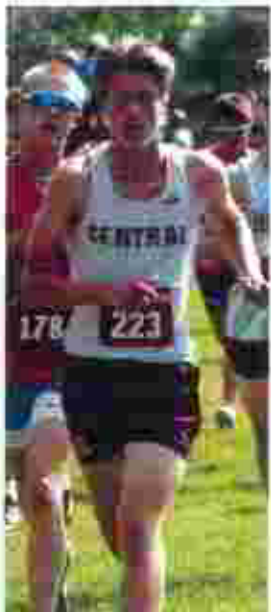




GFC Knights Boys Cross Country 2025



2025 Knights XC PR's

	4k	5k
1 Martin, Grant (16:25.0)		16:52.1
2 Sickler, Ben		17:02.2
3 Sapaugh, Ben	10:36.1	15:22.6
4 Johnson, Blaine		17:58.3
5 Uhlir, Ty		18:04.5
6 Halvorson, Jaded		18:07.7
7 Selby, Gage	10:40.5	15:32.7
8 Borboa, Kellen	10:55.0	15:29.1
9 Anderson, Owen		14:58.3
10 Salberg, Steven		14:50.7
11 Sailer, Kaden		15:25.2
12 Machart, James		14:58.3
13 Borboa, Levi		15:43.8
14 Newhouse, Byrson (19:33.1)		15:39.2
15 Kniert, Caius		15:57.6
16 Feist, Blaze		16:22.0
17 Bulger, Blaine	11:28.6	16:50.0
18 Gander, Micah	11:31.9	16:02.2
19 Gruenes, Daniel		16:52.3
20 Downs, Will		16:26.4
21 Waddle, Ethan		17:03.1
22 Schwan, Cody		17:28.1
23 Schill, Michael		17:01.4
24 Fiest, Logan		19:07.7
25 Chieloha, Grady		21:07.2
26 Hogberg, Ethan		21:41.8
27 Osborn, Nate (26:01.4)		19:44.0
28 Nombre, Abraham		16:58.5
29 Welsh, Michael	13:17.2	18:07.0
30 Johnson, Ryan	13:26.2	19:04.5
31 Kindseth, Kjell	13:35.5	21:00.9
32 Kniert, Atticus (24:53)	13:37.1	
33 Maharrey, Jacob	14:48.7	20:51.6
34 Thompson, Eli	15:33.2	21:31.7
2025 Top 5 Average		17:33.7
	Top 5 total time	1:27:49

EASTERN DAKOTA CONFERENCE CHAMPIONS

Leif Larsen 2015

Collin Parrish 2006, 2007

Lee DeKrey 2000

Jim Herberg 1980, 1979

GF CENTRAL BOY'S ALL-CONFERENCE

Ben Sickler	2025		
Grant Martin	2025, 2024, 2023	Kyle Perry	2004, 2003, 2002, 2001, 2000
Quinn Roehl	2022, 2021, 2020, 2019	Lee DeKrey	2001, 2000
Zach Martin	2021, 2019	Nick Glimsdahl	2001
Carter Elde	2019	Dane Simonson	2001, 2000
Adam Arnold	2019, 2018, 2017	Matt Peterson	2001
Ryan Meyer	2017	Matt Hare	2000
Richie Osborn	2016, 2015, 2014	Paul Frushour	2000
Leif Larsen	2015 , 2014, 2013	Andrew Fischer	1999
David Hettich	2015, 2014	Richard Dafoe	1999, 1998
Shay Doward	2014	Mat Sorum	1999
Camron Roehl	2013, 2012, 2011	Keith Swadlo	1998
Keelan Murphy	2013	Chris Gust	1997, 1996, 1995
Nick Ackley	2012	Wade Juntunen	1998, 1997, 1996
Andrew Torrey	2012, 2011	Matt Theisen	1996
Paul Shafer	2011, 2010, 2009	Josh Jorde	1993
Tom Fisher	2011, 2010, 2009, 2008	George Kirby	1993
Shane Harlow	2008, 2007	Chris Ford	1992
Alex Torrey	2008	Chris Conzo	1988, 1987
Colin Parrish	2007 , 2006 , 2005	Henry Van Winkle	1987
Ronnie Kyllö	2007, 2006	Scott Carlisle	1982, 1981
Mike Torrey	2007	Mark Stahl	1981, 1980
Ben Peterson	2007	Jim Herberg	1980 , 1979
Josh Rau	2007	Jim Fiala	1972
Stephon Sharief	2006	Joe Ford	1969
Seth Drake	2006	Casey Ryan	1966

Note: **Bold Conference Champions**

NORTH DAKOTA CROSS COUNTRY STATE CHAMPIONS

Lee DeKrey 2000
Wade Juntunen 1998
Jim Herberg 1980
Jim Herberg 1979
Casey Ryan 1966

GF CENTRAL BOY'S ALL-STATE

Quinn Roehl	2020, 2021, 2022	Dane Simonson	2000
Richie Osborn	2016	Richard Dafoe	1999, 1998
Lief Larsen	2015, 2014, 2013	Andrew Fischer	1999
David Hettich	2015, 2014	Mat Sorum	1999
Camron Roehl	2013, 2012	Wade Juntunen	1998 , 1997, 1996
Paul Shafer	2011	Keith Swadlo	1998
Tom Fisher	2011, 2010, 2009	Chris Gust	1997, 1996, 1995
Shane Harlow	2010, 2009, 2008	Chris Zimmer	1995
Colin Parrish	2007, 2006, 2005	Chris Conzo	1988
Ronnie Kylo	2007, 2006	Henry Van Winkle	1987
Stephon Sharief	2006	Scott Carlisle	1982
Kyle Perry	2004, 2003, 2001	Jim Herberg	1980, 1979
Lee DeKrey	2001, 2000	Mark Stahl	1980
Nick Glimsdahl	2001	Casey Ryan	1966

Note: Bold State Champion

Eastern Dakota Conference

Years Boys Team Top 3 Placer

1st	2010, 2007, 2006, 2001, 1998
2nd	2011, 2009, 2000, 1998, 1997, 1976, 1969
3rd	2015, 2005, 1999, 1981

Boys

<u>Year</u>	<u>Place/# of teams</u>	<u>Year</u>	<u>Place/# of teams</u>
2025	5th/10	2001	1st/11
2024	4th/11	2000	2nd/11
2023	8th/11	1999	3rd/11
2022	4th/11	1998	1st/11
2021	6th/11	1998	2nd/11
2020	5th/10	1997	2nd/11
2019	4th/10	1996	6th/11
2018	5th/10	1995	9th/13
2017	4th/10	1994	5th/10
2016	6th/10	1992	4th/9
2015	3rd/10	1991	5th/11
2014	5th/11	1990	10th/10
2013	3rd/10	1989	6th/6
2012	6th/10	1988	6th/7
2011	2nd/10	1987	6th/8
2010	1st/10	1986	8th/8
2009	2nd/8	1985	7th/8
2008	4th/9	1984	8th/8th
2007	1st/9	1983	Inc
2006	1st/9	1982	5th/8
2005	3rd/10	1981	3rd/8
2004	5th/10	1976	2nd/8
2003	5th/10	1969	2nd/8
2002	6th/11		

North Dakota State Meet

Years Boys Team Top 5 Placer

1st	1998
2nd	2001, 1999, 1997
3rd	2011, 2010, 1996
4th	2013, 2009
5th	2015, 2006, 2000

Boys

<u>Year</u>	<u>Place/# of teams</u>	<u>Year</u>	<u>Place/# of teams</u>
2025	10th/21	2001	2nd/19
2024	12th/22	2000	5th/19
2023	14th/20	1999	2nd/19
2022	12th/20	1998	1st/18
2021	12th/20	1997	2nd/18
2020	9th/19	1996	3rd/18
2019	10th/19	1995	7th/18
2018	14th/20	1994	15th/16
2017	12th/19	1993	13th/16
2016	9th/19	1992	11th/17
2015	5th/19	1991	11th/18
2014	6th/20	1990	17th/17
2013	4th/18	1989	17th/17
2012	7th/18	1988	16th/17
2011	3rd/18	1987	14th/17
2010	3rd/18	1986	20th/21
2009	4th/16	1985	16th/21
2008	7th/17	1984	16th/18
2007	6th/18	1983	17th/18
2006	5th/18	1982	Inc
2005	8th/18	1981	13th/18
2004	6th/19	1980	9th/19
2003	10th/19		
2002	11th/19		

