



Atlantic 10 Cross Country Championships

Pole Green Park
Mechanicsville, VA - University of Richmond
March 5, 2021



Results Men 5 Mile

TEMPERATURE
46 °

HUMIDITY
25%

CONDITIONS
SUNNY

PI	Athlete Name	Affiliation	1.6k	3.4k	6.4k	Time	Pts
1	Luke Jaciw-Zurakowsky SR	La Salle	4:47.2 (2) ▼2	10:32.1 (4) ▲1	19:53.8 (3) ▲2	24:30.4	1
2	Stuart Terrill	FR Richmond	4:48.4 (26) ▲21	10:32.2 (5) ▲1	19:54.2 (4) ▲2	24:31.3	2
3	Peter Borger	JR Richmond	4:48.0 (17) ▲9	10:32.4 (8) ▲7	19:53.0 (1) ▼2	24:36.9	3
4	Matt Scarpill	SR St. Joseph's	4:48.4 (26) ▲20	10:32.3 (6) ▲1	19:55.6 (5) ▲1	24:41.3	4
5	Taonga Mbambo	FR La Salle	4:48.6 (32) ▲17	10:32.9 (15) ▲9	19:57.3 (6) ▲1	24:41.5	5
6	Noah Yuro	SR Richmond	4:47.8 (13) ▼1	10:32.7 (14) ▲12	19:53.1 (2) ▼4	24:41.9	6
7	Ryan James	SR La Salle	4:48.4 (26) ▲24	10:31.9 (2) ▼7	19:59.7 (9) ▲2	24:41.9	7
8	Ibrahim Kedir	JR La Salle		10:32.9 (15) ▲3	20:02.6 (12) ▲4	24:45.6	8
9	Jack Ikenberry	JR George Mason	4:48.0 (17) ▼6	10:33.8 (23) ▲9	20:05.1 (14) ▲5	24:48.4	9
10	Noah Campbell	JR Richmond	4:47.7 (11) ▲10	10:31.8 (1) ▼12	20:04.1 (13) ▲3	24:50.8	10
11	Hunter Jutras	SR George Mason		10:33.3 (20) ▲13	19:58.3 (7) ▼4	24:51.7	11
12	Brandon Hall	JR Fordham	4:47.7 (11) ▼9	10:33.3 (20) ▲12	19:58.7 (8) ▼4	24:52.1	
13	Ben Fleischer	SO Rhode Island	4:48.2 (24) ▲12	10:32.6 (12) ▼3	20:06.1 (15) ▲2	24:53.0	12
14	Owen Drometer	SO Davidson	4:47.5 (6) —	10:32.3 (6) ▼5	20:00.6 (11) ▼3	24:54.1	13
15	Ryan Fowkes	SO George Washington	4:47.2 (2) ▼1	10:32.0 (3) ▼7	20:00.0 (10) ▼5	24:56.0	14
16	Wesley Bond	FR George Mason	4:48.0 (17) ▲5	10:32.6 (12) ▼4	20:06.7 (16) —	24:57.1	15
17	Colin Kane	SO St. Joseph's	4:50.7 (45) ▲15	10:35.4 (30) ▲11	20:11.0 (19) ▲2	25:04.2	16
18	Bobby Hastie	SR St. Joseph's	4:48.5 (30) ▲3	10:34.7 (27) ▲4	20:16.6 (23) ▲5	25:08.8	17
19	Willem Landis	SO George Mason		10:33.3 (20) ▲3	20:09.0 (17) ▼2	25:11.2	18
20	Thomas Amabile	SR George Mason	4:48.5 (30) ▲11	10:33.2 (19) ▼1	20:11.9 (20) —	25:12.3	19
21	David DelBonis	FR St. Joseph's	4:57.1 (73) ▲14	10:47.0 (59) ▲29	20:24.5 (30) ▲9	25:14.4	20
22	Sam Snodgrass	JR Duquesne	4:47.5 (6) ▼12	10:33.0 (18) ▼6	20:16.8 (24) ▲2	25:15.4	21
23	Eric Zulkofske	JR Rhode Island	4:49.7 (39) ▲5	10:37.0 (34) ▲6	20:23.8 (28) ▲5	25:16.3	22
24	Riley Fletcher	SO Richmond	4:49.3 (37) ▲5	10:35.8 (32) ▲5	20:23.6 (27) ▲3	25:16.5	23
25	Calan Gizelbach	SO Dayton	4:47.2 (2) ▼8	10:32.5 (10) ▼15	20:17.6 (25) —	25:16.5	24
26	James Glockenmeier	SO George Washington	4:47.4 (5) ▼5	10:32.5 (10) ▼12	20:15.5 (22) ▼4	25:18.5	25
27	Patrick Castellano	SO George Washington	4:48.1 (22) ▼2	10:34.3 (24) ▼2	20:20.4 (26) ▼1	25:19.2	26
28	Isaiah Robyne	JR George Washington	4:48.1 (22) ▼4	10:34.5 (26) ▼3	20:23.9 (29) ▲1	25:19.4	27
29	Bryce Conley	FR Dayton	4:47.5 (6) ▼2	10:32.4 (8) ▼10	20:10.8 (18) ▼11	25:22.6	28
30	Sam Duncan	FR Dayton	4:47.8 (13) ▼2	10:32.9 (15) ▼6	20:13.4 (21) ▼9	25:24.6	29
31	Patrick Sutphin	JR Richmond	4:49.0 (34) ▲10	10:34.3 (24) ▼8	20:24.9 (32) ▲1	25:25.4	30
32	George Steinhoff	JR St. Joseph's	4:51.5 (53) ▲9	10:39.6 (44) ▲14	20:24.5 (30) ▼2	25:27.9	31
33	Matt Bridger	SO La Salle	4:51.2 (51) ▲5	10:40.3 (46) ▲13	20:28.0 (33) —	25:34.9	32



