Meet - Sept 12, 2026 Milbank, SD PR

Weather SB

70, 20 mph 1st & 2/3 Avg within 0:25 seconds

Knights XC 2026

70, 97% Humidity

2025

Varsity 5k

Race plan - fast 1st mile

	1st Mile	2m split	2m total	3m split	3mile total	2 & 3 Mile Avg	Final Time	down hill last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place	Sept 13
Sickler, Ben	5:09	5:27	10:36	5:28	16:04	5:27	16:25	0:21	5:15	0:18	2	DNF
Selby, Gage	5:07	5:32	10:39	5:29	16:08	5:30	16:29	0:21	5:16	0:23	3	*18:34 3k*
Martin, Grant	5:15	*5:40*	10:55	5:44	16:39	5:42	16:59	0:20	5:26	0:27	5	16:52
Uhlir, Ty	5:16	*5:57*	11:13	*6:08*	17:21	6:02	17:43	0:22	5:40	*0:46*	8	18:19
Sapaugh, Ben	5:25	*6:07*	11:32	*6:03*	17:35	6:05	17:56	0:21	5:44	*0:40*	9	*18:32 3k*
Craycraft, Calvin	5:33	*6:08*	11:41	6:04	17:45	6:06	18:07	0:22	5:47	0:33	12	
Bulger, Blaine	5:33	*6:08*	11:41	6:05	17:46	6:06	18:09	0:23	5:48	0:33	13	11:40 3k
Sailer, Kaden	5:45	6:10	11:55	6:00	17:55	6:05	18:17	0:22	5:51	0:20	15	15:25 4k
Halvorson, Jaded	5:48	6:23	12:11	6:48	18:59	6:35	19:21	0:22	6:11	0:47	29	18:41
Emmi	5:51	6:17	12:08	6:30	18:38	6:23	18:58	0:20	6:04	0:32	2	
Top 5: 1st Mile Avg	*5:14*		# of Runners	58			17:06	*1:31*	5:28	1st/8	27	
							Avg top 5	Gap	Avg Pace	Place	Points	
2025	5:35			70			18:06	1:49	6:04	2nd/12	46	

Boys 4k

Race Plan:

	1st Mile	2m split	2m total	Last Half	Course was 2.45km	Corrected 4k	Avg Mile	Place	
Downs, Will	6:06	6:35	12:41	2:38	15:19	15:37	6:15	1	16:27 4k
Feist, Blaze	6:02	6:33	12:35	2:51	15:28	15:46	6:18	2	17:00 4k
Gander, Micah	6:07	6:42	12:49	2:46	15:35	15:54	6:21	3	12:15 3k
Henry, Surr					16:04	16:23	6:33	8	
Kniert, Cauis					16:20	16:40	6:40	10	
Kindseth, Kjell					16:26	16:46	6:42	11	14:30 3k
Feist, Logan					16:40	17:00	6:48	14	19:07 4k
Schill, Michael	6:52	7:21	14:13	2:42	16:55	17:15	6:54	15	1715 4k
Rease, Jahki					17:33	17:54	7:09	17	
Cieloha, Grady					18:56	19:19	7:43	25	21:43 4k
Kniert, Atticus					22:07	22:34	9:01	32	13:02 3k
Top 5: 1st Mile Avg			# of Runners	414	16:04	*1:01*	6:18		
					Avg top 5	Gap	Avg Pace	Place	Points

MS Boys 3k	1st Mile	Final Time	Avg/mile	Place	
Welsh, Michael	6:31	12:01		10	13:42 3k
Johnson, Ryan	6:30	12:05		11	14:55 3k
Pommerer, Trayan	7:10	13:15		28	
Cieloha, Carter	7:12	13:20		29	