

Scotty Wolter 3k				
Athlete	1500	3k	5k est.	Mile Pace
Joshua Truchon	4:38	9:20	15:33	5:00
Brennan Kompas	5:05	10:22	17:16	5:33
Joseph Hertel	5:05	10:44	17:53	5:45
Matthew Kees	5:21	11:08	18:33	5:58
Collin Raschka	5:32	11:20	18:53	6:04
Alex White	5:29	11:31	19:11	6:10
Carson Shane	5:47	11:40	19:26	6:15
Robert Petrovick	5:57	12:08	20:13	6:30
Jack Hutter	5:57	12:10	20:16	6:31
Parker Szura	6:36	13:08	21:53	7:02
Dylen Eiler	6:18	13:10	21:56	7:03
Tony Rodriguez	6:00	13:10	21:56	7:03
Frank Bevsek	6:10	13:10	21:56	7:03
Brock Ringger	6:20	13:12	22:00	7:04
Deven Eiler	6:20	13:12	22:00	7:04
Chase Witty	6:33	13:37	22:41	7:18
Tate Sormrude	6:56	14:38	24:20:00	7:49
Nathan Benti	6:05	DNF		
Sam Walder		DNF		
Guys this was a RUST BUSTER on a very TOUGH course after an intense couple weeks.				

Tosa/Wisco/Hale Scrimmage @ Tosa Dirt Trail (4k)													
Athlete	Grade	mile estimate?	2 mile estimate?	4k	5k from 2	5k from 1	5k from 4k						
Joshua Truchon	12	4:53	10:00	12:32	15:37	15:10	15:27	Great workout, no limits, keep loving, keep building your guys					
Joseph Hertel	12	5:16	11:05	13:47	17:19	16:21	16:59	Nice opener race, keep taking care of yourself and putting yourself up front					
Brennan Kompas	12	5:17	11:09	13:55	17:25	16:25	17:09	Good to see you up front, Keep that purpose in practice and keep running up front with Joseph					
Matthew Kees	12	5:38	11:51	14:46	18:30	17:30	18:12	Put yourself with Brennan, fitness is great, now let's turn it into elite racing					
Carson Shane	11	5:37	11:56	14:57	18:38	17:27	18:26	Nice bounce back after Friday, take some chances in training this season and have no limits					
Alex White	11	5:36	12:07	15:10	18:55	17:24	18:42	Aggressive start was fun! But, just settle in a little earlier. Take normal days faster, and go after it in workouts					
Collin Raschka	11	5:39	12:19	15:18	19:14	17:33	18:51	Ready to bounce back, start in practices with increased purpose and always running with top guys every day					
Jack Hutter	11	5:55	12:27	15:33	19:27	18:23	19:10	Very solid start, take the opportunity to take some chances in practices					
Cole Konczal	11	5:42	12:37	15:47	19:42	17:42	19:27	Way to reset your perspective and be present, stay patient and moving up					
Dylen Eiler	9	5:54	12:58	16:40	20:15	18:20	20:33	Loved the first race, you got a very fun 4 years ahead of you					
Robert Petrovick	11	6:05	13:25	16:49	20:57	18:54	20:44	Great learning lesson on bouncing back after a fall, big race ahead this week for ya					
Frank Bevsek	11	5:55	13:15	16:54	20:42	18:23	20:50	Solid first race, use the guys around you to keep building					
Parker Szura	10		13:28	17:10	21:02		21:10	Will work on more aggressive starts and trust your increasing fitness					
Chase Witty	11	6:30	13:20	17:18	20:50	20:11	21:19	Good to see you going fast again, the race should help boost your training					
Tony Rodriguez	10	5:55	13:30	17:24	21:05	18:23	21:27	Loved the start, saw some nice improvements this week with training					
Deven Eiler	9	6:10	14:15	17:57	22:15	19:09	22:07	Welcome to the team! Strength will improve, keep loving it and putting in max effort					
Tate Sornrude	9		14:20	18:15	22:23		22:30	Just the start of a special 4 years, keep building confidence off of this!					
David Bevsek	9	6:31	14:35	18:27	22:47	20:15	22:44	Day 4 and getting after it! Glad to have you out, keep learning and loving it					
Ryan Bergeman	11	6:31	14:45	18:33	23:02	20:15	22:52	Nice season opener! Good first week to build off of					
Jose Valdivia	9		15:00	19:10	23:26		23:38	3rd day as an xc runner! The coaches see a special gift with you and can't wait to see you develop					
Derek Forrester	9	6:56	16:37	20:39		21:32	25:48:00	Build confidence in getting out with teammates and rolling with 'em!					

