

Harry Lang XC Invitational

Lang Cross Country Course
Saturday, September 5, 2026
Compiled Results · 2 races

Women's 5K

Official

TEAM	Syracuse 19 · 2. Colgate 42
WINNER	Mackenzie Cook [SO], Syracuse — 18:06.2
PACK	Syracuse 1–5 spread 27.5, avg 18:18.1

Men's 6K

Official

TEAM	Syracuse 15 · 2. Colgate 43
WINNER	Charles Guerrero [FR], Syracuse — 18:44.9
PACK	Syracuse 1–5 spread 33.3, avg 19:04.4

Women's 5K

Official

PL	TEAM	PTS	SCORERS (DISPLACERS)	1-5 SPREAD	AVG
1	Syracuse	19	1+2+4+5+7 (9)	27.5	18:18.1
2	Colgate	42	3+6+10+11+12 (13, 14)	1:46.2	19:09.3
3	Le Moyne	74	8+15+16+17+18 (19, 20)	5:36.0	21:55.3

INDIVIDUAL RESULTS – Women's 5K

splits: 1000M, 4060M, 5000M

PL	BIB	NAME	YR	TEAM	TIME	PTS	1000M	4060M	5000M
1	587	Mackenzie Cook	SO	Syracuse	18:06.2	1	3:36.0	14:41.5	18:06.2
2	589	Alycia Hart	SO	Syracuse	18:14.1	2	3:36.3	14:55.2	18:14.1
3	556	Eleanor Droege	JR	Colgate	18:17.0	3	3:35.4	14:48.6	18:17.0
4	588	Natalie Fouts	FR	Syracuse	18:17.9	4	3:36.1	14:46.4	18:17.9
5	586	Josie Baker	SO	Syracuse	18:18.6	5	3:37.4	14:56.9	18:18.6
6	569	Lucia Pew	JR	Colgate	18:21.1	6	3:35.2	14:51.3	18:21.1
7	591	Brielle McClarnon	SO	Syracuse	18:33.7	7	3:36.4	14:56.0	18:33.7
8	582	Isabella O'Donnell	JR	Le Moyne	18:56.3	8	3:39.4	15:21.3	18:56.3
9	590	Sarah Lawson	SO	Syracuse	19:01.7	9	3:44.2	15:30.2	19:01.7
10	571	Annie Reilly	JR	Colgate	19:18.4	10	3:44.8	15:43.7	19:18.4
11	564	Giovanna Mantuano	FR	Colgate	19:46.8	11	3:35.9	15:52.9	19:46.8
12	575	Isabel Slippen	SR	Colgate	20:03.1	12	3:48.6	16:11.3	20:03.1
13	531	Anna Congelli	FR	Binghamton	20:14.4		3:40.5	16:22.6	20:14.4
14	535	Adeline Armato	FR	Colgate	20:21.2	13	3:57.4	16:26.6	20:21.2
15	573	Chloe Schiller	JR	Colgate	20:28.3	14	3:49.5	16:37.5	20:28.3
16	553	Mia Burton	SR	Colgate	20:32.3		3:50.0	16:35.9	20:32.3
17	584	Mackenzie Ples	SR	Le Moyne	20:40.4	15	3:52.7	16:47.7	20:40.4
18	552	Emma Bergfalk	SO	Colgate	20:41.1		3:56.6	16:48.8	20:41.1
19	554	Linden Cafcules	JR	Colgate	20:52.0		3:50.2	16:56.1	20:52.0
20	534	Abigail Litwiller	JR	Binghamton	20:52.1		3:42.4	16:53.2	20:52.1
21	565	Dolores Maxwell	SO	Colgate	21:00.5		3:57.2	17:09.9	21:00.5
22	567	Frances Munger	SR	Colgate	21:11.9		3:57.0	17:10.9	21:11.9
23	532	Charlotte Dunkel	SO	Binghamton	21:24.1		3:43.2	17:25.4	21:24.1
24	533	Taegan Hodges	JR	Binghamton	22:02.5		4:05.7	18:01.8	22:02.5
25	581	Amelia Lyden	FR	Le Moyne	22:06.9	16	4:04.7	17:53.9	22:06.9
26	560	Sophia Green	SR	Colgate	22:19.4		3:56.9	17:58.1	22:19.4
27	566	Anna Moore	JR	Colgate	22:36.3		4:14.8	18:18.1	22:36.3
28	580	Gabbie Lansing	FR	Le Moyne	23:20.6	17	4:29.4	19:11.8	23:20.6
29	576	Oreilly Gilles	JR	Le Moyne	24:32.3	18	4:16.1	20:11.3	24:32.3
30	583	Hailey Parker	SO	Le Moyne	26:55.2	19	4:58.5	21:55.6	26:55.2
31	578	Caitlin Lamphier	JR	Le Moyne	28:04.0	20	4:57.6	22:36.2	28:04.0
32	579	Kiersten Lamphier	JR	Le Moyne	30:59.5		5:25.3	25:07.1	30:59.5

PL	BIB	NAME	YR	TEAM	TIME	PTS	1000M	4060M	5000M
DNF	559	Beatriz Engels	SO	Colgate			3:50.4		
DNF	585	Angelina Rodriguez	SR	Le Moyne			4:29.5		

