Suburban East Conference (SEC) Meet - 2015

Mid-60s, sunny, 10 mph wind | Tuesday, October 20, 2015 | Tanners Brook Golf Course, Forest Lake, MN

Team	Meet	Varsity		1st	2nd		3rd					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*	Alexandr.	*Change*	5k	2mi	*Change*
1	5	Alex Plasencia	12	05:02.0	05:19.0	10:21.0	05:07.6	**16:07.0**	05:09.4	00:17.0	00:05.6	16:17.0	-00:10.0	16:43.8	-00:36.8	16:15.3	10:17.4	-00:08.3
2	10	Harrison Hirsch	12	05:09.0	05:26.0	10:35.0	05:21.8	**16:37.0**	05:19.0	00:17.0	00:12.8	17:40.0	-01:03.0	17:07.5	-00:30.5	17:03.3	10:51.1	-00:26.3
3	12	Tim Pease	11	05:09.0	05:27.0	10:36.0	05:26.2	**16:43.0**	05:21.0	00:18.0	00:17.2	17:06.0	-00:23.0	17:16.7	-00:33.7	16:45.0	10:59.0	-00:02.0
4	16	Joey Lawson	10	05:13.0	05:32.0	10:45.0	05:28.9	**16:55.0**	05:24.8	00:19.0	00:15.9	17:32.0	-00:37.0	17:19.5	-00:24.5	17:19.5	10:56.3	-00:24.5
5	21	Anders Bandt	10	05:14.0	05:35.0	10:49.0	05:37.8	**17:09.0**	05:29.3	00:21.0	00:23.8	18:19.0	-00:50.0	17:31.8	-00:22.8	17:26.8	11:03.5	-00:17.8
6	23	David Dahl	10	05:09.0	05:28.0	10:37.0	05:49.3	17:10.0	05:29.6	00:19.0	00:40.3	19:15.7	-02:05.7	17:05.1	+00:04.9	17:05.1	10:56.2	+00:04.9
7	26	Austin Streit	9	05:14.0	05:32.0	10:46.0	05:45.8	**17:15.0**	05:31.2	00:18.0	00:31.8	-		10:47.5		17:33.9	10:47.5	-00:18.9
8	27	Mark Ousdigian	11	05:14.0	05:37.0	10:51.0	05:41.3	**17:15.0**	05:31.2	00:23.0	00:27.3	-		17:35.0	-00:20.0	17:35.0	11:12.5	-00:20.0
9	33	Lukas Hessini	9	05:20.0	05:45.0	11:05.0	05:44.0	**17:32.0**	05:36.6	00:25.0	00:24.0	-		10:56.9		18:16.0	10:56.9	-00:44.0
10	46	Nick Simser	10	05:21.0	05:53.0	11:14.0	05:55.6	**17:54.0**	05:43.7	00:32.0	00:34.6	18:31.0	-00:37.0	17:55.3	-00.01.3	17:55.3	11:42.8	-00.01.3
		Hans Adamsson	12					DNR				DNR		DNF		17:04.3	10:42.0	
		Junior Varsity																
1	6	Jackson Denny	11	05:26.0	05:42.0	11:08.0	05:35.1	**17:25.0**	05:34.4	00:16.0	00:09.1	18:47.0	-01:22.0	18:11.8	-00:46.8	17:58.3	11:50.1	-00:33.3
2	7	John Carlson	9	05:24.0	05:42.0	11:06.0	05:40.4	**17:29.0**	05:35.7	00:18.0	00:16.4	-		11:10.3		18:50.6	11:10.3	-01:21.6
3	10	Harry Lien	11	05:27.0	05:51.0	11:18.0	05:42.2	**17:43.0**	05:40.2	00:24.0	00:15.2	18:48.0	-01:05.0	18:08.1	-00:25.1	18:07.4	11:16.4	-00:24.4
4	13	Grant Delaune	12	05:17.0	05:49.0	11:06.0	06:00.0	17:51.0	05:42.7	00:32.0	00:43.0	17:34.0	+00:17.0	18:13.2	-00:22.2	17:17.0	11:07.8	+00:34.0
5	18	Ezekial Lelinga	11	05:34.0	05:55.0	11:29.0	05:46.7	**17:59.0**	05:45.3	00:21.0	00:12.7	-		18:03.3	-00:04.3	18:03.3	-	-00:04.3
