Milaca Mega Meet - 2014

70s, mostly sunny, calm				Saturday, September 20, 2014								Stones Throw Golf Course						
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.*	RumRiver	*Change*	5k	2mi	*Change*
1	14	Alex Plasencia	11	05:13.0	05:30.0	10:43.0	05:25.1	16:48.7	05:24.7	00:12.1	00:17.0	17:14.5	00:25.8	16:39.7	+00:09.0	16:39.7	10:26.7	
2	44	Ben Carpenter	12	05:29.0	05:41.0	11:10.0	05:37.1	17:29.2	05:37.7	00:08.1	00:12.0	18:07.8	00:38.6	17:09.9	+00:19.3	17:09.9	11:06.0	
3	71	Matt Ericson	12	05:34.0	05:49.0	11:23.0	05:51.9	17:58.9	05:47.3	00:17.9	00:15.0	18:08.0	00:09.1	17:38.9	+00:20.0	17:34.2	11:17.0	
4	76	Grant Delaune	11	05:30.0	05:54.0	11:24.0	05:53.2	18:01.3	05:48.0	00:23.2	00:24.0	18:14.1	00:12.8	17:51.9	+00:09.4	17:17.0	11:38.6	
5	116	Harrison Hirsch	11	05:37.0	06:07.0	11:44.0	06:04.9	18:34.5	05:58.7	00:27.9	00:30.0	19:47.0	01:12.5	18:02.2	+00:32.3	18:02.2	11:41.0	
6	122	Mark Sheldon	12	05:37.0	05:59.0	11:36.0	06:16.3	18:39.3	06:00.3	00:39.3	00:22.0	17:44.9	-00:54.4	17:04.2	+01:35.1	17:04.2	10:57.0	
		Junior Varsity																
1	11	Sean Wentworth	12	05:44.0	05:56.0	11:40.0	05:59.6	18:24.6	05:55.5	00:15.6	00:12.0	DNF		18:12.0	+00:12.6	18:12.0	11:17.3	
2	32	Patrick Ongaro	12	06:02.0	06:07.0	12:09.0	06:02.4	**18:56.7**	06:05.9	00:00.4	00:05.0	DNR		18:58.0	**-00:01.3**	18:58.0	12:01.0	-00:01.3
3	47	Henry Henson	11	06:01.0	06:15.0	12:16.0	06:12.7	19:15.3	06:11.9	00:11.7	00:14.0	DNR		18:27.2	+00:48.1	18:27.2	12:18.0	
4	66	Sam McGinnity	12	06:00.0	06:19.0	12:19.0	06:29.9	19:37.6	06:19.0	00:29.9	00:19.0	19:21.2	-00:16.4	18:43.7	+00:53.9	17:54.6	11:41.6	
5	114	Levi Johnson	11	06:03.0	06:31.0	12:34.0	06:52.7	20:18.3	06:32.1	00:49.7	00:28.0	19:49.6	-00:28.7	18:48.5	+01:29.8	18:48.5	12:05.0	
6	137	Graham Fiebiger	12	06:07.0	06:28.0	12:35.0	06:59.6	20:27.0	06:34.9	00:52.6	00:21.0	19:21.8	-01:05.2	18:24.3	+02:02.7	18:24.0	12:22.3	
7	314	Aaron Voiovich	11	06:57.0	07:03.0	14:00.0	07:13.9	22:08.1	07:07.5	00:16.9	00:06.0	22:48.4	00:40.3	22:21.0	**-00:13.1**	20:02.0	15:16.0	
8	327	Karl Keeler	12	06:59.0	07:07.0	14:06.0	07:14.5	22:14.8	07:09.6	00:15.5	00:08.0	22:05.0	-00:09.8	21:18.4	+00:56.4	20:55.0	13:00.2	
9	402	Aaron Gehl	12			14:37.0	07:24.4	22:56.9	07:23.2		00:00.0	22:38.0	-00:18.9	22:03.7	+00:53.2	21:08.0	14:41.0	
10	466	Shihab Ahmed	11	07:22.0	07:42.0	15:04.0	07:42.2	**23:44.0**	07:38.3	00:20.2	00:20.0	DNR		24:07.5	**-00:23.5**	24:07.5		
11	478	Linden Hills	11	07:16.0	07:46.0	15:02.0	07:52.7	**23:53.8**	07:41.5	00:36.7	00:30.0							
		Sophomores																
1	4	Tim Pease	10	05:16.0	05:41.0	10:57.0	05:48.7	17:29.3	05:37.7	00:32.7	00:25.0	17:43.3	00:14.0	17:00.0	+00:29.3	17:00.0	11:02.8	
2	34	Joey Floeder	10	05:45.0	06:08.0	11:53.0	06:17.8	18:58.0	06:06.3	00:32.8	00:23.0	19:02.7	00:04.7	18:39.5	+00:18.5	18:39.5	11:51.6	
3	82	Jackson Denny	10	06:16.0	06:31.0	12:47.0	06:28.4	20:04.0	06:27.5	00:12.4	00:15.0	20:33.5	00:29.5	19:42.2	+00:21.8	19:19.6	12:32.4	
4	97	Aaron Marx	10	06:29.0	06:31.0	13:00.0	06:32.5	**20:21.6**	06:33.2	00:03.5	00:02.0	DNR		21:18.0	**-00:56.4**	21:18.0	13:26.0	-00:56.4
