

# NBR Men's Team Fastest Times

## 1 Mile

| #  | Name             | Time | Race           | Date   |
|----|------------------|------|----------------|--------|
| 1  | Owen Kendall     | 4.25 | Fifth Ave Mile | Sep-11 |
| 2  | Rob Fritz        | 4.33 | Fifth Ave Mile | Sep-11 |
| 3  | Lars Roe         | 4.33 | Fifth Ave Mile | Sep-11 |
| 4  | James Chu        | 4.39 | Fifth Ave Mile | Sep-10 |
| 5  | Owen Kendall     | 4.40 | Fifth Ave Mile | Sep-09 |
| 6  | Alex Walsh       | 4.46 | Fifth Ave Mile | Sep-11 |
| 7  | Nate Parenti     | 4.49 | Fifth Ave Mile | Sep-11 |
| 8  | Misha Bittleston | 4.51 | Fifth Ave Mile | Sep-11 |
| 9  | Liam Harrison    | 4.51 | Fifth Ave Mile | Sep-11 |
| 10 | Mike Essig       | 4.52 | Fifth Ave Mile | Sep-10 |
| 11 | Cory Zwerlein    | 4.54 | Fifth Ave Mile | Sep-11 |
| 12 | Markus Randler   | 4.59 | Fifth Ave Mile | Sep-11 |
| 13 | Misha Bittleston | 5.00 | Fifth Ave Mile | Sep-09 |
| 14 | Todd Zino        | 5.04 | Fifth Ave Mile | Sep-11 |
| 15 | Mike Hill        | 5.10 | Fifth Ave Mile | Sep-11 |

## 3.1 Mile

| #  | Name              | Time  | Race               | Date   |
|----|-------------------|-------|--------------------|--------|
| 1  | Karl Paranya      | 15.41 | Coogan's 5k        | Mar-10 |
| 2  | Pavel Marosin     | 16.21 | Kurt Steiner XC 5K | Oct-10 |
| 3  | Owen Kendall      | 16.26 | Coogan's 5k        | Mar-10 |
| 4  | Chris Wong        | 16.31 | Coogan's 5k        | Mar-11 |
| 5  | James Chu         | 16.40 | Coogan's 5k        | Mar-11 |
| 6  | JP Montes         | 16.50 | Coogan's 5k        | Mar-11 |
| 7  | Rob Fritz         | 16.59 | Coogan's 5k        | Mar-11 |
| 8  | James Ford        | 17.02 | Coogan's 5k        | Mar-11 |
| 9  | Rob Fritz         | 17.06 | Coogan's 5k        | Mar-10 |
| 10 | Owen Kendall      | 17.08 | XC Champs          | Nov-09 |
| 11 | Matt Decker       | 17.16 | Coogan's 5k        | Mar-10 |
| 12 | Xander Woolverton | 17.20 | XC Champs          | Nov-11 |
| 13 | Seth Kean         | 17.25 | Coogan's 5k        | Mar-11 |
| 14 | James Chu         | 17.31 | Kurt Steiner XC 5K | Oct-10 |
| 15 | Markus Randler    | 17.33 | Coogan's 5k        | Mar-10 |

## 4 Mile

| #  | Name           | Time  | Race                  | Date   |
|----|----------------|-------|-----------------------|--------|
| 1  | Chris Wong     | 21.02 | Run for Central Park  | Jul-11 |
| 2  | Chris Wong     | 21.02 | NYRR 4 Miler          | Apr-11 |
| 3  | Pavel Marosin  | 21.03 | Fitness Games         | Sep-10 |
| 4  | Owen Kendall   | 21.25 | Run for Central Park  | Jul-10 |
| 5  | Owen Kendall   | 21.25 | Japan Day             | May-11 |
| 6  | Karl Paranya   | 21.34 | Fitness Games         | Sep-09 |
| 7  | JP Montes      | 21.38 | NYRR 4 Miler          | Apr-11 |
| 8  | Rob Fritz      | 21.45 | Fitness Games         | Sep-10 |
| 9  | Owen Kendall   | 21.46 | NYRR Gridiron Classic | Feb-10 |
| 10 | Alex Walsh     | 21.54 | Run for Central Park  | Jul-11 |
| 11 | James Ford     | 21.57 | Japan Day             | May-11 |
| 12 | James Chu      | 22.00 | Colon Cancer 4m       | Mar-11 |
| 13 | Rob Fritz      | 22.04 | Run for Central Park  | Jul-11 |
| 14 | Markus Randler | 22.04 | Fitness Games         | Sep-10 |
| 15 | James Chu      | 22.37 | Run for Central Park  | Jul-11 |

