

Nike Cross Nationals Heartland Regional
Yankton Trail Park, Sioux Falls, SD
November 10, 2019

===== COMPETITIVE 5k TEAM SCORE =====

1.	31	Viking Distance Project	(16:22.6	81:52.9	0:43.1)
1	3	Ethan Kilton	15:55.9		
2	4	JJ Orput	16:12.5		
3	7	Kray Person	16:31.5		
4	8	Jacob Paron	16:34.0		
5	9	Jonah Breuer	16:39.0		
2.	36	Rod's Squad	(16:48.8	84:03.6	2:07.3)
1	2	Mason McDonald	15:50.4		
2	5	Blake Iverson	16:27.7		
3	6	Ray Munsterman	16:30.3		
4	10	Connor Hayes	17:17.5		
5	13	Josh Goehring	17:57.7		
3.	70	GLARBTRON	(18:46.4	93:51.6	5:53.2)
1	1	Camron Roehl	15:26.7		
2	12	Richard Dafoe	17:40.8		
3	14	Eric Sondag	18:28.6		
4	21	Zach Relling	20:55.6		
5	22	Steve Wagner	21:19.9		
6	(24)	Brent Dorsey	21:36.1		
7	(26)	Jeff Bakke	22:12.3		
4.	90	Silverhawk TC	(19:51.0	99:14.7	4:46.0)
1	11	Matt James	17:20.0		
2	15	Ryan Salem	19:01.5		
3	16	Marissa Moore	19:23.6		
4	23	Nicholas Sacco	21:23.6		
5	25	Grayson Salem	22:06.0		
6	(28)	Anna Frazier	23:07.5		
5.	101	TeamSwanson	(20:37.9	103:09.4	2:58.6)
1	17	Jason Dolan	19:31.6		
2	18	Mark Noble	20:20.1		
3	19	Caleb Champagne	20:20.1		
4	20	Kooper Bright	20:27.4		
5	27	Dylan Cooper	22:30.2		
6	(29)	Becca Eggerman	25:51.0		
7	(30)	Henry Fields	26:25.1		

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Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
1	1	Camron Roehl		GLARBTRON	1	5:00	1	10:02	5:03	5:26	15:26.7	4:59
2	2	Mason McDonald		Rod's Squad	4	5:00	2	10:13	5:13	5:39	15:50.4	5:06
3	3	Ethan Kilton		Viking Distance Project	3	5:00	3	10:16	5:16	5:41	15:55.9	5:08
4	4	Jj Orput		Viking Distance Project	7	5:07	4	10:23	5:16	5:51	16:12.5	5:13
5	5	Blake Iverson		Rod's Squad	10	5:09	10	10:42	5:33	5:47	16:27.7	5:18
6	6	Ray Munsterman		Rod's Squad	6	5:07	8	10:39	5:33	5:52	16:30.3	5:19
7	7	Kray Person		Viking Distance Project	8	5:08	5	10:33	5:26	5:59	16:31.5	5:20
8		Jorge Garcia			5	5:07	9	10:40	5:33	5:55	16:33.3	5:20
9	8	Jacob Paron		Viking Distance Project	12	5:19	11	10:45	5:26	5:50	16:34.0	5:20
10	9	Jonah Breuer		Viking Distance Project	9	5:08	7	10:37	5:29	6:03	16:39.0	5:22
11		Mohammed Bati			2	5:00	6	10:34	5:35	6:09	16:42.5	5:23
12		Trey Seibel			11	5:19	12	10:49	5:30	5:56	16:43.1	5:23
13		Kurt Keiser			14	5:31	14	11:08	5:38	6:00	17:07.4	5:31
14		Brian Wandzilak			19	5:37	15	11:13	5:37	6:01	17:13.3	5:33
15		Kelson MacKenzie			17	5:35	16	11:15	5:40	6:03	17:16.3	5:34
16	10	Connor Hayes		Rod's Squad	16	5:32	17	11:16	5:45	6:02	17:17.5	5:34
17	11	Matt James		Silverhawk TC	13	5:31	13	11:08	5:38	6:13	17:20.0	5:35
