

DISTRICT XI AAA BOYS 5K

Lehigh University

Oct. 25, 2007

Results by RUNHIGH.COM

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual or team.

Qualifiers shown in red.

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME	SPREAD
1	Liberty	53	1	3	6	21	22	27	31	16:27	1:12
2	Parkland	70	2	8	17	20	23	24	26	16:40	59
3	Easton Area	99	14	16	18	19	32	34	38	16:58	1:03
4	Emmaus	151	13	29	33	37	39	58	67	17:31	1:25
5	Southern Lehigh	224	15	28	42	55	84	87	103	17:54	2:18
6	Stroudsburg	225	40	41	46	47	51	54	82	18:09	14
7	Nazareth	234	7	48	52	61	66	74	90	18:00	2:20
8	Whitehall	244	9	11	56	64	104	107	128	17:55	3:06
9	Blue Mountain	251	5	12	63	77	94	100	111	17:55	3:03
10	E Stroudsburg South	254	4	49	53	65	83	109	118	18:05	2:48
11	Pottsville Area	319	10	62	78	80	89	112	117	18:23	2:38
12	Northampton	374	59	70	71	72	102	116	120	18:50	1:02
13	Pocono Mt. East	380	30	60	76	106	108	124	137	18:50	2:11
14	Bangor	400	35	45	85	114	121	129	136	19:02	2:20
15	Pocono Mt. West	438	36	75	99	101	127	130	132	19:12	2:29
16	Pleasant Valley	442	50	68	88	110	126	135	143	19:13	2:06
17	Lehighton	453	44	69	81	115	144			19:50	5:16
18	Freedom	454	57	79	86	113	119	133	134	19:17	1:41
19*	William Allen	473	91	93	95	96	98	123	125	19:20	14
20*	Dieruff	473	25	73	97	138	140	141	142	19:42	4:48
21	E Stroudsburg North	493	43	92	105	122	131	139		19:33	2:23

Individuals

1. Liberty

1	Trevor Vanacker, Sr	15:50	5:06
3	Jon Bogert, Jr	16:05	5:11
6	Tommy Hoffman, Jr	16:18	5:15
21	Jake Dunn, Jr	16:59	5:29
22	Shane Smith, Sr	17:01	5:29
27	Nick D'Angelo, Sr	17:13	5:33
31	Mike Johnson, So	17:30	5:39

Time = 1:22:11 Places = 53

2. Parkland

2	Matt Gillette, Jr	16:04	5:11
8	Tyler Ranft, Jr	16:26	5:18
17	Steven Roberts, Sr	16:50	5:26
20	Alex Macri, Jr	16:58	5:28
23	David Strauss, So	17:03	5:30

24	Mike Shemansky, Jr	17:08	5:31
26	Kyle Matika, Sr	17:09	5:32

Time = 1:23:19 Places = 70

3. Easton Area

14	Isaac Leggett, Jr	16:38	5:22
16	Dennis Kraus, Jr	16:43	5:23
18	Connor Veres, Jr	16:54	5:27
19	Bernard England, Fr	16:55	5:27
32	Jonathan Steiger, Jr	17:41	5:42
34	Thomas Borealo, Jr	17:49	5:45
38	Kevin Stevralia, So	17:59	5:48

Time = 1:24:50 Places = 99

4. Emmaus

13	Tom Luff, Jr	16:35	5:21
29	Chris Macomb, Jr	17:21	5:36
33	Paolo Aranoff, So	17:45	5:44
37	Joe Dodd-O, So	17:57	5:47
39	Ben O'Brien, Jr	17:59	5:48
58	Takoda Roland, Jr	18:31	5:58
67	Andrew Monteleone, Jr	18:40	6:01

Time = 1:27:35 Places = 151

5. Southern Lehigh

15	Zach Rivenbark, Sr	16:43	5:23
28	Bill Klinedinst, Sr	17:20	5:35
42	Guido Bartolacci, Sr	18:07	5:50
55	Dan Gordon, So	18:22	5:55
84	Steve Daniel, Sr	19:00	6:08
87	Erik Wright, Sr	19:02	6:08
103	Zac Pandl, Sr	19:32	6:18

