

Caleb Chrysler

Varsity Letterman

2022 Team Place Average – 13.0

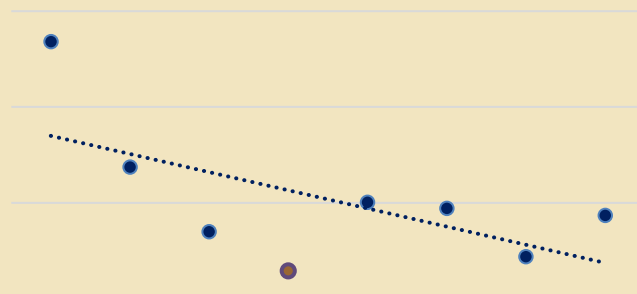
Career Best Time – 17:51.8

Career Improvement – 2:01

2022 Best Effort: **Bob Reall Invitational**



2022 Season Progression



2022 Golden Gale Seniors

Xavier Fahrer

Varsity Letterman

2022 Team Place Average – 20.6

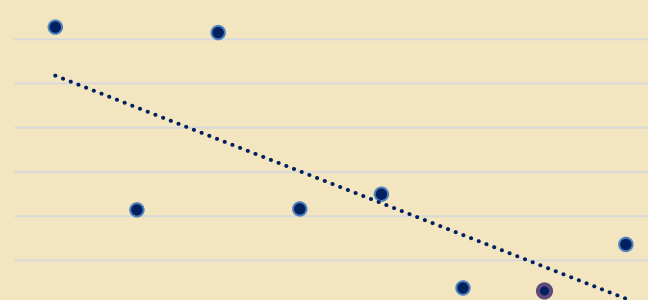
Career Best Time – 19:08.3

Career Improvement – 2:35.6

2022 Best Effort: **OCC Championship**



2022 Season Progression



Jordan Finn

Varsity Letterman

2022 Team Place Average – 15.4

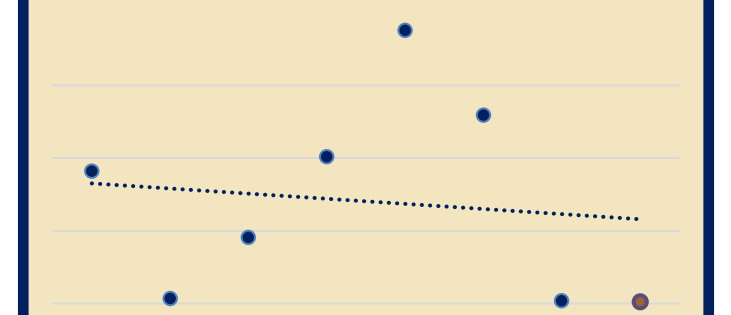
Career Best Time – 18:26.8

Career Improvement – 2:10

2022 Best Effort: **District Championship**



2022 Season Progression



Note: Progression plots adjust for course rating and conditions. Fastest times are often, but not always “Best Efforts”.

2022 Golden Gale Seniors

Isaiah Lanoy

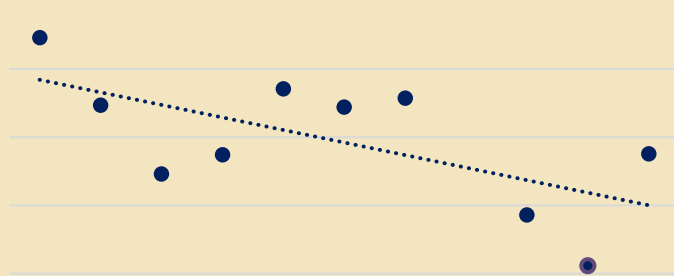
Three Year Varsity Letterman

2022 Team Place Average – 3.5
Career Best Time – 15:46.0, **#8 All-Time**
Career Improvement – 2:13.6
2022 Best Effort: **State Championship**



