

===== COMPETITIVE 5k TEAM SCORE =====

1.	25	Cow Bay Elite	(16:03.6	80:17.9	1:30.4)
1	1	Gabe Smit	15:25.0		
2	2	Benjamin Anteau	15:28.5		
3	5	Kyle Nordling	15:48.9		
4	8	Andrew Johnson	16:40.1		
5	9	Cody Larson	16:55.4		
6	( 13)	Logan Anderson	17:38.5		
2.	31	RedshirtVikings	(16:11.4	80:56.6	1:36.3)
1	3	Daniel Street	15:35.0		
2	4	Benjamin Haberman	15:46.7		
3	6	Evan Myran	15:52.2		
4	7	Isaac Fink	16:31.4		
5	11	Beau Brock	17:11.3		
6	( 14)	Caden Tegethoff	17:46.1		
3.	78	605 Run Company	(18:02.1	90:10.3	0:53.3)
1	12	Bobby Brockmueller	17:23.5		
2	15	Nicholas Penning	18:08.4		
3	16	Justin Lancaster	18:10.4		
4	17	Clay Kopplin	18:11.2		
5	18	Nathan Schwab	18:16.8		
4.	110	Manure Mafia	(21:16.2	106:20.6	1:17.4)
1	20	Joe Brockhaus	20:36.1		
2	21	Ty Brockhaus	21:16.3		
3	22	Bricen Wilkie	21:17.3		
4	23	Matthew Burbach	21:17.4		
5	24	Tom Lewis	21:53.5		
5.	122	Dragoons	(22:20.2	111:41.0	8:24.9)
1	10	Anthony Kinley	16:57.5		
2	26	Carlie Fitzgerald	22:18.7		
3	27	Patrick Hennes	22:31.7		
4	29	Brian Hurley	24:30.7		
5	30	Madison Buckley	25:22.4		
6.	135	605 Running #1	(24:05.2	120:25.8	6:37.7)
1	19	Megan Sauer	20:29.1		
2	25	Morgan Sauer	22:17.6		
3	28	Alissa Sauer	24:08.4		
4	31	Kirsten Elyea	26:23.9		
5	32	Jessica Werre	27:06.8		

Nike Cross Nationals Heartland Regional  
Yankton Trail Park, Sioux Falls, SD  
November 14, 2021  
Competitive 5k

Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
1	1	Gabe Smit		Cow Bay Elite	1	4:50	2	9:55	5:06	5:31	15:25.0	4:58
2	2	Benjamin Anteau		Cow Bay Elite	3	4:50	1	9:55	5:05	5:34	15:28.5	4:59
3	3	Daniel Street		RedshirtVikings	2	4:50	3	9:59	5:10	5:37	15:35.0	5:01
4	4	Benjamin Haberman		RedshirtVikings	5	4:55	5	10:09	5:14	5:39	15:46.7	5:05
5		Logan James			11	5:00	7	10:10	5:11	5:38	15:47.8	5:06
6	5	Kyle Nordling		Cow Bay Elite	4	4:52	4	10:05	5:13	5:45	15:48.9	5:06
7	6	Evan Myran		RedshirtVikings	7	4:56	6	10:10	5:14	5:44	15:52.2	5:07
8		Luke Jelen			13	5:04	10	10:22	5:19	5:36	15:57.6	5:09
9		Griffin Jaworski			9	4:59	8	10:14	5:16	5:55	16:08.2	5:12
10		Dylan Ponomar			8	4:58	9	10:17	5:20	6:03	16:19.6	5:16
11		Brennen Peterson			6	4:56	11	10:26	5:31	6:05	16:30.3	5:19
12	7	Isaac Fink		RedshirtVikings	19	5:11	15	10:38	5:28	5:54	16:31.4	5:20
13		Jesus Urtusuastegu			12	5:03	12	10:33	5:31	6:03	16:35.3	5:21
14		Benjamin Dohlby			16	5:05	14	10:34	5:30	6:05	16:39.0	5:22
15	8	Andrew Johnson		Cow Bay Elite	14	5:04	13	10:34	5:30	6:07	16:40.1	5:22
16		John Lehan			17	5:09	18	10:43	5:35	6:08	16:50.1	5:26
17	9	Cody Larson		Cow Bay Elite	10	4:59	17	10:43	5:44	6:14	16:55.4	5:27
18	10	Anthony Kinley		Dragoons	20	5:14	20	10:49	5:35	6:10	16:57.5	5:28
