

NCAA DIVISION III CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN
Carleton College (Eastern Deadline)
November 12, 2016

MEET OFFICIALS

Meet Director:
Steve Dalhed
Meet Referee:
Bill Terriquez
Timing:
Wayzata Results, Inc.



OFFICIAL MEET REPORT
printed: 11/12/2016 12:53 PM

Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

TEAM SCORING SUMMARY

| Final Standings | Score | Scoring Order | Total | Avg. | Spread |
|-------------------------|-------|-------------------------------|---------|-------|--------|
| 1 Loras | 101 | 1-9-26-29-36(47)(50) | 2:09:45 | 25:57 | 1:03.1 |
| 2 Wartburg | 117 | 8-10-14-37-48(67)(79) | 2:10:08 | 26:02 | 0:48.1 |
| 3 St. Olaf | 128 | 15-23-27-28-35(41)(59) | 2:10:45 | 26:09 | 0:23.3 |
| 4 Nebraska Wesleyan | 139 | 11-16-17-18-77(81)(93) | 2:10:39 | 26:08 | 1:10.7 |
| 5 Luther | 179 | 2-34-38-39-66(75)(94) | 2:11:11 | 26:15 | 1:26.5 |
| 6 Gustavus Adolphus | 191 | 12-13-43-60-63(74)(95) | 2:11:30 | 26:18 | 0:56.0 |
| 7 Central College | 221 | 4-21-22-82-92(98)(131) | 2:11:56 | 26:24 | 1:36.2 |
| 8 St. John's (Minn.) | 233 | 3-42-45-65-78(80)(101) | 2:12:09 | 26:26 | 1:22.5 |
| 9 Grinnell | 312 | 25-40-61-86-100(117)(134) | 2:13:41 | 26:45 | 1:10.1 |
| 10 Carleton | 313 | 19-56-58-73-107(124)(139) | 2:13:37 | 26:44 | 1:24.3 |
| 11 Wis.-Superior | 316 | 5-30-62-91-128(157)(163) | 2:13:48 | 26:46 | 2:20.0 |
| 12 St. Thomas (Minn.) | 343 | 53-64-71-72-83(87)(90) | 2:14:04 | 26:49 | 0:27.9 |
| 13 Simpson (Iowa) | 373 | 46-69-70-85-103(123)(127) | 2:14:35 | 26:55 | 0:53.8 |
| 14 Hamline | 399 | 51-55-76-104-113(125)(137) | 2:15:00 | 27:00 | 0:58.5 |
| 15 Bethel (Minn.) | 462 | 33-88-97-118-126(147)(165) | 2:16:14 | 27:15 | 1:36.2 |
| 16 Cornell College | 472 | 32-52-111-135-142(144)(164) | 2:16:53 | 27:23 | 2:05.3 |
| 17 Saint Mary's (Minn.) | 474 | 6-44-122-140-162(197) | 2:17:19 | 27:28 | 3:30.8 |
| 18 St. Scholastica | 483 | 24-68-84-148-159(168)(191) | 2:17:43 | 27:33 | 2:59.7 |
| 19 Macalester | 491 | 49-89-109-114-130(160)(161) | 2:16:39 | 27:20 | 1:26.6 |
| 20 Martin Luther | 510 | 57-106-112-116-119(199)(200) | 2:16:49 | 27:22 | 0:59.0 |
| 21 Minnesota-Morris | 523 | 20-99-102-136-166(169)(173) | 2:18:20 | 27:40 | 3:21.7 |
| 22 Dubuque | 577 | 7-129-141-146-154(158)(167) | 2:19:27 | 27:54 | 3:12.9 |
| 23 Coe | 589 | 54-121-133-138-143(145)(149) | 2:19:09 | 27:50 | 1:49.2 |
| 24 Concordia-Moorhead | 611 | 96-105-108-150-152(174)(187) | 2:19:33 | 27:55 | 1:31.6 |
| 25 Augsburg | 653 | 31-115-156-171-180(190) | 2:22:38 | 28:32 | 3:43.6 |
| 26 Northwestern (Minn.) | 728 | 120-132-151-155-170(177) | 2:23:14 | 28:39 | 2:01.6 |
| 27 Buena Vista | 816 | 110-153-179-185-189(195)(203) | 2:27:56 | 29:36 | 3:35.8 |
| 28 Bethany Lutheran | 896 | 172-176-178-184-186(202) | 2:30:55 | 30:11 | 0:55.4 |
| 29 Northland | 927 | 175-182-183-193-194(201) | 2:33:02 | 30:37 | 1:34.5 |
| 30 Crown | 955 | 181-188-192-196-198 | 2:37:20 | 31:28 | 2:42.0 |

