

2025 GPAC XC Championships - 11/8/2025**Hosted by Doane University****Mahoney State Park Cross Country Course****Results****Event 1 Women 6k Run CC**

Name	Year	School	Avg Mile	Finals	Points
Results - Women					
1 Braun, Corinne	SO	Dordt	5:43.8	21:21.5	1
3:32.295 (3:32.295)	10:53.261 (7:20.966)	18:11.255 (7:17.994)	21:21.471 (3:10.216)		
2 Koole, Joy	FR	Dordt	5:48.7	21:40.1	2
3:32.290 (3:32.290)	10:53.444 (7:21.154)	18:12.147 (7:18.703)	21:40.052 (3:27.905)		
3 Liston, Addison	FR	Dordt	5:50.1	21:45.1	3
3:32.076 (3:32.076)	10:53.766 (7:21.690)	18:14.963 (7:21.197)	21:45.032 (3:30.069)		
4 Green, Keeli	SO	Concordia (Neb.)	5:50.9	21:48.2	4
3:31.479 (3:31.479)	10:52.010 (7:20.531)	18:12.201 (7:20.191)	21:48.144 (3:35.943)		
5 Crow, Adeline	SO	Dordt	5:52.5	21:54.0	5
3:32.051 (3:32.051)	10:54.126 (7:22.075)	18:16.100 (7:21.974)	21:53.915 (3:37.815)		
6 Thong, Hannah	SO	Dordt	5:54.8	22:02.6	6
3:31.845 (3:31.845)	10:53.648 (7:21.803)	18:16.245 (7:22.597)	22:02.561 (3:46.316)		
7 Sporrer, Courtney	SR	Morningside	5:59.7	22:21.0	7
3:31.671 (3:31.671)	11:05.750 (7:34.079)	18:43.255 (7:37.505)	22:20.993 (3:37.738)		
8 Webb, Isabella	JR	Dordt	6:00.1	22:22.5	8
3:33.387 (3:33.387)	11:02.314 (7:28.927)	18:44.729 (7:42.415)	22:22.415 (3:37.686)		
9 Burtis, Jaci	JR	Dordt	6:01.6	22:28.2	9
3:33.526 (3:33.526)	11:02.788 (7:29.262)	18:48.843 (7:46.055)	22:28.125 (3:39.282)		
10 Hursh, Jenna	SO	Dordt	6:02.1	22:29.8	
3:31.815 (3:31.815)	10:53.112 (7:21.297)	18:38.840 (7:45.728)	22:29.796 (3:50.956)		
11 Parriott, Danie	SR	Doane	6:02.5	22:31.4	10
3:35.180 (3:35.180)	11:10.437 (7:35.257)	18:54.318 (7:43.881)	22:31.355 (3:37.037)		
12 Muller, Kara	SO	St. Mary (Neb.)	6:02.8	22:32.5	11
3:37.025 (3:37.025)	11:14.684 (7:37.659)	18:56.131 (7:41.447)	22:32.506 (3:36.375)		
13 Joiner, Courtney	SR	Dordt	6:05.6	22:42.9	
3:33.565 (3:33.565)	11:06.358 (7:32.793)	18:52.151 (7:45.793)	22:42.882 (3:50.731)		
14 Opfer, Jessica	SR	Dordt	6:07.1	22:48.7	
3:34.009 (3:34.009)	11:06.613 (7:32.604)	18:59.991 (7:53.378)	22:48.634 (3:48.643)		
15 De Groot, Emily	JR	Northwestern (Iowa)	6:08.1	22:52.4	12
3:36.573 (3:36.573)	11:17.006 (7:40.433)	19:06.468 (7:49.462)	22:52.331 (3:45.863)		
16 Henderson, Carly	SO	St. Mary (Neb.)	6:09.3	22:56.8	13
3:44.471 (3:44.471)	11:33.414 (7:48.943)	19:23.877 (7:50.463)	22:56.715 (3:32.838)		
17 Ryan, Gabby	JR	Morningside	6:11.6	23:05.2	14
3:39.988 (3:39.988)	11:29.433 (7:49.445)	19:20.874 (7:51.441)	23:05.193 (3:44.319)		
18 Beisswenger, Estefana	FR	Morningside	6:12.4	23:08.4	15
3:42.803 (3:42.803)	11:34.241 (7:51.438)	19:22.739 (7:48.498)	23:08.323 (3:45.584)		
19 Spencer, Kayden	JR	Northwestern (Iowa)	6:12.8	23:09.8	16
3:46.960 (3:46.960)	11:36.954 (7:49.994)	19:25.982 (7:49.028)	23:09.735 (3:43.753)		
20 Sporrer, Madison	FR	Morningside	6:13.7	23:13.0	17
3:35.987 (3:35.987)	11:13.294 (7:37.307)	19:14.157 (8:00.863)	23:12.998 (3:58.841)		
21 Craft, Kiley	SR	St. Mary (Neb.)	6:15.9	23:21.3	18
3:47.653 (3:47.653)	11:41.517 (7:53.864)	19:32.373 (7:50.856)	23:21.276 (3:48.903)		
22 Ramey, Maddy	JR	Doane	6:16.3	23:23.0	19
3:45.754 (3:45.754)	11:34.472 (7:48.718)	19:34.933 (8:00.461)	23:22.925 (3:47.992)		
23 Karnik, Josie	SO	St. Mary (Neb.)	6:16.5	23:23.7	20
3:47.448 (3:47.448)	11:41.243 (7:53.795)	19:33.602 (7:52.359)	23:23.669 (3:50.067)		
24 Fosmer, Mira	JR	St. Mary (Neb.)	6:18.3	23:30.4	21
3:47.416 (3:47.416)	11:41.273 (7:53.857)	19:44.571 (8:03.298)	23:30.347 (3:45.776)		
25 Catron, Delaney	JR	Doane	6:18.7	23:31.9	22
3:52.605 (3:52.605)	11:43.163 (7:50.558)	19:40.231 (7:57.068)	23:31.847 (3:51.616)		

