

45th Annual Alexandria Lion's Invite - 2017

60 F. mostly sunny, wet but mostly firm footing				Saturday, October 7, 2017						Arrowwood Resort, Alexandria, MN						
Team	Meet	Mounts View Varsity		1st	2nd	3rd			Same Meet		Last Race		CC Pers Best			
Place	Place	Runner	Grade	1600m	1600m	3200m	1600m	5000m	Avg	Last yr	Improvmt	Mil/Must	Change	5k	2mi	Improved
1	8	Austin Streit	11	05:09.0	05:18.0	10:27.0	05:26.7	16:34.5	05:18.2	16:11.7		16:25.3		16:11.7	10:01.0	
2	15	Lukas Hessini	11	05:12.0	05:27.0	10:39.0	05:21.3	16:40.5	05:20.2	16:39.9		16:47.9		16:26.9	10:07.5	
3	35	Dave Dahl	12	05:13.0	05:28.0	10:41.0	05:39.4	17:02.8	05:27.3	16:09.2		17:48.3		16:09.2	10:07.0	
4	42	Will Sacay	10	05:14.0	05:35.0	10:49.0	05:40.4	17:11.9	05:30.2	10:49.6		16:57.9		16:53.4	10:36.2	
5	45	Finn Sokolowski	10	06:26.0	04:33.0	10:59.0	05:34.0	17:14.7	05:31.1	11:08.4		17:48.1		17:05.9	10:37.9	
6	74	Anders Bandt	12	05:26.0	05:35.0	11:01.0	06:02.2	17:48.5	05:41.9	17:12.0		18:09.5		16:46.0	10:33.7	
7	95	Nate Moller	11	05:36.0	05:54.0	11:30.0	06:00.4	18:15.4	05:50.5	DNF		17:45.6		17:42.5	10:59.3	
		Joey Lawson	12					DNR		16:44.0		17:48.5		16:44.0	10:33.4	
		JV														
1	10	Nehemiah Gaim	11	05:31.0	05:50.0	11:21.0	05:41.3	17:45.0	05:40.8	-		17:44.4		17:44.4	11:00.5	
2	20	Alec Nelson	10	05:35.0	05:53.0	11:28.0	05:48.4	18:00.0	05:45.6	11:11.0		DNR		18:32.0	10:48.6	00:32.0
3	32	Jacob Hakes	11	05:46.0	05:55.0	11:41.0	05:58.0	18:23.7	05:53.2	17:47.0		16:07.3		17:38.3	11:38.5	
4	44	Nick Simser	12	05:48.0	06:07.0	11:55.0	05:53.2	18:32.4	05:56.0	17:48.0		DNR		17:44.0	11:31.0	
5	45	Steve McCov	11	05:43.0	06:03.0	11:46.0	06:01.6	18:32.8	05:56.1	18:24.0		19:05.2		18:24.0	11:24.4	
6	46	Adam Coltvet	12	05:48.0	06:07.0	11:55.0	05:54.4	18:33.7	05:56.4	17:57.0		DNR		17:56.1	11:30.5	
7	57	JP Braun	12	05:50.0	06:10.0	12:00.0	05:57.7	18:42.4	05:59.2	18:44.0	00:01.6	19:45.9		18:42.9	11:36.3	00:00.5
8	59	John Carlson	11	05:37.0	06:10.0	11:47.0	06:09.5	18:42.7	05:59.3	17:30.0		DNR		17:26.3	11:04.9	
9	64	Erik Swensen	11	05:43.0	06:05.0	11:48.0	06:13.3	18:48.0	06:01.0	18:40.0		18:46.3		18:32.8	11:31.6	
10	83	Eddie Brody	12	05:41.0	06:06.0	11:47.0	06:25.3	19:00.5	06:05.0	19:30.0	00:29.5	18:55.4		18:47.7	11:19.0	
11	88	Sam Morrisette	11	05:56.0	06:18.0	12:14.0	06:06.6	19:06.4	06:06.8	18:46.0		17:04.5		18:38.2	11:54.9	
12	89	Mikey Gennaro	10	05:54.0	06:12.0	12:06.0	06:15.6	19:08.5	06:07.5	12:24.4		19:11.5		19:11.5	11:52.0	
13	95	Nathaniel Apostol	10	05:48.0	06:18.0	12:06.0	06:23.1	19:17.0	06:10.2	11:28.2		18:32.4		18:32.4	11:28.2	
14	117	Nathan Hohenshell	11	05:58.0	06:25.0	12:23.0	06:18.1	19:28.4	06:13.9	19:59.0	00:30.6	17:33.4		19:57.3	11:55.8	00:28.9
15	121	Collin Wentworth	11	06:00.0	06:25.0	12:25.0	06:17.4	19:29.6	06:14.3	19:47.0	00:17.4	20:25.5		19:46.1	12:04.1	00:16.5
16	139	Felix Zhang	12	05:57.0	06:32.0	12:29.0	06:26.8	19:44.1	06:18.9	19:52.0	00:07.9	17:02.8		19:50.2	12:03.1	00:06.1
17	162	Tino Preciado	10	06:22.0	06:38.0	13:00.0	06:15.3	20:02.2	06:24.7	DNR		11:41.4			12:11.7	
18	165	Brenner Kline	10	06:15.0	06:33.0	12:48.0	06:26.8	20:03.2	06:25.0	12:20.7		17:35.4		19:11.2	12:20.7	
19	185	Dan Murray	12	06:28.0	06:36.0	13:04.0	06:26.9	20:19.3	06:30.2	-		17:48.5			12:23.8	
