

## 2023 MIAC Combined Events - 5/4/2023 to 5/5/2023

Carleton College  
Results - Heptathlon

## Women Heptathlon

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Floren, Justus St. Benedict Team Points: 10	4409	16.01 w: 2.3 (713)	1.51m (632)	10.79m (581)	27.26 w: +0.0 (690)	2616	5.21m w: 0.8 (617)	36.85m (607)	2:40.31 (569)
2 Selle, Peyton Concordia-Moorhead Team Points: 8	4343	15.66 w: 2.6 (756)	1.42m (534)	9.91m (524)	27.01 w: -0.2 (711)	2525	5.16m w: 0.9 (603)	34.83m (568)	2:33.71 (647)
3 Salfer, Rebekah St. Olaf Team Points: 6	4329	15.32 w: 2.6 (800)	1.33m (439)	11.07m (600)	26.60 w: -0.2 (745)	2584	4.94m w: 0.5 (543)	29.13m (460)	2:26.15 (742)
4 Blanchette, Grace Carleton Team Points: 5	4192	15.25 w: 2.6 (809)	1.54m (666)	8.81m (452)	27.49 w: -0.2 (672)	2599	4.96m w: 1.0 (548)	29.77m (472)	2:39.96 (573)
5 Hobby, Sarah Beth Macalester Team Points: 4	3866	16.72 w: 2.4 (628)	1.51m (632)	10.80m (582)	28.89 w: +0.0 (562)	2404	4.78m w: 0.4 (500)	29.81m (473)	2:47.58 (489)
6 Selisker, Ellie St. Benedict Team Points: 3	3689	17.44 w: 2.4 (548)	1.54m (666)	7.75m (383)	27.61 w: -0.2 (662)	2259	5.09m w: 0.2 (584)	20.75m (303)	2:42.62 (543)
7 Keech, Claire St. Olaf Team Points: 2	3456	17.52 w: 3.4 (539)	1.30m (409)	9.56m (501)	28.07 w: +0.0 (625)	2074	4.75m w: 0.2 (492)	24.80m (379)	2:45.50 (511)
8 Joerger, Alli Gustavus Adolphus Team Points: 1	3437	17.28 w: 2.3 (565)	1.42m (534)	8.85m (454)	28.39 w: -0.2 (600)	2153	4.38m w: 1.2 (398)	24.37m (370)	2:45.10 (516)
9 Johnson, Lily St. Olaf	3248	16.95 w: 2.4 (602)	1.39m (502)	7.50m (367)	28.24 w: +0.0 (612)	2083	4.60m w: +0.0 (454)	15.43m (205)	2:45.98 (506)
10 Scholten, Hailey Bethel (Minn.)	3204	16.93 w: 2.3 (604)	1.36m (470)	8.24m (415)	29.73 w: +0.0 (501)	1990	4.19m w: 0.7 (352)	21.99m (326)	2:43.27 (536)
11 Greeder, Caylee Gustavus Adolphus	3004	18.83 w: 1.8 (406)	1.33m (439)	7.47m (365)	28.53 w: +0.0 (590)	1800	4.45m w: 0.7 (416)	20.78m (303)	2:47.92 (485)
12 Kaeppe, Summer Gustavus Adolphus	2838	18.51 w: 3.4 (437)	1.36m (470)	7.12m (343)	29.53 w: +0.0 (515)	1765	4.38m w: 1.1 (398)	18.81m (267)	2:55.53 (408)
13 Moe, Hannah Bethel (Minn.)	2762	20.24 w: 1.8 (283)	1.36m (470)	7.43m (363)	28.40 w: +0.0 (600)	1716	3.98m w: 1.1 (303)	20.80m (304)	2:52.43 (439)

