

Alumni Race - 2017

70 F, wet footing, mostly sunny				Saturday, August 19, 2017				Como Park - St. Paul, MN						
Team	Meet	Mounds View Varsity		1st	2nd			Same Meet		Last Race		CC Pers Best		
Place	Place	Runner	Grade	1600m	1600m	3200m	mi2:mi1	Last yr	Improvmt	***	Change	5k	2mi	Improved
1	4	Austin Streit	11	05:04.0	05:13.0	10:17.0	00:09.0	11:06.5	00:49.5			16:11.7	10:20.8	00:03.8
2	7	Lukas Hessini	11	05:07.0	05:30.0	10:37.0	00:23.0	11:20.0	00:43.0			16:26.9	10:43.1	00:06.1
3	9	Will Sacay	10	05:15.0	05:29.0	10:44.0	00:14.0	11:00.0	00:16.0			16:53.4	10:36.2	
4	10	Anders Bandt	12	05:14.0	05:31.0	10:45.0	00:17.0	11:06.0	00:21.0			16:46.0	10:43.7	
5	12	Dave Dahl	12	05:13.0	05:44.0	10:57.0	00:31.0	10:45.0				16:09.2	10:07.0	
6	13	Joey Lawson	12	05:15.0	05:42.0	10:57.0	00:27.0	11:03.0	00:06.0			16:44.0	10:35.7	
7	14	Alec Nelson	10	05:24.0	05:39.0	11:03.0	00:15.0	12:21.0	01:18.0			18:32.0	11:11.0	00:08.0
8	15	Finn Sokolowski	10	05:24.0	05:42.0	11:06.0	00:18.0	12:34.0	01:28.0			17:46.4	11:08.4	00:02.4
9	17	Nate Moller	11	05:23.0	05:49.0	11:12.0	00:26.0	11:23.0	00:11.0			17:42.5	10:59.3	
10	18	Nehemiah Gaim	11	05:38.0	05:38.0	11:16.0	00:00.0							
11	19	John Carlson	11	05:23.0	05:58.0	11:21.0	00:35.0	11:42.0	00:21.0			17:26.3	11:09.9	
12	20	Erik Swenson	12	05:43.0	05:50.0	11:33.0	00:07.0	12:31.0	00:58.0			18:36.0	11:38.9	00:05.9
13	23	Nathaniel Apostol	10	05:39.0	06:09.0	11:48.0	00:30.0	12:53.0	01:05.0			18:45.5	11:28.2	
14	25	Eddie Brody	12	05:48.0	06:03.0	11:51.0	00:15.0	DNR				18:47.7	12:41.7	00:50.7
15	26	Steve McCoy	11	05:45.0	06:06.0	11:51.0	00:21.0	12:07.0	00:16.0			18:24.0	11:44.9	
16	27	Mikey Gennaro	10	05:53.0	05:59.0	11:52.0	00:06.0	13:11.0	01:19.0			19:47.3	12:24.4	00:32.4
17	29	Sam Magnuson	9	05:57.0	06:02.0	11:59.0	00:05.0							
18	30	Adam Coltvet	12	05:49.0	06:11.0	12:00.0	00:22.0	12:00.0	00:00.0			17:56.1	11:38.6	
19	31	JP Braun	12	05:53.0	06:09.0	12:02.0	00:16.0	12:12.0	00:10.0			18:42.9	12:08.2	00:06.2
20	32	Nick Simser	12	05:50.0	06:12.0	12:02.0	00:22.0	12:03.0	00:01.0			17:44.0	11:44.0	
21	33	Jacob Hakes	11	05:58.0	06:05.0	12:03.0	00:07.0	12:30.0	00:27.0			17:38.3	11:44.3	
22	34	Noah Xiong	12	05:48.0	06:17.0	12:05.0	00:29.0	DNF				19:15.0	12:11.3	00:06.3
23	36	Zach Allie	10	05:54.0	06:14.0	12:08.0	00:20.0	13:26.0	01:18.0			19:03.5	12:12.8	00:04.8
24	37	John Pfenning-Wendt	10	05:54.0	06:16.0	12:10.0	00:22.0	15:59.0	03:49.0			21:38.4	14:18.3	02:08.3
25	38	Nathan Hohenshell	11	05:58.0	06:13.0	12:11.0	00:15.0	13:48.0	01:37.0			19:57.3	13:09.0	00:58.0
26	40	Sam Morrisette	11	05:57.0	06:27.0	12:24.0	00:30.0	12:48.0	00:24.0			18:38.2	12:09.5	
27	41	Matthew Miller	9	06:03.0	06:24.0	12:27.0	00:21.0							
28	44	Collin Wentworth	11	05:59.0	06:33.0	12:32.0	00:34.0	12:33.0	00:01.0			19:46.1	12:33.0	00:01.0
29	45	Jared Herbert	12	06:12.0	06:37.0	12:49.0	00:25.0	12:17.0				18:00.3	11:57.5	
30	46	Daniel Murray	12	06:06.0	06:46.0	12:52.0	00:40.0							
31	48	Rhone Gavois	11	06:41.0	06:21.0	13:02.0	-00:20.0							
32	49	Brenner Kline	10	06:18.0	06:48.0	13:06.0	00:30.0	13:50.0	00:44.0			19:11.2	12:20.7	
33	51	Justin Reiling	9	06:29.0	07:00.0	13:29.0	00:31.0							
34	53	Ellis Maloney	9	06:43.0	07:05.0	13:48.0	00:22.0							
35	55	Charlie Brody	9	06:43.0	07:07.0	13:50.0	00:24.0							
36	57	Odin Berthiaume	9	07:05.0	07:19.0	14:24.0	00:14.0							
37	58	James Freimuth	9	06:57.0	07:30.0	14:27.0	00:33.0							
38	59	Mason Huberty	11	06:59.0	07:51.0	14:50.0	00:52.0	DNR				21:53.0	13:47.2	
39	61	Nick Gourley	11	07:21.0	07:50.0	15:11.0	00:29.0	DNR				21:22.3	13:41.2	
40	62	Laken Hairston	10	07:35.0	07:53.0	15:28.0	00:18.0							
41	64	Nick Austin	9	07:31.0	08:10.0	15:41.0	00:39.0							
42	65	Gavin Yost	9	07:29.0	08:19.0	15:48.0	00:50.0							
43	66	Caleb Walbon	11	07:38.0	08:25.0	16:03.0	00:47.0	18:55.0	02:52.0			26:12.0	18:55.0	02:52.0
44	68	Justin Ravenhorst	9			19:20.0								
		Alex Breen	10			DNR		14:10.0				20:01.8	12:28.7	
		Felix Zhang	12			DNR		12:51.0				19:50.2	12:42.4	
		Filippos Gilbert	12			DNR		11:50.0					11:03.3	
		Henri Derosier	11			DNR		DNR				19:33.5	13:02.8	
		Henry Seymour	12			DNR		DNR				23:20.2		
		Kevin Nelson	11			DNR		14:17.0				20:58.7	12:58.8	
		Matthew Nelson	10			DNR		14:39.0				20:23.6	12:43.2	
		Sam Winters	11			DNR		DNR				18:40.9	12:08.6	

