

NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO
Tom Rutledge XC Course
Host: Missouri Southern
Saturday, November 19, 2022

MEET OFFICIALS

Meet Director:
Rob Mallory
Meet Referee:
Mike Mulvaney
Timing:
Dennis Weber



OFFICIAL MEET REPORT
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Race #1
Women's 6K

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Augustana (S.D.)	62	2-7-14-18-21(37)(46)	1:44:15	20:51	0:57.0
2 Pittsburg State	120	6-11-20-39-44(51)(62)	1:46:07	21:14	1:20.0
3 Minnesota St-Mankato	127	5-19-22-29-52(117)(131)	1:46:24	21:17	1:34.0
4 Nebraska-Kearney	146	24-27-28-33-34(53)(123)	1:47:34	21:31	0:13.9
5 Winona State	151	1-4-12-30-104(110)(132)	1:45:10	21:02	3:20.2
6 Minnesota-Duluth	154	8-13-16-43-74(83)(101)	1:46:54	21:23	1:54.7
7 NW Missouri	155	3-9-41-45-57(109)(128)	1:46:40	21:20	1:44.4
8 Rogers State	217	23-38-47-54-55(75)(91)	1:48:54	21:47	0:38.2
9 Sioux Falls	264	17-31-32-90-94(95)(121)	1:49:50	21:58	1:35.9
10 Fort Hays St.	266	15-49-56-65-81(118)	1:49:48	21:58	1:30.4
11 Univ of Mary	297	10-35-66-88-98(103)(116)	1:50:05	22:01	2:10.3
12 Missouri Southern	341	50-58-60-73-100(124)(130)	1:51:32	22:19	0:56.8
13 Ouachita Baptist	366	36-72-79-80-99(139)(159)	1:51:59	22:24	1:10.9
14 Arkansas Tech	391	40-59-85-92-115(150)	1:52:31	22:31	1:22.6
15 Harding	430	26-67-97-113-127(138)(142)	1:53:04	22:37	2:01.2
16 Oklahoma Baptist	436	25-63-96-112-140(173)(195)	1:53:16	22:40	2:20.4
17 Northern State	543	48-64-86-147-198(212)	1:56:13	23:15	3:43.2
18 St. Cloud State	562	69-108-122-129-134(158)(184)	1:55:43	23:09	1:12.7
19 Emporia St.	588	70-102-119-136-161(194)	1:56:08	23:14	1:41.6
20 Washburn	593	87-93-106-153-154(156)(160)	1:56:17	23:16	1:13.5
21 East Central	604	61-84-120-148-191	1:57:06	23:26	3:01.4
22 Missouri Western	606	71-89-107-162-177(199)	1:56:58	23:24	2:14.2
23 Central Missouri	612	76-82-143-145-166(179)	1:56:56	23:24	1:50.3
24 MSU-Moorhead	647	68-105-149-157-168	1:57:24	23:29	2:04.0
25 Bemidji State	706	78-137-152-169-170(172)(196)	1:58:57	23:48	1:56.2
26 Southern Nazarene	752	77-126-171-175-203(208)(227)	2:01:02	24:13	3:31.7
27 Wayne State (Neb.)	773	125-135-146-165-202(210)(211)	2:00:58	24:12	2:36.4
28 Newman	789	42-176-181-186-204(205)(218)	2:02:18	24:28	4:14.8
29 Minot State	792	114-141-144-180-213	2:01:51	24:23	3:13.9
30 SE Oklahoma	829	151-155-163-178-182(219)	2:01:34	24:19	1:00.8
31 Upper Iowa	901	111-189-193-201-207(223)	2:05:41	25:09	3:00.6
32 Minnesota-Crookston	947	133-164-209-220-221(222)(226)	2:09:01	25:49	4:12.1
33 Concordia-St. Paul	951	174-183-188-200-206(214)(217)	2:06:15	25:15	1:29.3
34 Central Oklahoma	956	167-185-187-192-225	2:08:12	25:39	4:15.2
35 NW Oklahoma State	1042	190-197-215-216-224(228)	2:11:49	26:22	2:50.2

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Final Results

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 CUNNINGHAM, Lindsay	SO	278	Winona State	1	19:34.75	---	5:14.9	3:15.8
2 SCHMIDT, Nicolette	SR	13	Augustana (S.D.)	2	20:18.35	43.60	5:26.6	3:23.1
3 CUNNINGHAM, Caroline	SR	160	NW Missouri	3	20:19.51	44.76	5:26.9	3:23.3
4 BEYER, Kaylee	JR	276	Winona State	4	20:19.54	44.79	5:27.0	3:23.3
5 MONTPLAISIR, Amanda	SR	83	Minnesota St-Mank	5	20:23.00	48.25	5:27.9	3:23.8
6 MURDOCK, Lara	SO	199	Pittsburg State	6	20:30.98	56.23	5:30.0	3:25.2
7 MEANS, Megan	SR	10	Augustana (S.D.)	7	20:33.19	58.44	5:30.6	3:25.5
8 PETERSON, Cailee	SR	97	Minnesota-Duluth	8	20:34.24	59.49	5:30.9	3:25.7
9 OWENS, Amber	SR	163	NW Missouri	9	20:36.51	1:01.76	5:31.5	3:26.1
10 BECKER, Alyssa	SO	244	Univ of Mary	10	20:37.44	1:02.69	5:31.8	3:26.2
11 ALDERSON, Jentrie	FR	192	Pittsburg State	11	20:44.11	1:09.36	5:33.5	3:27.4
12 TAYLOR, McKenna	SO	283	Winona State	12	20:47.35	1:12.60	5:34.4	3:27.9
13 VERKERKE, Maddie	JR	103	Minnesota-Duluth	13	20:53.13	1:18.38	5:36.0	3:28.9
14 ENGLISH, PJ	SR	9	Augustana (S.D.)	14	20:56.00	1:21.25	5:36.7	3:29.3
15 HODSDEN, Regan	SO	64	Fort Hays St.	15	21:02.38	1:27.63	5:38.4	3:30.4
16 NIELSEN, Julia	JR	95	Minnesota-Duluth	16	21:07.93	1:33.18	5:39.9	3:31.3
17 JUAC, Khot	SO	222	Sioux Falls	17	21:10.84	1:36.09	5:40.7	3:31.8
18 SALAS, Mia	JR	12	Augustana (S.D.)	18	21:11.73	1:36.98	5:40.9	3:32.0
19 GAHERTY, Mackenzie	SR	82	Minnesota St-Mank	19	21:12.24	1:37.49	5:41.1	3:32.0
20 DICK, Marissa	SO	195	Pittsburg State	20	21:14.70	1:39.95	5:41.7	3:32.5
21 BAKKEN, Ella	FR	8	Augustana (S.D.)	21	21:15.27	1:40.52	5:41.9	3:32.5
22 THURSTON, MaKenna	JR	86	Minnesota St-Mank	22	21:19.73	1:44.98	5:43.1	3:33.3
23 BYRD, Katie	SO	204	Rogers State	23	21:22.41	1:47.66	5:43.8	3:33.7
24 POLLAN, Hannah	JR	141	Nebraska-Kearney	24	21:22.63	1:47.88	5:43.9	3:33.8
25 STRANGE, Sophia	SO	181	Oklahoma Baptist	25	21:22.72	1:47.97	5:43.9	3:33.8
26 MEGIAS, Nieves	JR	73	Harding	26	21:24.84	1:50.09	5:44.5	3:34.1
27 HEMMER, Mara	SO	137	Nebraska-Kearney	27	21:29.22	1:54.47	5:45.6	3:34.9
28 BONSALL, Grace	SO	135	Nebraska-Kearney	28	21:30.31	1:55.56	5:45.9	3:35.1
29 CUNNINGHAM, Emily	SO	80	Minnesota St-Mank	29	21:31.60	1:56.85	5:46.3	3:35.3
30 TAARUD, Sophia	FR	281	Winona State	30	21:32.56	1:57.81	5:46.5	3:35.4
31 GEHL, Morgan	SO	221	Sioux Falls	31	21:32.61	1:57.86	5:46.5	3:35.4
32 LUTMER, Jessica	SO	223	Sioux Falls	32	21:33.76	1:59.01	5:46.9	3:35.6
33 ALSTROM, Baylee	SR	133	Nebraska-Kearney	33	21:34.91	2:00.16	5:47.2	3:35.8
34 SOTO-STOPAK, Jordan	SO	142	Nebraska-Kearney	34	21:36.49	2:01.74	5:47.6	3:36.1
35 FUNDAK, Andrijana	SO	246	Univ of Mary	35	21:37.21	2:02.46	5:47.8	3:36.2
36 KOETH, Taylor	JR	187	Ouachita Baptist	36	21:37.92	2:03.17	5:48.0	3:36.3
37 SUDBECK, Caroline	SO	15	Augustana (S.D.)	(37)	21:39.15	2:04.40	5:48.3	3:36.5
38 BRADSHAW, Madison	SO	202	Rogers State	38	21:39.48	2:04.73	5:48.4	3:36.6
39 DAWSON, Kate	SO	194	Pittsburg State	39	21:45.89	2:11.14	5:50.1	3:37.6
40 CUDWORTH, Marcie	SO	5	Arkansas Tech	40	21:47.77	2:13.02	5:50.6	3:38.0
41 HARP, Kaylee	SO	161	NW Missouri	41	21:48.68	2:13.93	5:50.9	3:38.1
42 KOMA-LIMO, Patricia	JR	146	Newman	42	21:48.79	2:14.04	5:50.9	3:38.1
43 SEIDEL, Franny	SO	101	Minnesota-Duluth	43	21:49.39	2:14.64	5:51.0	3:38.2
44 HONEYMAN, Hannah	SR	197	Pittsburg State	44	21:50.90	2:16.15	5:51.4	3:38.5
45 MCGLOCKLIN, Lydia	FR	162	NW Missouri	45	21:51.03	2:16.28	5:51.5	3:38.5
46 VELTING, Iris	JR	17	Augustana (S.D.)	(46)	21:51.44	2:16.69	5:51.6	3:38.6