19		Wyndom Giefer			15	5:04	19	10:48	5:44	6:12	16:58.8	5:28
20	11	Beau Brock		RedshirtVikings	18	5:11	16	10:39	5:29	6:33	17:11.3	5:32
21		Kelson MacKenzie			31	5:31	22	11:08	5:38	6:08	17:14.7	5:34
22		Joseph Mahoney			30	5:30	21	11:05	5:35	6:11	17:15.2	5:34
23	12	Bobby Brockmueller		605 Run Company	32	5:31	26	11:13	5:43	6:11	17:23.5	5:36
24		Jacob Kaemmer			25	5:25	24	11:10	5:45	6:26	17:34.2	5:40
25		Kurt Keiser			28	5:27	29	11:16	5:50	6:20	17:35.1	5:40
26		Richard Dafoe			39	5:37	32	11:24	5:47	6:14	17:36.2	5:40
27		Ben McLaughlin			22	5:19	25	11:13	5:54	6:25	17:36.3	5:40
28		Bryce Brunswig			24	5:24	28	11:15	5:52	6:24	17:38.2	5:41
29	13	Logan Anderson		Cow Bay Elite	23	5:23	30	11:17	5:54	6:23	17:38.5	5:41
30		Justin Wirth			27	5:27	27	11:14	5:48	6:26	17:38.7	5:41
31		Alan Walker			35	5:37	31	11:21	5:44	6:20	17:39.6	5:42
32	14	Caden Tegethoff		RedshirtVikings	21	5:19	23	11:09	5:51	6:38	17:46.1	5:44
33		Matt James			37	5:37	34	11:28	5:51	6:37	18:03.6	5:49
34		Mark Thompson			41	5:38	35	11:31	5:53	6:36	18:06.2	5:50
35		Brian Fitzsimmons			26	5:26	33	11:28	6:02	6:41	18:07.3	5:50
36	15	Nicholas Penning		605 Run Company	34	5:36	39	11:40	6:05	6:29	18:08.4	5:51
37	16	Justin Lancaster		605 Run Company	36	5:37	38	11:36	5:59	6:35	18:10.4	5:51
38	17	Clay Kopplin		605 Run Company	40	5:38	37	11:36	5:59	6:37	18:11.2	5:52
39		John Jacklin			29	5:30	36	11:32	6:02	6:41	18:11.7	5:52
40	18	Nathan Schwab		605 Run Company	49	5:48	44	11:51	6:03	6:27	18:16.8	5:53
41		Aubrey Surage			50	5:49	41	11:48	5:59	6:32	18:18.3	5:54
42		Tyrel Ackman			38	5:37	40	11:47	6:10	6:39	18:25.1	5:56
43		Mark Scallon			43	5:44	45	11:51	6:08	6:43	18:33.3	5:59
44		Steve Tapajna			45	5:45	46	11:52	6:07	6:44	18:34.9	5:59
45		Caleb Larsen			47	5:46	47	11:56	6:11	6:41	18:35.5	6:00
46		Brian Semling			42	5:39	43	11:51	6:12	6:49	18:38.1	6:00
47		Sonny Ortega-Rosel			33	5:32	42	11:50	6:18	7:03	18:51.6	6:05
48		Erik Semling			52	5:55	48	12:07	6:13	6:55	19:01.7	6:08
49		Claire Boersm			51	5:55	49	12:14	6:20	6:51	19:04.3	6:09
50		Robert Economy			70	6:08	52	12:20	6:12	6:47	19:06.4	6:09
51		Beth Claybaugh			66	6:04	50	12:17	6:13	6:52	19:08.0	6:10
52		Amber Blackhurst			67	6:06	59	12:25	6:20	6:47	19:11.5	6:11
53		Alex Gleeson			57	5:59	55	12:24	6:26	6:51	19:13.9	6:12
54		Hudson Cisar			53	5:58	56	12:24	6:27	6:51	19:14.4	6:12
55		Laura Bosley			64	6:04	57	12:25	6:21	6:51	19:14.9	6:12
56		Megan Roach			54	5:58	53	12:22	6:25	6:56	19:17.0	6:13
57		Kale Ryan			55	5:58	54	12:23	6:26	6:58	19:20.4	6:14
58		Levi Davelaar	9	SF Chargers	63	6:04	60	12:26	6:23	6:57	19:22.0	6:15
