Rum River Invite - 2014

Partly cloudy, mid-50s				Thursday, September 11, 2014								Anoka High School						
Team	**Meet**	**Mounds View Varsity**		**1st**	**2nd**		**3rd**					**Same Meet**		**Last Race**		**CC Pers Best**		
Place	Place	Runner	Grd	1600m	1600m	3200m	1600m	5000m	Avg	mi3:mi1	mi2:mi1	Last yr	*Improv.*	Cmbrdg	*Change*	5k	2mi	*Change*
1	11	Tim Pease	10	05:25.0	05:37.0	11:02.0	05:18.2	**17:00.0**	05:26.4	**-00:06.8**	00:12.0	10:59.9	n/a	17:56.2	-00:56.2	17:18.0	11:02.8	-00:18.0
2	15	Mark Sheldon	12	05:25.0	05:36.0	11:01.0	05:22.8	**17:04.2**	05:27.7	**-00:02.2**	00:11.0	17:11.1	00:06.9			17:11.1	10:57.0	-00:06.9
3	21	Ben Carpenter	12	05:25.0	05:37.0	11:02.0	05:27.0	**17:09.9**	05:29.6	00:02.0	00:12.0	17:56.0	00:46.1	17:46.3	-00:36.4	17:26.0	11:06.0	-00:16.1
4	22	Devon McDonald	12	05:25.0	05:37.0	11:02.0	05:29.7	17:12.9	05:30.5	00:04.7	00:12.0	17:46.4	00:33.5	17:45.0	-00:32.1	17:00.0	11:03.4	00:12.9
5	30	Matt Ericson	12	05:30.0	05:44.0	11:14.0	05:42.1	17:38.9	05:38.8	00:12.1	00:14.0	18:01.8	00:22.9	18:03.2	-00:24.3	17:34.2	11:17.0	00:04.7
6	42	Grant Delaune	11	05:30.0	05:56.0	11:26.0	05:43.0	17:51.9	05:43.0	00:13.0	00:26.0	18:20.1	00:28.2	18:17.3	-00:25.4	17:17.0	11:38.6	00:34.9
7	43	Ben Snuggerud	12	05:40.0	05:50.0	11:30.0	05:39.6	17:52.1	05:43.1	**-00:00.4**	00:10.0	18:08.5	00:16.4	18:30.3	-00:38.2	17:40.5	11:39.4	00:11.6
		Mounds View JV							Avg.									
1	2	Harrison Hirsch	11	05:40.0		unk		**18:02.2**	05:46.3			20:20.4	02:18.2	18:43.3	-00:41.1	18:43.3	11:41.0	-00:41.1
2	5	Graham Fiebiger	12	05:43.0		unk		18:24.3	05:53.4			19:22.5	00:58.2	18:56.7	-00:32.4	18:24.0	12:22.3	00:00.3
3	6	Henry Henson	11	05:40.0		unk		**18:27.2**	05:54.3			DNR		18:53.6	-00:26.4	18:53.6	12:18.0	-00:26.4
4	12	Joey Floeder	10	05:43.0		unk		**18:39.5**	05:58.2			11:35.8	n/a	18:56.7	-00:17.2	18:43.0	11:51.6	-00:03.5
5	14	Sam McGinnity	12	05:47.0		unk		18:43.7	05:59.6			18:51.7	00:08.0	19:00.1	-00:16.4	17:54.6	11:41.6	00:49.1
6	18	Levi Johnson	11	05:47.0		unk		**18:48.5**	06:01.1			20:21.2	01:32.7	19:09.2	-00:20.7	19:07.0	12:05.0	-00:18.5
7	23	Patrick Ongaro	12	05:46.0		unk		**18:58.0**	06:04.2			DNR		19:37.3	-00:39.3	19:37.3	12:01.0	-00:39.3
8	170	Aaron Gehl	12	06:50.0		unk		22:03.7	07:03.6			22:57.6	00:53.9	DNR		21:08.0	14:41.0	00:55.7
		Mounds View C		1600m		3000m		3200 (c)				Last yr	*Improv.*	Rosmnt	*Change*	5k	2mi	*Change*
1	1	Joey Lawson	9	05:36.0		11:00.9		11:45.0				DNR						
2	2	John Carlson	8			11:02.4		11:46.6										
3	3	David Dahl	9	05:44.0		11:02.8		**11:47.0**				DNR		12:12.7	-00:25.7	19:40.2	12:12.7	-00:25.7
4	4	Nick Simser	9	05:44.0		11:06.1		**11:50.5**				DNR		12:14.4	-00:23.9	19:42.5	12:14.4	-00:23.9
