

Lake Conference Championships - Thursday, October 10, 202

Gale Woods Farm - (Perfect!)

Varsity Race - 3rd place (73 pts.)

Runner	1K	2K	3K	4K	Finish	Splits				
4 Alex Haag	3:07	6:27	9:40	12:59	15:54.5	3:07	3:20	3:13	3:19	2:55
9 Connor Viera	3:12	6:35	9:55	13:20	16:26.2	3:12	3:23	3:20	3:25	3:06
14 Blake Knutson	3:13	6:37	9:58	13:27	16:33.4	3:13	3:24	3:21	3:29	3:06
20 Samarth Raj	3:13	6:37	9:58	13:32	16:41.4	3:13	3:24	3:21	3:34	3:09
26 Hudson McMillan	3:17	6:50	10:20	13:58	17:06.3	3:17	3:33	3:30	3:38	3:08
28 Dan Salatino	3:14	6:44	10:13	13:50	17:07.6	3:14	3:30	3:29	3:37	3:17
29 Abdirisq Robleh	3:13	6:37	10:02	13:47	17:09.0	3:13	3:24	3:25	3:45	3:22
35 Ian Holst	3:16	6:51	10:25	14:11	17:19.9	3:16	3:35	3:34	3:46	3:09
36 Thomas Barrett	3:10	6:36	10:27	14:12	17:20.2	3:10	3:26	3:51	3:45	3:08
41 Matthew Jenneke	3:14	6:42	10:14	13:59	17:27.9	3:14	3:28	3:32	3:45	3:29
50 Thomas Berndt	3:18	6:57	10:37	14:30	17:56.2	3:18	3:39	3:40	3:53	3:26
51 Tal Havelio	3:12	6:38	10:18	14:13	17:59.4	3:12	3:26	3:40	3:55	3:46

69 Finishers

Junior Varsity Race - 1st place (20 pts.)

Runner	1K	2K	3K	4K	Finish	Splits				
2 Hudson Pawlowski	3:22	7:04	10:40	14:21	17:29.3	3:22	3:42	3:36	3:41	3:08
3 Ryan Salatino	3:25	7:07	10:40	14:21	17:29.5	3:25	3:42	3:33	3:41	3:08
4 Charlie Williams	3:23	7:01	10:36	14:22	17:41.7	3:23	3:38	3:35	3:46	3:19
5 Nolan Wandler	3:25	7:08	10:43	14:24	17:44.0	3:25	3:43	3:35	3:41	3:20
6 Grant Chabot	3:21	7:08	10:50	14:29	17:45.6	3:21	3:47	3:42	3:39	3:16
8 Liam Helm	3:23	7:05	10:40	14:24	17:47.5	3:23	3:42	3:35	3:44	3:23
9 Aidric Pfeifer	3:24	7:08	10:47	14:30	17:50.7	3:24	3:44	3:39	3:43	3:20
11 Matthew Wang	3:25	7:08	10:45	14:31	17:54.3	3:25	3:43	3:37	3:46	3:23
12 Sam Linman	3:38	7:20	10:57	14:37	17:54.5	3:38	3:42	3:37	3:40	3:17
13 Owen Horsley	3:24	7:02	10:41	14:32	17:59.3	3:24	3:38	3:39	3:51	3:27
14 Charlie Foss	3:26	7:09	10:48	14:37	18:04.1	3:26	3:43	3:39	3:49	3:27
16 Troy Tong	3:35	7:21	10:59	14:44	18:08.6	3:35	3:46	3:38	3:45	3:24
23 Tanner Stoltenberg	3:39	7:25	11:06	14:58	18:24.9	3:39	3:46	3:41	3:52	3:27
28 Steven Hawkins	3:35	7:21	11:09	15:11	18:37.7	3:35	3:46	3:48	4:02	3:26
29 Aidan Coutu	3:36	7:25	11:11	15:05	18:39.1	3:36	3:49	3:46	3:54	3:34
30 Noam Havelio	3:40	7:30	11:18	15:11	18:39.7	3:40	3:50	3:48	3:53	3:28
35 Lachlan Ruffing	3:33	7:20	11:11	15:20	18:49.2	3:33	3:47	3:51	4:09	3:29
38 Lukas Meyer	3:49	7:42	11:28	15:21	18:53.3	3:49	3:53	3:46	3:53	3:32
39 Zubin Sinha	3:53	7:48	11:33	15:27	18:54.4	3:53	3:55	3:45	3:54	3:27
40 Evan Furcht	3:35	7:21	11:06	15:10	18:56.3	3:35	3:46	3:45	4:04	3:46
44 Grant Pearson	3:49	7:44	11:34	15:29	19:00.2	3:49	3:55	3:50	3:55	3:31
45 Henry Wandler	3:37	7:35	11:32	15:36	19:01.1	3:37	3:58	3:57	4:04	3:25
46 Leonardo Ramirez	3:41	7:30	11:21	15:21	19:01.3	3:41	3:49	3:51	4:00	3:40
49 Jack Dudycha	3:54	7:49	11:40	15:36	19:06.9	3:54	3:55	3:51	3:56	3:31

