

2013 Men's Outdoor Performance List

2013 Personal Bests

Athlete	Mark	Wind	Meet	Date
100-Meters:				
1. Dexter McKenzie	10.49	+1.9	Big Ten Championships	5/12
2. Tim Thompson	10.55	+1.9	Big Ten Championships	5/12
3. Ricco Hall	10.66	+1.4	Nebraska Quad	4/13
4. Nikita Pankins	10.71*	+1.9	Nebraska Quad	4/13
5. John Welk	10.76	+1.4	Nebraska Quad	4/13
6. Zach Birkel	10.90	+1.9	Nebraska Quad	4/13
7. Teddy Lampkin	11.03	-0.6	Crimson Tide Invite	4/6
8. Teran Walford	11.04*	+1.4	NCAA Championships	6/5
9. Bjorn Barrefors	11.26	+1.9	Nebraska Quad	4/13
Wind-Aided				
1. John Welk	10.66*	+2.8	Razorback Spring Invite	3/30
2. Teran Walford	10.99*	+3.3	Big Ten Championships	5/10
Jordan Munar	10.99	+5.0	Pre-Drake Meet	4/24
4. Bjorn Barrefors	11.03	+3.3	Big Ten Championships	5/10
200-Meters:				
1. Dexter McKenzie	20.86*	+1.6	Jamaican National Seniors	6/22
2. Ricco Hall	21.08p*	+1.3	Big Ten Championships	5/11
3. Janis Leitis	21.28p*	+1.3	Big Ten Championships	5/11
4. Nikita Pankins	21.49*	+1.4	Razorback Spring Invite	3/30
5. John Welk	21.54*	-0.1	Razorback Spring Invite	3/30
6. Tim Thompson	21.82	-0.1	Razorback Spring Invite	3/30
7. Zach Birkel	22.16	-0.1	Razorback Spring Invite	3/30
8. Jordan Munar	22.21	+1.5	Pre-Drake Meet	4/24
9. Cody Rush	22.22	+0.0	Crimson Tide Invite	4/6
10. Jake Bender	22.70	+0.2	Crimson Tide Invite	4/6
Wind-Aided				
1. Ricco Hall	20.71*	+3.7	Nebraska Quad	4/13
2. Dexter McKenzie	20.87	+3.7	Nebraska Quad	4/13
3. Janis Leitis	21.10*	+3.7	Nebraska Quad	4/13
4. Tim Thompson	21.23	+2.6	Nebraska Quad	4/13
5. Levi Gipson	21.25*	+2.6	Nebraska Quad	4/13
6. Nikita Pankins	21.35*	+3.7	Nebraska Quad	4/13
7. John Welk	21.41*	+2.6	Nebraska Quad	4/13
8. Zach Birkel	21.73*	+2.6	Nebraska Quad	4/13
9. Cody Rush	21.77	+2.6	Nebraska Quad	4/13
10. Tibor Koroknai	22.19*	NWI	Nebraska Quad	4/13
11. Sean Pille	22.31*	NWI	Nebraska Quad	4/13
400-Meters:				
1. Levi Gipson	46.44*	--	Big Ten Championships	5/12
3. Cody Rush	46.63p*	--	Big Ten Championships	5/11
2. Ricco Hall	46.70	--	Crimson Tide Invite	4/6
4. Christian Sanderfer	47.06*	--	Big Ten Championships	5/12
4. Patrick Raedler	48.36*	--	Nebraska Quad	4/13
5. Jake Bender	48.82	--	Nebraska Invite	5/5
6. Teran Walford	49.10*	--	Big Ten Championships	5/10
7. Jordan Munar	50.27	--	Nebraska Quad	4/13
8. Dexter McKenzie	51.12	--	Razorback Spring Invite	3/30
9. Vincent Moravec	51.65*	--	Nebraska Invite	5/5
10. Bjorn Barrefors	52.13	--	Big Ten Championships	5/10

All-Time Personal Best

Mark	Date
10.41	5/5/12
10.38w	5/5/12
10.55	6/4/11
Same	4/13/13
10.66w	3/30/13
10.87	
10.69	5/4/11
Same	6/5/13
10.93w	6/6/12
Same	3/30/13
Same	5/10/13
10.64	4/20/12
10.93w	6/6/12
Same	6/22/13
Same	5/11/13
Same	5/11/13
Same	3/30/13
Same	3/30/13
21.12	4/25/12
22.00	4/25/12
21.62	4/20/12
21.58	5/19/12
21.50	4/30/11
Same	4/13/13
20.86	5/12/12
Same	4/13/13
21.12	4/25/12
Same	4/13/13
Same	4/13/13
Same	4/13/13
Same	4/13/13
Same	4/13/13
21.58	5/19/12
Same	4/13/13
Same	4/13/13
Same	5/12/13
Same	5/11/13
46.53i	2/25/12
Same	5/12/13
Same	4/13/13
48.04	5/28/11
Same	5/10/13
49.12	5/11/12
47.84i	2/9/13
Same	5/5/13
49.49	6/27/09

