

Section 5AA Meet - 2015

mid-40s, 12 mph wind, overcast				Thursday, October 29, 2015								Anoka High School, Anoka, 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	SEC	Change	5k	2mi	Change			
1	5	Alex Plasencia	12	05:07.0	05:22.0	10:29.0	05:12.4	16:20.5	05:13.8	00:15.0	00:05.4	16:34.4	-00:13.9	16:07.0	+00:13.5	16:07.0	10:17.4	+00:13.5	Most Improved Same Meet Last Yr		
2	9	Tim Pease	11	05:21.0	05:20.0	10:41.0	05:13.2	16:33.4	05:17.9	-00:01.0	-00:07.8	17:07.8	-00:34.4	16:43.0	-00:09.6	16:43.0	10:59.0	-00:09.6	Eddie Brody	-04:24.2	
3	11	Harrison Hirsch	12	05:20.0	05:20.0	10:40.0	05:17.6	16:37.3	05:19.1	00:00.0	-00:02.4	17:35.2	-00:57.9	16:37.0	+00:00.3	16:37.0	10:51.1	+00:00.3	Grant Benson	-02:56.6	
4	19	Joey Lawson	10	05:27.0	05:25.0	10:52.0	05:19.5	16:51.4	05:23.6	-00:02.0	-00:07.5	17:35.7	-00:44.3	16:55.0	-00:03.6	16:55.0	10:56.3	-00:03.6	David Dahl	-02:21.2	
5	22	David Dahl	10	05:31.0	05:26.0	10:57.0	05:17.8	16:54.5	05:24.6	-00:05.0	-00:13.3	19:15.7	-02:21.2	17:10.0	-00:15.5	17:05.1	10:56.2	-00:10.6	JP Braun	-02:02.8	
6	27	Hans Adamsson	12	05:31.0	05:30.0	11:01.0	05:24.2	17:05.7	05:28.2	-00:01.0	00:06.8	DNR	-	DNR	-	17:04.3	10:42.0	+00:01.4			
7	28	Anders Bandt	10	05:28.0	05:30.0	10:58.0	05:27.6	17:06.5	05:28.5	00:02.0	-00:00.4	18:25.4	-01:18.9	17:09.0	-00:02.5	17:09.0	11:03.5	-00:02.5	Most Improved Last Race		
Junior Varsity																					
1	1	Austin Streit	9	05:16.0	05:39.0	10:55.0	05:34.8	17:11.6	05:30.1	00:23.0	00:18.8	-	-	17:15.0	-00:03.4	17:15.0	10:47.5	-00:03.4	Collin Wentworth	-01:37.7	
2	2	Mark Ousdigian	11	05:15.0	05:41.0	10:56.0	05:37.0	17:15.1	05:31.2	00:26.0	00:22.0	-	-	17:15.0	+00:00.1	17:15.0	11:12.5	+00:00.1	Eli Abbott	-01:33.5	
3	3	Lukas Hessini	9	05:23.0	05:43.0	11:06.0	05:34.7	17:22.5	05:33.6	00:20.0	00:11.7	-	-	17:32.0	+00:09.5	17:32.0	10:56.9	-00:09.5	Nick Gourley	-01:22.7	
4	5	John Carlson	9	05:22.0	05:44.0	11:06.0	05:38.0	17:26.3	05:34.8	00:22.0	00:16.0	-	-	17:29.0	-00:02.7	17:29.0	11:10.3	-00:02.7	Brian Paulsen	-01:07.8	
5	6	Jackson Denny	11	05:32.0	05:41.0	11:13.0	05:32.3	17:26.8	05:35.0	00:09.0	00:00.3	19:12.7	-01:45.9	17:25.0	+00:01.8	17:25.0	11:50.1	+00:01.8			
6	7	Grant Delaune	12	05:28.0	05:43.0	11:11.0	05:35.4	17:28.3	05:35.5	00:15.0	00:07.4	17:53.6	-00:25.3	17:51.0	-00:22.7	17:17.0	11:07.8	+00:11.3	Most Improved Career Personal Best		
