

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-15mph, 51% & 52

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2022 11:12 AM

**Race #2
Men's 8K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Mt Mercy	74	7-10-11-15-31(66)(84)	2:14:01	26:49	0:44.4
2 Missouri Baptist	97	1-4-26-30-36(67)(86)	2:12:44	26:33	2:39.8
3 Evangel	164	19-32-35-37-41(43)(62)	2:16:37	27:20	0:38.7
4 Judson	177	14-18-29-52-64(68)(79)	2:17:18	27:28	1:44.8
5 Coe	188	6-16-21-71-74(89)(95)	2:17:46	27:34	2:29.1
6 Park	189	9-38-44-48-50(60)(80)	2:17:28	27:30	1:12.2
7 Midland	201	13-23-24-45-96	2:18:09	27:38	2:52.0
8 Upper Iowa University	264	25-33-59-69-78(83)(85)	2:20:12	28:03	1:51.6
9 William Penn	275	12-20-27-106-110(118)(127)	2:21:01	28:13	3:25.3
10 Southeastern Community	297	39-47-55-57-99(102)(104)	2:21:12	28:15	2:09.1
11 North Iowa Area	305	5-40-53-100-107(121)	2:21:31	28:19	3:46.2
12 Mid America Nazarene	307	28-58-65-75-81(88)(97)	2:21:51	28:23	1:53.9
13 Clarke	312	34-49-63-72-94(103)(117)	2:22:02	28:25	2:15.2
14 University of Iowa Track Cl	326	17-56-70-91-92(125)	2:22:38	28:32	2:39.6
15 Graceland	349	2-51-90-98-108(111)	2:21:46	28:22	5:15.4
16 Indian Hills CC	354	3-46-73-113-119	2:23:52	28:47	6:21.1
17 Viterbo Univ	359	8-54-61-116-120	2:25:23	29:05	4:47.9
18 Missouri Valley	392	22-77-87-101-105(115)(122)	2:24:56	29:00	3:01.2
19 Iowa Wesleyan	467	42-76-109-114-126	2:30:47	30:10	5:48.0
20 Scott Community	534	82-93-112-123-124	2:34:15	30:51	3:49.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 DENSLOW, Donovan	SR	Missouri Baptist	1	24:43.5	4:58.5	3:05.4
2 GROVER, Dillon	JR	Graceland	2	24:48.3	4:59.5	3:06.0
3 ROSAUER, Brett		Unattached	-	24:59.0	5:01.6	3:07.4
4 MILLIKIN, Brady	SO	Indian Hills CC	3	25:04.0	5:02.6	3:08.0
5 RUDD, Nolan		Unattached	-	26:03.6	5:14.6	3:15.4
6 BLACKMON, Jacob		Unattached	-	26:10.0	5:15.9	3:16.2
7 ELLIOTT, Wyatt	SR	Missouri Baptist	4	26:14.3	5:16.8	3:16.8
8 CANTON, Bryson	FR	North Iowa Area	5	26:17.2	5:17.3	3:17.1
9 BOOKER, Coe	SR	Coe	6	26:20.4	5:18.0	3:17.5
10 BEAVER, D'Artagnon	SO	Hawkeye CC	-	26:28.0	5:19.5	3:18.5
11 CORTEZ, Brady	FR	Mt Mercy	7	26:32.3	5:20.4	3:19.0
12 LA MERE, Cameron	FR	Viterbo Univ	8	26:38.2	5:21.6	3:19.8
13 SCHRODER, Tom	FR	Park	9	26:39.8	5:21.9	3:20.0
14 CLANCY, Ryan	SO	Mt Mercy	10	26:40.4	5:22.0	3:20.0
15 LIZARRAGA, Sergio	FR	Mt Mercy	11	26:42.2	5:22.4	3:20.3
16 FINLEY, Max	FR	William Penn	12	26:43.0	5:22.5	3:20.4
17 VANWESTRIENEN, Isaac	FR	Midland	13	26:45.8	5:23.1	3:20.7
18 BLEDSOE, Dylan	FR	Judson	14	26:46.1	5:23.2	3:20.8
19 LOPEZ, Oscar	JR	Mt Mercy	15	26:49.1	5:23.8	3:21.1

