



Lake Nokomis

August 30, 2007

www.bhsxc.com

Junior Varsity

Last	First	1 Mile	5K	PPM
Alvarez	Sergio	6:08	21:31	6:56
Durand	Nate	6:31	22:21	7:12
Ezenbies	Nathan	5:59	19:41	6:20
Hardegger	Jon		23:31	7:35
Jackson	Andrew	7:02	23:14	7:29
Lane	Joe	6:49	21:47	7:01
Larson	Joe	Injured		
Memmen	Matt		24:54:00	8:01
Rehwaldt	Seth	6:32	21:17	6:51
Segar	Max	5:58	19:58	6:26
Shaft	Grant	Injured		
Walker	Ethen	6:58	22:23	7:13
Woefel	Nick	Absent		

C Race

Last	First	1 Mile	3K	PPK
Bain	Erik	8:08	15:25	5:08
Bench	Eric	8:03	15:14	5:04
Boeser	Shane	5:49	11:04	3:41
Bolland	Micheal	6:04	11:56	3:58
Carlson	Thomas	6:34	12:38	4:12

Last	First	1 Mile	3K	PPK
Ezenbies	Zach	6:19	11:57	3:59
Frieler	Evan	6:43	12:20	4:06
Fulford	Ben	7:26	13:55	4:38
Hilpisch	Peter	9:10	17:42	5:54
Jenkins	Tyler		14:36	4:52
Johnson	Mike		12:15	4:05
Kollash	Erik		12:40	4:13
Lindholm	Thomas	8:25	Injured	
Peterson	Erik	6:10	11:47	3:55
Raymo	Joey	7:33	14:08	4:42
Sutton	Rehwaldt	6:59	13:06	4:22
Treimer	Nathaniel		14:10	4:43
Walker	Jimmy	6:50	12:42	4:14