

LAKE RELAYS – MID-DISTANCE SPLITS at U of M

Ideal weather conditions – mid 40s, 22 mph winds, touch of snow during 3200 & 4x400

4x1600 18:11.3 (1st)

4:26.5 Josh Thorson (66, 69, 67, 64)
4:27.7 Adam Moline (66,69,67,65)
4:35.9 Nate Heintzeman (68,69,70,68)
4:41.2 Joe Meister (68,70,71,72)

1. Inde, Edina 4:26.1
- 2. Thorson, Wayz 4:26.5**
- 3. Moline, Wayz 4:27.7**
4. Kopff, Monticello 4:33.9
5. Lyndorff, Monticello 4:35.1
6. K Anderson, Mtka 4:35.2
- 7. Heintzeman, Wayz 4:35.9**
8. Stoltz, Edina 4:37.5
9. Wareham, H Sibley 4:38.7
10. LaValle, Monticello 4:39.9
11. Wagener, Edina 4:39.9
- 12. Meister, Wayz 4:41.2**
13. Duerr, Chaska 4:42.3
14. Follen, Edina 4:43.4
15. Bratrud, Eden Pr. 4:43.9
16. John Klecker, Hopkins 4:44.9
17. Jacobwith, Hopkins 4:45.6
18. Mohamed, Eden Pr 4:46.9
19. Olinger, Chisago Lakes 4:48.9
20. S Davis, Chaska 4:50.2
21. Williams, Mtka 4:52.5
22. Chisago Lakes 4:52.5
23. Heegard, Hopkins 4:52.7
24. Connealey, Chaska 4:53.4
25. P Gallagher, Hopkins 4:53.7
- 15 others

4x800 8:52.40 (5th)

2:09.7 Elliot Johnson (63,66)
2:11.2 Jack McCarty (64,67)
2:14.7 Kyle Li (64,70)
2:16.6 Davey Kulberg (63,73)

Sprint Medley 3:38.42 (1st)

46.8 Sprinters (23.5, 23.3)
52.3 Sam Lebewitz (24.1, 28.2)
1:59.0 Brian Jarvey (28, 30, 30, 31)

Distance Medley 11:19.54 (4th)

2:06.5 Preston White (62,64)
56.5 Josh Thorson
3:35.2 Matt Wilson (69,75,71)
4:41.1 Steven Donahue (67,73,72,69)

3x3200 32:02.57 (6th)

10:21.26 Derek Peterson (76,81,77,75,77,78,80,76)
10:43.00 John Emmons (78,82,78,81,82,81,82,78)
10:58.32 Iain McCrory (79,82,80,83,84,83,85,82)

1. Skaret, Mtka 9:58.69
2. Kopff, Monticello 10:00.89
3. Burke, Edina 10:04.07
4. Bratrud, Eden Pr 10:05.51
5. M Lumbar, Edina 10:09.10
6. Lyndorff, Monticello 10:15.41
7. Barrera, Henry Sibley 10:18.82
- 8. Peterson, Wayz 10:21.26**
10. LaValle, Monticello 10:26.10
9. Joe Klecker, Hopkins 10:26.29
11. Zuidera, Hopkins 10:35.53
12. Stewart, Eden Pr 10:39.50
13. L Lumbar, Edina 10:40.03
14. Gallagher, Chaska 10:40.31
15. Goldberg, Mtka 10:41.70
- 16. Emmons, Wayz 10:43.00**
17. Zurn, Eden Pr 10:43.81
18. Crook, Hopkins 10:45.92
19. Specka, Mtka 10:46.36
20. Clayburg, Chanhassen 10:52.22
- 21. I McCrory, Wayz 10:58.32**
- 6 others

4x400 3:30.67 (2nd)

51.7 Jarvey
53.1 D’Kae (24.2, 28.9)
54.3 Heintzeman (25.7, 28.6)
51.3 Moline (23.7, 27.6)