

North Central University Men's Cross Country Records

Men's 8k

	Name	Time	Year
1.	Dan Bare	26:25.8	2008
2.	Blake Johnson	26:32	2002
3.	Jeff Winkelman	26:36.9	2011
4.	Steve Lalim	27:08	1999
5.	Dave Calhoun	27:08.3	2010
6.	Micah Filer	27:09.5	2018
7.	Josiah Miller	27:13.8	2010
8.	John Gieske	27:18	2006
9.	Kedric Brantner	27:40.2	2017
10.	Ben Tilus	27:43	2004
11.	Dan Scally	27:57.7	2006
12.	Owen Hein	28:21.60	2011
13.	Sutton Rehwaldt	28:23.2	2014
14.	Kaleb Gunderson	28:26.2	2015
15.	Steven Klapak	28:27.73	2013
16.	Cam Tiberg	28:30	2011
17.	Jim Tilus	28:47	2004
18.	Jake Guttormson	28:47.6	2014
19.	Isaac Van Proosdy	28:52.9	2010
20.	Tim Austin	29:34	2004

Men's 4 Mile

	Name	Time	Year
1.	Dan Bare	22:29.8	2009
2.	Jeff Winkelman	22:58.06	2010
3.	Dave Calhoun	23:28.5	2009
4.	Micah Filer	23:28.9	2018
5.	Josiah Miller	24:11.79	2010
6.	Owen Hein	24:25.4	2009
7.	Tony Johns	25:02.1	2009
8.	Kaleb Gunderson	25:36.5	2018
9.	Jay Beichley	25:55.5	2008
10.	Austin Hagemeister	26:56.12	2018
11.	Isaac Can Proosdy	26:56.12	2010
12.	Austin Muchow	28:08.46	2010
13.	Ian McGuire	28:20.4	2008
14.	Andrew Agnew	28:40.45	2010
15.	Andrew Avery	29:19	2018
16.	Edwin Schenk	29:47.1	2008
17.	Dave Ott	29:42.6	2009

18. Jesse Richards	30:47.7	2009
19. Trevor Bruders	33:36.27	2010
20. Jon Anger	33:50.06	2010