

Lake Michigan Invite
Carthage College
21-Mar-15

1600 Meter Run

Jack Heinrich 33.6
1st Place 01:06.2
01:38.9
02:12.1
02:45.1
03:19.7
03:53.2

04:24.6 (2:12.5) PR.3
10th All Time

Riley DeMuelenaere 34.4
8th Place 01:07.5
01:41.6
02:16.0
02:50.3
03:25.1
03:59.1

04:32.4 (2:16.4) PR 5.3

800 Meter Run

Keegan Von Estorff 30.4
01:02.4
01:36.8
02:12.9 (1:10.5)

James McKeena 31.2
01:06.2
01:40.6
02:13.9 (1:07.7) PR 4.0

3200 Meter Run

Ryan Mauk 01:16.9
02:34.1
03:53.9
05:14.2
06:34.5
07:55.3
09:16.4
10:33.0 (5:18.8)

Will Cappon 01:14
02:33.9
03:55.2
05:16.8
06:39.8
08:04.4
09:27.2
10:47.1 (5:30.4)

4x400 Meter Run

Jack Heinrich 51.1
Keegan Von Estorff 58