## 2023 MIAC Combined Events - 5/4/2023 to 5/5/2023

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Results - Decathlon

## Men Decathlon

	Points	100	LJ	SP	HJ	400 Day1	110H	DT	PV	JT	1500
1 Lord, Demetri St. Olaf Team Points: 10	6315	10.97 (867)	6.23m (637)	11.52m (577)	1.83m (653)	51.38 (752) 3486	15.27 (817)	30.65m (477)	3.30m (431)	39.71m (438)	4:42.34 (666)
2 Rhonemus, Wade Concordia-Moorhead Team Points: 8	6189	11.49 (755)	6.45m (686)	9.76m (471)	1.65m (504)	50.93 (772) 3188	16.58 (669)	33.77m (539)	4.20m (673)	40.09m (443)	4:40.56 (677)
3 Lelwica, Max St. John's (Minn.) Team Points: 6	5942	11.91 (669)	6.03m (593)	11.32m (565)	1.83m (653)	52.97 (683) 3163	15.74 (762)	29.06m (446)	3.80m (562)	39.36m (433)	4:57.23 (576)
4 Thurk, Anthony St. John's (Minn.) Team Points: 5	5886	11.64 (723)	6.41m (677)	10.16m (495)	1.83m (653)	54.33 (626) 3174	16.46 (682)	27.78m (421)	3.70m (535)	44.15m (503)	4:58.02 (571)
5 Smith, Micah Bethel (Minn.) Team Points: 4	5803	11.84 (683)	5.78m (540)	11.20m (558)	1.65m (504)	51.79 (734) 3019	16.17 (714)	29.69m (458)	3.30m (431)	43.81m (498)	4:39.52 (683)
6 Schegel, Abe Bethel (Minn.) Team Points: 3	5767	11.17 (823)	6.14m (617)	10.64m (524)	1.68m (528)	51.07 (766) 3258	17.97 (527)	30.09m (466)	4.10m (645)	40.74m (453)	5:26.34 (418)
7 Cogley, Andrew St. Olaf Team Points: 2	5712	12.16 (620)	6.06m (600)	10.48m (515)	1.80m (627)	53.65 (654) 3016	17.78 (545)	30.32m (471)	3.10m (381)	47.14m (546)	4:28.78 (753)
8 Anderson, Reese Carleton Team Points: 1	5310	11.76 (699)	5.50m (481)	8.11m (373)	1.59m (457)	49.87 (821) 2831	17.80 (543)	23.42m (337)	2.90m (333)	41.22m (460)	4:20.83 (806)
9 McCormick, Connor Gustavus Adolphus	5239	12.31 (591)	5.82m (548)	9.32m (445)	1.59m (457)	53.73 (651) 2692	16.23 (707)	24.57m (359)	3.50m (482)	37.85m (411)	4:55.16 (588)
10 Schulze, Sam Gustavus Adolphus	5227	11.83 (685)	5.81m (546)	8.12m (373)	1.71m (552)	53.74 (650) 2806	16.77 (648)	26.55m (397)	3.30m (431)	35.90m (383)	4:59.55 (562)
11 Wellman, Trevor Bethel (Minn.)	4707	11.90 (671)	5.35m (451)	12.64m (645)	1.62m (480)	54.58 (616) 2863	19.72 (372)	29.79m (460)	NH (0)	42.69m (481)	5:05.00 (531)
12 Kienholz, Carter Hamline	4629	12.54 (549)	5.39m (459)	11.47m (574)	1.53m (411)	58.90 (451) 2444	18.66 (463)	33.38m (531)	3.30m (431)	41.51m (464)	5:52.49 (296)
13 Carlson, Kirk Gustavus Adolphus	4267	12.69 (522)	5.61m (504)	8.41m (391)	1.59m (457)	57.22 (513) 2387	19.39 (399)	22.31m (316)	3.00m (357)	27.09m (258)	5:01.77 (550)
14 Ramirez, Gael Bethel (Minn.)	4257	11.97 (657)	5.09m (400)	8.02m (367)	1.56m (434)	55.88 (564) 2422	22.27 (192)	22.89m (327)	3.20m (406)	41.57m (465)	5:20.89 (445)

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**...Men Decathlon**

15	Elseth, Aaron	12.96	5.12m	9.74m	1.53m	58.30	17.81	22.58m	2.20m	28.32m	5:31.60	
	Bethel (Minn.)	w: -2.0	w: 1.0				w: -0.6					
3944		(475)	(405)	(470)	(411)	(473)	2234	(543)	(321)	(179)	(276)	(391)
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16	Schmidt, Joe	12.87	4.68m	7.85m	1.41m	58.67	20.04	24.00m	3.10m	38.39m	5:16.83	
	Gustavus Adolphus	w: -2.0	w: 3.1				w: +0.0					
3915		(490)	(323)	(357)	(324)	(460)	1954	(346)	(348)	(381)	(419)	(467)
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DNF	Kallstrom, Brandon	11.67	4.71m	8.56m	1.53m	54.90	DNS	DNS	DNS	DNS	DNS	
	Bethel (Minn.)	w: -1.0	w: 0.1									
		(717)	(328)	(400)	(411)	(603)	(0)	(0)	(0)	(0)	(0)	
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