

NORTH DAKOTA STATE XC MEET

Jamestown, ND
 Parkhurst Campground
 10/25/2024 - 10/26/2024



OFFICIAL MEET REPORT
 printed: 10/26/2024 2:24 PM

Race #3
Class A Boy's 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Bismarck	23	2-3-4-5-9(26)(27)	0:59.2
2 Williston	98	7-8-16-32-35(37)(47)	0:47.2
3 Century	113	1-12-29-30-41(42)(49)	1:53.3
4 Red River	117	6-17-19-22-53(59)(79)	1:13.7
5 Mandan	139	10-20-31-38-40(66)(71)	0:45.4
6 Davies	182	11-33-39-44-55(56)(73)	1:03.4
7 Shanley	216	15-23-45-64-69(76)(98)	1:11.7
8 Minot	305	21-51-70-81-82(85)(95)	1:21.2
9 Dickinson	323	14-52-67-86-104(107)(128)	1:51.4
10 Minot North	334	13-24-83-99-115(131)(144)	2:03.1
11 Sheyenne	373	54-68-78-84-89(112)(116)	0:38.5
12 Grand Forks Central	405	25-50-72-119-139(152)(155)	2:06.2
13 Devils Lake	478	43-103-105-113-114(121)(133)	1:19.6
14 Legacy	481	65-87-94-108-127(140)(149)	1:03.8
15 West Fargo	491	18-74-102-141-156(157)(171)	2:38.3
16 Fargo North	527	46-106-111-130-134(135)(138)	1:30.3
17 Jamestown	592	48-124-125-142-153(160)(179)	1:52.9
18 Watford City	637	34-91-159-163-190(199)	3:44.0
19 Valley City	676	100-101-126-158-191(192)(195)	2:35.1
20 Horace	689	28-122-166-186-187(189)	3:31.4
21 Fargo South	731	60-145-169-177-180(181)(182)	2:24.9
22 Turtle Mountain Communit	877	151-164-168-193	

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1 Mile	2 Mile
1 Ihmels, Wil	SR	1128	Century	1	15:15.8	---	4:54.5	3:03.2	4:49.5	9:48.5
2 Hintz, Owen	JR	1106	Bismarck	2	15:22.3	6.5	4:56.6	3:04.5	4:49.7	9:48.4
3 Balzer, Dawson	SR	1101	Bismarck	3	15:51.3	35.5	5:05.9	3:10.3	4:50.3	10:02.2
4 Ensign, Connor	SR	1103	Bismarck	4	15:56.3	40.5	5:07.5	3:11.3	4:50.1	10:00.5
5 Ensign, Jakson	SR	1104	Bismarck	5	16:00.1	44.3	5:08.7	3:12.0	4:50.4	10:03.3
6 Quinn, Joe	SR	1369	Red River	6	16:13.7	57.9	5:13.1	3:14.7	4:51.7	10:12.2
7 Cowan, Owen	JR	1480	Williston	7	16:15.3	59.5	5:13.6	3:15.1	4:49.9	10:13.4
8 Adkins, Wyatt	JR	1477	Williston	8	16:21.5	1:05.7	5:15.6	3:16.3	4:56.7	10:23.8
9 Windsor, Jacob	JR	1110	Bismarck	9	16:21.5	1:05.7	5:15.6	3:16.3	5:04.0	10:28.7
10 Hale, Charles	SR	1313	Mandan	10	16:22.3	1:06.5	5:15.9	3:16.5	5:05.5	10:29.8
11 Rout, Luka	FR	1147	Davies	11	16:25.9	1:10.1	5:17.0	3:17.2	4:52.8	10:19.6
12 Elsberry, Jack	FR	1124	Century	12	16:26.2	1:10.4	5:17.1	3:17.2	4:53.9	10:23.1
13 Chapman, Dallin	SR	1351	Minot North	13	16:26.8	1:11.0	5:17.3	3:17.4	5:06.5	10:28.5
