

Nike Cross Nationals Heartland Regional
Yankton Trails, Sioux Falls, SD
November 15th, 2008

Boys Freshman-Sophomore 5k Race

Place	TmPl	No.	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1	1	399	Bryant Blahnik	11	Red Wing XC Club	5:15	10:40	5:26	6:01	16:39.86	5:2
2	2	236	Shane Harlow	11	Knights XC	5:15	10:40	5:26	6:37	17:16.55	5:3
3		756	Tony Smoragiewicz	12		5:25	11:04	5:39	6:23	17:25.94	5:3
4	3	235	Tom Fisher	12	Knights XC	5:17	10:58	5:41	6:33	17:30.02	5:3
5	4	379	Evan Schommer	11	Pleasant Valley XC Club	5:19	10:54	5:36	6:41	17:33.98	5:4
6		743	Nathan Hauge	11		5:26	11:19	5:53	6:28	17:46.36	5:4
7	5	102	Lane Kashur		Demon XC Club	5:31	11:14	5:43	6:35	17:48.53	5:4
8		745	Ken Hoffman	12		5:27	11:14	5:48	6:35	17:48.78	5:4
9		499	Cole Decker	12	The Ultimate Warriors	5:30	11:14	5:44	6:37	17:49.31	5:4
10	6	104	Austin Todd	12	Demon XC Club	5:34	11:22	5:48	6:36	17:56.82	5:4
11	7	543	Greg Scott	11	Wayzata XC Club	5:38	11:20	5:43	6:38	17:57.82	5:4
12		739	Tyler Broadwell	12		5:31	11:22	5:51	6:38	17:58.98	5:4
13	8	376	Trevor Johnson	12	Pleasant Valley XC Club	5:25	11:16	5:51	6:45	17:59.48	5:4
14	9	541	Joe Meister	12	Wayzata XC Club	5:39	11:27	5:49	6:36	18:01.85	5:4
15	10	544	Preston White	11	Wayzata XC Club	5:37	11:21	5:45	6:50	18:10.03	5:5
16		582	Mark Hoof	12	Wayzata-C	5:38	11:26	5:48	6:47	18:11.22	5:5
17		146	Ben Schultz	12	East Sioux Falls-C	5:26	11:21	5:55	6:54	18:13.76	5:5
18	11	238	Paul Shafer	12	Knights XC	5:39	11:38	6:00	6:38	18:15.08	5:5
19	12	542	Adam Moline	11	Wayzata XC Club	5:26	11:18	5:52	6:59	18:15.69	5:5
20		757	Jalen Snaza	12		5:30	11:25	5:55	6:52	18:15.88	5:5
21	13	239	Alex Torrey	12	Knights XC	5:37	11:34	5:57	6:43	18:16.40	5:5
22	14	101	Alex Huizenga	11	Demon XC Club	5:36	11:31	5:56	6:53	18:22.83	5:5
23	15	491	Damon Farah	11	Team Greeno	5:36	11:35	6:00	6:49	18:23.15	5:5
24		746	Kipp Kinsley	12		5:38	11:36	5:58	6:50	18:24.95	5:5
25		36	Austin Hamm	12	Bloomfield RC	5:35	11:30	5:56	6:57	18:25.77	5:5
26		500	Patrick Kinley	12	The Ultimate Warriors	5:36	11:32	5:56	7:00	18:31.26	5:5
27	16	99	Kyle Burke	11	Demon XC Club	5:44	11:39	5:55	6:55	18:32.98	5:5
28		109	Garrett Barnes	11	Demon XC Club-B	5:45	11:44	6:00	6:52	18:34.75	5:5
29	17	616	Abdullahi Mohamud		Willmar Winged Foot RC	5:36	11:38	6:02	7:00	18:36.35	6:0
30	18	568	Sam Peterson	11	Wayzata XC Club-B	5:42	11:44	6:02	6:54	18:37.23	6:0
31	19	566	Jack McCarty	11	Wayzata XC Club-B	5:42	11:45	6:03	6:54	18:37.59	6:0
32		758	Hunter Sprague	12		5:41	11:40	5:59	6:59	18:38.04	6:0
33	20	404	Isaac Wyland	11	Red Wing XC Club	5:49	11:50	6:01	6:55	18:43.96	6:0
34	21	240	Andrew Torrey		Knights XC	5:53	11:49	5:57	6:56	18:44.77	6:0
35		740	Brandon Clark	12		5:47	11:48	6:02	6:58	18:44.82	6:0
36	22	615	Matt Konieczny	11	Willmar Winged Foot RC	5:51	11:46	5:56	7:03	18:47.93	6:0
37		355	Steven Gordon		Pierre Area RC	5:38	11:48	6:10	7:08	18:54.26	6:0
38	23	375	Connor Glenn	12	Pleasant Valley XC Club	5:44	11:54	6:11	7:03	18:55.63	6:0
39	24	103	Levi Perry	12	Demon XC Club	5:46	12:00	6:15	6:59	18:57.74	6:0
40	25	613	David Arnold	11	Willmar Winged Foot RC	5:51	11:56	6:05	7:05	19:00.03	6:0

