

Meet - Sept 13, 2024 Bismarck Invite							PR		True 5K course				Knights XC 2024	
Weather							SB							
84, calm, HUMID, sunny							1st & 2/3 Avg within 0:25 sec							
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	5:47	11:06	5:44	16:50	5:45	17:23	0:33	5:33	0:26	36	20:23	
Steele, Lincoln		5:28	6:06	11:34	6:16	17:50	6:11	18:22	0:32	5:52	0:43	75	20:23	
Fiala, Aidan		5:27	5:54	11:21	5:51	17:12	5:52	17:49	0:37	5:42	0:25	53	17:34	
Sailer, Kaden		6:09	6:46	12:55	6:36	19:31	6:41	20:16	0:45	6:29	0:32	116	20:24	
Halvorson, Jaded		6:20	7:10	13:30	7:11	20:41	7:10	21:24	0:43	6:50	0:50	127	20:42	
Salberg, Steven		6:39	7:49	14:28	7:51	22:19	7:50	23:03	0:44	7:22	1:11	133		
McLaren, Derek								DNR - sick						20:27
Top 5 1st Mile Avg		5:44	Points	407	Place	16th/19	19:02		Avg Top 5		# runners		140	
			2023	229		9th/13	4:01		Gap time				98	
			2022	268		8th/17							134	
JV Boys 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		
Sickler, Ben		5:55	6:30	12:25	6:21	18:46	6:25	19:25	0:39	6:12	0:30	22		
Ihry, Caleb		6:11	6:50	13:01	6:44	19:45	6:47	20:20	0:35	6:30	0:36	41		
Newhouse, Byrson		6:19	6:51	13:10	6:38	19:48	6:44	20:25	0:37	6:32	0:25	42		
Johnson, Blaine		6:31	7:07	13:38	6:39	20:17	6:53	20:49	0:32	6:39	0:22	50		
Uhlir, Ty		6:11	6:58	13:09	7:13	20:22	7:05	21:01	0:39	6:43	0:54	55		
Borboa, Kellan		6:38	7:12	13:50	6:50	20:40	7:01	21:11	0:31	6:46	0:23	59		
Cochran, Nate		6:35	7:34	14:09	6:58	21:07	7:16	21:39	0:32	6:55	0:41	70		
Feist, Blaze		7:18	8:13	15:31	8:08	23:39	8:10	28:17	4:38	9:03	0:52	105	24:26	
Waddle, Ethan		8:41	9:47	18:28	9:39	4:07	9:43	28:44	0:37	9:11	1:02	106		
Schill, Michael		7:18	8:13	15:31	8:08	23:39	8:10	24:18	0:39	7:46	0:52	106		
Osborn, Nate		7:47	10:23	18:10	10:00	4:10	10:11	28:44	0:34	9:11	2:24	117		
Hogberg, Ethan		9:15	10:19	19:34	9:29	5:03	9:54	29:44	0:41	9:30	0:39	118	28:21	
Humble, Patrick		6:35	DNF				#DIV/0!	DNF						
Top 5 1st Mile Avg		6:13	Points	210	Place	6th/11	20:24		Avg Top 5		# runners		122	
			2023	258		7th/9	0:51		Gap tim					
MS Boys 3k		1st Mile					Final Time	Avg/mile		Place				
Gander, Micah		7:01					13:25	7:09		60				
Kindseth, Kjell		8:49					16:41	8:53		100				
Kniert, Atticus		10:52					20:54	11:08		112				