14 Swisher, Caleb	SR	1189	Dickinson	14	16:27.9	1:12.1	5:17.7	3:17.6	4:58.0	10:25.1
15 Erickson, Ethan	SO	1384	Shanley	15	16:29.6	1:13.8	5:18.2	3:17.9	4:53.7	10:21.8
16 Frise, Travis	FR	1482	Williston	16	16:32.0	1:16.2	5:19.0	3:18.4	4:54.3	10:24.7

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile	
17	Dunnigan, Cohen	SO	1364	Red River	17	16:34.0	1:18.2	5:19.6	3:18.8	5:05.6	10:33.7
18	Amundson, Isaac	SR	1459	West Fargo	18	16:35.2	1:19.4	5:20.0	3:19.0	4:59.2	10:26.2
19	Dafoe, Elijah	SR	1362	Red River	19	16:36.1	1:20.3	5:20.3	3:19.2	4:51.9	10:23.3
20	Brownotter, Terry	SR	1311	Mandan	20	16:36.7	1:20.9	5:20.5	3:19.3	5:05.1	10:31.5
21	Harris, Benjamin	SR	1333	Minot	21	16:39.8	1:24.0	5:21.5	3:20.0	5:08.8	10:41.3
22	Berberich, Asa	SR	1361	Red River	22	16:45.5	1:29.7	5:23.3	3:21.1	5:07.5	10:39.3
23	Carroll, Quinn	JR	1381	Shanley	23	16:46.2	1:30.4	5:23.5	3:21.2	4:57.4	10:30.6
24	Howey, Nolan	SR	1356	Minot North	24	16:46.5	1:30.7	5:23.6	3:21.3	5:08.6	10:41.7
25	Martin, Grant	SO	1247	Grand Forks Centra	25	16:46.8	1:31.0	5:23.7	3:21.4	5:06.2	
26	Hamlin, Gabe	SR	1105	Bismarck	(26)	16:53.6	1:37.8	5:25.9	3:22.7	5:04.5	10:31.7
27	Buechler, Braxton	JR	1102	Bismarck	(27)	16:53.8	1:38.0	5:26.0	3:22.8	5:05.8	10:42.3
28	Rohr, Owen	SR	1262	Horace	28	16:54.4	1:38.6	5:26.2	3:22.9	5:07.4	10:39.7
29	Erickson, Micah	SR	1125	Century	29	16:54.5	1:38.7	5:26.2	3:22.9	5:08.2	10:43.9
30	Eberts, Eli	FR	1123	Century	30	16:55.8	1:40.0	5:26.6	3:23.2	5:04.2	10:36.2
31	Schanandore, Zachary	SO	1316	Mandan	31	16:56.8	1:41.0	5:26.9	3:23.4	5:04.2	10:39.2
32	Haugen, Hunter	SR	1484	Williston	32	17:00.2	1:44.4	5:28.0	3:24.0	5:02.6	10:40.0
33	Naujokas, Kaj	SO	1144	Davies	33	17:00.8	1:45.0	5:28.2	3:24.2	5:17.5	10:52.5
34	Bocanegra Tovar, Dehico	SO	1445	Watford City	34	17:01.2	1:45.4	5:28.4	3:24.2	5:07.9	10:42.7
35	Ames, Cooper	SO	1478	Williston	35	17:02.5	1:46.7	5:28.8	3:24.5	5:06.6	10:46.0
36	Wick, Austin	JR	1109	Bismarck	(36)	17:02.8	1:47.0	5:28.9	3:24.6	5:05.1	10:39.3
37	Hart, Hunter	SR	1483	Williston	(37)	17:05.2	1:49.4	5:29.6	3:25.0	5:06.6	10:48.0
38	White Buffalo, Peyton	SR	1319	Mandan	38	17:06.0	1:50.2	5:29.9	3:25.2	5:01.1	10:38.5
39	Currence, Kasen	JR	1141	Davies	39	17:07.0	1:51.2	5:30.2	3:25.4	5:17.4	10:52.1
40	Condon, Xavin	SR	1312	Mandan	40	17:07.7	1:51.9	5:30.5	3:25.5	5:09.1	10:44.7
