

WAYZATA XC 5000 METER HONOR ROLL

It is very dangerous to compare cross country times. In addition to the variations created by weather, level of competition, and softness of running surface; there is a great range in the terrain and the accuracy of the course measurement. Every race run by Wayzata athletes under 16:05 for 5000 meters and the best time of that have been converted to 5000 meters by adding 35 seconds. A ** denotes an adjustment of +10 secondsevery Wayzata harrier who has run 16:40 or faster for 5000 meters. An * denotes 3 mile races for a short course of 4915 meters (NXR Heartland 2016).

	Time	Runner	Course	Date	Meet
1)	14:57	Khalid Hussein	Yankton Trails	11/12/2017	NXR Heartland
2)	14:59	Jaret Carpenter	Yankton Trails	11/15/2015	NXR Heartland
3)	15:09	Connor Olson	Gale Woods	10/11/2014	Lake Conference
	15:10	Jaret Carpenter	Glendoveer GC	12/5/2015	Nike Cross Nationals
	15:16	Khalid Hussein**	Yankton Trails	11/13/2016	NXR Heartland
	15:17	Connor Olson	St. Olaf College	11/2/2013	State
	15:17	Connor Olson	St. Olaf College	11/1/2014	State
	15:17	Jaret Carpenter	Gale Woods	10/14/2015	Lake Conference
	15:18	Connor Olson	Eastwood GC	9/12/2013	Mayo
	15:18	Connor Olson	Yankton Trails	11/9/2014	NXR Heartland
	15:21	Connor Olson	Eastwood GC	9/11/2014	Mayo
	15:22	Connor Olson	Wildwood Park	9/1/2013	Marshfield
	15:23	Khalid Hussein	St. Olaf College	11/4/2017	State
	15:27	Jaret Carpenter	St. Olaf College	11/7/2015	State
4)	15:29	Grant Matthews	Yankton Trails	11/12/2017	NXR Heartland
5)	15:29	Josh Thorson	St. Olaf College	11/5/2011	State
	15:30	Connor Olson	Gale Woods	10/11/2012	Lake Conference
	15:30	Connor Olson	St. Olaf College	11/3/2012	State
	15:31	Josh Thorson	ISU, Ames, IA	9/17/2011	Heartland Classic
6)	15:32	Tim Ross	Hollydale GC	10/24/1979	Region 6
	15:33	Connor Olson	Gale Woods	10/24/2012	Section 6AA
	15:33	Connor Olson	Gale Woods	10/22/2014	Section 6AA
	15:34	Connor Olson	Wildwood Park	9/1/2012	Marshfield
	15:34	Connor Olson	Gale Woods	10/24/2013	Section 6AA
	15:34	Khalid Hussein	Gale Woods	10/26/2016	Section 6AA
	15:35	Josh Thorson	Gale Woods	10/26/2011	Section 6AA
	15:35	Jaret Carpenter	Yankton Trails	11/9/2014	NXR Heartland
	15:36	Connor Olson	Yankton Trails	11/12/2012	NXR Heartland
	15:36	Connor Olson	Portland Meadow	12/7/2013	Nike Cross Nationals
	15:36	Jaret Carpenter	Eagle Creek GC	10/3/2015	Willmar Invite
	15:37	Connor Olson	Gale Woods	10/26/2011	Section 6AA
	15:37	Connor Olson	Yankton Trails	11/11/2013	NXR Heartland
	15:37	Khalid Hussein	Gale Woods	10/25/2017	Section 6AA
	15:38	Tim Ross*	Enger Park GC	10/6/1979	Swain

