

# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO  
Missouri Southern  
Host: Missouri Southern State University  
Saturday, November 6, 2021

## MEET OFFICIALS

**Meet Director:**  
Rob Mallory  
**Meet Referee:**  
Mike Mulvaney  
**Timing:**  
Heartland Timing



**OFFICIAL MEET REPORT**  
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**Race #1**  
**Women's 6K**

# Final Results

## TEAM SCORING SUMMARY

Rank	Standings	Score	Scoring Order	Total	Avg.	Spread
1	Augustana (S.D.)	33	2-3-5-9-14(22)(25)	1:44:54	20:59	0:44.2
2	Minnesota-Duluth	113	11-16-24-30-32(70)(114)	1:48:15	21:39	0:45.1
3	U-Mary	130	6-17-23-37-47(50)(64)	1:48:22	21:41	1:08.8
4	Winona State	190	1-12-33-41-103(108)(170)	1:48:51	21:47	2:46.1
5	NW Missouri	221	8-19-21-52-121(122)(211)	1:49:50	21:58	2:15.0
6	Nebraska-Kearney	252	35-39-55-60-63(118)(119)	1:51:16	22:16	0:29.4
7	Central Missouri	283	20-54-57-58-94(99)(127)	1:51:42	22:21	1:31.6
8	Pittsburg St.	290	26-43-56-75-90(117)(145)	1:52:06	22:26	1:10.5
9	Fort Hays St.	306	28-53-62-81-82(110)(159)	1:52:30	22:30	1:05.9
10	Rogers State	325	38-44-71-80-92(96)(105)	1:52:47	22:34	1:01.6
11	Minnesota State	331	10-65-68-88-100(111)(130)	1:52:27	22:30	1:55.9
12	Washburn	343	18-27-36-128-134(148)(155)	1:52:30	22:30	2:10.2
13	Oklahoma Baptist	362	7-48-49-97-161(168)(169)	1:52:55	22:35	3:13.4
14	Missouri Southern	378	61-66-72-86-93(206)	1:53:42	22:45	0:39.0
15	Arkansas Tech	394	51-59-89-91-104(107)(139)	1:53:50	22:46	0:52.6
16	Sioux Falls	415	31-69-76-101-138(156)(178)	1:54:13	22:51	1:49.2
17	Missouri Western	447	15-67-83-115-167(173)(176)	1:54:29	22:54	3:03.5
18	Northern State	456	45-73-106-109-123(143)(162)	1:54:38	22:56	1:12.7
19	Harding	488	29-79-95-136-149(153)(224)	1:55:40	23:08	2:09.1
20	East Central	512	13-42-141-150-166(196)	1:55:42	23:09	3:05.8
21	MSU-Moorhead	523	46-84-85-126-182(215)	1:56:22	23:17	2:36.6
22	Emporia St.	524*	4-120-132-133-135(142)(151)	1:55:06	23:02	2:44.8
23	Ouachita Baptist	524*	40-87-113-137-147(157)(175)	1:56:06	23:14	1:55.2
24	Minot State	630	77-102-116-152-183(231)	1:58:13	23:39	2:00.0
25	St. Cloud State	677	34-140-160-171-172(179)	1:59:07	23:50	2:33.3
26	Central Oklahoma	690	74-98-164-174-180(191)(203)	1:59:30	23:54	2:01.4
27	Southern Arkansas	800	112-129-184-187-188(200)(208)	2:01:36	24:20	1:46.6
28	Wayne State (Neb.)	848	144-146-165-192-201(202)(207)	2:03:18	24:40	1:56.1
29	Bemidji State	863	125-131-193-195-219	2:04:52	24:59	3:45.4
30	Southern Nazarene	893	78-189-197-213-216(222)	2:07:22	25:29	4:15.5
31	Upper Iowa	926	124-190-198-205-209(235)	2:06:58	25:24	3:07.3
32	Southeastern Oklahoma	942	154-158-204-212-214(225)	2:08:09	25:38	2:44.7
33	Northwestern Oklahoma	964	163-177-186-217-221(223)(230)	2:08:26	25:42	3:01.5
34	Concordia-St. Paul	1012	181-194-199-218-220(226)(229)	2:10:13	26:03	2:31.9
35	Minnesota-Crookston	1082	185-210-227-228-232(233)(234)	2:16:58	27:24	4:03.6

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### Race #1 Women's 6K

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Final Standings	Score	Scoring Order	Total	Avg.	Spread
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#### \*Tiebreakers

Emporia St. (524)	3 W-L-L-W-W
Ouachita Baptist (524)	2 L-W-W-L-L

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 CUNNINGHAM, Lindsay	553	Winona State	1	20:22.6	---	5:27.8	3:23.8
2 MEANS, Megan	22	Augustana (S.D.)	2	20:32.5	9.9	5:30.4	3:25.4
3 SCHMIDT, Nicolette	27	Augustana (S.D.)	3	20:53.9	31.3	5:36.2	3:29.0
4 RAMSEY, Jenna	113	Emporia St.	4	20:54.7	32.1	5:36.4	3:29.1
5 ENGLISH, PJ	21	Augustana (S.D.)	5	21:01.3	38.7	5:38.1	3:30.2
6 BECKER, Alyssa	491	U-Mary	6	21:02.0	38.4	5:38.3	3:30.3
7 DOWNING, Emma	352	Oklahoma Baptist	7	21:03.8	41.2	5:38.8	3:30.6
8 CUNNINGHAM, Caroline	338	NW Missouri	8	21:06.8	44.2	5:39.6	3:31.1
9 RAIRDON, Rachel	23	Augustana (S.D.)	9	21:09.0	45.4	5:40.2	3:31.5
10 MONTPLAISIR, Amanda	166	Minnesota State	10	21:11.3	48.7	5:40.8	3:31.9
11 NIELSEN, Julia	199	Minnesota-Duluth	11	21:13.0	49.4	5:41.3	3:32.2
12 TAYLOR, McKenna	559	Winona State	12	21:13.5	50.9	5:41.4	3:32.2
13 REGG-WAJID, AALIYAH	96	East Central	13	21:15.8	53.2	5:42.0	3:32.6
14 RAIRDON, Rebekah	24	Augustana (S.D.)	14	21:16.7	54.1	5:42.3	3:32.8
15 NASH, Madison	247	Missouri Western	15	21:18.1	55.5	5:42.6	3:33.0
16 HALL, Mackenzie	198	Minnesota-Duluth	16	21:25.3	1:02.7	5:44.6	3:34.2
17 HESTEKIN, Taylor	496	U-Mary	17	21:27.8	1:05.2	5:45.2	3:34.6
18 MORTENSEN, Sierra	525	Washburn	18	21:28.2	1:05.6	5:45.4	3:34.7
19 HARP, Kaylee	340	NW Missouri	19	21:30.2	1:07.6	5:45.9	3:35.0
20 MENGICH, Risper	50	Central Missouri	20	21:33.1	1:10.5	5:46.7	3:35.5
21 OWENS, Amber	341	NW Missouri	21	21:34.2	1:11.6	5:47.0	3:35.7
22 WATERFALL, Haylee	30	Augustana (S.D.)	(22)	21:38.7	1:16.1	5:48.2	3:36.4
23 COSTA, Starlynn	493	U-Mary	23	21:40.8	1:18.2	5:48.7	3:36.8
24 VERKERKE, Maddie	205	Minnesota-Duluth	24	21:41.7	1:19.1	5:49.0	3:36.9
25 SALAS, Mia	25	Augustana (S.D.)	(25)	21:47.2	1:24.6	5:50.5	3:37.9
26 MURDOCK, Lara	395	Pittsburg St.	26	21:50.1	1:27.5	5:51.2	3:38.3
27 KOMA, Patricia	523	Washburn	27	21:51.6	1:29.0	5:51.6	3:38.6
28 NAVARRO, Brooke	130	Fort Hays St.	28	21:51.6	1:29.0	5:51.6	3:38.6
29 MEGIAS, Nieves	148	Harding	29	21:54.5	1:31.9	5:52.4	3:39.1
30 RADEL, Morgan	201	Minnesota-Duluth	30	21:56.1	1:33.5	5:52.8	3:39.3
31 GEHL, Morgan	430	Sioux Falls	31	21:56.6	1:34.0	5:53.0	3:39.4
32 RENIER, Lauryn	202	Minnesota-Duluth	32	21:58.1	1:35.5	5:53.4	3:39.7
33 BEYER, Kaylee	552	Winona State	33	21:59.2	1:36.6	5:53.7	3:39.9
34 BOULEY, Cheresa	476	St. Cloud State	34	21:59.5	1:36.9	5:53.8	3:39.9
35 REINKE, Destiny	280	Nebraska-Kearney	35	21:59.8	1:37.2	5:53.8	3:40.0
36 JOHNSON, Lily	522	Washburn	36	21:59.9	1:37.3	5:53.9	3:40.0
37 FEIST, Lacey	494	U-Mary	37	22:00.7	1:38.1	5:54.1	3:40.1
38 SKALICKY, Jillian	414	Rogers State	38	22:01.2	1:38.6	5:54.2	3:40.2
39 BONSALL, Grace	274	Nebraska-Kearney	39	22:01.3	1:38.7	5:54.2	3:40.2
40 MCGREGOR, Jaci	376	Ouachita Baptist	40	22:05.6	1:43.0	5:55.4	3:40.9