41	Anderson, Hayden	FR	1121	Century	41	17:09.1	1:53.3	5:30.9	3:25.8	5:08.9	10:48.7
42	Bullinger, Hudson	FR	1122	Century	(42)	17:09.1	1:53.3	5:30.9	3:25.8	5:14.7	10:50.8
43	Bennett, Zane	SO	1164	Devils Lake	43	17:10.2	1:54.4	5:31.3	3:26.0	5:06.2	10:46.5
44	Ochsner, Peyton	FR	1145	Davies	44	17:12.5	1:56.7	5:32.0	3:26.5	5:15.8	10:52.6
45	Chaffee, James	FR	1382	Shanley	45	17:14.1	1:58.3	5:32.5	3:26.8	5:05.0	10:39.3
46	Cerney, Isaac	JR	1201	Fargo North	46	17:15.9	2:00.1	5:33.1	3:27.2	5:11.8	10:51.5
47	Asprey, Tyler	SO	1479	Williston	(47)	17:18.3	2:02.5	5:33.9	3:27.7	5:05.5	10:50.8
48	Stoudt, Micah	SR	1277	Jamestown	48	17:19.5	2:03.7	5:34.2	3:27.9	5:16.8	10:53.8
49	Kaufman, Bracston	8	1129	Century	(49)	17:19.9	2:04.1	5:34.4	3:28.0	5:11.9	10:51.4
50	Fiala, Aidan	SR	1243	Grand Forks Centra	50	17:21.3	2:05.5	5:34.8	3:28.3	5:16.6	10:52.5
51	Oswald, Derek	SR	1337	Minot	51	17:23.6	2:07.8	5:35.6	3:28.7	5:19.7	10:52.2
52	Ricks, Gabriel	JR	1188	Dickinson	52	17:25.6	2:09.8	5:36.2	3:29.1	5:24.6	11:04.7
53	Dafoe, Isaac	FR	1363	Red River	53	17:27.4	2:11.6	5:36.8	3:29.5	5:07.6	10:48.2
54	Gisselbeck, Stetson	SR	1403	Sheyenne	54	17:28.4	2:12.6	5:37.1	3:29.7	5:05.8	10:42.1
55	Swanson, Hunter	JR	1148	Davies	55	17:29.3	2:13.5	5:37.4	3:29.9	5:16.4	10:57.5
56	Johnson, Chance	FR	1143	Davies	(56)	17:30.3	2:14.5	5:37.7	3:30.1	5:27.8	11:08.3
57	Schumacher, Nathaniel	JR	1108	Bismarck	(57)	17:31.1	2:15.3	5:38.0	3:30.2	5:05.9	10:53.0
58	Fryhling, Ben	SR	1126	Century	(58)	17:31.4	2:15.6	5:38.1	3:30.3	5:11.1	10:57.9
59	Johnson, Scott	SO	1367	Red River	(59)	17:33.0	2:17.2	5:38.6	3:30.6	5:12.8	10:55.8
60	Kain, Alex	JR	1223	Fargo South	60	17:33.1	2:17.3	5:38.6	3:30.6	5:35.6	11:16.8
61	Loraas, Kyler	JR	1107	Bismarck	(61)	17:34.0	2:18.2	5:38.9	3:30.8	5:05.1	10:49.3
62	Hoskins, Mason	FR	1127	Century	(62)	17:34.5	2:18.7	5:39.1	3:30.9	5:19.3	11:02.1

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
63 Tolman, Maddox	8	1486	Williston	(63)	17:34.5	2:18.7	5:39.1	3:30.9	5:14.1	11:04.9
64 Shorma, Peter	FR	1388	Shanley	64	17:37.9	2:22.1	5:40.2	3:31.6	5:23.1	11:10.5
65 Eberle, Nathan	JR	1293	Legacy	65	17:39.3	2:23.5	5:40.6	3:31.9	5:18.5	11:11.2
66 Helbling, Austin	FR	1314	Mandan	(66)	17:40.1	2:24.3	5:40.9	3:32.0	5:19.3	11:07.8
67 Binstock, Kaleb	SO	1181	Dickinson	67	17:40.5	2:24.7	5:41.0	3:32.1	5:28.4	11:18.2
68 Duerr, Zach	JR	1402	Sheyenne	68	17:41.1	2:25.3	5:41.2	3:32.2	5:08.4	10:51.9
