

Nike Cross Nationals Heartland Regional
Yankton Trails, Sioux Falls, SD
November 15th, 2008
Boys Open 5k Race

Place	No.	Name	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1	317	Shane Warehime	NW Iowa X-C	5:12	10:24	5:13	6:12	16:34.86	5:21
2	548	Karl Kabarowsk	Wayzata XC Club	5:22	10:40	5:19	6:08	16:46.81	5:25
3	781	Christopher Ma		5:16	10:33	5:17	6:18	16:49.66	5:25
4	246	Cole Toepfer	Lake Conference TC	5:16	10:33	5:18	6:18	16:49.97	5:26
5	53	Levi Sether	Century XC Club	5:16	10:35	5:19	6:17	16:51.07	5:26
6	767	Jake Gerber		5:19	10:40	5:22	6:16	16:55.05	5:27
7	773	Marcus Huderle		5:14	10:35	5:21	6:22	16:56.44	5:28
8	764	Kyle Bratrud		5:13	10:34	5:21	6:29	17:01.45	5:29
9	471	Marcus Portofe	South STARS	5:17	10:38	5:21	6:25	17:01.90	5:29
10	790	Tom Peterson		5:11	10:34	5:23	6:31	17:03.25	5:30
11	771	Jarid Holliday						17:03.26	5:30
12	208	Tyler Olson	Grove RC	5:14	10:40	5:26	6:25	17:03.82	5:30
13	547	Mark Harries	Wayzata XC Club	5:25	10:47	5:23	6:24	17:09.68	5:32
14	17	Nate Reyne	Adrian X-Tra Mile Club	5:19	10:46	5:27	6:32	17:16.32	5:34
15	797	Tyler Stevens		5:16	10:36	5:20	6:42	17:16.99	5:34
16	792	Sam Read		5:22	10:50	5:28	6:30	17:18.89	5:35
17	243	Brian Anderson	Lake Conference TC	5:17	10:44	5:28	6:40	17:23.00	5:36
18	545	Evan Day	Wayzata XC Club	5:21	10:40	5:20	6:45	17:24.11	5:37
19	315	Taylor Huseman	NW Iowa X-C	5:19	10:53	5:34	6:34	17:25.32	5:37
20	761	Rob Allen		5:21	10:51	5:31	6:35	17:25.53	5:37
21	799	Logon Vogt		5:21	10:51	5:31	6:37	17:26.20	5:37
22	779	Riley Macon		5:21	10:55	5:34	6:34	17:27.78	5:38
23	769	Chad Gutschenr		5:24	10:57	5:34	6:32	17:28.69	5:38
24	549	John Subialka	Wayzata XC Club	5:32	11:03	5:32	6:27	17:28.93	5:38
25	319	Jay Welp	NW Iowa X-C	5:19	10:52	5:34	6:39	17:30.83	5:39
26	185	Brad McConn	Fargo South RC	5:21				17:32.30	5:39
27	289	Derek Schnell	Mills Road RC	5:26	11:08	5:42	6:28	17:34.58	5:40
28	258	Zach Brintz	Lino Lakes XC Club	5:21	10:57	5:37	6:39	17:34.59	5:40
29	776	John Klecker		5:46	11:17	5:31	6:21	17:37.73	5:41
30	770	Josh Hanks		5:26	11:03	5:38	6:37	17:38.87	5:41
31	33	Connor Gibson	Blair XC Club	5:20	10:55	5:36	6:45	17:39.02	5:41
32	788	Erick Pence		5:24	11:07	5:43	6:35	17:40.20	5:42
33	577	Chris Olmanson	Wayzata XC Club-B	5:32	11:03	5:31	6:42	17:43.63	5:43
34	510	Trevor Urkoski	T-Money	5:24	10:58	5:35	6:49	17:45.73	5:44
35	796	Kaleb Seaton		5:23	11:02	5:40	6:45	17:46.39	5:44
36	287	Eric Lomison	Mills Road RC	5:26	11:08	5:43	6:40	17:47.26	5:44
37	648	Trevor Little	Yep. Athletics	5:21	11:06	5:46	6:43	17:48.37	5:44
38	576	Ben Millis	Wayzata XC Club-B	5:42	11:19	5:37	6:30	17:48.41	5:44
39	798	Clay Thomas		5:26	11:02	5:37	6:48	17:49.05	5:45
40	791	Shawn Poellet		5:22	11:02	5:40	6:49	17:49.35	5:45