5	132	Harrison Lien	10	06:31.0	06:50.0	13:21.0	06:38.4	**20:49.2**	06:42.1	00:07.4	00:19.0	DNR		21:59.0	**-01:09.8**	21:59.0	13:20.1	-01:09.8
6	161	Cameron Tomczyck	10	06:30.0	07:05.0	13:35.0	06:47.6	**21:13.5**	06:49.9	00:17.6	00:35.0	22:11.9	00:58.4	22:26.8	**-01:13.3**	22:08.1	13:14.0	-00:54.6
7	166	Ben Ebert	10	06:37.0	06:58.0	13:35.0	06:53.0	**21:19.6**	06:51.9	00:16.0	00:21.0	28:30.0	07:10.4	DNR			13:10.2	
8	177	Spencer Pauly	10	06:32.0	07:02.0	13:34.0	07:03.1	21:30.0	06:55.2	00:31.1	00:30.0	DNR		22:01.4	+00:31.4	20:38.0	14:31.8	
9	189	Travis Walbon	10	06:36.0	07:10.0	13:46.0	07:03.4	**21:42.3**	06:59.2	00:27.4	00:34.0	DNR		22:03.7	**-00:21.4**	22:03.7	14:30.8	-00:21.4
10	192	Brian Paulsen	10	06:44.0	07:04.0	13:48.0	07:05.2	**21:46.3**	07:00.5	00:21.2	00:20.0	DNR		22:13.9	**-00:27.6**	22:13.9	14:17.9	-00:27.6
11	266	Ben Lindahl	10	06:55.0	07:49.0	14:44.0	08:03.5	23:47.9	07:39.6	01:08.5	00:54.0	DNR		24:03.0	**-00:15.1**	23:46.0	14:44.6	
		Freshmen																
1	21	Joey Lawson	9	05:31.0	06:12.0	11:43.0	06:17.4	**18:47.6**	06:02.9	00:46.4	00:41.0	DNR		DNR				
2	24	Nick Simser	9	05:53.0	06:14.0	12:07.0	06:10.8	**19:04.1**	06:08.2	00:17.8	00:21.0	DNR		19:42.5	**-00:38.4**	19:42.5	12:14.4	-00:38.4
3	28	David Dahl	9	05:52.0	06:15.0	12:07.0	06:12.9	**19:06.5**	06:09.0	00:20.9	00:23.0	DNR		19:40.2	**-00:33.7**	19:40.2	12:12.7	-00:33.7
4	136	Jared Herbert	9	06:21.0	06:53.0	13:14.0	06:59.3	21:05.7	06:47.4	00:38.3	00:32.0	DNR		20:56.4	+00:09.3	20:56.4	13:02.1	
5	161	Noah Xiong	9	06:17.0	06:59.0	13:16.0	07:09.0	21:18.6	06:51.5	00:52.0	00:42.0	DNR		21:18.1	+00:00.5	21:18.1	13:30.5	
6	261	Andrew Fortmeyer	9	06:41.0	07:34.0	14:15.0	07:49.0	**23:02.6**	07:25.0	01:08.0	00:53.0	DNR		DNR			14:19.1	
7	264	John Paul Braun	9	06:52.0	07:36.0	14:28.0	07:46.3	**23:12.6**	07:28.2	00:54.3	00:44.0	DNR		24:17.7	-01:05.1	24:17.7	15:58.4	-01:05.1
8	266	Grant Benson	9	06:50.0	07:42.0	14:32.0	07:43.9	**23:13.9**	07:28.7	00:53.9	00:52.0	DNR		23:41.2	**-00:27.3**	23:41.2	15:03.1	-00:27.3
9	318	Edward Brody	9	06:58.0	08:23.0	15:21.0	08:27.1	**24:51.5**	08:00.1	01:29.1	01:25.0	DNR		24:52.2	**-00:00.7**	24:52.2	16:28.7	-00:00.7
		Anders Bandt	9					DNR				DNR		DNR			11:52.0	
		Devon McDonald	12					DNR				17:38.1		17:12.9		17:00.0	11:03.4	
		Hans Adamsson	11					DNR				17:36.2		DNR			11:30.1	
		Ben Snuggerud	12					DNR				18:51.2		17:52.1		17:40.5	11:39.4	
		Ryan Lucas	12					DNR				DNR		24:00.6		22:50.0	14:33.1	
		Erik Odmark	10					DNR				DNR		24:08.7		24:08.7		

Team Scores	**Points**
1. White Bear Lake	154
2. Robbinsdale-Armst	178
3. Bemidji	181
4. Elk River	183
5. Duluth East	191
6. Andover	217
7. East Ridge	254
8. Henry Sibley	261
9.* Mounds View	305
10. Buffalo	305

Most Improved Career 5k	
Harrison Lien	-01:09.8
John Paul Braun	-01:05.1
Aaron Marx	-00:56.4

Most Improved 5k Same Meet Last Yr	
Ben Ebert	-07:10.4
Harrison Hirsch	-01:12.5
Cameron Tomczyck	-00:58.4

Most Improved From Last Meet	
Cameron Tomczyck	-01:13.3
Harrison Lien	-01:09.8
Aaron Marx	-00:56.4