

John Hermes Invitational Cross Country Meet
 Fergus Falls, MN
 September 29, 2016
 VARSITY BOYS - 5K

1. 59 Sartell-St.S
2. 83 Alexandria
3. 96 Detroit Lakes
4. 97 Little Falls
5. 103 WCA
6. 178 Fargo South
7. 190 Breckenridge/Wahp (18:43.6)
 - 1 15 Hunter Gowin 17:22.4
 - 2 28 Zach Haire 18:12.4
 - 3 34 Jordan Mahrar 18:25.8
 - 4 48 Michael Randall 19:09.1
 - 5 65 Alex Krack 20:27.9
 - 6 (67) Isaac Samuels 20:46.4
 - 7 (70) Logan Comeau 21:19.3
8. 233 Bemidji
9. 235 Fergus Falls
10. 240 Frazee
11. 247 Ottertail Central

| Place | Tea/Tot | No. | Name | Grade | Team | Time | Pace |
|-------|---------|-----|---------------------|-------|-------------------|---------|------|
| 1 | 1/5 | 532 | Munir Isahak | 12 | Fargo South | 16:11.1 | 5:13 |
| 2 | 1/7 | 367 | Tyler Moore | 12 | Little Falls | 16:19.5 | 5:16 |
| 3 | 1/7 | 518 | Ryley Nelson | 12 | WCA 16:25.4 | 5:18 | |
| 4 | 1/7 | 458 | Ryan Fernholz | 11 | Sartell-St.S | 16:34.9 | 5:21 |
| 5 | 2/7 | 483 | Alex Nemeth | 10 | Sartell-St.S | 16:40.0 | 5:22 |
| 6 | 2/5 | 535 | Muqsuin Hussein | 11 | Fargo South | 16:46.7 | 5:24 |
| 7 | 2/7 | 380 | Hunter Zupko | 11 | Little Falls | 16:49.9 | 5:26 |
| 8 | 1/7 | 66 | Keaton Gruber | 11 | Alexandria | 16:54.0 | 5:27 |
| 9 | 1/5 | 937 | Linaes Whiting | 11 | Bemidji | 16:56.9 | 5:28 |
| 10 | 2/7 | 512 | Jacob Bright | 9 | WCA 16:57.9 | 5:28 | |
| 11 | 1/7 | 208 | Aaron Johnson | 12 | Detroit Lakes | 17:07.6 | 5:31 |
| 12 | 2/7 | 103 | Jackson Wichtendahl | 11 | Alexandria | 17:08.0 | 5:31 |
| 13 | 3/7 | 463 | Patrick Hesse | 11 | Sartell-St.S | 17:10.2 | 5:32 |
| 14 | 1/1 | 333 | Hans Frank-Holzner | 12 | Hillcrest | 17:19.0 | 5:35 |
| 15 | 2/7 | 191 | Zach Buboltz | 12 | Detroit Lakes | 17:21.9 | 5:36 |
| 16 | 1/8 | 128 | Hunter Gowin | 10 | Breckenridge/Wahp | 17:22.4 | 5:36 |
| 17 | 3/7 | 99 | Kyle Vandertuin | 11 | Alexandria | 17:26.9 | 5:37 |
| 18 | 3/7 | 204 | Connor Haugrud | 12 | Detroit Lakes | 17:29.1 | 5:38 |
| 19 | 4/7 | 443 | David Anderson | 11 | Sartell-St.S | 17:29.7 | 5:38 |
| 20 | 5/7 | 453 | Nick Buiceag-Arama | 10 | Sartell-St.S | 17:31.8 | 5:39 |
| 21 | 3/7 | 372 | Drew Peterson | 10 | Little Falls | 17:37.0 | 5:41 |
| 22 | 4/7 | 57 | Nolan Christenson | 11 | Alexandria | 17:38.9 | 5:41 |
| 23 | 6/7 | 461 | Zach Harren | 10 | Sartell-St.S | 17:41.1 | 5:42 |
| 24 | 3/7 | 519 | Ethan Olson | 12 | WCA 17:58.5 | 5:48 | |
| 25 | 7/7 | 485 | Zach Nemeth | 9 | Sartell-St.S | 18:03.4 | 5:49 |
| 26 | 4/7 | 218 | Tanner Olson | 10 | Detroit Lakes | 18:06.6 | 5:50 |
| 27 | 5/7 | 70 | Blake Johnston | 11 | Alexandria | 18:10.1 | 5:51 |
| 28 | 4/7 | 527 | Drake Swanson | 12 | WCA 18:12.0 | 5:52 | |
| 29 | 2/8 | 129 | Zach Haire | 10 | Breckenridge/Wahp | 18:12.4 | 5:52 |
| 30 | 5/7 | 201 | Austin Gedrose | 11 | Detroit Lakes | 18:14.0 | 5:53 |
| 31 | 1/7 | 289 | Hunter Eldien | 11 | Fergus Falls | 18:15.0 | 5:53 |
| 32 | 4/7 | 379 | Nolan Zimny | 11 | Little Falls | 18:20.8 | 5:55 |
