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2009 San Francisco State Invite, Men's 8k

Great Northwest Athletic Conference

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2009 San Francisco State Invite
 Speedway Meadow, Golden Gate P
 San Francisco, CA
 October 9, 2009

Men's 8K

Overall	Bib	Name	Class	Team	Time	Score
1.	403	Marko Cheseto	Jr	1. University of Alaska Anchorage	24:52.6	1.
2.	402	Micah Chelimo	Fr	2. University of Alaska Anchorage	24:55.0	2.
3.	444	Chris Reed	Jr	1. Western Oregon University	25:17.1	3.
4.	134	David Kiplagat	Coach	1. Kenyalaska	25:24.8	--
5.	423	Isaac Chavez	Fr	0. Unattached	25:25.7	--
6.	19	Daveson Marindich	So	1. Academy of Art	25:31.8	--
7.	125	Andrew Sylvester	So	1. Humboldt State University	25:33.6	4.
8.	406	Alfred Kangogo	So	3. University of Alaska Anchorage	25:44.3	5.
9.	356	Chad Meis	Sr	1. Seattle Pacific University	25:48.2	--
10.	119	Luis Galicia	Fr	2. Humboldt State University	25:52.2	6.
11.	36	Dawson Vorderbruegge	So	1. Cal State Stanislaus	25:53.4	7.
12.	62	Alex Sharp	Sr	1. Chico State	25:55.9	8.
13.	341	Chris Sampson	Jr	1. Santa Clara University	25:58.1	9.
14.	440	Conner Kasler	Fr	2. Western Oregon University	26:02.2	10.
15.	47	Andres Diaz	Fr	1. California	26:02.9	--
16.	446	Mike Schmidt	Sr	3. Western Oregon University	26:08.2	11.

17.	123	Nicholas LaPlant	So	3.	Humboldt State University	26:14.9	12.
18.	447	Brandon Snook	Sr	4.	Western Oregon University	26:19.6	13.
19.	407	Paul Rottich	Jr	4.	University of Alaska Anchorage	26:20.7	14.
20.	425	Dayne Gradone	Fr	0.	Unattached	26:21.3	--
21.	57	Miles Dunbar	So	2.	Chico State	26:22.7	15.
22.	117	Alex Caballero	Fr	4.	Humboldt State University	26:24.7	16.
23.	424	Alfonso Cisneros	Fr	0.	Unattached	26:25.0	--
24.	46	James Attarian	Fr	2.	California	26:25.2	--
25.	59	Julio Jimenez	Jr	3.	Chico State	26:25.6	17.
26.	372	Mark McManus		1.	Tamalpa	26:26.2	--
27.	82	Mark Frazier	So	1.	City College of San Francisco	26:26.7	18.
28.	439	Justin Karr	Jr	5.	Western Oregon University	26:29.4	19.
29.	124	Eric Malain	Jr	5.	Humboldt State University	26:31.4	20.
30.	81	Luke Frazier	So	2.	City College of San Francisco	26:34.8	21.
31.	461	Gus Gibbs		1.	River City Rebels	26:37.3	--
32.	122	Austin Huff	So	6.	Humboldt State University	26:38.0	22.
33.	190	Brian Trejo	Fr	1.	San Francisco State University	26:40.7	23.
34.	340	John Laughlin	Sr	2.	Santa Clara University	26:41.4	24.
35.	448	Dan Sprinkle	So	6.	Western Oregon University	26:42.1	25.
36.	33	Joey Nunes	Sr	2.	Cal State Stanislaus	26:44.1	26.
37.	183	Max Fernandez	Jr	2.	San Francisco State University	26:49.0	27.

