

MSHSL STATE CROSS COUNTRY CHAMPIONSHIPSNorthfield, MN
St. Olaf College

Saturday, November 6, 2021

**OFFICIAL MEET REPORT**
printed: 11/7/2021 9:58 PM**Race #1**
Boys Class AAA 5000M**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 Wayzata	96	13-14-21-23-25(28)(48)	16:24	0:17.3
2 Minneapolis Southwest	118	6-8-18-30-56(82)(96)	16:26	0:54.3
3 Mounds View	125	3-7-33-38-44(72)(73)	16:26	1:08.7
4 Minnetonka	135	1-5-26-34-69(80)(81)	16:25	1:53.7
5 Rosemount	170	17-29-35-36-53(55)(61)	16:41	0:35.7
6 Lakeville North	172	4-19-32-57-60(68)(90)	16:39	1:01.6
7 Stillwater Area	182	15-31-41-46-49(64)(85)	16:42	0:36.6
8 Roseville Area	203	9-10-12-78-94(101)(106)	16:47	1:33.6
9 Buffalo	205	11-20-22-65-87(93)(103)	16:47	1:18.6
10 White Bear Lake Area	249	2-39-59-74-75(76)(102)	16:50	1:45.2
11 Edina	258	47-50-51-52-58(70)(95)	16:56	0:07.3
12 Lakeville South	294	27-37-45-86-99(105)(109)	17:08	1:13.6
13 Bloomington Jefferson	318	43-62-63-71-79(91)(108)	17:12	0:36.2
14 Centennial	330	24-42-67-97-100(104)(107)	17:16	1:24.7
15 Brainerd	341	16-66-83-84-92(98)(110)	17:15	1:20.4
16 Anoka	348	40-54-77-88-89(111)(112)	17:16	0:48.2

INDIVIDUAL RESULTS

Athlete	YR	#	Team (Team Place)	Score	Time	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Nick Gilles	JR	83	Minnetonka (1)	1	15:22.81	4:56.7	3:04.6	4:49.10	9:55.67
2 Noah Breker	JR	45	Robbinsdale Armstr	-	15:25.13	4:57.5	3:05.0	4:49.02	9:55.32
3 Daniel Vanacker	SR	52	Forest Lake	-	15:30.71	4:59.3	3:06.1	4:49.23	9:55.86
4 Gabe Birkmeier	SR	47	Andover	-	15:34.97	5:00.6	3:07.0	4:49.20	9:56.33
5 Ernest Mattson	SR	127	White Bear Lake Ar	2	15:36.27	5:01.1	3:07.3	4:50.17	9:58.00
6 Aidan Jones	JR	43	Minneapolis Washb	-	15:37.18	5:01.3	3:07.4	4:49.23	9:58.02
7 Hootie Hage	SO	21	Prior Lake	-	15:40.37	5:02.4	3:08.1	4:49.34	9:56.12
8 Elliott McArthur	JR	137	Mounds View (1)	3	15:42.37	5:03.0	3:08.5	4:50.19	9:57.97
9 Caden Nordberg	SR	58	St. Michael-Albertvil	-	15:46.98	5:04.5	3:09.4	4:56.10	10:07.58
10 Alex Omodt	JR	46	Robbinsdale Armstr	-	15:49.67	5:05.4	3:09.9	4:58.95	10:07.51
11 Tony Provenzano	SO	42	Hopkins	-	16:00.30	5:08.8	3:12.1	4:49.11	10:02.94
12 Andrew Casey	JR	62	Lakeville North (1)	4	16:03.03	5:09.7	3:12.6	4:53.98	10:11.24
13 Andrew Vos	SR	85	Minnetonka (2)	5	16:03.06	5:09.7	3:12.6	4:49.32	10:01.44
14 Owen Lindseth	SR	161	Minneapolis Southw	6	16:03.82	5:09.9	3:12.8	4:49.79	9:58.28
15 Will Skelly	SR	139	Mounds View (2)	7	16:04.84	5:10.2	3:13.0	4:50.61	10:06.34
