Boys 5,000 Meters

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| 1. | 12 | [Kaleb Foltz](https://www.athletic.net/athlete/14797540/cross-country) |  | 17:29.61 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 2. | 10 | [Milo Sumption](https://www.athletic.net/athlete/17250506/cross-country) |  | 18:34.90 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 3. | 10 | [Aidan Thurber](https://www.athletic.net/athlete/15759952/cross-country) |  | 19:08.62 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 4. | 12 | [Austin Jenkins](https://www.athletic.net/athlete/15194819/cross-country) |  | 19:26.46 |  | [Leola](https://www.athletic.net/team/6003/cross-country) |  |
| 5. | 12 | [Kalen Godel](https://www.athletic.net/athlete/15510666/cross-country) |  | 19:53.21 |  | [Langford Area](https://www.athletic.net/team/5999/cross-country) |  |
| 6. | 10 | [Winston Clark](https://www.athletic.net/athlete/17250504/cross-country) |  | 19:56.38 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 7. | 8 | [Howard Sumption](https://www.athletic.net/athlete/18815600/cross-country) |  | 19:59.47 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 8. | 11 | [Jayven Maag](https://www.athletic.net/athlete/18864976/cross-country) |  | 20:07.81 |  | [Waubay/Summit](https://www.athletic.net/team/78013/cross-country) |  |
| 9. | 11 | [Carson Vavruska](https://www.athletic.net/athlete/18848302/cross-country) |  | 20:13.06 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 10. | 11 | [Evan Wagner](https://www.athletic.net/athlete/18792813/cross-country) |  | 20:16.77 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 11. | 11 | [Noah Kippley](https://www.athletic.net/athlete/17274960/cross-country) |  | 20:31.41 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 12. | 9 | [Titus Kippley](https://www.athletic.net/athlete/17274961/cross-country) |  | 20:31.68 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 13. | 9 | [Eli Wagner](https://www.athletic.net/athlete/18822585/cross-country) |  | 20:40.74 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 14. | 11 | [Elijah Alvear](https://www.athletic.net/athlete/23623182/cross-country) |  | 20:50.60 |  | [Aberdeen Christian](https://www.athletic.net/team/30424/cross-country) |  |
| 15. | 8 | [Adrian Flisrand](https://www.athletic.net/athlete/19017624/cross-country) |  | 20:55.94 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 16. | 8 | [Joseph Richards](https://www.athletic.net/athlete/21986464/cross-country) |  | 21:08.95 |  | [Aberdeen Christian](https://www.athletic.net/team/30424/cross-country) |  |
| 17. | 11 | [Amsden Piotter](https://www.athletic.net/athlete/17276106/cross-country) |  | 21:34.96 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 18. | 10 | [Grant Anderson](https://www.athletic.net/athlete/17739341/cross-country) |  | 21:51.79 |  | [Leola](https://www.athletic.net/team/6003/cross-country) |  |
| 19. | 8 | [Austin Keller](https://www.athletic.net/athlete/19017623/cross-country) |  | 21:54.69 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 20. | 9 | [Zach Schroeder](https://www.athletic.net/athlete/18848308/cross-country) |  | 22:12.54 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 21. | 12 | [AJ Wienk](https://www.athletic.net/athlete/17274338/cross-country) |  | 22:22.62 |  | [Iroquois/Lake Preston](https://www.athletic.net/team/5998/cross-country) |  |
| 22. | 9 | [Gavin Kroll](https://www.athletic.net/athlete/18868855/cross-country) |  | 22:38.33 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |
| 23. | 9 | [Landon Schmidt](https://www.athletic.net/athlete/18822584/cross-country) |  | 22:46.20 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 24. | 9 | [Joshua Klein](https://www.athletic.net/athlete/18812206/cross-country) |  | 22:47.21 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 25. | 9 | [John Blondo](https://www.athletic.net/athlete/23608722/cross-country) |  | 23:06.49 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 26. | 11 | [Nolan Thuringer](https://www.athletic.net/athlete/17865793/cross-country) |  | 23:07.14 |  | [Waubay/Summit](https://www.athletic.net/team/78013/cross-country) |  |
| 27. | 11 | [Kadin Raguse](https://www.athletic.net/athlete/17876221/cross-country) |  | 23:08.15 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 28. | 8 | [Jace Bender](https://www.athletic.net/athlete/18887852/cross-country) |  | 23:10.62 |  | [Leola](https://www.athletic.net/team/6003/cross-country) |  |
| 29. | 12 | [Nathan Enninga](https://www.athletic.net/athlete/21326991/cross-country) |  | 23:18.81 |  | [Iroquois/Lake Preston](https://www.athletic.net/team/5998/cross-country) |  |
| 30. | 10 | [Nathan Unzen](https://www.athletic.net/athlete/18868856/cross-country) |  | 23:58.33 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |
| 31. | 9 | [Isaiah Sandau](https://www.athletic.net/athlete/20092283/cross-country) |  | 25:19.90 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 32. | 9 | [Cobin Raguse](https://www.athletic.net/athlete/18812184/cross-country) |  | 25:24.14 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 33. | 7 | [Leo Madsen](https://www.athletic.net/athlete/21181952/cross-country) |  | 25:35.25 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 34. | 9 | [Tucker Steffens](https://www.athletic.net/athlete/18812188/cross-country) |  | 25:42.98 |  | [Tri-State](https://www.athletic.net/team/5853/cross-country) |  |
| 35. | 12 | [Bo Brandriet](https://www.athletic.net/athlete/17274897/cross-country) |  | 27:11.77 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 36. | 9 | [Samuel Reis](https://www.athletic.net/athlete/19804728/cross-country) |  | 27:13.00 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 37. | 8 | [Kason Oswald](https://www.athletic.net/athlete/21231814/cross-country) |  | 29:37.21 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |
| 38. | 8 | [Ethan Gonsor](https://www.athletic.net/athlete/20580422/cross-country) |  | 30:21.84 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 39. | 11 | [Aiden Miller](https://www.athletic.net/athlete/17775125/cross-country) |  | 30:41.52 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 40. | 12 | [Joey Gross](https://www.athletic.net/athlete/17801628/cross-country) |  | 30:42.20 |  | [Ellendale](https://www.athletic.net/team/8463/cross-country) |  |
| 41. | 9 | [Logan Clocksene](https://www.athletic.net/athlete/21231821/cross-country) |  | 36:41.82 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |

Girls 5,000 meter

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| 1. | 12 | [Morgan Sumption](https://www.athletic.net/athlete/14262288/cross-country) |  | 20:46.92 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 2. | 12 | [Madison Zirbel](https://www.athletic.net/athlete/17258279/cross-country) |  | 21:15.60 |  | [Waubay/Summit](https://www.athletic.net/team/78013/cross-country) |  |
| 3. | 8 | [Jillian Ellwein](https://www.athletic.net/athlete/18815822/cross-country) |  | 21:58.70 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 4. | 8 | [Ryelle Gilbert](https://www.athletic.net/athlete/21231864/cross-country) |  | 22:08.16 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |
| 5. | 8 | [Hazel Kannegaiter](https://www.athletic.net/athlete/18891071/cross-country) |  | 22:21.22 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 6. | 12 | [Laura Sumption](https://www.athletic.net/athlete/14262287/cross-country) |  | 22:36.37 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 7. | 12 | [Sofia Losure](https://www.athletic.net/athlete/15611714/cross-country) |  | 23:10.81 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 8. | 9 | [Emma Caulfield](https://www.athletic.net/athlete/18848292/cross-country) |  | 23:26.98 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 9. | 7 | [Clare Peterson](https://www.athletic.net/athlete/21181954/cross-country) |  | 23:30.42 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 10. | 9 | [Katie Bretsch](https://www.athletic.net/athlete/17250503/cross-country) |  | 23:34.09 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 11. | 8 | [Madison Stemwedel](https://www.athletic.net/athlete/19017631/cross-country) |  | 24:03.50 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 12. | 10 | [Mallory Carlson](https://www.athletic.net/athlete/17274344/cross-country) |  | 24:09.28 |  | [Iroquois/Lake Preston](https://www.athletic.net/team/5998/cross-country) |  |
| 13. | 7 | [Greta Peterson](https://www.athletic.net/athlete/21181955/cross-country) |  | 24:10.82 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 14. | 11 | [Gabby Millard](https://www.athletic.net/athlete/17250502/cross-country) |  | 24:15.38 |  | [Frederick Area](https://www.athletic.net/team/5965/cross-country) |  |
| 15. | 7 | [Sydney Holmes](https://www.athletic.net/athlete/23643630/cross-country) |  | 24:45.92 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |
| 16. | 12 | [Eva Benike](https://www.athletic.net/athlete/17272931/cross-country) |  | 24:59.90 |  | [Waubay/Summit](https://www.athletic.net/team/78013/cross-country) |  |
| 17. | 11 | [Brooke Hlavacek](https://www.athletic.net/athlete/18319388/cross-country) |  | 25:17.34 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 18. | 11 | [Griffyn Muller](https://www.athletic.net/athlete/16137955/cross-country) |  | 25:35.86 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 19. | 8 | [Evelyn Martin](https://www.athletic.net/athlete/18891083/cross-country) |  | 25:54.17 |  | [Aberdeen Roncalli](https://www.athletic.net/team/6113/cross-country) |  |
| 20. | 9 | [Ashlyn Angermeier](https://www.athletic.net/athlete/17372093/cross-country) |  | 28:06.49 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 21. | 7 | [Jorja Nelsen](https://www.athletic.net/athlete/21340030/cross-country) |  | 28:24.88 |  | [Florence/Henry](https://www.athletic.net/team/5962/cross-country) |  |
| 22. | 11 | [Jeris Stark](https://www.athletic.net/athlete/19860388/cross-country) |  | 29:06.53 |  | [Britton-Hecla](https://www.athletic.net/team/5927/cross-country) |  |
| 23. | 10 | [Lucy Jones](https://www.athletic.net/athlete/17338577/cross-country) |  | 32:27.19 |  | [Aberdeen Christian](https://www.athletic.net/team/30424/cross-country) |  |
| 24. | 12 | [Emily Clark](https://www.athletic.net/athlete/23643629/cross-country) |  | 32:55.32 |  | [Groton Area](https://www.athletic.net/team/5973/cross-country) |  |