

**2024 EDC CROSS COUNTRY CHAMPIONSHIP**

Grand Forks, ND

Lincoln Drive Park

Saturday, October 12, 2024

**OFFICIAL MEET REPORT**

printed: 10/12/2024 3:06 PM

**Race #6  
Varsity Boys 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
<b>1 Red River</b>	<b>36</b>	1-3-5-11-16(26)(38)	1:00.5
<b>2 Davies</b>	<b>53</b>	2-8-10-14-19(25)(35)(36)(46)	1:00.4
<b>3 Shanley</b>	<b>74</b>	4-6-15-22-27(31)(34)(53)(62)(74)	1:14.3
<b>4 Grand Forks Central</b>	<b>162</b>	9-21-24-48-60(72)(75)(76)	2:13.6
<b>5 Sheyenne</b>	<b>166</b>	28-30-32-37-39(41)(42)(45)(54)	0:26.6
<b>6 Devils Lake</b>	<b>172</b>	18-29-33-43-49(51)(58)(65)(68)(84)	1:13.0
<b>7 West Fargo</b>	<b>180</b>	7-20-40-56-57(59)(73)(81)(91)	2:10.3
<b>8 Fargo North</b>	<b>235</b>	12-44-52-63-64(66)(71)	2:08.1
<b>9 Horace</b>	<b>251</b>	13-23-67-69-79(82)(87)	2:59.6
<b>10 Fargo South</b>	<b>307</b>	17-55-77-78-80(85)(86)(89)(92)	2:48.3
<b>11 Valley City</b>	<b>311</b>	47-50-61-70-83(88)(90)	1:52.4

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile	3 Mile
1 Quinn, Joe	SR	6268	Red River	1	15:54.6	---	5:06.9	3:10.9	5:01.3	10:13.2	15:23.8
2 Rout, Luka	FR	5655	Davies	2	16:03.9	9.3	5:09.9	3:12.8	5:02.8	10:11.7	15:32.4
3 Dafoe, Elijah	SR	6253	Red River	3	16:06.1	11.5	5:10.6	3:13.2	5:01.8	10:09.2	15:36.8
4 Carroll, Quinn	JR	6303	Shanley	4	16:12.8	18.2	5:12.8	3:14.6	5:01.8	10:20.0	15:43.5
5 Dunnigan, Cohen	SO	6256	Red River	5	16:16.0	21.4	5:13.8	3:15.2	5:11.5	10:31.1	15:47.9
6 Erickson, Ethan	SO	6306	Shanley	6	16:16.7	22.1	5:14.1	3:15.3	5:01.4	10:22.0	15:49.3
7 Amundson, Isaac	SR	6412	West Fargo	7	16:20.2	25.6	5:15.2	3:16.0	5:11.7	10:30.1	15:49.5
8 Currence, Kasen	JR	5627	Davies	8	16:24.4	29.8	5:16.5	3:16.9	5:11.5	10:33.2	15:57.7
9 Martin, Grant	SO	6174	Grand Forks Centra	9	16:25.0	30.4	5:16.7	3:17.0	5:12.6	10:30.8	15:52.5
10 Naujokas, Kaj	SO	5649	Davies	10	16:25.5	30.9	5:16.9	3:17.1	5:10.9	10:33.4	15:57.4
11 Berberich, Asa	SR	6244	Red River	11	16:41.3	46.7	5:22.0	3:20.3	5:21.3	10:44.3	16:11.1
12 Cerney, Isaac	JR	6069	Fargo North	12	16:44.6	50.0	5:23.0	3:20.9	5:14.3	10:44.5	16:15.4
13 Rohr, Owen	SR	6207	Horace	13	16:47.0	52.4	5:23.8	3:21.4	5:04.5	10:37.2	16:14.8
14 Thomson, Keagan	FR	5663	Davies	14	16:48.5	53.9	5:24.3	3:21.7	5:20.9	10:44.7	16:17.5
15 Chaffee, James	FR	6304	Shanley	15	16:54.6	1:00.0	5:26.2	3:22.9	5:13.1	10:44.9	16:22.1
16 Johnson, Scott	SO	6262	Red River	16	16:55.1	1:00.5	5:26.4	3:23.0	5:21.9	10:51.1	16:23.1
17 Kain, Alex	JR	6131	Fargo South	17	16:59.0	1:04.4	5:27.7	3:23.8	5:29.2	11:01.7	16:27.7
18 Bennett, Zane	SO	5720	Devils Lake	18	17:01.0	1:06.4	5:28.3	3:24.2	5:06.4	10:46.2	16:28.4
19 Johnson, Chance	FR	5641	Davies	19	17:04.3	1:09.7	5:29.4	3:24.9	5:22.2	10:55.9	16:35.6
20 Krenz, Brennen	SO	6416	West Fargo	20	17:05.9	1:11.3	5:29.9	3:25.2	5:16.5	10:51.6	16:33.2
21 Fiala, Aidan	SR	6163	Grand Forks Centra	21	17:08.9	1:14.3	5:30.8	3:25.8	5:17.2	10:50.7	16:36.0
22 Shorma, Peter	FR	6317	Shanley	22	17:08.9	1:14.3	5:30.8	3:25.8	5:23.2	11:03.6	16:38.4
23 Robinson, Matthew	SO	6206	Horace	23	17:09.1	1:14.5	5:30.9	3:25.8	5:29.6	11:05.4	16:40.8
24 Steele, Lincoln	SO	6181	Grand Forks Centra	24	17:12.9	1:18.3	5:32.1	3:26.6	5:17.5	10:52.8	16:39.7
25 Ochsner, Peyton	FR	5650	Davies	(25)	17:17.0	1:22.4	5:33.4	3:27.4	5:25.8	11:01.7	16:44.9
26 Dvorak, Sam	SR	6257	Red River	(26)	17:23.0	1:28.4	5:35.4	3:28.6	5:25.5	11:02.0	16:48.2
27 Biebighauser, John	SR	6301	Shanley	27	17:27.1	1:32.5	5:36.7	3:29.4	5:23.3	11:06.2	16:54.4
28 Duerr, Zach	JR	6353	Sheyenne	28	17:28.1	1:33.5	5:37.0	3:29.6	5:12.1	10:55.1	16:52.7
29 Sobolik, Adam	SR	5743	Devils Lake	29	17:29.8	1:35.2	5:37.6	3:30.0	5:17.3	11:04.1	17:00.8
30 Gisselbeck, Stetson	SR	6354	Sheyenne	30	17:29.9	1:35.3	5:37.6	3:30.0	5:16.4	11:02.4	17:01.4

