

Nike Cross Nationals Heartland Regional

Yankton Trail Park Sioux Falls, SD November 14th, 2010 42 degrees, 13 mph from west, dry-but soft surface

Place	Team Name	1	2	3	4	5	6	7	Spread	Average
1	113 Wayzata XC Club (Wayzata, MN)	6	16	24	25	42	(57)	(60)	0:44.77	16:10.46
2	124 Edina XC Club (Edina, MN)	7	21	27	29	40	(45)	(58)	0:40.41	16:14.21
3	149 Team Swanson (Sh Mn Northwest, KS)	13	17	22	38	59	(74)	(111)	0:53.10	16:19.84
4	149 Eden Prairie XC (Eden Prairie, MN)	8	10	12	56	63	(121)	(144)	1:06.02	16:18.24
5	169 Rosemount XC (Rosemount, MN)	2	19	28	49	71	(72)	(95)	1:26.95	16:20.60
6	174 Clap Athletics (Madison West, WI)	11	23	33	53	54	(82)	(85)	0:48.88	16:25.28
7	200 Cedar Rapids Toyota (CR Prairie, IA)	26	35	37	47	55	(76)	(100)	0:28.95	16:31.74
8	247 Moorhead XC Club (Moorhead, MN)	5	41	50	61	90	(104)	(127)	1:27.71	16:36.62
9	295 Burlington XC Club (Burlington, IA)	1	4	78	102	110	(137)	(149)	1:56.90	16:36.39
10	298 Burnsville XC Club (Burnsville, MN)	3	31	70	91	103	(140)		1:43.16	16:43.03
11	313 Flash RC (Cedar Falls, IA, IA)	44	52	66	67	84	(98)	(130)	0:33.32	16:52.99
12	322 Sioux Falls XC Club (SF Roosevelt, SD)	18	34	48	109	113	(151)	(157)	1:23.40	16:49.86
13	352 Ultimate Warriors (Dowling Catholic, IA)	9	20	79	105	139	(145)	352	2:10.74	16:54.97
14	358 Fremont TC (Fremont, NE)	30	77	80	83	88	(101)	(126)	0:45.43	16:57.86
15	366 Minnetonka XC (Minnetonka, MN)	14	43	92	93	124	(135)	(143)	1:41.19	16:56.65
16	388 Runner Raiders (Sh Mission South, KS)	36	64	65	73	150	(152)		2:13.21	17:14.14
17	436 Perham XC Club (Perham, MN)	69	75	81	96	115	(119)	(123)	0:29.69	17:11.20
18	447 Hopkins Harriers (Hopkins, MN)	46	62	86	125	128	(136)	(158)	1:06.30	17:13.46
19	464 Pat XC Club (Bismarck Century, ND)	15	87	106	122	134	464		1:47.11	17:11.00
20	479 Alexandria XC Club (Alexandria, MN)	39	97	108	117	118	(129)	(133)	1:02.91	17:15.26
21	518 Johnston XC Club (Johnston, IA)	32	89	112	131	154	(155)	(159)	2:41.11	17:35.54
22	536 Mill Road RC (Lincoln North, NE)	51	68	114	142	161	(162)		3:40.46	17:58.62
23	600 Knights XC (Grand Forks Central, ND)	94	107	120	138	141	(147)	(153)	0:55.97	17:39.54
24	641 Bearcats Cross Club (Scottsbluff, NE)	99	116	132	146	148	(156)	(160)	1:09.03	17:52.98

Boys Championship - Individual Results

Place	Name	Team	Yr.	Mile	2 Mile	2 Split	Last 1.1	Finish	Pace
1	x Tony Smoragiewicz	Rpd City Central, SD	JR	4:56	9:57	5:01	5:20	15:16.76	4:56
