

EGF XC INVITATIONAL

East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

**Race #1
Combined Junior High****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Arntson, Emmett	6	Riverside Christian	-	12:31.3	---	6:17.5	3:54.8
2 Solem, Avary	7	Riverside Christian	-	12:32.9	1.6	6:18.3	3:55.3
3 Kappes, Hudson	7	Ada-Borup-West	-	12:44.0	11.7	6:23.9	3:58.7
4 Broten, Noah	FR	Roseau	-	13:19.4	48.1	6:41.7	4:09.8
5 Sands, Jace	8	Thief River Falls	-	13:23.7	52.4	6:43.9	4:11.1
6 Mimnaugh, Dawson	8	Northern Freeze	-	13:27.4	56.1	6:45.7	4:12.3
7 Erickson, Levi	8	Roseau	-	13:31.9	1:00.6	6:48.0	4:13.7
8 Hasbargen, Gus	7	Lake of the Woods/	-	13:40.4	1:09.1	6:52.2	4:16.3
9 Donovan, Levi	7	Ada-Borup-West	-	13:55.1	1:23.8	6:59.6	4:20.9
10 Olson, Ellis		Lake of the Woods/	-	13:58.0	1:25.7	7:01.1	4:21.8
11 Avikainen, Mae	7	Roseau	-	13:59.8	1:28.5	7:02.0	4:22.4
12 Gerlach, Camden	7	Roseau	-	14:10.3	1:39.0	7:07.3	4:25.7
13 Hanson, Westyn	6	Riverside Christian	-	14:15.2	1:43.9	7:09.7	4:27.2
14 Vandervort, Hudson	7	East Grand Forks	-	14:16.8	1:45.5	7:10.5	4:27.7
15 Brandt, Wyatt	7	Clearbrook-Gonvick	-	14:32.8	2:01.5	7:18.6	4:32.7
16 Esala, Connor	6	Thief River Falls	-	14:34.4	2:03.1	7:19.4	4:33.2
17 Pederson, Cora	8	Warroad	-	14:39.0	2:06.7	7:21.7	4:34.7
18 Kiefat, Christian	7	Riverside Christian	-	14:42.9	2:11.6	7:23.7	4:35.9
19 Marshall, August	7	Riverside Christian	-	14:44.7	2:13.4	7:24.5	4:36.4
20 Auger, Kennedy	8	East Grand Forks	-	14:45.3	2:14.0	7:24.9	4:36.6
21 Bring, Luke	7	Northern Freeze	-	14:48.0	2:15.7	7:26.2	4:37.5
22 Lorentz, Brady	7	East Grand Forks	-	14:48.4	2:17.1	7:26.4	4:37.6
23 Hensrud, Graeham	6	Riverside Christian	-	14:53.3	2:22.0	7:28.9	4:39.1
24 Miller, Luke	FR	Roseau	-	14:56.7	2:25.4	7:30.6	4:40.2
25 Syverson, Xander	8	West Marshall	-	15:00.1	2:28.8	7:32.3	4:41.3
26 Lund, Levi	7	Riverside Christian	-	15:04.1	2:32.8	7:34.3	4:42.5
27 Syverson, Hannah	7	West Marshall	-	15:10.8	2:39.5	7:37.6	4:44.6
28 Wilson, Paxton	8	Thief River Falls	-	15:15.7	2:44.4	7:40.1	4:46.2
29 Will, Eli	7	West Marshall	-	15:17.1	2:45.8	7:40.8	4:46.6
30 Thompson, Blaine	7	Ada-Borup-West	-	15:17.4	2:46.1	7:41.0	4:46.7
31 Machlitt, Caroline	8	Clearbrook-Gonvick	-	15:21.2	2:49.9	7:42.9	4:47.9
32 Huener, Avril	7	Roseau	-	15:24.3	2:53.0	7:44.4	4:48.8
33 Clausen, Peter	6	Riverside Christian	-	15:50.4	3:19.1	7:57.6	4:57.0
34 Grafstrom, Ada	8	Warroad	-	15:51.0	3:18.7	7:57.9	4:57.2
35 Bring, Corbyn	FR	Northern Freeze	-	15:53.0	3:20.7	7:58.9	4:57.8
36 Fransway, Sophia	8	Warroad	-	16:03.9	3:32.6	8:04.4	5:01.2
37 Christianson, Nils	8	Roseau	-	16:08.9	3:37.6	8:06.9	5:02.8
38 Westerman, Quinn	6	Thief River Falls	-	16:14.1	3:42.8	8:09.5	5:04.4
39 Bergh, Luke	8	West Marshall	-	16:34.5	4:03.2	8:19.7	5:10.8
40 Green, Henry	7	Riverside Christian	-	16:45.0	4:12.7	8:25.0	5:14.0
41 Brekke, Aliyah	8	West Marshall	-	16:53.4	4:22.1	8:29.2	5:16.7
42 Olson, Alex	7	Thompson	-	16:57.5	4:26.2	8:31.3	5:17.9
43 Sabouathone, Tyson	8	Warroad	-	17:00.9	4:29.6	8:33.0	5:19.0
44 Thorn, Milo	7	Thief River Falls	-	17:15.8	4:44.5	8:40.5	5:23.7
45 Jarshaw, Elizabeth	7	Northern Freeze	-	17:24.6	4:53.3	8:44.9	5:26.4
46 Kasprovicz, Chase	FR	Roseau	-	17:27.2	4:55.9	8:46.2	5:27.2

