



ACC Cross Country Championships

Buford Meredith Cross Country Course

Blacksburg, VA - Virginia Tech

November 1, 2019



Men's 8k

PI	Athlete Name	Affiliation	1.6k	1.6k PI	+/-	6k	6k PI	+/-	Time	Pts
1	Peter Seufer	SR Virginia Tech	4:47.5	1	—	18:04.4	1	—	23:42.7	1
2	Yared Nuguse	JR Notre Dame	4:50.2	2	—	18:36.1	2	—	24:21.6	2
3	Ian Shanklin	JR NC State	4:51.9	3	—	18:36.3	3	—	24:22.7	3
4	Zach Facioni	SO Wake Forest	4:55.8	22	▲18	18:42.9	4	—	24:32.5	4
5	Dylan Jacobs	FR Notre Dame	4:53.7	9	▲4	18:44.7	5	—	24:35.6	5
6	Gavin Gaynor	JR NC State	4:53.9	10	—	18:53.2	10	▲4	24:36.4	6
7	Diego Zarate	SR Virginia Tech	4:56.8	33	▲20	18:56.2	13	▲6	24:36.4	7
8	Jack Tiernan	JR Wake Forest	4:56.4	28	▲21	18:48.0	7	▼1	24:36.5	8
9	Nathan Henderson	SO Syracuse	4:53.4	5	▼4	18:48.3	9	—	24:39.0	9
10	Joe Dragon	JR Syracuse	4:53.6	6	▼2	18:48.2	8	▼2	24:41.8	10
11	Fitsum Seyoum	JR Virginia Tech	4:53.6	6	—	18:45.7	6	▼5	24:44.7	11
12	Peter Morris	FR Virginia	4:56.1	24	▲13	18:55.0	11	▼1	24:45.2	12
13	Kasey Knevelbaard	SR Florida State	5:02.0	71	▲57	18:57.2	14	▲1	24:45.9	13
14	Andrew Alexander	JR Notre Dame	4:55.3	18	▲6	18:55.4	12	▼2	24:46.5	14
15	Noah Beveridge	FR Syracuse	4:57.6	37	▲20	19:00.8	17	▲2	24:48.9	15
16	Nathan Lawler	FR Syracuse	5:01.6	69	▲51	19:01.2	18	▲2	24:51.1	16
17	Paul Stafford	SO Florida State	4:55.3	18	▲2	18:59.8	16	▼1	24:51.1	17
18	Kevin James	SR Syracuse	4:54.3	12	▼3	18:58.4	15	▼3	24:53.2	18
19	Dominic Hockenbury	JR Syracuse	5:00.6	58	▲37	19:03.9	21	▲2	24:53.8	19
20	AJ Ernst	JR Virginia	4:53.6	6	▼20	19:06.2	26	▲6	24:53.8	20
21	Alex Corbett	SR Virginia	4:56.7	30	▲6	19:05.2	24	▲3	24:55.6	21
22	Lachlan Cook	JR Virginia	4:56.1	24	▲1	19:04.8	23	▲1	24:58.4	22
23	Matthew Carmody	FR Notre Dame	4:55.4	20	—	19:02.0	20	▼3	24:59.4	23
24	Carter Coughlin	FR Wake Forest	4:57.8	39	▲17	19:04.5	22	▼2	25:01.6	24
25	Ari Klau	SR Virginia	4:56.2	26	▲1	19:05.5	25	—	25:01.9	25
26	CJ Ambrosio	JR Duke	5:00.3	56	▲29	19:06.5	27	▲1	25:02.6	26
27	Alex Milligan	JR North Carolina	5:02.4	75	▲38	19:15.1	37	▲10	25:05.3	27
28	Alex Miley	JR Duke	4:58.5	46	▲15	19:13.3	31	▲3	25:06.8	28
29	Danny Kilrea	SO Notre Dame	4:59.1	50	▲22	19:09.6	28	▼1	25:07.7	29
30	Antonio Lopez Segura	FR Virginia Tech	4:59.7	53	▲15	19:15.9	38	▲8	25:09.5	30
31	Steven Cross	SR Florida State	4:55.1	16	▼20	19:15.0	36	▲5	25:11.2	31
32	Randy Neish	JR Virginia	5:00.7	60	▲20	19:16.5	40	▲8	25:13.0	32
33	Braeden Collins	SO Georgia Tech	5:00.4	57	▲23	19:14.6	34	▲1	25:13.6	33
34	Brent Bailey	SO Wake Forest	5:02.5	77	▲43	19:14.6	34	—	25:14.1	34
35	Josh Romine	JR Duke	5:05.1	88	▲44	19:19.5	44	▲9	25:14.8	35
36	Paul Dellinger	JR Duke	4:58.7	47	▲14	19:14.1	33	▼3	25:16.3	36
37	Sam Rivera	FR Duke	4:59.3	51	▲13	19:15.9	38	▲1	25:16.4	37
38	Zach Lefever	JR Pittsburgh	4:54.7	15	▼15	19:12.7	30	▼8	25:17.4	38
39	Silas Griffith	JR Florida State	4:59.4	52	▲10	19:17.2	42	▲3	25:18.0	39