Mini Betz Invite @ Hale Campus					
Athlete	Time	Avg. Mile Pace	*/#	First Career Race	Notes
Joshua Truchon	15:39.9	5:02		17:57	That was a joy to watch, to see your growth over the years and this past year has been so fun, your team first approach is awesome
Joseph Hertel	17:08.4	5:31	*	22:02	Congrats on essentially winning the invitational behind Joshua, you looked so strong and bigger things to come. Keep enjoying it
Brennan Kompas	17:56.4	5:46	*	22:18	Strong start to the season, first 5k in a while and your strong as heck right now. Ready for a great race next weekend
Matthew Kees	18:06.2	5:50		22:25	Battled niceley and held off a huge 2 point swing. Keep gaining confidence you can be ^^^^ in races
Collin Raschka	18:25.8	5:56		22:29	Great week of training, keep piling up consistent days and races will follow. Still strong but smarter start Saturday
Carson Shane	18:37.4	6:00			After seeing you workout I'd love to see you out with Brennan next week and know you belong
Alex White	19:04.4	6:08			Keep turning it up in practices and you'll progress in your racing
Jack Hutter	19:39.7	6:20			Congrats on the win! And a healthy margin at that. Open yourself up to the possibility of rolling up a group in training
Parker Szura	20:26.2	6:35	*		Loved that you got out more aggressive! That will pay off especially with increased training
Chase Witty	21:18.1	6:51			Strong start to racing this year, I think even more there early in the first mile now that you're getting confidence
Nathan Bentti	21:25.7	6:54			Glad to have you back racing and back toward getting healthy. Hoping training can get back and we can get you back where you want to be
Robert Petrovick	21:31.3	6:56			Way to battle today, I know it wasn't your best day feeling physically but let's have fun, take care of the body this week and let loose
Dylen Eiler	21:33.9	6:56	*		Don't give in to the negative thoughts that all of us have lurking, you're new to the sport still and you can control the messages you give yourself
Brock Ringger	21:36.3	6:57	*		Good debut race to be under 7 minute pace average, learning to find discomfort you'll find yourself improving a lot this season
Deven Eiler	22:09.4	7:08	*		Big jump from the 4k last week and a great 5k debut. Look at some of our top 5 scorers first career race times
Jose Valdivia	22:40.0	7:18	*		You have amazing potential and we are really happy you are out this fall. It's fun to see you enjoying it and learning. Big things ahead!
Tate Sormrude	22:44.9	7:19	*		Solid first 5k debut. A lot of teammates close by and right ahead of you. Keep trusting yourself to run up with them and take chances.
Ryan Bergeman	23:18.8	7:30			Good to have you back training and a few more weeks of good training will have you moving up
Derek Forrester	24:05.8	7:45	*		Big improvement from last week, be willing to stick your nose out there this weekend and see what happens. Don't be afraid to fail
Sam Walder	24:38.1	7:56			Glad you were able to race and run the whole way!
Will Zagzebski	26:52.0	8:39	*		First 5k in the books, you'll improve a lot with more practice and learning!
Top 5 first meet last year					Team wins, beats state ranked Slinger by 3 points
16:23.4	44 seconds faster				2nd overall if combine both days, beat state ranked Germantown as well
18:34.5	1 minute 26 seconds faster				
18:44.7	48 seconds faster				Meeting
19:42.6	1 minute 34 seconds faster				Shoutout to JT - flying on that course - the seniors work over spring/summer
19:55.0	1 minute 30 seconds faster				R.O.W. B&G
					Announced at practice Announced at practice
Our team is set up to improve, run fast early and run fast often					T in Victors. Trust - ability to encounter tough times.
There is no 'peak', we can run fast now and faster later, we are always developing					#Fearless Motto - Taking advantage of the NOW - being present - being unafraid
We are at better starting point than last year and will build off that to surpass where we were last year					Entering new situations - the unsure stage - the growing confidence - the work to be your best
Official Team Scores					
1. West Allis Nathan Hale					33
2. Slinger					36
3. Pewaukee					61