59		Tim Larsen			77	6:15	65	12:34	6:19	6:52	19:25.8	6:16
60		Ryan Salem			62	6:04	61	12:29	6:26	7:01	19:28.8	6:17
61		Miles Lechtenberg			44	5:45	51	12:18	6:33	7:15	19:32.4	6:18
62		Chad Claybaugh			68	6:07	63	12:33	6:26	7:05	19:36.2	6:19
63		Simon Nelsen			56	5:59	62	12:29	6:31	7:09	19:37.8	6:20
64		Keefe Lovgren			71	6:11	66	12:36	6:26	7:07	19:42.2	6:21
65		Marissa Moore			58	6:00	58	12:25	6:26	7:19	19:43.2	6:21
66		Austin Lehman			46	5:45	64	12:33	6:48	7:13	19:45.6	6:22
67		Grace Waage			65	6:04	68	12:39	6:35	7:08	19:46.6	6:22
68		Kayleigh Whipps			85	6:19	71	12:49	6:30	7:02	19:50.3	6:24
69		John Dawes		Dawes XC	48	5:47	67	12:37	6:50	7:20	19:55.2	6:25
70		Eli Bickley			69	6:08	79	13:01	6:54	6:58	19:58.4	6:26
71		Ian Meador			73	6:11	72	12:50	6:39	7:10	19:58.7	6:26
72		Adam Gregoire			59	6:01	70	12:48	6:47	7:19	20:05.4	6:28
73		Anthony Bushard			86	6:19	73	12:51	6:32	7:19	20:09.0	6:30
74		Monica Dorn			87	6:20	74	12:53	6:34	7:18	20:10.0	6:30
75		Dave Hauck		VictoChanPions	88	6:22	82	13:03	6:42	7:11	20:12.9	6:31
76		Briley Bartels			83	6:18	80	13:01	6:44	7:13	20:13.0	6:31
77		Addison Hayes			60	6:03	69	12:46	6:44	7:31	20:15.9	6:32
78		Shane Wahlstrom			91	6:25	85	13:11	6:47	7:11	20:20.8	6:33
79		Henry Dawes		Dawes XC	94	6:26	89	13:13	6:48	7:12	20:24.7	6:35
80		Artie Helmers			81	6:17	75	13:00	6:44	7:26	20:25.2	6:35
81		Abbey Stadler			80	6:16	78	13:00	6:45	7:26	20:25.7	6:35
82		Addison Reilly			61	6:04	76	13:00	6:57	7:27	20:26.2	6:35
83	19	Megan Sauer		605 Running #1	84	6:19	86	13:11	6:53	7:19	20:29.1	6:36
84		Hannah Neusch			78	6:16	77	13:00	6:45	7:31	20:30.4	6:37
85		Rob Harber			95	6:26	87	13:12	6:46	7:24	20:35.6	6:38
86	20	Joe Brockhaus		Manure Mafia	90	6:24	88	13:12	6:49	7:25	20:36.1	6:38
87		Arvid Nelsen			74	6:14	81	13:03	6:49	7:35	20:36.9	6:39
88		Eric Sumner			76	6:15	84	13:08	6:54	7:33	20:39.7	6:39
89		Tyler Matrangos			72	6:11	90	13:15	7:04	7:28	20:41.1	6:40
90		Will Leach			75	6:14	91	13:21	7:07	7:27	20:46.9	6:42
91		Micheala Kelley			79	6:16	83	13:04	6:49	7:50	20:52.9	6:44
92		Aaron Asmus			112	6:41	101	13:41	7:01	7:24	21:03.6	6:47
93		Hao Peng			99	6:28	98	13:36	7:09	7:36	21:10.8	6:50
94		Michele Asmus			107	6:35	99	13:38	7:03	7:37	21:13.1	6:50
95		Jeff Peterson			106	6:31	93	13:33	7:02	7:43	21:15.3	6:51

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Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
96	21	Ty Brockhaus		Manure Mafia	100	6:28	94	13:34	7:06	7:43	21:16.3	6:51
97	22	Bricen Wilkie		Manure Mafia	92	6:25	95	13:34	7:10	7:44	21:17.3	6:52
98	23	Matthew Burbach		Manure Mafia	102	6:29	96	13:35	7:06	7:44	21:17.4	6:52