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
47 DEANGELIS, Brianna	JR	206	Rogers State	47	21:51.45	2:16.70	5:51.6	3:38.6
48 CLARK, Jennifer	SR	150	Northern State	48	21:52.14	2:17.39	5:51.8	3:38.7
49 HUDGEONS, Darian	SO	65	Fort Hays St.	49	21:52.44	2:17.69	5:51.9	3:38.7
50 GAINES, Kayanna	SO	111	Missouri Southern	50	21:54.25	2:19.50	5:52.3	3:39.0
51 MCCORD, Annie	SO	198	Pittsburg State	(51)	21:55.05	2:20.30	5:52.6	3:39.2
52 BISHOP, Makayla	SO	79	Minnesota St-Mank	52	21:56.92	2:22.17	5:53.1	3:39.5
53 POLK, Elizabeth	SO	140	Nebraska-Kearney	(53)	21:58.00	2:23.25	5:53.4	3:39.7
54 WOOD, Tori	SO	209	Rogers State	54	21:59.97	2:25.22	5:53.9	3:40.0
55 BUTTS, Gloria	JR	203	Rogers State	55	22:00.60	2:25.85	5:54.0	3:40.1
56 VATH, Jaycee	SO	71	Fort Hays St.	56	22:02.06	2:27.31	5:54.4	3:40.3
57 THIBAULT, Alyna	SO	167	NW Missouri	57	22:03.85	2:29.10	5:54.9	3:40.6
58 HAWKINS, Riley	FR	113	Missouri Southern	58	22:05.02	2:30.27	5:55.2	3:40.8
59 BESHORE, Calli	SO	2	Arkansas Tech	59	22:06.22	2:31.47	5:55.6	3:41.0
60 LOPEZ, Jenari	SO	115	Missouri Southern	60	22:12.48	2:37.73	5:57.2	3:42.1
61 KEMBOI, Abigail	JR	51	East Central	61	22:13.07	2:38.32	5:57.4	3:42.2
62 HAMMEKE, Erin	SO	196	Pittsburg State	(62)	22:15.40	2:40.65	5:58.0	3:42.6
63 MCGRUDER, Kayla	SR	178	Oklahoma Baptist	63	22:15.48	2:40.73	5:58.0	3:42.6
64 FRANSSSEN, Mary	JR	151	Northern State	64	22:15.96	2:41.21	5:58.2	3:42.7
65 FENDER, Elizabeth	FR	62	Fort Hays St.	65	22:17.55	2:42.80	5:58.6	3:42.9
66 GREEN, Kiran	SR	247	Univ of Mary	66	22:18.22	2:43.47	5:58.8	3:43.0
67 TRICE, Jada	JR	76	Harding	67	22:18.77	2:44.02	5:58.9	3:43.1
68 LANE, Payton	SO	131	MSU-Moorhead	68	22:19.17	2:44.42	5:59.0	3:43.2
69 BOULEY, Cheresa	SR	235	St. Cloud State	69	22:21.04	2:46.29	5:59.5	3:43.5
70 WILLIAMS, Tayler	FR	61	Emporia St.	70	22:21.49	2:46.74	5:59.6	3:43.6
71 KINNEY, Abby	SO	122	Missouri Western	71	22:24.58	2:49.83	6:00.5	3:44.1
72 DAVIS, Mackenzie	SO	184	Ouachita Baptist	72	22:26.89	2:52.14	6:01.1	3:44.5
73 GENEL, Lilah	FR	112	Missouri Southern	73	22:28.64	2:53.89	6:01.6	3:44.8
74 RADEL, Morgan	SR	98	Minnesota-Duluth	74	22:28.93	2:54.18	6:01.6	3:44.8
75 COLEMAN, Riley	SO	205	Rogers State	(75)	22:30.19	2:55.44	6:02.0	3:45.0
76 MENGICH, Risper	JR	32	Central Missouri	76	22:30.21	2:55.46	6:02.0	3:45.0
77 TAYLOR, Sabbathath	SR	234	Southern Nazarene	77	22:30.53	2:55.78	6:02.1	3:45.1
78 GOODWIN, Mary	SO	19	Bemidji State	78	22:31.53	2:56.78	6:02.3	3:45.3
79 MCGREGOR, Jaci	SO	188	Ouachita Baptist	79	22:32.05	2:57.30	6:02.5	3:45.3
80 CASH, Macie	SO	183	Ouachita Baptist	80	22:32.36	2:57.61	6:02.6	3:45.4
81 SALMANS, Emily	SR	70	Fort Hays St.	81	22:32.69	2:57.94	6:02.7	3:45.4
82 BERGMAN, Kenzie	JR	29	Central Missouri	82	22:32.93	2:58.18	6:02.7	3:45.5
83 VANLOON, Elizabeth	FR	102	Minnesota-Duluth	(83)	22:33.05	2:58.30	6:02.7	3:45.5
84 JESANG, Sharon	SO	50	East Central	84	22:36.64	3:01.89	6:03.7	3:46.1
85 BROWNING, Morganne	SO	4	Arkansas Tech	85	22:40.86	3:06.11	6:04.8	3:46.8
86 PICKERING, Megan	SO	157	Northern State	86	22:41.14	3:06.39	6:04.9	3:46.9
87 JOHNSON, Lily	SR	264	Washburn	87	22:42.50	3:07.75	6:05.3	3:47.1
88 KALTHOFF, Kristine	SO	248	Univ of Mary	88	22:43.45	3:08.70	6:05.5	3:47.2
89 ADAMS, Alexis	SO	119	Missouri Western	89	22:45.46	3:10.71	6:06.1	3:47.6
90 VOIGT, Tianna	SR	226	Sioux Falls	90	22:45.55	3:10.80	6:06.1	3:47.6
91 RIGGENBACH, Ashley	SO	208	Rogers State	(91)	22:45.59	3:10.84	6:06.1	3:47.6
92 MAYS, Ashlynn	SO	7	Arkansas Tech	92	22:45.63	3:10.88	6:06.1	3:47.6