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### Race #1 Women's 6K

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
41 HENDRICKSON, Alli	556	Winona State	41	22:07.2	1:44.6	5:55.8	3:41.2
42 KEMBOI, Abigael	93	East Central	42	22:08.0	1:44.4	5:56.0	3:41.3
43 HONEYMAN, Hannah	393	Pittsburg St.	43	22:09.0	1:45.4	5:56.3	3:41.5
44 BYRD, Katie	409	Rogers State	44	22:10.3	1:47.7	5:56.6	3:41.7
45 PICKERING, Megan	307	Northern State	45	22:10.6	1:48.0	5:56.7	3:41.8
46 LANE, Payton	259	MSU-Moorhead	46	22:10.6	1:48.0	5:56.7	3:41.8
47 CEGLOWSKI, Taryn	492	U-Mary	47	22:10.8	1:48.2	5:56.8	3:41.8
48 STRANGE, Sophia	359	Oklahoma Baptist	48	22:13.1	1:50.5	5:57.4	3:42.2
49 MCGRUDER, Kayla	356	Oklahoma Baptist	49	22:14.3	1:51.7	5:57.7	3:42.4
50 KALTHOFF, Kristine	497	U-Mary	(50)	22:14.9	1:52.3	5:57.9	3:42.5
51 MAYS, Ashlynn	7	Arkansas Tech	51	22:16.5	1:53.9	5:58.3	3:42.7
52 THIBAUT, Alyna	343	NW Missouri	52	22:17.2	1:54.6	5:58.5	3:42.9
53 STEWART, Abigail	134	Fort Hays St.	53	22:18.4	1:55.8	5:58.8	3:43.1
54 BUSIENEI, Lilian	48	Central Missouri	54	22:18.4	1:55.8	5:58.8	3:43.1
55 BACH, Maddie	273	Nebraska-Kearney	55	22:21.3	1:58.7	5:59.6	3:43.5
56 HAMMEKE, Erin	392	Pittsburg St.	56	22:21.4	1:58.8	5:59.6	3:43.6
57 BOLDT, Tabby	47	Central Missouri	57	22:22.0	1:58.4	5:59.8	3:43.7
58 ELMORE, Mariah	49	Central Missouri	58	22:23.1	2:00.5	6:00.1	3:43.8
59 BESHORE, Calli	2	Arkansas Tech	59	22:23.4	2:00.8	6:00.1	3:43.9
60 POLK, Elizabeth	278	Nebraska-Kearney	60	22:24.4	2:01.8	6:00.4	3:44.1
61 KUYKENDALL, Ashlee	229	Missouri Southern	61	22:24.7	2:02.1	6:00.5	3:44.1
62 SALMANS, Emily	133	Fort Hays St.	62	22:28.5	2:05.9	6:01.5	3:44.8
63 POLLAN, Hannah	279	Nebraska-Kearney	63	22:29.2	2:06.6	6:01.7	3:44.9
64 FUNDAK, Andrijana	495	U-Mary	(64)	22:30.6	2:08.0	6:02.1	3:45.1
65 GAHERTY, Mackenzie	165	Minnesota State	65	22:32.0	2:08.4	6:02.5	3:45.3
66 LOPEZ, Jenari	230	Missouri Southern	66	22:33.6	2:11.0	6:02.9	3:45.6
67 GILLEN, Megan	243	Missouri Western	67	22:33.6	2:11.0	6:02.9	3:45.6
68 YOUNG, Ashlin	170	Minnesota State	68	22:37.1	2:14.5	6:03.8	3:46.2
69 JUAC, Khot	431	Sioux Falls	69	22:37.2	2:14.6	6:03.8	3:46.2
70 EICH, Anna	197	Minnesota-Duluth	(70)	22:38.4	2:15.8	6:04.2	3:46.4
71 BRADSHAW, Madison	407	Rogers State	71	22:39.2	2:16.6	6:04.4	3:46.5
72 HENDERSON, Kelie	228	Missouri Southern	72	22:41.0	2:17.4	6:04.9	3:46.8
73 CLARK, Jennifer	300	Northern State	73	22:41.5	2:18.9	6:05.0	3:46.9
74 HUMMINGBIRD, Arizona	56	Central Oklahoma	74	22:42.7	2:20.1	6:05.3	3:47.1
75 DAWSON, Kate	390	Pittsburg St.	75	22:44.7	2:22.1	6:05.9	3:47.4
76 VOIGT, Tianna	434	Sioux Falls	76	22:45.3	2:22.7	6:06.0	3:47.5
77 DOMINGUEZ, Paulette	214	Minot State	77	22:50.3	2:27.7	6:07.4	3:48.4
78 HARPER, Madalyn	472	Southern Nazarene	78	22:51.7	2:29.1	6:07.7	3:48.6
79 TRICE, Jada	153	Harding	79	22:53.2	2:30.6	6:08.1	3:48.9
80 COLEMAN, Riley	410	Rogers State	80	22:53.4	2:30.8	6:08.2	3:48.9
81 JOHNSON, Halle	128	Fort Hays St.	81	22:53.6	2:31.0	6:08.2	3:48.9
82 VATH, Jaycee	135	Fort Hays St.	82	22:57.4	2:34.8	6:09.3	3:49.6
83 GOOS, Allison	244	Missouri Western	83	22:57.6	2:35.0	6:09.3	3:49.6
84 PRINGLE, Hope	262	MSU-Moorhead	84	22:57.8	2:35.2	6:09.4	3:49.6
85 ANDERSON, Aislin	256	MSU-Moorhead	85	22:58.1	2:35.5	6:09.5	3:49.7
86 GAINES, Kayana	227	Missouri Southern	86	22:58.7	2:36.1	6:09.6	3:49.8

