

Zion Benton Cross Country All Time Greats
HOME COURSE - VAN PATTEN WOODS

Varsity Top Times				Sophomores				Freshmen			
3.0 Miles				3.0 Miles				3.0 Miles			
Name		Time	Year	Name		Time	Year	Name		Time	Year
1 Noel Gonzalez	Sr	16:03	2010	1 Noel Gonzalez	So	17:12	2008	1 Andrew Ntim	Fr	17:52	2010
2 Joram Howard	Sr	16:42	2003	2 Trevor DuBois	So	17:24	2009	2 Noel Gonzalez	Fr	18:16	2007
3 Tom Larson	Sr	16:50	1999	3 Philip Meyer	So	17:28	2010	3 Tim Athans	Fr	18:34	2008
4 Brandon Sierra	Sr	17:01	2003	4 Tim Athans	So	17:52	2009	4 Isaac Murray	Fr	18:39	2010
5 Victor Reyes	Sr	17:06	2007	5 Bonn Busch	So	18:58	2008	5 Trevor DuBois	Fr	18:45	2008
6 Steve Ennesser	Sr	17:07	2001	6 Cooper Steffen	So	20:31	2009	6 Eric Goebel	Fr	19:38	2010
7 Juan Cortez	Sr	17:12	2003	7 Eric Miller	So	20:43	2010	7 Nick Kremer	Fr	20:42	2010
8 Airius Hunt	Sr	17:12	2006	8 Mike Beem	So	21:07	2008	8 Michael Sierra	Fr	22:02	2007
9 Trevor DuBois	Jr	17:16	2010	9 Emmanuel Reyes	So	21:08	2009	9 Adam Lambert	Fr	22:04	2010
10 Geoff Ower	Sr	17:18	1999	10 Scott Nyquist	So	21:20	2008	10 Bonn Busch	Fr	22:12	2007
11 Tim Hart	Sr	17:18	2002	11 Derek Nystrom	So	21:58	2010	11 Caleb Bradley	Fr	22:40	2007
12 Philip Meyer	So	17:28	2010	12 Prentiss Grant	So	22:11	2008	12 Glenn Kremer	Fr	23:05	2007
13 Andrew Ntim	Fr	17:28	2010	13 Micah Bohon	So	22:02	2010	13 Bill Woodman	Fr	23:31	2009
14 Keith Hamilton	Sr	17:40	2009	14 Christian Gordon	So	22:19	2008	14 Will Brown	Fr	23:35	2008
15 Tim Athans	So	17:52	2009	15 Andrew Olivera	So	22:36	2007	15 Emmanuel Reyes	Fr	23:43	2008
16 Prentiss Grant	Sr	18:09	2010	16 Reece Johnson	So	22:40	2010	16 Drake Cleveland	Fr	24:17t	2010
17 Pere Whilite	Sr	18:24	2008	17 John Ellis	So	24:18t	2010	17 Alex Gay	Fr	25:03t	2009
18 Bonn Busch	Jr	18:35	2009	18 Craig Olson	So	26:10t	2008	18 John Ellis	Fr	26:09t	2009
19 Isaac Murray	Fr	18:39	2010	19				19 Jairus Carpenter	Fr	32:29t	2010
20 Mike Beem	Sr	19:04	2010	20				20			
21 Aaron Fredrich	Sr	19:06	2008	21				21			
22 Jeff Huber	Sr	19:27	2008	22				22			
23 Austin Sears	Sr	19:33	2008	23				23			
24 Eric Goebel	Fr	19:38	2010	24				24			
25 Andrew Olivera	Jr	19:50	2008	25				25			
26 Kyle Mikles	Sr	20:10	2007	26				26			
27 Christian Gordon	Jr	20:20	2009	27				27			
28 Cooper Steffen	So	20:31	2009	28				28			
29 Nick Kremer	Fr	20:42	2010	29				29			
30 Eric Miller	So	20:43	2010	30				30			
31 Travis Sims	Sr	20:53	2009	31				31			
32 Emmanuel Reyes	So	21:08	2009	32				32			
33 Scott Nyquist	So	21:20	2008	33				33			
34 Nick Kremer	Fr	21:39	2010	34				34			
35 Kyle Pinowar	Jr	21:53	2009	35				35			
36 Derek Nystrom	So	21:58	2010	36				36			
37 Michael Sierra	Fr	22:02	2007	37				37			
38 Micah Bohon	So	22:02	2010	38				38			
39 Adam Lambert	Fr	22:04	2010	39				39			
40 Trel Walker	Sr	22:08	2010	40				40			
41 Luis Bettesso	Sr	22:28	2007	41				41			
42 Reece Johnson	So	22:40	2010	42				42			
43 Glenn Kremer	Fr	23:05	2007	43				43			
44 Will Brown	Fr	23:35	2008	44				44			
45 Cody Sanato	Jr	23:50	2009	45				45			
46 Drake Cleveland	Fr	24:17t	2010	46				46			
47 John Ellis	So	24:18t	2010	47				47			
48 Sean Zatz	Jr	24:53t	2010	48				48			
49 Alex Gay	Fr	25:03t	2010	49				49			
50 Craig Olson	Jr	26:42t	2009	50				50			