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**Race #6  
Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>	<b>1 Mile</b>	<b>2 Mile</b>	<b>3 Mile</b>
31 Nelson, Stuart	SR	6314	Shanley	(31)	17:32.4	1:37.8	5:38.4	3:30.5	5:18.5	11:04.6	16:59.3
32 Sprout, Cameron	SO	6364	Sheyenne	32	17:37.9	1:43.3	5:40.2	3:31.6	5:20.9	11:18.1	17:07.8
33 Azure, Noah	SR	5717	Devils Lake	33	17:38.8	1:44.2	5:40.5	3:31.8	5:17.6	11:09.8	17:05.5
34 Sandy, William	8	6316	Shanley	(34)	17:40.3	1:45.7	5:40.9	3:32.1	5:23.8	11:11.1	17:06.7
35 Swanson, Hunter	JR	5660	Davies	(35)	17:41.1	1:46.5	5:41.2	3:32.2	5:20.3	11:11.2	17:09.2
36 Pfeifer, Owen	FR	5652	Davies	(36)	17:41.9	1:47.3	5:41.4	3:32.4	5:31.8	11:21.5	17:11.0
37 Kotala, Abhi	SO	6358	Sheyenne	37	17:43.6	1:49.0	5:42.0	3:32.7	5:29.3	11:20.7	17:09.6
38 Dafoe, Isaac	FR	6254	Red River	(38)	17:47.4	1:52.8	5:43.2	3:33.5	5:21.3	10:50.9	17:12.5
39 Swenson, Drew	SR	6367	Sheyenne	39	17:54.7	2:00.1	5:45.6	3:34.9	5:28.9	11:22.3	17:21.0
40 Rudolph, Ethan	JR	6418	West Fargo	40	18:00.0	2:05.4	5:47.3	3:36.0	5:34.0	11:26.6	17:26.3
41 Jensen, Christian	8	6356	Sheyenne	(41)	18:00.9	2:06.3	5:47.6	3:36.2	5:36.5	11:29.8	17:28.5
42 Arens, Liam	JR	6349	Sheyenne	(42)	18:01.5	2:06.9	5:47.7	3:36.3	5:29.1	11:25.0	17:28.8
43 Nelson, Joel	SR	5739	Devils Lake	43	18:02.7	2:08.1	5:48.1	3:36.5	5:36.4	11:39.2	17:34.4
44 Pochmara, David	SO	6086	Fargo North	44	18:04.6	2:10.0	5:48.7	3:36.9	5:35.1	11:30.5	17:27.5
45 Peterson, Caden	JR	6361	Sheyenne	(45)	18:04.9	2:10.3	5:48.8	3:37.0	5:28.7	11:24.7	17:28.2
46 Tangen, Alexander	JR	5662	Davies	(46)	18:08.7	2:14.1	5:50.1	3:37.7	5:32.4	11:34.4	17:34.0
47 Drummond, Elijah	SO	6388	Valley City	47	18:09.6	2:15.0	5:50.4	3:37.9	5:33.1	11:30.6	17:37.6
48 Sickler, Ben	8	6180	Grand Forks Centra	48	18:11.8	2:17.2	5:51.1	3:38.4	5:44.6	11:38.7	17:35.8
49 Sanchez, Gerardo	SR	5742	Devils Lake	49	18:14.0	2:19.4	5:51.8	3:38.8	5:34.1	11:35.4	17:40.9
50 Sorby, Jack	SO	6395	Valley City	50	18:14.6	2:20.0	5:52.0	3:38.9	5:32.0	11:35.6	17:42.1
51 Kraft, Isaac	8	5731	Devils Lake	(51)	18:14.9	2:20.3	5:52.1	3:39.0	5:36.6	11:39.2	17:42.3
52 Rasmussen, Ian	SR	6087	Fargo North	52	18:15.2	2:20.6	5:52.2	3:39.0	5:34.9	11:32.1	17:40.1
