Nike Cross Regionals

Sunday, November 12, 2023

Yankton Trail Park, Sioux Falls SD

35-50 degrees and sunny with 10 mph winds

Place	Rising Stars - 5th	1 mile	2 mile		5K	
18	Joe Knepp	5:01	10:28	(5:27)	16:25	(5:21)
47	Kamran Foad	5:13	10:46	(5:33)	16:52	(5:29)
117	Jonah Whitson	5:39	11:24	(5:45)	17:50	(5:48)
131	Gavin Russell **PR**	5:40	11:32	(5:52)	18:01	(5:51)
154	Jacob O'Connor **PR**	5:40	11:38	(5:58)	18:16	(5:59)
188	Evan Osler **PR**	5:50	12:03	(6:13)	18:38	(5:55)
190	Landen Orris	5:42	11:55	(6:13)	18:40	(6:05)
191	Carter Hatz	5:52	12:09	(6:17)	18:43	(5:53)
230	Levi Steele	5:58	12:11	(6:03)	19:25	(6:32)
239	Zach Bauer	5:58	12:34	(6:36)	19:42	(6:26)
269	Lane Morgart	6:13	13:00	(6:47)	20:30	(6:45)
272	Rowan Adkins	6:18	13:07	(6:49)	20:32	(6:40)
305	Thomas Bacon	6:58	14:35	(7:37)	23:16	(7:43)
306	Ethan Freckleton	6:59	14:35	(7:36)	23:17	(7:46)
311	Jeremiah Rodgers	7:23	15:11	(7:48)	23:50	(7:40)
315	Griffin Adkins	7:32	15:49	(8:17)	24:21	(7:32)
317	Garrett Schutte	7:32	15:49	(8:17)	24:25	(7:36)
318	Colbie Shupe	7:32	15:49	(8:17)	24:30	(7:41)
319	Nikhil Saini	7:32	15:49	(8:17)	24:30	(7:41)
	Open Boys - 14th					
13	Carl Rekow **PR**	4:48	9:58	(5:10)	15:47	(5:15)
52	Cam Gotto	4:54	10:11	(5:17)	16:10	(5:24)
85	Max Sorgenfrey	4:59	10:18	(5:19)	16:19	(5:26)
140	Jack Perry	5:02	10:28	(5:26)	16:28	(5:25)
802	Will Parrish	5:49	11:38	(5:49)	18:00	(5:44)
875	Tyler Nels	5:34	11:30	(5:56)	18:08	(6:00)
1026	Parker Millage	5:43	11:47	(6:04)	18:28	(6:02)
1499	Finn McMillan	6:02	12:31	(6:29)	20:07	(6:53)
1503	Carson Roman	6:03	12:55	(6:52)	20:08	(6:30)
1675	Rylan Windmiller	6:36	13:42	(7:06)	21:11	(6:43)
1726	Luke Eckman	6:40	14:05	(7:25)	21:42	(6:50)
1763	Owen Dobson	6:36	13:59	(7:23)	22:04	(7:18)
1835	Steven Ly	7:16	15:06	(7:50)	23:15	(7:16)
1862	Tim Ku	7:16	15:08	(7:52)	23:41	(7:40)
1881	Matt Pischke	7:17	15:10	(7:53)	24:14	(8:11)
1882	Cole Halupnik	7:17	15:09	(7:52)	24:14	(8:12)