38.	60	Joshua Linen	So	4.	Chico State	26:50.7	28.
39.	2	Ethan Mark	Fr	0.	Unattached	26:51.5	--
40.	338	Alex Harkins	Sr	3.	Santa Clara University	26:53.0	29.
41.	400	Michael Adams	So	5.	University of Alaska Anchorage	26:55.5	30.
42.	437	Luke Holt	Fr	7.	Western Oregon University	26:56.1	31.
43.	48	Dmitry Kislyuk	Fr	3.	California	26:57.3	--
44.	438	Braxton Jackson	Sr	8.	Western Oregon University	27:00.2	--
45.	343	Richard Zhu	So	4.	Santa Clara University	27:00.8	32.
46.	405	Thomas Hill	Fr	6.	University of Alaska Anchorage	27:07.2	33.
47.	310	Luke Galvan	Jr	1.	San Jose State	27:08.2	34.
48.	147	Julio Aguilera	Sr	1.	Notre Dame de Namur	27:08.5	35.
49.	120	Robert Gustas	Fr	7.	Humboldt State University	27:09.5	36.
50.	21	Simon Mutai	So	2.	Academy of Art	27:10.4	--
51.	337	Brian Fisher	Sr	5.	Santa Clara University	27:15.8	37.
52.	30	Shane Brookshire	Sr	3.	Cal State Stanislaus	27:17.4	38.
53.	441	Jeff Long	Sr	9.	Western Oregon University	27:18.8	--
54.	443	Matt McCrary	So	10.	Western Oregon University	27:19.6	--
55.	442	Zach Massari	So	11.	Western Oregon University	27:20.5	--
56.	121	Abel Gutierrez	Fr	8.	Humboldt State University	27:21.7	--
57.	185	Kyle Fujitsubo	Jr	3.	San Francisco State University	27:22.4	39.

58.	64	Donald Truesdell	Fr	5.	Chico State	27:27.7	40.
59.	89	Benny Willers	So	3.	City College of San Francisco	27:30.4	41.
60.	395	Paul Achee	Fr	0.	Unattached	27:31.6	--
61.	427	Rogan Meza	Fr	0.	Unattached	27:33.5	--
62.	339	Stephen Koch	Sr	6.	Santa Clara University	27:36.7	42.
63.	355	Jordan Lance	Jr	2.	Seattle Pacific University	27:39.2	--
64.	180	Sam Cuadra	Fr	4.	San Francisco State University	27:39.7	43.
65.	78	Sloane Cook	So	4.	City College of San Francisco	27:41.7	44.
66.	34	Palmer Thiele	So	4.	Cal State Stanislaus	27:43.7	45.
67.	436	Ryan Chapman	Fr	12.	Western Oregon University	27:44.1	--
68.	430	Zach Zadrozna	Fr	0.	Unattached	27:44.5	--
69.	15	Mark Bretan	So	3.	Academy of Art	27:46.3	--
70.	18	Kennedy Kurgat	So	4.	Academy of Art	27:47.1	--
71.	31	Kanwar Dhaliwal	Fr	5.	Cal State Stanislaus	27:50.2	46.
72.	186	Brandon Jauregui	Fr	5.	San Francisco State University	27:51.0	47.
73.	151	Aaron Sommer	Sr	2.	Notre Dame de Namur	27:52.6	48.
74.	404	William Estes	Fr	7.	University of Alaska Anchorage	27:59.1	49.
75.	401	Ben Altemus	So	8.	University of Alaska Anchorage	28:03.8	--
76.	150	David Santana	Jr	3.	Notre Dame de Namur	28:04.3	50.
77.	377	Tyler Spangler	Open	1.	Team Run 4 Fun Chico	28:07.7	--
78.	113	Ryan Woods		1.	Gator TC	28:08.3	--