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26	Rogge, London	JR Morningside	6:19.4	23:34.4	23
	3:45.912 (3:45.912)	11:36.358 (7:50.446)	19:38.509 (8:02.151)	23:34.359 (3:55.850)	
27	Schlachter, Annaka	SO Concordia (Neb.)	6:20.3	23:37.6	24
	3:44.120 (3:44.120)	11:43.154 (7:59.034)	19:45.090 (8:01.936)	23:37.576 (3:52.486)	
28	McKown, Eliza	JR Waldorf	6:21.0	23:40.4	25
	3:42.933 (3:42.933)	11:35.628 (7:52.695)	19:41.877 (8:06.249)	23:40.394 (3:58.517)	
29	Wittland, Calla	SR Doane	6:23.7	23:50.3	26
	3:50.842 (3:50.842)	11:49.843 (7:59.001)	19:56.863 (8:07.020)	23:50.289 (3:53.426)	
30	Zuehl, Nicole	SR Morningside	6:25.9	23:58.7	27
	3:45.225 (3:45.225)	11:42.127 (7:56.902)	19:58.404 (8:16.277)	23:58.654 (4:00.250)	
31	Mead, Corinne	SR St. Mary (Neb.)	6:29.0	24:10.2	28
	3:49.241 (3:49.241)	11:44.408 (7:55.167)	20:06.044 (8:21.636)	24:10.140 (4:04.096)	
32	Juan Jesus, Yenifer	JR St. Mary (Neb.)	6:29.3	24:11.1	29
	3:48.932 (3:48.932)	11:55.692 (8:06.760)	20:13.004 (8:17.312)	24:11.100 (3:58.096)	
33	Stepanek, Alison	SO Concordia (Neb.)	6:30.0	24:13.8	30
	3:41.872 (3:41.872)	11:52.503 (8:10.631)	20:20.698 (8:28.195)	24:13.788 (3:53.090)	
34	Dow, Grace	JR Hastings	6:31.0	24:17.5	31
	3:45.359 (3:45.359)	11:56.620 (8:11.261)	20:21.631 (8:25.011)	24:17.435 (3:55.804)	
35	Edmonds, Lydia	SO Concordia (Neb.)	6:31.3	24:18.6	32
	3:48.049 (3:48.049)	11:52.377 (8:04.328)	20:15.017 (8:22.640)	24:18.553 (4:03.536)	
36	Robertson, Ashley	FR Concordia (Neb.)	6:31.7	24:20.4	33
	3:46.441 (3:46.441)	11:59.222 (8:12.781)	20:19.516 (8:20.294)	24:20.371 (4:00.855)	
37	Russell, Maria	SR Briar Cliff	6:32.3	24:22.6	34
	3:48.611 (3:48.611)	12:03.342 (8:14.731)	20:21.890 (8:18.548)	24:22.577 (4:00.687)	
38	Lippold, Kenzy	SO Doane	6:32.7	24:23.9	35
	3:50.976 (3:50.976)	11:57.336 (8:06.360)	20:18.253 (8:20.917)	24:23.820 (4:05.567)	
39	Hough, Allison	JR Northwestern (Iowa)	6:34.6	24:31.1	36
	3:56.457 (3:56.457)	12:15.235 (8:18.778)	20:33.415 (8:18.180)	24:31.036 (3:57.621)	
40	Bradford, Alison	SO Doane	6:35.7	24:35.0	37
	3:52.979 (3:52.979)	11:55.862 (8:02.883)	20:24.172 (8:28.310)	24:34.952 (4:10.780)	
41	Brumbaugh, Izzi	FR Concordia (Neb.)	6:36.3	24:37.5	38
	3:49.100 (3:49.100)	12:14.820 (8:25.720)	20:42.776 (8:27.956)	24:37.468 (3:54.692)	
42	Dickas, Sarah	FR St. Mary (Neb.)	6:36.8	24:39.2	
	3:48.810 (3:48.810)	12:02.282 (8:13.472)	20:37.515 (8:35.233)	24:39.114 (4:01.599)	
43	Billings, Kristen	FR Doane	6:37.0	24:39.9	39
	3:56.187 (3:56.187)	12:11.118 (8:14.931)	20:36.675 (8:25.557)	24:39.873 (4:03.198)	
44	Schroeder, Macy	SO Northwestern (Iowa)	6:38.8	24:46.7	40
	3:57.993 (3:57.993)	12:10.007 (8:12.014)	20:39.746 (8:29.739)	24:46.636 (4:06.890)	
45	Anderson, Breyer	FR Morningside	6:39.8	24:50.5	41
	3:46.387 (3:46.387)	12:06.159 (8:19.772)	20:44.581 (8:38.422)	24:50.422 (4:05.841)	
46	Engelmann, Brielle	JR Northwestern (Iowa)	6:40.3	24:52.3	42
	4:03.986 (4:03.986)	12:30.774 (8:26.788)	20:56.552 (8:25.778)	24:52.252 (3:55.700)	
47	Ripke, Macee	JR Concordia (Neb.)	6:41.1	24:55.2	43
	3:52.744 (3:52.744)	12:15.757 (8:23.013)	20:55.333 (8:39.576)	24:55.167 (3:59.834)	
48	Buschkamp, Carmen	FR Morningside	6:41.7	24:57.6	
	3:47.151 (3:47.151)	12:06.931 (8:19.780)	20:50.884 (8:43.953)	24:57.607 (4:06.723)	
49	Griffis, Quincy	FR Waldorf	6:41.8	24:58.0	44
	3:47.997 (3:47.997)	12:11.817 (8:23.820)	20:51.236 (8:39.419)	24:58.004 (4:06.768)	
50	Hulzebos, Karina	JR Northwestern (Iowa)	6:41.9	24:58.3	45
	4:09.152 (4:09.152)	12:30.177 (8:21.025)	20:53.907 (8:23.730)	24:58.250 (4:04.343)	
51	Staab, Annika	SO Concordia (Neb.)	6:42.3	24:59.6	