6	23	Filipos Gilbert	10	05:28.0	05:54.0	11:22.0	06:00.9	18:08.0	05:48.2	00:26.0	00:32.9	-		18:57.5	-00:49.5	16:56.0	12:03.0	+01:12.0
7	33	Aaron Marx	11	05:43.0	06:07.0	11:50.0	05:48.4	**18:22.0**	05:52.6	00:24.0	00:05.4	19:19.0	-00:57.0	18:56.9	-00:34.9	18:56.9	13:00.0	-00:34.9
8	36	Levi Johnson	12	05:43.0	05:59.0	11:42.0	05:59.1	**18:26.0**	05:53.9	00:16.0	00:16.1	19:05.0	-00:39.0	19:26.0	-01:00.0	18:48.0	11:50.6	-00:22.0
9	37	Will Sacay	8	05:29.0	06:08.0	11:37.0	06:04.4	18:27.0	05:54.2	00:39.0	00:35.4	-		11:14.2		18:17.4	11:14.2	+00:09.6
10	38	Adam Coltvet	10	05:33.0	06:05.0	11:38.0	06:04.4	**18:28.0**	05:54.6	00:32.0	00:31.4	-		18:37.5	-00:09.5	18:37.5	12:04.4	-00:09.5
11	39	Nate Moller	9	05:34.0	06:05.0	11:39.0	06:07.1	**18:32.0**	05:55.8	00:31.0	00:33.1	-		12:07.3		18:53.4	11:13.0	-00:21.4
12	59	Jake Hakes	9	05:50.0	06:10.0	12:00.0	06:12.4	**18:59.0**	06:04.5	00:20.0	00:22.4	-		11:48.1		19:21.9	11:48.1	-00:22.9
13	63	Jared Herbert	10	05:44.0	06:19.0	12:03.0	06:12.4	**19:02.0**	06:05.4	00:35.0	00:28.4	19:57.0	-00:55.0	19:49.0	-00:47.0	19:49.0	11:57.5	-00:47.0
14	64	Spencer Pauly	11	05:45.0	06:19.0	12:04.0	06:11.6	**19:02.0**	06:05.4	00:34.0	00:26.6	19:46.0	-00:44.0	19:36.7	-00:34.7	19:36.3	12:53.9	-00:34.3
15	71	Noah Xiong	10	05:46.0	06:11.0	11:57.0	06:29.3	**19:15.0**	06:09.6	00:25.0	00:43.3	20:22.0	-01:07.0	19:52.7	-00:37.7	19:43.0	12:11.3	-00:28.0
16	72	Sam Winters	9	06:00.0	06:21.0	12:21.0	06:08.0	**19:15.0**	06:09.6	00:21.0	00:08.0	-		12:19.6		20:31.2	12:19.6	-01:16.2
17	76	Steve McCoy	9	05:51.0	06:16.0	12:07.0	06:23.1	**19:18.0**	06:10.6	00:25.0	00:32.1	-		11:55.8		19:29.7	11:55.8	-00:11.7
18	81	Eddie Brody	10	06:00.0	06:22.0	12:22.0	06:15.1	**19:24.0**	06:12.5	00:22.0	00:15.1	22:19.0	-02:55.0	20:03.8	-00:39.8	20:03.8	12:41.7	-00:39.8
19	86	JP Braun	10	06:00.0	06:22.0	12:22.0	06:19.6	**19:29.0**	06:14.1	00:22.0	00:19.6	21:31.0	-02:02.0	19:51.7	-00:22.7	19:51.7	13:07.8	-00:22.7
20	99	Cameron Tomczyck	11	05:58.0	06:22.0	12:20.0	06:39.1	**19:49.0**	06:20.5	00:24.0	00:41.1	20:27.3	-00:38.3	20:44.9	-00:55.9	20:27.3	12:48.3	-00:38.3
21	137	Connor McCallum	9	06:24.0	06:44.0	13:08.0	06:35.6	**20:33.0**	06:34.6	00:20.0	00:11.6	-		12:52.8		-	12:52.8	
22	147	Ben Ebert	11	06:23.0	06:47.0	13:10.0	06:50.7	20:52.0	06:40.6	00:24.0	00:27.7	DNR		20:59.1	-00:07.1	20:48.4	13:10.2	+00:03.6
23	154	Lynden Hills	12	06:29.0	06:53.0	13:22.0	06:43.6	**20:56.0**	06:41.9	00:24.0	00:14.6	21:38.0	-00:42.0	21:16.9	-00:20.9	21:38.0	13:16.7	-00:42.0