GFC 5K Century Club

Bold=All-State

		Grade	Year	5k		Grade	Year	5k
	1				51			
	Roehl, Quinn	12	2022	15:23	Harriman, Tyler	12	2010	17:30
State Champion	2				52			
	Juntunen, Wade	12	1998	15:43	Williams, Delane	11	1998	17:31
2007 Runner-up	3				53			
	Parrish, Colin	12	2007	15:45	Diederich, Preston	11	2022	17:31
	4				54			
	Larsen, Leif	12	2014	15:58	Reed, Cayden	12	2022	17:31
	5				55			
	Perry, Kyle	11	2003	15:59	Murphy, Keelan	11	2012	17:32
	6				56			
	Gust, Matt	12	1997	16:00	Kurtyka, Chad	12	1996	17:34
	7				57			
	Roehl, Camron	11	2013	16:06	Stoltzman, Bryce	12	2010	17:36
	8				58			
	Zimmer, Chris	11	1994	16:15	Olsen, Eric	11	2017	17:36
State Champion	9				59			
	DeKrey, Lee	12	2001	16:16	Van de Bogert, Dylan	10	2018	17:37
	10				60			
	Osborn, Richie	11	2016	16:18	Mondor, Mark	12	2004	17:38
	11				61			
	Hettich, David	12	2015	16:19	Peterson, Kohlton	11	2016	17:43
	12				62			
	Shafer, Paul	12	2011	16:20	Sande, Curtis	10	2021	17:43
	13				63			
	Harlow, Shane	11	2009	16:22	Drake, Seth	10*	2006	17:45
	14				64			
	Dafoe, Richard	12	1999	16:25	Barclay, Mark	11	2004	17:46
	15				65			
	Martin, Grant	10	2024	16:25	Rau, Josh	11	2006	17:46
	16				66			
	Kyllo, Ronnie	12	2007	16:27	Springer, Aaron	11	2016	17:48
	17				67			
	Fisher, Tom	11	2010	16:27	Nelson, Zach	11	2016	17:48
	18				68			
	Swadlo, Keith	12	1998	16:29	Peters, Chris	12	1998	17:49
	19				69			
	Jorde, Josh	12	1993	16:34	Lorenz, Cael	9	2017	17:49
	20				70			
	Richardson, Jesse	11	1997	16:38	Beckstead, Kyle	11	2003	17:50
	21				71			
	Sorum, Mat	12	1999	16:41	Peterson, Ben	12	2007	17:52
	22				72			
	Fisher, Andrew	12	1999	16:43	Ben Sapaugh	8	2025	17:52
	23				73			
	Torrey, Andrew	12	2012	16:47	Helegson, Ted	12	2012	17:54
	24				74			
	Meyer, Ryan	9	2017	16:47	Lappe, Josh	11	2006	17:55
	25				75			
	Glimsdahl, Nick	12	2001	16:48	Johnson, Blaine	10	2024	17:58
	26				76			
	Kirby, George	12	1993	16:50	Heinz, Jordan	9*	1998	17:59
	27				77			
	Fiala, Nate	10	1998	17:01	Lorenz, Cael	11	2019	17:59
	28				78			
	Sickler, Ben	9	2025	17:02	Mutzenberger, Wyatt	10	2019	18:03
	29				79			
	Sharief, Stephon	12	2006	17:06	Zacha, John	9	2011	18:04
	30				80			
	Arnold, Adam	9	2017	17:07	Hoffert, Derek	11	2004	18:05
	31				81			
	Martin, Zach	11	2020	17:08	Houska, Ben	10	2009	18:05
	32				82			
	Fiala, Aidan	12	2022	17:08	Uhlir, Ty	11	2025	18:05
	33				83			
	Elde, Carter	10	2019	17:09	Wood, Nick	12	2006	18:08
	34				84			
	Theisen, Matt	12	1996	17:12	Halvorson, Jaded	11	2025	18:08
	35				85			
	Simonson, Dane	12	2002	17:12	Dianat, Alex	11	2013	18:09
	36				86			
	Gerszewski, Justin	11	2010	17:12	Norton, Sean	10	2009	18:10
	37				87			
	Steele, Lincoln	10	2024	17:12	Hoverson, Branon	10	2018	18:11
	38				88			
	Ford, Chris	12	1993	17:13	Brown, Nathan	9*	2004	18:14
	39				89			
	Torrey, Alex	10	2009	17:13	Cavanugh, Julian	10	2013	18:14
	40				90			
	Petty, Derek	10	2011	17:16	Vasichek, Tucker	11	2019	18:16
	41				91			
	Ackley, Nick	12	2012	17:18	Palmgren, Ross	10*	2005	18:18
	42				92			
	Harsell, Ethan	12	2018	17:20	Cruz, Emery	10	2016	18:19
	43				93			
	Williamson, Joe	10	2020	17:22	Gage Selby	7	2025	18:19
	44				94			
	Dorward, Shay	11	2014	17:24	Harsell, Avery	12	2021	18:20
	45				95			
	Halverson, Cade	10	2019	17:26	Tyrrell, Jake	9*	2005	18:21
	46				96			
	Peterson, Matt	12	2001	17:27	Stevens, Lane	10	2019	18:24
	47				97			
	Frushour, Paul	12	2001	17:28	DeFoe, Josh	12	2019	18:24
	48				98			
	Torrey, Mike	10	2007	17:28	Jensen, Shane	12	2012	18:30
	49				99			
	Caraballo, Chris	11	2013	17:28	Fiala, Eric	10	2003	18:32
	50				100			
	Wood, Ben	12	2013	17:29	Volcheck, Jon	12	2011	18:32

Freshman 5k Century Club

Bold = Become All-State

*** moved**

	Year	3k	4k	5k		Year	3k	4k	5k
1 Roehl, Quinn	2019			16:46	51 Ferguson, Dan*	2003		17:20	19:06
1 Martin, Grant	2023			16:46	52 Kraft, Zach*	2008	11:36	15:53	19:07
3 Meyer, Ryan	2017	10:37	15:39	16:47	53 Machart, James	2025		14:58	19:12
4 Perry, Kyle	2001			17:00	54 Osborn, Richie	2013	11:30	16:36	19:13
5 Sickler, Ben	2025	10:35	15:22	17:02	55 Helegson, Ted	2009			19:13
6 Larsen, Leif	2012		15:17	17:03	56 Hoverson, Brandon	2017			19:22
7 Juntunen, Wade	1995			17:06	57 Wood, Ben	2010			19:29
8 Arnold, Adam	2017	10:38		17:07	58 Theisen, Tony	1996			19:29
9 Dafoe, Richard	1996			17:08	59 Foley, Dylan	2011		16:03	19:30
10 Roehl, Camron	2010			17:09	60 Houska, Ben	2008	11:23	15:14	19:32
11 Harlow, Shane	2007	10:22	15:01	17:16	61 Elde, Carter	2017			19:32
12 Fisher, Tom	2008	10:50	14:42	17:30	62 Olson, Gabe	2004		16:26	19:38
13 Murphy, Keelan	2010			17:30	63 Sailer, Kaden	2023		16:35	19:38
14 Torrey, Andrew	2009			17:39	64 Knittel, Sam	1998	14:15		19:39
15 Parrish, Colin	2004		14:02	17:48	65 Oerq, Cole	2014	11:28		19:46
16 Lorenz, Cael	2017			17:49	66 McLaren, Derek	2021		16:30	19:48
17 Williamson, Joe	2017	10:52	16:36	17:50	67 Frushour, Paul	1998			19:49
18 Petty, Derek	2010			17:51	68 Peterson, Ben	2004		15:56	19:53
19 Sapaugh, Ben (8th)	2025	10:36	15:22	17:51	69 Vasichek, Tucker	2017			19:54
20 Torrey, Alex	2008	11:23	16:39	17:57	70 Newhouse, Byrson (8th)	2024	10:58	16:03	19:56
21 Heinz, Jordan*	1998			17:59	71 Byron, Cory	2008			19:58
22 Shafer, Paul	2008	10:39	14:15	18:08	72 Young, Jake	2010			19:58
23 Zacha, John	2011			18:08	73 Blake, Drew	2005	12:41	16:09	19:58
24 Fiala, Aidan	2021	11:20		18:11	74 Ackley, Nick	2009			19:59
25 Brown, Nathan*	2004	12:39	14:29	18:14	75 Chiasson, Travis	2004	12:56		19:59
26 Steele, Lincoln	2023		16:26	18:14	76 Pucket, Alejandro	2017			19:59
27 Selby, Gage (7th)	2025	10:41	15:32	18:19	77 Balek, Aaron	2001		15:24	20:01
28 Tyrrell, Jake*	2005	13:01	14:14	18:21	78 Laudal, Dan	1997			20:01
29 DeKrey, Lee	1998		15:13	18:23	79 Gerszewski, Justin	2008	11:57	16:26	20:03
30 Fiala, Nate	1997	11:33		18:23	80 Dianat, Alex	2011		16:04	20:04
31 Sorum, Matt	1996			18:28	81 Hoverson, Hunter	2023		16:25	20:04
32 Swadlo, Keith	1995			18:29	82 Newton, Jacob	2015		16:35	20:07
33 Sande, Curtis	2020		15:43	18:31	83 McLean, Dylan	2017			20:08
34 Van de Bogert, Dylan*	2017			18:33	84 Bonzer, Matt	1999		17:43	20:17
35 Halverson, Cade	2018		15:10	18:34	85 Featherson, Seth*	2005	13:35	16:02	20:24
36 Torrey, Mike	2006	13:36	14:39	18:35	86 McLaughlin, Mike	2004	14:26		20:26
37 Borboa, Kellan (8th)	2025	10:55	15:29	18:35	87 Hanson, Brian	1996			20:30
38 Johnson, Blaine	2024		15:26	18:36	88 Sum, Emmett	2018			20:31
39 Barclay, Mark	2002			18:39	89 Lappe, Josh	2004	13:35		20:34
40 Boaz, Layton	2021	11:40	15:44	18:45	90 Allan, Collin	2017			20:34
41 Mutzenberger, Wyatt	2017	11:35	16:45	18:45	91 Lappe, Chris	2006		16:17	20:35
42 Palmgren, Ross	2004			18:48	92 Sharief, Stephon	2003	12:53		20:38
43 Stevens, Lane	2018		15:19	18:49	93 Moe, Jason*	1998		16:26	20:40
44 Fiala, Eric	2002		16:41	18:52	94 Bulger, Blaine	2025	11:28.6	16:50	20:41
45 Berry, Jack	2022	11:37	17:28	18:55	95 Halvorson, Jaded	2023		16:59	20:42
46 Hettich, David	2012	11:39	15:55	18:58	96 Ewers, Ryan	2009			20:42
47 Diedrich, Preston	2020		16:13	19:01	97 Mclean, Dylan	2018		17:14	20:46
48 White, Michael*	2011		15:00	19:02	98 Gander, Micah	2025	11:32	16:02	20:48
49 Rau, Josh	2004	12:38	15:27	19:03	99 Nelp, Lance	2016		18:28	20:50
50 Norton, Sean	2008	10:54	16:03	19:05	100 Gibson, Eryx	2013			20:52

