

Heartland Regional Championships

Yankton Trails Sat. November 10, 2007 Sioux Falls, SD -
Nike Team Nationals Championship Race – 57 degrees, 13 mph

Wayzata, MN	100	(8,17,18,22,35- 50,57)	(16:30 avg)
Shawnee Mission NW, KS	141	(20,23,30,31,37- 38,83)	(16:40)
St. Louis Univ. High, MO	151	(13,15,32,45,46,- 48)	(16:41)
Brainerd, MN	155	(9,12,29,51,54- 84,85)	(16:41)
Rosemount, MN	156	(2, 24,33,34,63- 69)	(16:38)
Bismarck, ND	163	(1,16,39,41,66- 70,81)	(16:38)
Pleasant Valley, IA	190	(7,14,44,58,67- 80,86)	(16:49)
Stillwater, MN	213	(27,28,42,56,60- 65,99)	(16:55)
Yankton, SD	224		
St. Charles, MO	226	Perham, MN	280
Sioux Falls Roosevelt, SD	227	Des Moines Roosevelt, IA	293
Emporia, KS	262	Fremont, NE	298

- 1 1 Joash Osoro, Bismarck 15:40 (4:45, 9:50)
- 2 2 Jordan Carlson, Rosemount 15:47 (4:52, 10:06)
- 3 x Dominick Robinson, Gillette, WY 15:49 (4:53, 10:06)
- 4 3 Bill Kogel, SF Roosevelt 15:52 (4:48, 10:07)
- 5 4 Kevin Lachowitz, Perham 15:55 (4:53, 10:10)
- 6 5 Brad Anderson, Yankton 15:58 (4:49 10:07)
- 7 6 Nick Happe, St. Charles 16:02 (5:06 10:22)
- 8 7 Devin Allbaugh, Pleasant Valley 16:10 (4:52 10:20)
- 9 x Mike Krnsnak, Rapid City Central, SD 16:11 (4:48, 10:23)
- 10 8 Jeremy Drenckhahn, Wayzata 16:12 (5:07 10:25)**
- 11 9 Thomas Ruttger, Brainerd 16:15 (4:58 10:19)
- 12 10 Matt Schwab, St. Charles 16:18 (5:06 10:32)
- 13 11 Jon Ronhovde, Fremont 16:19 (4:47 10:19)
- 14 12 Luke Delaney, Brainerd 16:19 (4:57 10:18)
- 15 13 John Clohisy, St Louis Univ H 16:21 (5:05 10:25)
- 16 14 Charlie Paul, Pleasant Valley 16:23 (4:58 10:29)
- 17 15 Austin Cookson, St Louis Univ H 16:24 (5:06 10:27)
- 18 xx Nicholas Mendoza, Howes, SD 16:26 (4:53 10:19)
- 19 16 Devin Huizenga, Bismarck 16:27 (4:58 10:23)
- 20 17 Anders Bowman, Wayzata 16:28 (5:12 10:36)**
- 21 18 Danny Ducharme, Wayzata 16:28 (5:06 10:28)**
- 22 19 Jake Arechigo, SF Roosevelt 16:30 (5:06, 10:33)
- 23 20 Jared Ellsworth, SMNW 16:30 (5:10 10:42)
- 24 21 Nate Shipley, St. Charles 16:31 (5:08 10:36)
- 25 22 Peter Holmes, Wayzata 16:33 (5:12 10:40)**
- 26 23 Diego Ladron, SMNW 16:34 (5:09 10:39)
- 27 xx Greg Beesley, Brandon Valley, SD 16:35 (4:54 10:28)
- 28 24 Chris Massey, Rosemount 16:37 (5:16 10:44)
- 29 25 Jacob Davies, Emporia 16:38 (5:01 10:39)
- 30 26 Abdesalam Ali, DesMoines Roosev 16:38 (5:01 10:33)
- 31 27 Josh Kaul, Stillwater 16:39 (5:14 10:37)
- 32 28 Peter Corcoran, Stillwater 16:40 (5:17 10:50)
- 33 29 Tyler Rose, Brainerd 16:40 (5:06 10:31)
- 34 30 Daniel Munro, SMNW 16:40 (5:18 10:49)
- 35 xx Eamin Entwisle, Hot Springs, SD 16:41 (5:08 10:43)
- 36 31 Aaron Thornburg, SMNW 16:41 (5:13 10:40)
- 37 32 Chris Murphy, St Louis Univ H 16:42 (5:05 10:39)
- 38 33 Tim Kojetin, Rosemount 16:42 (5:16 10:40)
- 39 34 Matt Thooft, Rosemount 16:42 (5:16 10:46)
- 40 35 Andrew Wasz, Wayzata 16:45 (5:12 10:42)**
- 41 36 Justin Tellinghuisen, Perham 16:46 (5:09, 10:45)
- 42 37 Sterling Spencer, SMNW 16:47 (5:09 10:40)
- 43 38 Keaton Jones, SMNW 16:47 (5:12 10:42)
- 44 39 Sami Kariluoma, Bismarck 16:48 (5:00 10:39)
- 45 40 Mitch Hunt, Fremont 16:50 (5:01 10:39)
- 46 41 Josh Nuss, Bismarck 16:51 (5:07 10:45)
- 47 42 Lucas Zenk, Stillwater 16:51 (5:14 10:43)
- 48 43 Jared Ailts, Yankton 16:55 (5:05 10:48)
- 49 44 Blake Irwin, Pleasant Valley 16:56 (4:53 10:32)

