

# 22nd Annual Mustang Gallop

ITS Men's 5K    Seminole Valley Park, Cedar Rapids, IA    9/1/2015    Feels like 95, 59% Humidity, SSW 9 MPH 88°

Place	School	1	2	3	4	5	6	7	Total	Ave Time	Spread
1	Cornell College	5	8	9	10	22	23	25	= 54	17:06	0:59
2	Coe College	7	11	13	15	17	19	21	= 63	17:12	0:35
3	Mount Mercy University	2	3	6	20	41	44	47	= 72	17:18	2:54
4	University of Dubuque	1	28	31	32	34	35	39	= 126	17:51	2:12
5	Waldorf College	16	24	30	38	42	51	52	= 150	18:17	1:54
6	Grand View University	18	27	29	40	53	55		= 167	19:00	4:35
7	Buena Vista University	14	26	37	43	48			= 168	18:39	2:33
8	Clarke University	12	33	36	45	49			= 175	18:44	3:07
9	MMU Alumni	4	46	50	54	56			= 210	21:44	12:36

## Incomplete Teams: Unnattached

Place	Score	Name	Year	School	Time	Pace	mpm
1	1	Alec Bass	SO	University of Dubuque	16:10	5:12	
2	2	James Lindstrom	FR	Mount Mercy University	16:18	5:15	
3	3	Evan Bowman	JR	Mount Mercy University	16:34	5:20	
4	4	Nathan Hopp	NA	MMU Alumni	16:42	5:22	
5	5	Josh Lindsay	SR	Cornell College	16:44	5:23	
6	6	Colton Forster	FR	Mount Mercy University	16:49	5:25	
7	7	Ryan Izer	FR	Coe College	16:53	5:26	
8	8	Caleb Wilson	FR	Cornell College	16:57	5:27	
9	9	Austin Bach	FR	Cornell College	17:02	5:29	
10	10	Cuyler Gabriel	FR	Cornell College	17:03	5:29	
11	11	Nick Poff	FR	Coe College	17:04	5:29	
12	12	Malik McCrary	SO	Clarke University	17:08	5:31	
13	13	Nathan Haerr	SO	Coe College	17:13	5:32	
14	14	Alex Lamp	SR	Buena Vista University	17:19	5:34	
15	15	Derek Dinderman	FR	Coe College	17:21	5:35	
16	16	Luis Ramirez	FR	Waldorf College	17:22	5:35	
17	17	Beau Freeborn	SO	Coe College	17:28	5:37	
18	18	Kennedy Kiprop	SR	Grand View University	17:35	5:40	
19	19	Colton James-Wells	FR	Coe College	17:37	5:40	
20	20	Michael Marshall	FR	Mount Mercy University	17:39	5:41	
21	21	Ben Nelson	SO	Coe College	17:40	5:41	
22	22	Matthew McDermott	FR	Cornell College	17:43	5:42	
23	23	Tucker Horan	JR	Cornell College	17:46	5:43	
24	24	Aaron Ward	JR	Waldorf College	17:47	5:43	
25		John Ameling	NA	Unnattached	17:47	5:43	
26	25	Zachary Stoll	SO	Cornell College	17:50	5:44	
27	26	Ben Sampson	JR	Buena Vista University	17:59	5:47	
28	27	Rhett Gainey	FR	Grand View University	18:03	5:49	
29	28	Hunter Klose	FR	University of Dubuque	18:10	5:51	
30	29	Alex Arechavaleta	FR	Grand View University	18:11	5:51	
31	30	Nathan Meiners	JR	Waldorf College	18:15	5:52	
32	31	Jon Berland	JR	University of Dubuque	18:17	5:53	
33	32	Jack Lindsay	FR	University of Dubuque	18:17	5:53	
34	33	Luke North	JR	Clarke University	18:18	5:53	
35	34	Hunter Reifschneider	FR	University of Dubuque	18:22	5:55	
36	35	Ames Helzer	SO	University of Dubuque	18:26	5:56	
37	36	Michael Cervantes	FR	Clarke University	18:28	5:57	
38		Sezar Carrillo	FR	Coe College	18:31	5:58	
39		Taylor Christen	JR	Cornell College	18:37	6:00	
40	37	Steven Smith	JR	Buena Vista University	18:38	6:00	
41		Jared Wells	FR	Coe College	18:41	6:01	
42	38	Mark Ahlers	FR	Waldorf College	18:44	6:02	
43		Garrett Ginell	SO	Cornell College	18:47	6:03	
44	39	Riley Holst	FR	University of Dubuque	18:48	6:03	
45		Brady Tobin	FR	Cornell College	18:50	6:04	
46		Isaac Hernandez	JR	University of Dubuque	18:52	6:04	
47		Ryan Conrardy	JR	Cornell College	18:55	6:05	
48		Aaron Ofosu	SO	University of Dubuque	18:58	6:06	
49	40	Nate Johnson	JR	Grand View University	19:00	6:07	
50	41	Jacob Herndon	SO	Mount Mercy University	19:12	6:11	
51	42	Cody Clark	SR	Waldorf College	19:16	6:12	
52	43	Justin Sacker	JR	Buena Vista University	19:27	6:16	
53	44	Nigel Christianson	JR	Mount Mercy University	19:29	6:16	
54	45	John Herber	JR	Clarke University	19:32	6:17	
55	46	Bryan Jones	NA	MMU Alumni	19:37	6:19	
56		Jordan Murray	SR	University of Dubuque	19:38	6:19	
57		Joel Avila	SO	University of Dubuque	19:40	6:20	
58		Tyler Peugh	SR	University of Dubuque	19:43	6:21	
59	47	Jake Hensel	FR	Mount Mercy University	19:44	6:21	
60	48	Tyler Larson	JR	Buena Vista University	19:52	6:24	
61		Devin Stone	JR	Mount Mercy University	20:06	6:28	
62	49	Kyle Collins	SR	Clarke University	20:15	6:31	
63		Eric Hansen	JR	Mount Mercy University	20:20	6:33	
64		Erik Ryan	SR	Mount Mercy University	20:29	6:36	
65		Henry Hallgren	FR	Cornell College	20:31	6:36	
66		Jon Anderson	FR	Mount Mercy University	20:37	6:38	
67	50	Joel Althoff	NA	MMU Alumni	20:47	6:41	
68	51	Adam Brinkman	SR	Waldorf College	20:49	6:42	