18		Mark Harries			24	5:43	20	11:25	5:43	6:10	17:34.7	5:40
19		Devyn Beekman			20	5:38	21	11:27	5:50	6:11	17:37.1	5:41
20		John Tripp			21	5:39	19	11:22	5:43	6:17	17:37.1	5:41
21	12	Richard Dafeo		GLARBTRON	25	5:44	22	11:33	5:50	6:09	17:40.8	5:42
22		Greg Scott			15	5:31	18	11:21	5:51	6:27	17:47.3	5:44
23		Thomas Lane			18	5:37	23	11:33	5:57	6:20	17:51.7	5:45
24	13	Josh Goehring		Rod's Squad	23	5:42	24	11:36	5:55	6:23	17:57.7	5:47
25		Mitch Bern			29	5:47	30	11:48	6:02	6:12	17:59.2	5:48
26		Nick Baier			22	5:41	25	11:38	5:58	6:25	18:02.3	5:49
27		Steve Tapajna			33	5:49	26	11:44	5:56	6:24	18:07.4	5:50
28		John Maloney			28	5:45	28	11:45	6:01	6:29	18:13.4	5:52
29		Anthony Schutz			35	5:50	27	11:45	5:55	6:29	18:13.6	5:52
30		Natalia Quintero			26	5:44	29	11:48	6:04	6:35	18:21.6	5:55
31		Noah Twohig			36	5:51	37	12:03	6:13	6:20	18:21.8	5:55
32		Brian Fitzsimmons		RUN BAB	32	5:49	31	11:57	6:09	6:29	18:25.4	5:56
33	14	Eric Sondag		GLARBTRON	41	5:54	39	12:06	6:12	6:24	18:28.6	5:57
34		Nathan Schwab			52	6:05	38	12:05	6:01	6:26	18:30.0	5:58
35		Chris Torres			39	5:53	33	11:58	6:06	6:35	18:31.3	5:58
36		Megan Billington			45	6:00	42	12:10	6:11	6:23	18:32.2	5:58
37		Daniela Quintero			37	5:51	40	12:06	6:15	6:28	18:32.9	5:59
38		Mia Salas			42	5:55	36	12:02	6:08	6:32	18:32.9	5:59
39		Joseph Levesque			31	5:48	32	11:58	6:10	6:36	18:33.0	5:59
40		Kyle Rosseau			34	5:50	34	12:00	6:11	6:40	18:38.9	6:01
41		Shane Wahlstrom			47	6:02	48	12:15	6:13	6:30	18:44.1	6:02
42		Kayla Christophers			53	6:08	46	12:14	6:06	6:32	18:45.0	6:03
43		Zackary Strong		Legs Hurted 2	40	5:53	43	12:11	6:18	6:38	18:48.1	6:04
44		Caleb Larseb			54	6:08	51	12:22	6:14	6:31	18:51.3	6:05
45		Keelee Leitzen			38	5:51	47	12:14	6:23	6:39	18:52.2	6:05
46		Jacob Rohrer			27	5:44	35	12:00	6:17	6:53	18:52.5	6:05
47		Micheala Kelley			49	6:04	45	12:13	6:10	6:40	18:52.7	6:05
48		Cameron Streff			43	5:57	41	12:10	6:13	6:45	18:54.6	6:06
49	15	Ryan Salem		Silverhawk TC	48	6:03	50	12:20	6:17	6:42	19:01.5	6:08
50		Malorie Schmoll			44	5:58	44	12:13	6:15	6:59	19:11.6	6:11
51		Josie Moor			55	6:09	54	12:30	6:22	6:48	19:17.1	6:13
52		Jesse Nelson			46	6:01	49	12:19	6:18	7:00	19:17.7	6:13
53		Mariah Haight			65	6:15	52	12:29	6:14	6:50	19:18.1	6:13
54		Daghyn True			57	6:10	55	12:39	6:29	6:43	19:21.1	6:14
55		David Ewers			73	6:21	61	12:45	6:25	6:38	19:21.9	6:14
56	16	Marissa Moore		Silverhawk TC	51	6:05	53	12:30	6:25	6:55	19:23.6	6:15
57		Elizabeth Yoder			66	6:15	57	12:41	6:26	6:45	19:25.7	6:16