Nike Cross Nationals Heartland Regional
Yankton Trails, Sioux Falls, SD
November 15th, 2008
Boys Open 5k Race

Place	No.	Name	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
41	290	James Tang	Mills Road RC	5:31	11:13	5:42	6:40	17:51.78	5:45
42	244	Eddie Demaster	Lake Conference TC	5:32	11:11	5:40	6:42	17:51.87	5:45
43	16	Chris Reisdorf	Adrian X-Tra Mile Club	5:19	11:03	5:45	6:51	17:53.28	5:46
44	760	Tyler Aldren		5:32	11:14	5:43	6:41	17:54.66	5:46
45	318	Alex Warnke	NW Iowa X-C	5:27	11:15	5:48	6:42	17:55.71	5:47
46	575	Andy Kleven	Wayzata XC Club-B	5:34	11:19	5:45	6:38	17:56.32	5:47
47	341	Andrew Riesten	Perham XC Club	5:41	11:23	5:42	6:35	17:56.39	5:47
48	15	Jordan Pater	Adrian X-Tra Mile Club	5:33	11:19	5:46	6:39	17:57.21	5:47
49	107	Coty Hintz	Demon XC Club	5:28	11:17	5:49	6:43	17:58.20	5:48
50	782	Kyle Mills		5:27	11:11	5:44	6:48	17:58.25	5:48
51	184	Mitch Bauske	Fargo South RC	5:29	11:20	5:51	6:40	17:58.41	5:48
52	546	Ryan Frisbie	Wayzata XC Club	5:34	11:19	5:46	6:42	18:00.18	5:48
53	778	Ian Lynch		5:33	11:16	5:43	6:45	18:00.74	5:48
54	772	Jordan Hoyt		5:42	11:24	5:43	6:38	18:01.07	5:48
55	470	Spencer Granvi	South STARS	5:36	11:20	5:45	6:42	18:01.26	5:49
56	288	Taylor Lucas	Mills Road RC	5:31	11:18	5:48	6:45	18:02.01	5:49
57	108	Josh Thornton	Demon XC Club	5:43	11:25	5:42	6:40	18:04.27	5:49
58	458	Alex Lugo	Sioux Falls XC Club	5:30	11:16	5:47	6:50	18:04.40	5:50
59	326	Kellen Braren	Pequot Lakes XC Club	5:20	11:16	5:56	6:50	18:05.14	5:50
60	454	Josh Anderson	Sioux Falls XC Club	5:40	11:26	5:47	6:40	18:05.15	5:50
61	647	Austin Cotant	Yep. Athletics	5:31	11:18	5:48	6:49	18:05.79	5:50
62	473	Tommy Stuart	South STARS	5:32	11:15	5:43	6:52	18:06.17	5:50
63	49	Nathan Jangula	Century XC Club	5:41	11:23	5:42	6:44	18:06.49	5:50
64	786	Mustaf Osman		5:47	11:28	5:42	6:41	18:07.77	5:51
65	574	Max Johnson	Wayzata XC Club-B	5:33	11:18	5:45	6:52	18:09.04	5:51
66	188	Jaden Radcliff	Fargo South RC	5:34	11:21	5:48	6:50	18:09.77	5:51
67	802	Mitch Wink		5:42	11:25	5:44	6:47	18:10.96	5:52
68	780	Alexander Mark		5:28	11:17	5:49	6:57	18:12.97	5:52
69	777	Dave Kroon		5:30	11:23	5:54	6:51	18:13.14	5:52
70	301	Matt Harrison	Mound Westonka XC Club	5:31	11:25	5:54	6:50	18:13.64	5:53
71	338	Joe Berns	Perham XC Club	5:45	11:34	5:50	6:44	18:16.34	5:53
72	198	Kyle Cook	Flandreau Indian School	5:27	11:14	5:47	7:12	18:24.65	5:56
73	409	Alex Nelson	Red Wing XC Club	5:25	11:22	5:57	7:06	18:26.92	5:57
74	573	Davin Evans	Wayzata XC Club-B	5:44	11:32	5:49	6:59	18:30.13	5:58
75	18	Zach Runia	Adrian X-Tra Mile Club	5:41	11:33	5:52	7:01	18:33.20	5:59
76	774	Andrew Johnson		5:43	11:31	5:48	7:04	18:33.54	5:59
77	410	Matt Riley	Red Wing XC Club	5:36	11:33	5:58	7:04	18:36.17	6:00
78	459	Dylan Slaba	Sioux Falls XC Club	5:46	11:39	5:54	6:59	18:36.78	6:00
79	342	Brady Spiecher	Perham XC Club	5:44	11:36	5:52	7:01	18:36.91	6:00
80	625	Matt Weitzel	Willmar Winged Foot RC	5:43	11:40	5:58	6:58	18:37.06	6:00