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34	Brandon Christopher	JR	Dayton	4:48.3 (25)	▼10	10:37.4 (35)	▲1	20:28.2 (34)	—	25:35.6	33
35	Ben Gordon Sniffen	SO	Davidson	4:48.0 (17)	▼11	10:34.9 (28)	▼9	20:33.5 (37)	▲2	25:36.0	34
36	Matthew Sollenberger	FR	Dayton	4:50.3 (42)	—	10:39.0 (42)	▲3	20:35.6 (39)	▲3	25:36.4	35
37	Matthew Vinacco	SR	Rhode Island	4:49.7 (39)	▼10	10:40.6 (49)	▲8	20:37.6 (41)	▲4	25:36.6	36
38	Tyler Rubush	JR	Rhode Island	4:49.3 (37)	▼11	10:40.5 (48)	▲6	20:38.7 (42)	▲4	25:37.1	37
39	Kevin Lawson	SR	Dayton	4:50.4 (43)	▲6	10:37.5 (37)	▲2	20:29.0 (35)	▼4	25:39.7	38
40	Liam Rivard	FR	La Salle	4:54.4 (66)	—	10:50.0 (66)	▲13	20:50.7 (53)	▲13	25:41.0	39
41	Casey Conboy	SR	Duquesne	4:47.6 (10)	▼30	10:38.6 (40)	▼7	20:44.9 (47)	▲6	25:41.5	40
42	Matthew O'Neill	JR	Duquesne	4:53.2 (63)	▲8	10:45.2 (55)	▲11	20:40.8 (44)	▲2	25:41.9	41
43	Lucas Brown	FR	George Washington	4:51.5 (53)	▲14	10:38.1 (39)	▼4	20:39.4 (43)	—	25:44.4	42
44	James Quinn	JR	Richmond	4:48.4 (26)	▼5	10:35.7 (31)	▼14	20:42.9 (45)	▲1	25:46.3	43
45	Andrew Schuster	SO	Dayton	4:50.9 (48)	▲13	10:37.4 (35)	▼1	20:30.2 (36)	▼9	25:46.9	44
46	Nicholas Valianti	FR	UMass	4:50.5 (44)	▲6	10:37.6 (38)	▼2	20:37.4 (40)	▼6	25:47.9	45
47	Alex Sandras	SO	La Salle	4:53.0 (61)	▲9	10:44.4 (52)	▲6	20:44.7 (46)	▼1	25:49.1	46
48	Sean Doolan	SO	Richmond	4:58.5 (82)	▲6	10:54.5 (76)	▲24	20:50.4 (52)	▲4	25:49.2	
49	Patrick Holbrook	JR	Saint Louis	4:47.9 (16)	▼12	10:34.9 (28)	▼22	20:50.0 (50)	▲1	25:52.7	47
50	Jackson Higley	SR	Saint Louis	4:52.7 (60)	▲2	10:45.9 (58)	▲7	20:50.1 (51)	▲1	25:53.1	48
51	Joseph Queen	FR	George Mason			10:44.4 (52)	▼5	20:58.9 (57)	▲6	25:54.3	49
52	Adam Walker	SO	Saint Louis	4:49.2 (36)	▲3	10:36.8 (33)	▼5	20:34.3 (38)	▼14	25:55.8	50
53	Lincoln Williams	FR	Dayton	4:55.3 (70)	▲13	10:45.4 (57)	▲8	20:47.8 (49)	▼4	25:56.0	
54	Cole Baker	SO	Rhode Island	4:49.7 (39)	▼6	10:40.0 (45)	▼3	20:47.6 (48)	▼6	25:59.6	51
55	Owen Mullahy	FR	UMass	4:54.4 (66)	▼7	10:52.5 (73)	▲17	20:57.2 (56)	▲1	25:59.9	52
56	Robert Gunia	SO	Richmond			10:54.9 (78)	▲24	20:53.0 (54)	▼2	26:01.8	
57	Tanner Crochet	SO	Richmond	4:58.5 (82)	▲6	10:54.5 (76)	▲21	20:55.2 (55)	▼2	26:02.0	
58	Noah Peterson	SO	VCU	4:59.9 (88)	▲6	10:58.0 (82)	▲22	21:00.5 (60)	▲2	26:09.5	53
59	Michael Norberg	FR	UMass			10:52.3 (71)	▲9	21:01.5 (62)	▲3	26:10.3	54
60	Iain Anderson	SR	Davidson	4:52.3 (58)	▼11	10:52.1 (69)	▼3	21:13.3 (72)	▲12	26:10.8	55
61	Hisham Vohra	JR	VCU	5:00.0 (89)	▲9	10:56.9 (80)	▲15	21:08.4 (65)	▲4	26:11.6	56
62	Nick Fetzer	FR	Duquesne	4:52.1 (57)	▼7	10:48.2 (64)	—	21:02.9 (64)	▲2	26:12.1	57
63	Adam Bridger	SO	La Salle	5:02.2 (94)	▲4	11:04.0 (90)	▲20	21:12.5 (70)	▲7	26:12.6	
64	Matthew George	FR	UMass	4:54.1 (65)	▼3	10:52.0 (68)	▲7	21:01.1 (61)	▼3	26:13.8	58
65	Zachary Conant	SO	UMass	4:50.7 (45)	▼14	10:47.0 (59)	—	20:59.9 (59)	▼6	26:14.0	59
66	Jake Lonsdale	JR	George Mason	4:46.9 (1)	▼50	10:43.2 (51)	▼17	21:11.3 (68)	▲2	26:15.3	60
67	Kevin Conlon	FR	George Washington	4:48.8 (33)	▼7	10:38.6 (40)	▼18	20:59.3 (58)	▼9	26:20.1	61
68	Matthew Coffey	SO	St. Joseph's	4:53.0 (61)	▼4	10:48.3 (65)	▼1	21:09.1 (66)	▼2	26:20.3	62
69	Matt De Haas	SO	Saint Louis	4:51.6 (55)	▼7	10:47.7 (62)	▼13	21:15.4 (75)	▲6	26:22.2	63