58	17	Jason Dolan		TeamSwanson	67	6:17	60	12:44	6:27	6:49	19:31.6	6:18
59		Bjorn Anderson			71	6:20	64	12:52	6:33	6:47	19:38.6	6:20
60		Keefe Lovgren			58	6:11	59	12:43	6:32	7:00	19:42.4	6:21
61		Christopher Harken			74	6:21	65	12:53	6:33	6:51	19:42.5	6:21
62		Elizabeth Claybaug			62	6:15	62	12:45	6:31	7:03	19:46.4	6:22
63		Lynette Ivanov			50	6:05	56	12:41	6:37	7:07	19:47.1	6:23
64		Brandon Heebink		Wayzata XC	59	6:14	58	12:42	6:28	7:06	19:47.3	6:23
65		Tori Glazier			56	6:09	67	12:54	6:46	7:00	19:53.5	6:25
66		Levi Vanderleest			61	6:14	63	12:46	6:32	7:11	19:55.7	6:25
67		Colin Peck			63	6:15	66	12:54	6:40	7:05	19:58.4	6:26
68		Caroline Colburn			75	6:21	69	13:02	6:41	7:03	20:03.5	6:28
69		Monica Dorn			82	6:30	70	13:03	6:34	7:03	20:05.2	6:28
70		Lane Knutson			64	6:15	68	12:55	6:40	7:13	20:06.8	6:29
71		Amanda Schilling			78	6:27	73	13:06	6:39	7:05	20:09.8	6:30
72		Mac West			81	6:29	74	13:10	6:42	7:01	20:10.5	6:30
73		Camden Reilly			70	6:20	71	13:04	6:44	7:17	20:20.1	6:33
74	18	Mark Noble		Teamswanson	69	6:17	76	13:15	6:59	7:06	20:20.1	6:33
75	19	Caleb Champagne		Teamswanson	68	6:17	77	13:15	6:59	7:06	20:20.1	6:33
76		Cole Reilly			72	6:20	72	13:05	6:45	7:21	20:25.2	6:35
77	20	Kooper Bright		Teamswanson	83	6:33	78	13:16	6:44	7:13	20:27.4	6:36
78		Alan Santiago			60	6:14	75	13:12	6:58	7:21	20:31.7	6:37
79		Megan Sievers			79	6:28	80	13:21	6:54	7:14	20:33.5	6:37
80		Paige Sunstrom			84	6:34	79	13:19	6:45	7:16	20:33.9	6:38
81		Alan Thomas			92	6:44	82	13:33	6:50	7:16	20:48.5	6:42
82		Rob Harber			91	6:44	84	13:34	6:51	7:16	20:49.1	6:43
83	21	Zach Relling		GLARBTRON	77	6:27	81	13:32	7:06	7:24	20:55.6	6:45
84		Kristina Keehn-Sch			87	6:38	83	13:34	6:56	7:24	20:56.2	6:45
85		Dale Pfrimmer			90	6:41	85	13:35	6:54	7:25	20:58.8	6:46
86		Ty Hentschel			118	7:11	101	14:09	6:58	6:52	20:59.7	6:46
87		Isabella Krunitzky			107	7:01	89	13:51	6:51	7:12	21:02.0	6:47
88		Aemil Nelsen			85	6:35	86	13:39	7:05	7:32	21:09.7	6:49
89		James Mattes			103	6:56	91	13:52	6:57	7:24	21:15.4	6:51
90		Kylie Cheetsos			101	6:54	90	13:51	6:57	7:30	21:19.7	6:52
91	22	Steve Wagner		GLARBTRON	96	6:52	93	13:56	7:05	7:24	21:19.9	6:52
92	23	Nicholas Sacco		Silverhawk TC	111	7:04	94	13:57	6:54	7:27	21:23.6	6:54
93		Madison Muma			80	6:28	92	13:54	7:26	7:34	21:26.6	6:55
94		Tony Einertson			117	7:10	99	14:06	6:56	7:23	21:27.8	6:55
95		Ken Kinsey			104	6:56	95	13:59	7:04	7:34	21:32.2	6:56