2	x Adam Zutz	St. Francis, MN	SR	4:58	9:57	4:59	5:26	15:23.20	4:58
3	1 Marshall Moyer	Burlington IA	SR	4:58	10:03	5:05	5:27	15:29.83	5:00
4	x Jake Leingang	Bismarck, ND	SO	4:59	10:03	5:04	5:28	15:30.67	5:00
5	2 Shane McCallum	Rosemount, MN	SR	4:59	10:08	5:09	5:27	15:34.76	5:01
6	3 Cole O'Brien	Burnsville, MN	JR	5:04	10:08	5:04	5:28	15:36.58	5:02
7	x Trent Lusignan	Shakopee, MN	SR	4:58	9:58	5:00	5:42	15:40.05	5:03
8	4 Ben Witt	Burlington XC Club-IA	SR	4:58	10:04	5:07	5:36	15:40.64	5:03
9	x Mason Ferlic	Mounds Pk Acad, MN	SR	5:05	10:11	5:06	5:30	15:41.04	5:03
10	5 Lukas Gemar	Moorhead, MN	SR	4:59	10:07	5:08	5:37	15:43.87	5:04
11	x Kevin Lewis	Ottumwa, IA	SR	5:02	10:02	5:01	5:41	15:44.04	5:04
12	x Brandon Clark	Blake, MN	JR	5:00	10:06	5:07	5:38	15:44.45	5:04
13	x Steven Dado	Totino Grace, MN	SR	4:58	9:59	5:01	5:45	15:44.61	5:05
14	x Joshua Mirth	Home School, WI	SR	4:57	10:07	5:10	5:38	15:45.22	5:05
15	6 Josh Thorson	Wayzata, MN	JR	5:04	10:12	5:08	5:35	15:47.28	5:05
16	7 Aldis Inde	Edina, MN	SR	5:06	10:13	5:08	5:37	15:49.78	5:06
17	8 Kyle Bratrud	Eden Prairie, MN	SR	5:07	10:15	5:09	5:37	15:51.95	5:07
18	9 Cole Decker	Dowling, IA	JR	4:56	10:02	5:06	5:51	15:53.23	5:07
19	x Adam Braun	Totino Grace, MN	SR	5:00	10:12	5:13	5:42	15:53.33	5:07
20	10 Mohamed Mohamed	Eden Prairie, MN	SR	5:05	10:11	5:06	5:44	15:55.31	5:08
21	11 Sam Hacker	Madison West, WI	SR	4:58	10:08	5:10	5:48	15:56.60	5:08
22	12 Aaron Bartnik	Eden Prairie, MN	SR	5:06	10:13	5:08	5:45	15:58.24	5:09
23	xx Alec Baldwin	Spirit Lake, IA	SR	4:58	10:13	5:16	5:46	15:59.67	5:09
24	13 Aaron Thornburg	SMNW, KS	SR	5:12	10:24	5:12	5:36	16:00.07	5:10
25	xx Conor Wells	DesM Roosevelt, IA	SR	4:58	10:13	5:16	5:48	16:00.79	5:10
26	14 Christian Skaret	Minnetonka, MN	SR	5:00	10:11	5:12	5:49	16:00.90	5:10
27	15 Levi Sether	BismarckCentury,ND	SR	4:51	10:13	5:22	5:48	16:00.94	5:10
28	xx Riley Coates	Rpd City Stevens,SD	SR	4:58	10:12	5:15	5:51	16:03.49	5:11
29	16 Mark Harries	Wayzata, MN	SR	5:09	10:25	5:16	5:39	16:03.55	5:11
30	17 Kirk Bado	SMNW, KS	SO	5:12	10:23	5:12	5:41	16:04.76	5:11
31	18 Tanner Ahrendt	SF Roosevelt, SD	SO	4:58	10:13	5:16	5:53	16:06.28	5:12
32	xx Zach Buchheit	Pella, IA	JR	4:58	10:19	5:22	5:47	16:06.77	5:12
33	19 Nathan Rock	Rosemount, MN	JR	5:07	10:23	5:17	5:44	16:07.22	5:12
34	20 Jason Thomas	Dowling, IA	SO	5:02	10:22	5:21	5:48	16:10.59	5:13
