

# ROY GRIAK - 9/24 - (MINNEAPOLIS, MN)

GIRLS					BOYS				
Varsity		1st Mile	2nd Mile	*5K Time*	Varsity		1st Mile	2nd Mile	*5K Time*
Izzy	Ross	05:57.0	12:32.0	20:03.0	Drew	Dombrosky	04:58.0	10:35.0	16:50.0
Lila	Schwarz	06:17.0	13:20.0	21:33.0	Micah	Paschke	05:15.0	10:45.0	16:50.0
Maryam	El-Demerdash	06:17.0	13:29.0	21:47.0	Tommy	Caul	04:58.0	10:39.0	16:51.0
Anna	Strickland	06:32.0	13:44.0	21:57.0	Gabe	McGee	05:14.0	10:58.0	17:14.0
Nicole	Giam	06:32.0	14:04.0	22:37.0	Brenden	Duncan			
Cara	Mitchell	06:56.0	14:11.0	22:08.0	Crew	Buehler	05:04.0	10:51.0	17:26.0
Grace	Zimmerman	06:59.0	14:39.0	23:23.0	Canyon	Buehler	05:38.0	11:42.0	18:19.0
Addison	Willcott	07:10.0	15:00.0	23:36.0	Nate	Kaestner	05:33.0	11:54.0	19:54.0
Avery	Ferguson	06:50.0	14:24.0	22:57.0	Cooper	Reeves	05:39.0	11:42.0	18:33.0
Ashley	Boley	07:16.0	15:55.0	25:30.0	Bailey	Stanfield	05:39.0	11:42.0	18:38.0

\* Times were taken from what the coaches believe to be the ACTUAL 5k mark (Griak XC Course is long)

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Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff
Izzy Ross	05:57	06:35	06:47	00:38	Drew Dombrosky	04:58	05:37	05:39	00:39
Lila Schwarz	06:17	07:03	07:25	00:46	Micah Paschke	05:15	05:30	05:30	00:15
Maryam El-Demerdash	06:17	07:12	07:30	00:55	Tommy Caul	04:58	05:41	05:36	00:43
Anna Strickland	06:32	07:12	07:25	00:40	Gabe McGee	05:14	05:44	05:39	00:30
Nicole Giam	06:32	07:32	07:43	01:00	Brenden Duncan				
Cara Mitchell	06:56	07:15	07:11	00:19	Crew Buehler	05:04	05:47	05:57	00:43
Grace Zimmerman	06:59	07:40	07:53	00:41	Canyon Buehler	05:38	06:04	05:58	00:26
Addison Willcott	07:10	07:50	07:46	00:40	Nate Kaestner	05:33	06:21	07:13	00:48
Avery Ferguson	06:50	07:34	07:43	00:44	Cooper Reeves	05:39	06:03	06:11	00:24
Ashley Boley	07:16	08:39	08:39	01:23	Bailey Stanfield	05:39	06:03	06:16	00:24

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