

Sunflower League Cross Country Championships (October 15th, 2022)
at Rim Rock Farm
Lawrence High School Results

Varsity Boys Results (106 Runners) at 10:30 am | 56°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019		
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time		
Xavier Klisch	05:16.2	05:34.9	10:51.1	06:23.3	17:14.4	05:32.9	43	17:02.7	17:02.7		17:42.3			**	
Edward Roman Nose	05:18.1	05:34.6	10:52.7	06:33.5	17:26.2	05:36.7	50	17:09.3	17:09.3						
Francis Alexander	05:24.4	06:10.1	11:34.5	07:11.3	18:45.8	06:02.4	88	18:40.2	18:40.2		19:44.2			**	
* Jack Pfeifer	05:36.4	06:37.7	12:14.1	07:01.4	19:15.5	06:11.9	99	18:08.2	19:35.9	SB	18:41.0	18:25.9	19:12.2		
Hayden Thornton	05:38.7	06:42.5	12:21.2	07:19.5	19:40.7	06:20.0	102	19:34.4	19:34.4		23:30.4			**	
* Jonathan Spoula	05:41.0	06:38.7	12:19.7	07:24.9	19:44.6	06:21.3	103	19:14.5	19:14.5		19:41.7	DNR	22:40.0		
Conner Popp	05:40.8	06:37.8	12:18.6	07:34.3	19:52.9	06:24.0	105	19:23.2	19:23.2						
Danny Phalen	05:42.0	06:38.2	12:20.2	07:38.6	19:58.8	06:25.9	106	19:16.4	19:47.3		20:20.8	19:16.4		**	
0 - Personal Record Time								* = senior				18:28.5	= 1 - 5 team average		
1 - Season Best Time								** = improved over 2021 time				02:26.3	= 1 - 5 separation		
											18:01.2	NO SCORE	18:14.3		
											01:58.1	NO SCORE	02:32.8		

12th place with 338 points ('21 = 13th place with 309 points, '20 = No Team Score, '19 = 12th place with 274 points, '18 = 11th place with 281 points, '17 = 12th place with 302 points, '16 = 11th place with 27 '15 = 12th place with 313 points, '14 = 11th place with 254 points, '13 = 9th place with 236 points, '12 = 10th place with 253 points, '11 = 3rd place with 88 points, '10 = 3rd place with 98 points, '09 = 1st place with 50 points, '08 = 2nd place with 56 points, '07 = 5th place with 146 points, & '06 = 4th place with 112 points)

Junior Varsity Boys Results (96 Runners) at 9:30 am | 48°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Leigham Alexander	05:45.4	06:17.8	12:03.2	07:16.3	19:19.5	06:13.2	40	19:06.4	19:06.4		19:57.5			**
Winton Anderson	05:50.1	06:41.0	12:31.1	07:38.7	20:09.8	06:29.4	68	19:53.5	19:56.9		20:34.9	20:19.9		**
Freya Girard	06:01.2	06:43.2	12:44.4	07:27.2	20:11.6	06:30.0	70	20:19.7	20:19.7	PR/SB	22:24.5			**
Luke Velte	06:10.8	06:50.2	13:01.0	07:44.1	20:45.1	06:40.8	80	20:43.4	20:43.4					
Paul Radley	06:17.2	07:02.7	13:19.9	08:12.3	21:32.2	06:55.9	92	21:11.5	21:11.5					

1 - Personal Record Time * = senior
1 - Season Best Time ** = improved over 2021 time

12th place with 326 points ('21 = 10th place with 267 points, '20 = 14th place with 357 points, '19 = 12th place with 307 points, '18 = 13th place with 300 points, '17 = 12th place with 348 points, '16 = 6th plac '15 = 8th place with 189 points, '14 = 10th place with 289 points, '13 = 11th place with 302 points, '12 = 9th place with 272 points, '11 = 8th place with 229 points, '10 = 7th place with 180 points, '09 = 3rd place with 58 points, '08 = 3rd place with 70 points, '07 = 5th place with 111 points, & '06 = 4th place with 105 points)

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C Team Boys Results (152 Runners) at 11:40 am | 65°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
* Ian Perkins	06:32.2	07:12.8	13:45.0	07:49.6	21:34.6	06:56.7	49	21:29.2	21:29.2		23:41.7	23:56.4	24:21.0	**
* Maddock Oberzan	06:25.2	07:13.5	13:38.7	08:17.6	21:56.3	07:03.7	60	21:46.5	22:19.2	SB	21:46.5	22:57.6	22:50.2	
Jake Oldfather	06:24.8	07:15.4	13:40.2	08:16.1	21:56.3	07:03.7	62	20:53.5	20:53.5					
Isaac Outka	06:26.3	07:27.8	13:54.1	08:08.4	22:02.5	07:05.7	65	19:48.6	20:19.4		20:46.7			
Ky Smith	06:44.8	08:25.9	15:10.7	09:22.2	24:32.9	07:54.1	118	25:12.4	25:12.4	PR/SB				

1 - Personal Record Time

* = senior

2 - Season Best Time

** = improved over 2021 time

10th place with 245 points ('10th place with 285 points, '20 = 13th place with 382 points, '19 = 9th place with 262 points, '18 = 7th place with 220 points, '17 = 11th place with 321 points, '16 = 8th place with '15 = 10th place with 305 points, '14 = 8th place with 282 points, '13 = No Score with No Points, '12 = 8th place with 270 points, '11 = 10th place with 279 points, '10 = 8th place with 271 points, '09 = No Score with No Points, '08 = 6th place with 166 points, '07 = 6th place with 170 points, & '06 = 7th place with 185 points)

Varsity Boys

Score	Team	Points
1	SM East	72
2	Olathe East	84
3	Gardner-Edgerton	120
4	Free State	129
5	Olathe South	141
6	Olathe West	144
7	SM North	193
8	SM Northwest	199
9	SM South	201
10	Olathe Northwest	236
11	Mill Valley	238
12	Lawrence	338
13	Olathe North	342
xx	SM West	(inc.)

Regional Teams

Junior Varsity Boys

Score	Team	Points
1	Free State	31
2	Olathe West	79
3	Olathe East	86
4	Olathe South	157
5	SM Northwest	162
6	SM East	166
7	SM South	167
8	SM North	180
9	Gardner-Edgerton	207
10	Mill Valley	279
11	Olathe Northwest	287
12	Lawrence	326
13	SM West	353
xx	Olathe North	(inc.)

C Team Boys

Score	Team	Points
1	Free State	16
2	SM South	54
3	SM East	134
4	Olathe South	145
5	SM North	154
6	Mill Valley	170
7	Olathe East	180
8	Olathe North	187
9	SM Northwest	204
10	Lawrence	245
11	Gardner-Edgerton	286
xx	SM West	(inc.)
xx	Olathe Northwest	(inc.)
xx	Olathe West	(inc.)