Sioux Falls, Twlight — 1st & 2/3 Avg within 0:25 seconds — PR — SB — True 5K course

Knights XC 2026

Varsity 5k

8:15:00 PM (limit 10)

		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		
1	Selby, Gage	5:00	5:35	10:35	5:28	16:03	5:31	16:44	0:40	5:21	0:31	63	15:32 4k	
2	Sickler, Ben	5:15	5:21	10:36	5:51	16:27	5:36	17:09	0:41	5:29	0:21	96	17:23	
3	Martin, Grant	5:12	5:26	10:38	5:53	16:31	5:39	17:13	0:41	5:30	0:27	100	17:08	16:25
4	Uhlir, Ty	5:06	5:33	10:39	5:44	16:36	5:38	17:18	0:41	5:32	0:32	107	18:30	
5	Sapaugh, Ben	5:12	5:48	11:00	6:13	17:13	6:00	17:57	0:43	5:44	0:48	164	15:22 4k	
6	Borboa, Kellan					17:51		18:36	0:44	5:57		241	15:294k	16:52
7	Halvorson, Jaded					17:54		18:39	0:44	5:58		248	19:11	
8	Machart, James	5:12				18:19		19:05	0:45	6:06		298	14:58 4k	
9	Bulger, Blaine					19:05		19:53	0:47	6:21		385	16:50 k	
	Top 5: 1st Mile Avg	*5:09*		# of Runners	503			17:16	*1:13*	5:31	12th/54	454		
								Avg top 5	Gap	Avg Pace	Place	Points		
	2025				513			17:55	1:28	5:44	40th/54	1077		
	2024				430			18:03	2:46	5:46	31st/46	918		

JV 1.5 mile

7:15 pm (limit 15)

		1st Mile	.5 mile	Final Time	Avg Mile	3k	Place		
1	Sailer, Kaden - Captain			8:28	5:38	10:31	76	19:26 5k	19:11
2	Craycraft, Calvin			8:35	5:43	10:40	85		
3	Borboa, Levi - Captain			8:47	5:51	10:54	120	15:43 4k	16:44
4	Feist, Blaze	5:50	2:58	8:48	5:52	10:56	125	16:22 4k	19:01
5	Downs, Will			8:57	5:58	11:07	150	16:26 4k	
6	Kniert, Caius			9:08	6:05	11:21	184	15:57 4k	18:01
7	Feist, Logan			9:45	6:30	12:07	285		
8	Kindsesth, Kjell			9:45	6:30	12:07	287		
9	Welsh, Michael			9:56	6:37	12:20	312	19:43 4k	
10	Schill, Michael			10:16	6:50	12:45	347	17:01 4k	19:01
11	Hogberg, Ethan			10:27	6:58	12:59	362		
12	Cieloha, Grady			10:46	7:10	13:22	379		
	Top 5: 1st Mile Avg		# of Runners 414		5:48				
				Avg top 5	Gap	Avg Pace	Place	Points	
	2025		529		0:42		14tj39	432	
	2024						25th/40	727	

Boys 1.5 miles

6:00 pm (unlimited)

	1st Mile	Final Time	Avg Mile	Place		
Pommer, Trajan						
Cieloha, Carter	NO race due to heat					
Gander, - Captain					16:02 4k	18:30
Kniert, Atticus						
Top 5: 1st Mile Avg	#####	10:09	#####			
	# of Runners	Gap	Avg Pace	Place	Points	
			6:37			