183 <sup>rd</sup> )
<b>Alaina Carpenter</b>	19:47.4 (39 <sup>th</sup> )	19:39.0 (119 <sup>th</sup> )	19:10.42* (145 <sup>th</sup> )	22:39.7* (69 <sup>th</sup> )	19:19.6 (26 <sup>th</sup> )	23:01.0 (141 <sup>st</sup> )
<b>Kailee Carro</b>	DNR	DNR	DNR	DNR	DNR	DNR
<b>Maranda Donahue</b>	20:12.3 (45 <sup>th</sup> )	21:05.2 (163 <sup>rd</sup> )	20:41.65* (180 <sup>th</sup> )	24:16.4* (157 <sup>th</sup> )	21:12.5 (68 <sup>th</sup> )	24:49.0 (190 <sup>th</sup> )
<b>Danielle Durak</b>	21:37.3 (60 <sup>th</sup> )	21:51.8 (181 <sup>st</sup> )	21:26.50* (189 <sup>th</sup> )	25:44.4* (174 <sup>th</sup> )	21:55.5 (75 <sup>th</sup> )	26:51.5 (209 <sup>th</sup> )
<b>Katherine Germann</b>	19:11.3 (28 <sup>th</sup> )	19:15.3 (102 <sup>nd</sup> )	18:40.32 (102 <sup>nd</sup> )	22:31.3* (58 <sup>th</sup> )	19:29.8 (32 <sup>nd</sup> )	23:27.8 (158 <sup>th</sup> )
<b>Taylor Justison</b>	19:52.4 (42 <sup>nd</sup> )	20:15.6 (143 <sup>rd</sup> )	19:24.62* (154 <sup>th</sup> )	23:34.6* (123 <sup>rd</sup> )	20:34.1 (55 <sup>th</sup> )	24:10.7 (179 <sup>th</sup> )
<b>Claire Kovarik</b>	21:40.2 (31 <sup>st</sup> )	21:37.9 (178 <sup>th</sup> )	21:23.17* (187 <sup>th</sup> )	26:42.5* (177 <sup>th</sup> )	22:42.0 (78 <sup>th</sup> )	DNR
<b>Celia McGhiey</b>	DNR	DNR	DNR	DNR	DNR	DNR
<b>Kate Mitchell</b>	DNR	DNR	DNR	DNR	DNR	DNR
<b>Peyton Nash</b>	22:55.6 (65 <sup>th</sup> )	23:42.4 (208 <sup>th</sup> )	22:50.71* (124 <sup>th</sup> )	28:02.2* (180 <sup>th</sup> )	DNR	DNR
<b>Kathleen Neal</b>	22:35.3 (64 <sup>th</sup> )	21:51.9 (182 <sup>nd</sup> )	21:56.31 (190 <sup>th</sup> )	26:17.8 (175 <sup>th</sup> )	22:37.6 (77 <sup>th</sup> )	26:56.1 (210 <sup>th</sup> )
<b>Sarah Padilla</b>	22:31.6 (63 <sup>rd</sup> )	22:47.3 (196 <sup>th</sup> )	22:08.36* (121 <sup>st</sup> )	DNR	DNR	DNR
<b>Olivia Recker</b>	DNR	DNR	DNR	DNR	DNR	DNR

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