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Place	TmPl	No.	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
41	26	540	Brian Jarvey	12	Wayzata XC Club	5:42	11:54	6:12	7:10	19:02.95	6:0
42	27	39	Erik Kollasch	11	Burnsville XC	6:07	12:25	6:19	6:41	19:04.29	6:0
43	28	377	Tony Meyer	12	Pleasant Valley XC Club	5:50	12:04	6:14	7:02	19:04.84	6:0
44		747	Matt Koeppe	11		5:42	11:51	6:10	7:16	19:06.22	6:0
45	29	137	Jack Wolstenholm	12	East Sioux Falls	5:46	11:58	6:13	7:10	19:07.59	6:1
46		744	Cody Herman			5:46	12:02	6:16	7:08	19:09.05	6:1
47	30	134	Alex Levi	12	East Sioux Falls	5:50	11:58	6:09	7:13	19:09.88	6:1
48	31	748	Thomas Mason	12	Hoag's Heros XC Club	5:51	12:06	6:15	7:06	19:10.34	6:1
49	32	135	Mensur Malik	12	East Sioux Falls	5:38	12:03	6:25	7:09	19:11.05	6:1
50	33	401	Sam Hadler	11	Red Wing XC Club	5:49	11:55	6:06	7:17	19:11.13	6:1
51	34	567	Derek Peterson		Wayzata XC Club-B	5:52	12:16	6:24	6:57	19:11.34	6:1
52	35	100	Alec Grothe	11	Demon XC Club	5:52	12:10	6:19	7:04	19:12.93	6:1
53		451	Ethan Tabbert	12	Sioux Falls XC Club	5:49	12:01	6:13	7:15	19:14.83	6:1
54		752	Andrew Oveson	12		5:51	12:06	6:16	7:13	19:17.77	6:1
55	36	374	Safwan Elkhatib	11	Pleasant Valley XC Club	6:08	12:15	6:07	7:04	19:18.34	6:1
56	37	617	Mowlid Mohamud	12	Willmar Winged Foot RC	5:36	11:51	6:15	7:30	19:20.15	6:1
57	38	403	Ben Tittle	11	Red Wing XC Club	5:57	12:07	6:10	7:18	19:24.05	6:1
58	39	38	Michael Bolland	11	Burnsville XC	5:45	12:10	6:25	7:22	19:30.99	6:1
59	40	614	Derek Balandby	11	Willmar Winged Foot RC	5:43	12:03	6:20	7:33	19:34.41	6:1
60	41	37	Shane Boeser	11	Burnsville XC	6:07	12:28	6:22	7:11	19:38.35	6:2
61	42	214	Zach Goldberg	12	Hoag's Heros XC Club	5:49	12:19	6:31	7:22	19:40.00	6:2
62	43	136	Alex Waddell	12	East Sioux Falls	5:28	12:04	6:37	7:38	19:41.02	6:2
63		742	Henry Dobbs	10		6:09	12:35	6:26	7:08	19:42.05	6:2
64	44	40	Erik Lindstrom	11	Burnsville XC	5:53	12:18	6:26	7:28	19:45.03	6:2
65		291	Glen Ellingson	12	Moorhead XC Club	6:02	12:29	6:27	7:17	19:45.10	6:2
66	45	215	Ramsey Green	12	Hoag's Heros XC Club	5:55	12:09	6:15	7:38	19:45.73	6:2
67		79	Zane Pekron	11	dawgs	5:50	12:23	6:33	7:32	19:53.49	6:2
68		322	Jacob Cassutt	11	ORR Raiders	5:50	12:19	6:29	7:36	19:53.55	6:2
69	46	570	Scott Sippel	12	Wayzata XC Club-B	6:13	12:38	6:26	7:19	19:56.76	6:2
70	47	398	Kristian Anderson	11	Red Wing XC Club	6:11	12:43	6:32	7:18	20:00.02	6:2
71	48	493	Brett Michels	11	Team Greeno	5:58	12:33	6:35	7:29	20:01.30	6:2
72	49	132	Aaron Clemens	11	East Sioux Falls	5:53	12:32	6:39	7:31	20:01.73	6:2
73	50	216	Parks Wagner	12	Hoag's Heros XC Club	6:11	12:42	6:32	7:22	20:03.32	6:2
74	51	619	Abdishukri Yare	11	Willmar Winged Foot RC	6:08	12:45	6:38	7:27	20:11.52	6:3
75		736	Branden Anderson	11		5:47	12:21	6:34	7:52	20:12.51	6:3
76		452	Josh Waltjer	12	Sioux Falls XC Club	6:18	12:51	6:34	7:24	20:14.09	6:3
77	52	105	Nolan Wagner	11	Demon XC Club	6:02	12:44	6:43	7:32	20:15.25	6:3
78	53	237	Ben Houska	12	Knights XC	6:12	12:49	6:37	7:28	20:16.16	6:3
79		11	Jase Pater	12	Adrian X-Tra Mile Club	6:13	12:45	6:32	7:36	20:19.71	6:3
80	54	373	Johnathon Creighto	11	Pleasant Valley XC Club	6:12	12:47	6:35	7:34	20:19.91	6:3