Brookfield Central Quad Meet Results			
Varsity Race			
	5k est		
Joshua Truchon	16:30		
Joseph Hertel	17:33		
Brennan Kompas	18:25		
Collin Raschka	18:41		
Alex White	19:19		
Matthew Kees	19:28		
Carson Shane	19:36		
Jack Hutter	19:41		
Parker Szura	20:18	Great aggression getting out!!	
Frank Bevsek	21:02		
Nathan Bentti	21:18		
Dylen Eiler	21:21		
Brock Ringger	21:28		
Robert Petrovick	21:28		
Chase Witty	21:47		
David Bevsek	22:35		
Deven Eiler	22:38		
Tate Sormrude	23:10		
Ryan Bergeman	23:21		
Derek Forrester	23:53		
Jose Valdivia	23:55		
Will Zagzebski	26:01:00		

Marquette Invite @ Tendick Park								
			Training is going very well and our focus this week on our values and each other has helped us build our depth and trust.					
			Big things to come, trust our training which has us running fast when it matters!					
Collin Raschka	18:18	#	Much bigger things to come, build on that refocus from past week					
Carson Shane	18:30	#	moving the right direction, ready for a big one Thursday					
Matthew Kees	18:45		Increase intensity and belief heading into next week, your fitness is well beyond what it was when you ran 1730					
Cole Konczal	19:01		Rust buster race, good start, it'll stick longer next week					
Alex White	19:10		Run up front this coming Thursday build some confidence					
Jack Hutter	19:14	*	Nice run and pr, bigger things to come					
Brock Ringger	21:17.15	*	Loved first mile, pushing it at practice past few days has been a big breakthrough week, races will come with consistency!					
Tate Sormrude	21:17.34	*	Great focus today and led to a great race. Buy in and you will really build on the Hale tradition over your career					
Dylen Eiler	21:17.80		Have trust in yourself, coaches and teammates and put yourself out there. Building a fun freshmen crew.					
Jose Valdivia	22:31	*	Great engine, go fast when the course gets quiet!					
Derek Forrester	22:39	*	Big run today! Way to come in and score for the team					
Deven Eiler	22:43		You looked very strong first half, this Thursday will be a really nice time to hit a big one					
David Bevsek	22:50		Out next week with guys ahead of you and will be a big week					
Will Zagzebski	25:03:00	*	Congrats on the PR! Lots of improvements to come					
Parker Szura	19:42	*	5k PR on an honest course, loving the aggressiveness, it's about the weeks, months and years. Live the process.					
Nathan Bentti	20:48	#	Moving the right direction, way to help move up to scoring spot					
Robert Petrovick	20:58		Also headed the right direction, groove will be back					
Frank Bevsek	21:15		Great first couple miles, fight through those tough moments					
Chase Witty	21:35		Want you out with Nathan from gun this week!					
Colin Koscinski	22:50	*	Great start, first 5k. Great ability and great races ahead of you					
Ryan Bergeman	23:11		Latch on to those nearby packs and don't be afraid to pass					
Kyle Steele	27:28:00		Glad to have you back racing!!					

Joshua Truchon [12]

PtI	Mv	Pts	Time	Split
1 Mile	1		1	4:49.7
2 Mile	1	=	1	9:54.2
Finish	1	↔️	1	15:23.2

Joseph Hertel [12]

PtI	Mv	Pts	Time	Split
1 Mile	16		15	5:12.1
2 Mile	19	🟢	18	10:53.9
Finish	19	↔️	18	17:03.4

Brennan Kompas [12]

PtI	Mv	Pts	Time	Split
1 Mile	22		21	5:16.5
2 Mile	22	=	21	11:07.3
Finish	22	↔️	21	17:23.2

Cole Konczal [11]

PtI	Mv	Pts	Time	Split
1 Mile	37		36	5:28.5
2 Mile	43	🟡	42	11:30.5
Finish	43	↔️	42	18:15.9

Cole Konczal [11]

PtI	Mv	Pts	Time	Split
1 Mile	37		36	5:28.5
2 Mile	43	🟡	42	11:30.5
Finish	43	↔️	42	18:15.9

Collin Raschka [11]