69 Nelson, Stuart	SR	1386	Shanley	69	17:41.3	2:25.5	5:41.3	3:32.3	5:21.8	11:09.1
70 Jackson, Jacob	SR	1336	Minot	70	17:41.9	2:26.1	5:41.4	3:32.4	5:24.9	11:19.2
71 Symington, Jamison	JR	1317	Mandan	(71)	17:42.3	2:26.5	5:41.6	3:32.5	5:24.6	11:12.2
72 Steele, Lincoln	SO	1250	Grand Forks Centra	72	17:43.4	2:27.6	5:41.9	3:32.7	5:16.6	11:05.5
73 Pfeifer, Owen	FR	1146	Davies	(73)	17:44.3	2:28.5	5:42.2	3:32.9	5:32.2	11:21.6
74 Krenz, Brennen	SO	1461	West Fargo	74	17:44.7	2:28.9	5:42.3	3:32.9	5:19.8	11:08.8
75 White Buffalo, Yates	7	1320	Mandan	(75)	17:45.4	2:29.6	5:42.6	3:33.1	5:22.6	11:11.9
76 Biebighauser, John	SR	1380	Shanley	(76)	17:48.9	2:33.1	5:43.7	3:33.8	5:22.0	11:13.9
77 Thomson, Keagan	FR	1150	Davies	(77)	17:51.9	2:36.1	5:44.7	3:34.4	5:27.7	11:13.5
78 Swenson, Drew	SR	1409	Sheyenne	78	17:52.8	2:37.0	5:45.0	3:34.6	5:20.9	11:10.3
79 Krump, William	SR	1368	Red River	(79)	17:56.3	2:40.5	5:46.1	3:35.3	5:14.5	11:10.3
80 Saylor, Jack	SO	1315	Mandan	(80)	17:58.7	2:42.9	5:46.8	3:35.7	5:24.7	11:18.9
81 Berglof, Nolan	SR	1331	Minot	81	18:00.2	2:44.4	5:47.3	3:36.0	5:21.7	11:16.5
82 Shaw, Conner	SR	1340	Minot	82	18:01.0	2:45.2	5:47.6	3:36.2	5:20.2	11:19.0
83 Wendt, Jayce	SO	1359	Minot North	83	18:01.6	2:45.8	5:47.8	3:36.3	5:30.8	11:27.1
84 Arens, Liam	JR	1400	Sheyenne	84	18:02.7	2:46.9	5:48.1	3:36.5	5:20.9	11:20.4
85 Hummel, Cameron	SR	1334	Minot	(85)	18:02.8	2:47.0	5:48.2	3:36.6	5:24.4	11:24.0
86 Jangula, Wyatt	SO	1185	Dickinson	86	18:04.0	2:48.2	5:48.6	3:36.8	5:32.6	11:26.2
87 Logan, Jacob	JR	1297	Legacy	87	18:05.8	2:50.0	5:49.1	3:37.2	5:18.6	11:18.5
88 Dvorak, Sam	SR	1365	Red River	(88)	18:06.2	2:50.4	5:49.3	3:37.2	5:16.1	11:13.0
89 L' Heureux, Devin	SO	1406	Sheyenne	89	18:06.9	2:51.1	5:49.5	3:37.4	5:30.4	11:25.7
90 Hartze, Logan	SO	1366	Red River	(90)	18:07.1	2:51.3	5:49.5	3:37.4	5:18.6	11:14.1
91 Mitchell, Judah	JR	1447	Watford City	91	18:07.3	2:51.5	5:49.6	3:37.5	5:29.9	11:26.0
92 Larson, Luke	SR	1130	Century	(92)	18:08.2	2:52.4	5:49.9	3:37.6	5:16.8	11:06.6
93 Hernandez, Francisco	8	1485	Williston	(93)	18:09.7	2:53.9	5:50.4	3:37.9	5:21.4	11:25.7
94 Burke, Noah	FR	1292	Legacy	94	18:12.7	2:56.9	5:51.4	3:38.5	5:30.8	11:28.4
95 Fogarty, Beckett	8	1332	Minot	(95)	18:15.0	2:59.2	5:52.1	3:39.0	5:25.0	11:23.6
96 Oswald, Xavier	SO	1338	Minot	(96)	18:15.7	2:59.9	5:52.3	3:39.1	5:31.6	11:29.9
