

Nike Cross Nationals Heartland Regional

Yankton Trail Park, Sioux Falls, SD November, 14th 2009 50 degrees, light breeze, sunny

Boy's Championship Race

1. **61 Eden Prairie** (16:02.6)
 - 1 1 Aaron Bartnik JR Eden Prairie (48th 5:06) 10:04 15:33.7
 - 2 x Marcus Paulson SR Wi-Hamilton (9th 4:55) 10:01 15:37.4
 - 3 x Jake Erschen SR Wi-Marquette Univ (8th 4:55) 10:01 15:40.3
 - 4 2 Andrew Stevens SR Raider Runners(ShMiSo) (10th 4:56) 10:07 15:44.3
 - 5 x Jacob Sandry SR Bl Jefferson (20th 4:59) 10:05 15:46.1
 - 6 x Tony Smoragiewicz SO Sd-Rapid City Centr (46th 5:06) 10:15 15:48.0
 - 7 x Jarren Heng SR Neb. Norfolk Catholic (3rd 4:54) 10:02 15:48.2
 - 8 3 Mohamed Mohamed JR Eden Prairie (52nd 5:07) 10:11 15:52.2
 - 9 4 Christian Brown-Otter SR Demon XC Club (26th 5:00) 10:06 15:52.5
 - 10 5 Marshall Moyer JR IA Burlington Mutants (22nd 4:59) 10:09 15:54.5
 - 11 6 Brett Kelly SR Bismarck Century XC (2nd 4:54) 10:07 15:56.8
 - 12 7 Ian Wiest SR Demon XC Club (23rd 4:59) 10:13 15:58.5
- 13 8 Oliver Haugland SR Wayzata XC (61st 5:08) 10:18 15:58.8**
(3:10, 3:14, 3:14, 3:19, 3:01)
- 14 9 Josh Thorson SO Wayzata XC (56th 5:07) 10:16 16:01.3**
(3:09, 3:15, 3:12, 3:21, 3:04)
 - 15 x Blayne Dulian SR Mn-Coon Rapids (15th 4:57) 10:07 16:02.2
 - 16 x Jon-Michael Brandt SR Mn-Winona (7 4:55) 10:06 16:02.7
 - 17 10 Tanner Ahrendt FR Sioux Falls (49th 5:06) 10:20 16:03.7
 - 18 11 Bryant Blahnik JR Red Wing XC Club (4th 4:55) 10:09 16:04.3
 - 19 12 Chris Mueller SR Eden Prairie (58th 5:07) 10:21 16:05.2
 - 20 x Jake Autio SR Mn-St.Michael-A (14th 4:57) 10:13 16:05.7
 - 21 13 Jake Leingang FR Demon XC Club (29th 5:00) 10:15 16:06.1
 - 22 14 Tyler Meseke JR Pleasant Valley (17th 4:57) 10:13 16:07.6
 - 23 x Evan Landes JR KS-Mulvane XC Club (41st 5:05) 10:18 16:08.7
 - 24 15 Riley Macon SO Spartan XC- Roch. Mayo (47th 5:06) 10:18 16:11.3
 - 25 16 Brian Brochman SR Stillwater XC Club (31st 5:01) 10:21 16:13.6
 - 26 x Riley Coates JR Sd-Rapids City Stevens (38th 5:05) 10:20 16:14.3
 - 27 17 Bobby Brockmueller SR Brandon Valley (34th 5:03) 10:25 16:14.5
- 28 18 John Subialka SR Wayzata XC Club (112th 5:18) 10:32 16:16.5**
(3:14, 3:23, 3:14, 3:20, 3:05)
- 29 19 Max Johnson SR Wayzata XC Club (106th 5:17) 10:32 16:17.3**
(3:14, 3:22, 3:15, 3:19, 3:07)
- 30 20 Landon Lozano SR Wayzata XC Club (64th 5:09) 10:22 16:18.3**
(3:11, 3:14, 3:15, 3:22, 3:16)
 - 31 x Cole Decker SO Ia-Dowling (43rd 5:06) 10:22 16:19.0
 - 32 21 Kyle Bratrud JR Eden Prairie (53rd 5:07) 10:24 16:19.0
 - 33 22 Zach Wittenberg SR Dutch Running- Pella, IA (21st 4:59) 10:25 16:20.3
 - 34 23 Billy Brockmueller SR Brandon Valley (36th 5:04) 10:25 16:20.5
 - 35 x Paul Yak SR Ia-Storm Lake (11th 4:56) 10:21 16:21.4
 - 36 x Michael Ellenberger SR Mn-Edina (68th 5:10) 10:27 16:22.1
 - 37 24 Marcus Huderle SR Eden Prairie (81st 5:14) 10:30 16:22.7