PtI	Mv	Pts	Time	Split
1 Mile	44		43	5:33.9
2 Mile	45	🟠	44	11:52.5
Finish	44	🟠	43	18:32.6

Matthew Kees [12]

PtI	Mv	Pts	Time	Split
1 Mile	47		(46)	5:37.8
2 Mile	47	=	(46)	12:18.5
Finish	47	↔️	(46)	19:31.0

Carson Shane [11]

PtI	Mv	Pts	Time	Split
1 Mile	48		(47)	5:38.1
2 Mile	48	↔️	(47)	12:27.0
Finish	48	↔️	(47)	19:47.0

Jack Hutter [11]

PtI	Mv	Pts	Time	Split
1 Mile	12		12	5:47.9
2 Mile	9	🟢	7	12:04.2
Finish	5	🟠	5	18:54.6

Alex White [11]

PtI	Mv	Pts	Time	Split
1 Mile	8		8	5:38.2
2 Mile	10	🟡	8	12:21.9
Finish	6	🟠	6	19:33.9

Frank Bevsek [11]

PtI	Mv	Pts	Time	Split
1 Mile	14		14	5:58.3
2 Mile	12	🟢	10	12:44.8
Finish	9	🟢	9	20:10.2

Nathan Benti [11]

PtI	Mv	Pts	Time	Split
1 Mile	16		16	6:01.4
2 Mile	15	🟢	13	12:53.9
Finish	10	🟢	10	20:18.9

Robert Petrovick [11]

PtI	Mv	Pts	Time	Split
1 Mile	21			6:20.6
2 Mile	21	=		13:07.1
Finish	23	🟢	(13)	20:28.9

Dylen Eiler [9]

PtI	Mv	Pts	Time	Split
1 Mile	20	(19)		6:18.4
2 Mile	20	=		13:06.5
Finish	14	🟢	(14)	20:30.6

Brock Ringger [9]

PtI	Mv	Pts	Time	Split
1 Mile	17		(17)	6:03.9
2 Mile	19	🟡		13:06.1
Finish	15	🟠		20:31.4

Chase Witty [11]

PtI	Mv	Pts	Time	Split
1 Mile	24			6:29.6
2 Mile	24	=		13:32.6
Finish	17	🟡		21:04.7

Tate Somrude [9]

PtI	Mv	Pts	Time	Split
1 Mile	23			6:26.0
2 Mile	23	=		13:27.2
Finish	19	🟠		21:21.0

Jose Valdivia [9]

PtI	Mv	Pts	Time	Split
1 Mile	35			7:06.4
2 Mile	31	🟠		14:33.6
Finish	23	🟢		22:34.2

Deven Eiler [9]

PtI	Mv	Pts	Time	Split
1 Mile	26			6:32.9
2 Mile	26	↔️		14:05.1
Finish	25	🟢		22:46.0

David Bevsek [9]

PtI	Mv	Pts	Time	Split
1 Mile	30			6:50.0
2 Mile	30	=		14:28.9
Finish	26	🟠		22:48.9

Derek Forrester [9]

PtI	Mv	Pts	Time	Split
1 Mile	34			7:05.2
2 Mile	33	🟢		14:41.9
Finish	27	🟡		23:23.9

Ryan Bergeman [11]

PtI	Mv	Pts	Time	Split
1 Mile	33			6:59.7
2 Mile	34	🟠		15:01.4
Finish	29	🟢		23:54.8

Will Zagzebski [9]

PtI	Mv	Pts	Time	Split
1 Mile	39	(23)		7:24.9
2 Mile	39	↔️	(18)	15:41.6
Finish	34	🟢		25:06.3

