

Elk River Nordic Team: 2011-2012 Season
12.5 km Race (With Interval Workout)
 Theodore Wirth Park; January 7th 2012

Team Results

Conditions: 27 Degrees, Sun/Clouds

Snow: Man-made, old

Winning Times: Mens: 30:14 Womens: 33:35

| Place | Name | Int 1 | Int 2 | Int 3 | Int 4 | Finish | % Back |
|-------|----------------|---------|---------|---------|---------|---------|--------|
| 1 | Jake Schroeder | 0:04:29 | 0:07:10 | 0:07:06 | 0:06:40 | 0:33:58 | 12.35% |
| 2 | Breck Hickman | 0:04:39 | 0:07:12 | 0:07:10 | 0:07:07 | 0:34:54 | 15.44% |
| 3 | Nate Webster | 0:04:39 | 0:07:22 | 0:07:25 | 0:07:23 | 0:35:25 | 17.14% |
| 4 | Tommy Como | 0:05:10 | 0:07:37 | 0:07:48 | 0:12:05 | 0:35:58 | 18.96% |
| 5 | Joey Martin | 0:04:48 | 0:07:45 | 0:07:51 | 0:08:05 | 0:36:19 | 20.12% |
| 6 | Matt Vrchota | 0:05:15 | 0:08:33 | 0:08:28 | 0:09:22 | 0:40:38 | 34.40% |
| 7 | Blake Thompson | 0:05:17 | 0:08:11 | 0:08:12 | 0:08:34 | 0:40:55 | 35.34% |
| 8 | Ben Vrchota | 0:05:20 | 0:08:40 | 0:08:55 | 0:09:33 | 0:41:43 | 37.98% |
| 9 | Alex Hickman | 0:05:36 | 0:08:18 | 0:09:00 | 0:09:48 | 0:42:10 | 25.56% |
| 10 | Mallory Adams | 0:05:39 | 0:08:46 | 0:08:49 | 0:09:54 | 0:43:32 | 29.63% |
| 11 | Mary Elmquist | 0:05:40 | 0:08:52 | 0:09:05 | 0:09:42 | 0:43:50 | 30.52% |
| 12 | Reece Hickman | 0:05:48 | 0:08:52 | 0:09:08 | 0:09:19 | 0:43:52 | 30.62% |
| 13 | Ali Mathey | 0:06:50 | 0:10:06 | 0:10:32 | 0:10:41 | 0:49:54 | 48.59% |
| 14 | Brittney Dorn | 0:06:46 | 0:10:08 | 0:10:07 | 0:10:33 | 0:51:02 | 51.96% |
| 15 | Anna Haugen | 0:05:30 | 0:09:46 | 0:09:49 | 0:09:25 | 0:52:17 | 55.68% |
| 16 | Shannon White | 0:06:55 | 0:10:23 | 0:12:09 | | 0:53:14 | 58.51% |
| 17 | Emma Crane | 0:06:45 | 0:11:25 | 0:14:21 | | 0:57:01 | 69.78% |