Jamestown, Aug 22nd, 2026 — 1st & 2/3 Avg within 0:25 seconds — PR — SB — True 5K course — 5000m

Knights XC 2026

Race Plan: 3k Pack, Gap time under 1:00

Varsity 5k

	1st Mile	2m split	2m total	3m split	3 mile avg	2 & 3 Mile Avg	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place	Aug 23 65, 19mph 2025
Selby, Gage	5:13	5:33	10:46	5:40	16:26	5:36	17:08	0:41	5:28	0:23	11	11:29 3k
Sickler, Ben	5:26	5:41	11:07	5:35	16:42	5:38	17:24	0:41	5:34	0:12	18	18:21
Martin, Grant	5:26	5:49	11:15	5:53	17:08	5:51	17:51	0:42	5:42	0:25	26	18:06
James Machart	5:30	6:00	11:30	6:05	17:35	6:02	18:19	0:43	5:51	0:32	38	15:20 4k
Uhlir, Ty	5:26	5:57	11:23	6:13	17:36	6:05	18:20	0:44	5:52	0:39	39	19:15
Halvorson, Jaded	5:37	6:08	11:45	6:15	18:00	6:11	18:46	0:45	6:00	0:34	58	19:19
Sapaugh, Ben	5:26	6:11	11:37	6:36	18:13	6:23	18:59	0:45	6:04	0:57	67	10:49 3k
Top 5: 1st Mile Avg	*5:24*		# of Runners	212			17:48	*1:12* Gap	5:41 Avg Pace	3rd/43 Place	132 Points	
2025	5:42			197		6::13	18:56	1:42	6:03	10th/21	263	
2024				169				3:29		12th/36	339	
2023				162				14:58		11th/20	282	
2022				146				4:21		5th/27	156	

Boys 4k

Race Plan: 1600m Pack

	1st Mile	2m split	2m total	Last Half	Final Time	Avg Mile	Place	2025
Borboa, Kellan	5:50	6:15	12:05		14:57	5:58	4	11:28 3k
Craycraft, Calvin	5:56	6:10	12:06		14:59	5:59	5	
Sailer, Kaden	5:50	6:15	12:05		15:00	6:00	7	20:05 4k
Bugler, Blaine	5:56	6:17	12:13		15:00	6:00	6	11:28 3k
Borboa, Levi	6:06	6:25	12:31		15:22	6:08	12	16:13
Feist, Blaze	6:22	6:49	13:11		16:15	6:30	30	16:44
Downs, Will	6:22	6:50	13:12		16:15	6:30	31	17:04
Gander, Micah	6:06	7:04	13:10		16:40	6:40	35	11:51 3k
Kniert, Cauis	6:27	6:59	13:26		16:49	6:43	37	
Kindseth, Kjell	6:33	7:46	14:19		17:43	7:05	59	
Feist, Logan	6:43	8:49	15:32		17:53	7:09	63	
Schill, Michael	7:18	7:27	14:45		17:53	7:09	63	18:16
Cieloha, Grady	NT		15:31		19:28	7:47	91	
Hogberg, Ethan	7:26	8:25	15:51		19:46	7:54	99	
Top 5: 1st Mile Avg	*5:55*		# of Runners	119	15:03		1st/24 Place	34 Points
2025	6:24		124		16:03	2:06 Gap	6:25 Avg Pace	5th/27	146
2024			166			1:20		19th/33	588
2023			141					11th14	309

Jamestown, Aug 22nd, 2026 1st & 2/3 Avg within 0:25 seconds

PR SB

True 5K course **5000m**

Knights XC 2026

Race Plan: 3k Pack, Gap time under 1:00

Aug 23

2022 98 14th/22 354

Boys 3k

	1st Mile	Final Time	Avg Mile	Place	
Rease, Jakhi		**12:12**	**6:30**	30	
Bui, Issac		**12:38**	**6:44**	46	
Cieloha, Carter		**13:39**	**7:16**	79	
Welsh, Michael		**13:44**	**7:19**	81	14:07
Johnson, Ryan		**13:46**	**7:20**	35	15:21
Venter, Nico		**22:30**	**12:00**	151	
Top 5: 1st Mile Avg		**13:11**		**9th/37**	**321**

		# of Runners		Gap	Avg Pace	Place	Points
2025	6:02	109	11:28	1:02	6:07	1st/28	28
2024		138		6:18		7th/29	265