

26th Annual Mustang Gallop

Men's 5K Seminole Valley Park - Cedar Rapids, IA 8/30/2019 Sunny, Wind NE 5-10mph & 73°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Iowa Central	1	2	3	10	13	16	18	= 29	1:20:46.7	16:09.3	0:36.0
2	Mount Mercy University	5	8	14	15	20	23	30	= 62	1:22:45.0	16:33.0	1:01.8
3	Cornell College	4	7	12	24	26	27	31	= 73	1:24:06.6	16:49.3	1:34.5
4	Hawkeye Community College	6	11	17	21	22	28	32	= 77	1:24:00.2	16:48.0	1:10.8
5	Clarke University	9	19	25	29	33	34	35	= 115	1:27:23.1	17:28.6	1:58.6

Incomplete Teams: MMU Alum, Scott Community College, University of Iowa

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Awet M. Yohannes	SO	Iowa Central	15:52.3	5:07
2	2	Pur Biel	FR	Iowa Central	16:00.3	5:09
3	3	Eldad Mulugeta	FR	Iowa Central	16:04.4	5:10
4	4	Aaron Davidson	SO	Cornell College	16:05.4	5:11
5		Colton Forster	NA	MMU Alum	16:06.4	5:11
6	5	Jacob Blackmon	SR	Mount Mercy University	16:07.1	5:11
7	6	Sam Mickelson	FR	Hawkeye Community College	16:14.9	5:14
8	7	Evan Mills	JR	Cornell College	16:18.9	5:15
9	8	Aaron Golding	SR	Mount Mercy University	16:20.7	5:16
10	9	Kevin Ockenfels	SR	Clarke University	16:20.9	5:16
11	10	Milos Pendic	SO	Iowa Central	16:21.3	5:16
12	11	Jonny Smith	SO	Hawkeye Community College	16:25.1	5:17
13	12	Paul Zemba	SR	Cornell College	16:26.5	5:18
14	13	Noah Bundrock	SO	Iowa Central	16:28.3	5:18
15	14	Cameron Steffens	JR	Mount Mercy University	16:31.4	5:19
16	15	Sayed Opeyany	SR	Mount Mercy University	16:37.0	5:21
17	16	Chris Levario	FR	Iowa Central	16:37.4	5:21
18	17	Payton Bahl	SO	Hawkeye Community College	16:38.8	5:21
19	18	Baraka Sila	FR	Iowa Central	16:39.6	5:22
20		Will Whalen	SO	Iowa Central	16:40.8	5:22
21		William Valentin	SO	Iowa Central	16:40.9	5:22
22		Trevor Ramsdell	SO	Iowa Central	16:44.4	5:23
23		Garret Hinson	SR	University of Iowa	16:55.7	5:27
24		Darius Brown	FR	Iowa Central	16:59.2	5:28
25		Noah Friske	FR	Iowa Central	17:03.5	5:29
26	19	Hayden Degross	SO	Clarke University	17:04.2	5:30
27		Andrew Wilson	FR	Iowa Central	17:06.2	5:30
28	20	Oscar Lopez	FR	Mount Mercy University	17:08.9	5:31
29		Jordan Hustak	FR	Iowa Central	17:10.3	5:32