Nike Cross Nationals Heartland Regional
Yankton Trails, Sioux Falls, SD
November 15th, 2008
Boys Open 5k Race

Place	No.	Name	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
81	501	Beau Schmitz	The Ultimate Warriors	5:49	11:40	5:51	7:04	18:43.17	6:02
82	624	Danny Voss	Willmar Winged Foot RC	5:42	11:35	5:54	7:13	18:46.77	6:03
83	358	Sean Snyder	Pierre Area RC	5:40	11:41	6:01	7:10	18:49.99	6:04
84	52	Nikko Raymo	Century XC Club	5:42	11:43	6:01	7:11	18:52.14	6:05
85	47	Matt Walker	Burnsville XC	5:52	11:55	6:04	6:58	18:52.65	6:05
86	467	Nathan Feldman	South STARS	5:42	11:45	6:03	7:09	18:53.18	6:05
87	408	Casey Murnane	Red Wing XC Club	5:32	11:38	6:07	7:17	18:53.93	6:05
88	794	Billy Schimmel		5:51	11:50	5:59	7:06	18:55.00	6:06
89	14	Kyle Henning	Adrian X-Tra Mile Club	5:40	11:36	5:56	7:21	18:55.33	6:06
90	456	Wyatt Jackson	Sioux Falls XC Club	5:50	11:59	6:09	6:58	18:55.53	6:06
91	811	Ryan Brown	Lino Lakes XC Club	5:50	11:53	6:04	7:06	18:58.25	6:07
92	339	Jordan Berns	Perham XC Club	6:00	12:00	6:01	7:01	18:59.83	6:07
93	327	Adison Runberg	Pequot Lakes XC Club	5:42	11:58	6:17	7:06	19:03.26	6:08
94	803	Tom Wixo		5:44	11:54	6:11	7:11	19:03.86	6:09
95	453	Jordan Alberts	Sioux Falls XC Club	5:46	11:46	6:01	7:19	19:04.94	6:09
96	325	Jake Braam	Pequot Lakes XC Club	5:45	11:51	6:07	7:16	19:06.27	6:09
97	775	Blaze Kilian		5:45	11:58	6:13	7:12	19:08.15	6:10
98	622	Tom Lapatka	Willmar Winged Foot RC	5:49	11:57	6:09	7:13	19:08.76	6:10
99	189	Aaron Wrolstad	Fargo South RC	5:56	12:05	6:10	7:04	19:08.90	6:10
100	106	Daryl Berger	Demon XC Club	5:38	11:48	6:11	7:24	19:11.11	6:11
101	211	John Thompson	Grove RC	5:59	12:02	6:03	7:10	19:11.18	6:11
102	469	Michael Floran	South STARS	5:51	11:58	6:07	7:15	19:12.34	6:11
103	186	Ethan Norstog	Fargo South RC	6:03	12:10	6:08	7:04	19:12.81	6:12
104	800	Chase Ward		5:52	12:04	6:13	7:10	19:13.00	6:12
105	205	Daniel Broman	Grove RC	5:59	12:02	6:04	7:17	19:18.22	6:13
106	340	Dalton Dahms	Perham XC Club	5:59	12:11	6:12	7:09	19:18.60	6:13
107	242	Mike Torrey	Knights XC	5:40	11:58	6:18	7:23	19:20.21	6:14
108	51	Justin Lepp	Century XC Club	5:50	12:08	6:19	7:18	19:24.85	6:15
109	206	Tommy Gibson	Grove RC	5:59	12:10	6:11	7:18	19:26.13	6:16
110	784	Joseph O'Neil		5:52	12:04	6:12	7:24	19:26.31	6:16
111	19	Brett Springma	Adrian X-Tra Mile Club	6:01	12:14	6:14	7:16	19:29.17	6:17
112	34	Kent Carlson	Blake XC	6:03	12:18	6:16	7:14	19:31.35	6:18
113	572	Peter Bache-Wi	Wayzata XC Club-B	5:57	12:25	6:28	7:09	19:32.98	6:18
114	457	Lance Johnson	Sioux Falls XC Club					19:38.23	6:20
115	200	Joe Skunkcap	Flandreau Indian School	6:06	12:22	6:17	7:19	19:39.88	6:20
116	472	Blake Smith	South STARS	5:53	12:15	6:23	7:27	19:41.09	6:21
117	801	Steffen Willia		6:21	12:42	6:21	7:01	19:41.59	6:21
118	286	Brian Foote	Mills Road RC	5:52	12:17	6:25	7:26	19:42.08	6:21
119	762	Matthew Barret		6:10	12:30	6:20	7:16	19:44.87	6:22
120	810	Casey Roberts	Grove RC	5:59	12:17	6:19	7:33	19:49.39	6:23

