

# LAKE DEVELOPMENTAL at Hopkins High School- 73 degrees, calm, partly sunny

## 1600-

4:37.1 John VanBenschoten (70, 70, 71, 66)  
4:37.8 Bobby Rudin (70, 70, 69, 68)  
4:39.8 Jack Prazich (70, 71, 71, 67)  
4:40.2 Adam Brandt (70, 71, 71, 68)  
4:42.6 Nick Shaleen (70, 71, 72, 69)  
4:42.6 Andrew Millán (70, 71, 72, 69)  
4:46.0 Paul Epland (70, 71, 73, 72)  
4:48.1 Kevin Musliner (71, 71, 73, 73)  
4:52.0 Wes Heal (71, 74, 75, 72)  
4:52.4 Thomas Lerdall (71, 73, 75, 73)  
4:52.7 Ben Fogelberg (72, 76, 76, 68)  
4:53.3 MacCoy Benzen (72, 74, 75, 72)  
4:56.7 Bryce Allen (72, 75, 77, 72)  
4:57.7 Jacob Smith (72, 76, 76, 73)  
5:01.4 Calvin Cahill (72, 76, 77, 76)  
5:10.6 Bobby Anderson (74, 77, 82, 77)  
5:12.5 Martin Johnson (72, 75, 81, 84)

## 400-

54.8 Will Nafstad (26.6)  
55.8 Andrew Cameron (26.4)

## 800

### Heat 1

2:13.9 Joe Deters (64)  
2:15.9 K.J. Johnson (66)

### Heat 2

2:15.3 Seth Forster (65)  
2:17.3 Bradley Asmus (65)  
2:18.1 Jacob Brua (67)

### Heat 3

2:19.1 Arthur Chapman (68)  
2:23.5 Griffen Folven (68)  
2:27.4 Drew Carter (70)  
2:29.5 Jack Gossen

## Heat 4

2:27.1 Colin Lai (76)  
2:28.0 Will Cady (75)  
2:28.4 Sam Hidani (75)  
2:30.8 Kaden Dohm (76)  
2:31.8 Ben Alexander (76)  
2:32.2 Jason Dong (77)  
2:32.6 Trevor Cammack (76)  
2:32.9 Chase Devens (77)  
2:33.6 Zach Britton (80)  
2:33.9 Nate Polzin (76)  
2:34.1 Charlie Wheeler (76)  
2:34.4 Eric Deering (77)  
2:34.7 Dylan Kunkel (77)  
2:35.4 Justin Nelson (77)  
2:35.7 Jack Matuseski (77)  
2:36.0 Mitch Sorenson (77)  
2:36.8 Chris Mechelke (77)

## Heat 5

2:33.8 Tony Chen (74)  
2:34.2 Mason Anderson (75)  
2:35.0 Edward Mu (75)  
2:35.3 Joe Stanek (71)  
2:35.5 Andrew Schmidt (79)  
2:37.3 Zorez Merchant (78)  
2:38.5 Cody Hou (80)  
2:39.0 Kevin Liu (74)  
2:41.9 Jake Pavia (80)  
2:42.3 Leyton Briol (79)  
2:43.4 Austin Rudin (81)  
2:44.3 Mark Nelson (80)  
2:47.7 Aaron Schaefer (86)  
2:49.5 Rudy Meehan (86)  
2:50.1 Grant Kim (84)  
2:51.5 Bearach Leonard (91)  
2:52.2 Rohith Kommera (86)  
2:54.0 Tanner Colpitts (87)  
2:54.0 Ryan Rudin (91)

## 4x400-

3:43.8 Joe Deters 57.0, Will Nafstad 54.9, Andrew Cameron 55.5, KJ Johnson 56.4  
3:51.2 John VanBenschoten 55.2, Bobby Rudin 59.4, Andrew Millán 57.7, Nick Shaleen 58.9  
3:58.7 Jack Prazich 58.3, Adam Brandt 58.2, Paul Epland 58.6, Thomas Lerdall 63.7  
4:01.5 Wes Heal 58.7, Arthur Chapman 59.4, Seth Forster 62.8, Jack Gossen 60.6  
4:06.0 Ben Fogelberg 58.5, Calvin Cahill 63.6, Bryce Allen 60.3, Will Cady 63.7  
4:12.6 MacCoy Benzen 60.4, Kevin Musliner 61.5, Jacob Smith 65.6, Martin Johnson 65.1  
4:24.6 Zorez Merchant 64.0, Chris Mechelke 69.8, Justin Nelson 62.2, Jacob Brua 62.2