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-15mph, 51% & 52

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2022 11:12 AM

**Race #2
Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
20 KLEMAN, Lewis	JR	Coe	16	26:49.6	5:23.9	3:21.2
21 HORSTMAN, Alex	FR	University of Iowa T	17	26:51.6	5:24.3	3:21.4
22 BRAUND, Kyle	SO	Judson	18	26:53.3	5:24.6	3:21.7
23 SAUSER, Brennan	FR	Hawkeye CC	-	26:54.7	5:24.9	3:21.8
24 MONTGOMERY, Ethan	SO	Evangel	19	26:57.1	5:25.4	3:22.1
25 WILLIAMS, Brandon	SO	William Penn	20	26:57.7	5:25.5	3:22.2
26 DEATHERAGE, Cameron	SR	Hannibal-LaGrange	-	26:59.5	5:25.8	3:22.4
27 THOMA, Jared	JR	Coe	21	27:00.1	5:26.0	3:22.5
28 KELLERMAN, Khobi	SR	Missouri Valley	22	27:00.5	5:26.0	3:22.6
29 MAHONEY, Jon	SO	Midland	23	27:01.7	5:26.3	3:22.7
30 MCCAFFERTY, Christian	SR	Midland	24	27:01.8	5:26.3	3:22.7
31 GORANSON, Nathan	JR	Upper Iowa Univers	25	27:05.8	5:27.1	3:23.2
32 FLETCHER, David	FR	Missouri Baptist	26	27:07.4	5:27.4	3:23.4
33 LUEDTKE, Nick		Unattached	-	27:08.6	5:27.7	3:23.6
34 HECKENBERG, Jonah	JR	William Penn	27	27:09.5	5:27.8	3:23.7
35 MWIHAKI, James	SO	Mid America Nazar	28	27:11.1	5:28.2	3:23.9
36 PORSCHE, Chase	FR	Judson	29	27:13.0	5:28.6	3:24.1
37 WARMANN, Jack	SR	Missouri Baptist	30	27:15.6	5:29.1	3:24.4
38 MITCHELL, Ryan	FR	Mt Mercy	31	27:16.6	5:29.3	3:24.6
39 PATTERSON, Eric	SO	Evangel	32	27:17.3	5:29.4	3:24.7
40 WHITENER, Alec	SR	Hannibal-LaGrange	-	27:18.6	5:29.7	3:24.8
41 BAKER, Dalton	SR	Upper Iowa Univers	33	27:18.7	5:29.7	3:24.8
42 SCHWARTZHOFF, Emmett	JR	Clarke	34	27:21.8	5:30.3	3:25.2
43 DEWITT, Grant	SR	Evangel	35	27:22.8	5:30.5	3:25.3
44 CRAWFORD, Jordan	SR	Missouri Baptist	36	27:23.2	5:30.6	3:25.4
45 EDNEY, Cayce	SO	Evangel	37	27:23.4	5:30.7	3:25.4
46 WILLMANN, Ethan	SO	Park	38	27:30.2	5:32.0	3:26.3
47 JULIAN, Brooks	FR	Southeastern Com	39	27:30.4	5:32.1	3:26.3
48 CHRISTENSEN, Breyden	FR	North Iowa Area	40	27:32.8	5:32.6	3:26.6
49 MCCORMICK, Kaiden	FR	Evangel	41	27:35.7	5:33.1	3:27.0
50 LUCAS, Logan	SO	Iowa Wesleyan	42	27:35.9	5:33.2	3:27.0
51 ESPINOZA, Evan	JR	Evangel	(43)	27:36.3	5:33.2	3:27.0
52 THABIT, Ahmed	FR	Park	44	27:38.5	5:33.7	3:27.3
53 STOECKERMANN, Henri	SO	Midland	45	27:41.8	5:34.4	3:27.7
54 SOEDT, Logan	FR	Indian Hills CC	46	27:46.2	5:35.2	3:28.3
55 MOHAMED, Abdi	SO	Southeastern Com	47	27:46.2	5:35.3	3:28.3
56 REYES, Manuel	FR	Park	48	27:47.3	5:35.5	3:28.4
57 SANSENBACH, Carson	FR	Clarke	49	27:50.9	5:36.2	3:28.9
58 HUDSON, Johann	SO	Park	50	27:52.0	5:36.4	3:29.0
59 HARDER, Logan	SR	Graceland	51	27:52.5	5:36.5	3:29.1
60 MIRANDA, Carlos	SR	Judson	52	27:54.2	5:36.9	3:29.3
61 KIPTOO, Alfred	FR	North Iowa Area	53	27:54.5	5:36.9	3:29.3
62 EICK, Garrett	FR	Viterbo Univ	54	28:04.2	5:38.9	3:30.5
63 SHUAGIS, Ethan	SO	Southeastern Com	55	28:05.6	5:39.2	3:30.7
64 KING, Chris		University of Iowa T	56	28:07.1	5:39.4	3:30.9
65 KUHLMAN, Ryan	FR	Southeastern Com	57	28:09.8	5:40.0	3:31.2