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**Race #1
Combined Junior High****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 LeBon, Aaron	7	Bagley/Fosston	-	17:40.5	5:09.2	8:52.9	5:31.4
48 Youso, Verena		Lake of the Woods/	-	17:47.9	5:16.6	8:56.6	5:33.7
49 Ellenson, Morgan	7	Roseau	-	17:56.3	5:25.0	9:00.8	5:36.3
50 Lindner, Grant	7	Warroad	-	17:57.4	5:26.1	9:01.4	5:36.7
51 Fay, Albert	6	Thief River Falls	-	17:57.9	5:26.6	9:01.6	5:36.8
52 Willems, Clara	8	Warroad	-	18:08.6	5:37.3	9:07.0	5:40.2
53 Lund, Evie	8	Warroad	-	18:44.8	6:13.5	9:25.2	5:51.5
54 Kalash, Stella	6	Thief River Falls	-	18:56.3	6:25.0	9:31.0	5:55.1
55 Swenson, Alexander	7	Thompson	-	19:12.2	6:40.9	9:38.9	6:00.0
56 Wallace, Leaf	7	Lake of the Woods/	-	19:12.2	6:40.9	9:39.0	6:00.0
57 Pearson, Ksana	7	Warroad	-	19:20.5	6:49.2	9:43.2	6:02.7
58 Jarvis, Lilly	8	Thompson	-	19:41.1	7:09.8	9:53.5	6:09.1
59 Carr, Joseph	7	East Grand Forks	-	19:44.0	7:11.7	9:54.9	6:10.0
60 Olson, Kenley	7	Roseau	-	19:46.4	7:15.1	9:56.2	6:10.8
61 Page, Emma	8	West Marshall	-	19:56.8	7:25.5	10:01.4	6:14.0
62 Luther, Hailey	7	Thompson	-	20:01.9	7:30.6	10:04.0	6:15.6
63 Kurtyka, Pippi	8	East Grand Forks	-	20:04.1	7:32.8	10:05.0	6:16.3
64 Lamwers, Wesley	8	Clearbrook-Gonvick	-	20:06.5	7:35.2	10:06.2	6:17.0
65 Menlove, Craig	7	Roseau	-	20:07.1	7:35.8	10:06.5	6:17.2
66 Rusek, Jonathan	8	Roseau	-	20:32.2	8:00.9	10:19.2	6:25.1
67 Forgit, Patrick	7	Fertile-Beltrami	-	20:32.6	8:01.3	10:19.4	6:25.2
68 Mattern, Kaydence	8	East Grand Forks	-	20:44.4	8:13.1	10:25.3	6:28.9
69 Sopkowiak, Abigail		Lake of the Woods/	-	20:56.3	8:25.0	10:31.3	6:32.6
70 LaRoque, Oliver	7	Thompson	-	21:01.6	8:30.3	10:33.9	6:34.2
71 Johnson, Laylah	7	Warroad	-	21:20.7	8:49.4	10:43.5	6:40.2
72 Ellenson, Laine	7	Warroad	-	21:55.0	9:22.7	11:00.8	6:50.9
73 Fitzpatrick, Daylen	7	East Grand Forks	-	22:02.6	9:31.3	11:04.6	6:53.3
74 Hammer, Jarrett	8	Red Lake County	-	22:04.8	9:33.5	11:05.7	6:54.0
75 Williams, Kamil	8	Roseau	-	23:24.0	10:51.7	11:45.5	7:18.7
76 Barth, Logan	8	Northern Freeze	-	27:54.0	15:21.7	14:01.2	8:43.1

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Race #2
Girls High School**Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Arntson, Emelia	8	Riverside Christian	-	20:12.0	---	6:29.7	4:02.4
2 Harren, Linnea	SR	Warroad	-	20:25.9	14.9	6:34.2	4:05.2
3 Hitchen, Katrina	SR	Fertile-Beltrami	-	20:35.9	24.9	6:37.4	4:07.2
4 Myers, Brianne	FR	Ada-Borup-West	-	20:37.0	25.0	6:37.7	4:07.4
5 Krog, Isabelle	8	Clearbrook-Gonvick	-	20:43.8	32.8	6:39.9	4:08.8
6 Nelson, Kaylee	8	Fertile-Beltrami	-	20:56.4	45.4	6:44.0	4:11.3
7 Peterson, Annie	SR	West Marshall	-	21:12.0	1:00.0	6:49.0	4:14.4
8 Mossestad, Elory	JR	Thief River Falls	-	21:37.2	1:26.2	6:57.1	4:19.4
9 Hamlin, Audrey	FR	Riverside Christian	-	21:51.4	1:40.4	7:01.7	4:22.3
10 Weiss, Megan	SO	Riverside Christian	-	22:08.0	1:56.0	7:07.0	4:25.6
11 Thompson, Jenna	JR	Ada-Borup-West	-	22:16.9	2:05.9	7:09.8	4:27.4
12 Benson, Brenna	JR	West Marshall	-	22:20.4	2:09.4	7:11.0	4:28.1
13 Grunhovd, Sofie	SR	Fertile-Beltrami	-	22:21.2	2:10.2	7:11.2	4:28.2
14 Omdahl, Ashlynn	SR	Roseau	-	22:30.3	2:19.3	7:14.2	4:30.1
15 Krebs, Faith	SR	Thompson	-	22:33.2	2:22.2	7:15.1	4:30.6
16 Herrig, Ella	SO	Thompson	-	22:42.9	2:31.9	7:18.2	4:32.6
17 Sundby, Leah	JR	Riverside Christian	-	22:48.0	2:36.0	7:19.9	4:33.6
18 Harbott, Livia	JR	Thief River Falls	-	23:06.6	2:55.6	7:25.9	4:37.3
19 Goulet, Adley	SO	Warroad	-	23:26.3	3:15.3	7:32.2	4:41.3
20 Peterson, Kayla	SO	Thief River Falls	-	23:26.8	3:15.8	7:32.3	4:41.3
21 Miska, Jorie	SR	West Marshall	-	23:30.1	3:19.1	7:33.4	4:42.0
22 Adolphson, Annika	SO	West Marshall	-	23:34.3	3:23.3	7:34.8	4:42.9
23 Machlitt, Amelia	SR	Clearbrook-Gonvick	-	23:43.7	3:32.7	7:37.8	4:44.7
24 Schneider, Paisley	7	Thief River Falls	-	23:50.0	3:38.0	7:39.8	4:46.0
25 Goulet, Jenna	SR	Warroad	-	24:00.2	3:49.2	7:43.1	4:48.0
26 Grafstrom, Svea	FR	Warroad	-	24:13.4	4:02.4	7:47.3	4:50.7
27 Lane, Lillian	7	Thief River Falls	-	24:25.8	4:14.8	7:51.3	4:53.2
28 Fulcher, Alyssa	JR	Riverside Christian	-	24:39.9	4:28.9	7:55.8	4:56.0
29 Bring, Lexi	SO	Northern Freeze	-	24:41.0	4:29.0	7:56.2	4:56.2
30 Goulet, Emma	FR	Warroad	-	24:46.6	4:35.6	7:58.0	4:57.3
31 Hulst, Brooklyn	SR	Roseau	-	24:51.7	4:40.7	7:59.6	4:58.3
32 Aro, Aryanna	JR	East Grand Forks	-	25:04.4	4:53.4	8:03.7	5:00.9
33 Jensrud, Kenna	SR	Fertile-Beltrami	-	25:22.9	5:11.9	8:09.7	5:04.6
34 Bjorgaard, Brooke	JR	Northern Freeze	-	25:31.2	5:20.2	8:12.3	5:06.2
35 Bolstad, Kylee	SR	Northern Freeze	-	25:42.2	5:31.2	8:15.9	5:08.4
36 Arnesen, Madelynn	JR	Warroad	-	25:52.1	5:41.1	8:19.0	5:10.4
37 Hinrichs, Vera	FR	Lake of the Woods/	-	25:55.4	5:44.4	8:20.1	5:11.1
38 Gauderman, Alexa	JR	Thompson	-	25:58.1	5:47.1	8:21.0	5:11.6
39 Haman, Theresa	7	Thompson	-	26:04.1	5:53.1	8:22.9	5:12.8
40 Erickson, Hadlee	FR	Fertile-Beltrami	-	26:07.7	5:56.7	8:24.1	5:13.5
41 Anderson, Alexa	SO	Clearbrook-Gonvick	-	26:17.9	6:06.9	8:27.3	5:15.6
42 Olson, Kendra	SR	East Grand Forks	-	26:18.1	6:07.1	8:27.4	5:15.6
43 Bitker, Adeliza	SO	Ada-Borup-West	-	26:30.0	6:18.0	8:31.2	5:18.0
44 Hardwick, Emmie	SR	Warroad	-	26:39.8	6:28.8	8:34.4	5:19.9
45 Larsen, Paige	SR	Roseau	-	26:51.5	6:40.5	8:38.1	5:22.3
46 Williams, Taylee	7	Thompson	-	26:58.0	6:46.0	8:40.2	5:23.6

