

2018 GOSHEN Varsity Cross Country
Tri-Meet: Goshen/Tri-Valley @ Port Jervis
Location: Huguenot YMCA

81°F | M Cloudy | RealFeel: 87°F
still humid; skies were clearing

9/18/2018
3.1 miles

GOSHEN BOYS RESULTS

| LAST, FIRST | GR | 2018 | 2016 |
|---------------------------|----|---------------|-------|
| Paneto, Nicolas | 12 | 18:45 | 18:45 |
| Perillo-Sullivan, Stephen | 11 | 18:48 | 19:41 |
| Johnson, Andrew | 11 | 18:54 | 23:03 |
| Perez, Christopher | 12 | 19:07 | 21:53 |
| Hannibal, Greg | 9 | 19:37 | -- |
| Hackman, Aidan | 11 | 19:42 | 20:33 |
| Albanese, Blake | 11 | 20:01 | 20:55 |
| Rampulla, Andrew | 9 | 20:36 | -- |
| Holmes, Garrett | 11 | 22:10 | -- |
| Pinto, Ryan | 12 | 22:15 | 22:29 |
| Diglio, Jackson | 9 | 22:16 | -- |
| Clark, Tallon | 10 | 24:04 | -- |
| Arroyo, Brandon | 11 | 24:22 | 25:51 |
| Molina, Gregory | 10 | 24:22 | -- |
| Serkes, Daniel | 9 | 24:22 | -- |
| Mistretta, Alex | 9 | 24:25 | -- |
| Foster, Arun | 9 | 24:33 | -- |
| Mistretta, Ryan | 10 | 25:49 | -- |
| Garton, Matthew | 11 | 27:29 | -- |
| Kanabar, Jenil | 11 | 27:30 | -- |
| Raffa, Christian | 11 | 27:59 | -- |
| Barbrack, Matthew | 9 | 31:03 | -- |
| Foster, Kapil | 9 | 31:08 | -- |
| Reed, Camden | 9 | 31:40 | -- |
| Grant, Jack | 9 | absent | -- |

Dual Meet: Goshen vs. Port Jervis

Location: Port Jervis

Forecast: 76/Cloudy

Race Plan: Tempo run/hill workout

If you were curious as to what your new tempo pace is, they are listed below. Determined from your last race times.

| | Results | Tempo Pace |
|------------------------|---------|------------|
| 1) Kayla Schramm | 23:25.0 | 6:39 |
| 2) Madison Montgomery | 23:25.0 | 7:06 |
| 3) Dana Poppe | 24:58.0 | 7:25 |
| 4) Ysa Paneto | DNR | 7:42 |
| 5) Jade Kimmel | 24:58.0 | 7:53 |
| 6) Kiersten McKenna | 25:19.0 | 8:00 |
| 7) Marissa Lombardi | DNR | 8:19 |
| 8) Sarah Tippin | 26:19.0 | 8:20 |
| 9) Emily Peden | DNR | 8:25 |
| 10) Angie Santiago | DNR | 8:29 |
| 11) Ofir Folgelman | Absent | 8:45 |
| 12) Stephanie Dahowski | 29:07.0 | 8:47 |
| 13) Anna Duffy | 29:19.0 | 9:01 |
| 14) Rachel Conklin | 29:50.0 | 9:05 |
| 15) Kendra Byrne | 27:25.0 | 9:17 |
| 16) Madison Hilliard | DNR | 9:43 |
| 17) Mary Dawson | DNR | 10:10 |

*Madison Schaaff Racing as a practice 27:38.0

*Ashley Peden Racing as a practice 28:59.0

***One Run Can Change Your Day,
Many Runs Can Change Your Life...***