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-15mph, 51% & 52

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2022 11:12 AM

**Race #2
Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
66 LEE, Luke	SO	Mid America Nazar	58	28:12.4	5:40.5	3:31.6
67 SILVA, Brayan	JR	Upper Iowa Univers	59	28:13.5	5:40.7	3:31.7
68 PINGLETON, Gabriel	FR	Park	(60)	28:18.2	5:41.7	3:32.3
69 FLEUCHAUS, Ben	JR	Viterbo Univ	61	28:20.6	5:42.2	3:32.6
70 MILLER, Graham	SO	Evangel	(62)	28:24.3	5:42.9	3:33.0
71 KONDOS, Bryce	FR	Clarke	63	28:24.4	5:42.9	3:33.1
72 FOX, Gage	SO	Judson	64	28:30.9	5:44.2	3:33.9
73 KOSGEI, Bramwel	SO	Mid America Nazar	65	28:31.7	5:44.4	3:34.0
74 SWIFT, Quinn	FR	Mt Mercy	(66)	28:32.2	5:44.5	3:34.0
75 BLISS, Ethan	FR	Missouri Baptist	(67)	28:34.5	5:45.0	3:34.3
76 GODINEZ, Jaret	JR	Judson	(68)	28:34.7	5:45.0	3:34.3
77 EVANS, Nolan	FR	Upper Iowa Univers	69	28:36.8	5:45.4	3:34.6
78 SIMPOSON, Nick	FR	University of Iowa T	70	28:45.0	5:47.1	3:35.6
79 JOHNSON, Matt	FR	Evangel	-	28:45.6	5:47.2	3:35.7
80 SMITH, Ryan	SR	Coe	71	28:46.5	5:47.4	3:35.8
81 MILLER, Daniel	SR	Clarke	72	28:47.5	5:47.6	3:35.9
82 WISE, Zach	FR	Indian Hills CC	73	28:48.2	5:47.7	3:36.0
83 LONG, Tim	JR	Coe	74	28:49.4	5:48.0	3:36.2
84 BALLESTEROS, Juan	SR	Mid America Nazar	75	28:50.4	5:48.2	3:36.3
85 JACKSON, Daron	SO	Iowa Wesleyan	76	28:50.6	5:48.2	3:36.3
86 HUBER, Andrew	JR	Waldorf	-	28:51.3	5:48.3	3:36.4
87 BARNES, Connor	FR	Missouri Valley	77	28:51.9	5:48.5	3:36.5
88 SNIDER, David	SR	Upper Iowa Univers	78	28:57.3	5:49.6	3:37.2
89 ASHCRAFT, Chase	SO	Judson	(79)	28:58.4	5:49.8	3:37.3
90 WOLF, Kale	FR	Park	(80)	29:01.6	5:50.4	3:37.7
91 RHINE, Garrett	JR	Hannibal-LaGrange	-	29:03.4	5:50.8	3:37.9
92 BOURQUIN, Bret	SO	Mid America Nazar	81	29:05.0	5:51.1	3:38.1
93 OVERTON, Cameron		Scott Community	82	29:07.0	5:51.5	3:38.4
94 BAKER, Bryce	JR	Upper Iowa Univers	(83)	29:09.4	5:52.0	3:38.7
95 LAMPAREK, Lukas	SO	Mt Mercy	(84)	29:09.6	5:52.0	3:38.7
96 GRAVE, Felix	SO	Mt Mercy	-	29:12.4	5:52.6	3:39.0
97 ADAM, Chance	FR	Upper Iowa Univers	(85)	29:17.4	5:53.6	3:39.7
98 HERAS, Josiah	FR	Missouri Baptist	(86)	29:17.6	5:53.6	3:39.7
99 ESCALONA-RODRIGUEZ, R	SO	Missouri Valley	87	29:18.1	5:53.7	3:39.8
100 NICHOLS, Campbell	SO	Evangel	-	29:18.9	5:53.9	3:39.9
101 FARRIS, Marc	FR	Mid America Nazar	(88)	29:20.5	5:54.2	3:40.1
102 COKEL, Noah	SO	Mt Mercy	-	29:21.7	5:54.5	3:40.2
103 HUGHLETTE, Hunter	FR	Hawkeye CC	-	29:22.4	5:54.6	3:40.3
104 MARRERO, Philip	SO	Coe	(89)	29:22.5	5:54.6	3:40.3
105 COLYER, Andrew	SR	Graceland	90	29:22.8	5:54.7	3:40.3
106 FELLER, Nick	FR	University of Iowa T	91	29:22.8	5:54.7	3:40.3
107 PRESTON, Benjamin	SO	Park	-	29:24.0	5:54.9	3:40.5
108 AUSTIN, Steven	FR	University of Iowa T	92	29:31.2	5:56.4	3:41.4
109 CODAY, Bryce	SR	Evangel	-	29:31.6	5:56.4	3:41.4
110 LUDIN, Caden		Scott Community	93	29:31.9	5:56.5	3:41.5
111 GERDES, Andrew	FR	Evangel	-	29:35.2	5:57.2	3:41.9

