

Grand Forks Invite  
Grand Forks, ND  
October 3, 2020  
VARSITY BOYS - 5K

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TEAM RESULTS: VARSITY BOYS  
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1. 33 Red River

1	3	Hunter McHenry	16:19.53
2	5	Dameon Zenawick	16:32.59
3	7	Broden Diederich	16:40.61
4	8	Ryan Prusak	16:44.09
5	10	Jonah Dafoe	16:46.55
6	( 15)	Matthew Rongitsch	17:06.58
7	( 23)	Tanner Schiller	17:20.35
8	( 25)	Carter Rydland	17:22.77
9	( 46)	Micah Larsen-Schmidt	18:17.48

2. 63 West Fargo Sheyenne

1	1	Jacob Knodle	15:25.95
2	2	Caeden Johnson	16:15.63
3	4	Aiden Johnson	16:28.03
4	22	Kamden Coles	17:20.10
5	34	Michael Toy	17:49.32
6	( 37)	Carter Ferber	18:00.66
7	( 45)	Nick Benson	18:17.28
8	( 49)	Cooper Clouse	18:29.93
9	( 60)	Jesse Olsen	18:54.87

3. 123 Davies

1	11	Regan Bosch	16:47.99
2	12	Drew Rempher	16:52.63
3	29	Jaray Touray	17:41.61
4	35	Carter Berney	17:57.23
5	36	Lucas Menke	18:00.38
6	( 43)	Jack Robertson	18:15.46
7	( 44)	Sam Lies	18:15.77
8	( 52)	Eli Heyer	18:35.54
9	( 54)	Noah Pfeifer	18:39.87
10	( 57)	Bennett Hefta	18:42.99

4. 139 Grand Forks Central

1	16	Quinn Roehl	17:08.11
2	17	Zach Martin	17:08.65
3	28	Carter Elde	17:30.91
4	31	Joe Williamson	17:43.88
5	47	Adam Arnold	18:25.09
6	( 48)	Cayden Reed	18:27.68
7	( 50)	Curtis Sande	18:31.11
8	( 56)	Tucker Vasichek	18:42.55

5. 139 Shanley

1	19	Conner Asche	17:13.83
2	20	Andrew Hultin	17:15.57
3	21	Jonathon Asche	17:17.01
4	24	Ben Ostlie	17:20.87
5	55	Noah Geffre	18:40.18
6	( 65)	Jeffrey Porter	19:16.36
7	( 70)	Quinn Carroll	19:37.86
8	( 74)	Charlie Hapka	20:19.83

6. 159 Fargo North

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1	6	Owen Sondag	16:40.17
2	33	Braxton Middaugh	17:48.51
3	39	Eli Pederson	18:03.27
4	40	Gus Hillmer	18:03.75
5	41	Jeb Gossett	18:11.09
6	( 53)	Charlie Wicks	18:37.85
7	( 61)	David Olson	18:54.94
8	( 67)	Jon Geske	19:25.43

7. 160 West Fargo

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1	9	Justin Smith	16:44.39
2	30	Lincoln Retzlaff	17:42.50
3	32	Nicholas Anderson	17:45.35
4	38	Levi Rossman	18:03.01
5	51	Landon Troftgruben	18:31.35
6	( 58)	Noah Yahnke	18:45.78
7	( 63)	Lane Dullum	19:07.43

8. 178 Devils Lake

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1	13	Brady Goss	16:56.25
2	14	Gabriel Houle	17:06.05
3	18	Tyler Goss	17:10.32
4	62	Jacob Vaagen	19:02.83
5	71	Ben Larson	19:52.86
6	( 73)	Adam Sobolik	20:14.66
7	( 76)	Taylor Roed	23:31.80

9. 244 Fargo South

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1	26	Michael Brunner	17:29.04
2	27	Isaac Miller	17:30.39
3	59	Abram Anderson	18:47.42
4	64	Nathan Hokstad	19:08.79
5	68	Tyler Hoang	19:28.27

10. 324 Valley City

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1	42	Corben Golovanoff	18:13.46
2	66	Keegan Couture	19:24.65
3	69	Luke Plagens	19:28.45
4	72	Connor Pfennig	20:03.05
5	75	Daniel Wintch	20:45.15

