

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

Timing:  
Wayzata Results, LLC



OFFICIAL MEET REPORT  
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**Race #5**  
**Girls Class AA 5000M**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Paul Highland Park	79	1-8-11-27-32(37)(43)	1:36:13	19:15	2:19.0
2 Alexandria	105	5-12-25-30-33(34)(42)	1:37:58	19:36	1:22.1
3 Marshall	125	3-21-22-39-40(48)(49)	1:38:27	19:42	1:35.7
4 Becker	157	7-19-24-50-57(69)(83)	1:39:49	19:58	1:48.8
5 Willmar	162	4-9-41-45-63(67)(71)	1:39:32	19:55	2:16.6
6 Monticello	241	2-10-62-75-92(93)(94)	1:42:42	20:33	3:44.4
7 Rock Ridge	242	15-35-38-76-78(82)(89)	1:43:01	20:37	2:09.9
8 Benilde-St Margaret's	243	6-26-51-65-95(106)(111)	1:42:53	20:35	3:39.3
9 Hibbing	246	18-53-55-59-61(64)(72)	1:42:52	20:35	1:19.2
10 Delano	259	20-31-54-73-81(98)(102)	1:43:24	20:41	2:01.4
11 Two Rivers	268	14-52-58-70-74(86)(110)	1:43:28	20:42	1:53.2
12 New Prague	275	29-46-56-60-84(85)(87)	1:44:01	20:49	1:46.6
13 Waseca	293*	23-44-47-80-99(100)(103)	1:45:01	21:01	3:10.5
14 Chisago Lakes	293*	13-17-77-90-96(104)(112)	1:45:29	21:06	3:15.2
15 Faribault	302	16-28-79-88-91(101)(109)	1:45:26	21:06	2:38.7
16 Mahtomedi	372	36-66-68-97-105(107)(108)	1:48:47	21:46	3:35.6

#### \*Tiebreakers

Waseca	23	44	47	80	99	100
Chisago Lakes	13	17	77	90	96	104

### INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Luna Scorzelli	JR	492	St. Paul Highland P	1	17:45.1	---	5:42.5	3:33.0	5:36.9	11:27.7
2 Isabelle Schmitz	JR	409	Hutchinson	-	18:18.2	33.1	5:53.1	3:39.6	5:37.2	11:35.5
3 Kendra Krueger	SR	410	Jordan	-	18:28.6	43.5	5:56.5	3:41.7	5:42.2	11:56.7
4 Macy Hanson	SO	407	Fairmont	-	18:36.5	51.4	5:59.0	3:43.3	5:41.8	11:56.4
5 Hailee Zimpel	SR	429	Zimmerman	-	18:37.0	50.9	5:59.2	3:43.4	5:41.7	11:56.8
6 Isabel Mahoney	FR	534	Monticello (1)	2	18:37.1	52.0	5:59.2	3:43.4	5:41.9	11:56.6
7 Allyson Sample	JR	472	Marshall (1)	3	18:37.6	52.5	5:59.3	3:43.5	5:54.0	12:03.6
8 Lauren Eilers	SO	583	Willmar (1)	4	18:42.4	57.3	6:00.9	3:44.5	5:42.3	11:57.6
9 Citori Halbe	FR	574	Alexandria (1)	5	18:43.3	58.2	6:01.2	3:44.6	5:51.0	12:08.7
10 Calia Chaney	JR	444	Pequot Lakes	-	18:44.1	59.0	6:01.4	3:44.8	5:41.3	11:56.4
11 Vivienne Larson	SR	550	Benilde-St Margaret	6	18:53.6	1:08.5	6:04.5	3:46.7	5:53.1	12:06.4
12 Adele Changamire		7 522	Becker (1)	7	19:03.8	1:18.7	6:07.8	3:48.8	5:49.4	12:11.3
13 Nora Hanson	FR	402	Red Wing	-	19:07.3	1:22.2	6:08.9	3:49.4	5:45.8	12:08.6
14 Zili Lenzner		8 427	St. Cloud Apollo	-	19:10.9	1:25.8	6:10.1	3:50.2	5:51.9	12:14.3
15 Ellie Moore	SO	490	St. Paul Highland P	8	19:11.0	1:24.9	6:10.1	3:50.2	5:54.0	12:10.0
16 Annabelle Ellenbogen	FR	431	Breck School	-	19:13.9	1:28.8	6:11.0	3:50.8	5:54.6	12:23.8
17 Erin Eilers	SO	582	Willmar (2)	9	19:14.3	1:29.2	6:11.2	3:50.9	5:54.1	12:22.7
18 Josey Nygaard	JR	535	Monticello (2)	10	19:14.5	1:29.4	6:11.2	3:50.9	5:51.0	12:11.4
19 Delia Johnson	SR	486	St. Paul Highland P	11	19:17.0	1:30.9	6:12.0	3:51.4	5:54.0	12:09.9

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**Girls Class AA 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
20 Jaelyn Miller	JR	579	Alexandria (2)	12	19:18.3	1:33.2	6:12.4	3:51.6	6:04.6	12:30.6
21 Keira Friedrich	FR	411	St. Peter	-	19:18.6	1:33.5	6:12.5	3:51.7	5:57.9	12:31.7
22 Elise Hofer	FR	445	Rocori	-	19:19.0	1:32.9	6:12.7	3:51.8	5:56.4	12:24.0
23 Kaia Osmundson	SO	509	Chisago Lakes (1)	13	19:25.2	1:40.1	6:14.7	3:53.0	6:08.9	12:34.1
24 Maggie McEllistrom	JR	498	Two Rivers (1)	14	19:27.6	1:42.5	6:15.4	3:53.5	5:56.5	12:22.4
25 Maija Lamppa	FR	570	Rock Ridge (1)	15	19:27.8	1:42.7	6:15.5	3:53.6	5:58.2	12:33.3
26 Callie Arthur	8	412	Blake School (The)	-	19:29.8	1:44.7	6:16.1	3:53.9	5:54.7	12:30.6
27 Emily Trocke	FR	433	Dassel-Cokato	-	19:30.2	1:45.1	6:16.3	3:54.0	6:04.1	12:32.6
28 Brynn Beardsley	FR	458	Faribault (1)	16	19:33.7	1:48.6	6:17.4	3:54.7	6:00.1	12:32.3
29 Annika Hall	7	505	Chisago Lakes (2)	17	19:34.4	1:49.3	6:17.6	3:54.9	6:08.9	12:33.7
30 Natasha Sortland	SR	405	Zumbrota-Mazeppa	-	19:34.6	1:49.5	6:17.7	3:54.9	5:48.2	12:11.8
31 Julia Daubner	SR	424	Princeton	-	19:34.9	1:49.8	6:17.8	3:55.0	6:00.9	12:31.8
32 Megan Gullerud	SO	414	Simley	-	19:35.2	1:50.1	6:17.9	3:55.0	6:03.0	12:34.3
33 Mileena Sullivan	JR	562	Hibbing (1)	18	19:36.6	1:51.5	6:18.3	3:55.3	6:00.3	12:39.0
34 Alexis Rose	JR	527	Becker (2)	19	19:38.0	1:51.9	6:18.8	3:55.6	5:59.4	12:33.0
35 Erica Kazin	JR	541	Delano (1)	20	19:40.9	1:55.8	6:19.7	3:56.2	6:12.4	12:39.5
36 Taleigha Bigler	FR	466	Marshall (2)	21	19:40.9	1:55.8	6:19.7	3:56.2	5:54.4	12:30.4
37 Olya Wright	JR	438	North Shore	-	19:41.4	1:56.3	6:19.9	3:56.3	6:11.6	12:40.9
38 Hathaway Reiter	7	408	Hutchinson	-	19:41.8	1:56.7	6:20.0	3:56.3	6:07.2	12:43.2
39 Brooklyn Mauch	8	470	Marshall (3)	22	19:41.8	1:56.7	6:20.0	3:56.4	5:57.2	12:34.7
40 Ella Dufault	SR	450	Waseca (1)	23	19:41.9	1:56.8	6:20.0	3:56.4	6:00.3	12:34.4
41 Ruby Gifford	SO	435	Rockford	-	19:43.7	1:58.6	6:20.6	3:56.7	6:05.6	12:40.2
42 Olivia Minear	JR	430	Annandale	-	19:44.0	1:58.9	6:20.7	3:56.8	6:03.9	12:36.5
43 Ella McDonald	SO	526	Becker (3)	24	19:44.1	1:59.0	6:20.7	3:56.8	5:54.8	12:33.9
44 Hannah Boese	FR	425	Spectrum	-	19:47.0	2:00.9	6:21.7	3:57.4	6:03.3	12:36.5
45 Quinn Hills	FR	575	Alexandria (3)	25	19:49.0	2:02.9	6:22.3	3:57.8	6:10.0	12:47.3
46 Esme Gulbransen	SO	432	Breck School	-	19:49.6	2:04.5	6:22.5	3:57.9	6:12.8	12:48.1
47 Genevieve Larson	SR	549	Benilde-St Margaret	26	19:54.1	2:09.0	6:24.0	3:58.8	6:11.0	12:45.1
48 Samantha Palm	SO	491	St. Paul Highland P	27	19:56.0	2:10.9	6:24.6	3:59.2	6:19.3	12:50.6
49 Adriane Nelson	7	406	Belle Plaine	-	19:58.0	2:11.9	6:25.2	3:59.6	6:03.6	12:41.0
50 Lamar Gordon	SR	437	North Shore	-	19:59.1	2:14.0	6:25.5	3:59.8	6:11.6	12:43.9
51 Marissa Shute	SO	401	Austin	-	19:59.8	2:14.7	6:25.8	4:00.0	6:11.8	12:48.7
52 Claire Linnemann	FR	463	Faribault (2)	28	19:59.9	2:14.8	6:25.8	4:00.0	6:03.9	12:47.5
53 Maya Kilian	8	481	New Prague (1)	29	20:01.7	2:16.6	6:26.4	4:00.3	6:01.8	12:48.6
54 Giselle Jahner	SR	576	Alexandria (4)	30	20:02.2	2:17.1	6:26.5	4:00.4	6:04.7	12:40.1
55 Mya Werner	FR	544	Delano (2)	31	20:02.6	2:17.5	6:26.7	4:00.5	6:15.6	12:53.2
56 Grace Lewis-Mosher	SO	489	St. Paul Highland P	32	20:04.1	2:19.0	6:27.1	4:00.8	6:06.5	12:48.3
57 Brynn Kusters	SR	578	Alexandria (5)	33	20:05.3	2:20.2	6:27.5	4:01.0	6:08.4	12:47.6
58 Bobbi Nichols	SO	580	Alexandria (6)	(34)	20:05.6	2:20.5	6:27.6	4:01.1	6:09.6	12:47.7
59 Nora Stark	FR	571	Rock Ridge (2)	35	20:06.1	2:21.0	6:27.8	4:01.2	6:13.0	12:54.2
60 Sarah Brings	SR	511	Mahtomedi (1)	36	20:06.9	2:21.8	6:28.1	4:01.4	6:13.2	12:54.3
61 Emily Baker	JR	428	Zimmerman	-	20:08.4	2:23.3	6:28.5	4:01.7	6:02.9	12:45.0
62 Hanna Koch	SO	488	St. Paul Highland P	(37)	20:10.8	2:25.7	6:29.3	4:02.2	6:19.3	12:58.6
63 Alexis Lamppa	FR	568	Rock Ridge (3)	38	20:13.1	2:28.0	6:30.1	4:02.6	6:12.2	12:52.0
64 Jersey Leysen	SR	469	Marshall (4)	39	20:13.2	2:28.1	6:30.1	4:02.6	6:11.6	12:56.5
65 Cameen McFarquhar	JR	471	Marshall (5)	40	20:13.3	2:28.2	6:30.1	4:02.6	6:11.2	12:52.4

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
66 Paige Larsen	JR	447	Rocori	-	20:13.9	2:28.8	6:30.3	4:02.8	6:24.5	13:11.1
67 Sophia Negen	7	589	Willmar (3)	41	20:14.9	2:29.8	6:30.6	4:03.0	6:13.2	12:51.4
68 Brooklyn Jurchenko	FR	577	Alexandria (7)	(42)	20:15.3	2:30.2	6:30.8	4:03.1	6:08.8	12:50.9
69 Ingrid Haaland	FR	484	St. Paul Highland P	(43)	20:18.6	2:33.5	6:31.8	4:03.7	6:17.8	13:02.9
70 Grace Leclair	FR	442	Little Falls	-	20:18.7	2:33.6	6:31.9	4:03.7	6:22.5	13:10.8
71 Isabel Kraemer	FR	446	Rocori	-	20:18.8	2:33.7	6:31.9	4:03.7	6:24.5	13:11.0
72 Stella Omtvedt	8	454	Waseca (2)	44	20:20.4	2:35.3	6:32.4	4:04.1	6:12.0	13:01.6
73 Madi Engstrom	JR	584	Willmar (4)	45	20:21.0	2:35.9	6:32.6	4:04.2	6:29.3	13:14.1
74 Lizzy Harnell	SO	441	Proctor	-	20:21.1	2:36.0	6:32.6	4:04.2	6:18.4	13:07.5
75 Emily Giesen	FR	479	New Prague (2)	46	20:24.0	2:37.9	6:33.5	4:04.8	6:19.7	13:11.8
76 Callie Dufault	SO	449	Waseca (3)	47	20:25.6	2:40.5	6:34.1	4:05.1	6:12.2	13:01.4
77 Eva Johnson	JR	439	Pine City	-	20:27.5	2:42.4	6:34.7	4:05.5	6:11.7	12:55.0
78 Katelyn Leibfried	8	468	Marshall (6)	(48)	20:28.1	2:43.0	6:34.9	4:05.6	6:11.2	13:08.6
79 Peyton DeMuth	7	467	Marshall (7)	(49)	20:28.6	2:43.5	6:35.0	4:05.7	6:09.0	13:01.3
80 Olivia Babler	JR	520	Becker (4)	50	20:30.2	2:45.1	6:35.6	4:06.0	6:12.7	13:08.0
81 Sofie Rokala	7	553	Benilde-St Margaret	51	20:31.6	2:46.5	6:36.0	4:06.3	6:12.5	13:01.9
82 Charlotte Chandler	FR	494	Two Rivers (2)	52	20:33.7	2:48.6	6:36.7	4:06.7	6:21.8	13:09.6
83 Gianna Figueroa	SO	558	Hibbing (2)	53	20:35.2	2:50.1	6:37.2	4:07.0	6:24.4	13:17.9
84 Abigale Lindquist	JR	415	Simley	-	20:38.5	2:53.4	6:38.2	4:07.7	6:22.5	13:11.9
85 Ava Werner	FR	543	Delano (3)	54	20:40.2	2:55.1	6:38.8	4:08.0	6:26.6	13:19.7
86 Cleo Kilpatrick	JR	413	Blake School (The)	-	20:46.4	3:01.3	6:40.8	4:09.3	6:10.2	13:10.6
87 Malin Youngberg	7	443	Little Falls	-	20:47.7	3:02.6	6:41.2	4:09.5	6:22.3	13:17.8
88 Selah Binsfeld	FR	423	Totino-Grace	-	20:48.1	3:03.0	6:41.3	4:09.6	6:25.6	13:18.1
89 Avery Kukowski	8	560	Hibbing (3)	55	20:50.4	3:05.3	6:42.1	4:10.1	6:16.1	13:17.9
90 Annika Johnson	SO	403	Red Wing	-	20:51.2	3:06.1	6:42.3	4:10.2	6:27.4	13:25.1
91 Olivia Becker	SR	404	Winona	-	20:51.6	3:06.5	6:42.4	4:10.3	6:26.6	13:23.9
92 Audrey Wagner	FR	483	New Prague (3)	56	20:52.5	3:07.4	6:42.7	4:10.5	6:23.0	13:20.5
93 Alea Briggs	JR	521	Becker (5)	57	20:52.6	3:07.5	6:42.8	4:10.5	6:19.0	13:21.1
94 Nina Kanavati	JR	496	Two Rivers (3)	58	20:53.3	3:08.2	6:43.0	4:10.7	6:27.9	13:22.0
95 Jorie Anderson	JR	555	Hibbing (4)	59	20:53.9	3:08.8	6:43.2	4:10.8	6:24.2	13:23.8
96 Paige Swanepoel	FR	482	New Prague (4)	60	20:54.3	3:09.2	6:43.3	4:10.8	6:20.2	13:15.0
97 Hannah Farnsworth	8	557	Hibbing (5)	61	20:55.8	3:10.7	6:43.8	4:11.1	6:25.9	13:22.0
98 Paloma Good	8	416	St. Paul Academy &	-	20:57.6	3:12.5	6:44.4	4:11.5	6:12.9	13:19.8
99 Alexis Rimmer	8	536	Monticello (3)	62	20:58.2	3:13.1	6:44.5	4:11.6	6:25.1	13:29.2
100 Jaidyn Flolo	JR	586	Willmar (5)	63	20:58.9	3:13.8	6:44.8	4:11.8	6:30.4	13:27.2
101 Jocelyn Strukel	JR	561	Hibbing (6)	(64)	20:59.8	3:14.7	6:45.1	4:11.9	6:16.6	13:18.2
102 Mira Wismer	FR	554	Benilde-St Margaret	65	21:00.2	3:15.1	6:45.2	4:12.0	6:24.0	13:26.9
103 Gabby Fox	SO	514	Mahtomedi (2)	66	21:01.7	3:16.6	6:45.7	4:12.3	6:25.3	13:24.8
104 Leah Eystad	FR	585	Willmar (6)	(67)	21:03.7	3:18.6	6:46.3	4:12.7	6:33.1	13:34.6
105 Vanessa Rogosheske	7	519	Mahtomedi (3)	68	21:05.9	3:20.8	6:47.0	4:13.2	6:21.2	13:24.2
106 Brooklyn Karel	SR	525	Becker (6)	(69)	21:06.0	3:20.9	6:47.1	4:13.2	6:22.0	13:27.8
107 Sydney Lewis	8	400	Austin	-	21:07.5	3:22.4	6:47.5	4:13.5	6:29.9	13:31.9
108 Ava Kirr	SR	417	Visitation	-	21:10.6	3:25.5	6:48.5	4:14.1	6:33.5	13:28.9
109 Maria Becker	SO	493	Two Rivers (4)	70	21:12.5	3:27.4	6:49.1	4:14.5	6:22.3	13:24.1
110 Hannah Quinn	JR	590	Willmar (7)	(71)	21:13.5	3:28.4	6:49.5	4:14.7	6:25.2	13:28.3
111 Lillian Marquette	SR	421	St. Anthony Village	-	21:16.6	3:31.5	6:50.5	4:15.3	6:40.5	13:36.4