## 5 Mile

| #  | Name              | Time  | Race               | Date   |
|----|-------------------|-------|--------------------|--------|
| 1  | Karl Paranya      | 26.25 | Fred Lebow Classic | Jan-10 |
| 2  | Chris Wong        | 26.55 | Team Champs        | Aug-11 |
| 3  | Karl Paranya      | 27.22 | Team Champs        | Aug-10 |
| 4  | JP Montes         | 27.24 | Portugal Day       | Jun-11 |
| 5  | JP Montes         | 27.25 | Team Champs        | Aug-11 |
| 6  | Owen Kendall      | 27.25 | Team Champs        | Aug-11 |
| 7  | Xander Woolverton | 27.35 | Join the Voices    | Dec-11 |
| 8  | Alex Walsh        | 27.38 | Join the Voices    | Dec-11 |
| 9  | Owen Kendall      | 27.41 | Fred Lebow Classic | Jan-10 |
| 10 | Rob Fritz         | 27.47 | Portugal Day       | Jun-11 |
| 11 | James Ford        | 27.56 | Team Champs        | Aug-11 |
| 12 | Rob Fritz         | 27.56 | Team Champs        | Aug-11 |
| 13 | Alex Walsh        | 28.04 | Portugal Day       | Jun-11 |
| 14 | Markus Randler    | 28.14 | Join the Voices    | Dec-11 |
| 15 | Markus Randler    | 28.17 | Team Champs        | Aug-10 |

## 6.2 Mile

| #  | Name           | Time  | Race           | Date   |
|----|----------------|-------|----------------|--------|
| 1  | Carmi Yuval    | 32.08 | Healthy Kidney | May-10 |
| 2  | Karl Paranya   | 32.44 | Scotland Run   | Apr-10 |
| 3  | Chris Wong     | 33.43 | Scotland Run   | Apr-11 |
| 4  | JP Montes      | 34.13 | Scotland Run   | Apr-11 |
| 5  | Chris Wong     | 34.40 | Joe Kleinerman | Dec-10 |
| 6  | Karl Paranya   | 34.52 | Joe Kleinerman | Dec-09 |
| 7  | Owen Kendall   | 34.54 | Scotland Run   | Apr-10 |
| 8  | Owen Kendall   | 34.56 | Joe Kleinerman | Dec-09 |
| 9  | Rob Fritz      | 35.07 | Joe Kleinerman | Dec-10 |
| 10 | James Chu      | 35.34 | Joe Kleinerman | Dec-10 |
| 11 | Matt Decker    | 35.45 | Joe Kleinerman | Dec-09 |
| 12 | Seth Kean      | 35.45 | Scotland Run   | Apr-11 |
| 13 | Rob Fritz      | 35.47 | Healthy Kidney | May-10 |
| 14 | Markus Randler | 35.48 | Joe Kleinerman | Dec-10 |
| 15 | Matt Decker    | 36.04 | Healthy Kidney | May-10 |

## 15k

| #  | Name             | Time    | Race                    | Date   |
|----|------------------|---------|-------------------------|--------|
| 1  | JP Montes        | 51.42   | Colon Cancer 15k        | Mar-11 |
| 2  | Karl Paranya     | 51.42   | Ted Corbitt 15K         | Dec-09 |
| 3  | James Chu        | 53.45   | Ted Corbitt 15K         | Dec-10 |
| 4  | Markus Randler   | 53.58   | Ted Corbitt 15K         | Dec-10 |
| 5  | Markus Randler   | 54.47   | Ted Corbitt 15K         | Dec-11 |
| 6  | Matt Decker      | 56.15   | Ted Corbitt 15K         | Dec-09 |
| 7  | Michael Kimelman | 56.17   | Ted Corbitt 15K         | Dec-11 |
| 8  | James Chu        | 57.27   | Ted Corbitt 15K         | Dec-11 |
| 9  | Seth Kean        | 57.36   | Ted Corbitt 15K         | Dec-10 |
| 10 | Joao Enxuto      | 59.28   | Ted Corbitt 15K         | Dec-09 |
| 11 | Todd Zino        | 1.00.11 | Ted Corbitt 15K         | Dec-10 |
| 12 | Logan Yu         | 1.00.32 | Ted Corbitt 15K         | Dec-11 |
| 13 | Alun Williams    | 1.00.34 | Ted Corbitt 15K         | Dec-11 |
| 14 | Joao Enxuto      | 1.00.42 | Pete McArdle XC Classic | Dec-09 |
| 15 | Brad Skillman    | 1.00.46 | Ted Corbitt 15K         | Dec-11 |

