



TEAM DETAIL

Boys

Place	Team Name	Score	Spread	Average	Total
1	Wayzata XC	52	1:24.22	17:45.27	1:28:46.35

Team Place	Place	Bib	Name	Year	Time
1	2	1196	Jacob Smith	2016	17:12.43
2	7	1198	Paul Weiler	2017	17:30.39
3	8	1199	Josh Halverson	2017	17:40.81
4	10	1197	Kyle Brandt	2016	17:46.07
5	25	1195	Wesley Heal	2016	18:36.65

2	Wayzata XC 3	87	0:44.77	18:09.67	1:30:48.33
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Team Place	Place	Bib	Name	Year	Time
1	11	1208	Nick Kerbeshian	2017	17:46.55
2	15	1207	Calvin Cahill	2016	18:03.48
3	17	1210	Daniel Urke	2017	18:06.96
4	20	1213	Anders Sonnesyn	2018	18:20.02
5	24	1209	Tyler Carlstrom	2017	18:31.32
6	(28)	1211	Alex White	2017	18:56.53

3	Manhattan Cross Country Clul	114	2:17.17	18:32.18	1:32:40.89
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Team Place	Place	Bib	Name	Year	Time
1	3	566	Peter Gruenbacher	2016	17:13.80
2	14	569	Sam Morgan	2016	18:00.79
3	27	567	Ethan Levin	2016	18:49.14
4	32	570	Nolan Blankenau	2016	19:06.19
5	38	568	Andy Fitch	2016	19:30.97

4	Edina XC Running Club 2	123	2:29.79	18:37.22	1:33:06.11
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Team Place	Place	Bib	Name	Year	Time
1	4	262	Sam Elliott	2018	17:24.74
2	6	252	Max Kuhs	2017	17:26.21
3	22	253	Louis LeFebvre	2017	18:26.45
4	45	261	Nathan Caspar	2018	19:54.18
5	46	259	Noah Johansen	2017	19:54.53
6	(72)	263	Ben Elliott	2018	21:24.40

5	Rapid City Distance Project	168	3:12.28	19:06.52	1:35:32.58
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Team Place	Place	Bib	Name	Year	Time
1	5	813	Tristan Christoffer	2017	17:26.02
2	23	815	Zack Vancas	2016	18:26.73
3	33	814	McKenzie Brown Otter	2016	19:09.15
4	43	817	Nick Looby	2016	19:52.38
5	64	816	Trevor Smith	2016	20:38.30

Boys

Place	Team Name	Score	Spread	Average	Total
6	Stillwater Running Club 3	171	5:39.71	19:19.81	1:36:39.06
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	1	1027	Jonathan Breckheimer	2016	17:08.81
2	18	1029	Josh Albrecht	2017	18:14.56
3	31	1028	James Huntley	2017	19:00.68
4	36	1025	Elliott Weisberg	2017	19:26.49
5	85	1026	Holden Schafer	2016	22:48.52
7	Perham	184	2:07.55	19:22.19	1:36:50.96
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	13	774	Carson Speicher	2018	17:58.51
2	34	775	Jacob Dickerson	2017	19:10.04
3	40	777	Trevor Guck	2017	19:40.91
4	47	778	Chase Leitz	2017	19:55.44
5	50	780	Nathan Coleman	2016	20:06.06
6	(59)	776	Adam Siira	2017	20:21.12
7	(63)	779	Nick Listrom	2017	20:29.41
8	Edina XC Running Club	186	2:02.55	19:21.07	1:36:45.37
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	16	257	Owen Smalley	2017	18:06.51
2	26	260	Thomas Schauerman	2017	18:37.35
3	44	265	Ben Passolt	2018	19:52.82
4	48	249	John Horan	2017	19:59.63
5	52	250	Will Staunton	2016	20:09.06
6	(76)	264	Jake Passolt	2018	21:58.16
9	Wayzata XC 2	247	1:53.01	19:59.75	1:39:58.75
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	30	1201	Robby Underdal	2017	18:59.51
2	39	1206	Frank Fetrow	2018	19:38.03
3	55	1202	Sam Smith	2017	20:14.17
4	56	1200	Andrew Brandt	2018	20:14.52
5	67	1205	Josh Li	2016	20:52.52
10	Twin Cities Track Club	263	3:51.87	20:12.55	1:41:02.73
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	19	1151	Spencer WareJoncas	2016	18:18.40
2	53	1153	Kyle Struthers	2016	20:09.28
3	54	1154	Ben Johnson	2016	20:09.71
4	58	1152	Colton Jones	2017	20:15.07
5	79	1155	Ben Dufresne	2017	22:10.27