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**Race #2
Girls High School****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 Floden, Audrey	JR	East Grand Forks	-	27:08.4	6:57.4	8:43.6	5:25.7
48 Skoglund, Megan	JR	Roseau	-	27:22.6	7:11.6	8:48.2	5:28.5
49 Novacek, Reese	JR	Roseau	-	27:31.5	7:20.5	8:51.0	5:30.3
50 Lines, Madyson	SR	Lake of the Woods/	-	28:04.7	7:53.7	9:01.7	5:36.9
51 Swenson, Cadence	JR	Thompson	-	28:08.6	7:57.6	9:03.0	5:37.7
52 Musgrove, Rebekah	SR	Warroad	-	28:16.6	8:05.6	9:05.5	5:39.3
53 Dabrowski, Maja	SR	Warroad	-	28:18.4	8:07.4	9:06.1	5:39.7
54 Kuster, Katelyn	SR	Thompson	-	28:25.1	8:14.1	9:08.3	5:41.0
55 Baird, Ashley	SO	West Marshall	-	29:03.3	8:52.3	9:20.5	5:48.7
56 Jauquet, Grace	JR	Roseau	-	29:21.0	9:10.0	9:26.2	5:52.2
57 Orvis, Adriana	FR	Warroad	-	29:35.8	9:24.8	9:31.0	5:55.2
58 Syverson, Melissa	FR	Warroad	-	29:37.0	9:25.0	9:31.4	5:55.4
59 Heppner, Kendra	FR	Warroad	-	29:42.8	9:31.8	9:33.2	5:56.5
60 Heller, Alivia	JR	Bagley/Fosston	-	29:50.8	9:39.8	9:35.8	5:58.1
61 Marquart, Ella	JR	Red Lake County	-	29:51.4	9:40.4	9:36.0	5:58.3
62 Determan, Chloe	8	Thompson	-	30:14.7	10:03.7	9:43.5	6:02.9
63 Heppner, Anna	FR	Warroad	-	30:42.8	10:31.8	9:52.5	6:08.6
64 Anderson, Lola	SO	Thompson	-	31:34.1	11:23.1	10:09.0	6:18.8
65 Kuzmin, Sophie	FR	Fertile-Beltrami	-	31:51.0	11:39.0	10:14.4	6:22.2
66 Haugan, Avery	SO	Clearbrook-Gonvick	-	32:02.1	11:51.1	10:18.0	6:24.4
67 Whitaker, Rylee	FR	Red Lake County	-	32:44.3	12:33.3	10:31.6	6:32.9
68 Swanson, Grace	SR	Lake of the Woods/	-	36:57.5	16:46.5	11:53.0	7:23.5
69 Sopkowiak, Alyssa	FR	Lake of the Woods/	-	37:24.4	17:13.4	12:01.7	7:28.9

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**Race #3
Boys High School****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Griffin, Curtis	SO	Thief River Falls	-	16:13.5	---	5:13.0	3:14.7
2 McKeever, Tyson	JR	Warroad	-	18:21.7	2:08.2	5:54.2	3:40.3
3 Munstenteiger, Asher	SO	Roseau	-	18:32.1	2:18.6	5:57.6	3:42.4
4 Youso, Isaiah	8	Lake of the Woods/	-	18:35.6	2:22.1	5:58.7	3:43.1
5 Eidsmoe, Thomas	SO	Thief River Falls	-	18:36.2	2:22.7	5:58.9	3:43.2
6 Kasprowicz, Brody	SR	Roseau	-	19:04.2	2:50.7	6:07.9	3:48.8
7 Vandervort, Cole	JR	East Grand Forks	-	19:06.5	2:53.0	6:08.6	3:49.3
8 Driscoll, Kylan	FR	East Grand Forks	-	19:06.9	2:53.4	6:08.8	3:49.4
9 Klawitter, Willilam	SR	Red Lake County	-	19:10.4	2:56.9	6:09.9	3:50.1
10 Sobotta, Tobias	7	Thief River Falls	-	19:12.0	2:57.5	6:10.4	3:50.4
11 Odden, Beckett	FR	Ada-Borup-West	-	19:15.1	3:01.6	6:11.4	3:51.0
12 Shulstad, Hayden	JR	Red Lake County	-	19:25.5	3:12.0	6:14.7	3:53.1
13 Setness, Drevin	SO	Thompson	-	19:34.8	3:21.3	6:17.7	3:55.0
14 Olson, Dietrich	FR	Roseau	-	19:35.1	3:21.6	6:17.8	3:55.0
15 Helstad, Elijah	SO	Warroad	-	19:39.7	3:26.2	6:19.3	3:55.9
16 Chisholm, Chase	SO	Ada-Borup-West	-	19:44.1	3:30.6	6:20.7	3:56.8
17 Zafke, Thomas	SR	Thompson	-	19:48.3	3:34.8	6:22.1	3:57.7
18 Ramberg, Greg	JR	Fertile-Beltrami	-	19:51.5	3:38.0	6:23.1	3:58.3
19 Gilbertson, Easton	SO	Bagley/Fosston	-	19:53.8	3:40.3	6:23.8	3:58.7
20 Nelson, Eli	SO	Thief River Falls	-	19:58.6	3:45.1	6:25.4	3:59.7
21 Bleess, Josiah	SO	Warroad	-	20:02.3	3:48.8	6:26.6	4:00.5
22 Dorow, Kodiak	JR	Lake of the Woods/	-	20:06.0	3:51.5	6:27.8	4:01.2
23 Norby, Charles	7	Thompson	-	20:07.2	3:53.7	6:28.1	4:01.4
24 Baumann, Joseph	SO	Bagley/Fosston	-	20:08.1	3:54.6	6:28.4	4:01.6
25 Novak, Wyatt	SO	Thief River Falls	-	20:08.5	3:55.0	6:28.6	4:01.7
26 Pederson, Everett	JR	Warroad	-	20:37.1	4:23.6	6:37.8	4:07.4
27 Eastvold, Stephan	FR	Warroad	-	20:37.4	4:23.9	6:37.9	4:07.5
28 Olson, Cooper	FR	Lake of the Woods/	-	20:38.4	4:24.9	6:38.2	4:07.7
29 Kliniske, Owen	SR	East Grand Forks	-	20:50.5	4:37.0	6:42.1	4:10.1
30 Delaney, John	SR	Roseau	-	20:57.0	4:42.5	6:44.2	4:11.4
31 Babolian, Danny	SO	Ada-Borup-West	-	20:57.0	4:42.5	6:44.2	4:11.4
32 Suchy, Nick	SR	Red Lake County	-	21:00.3	4:46.8	6:45.2	4:12.1
33 Johnson, Sully	JR	Warroad	-	21:09.2	4:55.7	6:48.1	4:13.8
34 Mollberg, Mason	SO	Lake of the Woods/	-	21:23.1	5:09.6	6:52.6	4:16.6
35 Huener, Abram	FR	Roseau	-	21:32.0	5:17.5	6:55.4	4:18.4
36 Ackley, Kade	SO	Warroad	-	21:59.0	5:44.5	7:04.1	4:23.8
37 Olsonawski, Briley	SR	Thief River Falls	-	22:05.0	5:50.5	7:06.0	4:25.0
38 Chisholm, Mason	FR	Ada-Borup-West	-	22:05.4	5:51.9	7:06.1	4:25.1
39 Branum, Jake	FR	Warroad	-	22:06.7	5:53.2	7:06.6	4:25.3
40 Quo, Vincent	SO	Lake of the Woods/	-	22:08.7	5:55.2	7:07.2	4:25.7
41 Allard, Nathan	8	East Grand Forks	-	22:15.9	6:02.4	7:09.5	4:27.2
42 Larson, Owen	SO	Warroad	-	22:26.2	6:12.7	7:12.8	4:29.2
43 Daniels, Sam	SR	Warroad	-	22:28.9	6:15.4	7:13.7	4:29.8
44 Menlove, Daxton	SO	Roseau	-	22:40.7	6:27.2	7:17.5	4:32.1
45 Swenson, Walker	7	Thompson	-	22:43.2	6:29.7	7:18.3	4:32.6
46 Oistad, Kane	JR	Fertile-Beltrami	-	23:01.5	6:48.0	7:24.2	4:36.3