24	159	Travis Walbon	11	06:15.0	07:00.0	13:15.0	06:54.2	**21:01.0**	06:43.5	00:45.0	00:39.2	DNR		21:48.5	-00:47.5	21:11.9	13:47.0	-00:10.9
25	161	Kevin Nelson	9	06:37.0	06:56.0	13:33.0	06:38.2	**21:01.0**	06:43.5	00:19.0	00:01.2	-		12:58.8		-	12:58.8	
26	164	Henri Derosier	9	06:18.0	07:00.0	13:18.0	06:53.3	**21:03.0**	06:44.2	00:42.0	00:35.3	-		13:08.8		-	13:08.8	
27	167	Andrew Fortmeyer	10	06:20.0	06:56.0	13:16.0	06:58.7	**21:07.0**	06:45.4	00:36.0	00:38.7	21:46.0	-00:39.0	DNR		-	13:39.0	
28	170	Grant Benson	10	06:26.0	07:00.0	13:26.0	06:52.4	**21:10.0**	06:46.4	00:34.0	00:26.4	22:27.0	-01:17.0	DNR		21:54.5	13:18.2	-00:44.5
29	190	Nathan Hohenshell	9	06:24.0	07:04.0	13:28.0	07:12.9	**21:35.0**	06:54.4	00:40.0	00:48.9	-		13:23.5		-	13:23.5	
30	192	Brian Paulsen	11	06:24.0	06:57.0	13:21.0	07:20.0	21:36.0	06:54.7	00:33.0	00:56.0	21:16.0	+00:20.0	DNR		20:40.6	13:34.0	+00:55.4
31	215	Felix Zhang	10	06:40.0	07:16.0	13:56.0	07:20.0	**22:11.0**	07:05.9	00:36.0	00:40.0	-		22:28.1	-00:17.1	22:28.1	14:36.0	-00:17.1
32	225	Jordan Bergstrom	10	06:31.0	07:43.0	14:14.0	07:27.1	22:37.0	07:14.2	01:12.0	00:56.1	-		22:26.6		22:26.6	15:11.4	+00:10.4
33	229	Nick Gourley	9	07:04.0	07:33.0	14:37.0	07:13.8	**22:45.0**	07:16.8	00:29.0	00:09.8	-		13:41.2		-	13:41.2	
34	230	Collin Wentworth	9	07:03.0	07:37.0	14:40.0	07:12.9	**22:47.0**	07:17.4	00:34.0	00:09.9	-		13:26.9		-	13:26.9	
35	237	Mason Huberty	9	07:10.0	07:47.0	14:57.0	07:45.8	**23:41.0**	07:34.7	00:37.0	00:35.8	-		14:19.0		-	14:19.0	
36	257	Chris Jin	9	07:15.0	08:08.0	15:23.0	08:22.2	**24:48.0**	07:56.2	00:53.0	01:07.2	-		16:57.6		-	14:56.7	
37	265	Eli Abbott	9			16:39.0	08:31.1	**26:14.0**	08:23.7			-		15:37.0		-	14:53.4	
38	269	Ethan Stromquist	10			15:55.0	09:47.6	**26:56.0**	08:37.1			-		DNR		-	-	
		Shihab Ahmed	12					DNR				24:07.0		DNR		21:31.0	15:30.0	
		Jeffrey Hu	10					DNR				-		19:39.3		19:39.3	12:21.4	

Most Improved Same Meet Last Yr	
Eddie Brody	-02:55.0
David Dahl	-02:05.7
JP Braun	-02:02.0
Jackson Denny	-01:22.0

Most Improved Last Race	
Levi Johnson	-01:00.0
Cameron Tomczyck	-00:55.9
Filipos Gilbert	-00:49.5
Travis Walbon	-00:47.5

Most Improved Career Personal Best	
John Carlson	-01:21.6
Sam Winters	-01:16.2
Jared Herbert	-00:47.0
Lukas Hessini	-00:44.0

Varsity Team Scores	
1. Stillwater	33
2. Mounds View	64
3. White Bear Lake	78
4. Roseville	118
5. East Ridge	135

JV Team Scores	
1. Stillwater	15
2. Mounds View	54
3. White Bear Lake	119
4. East Ridge	165
5. Roseville	271