- 38 25 Adam Moline JR Wayzata XC Club (111th 5:18) 10:36 16:23.5**
(3:15, 3:21, 3:20, 3:23, 3:04)
 - 39 x Steven Dado JR Totino Grace (24th 4:59) 10:18 16:24.7
 - 40 x Andrew Barrett Ia-DesMoines Roosev (25th 4:59) 10:23 16:25.4
 - 41 26 Ben Saxton SO Lakeville North (66th 5:09) 10:27 16:26.3
 - 42 x Alex Johnson JR Mn-Maple Grove (13th 4:56) 10:24 16:26.9
 - 43 x Logan Sloan JR Ks-Lawrence Free State (42nd 5:05) 10:27 16:28.1
 - 44 27 Micheal Tessema SR Burnsville (89th 5:15) 10:30 16:28.7
 - 45 28 Besufekad Shannon-Tamrat- SR Hopkins (27th 5:00) 10:20 16:28.7
 - 46 x Michael Van Voorhiis SR Mn-St. Paul Central (12th 4:56) 10:23 16:28.9
 - 47 29 Sam Stoll SR Perham CC Club (65th 5:09) 10:37 16:30.5
 - 48 30 Josh Hintz SR Demon XC Club (107th 5:17) 10:36 16:31.1
- 49 31 Mark Harries JR Wayzata XC Club (123rd 5:19) 10:37 16:31.2**
(3:15, 3:23, 3:18, 3:24, 3:11)
 - 50 32 Zach Hodgson JR Alexandria XC Club (88th 5:15) 10:39 16:32.0
 - 51 33 Levi Sether JR Century XC Club (32nd 5:02) 10:30 16:32.0
 - 52 x JT McCarthy SR Ia-Burlington (16th 4:57) 10:17 5:21 16:32.2
 - 53 x Kenny Mayer SR Sd-Watertown (55th 5:07) 10:32 16:34.6
 - 54 x Kevin Lewis JR Ia-Ottumwa (19th 4:58) 10:16 16:36.4
 - 55 x Tyler Olson JR Mn-Maple Grove (28th 5:00) 10:27 5:28 16:36.60 5:21
 - 56 x Marcus Portofee SR NE South Stars(LaVista) (51st 5:07) 10:36 16:37.1
- 3. 97 Demon XC Bismarck, ND** (16:15.0)
 - 1 4 Christian Brownnotter 15:52.5
 - 2 7 Ian Wiest 15:58.5
 - 3 13 Jake Leingang 16:06.1
 - 4 30 Josh Hintz 16:31.1
 - 5 43 Brandon Barnes 16:46.6
 - 6 (56) Lucas Degree 16:59.1
 - 7 (59) Lane Kashur 16:59.9
- 4. 215 Stillwater XC Club** (16:45)
 - 1 16 Brian Brochman 16:13.6
 - 2 37 Tom Linner 16:38.7
 - 3 41 Ryan Nichols 16:44.7
 - 4 45 Wade Hall 16:48.1
 - 5 76 Nate Hanson 17:14
 - 6 (86) Gabe Hanson 17:19
 - 7 (95) Sean Bjork 17:27
- 5. 250 Brandon Valley, SD** (16:47)
 - 1 17 Bobby Brockmueller 16:14.5
 - 2 23 Billy Brockmueller 16:20.5
 - 3 36 Nathan Hauge 16:38.2
 - 4 62 Austin Hogie 17:01
 - 5 112 Ben Schultz 17:37
 - 6 (136) Blaze Kilian 18:02
 - 7 (140) Zach VanEde 18:05
- 6. 295 Perham CC Club** (16:59 1:24:55)
 - 1 29 Sam Stoll 16:31
 - 2 49 Klaus Weber 16:53
 - 3 63 Keith Schornack 17:03
 - 4 74 Nick Carignan 17:11
 - 5 80 Isaac Werner 17:17
 - 6 (82) Brandon Karels 17:17
 - 7 (87) Andrew Riestenberg 17:20
- 7. 299 Sioux Falls Roosevelt** (16:57)
 - 1 10 Tanner Ahrendt 16:04
 - 2 44 Ethan Tabbert 16:48
 - 3 53 Matt Horan 16:56
 - 4 93 Jordan Fuglestad 17:26
 - 5 99 Dylan Slaba 17:29
 - 6 (144) Tyler Nack 18:07
 - 7 (154) Adam Kost 18:34
- 8. 316 Raider Runners Shawnee Mission South, KS** (16:56)
 - 1 2 Andrew Stevens 15:45
 - 2 46 Michael Gawlick 16:49
 - 3 69 Jack Powell 17:08
 - 4 89 Will DuBois 17:21
 - 5 110 Sam Reichman 17:35
 - 6 (116) Sam Lutz 17:42
 - 7 (117) Scott Leonard 17:44