- 50 45 Bill Gabler, St Louis Univ H 16:56
- 51 46 David Kuciejczyk-Kernan, St Louis Univ H 16:57
- 52 xx Kyle Hanson, St Thomas Aq, KS 16:58
- 53 47 Jens Lillevold, Yankton 16:58
- 54 48 Tony Minnick, St Louis Univ H 16:58
- 55 xx Cory Johnson, Indianola, IA 16:59
- 56 49 Lance Sadler, Emporia 17:00
- 57 50 Evan Day, Wayzata 17:01 (5:13 10:48)**
- 58 51 Mitch Lorenz, Brainerd 17:02
- 59 52 Asher Delmott, Emporia 17:02
- 60 53 Travis Brenner, Yankton 17:03
- 61 54 Jimmy Dean, Brainerd 17:04
- 62 55 Andrew Barrett, DesMoines Roosev 17:06
- 63 xx Adam Mitteis, Plattsmouth, NE 17:07
- 64 56 Ryan Nichols, Stillwater 17:07
- 65 xx Darren Messenger, Rapid City Stevens 17:08 0
- 66 57 Oliver Haugland, Wayzata 17:10 (5:14 10:56)**
- 67 58 Austin O'Brien, Pleasant Valley 17:10
- 68 59 Crawford Hubbell, DesMoines Roosev 17:11
- 69 60 Reid Gilbertson, Stillwater 17:11
- 70 xx PJ Greer, St Thomas Aq, KS 17:14
- 71 61 Mike Robinson, Emporia 17:15
- 72 62 Sam Stoll, Perham 17:16
- 73 63 Stan Drutowski, Rosemount 17:17
- 74 xx Jake Braunberger, Dickinson, ND 17:18
- 75 64 Kenny Moreno, SF Roosevelt 17:19
- 76 65 Patrick Swanson, Stillwater 17:19
- 77 66 Jake Martel, Bismarck 17:20
- 78 67 Matt Rubins, Pleasant Valley 17:21
- 79 68 Jake Hemenway, SF Roosevelt 17:21
- 80 69 Justin Sawyers, Rosemount 17:21
- 81 70 Christian Brown, Bismarck 17:22
- 82 71 Peter Tomka, DesMoines Roosev 17:23
- 83 72 Jose Nuno, Fremont 17:24
- 84 73 Brandon Haschke, Yankton 17:24
- 85 74 Keith McIntire, Yankton 17:26
- 86 75 Andrew Wayman, Emporia 17:27
- 87 76 Ben Pratt, Yankton 17:32
- 88 77 Mitch Yaggie, Yankton 17:34
- 89 78 Tyler Anliker, Emporia 17:35
- 90 79 Nate Nevius, Fremont 17:37
- 91 80 Jacob Barker, Pleasant Valley 17:43
- 92 81 Mitch Becker, Bismarck 17:46
- 93 82 Kale Snavey, DesMoines Roosev 17:47
- 94 xx Mahad Hassan, Willmar 17:47
- 95 83 Kyle Schlicht, SMNW 17:50
- 96 84 Gunner Johnson, Brainerd 17:51
- 97 85 Joey Doyscher, Brainerd 17:52
- 98 86 Mike Hemming, Pleasant Valley 17:54
- 101 88 Parker Carignan, Perham 18:03
- 103 90 Alex Barney, Perham 18:12
- 104 91 Keith Schornack, Perham 18:16
- 108 xx Zack Coquyt, Willmar 18:27
- 112 98 Eddie Stenger, Perham 18:39
- 113 99 Rio Bailey, Stillwater 18:48
- 118 xx Ryan Larson, Willmar 19:34