53 Foerster, Cole	FR	6307	Shanley	(53)	18:22.9	2:28.3	5:54.6	3:40.6	5:36.6	11:45.3	17:49.1
54 Duerr, Cole	JR	6352	Sheyenne	(54)	18:24.6	2:30.0	5:55.2	3:40.9	5:11.4	11:19.9	17:43.9
55 Syster, Jacob	SR	6142	Fargo South	55	18:26.1	2:31.5	5:55.7	3:41.2	5:48.3	11:53.4	17:53.8
56 Stegman, Jake	JR	6422	West Fargo	56	18:27.9	2:33.3	5:56.2	3:41.6	5:34.5	11:39.1	17:53.1
57 Senger, Zander	JR	6420	West Fargo	57	18:30.5	2:35.9	5:57.1	3:42.1	5:38.5	11:39.4	17:56.3
58 Ackerman, Aiden	SO	5716	Devils Lake	(58)	18:36.7	2:42.1	5:59.1	3:43.3	5:25.7	11:37.5	17:59.6
59 Davies, Ben	JR	6413	West Fargo	(59)	18:37.3	2:42.7	5:59.3	3:43.5	5:32.1	11:45.4	18:00.6
60 Johnson, Blaine	FR	6170	Grand Forks Centra	60	18:38.6	2:44.0	5:59.7	3:43.7	5:57.3	12:05.6	18:08.0
61 Trapp, Simon	8	6396	Valley City	61	18:39.8	2:45.2	6:00.1	3:44.0	5:44.6	11:52.5	18:08.4
62 Vink, Colin	JR	6318	Shanley	(62)	18:41.3	2:46.7	6:00.5	3:44.3	5:39.1	11:46.5	18:07.5
63 Pfau, Karter	JR	6084	Fargo North	63	18:44.1	2:49.5	6:01.4	3:44.8	5:44.8	11:57.1	18:08.7
64 Pochmara, Christian	SR	6085	Fargo North	64	18:52.7	2:58.1	6:04.2	3:46.5	5:38.4	11:54.2	18:19.7
65 Quam, Grant	SR	5740	Devils Lake	(65)	18:54.2	2:59.6	6:04.7	3:46.8	5:54.2	12:06.2	18:21.1
66 Tackling, Oliver	SO	6093	Fargo North	(66)	18:56.9	3:02.3	6:05.6	3:47.4	5:49.3	12:01.2	18:20.2
67 Cook, Nathan	JR	6196	Horace	67	18:58.6	3:04.0	6:06.1	3:47.7	5:54.5	12:08.8	18:26.9
68 Larson, Ben	SR	5735	Devils Lake	(68)	19:00.1	3:05.5	6:06.6	3:48.0	5:38.2	11:57.5	18:24.9
69 Karjalainen, Eli	7	6203	Horace	69	19:00.1	3:05.5	6:06.6	3:48.0	5:52.0	11:56.7	18:15.1
70 Goven, Gareth	7	6389	Valley City	70	19:01.8	3:07.2	6:07.1	3:48.4	5:54.2	12:07.5	18:22.4
71 Dorsher, Will	SR	6071	Fargo North	(71)	19:02.7	3:08.1	6:07.4	3:48.5	5:45.4	12:01.2	18:23.6
72 Ihry, Caleb	SO	6169	Grand Forks Centra	(72)	19:03.7	3:09.1	6:07.7	3:48.7	5:54.5	12:15.1	18:18.9
73 Thoreson, Parker	SR	6423	West Fargo	(73)	19:06.1	3:11.5	6:08.5	3:49.2	5:51.7	12:12.7	18:28.1
74 Ellsworth, Jaden	FR	6305	Shanley	(74)	19:08.2	3:13.6	6:09.2	3:49.6	5:51.2	12:12.3	18:39.1
75 Halvorson, Jaded	SO	6165	Grand Forks Centra	(75)	19:20.0	3:25.4	6:13.0	3:52.0	5:58.2	12:09.1	18:41.6
76 Sailer, Kaden	SO	6178	Grand Forks Centra	(76)	19:23.3	3:28.7	6:14.1	3:52.7	5:58.6	12:16.1	18:45.3

