



All Time XC Records at Rahway Park

1.0 mile

1	Ryan Johnson	2012	8:27.00
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3200

1	Zach Ghizzone	2012	12:00.00
2	Matus Moncada	2012	14:17.00
3	Alfred Muhammad	2012	14:41.00
4	Nick Birritteri	2012	14:59.00
5	Jamelle Kusi	2012	15:08.00
6	Chris Miranda	2012	15:14.00
7	Sebastian Diaz	2012	15:20.00
8	Nick McTernan	2012	15:32.00
9	Alexei Tyburczy	2012	15:53.00
10	Conor Murphy	2012	16:29.00

5000

1	Andrew Ghizzone	2013	16:19.00
2	Derek Siegal	2013	16:43.00
3	Kenny Evely	2013	17:18.00
4	Jp Seebode	2013	17:21.00
4	Arthur Wright	2013	17:21.00
4	Luke Novack	2013	17:21.00
5	Christian Barbosa	2012	17:41.00
6	Matt Roberts	2012	18:08.00
7	Jimmy Perona	2013	18:20.00
7	Joe Perona	2013	18:20.00
7	Brendan McCabe	2013	18:20.00
8	Brian Sagendorf	2013	18:30.00
9	Zach Ghizzone	2012	18:39.00
10	Greg Gibbs	2013	18:41.00