

# Jan 4 Minneapolis City Conference Grade Level Race

Lake Harriet - 5K

<b>Novice Boys (2.5 km)</b>			<b>Total Time</b>	<b>Avg./km.</b>
Dylan	Cheever	SW	00:06:49	00:02:44
Bennett	Henderson	SW	00:06:50	00:02:44
Sean	Engen	SW	00:07:23	00:02:57
Kevin	Skager	SW	00:07:42	00:03:05
Grant	Johnson	SW	00:08:20	00:03:20
Ben	Newby	South	00:12:42	00:05:05
Vu	Troung	Henry	00:14:26	00:05:46
<b>Novice Girls (2.5 km)</b>			<b>Total Time</b>	<b>Avg./km.</b>
Rosie	Lais	SW	00:08:03	00:03:13
Elsa	Angvall	SW	00:08:38	00:03:27
Maddy	Shaddock	South	00:09:30	00:03:48
Katie	Raths	SW	00:09:40	00:03:52
Emma	Weinstein-Lev	SW	00:09:55	00:03:58
Kate	Christensen	South	00:09:59	00:04:00
Laura	Kosowski	South	00:10:05	00:04:02
Aurore	Delarbre	South	00:13:23	00:05:21
Jasmine	Vann	South	00:13:59	00:05:36
<b>Senior Boys</b>			<b>Total Time</b>	<b>Avg./km.</b>
Eric	Carter	SW	00:10:10	00:04:04
Alex	Ayoub	Henry	00:11:02	00:04:25
Micah	Fitch	South	00:11:27	00:04:35
Mike	Jensen	SW	00:11:31	00:04:36
Anthony	Johannes	South	00:11:35	00:04:38
Jeff	Raderstrong	SW	00:11:48	00:04:43
Nathan	Cox	Wash	00:11:56	00:04:46
Ian	Silver-Ramp	Henry	00:12:14	00:04:54
Nick	Bartholomew	South	00:12:33	00:05:01
Nate	Born	Henry	00:12:47	00:05:07
Dan	Schmit	South	00:13:28	00:05:23
John	Kosowski	South	00:14:33	00:05:49
Will	Muessig	South	00:16:34	00:06:38
Devin	Rapson	South	00:17:11	00:06:52
Geoff	Pederson	Henry	00:24:06	00:09:38
<b>Senior Girls</b>			<b>Total Time</b>	<b>Avg./km.</b>
Jamie	Cheever	SW	00:12:25	00:04:58
Ellen	Risch-Boody	South	00:12:52	00:05:09
Emma	Bohmann	South	00:15:27	00:06:11
Hannah	Klem	SW	00:15:59	00:06:24
Emily	Clifford	Henry	00:18:46	00:07:30
<b>Junior Boys</b>			<b>Total Time</b>	<b>Avg./km.</b>
Colin	Cousins	SW	00:09:48	00:03:55
Niko	Kubota	SW	00:10:08	00:04:03
Adam	Pelligrini	SW	00:10:28	00:04:11
Will	Belliamey	SW	00:10:44	00:04:18
Jim	Aspholm	South	00:11:18	00:04:31
Bryan	Olson	Henry	00:14:13	00:05:41

**Junior Girls**

Taylor	Anderson	SW	00:11:32	00:04:37
Amanda	Meyer	SW	00:11:49	00:04:44
Sarah	Bruemmer	Wash	00:13:14	00:05:18
Kaelyn	Mahony	South	00:14:58	00:05:59

**Total Time Avg./km.****Sophomore Boys**

Andy	Priester	SW	00:10:31	00:04:12
Jeremy	Blazar	SW	00:10:43	00:04:17
Evan	Racer	South	00:13:31	00:05:24
Thomas	Williams	South	00:14:21	00:05:44
David	Lewis-Frazier	Wash	00:14:38	00:05:51
Zach	Starr	South	00:15:01	00:06:00
Steven	Daves	Wash	00:18:14	00:07:18

**Total Time Avg./km.****Sophomore Girls**

Dagny	Ramstad	SW	00:12:54	00:05:10
Bubbles	Zaldarriaga	South	00:14:03	00:05:37
Emily	Krumberger	South	00:14:07	00:05:39
Kristen	Skager	SW	00:14:11	00:05:40
Kathleen	Powers	SW	00:14:38	00:05:51
Emily	Tiffany	South	00:15:07	00:06:03
Maria	White	South	00:15:44	00:06:18
Ingrid	Lee	South	00:15:57	00:06:23
Bridget	Kelly	South	00:16:25	00:06:34
Stefani	Zappa	Henry	00:19:24	00:07:46

**Total Time Avg./km.****Freshman Boys**

Ari	Resnik	SW	00:11:21	00:04:32
Gordon	Vermeer	SW	00:11:39	00:04:40
Colin	Wescott	SW	00:11:54	00:04:46
Jackson	Belliamey	SW	00:12:07	00:04:51
Henry	Spruth	South	00:12:51	00:05:08
Colin	Walter	Henry	00:14:08	00:05:39
Nolan	Insixiengmay	Henry	00:16:12	00:06:29
Jacob	Polland	Wash	00:19:20	00:07:44

**Total Time Avg./km.****Freshman Girls**

Kelsey	Kutzler	Henry	00:17:03	00:06:49
Rose	Aspholm	South	00:17:50	00:07:08
Erika	Schmit	South	00:18:07	00:07:15
Julia	Johnson	Wash	00:18:49	00:07:32

**Total Time Avg./km.****Middle School Boy**

Brent	Shaefer	SW	00:14:48	00:05:55
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**Total Time Avg./km.****Middle School Girls**

Elizabeth	Ellis	SW	00:11:44	00:04:42
Sarah	Douglass	SW	00:12:19	00:04:56
Rachel	Arneson	SW	00:18:08	00:07:15

**Total Time Avg./km.**