Key

* = personal best

p = prelims

i = indoors

= school record

A = altitude

2013 Men's Outdoor Performance List

2013 Personal Bests

Athlete	Mark	Wind	Meet	Date	All-Time Personal Best Mark	Date
800-Meters:						
1. London Hawk	1:50.16*	--	Crimson Tide Invite	4/6	Same	4/6/13
2. Alney Tobias	1:51.82*	--	Nebraska Invite	5/5	Same	5/5/13
3. Nolan Border	1:53.59*	--	Nebraska Quad	4/13	Same	4/13/13
4. Connor Gibson	1:55.17*	--	Razorback Spring Invite	3/30	Same	3/30/13
5. Andy Wendroth	1:56.50	--	Nebraska Quad	4/13	1:53.35	5/2/09
6. Brett Grieb	1:56.60*	--	Nebraska Invite	5/5	Same	5/5/13
7. Trevor Vidlak	1:56.71*	--	Crimson Tide Invite	4/6	Same	4/6/13
8. Vincent Moravec	2:04.14*	--	Pre-Drake Meet	4/24	Same	4/24/13
1,500-Meters:						
1. Trevor Vidlak	3:49.37*	--	Crimson Tide Invite	4/6	Same	4/6/13
2. Jarren Heng	3:57.83	--	Nebraska Quad	4/13	3:52.47	4/14/12
3. Connor Gibson	4:00.85	--	Razorback Spring Invite	3/30	3:51.91	4/19/12
4. Alney Tobias	4:02.27*	--	Razorback Spring Invite	3/30	Same	3/30/13
5. Teran Walford	4:24.75*	--	Big Ten Championships	5/11	Same	5/11/13
6. Bjorn Barrefors	5:14.89	--	Big Ten Championships	5/11	4:44.05	7/8/07
3,000-Meters:						
1. Trevor Vidlak	8:25.11*	--	Nebraska Quad	4/13	Same	4/13/13
2. Jarren Heng	8:39.04*	--	Razorback Spring Invite	3/30	Same	3/30/13
5,000-Meters:						
1. Trevor Vidlak	14:15.55	--	Mt. SAC Relays	4/19	14:07.90	4/20/12
2. Jarren Heng	14:59.35*	--	Big Ten Championships	5/12	Same	5/12/13
110-Meter Hurdles:						
1. Dapo Akinmoladun	14.17	-0.9	NCAA West Prelims	5/25	13.56 (high school mark)	5/26/12
2. Sean Pille	14.30*	+1.9	Pre-Drake Meet	4/24	Same	4/24/13
3. Tibor Koroknai	14.38	-1.3	Drake Relays	4/27	14.08	5/22/11
4. Miles Ukaoma	14.51	+0.6	Kansas Relays	4/19	13.91	5/12/12
5. Teran Walford	14.55*	-1.1	Big Ten Championships	5/11	Same	5/11/13
Wind-Aided						
1. Tibor Koroknai	14.20	+2.7	Razorback Spring Invite	3/30	14.08	5/22/11
2. Bjorn Barrefors	14.58	+2.0	Big Ten Championships	5/11	14.37	8/3/08
2. Sam Shaw	19.47*	+5.3	Razorback Spring Invite	3/30	Same	3/30/13
400-Meter Hurdles:						
1. Miles Ukaoma	49.57	--	NCAA Championships	6/7	49.23	5/13/12
2. Jodi-Rae Blackwood	50.16*	--	NCAA West Prelims	5/25	Same	5/25/13
3. Tibor Koroknai	51.10p	--	Big Ten Championships	5/11	50.28	7/16/11
4. Mark Hilderbrand	53.37*	--	Nebraska Quad	4/13	Same	4/13/13
5. Christian Sanderfer	53.51*	--	Razorback Spring Invite	3/30	Same	3/30/13
6. Sean Pille	56.00*	--	Arizona State Invitational	3/23	Same	3/23/13
3,000 Meter Steeplechase:						
1. Jarren Heng	8:58.97	--	Crimson Tide Invite	4/6	8:53.41	5/12/12
4x100-Meter Relay:						
1. Welk, McKenzie, Hall, Thompson	39.59p	--	NCAA West Prelims	5/24	39.19	5/28/05
4x200-Meter Relay:						
1. Thompson, Raedler, Pankins, Leitis	1:25.49	--	Drake Relays	4/26	1:22.62	4/27/07