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Place	Score	Name	Year	School	Time	Pace mpm
69		Tyler Miller	FR	University of Dubuque	21:01	6:46
70		Louis Sughroue	SR	Mount Mercy University	21:28	6:55
71	52	Cassidy Warson	JR	Waldorf College	21:57	7:04
72	53	Chris Dejoode	JR	Grand View University	22:10	7:08
73	54	Joseph Nguyen	NA	MMU Alumni	22:17	7:10
74		Alden Zeller	FR	Waldorf College	22:48	7:20
75	55	Taylor Murray	FR	Grand View University	23:39	7:37
76		Jesse Vega	FR	Waldorf College	23:54	7:42
77		Jimmy Blankenship	FR	Waldorf College	24:04	7:45
78		Mauricio Diaz	FR	Mount Mercy University	27:46	8:56
79	56	Carlos Nelson	NA	MMU Alumni	29:18	9:26

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Place	Name	Time	mpm	Place	Name	Time	mpm
<b>1) Cornell College</b>				<b>7) Buena Vista University</b>			
<b>Score = 54</b>				<b>Score = 168</b>			
5	Josh Lindsay, SR	16:44	5:23	14	Alex Lamp, SR	17:19	5:34
8	Caleb Wilson, FR	16:57	5:27	26	Ben Sampson, JR	17:59	5:47
9	Austin Bach, FR	17:02	5:29	37	Steven Smith, JR	18:38	6:00
10	Cuyler Gabriel, FR	17:03	5:29	43	Justin Sacker, JR	19:27	6:16
22	Matthew McDermott, FR	17:43	5:42	48	Tyler Larson, JR	19:52	6:24
23	Tucker Horan, JR	17:46	5:43	<b>8) Clarke University</b>			
25	Zachary Stoll, SO	17:50	5:44	<b>Score = 175</b>			
	Taylor Christen, JR	18:37	6:00	12	Malik McCrary, SO	17:08	5:31
	Garrett Ginell, SO	18:47	6:03	33	Luke North, JR	18:18	5:53
	Brady Tobin, FR	18:50	6:04	36	Michael Cervantes, FR	18:28	5:57
	Ryan Conrardy, JR	18:55	6:05	45	John Herber, JR	19:32	6:17
	Henry Hallgren, FR	20:31	6:36	49	Kyle Collins, SR	20:15	6:31
<b>2) Coe College</b>				<b>9) MMU Alumni</b>			
<b>Score = 63</b>				<b>Score = 210</b>			
7	Ryan Izer, FR	16:53	5:26	4	Nathan Hopp, NA	16:42	5:22
11	Nick Poff, FR	17:04	5:29	46	Bryan Jones, NA	19:37	6:19
13	Nathan Haerr, SO	17:13	5:32	50	Joel Althoff, NA	20:47	6:41
15	Derek Dinderman, FR	17:21	5:35	54	Joseph Nguyen, NA	22:17	7:10
17	Beau Freeborn, SO	17:28	5:37	56	Carlos Nelson, NA	29:18	9:26
19	Colton James-Wells, FR	17:37	5:40	<b>Incomplete Teams:</b>			
21	Ben Nelson, SO	17:40	5:41	<b>Unattached</b>			
	Sezar Carrillo, FR	18:31	5:58	25	John Ameling, NA	17:47	5:43
	Jared Wells, FR	18:41	6:01	<b>3) Mount Mercy University</b>			
<b>Score = 72</b>				<b>Score = 126</b>			
2	James Lindstrom, FR	16:18	5:15	1	Alec Bass, SO	16:10	5:12
3	Evan Bowman, JR	16:34	5:20	28	Hunter Klose, FR	18:10	5:51
6	Colton Forster, FR	16:49	5:25	31	Jon Berland, JR	18:17	5:53
