

Alexandria Lions Invite - 2016

40 F, ground wet but firm, 5 mpw wind				Saturday, October 8, 2016				Arrowwood Resort, Alexandria, MN									
Team	Meet	Mounds View Varsity		Varsity					Same Meet		Last Race		CC Pers Best				
Place	Place	Runner	Grd	1600m	1600m	3200m	1600m	5000m	Avg	Last yr	Improv	Swain	Improv	5k	2mi	Improv	
1	1	Dave Dahl	11	05:11.0	05:16.0	10:27.0	05:04.2	16:09.2	05:10.1	17:05.1	00:55.9	17:03.9	00:54.7	16:28.0	10:07.0	00:18.8	Most Improved
2	2	Zeke Lelinga	12	05:11.0	05:16.0	10:27.0	05:04.3	16:09.3	05:10.2	18:03.3	01:54.0	17:04.0	00:54.7	16:34.9	10:07.6	00:25.6	Same Meet Last Year
3	3	Austin Streit	10	05:12.0	05:16.0	10:28.0	05:05.5	16:11.7	05:10.9	10:47.5		17:08.7	00:57.0	17:11.6	10:20.8	00:59.9	Felix Zhang 02:36.1
4	17	Tim Pease	12	05:16.0	05:27.0	10:43.0	05:17.2	16:39.8	05:19.9	17:16.7	00:36.9	17:55.6	01:15.8	16:33.4	10:59.0		Zeke Lelinga 01:54.0
5	18	Lukas Hessini	10	05:16.0	05:27.0	10:43.0	05:17.2	16:39.9	05:20.0	10:56.9		17:22.3	00:42.4	16:55.5	10:43.1	00:15.6	Travis Walbon 01:42.5
6	20	Joey Lawson	11	05:17.0	05:27.0	10:44.0	05:20.0	16:44.0	05:21.3	17:19.5	00:35.5	17:38.1	00:54.1	16:51.4	10:35.7	00:07.4	Most Improved
7	35	Mark Ousdigian	12	05:17.0	05:29.0	10:46.0	05:32.1	16:59.6	05:26.3	17:35.0	00:35.4	17:21.4	00:21.8	16:55.1	10:27.6		Last Race
		JV															
1	4	Anders Bandt	11	05:15.0	05:41.0	10:56.0	05:34.2	17:12.0	05:30.2	17:31.8	00:19.8	17:56.1	00:44.1	17:04.1	10:43.7		John Carlson 01:30.2
2	8	John Carlson	10	05:24.0	05:43.0	11:07.0	05:40.4	17:30.0	05:36.0	11:10.3		19:00.2	01:30.2	17:26.3	11:09.9		Kevin Nelson 01:18.9
3	14	Aaron Marx	12	05:37.0	05:45.0	11:22.0	05:39.6	17:44.0	05:40.5	18:56.9	01:12.9	18:43.3	00:59.3	18:09.7	11:11.3	00:25.7	Mason Huberty 01:15.7
4	16	Jacob Hakes	10	05:39.0	05:46.0	11:25.0	05:39.6	17:47.0	05:41.4	11:48.1		18:42.6	00:55.6	18:21.5	11:44.3	00:34.5	Most Improved
5	18	Nick Simser	11	05:42.0	05:45.0	11:27.0	05:38.7	17:48.0	05:41.8	17:55.3	00:07.3	18:59.5	01:11.5	17:44.0	11:44.0		Career 5000m
6	19	Harry Lien	12	05:43.0	05:50.0	11:33.0	05:34.2	17:49.0	05:42.1	18:08.1	00:19.1	18:31.4	00:42.4	17:43.0	11:16.4		Jordan Bergstrom 01:22.3
7	23	Jackson Denny	12	05:46.0	05:52.0	11:38.0	05:34.2	17:54.0	05:43.7	18:11.8	00:17.8	DNR		17:25.0	11:01.9		Nathan Hohenshell 01:16.4
8	25	Adam Coltvet	11	05:41.0	05:47.0	11:28.0	05:45.8	17:57.0	05:44.6	18:37.5	00:40.5	18:44.1	00:47.1	18:05.5	11:38.6	00:08.5	Mason Huberty 01:02.7
9	52	Jared Herbert	11	05:48.0	05:58.0	11:46.0	05:52.9	18:23.0	05:53.0	19:49.0	01:26.0	19:31.5	01:08.5	18:19.9	11:57.5		
10	54	Steve McCoy	10	05:51.0	05:56.0	11:47.0	05:52.9	18:24.0	05:53.3	11:55.8		19:20.3	00:56.3	19:13.0	11:44.9	00:49.0	Varsity Team Scores
11	70	Eric Swenson	10	05:55.0	05:59.0	11:54.0	06:00.9	18:40.0	05:58.4	-		19:24.1	00:44.1	19:02.5	11:38.9	00:22.5	1) Mounds View 41
12	77	JP Braun	11	05:59.0	06:06.0	12:05.0	05:54.7	18:44.0	05:59.7	19:51.7	01:07.7	19:31.5	00:47.5	19:19.1	12:08.2	00:35.1	2) Stillwater 69
13	81	Sam Winters	10	05:53.0	06:10.0	12:03.0	05:57.3	18:45.0	06:00.0	12:19.6		19:33.5	00:48.5	19:15.0	12:08.6	00:30.0	3) Red Wing 139
14	83	Sam Morrisette	10	05:53.0	06:11.0	12:04.0	05:57.3	18:46.0	06:00.3	-		19:33.7	00:47.7	19:33.7	12:09.5	00:47.7	4) Sartell-St. Stephen 152
15	103	Spencer Pauly	12	06:04.0	06:13.0	12:17.0	06:07.1	19:10.0	06:08.0	19:36.7	00:26.7	20:16.4	01:06.4	18:49.9	12:34.7		5) White Bear Lake 159