Time = 1:29:30 Places = 224

6. Stroudsburg

40	Eric Foti, Sr	18:03	5:49
41	Mike Clarke, Sr	18:06	5:50
46	Kevin Melnick, Jr	18:11	5:52
47	Ryan Myles, Jr	18:12	5:52
51	Kiefer Krell, Jr	18:16	5:53
54	Bryant Sanders, Sr	18:20	5:55
82	Andrew Defrank, Sr	18:59	6:07

Time = 1:30:45 Places = 225

7. Nazareth

7	Andrew Knecht, Sr	16:19	5:16
48	Dan Kent, Jr	18:13	5:53
52	John Zerfass, Jr	18:18	5:54
61	Jeff Evanko, Jr	18:32	5:59
66	David Smith, So	18:39	6:01
74	Kevin O'Neill, Sr	18:46	6:03
90	Mike Biancomano, Sr	19:09	6:10

Time = 1:30:00 Places = 234

8. Whitehall

9	Matt Kacyon, Fr	16:27	5:18
11	Matt Koren, Sr	16:29	5:19
56	Tyler Knauss, So	18:26	5:57
64	Ryan Rader, Jr	18:37	6:00
104	Robert Spengler, Fr	19:33	6:18
107	Cory Kocher, Jr	19:39	6:20
128	Matt Larose, Sr	20:25	6:35

Time = 1:29:31 Places = 244

9. Blue Mountain

5	John Reilly, Jr	16:16	5:15
12	Tyler Rauenzahn, So	16:32	5:20
63	Jon Gallis, Sr	18:35	6:00
77	Kyle O'Brien, Fr	18:51	6:05
94	Blair Cooper, Sr	19:19	6:14
100	Corey Krause, Jr	19:29	6:17
111	Kyle Stewart, Sr	19:46	6:23

Time = 1:29:31 Places = 251

10. E Stroudsburg South

4	Amr Aldeen, Jr	16:13	5:14
49	James Gherardi, Jr	18:14	5:53
53	Andrew Walck, Jr	18:20	5:55
65	Kyle Hess, Sr	18:38	6:00
83	Craig Keefer, Sr	19:00	6:08
109	Ethan Selleck, Sr	19:42	6:21
118	Emanuel Green, Sr	20:03	6:28

Time = 1:30:23 Places = 254

11. Pottsville Area

10	Brent Clauser, Sr	16:29	5:19
62	Kyle Fehr, Sr	18:32	5:59
78	Adam Goodman, Jr	18:52	6:05
80	Kristian Zanis, Fr	18:56	6:06
89	Scott Lopez, Sr	19:06	6:09
112	Sean Eagan, Jr	19:50	6:24
117	Steve Boyer, Sr	20:02	6:28

Time = 1:31:53 Places = 319

12. Northampton

59	Craig Eppler, So	18:31	5:58
70	Tyler Caton, So	18:43	6:02
71	Ryne Tierno, Sr	18:43	6:02
72	Dan Talian, So	18:44	6:02
102	John Mikitsh, Sr	19:32	6:18
116	Andrew Henry, Sr	20:02	6:27
120	Eric Heckman, Sr	20:11	6:31

Time = 1:34:10 Places = 374

13. Pocono Mt. East

30	Dylan Conklin, Jr	17:30	5:39
60	Richie Price, Jr	18:32	5:58
76	Alex Price, Fr	18:49	6:04
106	Jon Webber, Jr	19:37	6:20
108	Evan D'Aversa, Jr	19:40	6:21
124	Alex Meramo, Sr	20:18	6:33
137	Ben Gotchel, Fr	21:12	6:50

Time = 1:34:06 Places = 380

14. Bangor

35	Zach Strauss, Jr	17:52	5:46
45	Charles Lanhan, Jr	18:11	5:52
85	Alex Bina, Jr	19:01	6:08
114	Tim Desario, Fr	19:56	6:26
121	Glenn Zugolo, Fr	20:12	6:31
129	Ryan Thatcher, So	20:26	6:35
136	Tim Pierce, Fr	21:04	6:48