	3:57.035 (3:57.035)	12:24.220 (8:27.185)	21:04.231 (8:40.011)	24:59.595 (3:55.364)	
52	Harris, Rachel	FR Concordia (Neb.)	6:43.4	25:03.8	
	3:42.736 (3:42.736)	12:05.479 (8:22.743)	20:56.918 (8:51.439)	25:03.805 (4:06.887)	

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53	Rogers, Kiera	SO Northwestern (Iowa)	6:44.0	25:06.1	46
	4:07.224 (4:07.224)	12:30.230 (8:23.006)	21:03.097 (8:32.867)	25:06.085 (4:02.988)	
54	Romero, Mya	FR Northwestern (Iowa)	6:44.0	25:06.3	
	4:07.718 (4:07.718)	12:29.804 (8:22.086)	21:00.321 (8:30.517)	25:06.211 (4:05.890)	
55	Point, Natalie	FR Morningside	6:45.2	25:10.6	
	3:49.082 (3:49.082)	12:15.993 (8:26.911)	21:07.460 (8:51.467)	25:10.565 (4:03.105)	
56	Peck, Brandi	JR Waldorf	6:45.7	25:12.4	47
	3:51.932 (3:51.932)	12:25.443 (8:33.511)	21:06.222 (8:40.779)	25:12.328 (4:06.106)	
57	Iwata, Katelyn	SO Doane	6:46.9	25:17.0	
	3:56.155 (3:56.155)	12:28.828 (8:32.673)	21:03.252 (8:34.424)	25:16.966 (4:13.714)	
58	Zeutenhorst, Kendra	SO Northwestern (Iowa)	6:47.4	25:18.8	
	4:07.662 (4:07.662)	12:30.721 (8:23.059)	21:05.966 (8:35.245)	25:18.769 (4:12.803)	
59	Leuenberger, Danika	SO Midland	6:48.0	25:21.2	48
	4:11.986 (4:11.986)	12:44.127 (8:32.141)	21:19.689 (8:35.562)	25:21.138 (4:01.449)	
60	Dall, Lilly	FR Concordia (Neb.)	6:48.4	25:22.4	
	3:52.751 (3:52.751)	12:25.614 (8:32.863)	21:13.020 (8:47.406)	25:22.321 (4:09.301)	
61	Lang, Ava	FR Morningside	6:49.6	25:26.9	
	3:50.298 (3:50.298)	12:34.989 (8:44.691)	21:26.119 (8:51.130)	25:26.869 (4:00.750)	
62	Gosch, Alexis	JR Mount Marty	6:49.9	25:27.9	49
	4:02.572 (4:02.572)	12:37.960 (8:35.388)	21:16.138 (8:38.178)	25:27.873 (4:11.735)	
63	O'Connor, Marissa	JR Waldorf	6:50.7	25:31.0	50
	3:56.960 (3:56.960)	12:35.402 (8:38.442)	21:23.927 (8:48.525)	25:31.003 (4:07.076)	
64	Meier, Bridget	FR Midland	6:50.9	25:31.6	51
	4:12.008 (4:12.008)	12:44.079 (8:32.071)	21:19.809 (8:35.730)	25:31.595 (4:11.786)	
65	Ray, Lily	FR St. Mary (Neb.)	6:52.4	25:37.5	
	3:59.373 (3:59.373)	12:33.016 (8:33.643)	21:23.078 (8:50.062)	25:37.497 (4:14.419)	
66	Karnik, Becka	SO St. Mary (Neb.)	6:55.5	25:49.1	
	3:52.096 (3:52.096)	12:29.659 (8:37.563)	21:27.658 (8:57.999)	25:49.087 (4:21.429)	
67	Punt, Chloe	FR Northwestern (Iowa)	6:57.4	25:56.1	
	4:04.852 (4:04.852)	12:35.190 (8:30.338)	21:33.077 (8:57.887)	25:56.051 (4:22.974)	
68	Carstens, Carly	FR Midland	7:04.5	26:22.6	52
	4:13.256 (4:13.256)	13:01.613 (8:48.357)	22:11.072 (9:09.459)	26:22.519 (4:11.447)	
69	Baker, Kate	FR Hastings	7:05.1	26:24.7	53
	4:16.417 (4:16.417)	13:06.824 (8:50.407)	22:11.201 (9:04.377)	26:24.695 (4:13.494)	
70	Maryott, Gabby	JR Doane	7:07.6	26:34.1	
	4:01.772 (4:01.772)	12:58.528 (8:56.756)	22:10.353 (9:11.825)	26:34.060 (4:23.707)	
71	Brackhan, Ava	SR Hastings	7:13.8	26:57.1	54
	4:17.525 (4:17.525)	13:12.301 (8:54.776)	22:30.262 (9:17.961)	26:57.025 (4:26.763)	
72	Barron-Berrelleza, Cecil	FR Doane	7:15.0	27:01.7	
	4:05.401 (4:05.401)	13:16.626 (9:11.225)	22:37.715 (9:21.089)	27:01.624 (4:23.909)	
73	Jepkemboi, Belinda	FR Midland	7:17.0	27:09.0	55
	4:15.582 (4:15.582)	13:32.098 (9:16.516)	22:47.162 (9:15.064)	27:08.985 (4:21.823)	
74	Seebom, Mikayla	SR Hastings	7:17.9	27:12.5	56
	4:25.501 (4:25.501)	13:32.853 (9:07.352)	22:49.659 (9:16.806)	27:12.444 (4:22.785)	
75	Faimon, Paige	FR Hastings	7:22.1	27:28.3	57
	4:22.258 (4:22.258)	13:34.200 (9:11.942)	23:00.867 (9:26.667)	27:28.266 (4:27.399)	
76	Lyngstad, Brenna	FR Mount Marty	7:22.8	27:30.9	58
	4:28.605 (4:28.605)	13:50.687 (9:22.082)	23:05.149 (9:14.462)	27:30.870 (4:25.721)	
77	Quimiro-Rosales, Ashley	SO Briar Cliff	7:29.2	27:54.6	59