INDIVIDUAL RESULTS

| Athlete | YR | Team (Team Place) | Score | Time | Gap | Avg. Mile | Avg. kM |
|---------------------|----|------------------------|-------|---------|--------|-----------|---------|
| 1 Mason Tope | JR | Loras (1) | 1 | 25:16.3 | --- | 5:05.1 | 3:09.5 |
| 2 Isaac Jensen | SR | Luther (1) | 2 | 25:19.5 | 0:03.5 | 5:05.7 | 3:09.9 |
| 3 Ryan Bugler | SR | St. John's (Minn.) (1) | 3 | 25:34.2 | 0:18.2 | 5:08.7 | 3:11.8 |
| 4 Mark Fairley | JR | Central College (1) | 4 | 25:36.4 | 0:20.4 | 5:09.1 | 3:12.0 |
| 5 Jackson Lindquist | SR | Wis.-Superior (1) | 5 | 25:37.9 | 0:21.9 | 5:09.4 | 3:12.2 |
| 6 Jovan Newsum | SR | Saint Mary's (Minn.) | 6 | 25:38.5 | 0:22.5 | 5:09.5 | 3:12.3 |

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**Race #2
MEN • 8 Kilometers (4.97 Miles)****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete | YR | Team (Team Place) | Score | Time | Gap | Avg. Mile | Avg. kM |
|--------------------------|----|------------------------|-------|---------|--------|-----------|---------|
| 7 Alec Bass | JR | Dubuque (1) | 7 | 25:41.3 | 0:25.3 | 5:10.1 | 3:12.7 |
| 8 Eli Kaczinski | JR | Wartburg (1) | 8 | 25:42.2 | 0:26.2 | 5:10.3 | 3:12.8 |
| 9 Brien Nugent | JR | Loras (2) | 9 | 25:43.2 | 0:27.2 | 5:10.5 | 3:12.9 |
| 10 Jerry Frawley | SR | Wartburg (2) | 10 | 25:44.7 | 0:28.7 | 5:10.8 | 3:13.1 |
| 11 Tanner Brown | SR | Nebraska Wesleyan | 11 | 25:44.7 | 0:28.7 | 5:10.8 | 3:13.1 |
| 12 Evan Jones | SR | Gustavus Adolphus | 12 | 25:48.1 | 0:32.1 | 5:11.5 | 3:13.5 |
| 13 Thomas Knobbe | SR | Gustavus Adolphus | 13 | 25:50.3 | 0:34.4 | 5:11.9 | 3:13.8 |
| 14 Kailas Kokare | SR | Wartburg (3) | 14 | 25:50.4 | 0:34.4 | 5:11.9 | 3:13.8 |
| 15 Alex Berhe | SO | St. Olaf (1) | 15 | 25:56.0 | 0:40.0 | 5:13.1 | 3:14.5 |
| 16 Andy Vasquez | FR | Nebraska Wesleyan | 16 | 25:58.9 | 0:43.0 | 5:13.7 | 3:14.9 |
| 17 Jordan Wheeler | JR | Nebraska Wesleyan | 17 | 25:59.5 | 0:43.5 | 5:13.8 | 3:14.9 |
| 18 Ash Gandul | JR | Nebraska Wesleyan | 18 | 25:59.8 | 0:43.8 | 5:13.8 | 3:15.0 |
| 19 Tris Dodge | SO | Carleton (1) | 19 | 25:59.9 | 0:43.9 | 5:13.9 | 3:15.0 |
| 20 Chalmer Combellick | SR | Minnesota-Morris (1) | 20 | 26:02.1 | 0:46.1 | 5:14.3 | 3:15.3 |
| 21 Tanner Rathje | JR | Central College (2) | 21 | 26:02.9 | 0:46.9 | 5:14.5 | 3:15.4 |
| 22 Isaac Steffensmeier | SR | Central College (3) | 22 | 26:03.8 | 0:47.8 | 5:14.6 | 3:15.5 |
| 23 Joe Coffey | SR | St. Olaf (2) | 23 | 26:05.1 | 0:49.1 | 5:14.9 | 3:15.6 |