	15:38	Josh Thorson	Yankton Trails	11/13/2011	NXR Heartland
	15:38	Jaret Carpenter	St. Olaf College	11/1/2014	State
	15:39	Jaret Carpenter	Gale Woods	10/11/2014	Lake Conference
	15:39	Connor Olson	Glendoveer GC	12/6/2014	Nike Cross Nationals
	15:39	Jaret Carpenter	Glendoveer GC	12/6/2014	Nike Cross Nationals
	15:39	Jaret Carpenter	Gale Woods	10/28/2015	Section 6AA
	15:40	Tim Ross	U of M GC	11/2/1979	State
	15:41	Connor Olson	U of M GC	9/29/2013	Griak
	15:42	Khalid Hussein	St. Olaf College	11/5/2016	State
7)	15:42	Anders Sonnesyn	Yankton Trails	11/12/2017	NXR Heartland
	15:43	Tim Ross*	U of M GC	11/3/1978	State
	15:43	Josh Thorson	U of M GC	9/24/2011	Griak
	15:43	Jaret Carpenter	Wildwood Park		Marshfield
8)	15:44	Brent Anderson*	Lake Nokomis	10/27/1976	Region 6
	15:44	Josh Thorson	Gale Woods	10/29/2010	Section 6AA
	15:44	Connor Olson	Gale Woods	10/10/2013	Lake Conference
	15:44	Connor Olson	Wildwood Park	8/30/2014	Marshfield
9)	15:45	Grant Price	Wildwood Park	9/2/2017	Marshfield
	15:46	Tim Ross*	Bassett Creek	10/3/1979	Dual Meet
10)	15:46	David Herman	Wildwood Park	8/31/1996	Marshfield
11)	15:46	Ian Eklin	St. Olaf College	11/1/2014	State
12)	15:47	Jason Overson	St. Olaf College	11/6/1999	State
	15:47	Josh Thorson	Yankton Trails	11/14/2010	NXR Heartland
	15:47	Josh Thorson	Gale Woods	10/13/2011	Lake Conference
13)	15:47	Andrew Brandt	Yankton Trails	11/12/2017	NXR Heartland
	15:49	Tim Ross*	Hollydale GC	10/25/1978	Region 6
14)	15:49	Josh Nielsen	Gale Woods	10/11/2012	Lake Conference
	15:49	Jaret Carpenter	Eastwood GC	9/11/2014	Mayo
	15:49	Khalid Hussein	Wildwood Park	9/2/2017	Marshfield
15)	15:50	Blake Buysee	St. Olaf College	11/4/2017	State
16)	15:51	Pat Hoard	Rich Acres GC	10/14/1992	Lake Blue
	15:51	Josh Thorson	Gale Woods	10/14/2010	Lake Conference
	15:51	Khalid Hussein	Eagle Creek GC	10/1/2016	Willmar Invite
	15:52	Josh Thorson	Wildwood Park	9/3/2011	Marshfield
	15:52	Josh Nielsen	Gale Woods	10/24/2012	Section 6AA
	15:52	Jaret Carpenter	Gale Woods	10/22/2014	Section 6AA
	15:52	Blake Buysee	Yankton Trails	11/12/2017	NXR Heartland
	15:53	Jaret Carpenter	U of M GC	9/26/2015	Griak
	15:53	Khalid Hussein	Yankton Trails	11/15/2015	NXR Heartland
	15:54	Josh Thorson	Round Lake Park	9/18/2010	Metro Invite
	15:54	Josh Thorson	St. Olaf College	11/6/2010	State
	15:54	Josh Thorson*	Chaska Par 30	10/4/2011	Victoria Lions
17)	15:54	Gemechu Meskele*	Yankton Trails	11/13/2016	NXR Heartland
18)	15:55	Adam Stuhlfaut	Rich Acres GC	10/13/1993	Classic Lake
19)	15:55	Aaron Breyer	Yankton Trails	11/11/2013	NXR Heartland
	15:55	Ian Eklin	Yankton Trails	11/9/2014	NXR Heartland