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INDIVIDUAL RESULTS: VARSITY BOYS  
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Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/9	404	Jacob Knodle	12	West Fargo Sheyenne	15:26.0	4:59
2	2/9	403	Caeden Johnson	11	West Fargo Sheyenne	16:15.7	5:15
3	1/9	288	Hunter McHenry	11	Red River	16:19.6	5:16
4	3/9	402	Aiden Johnson	9	West Fargo Sheyenne	16:28.1	5:19
5	2/9	298	Dameon Zenawick	11	Red River	16:32.6	5:20
6	1/8	193	Owen Sondag	9	Fargo North	16:40.2	5:22
7	3/9	283	Broden Diederich	12	Red River	16:40.7	5:23
8	4/9	290	Ryan Prusak	12	Red River	16:44.1	5:24
9	1/7	380	Justin Smith	11	West Fargo	16:44.4	5:24
10	5/9	282	Zach Dafoe	10	Red River	16:46.6	5:24
11	1/10	122	Regan Bosch	11	Davies	16:48.0	5:25
12	2/10	133	Drew Rempfer	10	Davies	16:52.7	5:26
13	1/7	152	Brady Goss	10	Devils Lake	16:56.3	5:28
14	2/7	155	Gabriel Houle	12	Devils Lake	17:06.1	5:31
15	6/9	293	Matthew Rongitsch	10	Red River	17:06.6	5:31
16	1/8	253	Quinn Roehl	10	Grand Forks Central	17:08.2	5:31
17	2/8	250	Zach Martin	11	Grand Forks Central	17:08.7	5:32
18	3/7	153	Tyler Goss	10	Devils Lake	17:10.4	5:32
19	1/8	319	Conner Asche	12	Shanley	17:13.9	5:33
20	2/8	327	Andrew Hultin	11	Shanley	17:15.6	5:34
21	3/8	320	Jonathon Asche	10	Shanley	17:17.1	5:34
22	4/9	399	Kamden Coles	12	West Fargo Sheyenne	17:20.1	5:35
23	7/9	296	Tanner Schiller	11	Red River	17:20.4	5:35
24	4/8	334	Ben Ostlie	12	Shanley	17:20.9	5:36
25	8/9	294	Carter Rydland	9	Red River	17:22.8	5:36
26	1/5	215	Michael Brunner	12	Fargo South	17:29.1	5:38
27	2/5	220	Isaac Miller	11	Fargo South	17:30.4	5:39
28	3/8	247	Carter Elde	11	Grand Forks Central	17:31.0	5:39
29	3/10	138	Jaray Touray	9	Davies	17:41.7	5:42
30	2/7	377	Lincoln Retzlaff	11	West Fargo	17:42.5	5:42
31	4/8	259	Joe Williamson	11	Grand Forks Central	17:43.9	5:43
32	3/7	371	Nicholas Anderson	11	West Fargo	17:45.4	5:43
33	2/8	185	Braxton Middaugh	10	Fargo North	17:48.6	5:44
34	5/9	409	Michael Toy	12	West Fargo Sheyenne	17:49.4	5:45
35	4/10	121	Carter Berney	11	Davies	17:57.3	5:47
36	5/10	131	Lucas Menke	10	Davies	18:00.4	5:48
37	6/9	401	Carter Ferber	11	West Fargo Sheyenne	18:00.7	5:48
38	4/7	378	Levi Rossman	10	West Fargo	18:03.1	5:49
39	3/8	189	Eli Pederson	10	Fargo North	18:03.3	5:49
40	4/8	183	Gus Hillmer	9	Fargo North	18:03.8	5:49
41	5/8	182	Jeb Gossett	9	Fargo North	18:11.1	5:52
42	1/5	348	Corben Golovanoff	9	Valley City	18:13.5	5:52
43	6/10	135	Jack Robertson	12	Davies	18:15.5	5:53
44	7/10	129	Sam Lies	10	Davies	18:15.8	5:53
45	7/9	394	Nick Benson	12	West Fargo Sheyenne	18:17.3	5:54
46	9/9	287	Micah Larsen-Schmidt	9	Red River	18:17.5	5:54
47	5/8	244	Adam Arnold	12	Grand Forks Central	18:25.1	5:56
48	6/8	252	Cayden Reed	10	Grand Forks Central	18:27.7	5:57
49	8/9	398	Cooper Clouse	9	West Fargo Sheyenne	18:30.0	5:58
50	7/8	255	Curtis Sande	9	Grand Forks Central	18:31.2	5:58
51	5/7	381	Landon Troftgruben	9	West Fargo	18:31.4	5:58
52	8/10	127	Eli Heyer	12	Davies	18:35.6	6:00
53	6/8	197	Charlie Wicks	10	Fargo North	18:37.9	6:00
54	9/10	132	Noah Pfeifer	11	Davies	18:39.9	6:01
55	5/8	325	Noah Geffre	11	Shanley	18:40.2	6:01
56	8/8	257	Tucker Vasichek	12	Grand Forks Central	18:42.6	6:02
57	10/10	126	Bennett Hefta	11	Davies	18:43.0	6:02
58	6/7	384	Noah Yahnke	10	West Fargo	18:45.8	6:03
59	3/5	214	Abram Anderson	11	Fargo South	18:47.5	6:03
60	9/9	406	Jesse Olsen	12	West Fargo Sheyenne	18:54.9	6:06
61	7/8	188	David Olson	11	Fargo North	18:55.0	6:06
62	4/7	161	Jacob Vaagen	12	Devils Lake	19:02.9	6:08

63	7/7	373 Lane Dullum	11 West Fargo	19:07.5	6:10
64	4/5	217 Nathan Hokstad	10 Fargo South	19:08.8	6:10
65	6/8	335 Jeffrey Porter	12 Shanley	19:16.4	6:13
66	2/5	346 Keegan Couture	12 Valley City	19:24.7	6:15
67	8/8	181 Jon Geske	11 Fargo North	19:25.5	6:16
68	5/5	216 Tyler Hoang	12 Fargo South	19:28.3	6:17
69	3/5	351 Luke Plagens	12 Valley City	19:28.5	6:17
70	7/8	324 Quinn Carroll	7 Shanley	19:37.9	6:20
71	5/7	156 Ben Larson	8 Devils Lake	19:52.9	6:24
72	4/5	350 Connor Pfennig	11 Valley City	20:03.1	6:28
73	6/7	159 Adam Sobolik	8 Devils Lake	20:14.7	6:31
74	8/8	326 Charlie Hapka	12 Shanley	20:19.9	6:33
75	5/5	354 Daniel Wintch	12 Valley City	20:45.2	6:41
76	7/7	158 Taylor Roed	10 Devils Lake	23:31.8	7:35