Meet - Sept 20, 2025 Valley City — PR

Weather — SB

60, MUDDY, slippery corners, light wind — 1st & 2/3 Avg within 0:25 sec

True 5K course

Varsity 5k	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	Windy! 2024
Martin, Grant	5:21	5:48	11:09	5:23	16:32	5:35	17:14	0:41	5:30	0:14	8	17:22
Sickler, Ben	5:29	6:02	11:31	5:38	17:09	5:50	17:52	0:42	5:43	0:21	18	19:05
Sapaugh, Ben	5:55	6:21	12:16	5:44	18:00	6:02	18:45	0:45	6:00	0:07	33	
Uhlir, Ty	5:45	6:27	12:12	5:58	18:10	6:12	18:56	0:45	6:03	0:27	41	6:26p
Selby, Gage	5:55	6:22	12:17	6:00	18:17	6:11	19:03	0:45	6:05	0:16	45	
Halvorson, Jaded	5:48	6:25	12:13	6:10	18:23	6:17	19:09	0:45	6:07	0:29	46	20:17
Borboa, Kellan	6:10	6:27	12:37	5:55	18:32	6:11	19:19	0:46	6:10	0:01	49	6:31p
Salberg, Steven	6:02	6:36	12:38	6:20	18:58	6:28	19:46	0:47	6:19	0:26	66	
Sailer, Kaden	6:10	6:46	12:56	6:19	19:15	6:32	20:04	0:48	6:25	0:22	78	19:43
Borboa, Levi	6:25	6:51	13:16	6:16	19:32	6:33	20:21	0:48	6:30	0:08	87	6:48p
Bulger, Blaine	6:29	6:57	13:26	6:25	19:51	6:41	20:41	0:49	6:37	0:12	96	
Gander, Micah	6:28	6:54	13:22	6:35	19:57	6:44	20:47	0:49	6:39	0:16	100	7:20p
Top 5 1st Mile Avg	5:54	Points	145	Place	4th/28		18:22	Avg Top 5		# runners	174	
		2024	160		4th/17		1:48	Gap time			152	
		2023	159		3rd/16						115	

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True 5K course

Varsity 5k	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	Windy! 2024
JV Boys 4k	1st Mile	2m split	2m total	Last Half			Final Time	Avg Mile	avg 1000		Place	
Newhouse, Byrson	6:04	5:42	11:46				15:40	6:16	3:55		13	16:03
Machart, James	5:45	5:45	11:30				15:41	6:16	3:55		14	
Hoverson, Hunter	6:03	5:44	11:47				16:01	6:24	4:00		23	16:26
Downs, Will	6:29	6:08	12:37				16:41	6:40	4:10		37	
Feist, Blaze	6:26	6:06	12:32				16:54	6:45	4:13		39	17:56
Nombre, Abraham	6:21	6:03	12:24				16:58	6:47	4:14		42	
Waddle, Ethan	6:56	5:59	12:55				17:03	6:49	4:15		44	19:29
Schill, Michael	6:51	6:17	13:08				17:20	6:56	4:20		53	19:07
Gruenes, Daniel	6:55	6:36	13:31				17:49	7:07	4:27		68	
Schwan, Cody	6:57	6:38	13:35				18:01	7:12	4:30		78	18:48
Welsh, Michael	6:56	6:49	13:45				18:07	7:14	4:31		82	
Fiest, Logan	7:21	6:58	14:19				19:18	7:43	4:49		106	
Johnson, Ryan	7:40	7:06	14:46				19:32	7:48	4:53		109	
Maharrey, Jacob	8:01	7:21	15:22				20:51	8:20	5:12		131	
Kindseth, Kjell	8:00	7:55	15:55				21:00	8:24	5:15		133	22:05
Cieloha, Grady	7:59	7:51	15:50				21:07	8:26	5:16		135	
Thompson, Eli	8:14	7:47	16:01				21:31	8:36	5:22		140	
Top 5 1st Mile Avg	6:17	Points	126	Place	3rd/22		16:11	Avg Top 5		# runners	159	
2024	6:08		93		4th/13		1:14	Gap time			136	
2023			67		3rd/14						89	