Men's Track and Field All-Time Distance Performance List

1500 Meter Run				400m pace	MILE pace
1	David Sydow	3:48.13	1992	1:00.83	4:04.76
2	John Lumkes	3:49.98	1990	1:01.33	4:06.74
3	Greg Whittle	3:50.60	2011	1:01.49	4:07.41
4	Lee Doherty	3:50.63	1999	1:01.50	4:07.44
5	Alex Wrobel	3:50.73	2011	1:01.53	4:07.55
6	Hendrik Kok	3:52.25	2002	1:01.93	4:09.18
7	Joel Klooster	3:52.97	2002	1:02.13	4:09.95
8	Mike Kwantes	3:52.9	1984	1:02.11	4:09.88
9	Jeff Engbers	3:53.32	2005	1:02.22	4:10.33
10	Matt Shellenberg	3:54.0	1993	1:02.40	4:11.06
11	Pete Armstrong	3:54.19	2000	1:02.45	4:11.26
12	Brett Hamilton	3:54.38	1996	1:02.50	4:11.47
13	Dave Tuuk	3:54.30	1981	1:02.48	4:11.38
14	Greg Helmer	3:54.71	1993	1:02.59	4:11.82
15	Pat McNamara	3:54.77	1987	1:02.61	4:11.88
16	Kevin Verbeek	3:54.89	2001	1:02.64	4:12.01
17	Todd Schuster	3:55.73	2006	1:02.86	4:12.91
18	Andy Yazzie	3:55.84	2004	1:02.89	4:13.03
19	Tad Hulst	3:56.33	2008	1:03.02	4:13.56
20	Todd Vandenberg	3:56.38	1987	1:03.03	4:13.61
21	Rob Poel	3:56.49	1993	1:03.06	4:13.73
22	Ron Zweedtk	3:56.50	1988	1:03.07	4:13.74
23	Tyler Zwagerman	3:56.56	2006	1:03.08	4:13.80
24	Jed Christiansen	3:56.61	2007	1:03.10	4:13.86
25	Scott Westhouse	3:56.90	2000	1:03.17	4:14.17
26	Tim Finnegan	3:56.93	2006	1:03.18	4:14.20
26	Justin Pfruender	3:56.93	2002	1:03.18	4:14.20
28	Ray VanArragon	3:57.20	1995	1:03.25	4:14.49

5000 Meter Run				400m pace	1600m pace
1	Nick Kramer	14:17.70	2011	1:08.62	4:34.46
2	Jed Christiansen	14:22.56	2009	1:09.00	4:36.02
3	Joel Klooster	14:25.51	2002	1:09.24	4:36.96
4	Hendrik Kok	14:26.74	2003	1:09.34	4:37.36
5	Thad Karnehm	14:30.80	1992	1:09.66	4:38.66
6	Tim Finnegan	14:30.96	2005	1:09.68	4:38.71
7	Matt Edwards	14:31.90	2004	1:09.75	4:39.01
8	Dan Hoekstra	14:32.63	2002	1:09.81	4:39.24
9	Ray VanArragon	14:32.70	1995	1:09.82	4:39.26
10	Kris Koster	14:33.62	2005	1:09.89	4:39.56
11	John Lumkes	14:35.61	1989	1:10.05	4:40.20
12	Dave Haagsma	14:37.98	2004	1:10.24	4:40.95
13	Justin Pfruender	14:38.37	2002	1:10.27	4:41.08
14	Erik VanKampen	14:40.89	2009	1:10.47	4:41.88
15	Lee Doherty	14:41.90	1998	1:10.55	4:42.21
16	Brian Maat	14:42.20	2002	1:10.58	4:42.30
17	Tad Hulst	14:44.10	2007	1:10.73	4:42.91
18	Geoff Vandragt	14:44.60	1998	1:10.77	4:43.07
19	Rich Church	14:45.28	1993	1:10.82	4:43.29
20	Adam Suarez	14:45.61	1989	1:10.85	4:43.40
21	Harrison Jorritsma	14:47.11	2006	1:10.97	4:43.88
22	Bill Reynolds	14:47.27	2005	1:10.98	4:43.93
23	Ben VanWyk	14:47.63	2010	1:11.01	4:44.04
24	Paul Petersen	14:48.04	2001	1:11.04	4:44.17
25	Timothy Avery	14:48.29	2004	1:11.06	4:44.25
26	Ryan LaFluer	14:48.30	1994	1:11.06	4:44.26
27	Dan Kerr	14:48.73	2011	1:11.10	4:44.39
28	Derk Walkotten	14:48.95	1993	1:11.12	4:44.46
29	Greg Whittle	14:49.69	2011	1:11.18	4:44.70
30	Nate Lewis	14:51.0	1997	1:11.28	4:45.12
30	John Brink	14:51.0	1981	1:11.28	4:45.12
32	Aaron Iverson	14:52.0	2005	1:11.36	4:45.44
33	Rhett Morici	14:52.60	2011	1:11.41	4:45.63
34	Nate Dorn	14:52.74	1997	1:11.42	4:45.68
35	David Riemersma	14:53.36	1995	1:11.47	4:45.88
36	Kurt Mast	14:53.40	1982	1:11.47	4:45.89
37	Cameron Harrison	14:55.02	2001	1:11.60	4:46.41
38	Tyler Zwagerman	14:55.27	2005	1:11.62	4:46.49
39	Jeff Engbers	14:55.31	2005	1:11.62	4:46.50
40	Jake Christiansen	14:55.51	2009	1:11.64	4:46.56
41	Matt VanderRoest	14:55.88	2011	1:11.67	4:46.68
42	Jeff Avery	14:58.0	1989	1:11.84	4:47.36
43	Aaron Goodman	14:59.76	2010	1:11.98	4:47.92

