

Meet - Weather		Sioux Falls, Sept 6th, 2024 perfect, 65, no wind, flat course					Knights XC 2024		True 5K course Box 48 for all races			
Varsity 5k 8:10 pm		1st Mile	2m split	2m total	3m split	3m total	2&3 Avg	Final Time	Avg/mile	Avg/1000	Place	
Martin, Grant		4:58	5:16	10:14	5:12	15:26	5:14	16:25	5:15	3:17	71	
Steele, Lincoln		5:40						17:43	5:40	3:32	204	
Fiala, Aidan		5:40						17:50	5:42	3:34	217	
Halvorson, Jaded		6:00						19:09	6:07	3:49	344	
Anderson, Owen		6:05						19:11	6:08	3:50	351	
Sailer, Kaden		6:02						19:11	6:08	3:50	352	
Team place			31st/46	Team points		918	Gap time			# Runner	430	
JV Boys 4k 7:10 pm		1st Mile	2m split	2m total				Final Time	Avg/mile	Avg/1000	Place	3k Time
Sickler, Ben		6:03						15:36	6:14	3:54	123	11:42
Ihry, Caleb		6:09	6:23	12:32				15:57	6:22	3:59	160	
Newhouse, Byrson		6:28	6:38	13:06				16:12	6:28	4:03	192	12:09
Borboa, Levi		6:17						16:44	6:41	4:11	245	
Borboa, Kellan		6:39	6:44	13:23				16:52	6:44	4:13	262	12:39
Johnson, Blaine		6:39	6:44	13:23				16:52	6:44	4:13	265	
Salberg, Steven		6:08						16:53	6:45	4:13	268	
Hoverson, Hunter		6:17						17:09	6:51	4:17	287	
Cochran, Nate		6:42						17:20	6:56	4:20	319	
Humble, Patrick		6:42						17:23	6:57	4:20	323	
Kniert, Caius		6:42						18:01	7:12	4:30	387	13:30
Schwan, Cody		6:40						18:11	7:16	4:32	392	
Gander, Micah		6:59						18:30	7:24	4:37	423	13:52
Waddle, Ethan		7:13						19:01	7:36	4:45	448	
Schill, Michael		6:57						19:01	7:36	4:45	449	
Feist, Blaze		6:57						19:01	7:36	4:45	449	
Osborn, Nate		7:29						20:57	8:22	5:14	494	
Hogberg, Ethan		8:20						21:48	8:43	5:27	504	16:21
Kindseth, Kjell		8:44						23:52	9:32	5:58	516	17:54
Kniert, Atticus		9:23						0:53	9:57	6:13	520	18:39
Team place			25th/40	Team points		727	Gap time			# Runner	521	

5k Avg 1st m

18:03 5:40

3k Time