Boys

Place	Team Name	Score	Spread	Average	Total
11	Stillwater Running Club	263	4:22.74	20:16.65	1:41:23.24
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	12	1016	Noah Kneeskern	2017	17:50.08
2	35	1013	Evan Johnson	2017	19:22.39
3	65	1014	Daniel Hammer	2017	20:38.74
4	71	1015	Ethan Christenson	2017	21:19.21
5	80	1031	Jackson Thiets	2015	22:12.82
6	(83)	1017	Mathew Henschell	2017	22:46.59
7	(89)	1018	Henry Seeb	2016	22:57.53
12	Southside Runners	267	3:10.78	20:32.15	1:42:40.75
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	29	943	Michael Kennedy	2017	18:58.66
2	41	944	Stuart MacDonald	2016	19:42.69
3	42	945	Josh Willard	2017	19:43.20
4	77	941	Tyler Butts	2018	22:06.76
5	78	942	Evan Ford	2017	22:09.44
13	Running Orange	276	4:29.21	20:42.49	1:43:32.47
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	21	899	Chris Jamison	2016	18:22.98
2	37	895	Sean Parris	2016	19:30.34
3	49	898	Tyler Bryant	2016	20:02.89
4	82	897	Matthew Watson	2016	22:44.07
5	87	896	Nick Hawkins	2016	22:52.19
14	Willmar Winged Foot Running	291	0:17.35	20:17.98	1:41:29.92
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	51	1294	Cael Carlson	2018	20:06.71
2	57	1292	Kyle Knofczynski	2017	20:14.54
3	60	1295	Jared Rueter	2018	20:21.95
4	61	1296	Dakota Tjaden	2016	20:22.66
5	62	1293	Ibrahim Ismail	2018	20:24.06
6	(69)	1291	Jonah Fabrizio	2017	21:10.41
15	Stillwater Running Club 2	316	5:09.20	21:07.72	1:45:38.61
<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	9	1021	David Holmes	2016	17:42.02
2	66	1023	Cole Lebourgeois	2017	20:42.53
3	74	1019	Victor Gag	2017	21:49.65
4	81	1022	Josiah Gregg	2016	22:33.19
5	86	1024	Beau Haugen	2016	22:51.22
6	(88)	1020	Ethan Berry	2016	22:57.45

Boys

Place	Team Name	Score	Spread	Average	Total
16	Falls City Running Club	370	1:45.34	21:41.30	1:48:26.48

<u>Team Place</u>	<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Year</u>	<u>Time</u>
1	68	291	Rudy Lawler	2017	21:01.99
2	70	290	Ayden Palmquist	2017	21:13.20
3	73	292	Trevor Breanner	2018	21:29.06
4	75	289	Ethan Crouch	2016	21:54.90
5	84	293	Isaac Wolf	2018	22:47.33



Nike Cross Nationals
Heartland Regional
 Yankton Trail Park, Sioux Falls, SD
 November 10, 2013