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77 Gwion, Frank	JR	6129	Fargo South	77	19:32.2	3:37.6	6:16.9	3:54.4	5:54.5	12:15.3	18:52.6
78 VanCamp, Calvin	SO	6143	Fargo South	78	19:43.5	3:48.9	6:20.5	3:56.7	6:06.1	12:34.3	19:07.5
79 Pollert, Elijah	SO	6205	Horace	79	19:46.6	3:52.0	6:21.5	3:57.3	6:08.5	12:42.3	19:14.8
80 Roehl, Mason	FR	6140	Fargo South	80	19:47.3	3:52.7	6:21.8	3:57.5	6:11.0	12:44.0	19:14.0
81 Smith, Zane	SO	6421	West Fargo	(81)	19:52.5	3:57.9	6:23.4	3:58.5	6:06.3	12:40.9	19:14.5
82 Sappington, Zevon	FR	6209	Horace	(82)	19:58.6	4:04.0	6:25.4	3:59.7	5:58.9	12:39.8	19:21.0
83 Rivera, Adrian	SO	6393	Valley City	83	20:02.0	4:07.4	6:26.5	4:00.4	6:06.7	12:42.6	19:26.7
84 Triepke, Taydon	JR	5744	Devils Lake	(84)	20:08.2	4:13.6	6:28.5	4:01.6	5:57.0	12:35.8	19:27.5
85 Willey, Miles	SO	6144	Fargo South	(85)	20:17.2	4:22.6	6:31.4	4:03.4	6:11.9	12:42.3	19:38.1
86 Peterson, Teagan	FR	6138	Fargo South	(86)	20:38.2	4:43.6	6:38.1	4:07.6	6:15.7	13:16.3	20:03.2
87 Sappington, Guthrie	FR	6208	Horace	(87)	20:40.4	4:45.8	6:38.8	4:08.1	6:07.8	13:01.4	20:06.2
88 Berg, Brycen	8	6385	Valley City	(88)	20:42.0	4:47.4	6:39.4	4:08.4	6:12.7	13:04.9	20:06.5
89 Millington, Liam	SO	6133	Fargo South	(89)	20:45.0	4:50.4	6:40.3	4:09.0	6:10.9	13:05.0	
90 Coghlan, Carter	7	6386	Valley City	(90)	20:46.8	4:52.2	6:40.9	4:09.4	6:11.4	13:01.7	20:08.3
91 Senger, Rory	JR	6419	West Fargo	(91)	20:54.1	4:59.5	6:43.2	4:10.8	6:13.3	13:10.9	20:13.7
92 Doll, Tyler	SO	6127	Fargo South	(92)	21:20.6	5:26.0	6:51.8	4:16.1	6:17.7	13:23.7	20:43.4