35	21 Will Burke	Edina, MN	SO	5:09	10:25	5:16	5:46	16:11.00	5:13
36	xx Jonah Heng	ShawneeM West,KS	JR	5:04	10:20	5:17	5:52	16:11.44	5:13

37	22	Sterling Spencer	SMNW, KS	SR	16:11	106	63	Cal Lawton	Eden Prairie, MN	FR	16:57
38	23	Charlie Thompson	Madison West, WI	SR	16:12	107	64	Brett Schauwecker	SM South, KS	JR	16:58
39	xx	Andrew Farris	Chippewa Falls, WI	JR	16:12	108	65	Sam Reichman	SM South, KS	SR	16:58
40	24	Steven Donahue	Wayzata, MN	SR	16:14	109	66	Matt Adrian	Cedar Falls, IA	JR	16:59
41	xx	Conner Smock	Mount Vernon, IA	JR	16:14	110	67	Adam Streicher	Cedar Falls, IA	JR	17:00
42	25	Adam Moline	Wayzata, MN	SR	16:15	111	68	James Tang	Lincoln North, NE	JR	17:00
43	xx	Nathan Hauge	Brandon Valley, ND	SR	16:15	112	69	Klaus Weber	Perham, MN	SR	17:00
44	26	Kyle Stocker	Cdr Rpds Prairie, IA	SR	16:16	113	70	Erik Kollash	Burnsville, MN	SR	17:01
45	27	Sam Leese	Edina, MN	SR	16:18	114	71	Tyler Henkemeyer	Rosemount, MN	SR	17:01
46	28	Chandler Dye	Rosemount, MN	JR	16:19	115	72	Trevor Capra	Rosemount, MN	SO	17:02
47	xx	Bryant Blahnik	Red Wing, MN	SR	16:20	116	73	Curtis Cline	SM South, KS	SO	17:02
48	xx	Marshall Anderson	Papillion-LaVsta, NE	JR	16:21	117	74	Anthony Yates	SMNW, KS	JR	17:02
49	29	Bjorn Thompson	Edina, MN	SR	16:21	118	75	Keith Schornack	Perham, MN	SR	17:03
50	30	Danny Aldaba	Fremont, NE	SO	16:23	119	76	Isaiah Vlasek	Cdr Rpds Prairie, IA	FR	17:03
51	31	Abdullahi Salan	Burnsville, MN	JR	16:24	120	77	Blake Peterson	Fremont, NE	JR	17:04
52	xx	Kyle Schmitz	Grimes, IA	SR	16:25	121	78	Kaleb Sterler	Burlington, IA	JR	17:05
53	32	Drew Jackson	Johnston, IA	SR	16:26	122	xx	Will Norris	Spirit Lake, IA	SO	17:05
54	xx	Jensen Orlov	Holy Family, MN	JR	16:26	123	xx	Jeffrey DeRocher	Dowling, IA	SO	17:05
55	33	Jonah Barry	Madison West, WI	JR	16:26	124	80	Britt Jensen	Fremont, NE	SR	17:05
56	34	Matt Horan	SF Roosevelt, SD	SR	16:26	125	81	Nick Carignan	Perham, MN	SO	17:06
57	35	Jordan Burns	Cdr Rpds Prairie, IA	SR	16:28	126	82	Joe Haase	Madison West, WI	JR	17:06
58	xx	TJ Gleason	Sioux F Lincoln, SD	SR	16:28	127	83	Arturo Garcia	Fremont, NE	FR	17:06
59	36	Michael Gawlick	SM South, KS	JR	16:28	128	84	Jakob Stoner	Cedar Falls, IA	SR	17:07
60	37	Jacob Aune	Cdr Rpds Prairie, IA	JR	16:29	129	85	Wilson Hacker	Madison West, WI	SO	17:07
61	38	Clayton Henderson	SMNW, KS	SO	16:29	130	86	Eric Crook	Hopkins, MN	SR	17:07