Most Improved Same Meet Last Yr	
John Pfenning-Wendt	03:49.0
Caleb Walbon	02:52.0
Nathan Hohenshell	01:37.0
Finn Sokolowski	01:28.0

Most Improved Personal Best	
Caleb Walbon	02:52.0
John Pfenning-Wendt	02:08.3
Nathan Hohenshell	00:58.0
Eddie Brody	00:50.7

2017 MVCC Alumni Race Results

1. Andre Hessini 2014	10:06	47. Josh Rolnitzky 2000	12:56
2. Harrison Hirsch 2016	10:09	48. Rhone Gavois Jr.	13:02
3. Aaron Thompson 2007	10:15	49. Brenner Kline So.	13:06
4. Austin Streit Jr.	10:17	50. Mark Sheldon 2015	13:18
5. Zeke Lelinga 2017	10:18	51. Justin Reiling Fr.	13:29
6. Tony Duchenes 2014	10:23	52. Craig Koch 1996	13:42
7. Lukas Hessini Jr.	10:37	53. Ellis Maloney Fr.	13:48
8. Mark Ousdigian 2017	10:40	54. Runner with knee braces	13:49
9. Will Sacay So.	10:44	55. Charlie Brody Fr.	13:50
10. Anders Bandt Sr.	10:45	56. Jimmy St. Peter 2000	14:04
11. Joey Kaiser 2013	10:51	57. Odin Berthiaume Fr.	14:24
12. David Dahl Sr.	10:57	58. James Freimuth Fr.	14:27
13. Joey Lawson Sr.	10:57	59. Mason Huberty Jr.	14:50
14. Alec Nelson So.	11:03	60. Dan Freimuth 1992	15:07
15. Finn Solokowski So.	11:06	61. Nick Gourley Jr.	15:11
16. Brian Anderson 2000	11:06	62. Laken Hairston So.	15:28
17. Nate Moller Jr.	11:12	63. Kevin Nelson 1990	15:36
18. Nehemiah Gaim Jr.	11:16	64. Nick Austin Fr.	15:41
19. John Carlson Jr.	11:21	65. Gavin Yost Fr.	15:48
20. Erik Swenson Jr.	11:33	66. Caleb Walbon Jr.	16:03
21. Ken Cooper 1991	11:36	67. Mark Skildum 1999	17:00
22. Devon McDonald 2015	11:41	68. Justin Ravenhorst Fr.	19:20
23. Nate Apostle So.	11:48		
24. Mike Brown 2016	11:50		
25. Eddie Brody Sr.	11:51		
26. Steve McCoy Jr.	11:51		
27. Mikey Genaro So.	11:52		
28. Ben Carpenter 2015	11:58		
29. Sam Magnuson Fr.	11:59		
30. Adam Coltvvet Sr.	12:00		
31. J.P. Braun Sr.	12:02		
32. Nick Simser Sr.	12:02		
33. Jake Hakes Jr.	12:03		
34. Noah Xiong Sr.	12:05		
35. Jackson Denny 2017	12:07		
36. Zach Allie So.	12:08		
37. John Pfenning-Wendt So.	12:10		
38. Nathan Hohenshell Jr.	12:11		
39. Grant Delaune 2016	12:20		
40. Sam Morrisette Jr.	12:24		
41. Matthew Miller Fr.	12:27		
42. Sam Hohenshell 2016	12:27		
43. Jeremy Dahl 2012	12:28		
44. Collin Wentworth Jr.	12:32		
45. Jared Herbert Sr.	12:49		
46. Daniel Murray Sr.	12:52		