Boys Top 50 3k Middle School

	Year	3k		Year	3k
1 Harlow, Shane	2006	10:22	51 Foley, Dylan	2010	12:13
2 Torrey, Andrew	2012	10:29	52 Harrison, Ryan	2019	12:15
3 Zacha, John	2010	10:29	53 Borboa, Levi	2022	12:17
4 Sickler, Ben	2024	10:35	54 Hoverson, Hunter	2022	12:20
5 Sapaugh, Ben	2025	10:36	55 Sorum, Mat	1995	12:22
6 Meyer, Ryan	2017	10:37	56 Four Cedars Standing	2015	12:23
7 Arnold, Adam	2015	10:38	57 Hulley, James	2022	12:24
8 Shafer, Paul	2006	10:39	58 Kniert, Caius	2022	12:24
9 Selby, Gage	2025	10:40	59 McLaughlin, Mike	2003	12:27
10 Martin, Grant	2022	10:45	60 Young, Jake	2009	12:27
11 Murphy, Keelan	2012	10:45	61 Helegson, Ted	2008	12:30
12 Olson, Gabe	2003	10:45	62 Hettich, Daniel	2015	12:31
13 Fisher, Tom	2008	10:50	63 Newborg, Lucas	2022	12:33
14 Williamson, Joe	2017	10:52	64 Westreng, Torrey	2018	12:35
15 Norton, Sean	2007	10:54	65 Lunski, Edison	2017	12:36
16 Borboa, Kellan	2025	10:55	66 Rau, Josh	2004	12:38
17 Newhouse, Byrson	2024	10:58	67 Brown, Nathan	2004	12:39
18 Roehl, Camron	2012	11:00	68 Reed, Cayden	2018	12:39
19 Fiala, Aidan	2020	11:20	69 Stancliff, Rex	2013	12:39
20 Torrey, Alex	2006	11:23	70 Allan, Collin	2015	12:41
21 Sickler, Will	2022	11:26	71 Blake, Drew	2005	12:41
22 Larsen, Leif	2002	11:27	72 Hanson, Jake	2015	12:41
23 Larsen, Thomas	2010	11:27	73 Farnsworth, Jonathon	2014	12:43
24 Oen, Cole	2014	11:28	74 Meyer, Tony	1998	12:43
25 Bulger, Blaine	2025	11:29	75 Wood, Ben	2008	12:45
26 Osborn, Richie	2013	11:30	76 Campbell, Zach	2008	12:46
27 Gander, Micah	2025	11:32	77 Dahlstrom, Cory	1999	12:49
28 Fiala, Nate	1997	11:33	78 Chiasson, Travis	2002	12:53
29 Mutzenberger, Wyatt	2017	11:35	79 Kobilansky, Caleb	2006	12:53
30 Kraft, Zach*	2008	11:36	80 Salberg, Steven	2021	12:53
31 Hettich, David	2012	11:39	81 Sharief, Stephon	2003	12:53
32 Boaz, Layton	2020	11:40	82 Iiams, Jacob	2009	12:54
33 Sutton, Charles	2012	11:41	83 Schwan, Jaden	2020	12:54
34 Fiala, Eric	2001	11:42	84 Hoffman, Luke	2014	12:55
35 Jackson, Finn	2017	11:44	85 Berry, Jack	2020	12:58
36 Polries, Jackson	2016	11:48	86 Newton, Joseph	2015	12:58
37 Strenkowski, Ryan	2001	11:51	87 Grainger, Connor	2012	12:59
38 Halvorson, Jaded	2022	11:54	88 Lembke, Sam	2014	12:59
39 Nelp, Lance	2015	11:54	89 Haug, Simon	2017	13:00
40 Houska, Ben	2006	11:55	90 Tyrrell, Jake*	2005	13:01
41 Kalka, Joe	2007	11:55	91 Keogh, Ryan	2012	13:02
42 Deem, Taylor	2008	11:56	92 Swanson, Brenden	2014	13:03
43 Demuth, Chris	2014	11:56	93 Smith, Marcus	2008	13:05
44 Gerszewski, Justin	2007	11:57	94 Scott, Kris	2006	13:08
45 Raymond, Drew	2015	12:04	95 Hoverson, Ben	2014	13:16
46 Sailer, Kaden	2022	12:07	96 Petersen, Alex	2015	13:17
47 Sum, Emmett	2017	12:07	97 Welsh, Michael	2025	13:17
48 Kleven, Joseph	2022	12:08	98 Green, Colin	2021	13:18
49 Kendell, Brody	2019	12:09	99 Newton, Jacob	2013	13:19
50 Byran, John	2000	12:12	100 Elbert, Matt	2001	13:20

GFC Cross Country Coachs

Head Coaches		Asst Coachs			
1998 - Present	Boys HC Sean Allan	2025 - Present	Lindi Lee - Girls Asst	2012- 2016	Lauren McMillan
2023-Present	Girls HC Kyle Rosseau	2024 - Present	Joe Fenstermacher	2012 - 2016	Steve Johnson
1998 - 2022	Girls HC Sean Allan	2022 - Present	Levi Dallum	2009- 2011	Jenny Dosch
1988 - 1997	Dennis Ball	2017-Present	Betty Allan	2010-2012	Ted Helgeson
1985 - 1987	Jay Gunderson	2024-Present	Jacob Wright	2008-2009	Jessica Tiegs
1984	Kory Flaggen	2024-Present	Curtis Sande	2001 - 2005	John Perry
1974 - 1983	Vince Ames	2023	Leanna Ihry	2004- 2005	Matt Olson
1968 -1973	Pat Sullivan	2022	Hunter Kopff	2004- 2007	Katie Frushour
1965-1967	Ken Hallgrimson	2017-2022	Kyle Rosseau	2005	Paul Kriglier
		2018 -2022	Adam Carlson	2003	Terra Foster
		2012 - 2020	Brittany Bunde	1998	Aaron Korynta
		2020	Grace Roehl	1998	Travis Hochhalter