	4:23.758 (4:23.758)	13:46.746 (9:22.988)	23:26.808 (9:40.062)	27:54.607 (4:27.799)	
78	Chepkorir, Judy	FR Midland	7:30.1	27:58.1	60
	4:30.894 (4:30.894)	14:10.082 (9:39.188)	23:34.280 (9:24.198)	27:58.040 (4:23.760)	
79	Noerrlinger, Claire	FR Hastings	7:33.1	28:09.2	61
	4:16.491 (4:16.491)	13:46.988 (9:30.497)	23:38.991 (9:52.003)	28:09.206 (4:30.215)	

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80 Tally, Delanie	FR Midland	7:34.1	28:12.9	62
4:31.011 (4:31.011)	14:10.043 (9:39.032)	23:39.366 (9:29.323)	28:12.811 (4:33.445)	
81 Oswald, Hailey	JR Dakota Wesleyan	7:42.1	28:42.6	63
4:27.511 (4:27.511)	14:21.016 (9:53.505)	24:05.085 (9:44.069)	28:42.522 (4:37.437)	
82 Wollberg, Whitney	FR Mount Marty	8:09.4	30:24.6	64
4:46.796 (4:46.796)	15:16.806 (10:30.010)	25:34.661 (10:17.855)		
30:24.524 (4:49.863)				
83 Wahlstrom, Josey	JR Mount Marty	8:09.5	30:24.7	65
4:46.880 (4:46.880)	15:16.896 (10:30.016)	25:34.727 (10:17.831)		
30:24.667 (4:49.940)				
84 Bean, Madeline	FR Waldorf	8:09.8	30:25.9	66
4:31.323 (4:31.323)	15:04.052 (10:32.729)	25:34.369 (10:30.317)		
30:25.835 (4:51.466)				
85 Benson, April	SO Briar Cliff	8:11.0	30:30.4	67
4:44.798 (4:44.798)	15:16.559 (10:31.761)	25:39.300 (10:22.741)		
30:30.383 (4:51.083)				
86 Deffenbaugh, Dani	JR Dakota Wesleyan	8:11.8	30:33.5	68
4:53.854 (4:53.854)	15:14.437 (10:20.583)	25:42.006 (10:27.569)		
30:33.433 (4:51.427)				
87 Johnson, Destini	FR Hastings	8:19.1	31:00.6	69
4:49.421 (4:49.421)	15:19.274 (10:29.853)	26:03.858 (10:44.584)		
31:00.579 (4:56.721)				
88 Carter, Lucy	SR Briar Cliff	8:23.6	31:17.4	70
4:44.883 (4:44.883)	15:20.711 (10:35.828)	26:16.566 (10:55.855)		
31:17.392 (5:00.826)				
89 Laughery, Eve	FR Dakota Wesleyan	8:23.6	31:17.5	71
4:53.908 (4:53.908)	15:14.550 (10:20.642)	26:07.051 (10:52.501)		
31:17.489 (5:10.438)				
90 Prieto, Alondra	FR Briar Cliff	8:30.5	31:43.0	72
4:32.208 (4:32.208)	15:20.665 (10:48.457)	26:28.747 (11:08.082)		
31:42.971 (5:14.224)				
91 Anderholm, Caitlin	SR Briar Cliff	8:34.5	31:57.9	73
4:54.940 (4:54.940)	16:05.407 (11:10.467)	27:02.869 (10:57.462)		
31:57.909 (4:55.040)				
92 Maldonado, Ashlyn	SO Dakota Wesleyan	8:49.6	32:54.2	74
4:53.961 (4:53.961)	15:45.577 (10:51.616)	27:14.874 (11:29.297)		
32:54.167 (5:39.293)				
93 Killinger, Hannah	SO Mount Marty	9:49.3	36:36.8	75
5:19.994 (5:19.994)	17:58.720 (12:38.726)	30:37.327 (12:38.607)		
36:36.749 (5:59.422)				
94 Hinojosa, Taylor	SR Mount Marty	9:49.3	36:37.1	76
5:19.964 (5:19.964)	17:58.978 (12:39.014)	30:37.565 (12:38.587)		
36:37.011 (5:59.446)				
95 Ruelas-Hertz, Stacy	SO Dakota Wesleyan	10:39.2	39:43.0	77
5:20.117 (5:20.117)	17:47.270 (12:27.153)	33:52.185 (16:04.915)		
39:42.931 (5:50.746)				
-- Mulder, Molly	SR Dordt		DNS	
-- Hoogland, Olivia	SO Dordt		DNS	
-- Peck, Sydney	FR Hastings		DNS	
-- Zwart, Elyse	FR Dordt		DNS	
-- Bergstrom, Maddie	SO Midland		DNS	
-- Koerner, Jada	JR Dordt		DNS	
-- Schledewitz, Rilyn	FR Doane		DNS	
-- Whiteshirt, Lilly	FR Mount Marty		DNS	

2025 GPAC XC Championships - 11/8/2025**Hosted by Doane University****Mahoney State Park Cross Country Course****Results****Event 2 Men 8k Run CC**

Name	Year	School	Avg Mile	Finals	Points
Results - Men					
1 Johnson, Truman	SO	Dordt	4:58.9	24:45.7	1
3:03.601 (3:03.601)	9:20.562 (6:16.961)	15:37.269 (6:16.707)	21:48.493 (6:11.224)		
24:45.647 (2:57.154)					
2 Keter, Alvin	SO	Doane	4:59.8	24:50.1	2
3:04.857 (3:04.857)	9:20.511 (6:15.654)	15:37.557 (6:17.046)	21:48.379 (6:10.822)		
24:50.060 (3:01.681)					
3 Hendrickson, Vaughn	SO	Concordia (Neb.)	5:00.3	24:52.8	3
3:02.479 (3:02.479)	9:20.170 (6:17.691)	15:36.941 (6:16.771)	21:50.199 (6:13.258)		