| 24 Jacob Gallagher | SR | St. Scholastica (1) | 24 | 26:06.6 | 0:50.6 | 5:15.2 | 3:15.8 |
| 25 Anthony McLean | SR | Grinnell (1) | 25 | 26:09.6 | 0:53.6 | 5:15.8 | 3:16.2 |
| 26 Timothy Sevcik | JR | Loras (3) | 26 | 26:10.6 | 0:54.6 | 5:16.0 | 3:16.3 |
| 27 Jacob Eggers | SR | St. Olaf (3) | 27 | 26:10.6 | 0:54.6 | 5:16.0 | 3:16.3 |
| 28 William Anderson | SO | St. Olaf (4) | 28 | 26:13.6 | 0:57.6 | 5:16.6 | 3:16.7 |
| 29 Justin Adams | JR | Loras (4) | 29 | 26:15.0 | 0:59.0 | 5:16.9 | 3:16.9 |
| 30 Jordan Koski | JR | Wis.-Superior (2) | 30 | 26:16.2 | 1:00.2 | 5:17.1 | 3:17.0 |
| 31 Abdullahi Salan | SR | Augsburg (1) | 31 | 26:17.2 | 1:01.2 | 5:17.3 | 3:17.1 |
| 32 Cuyler Gabriel | SO | Cornell College (1) | 32 | 26:17.6 | 1:01.6 | 5:17.4 | 3:17.2 |
| 33 Evan Hatton | SO | Bethel (Minn.) (1) | 33 | 26:17.9 | 1:01.9 | 5:17.5 | 3:17.2 |
| 34 Parker Beard | SR | Luther (2) | 34 | 26:18.6 | 1:02.6 | 5:17.6 | 3:17.3 |
| 35 Keith Ketola | JR | St. Olaf (5) | 35 | 26:19.3 | 1:03.3 | 5:17.7 | 3:17.4 |
| 36 Jack Carroll | SO | Loras (5) | 36 | 26:19.4 | 1:03.4 | 5:17.8 | 3:17.4 |
| 37 Caleb Appleton | FR | Wartburg (4) | 37 | 26:20.3 | 1:04.3 | 5:18.0 | 3:17.5 |
| 38 Patrick Finnegan | JR | Luther (3) | 38 | 26:23.2 | 1:07.2 | 5:18.5 | 3:17.9 |
| 39 Trever Schwichtenberg | SR | Luther (4) | 39 | 26:23.3 | 1:07.3 | 5:18.6 | 3:17.9 |
| 40 John Lennon | SO | Grinnell (2) | 40 | 26:23.3 | 1:07.4 | 5:18.6 | 3:17.9 |
| 41 Jack Henschel | FR | St. Olaf (6) | (41) | 26:23.8 | 1:07.8 | 5:18.7 | 3:18.0 |
| 42 Maxwell Kuzara | SR | St. John's (Minn.) (2) | 42 | 26:25.0 | 1:09.0 | 5:18.9 | 3:18.1 |
| 43 Carston Dammann | SR | Gustavus Adolphus | 43 | 26:25.4 | 1:09.4 | 5:19.0 | 3:18.2 |
| 44 Austin O'Hare | JR | Saint Mary's (Minn.) | 44 | 26:25.9 | 1:09.9 | 5:19.1 | 3:18.2 |
| 45 Tremayne Collins | SO | St. John's (Minn.) (3) | 45 | 26:27.5 | 1:11.5 | 5:19.4 | 3:18.4 |
| 46 Blake Willadsen | SR | Simpson (Iowa) (1) | 46 | 26:28.5 | 1:12.5 | 5:19.6 | 3:18.6 |
| 47 Ben Hedges | SR | Loras (6) | (47) | 26:29.6 | 1:13.6 | 5:19.8 | 3:18.7 |
| 48 Lee Scott | SR | Wartburg (5) | 48 | 26:30.2 | 1:14.2 | 5:20.0 | 3:18.8 |
| 49 Lachlan Hinwood | SR | Macalester (1) | 49 | 26:32.5 | 1:16.5 | 5:20.4 | 3:19.1 |
| 50 Colin Ensminger | SR | Loras (7) | (50) | 26:32.6 | 1:16.6 | 5:20.4 | 3:19.1 |
| 51 Fernando Benitez | FR | Hamline (1) | 51 | 26:32.9 | 1:16.9 | 5:20.5 | 3:19.1 |
| 52 Austin Bach | SO | Cornell College (2) | 52 | 26:34.8 | 1:18.8 | 5:20.9 | 3:19.3 |