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# Final Results

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Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
87 DAVIS, Mackenzie	372	Ouachita Baptist	87	22:58.7	2:36.1	6:09.6	3:49.8
88 BISHOP, Makayla	163	Minnesota State	88	22:59.2	2:36.6	6:09.8	3:49.9
89 CUDWORTH, Marcie	4	Arkansas Tech	89	22:59.9	2:37.3	6:09.9	3:50.0
90 ROY, Cami	396	Pittsburg St.	90	23:00.5	2:37.9	6:10.1	3:50.1
91 MARAVILLAS, Karina	6	Arkansas Tech	91	23:01.1	2:38.5	6:10.2	3:50.2
92 RIGGENBACH, Ashley	413	Rogers State	92	23:02.8	2:40.2	6:10.7	3:50.5
93 PRINCE, Danielle	231	Missouri Southern	93	23:03.7	2:41.1	6:11.0	3:50.6
94 STUCKER, Makenzie	53	Central Missouri	94	23:04.7	2:42.1	6:11.2	3:50.8
95 PASSMORE, Molly	149	Harding	95	23:05.3	2:42.7	6:11.4	3:50.9
96 DEANGELIS, Brianna	412	Rogers State	(96)	23:05.6	2:43.0	6:11.5	3:50.9
97 HARRIS, Anna Kathleen	353	Oklahoma Baptist	97	23:06.1	2:43.5	6:11.6	3:51.0
98 HANSON, Harlie	55	Central Oklahoma	98	23:06.7	2:44.1	6:11.7	3:51.1
99 BERGMAN, Kenzie	46	Central Missouri	(99)	23:06.7	2:44.1	6:11.8	3:51.1
100 THURSTON, MaKenna	169	Minnesota State	100	23:07.2	2:44.6	6:11.9	3:51.2
101 AHO, Annika	425	Sioux Falls	101	23:07.5	2:44.9	6:12.0	3:51.2
102 CORNELL, Caitlin	213	Minot State	102	23:07.7	2:45.1	6:12.0	3:51.3
103 KELLEY, Nicole	558	Winona State	103	23:08.6	2:46.0	6:12.3	3:51.4
104 SYKORA, Mandy	8	Arkansas Tech	104	23:09.0	2:45.4	6:12.4	3:51.5
105 BUTTS, Gloria	408	Rogers State	(105)	23:09.7	2:47.1	6:12.6	3:51.6
106 HAMANN, Kenzie	302	Northern State	106	23:10.4	2:47.8	6:12.8	3:51.7
107 BROWNING, Morganne	3	Arkansas Tech	(107)	23:10.5	2:47.9	6:12.8	3:51.7
108 HOFFMAN, Rachel	557	Winona State	(108)	23:11.4	2:48.8	6:13.0	3:51.9
109 MOOBERRY, Megan	305	Northern State	109	23:11.4	2:48.8	6:13.0	3:51.9
110 NAVARRO, Mya	131	Fort Hays St.	(110)	23:12.2	2:49.6	6:13.2	3:52.0
111 RAUK, Alyssa	168	Minnesota State	(111)	23:13.1	2:50.5	6:13.5	3:52.2
112 WARREN, Logan	461	Southern Arkansas	112	23:13.6	2:51.0	6:13.6	3:52.3
113 CASH, Macie	371	Ouachita Baptist	113	23:16.3	2:53.7	6:14.3	3:52.7
114 ROBRAN, Alexandra	203	Minnesota-Duluth	(114)	23:18.0	2:54.4	6:14.8	3:53.0
115 CUTLER, Lillian	242	Missouri Western	115	23:18.1	2:55.5	6:14.8	3:53.0
116 MURILLO, Alicia	216	Minot State	116	23:18.5	2:55.9	6:14.9	3:53.1
117 DICK, Marissa	391	Pittsburg St.	(117)	23:19.0	2:55.4	6:15.0	3:53.2
118 RITZ, Zoe	281	Nebraska-Kearney	(118)	23:19.8	2:57.2	6:15.3	3:53.3
119 BRACKER, Shelby	275	Nebraska-Kearney	(119)	23:19.9	2:57.3	6:15.3	3:53.3
120 HONC, Irina	110	Emporia St.	120	23:20.3	2:57.7	6:15.4	3:53.4
121 CASTLE, Tori	337	NW Missouri	121	23:21.7	2:59.1	6:15.8	3:53.6
122 SAALFELD, Emily	342	NW Missouri	(122)	23:22.7	3:00.1	6:16.1	3:53.8
123 KOLBINGER, Victoria	304	Northern State	123	23:23.3	3:00.7	6:16.2	3:53.9
124 CROUCH, Brianna	507	Upper Iowa	124	23:23.7	3:01.1	6:16.3	3:53.9
125 GOODWIN, Mary	31	Bemidji State	125	23:27.6	3:05.0	6:17.3	3:54.6
126 DORSHER, Grace	258	MSU-Moorhead	126	23:28.4	3:05.8	6:17.6	3:54.7
127 BASSFORD, Emma	45	Central Missouri	(127)	23:29.3	3:06.7	6:17.8	3:54.9
128 AYALA CHANEZ, Dulce	520	Washburn	128	23:31.9	3:09.3	6:18.5	3:55.3
129 CASSIDY, Dakota	454	Southern Arkansas	129	23:32.3	3:09.7	6:18.6	3:55.4
130 NARVESON, Megan	167	Minnesota State	(130)	23:34.0	3:11.4	6:19.1	3:55.7
131 MILLS, Zoey	35	Bemidji State	131	23:35.2	3:12.6	6:19.4	3:55.9
132 BINA, Mason	108	Emporia St.	132	23:35.5	3:12.9	6:19.5	3:55.9

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133 TUCKER, Makenzie	115	Emporia St.	133	23:35.9	3:13.3	6:19.6	3:56.0
134 WEBER, Eve	527	Washburn	134	23:38.4	3:15.8	6:20.2	3:56.4
135 SHOWALTER, Hannah	114	Emporia St.	135	23:39.5	3:16.9	6:20.6	3:56.6
136 TABOR, Sydney	152	Harding	136	23:43.1	3:20.5	6:21.5	3:57.2
137 BEARD, Becca	369	Ouachita Baptist	137	23:44.1	3:21.5	6:21.8	3:57.3
138 LUTMER, Jessica	432	Sioux Falls	138	23:45.8	3:23.2	6:22.2	3:57.6
139 BAILEY, Mary Beth	1	Arkansas Tech	(139)	23:46.2	3:23.6	6:22.3	3:57.7
140 FREED, Greta	479	St. Cloud State	140	23:46.5	3:23.9	6:22.4	3:57.8
141 COWGER, KATIE	90	East Central	141	23:52.2	3:29.6	6:23.9	3:58.7
142 KARJALA, Kaitlyn	111	Emporia St.	(142)	23:53.3	3:30.7	6:24.3	3:58.9
143 MURRAY, Avery	306	Northern State	(143)	23:53.9	3:31.3	6:24.4	3:59.0
144 ROSENER, Allie	540	Wayne State (Neb.)	144	23:56.5	3:33.9	6:25.1	3:59.4
145 MOORE, Trinity	394	Pittsburg St.	(145)	23:57.3	3:34.7	6:25.3	3:59.6
146 SOLOMON, Brooke	541	Wayne State (Neb.)	146	23:57.7	3:35.1	6:25.4	3:59.6
147 HOLEYFIELD, Kristen	373	Ouachita Baptist	147	24:00.7	3:38.1	6:26.2	4:00.1
148 LOPEZ-GONZALEZ, Luz	524	Washburn	(148)	24:03.0	3:39.4	6:26.8	4:00.5
149 FANTAUZZO, Ellie	146	Harding	149	24:03.5	3:40.9	6:27.0	4:00.6
150 MIRELES, Natali	94	East Central	150	24:04.1	3:41.5	6:27.2	4:00.7
151 DEWITT, Sophia	109	Emporia St.	(151)	24:04.7	3:42.1	6:27.3	4:00.8
152 REEVES, Lauren	217	Minot State	152	24:05.8	3:43.2	6:27.6	4:01.0
153 HALL, Briana	147	Harding	(153)	24:07.1	3:44.5	6:27.9	4:01.2
154 ROSE, Megan	440	Southeastern Oklah	154	24:10.5	3:47.9	6:28.9	4:01.7
155 VESELY, Verena	526	Washburn	(155)	24:11.6	3:49.0	6:29.2	4:01.9
156 SIMMONS, Karlee	433	Sioux Falls	(156)	24:11.9	3:49.3	6:29.2	4:02.0
157 MOYER, Kyndal	377	Ouachita Baptist	(157)	24:13.4	3:50.8	6:29.6	4:02.2
158 WYNN, Rachel	441	Southeastern Oklah	158	24:14.0	3:50.4	6:29.8	4:02.3
159 PIERCE, Carson	132	Fort Hays St.	(159)	24:14.4	3:51.8	6:29.9	4:02.4
160 WELHOUSE, Clara	482	St. Cloud State	160	24:15.6	3:53.0	6:30.2	4:02.6
161 JAIMZ, Alexzandria	354	Oklahoma Baptist	161	24:17.2	3:54.6	6:30.7	4:02.9
162 FRANSSSEN, Mary	301	Northern State	(162)	24:17.3	3:54.7	6:30.7	4:02.9
163 SMITH, Emily	325	Northwestern Oklah	163	24:19.9	3:57.3	6:31.4	4:03.3
164 GARRISON, Bethany	54	Central Oklahoma	164	24:20.0	3:56.4	6:31.4	4:03.3
165 STINEMAN, Alison	542	Wayne State (Neb.)	165	24:20.0	3:56.4	6:31.4	4:03.3
166 JOHNSON, BARBARA	92	East Central	166	24:21.5	3:58.9	6:31.8	4:03.6
167 KINNEY, Abby	245	Missouri Western	167	24:21.5	3:58.9	6:31.8	4:03.6
168 KING, Kaylen	355	Oklahoma Baptist	(168)	24:21.6	3:59.0	6:31.8	4:03.6
169 PRICE, Berkley	358	Oklahoma Baptist	(169)	24:24.3	4:01.7	6:32.6	4:04.0
170 FROMELT, Andrea	554	Winona State	(170)	24:27.2	4:04.6	6:33.4	4:04.5
171 KOWAL, Cambrie	480	St. Cloud State	171	24:32.1	4:09.5	6:34.7	4:05.3
172 SERTICH, Lauren	481	St. Cloud State	172	24:32.8	4:10.2	6:34.8	4:05.5
173 KVALE, Paige	246	Missouri Western	(173)	24:34.4	4:11.8	6:35.3	4:05.7
174 NICHOLS, Laynie	59	Central Oklahoma	174	24:36.7	4:14.1	6:35.9	4:06.1
175 HOLMAN, Sara	374	Ouachita Baptist	(175)	24:41.3	4:18.7	6:37.1	4:06.9
176 ADAMS, Alexis	241	Missouri Western	(176)	24:41.9	4:19.3	6:37.3	4:07.0
177 JONES, Ronnie	324	Northwestern Oklah	177	24:42.5	4:19.9	6:37.4	4:07.1
178 CIGARD, Zoe	429	Sioux Falls	(178)	24:43.5	4:20.9	6:37.7	4:07.2



# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO  
Missouri Southern  
Host: Missouri Southern State University  
Saturday, November 6, 2021

## MEET OFFICIALS

**Meet Director:**  
Rob Mallory  
**Meet Referee:**  
Mike Mulvaney  
**Timing:**  
Heartland Timing



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**Race #1**  
**Women's 6K**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
179 CONRAD, Erica	478	St. Cloud State	(179)	24:43.8	4:21.2	6:37.8	4:07.3
180 MCCATHERN, Katie	58	Central Oklahoma	180	24:44.0	4:20.4	6:37.8	4:07.3
181 THELEN, Kelsey	81	Concordia-St. Paul	181	24:44.7	4:22.1	6:38.0	4:07.4
182 MAKI, McKenzie	260	MSU-Moorhead	182	24:47.2	4:24.6	6:38.7	4:07.9
183 HANSEN, Emily	215	Minot State	183	24:50.3	4:27.7	6:39.5	4:08.4
184 BENAVIDEZ, Catherine	452	Southern Arkansas	184	24:50.8	4:28.2	6:39.7	4:08.5
185 GRABOWSKI, Anna	181	Minnesota-Crooksto	185	24:51.7	4:29.1	6:39.9	4:08.6
186 BODEN, Mallory	321	Northwestern Oklah	186	24:53.4	4:30.8	6:40.4	4:08.9
187 WILLIAMS, Caroline	291	Newman	-	24:57.1	4:34.5	6:41.3	4:09.5
188 QUESADA, Cecilia	459	Southern Arkansas	187	24:59.0	4:35.4	6:41.9	4:09.8
189 MCGLASSON, Alyzah	458	Southern Arkansas	188	25:00.2	4:37.6	6:42.2	4:10.0
190 RUBIO, Afeni	475	Southern Nazarene	189	25:06.2	4:43.6	6:43.8	4:11.0
191 BROWNRIGG, Madison	506	Upper Iowa	190	25:06.6	4:44.0	6:43.9	4:11.1
192 HUTCHINSON, Shiloh	57	Central Oklahoma	(191)	25:06.7	4:44.1	6:43.9	4:11.1
193 LARSEN, Kelsey	537	Wayne State (Neb.)	192	25:10.8	4:48.2	6:45.0	4:11.8
194 MILLER, Carol	34	Bemidji State	193	25:11.4	4:48.8	6:45.2	4:11.9
195 SIVONEN, Avery	80	Concordia-St. Paul	194	25:17.1	4:54.5	6:46.7	4:12.8
196 HERNESMAN, Amanda	32	Bemidji State	195	25:24.8	5:02.2	6:48.8	4:14.1
197 RAMIREZ, Lucy	95	East Central	(196)	25:29.1	5:06.5	6:49.9	4:14.8
198 REYNOLDS, Megan	290	Newman	-	25:31.5	5:08.9	6:50.6	4:15.2
199 JONES, Elora	473	Southern Nazarene	197	25:36.8	5:14.2	6:52.0	4:16.1
200 DONOVAN, Ashley	508	Upper Iowa	198	25:39.1	5:16.5	6:52.6	4:16.5
201 D'BURKE, Isabella	73	Concordia-St. Paul	199	25:42.1	5:19.5	6:53.4	4:17.0
202 DOHM, Alyssa	456	Southern Arkansas	(200)	25:42.9	5:20.3	6:53.6	4:17.2
203 PACHTA, Kylie	539	Wayne State (Neb.)	201	25:52.5	5:29.9	6:56.2	4:18.7
204 MOTE, Amanda	538	Wayne State (Neb.)	(202)	26:02.0	5:38.4	6:58.8	4:20.3
205 RHODES, Marin	60	Central Oklahoma	(203)	26:06.3	5:43.7	6:59.9	4:21.0
206 PRITCHETT, Bailey	438	Southeastern Oklah	204	26:15.1	5:52.5	7:02.3	4:22.5
207 WHITE, Macey	512	Upper Iowa	205	26:17.5	5:54.9	7:02.9	4:22.9
208 EVANS, Alice	226	Missouri Southern	(206)	26:19.8	5:57.2	7:03.5	4:23.3
209 TORRES, Andrea	543	Wayne State (Neb.)	(207)	26:24.5	6:01.9	7:04.8	4:24.1
210 CHENEY, Victoria	455	Southern Arkansas	(208)	26:26.2	6:03.6	7:05.2	4:24.4
211 SCHULTZ, Jady	511	Upper Iowa	209	26:31.0	6:07.4	7:06.5	4:25.2
212 ELIJAH, Madison	180	Minnesota-Crooksto	210	26:33.2	6:10.6	7:07.1	4:25.5
213 DITTMER, Corrina	339	NW Missouri	(211)	26:33.5	6:10.9	7:07.2	4:25.6
214 COFFEY, Madelynn	435	Southeastern Oklah	212	26:34.1	6:11.5	7:07.4	4:25.7
215 DOWNS, Lauryn	471	Southern Nazarene	213	26:40.0	6:16.4	7:08.9	4:26.7
216 RODRIGUEZ, Amanda	439	Southeastern Oklah	214	26:55.2	6:32.6	7:13.0	4:29.2
217 O'CONNELL, McKenzie	261	MSU-Moorhead	(215)	26:55.5	6:32.9	7:13.1	4:29.2
218 ORTIZ, Hollie	474	Southern Nazarene	216	27:07.1	6:44.5	7:16.2	4:31.2
219 BENTLEY, Kyra	319	Northwestern Oklah	217	27:08.9	6:46.3	7:16.7	4:31.5
220 PERRY, Jaid	76	Concordia-St. Paul	218	27:12.3	6:49.7	7:17.6	4:32.1
221 FULTZ, Natalie	33	Bemidji State	219	27:12.9	6:50.3	7:17.8	4:32.1
222 HOUGLUM, Tess	75	Concordia-St. Paul	220	27:16.5	6:53.9	7:18.7	4:32.7
223 GIBSON, Josie	323	Northwestern Oklah	221	27:21.4	6:58.8	7:20.0	4:33.6
224 CAVANAUGH, Olivia	470	Southern Nazarene	(222)	27:21.7	6:59.1	7:20.1	4:33.6

# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO  
Missouri Southern  
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Heartland Timing



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**Race #1**  
**Women's 6K**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
225 BERRYMAN, Brianna	320	Northwestern Oklah	(223)	27:22.8	7:00.2	7:20.4	4:33.8
226 PHILLIPS, Kylie	150	Harding	(224)	27:26.9	7:04.3	7:21.5	4:34.5
227 MARTINEZ-MEDINA, Ashley	437	Southeastern Oklah	(225)	27:48.1	7:25.5	7:27.2	4:38.0
228 ERICKSON, Britt	74	Concordia-St. Paul	(226)	27:48.9	7:26.3	7:27.4	4:38.1
229 SCHILLING, Nicole	184	Minnesota-Crooksto	227	28:11.8	7:49.2	7:33.6	4:42.0
230 BENSON, Brooke	178	Minnesota-Crooksto	228	28:25.4	8:02.8	7:37.2	4:44.2
231 SAJDAK, Anna	77	Concordia-St. Paul	(229)	28:34.4	8:11.8	7:39.6	4:45.7
232 COON, Jaeden	322	Northwestern Oklah	(230)	28:39.3	8:16.7	7:40.9	4:46.5
233 SADOWSKY, Sidra	218	Minot State	(231)	28:49.0	8:25.4	7:43.5	4:48.2
234 ORTH, Katie	182	Minnesota-Crooksto	232	28:55.3	8:32.7	7:45.2	4:49.2
235 CHRISTEN, Alex	179	Minnesota-Crooksto	(233)	29:41.1	9:18.5	7:57.5	4:56.8
236 SAKAI, Rena	183	Minnesota-Crooksto	(234)	29:45.3	9:22.7	7:58.6	4:57.6
237 MARTIN, Jade	509	Upper Iowa	(235)	30:28.0	10:04.4	8:10.1	5:04.7

# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

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Heartland Timing



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**Race #2**  
**Men's 10K**

# Final Results

## TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Augustana (S.D.)	43	4-5-7-13-14(16)(18)	2:30:09	30:02	0:27.7
2 Missouri Southern	81	1-2-6-23-49(54)(64)	2:31:07	30:14	2:09.7
3 Pittsburg St.	92	3-11-25-26-27(29)(87)	2:32:04	30:25	1:06.7
4 Nebraska-Kearney	171	17-20-30-35-69(76)(93)	2:35:01	31:01	1:45.9
5 Central Missouri	179	31-32-34-38-44(120)(140)	2:36:01	31:13	0:25.7
6 U-Mary	231	24-41-45-59-62(67)(105)	2:37:13	31:27	1:15.9
7 Fort Hays St.	244	12-40-60-61-71(104)(107)	2:37:18	31:28	1:56.7
8 NW Missouri	250	10-21-48-55-116(132)	2:36:44	31:21	2:51.5
9 Sioux Falls	277	28-46-52-66-85(91)(119)	2:38:21	31:41	1:29.9
10 Emporia St.	290	8-53-72-74-83(114)(182)	2:38:16	31:40	2:19.0
11 Minnesota State	338	22-36-89-92-99(138)(145)	2:39:15	31:51	2:03.8
12 Minnesota-Duluth	339	19-77-79-80-84(113)	2:39:16	31:52	2:02.7
13 Washburn	370	15-33-56-127-139(141)(174)	2:39:39	31:56	3:14.4
14 Oklahoma Baptist	402	50-73-78-86-115(130)(147)	2:41:10	32:14	1:22.0
15 Missouri Western	422	47-75-95-102-103(108)(163)	2:41:36	32:20	1:13.3
16 Winona State	435	9-63-97-118-148(165)	2:41:17	32:16	3:37.7
17 Rogers State	442	65-68-81-111-117(128)(161)	2:42:07	32:26	0:58.7
18 Harding	486	42-57-109-135-143(150)(170)	2:42:49	32:34	2:05.2
19 East Central	506	43-98-112-124-129(151)(153)	2:43:18	32:40	1:46.1
20 Minot State	579	39-70-123-167-180(204)	2:46:00	33:12	3:48.4
21 MSU-Moorhead	609	94-101-110-126-178(189)	2:46:12	33:15	2:25.5
22 Newman	621*	51-122-134-156-158(184)	2:46:01	33:13	2:30.3
23 Ouachita Baptist	621*	58-90-152-157-164(169)(172)	2:46:27	33:18	2:26.8
24 Northern State	635	37-100-125-186-187(203)	2:48:29	33:42	4:33.3
25 Concordia-St. Paul	650	96-131-133-136-154(175)(195)	2:46:21	33:17	1:21.8
26 Southern Arkansas	654	82-106-144-160-162(166)(179)	2:47:00	33:24	1:49.5
27 Wayne State (Neb.)	765	121-142-149-176-177(185)	2:50:03	34:01	1:50.5
28 Northwestern Oklahoma	830	88-159-193-194-196(201)(207)	2:55:46	35:10	4:07.8
29 Southern Nazarene	873	146-155-181-191-200(202)(205)	2:55:48	35:10	3:21.0
30 Minnesota-Crookston	878	137-168-183-192-198	2:56:13	35:15	3:16.0
31 Upper Iowa	919	171-173-188-190-197(199)(206)	2:57:29	35:30	2:08.4

### \*Tiebreakers

Newman (621)  
Ouachita Baptist (621)