	15:56	Tim Ross*	Lake Nokomis	10/26/1977	Region 6
	15:56	Tim Ross*	Lake Nokomis	9/1/1979	U of M EB
	15:56	Pat Hoard	Arrowwood GC	11/9/1991	State

	15:56	Adam Stuhlfaut	Hollydale GC	10/27/1993	Region 6
	15:56	Khalid Hussein	Gale Woods	10/12/2017	Lake Conference
	15:57	Tim Ross*	Bassett Creek	10/4/1978	Dual Meet
	15:57	Josh Nielsen	St. Olaf College	11/3/2012	State
	15:57	Jaret Carpenter	Eastwood GC	9/12/2013	Mayo
	15:57	Jaret Carpenter	Yankton Trails	11/11/2013	NXR Heartland
20)	15:58	Oliver Haugland	Yankton Trails	11/14/2009	NXR Heartland
	15:58	Ian Eklin	Wildwood Park	9/1/2013	Marshfield
	15:58	Gemechu Meskele	Yankton Trails	11/15/2015	NXR Heartland
	15:58	Grant Matthews	St. Olaf College	11/4/2017	State
21)	15:58	Zach Miller	Yankton Trails	11/12/2017	NXR Heartland
22)	15:59	George Ross*	Lake Nokomis	10/24/1973	Region 5
	15:59	Oliver Haugland	Portland Meadow	12/5/2009	Nike Cross Nationals
	15:59	Blake Buysee	Gale Woods	10/25/2017	Section 6AA
	16:00	David Herman	Bassett Creek	10/9/1996	Classic Lake
23)	16:00	Dan Thour	St. Olaf College	11/6/2003	State
24)	16:00	Danny Ducharme	Gale Woods	10/10/2007	Classic Lake
	16:00	Connor Olson	Gale Woods	10/13/2011	Lake Conference
25)	16:00	Andrew Quirk	Gale Woods	10/11/2014	Section 6AA
	16:00	Grant Matthews	Gale Woods	10/25/2017	Section 6AA
	16:00	Anders Sonnesyn	St. Olaf College	11/4/2017	State
	16:01	Jason Overson	Bassett Creek	10/13/1999	Classic Lake
26)	16:01	Taylor Fay	St. Olaf College	11/3/2001	State
27)	16:01	Jeremy Drenckhahn	St. Olaf College	11/1/2008	State
	16:01	Josh Thorson	Yankton Trails	11/14/2009	NXR Heartland
	16:01	Connor Olson	St. Olaf College	11/5/2011	State
	16:01	Jaret Carpenter	Gale Woods	10/24/2013	Section 6AA
	16:01	Ian Eklin	Gale Woods	10/22/2014	Section 6AA
	16:01	Ian Eklin	Glendoveer GC	12/6/2014	Nike Cross Nationals
28)	16:01	Liban Jama**	Yankton Trails	11/13/2016	NXR Heartland
29)	16:01	Mitchell Tolander	Wildwood Park	9/2/2017	Marshfield
	16:01	Mitchell Tolander	Yankton Trails	11/12/2017	NXR Heartland
30)	16:02	Brent Anderson*	Lake Nokomis	10/20/1976	Sub-Regionals
31)	16:02	Kurt Runzheimer*	Lake Nokomis	9/16/1989	Metro Invite
	16:02	Pat Hoard	Apple Valley HS	9/26/1992	Apple Valley Invite
32)	16:02	Mark Harries	Gale Woods	10/29/2010	Section 6AA
	16:02	Connor Olson	ISU, Ames, IA	9/17/2011	Heartland Classic
33)	16:02	Kyle Brandt	Yankton Trails	11/15/2015	NXR Heartland
	16:02	Khalid Hussein	Gale Woods	10/14/2016	Lake Conference
	16:02	Blake Buysee	Wildwood Park	9/2/2017	Marshfield
	16:02	Mitchell Tolander	Gale Woods	10/25/2017	Section 6AA
	16:02	Andrew Brandt	St. Olaf College	11/4/2017	State