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East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

**Race #3
Boys High School****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 Lien, Gus	FR	Warroad	-	23:17.6	7:04.1	7:29.4	4:39.5
48 Dagg, William	FR	Thief River Falls	-	23:24.6	7:11.1	7:31.6	4:40.9
49 Osweiler, Zeke	SO	Roseau	-	23:27.7	7:14.2	7:32.6	4:41.5
50 Girtz, Izack	SO	Bagley/Fosston	-	23:36.7	7:23.2	7:35.5	4:43.3
51 Banasau, Logan		Thief River Falls	-	23:40.7	7:27.2	7:36.8	4:44.1
52 Dorow, Gage	FR	Lake of the Woods/	-	23:46.8	7:33.3	7:38.8	4:45.4
53 Haugan, Elias	FR	Clearbrook-Gonvick	-	23:50.6	7:37.1	7:40.0	4:46.1
54 Johnson, Thorbjorn	SO	Roseau	-	23:59.1	7:45.6	7:42.7	4:47.8
55 Ellerbusch, Ethan	SR	West Marshall	-	24:08.2	7:54.7	7:45.6	4:49.6
56 Smith, Allen	SO	Thief River Falls	-	24:14.7	8:01.2	7:47.7	4:50.9
57 Bain, Patrick	SR	Warroad	-	24:15.5	8:02.0	7:48.0	4:51.1
58 Beland, Trevor	JR	Thompson	-	24:36.3	8:22.8	7:54.7	4:55.3
59 Boianoff, Tim	8	Fertile-Beltrami	-	25:15.9	9:02.4	8:07.4	5:03.2
60 Forgit, Peter	SR	Fertile-Beltrami	-	25:50.2	9:36.7	8:18.4	5:10.0
61 Perdew, Curtis	SO	East Grand Forks	-	25:55.7	9:42.2	8:20.2	5:11.1
62 Monson, Gabe	JR	Fertile-Beltrami	-	26:04.1	9:50.6	8:22.9	5:12.8
63 Westby, Bret	SR	Bagley/Fosston	-	26:12.9	9:59.4	8:25.7	5:14.6
64 Preuss, Erik	FR	Clearbrook-Gonvick	-	26:29.8	10:16.3	8:31.2	5:18.0
65 Hovland, Logan	FR	Red Lake County	-	26:56.9	10:43.4	8:39.9	5:23.4
66 Dale, Brayden	FR	Warroad	-	27:51.0	11:36.5	8:57.3	5:34.2
67 Curtis, Kendan	SR	Warroad	-	27:54.6	11:41.1	8:58.5	5:34.9
68 Rongen, John Douglas	FR	Fertile-Beltrami	-	28:13.8	12:00.3	9:04.6	5:38.7
69 O'Neill, Talon	FR	Riverside Christian	-	30:10.9	13:57.4	9:42.3	6:02.2
70 Gilbert, Logan	FR	Warroad	-	30:58.3	14:44.8	9:57.5	6:11.6
71 Friborg, Gavin	FR	Bagley/Fosston	-	31:24.4	15:10.9	10:05.9	6:16.9
72 Davies, Keith	FR	Bagley/Fosston	-	31:46.4	15:32.9	10:13.0	6:21.3
73 Hammer, Brody	SR	Red Lake County	-	32:01.5	15:48.0	10:17.8	6:24.3
74 Eichenberger, Axl	FR	Warroad	-	32:47.0	16:32.5	10:32.5	6:33.4

