

2020 Virginia Tech Cross Country Men's and Women's Season Bests

Men

	VIRGINIA TECH INVITATIONAL	PANORAMA FARMS INVITE	ACC CHAMPIONSHIPS
DISTANCE	8k	8k	8K
DATE	9/25/2020	10/16/2020	10/30/2020
FIELD	39 runners	45 runners	135 runners
Omar Aougab	----	----	----
Brian Baker	----	----	----
Colby Burcham	26:00.0 (26)	25:34.3 (33)	24:39.1 (78)
Matthias Cannon	----	----	----
Paul Cerne	----	----	----
Sammy Fellah	----	----	----
Ben Fleming	25:22.4 (16)	24:40.6 (18)	24:18.2 (49)
Clint Gault	26:57.9 (37)	----	25:18.8 (102)
Max Greczyn	27:11.0 (39)	24:18. 2 (7)	25:07.1 (95)
Will Griffen	----	----	----
Osman Humeida	25:17.7 (14)	24:32.5 (15)	24:17.2 (47)
David Kennedy	26:30.5 (31)	25:48.6 (38)	----
Tyler Leeser	26:23.8 (30)	25:04.7 (27)	24:58.6 (89)
Antonio Lopez Segura	25:07.6 (7)	24:32.4 (14)	23:29.3 (9)
Ethan Mills	25:43.7 (22)	24:49.7 (23)	24:35.8 (73)
Bashir Mosavel-Lo	----	25:29.1 (31)	24:27.6 (63)
Ben Nibbelink	26:16.8 (27)	24:59.1 (25)	24:28.0 (64)
Eldon Phillips	----	----	----
Fitsum Seyoum	25:02.3 (4)	----	----
Sean Stuck	25:23.0 (17)	25:04.6 (26)	----
David Whitfield	26:38.3 (33)	25:46.3 (35)	----
Thierry Siewe Yanga	----	----	----
Team Finish	3/3 (57 pts.)	3/3 (72 pts.)	8/15 (222 pts.)

italics = ran unattached

Women

	VIRGINIA TECH INVITATIONAL	PANORAMA FARMS INVITE	ACC CHAMPIONSHIPS
DISTANCE	6k	5k	6K
DATE	9/25/2020	10/16/2020	10/30/2020
FIELD	40 runners	33 runners	134 runners
Hannah Ballowe	23:03.5 (31)	18:02.3 (19)	22:05.2 (86)
Grace Boone	22:03.2 (18)	17:23.7 (8)	21:52.5 (76)
Ellie Brush	23:10.8 (32)	18:01.6 (18)	21:50.7 (74)
Reagan Bustamante	22:35.7 (26)	17:50.1 (14)	21:04.0 (39)
Lindsey Butler	21:31.3 (11)	17:11.2 (5)	21:10.3 (44)
Olivia Duston	-----	-----	-----
Maxana Grubb	25:04.8 (38)	18:51.1 (29)	22:34.3 (102)
Ava Hassebrock	22:22.5 (23)	17:50.1 (13)	22:20.8 (93)
Amy Herrema	-----	-----	-----
Chase Kappeler	24:09.8 (36)	18:25.8 (23)	22:57.3 (110)
Katya Lebert	24:18.0 (37)	-----	-----
Star Price	-----	DNF	-----
Nicole Re	23:15.6 (33)	18:34.4 (26)	23:12.0 (113)
Emily Schiesl	-----	-----	-----
Ashley Smith	22:56.5 (29)	18:15.2 (21)	22:31.5 (99)
Catherine Stone	-----	-----	-----
Allie Zolkiewicz	-----	-----	-----
Team Finish	3/3 (79 pts.)	3/3 (58 pts.)	11/15 (292 pts.)

italics = ran unattached

2020 Virginia Tech Cross Country

Men's and Women's Season Bests

Italics = ran unattached

Women's Individual Results:

Sept. 25; Virginia Tech Invitational; Blacksburg, VA; 6K

Lindsey Butler (11).....	21:31.3
Grace Boone (18).....	22:03.2
Ava Hassebrock (23).....	22:22.5
Reagan Bustamante (26).....	22:35.7
Ashley Smith (29).....	22:56.5
Hannah Ballowe (31).....	23:03.5
Ellie Brush (32).....	23:10.8
Nicole Re (33).....	23:15.6
Chase Kappeler (36).....	24:09.8
Katya Lebert (37).....	24:18.0
Maxana Grubb (38).....	25:04.8

Team finish: 3rd (79 pts.)

Field: 40 total runners

Oct. 16; Panorama Farms Invitational; Earlysville, VA; 5K

Lindsey Butler (5).....	17:11.2
Grace Boone (8).....	17:23.7
Ava Hassebrock (13).....	17:50.1
Reagan Bustamante (14).....	17:50.1
Ellie Brush (18).....	18:01.6
Hannah Ballowe (19).....	18:02.3
Ashley Smith (21).....	18:15.2
Chase Kappeler (23).....	18:25.8
Nicole Re (26).....	18:34.4
Maxana Grubb (29).....	18:51.1
Star Price (N/A).....	DNF

Team finish: 3rd (58 pts.)