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Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
96		Joni Williamson			108	7:02	100	14:08	7:07	7:28	21:35.7	6:58
97	24	Brent Dorsey		GLARBTRON	88	6:39	87	13:43	7:05	7:54	21:36.1	6:58
98		Kelton Koepp			86	6:37	88	13:50	7:13	7:47	21:36.1	6:58
99		Eric Rydland			95	6:49	96	14:03	7:15	7:37	21:39.1	6:59
100		Will Dawes			93	6:44	98	14:05	7:21	7:52	21:56.5	7:04
101		Hao Peng			89	6:41	104	14:16	7:36	7:43	21:57.4	7:05
102		Gabe Hallen			97	6:53	102	14:09	7:17	7:53	22:00.4	7:05
103	25	Grayson Salem		Silverhawk TC	99	6:53	106	14:20	7:27	7:47	22:06.0	7:07
104		Jaclyn Junig			100	6:54	103	14:10	7:16	8:03	22:11.6	7:09
105	26	Jeff Bakke		GLARBTRON	98	6:53	107	14:20	7:28	7:53	22:12.3	7:09
106		Craig Okken		Rokken Roehlers	123	7:12	109	14:30	7:19	7:43	22:12.8	7:09
107		Abbey Stadler			112	7:04	110	14:30	7:26	7:44	22:13.7	7:10
108		Jessica Gardner			130	7:20	116	14:35	7:16	7:39	22:13.8	7:10
109		Matt Osborne			124	7:13	113	14:34	7:22	7:48	22:21.0	7:12
110		Chris Gerlach			106	6:59	97	14:05	7:07	8:21	22:25.0	7:13
111		Ian Dodson			102	6:55	118	14:36	7:41	7:52	22:26.8	7:14
112		Geoffrey Williams			114	7:07	111	14:32	7:25	7:57	22:28.0	7:14
113		Maureen Larsen			128	7:20	119	14:39	7:19	7:51	22:28.5	7:15
114	27	Dylan Cooper		Teamswanson	94	6:46	105	14:17	7:32	8:14	22:30.2	7:15
115		Joshua Miller			120	7:11	112	14:33	7:22	7:59	22:31.4	7:15
116		Camille Johnson			105	6:57	108	14:30	7:34	8:12	22:41.3	7:19
117		Chase Dawes			122	7:12	121	14:46	7:35	8:01	22:46.4	7:20
118		James Dougl Yunag			121	7:11	120	14:41	7:30	8:08	22:47.5	7:21
119		Jeremy Wermerskirc			110	7:02	115	14:34	7:32	8:15	22:48.4	7:21
120		Halle Wermerskirch			109	7:02	114	14:34	7:33	8:15	22:48.5	7:21
121		Kara Kowalik		Jack Rabbit	126	7:18	123	14:54	7:36	8:04	22:56.7	7:24
122	28	Anna Frazier		Silverhawk TC	116	7:10	122	14:51	7:42	8:17	23:07.5	7:27
123		Scott Hirschert			132	7:23	127	15:05	7:42	8:05	23:09.4	7:28
124		Rich Schermerhorn			125	7:15	124	14:55	7:40	8:19	23:12.8	7:29
125		Morgan Maseth			133	7:26	129	15:15	7:50	8:13	23:26.6	7:33
126		Jakin Miller			131	7:21	132	15:29	8:09	8:02	23:31.0	7:35
127		Juli Bergman			147	7:54	131	15:26	7:33	8:07	23:32.1	7:35
128		Mara Wasserman			119	7:11	126	15:04	7:54	8:34	23:37.0	7:37
129		Celia Schutz			113	7:05	128	15:13	8:09	8:31	23:42.8	7:38
130		Carly Spridgen			115	7:09	125	15:04	7:55	8:43	23:46.6	7:40
131		Brian Ward			127	7:18	130	15:16	7:58	8:33	23:48.3	7:40
132		Jeffrey Schmidt			139	7:39	134	15:36	7:58	8:16	23:51.9	7:41