State Invitational @ Mitchell Park					
	Place	1mi	2mi	5k	Pace
Joshua Truchon	1	4:50	9:55	15:23	4:58
Joseph Hertel	18	5:13	10:54	17:03	5:30
Brennan Kompas	21	5:17	11:08	17:23	5:36
Cole Konczal	42	5:29	11:31	18:15	5:53
Collin Raschka	43	5:34	11:53	18:32	5:59
Jack Hutter	5/JV	5:48	12:05	18:54	6:06
Matthew Kees	46	5:38	12:19	19:31	6:17
Alex White	6/JV	5:39	12:22	19:33	6:18
Carson Shane	47	5:39	12:27	19:47	6:23
Frank Bevsek	9	5:59	12:45	20:10	6:30
Nathan Bentti	10	6:02	12:54	20:18	6:33
Parker Szura	12	5:48	12:54	20:26	6:35
Robert Petrovick	13	6:21	13:08	20:28	6:35
Dylen Eiler	14	6:19	13:07	20:30	6:35
Brock Ringger		6:03	13:06	20:31	6:36
Chase Witty		6:29	13:32	21:04	6:46
Tate Sormrude		6:26	13:27	21:21	6:52
Jose Valdivia		7:06	14:33	22:34	7:15
Deven Eiler		6:32	14:05	22:46	7:19
David Bevsek		6:50	14:28	22:48	7:20
Derek Forrester		7:05	14:41	23:23	7:31
Ryan Bergeman		6:59	15:01	23:54	7:41
Will Zagzebski		7:24	15:41	25:06:00	8:04
Team Notes					
Yes, we took 7th but at a great meet and we are right at the cusp of running with those teams. Our 2/3 flip just ahead of a few guys close to them and as our 4/5 will improve in October, we are right with these teams. We are right in line with Slinger right now a good team					
Joshua Truchon breaks his old school record with a nice solo effort.					
Brennan Kompas and Joseph Hertel also run lifetime bests in their race					
^These performances weren't yesterday, they happened in the spring when there was no season, on 5 degree days when others were at home relaxing, on 8 a.m. Sunday long runs each week. Consistency + purpose. Big note for young guns					
No limits - Do things others don't, not what others did. Build yourself up too					

Pre-Conference @ Nathan Hale Campus - Low 60s, sunny, cool, little wind				Team Scores				
				Team	Points			
Alex White	18:11	#	Way to put the gap on 2nd in the quiet section!	Men Falls	54			
Jack Hutter	18:34	*	Moved up great, keep trusting yourself and taking risks	Marquette	57			
Frank Bevsek	19:12	*	Personal best race, nice run Frank - big sub 19 coming next weekend	Hale	68			
Parker Szura	19:21	*	Keep practicing up with Alex and Jack - let's crush it at conference	Tosa East	82			
Dylen Eiler	19:39	*	Nice breakthrough, next thing to work on big pack right in front to go after- think team!	Brook Central	92			
Tate Sormrude	20:03	*	Moved up nice, a lot more in that tank of yours! Let's see it next week					
Nathan Benti	20:07	*	Knockin' on the door of 19s, let's shatter it next week	Tight team battle, competed well and stepped up with one of our guys down				
Chase Witty	20:07	*	Big group to roll low 19s next weekend!					
Robert Petrovick	20:29		Way to tough out this week with a strong race	Online Results				
Mikey Lee	20:41	*	First career 5k in the books!	https://www.athletic.net/CrossCountry/meet/180848/results				
Derek Forrester	20:45	*	Way to get out and race fearless! That is how you break through					
David Bevsek	20:57	*	Moved up really nice, I'd love to see you move up in practices!	13 personal bests and a season best w/ the individual win. Way to set the tone for this weekend!				
Jose Valdivia	21:09	*	A nice improvement and still so much room to get out more aggressive like Derek did!	Hale plays in October!				
Deven Eiler	21:22	*	Keep bringing it in practice, patience pays!					
Will Zagzebski	23:00	*	Great finish, great personal best!					
Ryan Bergeman	23:14		Loved that you put yourself in that first race, keep that killer instinct going it pays off in life!					
*Personal Best All time								
#Season Best								
DNR - Brock, Kyle								