97 Baah, Samuel	SR	1360	Red River	(97)	18:16.1	3:00.3	5:52.4	3:39.2	5:19.3	11:16.0
98 Sandy, William	8	1387	Shanley	(98)	18:16.5	3:00.7	5:52.6	3:39.3	5:28.7	11:25.7
99 Chapman, Haydn	SO	1352	Minot North	99	18:17.1	3:01.3	5:52.8	3:39.4	5:37.3	11:39.3
100 Sorby, Jack	SO	1432	Valley City	100	18:17.1	3:01.3	5:52.8	3:39.4	5:23.3	11:29.9
101 Drummond, Elijah	SO	1429	Valley City	101	18:17.2	3:01.4	5:52.8	3:39.4	5:30.4	11:32.4
102 Rudolph, Ethan	JR	1463	West Fargo	102	18:18.1	3:02.3	5:53.1	3:39.6	5:36.7	11:31.5
103 Azure, Noah	SR	1162	Devils Lake	103	18:18.5	3:02.7	5:53.2	3:39.7	5:26.9	11:29.2
104 Rae, Westley	SR	1187	Dickinson	104	18:19.3	3:03.5	5:53.5	3:39.9	5:29.7	11:27.1
105 Nelson, Joel	SR	1167	Devils Lake	105	18:20.4	3:04.6	5:53.8	3:40.1	5:37.3	11:45.7
106 Pochmara, David	SO	1207	Fargo North	106	18:21.1	3:05.3	5:54.1	3:40.2	5:34.2	11:37.8
107 Wolf, Cameron	JR	1190	Dickinson	(107)	18:21.1	3:05.3	5:54.1	3:40.2	5:35.1	11:31.4
108 Fonder, Kyjuan	SO	1295	Legacy	108	18:22.4	3:06.6	5:54.5	3:40.5	5:37.1	11:46.5

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109 Reister, Kade	FR	1339	Minot	(109)	18:22.7	3:06.9	5:54.6	3:40.5	5:29.1	11:30.6
110 Thunder Hawk, Gavin	JR	1318	Mandan	(110)	18:25.0	3:09.2	5:55.3	3:41.0	5:32.2	11:37.2
111 Rasmussen, Ian	SR	1208	Fargo North	111	18:26.5	3:10.7	5:55.8	3:41.3	5:34.4	11:38.7
112 Peterson, Caden	JR	1407	Sheyenne	(112)	18:27.1	3:11.3	5:56.0	3:41.4	5:30.6	11:36.1
113 Sanchez, Gerardo	SR	1169	Devils Lake	113	18:29.0	3:13.2	5:56.6	3:41.8	5:35.2	11:40.4
114 Ackerman, Aiden	SO	1161	Devils Lake	114	18:29.8	3:14.0	5:56.8	3:42.0	5:23.4	11:29.1
115 Ahrens, Jonah	SO	1350	Minot North	115	18:29.9	3:14.1	5:56.9	3:42.0	5:40.3	11:39.6
116 Sprout, Cameron	SO	1408	Sheyenne	(116)	18:31.1	3:15.3	5:57.3	3:42.2	5:16.6	11:51.0
117 Bruce, Chase	SO	1401	Sheyenne	(117)	18:31.8	3:16.0	5:57.5	3:42.4	5:31.2	11:41.7
118 Jackson, Dylan	SR	1335	Minot	(118)	18:33.6	3:17.8	5:58.1	3:42.7	5:29.4	11:44.1
119 Sickler, Ben	8	1249	Grand Forks Centra	119	18:33.6	3:17.8	5:58.1	3:42.7	5:36.7	11:41.2
120 Kotala, Abhi	SO	1405	Sheyenne	(120)	18:33.8	3:18.0	5:58.1	3:42.8	5:30.6	11:34.6
121 Sobolik, Adam	SR	1170	Devils Lake	(121)	18:37.2	3:21.4	5:59.2	3:43.4	5:27.0	11:41.0
122 Robinson, Matthew	SO	1261	Horace	122	18:37.4	3:21.6	5:59.3	3:43.5	5:34.7	11:26.7