800 Meter Run				200m Pace	400m Pace
1	Rob Steenwyk	1:49.70	1991	27.43	54.85
2	David Sydow	1:50.78	1992	27.69	55.39
3	Todd Schuster	1:51.24	2007	27.81	55.62
4	Mike Kwantes	1:51.84	1984	27.96	55.92
5	Alex Wrobel	1:52.37	2009	28.09	56.19
6	Hendrik Kok	1:52.90	2002	28.23	56.45
7	Todd Vandenberg	1:53.40	1987	28.35	56.70
8	Ken DeGraaf	1:53.51	1987	28.38	56.76
9	Carson Sterchi	1:53.56	2011	28.39	56.78
10	Greg Whittle	1:53.57	2011	28.39	56.78
11	Mark DeGraaf	1:53.59	1991	28.40	56.80
11	Lee Doherty	1:53.59	1996	28.40	56.80

3000 Meter Steeplechase				400m pace	1600m pace
1	John Lumkes	8:52.31	1990	1:10.97	4:43.90
3	Nick Kramer	8:56.04	2011	1:11.47	4:45.89
2	Matt Schellenberg	9:03.42	1994	1:12.46	4:49.82
4	Justin Pfruender	9:04.90	2002	1:12.65	4:50.61
5	Jason Washler	9:04.8	1995	1:12.64	4:50.56
6	Geoff Vandragt	9:05.94	1998	1:12.79	4:51.17
7	Nate DeHaan	9:06.00	2009	1:12.80	4:51.20
8	Pat McNamara	9:06.36	1989	1:12.85	4:51.39
9	Ben VanWyk	9:07.19	2011	1:12.96	4:51.83
10	Andy Yazzie	9:07.72	2004	1:13.03	4:52.12
11	Aaron Goodman	9:08.53	2010	1:13.14	4:52.55
12	Aaron Iverson	9:14.00	2005	1:13.87	4:55.47
13	Kyle Carrick	9:16.15	2004	1:14.15	4:56.61
14	Matt VanderRoest	9:16.54	2011	1:14.21	4:56.82
15	David Ritsema	9:17.29	2001	1:14.31	4:57.22
16	Matt Sicilia	9:18.18	2002	1:14.42	4:57.70
17	Dan Vandenakker	9:18.45	2008	1:14.46	4:57.84
18	George Visser	9:19.11	2008	1:14.55	4:58.19
19	Brett Hamilton	9:23.55	1996	1:15.14	5:00.56
20	Scott Westhouse	9:24.00	2000	1:15.20	5:00.80
21	Harrison Jorritsma	9:26.36	2004	1:15.51	5:02.06
22	Thad Karnehm	9:27.62	1991	1:15.68	5:02.73
23	Joel Reasoner	9:30.33	2004	1:16.04	5:04.18
24	Reuben Zylstra	9:33.24	1997	1:16.43	5:05.73
25	Tim VanHaitsma	9:37.05	2001	1:16.94	5:07.76
26	Casey Koopmans	9:37.72	2001	1:17.03	5:08.12
27	Joel Alberts	9:38.10	2005	1:17.08	5:08.32
28	Scott Clearwater	9:40.92	1999	1:17.46	5:09.82
29	Erik VanKampen	9:43.97	2006	1:17.86	5:11.45
30	Michael O'Shaugnessy	9:47.21	2007	1:18.29	5:13.18
31	Jeff Engbers	9:52.01	2004	1:18.93	5:15.74
32	Jake Baker	9:52.18	2011	1:18.96	5:15.83
33	Wiebe Boer	9:52.40	1994	1:18.99	5:15.95
34	Matt Logan	9:53.71	2007	1:19.16	5:16.65
35	Paul Lanning	9:54.80	1995	1:19.31	5:17.23