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-15mph, 51% & 52

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2022 11:12 AM

**Race #2
Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
112 HAVERLY, Kole	SO	Clarke	94	29:37.0	5:57.5	3:42.1
113 HEIN-HARRISON, Dexter	SR	Coe	(95)	29:37.8	5:57.7	3:42.2
114 NUNEZ, Andrew	JR	Midland	96	29:37.8	5:57.7	3:42.2
115 OHNEMUS, Wyatt	FR	Mid America Nazar	(97)	29:38.0	5:57.7	3:42.2
116 ROMERO, Rene	FR	Graceland	98	29:38.7	5:57.9	3:42.3
117 VERGARA, Freddy	FR	Southeastern Com	99	29:39.5	5:58.0	3:42.4
118 VAIS, Jacob	FR	North Iowa Area	100	29:42.9	5:58.7	3:42.9
119 HELDIGE, Matt	SO	Mt Mercy	-	29:43.4	5:58.8	3:42.9
120 BLAINE, Daytona	FR	Missouri Valley	101	29:43.8	5:58.9	3:43.0
121 FLORES, Isaiah	SO	Evangel	-	29:45.5	5:59.2	3:43.2
122 MICKELS, Kaidyn	FR	Mt Mercy	-	29:48.4	5:59.8	3:43.5
123 TELLER, Josiah	FR	Southeastern Com	(102)	29:52.9	6:00.7	3:44.1
124 VOLZ, Michael	FR	Park	-	29:53.1	6:00.8	3:44.1
125 VASQUEZ, Benjamin	SO	Clarke	(103)	29:56.1	6:01.4	3:44.5
126 DOWD, Kile	JR	Southeastern Com	(104)	29:58.8	6:01.9	3:44.8
127 THOMAS, Aidan	SO	Mid America Nazar	-	30:00.3	6:02.2	3:45.0
128 POLLEY, Tyler	SO	Missouri Valley	105	30:01.6	6:02.5	3:45.2
129 FELDER, Rashad	FR	William Penn	106	30:02.5	6:02.7	3:45.3
130 COLEMAN, Nathaniel	FR	Judson	-	30:02.6	6:02.7	3:45.3
131 STARRETT, Vlad	FR	North Iowa Area	107	30:03.3	6:02.8	3:45.4
132 FLICKINGER, Jack	SO	Graceland	108	30:03.7	6:02.9	3:45.5
133 TUCKER, Kenny	SO	Iowa Wesleyan	109	30:04.5	6:03.1	3:45.6
134 PAEZ-TERAN, Asarel	SO	William Penn	110	30:08.2	6:03.8	3:46.0
135 HISLER, Brandon	FR	Emmaus Bible Coll	-	30:17.9	6:05.8	3:47.2
136 DUAX, Collin	FR	Upper Iowa Univers	-	30:28.1	6:07.8	3:48.5
137 BOWLING, Grant	SO	Evangel	-	30:28.3	6:07.9	3:48.5
138 SCHOLL, Josh	SO	Mt Mercy	-	30:34.4	6:09.1	3:49.3
139 PATIENCE, Matthew	FR	Graceland	(111)	30:37.7	6:09.7	3:49.7
140 MILLER, Edward	JR	Evangel	-	30:38.8	6:10.0	3:49.8
141 MURRAY, Nick		Scott Community	112	30:43.8	6:11.0	3:50.5
142 MORRIS, Aubrey	FR	Missouri Baptist	-	30:44.3	6:11.1	3:50.5
143 SHIVELY, Weston	SO	Indian Hills CC	113	30:48.3	6:11.9	3:51.0
144 RIVERS, Jabez	SO	Iowa Wesleyan	114	30:52.5	6:12.7	3:51.6
145 MORRIS, DeRel	FR	Missouri Valley	(115)	30:53.4	6:12.9	3:51.7
146 KAJA, Andrew	FR	Viterbo Univ	116	30:53.6	6:12.9	3:51.7
147 CHURCH, Noah	SR	Clarke	(117)	30:58.9	6:14.0	3:52.4
148 HAMILTON, Chace	SO	William Penn	(118)	31:18.8	6:18.0	3:54.8
149 HEDDINGS, Paul	FR	Mid America Nazar	-	31:21.7	6:18.6	3:55.2
150 SCHEPERLE, Benjamin	SO	Evangel	-	31:25.0	6:19.3	3:55.6
151 EARLS, Ty	FR	Indian Hills CC	119	31:25.0	6:19.3	3:55.6
152 ERTMAN, Bryce	FR	Viterbo Univ	120	31:26.1	6:19.5	3:55.8
153 AHRENS, Alex	SR	Missouri Baptist	-	31:26.5	6:19.6	3:55.8
154 HOLMAN, Marcus	FR	Upper Iowa Univers	-	31:31.3	6:20.5	3:56.4
155 GRISSOM, Bryce	FR	Hawkeye CC	-	31:31.5	6:20.6	3:56.4
156 WALSH, Ian	FR	Park	-	31:34.4	6:21.2	3:56.8
157 JUDISCH, Kason	FR	North Iowa Area	(121)	31:35.6	6:21.4	3:56.9

