



2025 Hoka Postal Nationals

Wednesday, October 3rd
Minnetonka High School Track - 3200 Meters

Heat #1

/24 time

Eddie Almelien, 9 13:08.3
Liam Barron, 10 13:15.1
Tegan Ward-Ivey, 12 13:21.1/14:03.9
Mark Semersky, 9 13:24.7
Gabe Zamilpa, 9 13:28.2
Wesley Martin, 9 13:29.8
Sam McHugh, 12 13:45.8
Gavin Flom, 10 13:51.8 / 14:32.2
Nolan Erpelding, 10 14:02.8 / 15:00.5
Donnie Falconer, 10 14:02.9 / 14:14.2
Ivan Stangel, 9 14:11.7
Lucas Hoyord, 9 14:19.4
Jayden Romero, 12 14:47.5 / 15:10.7
Michael Stevenson, 10 15:21.5

Heat #2

/24 time

Ben Kowal, 11 11:43.9 / 11:52.1
Miles Hjelle, 10 11:57.9
Brogan Barr, 9 12:02.7
Bennett Lang, 9 12:06.5
Andrew Ramaker, 11
12:09.1 / 12:09.6
Nolan Carlson, 9 12:09.8
Carsten Barron, 10 12:14.2
Joseph Nordgaard, 9 12:18.8
Braeden Pruitt, 12 12:19.4 / 12:25.9
Kellen O'Connell, 11
12:57.5 / 12:28.4

Heat #3

/24 time

Kian Cebulla, 10 10:46.5 / 11:55.7
Nolan Igl, 9 10:48.9
Everett Black, 10 10:52.5 / 11:49.2
Elliott Broberg, 9 10:52.9
Charlie Bubbs, 9 10:54.9
Hugh Nugent, 12 11:02.3 / 11:44.5
Henry Wallenfelt, 9 11:06.8
Aidan Fine, 12 11:19.7
Joey Gehlen, 9 11:22.0
Wyatt Hunt, 10 11:27.5 / 12:05.6

Heat #4

/24 time

Sean Fries, 12 9:16.0 / n/a
Ben Kraus, 12 9:39.5 / 10:01.5
Casey Nordstrom, 11 9:43.4 / 10:01.8
Christian Bach, 11 10:05.9 / 11:16.7
Ashok Algappan, 10 10:09.0
Sawyer Schulz, 9 10:17.7
Zach Unger, 12 10:22.8 / 11:02.6
Guillermo Lopez-Garcia, 11
10:26.5/10:45.7
Steel Etnier, 10 10:31.0
Cooper Hensley, 10 10:36.9 / 10:54.8
Charlie Cummings, 12
10:49.5 / 11:35.5