Time = 1:35:10 Places = 400

15. Pocono Mt. West

36	Justen Johnson, Sr	17:55	5:47
----	--------------------	-------	------

75	Chris Rodriguez, Jr	18:48	6:04
99	Chandler Meeks-Owens, Sr	19:25	6:16
101	Juan Faunce, Jr	19:30	6:17
127	Jonathan Vega, Sr	20:24	6:35
130	Frank Cabrera, Sr	20:27	6:36
132	Daquann Chung, So	20:32	6:37

Time = 1:36:00 Places = 438

16. Pleasant Valley

50	Curran Kneebone, So	18:15	5:53
68	Ryan Symancek, Jr	18:42	6:02
88	Adam Wojy, So	19:03	6:09
110	Sean Brennan, Sr	19:43	6:22
126	Ben Desotelle, So	20:20	6:33
135	Dan Rose, Fr	21:03	6:47
143	Biery Matt, Sr	22:15	7:11

Time = 1:36:01 Places = 442

17. Lehighton

44	Jeff Litchauer, Sr	18:08	5:51
69	Tommy Verastro, Jr	18:42	6:02
81	Stephen Hahn, Jr	18:58	6:07
115	Jared Brownmiller, Sr	19:59	6:27
144	Butts Ryan, Fr	23:24	7:33

Time = 1:39:11 Places = 453

18. Freedom

57	Blaine Connor, Jr	18:28	5:57
79	Chris Keefe, Sr	18:52	6:05
86	Jake Finnochio, Sr	19:02	6:08
113	Josh Ehret, Fr	19:55	6:25
119	Josh Quigley, So	20:09	6:30
133	Andrew Powell, Jr	20:52	6:44
134	Tyler Brenfleck, Fr	20:55	6:45

Time = 1:36:24 Places = 454

19*. William Allen

91	Matt Garnjost, Jr	19:11	6:11
93	Kyle Winkelspecht, Fr	19:19	6:14
95	Joshua Meenan, Jr	19:24	6:15
96	Ryan Holihan, Sr	19:24	6:15
98	Zachary Zabower, Fr	19:24	6:15
123	Jacob Ballan, So	20:16	6:32
125	Nick White, Fr	20:20	6:33

Time = 1:36:40 Places = 473

20*. Dieruff

25	David Figueroa, So	17:08	5:32
73	Jonathan Gutierrez, Sr	18:44	6:02
97	Tim Goletz, Sr	19:24	6:15
138	Tim Brown, So	21:18	6:52
140	Jose Santos, So	21:56	7:04
141	Joel Hernandez, So	22:00	7:06
142	Anh Huyhn, So	22:05	7:07

Time = 1:38:29 Places = 473

21. E Stroudsburg North

43	David Martin, Sr	18:07	5:51
92	Chris Ballenger, Sr	19:18	6:13
105	Robert Beckhusen, So	19:35	6:19
122	Joseph Penunia, Jr	20:13	6:31
131	Giles Decker, So	20:30	6:37
139	Dan Holt, So	21:29	6:56

Time = 1:37:41 Places = 493

[Top](#)