4 W-L-W-W-W  
1 L-W-L-L-L



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### Race #2 Men's 10K

## Final Results

### INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 RIDDLE, Ryan	222	Missouri Southern	1	29:22.3	---	4:43.8	2:56.2
2 RUTLEDGE, JP	224	Missouri Southern	2	29:37.6	15.3	4:46.2	2:57.8
3 OGLESBY, Matthew	384	Pittsburg St.	3	29:41.3	19.0	4:46.8	2:58.1
4 HARTMAN, Ryan	13	Augustana (S.D.)	4	29:46.2	23.9	4:47.6	2:58.6
5 MILLER, Austin	17	Augustana (S.D.)	5	29:56.5	34.2	4:49.3	2:59.6
6 RILEY, Simpson	223	Missouri Southern	6	29:59.0	35.7	4:49.7	2:59.9
7 PERSON, Kray	18	Augustana (S.D.)	7	29:59.2	36.9	4:49.7	2:59.9
8 MAKI, Matthew	103	Emporia St.	8	30:03.1	40.8	4:50.4	3:00.3
9 JARPEY, Josh	545	Winona State	9	30:03.9	41.6	4:50.5	3:00.4
10 NKAMASIAI, Jacob	333	NW Missouri	10	30:04.9	42.6	4:50.6	3:00.5
11 GRAHN, Bryce	381	Pittsburg St.	11	30:08.9	46.6	4:51.3	3:00.9
12 SCHMIDT, Robbie	124	Fort Hays St.	12	30:09.0	45.7	4:51.3	3:00.9
13 KRAY, Alec	16	Augustana (S.D.)	13	30:13.0	49.7	4:51.9	3:01.3
14 JOHNSON, Evan	14	Augustana (S.D.)	14	30:13.8	51.5	4:52.1	3:01.4
15 KIBET, David	515	Washburn	15	30:14.2	51.9	4:52.1	3:01.4
16 KLITZKE, Henry	15	Augustana (S.D.)	(16)	30:17.3	55.0	4:52.6	3:01.7
17 BACH, Myles	265	Nebraska-Kearney	17	30:18.3	56.0	4:52.8	3:01.8
18 STEIGER, Matt	19	Augustana (S.D.)	(18)	30:18.4	56.1	4:52.8	3:01.8
19 TRUTNA, Matthew	194	Minnesota-Duluth	19	30:19.6	57.3	4:53.0	3:02.0
20 STUCKEY, Luke	271	Nebraska-Kearney	20	30:28.1	1:05.8	4:54.4	3:02.8
21 KIPYEGO, Fedrick	330	NW Missouri	21	30:32.0	1:08.7	4:55.0	3:03.2
22 MAIER, Tanner	157	Minnesota State	22	30:34.1	1:11.8	4:55.3	3:03.4
23 OZEE, Jared	221	Missouri Southern	23	30:36.3	1:14.0	4:55.7	3:03.6
24 STROM, Dawson	489	U-Mary	24	30:37.7	1:15.4	4:55.9	3:03.8
25 SOUTHARD, Connar	386	Pittsburg St.	25	30:39.9	1:17.6	4:56.3	3:04.0
26 STRADER, Mason	387	Pittsburg St.	26	30:46.0	1:22.7	4:57.3	3:04.6
27 CONTRERAS, Diego	379	Pittsburg St.	27	30:48.0	1:24.7	4:57.6	3:04.8
28 VOIGT, Aaron	424	Sioux Falls	28	30:53.2	1:30.9	4:58.4	3:05.3
29 KAHNK, Ben	382	Pittsburg St.	(29)	30:55.2	1:32.9	4:58.7	3:05.5
30 VROOMAN, Justin	272	Nebraska-Kearney	30	30:59.8	1:37.5	4:59.5	3:06.0
31 O'BARR, Bryan	42	Central Missouri	31	31:02.0	1:38.7	4:59.8	3:06.2
32 WESTHOFF, Aaron	44	Central Missouri	32	31:03.9	1:41.6	5:00.1	3:06.4
33 MCLAIN, Collen	517	Washburn	33	31:04.6	1:42.3	5:00.3	3:06.5
34 KIRK, Alex	39	Central Missouri	34	31:07.3	1:45.0	5:00.7	3:06.7
35 ARENS, Ben	264	Nebraska-Kearney	35	31:10.6	1:48.3	5:01.2	3:07.1
36 URE, Ray	162	Minnesota State	36	31:10.7	1:48.4	5:01.2	3:07.1
37 HARRISON, Jackson	294	Northern State	37	31:12.2	1:49.9	5:01.5	3:07.2
38 NICHOLS, Blake	41	Central Missouri	38	31:20.3	1:58.0	5:02.8	3:08.0
39 JENSEN, Jacob	209	Minot State	39	31:20.3	1:58.0	5:02.8	3:08.0
40 BRADLEY, Grant	116	Fort Hays St.	40	31:20.9	1:58.6	5:02.9	3:08.1
41 KAAS, Jesse	485	U-Mary	41	31:23.2	2:00.9	5:03.2	3:08.3
42 MAYBERRY, Dylan	140	Harding	42	31:26.1	2:03.8	5:03.7	3:08.6
43 SANDVIK, CARSON	86	East Central	43	31:26.9	2:04.6	5:03.8	3:08.7
44 PALMER, Cooper	43	Central Missouri	44	31:27.6	2:05.3	5:04.0	3:08.8
45 WHITE, Robert	490	U-Mary	45	31:28.2	2:05.9	5:04.1	3:08.8
46 ECKER, David	416	Sioux Falls	46	31:28.5	2:06.2	5:04.1	3:08.8

# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO  
Missouri Southern  
Host: Missouri Southern State University  
Saturday, November 6, 2021

## MEET OFFICIALS

**Meet Director:**  
Rob Mallory  
**Meet Referee:**  
Mike Mulvaney  
**Timing:**  
Heartland Timing



**OFFICIAL MEET REPORT**  
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**Race #2**  
**Men's 10K**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
47 BLAY, Tyler	233	Missouri Western	47	31:29.9	2:07.6	5:04.3	3:09.0
48 DAHLE, Tucker	328	NW Missouri	48	31:30.8	2:08.5	5:04.5	3:09.1
49 ZACHARY, Finley	225	Missouri Southern	49	31:32.0	2:08.7	5:04.7	3:09.2
50 WHEELER, Maxamillian	351	Oklahoma Baptist	50	31:33.2	2:10.9	5:04.9	3:09.3
51 BROWN, Asher	283	Newman	51	31:33.3	2:11.0	5:04.9	3:09.3
52 HANNA, Jakob	417	Sioux Falls	52	31:36.1	2:13.8	5:05.3	3:09.6
53 YOUNG, Connor	107	Emporia St.	53	31:36.8	2:14.5	5:05.4	3:09.7
54 KOESTER, Kevin	219	Missouri Southern	(54)	31:37.2	2:14.9	5:05.5	3:09.7
55 LAGAT, Mike	331	NW Missouri	55	31:39.5	2:17.2	5:05.9	3:09.9
56 CHINYA, Gabriel	513	Washburn	56	31:39.6	2:17.3	5:05.9	3:10.0
57 WALLING, Luke	145	Harding	57	31:41.2	2:18.9	5:06.1	3:10.1
58 LAWRENCE, Whit	362	Ouachita Baptist	58	31:49.0	2:25.7	5:07.4	3:10.9
59 FREGOSO, Guillermo	484	U-Mary	59	31:50.5	2:28.2	5:07.6	3:11.0
60 PFIZENMAIER, Jaret	123	Fort Hays St.	60	31:51.0	2:28.7	5:07.7	3:11.1
61 ESTRADA, Erick	120	Fort Hays St.	61	31:51.6	2:29.3	5:07.8	3:11.2
62 MOORE, Timothy	487	U-Mary	62	31:53.5	2:31.2	5:08.1	3:11.3
63 BUERKLE, Mitchell	544	Winona State	63	31:55.4	2:33.1	5:08.4	3:11.5
64 LANDON, Fatino	220	Missouri Southern	(64)	31:57.0	2:33.7	5:08.7	3:11.7
65 BLANTON, Garrison	399	Rogers State	65	31:59.5	2:37.2	5:09.1	3:11.9
66 SHUMWAY, Micade	423	Sioux Falls	66	32:00.2	2:37.9	5:09.2	3:12.0
67 DE LA MAZA, Alex	483	U-Mary	(67)	32:02.0	2:38.7	5:09.5	3:12.2
68 OHEIM, Julius	403	Rogers State	68	32:02.4	2:40.1	5:09.6	3:12.2
69 ABDALLA, Nick	263	Nebraska-Kearney	69	32:04.2	2:41.9	5:09.8	3:12.4
70 HOLIDAY, Trent	207	Minot State	70	32:05.3	2:43.0	5:10.0	3:12.5
71 CONTRERAS, Javyn	119	Fort Hays St.	71	32:05.7	2:43.4	5:10.1	3:12.6
72 BROWN, Rylan	98	Emporia St.	72	32:06.1	2:43.8	5:10.2	3:12.6
73 COPE, Blake	345	Oklahoma Baptist	73	32:06.7	2:44.4	5:10.2	3:12.7
74 FRANCE, Justyn	100	Emporia St.	74	32:07.9	2:45.6	5:10.4	3:12.8
75 GORHAM, Riley	236	Missouri Western	75	32:08.0	2:44.7	5:10.5	3:12.8
76 SCHOENHOFER, Brett	270	Nebraska-Kearney	(76)	32:09.0	2:46.7	5:10.6	3:12.9
77 SELMAN, Lucas	192	Minnesota-Duluth	77	32:09.8	2:47.5	5:10.7	3:13.0
78 ESKEW, Noah	346	Oklahoma Baptist	78	32:10.0	2:46.7	5:10.8	3:13.0
79 DICKENSON, Owen	186	Minnesota-Duluth	79	32:12.0	2:48.7	5:11.1	3:13.2
80 LEONARD, Christian	191	Minnesota-Duluth	80	32:12.1	2:49.8	5:11.1	3:13.2
81 GOSS, Caden	401	Rogers State	81	32:15.0	2:51.7	5:11.6	3:13.5
82 KRAUS, Robert	447	Southern Arkansas	82	32:20.9	2:58.6	5:12.5	3:14.1
83 DIAZ, Jaime	99	Emporia St.	83	32:22.1	2:59.8	5:12.7	3:14.2
84 FECHNER, Cole	187	Minnesota-Duluth	84	32:22.3	3:00.0	5:12.8	3:14.2
85 RIVERA, Caleb	422	Sioux Falls	85	32:23.1	3:00.8	5:12.9	3:14.3
86 ABLES, Parker	344	Oklahoma Baptist	86	32:24.1	3:01.8	5:13.1	3:14.4
87 KAUFMANN, Bryce	383	Pittsburg St.	(87)	32:24.4	3:02.1	5:13.1	3:14.4
88 KIBET, Victor	315	Northwestern Oklah	88	32:24.6	3:02.3	5:13.1	3:14.5
89 LARSEN, Leif	156	Minnesota State	89	32:24.9	3:02.6	5:13.2	3:14.5
90 SWINDLE, Cade	367	Ouachita Baptist	90	32:26.2	3:03.9	5:13.4	3:14.6
91 LIETZ, Christian	419	Sioux Falls	(91)	32:26.9	3:04.6	5:13.5	3:14.7
92 SCHMANSKI, Nikolai	159	Minnesota State	92	32:27.8	3:05.5	5:13.6	3:14.8

# NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO  
Missouri Southern  
Host: Missouri Southern State University  
Saturday, November 6, 2021

## MEET OFFICIALS

**Meet Director:**  
Rob Mallory  
**Meet Referee:**  
Mike Mulvaney  
**Timing:**  
Heartland Timing



**OFFICIAL MEET REPORT**  
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### Race #2 Men's 10K

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
93 FRASHER, Eli	267	Nebraska-Kearney	(93)	32:30.2	3:07.9	5:14.0	3:15.0
94 STUEVEN, Adnew	255	MSU-Moorhead	94	32:31.7	3:09.4	5:14.3	3:15.2
95 CRIGGER, Kayden	234	Missouri Western	95	32:32.4	3:10.1	5:14.4	3:15.2
96 HELSER, Matthew	67	Concordia-St. Paul	96	32:32.5	3:10.2	5:14.4	3:15.2
97 WARNING, Isaiah	550	Winona State	97	32:35.8	3:13.5	5:14.9	3:15.6
98 SHAW, JAKAVEON	87	East Central	98	32:37.3	3:15.0	5:15.2	3:15.7
99 SCHMIED, Ben	160	Minnesota State	99	32:37.8	3:15.5	5:15.3	3:15.8
100 ALTO, Nathan	292	Northern State	100	32:38.7	3:16.4	5:15.4	3:15.9
101 BRUER, Braxton	249	MSU-Moorhead	101	32:41.1	3:18.8	5:15.8	3:16.1
102 OYLER, Jacob	239	Missouri Western	102	32:42.3	3:20.0	5:16.0	3:16.2
103 LARKIN, Konner	237	Missouri Western	103	32:43.2	3:20.9	5:16.1	3:16.3
104 MANGAN, Aaron	121	Fort Hays St.	(104)	32:46.3	3:24.0	5:16.6	3:16.6
105 MAISH, Ethan	486	U-Mary	(105)	32:47.6	3:25.3	5:16.8	3:16.8
106 ARMENDARIZ, Carlos	442	Southern Arkansas	106	32:48.4	3:26.1	5:17.0	3:16.8
107 BRADY, Gavin	117	Fort Hays St.	(107)	32:48.8	3:26.5	5:17.0	3:16.9
108 CUDDY, Peter	235	Missouri Western	(108)	32:49.1	3:26.8	5:17.1	3:16.9
109 DOUGLAS, Dylan	137	Harding	109	32:50.6	3:28.3	5:17.3	3:17.1
110 HAYES, Connor	252	MSU-Moorhead	110	32:50.8	3:28.5	5:17.3	3:17.1
111 STINNETT, Jackson	405	Rogers State	111	32:51.8	3:29.5	5:17.5	3:17.2
112 NJUGUNA, EDWARD	84	East Central	112	32:52.1	3:29.8	5:17.6	3:17.2
113 KUBAT, Braydon	189	Minnesota-Duluth	(113)	32:52.5	3:30.2	5:17.6	3:17.2
114 MASSEY, Aidan	104	Emporia St.	(114)	32:54.7	3:32.4	5:18.0	3:17.5
115 REED, Jack	348	Oklahoma Baptist	115	32:55.2	3:32.9	5:18.1	3:17.5
116 LISORENG, Augustine	332	NW Missouri	116	32:56.4	3:34.1	5:18.3	3:17.6
117 HART, Hunter	402	Rogers State	117	32:58.2	3:35.9	5:18.5	3:17.8
118 PETERSON, Cody	548	Winona State	118	33:00.4	3:38.1	5:18.9	3:18.0
119 BULLION, Kade	415	Sioux Falls	(119)	33:01.4	3:39.1	5:19.1	3:18.1
120 ADAMS, Zach	37	Central Missouri	(120)	33:02.4	3:40.1	5:19.2	3:18.2
121 MUNDORF, Brandon	533	Wayne State (Neb.)	121	33:04.7	3:42.4	5:19.6	3:18.5
122 ULTRERAS, Alex	288	Newman	122	33:05.2	3:42.9	5:19.7	3:18.5
123 BONILLA, Grayson	206	Minot State	123	33:06.7	3:44.4	5:19.9	3:18.7
124 WILES, Drew	89	East Central	124	33:08.1	3:45.8	5:20.1	3:18.8
125 SAM, Rhaecine	297	Northern State	125	33:08.5	3:46.2	5:20.2	3:18.8
126 MEARS, Drew	254	MSU-Moorhead	126	33:11.2	3:48.9	5:20.6	3:19.1
127 KULP, Brett	516	Washburn	127	33:11.7	3:49.4	5:20.7	3:19.2
128 WILSON, Kory	406	Rogers State	(128)	33:12.4	3:50.1	5:20.8	3:19.2
129 WELLS, ZACHERY	88	East Central	129	33:12.9	3:50.6	5:20.9	3:19.3
130 RUTLEDGE, Shawn	349	Oklahoma Baptist	(130)	33:13.3	3:51.0	5:21.0	3:19.3
131 ANDREWS, Travis	62	Concordia-St. Paul	131	33:14.7	3:52.4	5:21.2	3:19.5
132 RAMSDELL, Trevor	335	NW Missouri	(132)	33:16.1	3:53.8	5:21.4	3:19.6
133 SCHAUERMAN, Thomas	69	Concordia-St. Paul	133	33:17.1	3:54.8	5:21.6	3:19.7
134 FULLERTON, Austin	285	Newman	134	33:17.8	3:55.5	5:21.7	3:19.8
135 INGALSBIE, Matt	139	Harding	135	33:19.9	3:57.6	5:22.0	3:20.0
136 ERICKSON, Owen	64	Concordia-St. Paul	136	33:22.6	4:00.3	5:22.5	3:20.3
137 GAILSON, Hanokh	173	Minnesota-Crooksto	137	33:23.8	4:01.5	5:22.7	3:20.4
138 OWEN, Carter	158	Minnesota State	(138)	33:24.8	4:02.5	5:22.8	3:20.5

