

Nokomis Meet
September 2nd, 2004

Last	First	Mile One	Mile Two	5K/3000M	PPM	Improvement
Benhardt	Steven	6:40	13:46	21:43	7:00	1:57
Braam	Eric	5:54	11:56	18:56	6:06	1:02
Coffey	Matt	5:56	12:12	6:25	6:25	1:37
Dohman	Josh	5:55	13:20	21:28	6:55	NA
Edwards	Kyler			12:55*		
Etzler	Jesse			12:37*		
Finnerty	Mike	5:36	11:20	17:43	5:42	:38
Finnerty	Rob	5:32	11:07	17:24	5:36	NA
Golden	Mike	6:42	13:49	21:51	7:02	NA
Halvorson	Mark	6:38	13:28	21:02	6:46	NA
Henrich	Brian					
Hludish	Josh	5:52	12:04	18:44	6:02	NA
Hoang	Tony					
Kachelmyer	Andrew	5:54	11:56	19:08	6:09	:15
Kuennen	Brian			17:45*		
Pitzl	Cory					
Reierson	Mitch			13:12*		
Ripplemeyer	Jacob	5:35	11:22	18:05	5:49	:19
Ripplemeyer	Luke	5:54	12:05	19:30	6:17	NA
Sandahl	Chip	5:55	11:55	18:58	6:06	NA
Schuerman	Nick	7:40	16:00	24:53:00	8:01	NA
Swanson	Sam			12:56*		
Vinje	Ryan					

Team Scores:

Varsity: First Place

JV: Second Place