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
12 Abigail Theien	SO	563	Hibbing (7)	(72)	21:17.2	3:32.1	6:50.7	4:15.4	6:25.8	13:45.4
13 Sierra Ingle	SR	540	Delano (4)	73	21:17.8	3:32.7	6:50.8	4:15.5	6:33.3	13:35.6
14 Sindri Bonner	JR	434	Orono	-	21:17.8	3:32.7	6:50.9	4:15.6	6:33.2	13:50.7
15 Gabriela Walz	SO	501	Two Rivers (5)	74	21:20.8	3:35.7	6:51.8	4:16.1	6:28.1	13:35.1
16 Hope Guertin	JR	531	Monticello (4)	75	21:30.1	3:45.0	6:54.8	4:18.0	6:20.0	13:29.4
17 Carlie Blevins	JR	440	Proctor	-	21:34.7	3:49.6	6:56.3	4:18.9	6:24.1	13:43.1
18 Miia Johnson	8	566	Rock Ridge (4)	76	21:35.8	3:50.7	6:56.6	4:19.2	6:29.7	13:45.0
19 Lainey Hallan	JR	506	Chisago Lakes (3)	77	21:37.3	3:52.2	6:57.1	4:19.4	6:38.5	13:44.6
20 Brynley Heisel	FR	564	Rock Ridge (5)	78	21:37.7	3:52.6	6:57.2	4:19.5	6:32.9	13:53.4
21 Cecelia Hoisington	FR	462	Faribault (3)	79	21:40.0	3:53.9	6:58.0	4:20.0	6:35.2	13:51.0
22 Maren Schimming	7	455	Waseca (4)	80	21:40.1	3:55.0	6:58.0	4:20.0	6:21.3	13:42.9
23 Irene Eskola	8	538	Delano (5)	81	21:42.2	3:57.1	6:58.7	4:20.4	6:39.9	13:50.8
24 Avah Kraushaar	SR	567	Rock Ridge (6)	(82)	21:43.4	3:58.3	6:59.1	4:20.7	6:30.2	13:44.6
25 Bella Duncombe	SR	523	Becker (7)	(83)	21:46.6	4:01.5	7:00.1	4:21.3	6:26.3	13:52.9
26 Ellie McCormick	8	422	St. Anthony Village	-	21:46.7	4:01.6	7:00.1	4:21.3	6:35.0	13:51.3
27 Claire Erickson	8	477	New Prague (5)	84	21:48.2	4:03.1	7:00.6	4:21.6	6:26.4	13:51.7
28 Grace Carlson	JR	476	New Prague (6)	(85)	21:49.8	4:04.7	7:01.2	4:22.0	6:37.0	13:56.1
29 Alexa Van Straaten	FR	419	Hill-Murray	-	21:51.1	4:06.0	7:01.6	4:22.2	6:35.7	13:54.8
30 Josie Miller	7	499	Two Rivers (6)	(86)	21:53.5	4:08.4	7:02.3	4:22.7	6:49.2	14:14.6
31 Sophie Baker	JR	475	New Prague (7)	(87)	21:55.2	4:10.1	7:02.9	4:23.0	6:33.9	13:52.4
32 Lauren Bittenbender	8	459	Faribault (4)	88	21:59.5	4:14.4	7:04.3	4:23.9	6:35.2	13:53.0
33 Katelyn Torrel	SR	572	Rock Ridge (7)	(89)	22:00.0	4:13.9	7:04.4	4:24.0	6:29.5	13:53.6
34 Libby Krocak	FR	418	DeLaSalle	-	22:07.5	4:22.4	7:06.8	4:25.5	6:32.7	13:59.6
35 Maya Aadland	SR	502	Chisago Lakes (4)	90	22:11.0	4:24.9	7:08.0	4:26.2	6:42.3	14:09.6
36 Aubrie Newport	FR	464	Faribault (5)	91	22:12.4	4:27.3	7:08.4	4:26.5	6:35.5	13:59.7
37 Anabella Witschen	SR	537	Monticello (5)	92	22:21.5	4:36.4	7:11.3	4:28.3	6:39.8	14:13.6
38 Katrina Hellman	JR	532	Monticello (6)	(93)	22:30.2	4:45.1	7:14.1	4:30.0	6:32.3	14:08.8
39 Phoebe Figenshau	7	530	Monticello (7)	(94)	22:31.6	4:46.5	7:14.6	4:30.3	6:51.1	14:20.4
40 Lily Peterson	SR	552	Benilde-St Margaret	95	22:32.9	4:47.8	7:15.0	4:30.6	6:46.0	14:22.3
41 Lauren Kowarsch	FR	507	Chisago Lakes (5)	96	22:40.4	4:55.3	7:17.4	4:32.1	6:47.1	14:25.4
42 Piper Gushwa	SO	420	St. Anthony Village	-	22:44.2	4:59.1	7:18.6	4:32.8	6:34.2	14:10.7
43 Greta Liner	SR	516	Mahtomedi (4)	97	22:50.0	5:03.9	7:20.5	4:34.0	6:59.0	14:30.6
44 Lila Ford	SR	539	Delano (6)	(98)	22:51.6	5:06.5	7:21.0	4:34.3	6:53.7	14:26.7
45 Kya Hoof	SR	451	Waseca (5)	99	22:52.3	5:07.2	7:21.2	4:34.5	6:59.4	14:44.0
46 Kelsey Draeger	FR	448	Waseca (6)	(100)	22:53.7	5:08.6	7:21.7	4:34.7	6:52.4	14:31.0
47 Gabriella Banks	SR	457	Faribault (6)	(101)	23:15.4	5:30.3	7:28.7	4:39.1	6:44.5	14:39.0
48 Alexis Zens	8	545	Delano (7)	(102)	23:20.9	5:35.8	7:30.4	4:40.2	7:08.5	15:03.1
49 Taylor Markeson	8	453	Waseca (7)	(103)	23:28.9	5:43.8	7:33.0	4:41.8	7:00.1	14:46.8
50 Ava Bringgold	SO	503	Chisago Lakes (6)	(104)	23:37.7	5:52.6	7:35.8	4:43.5	7:12.9	15:05.9
51 Brooklyn Erickson	7	513	Mahtomedi (5)	105	23:42.5	5:57.4	7:37.4	4:44.5	7:15.7	15:12.4
52 Charlotte Feller	FR	546	Benilde-St Margaret	(106)	23:56.8	6:11.7	7:42.0	4:47.4	7:25.1	15:17.8
53 Sylvie Lavigne	FR	515	Mahtomedi (6)	(107)	23:58.6	6:13.5	7:42.5	4:47.7	7:28.1	15:25.2
54 Juliana Nyberg	SR	518	Mahtomedi (7)	(108)	24:02.3	6:17.2	7:43.7	4:48.4	7:28.8	15:24.2
55 Nell Gibbs	SO	461	Faribault (7)	(109)	24:03.8	6:18.7	7:44.2	4:48.8	7:26.2	15:29.2
56 Ella Hoffman	8	495	Two Rivers (7)	(110)	24:08.3	6:23.2	7:45.7	4:49.7	6:58.5	14:24.3
57 Clare Hamill	7	547	Benilde-St Margaret	(111)	24:11.6	6:26.5	7:46.7	4:50.3	7:25.7	15:31.2

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

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*Race #5*  
*Girls Class AA 5000M*

## Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
58 Grace Steele	FR	510	Chisago Lakes (7)	(112)	24:50.8	7:05.7	7:59.3	4:58.1	7:40.2	15:58.9

**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
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Saturday, November 5, 2022

**MEET OFFICIALS**Timing:  
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printed: 11/5/2022 2:55 PM**Race #1**  
**Girls Class AAA 5000M****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Wayzata	39	1-6-8-10-14(19)(25)	1:31:15	18:15	2:16.7
2 Minnetonka	89	4-5-18-27-35(42)(45)	1:34:41	18:57	1:20.9
3 Mounds View	127	7-9-21-32-58(75)(87)	1:35:39	19:08	1:43.6
4 Centennial	156	13-20-34-39-50(63)(85)	1:37:28	19:30	0:47.9
5 Prior Lake	174	15-22-37-47-53(56)(60)	1:37:44	19:33	0:50.5
6 St. Michael-Albertville	191	12-41-44-46-48(52)(61)	1:37:58	19:36	0:52.2
7 Farmington	194	16-30-33-38-77(97)(103)	1:38:14	19:39	1:25.2
8 Brainerd	199	11-29-36-49-74(83)(88)	1:37:52	19:35	1:51.2
9 Hopkins	226	2-17-59-67-81(92)(93)	1:37:46	19:34	2:56.7
10 Northfield	254	23-54-55-57-65(79)(86)	1:39:31	19:55	0:58.3
11 Forest Lake	268	3-31-68-76-90(91)(107)	1:38:58	19:48	3:05.4
12 Eastview	286	40-43-62-70-71(80)(94)	1:40:26	20:06	0:40.7
13 Roseville Area	318	28-64-69-73-84(96)(101)	1:41:10	20:14	1:17.4
14 Woodbury	357	26-66-78-89-98(99)(108)	1:42:31	20:31	2:04.8
15 Stillwater Area	417	24-82-102-104-105(111)(112)	1:45:27	21:06	2:32.1
16 Eagan	424	51-72-95-100-106(109)(110)	1:44:51	20:59	2:00.8

**INDIVIDUAL RESULTS**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Abbey Nechanicky	SR	144	Wayzata (1)	1	16:47.7	---	5:24.0	3:21.5	5:19.8	10:44.9
2 Sydney Drevlow	SO	147	Hopkins (1)	2	17:39.8	52.1	5:40.8	3:32.0	5:24.2	11:10.9
3 Norah Hushagen	SO	159	Forest Lake (1)	3	17:48.6	1:00.9	5:43.6	3:33.7	5:35.1	11:24.3
4 Marissa Long	JR	7	Chanhassen	-	18:01.6	1:13.9	5:47.8	3:36.3	5:35.3	11:28.4
5 Megan Lee	SR	14	Bloomington Jeffers	-	18:05.7	1:18.0	5:49.1	3:37.1	5:35.5	11:29.3
6 Evie Malec		8	71 Minnetonka (1)	4	18:13.5	1:25.8	5:51.6	3:38.7	5:42.7	11:46.1
7 Maya Mor	SR	74	Minnetonka (2)	5	18:16.3	1:28.6	5:52.5	3:39.3	5:42.7	11:45.6
8 Madeline Lage	JR	12	Waconia	-	18:17.7	1:30.0	5:53.0	3:39.5	5:44.2	11:46.0
9 Teegan Anderson	SR	138	Wayzata (2)	6	18:19.0	1:30.3	5:53.4	3:39.8	5:43.8	11:51.3
10 Linnea Ousdigian		8	126 Mounds View (1)	7	18:19.9	1:32.2	5:53.6	3:40.0	5:45.5	11:46.6
11 Mia Hoffman	JR	45	Bemidji	-	18:25.7	1:38.0	5:55.5	3:41.1	5:50.3	11:55.0
12 Grace Mignone	SR	143	Wayzata (3)	8	18:30.3	1:42.6	5:57.0	3:42.1	5:54.1	11:56.7
13 Taylor Isabel	SR	122	Mounds View (2)	9	18:30.6	1:42.9	5:57.1	3:42.1	5:43.7	11:47.9
14 Kaelyn Nelson	JR	41	Anoka	-	18:30.7	1:43.0	5:57.1	3:42.1	5:43.8	11:48.4
15 Caitlyn Osanai	JR	34	Robbinsdale Armstr	-	18:32.9	1:45.2	5:57.8	3:42.6	5:45.1	11:48.6
16 Maddie Gullickson	FR	140	Wayzata (4)	10	18:33.3	1:45.6	5:58.0	3:42.7	5:48.9	11:54.8
17 Hannah Drietz	SR	177	Brainerd (1)	11	18:34.5	1:46.8	5:58.4	3:42.9	5:50.0	11:55.3
18 Abby Hibbs	SO	25	Champlin Park	-	18:39.4	1:51.7	5:59.9	3:43.9	5:49.2	12:00.1
19 Abby Downin	FR	9	Edina	-	18:47.9	2:00.2	6:02.7	3:45.6	5:41.7	11:48.2
20 Natalie Cocking	SR	184	St. Michael-Albertvil	12	18:55.5	2:07.8	6:05.1	3:47.1	5:58.3	12:13.1
21 Kylie Nelson	SO	166	Centennial (1)	13	19:03.4	2:15.7	6:07.6	3:48.7	5:51.6	12:10.6
22 Alyson Kleyman	SO	141	Wayzata (5)	14	19:04.3	2:16.6	6:07.9	3:48.9	5:59.2	12:17.5
23 Layla Vennink	SO	84	Prior Lake (1)	15	19:05.1	2:17.4	6:08.2	3:49.0	5:55.6	12:10.0



**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
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Saturday, November 5, 2022

**MEET OFFICIALS**Timing:  
Wayzata Results, LLC**OFFICIAL MEET REPORT**  
printed: 11/5/2022 2:55 PM**Race #1**  
**Girls Class AAA 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
24 Mariah Fenske	JR	50	Farmington (1)	16	19:05.5	2:17.8	6:08.3	3:49.1	6:00.4	12:23.1
25 Savanna Varbanov	8	1	Lakeville North	-	19:06.4	2:18.7	6:08.6	3:49.3	5:57.1	12:21.4
26 Daphne Grobstein	SO	150	Hopkins (2)	17	19:06.8	2:19.1	6:08.7	3:49.3	5:58.5	12:15.1
27 Ella Hinkie	JR	10	Edina	-	19:08.9	2:21.2	6:09.4	3:49.8	5:56.6	12:20.3
28 Laura McClary	SO	20	St. Paul Central	-	19:09.1	2:21.4	6:09.5	3:49.8	5:59.3	12:20.3
29 Olivia Krafty	SR	40	Andover	-	19:12.0	2:23.3	6:10.4	3:50.4	5:49.0	12:11.4
30 Avery Marasco-Johnson	SO	72	Minnetonka (3)	18	19:12.5	2:24.8	6:10.6	3:50.5	5:50.8	12:10.8
31 Aubrey Smith	8	145	Wayzata (6)	(19)	19:12.6	2:24.9	6:10.6	3:50.5	5:59.9	12:18.6
32 April Watson	FR	28	Maple Grove	-	19:16.8	2:29.1	6:12.0	3:51.4	6:00.9	12:24.0
33 Abby Smith	8	169	Centennial (2)	20	19:17.2	2:29.5	6:12.1	3:51.4	5:54.5	12:19.4
34 Wren Anderson	SR	120	Mounds View (3)	21	19:17.6	2:29.9	6:12.2	3:51.5	5:59.5	12:20.2
35 Isabelle Reinders	FR	82	Prior Lake (2)	22	19:17.9	2:30.2	6:12.3	3:51.6	5:57.5	12:20.5
36 Caley Graber	FR	63	Northfield (1)	23	19:18.6	2:30.9	6:12.5	3:51.7	6:03.5	12:24.6
37 Olivia Braunshausen	7	112	Stillwater Area (1)	24	19:20.5	2:32.8	6:13.1	3:52.1	6:02.8	12:27.8
38 Grace Weber	SR	146	Wayzata (7)	(25)	19:21.1	2:33.4	6:13.3	3:52.2	6:10.1	12:37.7
39 Linnea Ronning	FR	17	Hastings	-	19:21.3	2:33.6	6:13.4	3:52.2	5:55.1	12:22.4
40 Cara Back	8	31	Rogers	-	19:22.1	2:34.4	6:13.7	3:52.4	6:10.7	12:31.3
41 Jazzlyn Hanenberger	SO	5	Rochester Century	-	19:22.5	2:34.8	6:13.8	3:52.5	5:59.2	12:25.5
42 Sarah Vaske	SO	110	Woodbury (1)	26	19:22.6	2:34.9	6:13.8	3:52.5	6:02.7	12:26.8
43 Meredith Gilles	SO	69	Minnetonka (4)	27	19:24.4	2:36.7	6:14.4	3:52.9	6:05.1	12:30.6
44 Francesca Geffre	SO	130	Roseville Area (1)	28	19:25.2	2:37.5	6:14.6	3:53.0	6:00.6	12:26.2
45 Katelyn Kennedy	SR	178	Brainerd (2)	29	19:25.6	2:37.9	6:14.8	3:53.1	6:09.8	12:27.6
46 Jules Davis	JR	30	Osseo	-	19:26.1	2:38.4	6:14.9	3:53.2	6:08.5	12:30.7
47 Mackenzy Lippold	JR	52	Farmington (2)	30	19:26.8	2:39.1	6:15.2	3:53.4	5:56.9	12:21.8
48 Anna VanAcker	FR	164	Forest Lake (2)	31	19:27.2	2:39.5	6:15.3	3:53.4	6:17.5	12:44.6
49 Emily Mehta	JR	124	Mounds View (4)	32	19:27.4	2:39.7	6:15.4	3:53.5	6:07.4	12:31.1
50 Regan Dewitt	SR	44	Bemidji	-	19:30.2	2:42.5	6:16.3	3:54.0	6:11.5	12:36.8
51 Claire Vukovics	SO	2	Lakeville South	-	19:32.2	2:44.5	6:16.9	3:54.4	5:46.0	12:20.3
52 Lauren Lansing	8	51	Farmington (3)	33	19:32.5	2:44.8	6:17.0	3:54.5	6:06.0	12:37.4
53 Julia Zalewski	JR	173	Centennial (3)	34	19:33.9	2:46.2	6:17.4	3:54.8	6:08.1	12:35.5
54 Ella Graham	JR	70	Minnetonka (5)	35	19:34.4	2:46.7	6:17.6	3:54.9	5:57.6	12:26.4
55 Brooke Wenz	SO	182	Brainerd (3)	36	19:35.1	2:47.4	6:17.8	3:55.0	6:10.3	12:34.2
56 Maggie Hoen	SO	79	Prior Lake (3)	37	19:37.7	2:50.0	6:18.7	3:55.5	6:11.5	12:40.5
57 Sophia Venning	FR	57	Farmington (4)	38	19:38.3	2:50.6	6:18.9	3:55.6	6:12.8	12:39.1
58 Abby Wood	JR	172	Centennial (4)	39	19:41.8	2:54.1	6:20.0	3:56.3	6:13.8	12:41.6
59 Sonja Olson	SR	89	Eastview (1)	40	19:42.8	2:55.1	6:20.3	3:56.6	6:14.4	12:46.7
60 Carley LaMotte	FR	16	Burnsville	-	19:42.9	2:55.2	6:20.3	3:56.6	5:58.3	12:28.1
61 Adelyn Hannon	8	185	St. Michael-Albertvil	41	19:43.3	2:55.6	6:20.5	3:56.6	6:07.2	12:40.8
62 Kyra Martin	JR	73	Minnetonka (6)	(42)	19:43.4	2:55.7	6:20.5	3:56.7	6:03.0	12:31.1
63 Katelyn Porter	SR	23	White Bear Lake Ar	-	19:43.8	2:56.1	6:20.6	3:56.8	6:08.6	12:41.8
64 Gracie Puit	SO	91	Eastview (2)	43	19:44.3	2:56.6	6:20.8	3:56.8	6:14.5	12:41.2
65 Abigayle Vossen	8	190	St. Michael-Albertvil	44	19:45.2	2:57.5	6:21.1	3:57.0	6:07.3	12:38.5
66 Lauren Fligge	SR	68	Minnetonka (7)	(45)	19:45.5	2:57.8	6:21.2	3:57.1	6:03.5	12:31.1
67 Sasha Wahman	8	43	Duluth East	-	19:45.6	2:57.9	6:21.2	3:57.1	6:14.8	12:43.2
68 Keagan Burke	JR	183	St. Michael-Albertvil	46	19:46.5	2:58.8	6:21.5	3:57.3	6:09.8	12:40.3
69 Avery Rich	FR	15	Bloomington Jeffers	-	19:47.2	2:59.5	6:21.7	3:57.4	6:07.7	12:43.0