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40	Nate Kawalec	FR	NC State	4:58.9	48	▲5	19:17.8	43	▲3	25:18.4	40
41	Avery Bartlett	SR	Georgia Tech	4:58.3	43	▼6	19:22.7	49	▲8	25:18.5	41
42	Matthew Scrape	FR	Syracuse	5:01.0	61	▲14	19:21.3	47	▲5	25:18.7	42
43	Kevin Salvano	JR	Notre Dame	4:58.9	48	▼14	19:29.7	62	▲19	25:20.8	43
44	Brendan Fraser	SO	Notre Dame	4:57.0	34	▼11	19:20.1	45	▲1	25:21.8	44
45	Emmanuel Cheboston	SO	Louisville	4:53.3	4	▼37	19:16.6	41	▼4	25:22.7	45
46	John LePino	JR	Wake Forest	5:02.8	80	▲27	19:24.3	53	▲7	25:23.0	46
47	Matt McBrien	SR	Georgia Tech	4:57.1	35	▼11	19:20.3	46	▼1	25:23.6	47
48	Spencer Dodds	JR	Virginia	5:02.2	73	▲41	19:13.5	32	▼16	25:24.2	48
49	Aaron Las Heras	FR	Wake Forest	5:03.1	82	▲19	19:32.0	63	▲14	25:24.6	49
50	Nick Wolk	SR	Pittsburgh	5:00.2	55	—	19:25.4	55	▲5	25:25.0	50
51	Jack Joyce	SR	Virginia Tech	4:53.9	10	▼9	19:01.4	19	▼32	25:25.0	51
52	Matthias Cannon	FR	Virginia Tech	4:58.1	41	▼11	19:23.7	52	—	25:27.4	52
53	Harry Monroe	SO	Virginia	5:00.6	58	▲8	19:23.5	50	▼3	25:28.0	
54	Evan Addison	SO	Pittsburgh	4:58.3	43	▼11	19:25.3	54	—	25:28.0	53
55	Osman Humeida	SO	Virginia Tech	5:01.3	65	▲8	19:27.7	57	▲2	25:29.4	54
56	Caleb Pottorff	SO	Florida State	4:55.1	16	▼41	19:27.7	57	▲1	25:30.5	55
57	Bashir Mosavel-Lo	SO	Virginia Tech	4:56.7	30	▲1	19:11.8	29	▼28	25:32.2	
58	Tyler Keslin	SR	Notre Dame	5:06.7	95	▲35	19:29.2	60	▲2	25:34.6	
59	Zach Kinne	FR	Duke	5:01.8	70	▲1	19:37.0	69	▲10	25:35.3	56
60	Tanis Baldwin	SR	NC State	5:04.9	87	▲13	19:42.3	74	▲14	25:35.8	57
61	Hannes Burger	SO	NC State	4:54.3	12	▼58	19:37.1	70	▲9	25:36.2	58
62	Derek Johnson	FR	Virginia	5:02.3	74	▲13	19:29.4	61	▼1	25:36.5	
63	Simon Smith	SR	Syracuse	4:56.2	26	▼25	19:23.6	51	▼12	25:37.1	
64	Jonathan Velasco	FR	Wake Forest	5:03.5	83	▲35	19:21.7	48	▼16	25:37.6	59
65	Jacob Holmes	FR	Florida State	4:55.6	21	▼45	19:34.5	66	▲1	25:38.1	60
66	Jesse Hunt	SO	North Carolina	5:01.5	67	—	19:35.0	67	▲1	25:38.6	61
67	Tom Sullivan	SR	Duke	5:00.0	54	▼5	19:28.2	59	▼8	25:39.7	62
68	Stephen Schulz	SO	Syracuse	5:02.4	75	▲10	19:34.1	65	▼3	25:40.7	
69	Albert Kosgei	JR	Louisville	5:03.0	81	▲9	19:39.2	72	▲3	25:44.3	63
70	James Cragin	SO	Georgia Tech	4:57.7	38	▼30	19:35.7	68	▼2	25:44.5	64
71	Matthew Novak	SR	Virginia	4:56.7	30	▼26	19:25.9	56	▼15	25:45.8	
72	Cole Hoff	JR	Duke	5:02.5	77	▲4	19:40.3	73	▲1	25:48.3	
73	John Ward	JR	Clemson	5:02.6	79	▲8	19:38.9	71	▼2	25:49.2	65
74	Ben Ruffing	JR	Boston College	5:07.8	98	▲18	19:47.6	80	▲6	25:52.6	66
75	Ben Fleming	SO	Virginia Tech	5:01.0	61	▼16	19:45.0	77	▲2	25:54.6	
76	Rory Cavan	FR	Duke	5:04.4	85	▲2	19:50.8	83	▲7	25:56.3	
77	Jeremy Brown	SR	North Carolina	5:01.3	65	▼13	19:46.0	78	▲1	25:57.7	67
78	Ben Mitchell	SO	Wake Forest	5:05.8	90	▲6	19:53.2	84	▲6	26:00.6	
79	Isaac Kiprof	FR	Louisville	4:54.4	14	▼61	19:43.6	75	▼4	26:02.7	68
80	John Tatter	SO	North Carolina	5:04.4	85	▲6	19:46.8	79	▼1	26:04.0	69
81	Sam Costa	JR	Georgia Tech	5:06.1	91	▲6	19:53.9	85	▲4	26:04.7	70



