

# Joe Tenini

2005-

## Cross Country Results

5K  
16:14.9    16th    Catamount Classic    09.15.07

6K  
20:19.20    39th    Winthrop Invitational    10.15.05

8K  
25:58.50    16th    SoCon Championship    10.27.07  
26:31.87    6th    Citadel Invitational    09.29.07  
26:34.27    30th    Disney Classic    10.06.07  
26:38.54    26th    SoCon Championships    10.28.06  
26:42.31    33rd    SoCon Championships    10.30.05  
26:46    7th    Eye Opener Invitational    09.08.07  
27:05    16th    Furman Invitational    10.13.07  
27:13    32nd    Furman Invitational    10.14.06  
27:36.95    8th    Coastal Carolina Invite    09.17.05  
27:55    62nd    Clemson Invitational    09.10.05  
28:04    48th    Furman Invitational    10.08.05  
28:07.18    9th    Citadel Invitational    09.24.05  
29:17    48th    Winthrop Invitational    09.16.06  
5th    Eye Opener Invitational    09.09.06

10K  
33:04.25    121st    NCAA Regionals    11.10.07

## Indoor Track Results

3,000m  
8:54.54    6th    Tiger Invitational    02.21.09  
8:58.87    13th    Kentucky Invitational    01.12.08  
9:08.67    25th    ETSU Invitational    01.29.09

5,000m  
15:35.85       ETSU Invitational    01.19.08  
15:53.86    9th    UNC Classic    01.24.09

Distance Medley Relay  
10:39.72       ETSU Invitational    01.19.08  
Tenini, Witzke, Wilkerson, Plasencia

## Outdoor Track Results

1,500m  
4:02.33    3rd    Solid Orange Invitational    04.14.07  
4:16.30    10th    Furman Invitational    04.11.09  
4:17.81    18th    SoCon Championships    04.26.09  
4:26.30    30th    Emory Asics Invitational    03.29.08

3,000m  
9:16.30    4th    Winthrop Invitational    03.17.07

3,000m Steeplechase  
10:07.67    3rd    USC Invitational    03.18.06

5,000m  
15:31.78    1st    Furman Invitational    04.07.07  
15:53       Chabot Relay & Distance    04.05.08  
15:55.31    9th    LSU Relays    03.28.09  
16:01.85    5th    Furman Invitational    04.27.08

10,000m  
32:37.06    6th    SoCon Championships    04.25.09  
32:38.65    1st    Clemson Invitational    03.23.07  
32:55.37    7th    SoCon Finals    04.22.07  
33:18.31    14th    Emory Invite    03.21.09  
34:08.79    11th    SoCon Finals    04.27.08

4x400m Relay  
3:34.65    6th    SoCon Finals    04.22.07  
Morgan, Wilkerson, Matz, Tenini  
3:34.72    8th    SoCon Championships    04.26.09  
Hess, Gilmer, Clay, Tenini

4x800m Relay  
8:01.59    6th    LSU Relays    03.28.09  
Clay, Gilmer, McGoogan, Tenini