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**Girls Class AAA 5000M**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
70 Keeley Mohling	FR	81	Prior Lake (4)	47	19:47.3	2:59.6	6:21.8	3:57.5	6:12.3	12:47.6
71 Becca Immer	SR	186	St. Michael-Albertvil	48	19:47.6	2:59.9	6:21.9	3:57.5	6:11.4	12:40.6
72 Isabel Grant		8 39	Andover	-	19:49.1	3:01.4	6:22.3	3:57.8	6:12.4	12:51.6
73 Madi Miller	SO	179	Brainerd (4)	49	19:51.1	3:03.4	6:23.0	3:58.2	6:09.8	12:40.8
74 Anna Swanson	FR	171	Centennial (5)	50	19:51.3	3:03.6	6:23.0	3:58.2	6:08.1	12:39.9
75 Lauren Boerger	FR	95	Eagan (1)	51	19:52.1	3:04.4	6:23.3	3:58.4	6:13.5	12:48.6
76 Makaela Malin	JR	187	St. Michael-Albertvil	(52)	19:53.3	3:05.6	6:23.7	3:58.6	6:10.4	12:40.2
77 Julia Babineau	SR	38	Andover	-	19:53.8	3:06.1	6:23.8	3:58.8	6:07.0	12:44.2
78 Allie Van Stone	JR	11	Edina	-	19:55.5	3:07.8	6:24.4	3:59.1	6:14.4	12:47.2
79 Talia Bushman	FR	77	Prior Lake (5)	53	19:55.6	3:07.9	6:24.4	3:59.1	6:12.6	12:48.1
80 Anna Forbord	SO	61	Northfield (2)	54	19:56.9	3:09.2	6:24.8	3:59.4	6:17.7	12:45.6
81 Addison Enfield	SO	60	Northfield (3)	55	19:57.1	3:09.4	6:24.9	3:59.4	6:16.7	12:45.9
82 Jersey Miller	JR	37	St. Louis Park	-	19:59.5	3:11.8	6:25.7	3:59.9	6:15.8	12:50.7
83 Rosie Sommars	JR	24	White Bear Lake Ar	-	20:00.2	3:12.5	6:25.9	4:00.0	6:10.6	12:52.4
84 Sophia Basile	SO	76	Prior Lake (6)	(56)	20:00.2	3:12.5	6:25.9	4:00.0	6:12.6	12:47.4
85 Peyton Quaas		8 66	Northfield (4)	57	20:01.4	3:13.7	6:26.3	4:00.3	6:21.7	12:58.7
86 Brigid Keran	SO	26	Champlin Park	-	20:02.8	3:15.1	6:26.7	4:00.5	6:13.7	12:49.8
87 Laurin Isabel	SR	121	Mounds View (5)	58	20:03.4	3:15.7	6:26.9	4:00.7	6:15.4	12:54.4
88 Marguerite Giese	SR	149	Hopkins (3)	59	20:04.2	3:16.5	6:27.2	4:00.8	6:12.7	12:45.6
89 Mady Dockendorf	JR	48	Sartell	-	20:07.5	3:19.8	6:28.2	4:01.5	6:13.5	12:49.5
90 Carsyn Brady	JR	3	Owatonna	-	20:08.4	3:20.7	6:28.5	4:01.7	6:11.3	12:46.2
91 Sara Gastony	FR	78	Prior Lake (7)	(60)	20:11.8	3:24.1	6:29.6	4:02.3	6:11.5	12:49.5
92 Avery O'Rourke	SR	188	St. Michael-Albertvil	(61)	20:12.0	3:23.3	6:29.7	4:02.4	6:12.4	12:57.0
93 Hadley Knight	FR	87	Eastview (3)	62	20:14.2	3:26.5	6:30.4	4:02.8	6:14.5	12:53.9
94 Emma Magnuson	SR	165	Centennial (6)	(63)	20:15.0	3:27.3	6:30.7	4:03.0	6:18.4	13:02.3
95 Tilia Iverson	JR	133	Roseville Area (2)	64	20:16.3	3:28.6	6:31.1	4:03.3	6:11.1	12:49.6
96 Claire Casson	SO	59	Northfield (5)	65	20:16.8	3:29.1	6:31.3	4:03.4	6:22.3	13:00.3
97 Ryana Mathis	JR	6	Rochester John Ma	-	20:17.4	3:29.7	6:31.4	4:03.5	6:10.8	12:53.6
98 Isabelle Renlund	JR	107	Woodbury (2)	66	20:18.0	3:29.3	6:31.6	4:03.6	6:21.9	13:07.7
99 Ava Dunnigan	SO	46	Moorhead	-	20:18.2	3:30.5	6:31.7	4:03.6	6:14.8	12:56.0
100 Sam Fuller	FR	148	Hopkins (4)	67	20:18.6	3:30.9	6:31.8	4:03.7	6:14.1	13:01.3
101 Molly McCarthy		8 161	Forest Lake (3)	68	20:18.8	3:31.1	6:31.9	4:03.8	6:13.9	13:05.0
102 Samantha Mermelstein	SO	134	Roseville Area (3)	69	20:20.5	3:32.8	6:32.4	4:04.1	6:11.1	12:52.6
103 Emily Percival	JR	90	Eastview (4)	70	20:20.9	3:33.2	6:32.6	4:04.2	6:12.8	12:51.2
104 Kendra Melby	FR	4	Owatonna	-	20:21.8	3:34.1	6:32.8	4:04.3	6:13.6	12:55.4
105 Sarah Williams	SO	8	Eden Prairie	-	20:21.9	3:34.2	6:32.9	4:04.4		
106 Natalie Wees	JR	92	Eastview (5)	71	20:23.5	3:35.8	6:33.4	4:04.7	6:23.5	13:02.2
107 Lilah Bartels	SO	94	Eagan (2)	72	20:25.1	3:37.4	6:33.9	4:05.0	6:19.3	13:04.1
108 Briar AnderJohn	JR	129	Roseville Area (4)	73	20:25.2	3:37.5	6:33.9	4:05.0	6:20.5	13:09.0
109 Julia Rademacher	SR	180	Brainerd (5)	74	20:25.7	3:38.0	6:34.1	4:05.1	6:22.6	12:58.6
110 Lauren Kath	JR	123	Mounds View (6)	(75)	20:27.6	3:39.9	6:34.7	4:05.5	6:21.8	13:08.6
111 Avery Marquardt		8 47	Moorhead	-	20:28.1	3:40.4	6:34.9	4:05.6	6:15.2	12:58.6
112 Ellie Hanowski	SR	158	Forest Lake (4)	76	20:29.3	3:41.6	6:35.3	4:05.9	6:13.6	12:59.1
113 Marianah Scott	JR	55	Farmington (5)	77	20:30.7	3:43.0	6:35.7	4:06.1	6:26.7	13:17.5
114 Emily Renlund	JR	106	Woodbury (3)	78	20:30.7	3:43.0	6:35.7	4:06.1	6:22.1	13:12.3
115 Makayah Petricka		7 65	Northfield (6)	(79)	20:30.7	3:43.0	6:35.7	4:06.1	6:26.5	13:15.2



# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

Timing:  
Wayzata Results, LLC



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### Race #1 Girls Class AAA 5000M

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
16 Anna Healey	SO	36	St. Louis Park	-	20:31.2	3:43.5	6:35.9	4:06.2	6:24.7	13:11.8
17 Katherine Norton-Bower	FR	21	St. Paul Central	-	20:32.9	3:45.2	6:36.4	4:06.6	6:12.4	12:55.9
18 Clara Kolstad	8	22	White Bear Lake Ar	-	20:33.0	3:44.3	6:36.4	4:06.6	6:27.3	13:13.3
19 Lily Peterson	JR	18	Rosemount	-	20:34.1	3:46.4	6:36.8	4:06.8	6:18.0	13:12.0
20 Kienna Loberg	8	88	Eastview (6)	(80)	20:35.1	3:47.4	6:37.1	4:07.0	6:13.5	12:53.1
21 Abby Chestovich	FR	19	Cretin-Derham Hall	-	20:36.1	3:48.4	6:37.4	4:07.2	6:28.1	13:14.2
22 Ruby Schweigert	SO	153	Hopkins (5)	81	20:36.5	3:48.8	6:37.6	4:07.3	6:14.0	12:53.6
23 Claire Picha	SR	33	Minneapolis Washb	-	20:37.2	3:49.5	6:37.8	4:07.4	6:23.6	13:16.9
24 Shalom Sulungaine	SR	42	Blaine	-	20:38.9	3:51.2	6:38.4	4:07.8	6:33.1	13:26.2
25 Avery Braunshausen	SR	111	Stillwater Area (2)	82	20:39.4	3:51.7	6:38.5	4:07.9	6:29.8	13:26.4
26 Annelise Baird	FR	174	Brainerd (6)	(83)	20:41.3	3:53.6	6:39.1	4:08.2	6:26.5	13:16.4
27 Kelsey Young	SO	29	Maple Grove	-	20:41.9	3:54.2	6:39.3	4:08.4	6:21.4	13:14.7
28 Sara Grosse	SR	131	Roseville Area (5)	84	20:42.5	3:54.8	6:39.5	4:08.5	6:12.8	13:07.3
29 Miranda Sawvel	SO	168	Centennial (7)	(85)	20:42.8	3:55.1	6:39.6	4:08.5	6:21.0	13:18.4
30 Caroline Hemann	SR	13	Bloomington Jeffers	-	20:45.1	3:57.4	6:40.3	4:09.0	6:17.8	13:10.5
31 Claire Forbord	8	62	Northfield (7)	(86)	20:46.5	3:58.8	6:40.8	4:09.3	6:25.2	13:16.6
32 Kate Roeber	SO	127	Mounds View (7)	(87)	20:47.4	3:59.7	6:41.1	4:09.5	6:21.8	13:13.7
33 Anatalya Graham	FR	32	Minneapolis Southw	-	20:47.5	3:59.8	6:41.1	4:09.5	6:24.1	13:17.4
34 Bridget Collins	JR	176	Brainerd (7)	(88)	20:49.0	4:00.3	6:41.6	4:09.8	6:24.8	13:17.0
35 Alexa Fahey	7	102	Woodbury (4)	89	20:52.5	4:04.8	6:42.7	4:10.5	6:23.2	13:19.6
36 Jordan Parent	SR	162	Forest Lake (5)	90	20:54.0	4:05.3	6:43.2	4:10.8	6:24.1	13:27.3
37 Elsa Swenson	8	163	Forest Lake (6)	(91)	20:56.1	4:08.4	6:43.9	4:11.2	6:24.2	13:27.4
38 Carly Redelsheimer	SR	35	Robbinsdale Armstr	-	20:59.3	4:11.6	6:44.9	4:11.9	6:35.1	13:36.5
39 Lila Shaver	JR	154	Hopkins (6)	(92)	21:05.4	4:17.7	6:46.9	4:13.1	6:18.8	13:15.6
40 Lillian Wanzek	SR	155	Hopkins (7)	(93)	21:10.3	4:22.6	6:48.4	4:14.0	6:35.1	13:35.9
41 Lidia Dahlman	JR	86	Eastview (7)	(94)	21:11.6	4:23.9	6:48.9	4:14.3	6:41.1	13:42.9
42 Marissa Schumacher	JR	100	Eagan (3)	95	21:13.0	4:24.3	6:49.3	4:14.6	6:33.7	13:29.0
43 Camille Huntley	SO	132	Roseville Area (6)	(96)	21:17.6	4:29.9	6:50.8	4:15.5	6:27.8	13:33.2
44 Brylee Cavanaugh	SO	49	Farmington (6)	(97)	21:19.9	4:32.2	6:51.5	4:16.0	6:32.3	13:35.5
45 Lauryn Rosenthal	SO	109	Woodbury (5)	98	21:27.4	4:39.7	6:53.9	4:17.5	6:34.9	13:41.0
46 Kelly McCarthy	JR	105	Woodbury (6)	(99)	21:27.7	4:40.0	6:54.0	4:17.5	6:34.5	13:38.0
47 Lauren Jordahl	SR	97	Eagan (4)	100	21:28.0	4:39.3	6:54.1	4:17.6	6:33.8	13:43.4
48 Amelie Nickel	JR	135	Roseville Area (7)	(101)	21:30.5	4:42.8	6:54.9	4:18.1	6:27.8	13:36.8
49 Meredith Christensen	JR	113	Stillwater Area (3)	102	21:42.2	4:54.5	6:58.7	4:20.4	6:34.0	13:45.0
50 Mackenzie Laux	8	27	Maple Grove	-	21:42.2	4:54.5	6:58.7	4:20.4	6:37.6	13:53.1
51 Lillian Reuss	8	54	Farmington (7)	(103)	21:46.8	4:59.1	7:00.2	4:21.3	6:32.8	13:51.8
52 Jocelyn McBride	SR	117	Stillwater Area (4)	104	21:52.1	5:04.4	7:01.9	4:22.4	6:49.5	14:06.1
53 Greta Shockey	FR	119	Stillwater Area (5)	105	21:52.6	5:04.9	7:02.0	4:22.5	6:50.2	14:07.9
54 Danica Kellogg	SR	98	Eagan (5)	106	21:52.8	5:05.1	7:02.1	4:22.5	6:47.8	14:02.6
55 Tori Lucas	JR	160	Forest Lake (7)	(107)	21:53.1	5:05.4	7:02.2	4:22.6	6:40.5	14:03.1
56 Haylie Hedrington	SO	103	Woodbury (7)	(108)	21:54.0	5:05.3	7:02.5	4:22.8	6:43.5	14:05.5
57 Grace Ho	SO	96	Eagan (6)	(109)	22:00.1	5:12.4	7:04.5	4:24.0	6:40.0	14:04.2
58 Haylie North	SR	99	Eagan (7)	(110)	22:18.3	5:30.6	7:10.3	4:27.7	6:41.1	14:05.6
59 Brynne Laska	8	116	Stillwater Area (6)	(111)	22:37.9	5:50.2	7:16.6	4:31.6	6:49.6	14:23.8
60 Morgan Peterman	SR	118	Stillwater Area (7)	(112)	22:44.5	5:56.8	7:18.7	4:32.9	6:50.0	14:25.4

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

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Wayzata Results, LLC



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**Race #2**  
**Boys Class AAA 5000M**

# Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Wayzata	57	3-6-11-16-21(46)(66)	1:18:54	15:47	0:42.1
2 Rosemount	98	4-13-14-15-52(64)(67)	1:19:53	15:59	1:17.4
3 Lakeville North	103	5-19-20-23-36(61)(82)	1:20:38	16:08	0:57.3
4 Minnetonka	121	2-7-22-43-47(72)(73)	1:20:42	16:09	1:18.0
5 Mounds View	137	10-25-29-32-41(53)(55)	1:21:32	16:19	0:53.7
6 Minneapolis Washburn	152	1-8-18-49-76(89)(99)	1:20:55	16:11	2:00.5
7 Stillwater Area	182	26-30-34-35-57(93)(95)	1:22:37	16:32	0:35.0
8 Eden Prairie	238	33-44-48-51-62(63)(65)	1:23:44	16:45	0:27.5
9 Roseville Area	264	9-24-68-79-84(91)(98)	1:23:35	16:43	1:41.1
10 Lakeville South	293	31-39-45-74-104(107)(110)	1:25:01	17:01	1:39.2
11 Bloomington Jefferson	304	12-58-60-86-88(90)(100)	1:24:32	16:55	1:42.6
12 Blaine	306	17-54-77-78-80(106)(111)	1:24:34	16:55	1:17.6
13 Bemidji	309	27-38-50-92-102(108)(112)	1:25:27	17:06	1:42.7
14 Woodbury	317	42-59-70-71-75(96)(109)	1:24:52	16:59	0:32.7
15 Buffalo	318	28-37-81-85-87(97)(103)	1:25:05	17:01	1:10.2
16 Centennial	342	40-56-69-83-94(101)(105)	1:25:36	17:08	1:05.9

### INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Aidan Jones	SR	352	Minneapolis Washb	1	15:11.8	---	4:53.2	3:02.3	4:55.6	9:53.0
2 Sam Scott	JR	234	Minneapolis Southw	-	15:15.3	3.5	4:54.3	3:03.1	4:55.3	9:53.2
3 Nick Gilles	SR	269	Minnetonka (1)	2	15:27.1	15.3	4:58.1	3:05.4	4:55.6	9:59.3
4 Hamza Mohamed	SR	344	Wayzata (1)	3	15:28.1	16.3	4:58.4	3:05.6	4:59.9	10:05.1
5 Nolan Sutter	JR	207	Chaska	-	15:28.5	16.7	4:58.5	3:05.7	4:58.7	9:56.3
6 Ryan Mulrooney	SR	289	Rosemount (1)	4	15:32.9	21.1	4:59.9	3:06.6	5:02.9	10:06.3
7 Noah Breker	SR	235	Robbinsdale Armstr	-	15:33.4	21.6	5:00.1	3:06.7	4:55.5	9:53.3
8 Andrew Casey	SR	250	Lakeville North (1)	5	15:35.1	23.3	5:00.6	3:07.0	4:59.2	10:06.2
9 William Weber	SO	346	Wayzata (2)	6	15:35.1	23.3	5:00.7	3:07.0	5:00.8	10:06.5
10 Max Westerlund	SR	274	Minnetonka (2)	7	15:37.9	26.1	5:01.6	3:07.6	4:59.4	10:05.8
11 Caleb Dickel	SO	348	Minneapolis Washb	8	15:39.4	27.6	5:02.1	3:07.9	5:00.9	10:06.5
12 Suhayb Ali	SR	230	Hopkins	-	15:40.4	28.6	5:02.4	3:08.1	5:00.4	10:06.0
13 Bennett Harrison-Michaels	SR	330	Roseville Area (1)	9	15:40.7	28.9	5:02.5	3:08.1	5:02.1	10:05.6
14 Elliott McArthur	SR	326	Mounds View (1)	10	15:44.1	32.3	5:03.6	3:08.8	4:58.8	10:05.4
15 Hootie Hage	JR	211	Prior Lake	-	15:45.7	33.9	5:04.1	3:09.1	4:59.5	10:05.5
16 Daniel McCollor	JR	342	Wayzata (3)	11	15:46.8	35.0	5:04.4	3:09.4	5:00.0	10:07.5
17 Adam Lueth	SR	297	Bloomington Jeffers	12	15:47.1	35.3	5:04.5	3:09.4	4:59.1	10:05.9
18 Joe McNeil	SR	288	Rosemount (2)	13	15:47.9	36.1	5:04.8	3:09.6	5:05.5	10:15.8
19 Will Harder	SR	287	Rosemount (3)	14	15:50.2	38.4	5:05.5	3:10.0	5:06.0	10:15.4
20 George Edgar	SR	285	Rosemount (4)	15	15:51.9	40.1	5:06.1	3:10.4	5:05.6	10:15.7
21 Landon Hering	JR	231	Hopkins	-	15:53.2	41.4	5:06.5	3:10.6	5:02.4	10:12.9
22 Tyler Kissell	JR	340	Wayzata (4)	16	15:53.6	41.8	5:06.6	3:10.7	5:04.6	10:13.1
23 Cade Sanvik	JR	228	Osseo	-	15:54.0	41.2	5:06.7	3:10.8	5:02.6	10:12.0

