Meet -	Sioux Falls, Sept 5th, 2025			Knights XC 2025			True 5K course				
Weather	63, windy						Box 35 for all races				
Varsity 5k 8:00 pm	**1st Mile**	**2m split**	2m total	**3m split**	3m total	**2&3 Avg**	**Final Time**	Avg/mile	Avg/1000	Place	2024
Martin, Grant	**5:20**	**5:28**	10:48	**5:32**	Fell	**5:30**	**17:09**	5:29	3:25	155	16:25
Sickler, Ben							**17:23**	5:33	3:28	192	
Johnson, Blaine	**5:25**	**5:51**	11:16	**5:52**		**5:51**	**17:58**	5:44	3:35	271	19:09
Uhlir, Ty							**18:30**	5:55	3:42	350	
Anderson, Owen	**5:37**	**6:02**	11:39	**6:12**		**6:07**	**18:37**	5:57	3:43	360	19:11
Halvorson, Jaded	**5:46**	**6:02**	11:48	**6:37**	side ache	**6:19**	**19:11**	6:08	3:50	427	
Sailer, Kaden							**19:26**	6:13	3:53	448	19:11
	Team place		40th/54	**Team points**		1077	**Gap time**	**1:28**	**# Runner**	**513**	
	2024		31st/46			918		**2:46**		**430**	
JV Boys 4k 7:10 pm	**1st Mile**	**2m split**	2m total	**last 1/2**			**Final Time**	Avg/mile	Avg/1000	Place	
Salberg, Steven							**14:50**	5:56	3:42	48	**16:53**
Machart, James	**5:46**	**6:16**		**2:56**			**14:58**	5:59	3:44	61	
Sapaugh, Ben							**15:22**	6:08	3:50	105	
Borboa, Kellan							**15:29**	6:11	3:52	122	16:52
Selby, Gage							**15:32**	6:12	3:53	126	
Borboa, Levi							**15:43**	6:17	3:55	150	**16:44**
Kniert, Caius							**15:57**	6:22	3:59	168	18:01
Newhouse, Byrson	**6:20**	**6:27**		**3:14**			**16:01**	6:24	4:00	177	16:12
Gander, Micah							**16:02**	6:24	4:00	179	18:30
Feist, Blaze	**6:17**	**6:32**		**3:32**			**16:22**	6:32	4:05	225	**19:01**
Downs, Will							**16:26**	6:34	4:06	238	
Bulger, Blaine							**16:50**	6:44	4:12	282	
Schill, Michael							**17:01**	6:48	4:15	298	**19:01**
Waddle, Ethan							**17:11**	6:52	4:17	322	**19:01**
Schwan, Cody							**17:28**	6:59	4:22	355	**18:11**
Johnson, Ryan							**19:11**	7:40	4:47	464	
Welsh, Michael							**19:43**	7:53	4:55	467	
Osborn, Nate							**19:44**	7:53	4:56	483	**20:57**
Hogberg, Ethan							**21:41**	8:40	5:25	517	**21:48**
	Team place		**14th/39**	**Team points**		**432**	**Gap time**	**0:42**	**# Runner**	**529**	
			25/40			**727**					