62	39	Will Sieling	Alexandria, MN	JR	16:30	131	87	Cataldo Didonna	BismarckCentury,ND	SO	17:08
63	40	Joey O'Connell	Edina, MN	SR	16:30	132	88	Cory Poehling	Fremont, NE	SR	17:08
64	41	Glen Ellingson	Moorhead, MN	JR	16:31	133	89	LJ Lipscomb	Johnston, IA	SR	17:09
65	42	Joe Meister	Wayzata, MN	JR	16:32	134	90	Ezra Olson	Moorhead, MN	SO	17:11
66	xx	Keith Byers	Spirit Lake, IA	JR	16:32	135	xx	Duane Jongeling	Parker, SD	SO	17:13
67	xx	Sidney Speir	Eagan, MN	SO	16:32	136	91	Ali Ahmed	Burnsville, MN	FR	17:13
68	43	Kyle Anderson	Minnetonka, MN	JR	16:32	137	92	Zach Goldberg	Minnetonka, MN	JR	17:13
69	44	Tanner Reyhons	Cedar Falls, IA	SR	16:33	138	93	Robby Williams	Minnetonka, MN	SR	17:13
70	xx	Elliot Fenske	Farmington, MN	SR	16:35	139	94	Shane Harlow	GrFks Central, ND	SR	17:14
71	45	Hunter Follen	Edina, MN	SR	16:35	140	95	Calvin Lehn	Rosemount, MN	JR	17:14
72	46	Sam Jacobwith	Hopkins, MN	JR	16:36	141	96	Brandon Karels	Perham, MN	SR	17:15
73	47	Matt Stocker	Cdr Rpds Prairie, IA	SR	16:38	142	97	Mitch Evink	Alexandria, MN	SR	17:16
74	xx	Kyle Snyder	Topeka, KS	JR	16:38	143	98	Mitch Hammer	Cedar Falls, IA	JR	17:16
75	48	Ethan Tabbert	SF Roosevelt, SD	JR	16:38	144	99	Anthony Parra	Scottsbluff, NE	FR	17:17
76	xx	Cody Herman	Custer, SD	SO	16:39	145	100	Scott Titler	Cdr Rpds Prairie, IA	SR	17:17
77	49	John Evenocheck	Rosemount, MN	SR	16:40	146	101	Tyler Soderberg	Fremont, NE	SR	17:18
78	xx	Mubarik Musa	Worthington, MN	JR	16:40	147	102	Mark Foster	Burlington, IA	SR	17:19
79	xx	Grey Davis	Lakeside Luthern, WI	JR	16:41	148	103	Erik Lindstrom	Burnsville, MN	SR	17:19
80	xx	Terry Nielsen	Cedar Falls, IA-B	SR	16:41	149	104	Josh Young	Moorhead, MN	FR	17:20
81	xx	Dillon Emo	Brookings, SD	SR	16:41	150	xxx	Connor Marshall	LnclnSouthwest, NE	SR	17:20
82	50	Christian Larson	Moorhead, MN	SR	16:42	154	108	Zac Bartolomeo	Alexandria, MN	SO	17:24
83	xx	Kenneth Wells	Parshall, ND	JR	16:43	158	111	Zach Palmer	SMNW, KS	SR	17:27
84	51	Mohamed Hamdan	Lincoln North, NE	SO	16:43	163	115	Dalton Dahms	Perham, MN	SO	17:30
85	xx	Kipp Kinsley	Yankton, SD	JR	16:44	164	118	John Raihala	Madison West, WI	SR	17:30
86	xx	Addison Dehaven	Brookings, SD	FR	16:44	166	117	Zach Hodgson	Alexandria, MN	SR	17:32
87	52	Jaime Zarate	Cedar Falls, IA	SO	16:44	167	118	Jimmy Lovrien	Alexandria, MN	SO	17:33
88	xx	Nick Golebiowski	St Cl Cathedral, MN	FR	16:44	168	119	Andrew Riestenberg	Perham, MN	SR	17:33