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**Race #2**  
**Boys Class AAA 5000M**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
24 Gannon Farrens	SO	226	Maple Grove	-	15:58.3	46.5	5:08.1	3:11.7	5:03.6	10:13.3
25 Luke Williams	JR	223	White Bear Lake Ar	-	15:59.1	47.3	5:08.4	3:11.8	5:01.6	10:14.2
26 River Santiago	JR	372	Blaine (1)	17	15:59.2	47.4	5:08.4	3:11.8	5:07.0	10:23.0
27 Dominic Haugland	SR	351	Minneapolis Washb	18	16:05.3	53.5	5:10.4	3:13.0	5:05.1	10:17.8
28 Nathan Schultz	JR	216	East Ridge	-	16:05.8	54.0	5:10.5	3:13.2	5:07.8	10:25.5
29 Bryce Stachewicz	SR	256	Lakeville North (2)	19	16:06.6	54.8	5:10.8	3:13.3	5:17.8	10:37.6
30 Ethan Kimmel	SR	254	Lakeville North (3)	20	16:07.8	56.0	5:11.2	3:13.5	5:18.7	10:38.0
31 Jace Haerter	SO	209	Edina	-	16:09.3	57.5	5:11.7	3:13.9	5:09.1	10:26.0
32 Ryan Gwaltney	JR	204	Rochester Mayo	-	16:09.4	57.6	5:11.7	3:13.9	5:05.9	10:19.4
33 Parker Dietrick	JR	338	Wayzata (5)	21	16:10.2	58.4	5:11.9	3:14.0	5:04.9	10:24.1
34 Nate Meyer	SO	233	Minneapolis Southw	-	16:11.0	59.2	5:12.2	3:14.2	5:04.2	10:24.1
35 Sean Fries	FR	268	Minnetonka (3)	22	16:11.3	59.5	5:12.3	3:14.2	5:04.2	10:20.1
36 Niko Angell	SR	249	Lakeville North (4)	23	16:15.5	1:03.7	5:13.7	3:15.1	5:10.2	10:29.9
37 Benjamin Batalden	JR	232	Minneapolis Southw	-	16:15.7	1:03.9	5:13.7	3:15.1	5:08.7	10:35.9
38 Robert Mechura	SO	332	Roseville Area (2)	24	16:15.7	1:03.9	5:13.7	3:15.1	5:01.8	10:10.3
39 Owen Kalmes	SO	324	Mounds View (2)	25	16:17.9	1:06.1	5:14.4	3:15.6	5:08.7	10:27.3
40 William Degonda	SR	302	Stillwater Area (1)	26	16:18.2	1:06.4	5:14.5	3:15.6	5:08.3	10:32.0
41 Will Termont	JR	391	Bemidji (1)	27	16:19.3	1:07.5	5:14.9	3:15.9	5:07.9	10:30.1
42 Andrew Macheel	SR	380	Buffalo (1)	28	16:19.4	1:07.6	5:14.9	3:15.9	5:04.4	10:26.2
43 Aidan Gomes	JR	236	Andover	-	16:20.0	1:07.2	5:15.1	3:16.0	5:05.0	10:17.9
44 Cayden Stoner	JR	328	Mounds View (3)	29	16:22.6	1:10.8	5:15.9	3:16.5	5:13.5	10:36.9
45 Ethan Foote	JR	303	Stillwater Area (2)	30	16:24.1	1:12.3	5:16.4	3:16.8	5:08.3	10:31.9
46 Ethan Starfield	SR	265	Lakeville South (1)	31	16:27.3	1:15.5	5:17.5	3:17.5	5:04.7	10:17.0
47 Levi Hammerbeck	JR	323	Mounds View (4)	32	16:29.0	1:16.2	5:18.0	3:17.8	5:12.8	10:38.0
48 Elijah Donaldson	SO	277	Eden Prairie (1)	33	16:29.6	1:17.8	5:18.2	3:17.9	5:20.7	10:42.0
49 Dylan Riniker	SO	309	Stillwater Area (3)	34	16:30.3	1:18.5	5:18.4	3:18.0	5:09.1	10:36.0
50 Ryan Kilibarda	SR	307	Stillwater Area (4)	35	16:31.1	1:19.3	5:18.7	3:18.2	5:08.2	10:32.9
51 Matthew Hendricks	SR	253	Lakeville North (5)	36	16:32.3	1:20.5	5:19.0	3:18.4	5:18.8	10:40.6
52 Wesley Wistrom	SO	382	Buffalo (2)	37	16:35.4	1:23.6	5:20.0	3:19.1	5:08.5	10:39.6
53 Carson Maish	SR	387	Bemidji (2)	38	16:36.3	1:24.5	5:20.3	3:19.3	5:07.7	10:32.6
54 Aiden Jakubic	SO	260	Lakeville South (2)	39	16:36.5	1:24.7	5:20.4	3:19.3	5:18.8	10:38.3
55 Samuel Lindner	SR	218	St. Paul Central	-	16:36.5	1:24.7	5:20.4	3:19.3	5:09.5	10:38.2
56 Eli Berg	SR	356	Centennial (1)	40	16:37.1	1:25.3	5:20.6	3:19.4	5:09.8	10:36.7
57 Victor Lelinga	SR	325	Mounds View (5)	41	16:37.8	1:26.0	5:20.8	3:19.5	5:20.3	10:48.1
58 Vishnu Vundamati	SR	317	Woodbury (1)	42	16:38.0	1:25.2	5:20.9	3:19.6	5:02.5	10:32.2
59 Zachary Danielson	SO	208	Edina	-	16:38.3	1:26.5	5:21.0	3:19.7	5:16.7	10:44.0
60 Austin Liebl	JR	243	Moorhead	-	16:40.2	1:28.4	5:21.6	3:20.0	5:05.4	10:32.4
61 Tyler Vos	JR	273	Minnetonka (4)	43	16:40.3	1:28.5	5:21.6	3:20.1	5:09.3	10:37.8
62 Charles Hibbs	JR	224	Champlin Park	-	16:40.9	1:29.1	5:21.8	3:20.2	5:13.3	10:42.3
63 Mason Sullivan	JR	200	Farmington	-	16:42.6	1:30.8	5:22.4	3:20.5	5:13.7	10:43.1
64 Will Ross	SR	283	Eden Prairie (2)	44	16:42.8	1:31.0	5:22.4	3:20.5	5:16.9	10:42.9
65 Owen Johnson	JR	261	Lakeville South (3)	45	16:42.9	1:31.1	5:22.5	3:20.6	5:17.1	10:44.5
66 Hayes McMillan	JR	343	Wayzata (6)	(46)	16:44.0	1:31.2	5:22.8	3:20.8	5:12.8	10:44.0
67 James Thomas	SO	272	Minnetonka (5)	47	16:45.0	1:32.2	5:23.1	3:21.0	5:08.4	10:33.7
68 Nolan Bakken	SR	275	Eden Prairie (3)	48	16:45.7	1:33.9	5:23.3	3:21.1	5:16.9	10:42.4
69 Nicholas Holton	SR	219	Tartan	-	16:46.1	1:34.3	5:23.5	3:21.2	5:09.1	10:40.1

**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

**MEET OFFICIALS**Timing:  
Wayzata Results, LLC**OFFICIAL MEET REPORT**  
printed: 11/5/2022 2:55 PM**Race #2**  
**Boys Class AAA 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
70 William Just	JR	353	Minneapolis Washb	49	16:46.4	1:34.6	5:23.6	3:21.3	5:14.6	10:47.5
71 Oliver Miatke	SR	241	Duluth East	-	16:47.0	1:34.2	5:23.8	3:21.4	5:18.8	10:51.2
72 Trevor Hiatt	SR	202	Owatonna	-	16:47.3	1:35.5	5:23.9	3:21.5	5:17.1	10:45.0
73 Brett Kurschner	SR	386	Bemidji (3)	50	16:47.7	1:35.9	5:24.0	3:21.5	5:16.4	10:47.9
74 Jake Heimkes	JR	280	Eden Prairie (4)	51	16:49.0	1:36.2	5:24.4	3:21.8	5:21.1	10:51.9
75 Andrew Schultz	JR	292	Rosemount (5)	52	16:50.2	1:38.4	5:24.8	3:22.0	5:07.3	10:40.2
76 JC Otto	SR	327	Mounds View (6)	(53)	16:50.8	1:39.0	5:25.0	3:22.1	5:19.9	10:49.3
77 Ben Lewis	SR	371	Blaine (2)	54	16:51.0	1:38.2	5:25.1	3:22.2	5:19.3	10:56.3
78 Colin Scheller	SR	206	Chanhassen	-	16:51.5	1:39.7	5:25.2	3:22.3	5:16.7	10:54.8
79 Otto Coleman	JR	321	Mounds View (7)	(55)	16:51.6	1:39.8	5:25.3	3:22.3	5:14.0	10:47.1
80 Charles Bolkcom	SR	357	Centennial (2)	56	16:52.9	1:41.1	5:25.7	3:22.6	5:10.1	10:45.3
81 Mason Foster	SR	304	Stillwater Area (5)	57	16:53.2	1:41.4	5:25.8	3:22.6	5:09.8	10:42.6
82 Ian Klein	JR	296	Bloomington Jeffers	58	16:54.2	1:42.4	5:26.1	3:22.8	5:17.7	10:50.2
83 Dylan Longworth	SR	315	Woodbury (2)	59	16:56.0	1:43.2	5:26.7	3:23.2	5:15.4	10:52.7
84 Lucas Cramer	SR	203	Rochester Mayo	-	16:56.0	1:43.2	5:26.7	3:23.2	5:20.8	10:49.4
85 Jack Jendro	JR	237	Andover	-	16:56.1	1:44.3	5:26.7	3:23.2	5:16.5	10:52.1
86 Patrick Altstatt	FR	294	Bloomington Jeffers	60	16:56.2	1:44.4	5:26.7	3:23.2	5:14.7	10:50.1
87 Seth Westrup	SR	245	Sartell	-	16:56.4	1:44.6	5:26.8	3:23.3	5:20.0	10:50.6
88 Chase Altergott	JR	248	Lakeville North (6)	(61)	16:56.9	1:45.1	5:27.0	3:23.4	5:24.3	11:02.9
89 Matthew Holje	SR	281	Eden Prairie (5)	62	16:57.1	1:45.3	5:27.0	3:23.4	5:17.1	10:52.2
90 Jameson Drieslein	JR	279	Eden Prairie (6)	(63)	16:57.9	1:46.1	5:27.3	3:23.6	5:26.7	11:03.2
91 Patrick Grunklee	SR	286	Rosemount (6)	(64)	16:58.2	1:46.4	5:27.4	3:23.6	5:27.0	11:00.8
92 Tyler Doolittle	SO	278	Eden Prairie (7)	(65)	16:58.7	1:46.9	5:27.5	3:23.7	5:25.4	11:02.0
93 Dan Salatino	SO	345	Wayzata (7)	(66)	16:59.2	1:47.4	5:27.7	3:23.8	5:20.4	10:57.1
94 Austin Beaudette	JR	284	Rosemount (7)	(67)	17:00.8	1:49.0	5:28.2	3:24.2	5:27.4	11:02.6
95 Owen Zupancich	JR	337	Roseville Area (3)	68	17:01.4	1:49.6	5:28.4	3:24.3	5:15.1	10:49.5
96 Max Salas	SO	247	St. Michael-Albertvil	-	17:02.5	1:50.7	5:28.8	3:24.5	5:22.1	10:53.4
97 Alex Persing	SO	361	Centennial (3)	69	17:02.9	1:51.1	5:28.9	3:24.6	5:19.7	10:57.9
98 James Worth	JR	318	Woodbury (3)	70	17:03.0	1:50.2	5:28.9	3:24.6	5:12.2	10:54.3
99 Reilly Kopp	JR	229	Spring Lake Park	-	17:03.8	1:52.0	5:29.2	3:24.8	5:11.8	10:51.4
100 Maxwell Key	SR	313	Woodbury (4)	71	17:03.9	1:52.1	5:29.2	3:24.8	5:17.9	10:56.9
101 Parker Barry	JR	266	Minnetonka (6)	(72)	17:04.6	1:52.8	5:29.4	3:24.9	5:14.2	10:52.8
102 Aaron Devine	SO	214	East Ridge	-	17:04.7	1:52.9	5:29.5	3:24.9	5:18.0	10:50.3
103 Ryan Fries	JR	267	Minnetonka (7)	(73)	17:04.7	1:52.9	5:29.5	3:24.9	5:03.0	10:31.7
104 Nathan Amundson	SR	201	Northfield	-	17:05.6	1:53.8	5:29.8	3:25.1	5:19.5	10:54.6
105 Angel Marcial-Torres	JR	263	Lakeville South (4)	74	17:07.4	1:55.6	5:30.3	3:25.5	5:17.6	10:50.2
106 Wes Bruning	SR	311	Woodbury (5)	75	17:10.6	1:58.8	5:31.4	3:26.1	5:17.3	11:02.3
107 Oscar Olson Gross	JR	354	Minneapolis Washb	76	17:12.3	2:00.5	5:31.9	3:26.4	5:25.4	11:10.0
108 Luke James	SR	246	St. Michael-Albertvil	-	17:12.3	2:00.5	5:31.9	3:26.5	5:22.7	11:02.6
109 Tyler Bargman	JR	365	Blaine (3)	77	17:13.0	2:00.2	5:32.2	3:26.6	5:24.6	10:59.7
110 Nathan Taylor	JR	373	Blaine (4)	78	17:13.7	2:01.9	5:32.4	3:26.7	5:25.0	11:03.7
111 Tyler Mestery	JR	215	East Ridge	-	17:14.0	2:01.2	5:32.5	3:26.8	5:24.5	11:00.5
112 Elijah Wolf	SR	335	Roseville Area (4)	79	17:14.7	2:02.9	5:32.7	3:26.9	5:15.5	10:57.9
113 Lucas Olson	JR	205	Rochester Mayo	-	17:16.3	2:04.5	5:33.2	3:27.2	5:23.6	11:06.0
114 Isaac Kolstad	SO	220	White Bear Lake Ar	-	17:16.4	2:04.6	5:33.2	3:27.3	5:28.2	11:12.1
115 Connor Bialka	JR	366	Blaine (5)	80	17:16.8	2:05.0	5:33.4	3:27.3	5:25.0	11:04.2

**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**

Northfield, MN

St. Olaf College

Saturday, November 5, 2022

**MEET OFFICIALS**

Timing:

Wayzata Results, LLC

**OFFICIAL MEET REPORT**

printed: 11/5/2022 2:55 PM

**Race #2  
Boys Class AAA 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
16 Vaughn Larson	SO	221	White Bear Lake Ar	-	17:16.8	2:05.0	5:33.4	3:27.4	5:29.1	11:12.2
17 Luke Huss	SR	378	Buffalo (3)	81	17:18.5	2:06.7	5:33.9	3:27.7	5:26.9	11:07.4
18 Eli Hanson	JR	244	Sartell	-	17:18.7	2:06.9	5:34.0	3:27.7	5:19.7	10:50.6
19 Charles Sery	JR	255	Lakeville North (7)	(82)	17:19.3	2:07.5	5:34.2	3:27.8	5:24.3	11:11.7
20 Quinn Hess	JR	212	Burnsville	-	17:19.4	2:07.6	5:34.2	3:27.9	5:24.8	11:13.4
21 Evan Pouliot	SR	363	Centennial (4)	83	17:19.6	2:07.8	5:34.3	3:27.9	5:26.6	11:08.1
22 Liam Merrel	FR	213	Burnsville	-	17:21.7	2:09.9	5:34.9	3:28.3	5:21.6	11:13.3
23 Brandon Vo	SR	334	Roseville Area (5)	84	17:21.8	2:10.0	5:35.0	3:28.3	5:14.6	10:48.1
24 Dexter Huss	SO	377	Buffalo (4)	85	17:22.5	2:10.7	5:35.2	3:28.5	5:20.3	11:00.8
25 Peyton Martinek	SR	238	Coon Rapids	-	17:22.7	2:10.9	5:35.2	3:28.5	5:21.7	11:03.4
26 Ethan Ibarra	SR	225	Champlin Park	-	17:22.7	2:10.9	5:35.3	3:28.5	5:21.0	11:04.2
27 Owen Woods	SO	300	Bloomington Jeffers	86	17:24.8	2:13.0	5:35.9	3:29.0	5:29.6	11:14.7
28 Jacob Macheel	SO	381	Buffalo (5)	87	17:29.5	2:17.7	5:37.4	3:29.9	5:31.1	11:17.5
29 Forrest Noeske	JR	298	Bloomington Jeffers	88	17:29.6	2:17.8	5:37.5	3:29.9	5:25.0	11:12.9
30 Mark Kaczmarczyk	SR	240	Duluth East	-	17:30.3	2:18.5	5:37.7	3:30.0	5:22.6	11:14.3
31 Sam Blascyk	JR	239	Duluth East	-	17:31.6	2:19.8	5:38.1	3:30.3	5:19.3	11:12.8
32 Evan Tromiczak	SR	355	Minneapolis Washb	(89)	17:33.0	2:20.2	5:38.6	3:30.6	5:25.4	11:10.0
33 Jack Kupitz	SO	242	Moorhead	-	17:34.4	2:22.6	5:39.0	3:30.9	5:22.2	11:10.7
34 Miles Bassett	SO	295	Bloomington Jeffers	(90)	17:35.3	2:23.5	5:39.3	3:31.1	5:24.5	11:14.5
35 Quinlan Rundquist	SO	227	Osseo	-	17:35.9	2:24.1	5:39.5	3:31.2	5:19.5	11:03.7
36 Maceo Young	SR	336	Roseville Area (6)	(91)	17:37.4	2:25.6	5:40.0	3:31.5	5:23.2	11:14.7
37 Kevin Nybeck	SO	210	Edina	-	17:37.7	2:25.9	5:40.1	3:31.5	5:31.5	11:21.3
38 Dhruva Pingale	SR	222	White Bear Lake Ar	-	17:40.9	2:29.1	5:41.1	3:32.2	5:30.6	11:22.4
39 Ashton Niemi	SR	388	Bemidji (4)	92	17:41.2	2:29.4	5:41.2	3:32.2	5:33.5	11:24.8
40 Andrew Walsh	SO	310	Stillwater Area (6)	(93)	17:41.7	2:29.9	5:41.4	3:32.3	5:20.0	11:14.2
41 Kavan Johnson	SR	358	Centennial (5)	94	17:42.9	2:31.1	5:41.8	3:32.6	5:32.2	11:25.5
42 Ben Buckley	SO	217	Eastview	-	17:45.0	2:32.2	5:42.4	3:33.0	5:27.7	11:21.1
43 Max Gerald	SO	305	Stillwater Area (7)	(95)	17:46.1	2:34.3	5:42.8	3:33.2	5:23.0	11:12.8
44 Luke Mortensen	JR	316	Woodbury (6)	(96)	17:48.1	2:36.3	5:43.4	3:33.6	5:26.3	11:19.0
45 Collin Berg	JR	375	Buffalo (6)	(97)	17:48.2	2:36.4	5:43.4	3:33.6	5:31.5	11:24.6
46 Eliot Kramer	SR	331	Roseville Area (7)	(98)	17:54.5	2:42.7	5:45.5	3:34.9	5:20.0	11:24.6
47 Silas Falbo	SO	350	Minneapolis Washb	(99)	17:54.8	2:43.0	5:45.6	3:34.9	5:32.5	11:30.6
48 Logan Young	FR	301	Bloomington Jeffers	(100)	17:55.0	2:42.2	5:45.6	3:35.0	5:29.6	11:24.0
49 Jacob Podratz	JR	362	Centennial (6)	(101)	18:00.8	2:49.0	5:47.5	3:36.1	5:32.0	11:33.9
50 Isaac Schouten	JR	389	Bemidji (5)	102	18:02.0	2:49.2	5:47.9	3:36.4	5:37.2	11:34.9
51 Kumail Akram	SO	374	Buffalo (7)	(103)	18:03.3	2:51.5	5:48.3	3:36.7	5:33.6	11:32.5
52 Logan Kluck	JR	262	Lakeville South (5)	104	18:06.5	2:54.7	5:49.3	3:37.3	5:28.4	11:29.8
53 Matt Washburn	SR	364	Centennial (7)	(105)	18:10.7	2:58.9	5:50.7	3:38.1	5:26.6	11:21.9
54 Evan Christopherson	JR	367	Blaine (6)	(106)	18:11.2	2:59.4	5:50.9	3:38.2	5:31.3	11:32.5
55 Quinn McManus	JR	264	Lakeville South (6)	(107)	18:17.5	3:05.7	5:52.9	3:39.5	5:27.5	11:32.1
56 Sam Gifford	SR	384	Bemidji (6)	(108)	18:32.7	3:20.9	5:57.8	3:42.5	5:44.4	11:55.6
57 Jack Konicek	SR	314	Woodbury (7)	(109)	18:41.3	3:29.5	6:00.5	3:44.3	5:32.8	11:42.5
58 Adam Cavanaugh	SR	258	Lakeville South (7)	(110)	18:47.7	3:35.9	6:02.6	3:45.5	5:30.9	11:48.1
59 Kentin LaBeau	SR	370	Blaine (7)	(111)	18:52.2	3:40.4	6:04.0	3:46.4	5:51.1	12:05.5
60 Sidney Kingbird-Haugen	JR	385	Bemidji (7)	(112)	18:52.3	3:40.5	6:04.1	3:46.5	5:48.5	12:06.2



# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

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**Race #3**  
**Girls Class A 5000M**

# Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Perham	56	7-10-12-13-14(16)(31)	1:39:04	19:49	0:24.5
2 St. Cloud Cathedral	78	4-5-18-23-28(37)(51)	1:39:06	19:50	1:17.4
3 Staples-Motley	107	3-15-20-21-48(57)(72)	1:40:26	20:06	2:12.0
4 Murray county Central/ Ful	149	1-2-36-49-61(73)(77)	1:40:22	20:05	3:55.8
5 Lake City	167	6-11-25-56-69(71)(89)	1:43:05	20:37	2:30.9
6 Canby/Minneota	200	9-27-40-54-70(74)(94)	1:44:23	20:53	2:13.2
7 Northwest Nighthawks	210	8-30-44-63-65(82)(105)	1:44:40	20:56	2:16.5
8 Hawley	238	29-38-52-53-66(84)(98)	1:45:47	21:10	1:26.6
9 Wadena-Deer Creek	248	41-42-43-47-75(86)(88)	1:45:51	21:11	1:25.2
10 Rochester Lourdes	253	22-39-46-67-79(91)(103)	1:46:14	21:15	2:13.2
11 Ely	278	26-33-58-78-83(92)(96)	1:47:30	21:30	2:04.1
12 Minnehaha Academy	285	17-32-59-87-90(99)(101)	1:47:34	21:31	2:43.0
13 Nova Classical Academy	286	34-45-50-64-93(97)(102)	1:47:37	21:32	2:19.4
14 Carlton-Wrenshall	302	19-60-62-80-81(104)(107)	1:48:27	21:42	2:18.5
15 G-F-W	367	24-55-85-95-108(109)	1:52:33	22:31	4:48.2
16 Sibley East	385	35-68-76-100-106(110)	1:53:23	22:41	4:21.9

### INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Jade Rypkema	SR	845	Nevis	-	17:43.5	---	5:42.0	3:32.7	5:38.2	11:26.2
2 Amanda Overgaauw	SR	882	Murray county Cent	1	17:49.0	4.5	5:43.7	3:33.8	5:38.3	11:26.2
3 Ashley Overgaauw	SR	883	Murray county Cent	2	18:52.1	1:08.6	6:04.0	3:46.4	5:53.6	12:10.6
4 Sonja Semling	SO	803	Cotter	-	18:53.5	1:10.0	6:04.4	3:46.7	6:05.7	12:15.2
5 Jenna DeBates	JR	812	Luverne	-	18:54.4	1:10.9	6:04.7	3:46.9	5:56.5	12:10.3
6 Anjalie Aho	SO	847	United North Centra	-	18:54.9	1:11.4	6:04.9	3:47.0	6:08.0	12:14.6
7 Audrey Brownell	FR	930	Staples-Motley (1)	3	18:59.5	1:16.0	6:06.4	3:47.9	5:59.2	12:10.1
8 Addison Hoof	SO	806	Lester Prairie	-	19:01.1	1:17.6	6:06.9	3:48.2	5:54.5	12:15.9
9 Caroline Kuehne	JR	832	Long Prairie-Grey E	-	19:01.6	1:18.1	6:07.0	3:48.3	5:48.4	12:13.0
10 Kaylee Walklin	SO	817	Windom Area	-	19:04.1	1:20.6	6:07.9	3:48.8	5:53.8	12:12.8
11 Ella Voit	JR	921	St. Cloud Cathedral	4	19:08.0	1:23.5	6:09.1	3:49.6	6:01.3	12:18.6
12 Clara Schad	JR	920	St. Cloud Cathedral	5	19:18.7	1:35.2	6:12.6	3:51.7	6:01.1	12:22.5
13 Olivia Yotter	8	856	Lake City (1)	6	19:24.8	1:41.3	6:14.5	3:53.0	6:02.2	12:30.4
14 Greta Long	JR	819	Eagle Ridge Acade	-	19:26.3	1:42.8	6:15.0	3:53.2	6:01.0	12:29.0
15 Lola Champlin	FR	837	Greenway/Nashwa	-	19:26.8	1:43.3	6:15.2	3:53.4	6:02.7	12:29.6
16 Evelyn Brodeen	JR	841	South Ridge	-	19:30.3	1:46.8	6:16.3	3:54.0	6:09.0	12:36.2
17 Gracie Morris	FR	970	Perham (1)	7	19:33.4	1:49.9	6:17.3	3:54.7	5:56.3	12:19.0
18 Kendra Swanson	8	928	Northwest Nighthaw	8	19:35.6	1:52.1	6:18.0	3:55.1	6:10.0	12:33.7
19 Hazel Freyre	SO	802	Cotter	-	19:39.9	1:56.4	6:19.4	3:56.0	6:20.2	12:41.0
20 Braelyn Merritt	JR	891	Canby/Minneota (1)	9	19:43.4	1:59.9	6:20.5	3:56.7	5:59.1	12:33.1
21 Ella Hendrickson	8	969	Perham (2)	10	19:44.0	2:00.5	6:20.7	3:56.8	6:05.9	12:38.2
22 Greta Hansen	SR	822	Math & Science Ac	-	19:44.6	2:01.1	6:20.9	3:56.9	6:08.1	12:34.5
23 Lauryn Ankeny	FR	833	Minnewaska Area	-	19:47.0	2:02.5	6:21.6	3:57.4	5:55.7	12:37.0

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

Timing:  
Wayzata Results, LLC



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**Race #3**  
**Girls Class A 5000M**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
24 Jacey Majerus	SR	853	Lake City (2)	11	19:49.7	2:06.2	6:22.5	3:57.9	6:02.1	12:42.3
25 Quincy Anderson	SR	966	Perham (3)	12	19:50.8	2:07.3	6:22.9	3:58.1	6:05.2	12:40.1
26 Addie Thomes	FR	815	Redwood Valley	-	19:51.5	2:08.0	6:23.1	3:58.3	6:09.6	12:50.8
27 Reanna Cruz	SR	826	PACT/Legacy	-	19:54.0	2:09.5	6:23.9	3:58.8	6:02.2	12:36.2
28 Kendra Miller	8	830	Bertha-Hewitt	-	19:55.8	2:12.3	6:24.5	3:59.1	6:27.8	13:01.4
29 Leelou Novotny	FR	972	Perham (4)	13	19:57.2	2:13.7	6:24.9	3:59.4	6:14.5	12:53.4
30 Olivia Pauly	JR	829	St. John's Prep	-	19:57.4	2:13.9	6:25.0	3:59.5	5:55.2	12:27.5
31 Caidyn Breid	FR	967	Perham (5)	14	19:57.9	2:14.4	6:25.2	3:59.6	6:14.3	12:53.3
32 Aften Robinson	SR	937	Staples-Motley (2)	15	19:59.0	2:14.5	6:25.5	3:59.8	6:23.0	12:56.3
33 Mya Morris	SR	971	Perham (6)	(16)	19:59.7	2:16.2	6:25.7	3:59.9	6:08.7	12:50.8
34 Halle Whitman	SR	913	Minnehaha Academ	17	19:59.9	2:16.4	6:25.8	4:00.0	6:14.8	12:53.6
35 Katelyn Waldoch	8	922	St. Cloud Cathedral	18	20:01.6	2:18.1	6:26.3	4:00.3	6:17.4	12:55.2
36 Aletta Strande	SR	801	Chatfield	-	20:05.7	2:22.2	6:27.7	4:01.1	6:20.7	12:56.1
37 Brielle Simula	8	953	Carlton-Wrenshall (	19	20:06.8	2:23.3	6:28.0	4:01.4	6:23.8	13:02.2
38 Lexi Kivimagi	8	800	Chatfield	-	20:07.3	2:23.8	6:28.2	4:01.5	6:20.8	12:55.9
39 Ashley Robben	SR	936	Staples-Motley (3)	20	20:07.7	2:24.2	6:28.3	4:01.5	6:23.1	12:56.5
40 Bella Hines	8	933	Staples-Motley (4)	21	20:08.3	2:24.8	6:28.5	4:01.6	6:23.2	12:57.1
41 Liz Nelson	JR	840	Mountain Iron-Buhl	-	20:08.5	2:25.0	6:28.6	4:01.7	6:19.8	12:59.7
42 Anna Peikert	SO	863	Rochester Lourdes	22	20:10.4	2:26.9	6:29.2	4:02.1	6:16.4	12:56.0
43 Madison Wendlandt	SO	827	Paynesville	-	20:11.1	2:27.6	6:29.4	4:02.2	5:59.5	12:46.7
44 Addie Mondloch	FR	918	St. Cloud Cathedral	23	20:11.7	2:28.2	6:29.6	4:02.3	6:16.5	12:55.8
45 Norah Froslee	FR	835	Ottertail Central	-	20:13.3	2:29.8	6:30.1	4:02.6	6:05.1	12:51.6
46 Madyson Steele	FR	868	G-F-W (1)	24	20:16.6	2:33.1	6:31.2	4:03.3	6:06.4	12:56.1
47 Ella Schmuck	FR	813	Luverne	-	20:17.8	2:34.3	6:31.6	4:03.6	6:18.0	13:01.1
48 Sophia Stencil	7	808	Maple River	-	20:17.8	2:34.3	6:31.6	4:03.6	6:21.3	13:04.6
49 Abbi Hutchinson	JR	839	International Falls	-	20:18.0	2:33.5	6:31.6	4:03.6	6:11.1	12:56.8
50 Katie Holzner	SO	831	Hillcrest Lutheran A	-	20:18.1	2:34.6	6:31.7	4:03.6	6:25.1	13:01.2
51 Madalyn Munsell	SO	814	Redwood Valley	-	20:18.7	2:35.2	6:31.9	4:03.7	6:15.0	12:56.7
52 Peyton Meincke	SO	854	Lake City (3)	25	20:21.5	2:38.0	6:32.8	4:04.3	6:07.7	13:02.6
53 McKenna Hendrickson	SR	804	GMLOS	-	20:22.2	2:38.7	6:33.0	4:04.4	6:20.2	13:03.4
54 Molly Brophy	8	958	Ely (1)	26	20:23.5	2:40.0	6:33.4	4:04.7	6:22.5	13:12.5
55 Carissa Andres	SR	828	Pierz	-	20:24.7	2:41.2	6:33.8	4:04.9	6:23.2	13:08.3
56 Mya Pesek	7	892	Canby/Minneota (2)	27	20:25.2	2:41.7	6:33.9	4:05.0	6:22.3	13:04.4
57 Enya Scanlon	7	919	St. Cloud Cathedral	28	20:25.3	2:41.8	6:34.0	4:05.1	6:24.3	13:11.1
58 Ivy Tickel	JR	983	Hawley (1)	29	20:25.7	2:42.2	6:34.1	4:05.1	6:20.1	13:07.8
59 Morgan Koppelman	SR	846	Park Rapids Area	-	20:26.2	2:42.7	6:34.3	4:05.2	6:24.3	13:13.6
60 Salina Michael	FR	926	Northwest Nighthaw	30	20:29.5	2:46.0	6:35.3	4:05.9	6:14.1	12:55.4
61 Myriah Tharaldson	SR	974	Perham (7)	(31)	20:29.5	2:46.0	6:35.3	4:05.9	6:19.4	13:05.0
62 Molly DiNardo	SR	908	Minnehaha Academ	32	20:31.8	2:48.3	6:36.1	4:06.4	6:11.3	13:04.2
63 Amelia Machlitt	FR	842	Clearbrook-Gonvick	-	20:32.6	2:49.1	6:36.3	4:06.5	6:22.4	13:09.0
64 Zoe Devine	SR	959	Ely (2)	33	20:35.4	2:51.9	6:37.2	4:07.1	6:24.9	13:14.6
65 Lucia Luepker	SO	899	Nova Classical Aca	34	20:37.4	2:53.9	6:37.9	4:07.5	6:18.9	13:06.7
66 Ruby Ballalatak	FR	873	Sibley East (1)	35	20:38.1	2:54.6	6:38.1	4:07.6	6:18.5	13:12.7
67 Brylei Schreier	JR	886	Murray county Cent	36	20:40.8	2:57.3	6:39.0	4:08.2	6:29.7	13:26.8
68 Adeline Bjorklund	FR	844	Nevis	-	20:40.8	2:57.3	6:39.0	4:08.2	6:33.0	13:21.9
69 Cecilia Jamison	7	915	St. Cloud Cathedral	(37)	20:41.8	2:58.3	6:39.3	4:08.4	6:21.8	13:11.2

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St. Olaf College

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### Race #3 Girls Class A 5000M

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
70 Lily Olson	SO	981	Hawley (2)	38	20:42.5	2:59.0	6:39.5	4:08.5	6:17.4	13:07.0
71 Miranda Mallak	SO	807	Lester Prairie	-	20:42.5	2:59.0	6:39.5	4:08.5	6:19.3	13:18.2
72 Abigail Oxentenko	JR	862	Rochester Lourdes	39	20:43.6	3:00.1	6:39.9	4:08.7	6:18.7	13:10.5
73 MaKenzie Westphal	7	811	WEM/JWP	-	20:45.2	3:01.7	6:40.4	4:09.0	6:21.1	13:17.5
74 Madison LeSage	JR	825	Howard Lake-Wave	-	20:47.2	3:03.7	6:41.0	4:09.4	6:09.6	13:04.6
75 Claire Stoks	SO	893	Canby/Minneota (3)	40	20:48.1	3:04.6	6:41.3	4:09.6	6:15.6	13:13.4
76 Olivia Pascuzzi	7	836	Chisholm	-	20:49.2	3:05.7	6:41.6	4:09.8	6:20.3	13:11.9
77 Amber Collins	SO	939	Wadena-Deer Cree	41	20:49.2	3:05.7	6:41.7	4:09.8	6:17.5	13:23.5
78 Britta Sweeney	FR	947	Wadena-Deer Cree	42	20:49.5	3:06.0	6:41.7	4:09.9	6:15.8	13:17.9
79 Lydia Oldakowski	FR	943	Wadena-Deer Cree	43	20:52.8	3:09.3	6:42.8	4:10.5	6:23.3	13:24.4
80 Taylor Bourgoine	FR	923	Northwest Nighthaw	44	20:52.8	3:09.3	6:42.8	4:10.6	6:16.4	13:09.9
81 Ellen Schauer	FR	843	Lake Park-Audubon	-	20:55.2	3:11.7	6:43.6	4:11.0	6:30.6	13:26.5
82 Megan Snider	8	823	Mounds Park Acad	-	20:55.3	3:11.8	6:43.6	4:11.1	6:24.3	13:19.7
83 Alivia Levi	FR	805	Pine Island	-	20:56.3	3:12.8	6:44.0	4:11.3	6:36.1	13:34.1
84 Vivian Sindelar	FR	820	Eagle Ridge Acade	-	20:57.0	3:12.5	6:44.2	4:11.4	6:21.2	13:16.7
85 Talia Tomhave	JR	903	Nova Classical Aca	45	20:57.0	3:12.5	6:44.2	4:11.4	6:25.2	13:27.2
86 Kaia Fiskness	8	834	Osakis	-	20:57.4	3:13.9	6:44.3	4:11.5	6:33.1	13:35.7
87 America Trejo Esqueda	JR	810	St. James Area	-	20:57.7	3:14.2	6:44.4	4:11.5	6:27.1	13:27.6
88 Katie Hartke	JR	809	Martin County West	-	20:58.3	3:14.8	6:44.6	4:11.7	6:19.3	13:14.4
89 Brookelyn Kuechle	JR	824	Eden Valley-Watkin	-	20:59.9	3:16.4	6:45.1	4:12.0	6:22.6	13:25.8
90 Olivia Timbers	8	865	Rochester Lourdes	46	21:03.3	3:19.8	6:46.2	4:12.7	6:24.5	13:29.2
91 Annie Peterson	7	821	Heritage Christian	-	21:05.3	3:21.8	6:46.8	4:13.1	6:31.0	13:34.5
92 Brielle Kern	8	942	Wadena-Deer Cree	47	21:05.3	3:21.8	6:46.8	4:13.1	6:30.0	13:32.0
93 Katie Thram	FR	816	Springfield/Cedar M	-	21:06.7	3:23.2	6:47.3	4:13.3	6:21.3	13:22.8
94 Emma Williams	SR	838	Greenway/Nashwa	-	21:11.2	3:27.7	6:48.7	4:14.2	6:29.4	13:30.4
95 Sophie Schlosser	8	938	Staples-Motley (5)	48	21:11.4	3:27.9	6:48.8	4:14.3	6:36.8	13:41.2
96 Ava Kletti	JR	818	Eagle Ridge Acade	-	21:14.6	3:31.1	6:49.8	4:14.9	6:28.4	13:34.0
97 Sophia Nelson	SO	881	Murray county Cent	49	21:14.8	3:31.3	6:49.9	4:14.9	6:30.4	13:34.4
98 Alexa Kleingarn	JR	898	Nova Classical Aca	50	21:14.8	3:31.3	6:49.9	4:14.9	6:31.8	13:33.6
99 Emma Jamison	SO	916	St. Cloud Cathedral	(51)	21:16.8	3:33.3	6:50.5	4:15.4	6:21.9	13:28.7
100 Mikayla Jelinek	8	979	Hawley (3)	52	21:20.9	3:37.4	6:51.8	4:16.2	6:30.7	13:35.6
101 Trista Baer	JR	975	Hawley (4)	53	21:24.9	3:41.4	6:53.1	4:17.0	6:27.5	13:34.7
102 Jordyn Jostock	7	890	Canby/Minneota (4)	54	21:29.8	3:46.3	6:54.7	4:17.9	6:27.4	13:38.7
103 Ashley Vos	FR	869	G-F-W (2)	55	21:30.5	3:47.0	6:54.9	4:18.1	6:25.8	13:29.8
104 Eden Olson	8	855	Lake City (4)	56	21:32.7	3:49.2	6:55.7	4:18.5	6:29.1	13:47.3
105 Naila Mikhaeil	SO	934	Staples-Motley (6)	(57)	21:36.3	3:52.8	6:56.8	4:19.2	6:34.4	13:42.0
106 Claire Blauch	JR	957	Ely (3)	58	21:39.7	3:56.2	6:57.9	4:19.9	6:34.8	13:50.3
107 Greta Gesick	SO	909	Minnehaha Academ	59	21:39.9	3:56.4	6:58.0	4:20.0	6:26.5	13:38.2
108 Sara Cid	SO	949	Carlton-Wrenshall (	60	21:43.6	4:00.1	6:59.1	4:20.7	6:43.5	13:53.8
109 Megan Bakke	SR	878	Murray county Cent	61	21:44.8	4:01.3	6:59.5	4:20.9	6:31.2	13:46.5
110 Abby Cid	SR	948	Carlton-Wrenshall (	62	21:47.4	4:03.9	7:00.4	4:21.5	6:40.9	13:51.9
111 Katie Calcamuggio	FR	924	Northwest Nighthaw	63	21:49.3	4:05.8	7:01.0	4:21.9	6:51.1	14:01.2
112 Lily Penniman	JR	900	Nova Classical Aca	64	21:51.1	4:07.6	7:01.6	4:22.2	6:33.9	13:59.5
113 Lily Winters	SR	929	Northwest Nighthaw	65	21:52.1	4:08.6	7:01.9	4:22.4	6:52.3	14:10.5
114 Rachel Swan	8	982	Hawley (5)	66	21:52.3	4:08.8	7:01.9	4:22.4	6:43.8	14:07.6
115 Mariah Brooks	JR	858	Rochester Lourdes	67	21:53.2	4:09.7	7:02.2	4:22.6	6:33.8	14:03.3