1600: Bismarck 105, Yankton 115, Brainerd 141, SLUH 147,
Pleasant Valley 154, Emporia 155, SF Roosev 167,
Wayzata 208, SMNW 227, Rosemount 228

3200: **Wayzata 119**, Rosemount 133, Brainerd 140,
Bismarck 144, SLUH 146, SMNW 164, Pleasant V 173

Freshman Boys: Wayzata 15 (17:47 avg.)

49 degrees, wind 29 mph

- 1 x Riley Coates, Douglas, SD 17:20 (5:13 10:57)
- 2 **1 Karl Kabarowski, Wayzata 17:29 (5:32 11:13)**
- 3 **2 Mark Harries, Wayzata 17:36 (5:31 11:23)**
- 4 **3 Steven Donahue, Wayzata 17:44 (5:28 11:22)**
- 5 **4 Josh Thorson, Wayzata 17:45 5:35 11:30**
- 6 x TJ Gleason, Sioux Falls Lincoln 17:57 (5:20 11:24)
- 7 x Casey Coates, Douglas, SD 18:15 (5:39 11:42)
- 8 x Tony Watteir, DesM Roosev 18:16 (5:26 11:38)
- 9 **5 Adam Moline, Wayzata 18:19 (5:49 12:03)**
- 10 **6 Preston White, Wayzata 18:21 (5:46 11:50)**
- 11 7 Britt Jensen, Fremont, NE 18:25 (5:47 11:52)
- 12 8 Cory Poehling, Fremont, NE 18:25 (5:41 11:48)
- 13 x Nathan Hauge, unattached 18:26 (5:36 11:52)
- 14 9 Josh Lundgren, Yankton, SD 18:29 (5:41 11:48)
- 15 x Mitch Wink, Waukee 18:35 (5:47 11:55)
- 16 x Ahmed Ali, DesM Roosev 18:42 (5:37 11:51)

Junior Varsity (run simultaneously with Freshmen)

- 1 1 Josh Hintz, Bismarck 17:35 (5:15 11:11)
- 2 x Griffin Hieb, Aberdeen Central 17:48 (5:23 11:15)
- 3 x Ahmed Hussein, Willmar 17:54 (5:31 11:30)
- 4 x Billy Brockmueller, South Dakota 18:00 (5:23 11:22)
- 5 2 Kermit Ellis, Yankton 18:00 (5:32 11:31)
- 6 3 Brandon Barnes, Bismarck 18:03 (5:28 11:37)
- 7 4 David Altstadt, Perham 18:13 (5:42 11:44)
- 8 X Abdinasar Abdi, Willmar 18:13 (5:32 11:43)
- 9 5 Mark Wilcox, Yankton 18:15 (5:30 11:37)
- 10 x Bobby Brockmueller, South Dakota 18:16 (5:36 11:44)
- 11 x John Freude, DesM Roosev 18:18 0 (5:35 11:38)
- 12 x Taylor Wensmann, Aberdeen Central 18:19 (5:26 11:35)
- 13 6 Evan Schommer, Pleasant Valley 18:23 (5:35 11:44)
- 14 7 Josh Anderson, Sioux Falls Roosev 18:26 (5:36 11:45)
- 15 8 Nic Weaver, Pleasant Valley 18:26 (5:29 11:50)
- 16 9 Alex Lugo, Sioux Falls Roosev 18:32 (5:31 11:43)
- 17 10 Josh Trueblood, Pleasant Valley 18:42 (5:39 11:50)

