Perham Aug 29th, 2026 — 1st & 2/3 Avg within 0:25 seconds — True 5K course — Narrow trails thru woods

75, very humid — PR — SB

Knights XC 2026

Race Plan: Break the race up into segements, Gap time under 1:00

Varsity 5k

11:15 AM

	1st Mile	2m split	2m total	3m split	3mile total	2 & 3 Mile Avg	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Selby, Gage	5:09	5:36	10:45	5:45	16:30	5:40	17:00	0:30	5:26	0:31	17
Martin, Grant	5:25	5:55	11:20	6:11	17:31	6:03	18:05	0:34	5:47	0:38	46
Sapaugh, Ben	5:25	6:03	11:28	6:21	17:49	6:12	18:22	0:33	5:52	0:47	52
Uhlir, Ty	5:21	6:18	11:39	6:24	18:03	6:21	18:39	0:36	5:58	1:00	56
Borboa, Kellan	5:56	5:57	11:53	6:20	18:13	6:08	18:42	0:29	5:59	0:12	58
Sickler, Ben	5:09	6:30	11:39	6:26	18:05	6:28	18:43	0:38	5:59	1:19	59
Bugler, Blaine	5:44	6:18	12:02	6:21	18:23	6:19	18:56	0:33	6:03	0:35	70
Top 5: 1st Mile Avg	5:17		# of Runners	105			18:09	1:42	5:48	7th/15	229
							Avg top 5	Gap	Avg Pace	Place	Points

JV 5k - 11:15 am

Race Plan: 1600m Pack

	1st Mile	2m split	2m total	3m split	3mile total	2 & 3 Mile Avg	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Halvorson, Jaded	5:56	5:52	11:48	6:29	18:17	6:10	18:56	0:39	6:03	0:14	5
Craycraft, Calvin	5:56	6:16	12:12	6:26	18:38	6:21	19:10	0:32	6:08	0:25	9
Sailer, Kaden	5:55	6:17	12:12	6:38	18:50	6:27	19:27	0:37	6:13	0:32	15
Machart, James	5:35	6:36	12:11	6:48	18:59	6:42	19:32	0:33	6:15	1:07	18
Borboa, Levi	5:56	6:37	12:33	6:54	19:27	6:45	19:53	0:26	6:21	0:49	31
Feist, Blaze	6:26	6:55	13:21	7:03	20:24	6:59	21:00	0:36	6:43	0:33	50
Downs, Will	6:27	7:04	13:31	6:53	20:24	6:58	21:05	0:41	6:44	0:31	53
kinseth, Kjell	6:34	7:16	13:50	7:07	20:57	7:11	21:34	0:37	6:54	0:37	68
Waddle, Ethan	6:45	7:22	14:07	7:09	21:16	7:15	21:45	0:29	6:57	0:30	74
Feist, Logan	6:39	7:32	14:11	7:45	21:56	7:38	22:24	0:28	7:10	0:59	92
Rease, Jakhi	6:45	7:39	14:24	8:06	22:30	7:52	23:08	0:38	7:24	1:07	106
Bui, Issac	7:14	7:45	14:59	7:48	22:47	7:46	23:24	0:37	7:29	0:32	114
Schill, Michael	7:14	7:48	15:02	8:08	23:10	7:58	23:46	0:36	7:36	0:44	122
Welsh, Michael	7:15	7:58	15:13	8:03	23:16	8:00	23:54	0:38	7:38	0:45	124
Johnson, Ryan	7:24	8:01	15:25	7:51	23:16	7:56	24:05	0:49	7:42	0:32	134
Hogberg, Ethan	7:43	8:38	16:21	9:00	25:21	8:49	25:56	0:35	8:17	1:06	166
Cieloha, Grady	7:24	9:03	16:27	9:30	25:57	9:16	26:30	0:33	8:28	1:52	169
Top 5: 1st Mile Avg	5:51		# of Runners	183			19:23	0:57	6:12	2nd/15	73
							Avg top 5	Gap	Avg Pace	Place	Points

MS Boys 3200m						
9:20 AM	1st Mile	2 mile	Final Time	Avg Mile	3k Time	Place
Pommerer, Trajan	**6:42**	8:17	**14:59**	7:29	14:02	112
Cieloha, Carter	**7:00**	8:52	**15:52**	7:56	14:52	135
Kniert, Atticus	**7:18**	10:01	**17:19**	8:39	16:14	177
Top 5: 1st Mile Avg		# of Runners	204			