79.	29	Ivan Bojorquez	Jr	6.	Cal State Stanislaus	28:09.3	51.
80.	188	Jake Miller	So	6.	San Francisco State University	28:09.9	52.
81.	184	Jon Flores	Jr	7.	San Francisco State University	28:10.7	53.
82.	88	David Urista	So	5.	City College of San Francisco	28:11.3	54.
83.	118	Hunter Daniel	Jr	9.	Humboldt State University	28:16.2	--
84.	182	Mark DePasquale	Jr	8.	San Francisco State University	28:22.3	--
85.	35	Tyler Thiele	So	7.	Cal State Stanislaus	28:24.7	55.
86.	32	Terrance Ellis	Fr	8.	Cal State Stanislaus	28:28.5	--
87.	86	Aaron Mendle	Fr	6.	City College of San Francisco	28:29.2	56.
88.	306	Antonio Cantu	So	2.	San Jose State	28:30.1	57.
89.	95	Vincent Carr	Jr	1.	CSU Monterey Bay	28:43.7	58.
90.	111	Ryan Chio		2.	Gator TC	28:47.2	--
91.	99	Manuel Plascencia	Sr	2.	CSU Monterey Bay	28:48.8	59.
92.	309	Alex Esparza	So	3.	San Jose State	28:49.1	60.
93.	100	Fabian Rangel	Jr	3.	CSU Monterey Bay	28:56.7	61.
94.	375	Stephan Fogleman	Open	2.	Team Run 4 Fun Chico	29:07.8	--
95.	307	Carlos Chavez	Fr	4.	San Jose State	29:08.3	62.
96.	112	Alex Morgan		3.	Gator TC	29:14.3	--
97.	376	Joe Perez	Open	3.	Team Run 4 Fun Chico	29:17.1	--
98.	312	Jonathan Gragert	Jr	5.	San Jose State	29:20.9	63.
99.	187	Andrew Lavallee	Jr	9.	San Francisco State University	29:24.9	--
100.	1	Stephen Lenz	Open	0.	Unattached	29:25.9	--
101.	374	Alex Deihl	Open	4.	Team Run 4 Fun Chico	29:28.0	--

102.	149	Tony Roberts	Jr	4.	Notre Dame de Namur	29:29.3	64.
103.	396	Alex Shimek	Fr	0.	Unattached	29:40.0	--
104.	79	James Cowen	So	7.	City College of San Francisco	30:00.7	65.
105.	3	Ryan Nunez	Jr	0.	Unattached	30:29.0	--
106.	96	Vincent Delgado	Sr	4.	CSU Monterey Bay	30:55.1	66.
107.	98	Alexander Olson	Jr	5.	CSU Monterey Bay	31:23.5	67.
108.	171	Mark Miriacle	So	1.	Pacific Union College	31:23.9	68.
109.	136	Sean Weeks	Sr	1.	Menlo College	31:34.8	--
110.	97	Travis Nelson	So	6.	CSU Monterey Bay	32:13.9	69.
111.	148	Guillermo Flores	Jr	5.	Notre Dame de Namur	33:00.5	70.
112.	135	Jordan Shiffler		2.	Menlo College	33:26.0	--
113.	172	Daniel Zurkic	Sr	2.	Pacific Union College	36:01.9	71.
114.	166	Spencer Curtis	Fr	3.	Pacific Union College	39:10.7	72.
115.	169	Stephen Lutes	Jr	4.	Pacific Union College	39:56.1	73.
116.	170	Ian Miller	Sr	5.	Pacific Union College	40:19.3	74.
117.	165	Scott Brizendine	Sr	6.	Pacific Union College	41:47.0	75.
118.	168	Theodore Griswold	Fr	7.	Pacific Union College	44:15.6	76.

Team Results

University 1. of Alaska Anchorage	1, 2, 5, 14, 30, (33), (49)	52
Western 2. Oregon University Humboldt	3, 10, 11, 13, 19, (25), (31)	56
3. State University	4, 6, 12, 16, 20, (22), (36)	58

- 4. Chico State 8, 15, 17, 28, 40, (0), (0) **108**
- 5. Santa Clara University 9, 24, 29, 32, 37, (42), (0) **131**
- 6. Cal State Stanislaus City 7, 26, 38, 45, 46, (51), (55) **162**
- 7. College of San Francisco 18, 21, 41, 44, 54, (56), (65) **178**
- 8. San Francisco State University 23, 27, 39, 43, 47, (52), (53) **179**
- 9. Notre Dame de Namur 35, 48, 50, 64, 70, (0), (0) **267**
- 10. San Jose State CSU 34, 57, 60, 62, 63, (0), (0) **276**
- 11. Monterey Bay Pacific 58, 59, 61, 66, 67, (69), (0) **311**
- 12. Union College 68, 71, 72, 73, 74, (75), (76) **358**