5	5	Jackson Denny	10	05:48.0		11:07.4		**11:51.9**				12:07.5	01:00.1	12:32.4	-00:40.5	19:19.6	12:32.4	-00:40.5
6	6	Harrison Lien	10	06:00.0		11:19.3		**12:04.6**				DNR		13:20.1	-01:15.5	21:59.0	13:20.1	-01:15.5
7	7	Aaron Marx	10	05:52.0		11:20.8		**12:06.2**				14:03.8	02:43.0	DNR		21:18.0	13:26.0	-01:19.8
8	8	Austin Streit	8			11:22.7		12:08.2										
9	10	Cameron Tomczyck	10	06:04.0		11:35.5		**12:21.9**				12:43.6	01:08.1	14:27.9	-02:06.0	22:08.1	13:14.0	-00:52.1
10	12	Ben Ebert	10	06:09.0		11:47.4		**12:34.6**				16:28.8	04:41.4	13:10.2	-00:35.6		13:10.2	-00:35.6
11	15	Jared Herbert	9	06:08.0		11:53.5		**12:41.1**				DNR		13:02.1	-00:21.0	20:56.4	13:02.1	-00:21.0
12	16	Spencer Pauly	10	06:10.0		11:55.4		**12:43.1**				12:22.5	00:27.1	DNR		20:38.0	14:31.8	-01:48.7
13	17	Lukas Hessini	8			11:55.8		12:43.5										
14	20	Noah Xiong	9	06:13.0		12:07.5		**12:56.0**				DNR		13:30.5	-00:34.5	21:18.1	13:30.5	-00:34.5
15	24	Travis Walbon	10	06:17.0		12:13.3		**13:02.2**				DNR		14:30.8	-01:28.6	22:03.7	14:30.8	-01:28.6
16	26	Aaron Voiovich	11	06:09.0		12:14.2		**13:03.2**				23:27.4	n/a	DNR		20:02.0	15:16.0	-02:12.8
17	34	Brian Paulsen	10	06:45.0		12:36.8		**13:27.3**				DNR		14:17.9	-00:50.6	22:13.9	14:17.9	-00:50.6
18	48	Ryan Lucas	12	06:45.0		13:00.0		**13:52.0**				DNR		14:33.1	-00:41.1	22:50.0	14:33.1	-00:41.1
19	83	Andrew Fortmeyer	9	06:47.0		13:05.0		**13:57.3**				DNR		14:19.1	-00:21.8		14:19.1	-00:21.8
20	55	Grant Benson	9			13:10.5		**14:03.2**				DNR		15:03.1	-00:59.9	23:41.2	15:03.1	-00:59.9
21	59	John Paul Braun	9	06:56.0		13:17.8		**14:11.0**				DNR		15:58.4	-01:47.4	24:17.7	15:58.4	-01:47.4
22	61	Ben Lindahl	10	07:00.0		13:20.6		**14:14.0**				14:09.9	00:49.3	14:44.6	-00:30.6	23:46.0	14:44.6	-00:30.6
23	68	Edward Brody	9	07:03.0		13:36.0		**14:30.4**				DNR		16:28.7	-01:58.3	24:52.2	16:28.7	-01:58.3
	10	Anders Bandt	9			DNR						DNR		DNR			11:52.0	
	14	Alex Plasencia	11			DNR						17:18.3		16:39.7		16:39.7	10:26.7	
	6	Sean Wentworth	12			DNR						18:13.3		11:17.3		18:12.0	11:17.3	
	15	Hans Adamsson	11			DNR						17:41.2		11:34.1			11:30.1	
		Karl Keeler	12			DNR						21:28.9		13:00.2		20:55.0	13:00.2	
		Shihab Ahmed	11			DNR						DNR		14:54.4		24:07.5		
		Erik Odmark	10			DNR						DNR		DNR		24:08.7		

Most Improved Career 5k	
Harrison Hirsch	-00:41.1
Patrick Ongaro	-00:39.3
Henry Henson	-00:26.4
Most Improved 5k Same Meet Last Yr	
Harrison Hirsch	-02:18.2
Levi Johnson	-01:32.7
Graham Fiebiger	-00:58.2
Most Improved From Cambridge 5k	
Tim Pease	-00:56.2
Harrison Hirsch	-00:41.1
Patrick Ongaro	-00:39.3
Most Improved Rosemount 3200m (estimate)	
Cameron Tomczyck	-02:06.0
Edward Brody	-01:58.3
John Paul Braun	-01:47.4