123 Jensen, Christian	8	1404	Sheyenne	(123)	18:39.8	3:24.0	6:00.1	3:44.0	5:34.5	11:44.4
124 Velek, Jaydyn	JR	1279	Jamestown	124	18:40.2	3:24.4	6:00.2	3:44.0	5:39.2	11:44.3
125 Heupel, Heath	SO	1275	Jamestown	125	18:42.0	3:26.2	6:00.8	3:44.4	5:43.8	11:45.0
126 Trapp, Simon	8	1433	Valley City	126	18:43.1	3:27.3	6:01.1	3:44.6	5:41.9	11:45.3
127 Honeyman, Reeve	SO	1296	Legacy	127	18:43.1	3:27.3	6:01.1	3:44.6	5:31.6	11:42.8
128 Hammond, Gage	FR	1183	Dickinson	(128)	18:43.2	3:27.4	6:01.2	3:44.6	5:46.2	11:54.6
129 Vink, Colin	JR	1389	Shanley	(129)	18:44.1	3:28.3	6:01.4	3:44.8	5:46.1	11:56.8
130 Pochmara, Christian	SR	1206	Fargo North	130	18:44.3	3:28.5	6:01.5	3:44.9	5:34.6	11:42.4
131 Jensen, Tanner	FR	1357	Minot North	(131)	18:44.8	3:29.0	6:01.7	3:45.0	5:43.1	11:56.1
132 Henry, Toby	SO	1142	Davies	(132)	18:45.8	3:30.0	6:02.0	3:45.2	6:04.5	12:03.4
133 Kraft, Isaac	8	1165	Devils Lake	(133)	18:46.2	3:30.4	6:02.1	3:45.2	5:35.5	11:49.2
134 Pfau, Karter	JR	1205	Fargo North	134	18:46.2	3:30.4	6:02.1	3:45.2	5:45.7	11:59.5
135 Schneider, Landon	8	1209	Fargo North	(135)	18:46.8	3:31.0	6:02.3	3:45.4	5:45.8	11:59.1
136 Foerster, Cole	FR	1385	Shanley	(136)	18:48.2	3:32.4	6:02.8	3:45.6	5:42.5	11:59.0
137 Finders, Lucas	JR	1481	Williston	(137)	18:49.2	3:33.4	6:03.1	3:45.8	5:19.9	11:41.4
138 Jarvis, James	8	1204	Fargo North	(138)	18:50.3	3:34.5	6:03.4	3:46.1	5:45.3	11:59.1
139 Johnson, Blaine	FR	1246	Grand Forks Centra	139	18:53.0	3:37.2	6:04.3	3:46.6	5:42.8	11:58.1
140 Wald, Lance	SO	1299	Legacy	(140)	18:54.9	3:39.1	6:04.9	3:47.0	5:38.4	11:50.9
141 Stegman, Jake	JR	1465	West Fargo	141	18:56.0	3:40.2	6:05.3	3:47.2	5:32.9	11:40.5
142 Wick, Dax	8	1280	Jamestown	142	18:58.9	3:43.1	6:06.2	3:47.8	5:44.4	11:58.5
143 Dorsher, Will	SR	1203	Fargo North	(143)	18:59.5	3:43.7	6:06.4	3:47.9	5:46.6	12:00.5
144 Folk, Jon	SO	1355	Minot North	(144)	19:00.3	3:44.5	6:06.7	3:48.1	5:35.0	11:50.3
145 Syster, Jacob	SR	1228	Fargo South	145	19:00.4	3:44.6	6:06.7	3:48.1	5:55.1	12:11.0
146 Christianson, Soren	8	1202	Fargo North	(146)	19:00.9	3:45.1	6:06.8	3:48.2	5:46.1	11:59.7
147 Eichmann, Kyler	SO	1149	Davies	(147)	19:02.0	3:46.2	6:07.2	3:48.4	6:04.5	12:14.1
148 Quam, Grant	SR	1168	Devils Lake	(148)	19:07.6	3:51.8	6:09.0	3:49.5	5:48.6	12:04.1
149 Brunelle, Deandre	FR	1291	Legacy	(149)	19:08.4	3:52.6	6:09.3	3:49.7	5:38.3	11:53.1
150 Tackling, Oliver	SO	1210	Fargo North	(150)	19:09.0	3:53.2	6:09.5	3:49.8	5:46.1	12:01.2