16 Sean McNiesh	SR	26	East Ridge	-	16:05.23	5:10.4	3:13.0	4:52.77	10:11.89
17 Sam Scott	SO	164	Minneapolis Southw	8	16:05.94	5:10.6	3:13.2	4:49.10	9:55.65
18 Hunter Dunne	SR	27	Eastview	-	16:06.14	5:10.7	3:13.2	4:55.60	10:13.35
19 Cameron Heppner	SR	48	Andover	-	16:10.08	5:11.9	3:14.0	4:57.48	10:13.65
20 Jimmy (James) Olson	SR	144	Roseville Area (1)	9	16:11.62	5:12.4	3:14.3	4:51.76	10:12.39
21 Robert Mechura	FR	143	Roseville Area (2)	10	16:13.92	5:13.2	3:14.8	5:11.96	10:27.83
22 Abdikafi Khalif	SR	24	Apple Valley	-	16:14.43	5:13.3	3:14.9	4:51.92	10:14.99
23 Jadon Boots	SR	187	Buffalo (1)	11	16:14.97	5:13.5	3:15.0	4:56.07	10:17.05

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Race #1 Boys Class AAA 5000M

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team (Team Place)	Score	Time	Avg. Mile	Avg. kM	1 Mile	2 Mile
24 Cade Sanvik	SO	40	Osseo	-	16:15.07	5:13.5	3:15.0	5:00.15	10:21.36
25 Bennett Harrison-Michaels	JR	141	Roseville Area (3)	12	16:15.28	5:13.6	3:15.1	5:11.61	10:29.03
26 Hamza Mohamed	JR	157	Wayzata (1)	13	16:15.72	5:13.7	3:15.1	5:01.63	10:23.17
27 William Weber	FR	158	Wayzata (2)	14	16:15.83	5:13.8	3:15.2	5:06.48	10:28.09
28 Jonathan Roux	SR	120	Stillwater Area (1)	15	16:16.14	5:13.9	3:15.2	4:54.36	10:18.34
29 Thomas Ruhl	SR	200	Brainerd (1)	16	16:17.27	5:14.2	3:15.5	4:56.89	10:17.99
30 Will Harder	JR	101	Rosemount (1)	17	16:20.86	5:15.4	3:16.2	5:05.02	10:25.58
31 Nolan Sutter	SO	17	Chaska	-	16:21.26	5:15.5	3:16.3	5:01.04	10:22.65
32 Benjamin Batalden	SO	159	Minneapolis Southw	18	16:21.58	5:15.6	3:16.3	5:04.88	10:28.91
33 Samuel Gausmann	SR	41	Hopkins	-	16:22.63	5:16.0	3:16.5	4:59.99	10:22.82
34 Bryce Stachewicz	JR	68	Lakeville North (2)	19	16:23.96	5:16.4	3:16.8	5:10.88	10:36.22
35 James Dorado	SR	188	Buffalo (2)	20	16:24.35	5:16.5	3:16.9	4:56.54	10:21.23
36 Zakaria Abas	SR	23	Apple Valley	-	16:24.54	5:16.6	3:16.9	5:06.78	10:27.93
37 River Santiago	SO	49	Blaine	-	16:25.19	5:16.8	3:17.0	4:58.23	10:21.57
38 Gannon Farrens	FR	38	Maple Grove	-	16:25.32	5:16.8	3:17.1	5:03.60	10:29.10
39 Alex Foss	SR	152	Wayzata (3)	21	16:25.44	5:16.9	3:17.1	5:01.41	10:22.35
40 Jared Gregoire	SR	189	Buffalo (3)	22	16:28.48	5:17.8	3:17.7	5:10.35	10:30.76
41 Parker Dietrick	SO	151	Wayzata (4)	23	16:29.00	5:18.0	3:17.8	5:06.64	10:28.32
42 Preston Meier	SR	14	Owatonna	-	16:30.59	5:18.5	3:18.1	5:06.17	10:36.32
43 Jonathan Pattie	SR	171	Centennial (1)	24	16:30.60	5:18.5	3:18.1	5:22.11	10:37.61