30	21	Keegan Dally	FR	Hawkeye Community College	17:15.8	5:33
31		Moise Habineza	SO	Iowa Central	17:19.2	5:34
32		Dalton Baker	FR	Iowa Central	17:25.6	5:37
33	22	Brandon Conrad	FR	Hawkeye Community College	17:25.6	5:37
34	23	Jasper Severn	JR	Mount Mercy University	17:35.6	5:40
35	24	Luke Murray	SO	Cornell College	17:35.8	5:40
36	25	Daniel Miller	SO	Clarke University	17:38.1	5:41
37		Chase Smith	FR	Iowa Central	17:38.6	5:41
38	26	Peter Weber	SO	Cornell College	17:39.9	5:41
39		Ma'Rico Holland	SO	Iowa Central	17:40.9	5:41
40		Michael Marshall	NA	MMU Alum	17:47.3	5:44
41	27	Nathaniel Waggener	FR	Cornell College	17:54.2	5:46
42	28	Cody Samuelson	SO	Hawkeye Community College	17:56.3	5:46
43		David Salazar	SO	Iowa Central	17:58.4	5:47
44	29	Jimmy Slowik	JR	Clarke University	18:00.5	5:48
45	30	Chase Kress	JR	Mount Mercy University	18:02.4	5:48
46		Christian Kellett	JR	University of Iowa	18:03.4	5:49
47		Andy Garcia	FR	Iowa Central	18:05.3	5:49
48	31	Matt Stoll	SR	Cornell College	18:10.1	5:51
49		Daniel Nordquist	SO	Iowa Central	18:14.0	5:52
50		Khalil Bonham	FR	Iowa Central	18:18.9	5:54
51	32	Ryan Moore	FR	Hawkeye Community College	18:19.1	5:54
52	33	Brady Lasack	FR	Clarke University	18:19.5	5:54
53		Mahlon Steepleton	JR	Mount Mercy University	18:28.4	5:57
54		Tyler Wilson	SO	Iowa Central	18:29.6	5:57
55		Seth Wibben	FR	Hawkeye Community College	18:34.4	5:59
56		Christian Snawerdt	FR	Iowa Central	18:37.0	6:00
57		Collin Luck	FR	Hawkeye Community College	18:39.9	6:00
58		Joel Althoff	NA	MMU Alum	18:41.6	6:01
59		Hunter Filloon	JR	Mount Mercy University	18:41.9	6:01
60		Cole Luck	FR	Hawkeye Community College	18:43.1	6:01
61		Cody Mathis	SR	Mount Mercy University	18:49.5	6:04
62		Noah Haynes	SO	Hawkeye Community College	18:57.5	6:06
63		Isaac Bachman	FR	Hawkeye Community College	19:00.2	6:07
64		Nikash Pradhan	JR	University of Iowa	19:00.8	6:07
65		David Hernandez	SO	Iowa Central	19:01.0	6:07
66	34	Noah Church	FR	Clarke University	19:02.6	6:08
67	35	Brennan Shelton	FR	Clarke University	19:26.0	6:15
68		Isaac Scheidecker	FR	Iowa Central	19:45.9	6:22
69		Andy Johnson	FR	Iowa Central	19:46.5	6:22