**First Team
All-Conference,
All-District,
All Region,
All Ohio**

2022 Season Progression



Kaiden Lanoy

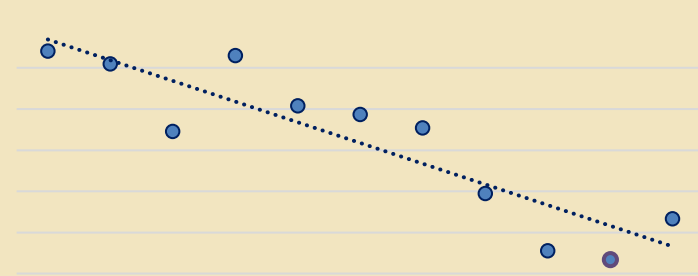
Three Year Varsity Letterman

2022 Team Place Average – 1.7
Career Best Time – 15:31.5, **#4 All-Time**
Career Improvement – 1:56.3
2022 Best Effort: **State Championship**



**First Team
All-Conference,
All-District,
All Region,
All Ohio**

2022 Season Progression



Trevor Lanoy

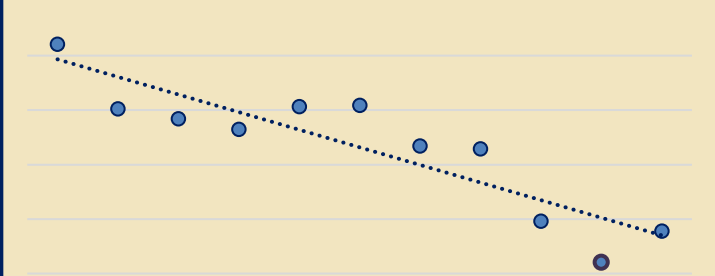
Four-Year Varsity Letterman

2022 Team Place Average – 1.5
Career Best Time – 15:24.7, **#2 All-Time**
Career Improvement – 2:06.1
2022 Best Effort: **State Championship**



**First Team
All-Conference,
All-District,
All Region,
All Ohio**

2022 Season Progression



2022 Golden Gale Seniors

Alex Rodenbaugh

**4x LHS XC Scholar Athlete,
Second Year Varsity Letterman**

2022 Team Place Average – 13.8

Career Best Time – 17:43.8

Career Improvement – 2:01.9

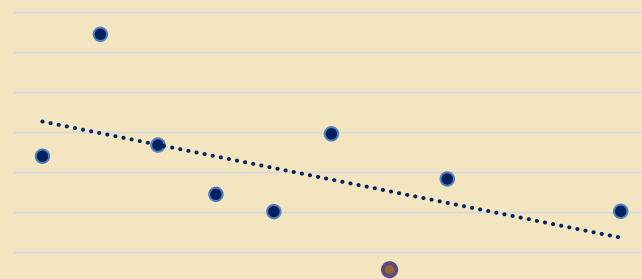
2022 Best Effort: **OCC Championship**



Top Senior GPA

**All-conference
Honorable Mention**

2022 Season Progression



Colton Thress

Fourth Year Varsity Letterman

2022 Team Place Average – 4.4

Career Best Time – 15:38.4 **#5 All-Time**

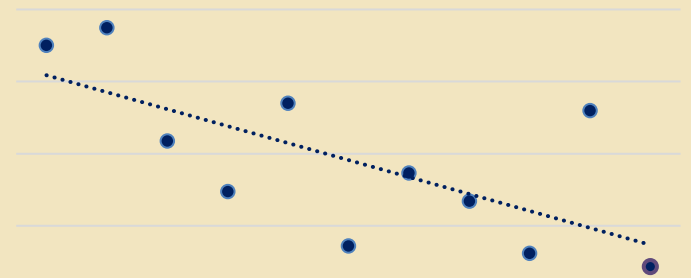
Career Improvement – 1:52.3

2022 Best Effort: **Nike MW Championship**



**First Team
All-Conference,
All-District,
State Qualifier**

2022 Season Progression



Matt Whalen

**First Year Teammate
LHS XC Scholar Athlete**

2022 Team Place Average – 23.4

Career Best Time – 19:42.4

Career Improvement – 5:19.8

2022 Best Effort: **OCC Championship**



Most Improved!

2022 Season Progression

