

| Last | First | 1 Mile | 2 Mile | Split | Diff | 5K | PPM |
|-------------|----------|--------|--------|-------|------|-------|------|
| Okan | Harrison | 5:25 | 11:10 | 5:45 | 0:20 | 17:20 | 5:35 |
| Walker | Matt | 5:30 | 11:25 | 5:55 | 0:25 | 17:50 | 5:45 |
| Herting | Andy | 5:25 | 11:17 | 5:52 | 0:27 | 18:07 | 5:50 |
| Boeser | Shane | 5:31 | 11:37 | 6:06 | 0:35 | 18:16 | 5:53 |
| Kollash | Eric | 5:38 | 11:40 | 6:02 | 0:24 | 18:17 | 5:53 |
| Lane | Joe | 5:45 | 11:54 | 6:09 | 0:24 | 18:37 | 6:00 |
| Webber | Coach | 5:50 | 11:56 | 6:06 | 0:16 | 18:50 | 6:04 |
| Ripplemeyer | Tim | 5:52 | 12:44 | 6:52 | 1:00 | 20:33 | 6:37 |
| Lindstrom | Eric | 5:45 | 12:23 | 6:38 | 0:53 | 20:56 | 6:45 |
| Walker | Jimmy | 6:20 | 13:31 | 7:11 | 0:51 | 21:00 | 6:46 |
| Frieler | Evan | 6:40 | 13:38 | 6:58 | 0:18 | 21:05 | 6:48 |

| Last | First | 1 Mile | 2 Mile | Split | Diff | 5K | PPM |
|-------------|----------|--------|--------|-------|------|-------|------|
| Webber | Coach | 5:50 | 11:56 | 6:06 | 0:16 | 18:50 | 6:04 |
| Frieler | Evan | 6:40 | 13:38 | 6:58 | 0:18 | 21:05 | 6:48 |
| Okan | Harrison | 5:25 | 11:10 | 5:45 | 0:20 | 17:20 | 5:35 |
| Lane | Joe | 5:45 | 11:54 | 6:09 | 0:24 | 18:37 | 6:00 |
| Kollash | Eric | 5:38 | 11:40 | 6:02 | 0:24 | 18:17 | 5:53 |
| Walker | Matt | 5:30 | 11:25 | 5:55 | 0:25 | 17:50 | 5:45 |
| Herting | Andy | 5:25 | 11:17 | 5:52 | 0:27 | 18:07 | 5:50 |
| Boeser | Shane | 5:31 | 11:37 | 6:06 | 0:35 | 18:16 | 5:53 |
| Walker | Jimmy | 6:20 | 13:31 | 7:11 | 0:51 | 21:00 | 6:46 |
| Lindstrom | Eric | 5:45 | 12:23 | 6:38 | 0:53 | 20:56 | 6:45 |
| Ripplemeyer | Tim | 5:52 | 12:44 | 6:52 | 1:00 | 20:33 | 6:37 |