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82	Matthew Newland	SO	Florida State	4:58.4	45	▼31	19:44.2	76	▼6	26:06.8	71
83	David Whitfield	SO	Virginia Tech	5:01.5	67	▼15	19:49.5	82	▼1	26:07.0	
84	Michael Moerk	FR	Wake Forest	5:05.3	89	▲1	19:59.0	88	▲4	26:09.0	
85	Tim Bason	JR	NC State	4:56.5	29	▼58	19:56.0	87	▲2	26:11.1	72
86	Nick Nyman	FR	Georgia Tech	4:58.0	40	▼45	19:53.9	85	▼1	26:11.3	73
87	Brandon Tubby	SR	North Carolina	4:55.8	22	▼59	19:48.0	81	▼6	26:14.3	74
88	Joaquin Martinez De P	SO	Wake Forest	4:57.2	36	▼28	19:33.1	64	▼24	26:14.7	
89	Marshall Williamson	FR	North Carolina	5:08.2	100	▲11	20:03.2	89	—	26:15.1	75
90	Yared Mekonnen	FR	NC State	5:09.5	102	▲10	20:08.5	92	▲2	26:28.0	76
91	Peter Monahan	JR	Notre Dame	4:58.1	41	▼50	20:08.0	91	—	26:28.8	
92	Lee Keil	FR	Georgia Tech	5:06.1	91	▼2	20:17.7	93	▲1	26:30.2	77
93	Marlin Young	SO	Clemson	5:13.8	117	▲21	20:19.0	96	▲3	26:30.7	78
94	Mike Ungvarsky	JR	Duke	5:03.7	84	▼6	20:07.1	90	▼4	26:31.9	
95	Sean Sullivan	SR	Boston College	5:12.7	112	▲14	20:22.1	98	▲3	26:35.9	79
96	Andrew Castano	SO	Clemson	5:11.5	107	▲12	20:18.7	95	▼1	26:38.2	80
97	Ryan Johnston	SO	Louisville	5:12.1	109	▲15	20:18.4	94	▼3	26:39.5	81
98	Dillon Fields	FR	Miami	5:16.7	122	▲22	20:23.7	100	▲2	26:40.8	82
99	Tyler Rollins	SO	Pittsburgh	5:06.4	93	▼10	20:26.5	103	▲4	26:43.1	83
100	Ben Ewert	JR	Louisville	5:12.4	111	▲14	20:21.5	97	▼3	26:43.6	84
101	John Carter	FR	Boston College	5:10.9	105	▲3	20:26.3	102	▲1	26:45.1	85
102	Erik Linden	FR	Boston College	5:10.7	104	▼1	20:29.7	105	▲3	26:45.2	86
103	Dylan Sykes	JR	Miami	5:11.6	108	▲4	20:29.1	104	▲1	26:46.4	87
104	Cameron Stephens	SO	Louisville	5:12.3	110	▲11	20:23.5	99	▼5	26:48.3	88
105	Alexander Horgan	SO	Boston College	5:13.1	113	▲12	20:26.0	101	▼4	26:51.0	89
106	Matt Thornton	SR	North Carolina	5:07.5	97	▼13	20:35.1	110	▲4	26:55.7	90
107	Andrew Matson	JR	Georgia Tech	5:07.1	96	▼11	20:32.6	107	—	26:57.8	
108	Tyler Dau	SO	Florida State	5:06.4	93	▼15	20:33.8	108	—	27:04.9	
109	Josh Higgins	JR	Pittsburgh	5:08.7	101	▼5	20:31.6	106	▼3	27:05.9	91
110	Colt Griffith	JR	Clemson	5:16.0	120	▲9	20:38.3	111	▲1	27:06.9	92
111	Nick Cardamone	SO	Pittsburgh	5:16.5	121	▲9	20:41.4	112	▲1	27:08.2	93
112	John Wacker	FR	Boston College	5:07.9	99	▼10	20:34.3	109	▼3	27:10.6	94
113	Cooper Marchal	FR	Louisville	5:14.3	118	▲4	20:45.9	114	▲1	27:15.3	95
114	Henrik Anderson	SO	Georgia Tech	5:13.4	114	▼3	20:51.0	117	▲3	27:20.6	
115	Andrew Madden	FR	Miami	5:10.1	103	▼15	20:52.6	118	▲3	27:20.9	96
116	Harrison Morris	FR	Georgia Tech	5:13.6	115	—	20:46.9	115	▼1	27:20.9	
117	Conor McCabe	FR	Clemson	5:20.6	125	▲5	21:09.1	120	▲3	27:34.7	97
118	John Seiberlich	FR	Boston College	5:11.0	106	▼10	20:49.9	116	▼2	27:34.9	98
119	Ares Epps	FR	NC State	5:01.0	61	▼52	20:41.7	113	▼6	27:44.1	
120	Christian Parker	FR	Louisville	5:19.6	124	▲5	21:06.7	119	▼1	27:50.4	
121	Matthew Wiefels	JR	Miami	5:21.6	127	▲2	21:22.5	125	▲4	27:55.6	99
122	Jackson Morton	SR	Pittsburgh	5:18.0	123	▲1	21:20.8	122	—	28:00.3	100
123	Colby Caviness	SO	Clemson	5:21.0	126	▲3	21:21.6	123	—	28:09.0	101