Top Central Times at Home Cross Country Meet

1	Quinn Roehl	15:37	2022	1	Karly Ackley	18:15	2016
2	Wade Juntunen	15:43	1998	2	Rachel Torrey	18:51	2017
3	Colin Parrish	15:59	2007	3	Mikayla Weiss	19:06	2019
4	Chris Gust	16:07	1996	4	Clarie Hynek	19:16	2019
5	Leif Larsen	16:15	2015	5	Emmi Ihry	19:19	2023
6	Lee DeKrey	16:17	2001	6	Alexis Roehl	19:29	2018
7	Colin Parrish	16:17	2006	7	Lauren Harrison	20:07	2017
8	Shane Harlow	16:22	2009	8	Annika Presteng	20:12	2021
9	Camron Roehl	16:25	2013	9	Marie Derenne	20:23	2020
9	Grant Martin	16:25	2024	10	Aria Kindseth	20:42	2019

Grand Forks Course Winners

** Course Record

	<u>Time</u>	<u>School</u>		<u>Time</u>	<u>School</u>	<u>Course</u>		
2025	EDC - Luka Rout	15:28.3	Davies	2025	EDC - McKenna Johnson	18:17.9	Shanley	Lincoln Drive Park
2025	BB - Owen Hintz	15:06.9**	Bismarck High	2025	EDC - McKenna Johnson	18:07.9	Shanley	Lincoln Drive Park
2024	EDC - Joe Quinn	15:54.6	Red River	2024	EDC - Alexis Lindgren	19:19.7	West Fargo	Lincoln Drive Park
2024	BB - Wil Ihmels	15:22.8	Bism Century	2024	BB - Ruby Ihmels	17:30.0 **	Bism Century	Lincoln Drive Park
2023	BB - Owen Sondag	15:38	Fargo North	2023	BB - Annika De Smet	18:49	Winnipeg	Lincoln Drive Park
2022	EDC - Aiden Johnson	15:24	Sheyenne	2022	EDC - Lauren Dosch	18:56	RR	Lincoln Drive Park
2022	BB - Fynn Krenz	15:32	Williston	2022	BB - Jaelyn Ogle	18:41	Watford City	Lincoln Drive Park
2022	Aiden Johnson	16:11	Sheyenne	2022	Trinity Jessen	19:21	Minot	Lincoln Drive Park
2021	Aiden Johnson	15:43	Sheyenne	2021	Jocelyn Schiller	19:37	RR	Lincoln Drive Park
2020	Jacob Knodle	15:25	Sheyenne	2020	Onnica Stansbury	18:54	Sheyenne	Lincoln Drive Park
2019	Tyson Mahr	16:20	EGF	2019	Mikalya Weiss	19:09	GFC	Lincoln Drive Park - EGF
2019	Jacob Knodle	16:16	Sheyenne	2019	Hope Pringle	19:20	WF	Lincoln Drive Park
2018	Sean Korsmo	16:06	Bism	2018	Megan Lundstrom	18:53	Davies	Lincoln Drive Park
2017	Jaiven Hale	16:20	New Town	2017	Rachel Torrey	18:51	GFC	Lincoln Drive Park
2016	Ben Hutchinson	16:14	RR	2016	Karly Ackley	18:15	GFC	Lincoln Drive Park
2015	State Meet - Sam Clausnitzer	15:52	Bism	2015	State Meet - Mattie Fairbairn	13:47 **	Bism	Lincoln Drive Park
2015	Leif Larsen	16:15	GFC	2015	Karly Ackley	13:59	GFC	Lincoln Drive Park
2014	Leif Larsen	16:35	GFC	2014	Karly Ackley	14:59	GFC	Lincoln Drive Park
2013	EDC - Brandon Scheel	16:18	Davies	2013	EDC - Karly Ackley	15:06	GFC	Lincoln Drive Park
2013	Camron Roehl	16:25	GFC	2013	Karly Ackley	15:33	GFC	Lincoln Drive Park
2012	Sebastian Startz	16:43	Shan	2012	Madeline Strandemo	15:01	FS	Lincoln Drive Park
2011	Paul Shafer	16:53	GFC	2011	Sarah Jacobson	16:10	Shan	Lincoln Golf Course
2010	Francis Mendee	16:20	RR	2010	Sarah Jacobson	15:00	Shan	Lincoln Drive Park
2009	EDC - Jamison Gehrig	16:18	WF	2009	EDC - Alissa Mears	15:00	WF	Lincoln Drive Park
2009	Shane Harlow	16:22	GFC	2009	Alissa Mears	15:29	WF	Lincon Drive Park
2008	Mach Akon	16:44	FN	2008	Alissa Mears	14:57**	WF	Lincon Drive Park
2007	Colin Parrish	15:59**	GFC	2007	Laura Roesler	15:15	FS	Lincon Drive Park
2006	Colin Parrish	16:17	GFC	2006	Laura Roesler	15:06	FS	Lincoln Golf Course
2005	EDC- Sam Larson	16:40	Jam	2005	Laura Roesler	15:21	FS	Lincoln Golf Course
2005	Sam Larson	16:20	Jam	2005	Katie Conlon	15:11	Jam	Lincoln Golf Course ##
2004	Issac Zimmerman	17:04	Shan	2004	Nora Narloch	15:17	RR	Lincoln Golf Course
2003	Severyn Claymore	16:09	FS	2003	Kendra Lystad	14:28**	FS	Ray Richards
2002	Severyn Claymore	15:59	FS	2002	Nora Narloch	15:01	RR	Lincoln Golf Course
2001	Lee DeKrey	16:17	GFC	2001	Jesse Lichter	15:04	RR	Lincoln Golf Course
2000	Lee DeKrey	16:43	GFC	2000	Molly Clark	15:41	Shan	Lincoln Golf Course
1999	Nick Braunbuger	16:06	FN	1999	Jesse Lichter	15:25	RR	Lincoln Golf Course
1998	Andrew Carlson	15:35**	FS	1998	Lauren Treleven	14:57	Langdon	Lincoln Golf Course
1997	Wade Juntunen	16:31	GFC	1997	Bri Anderson	15:52	RR	Ray Richards
1996	Chris Gust	16:07	GFC	1996	Bri Anderson	14:52	RR	Lincoln Golf Course
1995	EDC - Brain McCulley	15:46	FS	1995	EDC - Jessica Schweitzer	14:44	Jam	Lincoln Golf Course #
1995	Brian Bunnell	16:22	FN	1995	Karin Bandi	15:23	WF	Lincoln Golf Course
1994	Chris Zimmer	16:54	RR	1994	Karin Bandi	15:15	WF	Lincoln Golf Course
1993	Josh Jorde	16:56	GFC	1993	Erin Zimmney	14:57	WF	Lincoln Golf Course
1992	Nate Bartnick	16:38	Wap	1992	Christa Stelmachuk	15:03	WF	Lincoln Golf Course
1991	Eric Lee	16:25	WF	1991	Sarah Hutton	14:29**	GFC	Lincoln Golf Course
1990	Mike Madsen	16:16	RR	1990	Jennifer Diedrich	14:25	Warren	Lincoln Golf Course
1989	Shane Tibiabwski	16:27	WF	1989	Keri Rosene	14:02	WF	Lincoln Golf Course
1988	Chris Conzo	15:21 *	GFC	1988	Dani Dew	13:04*	VC	Lincoln Golf Course

