



2016 FLORIDA GULF COAST UNIVERSITY XC

MEET RESULTS

@FGCU_XC | @FGCUEagles

2016 Top Marks

Men's

<u>5k</u>		
1. Luka Ndungu (FAU)	15:32.0	
2. Troy Clark (FAU)	15:42.7	
3. Carlin Berryhill (FAU)	15:44.9	
4. Ronny Greenup (FAU)	15:50.9	
5. Ronny Greenup (UNF)	15:53.03	

<u>8k</u>		
1. Luka Ndungu (UPI)	25:03.29	
2. Luka Ndungu (ASC)	25:18.71	
3. Ronny Greenup (UPI)	25:20.14	
4. Ronny Greenup (ASC)	25:33.09	
5. Carlin Berryhill (ASC)	25:41.90	

<u>10k</u>		
1. Luka Ndungu (NCAA)	32:15.7	
2. Carlin Berryhill (NCAA)	32:45.5	
3. Troy Clark (NCAA)	32:54.6	
4. Ronny Greenup (NCAA)	32:59.7	
5. Max Weigand (NCAA)	33:47.0	

Key:

FAU - FAU Invitational (Boca Raton, Fla.)
 UNF - UNF Invitational (Jacksonville, Fla.)
 MDI - Mountain Dew Invitational (Gainesville, Fla.)
 UPI - Upstate Invitational (Spartanburg, S.C.)
 USF - USF Invitational (Tampa, Fla.)
 ASC - ASUN Championships (Spartanburg, S.C.)
 NCAA - NCAA South Regional (Tallahassee, Fla.)

Women's

<u>3k</u>		
1. Anita Munoz (UNF)	10:47.86	
2. Stephanie Cajas (UNF)	11:13.43	
3. Carley Lutzow (UNF)	11:18.18	
4. Regan Farrow (UNF)	11:22.62	
5. Emily Perkinson (UNF)	12:39.68	

<u>5k</u>		
1. Carley Lutzow (UPI)	18:20.72	
2. Carley Lutzow (ASC)	18:31.50	
3. Anita Munoz (UPI)	18:37.16	
4. Anita Munoz (MDI)	18:59.19	
5. Anita Munoz (ASC)	19:00.11	

<u>6k</u>		
1. Carley Lutzow (NCAA)	22:29.6	
2. Anita Munoz (NCAA)	22:56.7	
3. Regan Farrow (NCAA)	23:27.0	
4. Stephanie Cajas (NCAA)	23:34.3	

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Men's 2016 Meet-By-Meet Results

FAU Invitational Boca Raton, Fla. - Sept. 2, 2016

Team	5k	15:40	1st
Luka Ndungu	5k	15:32.0	1st
Troy Clark	5k	15:42.7	3rd
Carlin Berryhill	5k	15:44.9	4th
Ronny Greenup	5k	15:50.9	6th
Leo Delacruz	5k	16:03.0	7th
Max Weigand	5k	16:06.1	8th
Alex Delle Monache	5k	16:08.0	9th
Quasan Markowski	5k	16:12.4	10th
Jan Figueroa	5k	16:34.1	12th
Charles Bengston	5k	16:51.7	15th

UNF Invitational Jacksonville, Fla. - Sept. 10, 2016

Team	5k		1st
Ronny Greenup	5k	15:53.03	1st
Max Weigand	5k	15:54.66	3rd
Carlin Berryhill	5k	15:56.18	4th
Quasan Markowski	5k	16:14.38	8th
Jan Figueroa	5k	16:30.26	14th
Charles Bengston	5k	16:51.90	17th
Alex Delle Monache	5k	17:14.24	22nd