20	189	Henri Derosier	11	06:18.0	06:47.0	13:05.0	06:33.1	20:27.2	06:32.7	19:42.0		12:46.8		19:33.5	12:40.8	
21	201	Joe Pasdo	12	06:28.0	06:43.0	13:11.0	06:40.2	20:41.2	06:37.2	-		12:50.4			13:13.9	
22	208	John Pfenning-Wendt	10	06:27.0	06:47.0	13:14.0	06:44.4	20:49.0	06:39.7	DNR		21:21.3		20:13.7	11:51.4	
23	255	Zach Allie	10	06:20.0	07:07.0	13:27.0	07:06.0	21:26.2	06:51.6	12:12.8		19:14.7		19:03.5	11:43.4	
24	256	Justin Reiling	11	06:45.0	07:03.0	13:48.0	06:47.6	21:26.6	06:51.7	-		13:12.7			13:07.3	
25	261	Jordan Bergstrom	12	06:46.0	07:06.0	13:52.0	06:48.9	21:32.0	06:53.4	21:02.0		12:48.6				
26	?	Matthew Nelson	10	06:47.0	06:54.0	13:41.0	07:01.1	21:34.7	06:54.3	12:43.2		13:34.8		20:23.6	12:43.2	
27	281	Alex Breen	10	06:29.0	07:12.0	13:41.0	07:14.3	21:49.6	06:59.1	12:28.7		13:00.3		20:01.8	12:28.7	
28	341	Mason Huberty	11	07:02.0	07:56.0	14:58.0	07:57.8	23:55.5	07:39.4	21:53.0		14:08.9		21:53.0	13:47.2	
29	351	Aiden DeLapaz				15:47.0	07:55.7	24:42.2	07:54.3							
30	356	Kevin Nelson	11	07:32.0	08:45.0	16:17.0	07:50.7	25:06.5	08:02.1	21:00.0		15:08.1		20:58.7	12:58.8	
31	?	Caleb Walbon	11	07:51.0	08:44.0	16:35.0	08:09.1	25:45.2	08:14.5	26:12.0	00:26.8	15:52.6		26:12.0	16:03.0	00:26.8
32	381	Michael Hu	10	08:18.0	09:42.0	18:00.0	09:14.7	28:24.0	09:05.3	-		17:43.5				
		Noah Xiong	12					DNF		20:28.0		DNR		19:15.0	11:55.5	
		Sam Winters	11					DNF		18:45.0		DNR		18:40.9	12:08.6	
		Nick Gourley	11					DNF		22:23.0		15:00.4		21:22.3	13:41.2	
		Filippos Gilbert	12					DNF		DNF		DNF			11:03.3	
		Rhone Gavois	11					DNF		-		12:51.2			12:00.8	
		Sam Wong	11					DNF		-		14:54.0				
		Henry Seymour	10					DNF		DNF		15:23.3				
		Laken Hairston	10					DNF		-		16:11.3			15:28.0	
		Jared Herbert	12	05:54.0		12:29.0				18:23.0		DNF		18:00.3	11:50.9	
		Freshmen				3200m						2500m				
	3	Elliot McArthur	7	05:26.6	05:30.9	10:57.5			05:28.8	-		18:21.4		18:09.9	11:09.5	
	12	Sam Magnuson	9	05:37.8	05:52.1	11:29.9			05:45.0	-		16:30.9		19:31.4	11:47.6	
	18	Ellis Maloney	9	05:48.7	05:48.2	11:36.9			05:48.5	-		12:03.9			11:45.8	
	19	Matthew Miller	9	05:49.8	05:47.2	11:37.0			05:48.5	-		DNF		19:32.6	11:54.9	
	48	Carter Francisco	9	06:01.5	06:11.7	12:13.2			06:06.6	-		12:51.8			12:35.1	
	105	Eric Feng	9	06:29.0	06:30.8	12:59.8			06:29.9	-		0.0074051				
	113	Charlie Brody	9	06:24.5	06:40.8	13:05.3			06:32.6	-		13:43.9			13:07.2	
	144	Odin Berthiaume	9	06:59.0	06:38.9	13:37.9			06:48.9	-		11:16.3			14:21.2	
	160	Gavin Yost	9	07:04.0	06:57.3	14:01.3			07:00.7	-		12:44.3			14:38.4	
	170	James Freimuth	9	07:12.0	07:00.8	14:12.8			07:06.4	-		11:20.7			14:14.4	
	172	Miles Huberty	9	07:14.0	07:08.0	14:22.0			07:11.0	-		11:08.3			14:27.9	
	183	Daniel Rauenhorst	9	07:14.6	07:22.3	14:36.9			07:18.5	-		12:09.9			15:36.0	
	219	Justin Rauenhorst	9	08:58.0	08:06.0	17:04.0			08:32.0	-		14:21.6			17:11.9	
		Matthew Walker	9			DNF				-		10:23.8			12:53.8	
		Nick Austin	9			DNF				-		13:47.1			15:41.0	

Most Improved Same Meet Last Yr	
Nathan Hohenshell	00:30.6
Eddie Brody	00:29.5
Caleb Walbon	00:26.8
Collin Wentworth	00:17.4

Most Improved Personal Best 5k	
Alec Nelson	00:32.0
Nathan Hohenshell	00:28.9
Caleb Walbon	00:26.8
Collin Wentworth	00:16.5