* short Course

** Course Record

1995 New boys & girls course

2005 New Boys & Girls Course

2016 Girls Start 5K races

Time Key	2024 Avg			2025 Avg			Border Battle			State Meet - Jamestown										
	Season PR	PR	2024 Avg	1st	Race	2025 Avg	1st	Race	2025 Avg	1st	Race	2025 Avg								
S. Miles	Mile	Pa	0.1	Mile	Pace	5k	Mile	Pace	5k	Mile	Pace	5k								
Martin, Grant	380	PR	5:10	5:25	16:59	Season	5:13	5:29	17:10	64	1	17:02	13	1	16:54	30	1	17:04		
303	2024	16:25	5:09	5:25	16:57	First 3 Races	5:15	5:33	17:24	Varsity	4:58	5:46	5:27	Varsity	5:13	5:42	5:24	5:13	5:35	5:27
301	2023	16:46	5:10	5:21	16:46	Last 3 Races	5:08	5:26	17:00			0:48	0:29			0:29		0:22		
Sekler, Ben	274	PR	5:51	6:03	18:50	Season	5:20	5:35	17:29	73	2	17:13	19	2	17:02	33	2	17:07		
77	2024	18:11	6:00	6:07	19:25	First 3 Races	5:23	5:40	17:44	Varsity	5:16	5:42	5:30	Varsity	5:14	5:43	5:27	5:15	5:35	5:28
			5:47	5:59	18:45	Last 3 Races	5:15	5:28	17:07			0:26	0:29			0:29		0:20		
Johnson, Blaine	62	PR	6:13	6:26	19:28	Season	5:36	5:56	18:34	147	5	18:46	37	3	17:59	108	6	18:29		
32	2024	18:38	6:37	6:49	20:49	First 3 Races	5:43	6:02	18:54	Varsity	5:37	6:17	6:00	Varsity	5:25	6:08	5:45	5:30	6:06	5:54
			5:52	6:04	19:01	Last 3 Races	5:30	5:53	18:24			0:40	0:43			0:43		0:36		
Borboa, Kellan	200	PR	6:17	6:23	20:04	Season	5:50	6:02	18:58	11	2	10:55	65	7	18:55	140	9	19:06		
55	2024	19:22	6:20	6:26	21:11	First 3 Races	5:49	6:06	3k, 4k	8th 3k	5:56	5:49	Varsity	5:31	6:31	6:03	5:55	6:12	6:06	
			6:07	6:11	19:31	Last 3 Races	5:47	5:59	19:00			1:00	1:00			1:00		0:17		
Uhlir, Ty	335		6:11	6:37	21:00	Season	5:38	5:53	18:31	130	3	18:21	48	6	18:13	84	4	18:04		
50	2024	20:04	6:11	6:43	21:01	First 3 Races	5:54	5:56	18:52	Varsity	5:36	6:05	5:52	Varsity	5:30	6:19	5:49	5:30	5:55	5:46
			6:11	6:37	21:00	Last 3 Races	5:32	5:49	18:12			0:29	0:29			0:49		0:25		
Halvorson, Jared	320	PR	6:00	6:28	20:15	Season	5:43	6:00	18:47	135	4	18:27	39	5	18:07	138	8	19:04		
187	2024	19:09	6:03	6:24	20:02	First 3 Races	5:45	6:03	18:58	Varsity	5:36	6:08	5:54	Varsity	5:37	6:03	5:47	5:41	6:18	6:06
			6:25	6:25	20:06	Last 3 Races	5:38	5:55	18:32			0:32	0:32			0:26		0:37		
Sailer, Kaden	301	PR	5:58	6:22	19:49	Season	5:59	6:14	19:34	104	1	19:33	13	3	19:14					
202	2024	19:07	6:02	6:23	20:00	First 3 Races	5:58	6:14	19:31	JV 5k	6:02	6:28	6:15	JV 5k	5:48	6:28	6:09			
			6:14	6:14	19:31	Last 3 Races	6:00	6:16	19:37			0:26	0:40			0:40				
Newhouse, Bryler	0	PR	6:12	6:19	19:56	Season	6:11	6:24	20:23	179	5	20:44	23	5	19:37					
32	2024	19:33	6:23	6:24	20:10	First 3 Races	6:17	6:31	20:48	JV 5k	6:15	6:51	6:36	JV 5k	6:04	6:33	6:16			
			6:01	6:09	19:44	Last 3 Races	6:07	6:22	20:10			0:36	0:29			0:29				
Birchfield, Levi	224	PR	6:24	6:46	20:49	Season	6:14	6:24	20:09	135	2	19:54	20	4	19:30					
65	2024	19:44	6:28	6:50	4k	First 3 Races	6:24	6:26	20:31	JV 5k	6:05	6:37	6:22	JV 5k	6:01	6:14	6:14			
			6:19	6:42	20:49	Last 3 Races	6:10	6:22	19:55			0:32	0:13			0:13				

Jamestown, Aug 23rd, 2025							True 5K course 5000				Knights XC 2025		Aug 26	Aug 26
Meet - 65, Mph 19, to 24 gusts							1st & 2/3 Avg within 0:25 s							
Varsity 5k - 10:30 am	1st Mile	2m split	2m total	3m split	3m total	2&3 Avg	Final Time	Avg/mile	Avg/1000	Place	2024	2023		
Martin, Grant	5:19	6:09	11:28	5:54	17:22	6:01	18:06	5:47	3:37	24	17:27	18:23		
Sickler, Ben	5:33	6:01	11:34	6:02	17:36	6:01	18:21	5:52	3:40	32				
Uhlir, Ty	5:54	6:17	12:11	6:17	18:28	6:17	19:15	6:09	3:51	62				
Halvorson, Jaded	5:54	6:16	12:10	6:22	18:32	6:19	19:19	6:10	3:51	66	21:06	6:57 4K		
Johnson, Blaine	5:54	6:19	12:13	6:38	18:51	6:28	19:39	6:17	3:55	79	20:38			
Salberg, Steven	5:54	6:26	12:20	6:40	19:00	6:33	19:48	6:20	3:57	82				
Sailer, Kaden	6:07	6:32	12:39	6:37	19:16	6:34	20:05	6:25	4:01	92	20:56	21:12		
Team place			7th/36	Team points		263	Gap time	1:42	# Runner	197				
			2024	12th/36			339	3:29		169				
			2023	11th/20			282	14:58		162				
			2022	5th/27			156	4:21		146				
JV Boys 4k - 11:30 am	1st Mile	2m split	2m total				Final Time	Avg/mile	Avg/1000	Place	2024	2023		
Anderson, Owen	5:53	6:12	12:05				14:58	5:59	3:44	8				
Machart, James	5:58	6:27	12:25				15:20	6:08	3:50	14				
Borboa, Levi	6:24	6:46	13:10				16:13	6:29	4:03	32	17:34			
Feist, Blaze	6:53	6:38	13:31				16:44	6:41	4:11	43	21:21			
Downs, Will	6:55	7:04	13:59				17:04	6:49	4:16	49				
Schill, Michael	7:09	7:56	15:05				18:16	7:18	4:34	72	20:46	8:49 3k		
Schwan, Cody	7:09	7:39	14:48				18:42	7:28	4:40	83	21:04	20:28		
Osborn, Nate	8:05	9:42	17:47				22:02	8:48	5:30	113	23:48	8:49 3k		
Hogberg, Ethan	8:50	9:18	18:08				22:12	8:52	5:33	115				
Team place			5th/27	Team points		146	Gap time	2:06	# Runner	124				
			2024	19th/33			588	1:20		166				
			2023	11th/14			309			141				
			2022	14th/22			354			98				
MS Boys 3k - 12:25	1st Mile						Final Time	Avg/mile	Avg/1000	Place				
Sapaugh, Ben	5:54						10:49	5:46	3:22	2				
Borboa, Kellan	6:00						11:28	6:06	3:35	5	11:52			
Selby, Gage	6:04						11:29	6:07	3:35	6				
Bulger, Blaine	6:09						11:47	6:17	3:40	7				
Gander, Micah	6:05						11:51	6:19	3:42	8	14:18			
Welsh, Michael	7:11						14:07	7:31	4:24	68				
Johnson, Ryan	8:00						15:21	8:11	4:47	89				
Team place			1st/28	Team points		28	Gap time	1:02	# Runner	109				
			2024	7th/29			265	6:19		138				

Meet - Mandan

Aug 29th ,2025

True 5K course
1st & 2/3 Avg within 0:25 seconds 5000

Knights XC 2025

Varsity 5k - 11 am 1st Mile 2m split 2m total 3m split 3m total 2&3 Avg Final Time Avg/mile Avg/1000 Place

Martin, Grant	5:08	5:39	10:47	5:29	16:16	5:34	16:57	5:25	3:23	16
Sickler, Ben	5:14	5:46	11:00	5:48	16:48	5:47	17:30	5:36	3:30	28
Halvorson, Jaded	5:36	6:02	11:38	6:02	17:40	6:02	18:25	5:53	3:41	44
Anderson, Owen	5:38	6:15	11:53	6:16	18:09	6:15	18:55	6:03	3:47	55
Sailer, Kaden	5:50	6:18	12:08	6:10	18:18	6:14	19:04	6:06	3:48	59
Johnson, Blaine	5:50	6:28	12:18	6:01	18:19	6:14	19:05	6:06	3:49	60
Salberg, Steven	5:38	6:19	11:57	6:23	18:20	6:21	19:06	6:06	3:49	61
Team place			6th/14	Team points		168	Gap time	2:07	# Runner	115

5k Avg avg
pace
18:10 5:48

JV 5k 1st Mile 2m split 2m total 3m split 3m total 2&3 Avg Final Time Avg/mile Avg/1000 Place