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Place	TmPl	No.	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
81		10	Ethan Olson	11	Adrian X-Tra Mile Club	6:09	12:46	6:37	7:38	20:22.57	6:3
82		639	Dustin Dvorak		Yankton 3-D RC	6:21	12:59	6:38	7:28	20:25.31	6:3
83		356	Roman Spade	12	Pierre Area RC	5:57	12:46	6:50	7:44	20:29.47	6:3
84	55	212	Jay Evans	12	Hoag's Heros XC Club	6:12	12:48	6:37	7:45	20:32.45	6:3
85	56	494	Christian Rasmusso	12	Team Greeno	6:10	12:47	6:37	7:48	20:34.31	6:3
86	57	400	Tanner Borgen	11	Red Wing XC Club	6:14	12:52	6:39	7:45	20:36.19	6:3
87		754	Aj Rich			6:18	13:15	6:57	7:32	20:45.18	6:4
88	58	144	Tom Ritter	12	East Sioux Falls-B	6:27	13:09	6:42	7:39	20:47.13	6:4
89	59	569	Brett Schnobrich	11	Wayzata XC Club-B	6:19	13:01	6:42	7:48	20:47.51	6:4
90		751	Jack Oberman	12		6:40	13:28	6:49	7:22	20:48.73	6:4
91	60	131	Keegan Carda	12	East Sioux Falls	6:14	13:00	6:47	7:50	20:49.66	6:4
92	61	565	Andy Lindberg	12	Wayzata XC Club-B		12:57		7:58	20:54.18	6:4
93		516	Chandler Conlon	12	Waukee RC	6:21	13:15	6:54	7:47	21:00.95	6:4
94		12	Nick Reyne		Adrian X-Tra Mile Club	6:28	13:18	6:51	7:44	21:01.60	6:4
95	62	492	Keegan Hecht	11	Team Greeno	6:13	13:07	6:54	8:01	21:06.65	6:4
96	63	41	Jim Walker	11	Burnsville XC	6:32	13:34	7:03	7:40	21:12.94	6:5
97	64	139	Kalil Aman	12	East Sioux Falls-B	6:20	13:26	7:06	7:55	21:19.63	6:5
98		175	Toffer Dyrssen	12	Elk Point Trail Blazers	6:27	13:29	7:02	7:56	21:23.02	6:5
99		196	Tj Whistling El	11	Flandreau Indian School	6:23	13:13	6:50	8:13	21:24.19	6:5
100		741	Tyler Coder	11		6:28	13:37	7:10	7:59	21:35.49	6:5
101		449	Zach Jackson	12	Sioux Falls XC Club	6:21	13:26	7:06	8:17	21:41.84	7:0
102		753	Kyle Read			6:40	13:41	7:01	8:07	21:47.22	7:0
103		749	Luke Monke-Lundbe	11		6:42	13:59	7:18	8:02	22:00.08	7:0
104		195	Darrel Chasing In	11	Flandreau Indian School	6:09	13:34	7:25	8:28	22:01.03	7:0
105	65	490	Gage Blaschke	12	Team Greeno	6:35	13:53	7:19	8:11	22:03.11	7:0
106	66	564	Bryan Cisneros	12	Wayzata XC Club-B	6:50	13:58	7:09	8:09	22:06.18	7:0
107		292	Benno Suits Baer		Moorhead XC Club	6:51	14:15	7:25	8:04	22:18.30	7:1
108	67	140	Matthew Bell	12	East Sioux Falls-B	6:53	14:09	7:17	8:11	22:18.65	7:1
109		755	Zach Roozeboom	11		6:56	14:36	7:41	8:32	23:07.31	7:2
110		509	Logan Falt	12	Thunderbird XC Club	6:59	14:31	7:33	8:42	23:12.18	7:2
111	68	145	Allen Robbennolt	11	East Sioux Falls-B	6:57	14:57	8:01	8:53	23:48.83	7:4
112		197	Jacob Young Bear	11	Flandreau Indian School	6:49	14:54	8:06	9:00	23:53.03	7:4
113		737	Jordan Archer	12		7:08	15:12	8:04	9:12	24:23.56	7:5
114	69	142	Tanner Houselog	12	East Sioux Falls-B	7:18	15:32	8:14	9:02	24:33.38	7:5
115	70	143	Thomas Norland	12	East Sioux Falls-B	7:07	15:18	8:11	10:16	25:32.85	8:1
116		450	Kent Mulholland	12	Sioux Falls XC Club	8:04	17:36	9:33	10:26	28:01.69	9:0

