

Alexandria Lions Invitational - 2015

Mid-60s, sunny, 15 mph wind				Saturday, October 10, 2015								Arrowwood Resort, Alexandria, MN								
Team	Meet	Varsity		1st	2nd	3rd	3rd	5000m	1600 Avg	mi2:mi1	mi3:mi1	Same Meet		Last Race		CC Pers Best				
Place	Place	Runner	Grd	1600m	1600m	3200m	1600m	5000m	1600 Avg	mi2:mi1	mi3:mi1	Last yr	Change	Swain	Change	5k	2mi	Change		
1	11	Alex Plasencia	12	05:10.0	05:33.0	10:43.0	05:20.7	16:43.8	05:21.2	00:23.0	00:10.7	16:56.5	-00:12.7	16:30.6	+00:13.2	16:15.3	10:17.4	+00:28.5	<b>Most Improved Same Meet Last Yr</b>	
2	25	David Dahl	10	05:23.0	05:34.0	10:57.0	05:27.2	<b>17:05.1</b>	05:28.0	00:11.0	00:04.2	11:42.9	n/a	17:18.5	-00:13.4	17:14.4	10:56.2	-00:09.3	Harry Lien	-01:44.6
3	26	Harrison Hirsch	12	05:22.0	05:35.0	10:57.0	05:29.3	17:07.5	05:28.8	00:13.0	00:07.3	17:57.2	-00:49.7	17:03.3	+00:04.2	17:03.3	10:51.1	+00:04.2	Lukas Hessini	-01:41.7
4	30	Tim Pease	11	05:22.0	05:36.0	10:58.0	05:36.6	17:16.7	05:31.7	00:14.0	00:14.6	17:13.6	+00:03.1	17:22.2	-00:05.5	16:45.0	10:59.0	+00:31.7	Austin Streit	-01:02.5
5	38	Anders Bandt	10	05:24.0	05:38.0	11:02.0	05:46.5	17:31.8	05:36.6	00:14.0	00:22.5	11:52.7	n/a	17:26.8	+00:05.0	17:26.8	11:03.5	+00:05.0	Jackson Denny	-00:59.1
6	71	Grant Delaune	12	05:24.0	05:59.5	11:23.5	06:04.2	18:13.2	05:49.8	00:35.5	00:40.2	18:20.9	-00:07.7	17:58.8	+00:14.4	17:17.0	11:07.8	+00:56.2		
		Hans Adamsson	12	05:23.0	05:38.0	11:01.0		DNF		00:15.0		DNR		17:23.2		17:04.3	10:42.0		<b>Most Improved Last Race</b>	
<b>Junior Varsity</b>																				
1	4	Joey Lawson	10	05:17.0	05:45.0	11:02.0	05:35.6	<b>17:19.5</b>	05:32.6	00:28.0	00:18.6	10:56.3	n/a	17:41.1	-00:21.6	17:32.0	10:56.3	-00:12.5	Ben Ebert	-00:57.6
2	9	Mark Ousdigian	11	05:20.0	05:50.0	11:10.0	05:42.2	<b>17:35.0</b>	05:37.6	00:30.0	00:22.2	-		17:55.4	-00:20.4	17:55.4	11:12.5	-00:20.4	Lynden Hills	-00:44.1
3	15	Nick Simser	10	05:33.0	05:54.0	11:27.0	05:45.2	<b>17:55.3</b>	05:44.1	00:21.0	00:12.2	11:42.8	n/a	18:08.3	-00:13.0	18:08.3	11:42.8	-00:13.0	Joey Lawson	-00:21.6
4	19	Ezekial Lelinga	11	05:25.0	06:00.0	11:25.0	05:54.0	<b>18:03.3</b>	05:46.7	00:35.0	00:29.0	-		18:12.2	-00:08.9	18:12.2	-	-00:08.9	Mark Ousdigian	-00:20.4
5	24	Harry Lien	11	05:46.0	06:03.0	11:49.0	05:37.0	18:08.1	05:48.2	00:17.0	-00:07.0	19:52.7	-01:44.6	18:07.4	+00:00.7	18:07.4	11:16.4	+00:00.7		
6	29	Jackson Denny	11	05:48.0	06:04.0	11:52.0	05:37.6	18:11.8	05:49.4	00:16.0	-00:09.4	19:10.9	-00:59.1	17:58.3	+00:13.5	17:58.3	11:50.1	+00:13.5	<b>Most Improved Career Personal Best</b>	
