



# Ryan Mahalsky

## PERSONAL BEST

- ↻ 1500m: 3:46.3 (05/15)
- ↻ 3000m: 7:55 (06/17)
- ↻ 5k – 13:56 (05/16)
- ↻ 10K- 28:39 (06/17)
- ↻ 8k XC – 23:59 (10/14)
- ↻ 10k XC - 30:19 (11/14)
- ↻ 12K (road) – 35:53 (11/15)
- ↻ 10 mile (road) – 48:25 (10/17)

## CAREER HIGHLIGHTS

### Professional

- 11<sup>th</sup> Place Medtronic USATF 10 Mile Championships
- 22<sup>nd</sup> place at USATF National Championships 10000m
- 15<sup>th</sup> Place at Cherry Blossom 10 Mile, 6<sup>th</sup> American
- 20<sup>th</sup> Place at 2017 USA Cross Country Championships
- Finished 17<sup>th</sup> Place at 2016 Club Cross Country Championships
- 6<sup>th</sup> Place Finish at 2016 Army 10 Miler

### College

- 17<sup>th</sup> Place Finish at NCAA Division I Outdoor Track & Field Championships 2015
- Named Patriot Track Athlete of the Meet at 2015 PLC after winning the 10000m and 5000m events
- Lehigh men's school record holder in the 1500 and Indoor 5000 events
- Only Lehigh man to win the IC4A championship in a track event (5000m Indoor 2015)
- 46<sup>th</sup> place finish at 2014 Division I Cross Country Championships
- 3X First Team All Patriot League in Cross Country
- @X All Region selection in Cross Country

### High School

- Hillsborough High School record holder 3200m (9:24)

## Hansons 2017

Ryan Mahalsky

Focus: 10K- Half Marathon

Age: 24

D.O.B: 04.27.1993

Height: 6,1

Weight: 145

Years Run: 9

Hometown:

Belle Meade, NJ

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