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| Athlete | YR | Team (Team Place) | Score | Time | Gap | Avg. Mile | Avg. kM |
|--------------------------|----|------------------------|-------|---------|--------|-----------|---------|
| 53 Trevor Smith | SR | St. Thomas (Minn.) | 53 | 26:35.6 | 1:19.6 | 5:21.0 | 3:19.4 |
| 54 Nathan Haerr | JR | Coe (1) | 54 | 26:36.4 | 1:20.4 | 5:21.2 | 3:19.5 |
| 55 Sam Bell | FR | Hamline (2) | 55 | 26:36.7 | 1:20.7 | 5:21.3 | 3:19.6 |
| 56 Walter Edstrom | SR | Carleton (2) | 56 | 26:40.3 | 1:24.3 | 5:22.0 | 3:20.0 |
| 57 Ryan Gurgel | FR | Martin Luther (1) | 57 | 26:40.5 | 1:24.5 | 5:22.0 | 3:20.1 |
| 58 Hiroshi Nakajima | JR | Carleton (3) | 58 | 26:40.5 | 1:24.5 | 5:22.0 | 3:20.1 |
| 59 Thomas Lerdall | SO | St. Olaf (7) | (59) | 26:40.6 | 1:24.6 | 5:22.0 | 3:20.1 |
| 60 Alex Wischnack | SO | Gustavus Adolphus | 60 | 26:41.6 | 1:25.7 | 5:22.3 | 3:20.2 |
| 61 Jackson Schulte | FR | Grinnell (3) | 61 | 26:42.0 | 1:26.0 | 5:22.3 | 3:20.2 |
| 62 Harrison Hirsch | FR | Wis.-Superior (3) | 62 | 26:43.9 | 1:27.9 | 5:22.7 | 3:20.5 |
| 63 Alex Fredrickson | SR | Gustavus Adolphus | 63 | 26:44.0 | 1:28.1 | 5:22.7 | 3:20.5 |
| 64 Allen-Michael Burback | SO | St. Thomas (Minn.) | 64 | 26:44.9 | 1:28.9 | 5:22.9 | 3:20.6 |
| 65 Matthew Burgstahler | JR | St. John's (Minn.) (4) | 65 | 26:45.1 | 1:29.2 | 5:23.0 | 3:20.6 |
| 66 Isiah Herout | SO | Luther (5) | 66 | 26:46.0 | 1:30.0 | 5:23.1 | 3:20.7 |
| 67 Aaron O'Leary | JR | Wartburg (6) | (67) | 26:47.0 | 1:31.0 | 5:23.3 | 3:20.9 |
| 68 Easton Foss | SO | St. Scholastica (2) | 68 | 26:47.7 | 1:31.7 | 5:23.5 | 3:21.0 |
| 69 Ethan Pellegrino | SR | Simpson (Iowa) (2) | 69 | 26:48.6 | 1:32.6 | 5:23.7 | 3:21.1 |
| 70 Trey Thompson | SO | Simpson (Iowa) (3) | 70 | 26:49.3 | 1:33.3 | 5:23.8 | 3:21.2 |
| 71 Adam Brandt | SR | St. Thomas (Minn.) | 71 | 26:49.9 | 1:33.9 | 5:23.9 | 3:21.2 |
| 72 Andrew Fritz | JR | St. Thomas (Minn.) | 72 | 26:50.1 | 1:34.1 | 5:24.0 | 3:21.3 |
| 73 Cameron Meikle | FR | Carleton (4) | 73 | 26:52.3 | 1:36.3 | 5:24.4 | 3:21.5 |
| 74 Ryley Sandberg | JR | Gustavus Adolphus | (74) | 26:53.1 | 1:37.2 | 5:24.6 | 3:21.6 |
| 75 Patrick Larson | SR | Luther (6) | (75) | 26:53.9 | 1:37.9 | 5:24.7 | 3:21.7 |
| 76 James Logan | SR | Hamline (3) | 76 | 26:55.1 | 1:39.1 | 5:25.0 | 3:21.9 |
| 77 Tyler Knapp | JR | Nebraska Wesleyan | 77 | 26:55.3 | 1:39.3 | 5:25.0 | 3:21.9 |
| 78 Brandon Franta | SR | St. John's (Minn.) (5) | 78 | 26:56.6 | 1:40.7 | 5:25.3 | 3:22.1 |
| 79 Joel Toppin | JR | Wartburg (7) | (79) | 26:56.8 | 1:40.8 | 5:25.3 | 3:22.1 |
| 80 Lukas Buehler | SR | St. John's (Minn.) (6) | (80) | 26:57.1 | 1:41.1 | 5:25.4 | 3:22.1 |
| 81 Clay Simpson | SO | Nebraska Wesleyan | (81) | 26:58.0 | 1:42.0 | 5:25.5 | 3:22.2 |
| 82 Jon Specht | JR | Central College (4) | 82 | 26:59.8 | 1:43.8 | 5:25.9 | 3:22.5 |
| 83 Seth Glidewell | SO | St. Thomas (Minn.) | 83 | 27:03.5 | 1:47.5 | 5:26.6 | 3:22.9 |
| 84 Cam Pearson | FR | St. Scholastica (3) | 84 | 27:05.4 | 1:49.4 | 5:27.0 | 3:23.2 |
| 85 Ian McKenzie | JR | Simpson (Iowa) (4) | 85 | 27:05.9 | 1:49.9 | 5:27.1 | 3:23.2 |
| 86 Matthew McCarthy | SR | Grinnell (4) | 86 | 27:06.2 | 1:50.2 | 5:27.2 | 3:23.3 |
| 87 Parker Rosenau | SO | St. Thomas (Minn.) | (87) | 27:07.3 | 1:51.3 | 5:27.4 | 3:23.4 |
| 88 Anders Rasmussen | SO | Bethel (Minn.) (2) | 88 | 27:09.1 | 1:53.1 | 5:27.8 | 3:23.6 |
| 89 James Doherty | SO | Macalester (2) | 89 | 27:09.8 | 1:53.8 | 5:27.9 | 3:23.7 |
| 90 Scott Helstad | FR | St. Thomas (Minn.) | (90) | 27:10.1 | 1:54.1 | 5:28.0 | 3:23.8 |
| 91 Rand Bieri | SO | Wis.-Superior (4) | 91 | 27:11.3 | 1:55.4 | 5:28.2 | 3:23.9 |
| 92 Kyle Pape | SO | Central College (5) | 92 | 27:12.6 | 1:56.6 | 5:28.5 | 3:24.1 |
| 93 Chad Berens | JR | Nebraska Wesleyan | (93) | 27:13.8 | 1:57.8 | 5:28.7 | 3:24.2 |
| 94 Erik Duethman | JR | Luther (7) | (94) | 27:14.5 | 1:58.5 | 5:28.9 | 3:24.3 |
| 95 Marcus Specca | SR | Gustavus Adolphus | (95) | 27:14.6 | 1:58.6 | 5:28.9 | 3:24.3 |
| 96 Matthew Lillehaugen | SR | Concordia-Moorhea | 96 | 27:14.8 | 1:58.8 | 5:28.9 | 3:24.3 |
| 97 David Huffman | JR | Bethel (Minn.) (3) | 97 | 27:16.3 | 2:00.3 | 5:29.2 | 3:24.5 |
| 98 Taylor Donner | JR | Central College (6) | (98) | 27:17.2 | 2:01.2 | 5:29.4 | 3:24.6 |