7	8	Ezekial Leling	11	05:23.0	05:48.0	11:11.0	05:36.0	17:29.0	05:35.7	00:25.0	00:13.0	-	-	17:59.0	-00:30.0	17:59.0	-	-00:30.0			
8	11	Nick Simser	10	05:32.0	05:43.0	11:15.0	05:45.8	17:44.0	05:40.5	00:11.0	00:13.8	18:32.5	-00:48.5	17:54.0	-00:10.0	17:54.0	11:42.8	-00:10.0	Collin Wentworth	-01:37.7	
9	14	Harry Lien	11	05:33.0	05:52.0	11:25.0	05:49.0	17:57.6	05:44.8	00:19.0	00:16.0	19:12.4	-01:14.8	17:43.0	+00:14.6	17:43.0	11:16.4	+00:14.6	Eli Abbott	-01:33.5	
10	16	Adam Coltvvet	10	05:37.0	05:53.0	11:30.0	05:51.6	18:05.5	05:47.4	00:16.0	00:14.6	18:37.5	-00:32.0	18:28.0	-00:22.5	18:28.0	12:04.4	-00:22.5	Nick Gourley	-01:22.7	
11	17	Will Sacay	8	05:36.0	05:53.0	11:29.0	05:52.5	18:05.6	05:47.4	00:17.0	00:16.5	-	-	18:27.0	-00:21.4	18:17.4	11:14.2	-00:11.8	Connor McCallum	-00:41.3	
12	24	Aaron Marx	11	05:45.0	06:01.0	11:46.0	05:51.6	18:21.6	05:52.5	00:16.0	00:06.6	19:26.8	-01:05.2	18:22.0	-00:00.4	18:22.0	13:00.0	-00:00.4			
13	25	Levi Johnson	12	05:45.0	06:01.0	11:46.0	05:54.0	18:24.3	05:53.4	00:16.0	00:09.0	19:26.3	-01:02.0	18:26.0	-00:01.7	18:26.0	11:50.6	-00:01.7	Varsity Team Scores		
14	31	Jake Hakes	9	06:01.0	05:56.0	11:57.0	05:54.5	18:35.8	05:57.1	-00:05.0	-00:06.5	-	-	18:59.0	-00:23.2	18:59.0	11:48.1	-00:23.2	1. Centennial	62	
15	34	Nate Moller	9	05:45.0	06:03.0	11:48.0	06:06.0	18:39.8	05:58.3	00:18.0	00:21.0	-	-	18:32.0	+00:07.8	18:32.0	11:13.0	+00:07.8	2. Mounds View	66	
16	57	Spencer Pauly	11	05:54.0	06:12.0	12:06.0	05:59.0	18:49.9	06:01.6	00:18.0	00:05.0	20:26.4	-01:36.5	19:02.0	-00:12.1	19:02.0	12:53.9	-00:12.1	3. St. Michael-Albe	95	
17	68	Jared Herbert	10	05:50.0	06:14.0	12:04.0	06:08.0	18:58.0	06:04.2	00:24.0	00:18.0	20:24.5	-01:26.5	19:02.0	-00:04.0	19:02.0	11:57.5	-00:04.0	4. Maple Grove	98	
18	84	Sam Winters	9	06:12.0	06:17.0	12:29.0	06:03.5	19:17.9	06:10.5	00:05.0	-00:08.5	-	-	19:15.0	+00:02.9	19:15.0	12:19.6	+00:02.9	5. Coon Rapids	150	
19	89	Eddie Brody	10	06:04.0	06:18.0	12:22.0	06:12.1	19:20.6	06:11.4	00:14.0	00:08.1	23:44.8	-04:24.2	19:24.0	-00:03.4	19:24.0	12:41.7	-00:03.4			
20	91	Steve McCoy	9	06:13.0	06:15.0	12:28.0	06:08.9	19:23.0	06:12.2	00:02.0	-00:04.1	-	-	19:18.0	+00:05.0	19:18.0	11:55.8	+00:05.0	JV Team Scores		
21	111	JP Braun	10	06:12.0	06:19.0	12:31.0	06:20.3	19:38.8	06:17.2	00:07.0	00:08.3	21:41.6	-02:02.8	19:29.0	+00:09.8	19:29.0	13:07.8	+00:09.8	1. Mounds View	17	