24:52.764 (3:02.565)					
4 Grigsby, Michael	SR	Doane	5:02.3	25:02.4	4
3:04.762 (3:04.762)	9:20.877 (6:16.115)	15:39.915 (6:19.038)	22:06.537 (6:26.622)		
25:02.389 (2:55.852)					
5 Swanson, Luke	SR	Dordt	5:02.3	25:02.6	5
3:04.298 (3:04.298)	9:20.165 (6:15.867)	15:40.700 (6:20.535)	22:07.177 (6:26.477)		
25:02.511 (2:55.334)					
6 Bickley, Porter	SO	Doane	5:02.7	25:04.7	6
3:05.066 (3:05.066)	9:20.188 (6:15.122)	15:38.912 (6:18.724)	22:04.715 (6:25.803)		
25:04.704 (2:59.989)					
7 Tofteland, Caleb	FR	Northwestern (Iowa)	5:02.8	25:05.1	7
3:03.468 (3:03.468)	9:20.698 (6:17.230)	15:40.627 (6:19.929)	22:06.149 (6:25.522)		
25:05.032 (2:58.883)					
8 Hjortkjaer, Lucas	JR	Midland	5:04.1	25:11.7	8
3:04.245 (3:04.245)	9:21.148 (6:16.903)	15:40.446 (6:19.298)	22:07.866 (6:27.420)		
25:11.702 (3:03.836)					
9 Hulstein, Tage	SR	Dordt	5:04.4	25:12.8	9
3:05.533 (3:05.533)	9:20.872 (6:15.339)	15:40.108 (6:19.236)	22:05.033 (6:24.925)		
25:12.774 (3:07.741)					
10 Wall, Jayden	SO	Doane	5:04.4	25:13.0	10
3:08.089 (3:08.089)	9:25.492 (6:17.403)	15:45.575 (6:20.083)	22:12.694 (6:27.119)		
25:13.002 (3:00.308)					
11 Robertson, Trey	JR	Concordia (Neb.)	5:07.0	25:25.8	11
3:02.703 (3:02.703)	9:21.784 (6:19.081)	15:48.648 (6:26.864)	22:22.378 (6:33.730)		
25:25.720 (3:03.342)					
12 Cross, Joseph	SO	Mount Marty	5:07.0	25:25.9	12
3:04.532 (3:04.532)	9:23.295 (6:18.763)	15:50.479 (6:27.184)	22:21.403 (6:30.924)		
25:25.884 (3:04.481)					
13 Kuncl, Trevor	SR	Concordia (Neb.)	5:07.2	25:26.8	13
3:06.563 (3:06.563)	9:27.064 (6:20.501)	15:49.268 (6:22.204)	22:25.835 (6:36.567)		
25:26.766 (3:00.931)					
14 Yego, Emmanuel	SR	Doane	5:07.8	25:30.1	14
3:05.076 (3:05.076)	9:25.851 (6:20.775)	15:51.837 (6:25.986)	22:21.046 (6:29.209)		
25:30.086 (3:09.040)					
15 Limback, Aidan	JR	Concordia (Neb.)	5:07.9	25:30.4	15
3:04.441 (3:04.441)	9:26.117 (6:21.676)	15:50.460 (6:24.343)	22:24.505 (6:34.045)		
25:30.389 (3:05.884)					
16 VanDeBerg, Ben	SR	Northwestern (Iowa)	5:08.1	25:31.6	16
3:05.162 (3:05.162)	9:24.184 (6:19.022)	15:51.374 (6:27.190)	22:24.625 (6:33.251)		
25:31.583 (3:06.958)					
17 Hamilton, Hudson	FR	Dordt	5:11.7	25:49.5	17
3:06.385 (3:06.385)	9:26.433 (6:20.048)	15:57.319 (6:30.886)	22:37.030 (6:39.711)		
25:49.456 (3:12.426)					

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18 Hebert, Steven	FR Dordt	5:12.7	25:54.1	18
3:07.681 (3:07.681)	9:32.011 (6:24.330)	16:03.577 (6:31.566)	22:40.504 (6:36.927)	
25:54.100 (3:13.596)				
19 Landman, Levi	SR Dordt	5:13.2	25:56.8	19
3:06.073 (3:06.073)	9:30.013 (6:23.940)	16:03.868 (6:33.855)	22:42.252 (6:38.384)	
25:56.739 (3:14.487)				
20 Kamp, Chase	SR Dordt	5:14.4	26:02.6	20
3:08.210 (3:08.210)	9:32.228 (6:24.018)	16:07.824 (6:35.596)	22:49.441 (6:41.617)	
26:02.553 (3:13.112)				
21 Taylor, Braden	SO Midland	5:15.2	26:06.6	21
3:13.398 (3:13.398)	9:51.735 (6:38.337)	16:27.951 (6:36.216)	23:01.770 (6:33.819)	
26:06.551 (3:04.781)				
22 Halder, Parker	JR Morningside	5:15.2	26:06.8	22
3:06.912 (3:06.912)	9:31.651 (6:24.739)	16:05.370 (6:33.719)	22:52.631 (6:47.261)	
26:06.729 (3:14.098)				
23 Chance, Abram	FR Concordia (Neb.)	5:17.2	26:16.5	23
3:12.145 (3:12.145)	9:40.206 (6:28.061)	16:13.785 (6:33.579)	23:01.255 (6:47.470)	
26:16.419 (3:15.164)				
24 McKinley, Eein	JR Morningside	5:17.6	26:18.5	24
3:06.787 (3:06.787)	9:31.826 (6:25.039)	16:15.764 (6:43.938)	23:02.819 (6:47.055)	
26:18.476 (3:15.657)				
25 Struss, Evan	SO Hastings	5:17.7	26:19.2	25
3:07.058 (3:07.058)	9:32.262 (6:25.204)	16:15.233 (6:42.971)	23:02.928 (6:47.695)	