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93 WEBER, Eve	SO	265	Washburn	93	22:45.70	3:10.95	6:06.1	3:47.6
94 O'MEARA, Cassidy	JR	224	Sioux Falls	94	22:46.74	3:11.99	6:06.4	3:47.8
95 AHO, Annika	JR	218	Sioux Falls	(95)	22:47.27	3:12.52	6:06.6	3:47.9
96 LYNCH, Olivia	SO	177	Oklahoma Baptist	96	22:47.35	3:12.60	6:06.6	3:47.9
97 WASHKO, Kaylie	FR	77	Harding	97	22:47.38	3:12.63	6:06.6	3:47.9
98 NOLAND-GILLESPIE, Victori	FR	250	Univ of Mary	98	22:47.69	3:12.94	6:06.7	3:47.9
99 NACHTIGAL, Kate	FR	189	Ouachita Baptist	99	22:48.82	3:14.07	6:07.0	3:48.1
100 HENDERSON, Kelie	SR	114	Missouri Southern	100	22:51.04	3:16.29	6:07.6	3:48.5
101 SCHLEY, Savannah	SO	100	Minnesota-Duluth	(101)	22:51.25	3:16.50	6:07.6	3:48.5
102 SHOWALTER, Hannah	SR	60	Emporia St.	102	22:53.64	3:18.89	6:08.3	3:48.9
103 MOORE, Ellen	SO	249	Univ of Mary	(103)	22:54.79	3:20.04	6:08.6	3:49.1
104 BRANDEMUEHL, Rhya	FR	277	Winona State	104	22:54.92	3:20.17	6:08.6	3:49.2
105 BERG, Kaelyn	FR	127	MSU-Moorhead	105	22:55.18	3:20.43	6:08.7	3:49.2
106 JACOBBER, Marisa	FR	263	Washburn	106	22:57.21	3:22.46	6:09.2	3:49.5
107 KVALE, Paige	SR	123	Missouri Western	107	23:03.09	3:28.34	6:10.8	3:50.5
108 FREED, Greta	SO	238	St. Cloud State	108	23:03.31	3:28.56	6:10.9	3:50.6
109 BLAUE, Cora	FR	158	NW Missouri	(109)	23:03.47	3:28.72	6:10.9	3:50.6
110 FROMELT, Andrea	JR	279	Winona State	(110)	23:04.86	3:30.11	6:11.3	3:50.8
111 DONOVAN, Ashley	SR	252	Upper Iowa	111	23:05.63	3:30.88	6:11.5	3:50.9
112 COFFEE, Emily	FR	175	Oklahoma Baptist	112	23:06.56	3:31.81	6:11.7	3:51.1
113 WINDERS, Dinah	FR	78	Harding	113	23:06.85	3:32.10	6:11.8	3:51.1
114 DOMINGUEZ, Paulette	SO	104	Minot State	114	23:08.53	3:33.78	6:12.3	3:51.4
115 HENDRIX, Mackenzie	FR	6	Arkansas Tech	115	23:10.33	3:35.58	6:12.7	3:51.7
116 BLOTE, Teresa	SR	245	Univ of Mary	(116)	23:10.97	3:36.22	6:12.9	3:51.8
117 RAUK, Alyssa	SO	85	Minnesota St-Mank	(117)	23:11.88	3:37.13	6:13.2	3:52.0
118 NAVARRO, Brooke	SR	68	Fort Hays St.	(118)	23:12.40	3:37.65	6:13.3	3:52.1
119 HONC, Irina	SO	57	Emporia St.	119	23:13.00	3:38.25	6:13.5	3:52.2
120 HAM, Madison	FR	49	East Central	120	23:13.42	3:38.67	6:13.6	3:52.2
121 BOYD, Josephine	SO	219	Sioux Falls	(121)	23:13.71	3:38.96	6:13.6	3:52.3
122 WELHOUSE, Clara	SR	243	St. Cloud State	122	23:17.24	3:42.49	6:14.6	3:52.9
123 BONSALL, Emma	FR	134	Nebraska-Kearney	(123)	23:17.80	3:43.05	6:14.7	3:53.0
124 BUNDY, Alana	FR	109	Missouri Southern	(124)	23:23.03	3:48.28	6:16.1	3:53.8
125 LARSEN, Kelsey	JR	269	Wayne State (Neb.)	125	23:24.80	3:50.05	6:16.6	3:54.1
126 HARPER, Madalyn	SR	230	Southern Nazarene	126	23:25.30	3:50.55	6:16.8	3:54.2
127 PHILLIPS, Kylie	JR	75	Harding	127	23:25.95	3:51.20	6:16.9	3:54.3
128 CASTLE, Tori	SO	159	NW Missouri	(128)	23:26.17	3:51.42	6:17.0	3:54.4
129 KOWAL, Cambrie	SO	240	St. Cloud State	129	23:26.86	3:52.11	6:17.2	3:54.5
130 SCOTT, Grace	JR	117	Missouri Southern	(130)	23:26.99	3:52.24	6:17.2	3:54.5
131 ELLENBECKER, Marissa	SO	81	Minnesota St-Mank	(131)	23:28.49	3:53.74	6:17.6	3:54.7
132 TALABAC, Mara	FR	282	Winona State	(132)	23:30.55	3:55.80	6:18.2	3:55.1
133 HILLIARD, Madison	FR	92	Minnesota-Crooksto	133	23:32.61	3:57.86	6:18.7	3:55.4
134 CONRAD, Erica	JR	237	St. Cloud State	134	23:33.68	3:58.93	6:19.0	3:55.6
135 PACHTA, Kylie	JR	271	Wayne State (Neb.)	135	23:34.17	3:59.42	6:19.1	3:55.7
136 LYON, Catherine	SO	59	Emporia St.	136	23:36.38	4:01.63	6:19.7	3:56.1
137 MCCARTHY, Maggie	FR	21	Bemidji State	137	23:38.91	4:04.16	6:20.4	3:56.5
138 BIEKER, Kaia	FR	72	Harding	(138)	23:39.75	4:05.00	6:20.6	3:56.6

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Meet Director:
Rob Mallory
Meet Referee:
Mike Mulvaney
Timing:
Dennis Weber