Field: 33 total runners

Oct. 30; ACC Championships, Cary, NC; 6K

Reagan Bustamante (39).....	21:04.0
Lindsey Butler (44).....	21:10.3
Ellie Brush (74).....	21:50.7
Grace Boone (76).....	21:52.5
Hannah Ballowe (86).....	22:05.2
Ava Hassebrock (93).....	22:20.8
Ashley Smith (99).....	22:31.5
Maxana Grubb (102).....	22:34.3
Chase Kappeler (110).....	22:57.3
Nicole Re (113).....	23:12.0

Team finish: 11th (292 pts.)

Field: 134 total runners

Men's Individual Results

Sept. 25; Virginia Tech Invitational; Blacksburg, VA; 8K

Fitsum Seyoum (4).....	25:02.3
Antonio Lopez Segura (7).....	25:07.6
Osman Humeida (14).....	25:17.7
Ben Fleming (16).....	25:22.4
Sean Stuck (17).....	25:23.0
Ethan Mills (22).....	25:43.7
Colby Burcham (26).....	26:00.0

Ben Nibbelink (27).....	26:16.8
Tyler Leeser (30).....	26:23.8
David Kennedy (31).....	26:30.5
David Whitfield (33).....	26:38.3
Clint Gault (37).....	26:57.9
Max Greczyn (39).....	27:11.0

Team finish: 3rd (57 pts.)

Field: 39 total runners

Oct. 16; Panorama Farms Invitational; Earlysville, VA; 8K

Max Greczyn (7).....	24:18.2
Antonio Lopez Segura (14).....	24:32.4
Osman Humeida (15).....	24:32.5
Ben Fleming (18).....	24:40.6
Ethan Mills (23).....	24:49.7
Ben Nibbelink (25).....	24:59.1
Sean Stuck (26).....	25:04.6
Tyler Leeser (27).....	25:04.7
Bashir Mosavel-Lo (31).....	25:29.1
Colby Burcham (33).....	25:34.3
David Whitfield (35).....	25:46.3
David Kennedy (38).....	25:48.6
Fitsum Seyoum (N/A).....	DNF

Team finish: 3rd (72 pts.)

Field: 45 total runners

Oct. 30; ACC Championships, Cary, NC; 8K

Antonio Lopez Segura (9).....	23:29.3
Osman Humeida (47).....	24:17.2
Ben Fleming (49).....	24:18.1
Bashir Mosavel-Lo (63).....	24:27.6
Ben Nibbelink (64).....	24:28.0
Ethan Mills (73).....	24:35.8
Colby Burcham (78).....	24:39.1
Tyler Leeser (89).....	24:58.6
Max Greczyn (95).....	25:07.1
Clint Gault (102).....	25:18.8

Team finish: 8th (222 pts.)

Field: 135 total runners

2020 Virginia Tech Cross Country Women's Career Bests

Name	XC Dist.	Time	Event	Year
Hannah Ballowe	4k	14:45.5	Virginia Tech Invitational	2019
	5k	18:02.3	Panorama Farms Invitational	2020
	6k	22:05.2	ACC Championships	2020
Grace Boone	4k	14:31.4	Virginia Tech Invitational	2019
	5k	17:23.7	Panorama Farms Invitational	2020
	6k	21:45.2	NCAA Southeast Regional	2019
Ellie Brush	4k	14:10.7	Virginia Tech Invitational	2019
	5k	18:01.6	Panorama Farms Invitational	2020
	6k	20:53.3	NCAA Southeast Regional	2019
Reagan Bustamante (at VT)	4k	----	----	----
	5k	17:50.1	Panorama Farms Invitational	2020
	6k	21:04.0	ACC Championships	2020
Lindsey Butler	4k	14:19.8	Virginia Tech Invitational	2019
	5k	17:11.2	Panorama Farms Invitational	2020
	6k	21:10.3	ACC Championships	2020
Olivia Duston	4k	16:08.6	Hokie Invite	2018
	5k	----	----	----
	6k	25:24	Paul Short Run (open race)	2018
Maxana Grubb	4k	----	----	----
	5k	18:51.1	Panorama Farms Invitational	2020
	6k	22:34.3	ACC Championships	2020
Ava Hassebrock	4k	14:50.6	Hokie Open	2019
	5k	17:50.1	Panorama Farms Invitational	2020
	6k	22:20.8	ACC Championships	2020
Amy Herrema	4k	----	----	----
	5k	----	----	----
	6k	----	----	----
Chase Kappeler	4k	15:33.9	Virginia Tech Invitational	2019
	5k	18:25.8	Panorama Farms Invitational	2020
	6k	22:57.3	ACC Championships	2020
Katya Lebert	4k	----	----	----
	5k	----	----	----
	6k	24:18.0	Virginia Tech Invitational	2020
Star Price	4k	----	----	----
	5k	----	----	----
	6k	----	----	----
Nicole Re	4k	16:54.1	Hokie Open	2019
	5k	18:34.4	Panorama Farms Invitational	2020
	6k	23:12.0	ACC Championships	2020
Emily Schiesl	4k	14:31.1	Hokie Invite	2018
	5k	----	----	----
	6k	22:10.6	Virginia Tech Alumni Invite	2019

