Meet - Sept 19, 2026 Valley City PR True 5K course

62, humid SB 1st & 2/3 Avg within 0:25 seconds

Course - rolls and sharp turns 2nd loop

Varsity 5k	1st Mile	Hills and sharp turns 2m split	2m total	3m split	3m total	Avg 2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Selby, Gage	5:08	5:35	10:40	5:27	16:03	5:31	16:44	0:40	5:21	0:23	2
Sickler, Ben	5:07	5:36	10:43	5:29	16:24	5:32	17:06	0:41	5:28	0:25	3
Martin, Grant	5:08	5:54	11:07	5:46	16:48	5:50	17:30	0:42	5:36	0:42	8
Sapaugh, Ben	5:11	6:00	11:11	5:29	17:06	5:44	17:49	0:42	5:42	0:33	13
Uhlir, Ty	5:21	5:56	11:17	5:29	17:12	5:42	17:55	0:43	5:44	0:21	16
Bulger, Blaine	5:34	6:08	11:42	5:29	17:34	5:48	18:18	0:43	5:51	0:14	24
Craycraft, Calvin	5:36	6:10	11:46	5:29	17:55	5:49	18:40	0:44	5:58	0:13	32
Sailer, Kaden	5:40	6:17	11:57	5:29	18:02	5:53	18:48	0:45	6:00	0:13	35
Machart, James	5:34	6:43	12:14	6:16	18:33	6:29	19:13	0:40	6:08	0:55	41
Borboa, Kellan	5:43	6:37	12:20	5:29	18:42	6:03	19:29	0:46	6:14	0:20	48
Halvorson, Jaded	5:37	6:35	12:12	6:46	18:58	6:40	19:46	0:48	6:19	1:03	54
Borboa, Levi	6:00	6:41	12:41	5:29	18:58	6:05	19:46	0:47	6:19	0:05	54
Feist, Blaze	6:08	7:48	13:56	5:29	19:25	6:38	20:14	0:48	6:28	0:30	65
Top 5: 1st Mile Avg	*5:11*		# of Runners	135			17:24	*1:11*	5:34	2nd/19	42
							Avg top 5	Gap	Avg Pace	Place	Points
2025	5:54			174			18:22	1:48	5:52	4th/28	145
2024				152						4th/17	160

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Varsity 5k

Hills and sharp turns

	1st Mile	2m split	2m total	3m split	3m total	Avg 2&3 mile	Final Time	last 10th	Avg Mile	Diff 1st & 2/3 Avg	Place
Gander, Micah	5:57		13:51				16:04		6:25		15
Henry, Surr	6:04		13:56				16:05		6:26		16
Kindseth, Kjell	6:14		14:13				16:30		6:36		22
Fiest, Logan	6:23		15:00				17:12		6:52		32
Bui, Isaac	6:36		15:11				17:29		6:59		36
Johnson, Ryan	6:43		15:15				17:41		7:04		40
Rease, Jakhi	6:41		16:04				18:18		7:19		51
Pommerer, Trajan	7:28		16:14				18:50		7:32		57
Cieloha, Grady	7:35		17:01				19:19		7:43		68
Hogberg, Ethan	7:35		17:04				19:36		7:50		78
Cieloha, Carter			17:12				19:36		7:50		79
Kniert, Atticus	7:40						20:55		8:22		99
Cory, Cade	9:46		21:52				25:19		10:07		115
Venter, Nico	9:46		22:03				25:25		10:10		116
Top 5: 1st Mile Avg	*6:14*		# of Runners	118			16:40	*1:25*	6:40	4th/17	119
							Avg top 5	Gap	Avg Pace	Place	Points
2025	6:17			159			16:11	1:!4	5:52	3rd/22	126
2024	6:08			136						4th/14	93

JV Boys 4k

	1st Mile	2m split	2m total	Last Half	Final Time	Avg Mile	Place

60

Muddy

2025

19:03

17:52

17:14

18:45

18:56

20:41

20:04

15:41 4k

19:19

19:09

20:21

16:54 4k

60

Muddy

2025

20:47

21:00 4k

19:18 4k

19:32 4k

21:07 4k