OFFICIAL MEET REPORT
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Race #1
Women's 6K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
139 HYLKEMA, Allison	FR	186	Ouachita Baptist	(139)	23:42.20	4:07.45	6:21.3	3:57.0
140 PAVLIK, Jady	SO	179	Oklahoma Baptist	140	23:43.05	4:08.30	6:21.5	3:57.2
141 SMITH, Emery	FR	108	Minot State	141	23:44.20	4:09.45	6:21.8	3:57.4
142 PARKS, Josie	FR	74	Harding	(142)	23:44.37	4:09.62	6:21.9	3:57.4
143 WARREN, Logan	SO	227	Southern Arkansas	-	23:44.85	4:10.10	6:22.0	3:57.5
144 BELGUM, Chloe	FR	28	Central Missouri	143	23:45.51	4:10.76	6:22.2	3:57.6
145 REEVES, Nicole	FR	106	Minot State	144	23:46.63	4:11.88	6:22.5	3:57.8
146 ADAMS, Rylee	JR	26	Central Missouri	145	23:46.64	4:11.89	6:22.5	3:57.8
147 STUCKEY, Lindsey	FR	275	Wayne State (Neb.)	146	23:47.50	4:12.75	6:22.7	3:57.9
148 MURRAY, Avery	SO	156	Northern State	147	23:47.75	4:13.00	6:22.8	3:58.0
149 MIRELES, Natali	SR	53	East Central	148	23:47.79	4:13.04	6:22.8	3:58.0
150 BAUMANN, Brooke	FR	126	MSU-Moorhead	149	23:48.17	4:13.42	6:22.9	3:58.0
151 BOOTH, Libby	FR	3	Arkansas Tech	(150)	23:50.82	4:16.07	6:23.6	3:58.5
152 GREENWOOD, Makensi	FR	213	SE Oklahoma	151	23:51.23	4:16.48	6:23.7	3:58.5
153 ERICKSON, Alexis	SR	18	Bemidji State	152	23:54.60	4:19.85	6:24.6	3:59.1
154 DENT, Kelsie	JR	260	Washburn	153	23:54.82	4:20.07	6:24.7	3:59.1
155 FONTAINE, Lexie	FR	261	Washburn	154	23:55.92	4:21.17	6:25.0	3:59.3
156 LONGORIA, Alexis	SO	215	SE Oklahoma	155	23:56.70	4:21.95	6:25.2	3:59.5
157 BRIGGS, Stacy	JR	259	Washburn	(156)	23:57.07	4:22.32	6:25.3	3:59.5
158 DORSHER, Grace	SO	129	MSU-Moorhead	157	23:57.72	4:22.97	6:25.4	3:59.6
159 SERTICH, Lauren	SO	241	St. Cloud State	(158)	23:59.05	4:24.30	6:25.8	3:59.8
160 BREAUX, Izzi	SO	182	Ouachita Baptist	(159)	24:00.64	4:25.89	6:26.2	4:00.1
161 HOFFPAUIR, Avery	JR	262	Washburn	(160)	24:01.67	4:26.92	6:26.5	4:00.3
162 KEARNEY, Ayden	FR	58	Emporia St.	161	24:03.07	4:28.32	6:26.9	4:00.5
163 CUTLER, Lillian	SO	120	Missouri Western	162	24:05.50	4:30.75	6:27.5	4:00.9
164 COBLENTZ, Sarah	FR	211	SE Oklahoma	163	24:07.80	4:33.05	6:28.2	4:01.3
165 GRABOWSKI, Anna	SO	91	Minnesota-Crooksto	164	24:08.37	4:33.62	6:28.3	4:01.4
166 STINEMAN, Alison	JR	274	Wayne State (Neb.)	165	24:09.53	4:34.78	6:28.6	4:01.6
167 GEELAN, Lilly	SO	31	Central Missouri	166	24:20.48	4:45.73	6:31.5	4:03.4
168 KIZARR, Korie	FR	38	Central Oklahoma	167	24:21.30	4:46.55	6:31.8	4:03.6
169 CHRISTEN, Abbie	FR	128	MSU-Moorhead	168	24:23.16	4:48.41	6:32.3	4:03.9
170 VAUGHN, Nadia	FR	25	Bemidji State	169	24:23.94	4:49.19	6:32.5	4:04.0
171 MILLS, Zoey	SO	23	Bemidji State	170	24:27.67	4:52.92	6:33.5	4:04.6
172 RUBIO, Afeni	SO	233	Southern Nazarene	171	24:27.91	4:53.16	6:33.5	4:04.7
173 MILLER, Carol	SO	22	Bemidji State	(172)	24:28.91	4:54.16	6:33.8	4:04.8
174 ROBINSON, Jade	FR	180	Oklahoma Baptist	(173)	24:31.92	4:57.17	6:34.6	4:05.3
175 THELEN, Kelsey	SO	48	Concordia-St. Paul	174	24:34.55	4:59.80	6:35.3	4:05.8
176 JONES, Elora	SO	231	Southern Nazarene	175	24:35.74	5:00.99	6:35.6	4:06.0
177 ROSALES, Nayelly	FR	147	Newman	176	24:37.35	5:02.60	6:36.1	4:06.2
178 NYAMBONEKA, Janet	JR	125	Missouri Western	177	24:38.70	5:03.95	6:36.4	4:06.5
179 KESTERSON, Arden	SO	214	SE Oklahoma	178	24:46.17	5:11.42	6:38.4	4:07.7
180 PELCHMAN, Claire	FR	33	Central Missouri	(179)	24:48.29	5:13.54	6:39.0	4:08.0
181 SADOWSKY, Sidra	SO	107	Minot State	180	24:48.87	5:14.12	6:39.2	4:08.1
182 WILLIAMS, Caroline	JR	149	Newman	181	24:49.15	5:14.40	6:39.2	4:08.2
183 DOAKES, Devyn	FR	212	SE Oklahoma	182	24:51.94	5:17.19	6:40.0	4:08.7
184 SIVONEN, Avery	JR	47	Concordia-St. Paul	183	24:52.10	5:17.35	6:40.0	4:08.7

NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO
Tom Rutledge XC Course
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Race #1
Women's 6K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
185 BUTTE, Allie	SO	236	St. Cloud State	(184)	24:53.69	5:18.94	6:40.5	4:08.9
186 BUCKHAULTS, Noel	SO	36	Central Oklahoma	185	24:55.75	5:21.00	6:41.0	4:09.3
187 BROWN, Lucy	FR	143	Newman	186	24:59.13	5:24.38	6:41.9	4:09.9
188 ZAVALETA, Giselle	SO	40	Central Oklahoma	187	25:01.07	5:26.32	6:42.4	4:10.2
189 HARMER, Makayla	FR	43	Concordia-St. Paul	188	25:05.38	5:30.63	6:43.6	4:10.9
190 WHITE, Macey	SR	258	Upper Iowa	189	25:09.32	5:34.57	6:44.6	4:11.6
191 SMITH, Emily	SO	174	NW Oklahoma Stat	190	25:11.24	5:36.49	6:45.2	4:11.9
192 RAMIREZ, Lucy	SO	54	East Central	191	25:14.47	5:39.72	6:46.0	4:12.4
193 HAACK, Eden	FR	37	Central Oklahoma	192	25:17.35	5:42.60	6:46.8	4:12.9
194 SCHULTZ, Jady	JR	257	Upper Iowa	193	25:20.30	5:45.55	6:47.6	4:13.4
195 BAILEY, Courtney	FR	55	Emporia St.	(194)	25:23.07	5:48.32	6:48.3	4:13.8
196 JAIMZ, Alexandria	SR	176	Oklahoma Baptist	(195)	25:24.19	5:49.44	6:48.6	4:14.0
197 JOHNSON, Lily	JR	20	Bemidji State	(196)	25:24.20	5:49.45	6:48.6	4:14.0
198 GOODNOW, Libby	SO	170	NW Oklahoma Stat	197	25:30.01	5:55.26	6:50.2	4:15.0
199 JACKSON, Alli	FR	154	Northern State	198	25:35.34	6:00.59	6:51.6	4:15.9
200 HEMRY, Claire	FR	121	Missouri Western	(199)	25:36.31	6:01.56	6:51.9	4:16.1
201 HOUGLUM, Tess	SO	44	Concordia-St. Paul	200	25:38.64	6:03.89	6:52.5	4:16.4
202 SABELKA, Eryn	FR	256	Upper Iowa	201	25:58.84	6:24.09	6:57.9	4:19.8
203 SOLOMON, Brooke	JR	273	Wayne State (Neb.)	202	26:01.16	6:26.41	6:58.5	4:20.2
204 DOWNS, Lauryn	SR	229	Southern Nazarene	203	26:02.17	6:27.42	6:58.8	4:20.4
205 DAVIS, Laura	FR	144	Newman	204	26:03.58	6:28.83	6:59.2	4:20.6
206 SALGADO, Ashley	JR	148	Newman	(205)	26:03.69	6:28.94	6:59.2	4:20.6
207 SAJDAK, Anna	SO	46	Concordia-St. Paul	206	26:03.83	6:29.08	6:59.3	4:20.6
208 RADER, Mackenzie	FR	255	Upper Iowa	207	26:06.15	6:31.40	6:59.9	4:21.0
209 PEARSE, Naomi	FR	232	Southern Nazarene	(208)	26:09.14	6:34.39	7:00.7	4:21.5
210 ELIJAH, Madison	SO	90	Minnesota-Crooksto	209	26:11.69	6:36.94	7:01.4	4:21.9
211 BEACOM, Maelee	FR	267	Wayne State (Neb.)	(210)	26:12.74	6:37.99	7:01.6	4:22.1
212 POLACEK, Faith	FR	272	Wayne State (Neb.)	(211)	26:17.45	6:42.70	7:02.9	4:22.9
213 HAMANN, Kenzie	SO	152	Northern State	(212)	26:20.36	6:45.61	7:03.7	4:23.4
214 OKOPAL, Monica	SO	105	Minot State	213	26:22.34	6:47.59	7:04.2	4:23.7
215 COLE, Olivia	FR	42	Concordia-St. Paul	(214)	26:23.92	6:49.17	7:04.6	4:24.0
216 LIGHT, Leiyah	SO	172	NW Oklahoma Stat	215	26:29.02	6:54.27	7:06.0	4:24.8
217 FLORES, Emily	FR	169	NW Oklahoma Stat	216	26:36.61	7:01.86	7:08.0	4:26.1
218 PERRY, Jaid	JR	45	Concordia-St. Paul	(217)	26:42.69	7:07.94	7:09.7	4:27.1
219 KELLY, Britton	FR	145	Newman	(218)	26:49.24	7:14.49	7:11.4	4:28.2
220 SANDOVAL, Savannah	FR	217	SE Oklahoma	(219)	27:09.84	7:35.09	7:17.0	4:31.6
221 BENSON, Brooke	SR	88	Minnesota-Crooksto	220	27:22.92	7:48.17	7:20.5	4:33.8
222 STILLMAN, Alyssa	SR	94	Minnesota-Crooksto	221	27:44.66	8:09.91	7:26.3	4:37.4
223 CHRISTEN, Alex	SO	89	Minnesota-Crooksto	(222)	27:58.20	8:23.45	7:29.9	4:39.7
224 MARTIN, Jade	SR	253	Upper Iowa	(223)	27:58.24	8:23.49	7:29.9	4:39.7
225 HOEME, Addie	FR	171	NW Oklahoma Stat	224	28:01.39	8:26.64	7:30.8	4:40.2
226 SMITH, Kylee	FR	39	Central Oklahoma	225	28:36.50	9:01.75	7:40.2	4:46.1
227 ORTH, Katie	SR	93	Minnesota-Crooksto	(226)	28:45.95	9:11.20	7:42.7	4:47.7
228 ABBET, Sara	SR	228	Southern Nazarene	(227)	29:24.06	9:49.31	7:52.9	4:54.0
229 PARUSZEWSKI, Mallory	FR	173	NW Oklahoma Stat	(228)	29:38.77	10:04.0	7:56.9	4:56.5

