

# Concordia Men's & Women's Cross Country 2008 Season's Best

<u>Name</u>	<u>Time</u>	<u>Location/Date</u>
Gwen VanDerworp	20:10	Bowling Green 10/18/08
Cree Thompson	22:08	Lansing CC 9/26/08
Sarah Card	25:04	Lansing CC 9/26/08
Jim Abrams	27:51	Lansing CC 9/26/08
Tyler Case	28:22	Bowling Green 10/18/08
Philip Brown	29:32	Lansing CC 9/26/08
Ryan Burmester	29:41	Bowling Green 10/18/08
Mike Haiderer	29:46	Bowling Green 10/18/08
Zak Nielsen	30:50	Wisconsin Lutheran 10/4/08
Martell Buchanan	30: 52	Wisconsin Lutheran 10/4/08
Steve Lestock	31:04	Bowling Green 10/18/08
Sam Bruer	31:41	Wisconsin Lutheran 10/4/08

## Awards

### Team Captains:

Gwen VanDerworp  
Michael Haiderer

### 1000 Mile Club:

Tyler Case

**Team MVP:** Jim Abrams

**Team Most Improved:** Tyler Case

**Team MVP:** Gwen VanDerworp

### WHAC Scholar Athlete

Michael Haiderer  
Steve Schmit

### NAIA Men's Cross Country Scholar Athletes

Michael Haiderer  
Steven Schmit

### Concordia University Cross Country All Time List:

Gwen VanDerworp # 4 (20:10) - 5 K

Jim Abrams # 10 (27:51) - 8 K