

GRIAK RACE ANALYSIS –

I relied on videotape so it is possible that I missed (or mistook) some runners from other schools, but when I cross checked with Chip results it looks pretty accurate (except it looked to me as if University City High of San Diego had a runner whose chip did not read at the 3k, but maybe not). Regardless, it give a general feel for the pattern of the race. It is amazing looking at tape and at times at the 1k, 1600, & 2k at how crowded it was and how much energy had to be expended to move up. The best part of this race for us was your composure and patience. A week ago when you got out too fast you did not panic, but settled in. This week you showed the ability to move up in the most difficult of conditions. I'm relatively pleased.

We've got work to do, but time to do it. **Trust your training.**

Final (w/o #8-10 who are pushers in other split columns)		4000 m (w/ #8 to 10 runners of all left in)		3000 m (w/ #8 to 10 runners of all left in)		1600 m (w/ #8 to 10 runners of all left in)	
Willmar	209	Willmar	147	Willmar	127	Willmar	90
Rosemount	233	Rosemount	241	Bismarck, ND	227	Bismarck, ND	158
Wayzata	262	Bismarck, ND	256	Rosemount	251	U City San Diego	227
Bismarck, ND	286	Wayzata	297	U City San Diego	268	Dakota Ridge, CO	230
U City San Diego	298	U City San Diego	314	Dakota Ridge, CO	309	West Bend W, WI	278
Chapparral, CO	317	Dakota Ridge, CO	348	Wayzata	333	Snohomish, WA	295
Dakota Ridge, CO	321	Brainerd	364	Monroe, WI	354	Monroe, WI	301
Hopkins	370	Monroe, WI	375	Brainerd	374	Armstrong	379
Monroe, WI	375	West Bend W, WI	385	West Bend W, WI	388	Brainerd	381
Brainerd	385	Marquette, WI	395	Armstrong	406	Perham	388
Roseville	396	Hopkins	397	Snohomish, WA	416	Rosemount	409
West Bend W, WI	410	Chapparral, CO	409	Hopkins	423	DM Roosevelt	445
Edina	412	Armstrong	427	Edina	466	Hopkins	501
Marquette, WI	429	Edina	437	Marquette, WI	467	Wayzata	526
Perham	446	Snohomish, WA	478	Chapparral, CO	479	Mounds View	571
SMNW, KS	455	Shorewood, WI	480	Shorewood, WI	500	Edina	573
Armstrong	458	Mounds View	504	Perham	528	Shorewood, WI	599
Mounds View	468	Roseville	531	Mounds View	545	Marquette, WI	627
Snohomish, WA	479	Perham	531	DM Roosevelt, IA	568	Chapparral, CO	687
Shorewood	500	DM Roosevelt, IA	533	SMNW, KS	632	SMNW, KS	694
DM Roosevelt, IA	525	SMNW, KS	554	Roseville	645	Roseville	904

	Final	1 st k	2 nd k	3 rd k	4 th k	5 th k
Jon Lambert	25- 16:52	150- 3:20	60- 3:20	43- 3:29	35- 3:25	25- 3:18
Peter Holmes	48- 17:17	153- 3:20	82- 3:24	58- 3:33	57- 3:33	48- 3:27
Jeremy Drenckhahn	55- 17:22	157- 3:21	87- 3:24	73- 3:36	58- 3:29	55- 3:32
Mason Bacso	67- 17:31	192- 3:24	115- 3:24	90- 3:37	71- 3:30	67- 3:36
Evan Day	79- 17:38	169?- 3:22?	118- 3:27	92- 3:37	79- 3:32	79- 3:40
Aaron Demro	110- 17:51	141- 3:19	79- 3:25	69- 3:35	76- 3:38	110- 3:54
Kasey Bacso	126- 17:56	219- 3:26	168- 3:31	128- 3:38	120- 3:38	126- 3:43
Dustin Harris	139- 18:00	269- 3:29	220- 3:34	162- 3:40	144- 3:38	139- 3:39
Ben Hackbart	141- 18:01	267- 3:28	183- 3:30	143- 3:40	158- 3:46	141- 3:37
Taylor Hegarty	143- 18:02	201- 3:24	131- 3:28	117- 3:42	143- 3:46	143- 3:42
Mike Burgmeier	146- 18:02	247- 3:28	216- 3:35	159- 3:40	145- 3:38	146- 3:41