1. University of Alaska Anchorage 52

Place	Bib	Name	Time	Score	Behind Winner	Spread
1.	403	Marko Cheseto	24:52.6	1.	NA	
2.	402	Micah Chelimo	24:55.0	2.	00:02.4	
8.	406	Alfred Kangogo	25:44.3	5.	00:51.7	
19.	407	Paul Rottich	26:20.7	14.	01:28.1	02:02.9
41.	400	Michael Adams	26:55.5	30.	02:02.9	
46.	405	Thomas Hill	27:07.2	(33.)	02:14.6	
74.	404	William Estes	27:59.1	(49.)	03:06.5	
75.	401	Ben Altemus	28:03.8	NS	03:11.2	
1.		(Total time for scoring runners: 2:08:48.1)		52		

2. Western Oregon University 56

Place	Bib	Name	Time	Score	Behind Winner	Spread
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3.	444	Chris Reed	25:17.1	3.	00:24.5	
14.	440	Conner Kasler	26:02.2	10.	01:09.6	
16.	446	Mike Schmidt	26:08.2	11.	01:15.6	01:12.3
18.	447	Brandon Snook	26:19.6	13.	01:27.0	
28.	439	Justin Karr	26:29.4	19.	01:36.8	
35.	448	Dan Sprinkle	26:42.1	(25.)	01:49.5	
42.	437	Luke Holt	26:56.1	(31.)	02:03.5	
44.	438	Braxton Jackson	27:00.2	NS	02:07.6	
53.	441	Jeff Long	27:18.8	NS	02:26.2	
54.	443	Matt McCrary	27:19.6	NS	02:27.0	
55.	442	Zach Massari	27:20.5	NS	02:27.9	
67.	436	Ryan Chapman	27:44.1	NS	02:51.5	
2.	(Total time for scoring runners: 2:10:16.5)				56	

3. Humboldt State University 58

Place	Bib	Name	Time	Score	Behind Winner	Spread
7.	125	Andrew Sylvester	25:33.6	4.	00:41.0	
10.	119	Luis Galicia	25:52.2	6.	00:59.6	
17.	123	Nicholas LaPlant	26:14.9	12.	01:22.3	00:57.8
22.	117	Alex Caballero	26:24.7	16.	01:32.1	
29.	124	Eric Malain	26:31.4	20.	01:38.8	
32.	122	Austin Huff	26:38.0	(22.)	01:45.4	
49.	120	Robert Gustas	27:09.5	(36.)	02:16.9	
56.	121	Abel Gutierrez	27:21.7	NS	02:29.1	
83.	118	Hunter Daniel	28:16.2	NS	03:23.6	
3.	(Total time for scoring runners: 2:10:36.8)				58	

4. Chico State 108

Place	Bib	Name	Time	Score	Behind Winner	Spread
12.	62	Alex Sharp	25:55.9	8.	01:03.3	
21.	57	Miles Dunbar	26:22.7	15.	01:30.1	
25.	59	Julio Jimenez	26:25.6	17.	01:33.0	01:31.8
38.	60	Joshua Linen	26:50.7	28.	01:58.1	
58.	64	Donald Truesdell	27:27.7	40.	02:35.1	

4. (Total time for scoring runners: 2:13:02.6) **108**

5. Santa Clara University 131

Place	Bib	Name	Time	Score	Behind Winner	Spread
13.	341	Chris Sampson	25:58.1	9.	01:05.5	
34.	340	John Laughlin	26:41.4	24.	01:48.8	
40.	338	Alex Harkins	26:53.0	29.	02:00.4	01:17.7
45.	343	Richard Zhu	27:00.8	32.	02:08.2	
51.	337	Brian Fisher	27:15.8	37.	02:23.2	
62.	339	Stephen Koch	27:36.7	(42.)	02:44.1	

5. (Total time for scoring runners: 2:13:49.1) **131**

6. Cal State Stanislaus 162

Place	Bib	Name	Time	Score	Behind Winner	Spread
11.	36	Dawson Vorderbruegge	25:53.4	7.	01:00.8	
36.	33	Joey Nunes	26:44.1	26.	01:51.5	
52.	30	Shane Brookshire	27:17.4	38.	02:24.8	01:56.8
66.	34	Palmer Thiele	27:43.7	45.	02:51.1	
71.	31	Kanwar Dhaliwal	27:50.2	46.	02:57.6	
79.	29	Ivan Bojorquez	28:09.3	(51.)	03:16.7	
85.	35	Tyler Thiele	28:24.7	(55.)	03:32.1	
86.	32	Terrance Ellis	28:28.5	NS	03:35.9	