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Race #2
Men's 10K

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Missouri Southern	70	1-4-9-15-41(43)(81)	2:28:30	29:42	1:27.6
2 Nebraska-Kearney	72	5-6-14-22-25(52)(60)	2:29:06	29:50	0:53.2
3 Augustana (S.D.)	99	7-8-12-30-42(66)(152)	2:29:47	29:58	1:05.9
4 Pittsburg State	127	2-3-17-31-74(90)(102)	2:30:15	30:03	1:55.5
5 Washburn	157	20-26-34-37-40(112)(157)	2:32:09	30:26	0:31.3
6 Central Missouri	195	11-13-27-47-97(116)(133)	2:32:13	30:27	2:10.5
7 East Central	196	10-16-24-67-79(161)(189)	2:32:16	30:28	1:48.5
8 Sioux Falls	276	39-50-57-59-71(86)(99)	2:34:27	30:54	0:37.1
9 NW Missouri	285	29-36-63-72-85(114)(163)	2:34:51	30:59	1:06.3
10 Minnesota-Duluth	296	32-45-69-70-80(160)(170)	2:34:59	31:00	0:54.4
11 Harding	301	28-35-58-87-93(94)(180)	2:35:10	31:02	1:18.3
12 Minnesota St-Mankato	310	19-61-65-73-92(123)(137)	2:35:05	31:01	1:35.3
13 Fort Hays St.	314	21-56-64-75-98(121)(129)	2:35:18	31:04	1:35.3
14 Univ of Mary	355	38-48-62-89-118(127)	2:36:09	31:14	1:36.8
15 Missouri Western	383	51-53-54-105-120(126)(167)	2:36:36	31:20	1:23.7
16 Emporia St.	409	46-76-88-96-103(142)	2:37:08	31:26	1:10.8
17 Rogers State	443	55-78-82-111-117(130)(139)	2:37:55	31:35	1:17.5
18 Oklahoma Baptist	450	18-95-104-109-124(162)(182)	2:37:48	31:34	2:19.8
19 Minot State	488	44-68-107-110-159(171)(177)	2:38:55	31:47	2:31.4
20 Ouachita Baptist	566	83-108-119-125-131(151)(158)	2:40:19	32:04	0:55.5
21 Northern State	576	23-33-154-181-185(190)(195)	2:42:41	32:33	4:22.5
22 Concordia-St. Paul	580	77-100-101-138-164(178)(199)	2:40:59	32:12	2:09.6
23 MSU-Moorhead	603	84-115-122-132-150(166)	2:41:19	32:16	1:26.2
24 Winona State	626	91-113-134-143-145(153)(169)	2:41:35	32:19	1:05.1
25 Newman	670	106-135-140-141-148(174)(176)	2:42:36	32:32	0:57.8
26 Wayne State (Neb.)	674	49-136-149-168-172(179)(184)	2:43:45	32:45	3:01.4
27 NW Oklahoma State	784	128-144-156-173-183(197)(205)	2:46:30	33:18	2:03.4
28 Minnesota-Crookston	837	146-147-165-187-192(200)	2:49:30	33:54	2:39.6
29 Upper Iowa	926	155-188-193-194-196(204)	2:55:50	35:10	2:58.2
30 Southern Nazarene	951	175-186-191-198-201(202)(203)	2:57:19	35:28	2:52.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 KIMUTAI, Gidieon	JR	382	Missouri Southern	1	29:09.31	---	4:41.7	2:54.9
2 OGLESBY, Matthew	JR	470	Pittsburg State	2	29:19.19	9.88	4:43.3	2:55.9
3 CONTRERAS, Diego	SR	464	Pittsburg State	3	29:19.70	10.39	4:43.4	2:56.0
4 RIDDLE, Ryan	SR	384	Missouri Southern	4	29:21.88	12.57	4:43.7	2:56.2
5 BACH, Myles	SO	408	Nebraska-Kearney	5	29:25.03	15.72	4:44.2	2:56.5
6 STUCKEY, Luke	SR	414	Nebraska-Kearney	6	29:26.73	17.42	4:44.5	2:56.7