26:19.207 (3:16.279)				
26 Vander Leest, Derrek	SR Dordt	5:18.4	26:22.5	
3:08.081 (3:08.081)	9:31.325 (6:23.244)	16:08.816 (6:37.491)	23:06.803 (6:57.987)	
26:22.459 (3:15.656)				
27 O'Brien, Nate	JR Doane	5:18.4	26:22.7	26
3:13.740 (3:13.740)	9:54.141 (6:40.401)	16:33.645 (6:39.504)	23:14.302 (6:40.657)	
26:22.610 (3:08.308)				
28 Fagan, Isaac	SO Dordt	5:18.5	26:22.9	
3:05.939 (3:05.939)	9:35.859 (6:29.920)	16:23.953 (6:48.094)	23:14.272 (6:50.319)	
26:22.826 (3:08.554)				
29 Dawes, Will	SR Doane	5:19.9	26:29.8	27
3:13.847 (3:13.847)	9:54.521 (6:40.674)	16:36.245 (6:41.724)	23:14.911 (6:38.666)	
26:29.799 (3:14.888)				
30 Watts, Ransom	JR Concordia (Neb.)	5:21.9	26:40.2	28
3:06.637 (3:06.637)	9:33.260 (6:26.623)	16:22.998 (6:49.738)	23:27.525 (7:04.527)	
26:40.110 (3:12.585)				
31 McIlravy, Alik	SO Northwestern (Iowa)	5:22.1	26:41.1	29
3:09.595 (3:09.595)	9:51.308 (6:41.713)	16:36.690 (6:45.382)	23:26.043 (6:49.353)	
26:41.022 (3:14.979)				
32 Barber, Emmett	FR Northwestern (Iowa)	5:22.2	26:41.5	30
3:07.386 (3:07.386)	9:36.057 (6:28.671)	16:23.995 (6:47.938)	23:18.592 (6:54.597)	
26:41.501 (3:22.909)				
33 Christensen, Breyden	SR Waldorf	5:22.7	26:43.8	31
3:14.345 (3:14.345)	9:54.797 (6:40.452)	16:35.697 (6:40.900)	23:27.856 (6:52.159)	
26:43.764 (3:15.908)				
34 Siek, Keith	FR Concordia (Neb.)	5:22.7	26:43.8	32
3:14.603 (3:14.603)	9:56.071 (6:41.468)	16:40.077 (6:44.006)	23:29.476 (6:49.399)	
26:43.772 (3:14.296)				
35 Menke, Logan	SO Doane	5:23.7	26:48.8	
3:13.967 (3:13.967)	9:54.042 (6:40.075)	16:40.299 (6:46.257)	23:31.031 (6:50.732)	
26:48.803 (3:17.772)				

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36 Steenblok, Koen	SO Midland	5:25.5	26:57.9	33
3:10.938 (3:10.938)	9:50.071 (6:39.133) 16:44.126 (6:54.055) 23:47.171 (7:03.045)			
26:57.869 (3:10.698)				
37 Sherman, Justin	JR Concordia (Neb.)	5:26.3	27:01.6	
3:14.973 (3:14.973)	9:55.736 (6:40.763) 16:39.901 (6:44.165) 23:41.074 (7:01.173)			
27:01.602 (3:20.528)				
38 Fowler, Alex	SO Doane	5:26.6	27:03.3	
3:14.010 (3:14.010)	9:54.411 (6:40.401) 16:36.608 (6:42.197) 23:37.411 (7:00.803)			
27:03.235 (3:25.824)				
39 Dirks, Dietrich	FR Northwestern (Iowa)	5:26.9	27:04.6	34
3:14.116 (3:14.116)	9:58.419 (6:44.303) 16:53.590 (6:55.171) 23:48.846 (6:55.256)			
27:04.583 (3:15.737)				
40 Obbink, Trace	SO Dordt	5:27.5	27:08.0	
3:05.630 (3:05.630)	9:31.768 (6:26.138) 16:23.327 (6:51.559) 23:29.067 (7:05.740)			
27:07.915 (3:38.848)				
41 Hicks, RC	SR Morningside	5:27.9	27:09.6	35
3:12.149 (3:12.149)	9:59.523 (6:47.374) 16:51.532 (6:52.009) 23:50.226 (6:58.694)			
27:09.542 (3:19.316)				
42 Huston, Jake	SO Northwestern (Iowa)	5:27.9	27:09.8	36
3:12.271 (3:12.271)	9:58.002 (6:45.731) 16:50.636 (6:52.634) 23:48.200 (6:57.564)			
27:09.800 (3:21.600)				
43 Burks, Deshawn	SR Hastings	5:28.7	27:13.7	37
3:13.208 (3:13.208)	10:01.638 (6:48.430) 16:54.514 (6:52.876) 23:57.511 (7:02.997)			
27:13.683 (3:16.172)				
44 Kruger, Casey	SR Morningside	5:28.9	27:14.9	38
3:11.800 (3:11.800)	9:53.703 (6:41.903) 16:46.663 (6:52.960) 23:51.175 (7:04.512)			
27:14.908 (3:23.733)				
45 Pederson, Jessup	SO Concordia (Neb.)	5:30.2	27:21.4	
3:15.046 (3:15.046)	9:57.697 (6:42.651) 16:49.159 (6:51.462) 23:57.430 (7:08.271)			
27:21.355 (3:23.925)				
46 Sonksen, Braden	SO Morningside	5:30.8	27:24.4	39
3:11.930 (3:11.930)	9:58.920 (6:46.990) 16:57.112 (6:58.192) 24:03.129 (7:06.017)			
27:24.337 (3:21.208)				
47 Smith, Cody	SO Doane	5:31.3	27:26.6	
3:09.943 (3:09.943)	9:57.540 (6:47.597) 16:55.644 (6:58.104) 24:03.195 (7:07.551)			
27:26.606 (3:23.411)				