GMC Conference @ Rotary Park - 60's sunny, little wind, another great day for racing, JV week later was 40s and overcast							
Joshua Truchon	15:13	*		Congratulations Joshua on the GMC conference title and all time record!			
Joseph Hertel	17:05			Congratulations Joseph on earning 3rd team all conference with a 18th place finish			
Cole Konczal	17:34	#	(18:39 at var conference)				
Jack Hutter	18:10	*		Keep focused on building and loving, let loose now -- nothing to lose.			
Brennan Kompas	18:22			Let's play the underdog role and believe in no limits.			
Collin Raschka	18:23						
Parker Szura	18:24	*					
Matthew Kees	18:28			Online Results			
Carson Shane	18:32			https://pttiming.com/event.php?mid=168&pt=results			
Frank Bevsek	18:33	*					
Dylen Eiler	18:47	*					
Jose Valdivia	19:34	*		DNR - Alex White ran @ Thursday meet, Colin Koscinski is a rock star showing up each day!			
Nathan Benti	19:38	*					
Tate Sormrude	19:52	*		4 Frosh (Dylen, Jose, Tate, Brock) join or move up on our all time Freshmen List!			
Brock Ringger	19:52	*		Parker gets on the all time sophomore list!			
Robert Petrovick	20:20	#					
David Bevsek	20:21	*		*Personal Best			
Chase Witty	20:28			^Conference Record			
Derek Forrester	21:14						
Will Zagzebski	21:20	*					
Mikey Lee	21:43						
Deven Eiler	22:41						
Kyle Steele	23:05	#					
Ryan Bergeman	23:21						
Sam Walder	23:24	#					

Subsectionals - Waterford - mid 40s, light wind perfect racing conditions!										
Joshua Truchon	15:12 *		Fun tempo run... :)		Sectionals	15:47	cruise control to advance			
Joseph Hertel	16:50 *		Way to battle back today, get ready to roll Saturday			17:20	Build toughness and confidence this winter, great steps in fitness!			
Brennan Kompas	16:52 *		Wow what a run, so proud of you and seeing your consistency and purpose pay off like that							
Matthew Kees	17:08 *		Same as above, proud of you dude!							
Collin Raschka	17:14 *		Great fight, let's build no limits mindset and think big going forward							
Alex White	17:23 *		Great finish to season, also have no limits							
Carson Shane	18:51		Earned a spot on this team, let's see if you can refocus and come back strong in track							
Proud of you guys finishing strong, we put up a great fight. Kudos to Muskego and Wisco, they ran well!										
3 juniors plus a stud group of underclassmen that ran last Saturday coming back, let's make it a great winter.										
Joshua and Joseph, let's go get it these next two weeks!										



Joshua Truchon wins the Wisconsin State Championship with the 5th fastest time in State Meet history!

His 15:18 won his heat by 32 seconds and the overall championship by 20 seconds.

No limits!

Joshua's average margin of victory this season when racing was 54 seconds, he finishes the schedule undefeated