99		Jason Hahn			103	6:29	92	13:30	7:01	7:48	21:17.5	6:52
100		Mariah Gallagher			124	6:52	111	13:55	7:03	7:25	21:19.0	6:52
101		Maria Neslund			96	6:27	100	13:38	7:12	7:45	21:22.8	6:53
102		Timothy Young			119	6:47	104	13:44	6:58	7:40	21:23.7	6:54
103		Brooks Johnson		Patrick Henry	117	6:45	109	13:53	7:09	7:33	21:25.4	6:54
104		Enya Lynn Scanlon			104	6:31	105	13:45	7:14	7:42	21:25.7	6:54
105		Cece Jamison			105	6:31	103	13:44	7:13	7:43	21:26.0	6:54
106		Shannon Long		VictoChanPions	108	6:36	108	13:49	7:13	7:47	21:35.0	6:57
107		Bradley Westvig		VictoChanPions	93	6:25	102	13:42	7:17	7:56	21:36.5	6:58
108		Boston Peterson			97	6:27	97	13:35	7:09	8:09	21:43.3	7:00
109		Brent Dorsey			109	6:37	107	13:48	7:12	8:00	21:46.9	7:01
110		Jacob Madsen			98	6:28	106	13:46	7:19	8:05	21:49.9	7:02
111		Everett Herrboldt			115	6:43	110	13:55	7:12	7:58	21:51.3	7:03
112	24	Tom Lewis		Manure Mafia	89	6:23	116	14:04	7:42	7:50	21:53.5	7:03
113		Griffin Smith			101	6:29	113	13:58	7:29	7:57	21:53.8	7:03
114		Jason Herrboldt			130	6:57	112	13:56	6:59	7:59	21:54.0	7:03
115		William Ventling			82	6:18	115	14:02	7:45	7:59	22:00.5	7:05
116		Ryan Ahlers			110	6:39	114	14:00	7:21	8:08	22:06.3	7:07
117		Natalie Leitzen			116	6:43	119	14:08	7:26	8:03	22:09.8	7:08
118		Tyler Webb			114	6:43	117	14:05	7:23	8:07	22:10.7	7:09
119	25	Morgan Sauer		605 Running #1	122	6:50	130	14:29	7:39	7:50	22:17.6	7:11
120	26	Charlie Fitzgerald		Dragoons	127	6:53	124	14:23	7:30	7:57	22:18.7	7:11
121		Darryl Jackson			126	6:52	123	14:18	7:27	8:02	22:19.5	7:12
122		Grant Witte			131	7:03	129	14:28	7:26	7:54	22:20.3	7:12
123		Lynette Ivanov			111	6:40	118	14:08	7:28	8:14	22:20.9	7:12
124		Alan Thomas			134	7:05	125	14:23	7:18	8:02	22:24.1	7:13
125		Tony Einertson			133	7:03	127	14:24	7:21	8:03	22:25.8	7:14
126		Jeff Bakke			120	6:48	122	14:17	7:30	8:11	22:27.1	7:14
127		Eric Vacek			123	6:51	121	14:17	7:27	8:13	22:28.9	7:15
128		Derick Allen			128	6:54	128	14:25	7:32	8:06	22:30.1	7:15
129	27	Patrick Hennes		Dragoons	121	6:49	120	14:17	7:28	8:16	22:31.7	7:16
130		Craig Okken			132	7:03	131	14:29	7:26	8:08	22:36.5	7:17
131		Jakin Miller			137	7:10	134	14:50	7:40	8:05	22:54.1	7:23
132		Eli Wagley		Patrick Henry	118	6:47	126	14:23	7:36	8:41	23:02.9	7:26
133		Wynn Stock			142	7:20	135	14:56	7:37	8:21	23:16.6	7:30
134		Issac Hernandez-Sa			125	6:52	132	14:41	7:50	8:38	23:18.5	7:31
135		Trinity Klingensmi			129	6:57	133	14:49	7:53	8:46	23:34.3	7:36
136		Wayne Fynboh			138	7:12	138	15:10	7:58	8:34	23:43.1	7:39
137		Christen Moore			143	7:22	137	15:10	7:48	8:41	23:50.1	7:41