TEAM DETAILS – Women's 5K

1. Syracuse 19 pts 1–5 spread 27.5 · avg 18:18.1

PL	SCORER	NAME	YR	TIME
1	1	Mackenzie Cook	SO	18:06.2
2	2	Alycia Hart	SO	18:14.1
4	3	Natalie Fouts	FR	18:17.9
5	4	Josie Baker	SO	18:18.6
7	5	Brielle McClarnon	SO	18:33.7
9	(6)	Sarah Lawson	SO	19:01.7

2. Colgate 42 pts 1–5 spread 1:46.2 · avg 19:09.3

PL	SCORER	NAME	YR	TIME
3	1	Eleanor Droege	JR	18:17.0
6	2	Lucia Pew	JR	18:21.1
10	3	Annie Reilly	JR	19:18.4
11	4	Giovanna Mantuano	FR	19:46.8
12	5	Isabel Slippen	SR	20:03.1
14	(6)	Adeline Armato	FR	20:21.2
15	(7)	Chloe Schiller	JR	20:28.3
16		Mia Burton	SR	20:32.3
18		Emma Bergfalk	SO	20:41.1
19		Linden Cafcules	JR	20:52.0
21		Dolores Maxwell	SO	21:00.5
22		Frances Munger	SR	21:11.9
26		Sophia Green	SR	22:19.4
27		Anna Moore	JR	22:36.3

3. Le Moyne 74 pts 1–5 spread 5:36.0 · avg 21:55.3

PL	SCORER	NAME	YR	TIME
8	1	Isabella O'Donnell	JR	18:56.3
17	2	Mackenzie Ples	SR	20:40.4
25	3	Amelia Lyden	FR	22:06.9
28	4	Gabbie Lansing	FR	23:20.6
29	5	Oreilly Gilles	JR	24:32.3
30	(6)	Hailey Parker	SO	26:55.2
31	(7)	Caitlin Lamphier	JR	28:04.0
32		Kiersten Lamphier	JR	30:59.5

Men's 6K

Official

PL	TEAM	PTS	SCORERS (DISPLACERS)	1-5 SPREAD	AVG
1	Syracuse	15	1+2+3+4+5	33.3	19:04.4
2	Colgate	43	6+7+9+10+11 (12, 13)	26.9	20:05.5
3	Le Moyne	70	8+14+15+16+17 (18, 19)	2:18.6	21:14.1

INDIVIDUAL RESULTS – Men's 6K

splits: 1000M, 2355M, 5060M, 6000M

PL	BIB	NAME	YR	TEAM	TIME	PTS	1000M	2355M	5060M	6000M
1	524	Charles Guerrero	FR	Syracuse	18:44.9		2:58.0	7:14.8	15:59.9	18:44.9
2	523	Asher Danielson	SO	Syracuse	18:48.5		2:57.9	7:14.8	16:00.0	18:48.5
3	527	Andrew Walton	FR	Syracuse	19:13.7		2:58.2	7:15.1	16:20.1	19:13.7
4	526	Clay Stevens	FR	Syracuse	19:16.7		2:58.8	7:15.4	16:23.1	19:16.7
5	525	Xavier Richardson	FR	Syracuse	19:18.1		2:58.5	7:15.3	16:21.8	19:18.1
6	366	Max Kahn	SO	Colgate	19:49.3		3:02.3	7:24.8	16:50.8	19:49.3
7	350	Carson Zuba	FR	Binghamton	19:54.7		3:01.6	7:24.5	17:00.8	19:54.7
8	355	Ewan Conroy	FR	Colgate	19:56.5		3:03.2	7:25.6	16:58.4	19:56.5
9	349	Owen Gasper	FR	Binghamton	19:58.4		3:01.7	7:24.3	16:57.9	19:58.4
10	514	Carson Campbell	JR	Le Moyne	20:03.4		3:03.4	7:24.9	16:58.9	20:03.4
11	367	William Keiser	SR	Colgate	20:11.8		2:57.7	7:14.9	17:05.0	20:11.8
12	508	Roman Steis	JR	Colgate	20:13.9		3:01.9	7:24.4	17:07.5	20:13.9
13	511	Jackson Vogel	SR	Colgate	20:16.2		3:04.9	7:31.1	17:14.0	20:16.2
14	370	Nicholas Larson	SR	Colgate	20:16.2		3:05.2	7:31.5	17:14.0	20:16.2
15	361	Jack Faitsch	FR	Colgate	20:20.9		3:05.8	7:33.4	17:14.4	20:20.9
16	363	Drake Fricke	SO	Colgate	20:23.1		3:09.9	7:35.8	17:16.3	20:23.1
17	353	Joseph Belford	SO	Colgate	20:23.2		3:17.6	7:47.9	17:16.3	20:23.2
18	515	Paul Clark	JR	Le Moyne	20:29.5		3:06.4	7:32.2	17:19.1	20:29.5
19	510	Finley Tobin	JR	Colgate	20:35.7		3:05.2	7:24.7	17:23.1	20:35.7
20	354	Liam Burgess	JR	Colgate	20:37.8		3:17.6	7:52.0	17:35.9	20:37.8
21	357	Dylan Decicco	SO	Colgate	20:38.3		3:05.9	7:35.4	17:28.9	20:38.3
22	502	Lake Montgomery	FR	Colgate	20:45.3		3:04.2	7:31.6	17:28.2	20:45.3
23	506	John Shapiro	SO	Colgate	20:49.7		3:04.9	7:31.7	17:34.0	20:49.7
24	347	Justin Albanese	SO	Binghamton	20:50.7		3:06.1	7:35.2	17:47.8	20:50.7
25	505	Tyler Robinson	JR	Colgate	20:52.7		3:07.2	7:35.8	17:43.8	20:52.7
26	360	Spencer Envall	FR	Colgate	20:54.1		3:06.6	7:34.7	17:44.4	20:54.1
27	522	Michael Purvis	SR	Le Moyne	21:03.5		3:08.6	7:41.9	17:52.0	21:03.5
28	348	John Garrison	JR	Binghamton	21:28.1		3:10.6	7:59.5	18:12.8	21:28.1
29	364	John 'Jack' Gabrielle	SR	Colgate	21:28.9		3:27.7	8:14.4	18:27.5	21:28.9
30	359	Dakin Ebmeyer	SR	Colgate	21:31.8		3:25.7	8:13.0	18:17.5	21:31.8
31	529	Landon Greene	JR	Unattached	21:33.2		3:19.0	7:59.5	18:20.1	21:33.2
32	512	Ryan Wilson	JR	Colgate	21:46.0		3:18.0	8:00.1	18:30.3	21:46.0

