

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

Carleton College
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)

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)

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)	

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	H#	Points
Finals					
1 Lord, Demetri	St. Olaf	10.97	1.1	3	867
2 Schegel, Abe	Bethel (Minn	11.17	1.1	3	823
3 Rhonemus, Wade	Concordia-Mo	11.49	1.1	3	755
4 Thurk, Anthony	St. John's (11.64	1.1	3	723
5 Kallstrom, Brandon	Bethel (Minn	11.67	-1.0	2	717
6 Anderson, Reese	Carleton	11.76	-1.0	2	699
7 Schulze, Sam	Gustavus Ado	11.83	1.1	3	685
8 Smith, Micah	Bethel (Minn	11.84	1.1	3	683
9 Wellman, Trevor	Bethel (Minn	11.90	-1.0	2	671
10 Lelwica, Max	St. John's (11.91	-1.0	2	669
11 Ramirez, Gael	Bethel (Minn	11.97	-1.0	2	657
12 Cogley, Andrew	St. Olaf	12.16	-1.0	2	620
13 McCormick, Connor	Gustavus Ado	12.31	-2.0	1	591
14 Kienholz, Carter	Hamline	12.54	-2.0	1	549
15 Carlson, Kirk	Gustavus Ado	12.69	-2.0	1	522
16 Schmidt, Joe	Gustavus Ado	12.87	-2.0	1	490
17 Elseth, Aaron	Bethel (Minn	12.96	-2.0	1	475

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Rhonemus, Wade	Concordia-Mo	6.45m	0.5	686
2 Thurk, Anthony	St. John's (6.41m	1.5	677
3 Lord, Demetri	St. Olaf	6.23m	1.6	637
4 Schegel, Abe	Bethel (Minn	6.14m	1.8	617
5 Cogley, Andrew	St. Olaf	6.06m	1.1	600
6 Lelwica, Max	St. John's (6.03m	0.6	593
7 McCormick, Connor	Gustavus Ado	5.82m	+0.0	548
8 Schulze, Sam	Gustavus Ado	5.81m	1.6	546
9 Smith, Micah	Bethel (Minn	5.78m	+0.0	540
10 Carlson, Kirk	Gustavus Ado	5.61m	2.0	504
11 Anderson, Reese	Carleton	5.50m	+0.0	481
12 Kienholz, Carter	Hamline	5.39m	1.8	459
13 Wellman, Trevor	Bethel (Minn	5.35m	2.6	451
14 Elseth, Aaron	Bethel (Minn	5.12m	1.0	405
15 Ramirez, Gael	Bethel (Minn	5.09m	2.3	400
16 Kallstrom, Brandon	Bethel (Minn	4.71m	0.1	328
17 Schmidt, Joe	Gustavus Ado	4.68m	3.1	323

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Wellman, Trevor	Bethel (Minn	12.64m	645
2 Lord, Demetri	St. Olaf	11.52m	577
3 Kienholz, Carter	Hamline	11.47m	574
4 Lelwica, Max	St. John's (11.32m	565
5 Smith, Micah	Bethel (Minn	11.20m	558
6 Schegel, Abe	Bethel (Minn	10.64m	524
7 Cogley, Andrew	St. Olaf	10.48m	515
8 Thurk, Anthony	St. John's (10.16m	495
9 Rhonemus, Wade	Concordia-Mo	9.76m	471
10 Elseth, Aaron	Bethel (Minn	9.74m	470
11 McCormick, Connor	Gustavus Ado	9.32m	445
12 Kallstrom, Brandon	Bethel (Minn	8.56m	400
13 Carlson, Kirk	Gustavus Ado	8.41m	391
14 Schulze, Sam	Gustavus Ado	8.12m	373
15 Anderson, Reese	Carleton	8.11m	373
16 Ramirez, Gael	Bethel (Minn	8.02m	367
17 Schmidt, Joe	Gustavus Ado	7.85m	357

Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 Lelwica, Max	St. John's (1.83m	653
1 Thurk, Anthony	St. John's (1.83m	653

1	Lord, Demetri	St. Olaf	1.83m	653
4	Cogley, Andrew	St. Olaf	1.80m	627
5	Schulze, Sam	Gustavus Ado	1.71m	552
6	Schegel, Abe	Bethel (Minn	1.68m	528
7	Rhonemus, Wade	Concordia-Mo	1.65m	504
7	Smith, Micah	Bethel (Minn	1.65m	504
9	Wellman, Trevor	Bethel (Minn	1.62m	480
10	Carlson, Kirk	Gustavus Ado	1.59m	457
10	Anderson, Reese	Carleton	1.59m	457
10	McCormick, Connor	Gustavus Ado	1.59m	457
13	Ramirez, Gael	Bethel (Minn	1.56m	434
14	Kallstrom, Brandon	Bethel (Minn	1.53m	411
14	Elseth, Aaron	Bethel (Minn	1.53m	411
14	Kienholz, Carter	Hamline	1.53m	411
17	Schmidt, Joe	Gustavus Ado	1.41m	324

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	H#	Points
1	Anderson, Reese	Carleton	49.87	3	821
2	Rhonemus, Wade	Concordia-Mo	50.93	3	772
3	Schegel, Abe	Bethel (Minn	51.07	3	766
4	Lord, Demetri	St. Olaf	51.38	3	752
5	Smith, Micah	Bethel (Minn	51.79	3	734
6	Lelwica, Max	St. John's (52.97	2	683
7	Cogley, Andrew	St. Olaf	53.65	3	654
8	McCormick, Connor	Gustavus Ado	53.73	2	651
9	Schulze, Sam	Gustavus Ado	53.74	2	650
10	Thurk, Anthony	St. John's (54.33	2	626
11	Wellman, Trevor	Bethel (Minn	54.58	2	616
12	Kallstrom, Brandon	Bethel (Minn	54.90	2	603
13	Ramirez, Gael	Bethel (Minn	55.88	1	564
14	Carlson, Kirk	Gustavus Ado	57.22	1	513
15	Elseth, Aaron	Bethel (Minn	58.30	1	473
16	Schmidt, Joe	Gustavus Ado	58.67	1	460
17	Kienholz, Carter	Hamline	58.90	1	451

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points
1	Lord, Demetri	St. Olaf	15.27	1.0	6	817
2	Lelwica, Max	St. John's (15.74	1.0	6	762
3	Smith, Micah	Bethel (Minn	16.17	0.9	5	714
4	McCormick, Connor	Gustavus Ado	16.23	0.9	5	707
5	Thurk, Anthony	St. John's (16.46	1.2	4	682
6	Rhonemus, Wade	Concordia-Mo	16.58	1.0	6	669
7	Schulze, Sam	Gustavus Ado	16.77	0.9	5	648
8	Cogley, Andrew	St. Olaf	17.78	0.6	3	545
9	Anderson, Reese	Carleton	17.80	0.6	3	543
10	Elseth, Aaron	Bethel (Minn	17.81	-0.6	1	543
11	Schegel, Abe	Bethel (Minn	17.97	1.2	4	527
12	Kienholz, Carter	Hamline	18.66	0.6	3	463
13	Carlson, Kirk	Gustavus Ado	19.39	+0.0	2	399
14	Wellman, Trevor	Bethel (Minn	19.72	1.2	4	372
15	Schmidt, Joe	Gustavus Ado	20.04	+0.0	2	346
16	Ramirez, Gael	Bethel (Minn	22.27	-0.6	1	192

Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1	Rhonemus, Wade	Concordia-Mo	33.77m	539
2	Kienholz, Carter	Hamline	33.38m	531
3	Lord, Demetri	St. Olaf	30.65m	477
4	Cogley, Andrew	St. Olaf	30.32m	471
5	Schegel, Abe	Bethel (Minn	30.09m	466
6	Wellman, Trevor	Bethel (Minn	29.79m	460
7	Smith, Micah	Bethel (Minn	29.69m	458
8	Lelwica, Max	St. John's (29.06m	446
9	Thurk, Anthony	St. John's (27.78m	421
10	Schulze, Sam	Gustavus Ado	26.55m	397
11	McCormick, Connor	Gustavus Ado	24.57m	359
12	Schmidt, Joe	Gustavus Ado	24.00m	348
13	Anderson, Reese	Carleton	23.42m	337
14	Ramirez, Gael	Bethel (Minn	22.89m	327
15	Elseth, Aaron	Bethel (Minn	22.58m	321
16	Carlson, Kirk	Gustavus Ado	22.31m	316

Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
1 Rhonemus, Wade	Concordia-Mo	4.20m	673
2 Schegel, Abe	Bethel (Minn	4.10m	645
3 Lelwica, Max	St. John's (3.80m	562
4 Thurk, Anthony	St. John's (3.70m	535
5 McCormick, Connor	Gustavus Ado	3.50m	482
6 Kienholz, Carter	Hamline	3.30m	431
6 Lord, Demetri	St. Olaf	3.30m	431
6 Smith, Micah	Bethel (Minn	3.30m	431
6 Schulze, Sam	Gustavus Ado	3.30m	431
10 Ramirez, Gael	Bethel (Minn	3.20m	406
11 Schmidt, Joe	Gustavus Ado	3.10m	381
11 Cogley, Andrew	St. Olaf	3.10m	381
13 Carlson, Kirk	Gustavus Ado	3.00m	357
14 Anderson, Reese	Carleton	2.90m	333
15 Elseth, Aaron	Bethel (Minn	2.20m	179
-- Wellman, Trevor	Bethel (Minn	NH	

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals	Points
1 Cogley, Andrew	St. Olaf	47.14m	546
2 Thurk, Anthony	St. John's (44.15m	503
3 Smith, Micah	Bethel (Minn	43.81m	498
4 Wellman, Trevor	Bethel (Minn	42.69m	481
5 Ramirez, Gael	Bethel (Minn	41.57m	465
6 Kienholz, Carter	Hamline	41.51m	464
7 Anderson, Reese	Carleton	41.22m	460
8 Schegel, Abe	Bethel (Minn	40.74m	453
9 Rhonemus, Wade	Concordia-Mo	40.09m	443
10 Lord, Demetri	St. Olaf	39.71m	438
11 Lelwica, Max	St. John's (39.36m	433
12 Schmidt, Joe	Gustavus Ado	38.39m	419
13 McCormick, Connor	Gustavus Ado	37.85m	411
14 Schulze, Sam	Gustavus Ado	35.90m	383
15 Elseth, Aaron	Bethel (Minn	28.32m	276
16 Carlson, Kirk	Gustavus Ado	27.09m	258

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Anderson, Reese	Carleton	4:20.83	806
2 Cogley, Andrew	St. Olaf	4:28.78	753
3 Smith, Micah	Bethel (Minn	4:39.52	683
4 Rhonemus, Wade	Concordia-Mo	4:40.56	677
5 Lord, Demetri	St. Olaf	4:42.34	666
6 McCormick, Connor	Gustavus Ado	4:55.16	588
7 Lelwica, Max	St. John's (4:57.23	576
8 Thurk, Anthony	St. John's (4:58.02	571
9 Schulze, Sam	Gustavus Ado	4:59.55	562
10 Carlson, Kirk	Gustavus Ado	5:01.77	550
11 Wellman, Trevor	Bethel (Minn	5:05.00	531
12 Schmidt, Joe	Gustavus Ado	5:16.83	467
13 Ramirez, Gael	Bethel (Minn	5:20.89	445
14 Schegel, Abe	Bethel (Minn	5:26.34	418
15 Elseth, Aaron	Bethel (Minn	5:31.60	391
16 Kienholz, Carter	Hamline	5:52.49	296