

JK GOLD - 9/4 - (AUGUSTA, KS)

Varsity		1st Mile	2nd Mile	5K Time	Varsity	Boys	1st Mile	2nd Mile	5K Time
Izzy	Ross	05:58	12:38	20:02	Drew	Dombrosky	05:06	10:49	16:50
Lila	Schwarz	06:20	13:25	21:17	Gabe	McGee	05:06	10:51	17:14
Nicole	Giam	06:21	13:43	21:50	Crew	Buehler	05:17	11:10	18:01
Maryam	El-Demerdash	06:22	13:33	21:25	Micah	Paschke	05:17	10:59	17:05
Avery	Ferguson	06:54	14:49	23:54	Tommy	Caul	05:07	10:51	17:00
Anna	Strickland	06:40	14:10	22:15	Cooper	Reeves	05:27	11:46	18:32
Mckenzie	Wasinger	07:02	14:46	23:19	Brenden	Duncan	05:23	11:43	18:31
Junior Varsity		1st Mile	2nd Mile	5K Time	Junior Varsity	Boys	1st Mile	2nd Mile	5K Time
Addison	Willcott	07:03	15:14	24:15	Nate	Kaestner	05:27	11:40	18:32
Avery	Brogan	07:16	16:02	25:39	Bailey	Stanfield	05:54	12:23	19:05
Cara	Mitchell	07:13	15:27	24:09	Drake	Dombrosky	05:52	12:25	19:56
Ava	Currier	07:23	16:30	26:17	Mitch	Quijano	06:38	13:35	20:59
Stella	Malinowski	07:23	16:01	25:46					

* Athlete needs to meet a requirement to race - (See Coach for details)

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Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Average	Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Average
Izzy Ross	05:58	06:40	06:41	00:42	06:26	Drew Dombrosky	05:06	05:43	05:26	00:37	05:25
Lila Schwarz	06:20	07:05	07:06	00:45	06:51	Gabe McGee	05:06	05:45	05:46	00:39	05:32
Nicole Giam	06:21	07:22	07:20	01:01	07:01	Crew Buehler	05:17	05:53	06:11	00:36	05:48
Maryam El-Demerdash	06:22	07:11	07:06	00:49	06:53	Micah Paschke	05:17	05:42	05:30	00:25	05:30
Avery Ferguson	06:54	07:55	08:12	01:01	07:41	Tommy Caul	05:07	05:44	05:33	00:37	05:28
Anna Strickland	06:40	07:30	07:18	00:50	07:09	Cooper Reeves	05:27	06:19	06:07	00:52	05:58
Mckenzie Wasinger	07:02	07:44	07:43	00:42	07:30	Brenden Duncan	05:23	06:20	06:08	00:57	05:57
Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Average	Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Average
Addison Willcott	07:03	08:11	08:08	01:08	07:48	Nate Kaestner	05:27	06:13	06:12	00:46	05:58
Avery Brogan	07:16	08:46	08:41	01:30	08:15	Bailey Stanfield	05:54	06:29	06:03	00:35	06:08
Cara Mitchell	07:13	08:14	07:51	01:01	07:46	Drake Dombrosky	05:52	06:33	06:47	00:41	06:25
Ava Currier	07:23	09:07	08:50	01:44	08:27	Mitch Quijano	06:38	06:57	06:41	00:19	06:45
Stella Malinowski	07:23	08:38	08:48	01:15	08:17						

* Athlete needs to meet a requirement to race - (See Coach for details)