7	42	Adam Coltvet	10	05:48.0	06:05.0	11:53.0	05:59.6	<b>18:37.5</b>	05:57.6	00:17.0	00:11.6	-		18:38.4	-00:00.9	18:37.5	12:04.4	00:00.0	Nick Gourley	-01:27.6
8	61	Aaron Marx	11	05:56.0	06:18.0	12:14.0	05:58.1	<b>18:56.9</b>	06:03.8	00:22.0	00:02.1	19:55.0	-00:58.1	19:11.5	-00:14.6	18:58.6	13:00.0	-00:01.7	Kevin Nelson	-01:27.4
9	62	Filipos Gilbert	10	05:28.0	06:17.0	11:45.0	06:24.4	18:57.5	06:04.0	00:49.0	00:56.4	-		18:34.5	+00:23.0	16:56.0	12:03.0	+02:01.5	Nathan Hohenshell	-00:53.2
10	99	Levi Johnson	12	05:49.0	06:17.0	12:06.0	06:31.1	19:26.0	06:13.1	00:28.0	00:42.1	19:29.1	-00:03.1	19:25.7	+00:00.3	18:48.0	11:50.6	+00:37.5	Jake Hakes	-00:49.3
11	107	Spencer Pauly	11	06:07.0	06:22.0	12:29.0	06:20.2	19:36.7	06:16.5	00:15.0	00:13.2	20:11.7	-00:35.0	19:36.3	+00:00.4	19:36.3	12:53.9	+00:00.4		
12	110	Jeffrey Hu	10	06:06.0	06:25.0	12:31.0	06:20.7	<b>19:39.3</b>	06:17.4	00:19.0	00:14.7	-		19:49.7	-00:10.4	19:49.7	12:21.4	-00:10.4	<b>Varsity Team Scores</b>	
13	117	Jared Herbert	10	05:59.0	06:31.0	12:30.0	06:30.2	<b>19:49.0</b>	06:20.5	00:32.0	00:31.2	12:20.5	n/a	20:00.4	-00:11.4	19:57.0	11:57.5	-00:08.0	1. Stillwater	68
14	125	JP Braun	10	06:06.0	06:29.0	12:35.0	06:28.2	<b>19:51.7</b>	06:21.3	00:23.0	00:22.2	13:36.6	n/a	20:07.3	-00:15.6	19:59.7	13:07.8	-00:08.0	2. Mounds View	130
15	126	Noah Xiong	10	05:57.0	06:30.0	12:27.0	06:36.2	<b>19:52.7</b>	06:21.7	00:33.0	00:39.2	13:07.8	n/a	19:43.0	+00:09.7	19:43.0	12:11.3	+00:09.7	3. Willmar	140
16	137	Eddie Brody	10	05:58.0	06:33.0	12:31.0	06:42.5	<b>20:03.8</b>	06:25.2	00:35.0	00:44.5	13:49.3	n/a	20:19.3	-00:15.5	20:11.4	12:41.7	-00:07.6	4. Sartell-St. Stephen	153
17	170	Cameron Tomczyk	11	06:22.0	06:56.0	13:18.0	06:37.2	20:44.9	06:38.4	00:34.0	00:15.2	20:44.5	+00:00.4	20:51.3	-00:06.4	20:27.3	12:48.3	+00:17.6	5. Souix Falls Washing	163
18	184	Ben Ebert	11	06:42.0	06:45.0	13:27.0	06:41.9	20:59.1	06:42.9	00:03.0	-00:00.1	20:48.4	+00:10.7	21:56.7	-00:57.6	20:48.4	13:10.2	00:10.7		
19	206	Lynden Hills	12	06:35.0	07:05.0	13:40.0	06:46.1	21:16.9	06:48.6	00:30.0	00:11.1	22:03.4	-00:46.5	22:01.0	-00:44.1	21:38.0	13:16.7	-00:21.1	<b>JV Team Scores</b>	
20	224	Travis Walbon	11	06:31.0	07:19.0	13:50.0	07:05.3	21:48.5	06:58.7	00:48.0	00:34.3	21:31.1	-	21:39.0	+00:09.5	21:11.9	13:47.0	+00:36.6	1. Stillwater	17
21	245	Jordan Bergstrom	10	06:40.0	07:25.0	14:05.0	07:25.9	<b>22:26.6</b>	07:10.9	00:45.0	00:45.9	-		DNR	-	15:11.4			2. Mounds View	63