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|--------------------------|----|------------------------|-------|---------|--------|-----------|---------|
| 99 Tyler Sassenberg | SO | Minnesota-Morris (2) | 99 | 27:19.6 | 2:03.6 | 5:29.9 | 3:24.9 |
| 100 Pieter Hansen | SO | Grinnell (5) | 100 | 27:19.7 | 2:03.7 | 5:29.9 | 3:25.0 |
| 101 Joseph Rabaey | SR | St. John's (Minn.) (7) | (101) | 27:21.0 | 2:05.0 | 5:30.2 | 3:25.1 |
| 102 David Roanhorse | SO | Minnesota-Morris (3) | 102 | 27:21.2 | 2:05.3 | 5:30.2 | 3:25.2 |
| 103 Levi Lefebure | FR | Simpson (Iowa) (5) | 103 | 27:22.2 | 2:06.2 | 5:30.4 | 3:25.3 |
| 104 Tony Duchenes | SO | Hamline (4) | 104 | 27:23.6 | 2:07.6 | 5:30.7 | 3:25.4 |
| 105 Eric Wicklund | FR | Concordia-Moorhea | 105 | 27:23.8 | 2:07.8 | 5:30.7 | 3:25.5 |
| 106 Darian Schnose | SR | Martin Luther (2) | 106 | 27:24.0 | 2:08.0 | 5:30.8 | 3:25.5 |
| 107 Cullen Irvine | SO | Carleton (5) | 107 | 27:24.2 | 2:08.2 | 5:30.8 | 3:25.5 |
| 108 Brandon Quibell | JR | Concordia-Moorhea | 108 | 27:24.3 | 2:08.4 | 5:30.8 | 3:25.5 |
| 109 Chris Boranian | SO | Macalester (3) | 109 | 27:24.5 | 2:08.5 | 5:30.9 | 3:25.6 |
| 110 Ben Sampson | SR | Buena Vista (1) | 110 | 27:26.2 | 2:10.2 | 5:31.2 | 3:25.8 |
| 111 Caleb Wilson | SO | Cornell College (3) | 111 | 27:27.4 | 2:11.4 | 5:31.5 | 3:25.9 |
| 112 Justin Wilkens | JR | Martin Luther (3) | 112 | 27:30.6 | 2:14.6 | 5:32.1 | 3:26.3 |
| 113 Kyle Mehrhof | SO | Hamline (5) | 113 | 27:31.3 | 2:15.3 | 5:32.3 | 3:26.4 |
| 114 Henry Harper | FR | Macalester (4) | 114 | 27:32.5 | 2:16.5 | 5:32.5 | 3:26.6 |
| 115 Chris Huss | SR | Augsburg (2) | 115 | 27:33.3 | 2:17.3 | 5:32.6 | 3:26.7 |
| 116 Jonathan Fleischmann | JR | Martin Luther (4) | 116 | 27:33.7 | 2:17.7 | 5:32.7 | 3:26.7 |
| 117 Daniel Krewson | SO | Grinnell (6) | (117) | 27:36.2 | 2:20.2 | 5:33.2 | 3:27.0 |
| 118 John Mark Shields | FR | Bethel (Minn.) (4) | 118 | 27:36.6 | 2:20.6 | 5:33.3 | 3:27.1 |
| 119 Ben Bitter | FR | Martin Luther (5) | 119 | 27:39.5 | 2:23.5 | 5:33.9 | 3:27.4 |
| 120 Jackson Peterson | JR | Northwestern (Minn) | 120 | 27:43.3 | 2:27.3 | 5:34.7 | 3:27.9 |
| 121 Ryan Izer | SO | Coe (2) | 121 | 27:44.4 | 2:28.4 | 5:34.9 | 3:28.0 |
| 122 Sherman Moga | SR | Saint Mary's (Minn.) | 122 | 27:45.2 | 2:29.2 | 5:35.0 | 3:28.1 |
| 123 Luke Evans | FR | Simpson (Iowa) (6) | (123) | 27:47.6 | 2:31.6 | 5:35.5 | 3:28.4 |
| 124 Andrew Ruvkun | JR | Carleton (6) | (124) | 27:49.9 | 2:33.9 | 5:36.0 | 3:28.7 |
| 125 Anthony Paladie | JR | Hamline (6) | (125) | 27:53.3 | 2:37.3 | 5:36.7 | 3:29.2 |
| 126 Sam Nelson | SO | Bethel (Minn.) (5) | 126 | 27:54.0 | 2:38.0 | 5:36.8 | 3:29.2 |
| 127 Logan Egeland | SO | Simpson (Iowa) (7) | (127) | 27:55.2 | 2:39.2 | 5:37.1 | 3:29.4 |
| 128 Zachary Mazurek | SO | Wis.-Superior (5) | 128 | 27:57.9 | 2:41.9 | 5:37.6 | 3:29.7 |
| 129 Jonathan Berland | SR | Dubuque (2) | 129 | 27:58.7 | 2:42.7 | 5:37.8 | 3:29.8 |
| 130 Jake Lepak | FR | Macalester (5) | 130 | 27:59.1 | 2:43.1 | 5:37.8 | 3:29.9 |
| 131 Jordan Toomey | SO | Central College (7) | (131) | 27:59.5 | 2:43.5 | 5:37.9 | 3:29.9 |
| 132 Wil Maki | JR | Northwestern (Minn) | 132 | 28:01.1 | 2:45.1 | 5:38.2 | 3:30.1 |
| 133 Beau Freeborn | JR | Coe (3) | 133 | 28:07.3 | 2:51.3 | 5:39.5 | 3:30.9 |
| 134 Nathaniel Crail | SO | Grinnell (7) | (134) | 28:09.4 | 2:53.5 | 5:39.9 | 3:31.2 |
| 135 Jace Bricker | FR | Cornell College (4) | 135 | 28:10.3 | 2:54.3 | 5:40.1 | 3:31.3 |
| 136 Edmund Cease | FR | Minnesota-Morris (4) | 136 | 28:13.0 | 2:57.1 | 5:40.6 | 3:31.6 |
| 137 Sam Jewson | JR | Hamline (7) | (137) | 28:14.6 | 2:58.6 | 5:41.0 | 3:31.8 |
| 138 Orié Brown | SO | Coe (4) | 138 | 28:15.3 | 2:59.3 | 5:41.1 | 3:31.9 |
| 139 Keenan Ronayne | SO | Carleton (7) | (139) | 28:17.9 | 3:01.9 | 5:41.6 | 3:32.2 |
| 140 Brandon Krogman | JR | Saint Mary's (Minn.) | 140 | 28:20.2 | 3:04.2 | 5:42.1 | 3:32.5 |
| 141 Ames Helzer | JR | Dubuque (3) | 141 | 28:20.8 | 3:04.8 | 5:42.2 | 3:32.6 |
| 142 Zachary Stoll | JR | Cornell College (5) | 142 | 28:22.9 | 3:06.9 | 5:42.6 | 3:32.9 |
| 143 Derek Dinderman | SO | Coe (5) | 143 | 28:25.6 | 3:09.6 | 5:43.2 | 3:33.2 |
| 144 Ryan Conrardy | SR | Cornell College (6) | (144) | 28:29.6 | 3:13.6 | 5:44.0 | 3:33.7 |