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**Race #3**  
**Girls Class A 5000M**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
16 Paige Gardiner	FR	876	Sibley East (2)	68	21:54.3	4:10.8	7:02.6	4:22.9	6:31.1	13:48.8
17 Natalie Anderson	JR	848	Lake City (5)	69	21:55.7	4:12.2	7:03.0	4:23.1	6:33.1	14:00.5
18 Nohemi Diaz	SO	888	Canby/Minneota (5)	70	21:56.5	4:13.0	7:03.3	4:23.3	6:30.4	13:58.3
19 Natalie Gates	JR	851	Lake City (6)	(71)	22:00.4	4:16.9	7:04.5	4:24.1	6:32.6	14:00.4
20 Suhaila Mikhaeil	8	935	Staples-Motley (7)	(72)	22:05.8	4:22.3	7:06.3	4:25.2	6:51.8	14:12.0
21 Lindsey Hause	JR	880	Murray county Cent	(73)	22:06.2	4:22.7	7:06.4	4:25.2	6:35.4	13:59.6
22 Charolette Brunsvig	7	887	Canby/Minneota (6)	(74)	22:14.3	4:30.8	7:09.0	4:26.9	6:45.1	14:09.7
23 Cambrie Geiger	FR	940	Wadena-Deer Cree	75	22:14.3	4:30.8	7:09.0	4:26.9	6:39.3	14:08.8
24 Lauren Bauer	JR	875	Sibley East (3)	76	22:17.4	4:33.9	7:10.0	4:27.5	6:39.9	14:08.9
25 Lily Daniels	JR	879	Murray county Cent	(77)	22:18.9	4:35.4	7:10.5	4:27.8	6:45.9	14:23.4
26 Elsa Ellerbroek	FR	962	Ely (4)	78	22:23.4	4:39.9	7:12.0	4:28.7	6:49.3	14:23.8
27 Greta Deick	SR	860	Rochester Lourdes	79	22:23.6	4:40.1	7:12.0	4:28.7	6:52.1	14:33.0
28 Isabel Riley	FR	951	Carlton-Wrenshall (	80	22:24.1	4:40.6	7:12.2	4:28.8	6:51.1	14:16.4
29 Lucy Stevens	8	954	Carlton-Wrenshall (	81	22:25.3	4:41.8	7:12.5	4:29.0	7:06.6	14:32.0
30 Maria Jose Plotts	JR	927	Northwest Nighthaw	(82)	22:26.9	4:43.4	7:13.1	4:29.4	6:59.3	14:28.2
31 Anna Dunn	SO	960	Ely (5)	83	22:27.6	4:44.1	7:13.3	4:29.5	6:37.4	14:12.0
32 Dru Dauner	SO	977	Hawley (6)	(84)	22:30.2	4:46.7	7:14.1	4:30.0	6:47.0	14:13.3
33 Kelby Bruns	8	867	G-F-W (3)	85	22:34.9	4:51.4	7:15.6	4:31.0	6:51.1	14:34.0
34 Ally Pavsek	SR	945	Wadena-Deer Cree	(86)	22:36.5	4:53.0	7:16.2	4:31.3	6:42.4	14:17.4
35 Levia Anderson	FR	905	Minnehaha Academ	87	22:39.5	4:56.0	7:17.1	4:31.9	6:50.1	14:22.5
36 Karly Haverkamp	8	941	Wadena-Deer Cree	(88)	22:39.7	4:56.2	7:17.2	4:31.9	6:39.1	14:18.7
37 Willa Field	SO	849	Lake City (7)	(89)	22:41.4	4:57.9	7:17.7	4:32.3	6:54.9	14:35.0
38 Berit Calvin	SO	907	Minnehaha Academ	90	22:42.9	4:59.4	7:18.2	4:32.6	6:49.9	14:30.3
39 Vanessa Brooks	7	859	Rochester Lourdes	(91)	22:44.9	5:01.4	7:18.9	4:33.0	6:53.7	14:29.4
40 Kiarstin Eaton	JR	961	Ely (6)	(92)	22:45.6	5:02.1	7:19.1	4:33.1	6:50.5	14:29.3
41 Keira Wang	SR	904	Nova Classical Aca	93	22:56.7	5:13.2	7:22.7	4:35.3	6:58.2	14:38.5
42 Hannah Vlaminck	FR	894	Canby/Minneota (7)	(94)	22:58.5	5:15.0	7:23.2	4:35.7	6:45.2	14:30.0
43 Abigail Willegal	SO	871	G-F-W (4)	95	23:06.0	5:22.5	7:25.7	4:37.2	6:40.2	14:24.5
44 Phoebe Helms	SR	963	Ely (7)	(96)	23:10.5	5:27.0	7:27.1	4:38.1	6:50.8	14:38.3
45 Lucy Blood	SR	896	Nova Classical Aca	(97)	23:15.7	5:32.2	7:28.8	4:39.1	7:00.4	14:47.6
46 Bree Nelson	SR	980	Hawley (7)	(98)	23:20.5	5:37.0	7:30.3	4:40.1	7:02.6	14:55.1
47 Allie O'Leary	JR	911	Minnehaha Academ	(99)	23:21.8	5:38.3	7:30.7	4:40.4	7:02.0	14:54.6
48 Claire Bauer	7	874	Sibley East (4)	100	23:32.8	5:49.3	7:34.3	4:42.6	7:06.9	15:04.9
49 Greta Kloos	SR	910	Minnehaha Academ	(101)	23:38.6	5:55.1	7:36.1	4:43.7	7:02.2	14:55.2
50 Emi Roberts	8	902	Nova Classical Aca	(102)	23:40.8	5:57.3	7:36.8	4:44.2	6:58.2	15:01.9
51 Sophia Peikert	7	864	Rochester Lourdes	(103)	23:45.8	6:02.3	7:38.4	4:45.2	7:02.5	15:05.9
52 Teagan Tessier	8	956	Carlton-Wrenshall (	(104)	24:10.0	6:25.5	7:46.2	4:50.0	7:07.1	15:19.3
53 Grace Hutchinson	JR	925	Northwest Nighthaw	(105)	24:35.2	6:51.7	7:54.3	4:55.0	7:36.4	15:51.2
54 Kaitlyn Scherer	SR	877	Sibley East (5)	106	24:59.9	7:16.4	8:02.3	5:00.0	7:27.8	15:44.8
55 Nadia Tessier	FR	955	Carlton-Wrenshall (	(107)	25:02.5	7:19.0	8:03.1	5:00.5	7:37.2	16:04.9
56 Taylor Bauer	FR	866	G-F-W (5)	108	25:04.7	7:21.2	8:03.8	5:00.9	7:32.5	16:07.3
57 Isabelle Vos	SR	870	G-F-W (6)	(109)	25:07.4	7:23.9	8:04.7	5:01.5	7:51.0	16:03.7
58 Kate Arneson	SO	872	Sibley East (6)	(110)	25:43.3	7:59.8	8:16.2	5:08.6	7:28.1	16:28.8

**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

**MEET OFFICIALS**Timing:  
Wayzata Results, LLC**OFFICIAL MEET REPORT**  
printed: 11/5/2022 2:55 PM**Race #4**  
**Boys Class A 5000M****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Heritage Christian	99	12-14-15-25-33(49)(88)	1:25:03	17:01	0:30.7
2 Luverne	102	3-7-11-39-42(53)(86)	1:24:27	16:54	1:20.6
3 Perham	133	1-16-34-36-46(55)(81)	1:25:11	17:03	1:37.1
4 Park Rapids Area	139	5-19-21-32-62(70)(78)	1:25:47	17:10	1:24.2
5 Greenway/Nashwauk/Kee	157	23-26-27-40-41(76)(79)	1:26:31	17:19	0:20.2
6 Staples-Motley	188	6-18-37-60-67(91)(95)	1:26:56	17:24	1:22.9
7 Bertha-Hewitt	200	4-17-45-47-87(89)(93)	1:27:09	17:26	2:03.5
8 Redwood Valley	204	2-22-44-52-84(90)(106)	1:26:59	17:24	2:22.1
9 St. Cloud Cathedral	221	20-24-54-59-64(72)(77)	1:27:52	17:35	0:55.8
10 St. John's Prep	222	8-9-43-61-101(105)(109)	1:27:59	17:36	2:37.2
11 Cotter	235	10-35-48-68-74(108)(111)	1:27:57	17:36	1:30.1
12 Minnehaha Academy	242	13-29-58-69-73(97)(98)	1:28:11	17:39	1:20.0
13 Moose Lake/Willow River/B	297	28-38-50-85-96(103)	1:29:51	17:59	1:39.5
14 LA/RP/H	321	31-51-65-82-92(94)(99)	1:30:10	18:02	1:30.4
15 Mankato Loyola/Cleveland	333	56-57-66-71-83(102)(104)	1:30:16	18:04	0:38.8
16 LCWM-Nicollet	348	30-63-75-80-100(107)(110)	1:30:52	18:11	1:50.0

**INDIVIDUAL RESULTS**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Brandon Kampsen	SR	1034	Sauk Centre	-	15:49.5	---	5:05.3	3:09.9	5:00.0	10:09.3
2 Henry Karelitz	SR	1021	Nova Classical Aca	-	15:55.6	6.1	5:07.3	3:11.1	4:58.8	10:05.8
3 Bjorn Anderson	SO	1173	Perham (1)	1	15:57.9	8.4	5:08.0	3:11.6	5:01.1	10:18.7
4 Will Ahrens	SO	1093	Redwood Valley (1)	2	16:07.9	18.4	5:11.2	3:13.6	5:15.9	10:34.0
5 Owen Janiszkeski	SO	1088	Luverne (1)	3	16:09.1	19.6	5:11.6	3:13.8	5:07.2	10:26.6
6 Noah Foster	SR	1037	Cromwell-Wright	-	16:14.7	25.2	5:13.4	3:14.9	4:59.5	10:19.4
7 Cole Stencil	SR	1008	Maple River	-	16:24.1	34.6	5:16.4	3:16.8	5:09.1	10:34.5
8 Brady Rach	FR	1154	Bertha-Hewitt (1)	4	16:27.2	37.7	5:17.4	3:17.4	5:21.9	10:48.3
9 Garrison Hubka	SR	1000	Kingsland	-	16:29.8	40.3	5:18.2	3:17.9	5:09.4	10:37.9
10 Noah Huot	JR	1187	Park Rapids Area (	5	16:30.8	41.3	5:18.6	3:18.2	5:13.0	10:35.3
11 Mark Swanson	SO	1027	Northwest Nighthaw	-	16:31.0	40.5	5:18.6	3:18.2	5:17.6	10:36.5
12 Ryan Pierson	JR	1006	Butterfield-Odin	-	16:31.9	42.4	5:18.9	3:18.4	5:07.4	10:32.3
13 Charlie Larson	SO	1047	Pelican Rapids	-	16:34.2	44.7	5:19.7	3:18.8	5:07.3	10:38.3
14 Issiah Tabatt	JR	1145	Staples-Motley (1)	6	16:37.7	48.2	5:20.8	3:19.5	5:10.2	10:41.8
15 Ryan Fick	JR	1084	Luverne (2)	7	16:37.9	48.4	5:20.9	3:19.6	5:11.6	10:42.9
16 Zach Meyer	JR	1123	St. John's Prep (1)	8	16:38.2	48.7	5:21.0	3:19.6	5:07.1	10:36.1
17 Henry Lemke	SO	1024	Eden Valley-Watkin	-	16:39.2	49.7	5:21.3	3:19.8	5:12.1	10:41.7
18 Levi Miest	JR	1011	St. James Area	-	16:39.4	49.9	5:21.3	3:19.9	5:11.1	10:42.5
19 Nick Hansen	JR	1121	St. John's Prep (2)	9	16:39.7	50.2	5:21.4	3:19.9	5:06.6	10:38.6
20 Nicholas Larson	SR	1019	Mounds Park Acad	-	16:39.7	50.2	5:21.4	3:19.9	5:15.2	10:45.8
21 Taylor Johnson	SR	1045	Lake Park-Audubon	-	16:40.0	49.5	5:21.5	3:20.0	5:09.6	10:38.2
22 John Fritts	JR	1049	Cotter (1)	10	16:40.3	50.8	5:21.6	3:20.0	5:27.1	10:55.2
23 Eddie Snider	SO	1020	Mounds Park Acad	-	16:40.5	51.0	5:21.7	3:20.1	5:17.3	10:45.3



# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

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### Race #4 Boys Class A 5000M

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1 Mile	2 Mile
24 Zach Ourada	JR	1012	Canby/Minneota	-	16:41.6	52.1	5:22.0	3:20.3	5:07.8	10:41.4
25 Camden Janiszkeski	SR	1087	Luverne (3)	11	16:42.6	53.1	5:22.4	3:20.5	5:09.5	10:37.8
26 Thor Erickson	SO	1044	Lake Park-Audubon	-	16:45.4	55.9	5:23.3	3:21.1	5:10.1	10:40.2
27 Evan Baumgardner	SO	1016	Murray county Cent	-	16:45.5	56.0	5:23.3	3:21.1	5:11.1	10:43.4
28 Jack Hoppe	SR	1107	Heritage Christian (	12	16:47.6	58.1	5:24.0	3:21.5	5:19.2	10:51.7
29 Luke Seuntjens	SR	1118	Minnehaha Academ	13	16:48.9	59.4	5:24.4	3:21.8	5:15.8	10:49.0
30 Lev Dougherty	FR	1104	Heritage Christian (	14	16:48.9	59.4	5:24.4	3:21.8	5:19.9	10:51.6
31 Thomas Avra	JR	1102	Heritage Christian (	15	16:55.6	1:06.1	5:26.5	3:23.1	5:21.1	10:52.5
32 Micah Thompson	SR	1181	Perham (2)	16	16:56.1	1:06.6	5:26.7	3:23.2	5:11.3	10:53.5
33 Zane Guderjahn	JR	1151	Bertha-Hewitt (2)	17	16:56.4	1:06.9	5:26.8	3:23.3	5:24.9	10:57.9
34 Luke Brownell	SR	1139	Staples-Motley (2)	18	16:57.2	1:07.7	5:27.0	3:23.4	5:09.1	10:45.3
35 Blaine Hensel	SR	1186	Park Rapids Area (	19	16:58.8	1:09.3	5:27.6	3:23.7	5:22.8	10:54.4
36 Tim Salentiny	JR	1013	Heron Lake-Okabe	-	16:59.3	1:09.8	5:27.7	3:23.8	5:14.5	10:50.1
37 Griffen Ward	JR	1137	St. Cloud Cathedral	20	17:01.0	1:10.5	5:28.3	3:24.2	5:09.7	10:42.8
38 Caden Strasser	SR	1017	Pipestone Area	-	17:02.9	1:13.4	5:28.9	3:24.6	5:09.4	10:45.7
39 Ephraim Bervig	SO	1184	Park Rapids Area (	21	17:04.0	1:13.5	5:29.2	3:24.8	5:23.2	10:55.5
40 Cole Kruegel	SR	1001	Kingsland	-	17:04.4	1:14.9	5:29.4	3:24.9	5:20.5	11:02.3
41 Kilen Cilek	SO	1098	Redwood Valley (2)	22	17:04.7	1:15.2	5:29.5	3:24.9	5:18.5	10:51.4
42 Benjamin Meysembourg	SR	1039	Esko	-	17:05.3	1:15.8	5:29.7	3:25.0	5:16.5	10:56.2
43 Braxton Osterhaus	SR	1004	Pine Island	-	17:05.8	1:16.3	5:29.8	3:25.2	5:11.7	10:56.4
44 Alex Burckhardt	SO	1040	South Ridge	-	17:06.6	1:17.1	5:30.1	3:25.3	5:19.3	10:54.0
45 Bjorn Brunsberg	SR	1035	Wadena-Deer Cree	-	17:06.7	1:17.2	5:30.1	3:25.3	5:18.6	11:01.9
46 Benjamin Plackner	SR	1162	Greenway/Nashwa	23	17:08.3	1:18.8	5:30.6	3:25.7	5:17.2	10:55.9
47 James Suchy	SR	1032	Parkers Prairie	-	17:08.6	1:19.1	5:30.7	3:25.7	5:14.1	10:55.5
48 Kody Wassman	JR	1015	Mt. Lake Area - Co	-	17:09.0	1:18.5	5:30.8	3:25.8	5:10.7	10:51.9
49 Cole Arens	JR	1005	Wabasha-Kellogg	-	17:10.8	1:21.3	5:31.4	3:26.2	5:19.8	11:02.3
50 Tim Cooper	JR	1002	Lake City	-	17:11.1	1:21.6	5:31.5	3:26.2	5:21.8	11:05.9
51 Henry Ebel	SR	1129	St. Cloud Cathedral	24	17:11.2	1:21.7	5:31.6	3:26.2	5:28.3	11:07.0
52 Kees Van Oosbree	SR	1110	Heritage Christian (	25	17:12.5	1:23.0	5:32.0	3:26.5	5:19.9	10:59.3
53 Riley Koran	FR	1158	Greenway/Nashwa	26	17:12.5	1:23.0	5:32.0	3:26.5	5:16.1	11:00.5
54 Levi Danielson	JR	1156	Greenway/Nashwa	27	17:12.7	1:23.2	5:32.0	3:26.5	5:17.3	10:56.0
55 Nathan Tax	FR	1029	Pierz	-	17:13.0	1:22.5	5:32.1	3:26.6	5:18.4	11:03.3
56 Maeson Tank	JR	1030	Minnewaska Area	-	17:13.0	1:22.5	5:32.1	3:26.6	5:16.3	10:57.5
57 Jack Riley	JR	1036	Carlton-Wrenshall	-	17:13.0	1:23.5	5:32.2	3:26.6	5:21.0	11:01.5
58 Owen Winter	FR	1042	Dilworth-Glyndon-F	-	17:13.9	1:24.4	5:32.4	3:26.8	5:12.1	10:54.7
59 Seth Torgerson	SR	1046	Lake Park-Audubon	-	17:14.9	1:25.4	5:32.8	3:27.0	5:15.6	10:57.1
60 Shawn Bailey	SR	1164	Moose Lake/Willow	28	17:15.0	1:24.5	5:32.8	3:27.0	5:20.4	11:02.0
61 Liam Laddusaw	SR	1114	Minnehaha Academ	29	17:15.6	1:26.1	5:33.0	3:27.1	5:22.7	11:06.4
62 Christian Fells	SR	1069	LCWM-Nicollet (1)	30	17:16.5	1:27.0	5:33.3	3:27.3	5:18.4	11:05.8
63 Ryan Prinsen	JR	1062	LA/RP/H (1)	31	17:16.9	1:27.4	5:33.4	3:27.4	5:26.1	11:10.3
64 Logan Maanum	SR	1190	Park Rapids Area (	32	17:17.9	1:28.4	5:33.7	3:27.6	5:23.3	11:05.0
65 Jack Nelson	JR	1108	Heritage Christian (	33	17:18.3	1:28.8	5:33.8	3:27.6	5:19.0	11:04.1
66 Caden Doll	JR	1174	Perham (3)	34	17:18.4	1:28.9	5:33.9	3:27.7	5:16.6	10:56.0
67 Josiah DeMaris	SO	1007	M/T/GHEC/ML	-	17:18.8	1:29.3	5:34.0	3:27.8	5:10.2	10:46.6
68 Benjamin Geeslin		1043	Hawley	-	17:19.6	1:30.1	5:34.3	3:27.9	5:19.1	11:03.1
69 Dawson Hofer	8	1025	Holdingford	-	17:21.0	1:31.5	5:34.7	3:28.2	5:18.2	11:04.4

