

HEART OF AMERICA CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA
 Seminole Valley Cross Country Course
 Weather: Sunny, SSW 10-15mph & 48
 Host: Mount Mercy
 Saturday, November 06, 2021

MEET OFFICIALS

Meet Director:
 Tad Hulst
Meet Referee:
 Tom Cahalan
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT
 printed: 11/6/2021 1:57 PM

Race #1
Men's 8K

Final Results**RACE SUMMARY**

Start Time: 10:30
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Grand View	24	1-4-5-6-8(9)(10)	2:07:36	25:32	1:03.0
2 Benedictine (Kan.)	79	2-13-17-20-27(28)(34)	2:11:44	26:21	1:54.5
3 MidAmerica Nazarene	117	15-16-24-26-36(55)(60)	2:14:18	26:52	1:00.3
4 Central Methodist	132	3-19-25-31-54(68)(69)	2:14:20	26:52	2:48.5
5 Evangel	135	14-18-22-39-42(45)(59)	2:15:07	27:02	1:28.0
6 William Penn	180	11-29-40-44-56(63)(67)	2:16:59	27:24	2:13.2
7 Mount Mercy	187	21-30-41-47-48(49)(78)	2:17:25	27:29	1:15.8
8 Baker	203	32-33-35-51-52(53)(57)	2:18:17	27:40	0:50.0
9 Graceland	213	7-23-58-61-64(71)(72)	2:17:56	27:36	2:40.3
10 Park U.	238	12-37-50-65-74	2:20:16	28:04	3:58.0
11 Clarke	291	38-43-62-73-75(77)	2:24:05	28:49	2:44.4
12 Missouri Valley	351	46-66-70-82-87(88)	2:33:31	30:43	7:23.2
13 Peru State	399	76-79-80-81-83(84)(89)	2:37:33	31:31	1:40.1
14 Culver-Stockton	444	85-86-90-91-92(93)(94)	3:01:41	36:21	8:05.7
DNP MidAmerica Nazarene					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile	3.9 Mile
1 ALBERT, Trevor	SR	Grand View	1	24:50.6	4:59.9	3:06.3	4:59.9	10:07.1	
2 MANNELLA, David	SO	Benedictine (Kan.)	2	25:16.0	5:05.0	3:09.5	5:00.0	10:08.0	19:41.1
3 KEMBOI, Radovan	SR	Central Methodist	3	25:21.0	5:06.0	3:10.1	4:59.9	10:07.3	19:43.4
4 MICKELSON, Sam	SO	Grand View	4	25:34.3	5:08.7	3:11.8	5:01.0	10:17.6	20:05.6
5 WITTRICK, Isaiah	JR	Grand View	5	25:38.3	5:09.5	3:12.3	5:00.4	10:07.9	19:57.2
6 SALAS, Stevie	FR	Grand View	6	25:39.0	5:09.7	3:12.4	5:00.4	10:08.1	19:57.2
7 GROVER, Dillon	SO	Graceland	7	25:50.0	5:11.9	3:13.8	5:00.1	10:12.1	20:08.8
8 HUFTALIN, Ben	SR	Grand View	8	25:53.6	5:12.6	3:14.2	5:00.7	20:06.9	
9 HATCH, Chris	JR	Grand View	(9)	25:54.4	5:12.7	3:14.3	5:01.7	20:09.6	
10 RODRIGUEZ, Tony	SO	Grand View	(10)	25:56.0	5:13.1	3:14.5	5:00.4	10:07.4	20:03.5
11 TROZZI, Vernon	JR	William Penn	11	26:00.6	5:14.0	3:15.1	5:01.2	10:18.2	20:16.3
12 PETERSEN, Jalen	SO	Grand View	-	26:02.0	5:14.3	3:15.2	5:06.7	10:26.1	20:20.7
13 STRAUBEL, Nathan	SR	Park U.	12	26:04.9	5:14.9	3:15.6	5:00.1	20:28.0	
14 GODARD, Luke	JR	Benedictine (Kan.)	13	26:07.7	5:15.4	3:16.0	5:08.4	20:36.6	
15 DAVIS, Ahren	JR	Grand View	-	26:14.8	5:16.8	3:16.8	5:07.0	20:32.8	
16 DAVIS, Christian	JR	Evangel	14	26:17.2	5:17.3	3:17.1	5:06.7	10:25.9	20:26.3
17 MWIHAKI, James	FR	MidAmerica Nazarene	15	26:24.6	5:18.8	3:18.1	5:24.3	20:44.6	
18 MUJICA, Damion	FR	MidAmerica Nazarene	16	26:29.4	5:19.8	3:18.7	5:23.2	20:44.8	
19 FRIESS, Thaddeus	JR	Benedictine (Kan.)	17	26:32.3	5:20.4	3:19.0	5:08.1	10:32.8	20:40.6
20 MILLER, Graham	FR	Evangel	18	26:33.2	5:20.6	3:19.1	5:08.6	20:44.0	
21 LEMMONS, Graham	SR	Central Methodist	19	26:33.8	5:20.7	3:19.2	5:24.7	10:52.3	20:57.5
22 DANITSCHKE, Reese	SO	Benedictine (Kan.)	20	26:36.8	5:21.3	3:19.6	5:12.3	10:48.7	20:49.5

