



Ian La Mere

PERSONAL BEST

- ↳ 1 mile – 4:13.70 (2/17)
- ↳ 5k – 13:50.56 (4/17)
- ↳ 8k – 23:10 (5/18)
- ↳ 10k - 28:38.63 (4/16)
- ↳ 10 mile – 47:48 (10/17)
- ↳ Half-Marathon – 1:05:53 (9/18)

CAREER HIGHLIGHTS

Professional

- 1st USATF Club Cross Country Championships 2017
- 3rd Bank of America Shamrock Shuffle 2018
- 7th USATF 10-mile championships 2017

College

- 11th USATF Outdoor Track and Field Championships 10,000m: 2017
- NCAA DIII Cross Country National Champion: 2015,2016
- NCAA DIII 10,000m National Champion: 2015, 2016, 2017
- NCAA DIII 5,000m National Champion: 2016

Hansons 2019

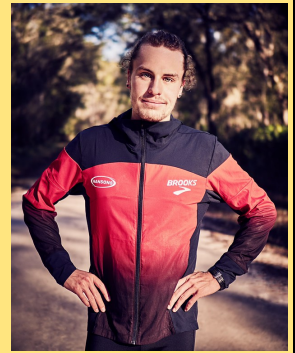
Ian La Mere

Focus: 10k -
Marathon

D.O.B: 02.21.94

Height: 5'10"

Hometown:
Green Bay, WI



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College Degree: Electrical Engineering