44 Isaac Martel	SR	56	Moorhead	-	16:30.75	5:18.6	3:18.2	5:08.02	10:28.57
45 Daniel McCollor	SO	156	Wayzata (5)	25	16:33.01	5:19.3	3:18.6	5:06.92	10:28.49
46 Max Westerlund	JR	86	Minnetonka (3)	26	16:34.14	5:19.7	3:18.8	5:02.42	10:29.00
47 Alberto Fuentes	SR	72	Lakeville South (1)	27	16:36.13	5:20.3	3:19.2	5:04.93	10:36.65
48 Ethan Hanold	SR	153	Wayzata (6)	(28)	16:36.27	5:20.3	3:19.3	5:07.35	10:28.42
49 Cole Adams	SR	96	Rosemount (2)	29	16:36.38	5:20.4	3:19.3	5:09.15	10:32.33
50 Welsey Sumner	JR	165	Minneapolis Southw	30	16:36.95	5:20.6	3:19.4	5:05.35	10:27.58
51 Adrik Kraftson	SR	118	Stillwater Area (2)	31	16:39.90	5:21.5	3:20.0	5:04.95	10:29.10
52 Nathaniel Getman	SR	28	Eastview	-	16:39.93	5:21.5	3:20.0	4:59.99	10:28.61
53 Zachary Friedmann	SR	25	Burnsville	-	16:41.64	5:22.1	3:20.3	5:16.86	10:36.29
54 Niko Angel	JR	61	Lakeville North (3)	32	16:42.55	5:22.4	3:20.5	5:05.38	10:35.15
55 Felix Ongera	SR	37	Irondale	-	16:42.68	5:22.4	3:20.5	5:05.52	10:40.96
56 Owen Kalmes	FR	136	Mounds View (3)	33	16:43.01	5:22.5	3:20.6	5:12.48	10:32.52
57 Eli Hanson	SO	57	Sartell	-	16:43.73	5:22.7	3:20.7	5:16.84	10:41.68
58 Ryan Fries	SO	81	Minnetonka (4)	34	16:43.87	5:22.8	3:20.8	5:02.03	10:30.27
59 Andrew Schultz	SO	104	Rosemount (3)	35	16:44.00	5:22.8	3:20.8	5:13.51	10:41.31
60 George Edgar	JR	100	Rosemount (4)	36	16:44.74	5:23.1	3:20.9	5:13.27	10:40.89
61 Ethan Starfield	JR	76	Lakeville South (2)	37	16:44.78	5:23.1	3:21.0	4:58.51	10:28.39
62 Cayden Stoner	SO	140	Mounds View (4)	38	16:47.10	5:23.8	3:21.4	5:09.81	10:39.72
63 Luke Williams	SO	130	White Bear Lake Ar	39	16:47.71	5:24.0	3:21.5	5:03.88	10:39.29
64 Nicholas Becker	SR	177	Anoka (1)	40	16:47.94	5:24.1	3:21.6	5:05.26	10:36.48
65 Ryan Potter	SR	119	Stillwater Area (3)	41	16:48.17	5:24.2	3:21.6	5:08.28	10:39.30
66 Samuel Robertson	SR	29	St Paul Central	-	16:48.75	5:24.4	3:21.8	5:12.45	10:43.04
67 Charles Bolkcom	JR	169	Centennial (2)	42	16:49.22	5:24.5	3:21.8	5:02.47	10:37.75
68 Adam Lueth	JR	106	Bloomington Jeffers	43	16:49.90	5:24.7	3:22.0	5:06.48	10:35.10
69 J.C. Otto	JR	138	Mounds View (5)	44	16:51.01	5:25.1	3:22.2	5:12.95	10:38.69

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70 Matthew Whittaker	SR	77	Lakeville South (3)	45	16:51.27	5:25.2	3:22.3	5:06.74	10:41.90
71 Ethan Foote	SO	114	Stillwater Area (4)	46	16:51.35	5:25.2	3:22.3	5:08.43	10:41.19
72 Andrew Defor	JR	87	Edina (1)	47	16:51.56	5:25.3	3:22.3	5:19.63	10:46.14
