



Minnetonka Cross Country All-Time Bests for Gale Woods 5k Course (Since course opened in 2003)

Sean Fries 2025	14:50.6
Nick Gilles 2022	15:14.2
Matt Wilkinson 2016	15:39.5
Max Westerlund 2022	15:46.1
Ben Kraus 2025	15:49.2
Tyler Vos 2023	15:51.4
Andrew Vos 2021	15:53.6
Mac Karrick 2017	15:55.0
Casey Nordstrom 2025	15:58.4
Will Chose 2023	15:58.9
Adam Wilkinson 2017	16:01.0
Max Lauerman 2018	16:01.2
Beau Pullman 2017	16:02.6
Christian Skaret 2010	16:02.9
Kyle Anderson 2011	16:07.5
Ryan Fries 2023	16:09.3
Josh Koehnen 2020	16:13.8
Reese Thompson 2018	16:17.9
Ryan Bailey 2007	16:22.7
Scott Kvidera 2013	16:22.7
Austin Hunter 2020	16:28.9
Nick Emmans 2007	16:31.3
James Thomas 2024	16:32.2
Ricardo Celleri 2011	16:34.8
Easton Freed 2021	16:37.8
Harry Koeppen 2018	16:38.9
Dylan Schneider 2023	16:40.7
Lloyd Laninga 2024	16:40.9
Christian Bach 2025	16:46.2
Tirfe Horvick 2023	16:47.2
Ben Englund 2006	16:47.6
Adam McCollor 2017	16:48.3
Aaron Nemitz 2011	16:49.8
Maxwell Kuzara 2012	16:50.6
Fausto Chong Memijie 2020	16:50.6
Jacob Herrman 2016	16:51.0
Cedric Caille 2016	16:52.3
Mason Kiffmeyer 2016	16:54.8
Parker Barry 2023	16:52.3
Jake Lee 2008	16:55.3
Cullen Thiss 2012	16:57.3
Nate Janssen 2012	16:57.9
Zak Crawford 2018	16:58.7
Ryan Anderson 2007	16:59.4
Brendan Jackson 2005	17:00.2
Eric Anenson 2008	17:01.2
Charlie Hansen 2008	17:03.1
Aiden Chalmers 2020	17:04.1
Tyler Pietrick 2003	17:05.0
Tom Bissen 2013	17:05.1
Sam Friesen 2012	17:05.8
Chad Riddersen 2004	17:06.0
Jimmy Sebold 2012	17:06.3
John Goetz 2007	17:08.3
Zach Unger 2025	17:08.3
Luke Baustert 2023	17:08.7
Mike Roden 2004	17:09.0
Jon Andersen 2006	17:11.9
Casey Halbmaier 2012	17:14.4

Sophomore Bests

Sean Fries 2023	15:25.8
Nick Gilles 2020	16:03.3
Matt Wilkinson 2014	16:09.5
James Thomas 2022	16:30.2
Max Lauerman 2017	16:33.2
Casey Nordstrom 2024	16:33.2
Scott Kvidera 2011	16:44.4
Harry Koeppen 2017	16:50.3
Reese Thompson 2017	16:54.4
Christian Skaret 2008	16:59.1
Fausto Chong-Memijie	17:02.2
Ryan Bailey 2005	17:04.8
Adam Wilkinson 2015	17:10.4
Lloyd Laninga 2022	17:13.9
Dylan Schneider 2022	17:15.5
Aaron Nemitz 2010	17:21.8
Tirfe Horvick 2022	17:24.6
Nate Kusar 2018	17:25.0
Denis Terzic 2006	17:25.1

Ben Kraus 2023	17:29.2
Jake Lee 2007	17:35.2
Steel Etnier 2025	17:35.4
Alec McElhinny 2012	17:35.8
Parker Barry 2021	17:36.7
Max Westerlund 2020	17:43.1
Jimmy Sebold 2011	17:44.0
Nevin Switz 2020	17:44.4
Cooper Hensley 2025	17:45.5
Nate Janssen 2010	17:46.6
Adam McCollor 2016	17:54.8
Ben Englund 2004	17:55.2
Alex Tyre 2007	18:00.1
Dan Schlesinger 2005	18:00.5
John Goetz 2005	18:05.9
Tyler Vos 2021	18:08.3
Ben Cox 2007	18:08.8
Charlie Cummings 2023	18:09.0
Zak Crawford 2017	18:09.3
Charlie Herrmann 2003	18:13.0

Freshman and under

Sean Fries 2022	15:51.2
Max Lauerman 2016	16:58.2
Matt Wilkinson 2013	17:05.8
James Thomas 2021	17:09.9
Nick Gilles 2020	17:11.7
Sawyer Schulz 2025	17:14.8
Casey Nordstrom 2023	17:32.6
Mason Kiffmeyer 2012	17:40.0
Harry Koeppen 2016	17:40.6
Reese Thompson 2016	17:40.8
J.D. Landstrom 2020	17:45.5
Will Chose 2021	17:50.3
Nolan Igl 2025	17:56.8
Kyle Anderson 2008	17:57.4
Lloyd Laninga 2021	17:59.4
Scott Kvidera 2012	18:04.9
Denis Terzic 2005	18:05.7
Liam Cassidy 2020	18:07.6
Colin Ostendorf 2022	18:11.8
Dylan Schneider 2021	18:12.0
Jonathan Croskey 2012	18:12.8
Ryan Bailey 2004	18:14.4
Casey Nordstrom - 8th 2022	18:16.5
Cooper Hensley 2024	18:20.6
Jackson Downin 2021	18:21.9
Guillermo Lopez-Garcia 2023	18:22.3
Christian Skaret 2007	18:23.1
Ben Englund 2003	18:30.0
Fausto Chong-Memije 2017	18:30.2
Aaron Nemitz 2009	18:30.5
Ricardo Celleri 2008	18:33.6
Calvin Horst 2012	18:35.7
Charlie Cummings 2022	18:36.1