Results Provided By



INDIVIDUAL RESULTS

Boys											
Place	TmPl	Bib	Name	School	Yr.	1 Mile	2 Mile	2 Split	Last 1.1	Finish	Pace
1		1397	Jebben Keyes		01	5:25	10:55	5:31	6:13	17:07.84	5:31
2	1	1027	Jonathan Breckheimer	Stillwater Running Club 3	01	5:15	10:58	5:44	6:11	17:08.81	5:32
3		1396	Connor Gagne		01	5:23	11:03	5:41	6:08	17:11.16	5:32
4	2	1196	Jacob Smith	Wayzata XC	01	5:30	11:08	5:39	6:05	17:12.43	5:33
5	3	566	Peter Gruenbacher	Manhattan Cross Country	01	5:24	11:06	5:42	6:08	17:13.80	5:33
6		1393	Cole Sargent		01	5:24	11:05	5:42	6:09	17:13.86	5:33
7		1395	Jacob Hegland		01	5:26	11:12	5:46	6:08	17:18.44	5:35
8		1391	Jakob Hanna		01	5:27	11:21	5:55	6:03	17:22.68	5:36
9	4	262	Sam Elliott	Edina XC Running Club 2	01	5:33	11:20	5:48	6:06	17:24.74	5:37
10	5	813	Tristan Christoffer	Rapid City Distance Project	01	5:25	11:03	5:39	6:23	17:26.02	5:37
11	6	252	Max Kuhs	Edina XC Running Club 2	01	5:27	11:15	5:48	6:12	17:26.21	5:37
12	7	1198	Paul Weiler	Wayzata XC	01	5:31	11:14	5:44	6:17	17:30.39	5:39
13		1392	Jordan Jeandron		01	5:26	11:15	5:49	6:17	17:31.66	5:39
14		929	Micah Sweeney	Sheridan Track Club	01	5:25	11:11	5:46	6:24	17:34.02	5:40
15	8	1199	Josh Halverson	Wayzata XC	01	5:32	11:18	5:47	6:24	17:40.81	5:42
16	9	1021	David Holmes	Stillwater Running Club 2	01	5:20	11:07	5:48	6:36	17:42.02	5:42
17	10	1197	Kyle Brandt	Wayzata XC	01	5:38	11:28	5:50	6:19	17:46.07	5:44
18	11	1208	Nick Kerbeshian	Wayzata XC 3	01	5:35	11:24	5:50	6:23	17:46.55	5:44
19	12	1016	Noah Kneesern	Stillwater Running Club	01	5:32	11:26	5:54	6:25	17:50.08	5:45
20	13	774	Carson Speicher	Perham	01	5:24	11:16	5:52	6:43	17:58.51	5:48
21	14	569	Sam Morgan	Manhattan Cross Country	01	5:26	11:23	5:58	6:38	18:00.79	5:48
22	15	1207	Calvin Cahill	Wayzata XC 3	01	5:35	11:27	5:53	6:37	18:03.48	5:49
23	16	257	Owen Smalley	Edina XC Running Club	01	5:34	11:36	6:02	6:31	18:06.51	5:50
24	17	1210	Daniel Urke	Wayzata XC 3	01	5:42	11:45	6:04	6:23	18:06.96	5:50
25	18	1029	Josh Albrecht	Stillwater Running Club 3	01	5:38	11:38	6:01	6:38	18:14.56	5:53
26	19	1151	Spencer WareJoncas	Twin Cities Track Club	01	5:34	11:38	6:04	6:41	18:18.40	5:54
27		931	JT Vreisywyk	Sheridan Track Club	01	5:36	11:38	6:02	6:42	18:19.32	5:54
28	20	1213	Anders Sonnesyn	Wayzata XC 3	01	5:39	11:44	6:06	6:37	18:20.02	5:55
29	21	899	Chris Jamison	Running Orange	01	5:31	11:37	6:06	6:46	18:22.98	5:56
30	22	253	Louis LeFebvre	Edina XC Running Club 2	01	5:41	11:51	6:11	6:36	18:26.45	5:57
31	23	815	Zack Vancas	Rapid City Distance Project	01	5:48	11:59	6:12	6:28	18:26.73	5:57
32	24	1209	Tyler Carlstrom	Wayzata XC 3	01	5:50	11:54	6:04	6:38	18:31.32	5:58
33	25	1195	Wesley Heal	Wayzata XC	01	5:37	11:49	6:13	6:48	18:36.65	6:00
34	26	260	Thomas Schauerman	Edina XC Running Club	01	5:50	11:52	6:02	6:47	18:37.35	6:00
35		1388	Travis Lorch		01	5:47	11:53	6:07	6:55	18:47.47	6:03
36	27	567	Ethan Levin	Manhattan Cross Country	01	5:51	12:02	6:12	6:48	18:49.14	6:04
37		930	Kael Sweeney	Sheridan Track Club	01	5:49	12:00	6:12	6:50	18:49.72	6:04
38	28	1211	Alex White	Wayzata XC 3	01	5:58	12:09	6:12	6:48	18:56.53	6:06
39	29	943	Michael Kennedy	Southside Runners	01	5:35	11:43	6:09	7:17	18:58.66	6:07
40	30	1201	Robby Underdal	Wayzata XC 2	01	5:58	12:11	6:14	6:49	18:59.51	6:07
41		1238	Zack Garvis	Wayzata XC 4	01			6:13	6:50	18:59.61	6:07