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

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St. Olaf College

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**Race #4**  
**Boys Class A 5000M**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
70 Ethan Kowalczyk	JR	1028	Pierz	-	17:22.1	1:32.6	5:35.1	3:28.4	5:19.8	11:05.6
71 Erik Semling	7	1056	Cotter (2)	35	17:22.5	1:33.0	5:35.2	3:28.5	5:31.1	11:08.2
72 Dylan Guck	FR	1178	Perham (4)	36	17:23.5	1:34.0	5:35.5	3:28.7	5:13.7	10:57.7
73 Logan Robben	SO	1144	Staples-Motley (3)	37	17:26.1	1:36.6	5:36.3	3:29.2	5:22.6	11:06.1
74 Zackery Bruder	SO	1031	Osakis	-	17:26.5	1:37.0	5:36.5	3:29.3	5:18.1	11:03.0
75 Thomas O'Keefe	SO	1022	Nova Classical Aca	-	17:26.7	1:37.2	5:36.5	3:29.3	5:16.7	10:58.4
76 Murray Salzer	SR	1170	Moose Lake/Willow	38	17:27.5	1:38.0	5:36.8	3:29.5	5:22.3	11:14.4
77 Leif Ingebretson	SO	1086	Luverne (4)	39	17:27.7	1:38.2	5:36.9	3:29.5	5:28.1	11:19.4
78 Bryce Nielsen	FR	1161	Greenway/Nashwa	40	17:28.3	1:38.8	5:37.1	3:29.7	5:24.5	11:10.0
79 Brayden Nielsen	FR	1160	Greenway/Nashwa	41	17:28.5	1:39.0	5:37.1	3:29.7	5:23.7	11:10.5
80 Sage Viessman	SO	1092	Luverne (5)	42	17:29.7	1:40.2	5:37.5	3:29.9	5:28.6	11:19.4
81 Benjamin (Ben) Suo	SO	1127	St. John's Prep (3)	43	17:30.6	1:41.1	5:37.8	3:30.1	5:29.1	11:16.9
82 Camden Cilek	SR	1097	Redwood Valley (3)	44	17:31.5	1:42.0	5:38.1	3:30.3	5:30.5	11:17.9
83 Isaac Snyder	JR	1003	Lanesboro/Fillmore	-	17:33.5	1:44.0	5:38.7	3:30.7	5:22.4	11:11.3
84 Evan Paplow	JR	1014	Jackson County Ce	-	17:33.9	1:44.4	5:38.9	3:30.8	5:11.1	10:55.6
85 Zach Baumgartner	JR	1148	Bertha-Hewitt (3)	45	17:34.3	1:44.8	5:39.0	3:30.8	5:37.8	11:20.7
86 Brayden Glorvigen	JR	1177	Perham (5)	46	17:34.9	1:45.4	5:39.2	3:31.0	5:24.5	11:14.6
87 Preston Miller	JR	1153	Bertha-Hewitt (4)	47	17:40.1	1:50.6	5:40.9	3:32.0	5:38.1	11:28.7
88 Ryan Littlefield	8	1054	Cotter (3)	48	17:40.8	1:51.3	5:41.1	3:32.2	5:35.8	11:21.9
89 Jamesson Forsberg	SR	1009	Martin County West	-	17:42.4	1:52.9	5:41.6	3:32.5	5:30.6	11:27.2
90 Justin Kroeze	JR	1018	Avail Academy	-	17:42.8	1:53.3	5:41.7	3:32.6	5:29.5	11:30.0
91 Gavin Hansen	JR	1106	Heritage Christian (	(49)	17:43.0	1:52.5	5:41.8	3:32.6	5:27.3	11:21.4
92 Elliott Wasche	SO	1172	Moose Lake/Willow	50	17:44.0	1:53.5	5:42.1	3:32.8	5:28.6	11:19.2
93 Tyler Betthausen	JR	1058	LA/RP/H (2)	51	17:44.9	1:55.4	5:42.4	3:33.0	5:33.0	11:28.3
94 Landyn Nordby	SO	1100	Redwood Valley (4)	52	17:45.0	1:54.5	5:42.4	3:33.0	5:35.3	11:30.7
95 Carsen Tofeland	SR	1091	Luverne (6)	(53)	17:45.1	1:55.6	5:42.5	3:33.0	5:32.4	11:26.8
96 Jacob Drevlow	FR	1033	Sauk Centre	-	17:45.4	1:55.9	5:42.5	3:33.1	5:32.7	11:25.1
97 Nick Lind	JR	1026	Maple Lake	-	17:47.1	1:57.6	5:43.1	3:33.4	5:20.2	11:19.1
98 Benjamin Fromelt	SR	1130	St. Cloud Cathedral	54	17:47.8	1:58.3	5:43.3	3:33.6	5:36.9	11:28.2
99 Carter Flatau	SO	1176	Perham (6)	(55)	17:49.2	1:59.7	5:43.8	3:33.8	5:17.6	11:13.7
100 Caid Chittum	SO	1038	Ely	-	17:49.6	2:00.1	5:43.9	3:33.9	5:29.0	11:27.4
101 Nathan Strobel	JR	1079	Mankato Loyola/Cle	56	17:49.8	2:00.3	5:44.0	3:33.9	5:18.1	11:17.2
102 James Younge	SR	1081	Mankato Loyola/Cle	57	17:51.4	2:01.9	5:44.5	3:34.3	5:26.8	11:22.3
103 Beckett Pilling	JR	1117	Minnehaha Academ	58	17:52.2	2:02.7	5:44.7	3:34.4	5:27.8	11:20.9
104 Aidan Welsh	JR	1023	St. Croix Preparator	-	17:53.9	2:04.4	5:45.3	3:34.8	5:21.6	11:10.2
105 Carson Rolph	8	1134	St. Cloud Cathedral	59	17:54.6	2:05.1	5:45.5	3:34.9	5:34.2	11:25.7
106 Dillan Robben	SO	1143	Staples-Motley (4)	60	17:54.6	2:05.1	5:45.5	3:34.9	5:35.1	11:30.4
107 Will Vix	FR	1128	St. John's Prep (4)	61	17:54.8	2:05.3	5:45.6	3:35.0	5:41.6	11:35.3
108 Eli Bervig	SR	1183	Park Rapids Area (	62	17:54.9	2:05.4	5:45.6	3:35.0	5:24.6	11:11.3
109 Charlie Gengler	FR	1070	LCWM-Nicollet (2)	63	17:55.9	2:06.4	5:45.9	3:35.2	5:27.1	11:23.0
110 Owen Scanlon	SR	1135	St. Cloud Cathedral	64	17:56.8	2:07.3	5:46.2	3:35.4	5:34.6	11:29.3
111 Brennan Kunst	8	1060	LA/RP/H (3)	65	17:56.9	2:07.4	5:46.3	3:35.4	5:36.0	11:33.3
112 Soren Kelly	FR	1076	Mankato Loyola/Cle	66	17:57.6	2:08.1	5:46.5	3:35.5	5:28.3	11:25.1
113 Grant Johnson	SR	1140	Staples-Motley (5)	67	18:00.5	2:11.0	5:47.4	3:36.1	5:34.9	11:34.3
114 Sawyer FierkeLepp	SO	1041	South Ridge	-	18:01.1	2:11.6	5:47.6	3:36.2	5:33.8	11:37.1
115 Logan Granseth	FR	1050	Cotter (4)	68	18:03.1	2:13.6	5:48.3	3:36.6	5:49.5	11:47.2

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# Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
16 Finn Christiansen	JR	1112	Minnehaha Academ	69	18:04.8	2:15.3	5:48.8	3:37.0	5:32.0	11:33.3
17 Thomas Lopez	SO	1189	Park Rapids Area (	(70)	18:05.3	2:15.8	5:49.0	3:37.1	5:35.4	11:35.2
18 Sam Vetter	SO	1080	Mankato Loyola/Cle	71	18:08.2	2:18.7	5:49.9	3:37.6	5:36.1	11:38.6
19 Connor Hanson	JR	1131	St. Cloud Cathedral	(72)	18:08.6	2:19.1	5:50.0	3:37.7	5:34.1	11:30.7
20 Makai Bates	SO	1111	Minnehaha Academ	73	18:08.8	2:19.3	5:50.1	3:37.8	5:32.3	11:33.6
21 Kellen Groth	FR	1051	Cotter (5)	74	18:10.3	2:20.8	5:50.6	3:38.1	5:48.6	11:46.9
22 Jacob Cooper	JR	1067	LCWM-Nicollet (3)	75	18:11.3	2:21.8	5:50.9	3:38.2	5:29.8	11:35.3
23 Hunter Milstead	SO	1159	Greenway/Nashwa	(76)	18:14.5	2:25.0	5:51.9	3:38.9	5:27.5	11:33.3
24 Andrew Uy	JR	1136	St. Cloud Cathedral	(77)	18:18.0	2:27.5	5:53.0	3:39.6	5:41.9	11:42.0
25 Asher Bervig	8	1182	Park Rapids Area (	(78)	18:18.4	2:28.9	5:53.2	3:39.7	5:43.7	11:46.8
26 Isaac Danielson	8	1155	Greenway/Nashwa	(79)	18:18.7	2:29.2	5:53.3	3:39.7	5:34.4	11:42.2
27 Mason Anderson	JR	1066	LCWM-Nicollet (4)	80	18:21.4	2:31.9	5:54.1	3:40.3	5:37.6	11:45.2
28 Blake Swenson	SO	1180	Perham (7)	(81)	18:23.1	2:33.6	5:54.7	3:40.6	5:24.5	11:29.3
29 Matthew Sprague	SO	1064	LA/RP/H (4)	82	18:23.6	2:34.1	5:54.9	3:40.7	5:41.5	11:47.3
30 Noah Christensen	SO	1010	Sleepy Eye St.Mary	-	18:27.2	2:37.7	5:56.0	3:41.4	5:19.7	11:32.9
31 Jorden Rossow	JR	1078	Mankato Loyola/Cle	83	18:28.5	2:39.0	5:56.4	3:41.7	5:35.9	11:46.5
32 Cohen Frank	SR	1099	Redwood Valley (5)	84	18:29.9	2:40.4	5:56.9	3:42.0	5:43.8	11:54.7
33 Eli Berger	8	1165	Moose Lake/Willow	85	18:29.9	2:40.4	5:56.9	3:42.0	5:41.7	11:53.8
34 Kaleb Hemme	SO	1085	Luverne (7)	(86)	18:30.5	2:41.0	5:57.1	3:42.1	5:42.7	11:55.2
35 Gunnar Barthel	FR	1147	Bertha-Hewitt (5)	87	18:30.7	2:41.2	5:57.1	3:42.1	5:57.0	12:04.6
36 Matthew Olmanson	JR	1109	Heritage Christian (	(88)	18:31.0	2:40.5	5:57.2	3:42.2	5:44.1	11:48.1
37 Henry Lockwood	FR	1152	Bertha-Hewitt (6)	(89)	18:32.3	2:42.8	5:57.6	3:42.5	5:58.5	11:59.7
38 Mason Anderson	SO	1094	Redwood Valley (6)	(90)	18:43.5	2:54.0	6:01.2	3:44.7	5:55.2	12:07.3
39 Odin Trif	JR	1146	Staples-Motley (6)	(91)	18:45.0	2:54.5	6:01.7	3:45.0	5:40.3	11:53.9
40 Aaron Ploetz	FR	1061	LA/RP/H (5)	92	18:47.3	2:57.8	6:02.5	3:45.5	5:41.3	12:00.4
41 Titus Eckel	SR	1150	Bertha-Hewitt (7)	(93)	18:49.8	3:00.3	6:03.3	3:45.9	5:56.6	12:03.7
42 Sam Adamcyk	JR	1057	LA/RP/H (6)	(94)	18:53.4	3:03.9	6:04.4	3:46.7	5:53.0	12:13.0
43 Gage Bjerga	7	1138	Staples-Motley (7)	(95)	18:53.8	3:04.3	6:04.6	3:46.8	5:41.9	11:56.6
44 Gavin Thiry	SR	1171	Moose Lake/Willow	96	18:54.5	3:05.0	6:04.8	3:46.9	5:42.1	11:57.1
45 Noah Hamburge	SO	1113	Minnehaha Academ	(97)	18:54.8	3:05.3	6:04.9	3:46.9	5:44.0	12:02.7
46 Quincy Starling	SO	1119	Minnehaha Academ	(98)	18:58.4	3:08.9	6:06.0	3:47.7	5:43.3	12:03.8
47 Isaac Rasmussen	FR	1063	LA/RP/H (7)	(99)	19:01.8	3:12.3	6:07.1	3:48.4	5:49.5	12:06.5
48 Luke Engel	JR	1068	LCWM-Nicollet (5)	100	19:06.4	3:16.9	6:08.6	3:49.3	5:33.8	11:56.2
49 Po-Huan Lu	JR	1122	St. John's Prep (5)	101	19:15.4	3:25.9	6:11.5	3:51.1	5:52.0	12:16.8
50 Corbin Deichman	FR	1075	Mankato Loyola/Cle	(102)	19:16.0	3:25.5	6:11.7	3:51.2	5:36.1	11:55.3
51 Daniel Mikrot	SR	1168	Moose Lake/Willow	(103)	19:18.5	3:29.0	6:12.5	3:51.7	5:41.6	12:11.3
52 Carter Zimmerman	SR	1082	Mankato Loyola/Cle	(104)	19:23.6	3:34.1	6:14.1	3:52.7	5:41.5	12:02.4
53 Aaron Ruesink	JR	1125	St. John's Prep (6)	(105)	19:28.2	3:38.7	6:15.6	3:53.6	5:52.4	12:17.2
54 Aidan Salmon	SO	1101	Redwood Valley (7)	(106)	19:42.5	3:53.0	6:20.2	3:56.5	6:11.8	12:46.2
55 Aidan Moeller	FR	1073	LCWM-Nicollet (6)	(107)	19:43.2	3:53.7	6:20.4	3:56.6	5:48.3	12:24.4
56 Matthew Baumgartner	8	1048	Cotter (6)	(108)	19:43.8	3:54.3	6:20.6	3:56.8	6:05.7	12:35.7
57 Brett Penk	SO	1124	St. John's Prep (7)	(109)	19:57.5	4:08.0	6:25.0	3:59.5	6:00.7	12:46.7
58 Andrew Johnson	JR	1071	LCWM-Nicollet (7)	(110)	20:02.5	4:13.0	6:26.6	4:00.5	6:02.8	12:57.7
59 Sam Schmidt	7	1055	Cotter (7)	(111)	20:56.4	5:06.9	6:44.0	4:11.3	6:16.6	13:28.1
-- Eoghan Heaslip	FR	1167	Moose Lake/Willow	-	DNF		---	---	5:40.4	11:47.2

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

Timing:  
Wayzata Results, LLC



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**Race #5**  
**Girls Class AA 5000M**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Paul Highland Park	79	1-8-11-27-32(37)(43)	1:36:13	19:15	2:19.0
2 Alexandria	105	5-12-25-30-33(34)(42)	1:37:58	19:36	1:22.1
3 Marshall	125	3-21-22-39-40(48)(49)	1:38:27	19:42	1:35.7
4 Becker	157	7-19-24-50-57(69)(83)	1:39:49	19:58	1:48.8
5 Willmar	162	4-9-41-45-63(67)(71)	1:39:32	19:55	2:16.6
6 Monticello	241	2-10-62-75-92(93)(94)	1:42:42	20:33	3:44.4
7 Rock Ridge	242	15-35-38-76-78(82)(89)	1:43:01	20:37	2:09.9
8 Benilde-St Margaret's	243	6-26-51-65-95(106)(111)	1:42:53	20:35	3:39.3
9 Hibbing	246	18-53-55-59-61(64)(72)	1:42:52	20:35	1:19.2
10 Delano	259	20-31-54-73-81(98)(102)	1:43:24	20:41	2:01.4
11 Two Rivers	268	14-52-58-70-74(86)(110)	1:43:28	20:42	1:53.2
12 New Prague	275	29-46-56-60-84(85)(87)	1:44:01	20:49	1:46.6
13 Waseca	293*	23-44-47-80-99(100)(103)	1:45:01	21:01	3:10.5
14 Chisago Lakes	293*	13-17-77-90-96(104)(112)	1:45:29	21:06	3:15.2
15 Faribault	302	16-28-79-88-91(101)(109)	1:45:26	21:06	2:38.7
16 Mahtomedi	372	36-66-68-97-105(107)(108)	1:48:47	21:46	3:35.6

### \*Tiebreakers

Waseca	23	44	47	80	99	100
Chisago Lakes	13	17	77	90	96	104

### INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
1 Luna Scorzelli	JR	492	St. Paul Highland P	1	17:45.1	---	5:42.5	3:33.0	5:36.9	11:27.7
2 Isabelle Schmitz	JR	409	Hutchinson	-	18:18.2	33.1	5:53.1	3:39.6	5:37.2	11:35.5
3 Kendra Krueger	SR	410	Jordan	-	18:28.6	43.5	5:56.5	3:41.7	5:42.2	11:56.7
4 Macy Hanson	SO	407	Fairmont	-	18:36.5	51.4	5:59.0	3:43.3	5:41.8	11:56.4
5 Hailee Zimpel	SR	429	Zimmerman	-	18:37.0	50.9	5:59.2	3:43.4	5:41.7	11:56.8
6 Isabel Mahoney	FR	534	Monticello (1)	2	18:37.1	52.0	5:59.2	3:43.4	5:41.9	11:56.6
7 Allyson Sample	JR	472	Marshall (1)	3	18:37.6	52.5	5:59.3	3:43.5	5:54.0	12:03.6
8 Lauren Eilers	SO	583	Willmar (1)	4	18:42.4	57.3	6:00.9	3:44.5	5:42.3	11:57.6
9 Citori Halbe	FR	574	Alexandria (1)	5	18:43.3	58.2	6:01.2	3:44.6	5:51.0	12:08.7
10 Calia Chaney	JR	444	Pequot Lakes	-	18:44.1	59.0	6:01.4	3:44.8	5:41.3	11:56.4
11 Vivienne Larson	SR	550	Benilde-St Margaret	6	18:53.6	1:08.5	6:04.5	3:46.7	5:53.1	12:06.4
12 Adele Changamire		7 522	Becker (1)	7	19:03.8	1:18.7	6:07.8	3:48.8	5:49.4	12:11.3
13 Nora Hanson	FR	402	Red Wing	-	19:07.3	1:22.2	6:08.9	3:49.4	5:45.8	12:08.6
14 Zili Lenzner		8 427	St. Cloud Apollo	-	19:10.9	1:25.8	6:10.1	3:50.2	5:51.9	12:14.3
15 Ellie Moore	SO	490	St. Paul Highland P	8	19:11.0	1:24.9	6:10.1	3:50.2	5:54.0	12:10.0
16 Annabelle Ellenbogen	FR	431	Breck School	-	19:13.9	1:28.8	6:11.0	3:50.8	5:54.6	12:23.8
17 Erin Eilers	SO	582	Willmar (2)	9	19:14.3	1:29.2	6:11.2	3:50.9	5:54.1	12:22.7
18 Josey Nygaard	JR	535	Monticello (2)	10	19:14.5	1:29.4	6:11.2	3:50.9	5:51.0	12:11.4
19 Delia Johnson	SR	486	St. Paul Highland P	11	19:17.0	1:30.9	6:12.0	3:51.4	5:54.0	12:09.9

**MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

**MEET OFFICIALS**Timing:  
Wayzata Results, LLC**OFFICIAL MEET REPORT**  
printed: 11/5/2022 2:55 PM**Race #5**  
**Girls Class AA 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
20 Jaelyn Miller	JR	579	Alexandria (2)	12	19:18.3	1:33.2	6:12.4	3:51.6	6:04.6	12:30.6
21 Keira Friedrich	FR	411	St. Peter	-	19:18.6	1:33.5	6:12.5	3:51.7	5:57.9	12:31.7
22 Elise Hofer	FR	445	Rocori	-	19:19.0	1:32.9	6:12.7	3:51.8	5:56.4	12:24.0
23 Kaia Osmundson	SO	509	Chisago Lakes (1)	13	19:25.2	1:40.1	6:14.7	3:53.0	6:08.9	12:34.1
24 Maggie McEllistrom	JR	498	Two Rivers (1)	14	19:27.6	1:42.5	6:15.4	3:53.5	5:56.5	12:22.4
25 Maija Lamppa	FR	570	Rock Ridge (1)	15	19:27.8	1:42.7	6:15.5	3:53.6	5:58.2	12:33.3
26 Callie Arthur	8	412	Blake School (The)	-	19:29.8	1:44.7	6:16.1	3:53.9	5:54.7	12:30.6
27 Emily Trocke	FR	433	Dassel-Cokato	-	19:30.2	1:45.1	6:16.3	3:54.0	6:04.1	12:32.6
28 Brynn Beardsley	FR	458	Faribault (1)	16	19:33.7	1:48.6	6:17.4	3:54.7	6:00.1	12:32.3
29 Annika Hall	7	505	Chisago Lakes (2)	17	19:34.4	1:49.3	6:17.6	3:54.9	6:08.9	12:33.7
30 Natasha Sortland	SR	405	Zumbrota-Mazeppa	-	19:34.6	1:49.5	6:17.7	3:54.9	5:48.2	12:11.8
31 Julia Daubner	SR	424	Princeton	-	19:34.9	1:49.8	6:17.8	3:55.0	6:00.9	12:31.8
32 Megan Gullerud	SO	414	Simley	-	19:35.2	1:50.1	6:17.9	3:55.0	6:03.0	12:34.3
33 Mileena Sullivan	JR	562	Hibbing (1)	18	19:36.6	1:51.5	6:18.3	3:55.3	6:00.3	12:39.0
34 Alexis Rose	JR	527	Becker (2)	19	19:38.0	1:51.9	6:18.8	3:55.6	5:59.4	12:33.0
35 Erica Kazin	JR	541	Delano (1)	20	19:40.9	1:55.8	6:19.7	3:56.2	6:12.4	12:39.5
36 Taleigha Bigler	FR	466	Marshall (2)	21	19:40.9	1:55.8	6:19.7	3:56.2	5:54.4	12:30.4
37 Olya Wright	JR	438	North Shore	-	19:41.4	1:56.3	6:19.9	3:56.3	6:11.6	12:40.9
38 Hathaway Reiter	7	408	Hutchinson	-	19:41.8	1:56.7	6:20.0	3:56.3	6:07.2	12:43.2
39 Brooklyn Mauch	8	470	Marshall (3)	22	19:41.8	1:56.7	6:20.0	3:56.4	5:57.2	12:34.7
40 Ella Dufault	SR	450	Waseca (1)	23	19:41.9	1:56.8	6:20.0	3:56.4	6:00.3	12:34.4
41 Ruby Gifford	SO	435	Rockford	-	19:43.7	1:58.6	6:20.6	3:56.7	6:05.6	12:40.2
42 Olivia Minear	JR	430	Annandale	-	19:44.0	1:58.9	6:20.7	3:56.8	6:03.9	12:36.5
43 Ella McDonald	SO	526	Becker (3)	24	19:44.1	1:59.0	6:20.7	3:56.8	5:54.8	12:33.9
44 Hannah Boese	FR	425	Spectrum	-	19:47.0	2:00.9	6:21.7	3:57.4	6:03.3	12:36.5
45 Quinn Hills	FR	575	Alexandria (3)	25	19:49.0	2:02.9	6:22.3	3:57.8	6:10.0	12:47.3
46 Esme Gulbransen	SO	432	Breck School	-	19:49.6	2:04.5	6:22.5	3:57.9	6:12.8	12:48.1
47 Genevieve Larson	SR	549	Benilde-St Margaret	26	19:54.1	2:09.0	6:24.0	3:58.8	6:11.0	12:45.1
48 Samantha Palm	SO	491	St. Paul Highland P	27	19:56.0	2:10.9	6:24.6	3:59.2	6:19.3	12:50.6
49 Adriane Nelson	7	406	Belle Plaine	-	19:58.0	2:11.9	6:25.2	3:59.6	6:03.6	12:41.0
50 Lamar Gordon	SR	437	North Shore	-	19:59.1	2:14.0	6:25.5	3:59.8	6:11.6	12:43.9
51 Marissa Shute	SO	401	Austin	-	19:59.8	2:14.7	6:25.8	4:00.0	6:11.8	12:48.7
52 Claire Linnemann	FR	463	Faribault (2)	28	19:59.9	2:14.8	6:25.8	4:00.0	6:03.9	12:47.5
53 Maya Kilian	8	481	New Prague (1)	29	20:01.7	2:16.6	6:26.4	4:00.3	6:01.8	12:48.6
54 Giselle Jahner	SR	576	Alexandria (4)	30	20:02.2	2:17.1	6:26.5	4:00.4	6:04.7	12:40.1
55 Mya Werner	FR	544	Delano (2)	31	20:02.6	2:17.5	6:26.7	4:00.5	6:15.6	12:53.2
56 Grace Lewis-Mosher	SO	489	St. Paul Highland P	32	20:04.1	2:19.0	6:27.1	4:00.8	6:06.5	12:48.3
57 Brynn Kusters	SR	578	Alexandria (5)	33	20:05.3	2:20.2	6:27.5	4:01.0	6:08.4	12:47.6
58 Bobbi Nichols	SO	580	Alexandria (6)	(34)	20:05.6	2:20.5	6:27.6	4:01.1	6:09.6	12:47.7
59 Nora Stark	FR	571	Rock Ridge (2)	35	20:06.1	2:21.0	6:27.8	4:01.2	6:13.0	12:54.2
60 Sarah Brings	SR	511	Mahtomedi (1)	36	20:06.9	2:21.8	6:28.1	4:01.4	6:13.2	12:54.3
61 Emily Baker	JR	428	Zimmerman	-	20:08.4	2:23.3	6:28.5	4:01.7	6:02.9	12:45.0
62 Hanna Koch	SO	488	St. Paul Highland P	(37)	20:10.8	2:25.7	6:29.3	4:02.2	6:19.3	12:58.6
63 Alexis Lamppa	FR	568	Rock Ridge (3)	38	20:13.1	2:28.0	6:30.1	4:02.6	6:12.2	12:52.0
64 Jersey Leysen	SR	469	Marshall (4)	39	20:13.2	2:28.1	6:30.1	4:02.6	6:11.6	12:56.5
65 Cameen McFarquhar	JR	471	Marshall (5)	40	20:13.3	2:28.2	6:30.1	4:02.6	6:11.2	12:52.4



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**Race #5**  
**Girls Class AA 5000M**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
66 Paige Larsen	JR	447	Rocori	-	20:13.9	2:28.8	6:30.3	4:02.8	6:24.5	13:11.1
67 Sophia Negen	7	589	Willmar (3)	41	20:14.9	2:29.8	6:30.6	4:03.0	6:13.2	12:51.4
68 Brooklyn Jurchenko	FR	577	Alexandria (7)	(42)	20:15.3	2:30.2	6:30.8	4:03.1	6:08.8	12:50.9
69 Ingrid Haaland	FR	484	St. Paul Highland P	(43)	20:18.6	2:33.5	6:31.8	4:03.7	6:17.8	13:02.9
70 Grace Leclair	FR	442	Little Falls	-	20:18.7	2:33.6	6:31.9	4:03.7	6:22.5	13:10.8
71 Isabel Kraemer	FR	446	Rocori	-	20:18.8	2:33.7	6:31.9	4:03.7	6:24.5	13:11.0
72 Stella Omtvedt	8	454	Waseca (2)	44	20:20.4	2:35.3	6:32.4	4:04.1	6:12.0	13:01.6
73 Madi Engstrom	JR	584	Willmar (4)	45	20:21.0	2:35.9	6:32.6	4:04.2	6:29.3	13:14.1
74 Lizzy Harnell	SO	441	Proctor	-	20:21.1	2:36.0	6:32.6	4:04.2	6:18.4	13:07.5
75 Emily Giesen	FR	479	New Prague (2)	46	20:24.0	2:37.9	6:33.5	4:04.8	6:19.7	13:11.8
76 Callie Dufault	SO	449	Waseca (3)	47	20:25.6	2:40.5	6:34.1	4:05.1	6:12.2	13:01.4
77 Eva Johnson	JR	439	Pine City	-	20:27.5	2:42.4	6:34.7	4:05.5	6:11.7	12:55.0
78 Katelyn Leibfried	8	468	Marshall (6)	(48)	20:28.1	2:43.0	6:34.9	4:05.6	6:11.2	13:08.6
79 Peyton DeMuth	7	467	Marshall (7)	(49)	20:28.6	2:43.5	6:35.0	4:05.7	6:09.0	13:01.3
80 Olivia Babler	JR	520	Becker (4)	50	20:30.2	2:45.1	6:35.6	4:06.0	6:12.7	13:08.0
81 Sofie Rokala	7	553	Benilde-St Margaret	51	20:31.6	2:46.5	6:36.0	4:06.3	6:12.5	13:01.9
82 Charlotte Chandler	FR	494	Two Rivers (2)	52	20:33.7	2:48.6	6:36.7	4:06.7	6:21.8	13:09.6
83 Gianna Figueroa	SO	558	Hibbing (2)	53	20:35.2	2:50.1	6:37.2	4:07.0	6:24.4	13:17.9
84 Abigale Lindquist	JR	415	Simley	-	20:38.5	2:53.4	6:38.2	4:07.7	6:22.5	13:11.9
85 Ava Werner	FR	543	Delano (3)	54	20:40.2	2:55.1	6:38.8	4:08.0	6:26.6	13:19.7
86 Cleo Kilpatrick	JR	413	Blake School (The)	-	20:46.4	3:01.3	6:40.8	4:09.3	6:10.2	13:10.6
87 Malin Youngberg	7	443	Little Falls	-	20:47.7	3:02.6	6:41.2	4:09.5	6:22.3	13:17.8
88 Selah Binsfeld	FR	423	Totino-Grace	-	20:48.1	3:03.0	6:41.3	4:09.6	6:25.6	13:18.1
89 Avery Kukowski	8	560	Hibbing (3)	55	20:50.4	3:05.3	6:42.1	4:10.1	6:16.1	13:17.9
90 Annika Johnson	SO	403	Red Wing	-	20:51.2	3:06.1	6:42.3	4:10.2	6:27.4	13:25.1
91 Olivia Becker	SR	404	Winona	-	20:51.6	3:06.5	6:42.4	4:10.3	6:26.6	13:23.9
92 Audrey Wagner	FR	483	New Prague (3)	56	20:52.5	3:07.4	6:42.7	4:10.5	6:23.0	13:20.5
93 Alea Briggs	JR	521	Becker (5)	57	20:52.6	3:07.5	6:42.8	4:10.5	6:19.0	13:21.1
94 Nina Kanavati	JR	496	Two Rivers (3)	58	20:53.3	3:08.2	6:43.0	4:10.7	6:27.9	13:22.0
95 Jorie Anderson	JR	555	Hibbing (4)	59	20:53.9	3:08.8	6:43.2	4:10.8	6:24.2	13:23.8
96 Paige Swanepoel	FR	482	New Prague (4)	60	20:54.3	3:09.2	6:43.3	4:10.8	6:20.2	13:15.0
97 Hannah Farnsworth	8	557	Hibbing (5)	61	20:55.8	3:10.7	6:43.8	4:11.1	6:25.9	13:22.0
98 Paloma Good	8	416	St. Paul Academy &	-	20:57.6	3:12.5	6:44.4	4:11.5	6:12.9	13:19.8
99 Alexis Rimmer	8	536	Monticello (3)	62	20:58.2	3:13.1	6:44.5	4:11.6	6:25.1	13:29.2
100 Jaidyn Flolo	JR	586	Willmar (5)	63	20:58.9	3:13.8	6:44.8	4:11.8	6:30.4	13:27.2
101 Jocelyn Strukel	JR	561	Hibbing (6)	(64)	20:59.8	3:14.7	6:45.1	4:11.9	6:16.6	13:18.2
102 Mira Wismer	FR	554	Benilde-St Margaret	65	21:00.2	3:15.1	6:45.2	4:12.0	6:24.0	13:26.9
103 Gabby Fox	SO	514	Mahtomedi (2)	66	21:01.7	3:16.6	6:45.7	4:12.3	6:25.3	13:24.8
104 Leah Eystad	FR	585	Willmar (6)	(67)	21:03.7	3:18.6	6:46.3	4:12.7	6:33.1	13:34.6
105 Vanessa Rogosheske	7	519	Mahtomedi (3)	68	21:05.9	3:20.8	6:47.0	4:13.2	6:21.2	13:24.2
106 Brooklyn Karel	SR	525	Becker (6)	(69)	21:06.0	3:20.9	6:47.1	4:13.2	6:22.0	13:27.8
107 Sydney Lewis	8	400	Austin	-	21:07.5	3:22.4	6:47.5	4:13.5	6:29.9	13:31.9
108 Ava Kirr	SR	417	Visitation	-	21:10.6	3:25.5	6:48.5	4:14.1	6:33.5	13:28.9
109 Maria Becker	SO	493	Two Rivers (4)	70	21:12.5	3:27.4	6:49.1	4:14.5	6:22.3	13:24.1
110 Hannah Quinn	JR	590	Willmar (7)	(71)	21:13.5	3:28.4	6:49.5	4:14.7	6:25.2	13:28.3
111 Lillian Marquette	SR	421	St. Anthony Village	-	21:16.6	3:31.5	6:50.5	4:15.3	6:40.5	13:36.4

# MSHSL STATE CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
St. Olaf College

Saturday, November 5, 2022

## MEET OFFICIALS

Timing:  
Wayzata Results, LLC



OFFICIAL MEET REPORT  
printed: 11/5/2022 2:55 PM

**Race #5**  
**Girls Class AA 5000M**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
12 Abigail Theien	SO	563	Hibbing (7)	(72)	21:17.2	3:32.1	6:50.7	4:15.4	6:25.8	13:45.4
13 Sierra Ingle	SR	540	Delano (4)	73	21:17.8	3:32.7	6:50.8	4:15.5	6:33.3	13:35.6
14 Sindri Bonner	JR	434	Orono	-	21:17.8	3:32.7	6:50.9	4:15.6	6:33.2	13:50.7
15 Gabriela Walz	SO	501	Two Rivers (5)	74	21:20.8	3:35.7	6:51.8	4:16.1	6:28.1	13:35.1
16 Hope Guertin	JR	531	Monticello (4)	75	21:30.1	3:45.0	6:54.8	4:18.0	6:20.0	13:29.4
17 Carlie Blevins	JR	440	Proctor	-	21:34.7	3:49.6	6:56.3	4:18.9	6:24.1	13:43.1
18 Miia Johnson	8	566	Rock Ridge (4)	76	21:35.8	3:50.7	6:56.6	4:19.2	6:29.7	13:45.0
19 Lainey Hallan	JR	506	Chisago Lakes (3)	77	21:37.3	3:52.2	6:57.1	4:19.4	6:38.5	13:44.6
20 Brynley Heisel	FR	564	Rock Ridge (5)	78	21:37.7	3:52.6	6:57.2	4:19.5	6:32.9	13:53.4
21 Cecelia Hoisington	FR	462	Faribault (3)	79	21:40.0	3:53.9	6:58.0	4:20.0	6:35.2	13:51.0
22 Maren Schimming	7	455	Waseca (4)	80	21:40.1	3:55.0	6:58.0	4:20.0	6:21.3	13:42.9
23 Irene Eskola	8	538	Delano (5)	81	21:42.2	3:57.1	6:58.7	4:20.4	6:39.9	13:50.8
24 Avah Kraushaar	SR	567	Rock Ridge (6)	(82)	21:43.4	3:58.3	6:59.1	4:20.7	6:30.2	13:44.6
25 Bella Duncombe	SR	523	Becker (7)	(83)	21:46.6	4:01.5	7:00.1	4:21.3	6:26.3	13:52.9
26 Ellie McCormick	8	422	St. Anthony Village	-	21:46.7	4:01.6	7:00.1	4:21.3	6:35.0	13:51.3
27 Claire Erickson	8	477	New Prague (5)	84	21:48.2	4:03.1	7:00.6	4:21.6	6:26.4	13:51.7
28 Grace Carlson	JR	476	New Prague (6)	(85)	21:49.8	4:04.7	7:01.2	4:22.0	6:37.0	13:56.1
29 Alexa Van Straaten	FR	419	Hill-Murray	-	21:51.1	4:06.0	7:01.6	4:22.2	6:35.7	13:54.8
30 Josie Miller	7	499	Two Rivers (6)	(86)	21:53.5	4:08.4	7:02.3	4:22.7	6:49.2	14:14.6
31 Sophie Baker	JR	475	New Prague (7)	(87)	21:55.2	4:10.1	7:02.9	4:23.0	6:33.9	13:52.4
32 Lauren Bittenbender	8	459	Faribault (4)	88	21:59.5	4:14.4	7:04.3	4:23.9	6:35.2	13:53.0
33 Katelyn Torrel	SR	572	Rock Ridge (7)	(89)	22:00.0	4:13.9	7:04.4	4:24.0	6:29.5	13:53.6
34 Libby Krocak	FR	418	DeLaSalle	-	22:07.5	4:22.4	7:06.8	4:25.5	6:32.7	13:59.6
35 Maya Aadland	SR	502	Chisago Lakes (4)	90	22:11.0	4:24.9	7:08.0	4:26.2	6:42.3	14:09.6
36 Aubrie Newport	FR	464	Faribault (5)	91	22:12.4	4:27.3	7:08.4	4:26.5	6:35.5	13:59.7
37 Anabella Witschen	SR	537	Monticello (5)	92	22:21.5	4:36.4	7:11.3	4:28.3	6:39.8	14:13.6
38 Katrina Hellman	JR	532	Monticello (6)	(93)	22:30.2	4:45.1	7:14.1	4:30.0	6:32.3	14:08.8
39 Phoebe Figenshau	7	530	Monticello (7)	(94)	22:31.6	4:46.5	7:14.6	4:30.3	6:51.1	14:20.4
40 Lily Peterson	SR	552	Benilde-St Margaret	95	22:32.9	4:47.8	7:15.0	4:30.6	6:46.0	14:22.3
41 Lauren Kowarsch	FR	507	Chisago Lakes (5)	96	22:40.4	4:55.3	7:17.4	4:32.1	6:47.1	14:25.4
42 Piper Gushwa	SO	420	St. Anthony Village	-	22:44.2	4:59.1	7:18.6	4:32.8	6:34.2	14:10.7
43 Greta Liner	SR	516	Mahtomedi (4)	97	22:50.0	5:03.9	7:20.5	4:34.0	6:59.0	14:30.6
44 Lila Ford	SR	539	Delano (6)	(98)	22:51.6	5:06.5	7:21.0	4:34.3	6:53.7	14:26.7
45 Kya Hoof	SR	451	Waseca (5)	99	22:52.3	5:07.2	7:21.2	4:34.5	6:59.4	14:44.0
46 Kelsey Draeger	FR	448	Waseca (6)	(100)	22:53.7	5:08.6	7:21.7	4:34.7	6:52.4	14:31.0
47 Gabriella Banks	SR	457	Faribault (6)	(101)	23:15.4	5:30.3	7:28.7	4:39.1	6:44.5	14:39.0
48 Alexis Zens	8	545	Delano (7)	(102)	23:20.9	5:35.8	7:30.4	4:40.2	7:08.5	15:03.1
49 Taylor Markeson	8	453	Waseca (7)	(103)	23:28.9	5:43.8	7:33.0	4:41.8	7:00.1	14:46.8
50 Ava Bringgold	SO	503	Chisago Lakes (6)	(104)	23:37.7	5:52.6	7:35.8	4:43.5	7:12.9	15:05.9
51 Brooklyn Erickson	7	513	Mahtomedi (5)	105	23:42.5	5:57.4	7:37.4	4:44.5	7:15.7	15:12.4
52 Charlotte Feller	FR	546	Benilde-St Margaret	(106)	23:56.8	6:11.7	7:42.0	4:47.4	7:25.1	15:17.8
53 Sylvie Lavigne	FR	515	Mahtomedi (6)	(107)	23:58.6	6:13.5	7:42.5	4:47.7	7:28.1	15:25.2
54 Juliana Nyberg	SR	518	Mahtomedi (7)	(108)	24:02.3	6:17.2	7:43.7	4:48.4	7:28.8	15:24.2
55 Nell Gibbs	SO	461	Faribault (7)	(109)	24:03.8	6:18.7	7:44.2	4:48.8	7:26.2	15:29.2
56 Ella Hoffman	8	495	Two Rivers (7)	(110)	24:08.3	6:23.2	7:45.7	4:49.7	6:58.5	14:24.3
57 Clare Hamill	7	547	Benilde-St Margaret	(111)	24:11.6	6:26.5	7:46.7	4:50.3	7:25.7	15:31.2

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**Race #5**  
**Girls Class AA 5000M**

## Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1 Mile	2 Mile
58 Grace Steele	FR	510	Chisago Lakes (7)	(112)	24:50.8	7:05.7	7:59.3	4:58.1	7:40.2	15:58.9