Key

* = personal best

p = prelims

i = indoors

= school record

A = altitude

2013 Men's Outdoor Performance List

2013 Personal Bests

Athlete	Mark	Wind	Meet	Date
4x400-Meter Relay:				
1. Gipson, Sanderfer, Rush, Leitis	3:03.79	--	Drake Relays	4/27
4x800-Meter Relay:				
1. Hawk, Tobias, Border, Vidlak	7:34.73	--	Drake Relays	4/26
Distance Medley Relay:				
1. Tobias, Bender, Hawk, Vidlak	9:58.31	--	Drake Relays	4/26
High Jump:				
1. James White	6-11 1/2 (2.12)	--	Kansas Relays	4/20
Carlos Hernandez	6-11 1/2 (2.12)	--	NCAA West Prelims	5/25
3. Travis Englund	6-10 1/4 (2.09)*	--	Pre-Drake Meet	4/24
4. Lucas Kasson	6-7 1/2 (2.02)	--	Nebraska Invite	5/5
5. Mitchell Westberry	6-7 (2.01)	--	Razorback Spring Invite	3/30
Gus Gehlen	6-7 (2.01)*	--	Nebraska Quad	4/13
7. Teran Walford	6-4 3/4 (1.95)	--	Mt. SAC Relays	4/17
8. Bjorn Barrefors	6-2 (1.88)	--	Big Ten Championships	5/10
Pole Vault:				
1. Craig Driver	17-0 3/4 (5.20)*	--	NCAA West Prelims	5/25
2. Christian Sanderfer	16-6 3/4 (5.05)	--	Razorback Spring Invite	3/30
3. Erik Sutterfield	16-4 3/4 (5.00)	--	Crimson Tide Invite	4/6
4. Beau Simmons	16-1 1/4 (4.91)	--	Big Ten Championships	4/12
5. Bjorn Barrefors	15-11 (4.85)	--	Crimson Tide Invite	4/6
6. Kyle Crow	15-1 3/4 (4.62)	--	Nebraska Quad	4/13
7. Teran Walford	15-1 (4.60)*	--	Mt. SAC Relays	4/18
Long Jump:				
1. Janis Leitis	24-11 (7.59)	+1.5	Nebraska Quad	4/13
5. Nikita Pankins	24-0 3/4 (7.33)	-0.0	Big Ten Championships	5/11
2. Seth Wiedel	24-0 1/4 (7.32)	-0.4	Nebraska Quad	4/13
4. Teddy Lampkin	23-10 (7.26)	+1.0	NCAA West Prelims	5/24
3. Patrick Raedler	23-3 1/2 (7.10)	+0.4	Kansas Relays	4/20
6. Travis Englund	23-2 1/2 (7.07)	-0.4	Pre-Drake Meet	4/24
7. Justin English	22-3 (6.78)	+0.7	Nebraska Quad	4/13
8. Teran Walford	22-6 1/2 (6.87)*	+1.6	NCAA Championships	6/6
9. Bobby Carter	17-8 3/4 (5.40)	+1.9	Nebraska Invite	5/5
Wind-Aided				
1. Janis Leitis	25-9 1/2 (7.86)	+3.0	Drake Relays	4/26
2. Patrick Raedler	24-10 1/2 (7.58)	+4.1	Drake Relays	4/26
3. Seth Wiedel	24-4 1/2 (7.43)	+3.3	Razorback Spring Invite	3/30
4. Teddy Lampkin	24-2 1/4 (7.37)	+3.9	Pre-Drake Meet	4/24
5. Bjorn Barrefors	23-5 1/2 (7.15)	+2.4	Big Ten Championships	5/10
6. Teran Walford	22-6 1/2 (6.87)*	+4.8	Big Ten Championships	5/10
Triple Jump:				
1. Patrick Raedler	49-11 1/4 (15.22)	+1.7	Big Ten Championships	5/12
2. Devandrew Johnson	49-10 (15.19)*	+1.2	Nebraska Quad	4/13
3. Seth Wiedel	48-8 (14.83)*	+1.9	Big Ten Championships	5/12
4. Travis Englund	46-10 3/4 (14.29)	-0.4	Nebraska Quad	4/13
5. Rashad Moxey	44-8 3/4 (13.63)	+1.9	Nebraska Invite	5/5
Wind-Aided				
1. Janis Leitis	50-2 (15.29)	+2.2	Big Ten Championships	5/12