## Half Marathon

| # | Name      | Time    | Race              | Date   |
|---|-----------|---------|-------------------|--------|
| 1 | JP Montes | 1.12.58 | NYC Half Marathon | Mar-11 |

## 18 Mile

| # | Name             | Time    | Race            | Date   |
|---|------------------|---------|-----------------|--------|
| 1 | Daniel Mazzuchin | 2.02.07 | 18 Mile Tune-Up | Sep-11 |

## Marathon

| # | Name           | Time    | Race         | Date |
|---|----------------|---------|--------------|------|
| 1 | Markus Randler | 2.38.55 | NYC Marathon | 2010 |

|    |                  |         |                      |        |
|----|------------------|---------|----------------------|--------|
| 2  | Chris Wong       | 1.13.59 | Brooklyn Half        | May-11 |
| 3  | Karl Paranya     | 1.14.50 | Staten Island Half   | Oct-09 |
| 4  | Owen Kendall     | 1.15.48 | Manhattan Half       | Jan-10 |
| 5  | Rob Ftirz        | 1.16.24 | Grete's Great Gallop | Oct-11 |
| 6  | Markus Randler   | 1.16.35 | Grete's Great Gallop | Oct-10 |
| 7  | JP Montes        | 1.16.42 | Brooklyn Half        | May-11 |
| 8  | Alex Walsh       | 1.16.42 | Grete's Great Gallop | Oct-11 |
| 9  | Rob Ftirz        | 1.17.29 | Grete's Great Gallop | Oct-10 |
| 10 | James Chu        | 1.17.43 | Manhattan Half       | Jan-11 |
| 11 | Seth Kean        | 1.19.00 | NYC Half Marathon    | Mar-11 |
| 12 | Daniel Mazzuchin | 1.19.05 | NYC Half Marathon    | Mar-11 |
| 13 | Markus Randler   | 1.19.34 | NYC Half Marathon    | Mar-10 |
| 14 | James Chu        | 1.19.39 | Grete's Great Gallop | Oct-11 |
| 15 | Liam Harrison    | 1.19.47 | Brooklyn Half        | May-11 |

|    |                  |         |                 |        |
|----|------------------|---------|-----------------|--------|
| 2  | Joao Enxuto      | 2.08.39 | 18 Mile Tune-Up | Sep-09 |
| 3  | Chris Edwards    | 2.10.32 | 18 Mile Tune Up | Sep-10 |
| 4  | Erich Anderer    | 2.10.32 | 18 Mile Tune-Up | Sep-09 |
| 5  | Cory Zwerlein    | 2.11.36 | 18 Mile Tune Up | Sep-10 |
| 6  | Seth Kean        | 2.11.36 | 18 Mile Tune Up | Sep-10 |
| 7  | Daniel Mazzuchin | 2.13.49 | 18 Mile Tune Up | Sep-10 |
| 8  | Erich Anderer    | 2.18.47 | 18 Mile Tune Up | Sep-10 |
| 9  | Rob O'Leary      | 2.23.26 | 18 Mile Tune-Up | Sep-11 |
| 10 | Eric Malinowski  | 2.24.10 | 18 Mile Tune-Up | Sep-09 |
| 11 | Mike Hill        | 2.25.28 | 18 Mile Tune-Up | Sep-11 |
| 12 | Jose LaSalle     | 2.25.29 | 18 Mile Tune-Up | Sep-11 |
| 13 | Eric Malinoswki  | 2.30.29 | 18 Mile Tune Up | Sep-10 |
| 14 | Andrew Prior     | 2.32.51 | 18 Mile Tune Up | Sep-10 |
| 15 | Charles Atherton | 2.38.37 | 18 Mile Tune-Up | Sep-11 |

