

Lake Conference Relays - Friday, April 11, 2025

Aerie Stadium (EP) - 55-60 degrees, sunny (Perfect!)

4x800m Relay - A (8:12.90 - 3 Splits)

2:03.9 Elliot Williams 30.3, 31.4, 32.1, 30.1
2:03.1 Abdirisq Robleh 28.4, 30.3, 31.0, 33.4
2:03.2 Thomas Berndt 28.4, 31.9, 31.1, 31.8
2:02.5 Evan Furcht 28.0, 32.7, 31.7, 30.1

4x800m Relay - B (8:28.28 - 4 Splits)

2:06.8 Will Chabot 30.7, 31.8, 32.3, 32.0
2:09.5 Jack Kahlstorf 31.8, 31.3, 33.7, 32.7
2:02.8 Dan Salatino 27.9, 30.9, 31.8, 32.3
2:08.9 Graham Hedtke 29.7, 32.2, 34.2, 32.8

4 x 1600m (Individual)

4:29.83 Connor Viera 67, 68, 68, 66.8
4:32.80 Ian Holst 68, 67, 69, 68.8
4:33.39 Thomas Barrett 67, 68, 69, 69.4
4:33.41 Tal Havelio 68, 69, 69, 67.4

800m (Individual)

1:58.23 Matthew Adams 28.3, 31.5, 28.1, 30.5
2:04.38 Abdirisq Robleh 29.5, 31.8, 31.4, 31.7
2:05.88 Jack Kahlstorf 30.1, 32.0, 31.7, 32.1
2:08.12 Will Chabot 29.6, 32.9, 32.8, 32.8

1600m Sprint Medley

54.4 Graham Hedtke (400m)
2:02.1 Thomas Berndt (800m) 57.1, 65.0

Splits

4 x 3200m (Individual)

9:24.25 Will Weber 69,70,71,73,74,73,71,63.2
9:24.61 Alex Haag 69,71,70,73,74,73,71,63.6
9:48.67 Matthew Jenneke 70,71,71,77,75,76,78,70.7
9:58.78 Blake Knutson 72,76,75,75,78,77,77,68.8

4x400m Relay

53.8 Will Hable
50.5 Matthew Adams
51.1 Evan Furcht
54.7 Connor Viera