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124	Michael Hains	JR	Boston College	5:24.9	131	▲10	21:20.6	121	▼3	28:19.6	
125	Justin Rittenhouse	FR	Miami	5:22.2	128	▲2	21:32.7	126	▲1	28:29.2	102
126	Paul Ghantous	FR	Pittsburgh	5:24.1	130	▲2	21:59.6	128	▲2	28:47.2	
127	Samuel Fleischman	SO	Miami	5:22.6	129	▲2	21:53.2	127	—	28:53.1	103
--	Jared Lee	SO	Miami	6:12.7	132					DNF	
--	Ian Moini	SO	North Carolina							DNF	
--	Jack Miller	FR	Pittsburgh	5:15.0	119	▼5	21:22.3	124		DNF	
--	Humberto Freire	JR	Florida State	5:02.0	71					DNF	
--	Anthony Williams	SR	Notre Dame	5:01.0	61					DNF	
--	Gordon Pollock	SO	Boston College	5:13.7	116					DNF	
--	Mitch Resor	JR	North Carolina							DNF	



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Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	Syracuse <i>Total Time: 2:03:54.00</i> <i>Average: 24:46.80</i>	68	9	10	15	16	18	19	42
2	Notre Dame <i>Total Time: 2:03:50.80</i> <i>Average: 24:46.16</i>	73	2	5	14	23	29	43	44
3	Virginia Tech <i>Total Time: 2:03:38.30</i> <i>Average: 24:43.66</i>	100	1	7	11	30	51	52	54
4	Virginia <i>Total Time: 2:04:34.90</i> <i>Average: 24:54.98</i>	100	12	20	21	22	25	32	48
5	Wake Forest <i>Total Time: 2:04:47.70</i> <i>Average: 24:57.54</i>	116	4	8	24	34	46	49	59
6	Florida State <i>Total Time: 2:05:36.70</i> <i>Average: 25:07.34</i>	155	13	17	31	39	55	60	71
7	Duke <i>Total Time: 2:05:56.90</i> <i>Average: 25:11.38</i>	162	26	28	35	36	37	56	62
8	NC State <i>Total Time: 2:05:29.50</i> <i>Average: 25:05.90</i>	164	3	6	40	57	58	72	76
9	Georgia Tech <i>Total Time: 2:07:44.90</i> <i>Average: 25:32.98</i>	255	33	41	47	64	70	73	77
10	North Carolina <i>Total Time: 2:08:59.90</i> <i>Average: 25:47.98</i>	298	27	61	67	69	74	75	90
11	Pittsburgh <i>Total Time: 2:09:59.40</i> <i>Average: 25:59.88</i>	315	38	50	53	83	91	93	100
12	Louisville <i>Total Time: 2:10:32.80</i> <i>Average: 26:06.56</i>	341	45	63	68	81	84	88	95
13	Boston College <i>Total Time: 2:12:49.80</i> <i>Average: 26:33.96</i>	405	66	79	85	86	89	94	98
14	Clemson <i>Total Time: 2:13:39.70</i> <i>Average: 26:43.94</i>	412	65	78	80	92	97	101	
15	Miami <i>Total Time: 2:17:12.90</i> <i>Average: 27:26.58</i>	466	82	87	96	99	102	103	