

Northern Valley Invite
Grand Forks, ND
August 29, 2020
VARSITY BOYS - 5K

TEAM RESULTS: VARSITY BOYS

1. 39 Red River

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1	3	Hunter McHenry	16:29.34
2	7	Broden Diederich	16:56.61
3	8	Matthew Rongitsch	17:03.58
4	9	Ryan Prusak	17:04.67
5	12	Dameon Zenawick	17:18.52
6	(16)	Jonah Dafoe	17:28.67
7	(23)	Carter Rydland	17:59.16
8	(35)	Micah Larsen-Schmidt	18:29.89
9	(47)	Jake Jenkins	19:02.52

2. 64 West Fargo Sheyenne

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1	1	Jacob Knodle	15:46.50
2	6	Caeden Johnson	16:53.88
3	11	Aiden Johnson	17:15.64
4	13	Kamden Coles	17:21.49
5	33	Sricharan Kotala	18:28.91
6	(36)	Carter Ferber	18:31.00
7	(45)	Michael Toy	18:51.71
8	(52)	Justin Carlson	19:12.94
9	(68)	Oliver Dietz	20:08.40
10	(73)	Erik Ault	20:58.02

3. 66 Fargo North

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1	2	Caleb Yokom	16:20.16
2	5	Owen Sondag	16:50.94
3	10	Gabe Sagvold	17:10.50
4	24	Luke Yokom	18:01.48
5	25	Daniel Jones	18:03.66
6	(42)	Braxton Middaugh	18:48.70
7	(60)	Gus Hillmer	19:44.80
8	(66)	David Olson	19:59.36
9	(71)	Nathan Young	20:51.17

4. 107 Grand Forks Central

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1	4	Quinn Roehl	16:47.26
2	19	Zach Martin	17:49.64
3	27	Joe Williamson	18:11.89
4	28	Carter Elde	18:15.02
5	29	Wyatt Mutzenberger	18:15.58

6	(30)	Cael Lorenz	18:23.24
7	(48)	Cayden Reed	19:04.57
8	(49)	Tucker Vasichek	19:08.63
9	(51)	Adam Arnold	19:10.43

5. 150 Davies

1	15	Regan Bosch	17:26.39
2	22	Drew Rempher	17:55.76
3	32	Jaray Touray	18:26.04
4	40	Carter Berney	18:42.60
5	41	Lucas Menke	18:46.85
6	(46)	Jack Robertson	18:53.10
7	(50)	Nate Anderson	19:08.68
8	(55)	Bennett Hefta	19:30.16
9	(58)	Sam Lucht	19:40.71
10	(61)	Jake Coulter	19:45.46

6. 174 Shanley

1	17	Conner Asche	17:40.32
2	26	Jonathon Asche	18:11.42
3	38	Andrew Hultin	18:36.10
4	39	Ben Ostlie	18:42.50
5	54	Noah Geffre	19:29.64
6	(59)	Charlie Hapka	19:42.35
7	(62)	Cole Wyland	19:46.50
8	(64)	Jeffrey Porter	19:50.86

7. 182 Devils Lake

1	18	Gabriel Houle	17:48.96
2	20	Brady Goss	17:51.25
3	21	Tyler Goss	17:53.71
4	53	Jacob Vaagen	19:15.83
5	70	Chris Horton	20:36.56
6	(77)	Taylor Roed	22:58.06
7	(78)	Collin Lee	23:29.68
8	(79)	Keashaun Feather	23:55.71

8. 200 West Fargo

1	14	Justin Smith	17:24.47
2	34	Lincoln Retzlaff	18:29.20
3	43	Nicholas Anderson	18:50.27
4	44	Levi Rossman	18:51.23
5	65	Landon Troftgruben	19:56.41
6	(67)	Noah Yahnke	20:03.96

9. 296 Valley City

1	37	Corben Golovanoff	18:33.25
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2	56	Hale Berntson	19:30.78
3	57	Luke Plagens	19:31.22
4	72	Daniel Wintch	20:53.48
5	74	Trevor Fetsch	21:44.89
6	(75)	Connor Pfennig	21:57.08
7	(76)	Owen Plagens	22:22.43

10. 324 Fargo South

1	31	Michael Brunner	18:23.63
2	63	Abram Anderson	19:50.45
3	69	Tyler Hoang	20:27.17
4	80	Ghost 1	30:00.00
5	81	Ghost 2	30:00.00

