

BISHOP MCGUINNESS BOYS CROSS COUNTRY



MUSTANG NIGHT 5K

8/30/2025



#	SB	PR	GOAL	Mustang 2024	Last	Finish	Mile 1	Δ	Mile 2	Δ	Mile 3	
1	1744	1724	1630	20:53	Worthington, L	16 51	5 14	+27	5 41	-17	5 24	5 26
2	1841	1729	1630	18:15	Bryan, L	17 34	5 32	+14	5 46	-4	5 42	5 40
3	1845	1706	1630	17:30	Schultz, J	18 10	5 30	+35	6 05	-6	5 59	5 52
4	1844	1829	1730		Desrochers, V	18 13	5 33	+41	6 14	-23	5 51	5 53
5	1842	1815	1700	18:15	Taylor, Kad	18 23	5 35	+32	6 07	-2	6 05	5 56
6	1949	1808	1730	19:47	deCoune, M	18 37	5 34	+51	6 25	-23	6 02	6 00
7	1946	1847	1715		Garcia, H	18 51	5 32	+44	6 16	+9	6 25	6 05
8	1955		1759		Taylor, Kam	18 58	5 47	+44	6 31	-27	6 04	6 07
9	1949	2635	1830		Denton, R	19 01	5 38	+42	6 20	+5	6 25	6 08
10	1952	2003	1830	22:32	Morris, I	19 05	5 42	+51	6 33	-20	6 13	6 09
11	2053	2240	1800		Varghese, A	19 42	5 55	+27	6 22	+23	6 45	6 21
12	2053	2043	1900	19:41	Worthington, J	20 00	6 01	+42	6 43	-7	6 36	6 27
13	2053		1900		Jea, M	20 02	5 47	+60	6 47	+0	6 47	6 28
14	2244	1858	1730	19:20	Monacelli, M	20 03	5 53	+58	6 51	-12	6 39	6 28
15	1936	1824	1800		Pruden, Z	20 24	5 41	+73	6 54	+12	7 06	6 35
16	2158	2202	2100	22:29	Gerten, W	21 35	6 58	+20	7 18	-39	6 39	6 58
17	2305		2030		Mumiukha, E	21 38	6 56	+8	7 04	-8	6 56	6 59
18	2956	2006	2000	22:30	Logiodice, E	22 36	6 58	+29	7 27	-1	7 26	7 17
19	2351		2000		Bassett, E	22 52	6 57	+44	7 41	-12	7 29	7 23
20	2938	2141	2100	23:02	Phu, E	23 05	6 58	+29	7 27	+26	7 53	7 27
21	2645	2342	2230	24:24	Strickland, C	24 23	7 26	+51	8 17	-24	7 53	7 52
22	2644	2812	2400		Simonson, B	25 50	7 41	+62	8 43	-8	8 35	8 20
23	2532	2437	2330	24:46	Tran, J	25 55	7 30	+90	9 00	-26	8 34	8 22
24	2959	2509	2430	26:32	Tawk, M	26 10	7 55	+52	8 47	-11	8 36	8 26
25	2404	2416	2100		Hallman, G	26 13	7 20	+94	8 54	+11	9 05	8 27
26	2948		2230		Gungoll, S	26 19	7 41	+86	9 07	-28	8 39	8 29
27	2840	2400			Shadid, M	26 26	8 05	+52	8 57	-24	8 33	8 32
28	2925		2500		Ellis, P	28 55	8 33	+86	9 59	-33	9 26	9 20
	2346	2258	2100		Allen, R							
	2630	2340	2100	25:56	Busby, D							
	2831	2002	2000		Conley, M							
	1844	1810	1710	18:54	Ireland, G							
	2413	1947	1930	20:17	Nones, S							
	2302	1949	1915	21:49	Ruiz, J							

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MUSTANG NIGHT 5K



8/30/2025

2025 Outcome Goals	Mustang '25	2024	2023
34 guys under 26:00	28	32 guys	28 guys
30 guys under 24:00	23	25 guys	21 guys
25 guys under 22:00	18	17 guys	18 guys
20 guys under 20:00	13	15 guys	11 guys
15 guys under 19:00	9	10 guys	7 guys
10 guys under 18:00	2	6 guys	4 guys
7 guys under 17:30	1	6 guys	3 guys
5 guys under 17:00	1	1 guy	0 guys
JV Team SB ave 22:00	22:11	21:21	20:54
V Team SB ave 17:00	18:05	17:07	17:34
Team SB ave 21:00	21:20	N/A	N/A
Top 3 @ 5a State Meet	N/A	5th	9th