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Men's 10K

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
7 STEIGER, Matt	SR	292	Augustana (S.D.)	7	29:32.01	22.70	4:45.3	2:57.2
8 HARTMAN, Ryan	SO	287	Augustana (S.D.)	8	29:32.74	23.43	4:45.5	2:57.3
9 RUTLEDGE, JP	SO	385	Missouri Southern	9	29:34.33	25.02	4:45.7	2:57.4
10 KIPTOO, Oliver	SO	313	East Central	10	29:35.50	26.19	4:45.9	2:57.6
11 KORIR, Paul	FR	297	Central Missouri	11	29:37.14	27.83	4:46.2	2:57.7
12 BRAND, Colten	SO	284	Augustana (S.D.)	12	29:37.91	28.60	4:46.3	2:57.8
13 MITEI, Brian	FR	299	Central Missouri	13	29:41.73	32.42	4:46.9	2:58.2
14 ARENS, Ben	JR	407	Nebraska-Kearney	14	29:42.23	32.92	4:47.0	2:58.2
15 SIMPSON, Riley	SO	386	Missouri Southern	15	29:47.09	37.78	4:47.8	2:58.7
16 PKIACH, Amos	SO	316	East Central	16	29:49.18	39.87	4:48.1	2:58.9
17 ZANER, Braden	SO	473	Pittsburg State	17	29:51.72	42.41	4:48.5	2:59.2
18 WHEELER, Maxamillian	JR	453	Oklahoma Baptist	18	29:56.22	46.91	4:49.2	2:59.6
19 MAIER, Tanner	JR	350	Minnesota St-Mank	19	30:04.58	55.27	4:50.6	3:00.5
20 KIBET, David	JR	519	Washburn	20	30:05.01	55.70	4:50.7	3:00.5
21 BRADLEY, Grant	SO	330	Fort Hays St.	21	30:12.99	1:03.68	4:51.9	3:01.3
22 VROOMAN, Justin	SR	415	Nebraska-Kearney	22	30:13.51	1:04.20	4:52.0	3:01.4
23 HARRISON, Jackson	SR	429	Northern State	23	30:14.30	1:04.99	4:52.2	3:01.4
24 IYALI, Michael	SO	311	East Central	24	30:17.98	1:08.67	4:52.8	3:01.8
25 SCHOENHOFER, Brett	SO	413	Nebraska-Kearney	25	30:18.20	1:08.89	4:52.8	3:01.8
26 MCLAIN, Collen	SO	520	Washburn	26	30:21.13	1:11.82	4:53.3	3:02.1
27 PALMER, Cooper	SO	301	Central Missouri	27	30:24.53	1:15.22	4:53.8	3:02.5
28 WALLING, Luke	SO	346	Harding	28	30:24.55	1:15.24	4:53.8	3:02.5
29 ATKINS, Andrew	FR	432	NW Missouri	29	30:26.06	1:16.75	4:54.1	3:02.6
30 KAAS, Jesse	SR	288	Augustana (S.D.)	30	30:26.08	1:16.77	4:54.1	3:02.6
31 KAHNK, Ben	SR	466	Pittsburg State	31	30:29.77	1:20.46	4:54.6	3:03.0
32 SELMAN, Lucas	JR	368	Minnesota-Duluth	32	30:30.46	1:21.15	4:54.8	3:03.0
33 MARTIN, Josh	FR	431	Northern State	33	30:31.30	1:21.99	4:54.9	3:03.1
34 GRAY, Nathan	SO	517	Washburn	34	30:31.37	1:22.06	4:54.9	3:03.1
35 HAILEAB, Noah	FR	340	Harding	35	30:33.40	1:24.09	4:55.2	3:03.3
36 NORRIS, Jake	SR	438	NW Missouri	36	30:33.89	1:24.58	4:55.3	3:03.4
37 CHINYA, Gabriel	JR	516	Washburn	37	30:34.38	1:25.07	4:55.4	3:03.4
38 WHITE, Robert	SO	506	Univ of Mary	38	30:34.50	1:25.19	4:55.4	3:03.5
39 ECKER, David	SR	482	Sioux Falls	39	30:35.62	1:26.31	4:55.6	3:03.6
40 ROEHL, Tommy	FR	521	Washburn	40	30:36.23	1:26.92	4:55.7	3:03.6
41 COLE, Kaden	FR	379	Missouri Southern	41	30:36.82	1:27.51	4:55.8	3:03.7
42 KLITZKE, Henry	SR	289	Augustana (S.D.)	42	30:37.89	1:28.58	4:56.0	3:03.8
43 DEATON, Jaden	FR	380	Missouri Southern	(43)	30:38.10	1:28.79	4:56.0	3:03.8
44 JENSEN, Jacob	JR	376	Minot State	44	30:38.18	1:28.87	4:56.0	3:03.8
45 VANKEMPEN, Jack	SO	369	Minnesota-Duluth	45	30:39.77	1:30.46	4:56.3	3:04.0
46 DIAZ, Jaime	SO	321	Emporia St.	46	30:40.07	1:30.76	4:56.3	3:04.0
47 O'BARR, Bryan	SO	300	Central Missouri	47	30:41.55	1:32.24	4:56.5	3:04.2
48 STROM, Dawson	JR	505	Univ of Mary	48	30:43.16	1:33.85	4:56.8	3:04.3
49 MUNDORF, Brandon	JR	527	Wayne State (Neb.)	49	30:48.08	1:38.77	4:57.6	3:04.8
50 SHUMWAY, Micade	SO	489	Sioux Falls	50	30:48.39	1:39.08	4:57.6	3:04.8
51 GORHAM, Riley	SR	391	Missouri Western	51	30:49.30	1:39.99	4:57.8	3:04.9
52 DAVIS, Payton	SO	410	Nebraska-Kearney	(52)	30:49.84	1:40.53	4:57.9	3:05.0

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Timing:
Dennis Weber



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Race #2
Men's 10K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
53 CUDDY, Peter	JR	390	Missouri Western	53	30:50.14	1:40.83	4:57.9	3:05.0
54 ZACHARY, Joshua	SO	397	Missouri Western	54	30:51.45	1:42.14	4:58.1	3:05.1
55 OHEIM, Julius	SO	478	Rogers State	55	30:53.06	1:43.75	4:58.4	3:05.3
56 FISHER, Ethan	FR	335	Fort Hays St.	56	30:54.22	1:44.91	4:58.6	3:05.4
57 MORRISON, Ben	SO	486	Sioux Falls	57	30:54.64	1:45.33	4:58.7	3:05.5
58 REED, Zach	JR	345	Harding	58	30:55.58	1:46.27	4:58.8	3:05.6
59 HANNA, Jakob	SR	483	Sioux Falls	59	30:55.59	1:46.28	4:58.8	3:05.6
60 LUEDERS, Sam	SO	412	Nebraska-Kearney	(60)	30:55.89	1:46.58	4:58.9	3:05.6
61 SCHMIED, Ben	SR	353	Minnesota St-Mank	61	30:58.98	1:49.67	4:59.4	3:05.9
62 YOKOM, Caleb	SO	507	Univ of Mary	62	31:03.43	1:54.12	5:00.1	3:06.3
63 GOETSCHKE, Austin	SO	435	NW Missouri	63	31:05.26	1:55.95	5:00.4	3:06.5
64 PFIZENMAIER, Jaret	SO	338	Fort Hays St.	64	31:07.08	1:57.77	5:00.7	3:06.7
65 URE, Ray	SO	355	Minnesota St-Mank	65	31:07.38	1:58.07	5:00.7	3:06.7
66 GUNDERSEN, Erik	FR	285	Augustana (S.D.)	(66)	31:07.77	1:58.46	5:00.8	3:06.8
67 WILES, Drew	SR	318	East Central	67	31:09.02	1:59.71	5:01.0	3:06.9
68 HOLIDAY, Trent	SO	374	Minot State	68	31:09.76	2:00.45	5:01.1	3:07.0
69 ANTONY, Austin	SO	363	Minnesota-Duluth	69	31:11.41	2:02.10	5:01.4	3:07.1
70 JACOBSON, Nick	SO	365	Minnesota-Duluth	70	31:12.49	2:03.18	5:01.5	3:07.2
71 VOIGT, Aaron	SR	490	Sioux Falls	71	31:12.67	2:03.36	5:01.6	3:07.3
72 RAMSDELL, Trevor	SR	439	NW Missouri	72	31:12.97	2:03.66	5:01.6	3:07.3
73 BOHM, Adam	SO	348	Minnesota St-Mank	73	31:13.47	2:04.16	5:01.7	3:07.3
74 LABRUE, Craig	SO	469	Pittsburg State	74	31:14.62	2:05.31	5:01.9	3:07.5
75 DEBOEST, Lucorien	SO	333	Fort Hays St.	75	31:15.26	2:05.95	5:02.0	3:07.5
76 JONES, Henry	FR	324	Emporia St.	76	31:17.14	2:07.83	5:02.3	3:07.7
77 KRUMMEL, Matthew	SO	308	Concordia-St. Paul	77	31:17.29	2:07.98	5:02.3	3:07.7
78 FERON, Blake	FR	475	Rogers State	78	31:20.78	2:11.47	5:02.9	3:08.1
79 PALOMO, GILBERTO	SR	315	East Central	79	31:23.99	2:14.68	5:03.4	3:08.4
80 DICKENSON, Owen	SO	364	Minnesota-Duluth	80	31:24.84	2:15.53	5:03.5	3:08.5
81 SORRELL, Kelton	FR	387	Missouri Southern	(81)	31:25.91	2:16.60	5:03.7	3:08.6
82 RAGAN, Eric	SO	479	Rogers State	82	31:28.26	2:18.95	5:04.1	3:08.8
83 LAWRENCE, Whit	SO	459	Ouachita Baptist	83	31:29.42	2:20.11	5:04.3	3:08.9
84 BRUER, Braxton	JR	399	MSU-Moorhead	84	31:31.72	2:22.41	5:04.6	3:09.2
85 WITT, Riley	FR	440	NW Missouri	85	31:32.32	2:23.01	5:04.7	3:09.2
86 RIVERA, Caleb	SO	488	Sioux Falls	(86)	31:33.31	2:24.00	5:04.9	3:09.3
87 PERRY, Nathan	FR	343	Harding	87	31:33.32	2:24.01	5:04.9	3:09.3
88 SWIFT, Tyler	SO	329	Emporia St.	88	31:34.73	2:25.42	5:05.1	3:09.5
89 FREGOSO, Guillermo	SO	501	Univ of Mary	89	31:35.66	2:26.35	5:05.3	3:09.6
90 KAUFMANN, Bryce	JR	467	Pittsburg State	(90)	31:38.34	2:29.03	5:05.7	3:09.8
91 JOHNSTONE, Mitchell	FR	534	Winona State	91	31:38.44	2:29.13	5:05.7	3:09.8
92 SCHMANSKI, Nikolai	SO	352	Minnesota St-Mank	92	31:39.79	2:30.48	5:05.9	3:10.0
93 PRUIM, Jackson	JR	344	Harding	93	31:42.84	2:33.53	5:06.4	3:10.3
94 INGALSBIE, Matt	JR	341	Harding	(94)	31:43.76	2:34.45	5:06.6	3:10.4
95 KARDOKUS, Carson	SO	451	Oklahoma Baptist	95	31:44.56	2:35.25	5:06.7	3:10.5
96 MOEN, Asher	SO	328	Emporia St.	96	31:45.19	2:35.88	5:06.8	3:10.5
97 JUAREZ, Delfino	SO	296	Central Missouri	97	31:47.58	2:38.27	5:07.2	3:10.8
98 CONTRERAS, Javy'n	JR	332	Fort Hays St.	98	31:48.28	2:38.97	5:07.3	3:10.8