INDIVIDUAL RESULTS: VARSITY BOYS

Place	Tea/Tot	No.	Name	Grade	Team	Time	Pace
1	1/10	594	Jacob Knodle	12	West Fargo Sheyenne	15:46.5	5:05
2	1/9	394	Caleb Yokom	12	Fargo North	16:20.2	5:16
3	1/9	482	Hunter McHenry	11	Red River	16:29.4	5:19
4	1/9	451	Quinn Roehl	10	Grand Forks Central	16:47.3	5:25
5	2/9	390	Owen Sondag	9	Fargo North	16:51.0	5:26
6	2/10	593	Caeden Johnson	11	West Fargo Sheyenne	16:53.9	5:27
7	2/9	477	Broden Diederich	12	Red River	16:56.7	5:28
8	3/9	487	Matthew Rongitsch	10	Red River	17:03.6	5:30
9	4/9	484	Ryan Prusak	12	Red River	17:04.7	5:30
10	3/9	388	Gabe Sagvold	11	Fargo North	17:10.5	5:32
11	3/10	592	Aiden Johnson	9	West Fargo Sheyenne	17:15.7	5:34
12	5/9	492	Dameon Zenawick	11	Red River	17:18.6	5:35
13	4/10	589	Kamden Coles	12	West Fargo Sheyenne	17:21.5	5:36
14	1/6	570	Justin Smith	11	West Fargo	17:24.5	5:37
15	1/10	323	Regan Bosch	11	Davies	17:26.4	5:37
16	6/9	476	Jonah Dafoe	10	Red River	17:28.7	5:38
17	1/8	512	Conner Asche	12	Shanley	17:40.4	5:42
18	1/8	355	Gabriel Houle	12	Devils Lake	17:49.0	5:45
19	2/9	448	Zach Martin	11	Grand Forks Central	17:49.7	5:45
20	2/8	353	Brady Goss	10	Devils Lake	17:51.3	5:45
21	3/8	354	Tyler Goss	10	Devils Lake	17:53.8	5:46
22	2/10	334	Drew Rempfer	10	Davies	17:55.8	5:47
23	7/9	488	Carter Rydland	9	Red River	17:59.2	5:48
24	4/9	395	Luke Yokom	11	Fargo North	18:01.5	5:49
25	5/9	381	Daniel Jones	12	Fargo North	18:03.7	5:49
26	2/8	513	Jonathon Asche	10	Shanley	18:11.5	5:52
27	3/9	455	Joe Williamson	11	Grand Forks Central	18:11.9	5:52
28	4/9	444	Carter Elde	11	Grand Forks Central	18:15.1	5:53
29	5/9	449	Wyatt Mutzenberger	11	Grand Forks Central	18:15.6	5:53

30	6/9	446 Cael Lorenz	12 Grand Forks Central	18:23.3	5:56
31	1/3	413 Michael Brunner	12 Fargo South	18:23.7	5:56
32	3/10	338 Jaray Touray	9 Davies	18:26.1	5:56
33	5/10	595 Sricharan Kotala	11 West Fargo Sheyenne	18:29.0	5:57
34	2/6	567 Lincoln Retzlaff	11 West Fargo	18:29.2	5:58
35	8/9	481 Micah Larsen-Schmidt	9 Red River	18:29.9	5:58
36	6/10	591 Carter Ferber	11 West Fargo Sheyenne	18:31.0	5:58
37	1/7	540 Corben Golovanoff	9 Valley City	18:33.3	5:59
38	3/8	520 Andrew Hultin	11 Shanley	18:36.1	6:00
39	4/8	526 Ben Ostlie	12 Shanley	18:42.5	6:02
40	4/10	322 Carter Berney	11 Davies	18:42.6	6:02
41	5/10	332 Lucas Menke	10 Davies	18:46.9	6:03
42	6/9	382 Braxton Middaugh	10 Fargo North	18:48.7	6:04
43	3/6	562 Nicholas Anderson	11 West Fargo	18:50.3	6:04
44	4/6	568 Levi Rossman	10 West Fargo	18:51.3	6:05
45	7/10	600 Michael Toy	12 West Fargo Sheyenne	18:51.8	6:05
46	6/10	335 Jack Robertson	12 Davies	18:53.1	6:05
47	9/9	480 Jake Jenkins	10 Red River	19:02.6	6:08
48	7/9	450 Cayden Reed	10 Grand Forks Central	19:04.6	6:09
49	8/9	453 Tucker Vasichek	12 Grand Forks Central	19:08.7	6:10
50	7/10	321 Nate Anderson	8 Davies	19:08.7	6:10
51	9/9	441 Adam Arnold	12 Grand Forks Central	19:10.5	6:11
52	8/10	588 Justin Carlson	12 West Fargo Sheyenne	19:13.0	6:12
53	4/8	359 Jacob Vaagen	12 Devils Lake	19:15.9	6:13
54	5/8	518 Noah Geffre	11 Shanley	19:29.7	6:17
55	8/10	327 Bennett Hefta	11 Davies	19:30.2	6:17
56	2/7	536 Hale Berntson	11 Valley City	19:30.8	6:17
57	3/7	545 Luke Plagens	12 Valley City	19:31.3	6:17
58	9/10	331 Sam Lucht	12 Davies	19:40.8	6:21
59	6/8	519 Charlie Hapka	12 Shanley	19:42.4	6:21
60	7/9	380 Gus Hillmer	9 Fargo North	19:44.8	6:22
61	10/10	325 Jake Coulter	9 Davies	19:45.5	6:22
62	7/8	528 Cole Wyland	12 Shanley	19:46.5	6:22
63	2/3	412 Abram Anderson	11 Fargo South	19:50.5	6:24
64	8/8	527 Jeffrey Porter	12 Shanley	19:50.9	6:24
65	5/6	571 Landon Troftgruben	9 West Fargo	19:56.5	6:26
66	8/9	385 David Olson	11 Fargo North	19:59.4	6:27
67	6/6	573 Noah Yahnke	10 West Fargo	20:04.0	6:28
68	9/10	590 Oliver Dietz	11 West Fargo Sheyenne	20:08.4	6:29
69	3/3	414 Tyler Hoang	12 Fargo South	20:27.2	6:35
70	5/8	358 Chris Horton	12 Devils Lake	20:36.6	6:39
71	9/9	396 Nathan Young	12 Fargo North	20:51.2	6:43
72	4/7	547 Daniel Wintch	12 Valley City	20:53.5	6:44
73	10/10	584 Erik Ault	12 West Fargo Sheyenne	20:58.1	6:45
74	5/7	539 Trevor Fetsch	8 Valley City	21:44.9	7:00
75	6/7	544 Connor Pfennig	11 Valley City	21:57.1	7:04
76	7/7	546 Owen Plagens	12 Valley City	22:22.5	7:13
77	6/8	357 Taylor Roed	10 Devils Lake	22:58.1	7:24
78	7/8	356 Collin Lee	11 Devils Lake	23:29.7	7:34
79	8/8	352 Keashaun Feather	12 Devils Lake	23:55.8	7:43