

Lake Conference Championships - Wednesday, May 21, 2025

St. Michael-Albertville HS - 50 degrees, lt. rain, wind 5-10mph (Perfect!)

4x800m Relay - 8:09.44 (2nd) Splits

1:58.90	Will Weber	29.4, 30.4, 29.9, 29.2
2:02.80	Thomas Barrett	29.8, 30.4, 31.4, 31.2
2:01.20	Jack Kahlstorf	29.5, 30.0, 30.8, 30.9
2:06.10	Dan Salatino	30.0, 31.5, 32.2, 32.4

1600m

4:27.33	Thomas Berndt	65.7, 66.9, 68.9, 65.7
4:30.29	Hudson McMillan	66.8, 67.5, 69.2, 66.8
4:31.24	Will Chabot	66.1, 67.6, 69.9, 67.5
4:31.90	Matthew Jenneke	66.8, 67.7, 69.4, 68.0
4:33.26	Abdirisaq Robleh	67.1, 66.9, 69.3, 69.9
4:41.66	Nolan Wandler	69.0, 71.9, 70.5, 70.2
4:44.12	Hudson Pawlowski	69.4, 72.8, 71.7, 70.2
4:48.88	Liam Helm	69.7, 73.2, 73.0, 73.0

400m

53.01	Graham Hedtke
54.26	Kiki Burmester
55.11	Lachlan Ruffing

800m

1:57.69	Evan Furcht	57.95, 59.74
1:58.84	Connor Viera	58.05, 60.78
1:59.20	Matthew Adams	57.62, 61.57
2:00.75	Alex Haag	57.77, 62.97
2:04.75	Jack Kahlstorf	63.36, 61.38
2:04.77	Thomas Barrett	59.33, 65.43

3200m

9:49.20	Ian Holst	70.1, 71.8, 76.8, 76.8, 76.2, 74.9, 71.8, 70.7
9:53.56	Tal Havalio	69.8, 70.8, 73.3, 73.9, 75.7, 76.0, 76.8, 77.3
10:20.12	Samarth Raj	74.1, 77.1, 77.8, 77.6, 78.5, 79.2, 79.7, 76.1
10:23.04	Troy Tong	75.9, 76.3, 77.3, 78.1, 78.8, 80.5, 80.1, 76.0
10:30.67	Owen Horsley	76.1, 77.2, 79.4, 80.4, 80.9, 82.6, 80.6, 73.5
10:30.68	Ryan Salatino	76.4, 76.3, 78.2, 79.8, 80.6, 82.9, 81.9, 74.5
10:36.04	Sam Linman	76.8, 76.8, 78.7, 79.2, 81.6, 84.2, 84.4, 74.2
10:40.16	Matthew Wang	76.5, 76.9, 78.6, 79.9, 80.1, 83.1, 84.4, 80.5

4x400m Relay

53.1	Dan Salatino
51.6	Will Weber
52.3	Parker Milkes
52.7	Thomas Berndt