Boys											
Place	TmPI	Bib	Name	School	Yr.	1 Mile	2 Mile	2 Split	Last 1.1	Finish	Pace
42	31	1028	James Huntley	Stillwater Running Club 3	01	5:39	11:53	6:14	7:09	19:00.68	6:08
43	32	570	Nolan Blankenau	Manhattan Cross Country	01	5:51	12:13	6:22	6:54	19:06.19	6:09
44	33	814	McKenzie Brown Otter	Rapid City Distance Proje	01	5:41	11:58	6:17	7:12	19:09.15	6:10
45	34	775	Jacob Dickerson	Perham	01	5:56	12:25	6:30	6:46	19:10.04	6:11
46		1389	Ryan Haggerty		01	5:54	12:14	6:21	6:57	19:10.81	6:11
47		1398	Jonathon Novak		01	5:55	12:19	6:24	7:03	19:21.47	6:14
48	35	1013	Evan Johnson	Stillwater Running Club	01	6:01	12:28	6:27	6:55	19:22.39	6:15
49	36	1025	Elliott Weisberg	Stillwater Running Club 3	01	6:03	12:29	6:26	6:59	19:26.49	6:16
50	37	895	Sean Parris	Running Orange	01	5:43	12:15	6:33	7:16	19:30.34	6:17
51	38	568	Andy Fitch	Manhattan Cross Country	01	6:04	12:35	6:31	6:57	19:30.97	6:17
52	39	1206	Frank Fetrow	Wayzata XC 2	01	6:03	12:33	6:31	7:06	19:38.03	6:20
53	40	777	Trevor Guck	Perham	01	6:00	12:32	6:32	7:10	19:40.91	6:21
54		1394	Lance Van Zee		01	6:02	12:29	6:27	7:15	19:42.64	6:21
55	41	944	Stuart MacDonald	Southside Runners	01	6:01	12:37	6:36	7:06	19:42.69	6:21
56	42	945	Josh Willard	Southside Runners	01	6:00	12:35	6:35	7:09	19:43.20	6:21
57	43	817	Nick Looby	Rapid City Distance Proje	01	5:53	12:28	6:35	7:26	19:52.38	6:24
58	44	265	Ben Passolt	Edina XC Running Club	01	6:11	12:45	6:35	7:08	19:52.82	6:24
59	45	261	Nathan Caspar	Edina XC Running Club 2	01	6:20	12:51	6:31	7:04	19:54.18	6:25
60	46	259	Noah Johansen	Edina XC Running Club 2	01	6:15	12:45	6:30	7:11	19:54.53	6:25
61	47	778	Chase Leitz	Perham	01	5:58	12:34	6:36	7:22	19:55.44	6:25
62	48	249	John Horan	Edina XC Running Club	01	6:15	12:50	6:35	7:11	19:59.63	6:27
63	49	898	Tyler Bryant	Running Orange	01	6:14	12:51	6:38	7:12	20:02.89	6:28
64	50	780	Nathan Coleman	Perham	01	5:57	12:32	6:36	7:35	20:06.06	6:29
65	51	1294	Cael Carlson	Willmar Winged Foot Runi	01	6:11	12:51	6:40	7:17	20:06.71	6:29
66	52	250	Will Staunton	Edina XC Running Club	01	6:13	12:46	6:33	7:24	20:09.06	6:30
67	53	1153	Kyle Struthers	Twin Cities Track Club	01	6:13	12:50	6:38	7:20	20:09.28	6:30
68	54	1154	Ben Johnson	Twin Cities Track Club	01	6:09	12:54	6:45	7:16	20:09.71	6:30
69		1399	Clayton Tumas		01	6:17	12:55	6:39	7:16	20:10.52	6:30
70	55	1202	Sam Smith	Wayzata XC 2	01	6:17	12:59	6:43	7:16	20:14.17	6:31
71	56	1200	Andrew Brandt	Wayzata XC 2	01	6:17	12:59	6:43	7:16	20:14.52	6:31
72	57	1292	Kyle Knofczynski	Willmar Winged Foot Runi	01	6:12	12:54	6:42	7:21	20:14.54	6:31
73	58	1152	Colton Jones	Twin Cities Track Club	01	6:06	12:54	6:48	7:22	20:15.07	6:32
74	59	776	Adam Siira	Perham	01	5:59	12:48	6:49	7:34	20:21.12	6:34
75	60	1295	Jared Rueter	Willmar Winged Foot Runi	01	6:15	13:00	6:45	7:23	20:21.95	6:34
76	61	1296	Dakota Tjaden	Willmar Winged Foot Runi	01	38:32	45:11	6:39	7:31	20:22.66	6:34
77	62	1293	Ibrahim Ismail	Willmar Winged Foot Runi	01					20:24.06	6:34
78	63	779	Nick Listrom	Perham	01	6:08	12:56	6:48	7:35	20:29.41	6:36
79	64	816	Trevor Smith	Rapid City Distance Proje	01	6:20	13:17	6:57	7:22	20:38.30	6:39
80	65	1014	Daniel Hammer	Stillwater Running Club	01	6:17	13:07	6:50	7:33	20:38.74	6:39
81	66	1023	Cole Lebourgeois	Stillwater Running Club 2	01	6:01	12:50	6:49	7:54	20:42.53	6:40
82		1390	Vince Clapper		01	6:19	13:20	7:01	7:33	20:52.16	6:44
83	67	1205	Josh Li	Wayzata XC 2	01	6:21	13:20	7:00	7:34	20:52.52	6:44
84		1387	Cooper Hitt		01	6:19	13:21	7:02	7:39	20:59.10	6:46
85	68	291	Rudy Lawler	Falls City Running Club	01	6:15	13:11	6:57	7:51	21:01.99	6:47
86	69	1291	Jonah Fabrizio	Willmar Winged Foot Runi	01	6:23	13:29	7:07	7:42	21:10.41	6:49
87	70	290	Ayden Palmquist	Falls City Running Club	01	6:22	13:25	7:04	7:49	21:13.20	6:50

