

Shawnee Heights Invitational (September 19th, 2009)
at Lake Shawnee
Lawrence High School Results

Varsity Boys Results (37 Runners) at 10:30 AM

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2008	2007	2006
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time
Roy Wedge	05:04.1	05:20.0	10:24.1	05:50.9	16:15.0	05:13.8	1	15:57.4	16:02.7		16:53.0	16:58.9	18:37.2
Joseph Springer	05:09.9	05:40.6	10:50.5	06:17.5	17:08.0	05:30.9	3	16:39.7	16:53.4		18:06.0		
Nicolas Shump	05:10.5	05:41.9	10:52.4	06:30.6	17:23.0	05:35.7	5	17:20.4	17:20.4		19:02.0	18:33.2	
Calvin Morgan	05:07.7	05:51.5	10:59.2	06:30.8	17:30.0	05:38.0	6	16:45.7	17:06.2		18:07.0	18:50.9	
Zach Andregg	05:21.2	05:57.1	11:18.3	06:57.7	18:16.0	05:52.8	9	17:11.8	18:05.1		18:23.0		
Simon Fangman	05:27.9	06:03.7	11:31.6	06:49.4	18:21.0	05:54.4	10	16:55.9	17:32.6		18:00.0		
Kyler Thomann	05:31.6	06:06.7	11:38.3	07:08.7	18:47.0	06:02.7	14	18:14.4	18:14.4		19:55.0	20:33.1	

0 - Personal Record Time

0 - Season Best Time

1st place with 24 points ('08 = 1st place with 34 points, '07 = 1st place with 56 points, & '06 = 3rd place with 76 points)

Varsity Boy's

Score	Team	Points
1	Lawrence High	24
2	Blue Valley West	48
3	Topeka High	98
4	Shawnee Heights	100
5	Leavenworth	110

Junior Varsity Boy's

Score	Team	Points
1	Lawrence High	20
2	Blue Valley West	35
3	Blue Valley Northwest	97
4	Topeka High	104
5	Leavenworth	127
6	Shawnee Heights	174

Shawnee Heights Invitational (September 19th, 2009)
at Lake Shawnee
Lawrence High School Results

Junior Varsity Boys Results (85 Runners) at 9:30 am

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2008	2007	2006
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time
Nathan Stringer	05:44.3	06:04.9	11:49.2	06:43.8	18:33.0	05:58.2	1	18:19.0	18:32.3		20:35.0		
Reid Hildenbrand	05:44.9	06:05.0	11:49.9	06:44.1	18:34.0	05:58.6	2	18:28.2	18:28.2		19:48.0		
Jonathan Gabler	05:49.5	06:04.6	11:54.1	06:46.9	18:41.0	06:00.8	3	17:25.8	18:29.4		18:31.0	17:44.1	20:21.6
Cody Jones	05:43.7	06:17.8	12:01.5	06:59.5	19:01.0	06:07.3	6	17:38.8	18:47.4		18:48.0	18:17.4	
Josh Shump	05:46.4	06:15.8	12:02.2	07:10.8	19:13.0	06:11.1	8	19:03.9	19:03.9		21:34.0		
Philip Gabler	06:00.4	06:25.8	12:26.2	07:12.8	19:39.0	06:19.5	12	19:19.8	19:19.8				
Victor Ramirez	06:24.6	06:52.2	13:16.8	07:44.2	21:01.0	06:45.9	30	19:07.0	20:16.5		21:47.0	21:58.7	
Matt Germain	06:15.7	06:58.1	13:13.8	08:10.2	21:24.0	06:53.3	31	19:24.0	21:07.8		20:30.0	21:56.8	
Dylan Orth	06:33.2	07:02.4	13:35.6	07:48.4	21:24.0	06:53.3	32	22:21.8	22:21.8	PR/SB			
Thomas Wheatley	06:33.8	07:20.6	13:54.4	08:16.6	22:11.0	07:08.4	47	21:37.9	22:12.4	SB	23:31.0	21:58.7	23:42.7
Ulrich Johanning	07:07.4	07:42.1	14:49.5	11:06.5	25:56.0	08:20.8	76	24:21.8	24:21.8				
Ludwig Johanning	08:28.3	08:55.6	17:23.9	09:38.1	27:02.0	08:42.1	79	27:11.6	27:11.6	PR/SB			

2 - Personal Record Time

1 - Season Best Time

1st place with 20 points ('08 = 1st place with 33 points, '07 = 5th place with 142 points, & '06 = 6th place with 131 points)