1995 FORDHAM UNIVERSITY
MEN'S CROSS COUNTRY TIMES LIST

TOP FIVE TIMES (5 Mile/8K)

Athlete	Date	Meet	Time
Rob Grady	10/9	METS	26:18
Adam "Toby" Lynch	9/16	Fiasco	26:43.12
Craig Atkinson	10/28	A-10s	27:25.33
Henock Assefa	10/28	A-10s	27:27.73
Juan Estrella	9/9	Ram Inv.	27:46.67

INDIVIDUAL TIMES (place)

	Ram Inv. (9/9)	Fiasco (9/16)	Stony Brook (9/23)	Iona MOC (9/30)	METS (10/9)	5-Way (10/20)	A-10s (10/28)	IC4A (11/11)
Henock Assefa	29:24.66 (47th)	28:02.64 (122nd)	28:38.1 (23rd)	28:05 (81st)	27:53.20 (30th)	27:35 (10th)	27:27.73 (42nd)	32:46 (26th)
Craig Atkinson	29:13.09 (44th)	28:57.25 (174th)	28:52.0 (27th)	28:10 (88th)	28:02.04 (31st)	27:37 (11th)	27:25.33 (40th)	33:04 (33rd)
Peter Byrne	31:05.53 (69th)	32:12.55 (264th)	30:30.2 (52nd)	32:04 (150th)	32:30 (102nd)	32:59 (41st)	----	----
Mark Cleere	32:50.70 (80th)	31:57.38 (261st)	31:42.3 (76th)	30:36 (144th)	31:27 (94th)	31:10 (27th)	----	----
Dan Deckman	33:39.35 (84th)	32:21.54 (266th)	31:17.1 (65th)	32:20 (151st)	32:32 (103rd)	31:53 (33rd)	----	----
Adam Donegan	29:52.03 (54th)	29:34.07 (198th)	----	----	30:32 (82nd)	30:55 (26th)	29:32.57 (99th)	----
Juan Estrella	27:46.67 (15th)	28:16.79 (135th)	27:59.7 (16th)	28:35 (99th)	28:38.92 (47th)	----	28:13.91 (71st)	33:54 (66th)
Rob Grady	27:27.94 (5th)	26:28.62 (21st)	26:22.1 (5th)	26:20 (18th)	26:18 (8th)	27:26 (4th)	26:35.25 (16th)	32:24 (17th)
Mike Henry	29:49.88 (53rd)	28:49.99 (167th)	28:51.4 (26th)	28:42 (103rd)	29:30 (64th)	29:51 (19th)	28:27.45 (78th)	34:34 (81st)
Vincent Keaveny	30:24.10 (60th)	30:15.91 (221st)	30:39.6 (57th)	29:57 (132nd)	----	31:17 (28th)	----	----
Adam (Toby) Lynch	27:40.48 (13th)	26:43.12 (31st)	27:02.8 (10th)	----	----	----	----	----
John McDermott	29:57.46 (55th)	30:22.91 (225th)	29:10.0 (31st)	29:17 (124th)	29:10 (60th)	31:37 (30th)	29:37.30 (100th)	35:19 (104th)
Keith Roussel	31:02.65 (68th)	30:30.18 (232nd)	----	----	30:02 (73rd)	29:53 (20th)	----	----
Gerard Sullivan	----	----	----	----	-----	31:54 (34th)	----	----
Gary Villatoro	28:16.13 (22nd)	28:19.63 (139th)	28:34.0 (22nd)	----	28:54.61 (55th)	29:27 (16th)	27:49.46 (57th)	33:43 (58th)
Chris Zuckerman	----	----	----	31:44 (148th)	----	----	----	----
Team finish	3rd/7	10th/27	3rd/14	12th/15	4th/11		8th/11	6th/25

* - 5K
! - 10K