Nike Cross Nationals Heartland Regional
 Yankton Trails, Sioux Falls, SD
 November 15th, 2008
 Boys Open 5k Race

Place	No.	Name	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
121	324	Jordan Anderso	Pequot Lakes XC Club	5:49	12:23	6:35	7:28	19:50.43	6:24
122	765	Eric Burns		5:52	12:22	6:30	7:31	19:52.09	6:24
123	407	Wyland Gabe	Red Wing XC Club	6:10	12:39	6:30	7:19	19:56.87	6:26
124	620	Garrett Ericks	Willmar Winged Foot RC	5:59	12:35	6:37	7:24	19:57.55	6:26
125	455	Rob Atkins	Sioux Falls XC Club	5:53	12:29	6:36	7:38	20:05.42	6:28
126	44	Sean O'Brien	Burnsville XC	6:23	12:56	6:33	7:20	20:14.19	6:31
127	199	Daniel Grassro	Flandreau Indian School	5:46	12:16	6:30	8:02	20:17.02	6:32
128	623	Mursal Shire	Willmar Winged Foot RC	6:06	12:35	6:30	7:47	20:21.11	6:34
129	207	Jack Hickey	Grove RC	6:08	12:43	6:35	7:39	20:21.39	6:34
130	795	Steven Schimme		6:29	13:04	6:36	7:31	20:34.09	6:38
131	42	Thomas Carlson	Burnsville XC	6:18	12:56	6:38	7:43	20:37.99	6:39
132	183	Sawyer Barglof	Fargo South RC	6:14	12:57	6:44	7:47	20:43.16	6:41
133	50	Jon Lepp	Century XC Club	6:18	13:02	6:45	7:45	20:46.62	6:42
134	201	Trudell Slow B	Flandreau Indian School	6:10	13:03	6:53	7:51	20:52.54	6:44
135	13	Justin Feit	Adrian X-Tra Mile Club	6:02	12:46	6:45	8:13	20:58.31	6:46
136	768	Michael Goodal		6:32	13:36	7:04	7:34	21:09.01	6:49
137	187	Andrew Okland	Fargo South RC	6:21	13:25	7:05	7:56	21:19.99	6:52
138	311	Ryan Klima	Norfolk Optimist Club (R	6:29	13:25	6:57	7:56	21:20.42	6:53
139	785	Dustin Ortman		6:23	13:25	7:03	8:22	21:46.13	7:01
140	209	Ben Rickets	Grove RC	6:44	13:48	7:05	8:11	21:58.12	7:05
141	357	Adam McMath	Pierre Area RC	6:29	13:53	7:25	9:23	23:15.42	7:30
142	138	Matt Herbert	East Sioux Falls	6:33	13:54	7:22	10:02	23:55.69	7:43
143	176	Derrick Debuhr	Elk Point Trail Blazers	7:14	15:17	8:04	9:03	24:19.41	7:50
144	45	Sutton Rehwald	Burnsville XC	8:29	15:41	7:13	10:56	26:36.23	8:34
145	46	Aaron Steeg	Burnsville XC	8:29				26:48.99	8:38
146	255	Ian Shaffer	League of Extraordinary	8:29				27:35.36	8:53
147	313	Matt Cahalan	NW Iowa X-C	5:13					
148	35	Stewart Richar	Blake XC	5:20					