NCAA DIVISION III CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN
Carleton College (Eastern Deadline)
November 12, 2016

MEET OFFICIALS

Meet Director:
Steve Dalhed
Meet Referee:
Bill Terriquez
Timing:
Wayzata Results, Inc.



OFFICIAL MEET REPORT
printed: 11/12/2016 12:53 PM

Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

| Athlete | YR | Team (Team Place) | Score | Time | Gap | Avg. Mile | Avg. kM |
|-------------------------|----|----------------------|-------|---------|--------|-----------|---------|
| 145 Ben Nelson | JR | Coe (6) | (145) | 28:31.6 | 3:15.6 | 5:44.4 | 3:33.9 |
| 146 Dalton Moore | FR | Dubuque (4) | 146 | 28:32.1 | 3:16.1 | 5:44.5 | 3:34.0 |
| 147 Keaton Shinn | FR | Bethel (Minn.) (6) | (147) | 28:36.5 | 3:20.5 | 5:45.4 | 3:34.6 |
| 148 Josh Trosen | SR | St. Scholastica (4) | 148 | 28:37.1 | 3:21.1 | 5:45.5 | 3:34.6 |
| 149 McCoy Meshach | FR | Coe (7) | (149) | 28:43.7 | 3:27.7 | 5:46.8 | 3:35.5 |
| 150 Nick Solheim | JR | Concordia-Moorhea | 150 | 28:43.8 | 3:27.8 | 5:46.8 | 3:35.5 |
| 151 Eric Melendez | SO | Northwestern (Minn | 151 | 28:45.7 | 3:29.7 | 5:47.2 | 3:35.7 |
| 152 Brendan Johnson | JR | Concordia-Moorhea | 152 | 28:46.3 | 3:30.3 | 5:47.3 | 3:35.8 |
| 153 Steven Smith | SR | Buena Vista (2) | 153 | 28:50.9 | 3:35.0 | 5:48.3 | 3:36.4 |
| 154 Jack Erickson | FR | Dubuque (5) | 154 | 28:54.1 | 3:38.1 | 5:48.9 | 3:36.8 |
| 155 Garrett Crown | SO | Northwestern (Minn | 155 | 28:58.2 | 3:42.2 | 5:49.7 | 3:37.3 |
| 156 Ryan Moore | SO | Augsburg (3) | 156 | 29:00.7 | 3:44.7 | 5:50.2 | 3:37.6 |
| 157 Marinel Walfridsson | SO | Wis.-Superior (6) | (157) | 29:03.2 | 3:47.2 | 5:50.7 | 3:37.9 |
| 158 Christian Benson | FR | Dubuque (6) | (158) | 29:06.2 | 3:50.2 | 5:51.3 | 3:38.3 |
| 159 Ryan St. Clair | SO | St. Scholastica (5) | 159 | 29:06.2 | 3:50.2 | 5:51.3 | 3:38.3 |
| 160 Spencer Grant | SO | Macalester (6) | (160) | 29:07.1 | 3:51.1 | 5:51.5 | 3:38.4 |
| 161 Spencer Nelson | SR | Macalester (7) | (161) | 29:08.4 | 3:52.4 | 5:51.8 | 3:38.5 |
| 162 Ben Borash | FR | Saint Mary's (Minn.) | 162 | 29:09.2 | 3:53.2 | 5:51.9 | 3:38.6 |
| 163 Isaac Staat | SO | Wis.-Superior (7) | (163) | 29:16.1 | 4:00.0 | 5:53.3 | 3:39.5 |
| 164 Kaleb Gunderson | SO | North Central (Minn | - | 29:16.9 | 4:00.9 | 5:53.5 | 3:39.6 |
