Meet - Mandan | Aug 29th ,2025 | True 5K course | 5000

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

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, Cauis	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

3k Avg	avg pace
wrong	wrong

race was long, lead cart went the wrong way