73 Nicholas Holton	JR	30	Tartan	-	16:51.99	5:25.4	3:22.4	5:12.31	10:39.95
74 Nick Cichoski	SR	150	Wayzata (7)	(48)	16:52.39	5:25.5	3:22.5	5:07.02	10:30.72
75 Mason Vagle	SR	121	Stillwater Area (5)	49	16:52.72	5:25.6	3:22.5	5:07.70	10:35.89
76 Kurt Lebakken	SR	92	Edina (2)	50	16:54.16	5:26.1	3:22.8	5:18.83	10:45.55
77 Jace Haerter	FR	89	Edina (3)	51	16:54.91	5:26.3	3:23.0	5:18.95	10:45.83
78 Charlie Koelbl	SR	90	Edina (4)	52	16:55.64	5:26.6	3:23.1	5:19.51	10:46.73
79 Carson Maish	JR	54	Bemidji	-	16:56.08	5:26.7	3:23.2	5:09.90	10:38.00
80 Dylan Longworth	JR	33	Woodbury	-	16:56.31	5:26.8	3:23.3	5:18.01	10:56.05
81 Austin Beaudette	SO	97	Rosemount (5)	53	16:56.49	5:26.8	3:23.3	5:20.75	10:50.12
82 Tyler Nosko	SR	182	Anoka (2)	54	16:56.55	5:26.9	3:23.3	5:07.09	10:42.74
83 Micah Beise	SR	98	Rosemount (6)	(55)	16:56.98	5:27.0	3:23.4	5:15.27	10:46.26
84 Bryce Kondos	SR	53	Bemidji	-	16:57.73	5:27.2	3:23.5	5:10.04	10:42.81
85 Ruben Margolis	SR	162	Minneapolis Southw	56	16:58.08	5:27.4	3:23.6	5:06.57	10:43.21
86 Ethan Kimmel	JR	65	Lakeville North (4)	57	16:58.20	5:27.4	3:23.6	5:05.87	10:41.84
87 Ethan Richter	SR	95	Edina (5)	58	16:58.79	5:27.6	3:23.8	5:13.77	10:42.08
88 Oliver Miatke	JR	50	Duluth East	-	16:59.11	5:27.7	3:23.8	5:13.65	10:49.00
89 Michael Hoffman	SR	124	White Bear Lake Ar	59	16:59.59	5:27.8	3:23.9	5:15.22	10:47.85
90 Matthew Holje	JR	20	Eden Prairie	-	17:00.42	5:28.1	3:24.1	5:14.57	10:46.21
91 Mason Sullivan	SO	11	Farmington	-	17:01.54	5:28.5	3:24.3	5:10.96	10:43.87
92 Ethan Sievers	SR	51	Forest Lake	-	17:02.51	5:28.8	3:24.5	5:16.16	10:46.49
93 Thomas Simmonds	SO	22	Prior Lake	-	17:03.06	5:29.0	3:24.6	5:14.40	10:46.14
94 Matthew Hendricks	JR	64	Lakeville North (5)	60	17:04.61	5:29.5	3:24.9	5:21.97	10:55.25
95 Joe McNeil	JR	102	Rosemount (7)	(61)	17:06.37	5:30.0	3:25.3	5:09.71	10:44.40
96 Ryan Gwaltney	SO	16	Rochester Mayo	-	17:06.70	5:30.1	3:25.3	5:21.53	10:59.15
97 Gael Manzur	SR	44	Minneapolis Washb	-	17:08.74	5:30.8	3:25.7	5:17.43	10:55.49
98 Garrett Doty	SR	35	Champlin Park	-	17:09.26	5:31.0	3:25.9	5:12.90	10:53.45
99 Nathan Amundson	JR	12	Northfield	-	17:10.06	5:31.2	3:26.0	5:17.21	10:55.56
100 Zach Tapajna	FR	110	Bloomington Jeffers	62	17:10.61	5:31.4	3:26.1	5:22.81	10:59.19
101 Nolan Bakken	JR	18	Eden Prairie	-	17:11.46	5:31.7	3:26.3	5:14.38	10:42.72
102 Ian Klein	SO	105	Bloomington Jeffers	63	17:11.86	5:31.8	3:26.4	5:18.53	10:54.22
103 Logan Munson	SR	34	Woodbury	-	17:12.57	5:32.0	3:26.5	5:20.80	10:56.22