Machart, James	5:50	6:40	12:30	6:39	19:09	6:39	19:57	6:23	3:59	16
Kniert, Caus	6:25	6:49	13:14	6:30	19:44	6:39	20:34	6:34	4:06	25
Borboa, Levi	6:25	6:57	13:22	6:32	19:54	6:44	20:44	6:38	4:08	30
Newhouse, Byrant	6:15	6:59	13:14	6:41	19:55	6:50	20:45	6:38	4:09	31
Downs, Will	6:30	7:13	13:43	6:39	20:22	6:56	21:13	6:47	4:14	41
Feist, Blaze	6:36	7:06	13:42	6:46	20:28	6:56	21:20	6:49	4:16	46
Schill, Michael	7:04	8:07	15:11	7:03	22:14	7:35	23:10	7:24	4:38	66
Schwan, Cody	7:09	7:49	14:58	7:28	22:26	7:38	23:23	7:28	4:40	69
Feist, Logan	7:30	9:17	16:47	8:40	1:27	8:58	26:31	8:29	5:18	87
Osborn, Nate	7:36	9:46	17:22	9:05	2:27	9:25	27:34	8:49	5:30	90
Hogberg, Ethan	8:51	9:57	18:48	9:12	4:00	9:34	29:10	9:20	5:50	91
Chieloha, Grady	9:00	12:22	21:22	9:44	7:06	11:03	32:24	10:22	6:28	98
Team place			5th/9	Team points		137	Gap time	1:16	# Runner	100

5k Avg avg
pace
20:38 6:36

MS Boys 3k 1st Mile Final Time Avg/mile Avg/1000 Place

Sapaugh, Ben	5:38	11:29	6:07	3:35	2	
Selby, Gage	5:44	11:51	6:19	3:42	6	
Borboa, Kellan	5:38	12:26	6:37	3:53	14	
Gander, Micah	6:00	12:33	6:41	3:55	16	
Bulger, Blaine	6:00	12:43	6:46	3:58	19	
Welsh, Michael	7:15	15:23	8:12	4:48	58	
Johnson, Ryan	7:42	15:33	8:17	4:51	60	
Kniert, Kjell		16:12	8:38	5:03	73	
Kniert, Atticus	7:41	16:15	8:40	5:04	74	
Schwan, Ian	12:21	27:19	14:34	8:32	92	
Team place		2nd/10	Team points		54	
			Gap time	1:14	# Runner	92

correction
10:26 5:34
10:46 5:44
11:18 6:01
11:24 6:05
11:33 6:09
13:59 7:27
14:08 7:32
14:43 7:51
14:46 7:52

race was long, lead cart
went the wrong way

Meet - Weather		Sioux Falls, Sept 5th, 2025 63, windy					Knights XC 2025		True 5K course Box 35 for all races			
Varsity 5k 8:00 pm		1st Mile	2m split	2m total	3m split	3m total	2&3 Avg	Final Time	Avg/mile	Avg/1000	Place	
Martin, Grant	Fell	5:20	5:28	10:48	5:32	16:27	5:30	17:09	5:29	3:25	155	
Sickler, Ben		5:20						17:23	5:33	3:28	192	
Johnson, Blaine		5:25	5:51	11:16	5:52		5:51	17:58	5:44	3:35	271	
Uhlir, Ty		5:46						18:30	5:55	3:42	350	
Anderson, Owen		5:37	6:02	11:39	6:12		6:07	18:37	5:57	3:43	360	
Halvorson, Jaded		5:46	6:02	11:48	6:37	side ache	6:19	19:11	6:08	3:50	427	
Sailer, Kaden		5:55						19:26	6:13	3:53	448	
Team place		40th/54		Team points		1077		Gap time	1:28	# Runner	513	
		2024		31st/46		918			2:46		430	
JV Boys 4k 7:10 pm		1st Mile	2m split	2m total	last 1/2			Final Time	Avg/mile	Avg/1000	Place	
Salberg, Steven								14:50	5:56	3:42	48	
Machart, James		5:46	6:16		2:56			14:58	5:59	3:44	61	
Sapaugh, Ben								15:22	6:08	3:50	105	
Borboa, Kellan								15:29	6:11	3:52	122	
Selby, Gage								15:32	6:12	3:53	126	
Borboa, Levi								15:43	6:17	3:55	150	
Kniert, Caius								15:57	6:22	3:59	168	
Newhouse, Byrson		6:20	6:27		3:14			16:01	6:24	4:00	177	
Gander, Micah								16:02	6:24	4:00	179	
Feist, Blaze		6:17	6:32		3:32			16:22	6:32	4:05	225	
Downs, Will								16:26	6:34	4:06	238	
Bulger, Blaine								16:50	6:44	4:12	282	
Schill, Michael								17:01	6:48	4:15	298	
Waddle, Ethan								17:11	6:52	4:17	322	
Schwan, Cody								17:28	6:59	4:22	355	
Johnson, Ryan								19:11	7:40	4:47	464	
Welsh, Michael								19:43	7:53	4:55	467	
Osborn, Nate								19:44	7:53	4:56	483	
Hogberg, Ethan								21:41	8:40	5:25	517	
Team place		14th/39		Team points		432		Gap time	0:42	# Runner	529	

Meet - Sept 13, 2025		Milbank, SD		PR		Knights XC 2025					
Weather				SB							
70.97% humidity, light wind, cloudy, cours was Soft				1st & 2/3 Avg within 0:25 seconds							
Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	Avg 2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Martin, Grant	5:19	5:39	10:58	5:13	16:11	5:26	16:52	0:40	5:23	0:07	4
Johnson, Blaine	5:32	6:07	11:39	5:43	17:22	5:55	18:06	0:43	5:47	0:23	10
Uhlir, Ty	5:37	6:13	11:50	5:45	17:35	5:59	18:19	0:43	5:51	0:22	16
Borboa, Kellan	5:44	6:19	12:03	5:46	17:49	6:02	18:34	0:44	5:56	0:18	19
Halvorson, Jaded	5:46	6:17	12:03	5:53	17:56	6:05	18:41	0:44	5:58	0:19	22
Borboa, Lei	6:08	6:54	13:02	6:27	19:29	6:40	20:18	0:48	6:29	0:32	54
Sickler, Ben	5:19	6:11	11:30				DNF				
Top 5 1st Mile Avg	5:35	Points	46	Place	2nd/12		18:06	Avg Top 5		# runners	70
	5:44		407		16th/19						140
		2023	229		9th/13			Gap time			98
		2022	268		8th/17						134
JV Boys 5k	1st Mile	2m split	2m total			Avg	Final Time	Avg Mile	avg 1000	Place	
Machart, James	5:48	6:30	12:18				15:19	6:07	3:49	1	
Sailer, Kaden	5:58	6:27	12:25				15:25	6:10	3:51	2	
Newhouse, Byrson	6:13	6:35	12:48				15:39	6:15	3:54	5	
Downs, Will	6:31	6:50	13:21				16:27	6:34	4:06	14	
Gruenes, Daniel	6:42	7:05	13:47	1st race			16:52	6:44	4:13	16	
Feist, Blaze	6:42	7:07	13:49				17:00	6:48	4:15	18	
Schill, Michael	6:31	7:27	13:58				17:15	6:54	4:18	22	
Schwan, Cody	6:48	7:24	14:12				17:36	7:02	4:24	30	
Nombre, Abraham	6:32	7:28	14:00	1st race			17:46	7:06	4:26	33	
Waddle, Ethan	7:30	7:46	15:16				18:50	7:32	4:42	47	
Feist, Logan	7:14	8:10	15:24				19:07	7:38	4:46	50	
Osborn, Nate	7:48	9:48	17:36				21:21	8:32	5:20	63	
Hogberg, Ethan	8:36	9:00	17:36				21:43	8:41	5:25	65	
Chieloha, Grady	7:56	9:39	17:35				21:43	8:41	5:25	66	
Top 5 1st Mile Avg	6:25	Points	22	Place	2nd/6		15:56	Avg Top 5		# runners	71

Meet - Sept 13, 2025 Milbank, SD PR SB
 Weather 70, 97% humidity, light wind, cloudy, cours was Soft 1st & 2/3 Avg within 0:25 seconds
Knights XC 2025

MS Boys 3k	1st Mile		Final Time	Avg/mile	Place	Correction
Sapaugh, Ben	5:50		11:17	5:42	1	10:42
Selby, Gage	5:50		11:19	5:43	2	10:44
Bulger, Blaine	6:07	3k was 3159m Avg/mile is from corrected times	12:18	6:13	5	11:40
Gander, Micah	6:11		12:54	6:32	12	12:15
Welsh, Michael	7:02		14:26	7:18	20	13:42
Johnson, Ryan	7:17		14:55	7:33	25	14:09
Kindseth, Kjell	7:20		15:17	7:44	26	14:30
Sodeyama, Jago	8:03	1st race	16:24	8:18	34	15:34
Kniert, Atticus	8:03		16:25	8:18	35	15:35
Maharrey, Jacob	8:46	1st race	17:39	8:56	39	16:45
Thompson, Eli	8:40	1st race	17:50	9:01	41	16:56
Top 5 1st Mile Avg	6:12	Points 40	Place 1st/6	11:49	Avg Top 5	# runners 47
MS Boys 3k	1st Mile		Final Time	Avg/mile	Place	