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70	Anthony Litrenta	FR	Duquesne	4:57.5 (78)	▼5	10:58.5 (83)	▲4	21:18.9 (79)	▲9	26:23.1	64
71	Colin Lamb	SR	Dayton	4:55.9 (72)	▼14	10:59.6 (86)	▲13	21:13.6 (73)	▲2	26:23.5	
72	Max Kelly	FR	St. Joseph's	4:57.3 (76)	▼8	10:59.0 (84)	▲13	21:12.8 (71)	▼1	26:23.7	65
73	Kyle Vernot	JR	Dayton	4:57.4 (77)	▼4	10:57.4 (81)	▲12	21:11.7 (69)	▼4	26:24.4	
74	Benjamin Burgess	SO	UMass	4:50.8 (47)	▼27	10:52.6 (74)	—	21:13.8 (74)	—	26:31.2	66
75	Josh Walker	FR	George Mason	4:47.5 (6)	▼61	10:51.1 (67)	—	21:10.5 (67)	▼8	26:32.7	
76	Leo Burns	SO	Saint Louis	4:52.6 (59)	▼13	10:52.4 (72)	▼4	21:15.5 (76)	—	26:32.9	67
77	Alex Ortiz	SR	Saint Louis	4:57.1 (73)	▼14	11:01.0 (87)	▲6	21:24.0 (81)	▲4	26:33.1	68
78	Brendan Price	JR	St. Joseph's			10:45.2 (55)	▼23	21:17.7 (78)	—	26:35.4	
79	Colin Cannon	SR	George Mason			10:44.7 (54)	▼8	21:01.5 (62)	▼17	26:37.2	
80	Alex Ackerman	JR	Davidson	5:00.4 (91)	▼3	11:05.6 (94)	▲10	21:26.8 (84)	▲4	26:39.3	69
81	James Seal	SO	George Mason	4:48.0 (17)	▼45	10:47.7 (62)	▼21	21:26.2 (83)	▲2	26:41.7	
82	Zack Toth	FR	Duquesne	4:57.2 (75)	▼13	11:01.9 (88)	▲6	21:24.9 (82)	—	26:42.5	70
83	Casey Padgett	FR	Duquesne	4:53.6 (64)	▼15	10:55.9 (79)	▼1	21:20.2 (80)	▼3	26:43.9	71
84	Kellen Waters	FR	Rhode Island			10:39.1 (43)	▼49	21:41.3 (92)	▲8	26:46.2	72
85	Robert Carew	FR	UMass	4:51.2 (51)	▼18	10:52.1 (69)	▼16	21:30.2 (85)	—	26:48.3	73
86	Darion Gregory	SO	St. Bonaventure	4:58.2 (81)	▼12	11:04.7 (93)	▲7	21:30.6 (86)	—	26:48.5	74
87	Jonathon Coffman	FR	Saint Louis	4:55.2 (69)	▼20	11:03.8 (89)	▲2	21:31.7 (87)	—	26:49.1	75
88	Mark Provenzo	JR	Duquesne	4:47.8 (13)	▼37	10:43.0 (50)	▼27	21:17.4 (77)	▼11	26:49.5	
89	Nathan Prisella	SR	St. Bonaventure	4:57.7 (80)	▼16	11:06.8 (96)	▲8	21:37.3 (88)	▼1	26:58.7	76
90	Daniel Asher	FR	Fordham	4:51.0 (50)	▼35	10:59.5 (85)	▼5	21:40.0 (90)	—	26:58.9	
91	Dan Gervino	FR	St. Joseph's	4:57.5 (78)	▼17	11:06.5 (95)	▲4	21:41.2 (91)	—	27:01.3	
92	George Lewis	JR	Davidson	4:59.6 (85)	▼15	11:15.6 (100)	▲6	21:45.7 (94)	▲2	27:06.2	77
93	Dylan Servis	SO	La Salle	4:54.4 (66)	▼25	11:04.1 (91)	▼2	21:43.5 (93)	—	27:11.2	
94	Jack Pifer	FR	Saint Louis	4:59.6 (85)	▼7	11:04.5 (92)	▲3	21:39.2 (89)	▼5	27:17.8	
95	Ben Hoffman	FR	Duquesne	5:02.3 (95)	▼6	11:16.4 (101)	▲4	21:58.0 (97)	▲2	27:19.4	
96	Evan Leach	JR	VCU	5:00.0 (89)	▼9	11:12.8 (98)	▲2	21:54.5 (96)	—	27:23.5	78
97	Pierce Kapustka	FR	George Washington	4:51.7 (56)	▼19	10:54.2 (75)	▼20	21:53.3 (95)	▼2	27:25.4	79
98	Joe Boyle	SR	La Salle	5:02.3 (95)	▼10	11:21.0 (105)	▲7	22:04.6 (98)	—	27:28.5	
99	Coleman Mitchell	JR	Davidson	5:03.1 (98)	▼8	11:23.9 (106)	▲5	22:10.1 (101)	▲2	27:36.4	80
100	Xavier Metivier	FR	UMass	5:01.0 (93)	▼14	11:24.3 (107)	▲4	22:18.0 (103)	▲3	27:39.8	
101	Patrick Donovan	FR	Saint Louis			11:13.0 (99)	▼1	22:08.8 (100)	▼1	27:41.3	
102	Surafel Mengist	FR	UMass	4:50.9 (48)	▼13	10:47.4 (61)				27:43.2	
103	Pat Stevens	FR	St. Bonaventure	5:08.8 (100)	▼9	11:32.7 (109)	▲5	22:23.5 (104)	▲1	27:44.6	81
104	Zane Courtwright	FR	St. Bonaventure	5:00.7 (92)	▼11	11:20.3 (102)	▲1	22:13.4 (102)	▼2	27:50.0	82
105	Johnny White	FR	VCU	4:59.8 (87)	▼10	11:09.0 (97)	▼2	22:04.9 (99)	▼6	27:55.7	83