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com

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===== BOYS TEAM SCORE =====
Freshman-Sophomore Race

1.	50	Knights XC	(18:02	1:30:06)
=====				
1	2	Shane Harlow	17:17	
2	3	Tom Fisher	17:31	
3	11	Paul Shafer	18:16	
4	13	Alex Torrey	18:17	
5	21	Andrew Torrey	18:45	
6	(53)	Ben Houska	20:17	
2.	64	Wayzata XC Club	(18:18	1:31:30)
=====				
1	7	Greg Scott	17:58	
2	9	Joe Meister	18:02	
3	10	Preston White	18:11	
4	12	Adam Moline	18:16	
5	26	Brian Jarvey	19:03	
3.	65	Demon XC Club	(18:20	1:31:40)
=====				
1	5	Lane Kashur	17:49	
2	6	Austin Todd	17:57	
3	14	Alex Huizenga	18:23	
4	16	Kyle Burke	18:33	
5	24	Levi Perry	18:58	
6	(35)	Alec Grothe	19:13	
7	(52)	Nolan Wagner	20:16	
4.	99	Pleasant Valley XC Club	(18:35	1:32:54)
=====				
1	4	Evan Schommer	17:34	
2	8	Trevor Johnson	18:00	
3	23	Connor Glenn	18:56	
4	28	Tony Meyer	19:05	
5	36	Safwan Elkhatib	19:19	
6	(54)	Johnathon Creighton	20:20	
5.	139	Red Wing XC Club	(18:49	1:34:02)
=====				
1	1	Bryant Blahnik	16:40	
2	20	Isaac Wyland	18:44	
3	33	Sam Hadler	19:12	
4	38	Ben Tittle	19:25	
5	47	Kristian Anderson	20:01	
6	(57)	Tanner Borgen	20:37	
6.	141	Willmar Winged Foot RC	(19:05	1:35:22)
=====				
1	17	Abdullahi Mohamud	18:37	
2	22	Matt Konieczny	18:48	
3	25	David Arnold	19:01	
4	37	Mowlid Mohamud	19:21	
5	40	Derek Balandby	19:35	
6	(51)	Abdishukri Yare	20:12	

7.	176	Wayzata XC Club-B	(19:27	1:37:13)
1	18	Sam Peterson	18:38	
2	19	Jack McCarty	18:38	
3	34	Derek Peterson	19:12	
4	46	Scott Sippel	19:57	
5	59	Brett Schnobrich	20:48	
6	(61)	Andy Lindberg	20:55	
7	(66)	Bryan Cisneros	22:07	
8.	183	East Sioux Falls	(19:27	1:37:14)
1	29	Jack Wolstenholm	19:08	
2	30	Alex Levi	19:10	
3	32	Mensur Malik	19:12	
4	43	Alex Waddell	19:42	
5	49	Aaron Clemens	20:02	
6	(60)	Keegan Carda	20:50	
9.	214	Burnsville XC	(19:51	1:39:14)
1	27	Erik Kollasch	19:05	
2	39	Michael Bolland	19:31	
3	41	Shane Boeser	19:39	
4	44	Erik Lindstrom	19:46	
5	63	Jim Walker	21:13	
10.	223	Hoag's Heros XC Club	(19:51	1:39:14)
1	31	Thomas Mason	19:11	
2	42	Zach Goldberg	19:40	
3	45	Ramsey Green	19:46	
4	50	Parks Wagner	20:04	
5	55	Jay Evans	20:33	
11.	246	Team Greeno	(20:27	1:42:12)
1	15	Damon Farah	18:24	
2	48	Brett Michels	20:02	
3	56	Christian Rasmusson	20:35	
4	62	Keegan Hecht	21:07	
5	65	Gage Blaschke	22:04	
12.	326	East Sioux Falls-B	(22:34	1:52:50)
1	58	Tom Ritter	20:48	
2	64	Kalil Aman	21:20	
3	67	Matthew Bell	22:19	
4	68	Allen Robbennolt	23:49	
5	69	Tanner Houselog	24:34	
6	(70)	Thomas Norland	25:33	