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-15mph, 51% & 52

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 10/8/2022 11:12 AM

**Race #2
Men's 8K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
158 SANTIAGO, Ranse	JR	Missouri Valley	(122)	31:39.0	6:22.1	3:57.4
159 GOODWIN, Cortez		Scott Community	123	31:55.9	6:25.5	3:59.5
160 SKALA, Nathan	FR	Mt Mercy	-	31:59.0	6:26.1	3:59.9
161 SPARROW, Noah	FR	Southeastern Com	-	32:24.6	6:31.3	4:03.1
162 FORKPA, Irvin	FR	Mt Mercy	-	32:28.4	6:32.0	4:03.5
163 NESS, Caleb	FR	Emmaus Bible Coll	-	32:47.0	6:35.8	4:05.9
164 BOMLENY, Andrew		Scott Community	124	32:56.2	6:37.6	4:07.0
165 HILLS-CARRIER, Mason	FR	Southeastern Com	-	33:00.4	6:38.5	4:07.5
166 COX, Aaron		University of Iowa T	(125)	33:20.7	6:42.5	4:10.1
167 MCNAMEE, Gannon	FR	Iowa Wesleyan	126	33:23.8	6:43.2	4:10.5
168 VARVELO, Ethan	SO	William Penn	(127)	34:15.4	6:53.5	4:16.9
169 KAFOURY, Christian	SR	Missouri Baptist	-	34:52.7	7:01.1	4:21.6
170 CORY, Paul	FR	Coe	-	36:26.9	7:20.0	4:33.4
171 BOND, Andrew	FR	Mid America Nazar	-	36:35.0	7:21.6	4:34.4
172 MONTANI, Luke	SR	Missouri Baptist	-	36:55.9	7:25.8	4:37.0
173 EMANN, Bailey	SR	Missouri Valley	-	38:09.5	7:40.7	4:46.2
174 MURRAY, Trevor	JR	Judson	-	40:24.9	8:07.9	5:03.1