Race #4
Girls Junior High

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Spread
1 Warroad	26	2-4-5-7-8(9)(11)	4:05.9
2 Roseau	32	1-3-6-10-12	9:24.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Solem, Avary	7	Riverside Christian	-	12:32.9	---	6:18.3	3:55.3
2 Avikainen, Mae	7	Roseau	1	13:59.8	1:26.9	7:02.0	4:22.4
3 Pederson, Cora	8	Warroad	2	14:39.0	2:05.1	7:21.7	4:34.7
4 Auger, Kennedy	8	East Grand Forks	-	14:45.3	2:12.4	7:24.9	4:36.6
5 Syverson, Hannah	7	West Marshall	-	15:10.8	2:37.9	7:37.6	4:44.6
6 Machlitt, Caroline	8	Clearbrook-Gonvick	-	15:21.2	2:48.3	7:42.9	4:47.9
7 Huener, Avril	7	Roseau	3	15:24.3	2:51.4	7:44.4	4:48.8
8 Grafstrom, Ada	8	Warroad	4	15:51.0	3:17.1	7:57.9	4:57.2
9 Bring, Corbyn	FR	Northern Freeze	-	15:53.0	3:19.1	7:58.9	4:57.8
10 Fransway, Sophia	8	Warroad	5	16:03.9	3:31.0	8:04.4	5:01.2
11 Westerman, Quinn	6	Thief River Falls	-	16:14.1	3:41.2	8:09.5	5:04.4
12 Brekke, Aliyah	8	West Marshall	-	16:53.4	4:20.5	8:29.2	5:16.7
13 Jarshaw, Elizabeth	7	Northern Freeze	-	17:24.6	4:51.7	8:44.9	5:26.4
14 Youso, Verena		Lake of the Woods/	-	17:47.9	5:15.0	8:56.6	5:33.7
15 Ellenson, Morgan	7	Roseau	6	17:56.3	5:23.4	9:00.8	5:36.3
16 Willems, Clara	8	Warroad	7	18:08.6	5:35.7	9:07.0	5:40.2
17 Lund, Evie	8	Warroad	8	18:44.8	6:11.9	9:25.2	5:51.5
18 Kalash, Stella	6	Thief River Falls	-	18:56.3	6:23.4	9:31.0	5:55.1
19 Pearson, Ksana	7	Warroad	(9)	19:20.5	6:47.6	9:43.2	6:02.7
20 Jarvis, Lilly	8	Thompson	-	19:41.1	7:08.2	9:53.5	6:09.1
21 Olson, Kenley	7	Roseau	10	19:46.4	7:13.5	9:56.2	6:10.8
22 Page, Emma	8	West Marshall	-	19:56.8	7:23.9	10:01.4	6:14.0
23 Luther, Hailey	7	Thompson	-	20:01.9	7:29.0	10:04.0	6:15.6
24 Kurtyka, Pippi	8	East Grand Forks	-	20:04.1	7:31.2	10:05.0	6:16.3
25 Mattern, Kaydence	8	East Grand Forks	-	20:44.4	8:11.5	10:25.3	6:28.9
26 Sopkowiak, Abigail		Lake of the Woods/	-	20:56.3	8:23.4	10:31.3	6:32.6
27 Johnson, Laylah	7	Warroad	(11)	21:20.7	8:47.8	10:43.5	6:40.2
28 Ellenson, Laine	7	Warroad	-	21:55.0	9:21.1	11:00.8	6:50.9
29 Williams, Kamil	8	Roseau	12	23:24.0	10:50.1	11:45.5	7:18.7

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East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

**Race #5
Boys Junior High****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Riverside Christian	34	1-6-8-9-10(12)(14)	2:22.0
2 Roseau	37	2-4-5-11-15(17)(19)	2:49.5
3 Thief River Falls	57	3-7-13-16-18	4:34.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Arntson, Emmett	6	Riverside Christian	1	12:31.3	---	6:17.5	3:54.8
2 Kappes, Hudson	7	Ada-Borup-West	-	12:44.0	11.7	6:23.9	3:58.7
3 Broten, Noah	FR	Roseau	2	13:19.4	48.1	6:41.7	4:09.8
4 Sands, Jace	8	Thief River Falls	3	13:23.7	52.4	6:43.9	4:11.1
5 Mimnaugh, Dawson	8	Northern Freeze	-	13:27.4	56.1	6:45.7	4:12.3
6 Erickson, Levi	8	Roseau	4	13:31.9	1:00.6	6:48.0	4:13.7
7 Hasbargen, Gus	7	Lake of the Woods/	-	13:40.4	1:09.1	6:52.2	4:16.3
8 Donovan, Levi	7	Ada-Borup-West	-	13:55.1	1:23.8	6:59.6	4:20.9
9 Olson, Ellis		Lake of the Woods/	-	13:58.0	1:25.7	7:01.1	4:21.8
10 Gerlach, Camden	7	Roseau	5	14:10.3	1:39.0	7:07.3	4:25.7
11 Hanson, Westyn	6	Riverside Christian	6	14:15.2	1:43.9	7:09.7	4:27.2
12 Vandervort, Hudson	7	East Grand Forks	-	14:16.8	1:45.5	7:10.5	4:27.7
13 Brandt, Wyatt	7	Clearbrook-Gonvick	-	14:32.8	2:01.5	7:18.6	4:32.7
14 Esala, Connor	6	Thief River Falls	7	14:34.4	2:03.1	7:19.4	4:33.2
15 Kiefat, Christian	7	Riverside Christian	8	14:42.9	2:11.6	7:23.7	4:35.9
16 Marshall, August	7	Riverside Christian	9	14:44.7	2:13.4	7:24.5	4:36.4
17 Bring, Luke	7	Northern Freeze	-	14:48.0	2:15.7	7:26.2	4:37.5
18 Lorentz, Brady	7	East Grand Forks	-	14:48.4	2:17.1	7:26.4	4:37.6
19 Hensrud, Graeham	6	Riverside Christian	10	14:53.3	2:22.0	7:28.9	4:39.1
20 Miller, Luke	FR	Roseau	11	14:56.7	2:25.4	7:30.6	4:40.2
21 Syverson, Xander	8	West Marshall	-	15:00.1	2:28.8	7:32.3	4:41.3
22 Lund, Levi	7	Riverside Christian	(12)	15:04.1	2:32.8	7:34.3	4:42.5
23 Wilson, Paxton	8	Thief River Falls	13	15:15.7	2:44.4	7:40.1	4:46.2
24 Will, Eli	7	West Marshall	-	15:17.1	2:45.8	7:40.8	4:46.6
25 Thompson, Blaine	7	Ada-Borup-West	-	15:17.4	2:46.1	7:41.0	4:46.7
26 Clausen, Peter	6	Riverside Christian	(14)	15:50.4	3:19.1	7:57.6	4:57.0
27 Christianson, Nils	8	Roseau	15	16:08.9	3:37.6	8:06.9	5:02.8
28 Bergh, Luke	8	West Marshall	-	16:34.5	4:03.2	8:19.7	5:10.8
29 Green, Henry	7	Riverside Christian	-	16:45.0	4:12.7	8:25.0	5:14.0
30 Olson, Alex	7	Thompson	-	16:57.5	4:26.2	8:31.3	5:17.9
31 Sabouathone, Tyson	8	Warroad	-	17:00.9	4:29.6	8:33.0	5:19.0
32 Thorn, Milo	7	Thief River Falls	16	17:15.8	4:44.5	8:40.5	5:23.7
33 Kasprovicz, Chase	FR	Roseau	(17)	17:27.2	4:55.9	8:46.2	5:27.2
34 LeBon, Aaron	7	Bagley/Fosston	-	17:40.5	5:09.2	8:52.9	5:31.4
35 Lindner, Grant	7	Warroad	-	17:57.4	5:26.1	9:01.4	5:36.7
36 Fay, Albert	6	Thief River Falls	18	17:57.9	5:26.6	9:01.6	5:36.8
37 Swenson, Alexander	7	Thompson	-	19:12.2	6:40.9	9:38.9	6:00.0
38 Wallace, Leaf	7	Lake of the Woods/	-	19:12.2	6:40.9	9:39.0	6:00.0
39 Carr, Joseph	7	East Grand Forks	-	19:44.0	7:11.7	9:54.9	6:10.0
40 Lamwers, Wesley	8	Clearbrook-Gonvick	-	20:06.5	7:35.2	10:06.2	6:17.0