133		Vera Okken		Rokken Roehlers	142	7:42	135	15:47	8:05	8:14	24:00.0	7:44
134		Tyler Chairez			134	7:30	137	15:51	8:21	8:48	24:38.5	7:56
135		Steve Coad			145	7:48	139	16:04	8:16	8:45	24:48.0	7:59
136		Henry Dawes			141	7:42	136	15:51	8:10	8:59	24:49.0	8:00
137		Steve Lindeman			138	7:37	140	16:10	8:33	8:48	24:57.5	8:02
138		Megan Pfrimmer			151	8:10	145	16:33	8:24	8:40	25:12.8	8:07
139		Siri Knutson			136	7:35	138	16:04	8:30	9:15	25:17.9	8:09
140		Ryan Campbell			140	7:41	142	16:12	8:31	9:07	25:18.1	8:09
141		Danielle Burtis			137	7:37	141	16:10	8:34	9:16	25:25.5	8:11
142		Daniel Miller			144	7:46	143	16:18	8:33	9:17	25:34.8	8:14
143		Paul Blackman			160	8:28	149	16:52	8:24	8:45	25:36.0	8:15
144		Jennifer Weddell			156	8:19	148	16:45	8:27	8:56	25:39.8	8:16
145		Emma Dirksen			157	8:19	151	17:00	8:42	8:51	25:50.0	8:19
146	29	Becca Eggerman		Teamswanson	148	8:04	147	16:44	8:41	9:08	25:51.0	8:20
147		Emerson Feltz			76	6:23	117	14:36	8:13	11:23	25:58.0	8:22
148		Riley Doyle			146	7:54	150	16:53	9:00	9:07	25:59.3	8:22
149		Matthew Fulks			129	7:20	144	16:21	9:01	9:39	25:59.4	8:22
150	30	Henry Fields		Teamswanson	143	7:43	146	16:39	8:56	9:47	26:25.1	8:31
151		Bina Nelsen			150	8:06	152	17:06	9:00	9:39	26:43.7	8:37
152		Timothy Harris			154	8:17	153	17:22	9:06	9:34	26:55.1	8:40
153		Cian Schmidt			158	8:22	155	17:26	9:05	9:38	27:02.7	8:43
154		Courtney Kaffenber			159	8:28	156	17:26	8:59	9:40	27:05.4	8:44
155		Sophie Delaney		Teamswanson	153	8:13	154	17:23	9:10	9:47	27:08.2	8:45
156		Gideon Okken		Rokken Roehlers	162	8:43	157	17:44	9:02	9:50	27:33.1	8:53
157		Meredith Nelson			155	8:18	160	17:48	9:30	9:53	27:40.4	8:55
158		Bill Gramer			161	8:28	161	17:49	9:21	10:08	27:55.7	9:00
159		Kari Penn			149	8:06	159	17:46	9:40	10:15	27:59.9	9:01
160		Siri Penn			152	8:11	158	17:45	9:35	10:17	28:01.6	9:02
161		Eric Vaughn			165	8:53	162	18:28	9:35	10:05	28:31.6	9:11
162		Iryna Vaskan			163	8:47	163	18:45	9:59	10:25	29:09.5	9:24
163		Vernon Neitzell			168	9:36	165	19:22	9:46	10:08	29:28.8	9:30
164		Heidi Neitzell			169	9:37	166	19:22	9:46	10:08	29:29.0	9:30
165		Audrey Bartek			164	8:52	164	19:04	10:12	10:38	29:41.6	9:34
166		Steve Venenga			170	9:41	167	19:30	9:49	10:25	29:54.3	9:38
167		Kimber Venenga			172	9:44	168	19:31	9:47	10:25	29:54.5	9:38
168		Noel Scheaffer			166	9:15	169	19:31	10:16	10:56	30:25.6	9:48
		Corbin Tilus			135	7:34	133	15:31	7:57			
		Issa Aman			30	5:48						
		Greg Dawes			167	9:23						
		Jilian Venenga			171	9:44						