

Nike Cross Regionals - Heartland

Sunday, November 15, 2015

Yankton Trail Park, Sioux Falls, SD

55 degrees and sunny with 15 mph winds

<u>Place</u>	<u>Championship - 10th</u>	<u>1 mile</u>	<u>2 mile</u>		<u>5K</u>	
24	Karson Sommer PR	4:51	10:04	(5:13)	15:47	(5:09)
40	Nicholas Yanek	4:59	10:14	(5:15)	15:57	(5:09)
55	Konnor Sommer PR	5:02	10:18	(5:16)	16:05	(5:12)
120	Parker Huhn PR	5:13	10:41	(5:28)	16:39	(5:22)
153	Ian Aplington PR	5:21	10:52	(5:31)	16:54	(5:27)
179	Gavin Smith	5:09	10:51	(5:42)	17:10	(5:43)
185	Parker McMillan PR	5:20	11:03	(5:43)	17:14	(5:35)
 <u>Open - 33rd</u>						
171	Tyler Brewster PR	5:31	11:24	(5:53)	17:50	(5:48)
172	Kendall Hengst	5:28	11:29	(6:01)	17:50	(5:43)
302	Riley Wells	5:41	12:00	(6:19)	18:41	(6:01)
335	Sam Lederman	5:51	12:14	(6:23)	18:51	(5:57)
346	Andrew Witters	5:42	11:55	(6:13)	18:56	(6:21)
414	Christian Simmons	5:54	12:19	(6:25)	19:29	(6:28)
417	Kyle Werning	6:05	12:30	(6:25)	19:30	(6:17)