Mountain Dew Invitational Gainesville, Fla. - Sept. 24, 2016

Team	8k	26:29.23	3rd
Luka Ndungu	8k	25:43.80	7th
Ronny Greenup	8k	26:00.66	8th
Troy Clark	8k	26:35.58	18th
Leonel Delacruz	8k	26:49.39	21st
Alex Delle Monache	8k	27:16.68	27th
Jan Figueroa	8k	27:47.56	34th
Max Weigand	8k	28:07.33	42nd

Upstate Invitational Spartanburg, S.C. - Oct. 1, 2016

Team	8k	25:40.98	1st
Luka Ndungu	8k	25:03.29	1st
Ronny Greenup	8k	25:20.14	4th
Max Weigand	8k	25:51.50	6th
Troy Clark	8k	25:58.66	10th
Leonel Delacruz	8k	26:11.31	14th
Alex Delle Monache	8k	26:39.30	25th
Jan Figueroa	8k	27:19.21	31st

USF Invitational Tampa, Fla. - Oct. 14, 2016

Team	8k	27:11.57	2nd
Troy Clark	8k	26:35.79	10th
Carlin Berryhill	8k	26:52.84	16th
Leonel Delacruz	8k	27:17.72	18th
Max Weigand	8k	27:31.76	20th
Quasan Markowski	8k	27:39.72	23rd
Kenny Castro	8k	28:10.53	32nd
Charles Bengston	8k	28:53.96	40th

ASUN Championships Spartanburg, S.C. - Oct. 29, 2016

Team	8k	25:49.90	3rd
Luka Ndungu	8k	25:18.71	3rd
Ronny Greenup	8k	25:34.65	7th
Carlin Berryhill	8k	25:41.90	13th
Max Weigand	8k	26:15.79	22nd
Troy Clark	8k	26:18.41	23rd
Leonel Delacruz	8k	26:49.56	27th
Alex Delle Monache	8k	27:04.92	35th
Jan Figueroa	8k	27:23.13	40th

NCAA South Regional Tallahassee, Fla. - Nov. 11, 2016

Team	10k	32:56.50	17th
Luka Ndungu	10k	32:15.7	58th
Carlin Berryhill	10k	32:45.5	83rd
Troy Clark	10k	32:54.6	92nd
Ronny Greenup	10k	32:59.7	98th
Max Weigand	10k	33:47.0	128th
Leonel Delacruz	10k	34:46.8	144th
Alex Delle Monache	10k	35:05.5	149th

Women's 2016 Meet-By-Meet Results

FAU Invitational

Boca Raton, Fla. - Sept. 2, 2016

Team	5k	19:50	2nd
Anita Munoz	5k	19:07.7	2nd
Carley Lutzow	5k	19:10.3	3rd
Stephanie Cajas	5k	19:12.2	5th
Regan Farrow	5k	20:14.0	11th
Emily Perkinson	5k	21:59.1	26th

UNF Invitational

Jacksonville, Fla. - Sept. 10, 2016

Team	3k		5th
Anita Munoz	3k	10:47.86	11th
Stephanie Cajas	3k	11:13.43	22nd
Carley Lutzow	3k	11:18.18	25th
Regan Farrow	3k	11:22.62	28th
Emily Perkinson	3k	12:39.68	58th

Mountain Dew Invitational

Gainesville, Fla. - Sept. 24, 2016

Team	5k	20:04.82	11th
Anita Munoz	5k	18:59.19	26th
Stephanie Cajas	5k	19:10.91	30th
Carley Lutzow	5k	19:34.85	44th
Jessica Hanley	5k	21:01.89	78th
Emily Perkinson	5k	21:37.23	95th
Kaitlyn Sullivan	5k	22:40.64	112th

Upstate Invitational

Spartanburg, S.C. - Oct. 1, 2016

Team	5k	19:20.62	5th
Carley Lutzow	5k	18:20.72	8th
Anita Munoz	5k	18:37.16	11th
Stephanie Cajas	5k	19:18.05	25th
Regan Farrow	5k	19:33.67	31st
Emily Perkinson	5k	20:53.53	51st
Jessica Hanley	5k	21:13.60	54th