20	Michael Marshall, FR	17:39	5:41	32	Jack Lindsay, FR	18:17	5:53
41	Jacob Herndon, SO	19:12	6:11	34	Hunter Reifschneider, FR	18:22	5:55
44	Nigel Christianson, JR	19:29	6:16	35	Ames Helzer, SO	18:26	5:56
47	Jake Hensel, FR	19:44	6:21	39	Riley Holst, FR	18:48	6:03
	Devin Stone, JR	20:06	6:28		Isaac Hernandez, JR	18:52	6:04
	Eric Hansen, JR	20:20	6:33		Aaron Ofosu, SO	18:58	6:06
	Erik Ryan, SR	20:29	6:36		Jordan Murray, SR	19:38	6:19
	Jon Anderson, FR	20:37	6:38		Joel Avila, SO	19:40	6:20
	Louis Sughrue, SR	21:28	6:55		Tyler Peugh, SR	19:43	6:21
	Mauricio Diaz, FR	27:46	8:56		Tyler Miller, FR	21:01	6:46
<b>4) University of Dubuque</b>				<b>5) Waldorf College</b>			
<b>Score = 126</b>				<b>Score = 150</b>			
1	Alec Bass, SO	16:10	5:12	16	Luis Ramirez, FR	17:22	5:35
28	Hunter Klose, FR	18:10	5:51	24	Aaron Ward, JR	17:47	5:43
31	Jon Berland, JR	18:17	5:53	30	Nathan Meiners, JR	18:15	5:52
32	Jack Lindsay, FR	18:17	5:53	38	Mark Ahlers, FR	18:44	6:02
34	Hunter Reifschneider, FR	18:22	5:55	42	Cody Clark, SR	19:16	6:12
35	Ames Helzer, SO	18:26	5:56	51	Adam Brinkman, SR	20:49	6:42
39	Riley Holst, FR	18:48	6:03	52	Cassidy Warson, JR	21:57	7:04
	Isaac Hernandez, JR	18:52	6:04		Alden Zeller, FR	22:48	7:20
	Aaron Ofosu, SO	18:58	6:06		Jesse Vega, FR	23:54	7:42
	Jordan Murray, SR	19:38	6:19		Jimmy Blankenship, FR	24:04	7:45
	Joel Avila, SO	19:40	6:20	<b>6) Grand View University</b>			
	Tyler Peugh, SR	19:43	6:21	<b>Score = 167</b>			
	Tyler Miller, FR	21:01	6:46	18	Kennedy Kiprof, SR	17:35	5:40
<b>5) Waldorf College</b>				<b>6) Grand View University</b>			
<b>Score = 150</b>				<b>Score = 167</b>			
16	Luis Ramirez, FR	17:22	5:35	27	Rhett Gainey, FR	18:03	5:49
24	Aaron Ward, JR	17:47	5:43	29	Alex Arechavaleta, FR	18:11	5:51
30	Nathan Meiners, JR	18:15	5:52	40	Nate Johnson, JR	19:00	6:07
38	Mark Ahlers, FR	18:44	6:02	53	Chris Dejoode, JR	22:10	7:08
42	Cody Clark, SR	19:16	6:12	55	Taylor Murray, FR	23:39	7:37
51	Adam Brinkman, SR	20:49	6:42				
52	Cassidy Warson, JR	21:57	7:04				
	Alden Zeller, FR	22:48	7:20				
	Jesse Vega, FR	23:54	7:42				
	Jimmy Blankenship, FR	24:04	7:45				
<b>6) Grand View University</b>				<b>6) Grand View University</b>			
<b>Score = 167</b>				<b>Score = 167</b>			
18	Kennedy Kiprof, SR	17:35	5:40				
27	Rhett Gainey, FR	18:03	5:49				
29	Alex Arechavaleta, FR	18:11	5:51				
40	Nate Johnson, JR	19:00	6:07				
53	Chris Dejoode, JR	22:10	7:08				
55	Taylor Murray, FR	23:39	7:37				