All-Time Personal Best

Mark	Date
3:02.81	6/1/91
7:14.89	4/26/85
9:36.39	4/6/85
7-5 3/4 (2.27)	4/22/09
7-0 1/2 (2.15)	7/8/10
Same	4/24/13
6-9 (2.06)	5/5/12
6-8 3/4 (2.05)i	2/15/13
Same	4/13/13
6-5 (1.96)	4/17/13
6-9 (2.06)i	2/25/11
Same	5/25/13
16-9 1/2 (5.12)i	2/22/13
17-1 (5.21)i	2/11/12
16-9 1/2 (5.12)i	2/22/12
16-8 3/4 (5.10)i	2/25/12
15-4 1/2 (4.69)	2/17/12
Same	4/18/13
26-2 1/4 (7.98)	7/30/11
24-11 1/4 (7.60)i	2/25/11
24-11 1/4 (7.60)i	2/12/11
24-4 1/2 (7.42)i	2/24/12
25-10 (7.87)i	2/22/13
24-0 3/4 (7.33)	4/14/12
23-6 1/4 (7.16)	5/19/12
Same	6/6/13
25-8 1/4 (7.83)i	3/7/10
26-2 1/4 (7.98)	7/30/11
25-10 (7.87)i	2/22/13
24-11 1/4 (7.60)i	2/12/11
24-4 1/2 (7.42)i	2/24/12
24-10 (7.57)	5/11/12
Same	5/10/13
51-3 (15.62)	5/13/12
Same	4/13/13
Same	5/12/13
48-2 1/2 (14.69)w	4/14/12
48-10 (14.88)	5/13/12
52-10 3/4 (16.12)	2/2/13

Key

* = personal best

p = prelims

i = indoors

= school record

A = altitude

2013 Men's Outdoor Performance List

2013 Personal Bests

Athlete	Mark	Wind	Meet	Date	All-Time Personal Best	
					Mark	Date
Shot Put:						
1. Chad Wright	63-7 1/2 (19.39)*--		Big Ten Championships	5/12	Same	5/12/13
2. Taylor Shapland	55-5 3/4 (16.91)--		Big Ten Championships	5/12	57-5 (17.50)i	1/19/13
3. Bjorn Barrefors	47-2 1/4 (14.38)--		Razorback Spring Invite	3/30	48-2 3/4 (14.70)i	3/9/12
4. Teran Walford	40-7 3/4 (12.39)--		Nebraska Quad	4/13	41-3 3/4 (12.59)i	2/15/13
5. Sam Shaw	39-7 (12.06)* --		Nebraska Quad	4/13	Same	4/13/13
Discus:						
1. Chad Wright	209-1 (63.74)* --		NCAA Championships	6/7	Same	6/7/13
2. Bjorn Barrefors	146-0 (44.51) --		Crimson Tide Invite	4/6	151-9 (46.27)	5/12/12
3. Teran Walford	134-3 (40.93)* --		Crimson Tide Invite	4/6	Same	4/6/13
4. Sam Shaw	107-1 (32.64)* --		Razorback Spring Invite	3/30	Same	3/30/13
Hammer Throw:						
1. Cole Ingram	190-3 (58.00)* --		Nebraska Invite	5/5	Same	5/5/13
2. Jacob Griess	178-4 (54.35)* --		Nebraska Invite	5/5	Same	5/5/13
Javelin:						
1. Landon Nelson	199-2 (60.70)* --		Big Ten Championships	5/12	Same	5/12/13
2. Sam Shaw	170-1 (51.84)* --		Nebraska Quad	4/13	Same	4/13/13
3. Teran Walford	163-3 (49.75) --		NCAA Championships	6/6	164-5 (50.12)	4/25/12
4. Bjorn Barrefors	161-10 (49.33) --		Big Ten Championships	5/11	176-4 (53.76)	8/5/07
5. Tim Onwiler	150-11 (45.99) --		Nebraska Quad	4/13	151-7 (46.20)	5/5/12
Decathlon:						
1. Teran Walford	7,330*	--	Mt. SAC Relays	4/17-18	Same	4/17-18/13
2. Bjorn Barrefors	7,369	--	Big Ten Championships	5/10-11	7,897	5/11-12/12
Wind-Aided						
1. Teran Walford	7,432*	--	Big Ten Championships	5/10-11	Same	5/10-11/13

Key

* = personal best

p = prelims

i = indoors

= school record

A = altitude