Meet - Oct 26, 2024

Weather

56, 20mph from South West]

Weather:

PR

SB

1st & 2/3 Avg within 0:25 seconds

Knights XC 2024

ND Championships

Laae 25-26						Avg	Final	last	Avg	Diff		2023		2022	
Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Time	10th	Mile	1st & 2/3 Avg	Place	place	time	place	time
Martin, Grant	5:06	5:35	10:41	5:26	16:07	5:30	16:48	0:40	5:22	0:24	25	47	17:42	105	18:39
Fiala, Aidan	5:16	5:36	10:52	5:47	16:39	5:41	17:21	0:41	5:33	0:25	50	73	18:18	83	18:15
Steele, Lincoln	5:16	5:49	11:05	5:55	17:00	5:52	17:43	0:42	5:40	0:36	72	109	18:57		
Sickler, Ben	5:36	6:05	11:41	6:07	17:48	6:06	18:33	0:44	5:56	0:30	118				
Johnson, Blaine	5:42	6:06	11:48	6:19	18:07	6:12	18:53	0:45	6:02	0:30	139				
Sailer, Kaden	5:58	6:16	12:14	6:10	18:24	6:13	19:11	0:46	6:08	0:15	152	167	20:35		
Ihry, Caleb	5:52	6:26	12:18	6:08	18:26	6:17	19:13	0:46	6:08	0:25	155				
Newhouse, Bryson	5:59	6:25	12:24	6:22	18:46	6:23	19:33	0:46	6:15	0:24	170				
Borboa, Kellan	6:01	6:29	12:30	6:23	18:53	6:26	19:41	0:47	6:17	0:25	173				
Halverson, Jaded	6:01	6:51	12:52	7:15	20:07	7:03	20:58	0:50	6:42	1:02	194				
Top 5 1st Mile Avg	5:23	Points	405	Place	12th/22		17:51	Avg Top 5		# runners	200				
							2:05	Gap time							
		2023	338		14th/20						181				
		2022	316		12th/20			3:01			184				
		2021	339		12th/20						179				
		2020	240		9th/19			1:39			126				
		2019	289		10th/19			1:05			126				
		2018	374		14th/20										