PLACE	TEAM SCORE	FINISHER	1M TIME	FINAL TIME	PACE	TEAM
1	1	Trevor Vanacker, Sr	5:09	15:50	5:06	Liberty
2	2	Matt Gillette, Jr	5:10	16:04	5:11	Parkland
3	3	Jon Bogert, Jr	5:10	16:05	5:11	Liberty
4	4	Amr Aldeen, Jr	5:10	16:13	5:14	E Stroudsburg South
5	5	John Reilly, Jr	5:11	16:16	5:15	Blue Mountain
6	6	Tommy Hoffman, Jr	5:10	16:18	5:15	Liberty
7	7	Andrew Knecht, Sr	5:10	16:19	5:16	Nazareth
8	8	Tyler Ranft, Jr	:00	16:26	5:18	Parkland
9	9	Matt Kacyon, Fr	5:09	16:27	5:18	Whitehall
10	10	Brent Clauser, Sr	5:11	16:29	5:19	Pottsville Area
11	11	Matt Koren, Sr	5:10	16:29	5:19	Whitehall
12	12	Tyler Rauenzahn, So	5:18	16:32	5:20	Blue Mountain
13	13	Tom Luff, Jr	5:10	16:35	5:21	Emmaus
14	14	Isaac Leggett, Jr	5:11	16:38	5:22	Easton Area
15	15	Zach Rivenbark, Sr	5:13	16:43	5:23	Southern Lehigh
16	16	Dennis Kraus, Jr	5:10	16:43	5:23	Easton Area
17	17	Steven Roberts, Sr	5:11	16:50	5:26	Parkland
18	18	Connor Veres, Jr	5:11	16:54	5:27	Easton Area
19	19	Bernard England, Fr	5:15	16:55	5:27	Easton Area
20	20	Alex Macri, Jr	5:15	16:58	5:28	Parkland
21	21	Jake Dunn, Jr	5:23	16:59	5:29	Liberty
22	22	Shane Smith, Sr	5:18	17:01	5:29	Liberty
23	23	David Strauss, So	5:15	17:03	5:30	Parkland
24	24	Mike Shemansky, Jr	5:18	17:08	5:31	Parkland
25	25	David Figueroa, So	5:21	17:08	5:32	Dieruff
26	26	Kyle Matika, Sr	5:21	17:09	5:32	Parkland
27	27	Nick D'Angelo, Sr	5:24	17:13	5:33	Liberty
28	28	Bill Klinedinst, Sr	5:15	17:20	5:35	Southern Lehigh
29	29	Chris Macomb, Jr	5:20	17:21	5:36	Emmaus
30	30	Dylan Conklin, Jr	5:10	17:30	5:39	Pocono Mt. East
31	31	Mike Johnson, So	5:24	17:30	5:39	Liberty
32	32	Jonathan Steiger, Jr	5:20	17:41	5:42	Easton Area
33	33	Paolo Aranoff, So	5:22	17:45	5:44	Emmaus
34	34	Thomas Borealo, Jr	5:24	17:49	5:45	Easton Area
35	35	Zach Strauss, Jr	5:16	17:52	5:46	Bangor
36	36	Justen Johnson, Sr	5:21	17:55	5:47	Pocono Mt. West
37	37	Joe Dodd-O, So	5:22	17:57	5:47	Emmaus
38	38	Kevin Stevralia, So	5:24	17:59	5:48	Easton Area
39	39	Ben O'Brien, Jr	5:31	17:59	5:48	Emmaus
40	40	Eric Foti, Sr	5:30	18:03	5:49	Stroudsburg
41	41	Mike Clarke, Sr	5:30	18:06	5:50	Stroudsburg
42	42	Guido Bartolacci, Sr	5:25	18:07	5:50	Southern Lehigh
43	43	David Martin, Sr	5:25	18:07	5:51	E Stroudsburg North
44	44	Jeff Litchauer, Sr	5:18	18:08	5:51	Lehighton
45	45	Charles Lanhan, Jr	5:34	18:11	5:52	Bangor
46	46	Kevin Melnick, Jr	5:24	18:11	5:52	Stroudsburg
47	47	Ryan Myles, Jr	5:37	18:12	5:52	Stroudsburg
48	48	Dan Kent, Jr	5:42	18:13	5:53	Nazareth
49	49	James Gherardi, Jr	5:37	18:14	5:53	E Stroudsburg South
50	50	Curran Kneebone, So	5:43	18:15	5:53	Pleasant Valley
51	51	Kiefer Krell, Jr	5:30	18:16	5:53	Stroudsburg
52	52	John Zerfass, Jr	5:36	18:18	5:54	Nazareth
53	53	Andrew Walck, Jr	5:39	18:20	5:55	E Stroudsburg South
54	54	Bryant Sanders, Sr	5:36	18:20	5:55	Stroudsburg
55	55	Dan Gordon, So	5:31	18:22	5:55	Southern Lehigh
56	56	Tyler Knauss, So	5:37	18:26	5:57	Whitehall
57	57	Blaine Connor, Jr	5:52	18:28	5:57	Freedom