151 Breland, William	JR	1422	Turtle Mountain Co	151	19:10.1	3:54.3	6:09.8	3:50.0	5:36.5	11:56.2
152 Boaz, Layton	SR	1241	Grand Forks Centra	(152)	19:11.0	3:55.2	6:10.1	3:50.2	5:58.9	12:14.8
153 Truax, Brock	SR	1278	Jamestown	153	19:12.4	3:56.6	6:10.5	3:50.5	5:56.0	12:17.5
154 Flanagan, Elias	SR	1294	Legacy	(154)	19:12.5	3:56.7	6:10.6	3:50.5	5:46.6	12:04.5

NORTH DAKOTA STATE XC MEET

Jamestown, ND
 Parkhurst Campground
 10/25/2024 - 10/26/2024



OFFICIAL MEET REPORT
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Race #3
Class A Boy's 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
155 Ihry, Caleb	SO	1245	Grand Forks Centra	(155)	19:13.1	3:57.3	6:10.8	3:50.6	5:52.8	12:18.4
156 Senger, Zander	JR	1464	West Fargo	156	19:13.5	3:57.7	6:10.9	3:50.7	5:36.1	11:50.0
157 Davies, Ben	JR	1460	West Fargo	(157)	19:13.8	3:58.0	6:11.0	3:50.8	5:28.2	11:57.5
158 Goven, Garett	7	1430	Valley City	158	19:16.9	4:01.1	6:12.0	3:51.4	5:47.8	12:07.2
159 Bear, Joe	JR	1444	Watford City	159	19:17.5	4:01.7	6:12.2	3:51.5	6:04.7	12:31.3
160 Champagne, Tristan	8	1271	Jamestown	(160)	19:22.4	4:06.6	6:13.8	3:52.5	5:47.3	12:15.9
161 Larson, Ben	SR	1166	Devils Lake	(161)	19:25.8	4:10.0	6:14.9	3:53.2	5:36.7	12:01.0
162 Wetzel, Chance	FR	1300	Legacy	(162)	19:27.4	4:11.6	6:15.4	3:53.5	5:38.8	12:01.1
163 Peterson, Daniel	SR	1449	Watford City	163	19:27.5	4:11.7	6:15.4	3:53.5	5:59.6	12:23.5
164 Azure, Carter	FR	1420	Turtle Mountain Co	164	19:28.5	4:12.7	6:15.7	3:53.7	5:41.2	12:07.8
165 Hecker, Ryder	JR	1184	Dickinson	(165)	19:28.9	4:13.1	6:15.9	3:53.8	5:55.2	
166 Cook, Nathan	JR	1258	Horace	166	19:29.2	4:13.4	6:15.9	3:53.8	6:00.1	12:19.7
167 Kuntz, Tayten	FR	1186	Dickinson	(167)	19:29.5	4:13.7	6:16.0	3:53.9	5:55.2	12:21.9
168 Azure, Trevor	SR	1421	Turtle Mountain Co	168	19:31.2	4:15.4	6:16.6	3:54.2	5:44.0	12:11.1
169 Smith, Jackson	8	1227	Fargo South	169	19:32.9	4:17.1	6:17.1	3:54.6	6:02.8	12:27.8
170 Newhouse, Bryson	8	1248	Grand Forks Centra	(170)	19:33.1	4:17.3	6:17.2	3:54.6	5:59.1	12:24.5
171 Thoreson, Parker	SR	1466	West Fargo	(171)	19:35.0	4:19.2	6:17.8	3:55.0	5:41.8	12:17.0
172 Ellsworth, Jaden	FR	1383	Shanley	(172)	19:39.1	4:23.3	6:19.1	3:55.8	5:51.9	12:21.2
173 Borboa, Kellan	7	1242	Grand Forks Centra	(173)	19:41.5	4:25.7	6:19.9	3:56.3	6:01.7	12:30.1
