

Elk River Nordic Team: 2009-2010 Season
7.5 km/5 km/2.5 km Skate Race
 Elm Creek, December 17, 2009

Team Results
Boys 7.5 km Course

Skate Race, down Man-Made Loop
 Conditions: 24 Degrees, Pavement: clear

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>LAP 2</u>	<u>LAP 3</u>	<u>FINAL</u>	<u>% BACK</u>
1	Fergus, Brian	0:06:51	0:07:18	0:07:16	0:21:25	0.00%
2	Wigmore, Morgan	0:07:29	0:07:56	0:07:40	0:23:05	7.78%
3	Nordahl, Mitchel	0:07:20	0:08:17	0:08:02	0:23:39	10.43%
4	Shaw, Aaron	0:07:30	0:08:12	0:08:20	0:24:02	12.22%
5	Riebel, Max	0:08:16	0:08:38	0:08:37	0:25:31	19.14%
6	Lyrenmann, Paul	0:08:21	0:09:02	0:08:49	0:26:12	22.33%
7	Kolles, Kyle	0:08:20	0:08:55	0:09:10	0:26:25	23.35%
8	LaPlante, Philip	0:08:40	0:09:07	0:09:00	0:26:47	25.06%
9	Tollefson, Ken	0:08:25	0:09:04	0:09:19	0:26:48	25.14%
10	Crane, Collin	0:08:30	0:09:10	0:09:12	0:26:52	25.45%
11	Gatzke, Erik	0:08:58	0:09:52	0:10:31	0:29:21	37.04%

Boys 5 km Course

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>LAP 2</u>	<u>FINAL</u>	<u>% BACK</u>
1	Hickman, Alex	0:09:07	0:09:34	0:18:41	0.00%
2	Tormoen, Danny	0:09:39	0:10:09	0:19:48	5.98%
3	Peterson, Max	0:10:11	0:10:00	0:20:11	8.03%
4	Erdahl, Dallas	0:10:06	0:10:23	0:20:29	9.63%
5	Mannel, Max	0:10:13	0:11:11	0:21:24	14.54%
6	St. Jean, Jarret	0:10:32	0:10:59	0:21:31	15.17%

Boys 2.5 km Course

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>FINAL</u>	<u>% BACK</u>
1	Droogsma, Aaron	0:08:58	0:08:58	0.00%
2	Shaw, Ryan	0:09:44	0:09:44	8.55%
3	Hickman, Breck	0:10:39	0:10:39	18.77%
4	Webster, Nate	0:11:16	0:11:16	25.65%
5	Hudson, Joey	0:11:20	0:11:20	26.39%
6	Vrchota, Matt	0:12:58	0:12:58	44.61%
7	Vrchota, Ben	0:13:17	0:13:17	48.14%
8	Sullivan, James	0:14:02	0:14:02	56.51%

Team Results
Girls 7.5 km Course

Skate Race, down Man-Made Loop
 Conditions: 24 Degrees, Pavement: clear

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>LAP 2</u>	<u>LAP 3</u>	<u>FINAL</u>	<u>% BACK</u>
1	Crepeau, Laura	0:09:56	0:11:06	0:11:10	0:32:12	0.00%
2	Osberg, Britta	0:10:27	0:11:08	0:12:12	0:33:47	4.92%
3	Ellefson, Brittni	0:10:44	0:11:07	0:12:25	0:34:16	6.42%

Girls 5 km Course

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>LAP 2</u>	<u>FINAL</u>	<u>% BACK</u>
1	Thorndal, Nicole	0:10:19	0:10:48	0:21:07	0.00%
2	Bednarz, Layni	0:11:01	0:11:31	0:22:32	6.71%
3	Elmquist, Mary	0:11:08	0:11:46	0:22:54	8.45%
4	Turnacliff, Abby	0:11:09	0:11:58	0:23:07	9.47%
5	Turnacliff, Katy	0:11:20	0:11:57	0:23:17	10.26%
	Mattson, Victoria	0:11:50	0:12:25	0:24:15	14.84%
6	Fredell, Rose	0:13:30	0:14:16	0:27:46	31.49%

Girls 2.5 km Course

<u>ORDER</u>	<u>NAME</u>	<u>LAP 1</u>	<u>FINAL</u>	<u>% BACK</u>
1	Hickman, Reece	0:11:46	0:11:46	0.00%
2	Gibas, Michaela	0:11:56	0:11:56	1.42%
3	Crane, Emma	0:12:13	0:12:13	3.82%
4	Hohlen, Maggie	0:13:13	0:13:13	12.32%
5	Gibas, Maddie	0:13:46	0:13:46	17.00%
6	Hudson, Ellie	0:14:25	0:14:25	22.52%
7	Anderson, Natalie	0:15:03	0:15:03	27.90%
8	Frey, Mikayla	0:15:26	0:15:26	31.16%
9	Cross, Charley	0:16:21	0:16:21	38.95%
10	Nordahl, Bella	0:16:28	0:16:28	39.94%
11	White, Shannon	0:16:51	0:16:51	43.20%
12	Grimshaw, Elizabeth	0:17:03	0:17:03	44.90%
13	Tewolde, Elizabeth	0:17:42	0:17:42	50.42%
14	Domeier, Julia	0:18:00	0:18:00	52.97%
15	Gatzke, Anne	0:19:48	0:19:48	68.27%