USF Invitational

Tampa, Fla. - Oct. 14, 2016

Team	5k	20:25.87	6th
Stephanie Cajas	5k	19:18.36	17th
Regan Farrow	5k	19:24.42	18th
Anita Munoz	5k	19:26.57	19th
Jessica Hanley	5k	21:05.74	56th
Emily Perkinson	5k	22:54.25	81st

ASUN Championships

Spartanburg, S.C. - Oct. 29, 2016

Team	5k	19:17.32	5th
Carley Lutzow	5k	18:31.50	16th
Anita Munoz	5k	19:00.11	27th
Regan Farrow	5k	19:07.04	29th
Stephanie Cajas	5k	19:14.01	32nd
Emily Perkinson	5k	20:33.93	47th
Jessica Hanley	5k	20:45.96	50th

NCAA South Regional

Tallahassee, Fla. - Nov. 11, 2016

Team	6k	N/A	N/A
Carley Lutzow	6k	22:29.6	109th
Anita Munoz	6k	22:56.7	132nd
Regan Farrow	6k	23:37.0	168th
Stephanie Cajas	6k	23:34.3	176th

Men's 2016 Progressions

5k	Charles Bengston 16:51.7 15th FAU	5k	Quasan Markowski 16:12.4 10th FAU
8k	16:51.90 17th UNF	8k	16:14.38 8th UNF
	28:53.96 40th USF		27:39.72 23rd USF
5k	Carlin Berryhill 15:44.9 4th FAU	5k	Luka Ndungu 15:32.0 1st FAU
8k	15:56.18 4th UNF	8k	25:03.29 1st UPI
	25:41.90 13th ASC		25:18.71 3rd ASC
	26:52.84 16th USF		25:43.80 7th MDI
10k	32:45.5 83rd NCAA	10k	32:15.7 58th NCAA
8k	Kenny Castro 28:10.53 32nd USF	5k	Max Weigand 15:54.66 3rd UNF
		8k	16:06.1 8th FAU
5k	Troy Clark 15:42.7 3rd FAU		25:51.50 6th UPI
8k	25:58.66 10th UPI		26:15.79 22nd ASC
	26:18.41 23rd ASC		27:31.76 20th USF
	26:35.58 18th MDI	10k	28:07.33 42nd MDI
	26:35.79 10th USF		33:47.0 128th NCAA
10k	32:54.6 92nd NCAA		
5k	Leo Delacruz 16:03.0 7th FAU	Key: FAU - FAU Invitational (Boca Raton, Fla.) UNF - UNF Invitational (Jacksonville, Fla.) MDI - Mountain Dew Invitational (Gainesville, Fla.) UPI - Upstate Invitational (Spartanburg, S.C.) USF - USF Invitational (Tampa, Fla.) ASC - ASUN Championships (Spartanburg, S.C.) NCAA - NCAA South Regional (Tallahassee, Fla.)	
8k	26:11.31 14th UPI		
	26:49.39 1st MDI		
	26:49.56 27th ASC		
	27:17.72 18th USF		
10k	34:46.8 144th NCAA	Bold - Personal Best * - Program Record	
5k	Alex Delle Monache 16:08.0 9th FAU		
8k	17:14.24 22nd UNF		
	26:39.30 25th UPI		
	27:04.92 35th ASC		
	27:16.68 27th MDI		
10k	35:05.5 149th NCAA		
5K	Jan Figueroa 16:30.26 14th UNF		
	16:34.1 12th FAU		
8k	27:19.21 31st UPI		
	27:23.13 40th ASC		
	27:47.56 34th MDI		
5k	Ronny Greenup 15:50.9 6th FAU		
	15:53.03 1st UNF		
8k	25:20.14 4th UPI		
	25:34.65 7th ASC		
	26:00.66 8th MDI		
10k	32:59.7 98th NCAA		

