

Meet - Sept 20, 2024		Valley City		PR			True 5K course		Knights XC 2024				
Weather				SB			5020 in 2023						
26 mph, 63, no rain				1st & 2/3 Avg within 0:25 sec									
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	2023
Martin, Grant		5:09	5:40	10:49	5:45	16:34	5:42	17:22	0:48	5:33	0:33	7	17:30
Steele, Lincoln		5:25	5:56	11:21	6:05	17:26	6:00	18:07	0:41	5:47	0:35	23	20:33
Fiala, Aidan		5:30	5:53	11:23	6:06	17:29	5:59	18:11	0:42	5:49	0:29	25	18:19
Sickler, Ben		5:53	6:12	12:05	6:06	18:11	6:09	19:05	0:54	6:06	0:16	45	
Ihry, Caleb		5:58	6:29	12:27	6:25	18:52	6:27	19:40	0:48	6:17	0:29	60	
Sailer, Kaden		5:59	6:31	12:30	6:30	19:00	6:30	19:43	0:43	6:18	0:31	62	20:49
Halvorson, Jaded		5:53	6:37	12:30	6:56	19:26	6:46	20:17	0:51	6:29	0:53	74	
Top 5 1st Mile Avg		5:35	Points	160	Place	4th/17		18:29	Avg Top 5		# runners	152	
			2023	159		3rd/16		2:18	Gap time			115	
JV Boys 4k		1st Mile	2m split	2m total	Last Half			Final Time		Avg Mile		Place	2023
Johnson, Blaine		5:47	6:26	12:13	3:13			15:26		6:10		7	
Newhouse, Byrson		6:08	6:47	12:55	3:08			16:03		6:25		18	
Uhlir, Ty		6:10	6:45	12:55	3:10			16:05		6:26		20	
McLaren, Derek		6:17	6:44	13:01	3:02			16:03		6:25		22	16:04
Borboa, Kellan		6:25	6:39	13:04	3:15			16:19		6:31		26	
Hoverson, Hunter		6:17	6:44	13:01	3:25			16:26		6:34		29	16:30
Borboa, Levi		6:17	7:04	13:21	3:40			17:01		6:48		41	17:09
Humble, Patrick		6:30	7:27	13:57	3:40			17:37		7:02		51	19:17
Kniert, Caus		6:45	7:17	14:02	3:36			17:38		7:03		52	
Feist, Blaze		6:48	7:33	14:21	3:35			17:56		7:10		58	
Gander, Micah		6:53	7:37	14:30	3:50			18:20		7:20		68	
Schwan, Cody		7:04	8:07	15:11	3:37			18:48		7:31		72	21:05
Schill, Michael		6:37	8:04	14:41	4:26			19:07		7:38		81	19:52
Waddle, Ethan		7:43	8:02	15:45	3:44			19:29		7:47		87	
Kindseth, Kjell		8:23	9:08	17:31	4:34			22:05		8:50		112	
Osborn, Nate		7:46	10:01	17:47	4:18			22:05		8:50		113	21:45
Hogberg, Ethan		9:01	9:36	18:37	4:27			23:04		9:13		116	22:31
Kniert, Atticus		9:14	11:21	20:35	4:59			1:34		10:13		124	
Top 5 1st Mile Avg		6:09	Points	93	Place	4th/13		16:01	Avg Top 5		# runners	136	
			2023	67		3rd/14		0:53	Gap time			89	