9 **334 Lakeville North**(17:04)

1 26 Ben Saxton 16:27
2 38 Joey Brenner 16:40
3 65 Sam Bach 17:04
4 84 Alex Cole 17:18
5 121 Kyle Haugen 17:47
6 (125) Connor Griffin 17:50
7 (145) Kyle Frober 18:07

10 **342 Flash RC (Cedar Falls, IA)** (17:08)

1 48 Jacob Tayloe 16:51
2 64 Jakob Stoner 17:04
3 67 Andrew Halloran 17:07
4 75 Tanner Reyhons 17:14
5 88 Joey Sevcik 17:20
6 (107) Paul Strike 17:33
7 (108) Adam Streicher 17:33

11 **346 Rosemount XC** (17:07)

1 39 Shane McCallum 16:41
2 47 Nathan Rock 16:50
3 68 Chandler Dye 17:08
4 78 Kyle Mills 17:15
5 114 Cameron Knotz 17:39
6 (119) Calvin Lehn 17:46
7 (130) Ben Dolan 17:54

12 **350 Burnsville** (17:07)

1 28 Micheal Tessema 16:29
2 55 Shane Boeser 16:59
3 81 Ochaung Akway 17:17
4 85 Erik Kollash 17:19
5 101 Micheal Bolland 17:30
6 (165) Matt Connelly 18:59

13. **354 Burlington, IA** (17:03)

1 5 Marshall Moyer 15:55
2 50 Ben Witt 16:54
3 92 Mark Foster 17:24
4 102 Josh Minard 17:30
5 105 Kaleb Sterler 17:32
6 (151) Joshua Otto 18:17
7 (152) Colin Ensminger 18:25

14. **357 Bismarck Century XC** (17:02)

1 6 Brett Kelly 15:57
2 33 Levi Sether 16:32
3 98 Matt Nicklos 17:29
4 109 Cataldo Didonna 17:34
5 111 Dylan Sether 17:37
6 (131) Cassidy Heid 17:56

15. **381 Dutch Running – Pella, IA**(17:12)

1 22 Zach Wittenberg 16:21
2 58 Nathan Buchheit 17:00
3 71 Jon Klein 17:10
4 91 Zach Buchheit 17:23
5 139 Michael Schemm 18:04
6 (162) Evan Jones 18:54
7 (166) Chris Meyers 19:00

16. **384 Alexandria XC Club** (17:12)

1 32 Zach Hodgson 16:32
2 70 Austin McCoy 17:09
3 73 Will Sieling 17:10
4 94 Dan Gorghuber 17:27
5 115 David Ohman 17:40
6 (133) Sam Vinje 17:57
7 (147) Mitch Ronning 18:12

17. **390 Marshalltown, IA** (17:14 1:26:09)

1 52 Christian Kremer 16:55
2 60 Eric Shomo 17:00
3 61 Patrick Fink 17:00
4 97 Jimma James 17:28
5 120 Austin Watts 17:46
6 (132) Luke Hood 17:56
7 (158) Mike Gettemy 18:48