Community Race

40 degrees, 17mph

MALE OVERALL RESULTS

- | | | | |
|----|-------------------------|--------------------|----------------|
| 1 | Abdi Awale | 19 Willmar Alumni | 16:27 |
| 2 | Mustafa Yusuf | 18 Willmar Alumni | 16:30 |
| 3 | Travis Arment | 23 Travis | 16:32 |
| 4 | Dan Van Engen | 25 | 16:45 |
| 5 | kaafi adeys | 18 Willmar Alumni | 16:47 |
| 6 | Torry Zeller | 31 Pierre Area Run | 16:54 |
| 7 | Brian Wandzilak | 27 | 17:11 |
| 8 | Delbert Black Bear | 30 Pierre Area Run | 17:23 |
| 9 | Jon Hackbart | 17 Wayzata | 17:25 4 |
| 10 | Jesse Nelson | 31 | 17:36 |
| 11 | Craig Christians | 46 | 17:46 |
| 12 | Peter Bache-Wiig | 17 Wayzata | 17:47 5 |
| 13 | Jake Thorson | 17 Wayzata | 17:51 |
| 14 | Nick Ramberg | 19 Willmar Alumni | 17:55 |
| 15 | Rory LaValliere | 23 | 17:58 |
| 16 | Tod Crooks | 38 Pierre Area Run | 18:00 |
| 17 | Kelly Hall | 18 | 18:02 |
| 18 | Joe Schur | 38 | 18:03 |
| 19 | Greg DeSautell | 41 | 18:05 |
| 20 | Kraig Lungstrom | 49 Wayzata | 18:11 |
| 21 | John Keyes | 28 Pierre Area Run | 18:13 |
| 22 | Mohammed Bedel | 18 Willmar Alumni | 18:14 |
| 23 | Sam Molder | 17 | 18:14 |

Large School Race

43 Marshalltown, IA (17:10 avg)

71 Waukee, IA (17:27)

78 St Louis Univ High JV, MO (17:35)

- 1 1 Colin Parrish, Grand Forks, ND 16:17
- 2 2 Tyler Rich, Waukee, IA 16:42
- 3 3 Nate Sletten, Marshalltown, IA 16:42
- 4 4 Logan Swarts, Marshalltown, IA 16:59
- 5 5 Alex Mark, Cedar Falls, IA 16:59
- 6 6 Luke Demmel, Marshalltown, IA 17:01
- 7 7 Ronnie Kylo, Grand Forks 17:02
- 8 8 Cliff David, SLUH JV 17:10
- 9 9 Austin Jacobs, Waukee, IA 17:10
- 10 x Simon Falcon, Bellevue, NE 17:16
- 11 10 Drew Poland, Cedar Falls 17:19
- 12 11 Emmett Cookson, SLUH JV 17:25
- 13 12 Alec Espeland, Piers, SD 17:27
- 14 xx Trevor Polson, Campbell County, WY 17:28
- 15 13 Jared Spann, Waukee, IA 17:28
- 16 14 Ian Macmillan, Marshalltown, IA 17:31
- 17 15 Michael Streicher, Cedar Falls, IA 17:32
- 18 16 Nick Lacina, Marshalltown, IA 17:34
- 19 17 Tim McLaughlin, SLUH JV 17:36
- 20 xx Robert Partee, Lincoln, NE 17:41
- 21 18 Ben Duea, Waukee, IA 17:45
- 22 xx Joe Chebul, Campbell County, WY 17:47
- 23 19 Casey Jergenson, Millard North, NE 17:49
- 24 20 Casey Fitzgerald, SLUH JV 17:49
- 25 21 Dillon Paulson, Pierre, SD 17:54
- 26 22 Ben Carron, SLUH JV 17:55
- 27 23 Brandon Nicholson, Cedar Falls, IA 17:56

Small School (less than 1000 students)

Adrian, MN 41 (17:54 avg)

Red Wing, MN 76 (18:10)

Charles City, IA 72 (18:17)

- 1 Shaun Henderson, Huron, SD 16:40
- 2 Josh Wilson, Aberdeen Central, SD 16:43
- 3 Marc Whirlwind, St. Francis, SD 16:47
- 4 Ryan Tholen, Tracy, MN 16:53
- 5 Damien Schuster, Sturgis, SD 17:04
- 6 Eric Tudor, Charles City, IA 17:20
- 7 Chris Reisdorfer, Adrian, MN 17:31
- 8 Bryant Blahnik, Red Wing, MN 17:35
- 9 Nate Reyne, Adrian, MN 17:36
- 10 Matt Riley, Red Wing, MN 17:37
- 11 Mark Freund, Rochester Lourdes, MN 17:43
- 12 Jeffrey Mettler, Eureka, SD 17:46
- 13 Brandon Krein, Esteline, SD 17:46
- 14 Jordan Pater, Adrian, MN 17:47
- 15 Tyler Smit, Lennox, SD 17:48
- 16 Jack Albertson, Adrian, MN 17:52
- 17 Jason Bierle, Sioux Falls, SD 17:54
- 18 Brandon Weekly, Plattsmouth, NE 17:56