



2018 MEN'S CROSS COUNTRY STATISTICS

DARREN LABENBERG

Sr. | Emmaus, Pa. / Emmaus

2018 RACE-BY-RACE

Date	Meet	Location	Distance	Time	Finish
8/31/18	Galen Piper XC Challenge	Shippensburg, Pa.	6k	-	DNC
9/15/18	Blue Jay Alumni Challenge	Elizabethtown, Pa.	4.73k	19:48	17th/21
9/22/18	Dickinson Long-Short Course Invitational	Newville, Pa.	4k	13:45.24	37th/95
10/6/18	DeSales University Invitational	Bryn Mawr, Pa.	8k	29:22.7	102nd/263
10/13/18	Inter-Regional Border Battle	Logan Township, N.J.	8k	28:58.5	99th/204
10/27/18	Landmark Conference Championships	Lebanon, Pa.	8k	29:09.34	49th/83
11/10/18	NCAA Division III Mideast Regional	Center Valley, Pa.	8k	-	DNC

SEASON BESTS:

Distance	Time	Meet	Date
4k	13:45.24	Dickinson Long-Short Course Invitational	9/22/18
8k	28:58.5	Inter-Regional Border Battle	10/13/18

CAREER BESTS:

Distance	Time	Meet	Date
4k	13:45.24	Dickinson Long-Short Course Invitational	9/22/18
5k	20:12	Blue Jay Alumni Challenge	9/9/17
6k	21:58	Galen Piper Cross Country Challenge	9/2/16
8k	28:36.1	37th Annual Geneseo Mike Woods Invitational	10/3/15

ACCOLADES:

Year	Honor
2015	Competed at Landmark Conference Championship meet
2016	Competed at Landmark Conference Championship meet
2017	Competed at Landmark Conference Championship meet
2018	Competed at Landmark Conference Championship meet

CAREER STATISTICS

Year	Top 4k Time	Top 5k Time	Top 6k Time	Top 8k Time	Top Finish
2015	14:01.70	-	22:00	28:36.1	18th (at Blue Jay Alumni Challenge)
2016	-	-	21:58	29:09.4	22nd (at Blue Jay Alumni Challenge)
2017	13:48.3	20:12	22:08	32:05.70	19th (at Blue Jay Alumni Challenge)
2018	13:45.24	-	-	28:58.5	17th (at Blue Jay Alumni Challenge)
TOTALS	13:45.24	20:12	21:58	28:36.1	