57 34 James Tang SO NE- Mills Road RC (Northstar) (80th 5:14) 10:42 16:37.4

58 35 Derek Nelson JR Moorhead XC Club (119th 5:19) 10:44 16:37.6

59 36 Nathan Hauge JR Brandon Valley (40th 5:05) 10:35 16:38.2

60 37 Tom Linner SO Stillwater XC Club (44th 5:06) 10:32 16:38.7

61 38 Joey Brenner JR North Lakeville (74th 5:12) 10:37 16:39.8

62 39 Shane McCallum JR Rosemount XC (138th 5:22) 10:47 16:40.5

63 40 Sydney Madlock SR Mills Road(Northstar) (83rd 5:14) 10:44 16:43.2

64 x Brady McGuire JR Ne-North Platte (18th 4:58) 10:22 16:44.3

65 41 Ryan Nichols SR Stillwater XC Club (33rd 5:03) 10:33 16:44.7

66 42 Erick Meszaros-Jones SR Eden Prairie (82nd 5:14) 10:36 16:46.2

67 43 Brandon Barnes SR Demon XC Club (98th 5:17) 10:50 16:46.6

68 44 Ethan Tabbert SO Sioux Falls Roosev (75th 5:12) 10:45 16:47.3

69 45 Wayde Hall FR Stillwater XC Club (35th 5:03) 10:37 16:48.1

70 46 Michael Gawlick SO Raider Runners (105th 5:17) 10:45 16:48.8

71 47 Nathan Rock SO Rosemount XC (67th 5:09) 10:41 16:49.4

72 x TJ Gleason JR Sd-Sioux Falls Lincoln (118th 5:19) 10:49 16:49.6

73 x Nathan Robeck SR St Michael-Alb (45th 5:06) 10:41 16:49.9

74 x Mark Caballero SR Una-Wi-Brook (147th 5:24) 10:52 16:50.4

75 48 Jacob Tayloe SR Flash RC (71st 5:10) 10:45 16:50.5

76 x Kyle Economy SR Chaska (92nd 5:15) 10:44 16:52.7

77 49 Klaus Weber JR Perham CC Club (72nd 5:11) 10:43 16:52.8

78 50 Ben Witt JR Burlington Mutants (99th 5:17) 10:47 16:53.2

79 x Oj Ojullu JR Worthington (142nd 5:23) 10:53 16:53.6

80 51 Chirstian P. Larso JR Moorhead XC (125th 5:20) 10:49 16:54.1

81 52 Christian Kremer SO Marshalltown (128th 5:21) 10:51 16:54.3

82 x Mubarik Musa SO Worthington (6th 4:55) 10:25 16:55.1

83 53 Matt Horan JR Sioux Falls Roosev (77th 5:13) 10:46 16:55.1

84 x Connor Marshall JR Neb- Lincoln SW (39th 5:05) 10:43 16:55.1

85 x Wyatt Doop SR Orono (30th 5:01) 10:33 16:56.7

86 54 Cody Doughan SR Pleasant Val (60th 5:08) 10:41 16:56.9

87 x Kemal Jarso SR St. Paul Central (1st 4:54) 10:01 16:58.2

88 55 Shane Boeser JR Burnsville D (139th 5:23) 10:58 16:58.2

89 56 Lucas Degree SR Demon XC Club (116th 5:19) 10:48 16:59.1

90 57 Tom Fisher SO Knights XC (91st 5:15) 10:54 16:59.3

91 58 Nathan Buchheit SR Dutch Running (76th 5:13) 10:47 16:59.8

92 x Jonathan Powell SR Ne-Colum 62 5:08 10:45 16:59.8

93 59 Lane Kashur FR Demon XC Club 120 5:19 10:44 16:59.9

94 60 Eric Shomo SR Marshalltown 145 5:24 10:51 16:59.9

95 61 Patrick Fink SR Marshalltown 121 5:19 10:50 16:59.9

96 62 Austin Hogie SO Brandon Vall 57 5:07 10:47 17:00.8

97 63 Keith Schornack JR Perham CC Club 96 5:16 10:52 17:02.1

98 64 Jakob Stoner JR Flash RC 110 5:18 10:55 17:03.1

99 65 Sam Bach JR North Lakeville 103 5:17 10:51 17:03.7

100 66 John Klecker SO Hopkins Harriers 155 5:25 10:57 17:04.6

101 67 Andrew Halloran SO Flash RC 135 5:22 10:56 17:06.8

102 x Kody Fitzjerrells SO Ia-Dubuque Sr. 37 5:05 10:39 17:07.1

110 x Jeffrey Mettler SR Sd-Eurek 101 5:17 10:53 17:12.9

115 x Dillon Dodson JR Ne-Sidne 97 5:16 10:59 17:15.1

124 x Eric Sanders SO Sd-Rapid 130 5:21 11:04 17:19.2

18. **423 Mills Road** (Lincoln North Star)