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106	Jacob Osswald	SR	St. Bonaventure	5:11.0 (101)	▼7	11:31.3 (108)	▲3	22:27.7 (105)	▼1	28:09.5	84
107	Kyle Weldon	FR	VCU	5:02.8 (97)	▼7	11:20.4 (104)	▼2	22:51.2 (106)	▼1	28:40.2	85
108	Jackson Grady	FR	UMass	4:59.4 (84)	▼27	11:45.5 (111)	▲3	23:14.9 (108)	—	28:42.8	
109	Alex Longeway	SO	George Washington	4:55.3 (70)	▼32	11:18.0 (102)	▼5	23:05.4 (107)	▼2	28:43.9	
110	Logan Caruso	JR	St. Bonaventure	5:13.4 (102)	▼10	11:47.3 (112)	▲4	23:14.9 (108)	▼2	28:46.0	86
111	Hayden Barry	JR	St. Bonaventure	5:08.2 (99)	▼11	11:36.7 (110)				28:54.9	87
112	Sam Dumas	SO	St. Bonaventure	5:20.4 (103)	▼10	12:04.7 (113)	▲3	23:30.7 (110)	▼2	29:15.1	
--	Harrison Martinenko	SO	Saint Louis	4:49.0 (34)	▼13	10:40.4 (47)				DNF	