NCAA DIVISION II CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Joplin, MO
Tom Rutledge XC Course
Host: Missouri Southern
Saturday, November 19, 2022

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Meet Director:
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Meet Referee:
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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
99 OLOFSON, Miles	SO	487	Sioux Falls	(99)	31:48.72	2:39.41	5:07.4	3:10.9
100 HELSER, Matthew	SO	307	Concordia-St. Paul	100	31:49.01	2:39.70	5:07.4	3:10.9
101 ERICKSON, Owen	SO	304	Concordia-St. Paul	101	31:49.27	2:39.96	5:07.5	3:10.9
102 KNEISLER, CJ	FR	468	Pittsburg State	(102)	31:50.61	2:41.30	5:07.7	3:11.1
103 GLEASON, Luke	SO	323	Emporia St.	103	31:50.78	2:41.47	5:07.7	3:11.1
104 FANTONI, Samuel	SO	450	Oklahoma Baptist	104	31:51.33	2:42.02	5:07.8	3:11.1
105 ORSCHELN, Mason	FR	393	Missouri Western	105	31:51.57	2:42.26	5:07.8	3:11.2
106 BROWN, Asher	SO	417	Newman	106	31:53.85	2:44.54	5:08.2	3:11.4
107 HARDCASTLE, Charles	FR	373	Minot State	107	31:55.46	2:46.15	5:08.4	3:11.5
108 SWINDLE, Cade	SO	462	Ouachita Baptist	108	31:55.59	2:46.28	5:08.5	3:11.6
109 KRAUS, Robert	SR	491	Southern Arkansas	-	31:56.80	2:47.49	5:08.7	3:11.7
110 ABLES, Parker	SR	448	Oklahoma Baptist	109	31:59.04	2:49.73	5:09.0	3:11.9
111 MERILLANA, Nicholas	SR	378	Minot State	110	32:01.62	2:52.31	5:09.4	3:12.2
112 WILSON, Kory	JR	481	Rogers State	111	32:02.21	2:52.90	5:09.5	3:12.2
113 STEINLICHT, Sam	SO	522	Washburn	(112)	32:03.09	2:53.78	5:09.7	3:12.3
114 METCALF, Andrew	SO	536	Winona State	113	32:03.60	2:54.29	5:09.8	3:12.4
115 GOECKEL, Matt	JR	434	NW Missouri	(114)	32:04.74	2:55.43	5:09.9	3:12.5
116 O'FARRELL, Colin	FR	405	MSU-Moorhead	115	32:08.34	2:59.03	5:10.5	3:12.8
117 GLASTETTER, Justin	SO	295	Central Missouri	(116)	32:09.42	3:00.11	5:10.7	3:12.9
118 GOSS, Caden	SO	476	Rogers State	117	32:10.49	3:01.18	5:10.9	3:13.0
119 JONES, Owen	SO	503	Univ of Mary	118	32:11.27	3:01.96	5:11.0	3:13.1
120 BECHO, Jaelen	SO	456	Ouachita Baptist	119	32:11.68	3:02.37	5:11.1	3:13.2
121 CRIGGER, Kayden	SO	389	Missouri Western	120	32:12.91	3:03.60	5:11.3	3:13.3
122 CISNEROS, Lucas	FR	331	Fort Hays St.	(121)	32:13.89	3:04.58	5:11.4	3:13.4
123 BRAULT, Joel	FR	398	MSU-Moorhead	122	32:14.28	3:04.97	5:11.5	3:13.4
124 BENNETT, Jacob	SO	347	Minnesota St-Mank	(123)	32:15.67	3:06.36	5:11.7	3:13.6
125 WILLIAMS, James	FR	454	Oklahoma Baptist	124	32:15.94	3:06.63	5:11.7	3:13.6
126 ARMITAGE, Evan	FR	455	Ouachita Baptist	125	32:16.51	3:07.20	5:11.8	3:13.7
127 OYLER, Jacob	SR	394	Missouri Western	(126)	32:20.93	3:11.62	5:12.5	3:14.1
128 HANSEN, Caleb	FR	502	Univ of Mary	(127)	32:21.61	3:12.30	5:12.7	3:14.2
129 SOTO, Davin	JR	447	NW Oklahoma Stat	128	32:22.37	3:13.06	5:12.8	3:14.2
130 MEDINA, Trever	JR	337	Fort Hays St.	(129)	32:23.43	3:14.12	5:13.0	3:14.3
131 BIERSDORFER, Jon	SO	474	Rogers State	(130)	32:23.64	3:14.33	5:13.0	3:14.4
132 SANDERS, Lawson	SO	461	Ouachita Baptist	131	32:24.87	3:15.56	5:13.2	3:14.5
133 DORADO, James	FR	400	MSU-Moorhead	132	32:26.61	3:17.30	5:13.5	3:14.7
134 MAHER, Brady	SO	298	Central Missouri	(133)	32:28.87	3:19.56	5:13.8	3:14.9
135 BUERKLE, Mitchell	SO	532	Winona State	134	32:29.86	3:20.55	5:14.0	3:15.0
136 CHEMALMAL, Kevin	JR	418	Newman	135	32:32.53	3:23.22	5:14.4	3:15.3
137 KIPTOO, Titus	JR	524	Wayne State (Neb.)	136	32:33.96	3:24.65	5:14.6	3:15.4
138 SPEIKERS, Caden	SO	354	Minnesota St-Mank	(137)	32:35.54	3:26.23	5:14.9	3:15.6
139 FALTESEK, Emmett	SO	305	Concordia-St. Paul	138	32:35.97	3:26.66	5:15.0	3:15.6
140 HART, Hunter	JR	477	Rogers State	(139)	32:36.44	3:27.13	5:15.0	3:15.6
141 HOCK, Austin	FR	420	Newman	140	32:38.14	3:28.83	5:15.3	3:15.8
142 LIMO, Linus	SO	422	Newman	141	32:38.94	3:29.63	5:15.4	3:15.9
143 ACHILLES, Cody	SO	320	Emporia St.	(142)	32:39.52	3:30.21	5:15.5	3:16.0
144 HALLAWAY, Connor	FR	533	Winona State	143	32:39.64	3:30.33	5:15.6	3:16.0