Mustang Night Race 08/30/2025	
JV Average	22:44
Varsity Average	18:18
Team Average	21:38
JV Place	2nd
Varsity Place	3rd

BISHOP MCGUINNESS BOYS CROSS COUNTRY

ROCK CREEK TIME TRIAL (2.08 MILES)

8/16/2025



#	Last	Finish	Lap 1	Δ	Lap 2	Δ	Lap 3	Δ	Lap 4	Avg M	Proj 5k
1	Worthington, L	11 54	2 58	-5	2 53	+6	2 59	+5	3 04	5 43	17 44
2	Bryan, L	12 32	3 07	-7	3 00	+3	3 03	+19	3 22	6 02	18 41
3	Taylor, Kad	12 33	3 07	-7	3 00	+3	3 03	+20	3 23	6 02	18 42
4	Desrochers, V	12 34	3 09	-11	2 58	+11	3 09	+9	3 18	6 03	18 44
5	Ireland, G	12 34	3 07	-7	3 00	+6	3 06	+15	3 21	6 03	18 44
6	Schultz, J	12 35	3 07	-7	3 00	+3	3 03	+22	3 25	6 03	18 45
7	Pruden, Z	13 09					3 09	+30	3 39	6 19	19 36
8	deCoune, M	13 14	3 18	-8	3 10	+10	3 20	+6	3 26	6 22	19 43
9	Garcia, H	13 16	3 14	+0	3 14					6 23	19 46
10	Denton, R	13 18	3 18	-8	3 10	+10	3 20	+10	3 30	6 24	19 49
11	Morris, I	13 20	3 14	+6	3 20	-6	3 14	+18	3 32	6 25	19 52
12	Taylor, Kam	13 22	3 11	-1	3 10	+15	3 25	+11	3 36	6 26	19 55
13	Jea, M	14 01	3 14	+6	3 20	+17	3 37	+13	3 50	6 44	20 53
13	Varghese, A	14 01	3 14	+0	3 14	+22	3 36	+21	3 57	6 44	20 53
13	Worthington, J	14 01	3 20	-2	3 18	+15	3 33	+17	3 50	6 44	20 53
16	Gerten, W	14 44	3 37	-1	3 36	+1	3 37	+17	3 54	7 05	21 58
17	Monacelli, M	15 15	3 25	+15	3 40	+11	3 51	+28	4 19	7 20	22 44
18	Ruiz, J	15 27	3 50	-3	3 47	+1	3 48	+14	4 02	7 26	23 02
19	Mumiukha, E	15 29	3 37	+14	3 51	-2	3 49	+23	4 12	7 27	23 05
20	Allen, R	15 57	4 25	-45	3 40	+10	3 50	+12	4 02	7 40	23 46
21	Bassett, E	16 00	3 43	+5	3 48	+17	4 05	+19	4 24	7 42	23 51
22	Hallman, G	16 09	3 37	+17	3 54	+17	4 11	+16	4 27	7 46	24 04
23	Nones, S	16 15	4 00	-12	3 48	+14	4 02	+23	4 25	7 49	24 13
24	Tran, J	17 08	3 53	+14	4 07	+26	4 33	+2	4 35	8 14	25 32
25	Busby, D	17 47	4 30	-10	4 20	+4	4 24	+9	4 33	8 33	26 30
26	Simonson, B	17 56	4 22	-3	4 19	+12	4 31	+13	4 44	8 37	26 44
27	Strickland, C	17 57	4 22	-3	4 19	+12	4 31	+14	4 45	8 38	26 45
28	Conley, M	19 08	4 22	+13	4 35	+18	4 53	+25	5 18	9 12	28 31
29	Shadid, M	19 14	4 34						5 02	9 15	28 40
30	Ellis, P	19 44	4 29	+28	4 57	-10	4 47	+44	5 31	9 29	29 25
31	Phu, E	19 53	3 37	-1	3 36	+28	4 04			9 34	29 38
32	Gungoll, S	20 00	4 40	+24	5 04	-16	4 48	+40	5 28	9 37	29 48