16	110	Cameron Tomczyk	12	06:06.0	06:19.0	12:25.0	06:14.2	19:26.0	06:13.1	20:44.9	01:18.9	DNR		19:39.0	11:57.1	00:13.0	6) Chanhassen 186
17	115	Eddie Brody	11	06:09.0	06:21.0	12:30.0	06:13.3	19:30.0	06:14.4	20:03.8	00:33.8	20:18.6	00:48.6	19:20.6	12:41.7		
18	126	Henri Derosier	10	06:16.0	06:31.0	12:47.0	06:08.9	19:42.0	06:18.2	13:08.8		20:45.5	01:03.5	20:29.9	13:02.8	00:47.9	JV Team Scores
19	131	Collin Wentworth	10	06:12.0	06:24.0	12:36.0	06:23.1	19:47.0	06:19.8	13:26.9		20:02.6	00:15.6	20:02.6	12:33.0	00:15.6	1) Stillwater 26
20	140	Felix Zhang	11	06:14.0	06:27.0	12:41.0	06:23.1	19:52.0	06:21.4	22:28.1	02:36.1	20:18.6	00:26.6	20:18.6	12:42.4	00:26.6	2) Mounds View 58
21	146	Nathan Hohenshell	10	06:16.0	06:32.0	12:48.0	06:23.1	19:59.0	06:23.7	13:23.5		20:54.6	00:55.6	21:15.4	13:09.0	01:16.4	3) White Bear Lake 69
22	150	Brian Paulsen	12	06:21.0	06:33.0	12:54.0	06:24.0	20:06.0	06:25.9	DNR		DNR		20:28.2	13:34.0	00:22.2	4) Sartell-St. Stephen 123
23	152	Travis Walbon	12	06:20.0	06:34.0	12:54.0	06:24.0	20:06.0	06:25.9	21:48.5	01:42.5	DNR		20:59.4	13:47.0	00:53.4	5) Chanhassen 146
24	174	Noah Xiong	11	06:10.0	07:15.0	13:25.0	06:16.0	20:28.0	06:33.0	19:52.7		DNR		19:15.0	12:11.3		6) Alexandria 203
25	191	Kevin Nelson	10	06:29.0	06:57.0	13:26.0	06:43.6	21:00.0	06:43.2	12:58.8		22:18.9	01:18.9	20:58.7	12:58.8		
26	193	Jordan Bergstrom	11	06:27.0	07:33.0	14:00.0	06:15.1	21:02.0	06:43.8	22:26.6	01:24.6	DNR		22:24.3		01:22.3	Freshmen Team Scores
27	238	Mason Huberty	10	06:51.0	07:25.0	14:16.0	06:46.2	21:53.0	07:00.2	14:19.0		23:08.7	01:15.7	22:55.7	13:47.2	01:02.7	1) Roseville 51
28	256	Nick Gourley	10	06:53.0	07:34.0	14:27.0	07:03.1	22:23.0	07:09.8	13:41.2		DNR		21:22.3	13:41.2		2) Stillwater 67
29	257	Attila Szabo	11	06:57.0	07:55.0	14:52.0	06:44.4	22:27.0	07:11.0	-		22:51.6	00:24.6	22:51.6		00:24.6	3) Mounds View 70
30	277	Ben Ebert	12	07:06.0	09:33.0	16:39.0	06:06.2	23:31.0	07:31.5	20:59.1		23:32.8	00:01.8	20:35.7	13:10.2		4) Sartell-St. Stephen 103
31	293	Caleb Walbon	10	07:52.0	08:48.0	16:40.0	08:28.4	26:12.0	08:23.0	-		27:25.2	01:13.2	27:25.2	22:15.3		5) Willmar 132
		Henry Seymour	11					DNR		-		25:38.7					6) Buffalo 165
		Filipos Gilbert	11					DNR		18:57.5		19:17.7		16:56.0	11:03.3		
		Nate Moller	10	05:49.0				DNF		12:07.3		18:42.3		18:32.0	10:59.3		
		Naranjan Sankar	12	07:52.0						-		DNR			18:00.4		
		Freshmen						3200m									
1	1	Will Sacay	9	05:20.0	05:29.6			10:49.6	05:24.8	11:14.2	00:24.6	17:21.6		16:53.4	10:36.2		
2	5	Finn Sokolowski	9	05:33.0	05:35.4			11:08.4	05:34.2	-		10:37.6		19:14.7	11:52.9		
3	6	Alec Nelson	9	05:33.0	05:38.0			11:11.0	05:35.5	-		10:33.0		19:10.5	11:48.4		
4	16	Nathaniel Apostol	9	05:50.0	05:38.2			11:28.2	05:44.1	-		10:50.1		19:35.4	12:32.7		
5	47	Zach Allie	9	06:06.0	06:06.8			12:12.8	06:06.4	-		11:30.4		09:39.2	13:26.0		
6	56	Brenner Kline	9	06:11.0	06:09.7			12:20.7	06:10.4	-		11:03.9		08:56.7	13:22.2		
7	61	Mikey Gennaro	9	06:02.0	06:22.4			12:24.4	06:12.2	-		DNR			12:41.0		
8	72	Alex Breen	9	06:07.0	06:21.7			12:28.7	06:14.4	-		11:47.7		09:39.9	13:22.7		
9	90	Matthew Nelson	9	06:15.0	06:28.2			12:43.2	06:21.6	-		12:03.8		09:55.7	14:38.4		
		John Pfenning-Wendt	9					DNR		-		13:25.3		09:59.8	14:18.3		
		Sam Safi	9					DNR		-		DNR		10:01.2	13:52.1		
		Ben Loperfido	9					DNR		-		DNR			16:16.4		