104 Alex Hulteen	SR	116	Stillwater Area (6)	(64)	17:12.94	5:32.1	3:26.6	5:24.65	10:59.55
105 Andrew Macheel	JR	191	Buffalo (4)	65	17:13.15	5:32.2	3:26.6	5:11.56	10:54.58
106 Charles Hibbs	SO	36	Champlin Park	-	17:13.16	5:32.2	3:26.6	5:20.03	10:58.75
107 Adam Cady	SR	196	Brainerd (2)	66	17:13.98	5:32.5	3:26.8	5:18.81	10:55.00
108 PJ Marshall	SR	170	Centennial (3)	67	17:15.22	5:32.9	3:27.0	5:14.45	10:54.27
109 John Glick	JR	63	Lakeville North (6)	(68)	17:15.96	5:33.1	3:27.2	5:22.44	10:58.98
110 Sean Fries	8	82	Minnetonka (5)	69	17:16.46	5:33.3	3:27.3	5:21.93	11:01.47
111 Connor Ginskey	SR	13	Owatonna	-	17:16.51	5:33.3	3:27.3	5:11.94	10:47.15
112 Jay Lebakken	SR	91	Edina (6)	(70)	17:16.81	5:33.4	3:27.4	5:20.17	10:53.55
113 Mason Young	SR	113	Bloomington Jeffers	71	17:17.19	5:33.5	3:27.4	5:22.98	11:01.54
114 Canton Francisco	JR	132	Mounds View (6)	(72)	17:17.69	5:33.7	3:27.5	5:25.07	11:01.04
115 Levi Hammerbeck	SO	135	Mounds View (7)	(73)	17:20.53	5:34.6	3:28.1	5:22.16	11:02.76

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Athlete	YR	#	Team (Team Place)	Score	Time	Avg. Mile	Avg. kM	1 Mile	2 Mile
116 Isaac Kolstad	FR	125	White Bear Lake Ar	74	17:20.59	5:34.6	3:28.1	5:21.67	11:01.68
117 Vaughn Larson	FR	126	White Bear Lake Ar	75	17:21.43	5:34.9	3:28.3	5:23.92	11:01.84
118 Sador Wondeson	SR	131	White Bear Lake Ar	(76)	17:22.00	5:35.0	3:28.4	5:21.36	11:01.94
119 Garrett Eick	SR	15	Rochester John Ma	-	17:22.89	5:35.3	3:28.6	5:11.56	10:52.21
120 Grant Bursey	SR	178	Anoka (3)	77	17:23.82	5:35.6	3:28.8	5:15.95	10:58.84
121 Brandon Vo	JR	147	Roseville Area (4)	78	17:24.73	5:35.9	3:28.9	5:15.43	10:51.97
122 Gabe Meier	SR	107	Bloomington Jeffers	79	17:26.05	5:36.4	3:29.2	5:25.07	11:03.55
123 James Thomas	FR	84	Minnetonka (6)	(80)	17:26.23	5:36.4	3:29.2	5:04.46	10:47.80
124 Cody Kryzer	SR	39	Maple Grove	-	17:29.05	5:37.3	3:29.8	5:21.76	11:03.81
125 Easton Freed	SR	80	Minnetonka (7)	(81)	17:29.69	5:37.5	3:29.9	5:21.34	11:06.60
126 Nicholas Wyatt	SR	167	Minneapolis Southw	(82)	17:30.49	5:37.8	3:30.1	5:13.25	10:58.42
127 Braden Capelle	SR	198	Brainerd (3)	83	17:30.54	5:37.8	3:30.1	5:19.39	11:02.54
128 Bennet Capelle	SR	197	Brainerd (4)	84	17:30.75	5:37.9	3:30.2	5:19.75	11:03.44
129 Mason Foster	JR	115	Stillwater Area (7)	(85)	17:32.15	5:38.3	3:30.4	5:24.29	11:07.87
130 Owen Johnson	SO	73	Lakeville South (4)	86	17:33.47	5:38.7	3:30.7	5:19.21	11:07.51
131 Luke Huss	JR	190	Buffalo (5)	87	17:33.49	5:38.7	3:30.7	5:24.34	11:09.34