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23 KRESS, Chase	SR	Mount Mercy	21	26:39.0	5:21.7	3:19.9	5:07.7	10:34.2	20:44.8
24 HUYSER, Carter	SO	Grand View	-	26:44.8	5:22.9	3:20.6	5:22.1	20:58.1	
25 EDNEY, Cayce	FR	Evangel	22	26:48.2	5:23.6	3:21.0	5:20.2	10:54.9	21:06.4
26 ESTEY, James	SR	Graceland	23	26:54.6	5:24.9	3:21.8	5:08.5	10:36.2	20:57.2
27 MALIKO, Albert	JR	MidAmerica Nazare	24	26:58.1	5:25.6	3:22.3	5:25.1	10:56.7	21:07.0
28 YOSPEH, Ely	FR	Central Methodist	25	26:58.7	5:25.7	3:22.3	5:25.5	21:13.7	
29 KOSGEI, Bramwel	FR	MidAmerica Nazare	26	27:01.0	5:26.1	3:22.6	5:23.1	10:50.5	21:06.0
30 FRIESS, Gabriel	FR	Benedictine (Kan.)	27	27:10.5	5:28.1	3:23.8	5:07.5	10:33.6	20:57.2
31 CAMPBELL, Thomas	FR	Benedictine (Kan.)	(28)	27:10.9	5:28.1	3:23.9	5:07.5	10:36.9	21:11.0
32 HECKENBERG, Jonah	SO	William Penn	29	27:14.3	5:28.8	3:24.3	5:34.8	11:14.1	21:28.9
33 CLANCY, Ryan	FR	Mount Mercy	30	27:15.4	5:29.0	3:24.4	5:25.0	10:58.9	21:18.8
34 KIPTOO, Shawn	JR	Central Methodist	31	27:16.5	5:29.3	3:24.6	5:26.0	10:53.4	21:27.3
35 KIDD, Christofer	SR	Baker	32	27:17.5	5:29.5	3:24.7	5:15.8	10:54.9	21:25.3
36 DUTTON, Max	JR	Baker	33	27:19.6	5:29.9	3:24.9	5:16.2	21:21.7	
37 DONOVAN, Colin	SR	Benedictine (Kan.)	(34)	27:23.9	5:30.7	3:25.5	5:16.0	10:48.4	21:11.9
38 WAKEFIELD, Nick	SO	Grand View	-	27:24.3	5:30.8	3:25.5	5:07.4	10:44.3	21:22.8
39 WEGHORST, Josh	SO	Baker	35	27:24.7	5:30.9	3:25.6	5:29.3	11:05.5	21:32.8
40 SPICER, Derrick	SR	MidAmerica Nazare	36	27:24.9	5:30.9	3:25.6	5:23.7	10:56.8	21:32.6
41 DAVIED, Mark	FR	Benedictine (Kan.)	-	27:25.2	5:31.0	3:25.6	5:12.1	10:48.5	21:15.1
42 FIGUEOA, Andrew	FR	Park U.	37	27:33.5	5:32.7	3:26.7	5:23.6	10:55.8	21:23.8
43 GAYTAN, Gonzalo	JR	Grand View	-	27:34.1	5:32.8	3:26.8	5:16.3	10:49.3	21:27.0
44 MILLER, Daniel	JR	Clarke	38	27:35.8	5:33.2	3:27.0	5:14.0	10:50.2	21:28.2
45 EDEN, Jaxson	SO	Grand View	-	27:37.2	5:33.4	3:27.1	5:19.5	21:36.6	
46 GEORGE, Lucas	FR	Grand View	-	27:39.9	5:34.0	3:27.5	5:07.7	10:44.2	21:29.4
47 ESPINOZA, Evan	FR	Evangel	39	27:42.8	5:34.6	3:27.8	5:35.1	21:34.8	
48 DE JESUS, William	JR	William Penn	40	27:43.7	5:34.7	3:28.0	5:20.0	10:55.2	21:30.9
49 LOPEZ, Oscar	SO	Mount Mercy	41	27:44.2	5:34.8	3:28.0	5:25.7	11:06.5	21:43.6
50 DEWITT, Grant	JR	Evangel	42	27:45.2	5:35.0	3:28.1	5:36.6	11:14.8	21:50.7
51 MURRA, Campbell	FR	Grand View	-	27:45.5	5:35.1	3:28.2	5:21.1	10:56.4	21:33.3
52 VASQUEZ, Benjamin	FR	Clarke	43	27:45.5	5:35.1	3:28.2	5:28.0	11:10.1	21:45.1
53 WILLIAMS, Brandon	FR	William Penn	44	27:46.2	5:35.2	3:28.3	5:30.3	11:12.7	21:48.3
54 PATTERSON, Eric	FR	Evangel	(45)	27:50.2	5:36.1	3:28.8	5:35.2	11:12.0	21:43.8
55 KELLERMAN, Khobi	JR	Missouri Valley	46	27:51.3	5:36.3	3:28.9	5:18.9	10:52.9	21:36.9
56 LAMPAREK, Lukas	FR	Mount Mercy	47	27:51.3	5:36.3	3:28.9	5:25.5	21:53.7	
57 FRANKE, Jon	SO	Grand View	-	27:51.9	5:36.4	3:29.0	5:22.5	10:59.6	21:49.5
58 HELLIGE, Matt	FR	Mount Mercy	48	27:54.7	5:37.0	3:29.3	5:24.4	11:08.1	21:49.8
59 COKEL, Noah	FR	Mount Mercy	(49)	27:55.3	5:37.1	3:29.4	5:27.7	11:11.6	21:53.6
60 JOSEPH, Philip	SO	Benedictine (Kan.)	-	27:56.4	5:37.3	3:29.5	5:18.0	21:48.0	
61 HUDSON, Johann	FR	Park U.	50	27:57.6	5:37.5	3:29.7	5:36.2	11:19.4	21:58.8
62 COZZI, Avery	FR	Benedictine (Kan.)	-	28:05.1	5:39.0	3:30.6	5:26.4	11:10.1	22:00.3
63 MENDEZ, Luis	JR	Benedictine (Kan.)	-	28:05.2	5:39.1	3:30.6	5:27.2	22:03.8	
64 BRADLEY, Maxx	SR	Baker	51	28:07.1	5:39.5	3:30.9	5:13.4	10:58.8	21:56.7
65 KAHN, Zain	SO	Baker	52	28:07.5	5:39.5	3:30.9	5:21.6	11:07.6	21:50.3
66 FELDKAMP, Matthew	FR	Benedictine (Kan.)	-	28:07.7	5:39.6	3:31.0	5:36.2	11:14.7	22:00.5
67 PACKARD, Ty	SR	Baker	(53)	28:07.9	5:39.6	3:31.0	5:13.4	21:51.0	
68 COBURN, Exavier	SO	Central Methodist	54	28:09.4	5:39.9	3:31.2	5:43.0	22:14.2	