EGF XC INVITATIONAL

East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

Race #5
Boys Junior High**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
41 Menlove, Craig	7	Roseau	(19)	20:07.1	7:35.8	10:06.5	6:17.2
42 Rusek, Jonathan	8	Roseau	-	20:32.2	8:00.9	10:19.2	6:25.1
43 Forgit, Patrick	7	Fertile-Beltrami	-	20:32.6	8:01.3	10:19.4	6:25.2
44 LaRoque, Oliver	7	Thompson	-	21:01.6	8:30.3	10:33.9	6:34.2
45 Fitzpatrick, Daylen	7	East Grand Forks	-	22:02.6	9:31.3	11:04.6	6:53.3
46 Hammer, Jarrett	8	Red Lake County	-	22:04.8	9:33.5	11:05.7	6:54.0
47 Barth, Logan	8	Northern Freeze	-	27:54.0	15:21.7	14:01.2	8:43.1

EGF XC INVITATIONAL

East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

Race #6
Girls Varsity**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Riverside Christian	54	1-7-8-14-24	4:27.9
2 Fertile-Beltrami	75	3-4-10-27-31(41)	5:31.8
3 Thief River Falls	81	6-15-17-20-23	2:48.6
4 Warroad	86	2-16-21-22-25(28)(32)	4:20.8
5 West Marshall	90	5-9-18-19-39	7:51.4
6 Thompson	118	12-13-29-30-34(37)(38)	4:24.9
7 Roseau	141	11-26-33-35-36(40)	5:01.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Arntson, Emelia	8	Riverside Christian	1	20:12.0	---	6:29.7	4:02.4
2 Harren, Linnea	SR	Warroad	2	20:25.9	14.9	6:34.2	4:05.2
3 Hitchen, Katrina	SR	Fertile-Beltrami	3	20:35.9	24.9	6:37.4	4:07.2
4 Myers, Brianne	FR	Ada-Borup-West	-	20:37.0	25.0	6:37.7	4:07.4
5 Krog, Isabelle	8	Clearbrook-Gonvick	-	20:43.8	32.8	6:39.9	4:08.8
6 Nelson, Kaylee	8	Fertile-Beltrami	4	20:56.4	45.4	6:44.0	4:11.3
7 Peterson, Annie	SR	West Marshall	5	21:12.0	1:00.0	6:49.0	4:14.4
8 Mossestad, Elory	JR	Thief River Falls	6	21:37.2	1:26.2	6:57.1	4:19.4
9 Hamlin, Audrey	FR	Riverside Christian	7	21:51.4	1:40.4	7:01.7	4:22.3
10 Weiss, Megan	SO	Riverside Christian	8	22:08.0	1:56.0	7:07.0	4:25.6
11 Thompson, Jenna	JR	Ada-Borup-West	-	22:16.9	2:05.9	7:09.8	4:27.4
12 Benson, Brenna	JR	West Marshall	9	22:20.4	2:09.4	7:11.0	4:28.1
13 Grunhovd, Sofie	SR	Fertile-Beltrami	10	22:21.2	2:10.2	7:11.2	4:28.2
14 Omdahl, Ashlynn	SR	Roseau	11	22:30.3	2:19.3	7:14.2	4:30.1
15 Krebs, Faith	SR	Thompson	12	22:33.2	2:22.2	7:15.1	4:30.6
16 Herrig, Ella	SO	Thompson	13	22:42.9	2:31.9	7:18.2	4:32.6
17 Sundby, Leah	JR	Riverside Christian	14	22:48.0	2:36.0	7:19.9	4:33.6
18 Harbott, Livia	JR	Thief River Falls	15	23:06.6	2:55.6	7:25.9	4:37.3
19 Goulet, Adley	SO	Warroad	16	23:26.3	3:15.3	7:32.2	4:41.3
20 Peterson, Kayla	SO	Thief River Falls	17	23:26.8	3:15.8	7:32.3	4:41.3
21 Miska, Jorie	SR	West Marshall	18	23:30.1	3:19.1	7:33.4	4:42.0
22 Adolphson, Annika	SO	West Marshall	19	23:34.3	3:23.3	7:34.8	4:42.9
23 Machlitt, Amelia	SR	Clearbrook-Gonvick	-	23:43.7	3:32.7	7:37.8	4:44.7
24 Schneider, Paisley	7	Thief River Falls	20	23:50.0	3:38.0	7:39.8	4:46.0
25 Goulet, Jenna	SR	Warroad	21	24:00.2	3:49.2	7:43.1	4:48.0
26 Grafstrom, Svea	FR	Warroad	22	24:13.4	4:02.4	7:47.3	4:50.7
27 Lane, Lillian	7	Thief River Falls	23	24:25.8	4:14.8	7:51.3	4:53.2
28 Fulcher, Alyssa	JR	Riverside Christian	24	24:39.9	4:28.9	7:55.8	4:56.0
29 Bring, Lexi	SO	Northern Freeze	-	24:41.0	4:29.0	7:56.2	4:56.2
30 Goulet, Emma	FR	Warroad	25	24:46.6	4:35.6	7:58.0	4:57.3
31 Hulst, Brooklyn	SR	Roseau	26	24:51.7	4:40.7	7:59.6	4:58.3
32 Aro, Aryanna	JR	East Grand Forks	-	25:04.4	4:53.4	8:03.7	5:00.9
33 Jensrud, Kenna	SR	Fertile-Beltrami	27	25:22.9	5:11.9	8:09.7	5:04.6
34 Bjorgaard, Brooke	JR	Northern Freeze	-	25:31.2	5:20.2	8:12.3	5:06.2
35 Bolstad, Kylee	SR	Northern Freeze	-	25:42.2	5:31.2	8:15.9	5:08.4

