

# Lake Relays - Friday, April 15, 2016

Concordia - St. Paul Track - 70 degrees, mostly sunny, Wind: S 15-25mph (Perfect)

## 4x1600m - 17:54.60 (1st)

	Splits
4:16.16 Jaret Carpenter	65, 63, 64, 64
4:28.90 Khalid Hussein	66, 66, 68, 69
4:34.76 Grant Price	66, 66, 69, 74
4:34.78 Liban Jama	67, 68, 71, 69

## 4x800m - 8:14.68 (1st)

	Splits
2:01.7 Patrick Leonard	29.7, 31.2, 31.0, 29.8
2:00.8 Tommy Leisen	27.7, 30.0, 30.9, 32.2
2:05.5 Anders Sonnesyn	28.2, 31.2, 32.8, 33.3
2:06.4 Andrew Millan	30.3, 32.2, 31.7, 32.2

## 1600m Sprint Medley - 3:48.46 (1st)

	Splits
2:07.1 Frank Fetrow (800m)	31.4, 34.6, 29.7, 31.6

## 800m Sprint Medley - 1:40.06 (3rd)

53.4 Jaret Carpenter (400m)

## Distance Medley - 11:20.24 (2nd)

	Splits
2:08.5 Nick Shaleen (800m)	64.4, 64.1
53.5 Jack Ostapeic (400m)	
3:25.4 Wes Heal (1200m)	67.2, 68.6, 69.6
4:52.5 Nick Kerbeshian (1600m)	71.1, 72.3, 74.6, 74.5

## 3x3200m - 29:24.11 (1st)

	Splits
9:44.22 Jeremy Gilbertson	71, 76, 73, 74, 73, 75, 73, 69
9:47.84 Kyle Brandt	71, 76, 72, 74, 73, 75, 75, 72
9:52.05 Gemechu Meskele	71, 76, 72, 74, 72, 76, 76, 75

## 4x400m - 3:26.89 (1st)

51.9 Andrew Millan