| 165 Matthew McDermott | SO | Cornell College (7) | (164) | 29:18.0 | 4:02.0 | 5:53.7 | 3:39.7 |
| 166 Andy Barnhart | FR | Bethel (Minn.) (7) | (165) | 29:20.0 | 4:04.0 | 5:54.1 | 3:40.0 |
| 167 Benjamin Barnack | FR | Minnesota-Morris (5 | 166 | 29:23.8 | 4:07.8 | 5:54.9 | 3:40.5 |
| 168 Brandon Sindt | FR | Dubuque (7) | (167) | 29:24.6 | 4:08.6 | 5:55.0 | 3:40.6 |
| 169 Adam Wallenta | SR | St. Scholastica (6) | (168) | 29:33.2 | 4:17.2 | 5:56.8 | 3:41.6 |
| 170 Ryan Anderson | FR | Minnesota-Morris (6 | (169) | 29:36.9 | 4:20.9 | 5:57.5 | 3:42.1 |
| 171 Haru Shimasaki | FR | Northwestern (Minn | 170 | 29:44.9 | 4:28.9 | 5:59.1 | 3:43.1 |
| 172 Benjamin Erickson | SO | Augsburg (4) | 171 | 29:45.7 | 4:29.7 | 5:59.3 | 3:43.2 |
| 173 Zach Dantzman | JR | Bethany Lutheran (| 172 | 29:47.8 | 4:31.8 | 5:59.7 | 3:43.5 |
| 174 Mike Okeson | SR | Minnesota-Morris (7 | (173) | 29:47.9 | 4:31.9 | 5:59.7 | 3:43.5 |
| 175 Will Corbett | SR | Concordia-Moorhea | (174) | 29:48.9 | 4:32.9 | 5:59.9 | 3:43.6 |
| 176 Taylor Hansen | SO | Northland (1) | 175 | 29:51.2 | 4:35.2 | 6:00.4 | 3:43.9 |
| 177 David Luehring | JR | Bethany Lutheran (| 176 | 29:53.5 | 4:37.5 | 6:00.8 | 3:44.2 |
| 178 Brent Wipf | SO | Northwestern (Minn | (177) | 29:53.5 | 4:37.5 | 6:00.9 | 3:44.2 |
| 179 Stefan Prince | FR | Bethany Lutheran (| 178 | 29:55.7 | 4:39.7 | 6:01.3 | 3:44.5 |
| 180 Max Johnson | FR | Buena Vista (3) | 179 | 29:58.0 | 4:42.0 | 6:01.8 | 3:44.7 |
| 181 Jacob Van Houtan | FR | Augsburg (5) | 180 | 30:00.7 | 4:44.7 | 6:02.3 | 3:45.1 |
| 182 Andy Taverna | FR | Crown (1) | 181 | 30:01.7 | 4:45.7 | 6:02.5 | 3:45.2 |
| 183 Alec Drachenberg | SO | Northland (2) | 182 | 30:02.5 | 4:46.5 | 6:02.7 | 3:45.3 |
| 184 Gabe Thornton | FR | Northland (3) | 183 | 30:32.7 | 5:16.7 | 6:08.7 | 3:49.1 |
| 185 Lucas Malimanek | SR | Bethany Lutheran (| 184 | 30:34.3 | 5:18.3 | 6:09.1 | 3:49.3 |
| 186 Tyler Larson | SR | Buena Vista (4) | 185 | 30:38.8 | 5:22.8 | 6:10.0 | 3:49.8 |
| 187 Nathan Birr | FR | Bethany Lutheran (| 186 | 30:43.1 | 5:27.1 | 6:10.8 | 3:50.4 |
| 188 Olsen Pancoast | FR | Concordia-Moorhea | (187) | 30:47.3 | 5:31.3 | 6:11.7 | 3:50.9 |
| 189 Austin Hagemeister | FR | North Central (Minn | - | 30:58.2 | 5:42.2 | 6:13.9 | 3:52.3 |
| 190 Ian Galligan | FR | Crown (2) | 188 | 31:00.8 | 5:44.8 | 6:14.4 | 3:52.6 |