22	129	Connor McCallum	9	06:28.0	06:29.0	12:57.0	06:08.6	19:51.7	06:21.3	00:01.0	-00:19.4	-	-	20:33.0	-00:41.3	20:33.0	12:52.8	-00:41.3	2. Centennial	53	
23	134	Cameron Tomczyk	11	06:05.0	06:29.0	12:34.0	06:32.0	19:55.0	06:22.4	00:24.0	00:27.0	20:27.3	-00:32.3	19:49.0	+00:06.0	19:49.0	12:48.3	+00:06.0	3. Maple Grove	97	
25	173	Brian Paulsen	11	06:33.0	06:35.0	13:08.0	06:31.3	20:28.2	06:33.0	00:02.0	-00:01.7	20:59.0	-00:30.8	21:36.0	-01:07.8	20:40.6	13:34.0	-00:12.4	4. St. Michael-Albe	111	
26	178	Ben Ebert	11	06:29.0	06:40.0	13:09.0	06:37.1	20:35.7	06:35.4	00:11.0	00:08.1	22:19.4	-01:43.7	20:52.0	-00:16.3	20:48.4	13:10.2	-00:12.7	5. Anoka	131	
24	194	Lynden Hills	12	06:40.0	06:45.0	13:25.0	06:35.7	20:50.2	06:40.1	00:05.0	-00:04.3	21:40.3	-00:50.1	20:56.0	-00:05.8	20:56.0	13:16.7	-00:05.8			
27	202	Grant Benson	10	06:46.0	06:40.0	13:26.0	06:38.0	20:53.8	06:41.2	-00:06.0	-00:08.0	23:50.4	-02:56.6	21:10.0	-00:16.2	21:10.0	13:18.2	-00:16.2			
28	214	Kevin Nelson	9	06:38.0	06:53.0	13:31.0	06:38.0	20:58.7	06:42.8	00:15.0	00:00.0	-	-	21:01.0	-00:02.3	21:01.0	12:58.8	-00:02.3			
29	215	Travis Walbon	11	06:44.0				20:59.4						21:11.9		21:01.0	13:47.0	-00:01.6			
30	224	Collin Wentworth	9	06:46.0				21:09.3						-		22:47.0	13:26.9	-01:37.7			
31	226	Andrew Fortmeyer	10	06:36.0		13:25.0		21:10.4						21:45.8		21:07.0	13:39.0	+00:03.4			
32	234	Henri Derosier	9	06:44.0				21:18.2						-		21:03.0	13:08.8	+00:15.2			
33	238	Nathan Hohenshell	9	06:47.0				21:20.2						-		21:35.0	13:23.5	-00:14.8			
34	239	Nick Gourley	9	06:41.0				21:22.3						-		22:45.0	13:41.2	-01:22.7			
35	286	Jordan Bergstrom	10					22:24.3						-		22:37.0	15:11.4	-00:02.3			
36	307	Mason Huberty	9					22:58.7						-		23:41.0	14:19.0	-00:42.3			
37	349	Shihab Ahmed	12			15:35.0		24:29.2						-		DNR	15:30.0				
38	351	Chris Jin	9					24:35.6						-		24:48.0	14:56.7	-00:12.4			
39	353	Eli Abbott	9			15:49.0		24:40.5						-		26:14.0	14:53.4	-01:33.5			
		Filippos Gilbert	10	05:36.0				DNF						16:56.0		18:08.0	12:03.0				
		Noah Xiong	10	05:55.0				DNF						20:51.3		19:15.0	12:11.3				
		Felix Zhang	10					DNF						-		22:11.0	14:36.0				
		Ethan Stromquist	10					DNF						-		26:56.0	-				
		Jeffrey Hu	10					DNF						-		DNR	12:21.4				