6. (Total time for scoring runners: 2:15:28.8) **162**

7. City College of San Francisco 178

Place	Bib	Name	Time	Score	Behind Winner	Spread
27.	82	Mark Frazier	26:26.7	18.	01:34.1	
30.	81	Luke Frazier	26:34.8	21.	01:42.2	
59.	89	Benny Willers	27:30.4	41.	02:37.8	01:44.6
65.	78	Sloane Cook	27:41.7	44.	02:49.1	
82.	88	David Urista	28:11.3	54.	03:18.7	
87.	86	Aaron Mendle	28:29.2	(56.)	03:36.6	

104. 79 James Cowen 30:00.7 (65.) 05:08.1

7. (Total time for scoring runners: 2:16:24.9) **178**

8. San Francisco State University 179

Place	Bib	Name	Time	Score	Behind Winner	Spread
33.	190	Brian Trejo	26:40.7	23.	01:48.1	
37.	183	Max Fernandez	26:49.0	27.	01:56.4	
57.	185	Kyle Fujitsubo	27:22.4	39.	02:29.8	01:10.3
64.	180	Sam Cuadra	27:39.7	43.	02:47.1	
72.	186	Brandon Jauregui	27:51.0	47.	02:58.4	
80.	188	Jake Miller	28:09.9	(52.)	03:17.3	
81.	184	Jon Flores	28:10.7	(53.)	03:18.1	
84.	182	Mark DePasquale	28:22.3	NS	03:29.7	
99.	187	Andrew Lavallee	29:24.9	NS	04:32.3	
8.		(Total time for scoring runners: 2:16:22.8)		179		

9. Notre Dame de Namur 267

Place	Bib	Name	Time	Score	Behind Winner	Spread
48.	147	Julio Aguilera	27:08.5	35.	02:15.9	
73.	151	Aaron Sommer	27:52.6	48.	03:00.0	
76.	150	David Santana	28:04.3	50.	03:11.7	05:52.0
102.	149	Tony Roberts	29:29.3	64.	04:36.7	
111.	148	Guillermo Flores	33:00.5	70.	08:07.9	
9.		(Total time for scoring runners: 2:25:35.2)		267		

10. San Jose State 276

Place	Bib	Name	Time	Score	Behind Winner	Spread
47.	310	Luke Galvan	27:08.2	34.	02:15.6	
88.	306	Antonio Cantu	28:30.1	57.	03:37.5	
92.	309	Alex Esparza	28:49.1	60.	03:56.5	02:12.7
95.	307	Carlos Chavez	29:08.3	62.	04:15.7	
98.	312	Jonathan Gragert	29:20.9	63.	04:28.3	

10. (Total time for scoring runners: 2:22:56.6) **276**

11. CSU Monterey Bay 311

Place	Bib	Name	Time	Score	Behind Winner	Spread
89.	95	Vincent Carr	28:43.7	58.	03:51.1	
91.	99	Manuel Plascencia	28:48.8	59.	03:56.2	
93.	100	Fabian Rangel	28:56.7	61.	04:04.1	02:39.8
106.	96	Vincent Delgado	30:55.1	66.	06:02.5	
107.	98	Alexender Olson	31:23.5	67.	06:30.9	
110.	97	Travis Nelson	32:13.9	(69.)	07:21.3	

11. (Total time for scoring runners: 2:28:47.8) **311**

12. Pacific Union College 358

Place	Bib	Name	Time	Score	Behind Winner	Spread
108.	171	Mark Miriacle	31:23.9	68.	06:31.3	
113.	172	Daniel Zurkic	36:01.9	71.	11:09.3	
114.	166	Spencer Curtis	39:10.7	72.	14:18.1	08:55.4
115.	169	Stephen Lutes	39:56.1	73.	15:03.5	
116.	170	Ian Miller	40:19.3	74.	15:26.7	
117.	165	Scott Brizendine	41:47.0	(75.)	16:54.4	
118.	168	Theodore Griswold	44:15.6	(76.)	19:23.0	

12. (Total time for scoring runners: 3:06:51.9) **358**