132 Lucas LiaBraaten	SR	180	Anoka (4)	88	17:35.45	5:39.4	3:31.1	5:16.21	10:58.75
133 Danny Ness	JR	181	Anoka (5)	89	17:36.10	5:39.6	3:31.2	5:19.51	11:08.24
134 Izzy Moore	SO	66	Lakeville North (7)	(90)	17:36.47	5:39.7	3:31.3	5:22.91	11:02.45
135 Zach Studdiford	SR	109	Bloomington Jeffers	(91)	17:37.22	5:39.9	3:31.4	5:22.67	11:01.70
136 Michael Howe	SR	199	Brainerd (5)	92	17:37.61	5:40.1	3:31.5	5:20.40	10:58.30
137 Wesley Wistrom	FR	194	Buffalo (6)	(93)	17:38.78	5:40.4	3:31.8	5:23.61	11:09.27
138 Colton Christenson	8	31	Woodbury	-	17:43.18	5:41.9	3:32.6	5:24.43	11:12.74
139 Charlie Pearson	SR	145	Roseville Area (5)	94	17:45.20	5:42.5	3:33.0	5:20.54	11:12.39
140 William Liethen	SR	93	Edina (7)	(95)	17:45.53	5:42.6	3:33.1	5:20.47	11:07.26
141 Max Ehalt	JR	160	Minneapolis Southw	(96)	17:45.89	5:42.7	3:33.2	5:13.91	11:05.54
142 Matt Washburn	JR	176	Centennial (4)	97	17:48.43	5:43.5	3:33.7	5:27.90	11:24.13
143 Nolan Thiesse	JR	203	Brainerd (6)	(98)	17:48.81	5:43.7	3:33.8	5:20.33	11:08.03
144 Noah Anderson	SR	69	Lakeville South (5)	99	17:49.68	5:43.9	3:33.9	5:19.46	11:11.52
145 Matthew Binsfeld	SR	55	Elk River	-	17:53.47	5:45.2	3:34.7	5:30.06	11:18.98
146 Aiden Sherer	SR	175	Centennial (5)	100	17:55.29	5:45.8	3:35.1	5:21.01	11:15.34
147 Maceo Young	JR	148	Roseville Area (6)	(101)	17:55.58	5:45.8	3:35.1	5:26.80	11:22.61
148 Max Key	JR	32	Woodbury	-	17:56.72	5:46.2	3:35.3	5:28.30	11:22.89
149 Dhruva Pingale	JR	129	White Bear Lake Ar	(102)	18:01.14	5:47.6	3:36.2	5:25.98	11:23.76
150 Jacob Williams	SR	193	Buffalo (7)	(103)	18:01.24	5:47.7	3:36.2	5:24.74	11:23.10
151 Tyler Doolittle	FR	19	Eden Prairie	-	18:04.04	5:48.6	3:36.8	5:22.18	11:12.81
152 Eli Berg	JR	168	Centennial (6)	(104)	18:06.01	5:49.2	3:37.2	5:15.22	10:57.22
153 Mason Molina	SR	75	Lakeville South (6)	(105)	18:06.56	5:49.4	3:37.3	5:24.52	11:21.12
154 Aaron Richardson	JR	146	Roseville Area (7)	(106)	18:07.94	5:49.8	3:37.6	5:28.77	11:23.92
155 Jacob Podratz	SO	173	Centennial (7)	(107)	18:11.97	5:51.1	3:38.4	5:18.86	11:18.48
156 Logan Young	8	112	Bloomington Jeffers	(108)	18:23.17	5:54.7	3:40.6	5:28.89	11:29.81
157 Adam Cavanaugh	JR	71	Lakeville South (7)	(109)	18:41.71	6:00.7	3:44.3	5:20.42	11:34.98
158 Ben Stadum	FR	202	Brainerd (7)	(110)	18:44.63	6:01.6	3:44.9	5:27.97	11:45.34
159 Lucas Fernandez	SR	179	Anoka (6)	(111)	18:56.74	6:05.5	3:47.3	5:24.29	11:50.59
160 Ethan Wellman	JR	185	Anoka (7)	(112)	19:07.83	6:09.1	3:49.6	5:27.36	11:56.76