PL	BIB	NAME	YR	TEAM	TIME	PTS	1000M	2355M	5060M	6000M
33	368	Finn Kosich	SR	Colgate	22:07.9		3:24.1	8:13.6	18:49.4	22:07.9
34	513	Emmett Bachmann	SO	Le Moyne	22:12.5		3:13.6	8:01.2	18:49.9	22:12.5
35	530	Cayden Robleno	JR	Unattached	22:17.1		3:12.7	8:05.8	18:58.8	22:17.1
36	517	Jacob Johnson	FR	Le Moyne	22:21.9		3:27.3	8:24.0	18:59.4	22:21.9
37	521	Jacob Makhoulouf	SR	Le Moyne	23:21.3		3:27.3	8:32.3	19:48.4	23:21.3
38	528	Caden Flores	FR	Unattached	24:36.6		3:23.5	8:33.0	20:53.7	24:36.6
39	519	Joseph Lore	FR	Le Moyne	25:47.6		3:41.3	9:22.5	22:03.2	25:47.6
40	516	Dillan Holzwarth	SO	Le Moyne	25:53.1		3:34.9	9:19.7	22:02.0	25:53.1
DNF	356	Liam Davis	SR	Colgate			3:02.3	7:31.3		

TEAM DETAILS — Men's 6K

1. Syracuse 15 pts 1-5 spread 33.3 · avg 19:04.4

PL	SCORER	NAME	YR	TIME
1	1	Charles Guerrero	FR	18:44.9
2	2	Asher Danielson	SO	18:48.5
3	3	Andrew Walton	FR	19:13.7
4	4	Clay Stevens	FR	19:16.7
5	5	Xavier Richardson	FR	19:18.1

2. Colgate 43 pts 1-5 spread 26.9 · avg 20:05.5

PL	SCORER	NAME	YR	TIME
6	1	Max Kahn	SO	19:49.3
8	2	Ewan Conroy	FR	19:56.5
11	3	William Keiser	SR	20:11.8
12	4	Roman Steis	JR	20:13.9
13	5	Jackson Vogel	SR	20:16.2
14	(6)	Nicholas Larson	SR	20:16.2
15	(7)	Jack Faitsch	FR	20:20.9
16		Drake Fricke	SO	20:23.1
17		Joseph Belford	SO	20:23.2
19		Finley Tobin	JR	20:35.7
20		Liam Burgess	JR	20:37.8
21		Dylan Decicco	SO	20:38.3
22		Lake Montgomery	FR	20:45.3
23		John Shapiro	SO	20:49.7
25		Tyler Robinson	JR	20:52.7
26		Spencer Envall	FR	20:54.1
29		John 'Jack' Gabrielle	SR	21:28.9
30		Dakin Ebmeyer	SR	21:31.8
32		Ryan Wilson	JR	21:46.0
33		Finn Kosich	SR	22:07.9

3. Le Moyne 70 pts 1-5 spread 2:18.6 · avg 21:14.1

PL	SCORER	NAME	YR	TIME
10	1	Carson Campbell	JR	20:03.4
18	2	Paul Clark	JR	20:29.5
27	3	Michael Purvis	SR	21:03.5
34	4	Emmett Bachmann	SO	22:12.5
36	5	Jacob Johnson	FR	22:21.9
37	(6)	Jacob Makhlof	SR	23:21.3
39	(7)	Joseph Lore	FR	25:47.6
40		Dillan Holzwarth	SO	25:53.1