58	58	Takoda Roland, Jr	5:47	18:31	5:58	Emmaus
59	59	Craig Eppler, So	5:31	18:31	5:58	Northampton
60	60	Richie Price, Jr	5:32	18:32	5:58	Pocono Mt. East
61	61	Jeff Evanko, Jr	5:42	18:32	5:59	Nazareth
62	62	Kyle Fehr, Sr	5:32	18:32	5:59	Pottsville Area

Pace: [6:00](#) | [7:00](#) | [Top](#)

63	63	Jon Gallis, Sr	5:49	18:35	6:00	Blue Mountain
64	64	Ryan Rader, Jr	5:50	18:37	6:00	Whitehall
65	65	Kyle Hess, Sr	5:37	18:38	6:00	E Stroudsburg South
66	66	David Smith, So	5:35	18:39	6:01	Nazareth
67	67	Andrew Monteleone, Jr	5:51	18:40	6:01	Emmaus
68	68	Ryan Symancek, Jr	5:11	18:42	6:02	Pleasant Valley
69	69	Tommy Verastro, Jr	5:50	18:42	6:02	Lehighton
70	70	Tyler Caton, So	5:43	18:43	6:02	Northampton
71	71	Ryne Tierno, Sr	5:44	18:43	6:02	Northampton
72	72	Dan Talian, So	5:52	18:44	6:02	Northampton
73	73	Jonathan Gutierrez, Sr	5:33	18:44	6:02	Dieruff
74	74	Kevin O'Neill, Sr	5:35	18:46	6:03	Nazareth
75	75	Chris Rodriguez, Jr	5:34	18:48	6:04	Pocono Mt. West
76	76	Alex Price, Fr	5:49	18:49	6:04	Pocono Mt. East
77	77	Kyle O'Brien, Fr	5:41	18:51	6:05	Blue Mountain
78	78	Adam Goodman, Jr	5:47	18:52	6:05	Pottsville Area
79	79	Chris Keefe, Sr	5:51	18:52	6:05	Freedom
80	80	Kristian Zanis, Fr	5:47	18:56	6:06	Pottsville Area
81	81	Stephen Hahn, Jr	5:50	18:58	6:07	Lehighton
82	82	Andrew Defrank, Sr	5:41	18:59	6:07	Stroudsburg
83	83	Craig Keefer, Sr	5:35	19:00	6:08	E Stroudsburg South
84	84	Steve Daniel, Sr	5:48	19:00	6:08	Southern Lehigh
85	85	Alex Bina, Jr	5:44	19:01	6:08	Bangor
86	86	Jake Finnochio, Sr	5:54	19:02	6:08	Freedom
87	87	Erik Wright, Sr	5:53	19:02	6:08	Southern Lehigh
88	88	Adam Wojy, So	5:48	19:03	6:09	Pleasant Valley
89	89	Scott Lopez, Sr	5:46	19:06	6:09	Pottsville Area
90	90	Mike Biancomano, Sr	5:40	19:09	6:10	Nazareth
91	91	Matt Garnjost, Jr	5:44	19:11	6:11	William Allen
92	92	Chris Ballenger, Sr	5:43	19:18	6:13	E Stroudsburg North
93	93	Kyle Winkelspecht, Fr	6:05	19:19	6:14	William Allen
94	94	Blair Cooper, Sr	5:47	19:19	6:14	Blue Mountain
95	95	Joshua Meenan, Jr	5:49	19:24	6:15	William Allen
96	96	Ryan Holihan, Sr	5:52	19:24	6:15	William Allen
97	97	Tim Goletz, Sr	5:56	19:24	6:15	Dieruff
98	98	Zachary Zabower, Fr	5:51	19:24	6:15	William Allen
99	99	Chandler Meeks-Owens, Sr	5:46	19:25	6:16	Pocono Mt. West
100	100	Corey Krause, Jr	5:59	19:29	6:17	Blue Mountain
101	101	Juan Faunce, Jr	6:00	19:30	6:17	Pocono Mt. West
102	102	John Mikitsh, Sr	5:52	19:32	6:18	Northampton
103	103	Zac Pandl, Sr	5:51	19:32	6:18	Southern Lehigh
104	104	Robert Spengler, Fr	5:53	19:33	6:18	Whitehall
105	105	Robert Beckhusen, So	6:07	19:35	6:19	E Stroudsburg North
106	106	Jon Webber, Jr	6:03	19:37	6:20	Pocono Mt. East
107	107	Cory Kocher, Jr	6:02	19:39	6:20	Whitehall
108	108	Evan D'Aversa, Jr	6:03	19:40	6:21	Pocono Mt. East
109	109	Ethan Selleck, Sr	6:01	19:42	6:21	E Stroudsburg South
110	110	Sean Brennan, Sr	5:46	19:43	6:22	Pleasant Valley
111	111	Kyle Stewart, Sr	5:59	19:46	6:23	Blue Mountain
112	112	Sean Eagan, Jr	5:57	19:50	6:24	Pottsville Area
113	113	Josh Ehret, Fr	5:59	19:55	6:25	Freedom
114	114	Tim Desario, Fr	5:58	19:56	6:26	Bangor
115	115	Jared Brownmiller, Sr	5:58	19:59	6:27	Lehighton
116	116	Andrew Henry, Sr	6:03	20:02	6:27	Northampton
117	117	Steve Boyer, Sr	6:07	20:02	6:28	Pottsville Area