89	53	Jeffy Jeff Sereno	Madison West, WI	SO	16:44	170	121	Ricardo Reyes	Eden Prairie, MN	JR	17:34
90	xx	OJ Ojullu	Worthington, MN	SR	16:44	172	123	Brady Speicher	Perham, MN	SO	17:38
91	xx	Koby Archuletta	Paxton, NE	JR	16:45	174	124	Caleb Rose	Minnetonka, MN	SR	17:42
92	54	Jacob Carrel	Madison West, WI	SR	16:45	175	125	John Klecker	Hopkins, MN	JR	17:42
93	55	Justin Burns	Cdr Rpds Prairie, IA	SR	16:45	177	127	Jarrett Jenni	Moorhead, MN	SO	17:43
94	xx	Jeremy Bryan	Blue Valley West, KS	JR	16:46	178	128	Joe Klecker	Hopkins, MN	FR	17:43
95	xx	Mitch Wink	Waukee, IA	SR	16:46	179	129	Mitch Ronning	Alexandria, MN	SR	17:44
96	56	Andrew Hansen	Eden Prairie, MN	JR	16:47	180	130	Eric Neill	Cedar Falls, IA	SR	17:45
97	57	Nate Heintzman	Wayzata, MN	SR	16:48	183	133	Elijah Hartsell	Alexandria, MN	SR	17:47
98	xx	Francis Mendee	Gr Fk Red River, ND	SR	16:49	184	xxx	Kevin Chan	Eagan, MN	SR	17:47
99	xx	Justin Bryan	Blue Valley West, KS	JR	16:50	186	135	Ricardo Celleri	Minnetonka, MN	JR	17:49
100	58	Kyle Wagener	Edina, MN	SR	16:52	187	136	Mitch Zuidema	Hopkins, MN	SR	17:51
101	xx	Nick Stoks	LacQuiParle/DB, MN	SO	16:53	192	140	Matt Connelly	Burnsville, MN	SR	18:04
102	59	Harry Schroeder	SMNW, KS	SR	16:53	197	143	Jay Evans	Minnetonka, MN	JR	18:17
103	60	Karl Kabarowski	Wayzata, MN	SR	16:53	199	144	Henry Zum	Eden Prairie, MN	SO	18:21
104	61	Derrick Nelson	Moorhead, MN	SR	16:53	200	xx	Eric Sanders	Rapid City, SD	JR	18:22
105	62	Kyle Rossow	Hopkins, MN	SR	16:56	201	145	Charles Jones	Dowling Catholic, IA	SO 5	18:23

202	146	Brendan Taedter	Scottsbluff, NE	FR	18:23
203	147	Derek Petty	GF Central, ND	FR	18:25
204	148	Luke Parsley	Scottsbluff, NE	SO 5	18:26
205	149	Alec Woodard	Burlington, IA	FR	18:36
206	150	Eric Weber	Sh Mission South, KS	JR	18:42
207	xx	Joshua Schriever	G-LR/Central Lyon, IA	FR	18:45
208	151	Daniel Otamendi	SF Roosevelt, SD	SO	18:48
209	152	Jim Gustafson	Sh Mission South, KS	JR	18:51
210	153	Ben Houska	GF Central, ND	JR	19:05
211	154	Adam Johanson	Johnston, IA	FR	19:07
212	155	John Houp	Johnston, IA	SR	19:10
213	156	Ben Willis	Scottsbluff, NE	FR	19:13
214	157	Josh Waltjer	SF Roosevelt, SD	JR	19:21
215	158	Ben Calvert	Hopkins, MN	JR	19:49
216	159	JJ Worley	Johnston, IA	JR	19:54
217	160	Andrew Holsinger	Scottsbluff, NE	SO	20:01
218	161	Jordan Harper	Lincoln North, NE	SR	20:24
219	162	Brandon Scdoris	Lincoln North, NE	SR	23:40