48 Tvedt, Tague	SR Mount Marty	5:33.9	27:39.9	40
3:12.729 (3:12.729)	10:09.804 (6:57.075) 17:20.325 (7:10.521) 24:27.404 (7:07.079)			
27:39.852 (3:12.448)				
49 Hughes, Ashton	JR Northwestern (Iowa)	5:34.4	27:42.3	41
3:21.450 (3:21.450)	10:17.545 (6:56.095) 17:20.895 (7:03.350) 24:26.840 (7:05.945)			
27:42.309 (3:15.469)				
50 Ramold, Austin	SR Morningside	5:34.8	27:44.3	42
3:12.709 (3:12.709)	10:03.503 (6:50.794) 17:06.183 (7:02.680) 24:21.249 (7:15.066)			
27:44.280 (3:23.031)				
51 Korir, Kelvin	SO Midland	5:35.2	27:46.0	43
3:13.960 (3:13.960)	9:52.010 (6:38.050) 16:50.026 (6:58.016) 24:12.223 (7:22.197)			
27:45.948 (3:33.725)				
52 Engbers, Carson	JR Northwestern (Iowa)	5:37.0	27:54.8	
3:13.906 (3:13.906)	10:06.476 (6:52.570) 17:13.331 (7:06.855) 24:24.062 (7:10.731)			
27:54.777 (3:30.715)				
53 Welker, Mason	SR Morningside	5:39.2	28:06.1	44
3:12.558 (3:12.558)	10:01.255 (6:48.697) 17:12.296 (7:11.041) 24:31.593 (7:19.297)			
28:06.100 (3:34.507)				

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54	Evans, Charlie	FR Concordia (Neb.)	5:39.5	28:07.3	
	3:15.696 (3:15.696)	10:05.483 (6:49.787)	17:29.221 (7:23.738)	24:44.746 (7:15.525)	
	28:07.279 (3:22.533)				
55	Shaffer, Jacob	JR Northwestern (Iowa)	5:39.5	28:07.7	
	3:21.743 (3:21.743)	10:21.514 (6:59.771)	17:28.732 (7:07.218)	24:39.633 (7:10.901)	
	28:07.626 (3:27.993)				
56	Rundquist, Quinlan	FR Northwestern (Iowa)	5:44.0	28:29.8	
	3:10.649 (3:10.649)	9:59.062 (6:48.413)	17:15.682 (7:16.620)	24:53.585 (7:37.903)	
	28:29.793 (3:36.208)				
57	Hernandez, Jordael	FR Hastings	5:44.5	28:32.4	45
	3:16.311 (3:16.311)	10:25.486 (7:09.175)	17:43.633 (7:18.147)	25:07.092 (7:23.459)	
	28:32.399 (3:25.307)				
58	Cervený, Blake	FR Morningside	5:45.5	28:37.2	
	3:13.486 (3:13.486)	10:17.404 (7:03.918)	17:39.515 (7:22.111)	25:08.028 (7:28.513)	
	28:37.166 (3:29.138)				
59	Salter, Tyler	SR Hastings	5:45.8	28:39.0	46
	3:22.615 (3:22.615)	10:39.017 (7:16.402)	17:57.602 (7:18.585)	25:25.804 (7:28.202)	
	28:39.008 (3:13.204)				
60	Koontz, Owen	JR Mount Marty	5:46.9	28:44.4	47
	3:20.606 (3:20.606)	10:33.446 (7:12.840)	17:58.657 (7:25.211)	25:22.612 (7:23.955)	
	28:44.409 (3:21.797)				
61	Cote, Isaiah	SO Waldorf	5:47.0	28:44.8	48
	3:17.186 (3:17.186)	10:35.833 (7:18.647)	18:00.912 (7:25.079)	25:23.276 (7:22.364)	
	28:44.761 (3:21.485)				
62	Hoseth, Demetry	SO Briar Cliff	5:48.4	28:51.8	49
	3:22.947 (3:22.947)	10:35.084 (7:12.137)	18:00.761 (7:25.677)	25:23.252 (7:22.491)	
	28:51.747 (3:28.495)				
63	Graves, Parker	SO Hastings	5:50.6	29:02.5	50
	3:10.705 (3:10.705)	10:16.328 (7:05.623)	17:55.832 (7:39.504)	25:29.417 (7:33.585)	
	29:02.423 (3:33.006)				
64	Nemetz, Drake	FR Mount Marty	5:51.3	29:06.1	51
	3:21.092 (3:21.092)	10:42.075 (7:20.983)	18:13.373 (7:31.298)	25:44.535 (7:31.162)	
	29:06.012 (3:21.477)				
65	Olsen, Christian	SO Midland	5:51.8	29:08.5	52
	3:27.185 (3:27.185)	10:43.025 (7:15.840)	18:03.693 (7:20.668)	25:35.897 (7:32.204)	
	29:08.454 (3:32.557)				
66	Szabo, Gar	FR Hastings	5:53.2	29:15.5	53
	3:19.856 (3:19.856)	10:35.300 (7:15.444)	18:08.141 (7:32.841)	25:41.380 (7:33.239)	
	29:15.462 (3:34.082)				
67	Shaughnessy, Jude	FR Mount Marty	5:53.8	29:18.6	54
	3:22.203 (3:22.203)	10:47.095 (7:24.892)	18:16.034 (7:28.939)	25:45.103 (7:29.069)	
	29:18.555 (3:33.452)				
68	Conway, Carson	FR Mount Marty	5:56.3	29:30.8	55
	3:18.764 (3:18.764)	10:35.519 (7:16.755)	18:12.146 (7:36.627)	25:54.600 (7:42.454)	
	29:30.770 (3:36.170)				
69	Wise, Sam	SR Hastings	5:58.8	29:43.6	56
	3:38.672 (3:38.672)	10:59.949 (7:21.277)	18:27.079 (7:27.130)	26:06.416 (7:39.337)	