118	118	Emanuel Green, Sr	6:02	20:03	6:28	E Stroudsburg South
119	119	Josh Quigley, So	5:59	20:09	6:30	Freedom
120	120	Eric Heckman, Sr	6:03	20:11	6:31	Northampton
121	121	Glenn Zugolo, Fr	6:07	20:12	6:31	Bangor
122	122	Joseph Penunia, Jr	6:15	20:13	6:31	E Stroudsburg North
123	123	Jacob Ballan, So	6:23	20:16	6:32	William Allen
124	124	Alex Meramo, Sr	6:06	20:18	6:33	Pocono Mt. East
125	125	Nick White, Fr	6:23	20:20	6:33	William Allen
126	126	Ben Desotelle, So	6:15	20:20	6:33	Pleasant Valley
127	127	Jonathan Vega, Sr	6:32	20:24	6:35	Pocono Mt. West
128	128	Matt Larose, Sr	6:18	20:25	6:35	Whitehall
129	129	Ryan Thatcher, So	6:11	20:26	6:35	Bangor
130	130	Frank Cabrera, Sr	6:31	20:27	6:36	Pocono Mt. West
131	131	Giles Decker, So	5:59	20:30	6:37	E Stroudsburg North
132	132	Daquann Chung, So	6:32	20:32	6:37	Pocono Mt. West
133	133	Andrew Powell, Jr	6:07	20:52	6:44	Freedom
134	134	Tyler Brenfleck, Fr	6:05	20:55	6:45	Freedom
135	135	Dan Rose, Fr	6:20	21:03	6:47	Pleasant Valley
136	136	Tim Pierce, Fr	6:13	21:04	6:48	Bangor
137	137	Ben Gotchel, Fr	6:07	21:12	6:50	Pocono Mt. East
138	138	Tim Brown, So	6:18	21:18	6:52	Dieruff
139	139	Dan Holt, So	6:33	21:29	6:56	E Stroudsburg North

Pace: [6:00](#) | [7:00](#) | [Top](#)

140	140	Jose Santos, So	6:47	21:56	7:04	Dieruff
141	141	Joel Hernandez, So	6:47	22:00	7:06	Dieruff
142	142	Anh Huyhn, So	6:26	22:05	7:07	Dieruff
143	143	Biery Matt, Sr	6:32	22:15	7:11	Pleasant Valley
144	144	Butts Ryan, Fr	6:45	23:24	7:33	Lehighton
17 finishers among Men 1 & Under						
27 finishers among Men 2 - 2						
49 finishers among Men 3 - 3						
51 finishers among Men 4 - 4						
144 male finishers						
0 female finishers						
144 total finishers						

[Top](#)

Return to [home page](#).