**NCAA DIVISION III CENTRAL REGION CROSS COUNTRY
CHAMPIONSHIPS**

Northfield, MN

Carleton College (Eastern Deadline)

November 12, 2016

MEET OFFICIALS**Meet Director:**

Steve Dalhed

Meet Referee:

Bill Terriquez

Timing:

Wayzata Results, Inc.

**OFFICIAL MEET REPORT**

printed: 11/12/2016 12:53 PM

**Race #2
MEN • 8 Kilometers (4.97 Miles)****Final Results****INDIVIDUAL RESULTS (cont'd)**

| Athlete | YR | Team (Team Place) | Score | Time | Gap | Avg. Mile | Avg. kM |
|--------------------------|-----------|--------------------------|--------------|-------------|------------|------------------|----------------|
| 191 Zach Kenny | FR | Buena Vista (5) | 189 | 31:02.0 | 5:46.0 | 6:14.6 | 3:52.7 |
| 192 Jimmy Hultengren | SR | North Central (Minn | - | 31:02.7 | 5:46.7 | 6:14.8 | 3:52.8 |
| 193 Yasir Said | SO | Augsburg (6) | (190) | 31:05.5 | 5:49.5 | 6:15.3 | 3:53.2 |
| 194 Jimmy Lovrien | SR | St. Scholastica (7) | (191) | 31:07.6 | 5:51.6 | 6:15.8 | 3:53.4 |
| 195 Jon Wedemeier | FR | Crown (3) | 192 | 31:08.2 | 5:52.2 | 6:15.9 | 3:53.5 |
| 196 Tyler Larson | SR | Northland (4) | 193 | 31:09.4 | 5:53.4 | 6:16.1 | 3:53.7 |
| 197 Andy Kasun | JR | Northland (5) | 194 | 31:25.6 | 6:09.6 | 6:19.4 | 3:55.7 |
| 198 Alex Loerts | FR | Buena Vista (6) | (195) | 31:47.5 | 6:31.5 | 6:23.8 | 3:58.4 |
| 199 Joshua Coleman | JR | Crown (4) | 196 | 32:25.1 | 7:09.1 | 6:31.4 | 4:03.1 |
| 200 Brody Elg | FR | North Central (Minn | - | 32:31.3 | 7:15.3 | 6:32.6 | 4:03.9 |
| 201 Marlon Barrett-Dwyer | FR | Saint Mary's (Minn.) | (197) | 32:38.6 | 7:22.6 | 6:34.1 | 4:04.8 |
| 202 Michael Elmhurst | JR | Crown (5) | 198 | 32:43.6 | 7:27.7 | 6:35.1 | 4:05.5 |
| 203 Ben Kieta | FR | Martin Luther (6) | (199) | 32:51.3 | 7:35.3 | 6:36.6 | 4:06.4 |
| 204 Matthew Tessmer | SR | Martin Luther (7) | (200) | 33:17.6 | 8:01.7 | 6:41.9 | 4:09.7 |
| 205 Aidan Johan | JR | Northland (6) | (201) | 33:23.7 | 8:07.7 | 6:43.2 | 4:10.5 |
| 206 Jake Stratten | FR | Bethany Lutheran (| (202) | 33:55.0 | 8:39.0 | 6:49.4 | 4:14.4 |
| 207 Kevin Blaha-Polson | JR | Buena Vista (7) | (203) | 36:01.4 | 10:45.5 | 7:14.9 | 4:30.2 |
| -- Andrew McGillivray | SR | Augsburg | - | DNF | --- | --- | --- |