EGF XC INVITATIONAL

East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

**Race #6
Girls Varsity****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
36 Arnesen, Madelynn	JR	Warroad	(28)	25:52.1	5:41.1	8:19.0	5:10.4
37 Hinrichs, Vera	FR	Lake of the Woods/	-	25:55.4	5:44.4	8:20.1	5:11.1
38 Gauderman, Alexa	JR	Thompson	29	25:58.1	5:47.1	8:21.0	5:11.6
39 Haman, Theresa	7	Thompson	30	26:04.1	5:53.1	8:22.9	5:12.8
40 Erickson, Hadlee	FR	Fertile-Beltrami	31	26:07.7	5:56.7	8:24.1	5:13.5
41 Anderson, Alexa	SO	Clearbrook-Gonvick	-	26:17.9	6:06.9	8:27.3	5:15.6
42 Olson, Kendra	SR	East Grand Forks	-	26:18.1	6:07.1	8:27.4	5:15.6
43 Bitker, Adeliza	SO	Ada-Borup-West	-	26:30.0	6:18.0	8:31.2	5:18.0
44 Hardwick, Emmie	SR	Warroad	(32)	26:39.8	6:28.8	8:34.4	5:19.9
45 Larsen, Paige	SR	Roseau	33	26:51.5	6:40.5	8:38.1	5:22.3
46 Williams, Taylee	7	Thompson	34	26:58.0	6:46.0	8:40.2	5:23.6
47 Floden, Audrey	JR	East Grand Forks	-	27:08.4	6:57.4	8:43.6	5:25.7
48 Skoglund, Megan	JR	Roseau	35	27:22.6	7:11.6	8:48.2	5:28.5
49 Novacek, Reese	JR	Roseau	36	27:31.5	7:20.5	8:51.0	5:30.3
50 Lines, Madyson	SR	Lake of the Woods/	-	28:04.7	7:53.7	9:01.7	5:36.9
51 Swenson, Cadence	JR	Thompson	(37)	28:08.6	7:57.6	9:03.0	5:37.7
52 Kuster, Katelyn	SR	Thompson	(38)	28:25.1	8:14.1	9:08.3	5:41.0
53 Baird, Ashley	SO	West Marshall	39	29:03.3	8:52.3	9:20.5	5:48.7
54 Jauquet, Grace	JR	Roseau	(40)	29:21.0	9:10.0	9:26.2	5:52.2
55 Heller, Alivia	JR	Bagley/Fosston	-	29:50.8	9:39.8	9:35.8	5:58.1
56 Marquart, Ella	JR	Red Lake County	-	29:51.4	9:40.4	9:36.0	5:58.3
57 Kuzmin, Sophie	FR	Fertile-Beltrami	(41)	31:51.0	11:39.0	10:14.4	6:22.2
58 Haugan, Avery	SO	Clearbrook-Gonvick	-	32:02.1	11:51.1	10:18.0	6:24.4
59 Whitaker, Rylee	FR	Red Lake County	-	32:44.3	12:33.3	10:31.6	6:32.9
60 Swanson, Grace	SR	Lake of the Woods/	-	36:57.5	16:46.5	11:53.0	7:23.5
61 Sopkowiak, Alyssa	FR	Lake of the Woods/	-	37:24.4	17:13.4	12:01.7	7:28.9

EGF XC INVITATIONAL
 East Grand Forks, MN
 Valley Golf Course
 Monday, September 22, 2025



Race #7
Girls Junior Varsity

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Spread
1 Warroad	15	1-2-3-4-5(6)	1:26.3

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Musgrove, Rebekah	SR	Warroad	1	28:16.6	---	9:05.5	5:39.3
2 Dabrowski, Maja	SR	Warroad	2	28:18.4	1.8	9:06.1	5:39.7
3 Orvis, Adriana	FR	Warroad	3	29:35.8	1:19.2	9:31.0	5:55.2
4 Syverson, Melissa	FR	Warroad	4	29:37.0	1:19.4	9:31.4	5:55.4
5 Heppner, Kendra	FR	Warroad	5	29:42.8	1:26.2	9:33.2	5:56.5
6 Determan, Chloe	8	Thompson	-	30:14.7	1:58.1	9:43.5	6:02.9
7 Heppner, Anna	FR	Warroad	(6)	30:42.8	2:26.2	9:52.5	6:08.6
8 Anderson, Lola	SO	Thompson	-	31:34.1	3:17.5	10:09.0	6:18.8

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East Grand Forks, MN

Valley Golf Course

Monday, September 22, 2025

**OFFICIAL MEET REPORT**

printed: 9/22/2025 17:36

Race #8
Boys Varsity**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Thief River Falls	57	1-5-10-18-23(34)(40)	3:55.1
2 Roseau	82	3-6-13-28-32(37)(41)	3:00.0
3 Warroad	84	2-14-19-24-25(30)(33)	2:15.7
4 Lake of the Woods/Rainy R	116	4-20-26-31-35(43)	3:33.1
5 East Grand Forks	125	7-8-27-36-47	6:49.3
6 Thompson	130	12-15-21-38-44	5:01.6
7 Red Lake County	153	9-11-29-50-54	12:51.1
8 Bagley/Fosston	182	17-22-42-49-52(53)	11:30.7
9 Fertile-Beltrami	194	16-39-45-46-48(51)	6:12.6

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Griffin, Curtis	SO	Thief River Falls	1	16:13.5	---	5:13.0	3:14.7
2 McKeever, Tyson	JR	Warroad	2	18:21.7	2:08.2	5:54.2	3:40.3
3 Munstenteiger, Asher	SO	Roseau	3	18:32.1	2:18.6	5:57.6	3:42.4
4 Youso, Isaiah	8	Lake of the Woods/	4	18:35.6	2:22.1	5:58.7	3:43.1
5 Eidsmoe, Thomas	SO	Thief River Falls	5	18:36.2	2:22.7	5:58.9	3:43.2
6 Kasproicz, Brody	SR	Roseau	6	19:04.2	2:50.7	6:07.9	3:48.8
7 Vandervort, Cole	JR	East Grand Forks	7	19:06.5	2:53.0	6:08.6	3:49.3
8 Driscoll, Kylan	FR	East Grand Forks	8	19:06.9	2:53.4	6:08.8	3:49.4
9 Klawitter, Willilam	SR	Red Lake County	9	19:10.4	2:56.9	6:09.9	3:50.1
10 Sobotta, Tobias	7	Thief River Falls	10	19:12.0	2:57.5	6:10.4	3:50.4
11 Odden, Beckett	FR	Ada-Borup-West	-	19:15.1	3:01.6	6:11.4	3:51.0
12 Shulstad, Hayden	JR	Red Lake County	11	19:25.5	3:12.0	6:14.7	3:53.1
13 Setness, Drevin	SO	Thompson	12	19:34.8	3:21.3	6:17.7	3:55.0
14 Olson, Dietrich	FR	Roseau	13	19:35.1	3:21.6	6:17.8	3:55.0
15 Helstad, Elijah	SO	Warroad	14	19:39.7	3:26.2	6:19.3	3:55.9
16 Chisholm, Chase	SO	Ada-Borup-West	-	19:44.1	3:30.6	6:20.7	3:56.8
17 Zafke, Thomas	SR	Thompson	15	19:48.3	3:34.8	6:22.1	3:57.7
18 Ramberg, Greg	JR	Fertile-Beltrami	16	19:51.5	3:38.0	6:23.1	3:58.3
19 Gilbertson, Easton	SO	Bagley/Fosston	17	19:53.8	3:40.3	6:23.8	3:58.7
20 Nelson, Eli	SO	Thief River Falls	18	19:58.6	3:45.1	6:25.4	3:59.7
21 Bleess, Josiah	SO	Warroad	19	20:02.3	3:48.8	6:26.6	4:00.5
22 Dorow, Kodiak	JR	Lake of the Woods/	20	20:06.0	3:51.5	6:27.8	4:01.2
23 Norby, Charles	7	Thompson	21	20:07.2	3:53.7	6:28.1	4:01.4
24 Baumann, Joseph	SO	Bagley/Fosston	22	20:08.1	3:54.6	6:28.4	4:01.6
25 Novak, Wyatt	SO	Thief River Falls	23	20:08.5	3:55.0	6:28.6	4:01.7
26 Pederson, Everett	JR	Warroad	24	20:37.1	4:23.6	6:37.8	4:07.4
27 Eastvold, Stephan	FR	Warroad	25	20:37.4	4:23.9	6:37.9	4:07.5
28 Olson, Cooper	FR	Lake of the Woods/	26	20:38.4	4:24.9	6:38.2	4:07.7
29 Kliniske, Owen	SR	East Grand Forks	27	20:50.5	4:37.0	6:42.1	4:10.1
30 Delaney, John	SR	Roseau	28	20:57.0	4:42.5	6:44.2	4:11.4
31 Babolian, Danny	SO	Ada-Borup-West	-	20:57.0	4:42.5	6:44.2	4:11.4
32 Suchy, Nick	SR	Red Lake County	29	21:00.3	4:46.8	6:45.2	4:12.1