Women's 2016 Progressions

Stephanie Cajas			
3k	11:13.43	22nd	UNF
5k	19:10.91	30th	MDI
	19:12.2	5th	FAU
	19:14.01	32nd	ASC
	19:18.05	25th	UPI
	19:18.36	17th	USF
6k	23:34.3	176th	NCAA

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Bold - Personal Best
 * - Program Record

Regan Farrow			
3k	11:22.62	28th	UNF
5k	19:07.04	29th	ASC
	19:24.42	18th	USF
	19:33.67	31st	UPI
	20:14.0	11th	FAU
6k	23:27.0	168th	NCAA

Jessica Hanley			
5k	20:45.96	50th	ASC
	21:01.89	78th	MDI
	21:05.74	56th	USF
	21:13.60	54th	UPI

Carley Lutzow			
3k	11:18.18	25th	UNF
5k	18:20.72	8th	UPI
	18:31.50	16th	ASC
	19:10.3	3rd	FAU
	19:34.85	44th	MDI
6k	22:29.6	109th	NCAA

Anita Munoz			
3k	10:47.86	11th	UNF
5k	18:37.16	11th	UPI
	18:59.19	26th	MDI
	19:00.11	27th	ASC
	19:07.7	2nd	FAU
	19:26.57	19th	USF
6k	22:56.7	132nd	NCAA

Emily Perkinson			
3k	12:39.68	58th	UNF
5k	20:33.93	47th	ASC
	20:53.53	51st	UPI
	21:37.23	95th	MDI
	21:59.1	26th	FAU
	22:54.25	81st	USF

Katlyn Sullivan			
5k	22:40.64	112th	MDI

FGCU All-Time Records

Men's

8k

24:51.92	Argeo Cruz	2013	FSU Seminole Invitational
24:52.00	Argeo Cruz	2013	UF Mountain Dew Invitational
25:03.29	Luka Ndungu	2016	Upstate Invitational
25:08.45	Austin Boetje	2013	UF Mountain Dew Invitational
25:18.18	Argeo Cruz	2013	ASUN Championships
25:18.71	Luka Ndungu	2016	ASUN Championships
25:20.14	Ronny Greenup	2016	Upstate Invitational
25:20.64	Argeo Cruz	2012	Greater Louisville CC Classic
25:28.90	Chris Rudloff	2012	ASUN Championships
25:32.31	Troy Clark	2015	ASUN Championships

10k

30:45.35	Argeo Cruz	2013	NCAA D1 South Regionals
30:59.50	Austin Boetje	2013	NCAA D1 South Regionals
31:53.68	Nathan Kandie	2013	NCAA D1 South Regionals
32:03.00	Nathan Kandie	2014	NCAA D1 South Regionals
32:15.7	Luka Ndungu	2016	NCAA D1 South Regionals
32:18.90	Cody Adkinson	2014	NCAA D1 South Regionals
32:22.90	Argeo Cruz	2012	NCAA D1 South Regionals
32:29.86	Troy Clark	2015	NCAA D1 South Regionals
32:36.09	Cody Adkinson	2015	NCAA D1 South Regionals
32:37.10	Troy Clark	2014	NCAA D1 South Regionals

8k Top Freshmen

25:32.84	Troy Clark	2014	UF Mountain Dew Invitational
25:37.81	Argeo Cruz	2010	ASUN Championships
25:41.90	Carlin Berryhill	2016	ASUN Championships
25:43.10	Argeo Cruz	2010	Walt Disney World Invitational
25:49.51	Troy Clark	2014	Greater Louisville Classic

8k Top Sophomores

25:32.31	Troy Clark	2015	ASUN Championships
25:50.60	Troy Clark	2015	USF Invitational
25:51.50	Max Weigand	2016	Upstate Invitational
25:55.75	Argeo Cruz	2011	Walt Disney World Invitational
25:59.11	Courtland Bernard	2014	UF Mountain Dew Invitational