22	247	Felix Zhang	10	06:42.0	07:25.0	14:07.0	07:25.4	<b>22:28.1</b>	07:11.4	00:43.0	00:43.4	-		DNR	-	14:36.0			3. White Bear Lake	87
		Brian Paulsen	11					DNR				21:11.3		20:40.6		20:40.6	13:34.0		4. Sartell-St. Stephen	93
		Grant Benson	10					DNR				13:25.5		21:55.4		21:54.5	13:18.2		5. Willmar	143
		Andrew Fortmeyer	10					DNR				DNF		DNR		-	13:39.0			
		Shihab Ahmed	12					DNR				-		DNR		21:31.0	15:30.0			
		Tanner Day	12					DNR				-		DNR		20:43.7	12:53.0		<b>Freshmen Team Scores</b>	
		Ethan Stromquist	10					DNR				-		DNR		-			1. Red Wing	38
		Sam Bobick	11					DNR				-		DNR		-	13:22.9		2. Mounds View	58
<b>Freshmen</b>						<b>3200m</b>													3. Stillwater	78
1	2	Austin Streit	9	05:17.0	05:30.5	<b>10:47.5</b>			05:23.7	00:13.5		11:50.0	-01:02.5	17:43.3		17:33.9	11:05.1	-00:17.6	4. Roseville	83
2	5	Lukas Hessini	9	05:25.0	05:31.9	<b>10:56.9</b>			05:28.4	00:06.9		12:38.6	-01:41.7	10:04.5		18:16.0	11:07.2	-00:10.3	5. Buffalo	126
3	11	John Carlson	9	05:31.0	05:39.3	<b>11:10.3</b>			05:35.2	00:08.3		11:49.3	-00:39.0	10:14.6		18:50.6	11:31.8	-00:21.5		
4	15	Will Sacay	8	05:29.0	05:45.2	<b>11:14.2</b>			05:37.1	00:16.2		-		10:25.0		18:17.4	11:35.8	-00:21.6		
5	26	Jake Hakes	9	05:46.0	06:02.1	<b>11:48.1</b>			05:54.1	00:16.1		-		10:57.0		19:21.9	12:37.4	-00:49.3		
6	32	Steve McCoy	9	05:43.0	06:12.8	<b>11:55.8</b>			05:57.9	00:29.8		-		10:57.5		19:29.7	12:33.8	-00:38.0		
7	38	Nate Moller	9	05:29.0	06:38.3	12:07.3			06:03.7	01:09.3		-		10:32.3		18:53.4	11:13.0	+00:54.3		
8	50	Sam Winters	9	06:04.0	06:15.6	<b>12:19.6</b>			06:09.8	00:11.6		-		11:04.2		20:31.2	12:42.4	-00:22.8		
9	75	Connor McCallum	9	06:23.0	06:29.8	<b>12:52.8</b>			06:26.4	00:06.8		-		11:44.2		-	13:39.1	-00:46.3		
10	80	Kevin Nelson	9	06:21.0	06:37.8	<b>12:58.8</b>			06:29.4	00:16.8		-		12:17.1		-	14:26.2	-01:27.4		
11	90	Henri Derosier	9	06:24.0	06:44.8	<b>13:08.8</b>			06:34.4	00:20.8		-		12:17.3		-	13:35.3	-00:26.5		
12	101	Nathan Hohenshell	9	06:29.0	06:54.5	<b>13:23.5</b>			06:41.7	00:25.5		-		12:22.2		-	14:16.7	-00:53.2		
13	104	Collin Wentworth	9	06:32.0	06:54.9	<b>13:26.9</b>			06:43.5	00:22.9		12:59.0	+00:27.9	12:33.1		-	14:01.2	-00:34.3		
14	118	Nick Gourley	9	06:48.0	06:53.2	<b>13:41.2</b>			06:50.6	00:05.2		-		DNR		-	15:08.8	-01:27.6		
15	147	Mason Huberty	9	06:53.0	07:26.0	<b>14:19.0</b>			07:09.5	00:33.0		-		13:27.1		-	15:09.4	-00:50.4		
16	166	Eli Abbott	9	07:36.0	08:01.0	15:37.0			07:48.5	00:25.0		-		DNR		-	14:53.4	+00:43.6		
17	179	Chris Jin	9	08:12.0	08:45.6	16:57.6			08:28.8	00:33.6		-		15:02.9		-	14:56.7	+02:00.9		