10000 Meter Run				400m pace	1600m pace	5k pace
1	Joel Klooster	29:36.82	2003	1:11.07	4:44.29	14:48.41
2	Matt Edwards	29:49.87	2004	1:11.59	4:46.38	14:54.93
3	Ray VanArragon	29:56.0	1995	1:11.84	4:47.36	14:58.00
4	David Haagsma	29:57.61	2004	1:11.90	4:47.62	14:58.81
5	Tim Finnegan	30:06.94	2005	1:12.28	4:49.11	15:03.47
6	Kris Koster	30:09.21	2005	1:12.37	4:49.47	15:04.60
7	Dan Hoekstra	30:19.83	2002	1:12.79	4:51.17	15:09.92
8	Jed Christiansen	30:21.10	2009	1:12.84	4:51.38	15:10.55
9	Tim Avery	30:25.27	2004	1:13.01	4:52.04	15:12.64
10	Erik VanKampen	30:26.96	2009	1:13.08	4:52.31	15:13.48
11	Dan Kerr	30:29.43	2011	1:13.18	4:52.71	15:14.72
12	Thad Karnehm	30:30.90	1992	1:13.24	4:52.94	15:15.45
13	Rhett Morici	30:37.69	2011	1:13.51	4:54.03	15:18.85
14	Nate Lewis	30:45.65	1997	1:13.83	4:55.30	15:22.83
15	Paul Petersen	30:45.90	2001	1:13.84	4:55.34	15:22.95
16	Harrison Jorritsma	30:48.13	2006	1:13.93	4:55.70	15:24.07
17	Brian Maat	30:54.40	2002	1:14.18	4:56.70	15:27.20
18	Justin Pfruender	30:54.73	2000	1:14.19	4:56.76	15:27.37
19	Ryan LaFluer	30:55.00	1994	1:14.20	4:56.80	15:27.50
20	John Lumkes	31:00.0	1990	1:14.40	4:57.60	15:30.00
21	Cameron Harrison	31:06.60	2001	1:14.66	4:58.66	15:33.30
22	Dan Mackay	31:09.24	2005	1:14.77	4:59.08	15:34.62
23	David Riemersma	31:10.30	1995	1:14.81	4:59.25	15:35.15
24	Rich Church	31:17.89	1992	1:15.12	5:00.46	15:38.94
25	Rob Hyde	31:18.50	1996	1:15.14	5:00.56	15:39.25
26	Kurt Mast	31:21.50	1983	1:15.26	5:01.04	15:40.75
27	John Brink	31:24.0	1982	1:15.36	5:01.44	15:42.00
28	Jake Christiansen	31:25.23	2009	1:15.41	5:01.64	15:42.62
29	Kent Frens	31:25.32	1998	1:15.41	5:01.65	15:42.66
30	Doug Diekema	31:29.60	1981	1:15.58	5:02.34	15:44.80
31	Tim Langenberg	31:35.73	2009	1:15.83	5:03.32	15:47.87
32	Jon Gries	31:38.46	2007	1:15.94	5:03.75	15:49.23
33	Ben Hammer	31:43.96	2005	1:16.16	5:04.63	15:51.98
34	Jeff Avery	31:54.40	1989	1:16.58	5:06.30	15:57.20
35	Matt VanderRoest	31:59.15	2010	1:16.77	5:07.06	15:59.58
36	Aaron Iverson	31:59.67	2003	1:16.79	5:07.15	15:59.83

Thru 2011 NCAA DIII Nationals