Boys											
Place	TmPl	Bib	Name	School	Yr.	1 Mile	2 Mile	2 Split	Last 1.1	Finish	Pace
88		932	Logan Kennedy	Sheridan Track Club	1011	6:21	13:26	7:06	7:50	21:15.53	6:51
89	71	1015	Ethan Christenson	Stillwater Running Club	1011	6:32	13:37	7:05	7:43	21:19.21	6:52
90	72	263	Ben Elliott	Edina XC Running Club 2	1011	6:21	13:42	7:21	7:43	21:24.40	6:54
91	73	292	Trevor Breanner	Falls City Running Club	1011	6:41	13:53	7:13	7:37	21:29.06	6:55
92		494	John Ferris	Laughing Waters Running	1011	6:39	13:48	7:09	7:45	21:32.29	6:56
93		81	Jakob Browning	Buffalo City Running Club	1011	6:23	13:46	7:24	7:54	21:38.81	6:59
94	74	1019	Victor Gag	Stillwater Running Club 2	1011					21:49.65	7:02
95	75	289	Ethan Crouch	Falls City Running Club	1011	6:29	13:48	7:20	8:08	21:54.90	7:04
96	76	264	Jake Passolt	Edina XC Running Club	1011	6:41	13:59	7:19	8:00	21:58.16	7:05
97	77	941	Tyler Butts	Southside Runners	1011	6:32	14:13	7:42	7:54	22:06.76	7:08
98	78	942	Evan Ford	Southside Runners	1011	6:31	14:18	7:47	7:53	22:09.44	7:08
99	79	1155	Ben Dufresne	Twin Cities Track Club	1011	6:43	14:01	7:18	8:10	22:10.27	7:09
100	80	1031	Jackson Thiets	Stillwater Running Club	1011					22:12.82	7:09
101		495	Arna Christensen	Laughing Waters Running	1011	6:53	14:17	7:25	7:58	22:15.05	7:10
102		80	Harrison Coombs	Buffalo City Running Club	1011	6:46	14:14	7:28	8:08	22:21.05	7:12
103	81	1022	Josiah Gregg	Stillwater Running Club 2	1011	6:34	14:02	7:29	8:32	22:33.19	7:16
104	82	897	Matthew Watson	Running Orange	1011	6:57	14:21	7:25	8:24	22:44.07	7:20
105	83	1017	Mathew Henschell	Stillwater Running Club	1011	7:00	14:40	7:40	8:07	22:46.59	7:20
106	84	293	Isaac Wolf	Falls City Running Club	1011	6:43	14:25	7:43	8:23	22:47.33	7:21
107	85	1026	Holden Schafer	Stillwater Running Club 3	1011	7:00	14:42	7:42	8:08	22:48.52	7:21
108	86	1024	Beau Haugen	Stillwater Running Club 2	1011	7:03	14:43	7:40	8:09	22:51.22	7:22
109	87	896	Nick Hawkins	Running Orange	1011	7:03	14:42	7:39	8:11	22:52.19	7:22
110	88	1020	Ethan Berry	Stillwater Running Club 2	1011	7:03	14:43	7:40	8:15	22:57.45	7:24
111	89	1018	Henry Seeb	Stillwater Running Club	1011	7:02	14:42	7:40	8:17	22:57.53	7:24