2020 Result Grid

Grade	Athlete	Scrimmage (4k)	Betz	Brook Central	Tendick	State Invite	GMC Preview	GMC	GMC JV	Sub Sectional	Sectional	State	Jaute Meet of C	Season Best	Personal Best	2019 Best	Improved from 1 year? (seconds)	
12	Joshua Truchon	12:32	15:39.9	16:30		15:23		15:13		15:12	15:47	15:18	15:36	15:12	15:12	15:32.3	-21	
12	Joseph Hertel	13:47	17:08.4	17:33		17:03		17:05		16:50	17:20			16:50	16:50	17:31.7	-42	
12	Brennan Kompas	13:55	17:56.4	18:25		17:23		18:22		16:52				16:52	16:52	18:13.9	-82	
12	Matthew Kees	14:46	18:06	19:28	18:45	19:31		18:28		17:08				17:08	17:08	17:50.7	-42	
11	Collin Raschka	15:18	18:25.8	18:41	18:18	18:32		18:23		17:14				17:14	17:14	17:27.4	-13	
11	Alex White	15:10	19:04.4	19:19	19:10	19:33	18:11			17:21				17:21	17:21	17:55.4	-34	
11	Cole Konczal	15:47			19:01	18:15		18:39	17:34					17:34	17:23	17:23.3		
11	Jack Hutter	15:33	19:39.7	19:41	19:14	18:54	18:34		18:10					18:10	18:10	19:28.8	-79	
10	Parker Szura	17:10	20:26.2	20:18	19:42	20:26	19:21		18:24					18:24	18:24	Year 1	Year 1	
11	Carson Shane	14:57	18:37.4	19:36	18:30	19:47		18:32		18:51				18:30	18:30	18:19.6		
11	Frank Bevesek	16:54		21:02	21:15	20:10	19:12		18:33					18:33	18:33	19:13.0	-40	
9	Dylen Eiler	16:40	21:33.9	21:21	21:17.80	20:30	19:39		18:47					18:47	18:47	Year 1	Year 1	
9	Jose Valdivia	19:10	22:40.0	23:55	22:31	22:34	21:09		19:34					19:34	19:34	Year 1	Year 1	
11	Nathan Benti		21:25.7	21:18	20:48	20:18	20:07		19:38					19:38	19:38	20:15.0	-37	
9	Tate Somrude	18:15	22:44.9	23:10	21:17.34	21:21	20:03		19:52					19:52	19:52	Year 1	Year 1	
9	Brook Ringger		21:36.3	21:28	21:17.15	20:31			19:52					19:52	19:52	Year 1	Year 1	
11	Chase Witly	17:18	21:18.1	21:47	21:35	21:04	20:07		20:28					20:07	20:07	20:11.1	-4	
11	Robert Petrovick	16:49	21:31.3	21:28	20:58	20:28		20:29		20:20				20:20	19:34	19:34.6		
9	David Bevesek	18:27		22:35	22:50	22:48	20:57		20:21					20:21	20:21	Year 1	Year 1	
11	Mikay Lee						20:41		21:43					20:41	20:41	Year 2	Year 2	
9	Derek Forrester	20:39	24:05.8	23:53	22:39	23:23	20:45		21:14					20:45	20:45	Year 1	Year 1	
9	Will Zagzebski		26:52.0	26:01:00	25:03:00	25:06:00	23:00		21:20					21:20	21:20	Year 1	Year 1	
9	Deven Eiler	17:57	22:09.4	22:38	22:43	22:46	21:22		22:41					21:22	21:22	Year 1	Year 1	
10	Colin Koscinski				22:50									22:50	22:50	Year 1	Year 1	
11	Kyle Steele				27:28:00				23:05					23:05	23:02	23:02.7		
11	Ryan Bergeman	18:33	23:18.8	23:21	23:11	23:54	23:14		23:21					23:11	23:11	23:15.7		
11	Sam Walder		24:38.1						23:24					23:24	19:31	20:39.6		
	Season Best																	
	2018 season	2019 Season	2020 Season															
1	16:00.41	15:32.3	15:12	◀keep building depth and the pack, no limits														
2	16:41.9	16:45.0	16:50	We put 6 guys ahead of our 4th on our 15th place state team from 2019														
3	17:14.90	16:57.6	16:52															
4	17:30.5	17:23.3	17:08															
5	17:56.6	17:27.4	17:14															
6	18:02.6	17:50.7	17:21															
7	18:44.0	17:31.7	17:34															
8	19:00.7	17:55.4	18:10															