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Place	Score	Name	Year	School	Time	Pace mpm
70		Levi Son	FR	Iowa Central	19:48.8	6:23
71		James Weaver	FR	Iowa Central	20:19.3	6:32
72		Alan Jackson	FR	Hawkeye Community College	20:23.1	6:34
73		Jared Tegeler	SO	Mount Mercy University	20:33.8	6:37
74		Max Thomason	JR	Cornell College	20:52.6	6:43
75		Clay Herrman	SO	Scott Community College	20:59.7	6:45
76		Russell Kenney	FR	Iowa Central	21:09.6	6:49
77		Colin Johnson	FR	Iowa Central	21:24.3	6:53
78		Hunter Hampshire	FR	Mount Mercy University	21:47.1	7:01

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) Iowa Central				5) Clarke University			
Score = 29				Score = 115			
1	Awet M. Yohannes, SO	15:52.3	5:07	9	Kevin Ockenfels, SR	16:20.9	5:16
2	Pur Biel, FR	16:00.3	5:09	19	Hayden Degross, SO	17:04.2	5:30
3	Eldad Mulugeta, FR	16:04.4	5:10	25	Daniel Miller, SO	17:38.1	5:41
10	Milos Pendic, SO	16:21.3	5:16	29	Jimmy Slowik, JR	18:00.5	5:48
13	Noah Bundrock, SO	16:28.3	5:18	33	Brady Lasack, FR	18:19.5	5:54
16	Chris Levario, FR	16:37.4	5:21	34	Noah Church, FR	19:02.6	6:08
18	Baraka Sila, FR	16:39.6	5:22	35	Brennan Shelton, FR	19:26.0	6:15
	Will Whalen, SO	16:40.8	5:22				
	William Valentin, SO	16:40.9	5:22				
	Trevor Ramsdell, SO	16:44.4	5:23				
	Darius Brown, FR	16:59.2	5:28				
	Noah Friske, FR	17:03.5	5:29				
	Andrew Wilson, FR	17:06.2	5:30				
	Jordan Hustak, FR	17:10.3	5:32				
	Moise Habineza, SO	17:19.2	5:34				
	Dalton Baker, FR	17:25.6	5:37				
	Chase Smith, FR	17:38.6	5:41				
	Ma'Rico Holland, SO	17:40.9	5:41				
	David Salazar, SO	17:58.4	5:47				
	Andy Garcia, FR	18:05.3	5:49				
	Daniel Nordquist, SO	18:14.0	5:52				
	Khalil Bonham, FR	18:18.9	5:54				
	Tyler Wilson, SO	18:29.6	5:57				
	Christian Snawerdt, FR	18:37.0	6:00				
	David Hernandez, SO	19:01.0	6:07				
	Isaac Scheidecker, FR	19:45.9	6:22				
	Andy Johnson, FR	19:46.5	6:22				
	Levi Son, FR	19:48.8	6:23				
	James Weaver, FR	20:19.3	6:32				
	Russell Kenney, FR	21:09.6	6:49				
	Colin Johnson, FR	21:24.3	6:53				
2) Mount Mercy University				MMU Alum			
Score = 62							
5	Jacob Blackmon, SR	16:07.1	5:11	5	Colton Forster, NA	16:06.4	5:11
8	Aaron Golding, SR	16:20.7	5:16	40	Michael Marshall, NA	17:47.3	5:44
14	Cameron Steffens, JR	16:31.4	5:19	58	Joel Althoff, NA	18:41.6	6:01
15	Sayed Opeyany, SR	16:37.0	5:21				
20	Oscar Lopez, FR	17:08.9	5:31				
23	Jasper Severn, JR	17:35.6	5:40				
30	Chase Kress, JR	18:02.4	5:48				
	Mahlon Steepleton, JR	18:28.4	5:57				
	Hunter Filloon, JR	18:41.9	6:01				
	Cody Mathis, SR	18:49.5	6:04				
	Jared Tegeler, SO	20:33.8	6:37				
	Hunter Hampshire, FR	21:47.1	7:01				
3) Cornell College				Scott Community College			
Score = 73				75			
4	Aaron Davidson, SO	16:05.4	5:11	75	Clay Herrman, SO	20:59.7	6:45
7	Evan Mills, JR	16:18.9	5:15				
12	Paul Zemba, SR	16:26.5	5:18				
24	Luke Murray, SO	17:35.8	5:40				
26	Peter Weber, SO	17:39.9	5:41				
27	Nathaniel Waggener, FR	17:54.2	5:46				
31	Matt Stoll, SR	18:10.1	5:51				
	Max Thomason, JR	20:52.6	6:43				
4) Hawkeye Community College				University of Iowa			
Score = 77							
6	Sam Mickelson, FR	16:14.9	5:14	23	Garret Hinson, SR	16:55.7	5:27
11	Jonny Smith, SO	16:25.1	5:17	46	Christian Kellett, JR	18:03.4	5:49
17	Payton Bahl, SO	16:38.8	5:21	64	Nikash Pradhan, JR	19:00.8	6:07
21	Keegan Dally, FR	17:15.8	5:33				
22	Brandon Conrad, FR	17:25.6	5:37				
28	Cody Samuelson, SO	17:56.3	5:46				
32	Ryan Moore, FR	18:19.1	5:54				
	Seth Wibben, FR	18:34.4	5:59				
	Collin Luck, FR	18:39.9	6:00				
	Cole Luck, FR	18:43.1	6:01				
	Noah Haynes, SO	18:57.5	6:06				
	Isaac Bachman, FR	19:00.2	6:07				
	Alan Jackson, FR	20:23.1	6:34				

Incomplete Teams:

MMU Alum

5	Colton Forster, NA	16:06.4	5:11
40	Michael Marshall, NA	17:47.3	5:44
58	Joel Althoff, NA	18:41.6	6:01

Scott Community College

75	Clay Herrman, SO	20:59.7	6:45
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University of Iowa

23	Garret Hinson, SR	16:55.7	5:27
46	Christian Kellett, JR	18:03.4	5:49
64	Nikash Pradhan, JR	19:00.8	6:07