50	Ethan Kim	3:55	7:49	11:34	15:27	19:07.8	3:55	3:54	3:45	3:53	3:41
	Runner	1K	2K	3K	4K	Finish	Splits				
55	Mitaunshu Agrawal	3:51	7:52	11:46	15:41	19:13.6	3:51	4:01	3:54	3:55	3:32
60	Jas Thephanonxay	3:49	7:44	11:38	15:45	19:22.8	3:49	3:55	3:54	4:07	3:38
61	Jack Lueder	3:36	7:34	11:31	15:37	19:23.7	3:36	3:58	3:57	4:06	3:46
63	Jonathan Marshall	3:49	7:43	11:38	15:46	19:26.0	3:49	3:54	3:55	4:08	3:40
66	Graham Hedtke	3:54	7:54	11:53	16:02	19:33.3	3:54	4:00	3:59	4:09	3:31
69	Aiden Murray	3:52	7:52	11:48	15:56	19:34.3	3:52	4:00	3:56	4:08	3:38
74	James Tanaka	3:41	7:39	11:38	15:58	19:41.1	3:41	3:58	3:59	4:20	3:43
76	James Caine	3:54	7:56	11:56	16:01	19:42.1	3:54	4:02	4:00	4:05	3:41
81	Jaden Van Heel	3:55	8:00	11:59	16:08	19:48.2	3:55	4:05	3:59	4:09	3:48
83	Luke Schirack	4:00	8:00	11:57	16:06	19:53.3	4:00	4:00	3:57	4:09	3:47
97	Oliver Martinson	4:12	8:21	12:18	16:33	20:13.0	4:12	4:09	3:57	4:15	3:40
98	Maurya Jakkaraju	4:05	8:14	12:19	16:33	20:13.5	4:05	4:09	4:05	4:14	3:40
100	Eshaan Parnerkar	4:10	8:21	12:23	16:33	20:17.1	4:10	4:11	4:02	4:10	3:44
104	Carter Herness	4:06	8:20	12:24	16:41	20:27.4	4:06	4:14	4:04	4:17	3:46
107	Will Goodrich	4:23	8:42	12:53	17:03	20:31.3	4:23	4:19	4:11	4:10	3:28
116	Ethan Parr	4:14	8:30	12:44	17:04	20:46.2	4:14	4:16	4:14	4:20	3:42
128	Quentin Freeman	4:14	8:30	12:44	17:06	21:05.4	4:14	4:16	4:14	4:22	3:59
129	Jacob Scott	4:06	8:27	12:41	17:06	21:11.9	4:06	4:21	4:14	4:25	4:06
133	Kieran Finnegan	4:25	9:00	13:10	17:35	21:18.2	4:25	4:35	4:10	4:25	3:43
135	Connor Meyers	4:16	8:38	13:02	17:39	21:24.0	4:16	4:22	4:24	4:37	3:45
136	Jude Potratz	4:16	8:38	13:02	17:39	21:27.3	4:16	4:22	4:24	4:37	3:48
151	Dean Aiken	4:17	8:45	13:08	17:50	21:56.2	4:17	4:28	4:23	4:42	4:06
155	Iain Nyland	4:16	8:43	13:10	17:58	22:03.3	4:16	4:27	4:27	4:48	4:05
156	Gavin Rydland	4:24	8:57	13:24	18:08	22:03.6	4:24	4:33	4:27	4:44	3:55
157	Mohan Atkuri	4:28	9:03	13:33	18:09	22:04.0	4:28	4:35	4:30	4:36	3:55
158	Michael Ostrow	4:24	8:56	13:19	18:00	22:08.0	4:24	4:32	4:23	4:41	4:08
160	Harrison Aiken	4:25	9:04	13:31	18:09	22:15.8	4:25	4:39	4:27	4:38	4:07
167	Kierran Monical	4:39	9:18	13:54	18:44	22:41.6	4:39	4:39	4:36	4:50	3:57
168	JJ Madsen	4:19	9:00	13:38	18:55	22:42.8	4:19	4:41	4:38	5:17	3:48
171	Sam Hagen	4:16	8:37	12:53	17:18	22:52.2	4:16	4:21	4:16	4:25	5:34
172	Tristan Canole	4:25	9:06	13:49	18:40	22:52.8	4:25	4:41	4:43	4:51	4:13
174	Aryan Nayak	4:24	9:04	13:40	18:33	22:55.9	4:24	4:40	4:36	4:53	4:23
176	Nate Bolin-Lewis	4:29	9:37	14:36	19:25	23:09.8	4:29	5:08	4:59	4:49	3:45
195	Ryan Oswald	4:51	9:54	14:48	20:00	24:38.4	4:51	5:03	4:54	5:12	4:38
207	Kalsang Agantsang	4:53	10:17	15:23	20:58	25:51.1	4:53	5:24	5:06	5:35	4:53