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
145 COX, Zachary	SO	441	NW Oklahoma Stat	144	32:42.89	3:33.58	5:16.1	3:16.3
146 TAYLOR, Wyatt	SR	538	Winona State	145	32:43.46	3:34.15	5:16.2	3:16.3
147 UBER, Colton	SO	361	Minnesota-Crooksto	146	32:48.85	3:39.54	5:17.0	3:16.9
148 MORNEAULT, Tristan	SO	359	Minnesota-Crooksto	147	32:48.96	3:39.65	5:17.1	3:16.9
149 FULLERTON, Austin	SO	419	Newman	148	32:51.64	3:42.33	5:17.5	3:17.2
150 SCHROEDER, Abe	JR	530	Wayne State (Neb.)	149	32:54.58	3:45.27	5:18.0	3:17.5
151 STUEVEN, Adnew	SO	406	MSU-Moorhead	150	32:57.91	3:48.60	5:18.5	3:17.8
152 DEW, Dylan	FR	457	Ouachita Baptist	(151)	33:00.05	3:50.74	5:18.8	3:18.0
153 LARSON, Nick	SO	290	Augustana (S.D.)	(152)	33:01.34	3:52.03	5:19.1	3:18.1
154 OMTVEDT, Brady	SR	537	Winona State	(153)	33:02.31	3:53.00	5:19.2	3:18.2
155 BURKHALTER, Jonathan	SO	425	Northern State	154	33:04.23	3:54.92	5:19.5	3:18.4
156 GORANSON, Nathan	JR	513	Upper Iowa	155	33:04.98	3:55.67	5:19.6	3:18.5
157 MORFIN, Benjamin	SO	445	NW Oklahoma Stat	156	33:05.38	3:56.07	5:19.7	3:18.5
158 KAMP, Paul	FR	518	Washburn	(157)	33:05.62	3:56.31	5:19.7	3:18.6
159 POINTER, Keagan	SO	460	Ouachita Baptist	(158)	33:07.24	3:57.93	5:20.0	3:18.7
160 BONILLA, Grayson	SO	371	Minot State	159	33:09.51	4:00.20	5:20.4	3:19.0
161 YOUNBERG, Finn	SO	370	Minnesota-Duluth	(160)	33:10.89	4:01.58	5:20.6	3:19.1
162 STEPHENSON, Maverick	SO	317	East Central	(161)	33:11.81	4:02.50	5:20.7	3:19.2
163 COPE, Blake	SR	449	Oklahoma Baptist	(162)	33:12.47	4:03.16	5:20.8	3:19.2
164 CAMPBELL, Ryan	FR	433	NW Missouri	(163)	33:18.79	4:09.48	5:21.9	3:19.9
165 BLISCHKE, Ethan	FR	303	Concordia-St. Paul	164	33:26.87	4:17.56	5:23.2	3:20.7
166 THOENNES, Connor	FR	360	Minnesota-Crooksto	165	33:27.02	4:17.71	5:23.2	3:20.7
167 HAYES, Connor	SR	403	MSU-Moorhead	(166)	33:27.24	4:17.93	5:23.2	3:20.7
168 USMAN, Berhe	FR	396	Missouri Western	(167)	33:35.46	4:26.15	5:24.6	3:21.5
169 MITZEL, Brandon	SO	526	Wayne State (Neb.)	168	33:38.58	4:29.27	5:25.1	3:21.9
170 MERRELL, Tyler	SO	535	Winona State	(169)	33:43.22	4:33.91	5:25.8	3:22.3
171 MARTEL, Isaac	FR	367	Minnesota-Duluth	(170)	33:43.68	4:34.37	5:25.9	3:22.4
172 GUTIERREZ, Juan	SR	372	Minot State	(171)	33:47.95	4:38.64	5:26.6	3:22.8
173 DREYER, Quentin	FR	523	Wayne State (Neb.)	172	33:49.40	4:40.09	5:26.8	3:22.9
174 IBRAHIM, Salat	SO	443	NW Oklahoma Stat	173	33:52.89	4:43.58	5:27.4	3:23.3
175 SEVART, Paul	FR	423	Newman	(174)	33:54.51	4:45.20	5:27.6	3:23.5
176 RAMIREZ, William	SO	497	Southern Nazarene	175	33:56.78	4:47.47	5:28.0	3:23.7
177 KEMBOI, Ezekiel	JR	421	Newman	(176)	33:57.42	4:48.11	5:28.1	3:23.7
178 JASMIN, Camden	SO	375	Minot State	(177)	33:57.64	4:48.33	5:28.1	3:23.8
179 ANDREWS, Travis	SO	302	Concordia-St. Paul	(178)	33:59.63	4:50.32	5:28.4	3:24.0
180 MCGONIGAL, Will	SR	525	Wayne State (Neb.)	(179)	34:04.18	4:54.87	5:29.2	3:24.4
181 OAKES, Kyle	FR	342	Harding	(180)	34:13.15	5:03.84	5:30.6	3:25.3
182 HALBE, Evan	FR	428	Northern State	181	34:13.78	5:04.47	5:30.7	3:25.4
183 MCINTIRE, Corey	SO	452	Oklahoma Baptist	(182)	34:24.85	5:15.54	5:32.5	3:26.5
184 SMITH, Jeremy	FR	446	NW Oklahoma Stat	183	34:25.75	5:16.44	5:32.6	3:26.6
185 PEITZ, Gabe	JR	528	Wayne State (Neb.)	(184)	34:36.64	5:27.33	5:34.4	3:27.7
186 ANGERHOFER, Jacob	FR	424	Northern State	185	34:36.79	5:27.48	5:34.4	3:27.7
187 SOLIZ, Roberto	FR	498	Southern Nazarene	186	34:43.52	5:34.21	5:35.5	3:28.4
188 GRAY, Chandler	FR	358	Minnesota-Crooksto	187	34:56.60	5:47.29	5:37.6	3:29.7
189 BAKER, Dalton	SR	510	Upper Iowa	188	35:11.03	6:01.72	5:39.9	3:31.1
190 NORTON, MATTHEW	FR	314	East Central	(189)	35:13.89	6:04.58	5:40.4	3:31.4

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191 CHASE, Ricardo	SO	427	Northern State	(190)	35:14.29	6:04.98	5:40.5	3:31.4
192 GAMAS, David	SO	492	Southern Nazarene	191	35:26.50	6:17.19	5:42.4	3:32.7
193 FELDEWERD, Chris	SO	357	Minnesota-Crooksto	192	35:28.41	6:19.10	5:42.7	3:32.8
194 ADAM, Chance	FR	508	Upper Iowa	193	35:43.63	6:34.32	5:45.2	3:34.4
195 BAKER, Bryce	JR	509	Upper Iowa	194	35:46.81	6:37.50	5:45.7	3:34.7
196 CHASE, Jalen	SO	426	Northern State	(195)	35:46.92	6:37.61	5:45.7	3:34.7
197 SNIDER, David	SR	515	Upper Iowa	196	36:03.12	6:53.81	5:48.3	3:36.3
198 HIDALGO, Draven	SO	442	NW Oklahoma Stat	(197)	36:18.60	7:09.29	5:50.8	3:37.9
199 HAYNES, Joel	SO	494	Southern Nazarene	198	36:22.44	7:13.13	5:51.4	3:38.2
200 FRIGSTAD, James	SO	306	Concordia-St. Paul	(199)	36:32.14	7:22.83	5:53.0	3:39.2
201 DAHLGREN, Warden	SO	356	Minnesota-Crooksto	(200)	36:38.66	7:29.35	5:54.1	3:39.9
202 ZACHARY, Woods	SO	499	Southern Nazarene	201	36:49.39	7:40.08	5:55.8	3:40.9
203 GREEN, Dennis	JR	493	Southern Nazarene	(202)	36:57.78	7:48.47	5:57.1	3:41.8
204 HUMPHREY, Jacob	SO	495	Southern Nazarene	(203)	37:03.23	7:53.92	5:58.0	3:42.3
205 EVANS, Nolan	FR	512	Upper Iowa	(204)	37:12.58	8:03.27	5:59.5	3:43.3
206 JOHNSON, Willem	FR	444	NW Oklahoma Stat	(205)	39:06.30	9:56.99	6:17.8	3:54.6