**NCAA DIVISION II CENTRAL REGION CROSS COUNTRY  
CHAMPIONSHIPS**Joplin, MO  
Missouri Southern  
Host: Missouri Southern State University  
Saturday, November 6, 2021**MEET OFFICIALS****Meet Director:**  
Rob Mallory  
**Meet Referee:**  
Mike Mulvaney  
**Timing:**  
Heartland Timing**OFFICIAL MEET REPORT**  
printed: 11/6/2021 12:22 PM**Race #2  
Men's 10K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
139 MUNSELL, Keetan	519	Washburn	139	33:28.5	4:06.2	5:23.4	3:20.8
140 MAHER, Brady	40	Central Missouri	(140)	33:29.2	4:06.9	5:23.5	3:20.9
141 MORCH, Gustav	518	Washburn	(141)	33:29.2	4:06.9	5:23.5	3:20.9
142 HEGARTY, Brock	528	Wayne State (Neb.)	142	33:30.8	4:08.5	5:23.8	3:21.1
143 VALENTE, Tom	143	Harding	143	33:31.3	4:09.0	5:23.9	3:21.1
144 QUINONES, Jaime	449	Southern Arkansas	144	33:32.1	4:09.8	5:24.0	3:21.2
145 GESSNER, Finn	155	Minnesota State	(145)	33:34.4	4:12.1	5:24.4	3:21.4
146 MCALPIN, Zach	467	Southern Nazarene	146	33:35.2	4:12.9	5:24.5	3:21.5
147 WAGNER, Drake	350	Oklahoma Baptist	(147)	33:40.7	4:18.4	5:25.4	3:22.1
148 WARNING, Micah	551	Winona State	148	33:41.5	4:19.2	5:25.5	3:22.1
149 RICHARDS, Isaac	534	Wayne State (Neb.)	149	33:44.3	4:22.0	5:26.0	3:22.4
150 HARROD, Tyler	138	Harding	(150)	33:46.5	4:24.2	5:26.3	3:22.6
151 LARSON, Chris	83	East Central	(151)	33:51.0	4:27.7	5:27.0	3:23.1
152 TIBBS, Josh	368	Ouachita Baptist	152	33:52.3	4:30.0	5:27.3	3:23.2
153 BETT, EMMANUEL	82	East Central	(153)	33:52.8	4:30.5	5:27.3	3:23.3
154 KRUMMEL, Matthew	68	Concordia-St. Paul	154	33:54.2	4:31.9	5:27.6	3:23.4
155 ESCRITT, Christian	462	Southern Nazarene	155	33:54.6	4:32.3	5:27.6	3:23.5
156 ROHR, Brayden	287	Newman	156	34:00.6	4:38.3	5:28.6	3:24.1
157 SWECKER, Billy	366	Ouachita Baptist	157	34:03.3	4:41.0	5:29.0	3:24.3
158 CHEMALMAL, Kevin	284	Newman	158	34:03.5	4:41.2	5:29.1	3:24.4
159 COX, Zachary	311	Northwestern Oklah	159	34:04.6	4:42.3	5:29.2	3:24.5
160 GARZON, Isaih	444	Southern Arkansas	160	34:07.9	4:45.6	5:29.8	3:24.8
161 SCHARNICK, Morne	404	Rogers State	(161)	34:09.1	4:46.8	5:30.0	3:24.9
162 RICKY, Logan	450	Southern Arkansas	162	34:10.4	4:48.1	5:30.2	3:25.0
163 ZACHARY, Joshua	240	Missouri Western	(163)	34:15.5	4:53.2	5:31.0	3:25.5
164 LAWSON, Luke	363	Ouachita Baptist	164	34:15.7	4:53.4	5:31.0	3:25.6
165 TAYLOR, Wyatt	549	Winona State	(165)	34:15.8	4:53.5	5:31.0	3:25.6
166 GORDON, Eric	445	Southern Arkansas	(166)	34:17.0	4:53.7	5:31.2	3:25.7
167 JASMIN, Camden	208	Minot State	167	34:18.9	4:56.6	5:31.5	3:25.9
168 UBER, Colton	177	Minnesota-Crooksto	168	34:21.7	4:59.4	5:32.0	3:26.2
169 SANDERS, Lawson	365	Ouachita Baptist	(169)	34:23.3	5:01.0	5:32.3	3:26.3
170 CHUNN, Caleb	136	Harding	(170)	34:24.7	5:02.4	5:32.5	3:26.5
171 BAKER, Dalton	500	Upper Iowa	171	34:25.2	5:02.9	5:32.6	3:26.5
172 KAILEY, Ethan	361	Ouachita Baptist	(172)	34:39.2	5:16.9	5:34.8	3:27.9
173 GORANSON, Nathan	502	Upper Iowa	173	34:40.1	5:17.8	5:34.9	3:28.0
174 GRIFFIN, Cooper	514	Washburn	(174)	34:44.5	5:22.2	5:35.7	3:28.4
175 THOMFORDE, Matthew	71	Concordia-St. Paul	(175)	34:47.3	5:25.0	5:36.1	3:28.7
176 SCHROEDER, Abe	535	Wayne State (Neb.)	176	34:48.0	5:24.7	5:36.2	3:28.8
177 MITZEL, Brandon	532	Wayne State (Neb.)	177	34:55.2	5:32.9	5:37.4	3:29.5
178 ESPINOZA, Joseph	250	MSU-Moorhead	178	34:57.2	5:34.9	5:37.7	3:29.7
179 HAMLIN, Asher	446	Southern Arkansas	(179)	35:07.9	5:45.6	5:39.4	3:30.8
180 LORENZ, Cael	211	Minot State	180	35:08.7	5:46.4	5:39.6	3:30.9
181 RAMIREZ, William	468	Southern Nazarene	181	35:14.5	5:52.2	5:40.5	3:31.4
182 SWIFT, Tyler	106	Emporia St.	(182)	35:21.6	5:59.3	5:41.6	3:32.2
183 MORNEAULT, Tristan	176	Minnesota-Crooksto	183	35:25.6	6:03.3	5:42.3	3:32.6
184 VALVERDE, Gio	289	Newman	(184)	35:27.1	6:04.8	5:42.5	3:32.7

**NCAA DIVISION II CENTRAL REGION CROSS COUNTRY  
CHAMPIONSHIPS**Joplin, MO  
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Saturday, November 6, 2021**MEET OFFICIALS****Meet Director:**  
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**Timing:**  
Heartland Timing**OFFICIAL MEET REPORT**  
printed: 11/6/2021 12:22 PM**Race #2**  
**Men's 10K****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
185 HOLCOMB, Bryce	530	Wayne State (Neb.)	(185)	35:28.1	6:05.8	5:42.7	3:32.8
186 JACKLIN, John	295	Northern State	186	35:44.1	6:21.8	5:45.3	3:34.4
187 WIRTH, Michael	299	Northern State	187	35:45.5	6:23.2	5:45.5	3:34.5
188 SMITH, Blake	504	Upper Iowa	188	35:47.9	6:25.6	5:45.9	3:34.8
189 HANSON, Derek	251	MSU-Moorhead	(189)	35:52.1	6:29.8	5:46.5	3:35.2
190 DIEKEN, Grant	501	Upper Iowa	190	36:02.2	6:39.9	5:48.2	3:36.2
191 HUMPHREY, Jacob	466	Southern Nazarene	191	36:07.4	6:45.1	5:49.0	3:36.7
192 FELDEWERD, Chris	172	Minnesota-Crooksto	192	36:21.6	6:59.3	5:51.3	3:38.2
193 HIDALGO, Draven	314	Northwestern Oklah	193	36:22.1	6:59.8	5:51.4	3:38.2
194 BEETS, Daniel	308	Northwestern Oklah	194	36:22.2	6:59.9	5:51.4	3:38.2
195 SIMS, Josh	70	Concordia-St. Paul	(195)	36:28.6	7:06.3	5:52.4	3:38.9
196 RAGAN, Eric	317	Northwestern Oklah	196	36:32.4	7:10.1	5:53.0	3:39.2
197 BAKER, Bryce	499	Upper Iowa	197	36:33.5	7:11.2	5:53.2	3:39.3
198 DAHLGREN, Warden	171	Minnesota-Crooksto	198	36:39.8	7:17.5	5:54.2	3:40.0
199 SNIDER, David	505	Upper Iowa	(199)	36:55.8	7:33.5	5:56.8	3:41.6
200 HAYNES, Joel	465	Southern Nazarene	200	36:56.1	7:33.8	5:56.9	3:41.6
201 CHAVIRA, Ray	310	Northwestern Oklah	(201)	37:04.8	7:42.5	5:58.2	3:42.5
202 GAMMAS, David	463	Southern Nazarene	(202)	37:32.1	8:09.8	6:02.6	3:45.2
203 ROHRER, Jacob	296	Northern State	(203)	37:40.1	8:17.8	6:03.9	3:46.0
204 MCMAHON, Casey	212	Minot State	(204)	37:59.5	8:37.2	6:07.1	3:47.9
205 HAWKINS, Taylor	464	Southern Nazarene	(205)	38:07.2	8:44.9	6:08.3	3:48.7
206 JOHNSTON, Brady	503	Upper Iowa	(206)	38:52.4	9:30.1	6:15.6	3:53.2
207 FRYMIRE, Cooper	313	Northwestern Oklah	(207)	39:27.8	10:05.5	6:21.3	3:56.8