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com

Nike Cross Nationals Heartland Regional
 Yankton Trails, Sioux Falls, SD
 November 15th, 2008
 ===== BOYS TEAM SCORE =====
 High School Open Race

1.	41	Wayzata XC Club	(17:23 1:26:52)
=====			
1	1	Karl Kabarowski	16:47
2	5	Mark Harries	17:10
3	7	Evan Day	17:25
4	8	John Subialka	17:29
5	20	Ryan Frisbie	18:01
2.	97	Wayzata XC Club-B	(18:03 1:30:11)
=====			
1	11	Chris Olmanson	17:44
2	13	Ben Millis	17:49
3	16	Andy Kleven	17:57
4	27	Max Johnson	18:10
5	30	Davin Evans	18:31
6	(53)	Peter Bache-Wig	19:33
3.	109	Adrian X-Tra Mile Club	(18:08 1:30:39)
=====			
1	6	Nate Reyne	17:17
2	15	Chris Reisdorfer	17:54
3	18	Jordan Pater	17:58
4	31	Zach Runia	18:34
5	39	Kyle Henning	18:56
6	(52)	Brett Springman	19:30
7	(66)	Justin Feit	20:59
4.	114	Mills Road RC	(18:13 1:31:01)
=====			
1	10	Derek Schnell	17:35
2	12	Eric Lomison	17:48
3	14	James Tang	17:52
4	22	Taylor Lucas	18:03
5	56	Brian Foote	19:43
5.	133	South STARS	(18:16 1:31:18)
=====			
1	3	Marcus Portofee	17:02
2	21	Spencer Granville	18:02
3	25	Tommy Stuart	18:07
4	38	Nathan Feldmann	18:54
5	46	Michael Florance	19:13
6	(55)	Blake Smith	19:42
6.	147	Fargo South RC	(18:25 1:32:04)
=====			
1	9	Brad McConn	17:33
2	19	Mitch Bauske	17:59
3	28	Jaden Radcliffe	18:10
4	44	Aaron Wrolstad	19:09
5	47	Ethan Norstog	19:13
6	(64)	Sawyer Barglof	20:44
7	(67)	Andrew Okland	21:20

7.	161	Sioux Falls XC Club	(18:34	1:32:49)
=====				
1	23	Alex Lugo	18:05	
2	24	Josh Anderson	18:06	
3	32	Dylan Slaba	18:37	
4	40	Wyatt Jackson	18:56	
5	42	Jordan Albertson	19:05	
6	(54)	Lance Johnson	19:39	
7	(59)	Rob Atkins	20:06	
=====				
8.	169	Perham XC Club	(18:38	1:33:10)
=====				
1	17	Andrew Riestenberg	17:57	
2	29	Joe Berns	18:17	
3	33	Brady Spiecher	18:37	
4	41	Jordan Berns	19:00	
5	49	Dalton Dahms	19:19	
=====				
9.	179	Century XC Club	(18:49	1:34:04)
=====				
1	2	Levi Sether	16:52	
2	26	Nathan Jangula	18:07	
3	36	Nikko Raymo	18:53	
4	50	Justin Lepp	19:25	
5	65	Jon Lepp	20:47	
=====				
10.	205	Grove RC	(18:59	1:34:52)
=====				
1	4	Tyler Olson	17:04	
2	45	John Thompson	19:12	
3	48	Daniel Broman	19:19	
4	51	Tommy Gibson	19:27	
5	57	Casey Roberts	19:50	
6	(62)	Jack Hickey	20:22	
7	(68)	Ben Rickets	21:59	
=====				
11.	231	Willmar Winged Foot RC	(19:23	1:36:54)
=====				
1	34	Matt Weitzel	18:38	
2	35	Danny Voss	18:47	
3	43	Tom LaPatka	19:09	
4	58	Garrett Erickson	19:58	
5	61	Mursal Shire	20:22	
=====				
12.	299	Burnsville XC	(22:39	1:53:12)
=====				
1	37	Matt Walker	18:53	
2	60	Sean O'Brien	20:15	
3	63	Thomas Carlson	20:38	
4	69	Sutton Rehwaldt	26:37	
5	70	Aaron Steeg	26:49	