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East Grand Forks, MN

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**Race #8
Boys Varsity****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 Johnson, Sully	JR	Warroad	(30)	21:09.2	4:55.7	6:48.1	4:13.8
34 Mollberg, Mason	SO	Lake of the Woods/	31	21:23.1	5:09.6	6:52.6	4:16.6
35 Huener, Abram	FR	Roseau	32	21:32.0	5:17.5	6:55.4	4:18.4
36 Ackley, Kade	SO	Warroad	(33)	21:59.0	5:44.5	7:04.1	4:23.8
37 Olsonawski, Briley	SR	Thief River Falls	(34)	22:05.0	5:50.5	7:06.0	4:25.0
38 Chisholm, Mason	FR	Ada-Borup-West	-	22:05.4	5:51.9	7:06.1	4:25.1
39 Quo, Vincent	SO	Lake of the Woods/	35	22:08.7	5:55.2	7:07.2	4:25.7
40 Allard, Nathan	8	East Grand Forks	36	22:15.9	6:02.4	7:09.5	4:27.2
41 Menlove, Daxton	SO	Roseau	(37)	22:40.7	6:27.2	7:17.5	4:32.1
42 Swenson, Walker	7	Thompson	38	22:43.2	6:29.7	7:18.3	4:32.6
43 Oistad, Kane	JR	Fertile-Beltrami	39	23:01.5	6:48.0	7:24.2	4:36.3
44 Dagg, William	FR	Thief River Falls	(40)	23:24.6	7:11.1	7:31.6	4:40.9
45 Osweiler, Zeke	SO	Roseau	(41)	23:27.7	7:14.2	7:32.6	4:41.5
46 Girtz, Izack	SO	Bagley/Fosston	42	23:36.7	7:23.2	7:35.5	4:43.3
47 Dorow, Gage	FR	Lake of the Woods/	(43)	23:46.8	7:33.3	7:38.8	4:45.4
48 Haugan, Elias	FR	Clearbrook-Gonvick	-	23:50.6	7:37.1	7:40.0	4:46.1
49 Ellerbusch, Ethan	SR	West Marshall	-	24:08.2	7:54.7	7:45.6	4:49.6
50 Beland, Trevor	JR	Thompson	44	24:36.3	8:22.8	7:54.7	4:55.3
51 Boianoff, Tim	8	Fertile-Beltrami	45	25:15.9	9:02.4	8:07.4	5:03.2
52 Forgit, Peter	SR	Fertile-Beltrami	46	25:50.2	9:36.7	8:18.4	5:10.0
53 Perdw, Curtis	SO	East Grand Forks	47	25:55.7	9:42.2	8:20.2	5:11.1
54 Monson, Gabe	JR	Fertile-Beltrami	48	26:04.1	9:50.6	8:22.9	5:12.8
55 Westby, Bret	SR	Bagley/Fosston	49	26:12.9	9:59.4	8:25.7	5:14.6
56 Preuss, Erik	FR	Clearbrook-Gonvick	-	26:29.8	10:16.3	8:31.2	5:18.0
57 Hovland, Logan	FR	Red Lake County	50	26:56.9	10:43.4	8:39.9	5:23.4
58 Rongen, John Douglas	FR	Fertile-Beltrami	(51)	28:13.8	12:00.3	9:04.6	5:38.7
59 O'Neill, Talon	FR	Riverside Christian	-	30:10.9	13:57.4	9:42.3	6:02.2
60 Friborg, Gavin	FR	Bagley/Fosston	52	31:24.4	15:10.9	10:05.9	6:16.9
61 Davies, Keith	FR	Bagley/Fosston	(53)	31:46.4	15:32.9	10:13.0	6:21.3
62 Hammer, Brody	SR	Red Lake County	54	32:01.5	15:48.0	10:17.8	6:24.3

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Race #9
Boys Junior Varsity**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Spread
1 Warroad	15	1-2-3-4-5(6)(7)	2:08.9

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Branum, Jake	FR	Warroad	1	22:06.7	---	7:06.6	4:25.3
2 Larson, Owen	SO	Warroad	2	22:26.2	19.5	7:12.8	4:29.2
3 Daniels, Sam	SR	Warroad	3	22:28.9	22.2	7:13.7	4:29.8
4 Lien, Gus	FR	Warroad	4	23:17.6	1:10.9	7:29.4	4:39.5
5 Banasau, Logan		Thief River Falls	-	23:40.7	1:34.0	7:36.8	4:44.1
6 Johnson, Thorbjorn	SO	Roseau	-	23:59.1	1:52.4	7:42.7	4:47.8
7 Smith, Allen	SO	Thief River Falls	-	24:14.7	2:08.0	7:47.7	4:50.9
8 Bain, Patrick	SR	Warroad	5	24:15.5	2:08.8	7:48.0	4:51.1
9 Dale, Brayden	FR	Warroad	(6)	27:51.0	5:43.3	8:57.3	5:34.2
10 Curtis, Kendan	SR	Warroad	(7)	27:54.6	5:47.9	8:58.5	5:34.9
11 Gilbert, Logan	FR	Warroad	-	30:58.3	8:51.6	9:57.5	6:11.6
12 Eichenberger, Axl	FR	Warroad	-	32:47.0	10:39.3	10:32.5	6:33.4