	29:43.547 (3:37.131)				
70	Huffman, Graham	FR Dakota Wesleyan	5:59.7	29:48.0	57
	3:25.760 (3:25.760)	10:57.645 (7:31.885)	18:37.074 (7:39.429)	26:17.554 (7:40.480)	
	29:47.911 (3:30.357)				
71	Yazzie, Henry	FR Hastings	6:00.1	29:50.0	
	3:37.758 (3:37.758)	11:12.726 (7:34.968)	18:45.301 (7:32.575)	26:20.077 (7:34.776)	
	29:49.955 (3:29.878)				

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72 Lopez, Jose	SR Morningside	6:02.5	30:01.6	
3:25.857 (3:25.857)	10:49.868 (7:24.011)	18:30.706 (7:40.838)	26:19.443 (7:48.737)	
30:01.605 (3:42.162)				
73 Hohn, Gage	SO Dakota Wesleyan	6:10.2	30:40.1	58
3:30.488 (3:30.488)	11:14.635 (7:44.147)	19:10.297 (7:55.662)	27:10.723 (8:00.426)	
30:40.066 (3:29.343)				
74 Fields, Corey	FR Hastings	6:11.6	30:47.2	
3:37.666 (3:37.666)	11:04.084 (7:26.418)	18:50.770 (7:46.686)	26:54.812 (8:04.042)	
30:47.152 (3:52.340)				
75 Dietterle, Gage	JR Dakota Wesleyan	6:13.0	30:53.8	59
3:35.444 (3:35.444)	11:13.195 (7:37.751)	19:08.169 (7:54.974)	27:19.105 (8:10.936)	
30:53.797 (3:34.692)				
76 MacClure, Nathan	SO Briar Cliff	6:13.4	30:56.1	60
3:22.349 (3:22.349)	11:15.758 (7:53.409)	19:24.309 (8:08.551)	27:20.100 (7:55.791)	
30:56.105 (3:36.005)				
77 Rock, Royce	FR Waldorf	6:15.5	31:06.5	61
3:28.642 (3:28.642)	11:07.809 (7:39.167)	19:02.554 (7:54.745)	27:11.972 (8:09.418)	
31:06.492 (3:54.520)				
78 Stoa III, Jay	SO Midland	6:19.6	31:26.8	62
3:45.598 (3:45.598)	11:33.151 (7:47.553)	19:31.269 (7:58.118)	27:31.982 (8:00.713)	
31:26.767 (3:54.785)				
79 Penney, Preston	FR Midland	6:21.7	31:37.2	63
3:36.210 (3:36.210)	11:16.437 (7:40.227)	19:18.346 (8:01.909)	27:36.783 (8:18.437)	
31:37.204 (4:00.421)				
80 Lemaster, Dustin	FR Dakota Wesleyan	6:23.2	31:44.9	64
3:36.463 (3:36.463)	11:22.058 (7:45.595)	19:33.287 (8:11.229)	28:05.223 (8:31.936)	
31:44.866 (3:39.643)				
81 Nagle, James	SO Briar Cliff	6:27.8	32:07.5	65
3:33.305 (3:33.305)	11:43.809 (8:10.504)	19:57.873 (8:14.064)	28:05.491 (8:07.618)	
32:07.507 (4:02.016)				
82 Gregg, Ethan	SR Briar Cliff	6:36.5	32:51.0	66
3:57.190 (3:57.190)	12:27.285 (8:30.095)	20:42.130 (8:14.845)	28:52.292 (8:10.162)	
32:50.987 (3:58.695)				
83 Santiago, Alan	JR Mount Marty	6:37.3	32:54.6	67
3:43.956 (3:43.956)	12:13.217 (8:29.261)	20:34.873 (8:21.656)	28:54.061 (8:19.188)	
32:54.549 (4:00.488)				
84 Phillips, David	SR Mount Marty	6:47.1	33:43.3	
3:49.557 (3:49.557)	12:21.434 (8:31.877)	20:53.955 (8:32.521)	29:27.682 (8:33.727)	
33:43.279 (4:15.597)				
85 Antonino, Connor	JR Briar Cliff	6:50.5	34:00.2	68
3:45.157 (3:45.157)	12:07.638 (8:22.481)	20:52.402 (8:44.764)	29:52.500 (9:00.098)	
34:00.147 (4:07.647)				
86 Dominique, Brunelson	SO Waldorf	7:02.6	35:00.4	69
3:42.879 (3:42.879)	12:29.623 (8:46.744)	21:33.705 (9:04.082)	30:44.524 (9:10.819)	
35:00.397 (4:15.873)				
87 Herrmann, Tayne	FR Dakota Wesleyan	7:05.3	35:14.2	70
3:50.256 (3:50.256)	12:53.209 (9:02.953)	22:11.076 (9:17.867)	31:21.817 (9:10.741)	
35:14.132 (3:52.315)				
88 Horton, X-Zayvier	SO Waldorf	7:49.6	38:54.4	71
4:20.011 (4:20.011)	14:14.703 (9:54.692)		24:08.244 (9:53.541)	
34:18.314 (10:10.070)	38:54.375 (4:36.061)			
89 Ewurs, Chayton	FR Waldorf	7:51.7	39:04.7	72
4:17.080 (4:17.080)	14:15.673 (9:58.593)		24:19.861 (10:04.188)	
34:20.350 (10:00.489)	39:04.668 (4:44.318)			

Results

9	Waldorf	280	31	48	61	69	71	72	74
	Total Time:	2:40:29.90							
	Average:	32:05.98							
10	Dakota Wesleyan	308	57	58	59	64	70		
	Total Time:	2:38:21.00							
	Average:	31:40.20							
11	Briar Cliff	308	49	60	65	66	68	73	75
	Total Time:	2:38:46.60							
	Average:	31:45.32							