8k Top Juniors

25:08.45	Austin Boetje	2013	UF Mountain Dew Invitational
25:20.14	Ronny Greenup	2016	Upstate Invitational
25:20.64	Argeo Cruz	2012	Greater Louisville CC Classic
25:28.90	Chris Rudloff	2012	ASUN Championship
25:34.65	Ronny Greenup	2016	ASUN Championships

8k Top Seniors

24:51.92	Argeo Cruz	2013	FSU Seminole Invitational
24:52.00	Argeo Cruz	2013	UF Mountain Dew Invitational
25:03.29	Luka Ndungu	2016	Upstate Invitational
25:18.18	Argeo Cruz	2013	ASUN Championships
25:18.71	Luka Ndungu	2016	ASUN Championships

Women's

5k

17:21.20	Kelly Perzanowski	2013	ASUN Championships
17:36.88	Kelly Perzanowski	2013	FSU Seminole Invitational
17:48.14	Lauren Tarovsky	2015	ASUN Championships
17:58.35	Brooke Sill	2014	UF Mountain Dew Invitational
18:00.80	Kelly Perzanowski	2012	ASUN Championships
18:13.62	Barrie Cohen	2010	ASUN Championships
18:16.70	Barrie Cohen	2012	ASUN Championships
18:16.72	Kelly Perzanowski	2010	ASUN Championships
18:19.35	Lauren Tarovsky	2015	UF Mountain Dew Invitational
18:19.77	Brooke Sill	2014	ASUN Championships

6k

20:38.86	Kelly Perzanowski	2013	NCAA D1 South Regional
20:45.06	Kelly Perzanowski	2013	UF Mountain Dew Invitational
21:23.91	Lauren Tarovsky	2015	NCAA D1 South Regionals
21:40.70	Lauren Tarovsky	2014	NCAA D1 South Regionals
21:54.90	Lauren Tarovsky	2015	USF Invitational
21:57.70	Brooke Sill	2014	NCAA D1 South Regionals
22:02.60	Kelly Perzanowski	2012	NCAA D1 South Regional
22:07.10	Anita Munoz	2014	NCAA D1 South Regionals
22:10.90	Regan Farrow	2014	NCAA D1 South Regionals
22:11.60	Stephanie Cajas	2014	NCAA D1 South Regionals

5k Top Freshmen

18:16.72	Kelly Perzanowski	2010	ASUN Championships
18:40.00	Kelly Perzanowski	2010	Stetson Hatter Invitational
18:44.00	Kelly Perzanowski	2010	Sean Earl Loyola Invitational
18:49.06	Kelly Perzanowski	2010	UF Mountain Dew Invitational
18:54.30	Kelly Perzanowski	2010	Walt Disney World Invitational

5k Top Sophomores

18:13.62	Barrie Cohen	2010	ASUN Championships
18:20.72	Carley Lutzow	2016	Upstate Invitational
18:28.10	Barrie Cohen	2010	Walt Disney World Invitational
18:29.72	Shannon Compher	2010	ASUN Championships
18:31.50	Carley Lutzow	2016	ASUN Championships

5k Top Juniors

17:58.35	Brooke Sill	2014	UF Mountain Dew Invitational
18:00.80	Kelly Perzanowski	2012	ASUN Championships
18:19.77	Brooke Sill	2014	ASUN Championships
18:24.80	Kelly Perzanowski	2012	FGCU CC Invitational
18:32.99	Lauren Tarovsky	2014	ASUN Championships

5k Top Seniors

17:21.20	Kelly Perzanowski	2013	ASUN Championships
17:36.88	Kelly Perzanowski	2013	FSU Seminole Invitational
17:48.14	Lauren Tarovsky	2015	ASUN Championships
18:16.70	Barrie Cohen	2012	ASUN Championships
18:19.35	Lauren Tarovsky	2015	UF Mountain Dew Invitational