34)	16:03	Stephen Jahn	National XC Cour	11/25/2000	MW Foot Locker
	16:03	Josh Thorson	Gale Woods	9/12/2009	Bauman/Rovn Invite
	16:03	Mark Harries	Yankton Trails	11/14/2010	NXR Heartland
	16:03	Khalid Hussein	Glendoveer GC	12/5/2015	Nike Cross Nationals
	16:03	Grant Price**	Yankton Trails	11/13/2016	NXR Heartland
	16:03	Andrew Brandt	Gale Woods	10/25/2017	Section 6AA
	16:03	Grant Price	Yankton Trails	11/12/2017	NXR Heartland

35)	16:04	Jack Alexander*	Lake Nokomis	10/18/1972	District
	16:04	Stephen Jahn	Braemar GC	10/25/2000	Section 6AA
	16:04	Connor Olson	Yankton Trails	11/13/2011	NXR Heartland
	16:04	Ian Eklin	St. Olaf College	11/2/2013	State
	16:04	Andrew Quirk	Yankton Trails	11/9/2014	NXR Heartland
	16:04	Grant Price	Gale Woods	10/26/2016	Section 6AA
	16:04	Gemechu Meskele	Gale Woods	10/26/2016	Section 6AA
36)	16:04	Jeremy Gilbertson**	Yankton Trails	11/13/2016	NXR Heartland
	16:04	Khalid Hussein	Eagle Creek GC	9/30/2017	Willmar Invite
	16:04	Mitchell Tolander	St. Olaf College	11/4/2017	State
37)	16:05	Bob Stromvall*	Lake Nokomis	10/16/1970	District
	16:05	Jack Alexander*	Lake Nokomis	10/14/1971	District
38)	16:05	Kurt Threinen	Hollydale GC	10/24/1979	Region 6
	16:05	Kurt Runzheimer	Proctor GC	10/7/1989	Swain
	16:05	Stephen Jahn	St. Olaf College	11/3/2000	State
	16:05	Josh Thorson	Wildwood Park	9/4/2010	Marshfield
	16:05	Ian Eklin	Eastwood GC	9/11/2014	Mayo
	16:05	Khalid Hussein	St. Olaf College	11/7/2015	State
	16:05	Liban Jama	Gale Woods	10/26/2016	Section 6AA
	16:05	Jeremy Gilbertson	Gale Woods	10/26/2016	Section 6AA
	16:05	Andrew Brandt	Wildwood Park	9/2/2017	Marshfield
39)	16:07	Adam Moline	Round Lake Park	9/18/2010	Metro Invite
40)	16:08	Chris Newcombe*	Lake Nokomis	10/26/1977	Region 6
41)	16:08	Jack Prazich	Gale Woods	10/11/2014	Lake Conference
42)	16:09	Jacob Hallen	Braemar GC	10/13/1994	Classic Lake
43)	16:09	Nick Shaleen	Gale Woods	10/11/2014	Lake Conference
44)	16:10	Jeff Stewart	Wildwood Park	9/2/1995	Marshfield
45)	16:10	Jimmy Hull	St. Olaf College	11/3/2001	State
46)	16:11	Mike Anderson	Eastwood GC	9/18/1981	Mayo
47)	16:11	Patrick Leonard	Yankton Trails	11/12/2017	NXR Heartland
48)	16:13	Cameron Arkesteyn	Yankton Trails	11/12/2017	NXR Heartland
49)	16:14	Steven Donahue	Yankton Trails	11/14/2010	NXR Heartland
50)	16:15	Eric Nelson*	Bassett Creek	10/4/1978	Dual Meet
51)	16:15	Jon Lambert	Gale Woods	10/25/2006	Section 6AA
52)	16:15	Landon Lozano	Portland Meadow	12/5/2009	Nike Cross Nationals
53)	16:15	Luke Sharpe	Yankton Trails	11/12/2017	NXR Heartland
54)	16:16	John Subialka	Yankton Trails	11/14/2009	NXR Heartland
55)	16:17	Max Johnson	Yankton Trails	11/14/2009	NXR Heartland