Meet - Sept 20, 2025		Valley City		PR		True 5K course		Knights XC 2025					
Weather				SB		1st & 2/3 Avg within 0:25 sec							
60, MUDDY, slippery corners, light wind						Avg							
Varsity 5k		1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place	Windy! 2024
Martin, Grant	5:21	5:48	11:09	5:23	16:32	5:35	17:14	0:41	5:30	0:14	8	17:22	
Sickler, Ben	5:29	6:02	11:31	5:38	17:09	5:50	17:52	0:42	5:43	0:21	18	19:05	
Sapaugh, Ben	5:55	6:21	12:16	5:44	18:00	6:02	18:45	0:45	6:00	0:07	33		
Uhlir, Ty	5:45	6:27	12:12	5:58	18:10	6:12	18:56	0:45	6:03	0:27	41	6:26p	
Selby, Gage	5:55	6:22	12:17	6:00	18:17	6:11	19:03	0:45	6:05	0:16	45		
Halvorson, Jaded	5:48	6:25	12:13	6:10	18:23	6:17	19:09	0:45	6:07	0:29	46	20:17	
Borboa, Kellan	6:10	6:27	12:37	5:55	18:32	6:11	19:19	0:46	6:10	0:01	49	6:31p	
Salberg, Steven	6:02	6:36	12:38	6:20	18:58	6:28	19:46	0:47	6:19	0:26	66		
Sailer, Kaden	6:10	6:46	12:56	6:19	19:15	6:32	20:04	0:48	6:25	0:22	78	19:43	
Borboa, Levi	6:25	6:51	13:16	6:16	19:32	6:33	20:21	0:48	6:30	0:08	87	6:48p	
Bulger, Blaine	6:29	6:57	13:26	6:25	19:51	6:41	20:41	0:49	6:37	0:12	96		
Gander, Micah	6:28	6:54	13:22	6:35	19:57	6:44	20:47	0:49	6:39	0:16	100	7:20p	
Top 5 1st Mile Avg		5:42	Points	145	Place	4th/28	18:22	Avg Top 5	#runners	174			
			2024	160		4th/17	1:48	Gap time		152			
			2023	159		3rd/16				115			

Meet - Sept 20, 2025		Valley City		PR		True 5K course		Knights XC 2025				
Weather		SB		1st & 2/3 Avg within 0:25 sec		Avg						
60, MUDDY, slippery corners, light wind												
Varsity 5k		1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
JV Boys 4k		1st Mile	2m split	2m total	Last Half			Final Time	Avg Mile	avg 1000		Place
Newhouse, Byrson	6:04	5:42	11:46					15:40	6:16	3:55		13
Machart, James	5:45	5:45	11:30					15:41	6:16	3:55		14
Hoverson, Hunter	6:03	5:44	11:47					16:01	6:24	4:00		23
Downs, Will	6:29	6:08	12:37					16:41	6:40	4:10		37
Feist, Blaze	6:26	6:06	12:32					16:54	6:45	4:13		39
Nombre, Abraham	6:21	6:03	12:24					16:58	6:47	4:14		42
Waddle, Ethan	6:56	5:59	12:55					17:03	6:49	4:15		44
Schill, Michael	6:51	6:17	13:08					17:20	6:56	4:20		53
Gruenes, Daniel	6:55	6:36	13:31					17:49	7:07	4:27		68
Schwan, Cody	6:57	6:38	13:35					18:01	7:12	4:30		78
Welsh, Michael	6:56	6:49	13:45					18:07	7:14	4:31		82
Fiest, Logan	7:21	6:58	14:19					19:18	7:43	4:49		106
Johnson, Ryan	7:40	7:06	14:46					19:32	7:48	4:53		109
Maharrey, Jacob	8:01	7:21	15:22					20:51	8:20	5:12	1st 4k	131
Kindseth, Kjell	8:00	7:55	15:55					21:00	8:24	5:15		133
Cieloha, Grady	7:59	7:51	15:50					21:07	8:26	5:16		135
Thompson, Eli	8:14	7:47	16:01					21:31	8:36	5:22	1st 4k	140
Top 5 1st Mile Avg		6:17	Points	126	Place	3rd/22		16:11	Avg Top 5		#runners	159
2024		6:08		93		4th/13		1:14	Gap time			136
2023				67		3rd/14						89

Windy!
2024

16:03

16:26

17:56

19:29

19:07

18:48

22:05

Meet - Sept 27, 2025		Border Battle		PR		True 5K course		Knights XC 2025			
Weather		SB		1st & 2/3 Avg within 0:25 sec		Lane 23		2025 vs sept 28			
60 to 77 by JV, lite wind, low Humidity, Sunny		1st & 2/3 Avg within 0:25 sec		Lane 23		2024		2024			
Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	Avg 2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Martin, Grant	4:58	5:47	10:45	5:46	16:31	5:46	17:02	0:30	5:27	0:48	64
Sickler, Ben	5:16	5:39	10:56	5:45	16:41	5:42	17:13	0:32	5:30	0:26	73
Uhlir, Ty	5:36	6:03	11:40	6:07	17:47	6:05	18:21	0:33	5:52	0:29	130
Halvorson, Jaded	5:36	6:09	11:45	6:08	17:53	6:08	18:27	0:33	5:54	0:32	135
Johnson, Blaine	5:37	6:20	11:57	6:15	18:12	6:17	18:46	0:33	6:00	0:40	147
Salberg, Steven	5:48	6:28	12:16	6:43	18:59	6:35	19:35	0:35	6:16	0:47	175
Machart, James	5:45	6:30	12:15	6:48	19:04	6:39	19:39	0:35	6:17	0:54	177
Top 5 1st Mile Avg		5:21	Points	549	Place	21st/29	17:57	Avg Top 5		# runners	200
		5:31	2024	448		17th/26	1:44	Gap time			169
			2023	369		14th/22	18:18 2024				145
			2022	204		6th/18					116
Section 2 Lanes 19, 20						Avg	Final	last	Avg	Diff	
JV Boys 4k	1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Time	10th	Mile	1st & 2/3 Avg	Place
Sailer, Kaden	6:02	6:24	12:26	6:32	18:58	6:28	19:33	0:35	6:15	0:26	104
Borboa, Levi	6:05	6:35	12:40	6:40	19:20	6:37	19:54	0:34	6:22	0:32	125
Hoverson, Hunter	6:10	6:48	12:58	6:42	19:40	6:45	20:15	0:35	6:28	0:35	147
Newhouse, Byrson	6:15	6:45	13:00	6:57	19:58	6:51	20:44	0:47	6:38	0:36	179
Feist, Blaze	6:24	6:56	13:21	6:57	20:18	6:56	20:51	0:33	6:40	0:32	183
Gruenes, Daineil	6:30	6:11	13:42	6:55	20:37	6:33	21:05	0:28	6:44	0:03	199
Downs, Will	6:36	13:35	6:59	7:01	20:37	10:18	21:12	0:35	6:47	3:42	206
Waddle, Ethan	6:52	7:12	14:05	8:33	23:28	7:52	21:44	0:30	6:57	1:00	251
Schill, Michael	no splits					+	23:21		7:28		332
Feist, Logan	7:08	7:47	14:55	8:33	23:28	8:10	24:03	0:00	7:41	1:02	358
Schwan, Cody	6:54	8:17	15:12	9:14	0:27	8:45	25:17	0:50	8:05	1:51	379
Cieloha, Grady	no splits						25:52		8:16		383
Hogberg, Ethan	7:51	8:44	16:35	8:48	#####	8:46	25:59	0:35	8:18	0:55	386
Osborn, Nate	7:32	9:23	16:56	9:05	2:01	9:14	26:44	0:43	8:33	1:42	396
Top 5 1st Mile Avg		6:11	Points	605	Place	19th/38	20:15	Avg Top 5		# runners	426
		2024		508		17th/28	1:18	Gap time			349
		2023		476		15th/30	20:30	0:00			356
		2022		325		12th/15					209