|    |                  |         |              |      |
|----|------------------|---------|--------------|------|
| 2  | Derrie Davis     | 2.43.05 | NYC Marathon | 2011 |
| 3  | Alex Walsh       | 2.45.50 | NYC Marathon | 2011 |
| 4  | JP Montes        | 2.45.59 | NYC Marathon | 2011 |
| 5  | Daniel Mazzuchin | 2.48.03 | NYC Marathon | 2011 |
| 6  | Liam Harrison    | 2.48.43 | NYC Marathon | 2011 |
| 7  | Misha Bittleston | 2.51.39 | NYC Marathon | 2010 |
| 8  | Daniel Mazzuchin | 2.52.02 | NYC Marathon | 2010 |
| 9  | Owen Kendall     | 2.52.08 | NYC Marathon | 2010 |
| 10 | Markus Randler   | 2.53.16 | NYC Marathon | 2011 |
| 11 | Rob Fritz        | 2.55.03 | NYC Marathon | 2010 |
| 12 | Rob Fritz        | 2.55.47 | NYC Marathon | 2011 |
| 13 | Jeremy Greenburg | 2.56.07 | NYC Marathon | 2011 |
| 14 | John Maxey       | 2.56.13 | NYC Marathon | 2010 |
| 15 | Todd Zino        | 2.56.14 | NYC Marathon | 2010 |

| 60k |                 |         |          |        |
|-----|-----------------|---------|----------|--------|
| #   | Name            | Time    | Race     | Date   |
| 1   | Max Frumes      | 6.00.17 | NYRR 60k | Nov-11 |
| 2   | Peter Mendelson | 6.30.00 | NYRR 60k | Nov-10 |
| 3   | Mark Saxon      | 7.01.06 | NYRR 60k | Nov-09 |

| 1.7 Miles |                   |       |            |        |
|-----------|-------------------|-------|------------|--------|
| #         | Name              | Time  | Race       | Date   |
| 1         | James Chu         | 8.40  | Norway Run | Oct-10 |
| 2         | Anthony Watkins   | 9.38  | Norway Run | Oct-11 |
| 3         | Michael Griffiths | 10.15 | Norway Run | Oct-11 |
| 4         | Yann Barbarroux   | 11.00 | Norway Run | Oct-11 |

| 6k (3.7 miles) |                        |       |                 |        |
|----------------|------------------------|-------|-----------------|--------|
| #              | Name                   | Time  | Race            | Date   |
| 1              | Michael Griffiths      | 23.02 | Jingle Bell Jog | Dec-11 |
| 2              | Nick Haines-Stiles     | 23.48 | Jingle Bell Jog | Dec-11 |
| 3              | Todd Zino              | 23.48 | Jingle Bell Jog | Dec-11 |
| 4              | Dave Hanzel            | 23.50 | Jingle Bell Jog | Dec-11 |
| 5              | Gabriel Romero         | 23.55 | Jingle Bell Jog | Dec-11 |
| 6              | Kurt Cavanaugh         | 24.11 | Jingle Bell Jog | Dec-11 |
| 7              | Harold Fox             | 24.21 | Jingle Bell Jog | Dec-11 |
| 8              | Sam-Chris Tedjasukmana | 24.28 | Jingle Bell Jog | Dec-11 |
| 9              | Evan Schnittman        | 24.57 | Jingle Bell Jog | Dec-11 |
| 10             | Charles Atherton       | 25.07 | Jingle Bell Jog | Dec-11 |
| 11             | Raymund Riparip        | 25.46 | Jingle Bell Jog | Dec-11 |
| 12             | Roberto Ellinghaus     | 26.30 | Jingle Bell Jog | Dec-11 |
| 13             | Todd Weller            | 28.09 | Jingle Bell Jog | Dec-11 |
| 14             | Gregory Goodman        | 29.31 | Jingle Bell Jog | Dec-11 |
| 15             | Randy Locklair         | 30.00 | Jingle Bell Jog | Dec-11 |