1 34 James Tang 16:38
2 40 Sydney Madlock 16:44
3 77 Eric Lomison 17:15
4 124 Mohamed Hamdan 17:49
5 148 Matt Keeshahn 18:12

19. **425 Moorhead XC Club**

1 35 Derek Nelson 16:38
2 51 Chirstian P. Larson 16:55
3 104 Matt Nicolai 17:32
4 113 Nick Geraghty 17:39
5 122 Dan Sederquist 17:47
6 (123) Josh Young 17:48

20. **443 Hopkins Harriers**

1 27 Besufekad Shannon-Tamr 16:29
2 66 John Klecker 17:05
3 90 Mustaf Osman 17:21
4 96 Sam Jacobwith 17:28
5 164 Joe Klecker 18:58
6 (167) David Abel 19:05
7 (168) Mike Larson 19:13

21. **472 Knights XC** (Gr Forks Cntral, ND)

1 57 Tom Fisher 17:00
2 72 Shane Harlow 17:10
3 83 Paul Shafer 17:18
4 126 Mike Torrey 17:50
5 134 Andy Torrey 17:59 & 141 & 153

22. **504 Spartan XC (Roch Mayo)**

1 15 Riley Macon 16:12
2 79 Andrew Johnson 17:16
3 129 Billy Schimmel 17:53 & 138, 143
155, & 157

23. **509 Pleasant Valley, IA**

1 14 Tyler Meseke 16:08
2 54 Cody Doughan 16:57
3 142 Safwan Elkhatib 18:06 & 149, 150
159 & 160

24. **556 Red Wing XC Club**

1 11 Bryant Blahnik 16:05
2 106 CLeitner 17:32 & 137, 146, 156, 161
25. **608 Patriot RC** (Millard South, NE)
100, 118, 127, 128, 135, & 163

Open Race

- 1. 42 Demon XC Club**
1 3 Daniel Grassrope 17:03
2 5 Cody Humann 17:15
3 6 Austin Todd 17:19
4 12 Garrett Barnes 17:32
5 16 Alex Huizenga 17:42
6 (22) Matt Gotta 17:53
7 (25) Kyle Burke 18:05
- 2. 58 Apple Valley RC**
1 1 Sean Baddeley 16:35
2 4 Ross Nelson 17:08
3 8 Paul Frekot 17:26
4 10 Matt Bettles 17:31
5 35 Derek Mansur 18:14
6 (78) Tate Schrantz 19:24
- 3. 98 Wayzata XC Club**
1 7 Joe Meister 17:25
2 18 Aaron Breyer 17:44
3 19 Preston White 17:49
4 23 Chris Olmanson 17:55
5 31 Greg Scott 18:12
6 (38) Sam Kulberg 18:24
7 (40) Andy Kleven 18:25.83
- 4. 130 Eden Prairie**
1 9 Zach Minnich 17:30
2 14 Jonathan Young 17:39
3 30 Andrew Hansen 18:09
4 36 Bryce Ties 18:17
5 41 Henry Zurn 18:28
6 (44) Evan Olawsky 18:31
7 (60) Kyle Wargolet 18:53
- 5. 138 Farmington Tiger**
1 2 Elliot Fenske 16:44
2 21 Nick Arenberg 17:53
3 33 Chad Retterath 18:12
4 37 Levi Freetly 18:19
5 45 Carl Elmer 18:32
6 (47) Lincoln Kirchoff 18:34
7 (74) Alec Wilson 19:12
- 6. 191 Perham CC Club**
1 20 Dalton Dahms 17:52
2 34 Brady Speicher 18:13
3 39 Jordan Berns 18:26
4 43 Shane McClellan 18:30
5 55 Mark Shipman 18:44
6 (71) Luke Winterfeldt 19:04
7 (93) Tyler Kuhl 20:34
- 7. 201 Flash RC**
1 13 Jaime Zarate 17:36
2 15 Matt Adrian 17:40
3 50 Cesar Marquez 18:36
4 59 Forrest Wrede 18:51
5 64 John Paul Sevcik 18:55
- 8. 211 Pierre Area RC**
1 11 Aaron Propst 17:32
2 27 Steven Gordon 18:07
3 32 Tyler Propst 18:12
4 49 Roman Spade 18:36
5 92 Adam McMath 20:32
- 9. 221 South Fargo XC**
1 17 Jaden Radcliffe 17:43
2 29 Brandon Scheel 18:08
3 48 Ben Bitter 18:35
4 61 Aaron Wrolstad 18:53
5 66 Jayce Duffield 19:02
6 (83) Sean Ahlness 19:35
7 (96) Christian Thompson 20:41