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Grade	Athlete	Badger	Betz	Rocket	rowhead Fros	Parkside	Lourdes	Viking	GMC	JV Meet	Sectional	State	Season Best	Personal Best	1 Year Diff	Improvement from 1st race to SB
11	Joshua Truchon	16:23.4	15:52.3	16:00.3		16:07.9	15:47.9	15:41.4	15:32.3		16:10.5	15:45.8	15:32.3	15:32.3	00:28.1	00:51.1
12	Liam Kelley	18:34.5	17:22.6	17:46.2		18:14.7	16:57.2	16:57.2	16:59.3		16:52.9	16:45.0	16:45.0	16:41.9	01:49.5	
10	Cole Orlowski		17:44.5	18:21.4		17:58.7		16:57.6				18:06.7	16:57.6	16:57.6	02:12.3	00:46.9
10	Cole Konczal		18:35.4	17:49.6		18:32.1	18:01.7	17:55.9	18:04.9		17:28.2	17:23.3	17:23.3	17:23.3	00:39.3	01:12.1
10	Collin Raschka	19:55.0	19:05.4	18:37.3		18:56.0		18:14.5	17:46.2		17:27.4	18:09.1	17:27.4	17:27.4	01:33.3	02:27.6
11	Joseph Hertel	18:44.7	18:29.0	20:12.7			18:48.9	17:49.9	17:36.1		18:23.4	17:31.7	17:31.7	17:31.7	01:34.2	01:13.0
11	Matthew Kees	20:32.6	19:25.4	18:53.7		19:21.5	18:32.3	18:06.7	17:54.2		17:50.7	17:53.8	17:50.7	17:30.5		02:41.9
10	Alex White	21:55.5	20:06.7	19:29.5		20:15.3	19:34.1	18:12.2	17:55.4		18:30.0	17:55.4	17:55.4		First Year	04:00.1
11	Brennan Kompas	20:29.5	19:01.3	19:37.8		19:38.2	18:31.2	18:28.0	18:18.8	18:13.9		18:13.9	18:13.9		00:30.1	02:15.6
10	Carson Shane	19:42.6	19:14.2	18:28.5		20:37.1	18:52.4	18:19.6	18:20.2	19:05.3			18:19.6	18:19.6		01:23.0
12	Ethan Fisher					21:34.8	19:32.0	19:08.3	19:39.3	19:14.6			19:08.3	17:56.0		02:26.5
10	Frank Bevssek	21:51.0	20:07.0	20:00.2		21:29.4	19:58.6	20:43.7	19:13.0	19:25.2			19:13.0	19:13.0	00:12.1	02:38.0
12	Joey Elliott	22:33.9	20:11.1	20:25.0		20:05.7	20:36.1	19:22.8					19:22.8	19:22.8	00:22.0	03:11.1
12	Nick Burgess	21:49.0	20:25.7	20:18.0		21:30.8	19:51.1	19:53.7	19:25.9	19:26.7			19:25.9	19:25.9	00:19.6	02:23.1
10	Jack Hutter	21:15.4	20:56.2	20:43.8		20:35.7	20:42.2	20:14.0	19:28.8	19:49.0			19:28.8	19:28.8	00:32.2	01:46.6
10	Robert Petrovick	22:24.0	21:06.5	21:02.8		20:54.2	20:39.0	19:41.1	19:34.6	19:38.1			19:34.6	19:34.6	02:18.7	02:49.4
9	Tony Rodriguez	22:46.7	21:32.2	21:16.0	21:12.6		20:34.3	20:22.0	20:27.8	20:05.2			20:05.2	20:05.2	Frosh	02:41.5
10	Chase Witty	23:15.5	21:57.8	21:50.2		22:25.6	21:11.9	20:45.4	20:11.1	20:15.5			20:11.1	20:11.1	03:07.1	03:04.4
10	Nathan Benti		22:20.9	21:56.0		22:43.8		20:15.0	20:59.0	20:21.5			20:15.0	20:15.0	First Year	02:05.9
10	Sam Walder	22:23.9	20:58.7	20:39.6		21:47.7		22:58.6					20:39.6	19:31.1		01:44.3
10	Jaylon Alexander	22:26.2	22:10.7	22:20.6		23:29.1	21:53.2	21:18.8		21:00.7			21:00.7	21:00.7	First Year	01:25.5
12	Ian Hoffman		22:05.1	21:47.3		23:22.7	21:46.9	22:09.3					21:46.9	19:51.0		
9	Tyler Koney	29:44.1	27:58.8		25:33.9		27:34.2	25:27.8	22:52.1	21:49.3			21:49.3	21:49.3	Frosh	07:54.8
10	Jordan Strothenke		24:06.9			28:35.1	25:58.3	23:29.9	22:54.2	21:59.6			21:59.6	21:59.6	First Year	02:07.3
10	Kyle Steele		25:44.6	24:03.7		24:01.8		23:33.8	23:04.7	23:02.7			23:02.7	23:02.7	First Year	02:41.9
9	Braeden Rausch	27:29.2	26:01.2	26:03.5	25:17.8		24:57.0	24:45.4	23:19.9	23:06.2			23:06.2	23:06.2	Frosh	04:23.0
10	Gavin Graham	24:49.7	23:14.6	23:31.8		24:13.2	24:19.9	24:49.8		25:20.5			23:14.6	21:45.9		01:35.1
10	Ryan Bergeman	25:55.7	24:07.4	23:42.4		24:10.0	23:20.0	23:48.3		23:15.7			23:15.7	23:15.7	01:51.8	02:40.0
9	Tucker Sander	28:48.6	26:30.5		25:08.6			23:23.5					23:23.5	23:23.5	Frosh	05:25.1
9	Max Wessel		23:41.6			23:48.5							23:41.6	23:41.6	Frosh	00:00.0
9	Nikoli Dorsey	27:38.5	24:27.1	25:07.8	25:57.2								24:27.1	24:27.1	Frosh	03:11.4
10	Chris Clark									31:05.8			31:05.8	31:05.8	First Year	
9	Angel Rivera			33:49.4	33:01.6			32:48.3					32:48.3	32:48.3	Frosh	

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