

2006 MVNU Men's and Women's Cross Country Individual Times

Name	Shawnee St	Cedarville	Otterbein	All-Ohio	Wilmington	AMC/Region	NCCAA
Men							
Mark Porostosky	27:44.0	27:26.1	27:58.0	28:02.3	27:23.7	26:58.0	28:28.5
Zach Tuggle	30:32.0	29:36.1	29:59.0	30:25.9	28:55.4	28:09.1	29:05.1
Dustin Wine	31:06.0	29:20.4	30:13.0	30:25.3	28:59.1	29:24.2	31:27.6
Chris Au	30:22.0	29:26.3	31:22.0	31:02.5	30:31.1	DNP	DNP
Tim Grubb	DNP	DNP	33:02.0	33:07.3	30:43.8	29:36.2	32:13.8
Brandon Steffee	34:38.0	32:20.2	34:18.0	35:07.9	33:32.7	32:07.3	34:00.1
Ron Hook	38:52.0	DNP	DNP	36:26.6	DNP	32:33.5	34:17.4
Women							
Lauren Hall	23:15.0	22:27.3	28:02.0	22:45.5	22:39.4	21:11.3	22:05.9
Sarah Parks	24:48.0	22:57.7	28:44.0	23:49.3	23:15.3	22:30.0	24:00.3
Jillian Headley	24:13.0	23:41.0	29:17.0	24:23.2	24:32.8	22:52.6	23:29.8
Amanda Watkins	DNP	DNP	DNP	DNP	DNP	23:25.1	24:34.1
Mallorey Newland	23:58.0	23:37.2	29:15.0	24:18.1	23:46.1	24:14.6	24:10.6
Brittany Dissinger	29:10.0	26:12.1	31:33.0	25:53.9	25:55.8	24:50.9	25:47.9
Beth Wilson	29:22.0	26:27.2	DNP	27:56.5	26:27.5	DNP	29:15.5

 = indicates personal best

Note: All races were 8K for the men and 5K for the women except for the Otterbein race (6K for women)