56)	16:18	Jon Ulrich*	Lake Nokomis	10/16/1970	District
57)	16:18	Wes Heal	Yankton Trails	11/15/2015	NXR Heartland
58)	16:19	Andrew Wasz	Yankton Trails	11/15/2008	NXR Heartland
59)	16:20	Adam Brandt	Gale Woods	10/11/2012	Lake Conference
60)	16:20	Manny Santana	Gale Woods	10/11/2012	Lake Conference
61)	16:21	Jeff Dezenski	Eastwood GC	9/14/1979	Mayo
62)	16:21	Chris DesRoches	Eastwood GC	9/11/2003	Mayo
63)	16:21	Connor Eastman	Gale Woods	10/24/2012	Section 6AA
64)	16:22	Andrew Millan	Gale Woods	10/14/2015	Lake Conference
65)	16:23	Luke Maly	Yankton Trails	11/12/2017	NXR Heartland
66)	16:24	Anders Bowman	St. Olaf College	11/3/2007	State

67)	16:25	Nick Kerbeshian**	Yankton Trails	11/13/2016	NXR Heartland
68)	16:26	Kyle Monson*	Lake Nokomis	10/15/1975	Sub-Regionals
69)	16:26	Eric Riggs	Bassett Creek	9/26/1984	Quad Meet
70)	16:26	Nate Engel	Wildwood Park	9/5/2009	Marshfield
71)	16:26	Robert Rudin	Gale Woods	10/11/2012	Lake Conference
72)	16:26	Riley Piket	Yankton Trails	11/12/2017	NXR Heartland
73)	16:27	Jon Hackbart	St. Olaf College	11/1/2008	State
74)	16:29	Kent Steinnagel*	Lake Nokomis	10/16/1970	District
75)	16:29	Greg Longstreet*	Lake Nokomis	9/19/1987	Metro Invite
76)	16:29	Derek Peterson	Gale Woods	10/11/2012	Lake Conference
77)	16:30	Vince Trammel	Central Park	10/14/1980	Dundee
78)	16:30	Todd Obermiller	Braemar GC	10/13/1994	Classic Lake
79)	16:30	Ben Morris	Hollydale GC	10/23/1996	Section 6AA
80)	16:30	Josh Halverson	Yankton Trails	11/15/2015	NXR Heartland
81)	16:32	Brett Osgood	Wildwood Park	9/2/1995	Marshfield
82)	16:32	Mark Bowden	Braemar GC	10/24/2001	Section 6AA
83)	16:32	Joe Meister	Yankton Trails	11/14/2010	NXR Heartland
84)	16:33	Brock Stepan	Braemar GC	10/25/2000	Section 6AA
85)	16:33	Peter Holmes	St. Olaf College	11/3/2007	State
86)	16:34	Dan Murphy*	Lake Nokomis	10/14/1971	District
87)	16:34	Carter Maxwell	Bassett Creek	9/28/1981	Dual Meet
88)	16:34	Frank Steed	St. Olaf College	11/6/1993	State
89)	16:34	Jacob Rohrer	Yankton Trails	11/12/2017	NXR Heartland
90)	16:35	Steve Johnson*	Lake Nokomis	9/19/1977	Dual Meet
91)	16:36	Andy Hoem	Bassett Creek	9/26/1984	Quad Meet
92)	16:36	Nate Heintzeman	St. Olaf College	11/6/2010	State
93)	16:37	Josh Gerber	Gale Woods	10/27/2004	Section 6AA
94)	16:37	Charlie Ernst	Yankton Trails	11/12/2017	NXR Heartland
95)	16:38	Tony Kaster	Bassett Creek	9/26/1984	Quad Meet
96)	16:38	Kelly O'Rourke	Hollydale GC	10/28/1992	Region 6AA
97)	16:39	Dick Beardsley*	Lake Nokomis	10/9/1974	Dual Meet
98)	16:40	Scott Terry	Proctor GC	10/8/1989	Swain
99)	16:40	Sean O'Day	Hollydale GC	10/28/1992	Region 6AA