Meet - Sept 27, 2025		Border Battle	PR	True 5K course		Knights XC 2025	
Weather		SB					
60 to 77 by JV, lite wind, low Humidty, Sunny		1st & 2/3 Avg within 0:25 sec				2025	
8th Grade, pm Lane 28		1st mile		Final Time	avg/mile	avg/1000	Place
Sapaugh, Ben	5:50			10:39	5:40	3:33	5
Borboa, Kellan	5:56			10:55	5:49	3:38	11
Gander, Micah	6:06	official PRs since we know they messed up on the route in Mandan		11:31	6:08	3:50	26
Bulger, Blaine	6:14			11:36	6:11	3:52	27
Johnson, Ryan	7:37			13:57	7:26	4:39	104
Kniert, Atticus	7:38			14:24	7:40	4:48	112
Team place		2nd/16	Team (3) points	34	Gap time	# Runne	143
7th grade, lane 14		1st mile		Final Time	avg/mile	avg/1000	Place
Selby, Gage	5:40			10:40	5:41	3:33	1
Welsh, Michael	7:13			13:17	7:05	4:25	75
Maharrey, Jacob	8:14			15:06	8:03	5:02	127
Thomson, Eli	8:11			15:33	8:17	5:11	137
Team place		15th/125	Team (3) points	156	Gap time	# Runne	165

vs 2024 2024

0:33 11:28

1:55 13:26

2:17 16:41

Meet - Oct 11, 2025 EDC Championships							PR SB		True 5K course Knights XC 2025					GF
Weather 65, very Windy!! 20 mph SSE							1st & 2/3 Avg within 0:25 sec							12-Oct
2:50 PM							Avg		Final	last	Avg	Diff		
Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Time	10th	Mile	1st & 2/3 Avg	Place			
Martin, Grant	5:13	5:33	10:47	5:51	16:38	5:42	16:54	0:16	5:24	0:29	13	16:25		
Sickler, Ben	5:14	5:32	10:46	5:55	16:42	5:43	17:02	0:20	5:27	0:29	19	18:11		
Johnson, Blaine	5:25	6:02	11:27	6:15	17:43	6:08	17:59	0:16	5:45	0:43	37	18:36		
Sapaugh, Ben	5:31	5:58	11:29	6:13	17:42	6:05	18:01	0:19	5:45	0:34	39			
Halvorson, Jaded	5:37	5:56	11:33	6:10	17:44	6:03	18:07	0:23	5:47	0:26	44	19:20		
Uhlir, Ty	5:30	5:58	11:28	6:22	17:51	6:10	18:13	0:22	5:49	0:40	48	19:03		
Borboa, Kellan	5:31	6:10	11:41	6:53	18:34	6:31	18:55	0:21	6:03	1:00	65	19:22		
Selby, Gage							inj							
Top 5 1st Mile Avg		5:25	Points	143	Place	5th/10	17:36	Avg Top 5		# runners	78			
			2024	162		4th/11	1:13	Gap time			92			
			2023	180		8th/11	17:44				85			
			2022	132		4th/11		2:32			91			
1:30 PM							Avg		Final	last	Avg	Diff		
JV Boys							Time	10th	Mile	1st & 2/3 Avg	Place			
	1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Time	10th	Mile	1st & 2/3 Avg	Place			
Salberg, Steven	5:31	6:10	11:41	6:44	18:26	6:27	18:56	0:30	6:03	0:56	7			
Machart, James	5:43	6:20	12:03	6:40	18:43	6:30	19:12	0:29	6:08	0:47	10			
Sailer, Kaden	5:48	6:15	12:04	6:41	18:45	6:28	19:14	0:29	6:09	0:40	13	19:23		
Borboa, Levi	6:01	6:24	12:26	6:43	19:09	6:33	19:30	0:21	6:14	0:32	20	19:44		
Newhouse, Byrson	6:04	6:29	12:34	6:37	19:12	6:33	19:37	0:25	6:16	0:29	23	3k		
Kniert, Caus	6:01	6:28	12:29	6:53	19:23	6:40	19:55	0:32	6:22	0:39	29	20:59		
Feist, Blaze	6:19	6:39	12:59	6:56	19:55	6:47	20:23	0:28	6:31	0:28	34	21:10		
Anderson, Owen	6:05	6:48	12:53	7:16	20:10	7:02	20:35	0:25	6:35	0:57	48	19:34		
Waddle, Ethan	6:50	7:10	14:01	6:24	20:25	6:47	21:17	0:51	6:48	-0:03	54	23:31		
Schwan, Cody	6:50	7:16	14:06	7:16	21:22	7:16	21:50	0:28	6:59	0:26	61			
Downs, Will	6:43	7:18	14:02	7:33	21:35	7:25	22:04	0:29	7:03	0:42	63			
Schill, Michael	6:46	7:15	14:02	7:44	21:45	7:29	22:11	0:26	7:05	0:43	64	22:38		
Feist, Logan	6:52	7:32	14:25	7:59	22:25	7:45	22:50	0:25	7:18	0:53	72			
Hogberg, Ethan	7:50	8:25	16:16	8:09	24:35	8:17	24:52	0:17	7:57	0:27	86	2:25		
Chieloha, Grady	7:30	8:46	16:19	8:49	25:08	8:47	25:38	0:30	8:12	1:17	89			
Osborn, Nate	8:25	10:28	18:54	10:05	28:59	10:16	29:41	0:42	9:29	1:51	99	2:01		
Top 5 1st Mile Avg		5:39	Points	66	Place	2nd/9	19:17	Avg Top 5		# runners	99			
			2024	111		4th/11	0:41	Gap time			80			
			2023	181		6th/11	19:44				96			

MS 3k, Lane 3		1st mile	12:25	Final Time avg/mile avg/1000 Place			
Bulger, Blaine	6:09			11:28	6:06	3:49	8
Gander, Micah	6:08			11:38	6:12	3:52	12
Johsnon, Ryan	7:10			13:26	7:09	4:28	37
Kindseth, Kjell				13:35	7:14	4:31	40
Kniert, Atticus	7:15			13:47	7:21	4:35	46
Welsh, Michael				13:55	7:25	4:38	49
Maharrey, Jacob	7:44			14:48	7:53	4:56	52
Team place		5th/6	Team points	110	Gap time	Runne	53

Meet - Oct 17, 2025		MS State Meet		3k Course	
Weather		1st Mile		Knights XC 2025	
MS Boys 3k		Final Time	Avg/mile	Place	
Sapaugh, Ben		10:36		3	
Selby, Gage		11:09		17	
Borboa, Kellan		11:00		11	11:22 39
Gander, Micah		11:45		31	13:01 101
Bugler, Blaine		11:46		32	
Welsh, Michael		14:33		138	
Johnson, Ryan		13:59		125	
Kindseth, Kjell		14:06		128	15:21 149
Kniert, Atticus		14:48		141	16:44 160
		Points	94	Place	2nd/16
2024			326		7th/15
		# runners	163		
			165		

2024

Cot 18

Meet - Oct 25, 2025

PR

Knights XC 2025

Weather

SB

50, 20 mph winds

1st & 2/3 Avg within 0:25 seconds

ND Championships

Weather:

Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	Avg 2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3	Place	2024 place	2024 time	2023 place	2023 time	2022 place	2022 time
Martin, Grant	5:13	5:36	10:49	5:34	16:23	5:35	17:04	0:40	5:27	0:22	30	25	16:48	47	17:42	105	18:39
Sickler, Ben	5:15	5:38	10:53	5:32	16:25	5:35	17:07	0:41	5:28	0:20	33	118	18:33				
Sapaugh, Ben	5:16	5:56	11:12	5:56	17:08	5:55	17:51	0:42	5:42	0:40	75						
Uhlir, Ty	5:30	5:51	11:21	5:59	17:20	5:55	18:04	0:43	5:46	0:25	84						
Selby, Gage	5:36	5:59	11:36	5:58	17:34	5:58	18:18	0:43	5:51	0:22	95						
Johnson, Blaine	5:30	6:09	11:40	6:04	17:44	6:06	18:29	0:44	5:54	0:36	105	139	18:53				
Salberg, Steven	5:56	6:08	12:04	5:59	18:03	6:03	18:49	0:45	6:01	0:07	128						
Halverson, Jaded	5:41	6:11	11:53	6:25	18:18	6:13	19:04	0:45	6:06	0:37	138	194	20:58				
Borboa, Kellan	5:55	6:15	12:11	6:09	18:20	6:12	19:06	0:45	6:06	0:17	140	173	19:41				
Machart, James	5:55	6:47	12:43	6:51	19:34	6:49	20:23	0:48	6:31	0:54	176						

Top 5 1st Mile Avg **5:34** Points 318 Place 10th/21 # runners 185

56, 20 mph from SW	2024	2023	2022	2021	2020	2019	2018
34, Frozen Muddy	405	338	316	339	240	289	374
	12th/22	14th/20	12th/20	12th/20	9th/19	10th/19	14th/20
	1:14	18:04	2:05	3:01	1:39	1:05	
	200	181	184	179	126	126	