

NXR Heartland Regional Meet - 2018

25 F, cloudy, 15 mph wind, firm				Sunday, November 11, 2018							Yankton Trail Park				
Team	Meet	Mounds View Varsity		1st	2nd		3rd		1600m	1K	Same Meet		Last Race	CC Pers Best	
Place	Place	Runner	Grade	1600m	1600m	3200m	1600m	5000m	Avg	Avg	Last yr	Improv.	State	5k	2mi
1	7	Austin Streit	12	04:59.5	05:03.8	10:03.3	04:52.3	15:32.1	04:58.3	03:06.4	15:36.1	00:04.0	15:44.0	15:27.9	10:01.0
2	13	Lukas Hessini	12	05:02.4	05:17.7	10:20.1	04:54.8	15:51.7	05:04.5	03:10.3	15:55.9	00:04.2	16:01.4	15:34.3	10:07.5
3	33	Finn Sokolowski	11	05:05.9	05:20.6	10:26.5	05:04.4	16:08.9	05:10.0	03:13.8	16:45.2	00:36.3	16:05.5	15:51.3	10:37.9
4	34	Alec Nelson	11	05:09.4	05:19.3	10:28.7	05:02.5	16:09.0	05:10.1	03:13.8	16:56.8	00:47.8	16:28.9	16:05.3	10:48.6
5	48	Will Sacay	11	05:07.2	05:23.1	10:30.3	05:06.1	16:14.7	05:11.9	03:14.9	16:15.3	00:00.6	16:14.6	15:59.0	10:36.2
6	70	Elliot McArthur	8	05:14.4	05:26.2	10:40.6	05:07.8	16:26.9	05:15.8	03:17.4	DNR		16:41.7	16:19.0	11:09.5
7	158	Nehemiah Gaim	12	05:08.0	05:51.4	10:59.4	05:41.2	17:23.3	05:33.9	03:28.7	DNR		16:37.0	16:33.5	11:00.5

Team Score at 1600m		
1	Stillwater	154
2	Olathe North	159
3	Mounds View	174
4	Dowling	219
5	Neenah	221
6	Middleton	247
7	Red Wing	269
8	Pleasant Valley	312
9	Wayzata	323
10	Jaguar RC	328

Team Score at 3200m		
1	Mounds View	188
2	Olathe North	191
3	Middleton	213
4	Stillwater	227
5	Wayzata	242
6	Red Wing	259
7	Neenah	260
8	Edina	281
9	Dakota	304
10	Dowling	313

Team Score at Finish		
1	Mounds View	135
2	Middleton	156
3	Edina	164
4	Stillwater	179
5	Wayzata	191
6	Neenah	240
7	Dowling	255
8	Red Wing	265
9	Olathe	284
10	Dakota	315