

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 #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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INDIVIDUAL RESULTS (cont'd)

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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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 GOETSCH, 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 INGALSB, 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, Javyn	JR	332	Fort Hays St.	98	31:48.28	2:38.97	5:07.3	3:10.8

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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, Trevor	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

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



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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
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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**Race #2
Men's 10K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
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