| 33 | 1/7 | 317 | Tanner Eischens | 11 | Frazee | 18:21.4 | 5:55 |
| 34 | 1/6 | 391 | Cody Dolezal | 9 | Ottertail Central | 18:24.2 | 5:56 |
| 35 | 3/8 | 136 | Jordan Mahrar | 11 | Breckenridge/Wahp | 18:25.8 | 5:56 |
| 36 | 2/6 | 395 | Erick George | 12 | Ottertail Central | 18:26.3 | 5:57 |
| 37 | 6/7 | 225 | Isaiah Stokes | 11 | Detroit Lakes | 18:26.5 | 5:57 |
| 38 | 5/7 | 376 | Tyler Schlattman | 12 | Little Falls | 18:28.6 | 5:57 |
| 39 | 7/7 | 200 | Van Gallatin | 11 | Detroit Lakes | 18:28.7 | 5:57 |
| 40 | 2/7 | 295 | Matthew Oehler | 10 | Fergus Falls | 18:30.8 | 5:58 |
| 41 | 5/7 | 530 | Jack Van Kempen | 9 | WCA 18:33.3 | 5:59 | |
| 42 | 2/5 | 750 | Dylan Burnham | 12 | Bemidji | 18:40.8 | 6:01 |
| 43 | 6/7 | 374 | Jonah Ploof | 11 | Little Falls | 18:43.4 | 6:02 |
| 44 | 3/5 | 740 | Riley Berg | 10 | Bemidji | 18:45.5 | 6:03 |
| 45 | 6/7 | 53 | Benjamin Bogart | 12 | Alexandria | 18:46.5 | 6:03 |
| 46 | 7/7 | 79 | Ryan Maier | 12 | Alexandria | 18:52.1 | 6:05 |
| 47 | 2/7 | 315 | Christian Carlson | 8 | Frazee | 18:53.0 | 6:05 |
| 48 | 7/7 | 375 | William Riitters | 10 | Little Falls | 19:00.4 | 6:08 |
| 49 | 4/8 | 141 | Michael Randall | 10 | Breckenridge/Wahp | 19:09.1 | 6:10 |
| 50 | 3/7 | 288 | Caleb Danielson | 10 | Fergus Falls | 19:12.0 | 6:11 |
| 51 | 3/5 | 533 | Vincent Holmlund | 9 | Fargo South | 19:12.6 | 6:11 |
| 52 | 3/6 | 397 | Marc Hendricks | 11 | Ottertail Central | 19:14.5 | 6:12 |
| 53 | 6/7 | 531 | Chase Veldhouse | 11 | WCA 19:16.6 | 6:13 | |
| 54 | 3/7 | 322 | Grady Larsen | 9 | Frazee | 19:17.1 | 6:13 |
| 55 | 4/7 | 327 | Tanner Schermerhorn | 11 | Frazee | 19:19.1 | 6:14 |
| 56 | 5/7 | 323 | Michael Miller | 11 | Frazee | 19:19.1 | 6:14 |
| 57 | 6/7 | 313 | Alex Beck | 8 | Frazee | 19:22.1 | 6:15 |
| 58 | 4/7 | 303 | Sawyer Votava | 10 | Fergus Falls | 19:24.8 | 6:15 |
| 59 | 4/5 | 536 | Christian Nelson | 12 | Fargo South | 19:30.6 | 6:17 |
| 60 | 4/6 | 399 | Jacob Hite | 9 | Ottertail Central | 19:31.8 | 6:18 |
| 61 | 5/7 | 299 | Nate Ronning | 12 | Fergus Falls | 19:48.2 | 6:23 |
| 62 | 6/7 | 298 | Will Prody | 11 | Fergus Falls | 19:52.7 | 6:24 |
| 63 | 7/7 | 320 | Nathan Johannsen | 7 | Frazee | 19:54.6 | 6:25 |
| 64 | 5/5 | 534 | Duy Le | 11 | Fargo South | 19:55.4 | 6:25 |
| 65 | 7/7 | 517 | Hunter Mickelson | 10 | WCA 20:23.7 | 6:34 | |
| 66 | 5/8 | 132 | Alex Krack | 12 | Breckenridge/Wahp | 20:27.9 | 6:36 |
| 67 | 7/7 | 290 | Simon Jarolim | 11 | Fergus Falls | 20:43.6 | 6:41 |
| 68 | 6/8 | 143 | Isaac Samuels | 12 | Breckenridge/Wahp | 20:46.4 | 6:42 |
| 69 | 4/5 | 837 | Nick Palmer | 11 | Bemidji | 20:50.3 | 6:43 |
| 70 | 5/6 | 392 | Hunter Doll | 10 | Ottertail Central | 21:19.2 | 6:52 |
| 71 | 7/8 | 123 | Logan Comeau | 11 | Breckenridge/Wahp | 21:19.3 | 6:52 |
| 72 | 8/8 | 134 | Nolan Lemna | 10 | Breckenridge/Wahp | 21:37.3 | 6:58 |
| 73 | 6/6 | 407 | Adam Young | 12 | Ottertail Central | 21:52.3 | 7:03 |
| 74 | 5/5 | 923 | Alex Swanson | 12 | Bemidji | 22:36.9 | 7:17 |