174 Tack, Aaron	SR	1358	Minot North	(174)	19:43.3	4:27.5	6:20.5	3:56.7	5:48.3	12:16.5
175 Goettle, Lincoln	JR	1182	Dickinson	(175)	19:44.6	4:28.8	6:20.9	3:56.9	6:06.1	12:29.6
176 Opp, Eyan	FR	1298	Legacy	(176)	19:45.6	4:29.8	6:21.2	3:57.1	5:48.1	12:22.6
177 Roehl, Mason	FR	1226	Fargo South	177	19:47.0	4:31.2	6:21.7	3:57.4	6:04.5	12:34.7
178 Bennett, Rylan	8	1163	Devils Lake	(178)	19:54.1	4:38.3	6:24.0	3:58.8	6:02.9	12:37.0
179 Herzig, Kamden	SR	1274	Jamestown	(179)	19:56.1	4:40.3	6:24.6	3:59.2	5:45.7	12:13.5
180 Gwion, Frank	JR	1222	Fargo South	180	19:58.0	4:42.2	6:25.2	3:59.6	5:55.2	12:24.6
181 VanCamp, Calvin	SO	1229	Fargo South	(181)	19:58.6	4:42.8	6:25.4	3:59.7	6:03.6	12:40.9
182 Barglof, Colton	8	1221	Fargo South	(182)	19:58.7	4:42.9	6:25.4	3:59.7	6:04.9	12:40.6
183 Edwards, Lenon	SO	1354	Minot North	(183)	20:10.6	4:54.8	6:29.3	4:02.1	6:08.0	12:41.8
184 Willey, Miles	SO	1230	Fargo South	(184)	20:10.7	4:54.9	6:29.3	4:02.1	6:05.9	12:41.4
185 Hanson, Leif	SO	1272	Jamestown	(185)	20:19.3	5:03.5	6:32.1	4:03.9	6:06.4	12:55.0
186 Sappington, Zevon	FR	1263	Horace	186	20:23.3	5:07.5	6:33.3	4:04.7	6:18.8	12:55.7
187 Karjalainen, Eli	7	1259	Horace	187	20:25.8	5:10.0	6:34.1	4:05.2	6:16.8	12:56.7
188 Driver, Kayne	FR	1353	Minot North	(188)	20:30.2	5:14.4	6:35.6	4:06.0	6:10.6	12:55.5
189 Pollert, Elijah	SO	1260	Horace	(189)	20:41.5	5:25.7	6:39.2	4:08.3	6:18.9	13:05.9
190 Odenbach, James	JR	1448	Watford City	190	20:45.2	5:29.4	6:40.4	4:09.0	6:15.6	13:08.3
191 Berg, Brycen	8	1427	Valley City	191	20:52.2	5:36.4	6:42.6	4:10.4	6:15.5	13:06.2
192 Rivera, Adrian	SO	1431	Valley City	(192)	20:54.4	5:38.6	6:43.3	4:10.9	6:13.4	13:04.6
193 Parisien, Robby	SO	1424	Turtle Mountain Co	193	20:57.6	5:41.8	6:44.4	4:11.5	6:16.1	13:11.8
194 Halvorson, Jaded	SO	1244	Grand Forks Centra	(194)	20:58.0	5:42.2	6:44.5	4:11.6	6:01.5	12:52.4
195 Coghlan, Carter	7	1428	Valley City	(195)	21:00.5	5:44.7	6:45.3	4:12.1	6:16.5	13:09.8
196 Myrold, Landon	SO	1462	West Fargo	(196)	21:02.7	5:46.9	6:46.0	4:12.5	6:04.5	13:05.4
197 Peterson, Teagan	FR	1225	Fargo South	(197)	21:16.0	6:00.2	6:50.3	4:15.2	6:15.1	13:11.1
198 Millington, Liam	SO	1224	Fargo South	(198)	21:20.5	6:04.7	6:51.7	4:16.1	6:15.3	13:12.3
199 Mitchell, Elisha	FR	1446	Watford City	(199)	21:35.4	6:19.6	6:56.5	4:19.1	6:24.9	13:31.6
200 Harms, August	SR	1273	Jamestown	(200)	21:45.8	6:30.0	6:59.9	4:21.2	6:25.1	13:32.9