Meet - Oct 26, 2024

Weather

PR

SB

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

Knights XC 2025
ND Championships

Weather:

Laae 25-26						Avg	Final	last	Avg	Diff		2024		2023		2022	
Varsity 5k	1st Mile	2m split	2m total	3m split	3m total	2&3 mile	Time	10th	Mile	1st & 2/3	Place	place	time	place	time	place	time
Martin, Grant	5:13	5:36	10:49	5:34	16:23	5:35	17:04	0:40	5:27	0:22	30	25	16:48	47	17:42	105	18:39
Sickler, Ben	5:15	5:38	10:53	5:32	16:25	5:35	17:07	0:41	5:28	0:20	33	118	18:33				
Sapaugh, Ben	5:16	5:56	11:12	5:56	17:08	5:56	17:51	0:42	5:42	0:40	75						
Uhlir, Ty	5:30	5:51	11:21	5:59	17:20	5:55	18:04	0:43	5:46	0:25	84						
Selby, Gage	5:36	5:59	11:36	5:58	17:34	5:58	18:18	0:43	5:51	0:22	95						
Johnson, Blaine	5:30	6:09	11:40	6:04	17:44	6:06	18:29	0:44	5:54	0:36	105	139	18:53				
Salberg, Steven	5:56	6:08	12:04	5:59	18:03	6:03	18:49	0:45	6:01	0:07	128						
Halverson, Jaded	5:41	6:11	11:53	6:25	18:18	6:18	19:04	0:45	6:06	0:37	138	194	20:58				
Borboa, Kellan	5:55	6:15	12:11	6:09	18:20	6:12	19:06	0:45	6:06	0:17	140	173	19:41				
Machart, James	5:55	6:47	12:43	6:51	19:34	6:49	20:23	0:48	6:31	0:54	176						
Top 5 1st Mile Avg	5:34	Points	318	Place	10th/21			Avg Top 5		# runners	185						
							1:14	Gap time									
56, 20 mph from SW		2024	405		12th/22		18:04	2:05			200						
34, Frozen Muddy		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												