- 10. 310 Pretty In Pink**
1 28 Frank Mignon 18:07
2 52 Ethan Cox 18:40
3 67 Josh Vander Putte 19:02
4 68 Kody Pritschau 19:03
5 95 Zach Nelson 20:36
6 (99) Connor Griess 21:10
7 (100) Josh Reno 21:11
- 11. 310 Moorhead XC Club**
1 24 Glen Ellingson 18:01
2 54 Thomas Wixo 18:43
3 58 Henry Dobbs 18:49
4 84 Joe Dooher 19:43
5 90 Andrew Fuglestad 20:01
- 12. 347 Century XC Club**
1 51 Kevin Booth 18:40
2 62 Jordan Freitag 18:55
3 72 Forrest Allan 19:04
4 77 Josh Baneck 19:18
5 85 Seth Lundberg 19:46
- 13. 357 Red Wing XC Club**
1 42 Sam Hadler 18:30
2 70 Tyler Grove 19:04
3 75 Kristian Anderson 19:14
4 81 Tanner Borgen 19:31
5 89 Trent VanLoon 19:58
6 (91) Aaron Sands 20:21
- 14. 415 Sioux Falls**
1 63 Josh Waltjer 18:55
2 65 Daniel Otamendi 18:59
3 87 Austin Johnsen 19:49
4 98 Taylor Isaacson 20:56
5 102 Alex Rueschhoff 23:11
- 15. 475 Burnsville**
1 80 Greg Reta 19:29
2 94 Jimmy Walker 20:35
3 97 Erik Steeg 20:53
4 101 Thomas Carlson 21:25
5 103 Ted Dunne 24:33
6 (104) Darrin Digman 24:36
7 (105) Erik Bain 25:19

- 1 Sean Baddeley Apple Valley RC 5:14 10:43 16:34.9
2 Elliot Fenske Farmington Tiger 5:12 10:43 16:43.4
3 Jared Noyes Una-Sd-Redfi 5:09 10:40 16:46.0
4 Kristopher Monroe 5:12 10:50 16:59.7
5 Daniel Grassrope Demon XC Club 5:09 10:40 17:02.6
6 Ross Nelson Apple Valley RC 5:21 11:02 17:07.3
7 Connor Olson Una-Mn-Maple 5:17 10:57 17:09.1
8 Cody Humann Demon XC Club 5:16 11:09 17:14.2
9 Tim Bierma Doon XC Club 5:14 11:01 17:14.9
10 Austin Todd Demon XC Club 5:13 11:01 17:18.2
11 Joe Meister Wayzata XC Club-B 5:39 11:22 17:24.6
28 Aaron Breyer Wayzata XC Club-B 5:36 11:26 17:43.4
30 Preston White Wayzata XC Club-B 5:36 11:19 17:48.5
35 Chris Olmanson Wayzata XC Club-B 5:37 11:23 17:54.0
51 Greg Scott Wayzata XC Club-B 5:38 11:41 18:11.4
61 Sam Kulberg Wayzata XC Club 5:42 11:44 18:23.7
65 Andy Kleven Wayzata XC Club-B 5:42 11:47 18:25.8
91 Davin Evans Wayzata XC Club 5:43 11:50 18:44.5
115 Kyle Li Wayzata XC Club 5:56 12:16 19:10.0
130 Andy Lindberg Wayzata XC Club 6:03 12:28 19:24.9
141 Iain McCrory Wayzata XC Club 6:02 12:41 19:47.9
143 Declan McCrory Wayzata XC Club 6:15 12:45 19:50.4
189 finishers