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Men 5 Mile Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	Richmond <i>Total Time: 2:03:57.40</i> <i>Average: 24:47.48</i>	44	2	3	6	10	23	30	43
2	La Salle <i>Total Time: 2:04:14.30</i> <i>Average: 24:50.86</i>	53	1	5	7	8	32	39	46
3	George Mason <i>Total Time: 2:05:00.70</i> <i>Average: 25:00.14</i>	72	9	11	15	18	19	49	60
4	St. Joseph's <i>Total Time: 2:05:36.60</i> <i>Average: 25:07.32</i>	88	4	16	17	20	31	62	65
5	George Washington <i>Total Time: 2:06:37.50</i> <i>Average: 25:19.50</i>	134	14	25	26	27	42	61	79
6	Dayton <i>Total Time: 2:07:15.70</i> <i>Average: 25:27.14</i>	149	24	28	29	33	35	38	44
7	Rhode Island <i>Total Time: 2:07:22.60</i> <i>Average: 25:28.52</i>	158	12	22	36	37	51	72	
8	Duquesne <i>Total Time: 2:09:14.00</i> <i>Average: 25:50.80</i>	223	21	40	41	57	64	70	71
9	Davidson <i>Total Time: 2:10:26.40</i> <i>Average: 26:05.28</i>	248	13	34	55	69	77	80	
10	UMass <i>Total Time: 2:10:25.90</i> <i>Average: 26:05.18</i>	268	45	52	54	58	59	66	73
11	Saint Louis <i>Total Time: 2:10:36.70</i> <i>Average: 26:07.34</i>	275	47	48	50	63	67	68	75
12	VCU <i>Total Time: 2:16:20.50</i> <i>Average: 27:16.10</i>	355	53	56	78	83	85		
13	St. Bonaventure <i>Total Time: 2:17:31.30</i> <i>Average: 27:30.26</i>	397	74	76	81	82	84	86	87