138		Isaac Greiner			113	6:41	136	15:07	8:26	8:50	23:55.6	7:43
139		Zoe Sumner			139	7:18	142	15:24	8:06	8:36	23:58.1	7:43
140		Natalie Van Wyhe			135	7:09	141	15:20	8:11	8:40	23:58.8	7:44
141		Gannon Newman			140	7:19	144	15:30	8:12	8:32	24:01.4	7:44
142		Gram Messler			148	7:36	146	15:37	8:01	8:25	24:01.8	7:45
143		Eliot Gongopoulos			141	7:19	143	15:30	8:11	8:34	24:03.4	7:45
144		Siri Knutson			136	7:09	139	15:18	8:09	8:49	24:06.3	7:46
145		Mara Wasserman			144	7:25	140	15:20	7:55	8:49	24:07.6	7:46
146		Sam Hallen			147	7:29	147	15:39	8:10	8:30	24:08.1	7:47
147	28	Alissa Sauer		605 Running #1	145	7:27	145	15:34	8:08	8:35	24:08.4	7:47
148	29	Brian Hurley		Dragoons	158	7:57	151	16:02	8:06	8:29	24:30.7	7:54
149		Claire Lindaman			156	7:55	154	16:10	8:15	8:26	24:35.2	7:55
150		Kaylor Nekl			155	7:55	153	16:10	8:15	8:34	24:42.3	7:58
151		Airial Johnson			151	7:42	150	15:59	8:18	8:47	24:44.7	7:58
152		Hunter Covey			150	7:42	149	15:59	8:18	8:47	24:44.7	7:58
153		Amy Stock			152	7:42	148	15:56	8:14	9:00	24:55.0	8:02
154		Gavin Wedemeyer			166	8:16	157	16:37	8:21	8:32	25:07.4	8:06
155	30	Madison Buckley		Dragoons	146	7:27	152	16:07	8:40	9:16	25:22.4	8:10
156		Gideon Okken			149	7:39	156	16:26	8:47	8:58	25:23.0	8:11
157		Tristan Johnson			153	7:43	155	16:20	8:38	9:23	25:42.2	8:17
158		Sarah Messler			159	7:57	159	16:45	8:48	9:36	26:20.1	8:29
159	31	Kirsten Elyea		605 Running #1	157	7:57	160	16:50	8:54	9:35	26:23.9	8:30
160		Tonia Roemer		VictoChanPions	168	8:20	161	17:01	8:42	9:26	26:26.2	8:31
161		Mia Kadi			163	8:14	164	17:22	9:09	9:19	26:40.7	8:36
162		Logan Grace Sanbor			154	7:50	158	16:42	8:52	10:04	26:44.9	8:37
163		Chris Boland			161	8:12	163	17:12	9:00	9:40	26:50.9	8:39
164		Reese Kaemingk			160	8:04	162	17:03	9:00	9:54	26:55.8	8:41
165		Nya Johnson			164	8:14	165	17:23	9:09	9:36	26:58.3	8:41
166		Addisyn Anderson			165	8:14	166	17:23	9:09	9:39	27:00.8	8:42
167		Reagan Ostransky			173	8:58	170	18:08	9:11	8:58	27:05.7	8:44
168	32	Jessica Werre		605 Running #1	172	8:52	167	17:44	8:53	9:23	27:06.8	8:44
169		Paul Blackman			171	8:51	168	17:45	8:55	9:30	27:14.0	8:46
170		Max Ulmer			169	8:23	169	17:52	9:30	10:34	28:25.5	9:09
171		Jennifer Johnson			176	9:12	172	18:44	9:33	10:49	29:32.8	9:31
172		Nathanael Stolz			162	8:12	171	18:33	10:21	11:31	30:03.0	9:41
173		Greg Dawes		Dawes XC	167	8:18	173	18:59	10:42	11:12	30:10.2	9:43
174		Taber Heibult			170	8:33	174	19:16	10:43	11:09	30:23.8	9:48
175		Israel Eekhoff			175	9:04	176	19:19	10:15	11:13	30:30.5	9:50
176		Pete Eekhoff			174	9:01	175	19:18	10:17	11:14	30:30.9	9:50

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