

Section 5AA Meet - 2013

		Thursday, October 24, 2013					Anoka High School									
Team	Meet	Mounds View Varsity		1st	2nd	3rd	Same Meet		Last Race		CC Pers Best			Varsity Team Scores		
Place	Place	Runner	Grade	1600m	1600m	1600m	5000m	mi2:mi1	Last yr	Improvement	SEC	Improvmt	5k	2mi	Change	
1	8	Andre Hessini	12				16:15.3		16:56.8	00:41.5	16:01.0	+00:14.3	16:01.0	10:11.5	+00:14.3	1. Centennial 71
2	9	Michael Hoff	12				16:15.7		16:43.2	00:27.5	16:06.0	+00:09.7	16:06.0	10:13.8	+00:09.7	2. Mounds View 78
3	13	Tony Duchenes	12				16:26.9		17:28.0	01:01.1	16:32.0	-00:05.1	16:32.0	10:35.0	-00:05.1	3. Maple Grove 103
4	23	Alex Plasencia	10				16:50.9		17:40.6	00:49.7	16:45.0	+00:05.9	16:45.0	10:46.5	+00:05.9	4. St. Michael-Albert. 122
5	25	Ryan Plasencia	12				16:51.7		17:14.4	00:22.7	16:43.0	+00:08.7	16:43.0	10:56.0	+00:08.7	
6	27	Matt Anderson	12				16:52.0		17:16.6	00:24.6	16:32.0	+00:20.0	16:32.0	10:44.4	+00:20.0	
7	32	George Henson	12				17:02.1		DNR	-	16:41.0	+00:21.1	16:41.0	11:19.1	+00:21.1	
		Mounds View JV														
1	2	Noah Pilgrim	12				17:16.9		16:40.8	+00:36.1	17:22.0	00:05.1	16:40.8		+00:36.1	1. Mounds View 24
2	3	Devon McDonald	11				17:22.6		17:49.2	00:26.6	17:00.0	+00:22.6	17:00.0		+00:22.6	2. Centennial 86
3	4	Mark Sheldon	11				17:23.5		17:52.4	00:28.9	17:13.0	+00:10.5	17:13.0		+00:10.5	3. St. Michael-Albert. 93
4	7	Matt Erickson	11				17:34.2				17:35.0	00:00.8	17:35.0		00:00.8	4. Rogers 147
5	8	Ben Carpenter	11				17:36.1		18:15.2	00:39.1	17:26.0	+00:10.1	17:26.0		+00:10.1	5. Maple Grove 155
6	9	Tim Pease	9				17:36.2		DNR		17:18.0	+00:18.2	17:18.0		+00:18.2	6. Osseo 182
7	10	Ben Snuggerud	11				17:40.5		18:05.3	00:24.8	17:50.0	00:09.5	17:50.0		00:09.5	
8	11	Hans Adamsson	10				17:41.6		19:17.0	01:35.4	17:19.0	+00:22.6	17:19.0		+00:22.6	
9	10	Grant Delaune	10				17:49.2				17:17.0	+00:32.2	17:17.0		+00:32.2	
10	17	Sam McGinnity	11				17:54.6				18:08.0	00:13.4	18:08.0		00:13.4	
11	23	Ben Schuldes	12				18:03.8		18:36.2	00:32.4	17:49.0	+00:14.8	17:48.0		+00:15.8	
12	32	Sean Wentworth	11				18:17.4				18:32.0	00:14.6	18:13.3		+00:04.1	
13	60	Jacob Lindmark	12				18:48.5		19:34.1	00:45.6	18:38.0	+00:10.5	18:38.0		+00:10.5	
14	67	Joey Floeder	9				18:55.0				18:43.0	+00:12.0	18:43.0		+00:12.0	
15	77	Harrison Hirsch	10				19:07.1				18:53.0	+00:14.1	18:53.0		+00:14.1	
16	90	Jackson Denny	9				19:19.6				19:20.0	00:00.4	19:20.0		00:00.4	
17	116	Levi Johnson	10				19:37.3				19:07.0	+00:30.3	19:07.0		+00:30.3	
18	131	Graham Fiebiger	11				19:54.9				18:24.0	+01:30.9	18:24.0		+01:30.9	
19	151	Aaron Voiovich	10				20:08.7				20:02.0	+00:06.7	20:02.0		+00:06.7	
20	156	Patrick Ongaro	11				20:16.7				21:06.0	00:49.3	21:06.0		00:00.0	
21	159	Tommy Rauch	12				20:19.7				20:09.0	+00:10.7	20:09.0		+00:10.7	
22	181	Zach Litzinger	12				20:42.1				19:43.0	00:59.1	19:43.0		00:59.1	
23	185	Spencer Pauly	9				20:43.8				20:38.0	+00:05.8	20:38.0		+00:05.8	
24	214	Aaron Marx	9				21:18.9				22:43.0	01:24.1	22:43.0		01:24.1	
25	230	Jon Remus	12				21:37.5				21:44.0	00:06.5	19:34.6		00:06.5	
26	251	Cameron Tomczyk	9				22:08.1				DNR	-	22:11.9		00:03.8	
27	295	Ryan Lucas	11				23:12.2				22:50.0	+00:22.2	22:50.0		+00:22.2	
28	301	Ben Lindahl	9				23:46.0				DNR	-	25:57.4		02:11.4	
29	318	Eric Odmark	9				25:50.2				DNR	-	29:20.9		03:30.7	
30	320	Ben Ebert	9				25:53.2				26:24.0	00:30.8	26:24.0		00:30.8	

Varsity Team Scores	
1. Centennial	71
2. Mounds View	78
3. Maple Grove	103
4. St. Michael-Albert.	122

JV Team Scores	
1. Mounds View	24
2. Centennial	86
3. St. Michael-Albert.	93
4. Rogers	147
5. Maple Grove	155
6. Osseo	182

Most Improved 5k		
Erik Odmark		03:30.7
Ben Lindahl		02:11.4
Aaron Marx		01:24.1

Most Improved Last Race		
Aaron Marx		01:24.1
Ben Ebert		00:30.8
Sean Wentworth		00:14.6