

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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Race #1 Women's 6K

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 THIBAUT, 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, Abigael	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 OFFICIALS

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



OFFICIAL MEET REPORT
printed: 11/19/2022 12:57 PM

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-Crookston	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
Host: Missouri Southern
Saturday, November 19, 2022

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Rob Mallory
Meet Referee:
Mike Mulvaney
Timing:
Dennis Weber



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Final Results

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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, Jadyn	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, Alexzandria	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