

Nike Cross Regionals - Heartland

Sunday, November 13, 2016

Yankton Trail Park, Sioux Falls, SD

60 degrees and sunny with 10 mph winds

<u>Place</u>	<u>Championship - 5th</u>	<u>1 mile</u>	<u>2 mile</u>		<u>5K</u>	
16	Nicholas Yanek PR & JR	4:46	9:52	(5:06)	15:28	(5:03)
55	Anthony Peña PR	4:54	10:17	(5:23)	15:59	(5:08)
86	Konnor Sommer	4:58	10:14	(5:16)	16:11	(5:23)
94	Gavin Smith PR	4:58	10:15	(5:17)	16:14	(5:25)
111	Parker Huhn	5:04	10:32	(5:28)	16:24	(5:17)
219	Ian Kaffenberger	5:21	11:04	(5:43)	17:09	(5:29)
227	Andrew Witters	5:04	10:40	(5:36)	17:16	(6:00)

Rising Stars - 16th

59	Christian Simmons	5:16	11:06	(5:50)	17:31	(5:48)
98	Kent Nichols	5:30	11:37	(6:07)	17:58	(5:43)
141	Max Murphy	5:45	11:51	(6:06)	18:30	(6:01)
151	Michael Sampson	5:39	11:53	(6:14)	18:36	(6:04)
158	Ryan Aplington	5:40	11:53	(6:13)	18:42	(6:07)
159	Cole Hanson	5:44	11:56	(6:12)	18:42	(6:04)
207	Jack Meyers	5:58	12:32	(6:34)	19:18	(6:03)
209	Sammy Schuster	5:48	12:20	(6:32)	19:20	(6:17)
226	Josh Garcia	6:04	12:33	(6:29)	19:40	(6:23)
244	Cooper Frakes	5:58	12:41	(6:43)	20:05	(6:39)

Community Race - 3rd

17	Kole Sommer	5:20	11:05	(5:45)	17:20	(5:38)
18	Kevin Sommer	5:29	11:11	(5:42)	17:24	(5:36)
51	Nick Sacco	6:05	12:14	(6:09)	19:16	(6:21)
108	Ethan Belby	7:19	15:05	(7:46)	23:05	(7:11)
132	Mark Huhn	7:52	16:32	(8:40)	26:10	(8:33)