Ashley Smith (at VT)	4k	-----	-----	-----
	5k	18:15.2	Panorama Farms Invitational	2020
	6k	22:31.5	ACC Championships	2020
Catherine Stone	4k	14:52.6	Hokie Open	2018
	5k	-----	-----	-----
	6k	23:16	Penn State National Open	2018
Allison Zolkiewicz	4k	15:16.9	Hokie Open	2019
	5k	-----	-----	-----
	6k	25:37.9	Virginia Tech Alumni Invite	2019

2020 Virginia Tech Cross Country Men's Career Bests

Name	XC Dist.	Time	Event	Year
Omar Aougab	6k	19:13.5	Hokie Open	2019
	8k	26:04.9	Virginia Tech Alumni Invite	2019
	10k	-----	-----	-----
Brian Baker	6k	19:16.9	Hokie Open	2018
	8k	-----	-----	-----
	10k	-----	-----	-----
Colby Burcham	6k	-----	-----	-----
	8k	24:39.1	ACC Championships	2020
	10k	-----	-----	-----
Matthias Cannon	6k	18:52.7	Hokie Open	2018
	8k	25:01.0	Pre-National Invitational	2019
	10k	31:35.7	NCAA Southeast Regional	2019
Paul Cerne	6k	19:19.5	Virginia Tech Invitational	2019
	8k	26:29.8	Virginia Tech Alumni Invite	2019
	10k	-----	-----	-----
Sammy Fellah	6k	19:52.1	Virginia Tech Invitational	2019
	8k	26:51.7	Virginia Tech Alumni Invite	2019
	10k	-----	-----	-----
Ben Fleming	6k	18:48.9	Hokie Invite	2017
	8k	24:40	Paul Short Run	2018
	10k	31:41.3	NCAA Southeast Regional	2018
Clint Gault	6k	19:13.4	Hokie Open	2019
	8k	25:18.8	ACC Championships	2020
	10k	-----	-----	-----
Max Greczyn	6k	19:25.2	Virginia Tech Invitational	2019
	8k	24:18.2	Panorama Farms Invitational	2020
	10k	-----	-----	-----
Will Griffen	6k	18:56.7	Virginia Tech Invitational	2019
	8k	24:54.5	ACC Championships	2018
	10k	34:26.7	NCAA Southeast Regional	2018
Osman Humeida	6k	18:43.7	Hokie Invite	2018
	8k	24:17.2	ACC Championships	2020
	10k	31:52.3	NCAA Southeast Regional	2018
David Kennedy	6k	-----	-----	-----
	8k	25:48.6	Panorama Farms Invitational	2020
	10k	-----	-----	-----
Tyler Leeser	6k	19:22.9	Hokie Open	2019
	8k	24:58.6	ACC Championships	2020
	10k	-----	-----	-----

Antonio Lopez Segura	6k	-----	-----	-----
	8k	23:29.3	ACC Championships	2020
	10k	31:03.0	NCAA Southeast Regional	2019
William Mackenzie	6k	-----	-----	-----
	8k	-----	-----	-----
	10k	-----	-----	-----
Ethan Mills	6k	19:23.8	Hokie Open	2019
	8k	24:35.8	ACC Championships	2020
	10k	-----	-----	-----
Bashir Mosavel-Lo	6k	18:42.2	Hokie Open	2017
	8k	24:26.7	Pre-National Invitational	2019
	10k	31:01.2	NCAA Southeast Regional	2019
Ben Nibbelink	6k	19:35.5	Hokie Open	2019
	8k	24:28.0	ACC Championships	2020
	10k	-----	-----	-----
Eldon Phillips	6k	22:17.3	Virginia Tech Invitational	2019
	8k	-----	-----	-----
	10k	-----	-----	-----
Fitsum Seyoum	6k	18:53.40	Hokie Invite	2016
	8k	24:07.7	Pre-National Invitational	2019
	10k	30:06.9	NCAA Southeast Regional	2019
Sean Stuck	6k	-----	-----	-----
	8k	25:04.6	Panorama Farms Invitational	2020
	10k	-----	-----	-----
David Whitfield	6k	18:52.8	Hokie Open	2019
	8k	25:42.7	Virginia Tech Alumni Invite	2019
	10k	-----	-----	-----
Thierry Siewe Yanga	6k	19:16.4	Hokie Open	2018
	8k	26:35	Paul Short Run (open race)	2018
	10k	-----	-----	-----