

NXR Heartland - 2019

low 20s, 15 mpw wind, light snow				Sunday, November 10, 2019								Yankton Trail Park, Sioux Falls, South Dakota					
Team	Meet	Varsity Race		1st	2nd	3rd	5000m	1600m	1000m	Same Meet		Last Race		CC Pers Best			
Place	Place	Runner	Grade	1000m	1600m	1600m	3200m	1600m	5000m	avg.	avg.	Last yr	Improv.	5k	Diff.	5k	2mi
1	13	Finn Sokolowski	12	03:03.0	05:03.9	05:10.9	10:14.8	04:58.1	15:50.2	05:04.1	03:10.0	16:08.9	00:18.7	15:58.0	00:07.8	15:41.8	10:08.0
2	15	Alec Nelson	12	03:04.0	05:07.9	05:13.5	10:21.4	04:54.2	15:52.4	05:04.8	03:10.5	16:09.0	00:16.6	15:59.3	00:06.9	15:48.3	10:12.0
3	30	Will Sacay	12	03:05.0	05:08.1	05:17.9	10:26.0	04:57.8	16:01.0	05:07.5	03:12.2	16:14.7	00:13.7	16:14.0	00:13.0	15:53.3	10:21.0
4	31	Matthew Miller	11	03:09.0	05:09.1	05:17.8	10:26.9	04:57.0	16:01.0	05:07.5	03:12.2	17:27.5	01:26.5	16:46.2	00:45.2	16:11.2	10:26.0
5	36	Elliott McArthur	9	03:06.0	05:08.8	05:16.4	10:25.2	05:01.9	16:04.8	05:08.7	03:13.0	16:26.9	00:22.1	16:15.8	00:11.0	16:10.4	10:06.0
6	48	Santino Preciado	12	03:06.0	05:12.2	05:20.1	10:32.3	05:01.7	16:11.7	05:10.9	03:14.3	17:13.2	01:01.5	16:20.1	00:08.4	16:20.1	10:46.0
7	67	Nathaniel Apostol	12	03:09.0	05:12.3	05:21.0	10:33.3	05:12.1	16:24.4	05:15.0	03:16.9	17:40.6	01:16.2	17:15.3	00:50.9	16:33.4	10:36.0
Open Race																	
8	264	Charlie Brody	11	03:31.0	05:44.4	05:42.1	11:26.5	05:23.9	17:30.9	05:36.3	03:30.2			17:35.3	00:04.4	17:35.3	11:24.9
9	373	Canton Franciso	9	03:40.0	06:03.2	05:44.9	11:48.1	05:20.6	17:48.8	05:42.0	03:33.8			18:09.5	00:20.7	17:58.6	11:22.2
10	388	Ezra Gaim	12	03:31.0	05:42.8	05:45.7	11:28.5	05:39.8	17:50.8	05:42.7	03:34.2			17:19.7		17:19.7	11:10.0
11	427	Zach Allie	12	03:34.0	05:46.9	05:55.1	11:42.0	05:33.1	17:56.7	05:44.5	03:35.3	19:27.2	01:30.5	17:40.0		17:40.0	11:22.6
12	491	John Pfenning-Wendt	12	03:30.0	05:46.7	05:59.2	11:45.9	05:38.4	18:06.6	05:47.7	03:37.3	18:27.3	00:20.7	18:13.4	00:06.8	18:12.4	11:36.9
13	516	Tanner Ware	12	03:32.0	05:52.1	05:59.3	11:51.4	05:36.4	18:09.9	05:48.8	03:38.0			18:38.7	00:28.8	18:38.7	12:09.7
14	588	Brenner Klein	12	03:31.0	05:46.9	06:02.9	11:49.8	05:47.5	18:20.7	05:52.2	03:40.1			18:04.9		17:43.9	11:50.8
15	624	Carter Francisco	11	03:40.0	06:02.7	05:56.6	11:59.3	05:44.2	18:26.5	05:54.1	03:41.3			18:14.7		17:58.3	12:35.1
16	647	Nick Schulte	9	03:40.0	06:02.6	05:59.6	12:02.2	05:44.4	18:29.7	05:55.1	03:41.9			18:09.9		18:09.9	11:42.2
17	772	Luke Welsh	11	03:42.0	06:03.8	06:20.1	12:23.9	05:51.6	18:59.4	06:04.6	03:47.9			19:01.7	00:02.3	19:01.7	12:14.5
18	874	Alex Breen	12	03:35.0	05:58.8	06:27.9	12:26.7	06:12.4	19:25.6	06:13.0	03:53.1	19:22.2		19:32.3	00:06.7	19:03.9	11:58.3
19		Caleb Laberge	12		06:29.2	06:45.0	13:14.2	06:07.4	20:07.5	06:26.4	04:01.5			19:43.6		19:43.6	

Team Scores at 1600m		Team Scores at 3200m		Final Scores	
1. Mounds View	157	1. Mounds View	127	1. Mounds View	125
2. Silverhawk	210	2. Eden Prairie	172	2. Stevens Point	177
3. Stevens Point	243	3. Stevens Point	191	3. Eden Prairie	188
4. Highland Park	252	4. Middleton	225	4. Middleton	227
5. Dowling Catholic	264	5. Eastview	238	5. Eastview	244
6. Eden Prairie	264	6. Silverhawk	244	6. Silverhawk	268
7. Hopkins	276	7. Highland Park	285	7. Coyote	276
8. Middleton	281	8. Edina	308	8. Highland Park	293
9. Coyote	281	9. Coyote	322	9. Pleasant Valley	297