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69 BOURQUIN, Bret	FR	MidAmerica Nazare	(55)	28:13.3	5:40.7	3:31.7	5:43.4	11:35.1	22:16.4
70 BOLTON, Kenneth	SR	William Penn	56	28:13.7	5:40.8	3:31.7	5:30.6	11:12.5	22:04.3
71 LATTING, Brandon	FR	Grand View	-	28:14.1	5:40.9	3:31.8	5:09.5	21:47.5	
72 HUEBERT, Robert	SR	Baker	(57)	28:14.2	5:40.9	3:31.8	5:28.8	22:01.1	
73 GROVER, Zachary	SR	Graceland	58	28:15.1	5:41.1	3:31.9	5:34.9	22:07.4	
74 CHMELKA, Caleb	JR	Grand View	-	28:15.9	5:41.2	3:32.0	5:22.8	11:03.0	21:59.1
75 CODAY, Bryce	FR	Evangel	(59)	28:16.3	5:41.3	3:32.0	5:35.5	11:14.7	22:13.2
76 SIVOLA, Trent	JR	Grand View	-	28:17.3	5:41.5	3:32.2	5:24.6	11:08.1	22:01.3
77 LEE, Luke	FR	MidAmerica Nazare	(60)	28:19.1	5:41.9	3:32.4	5:37.4	11:22.6	22:07.8
78 COLYER, Andrew	JR	Graceland	61	28:25.8	5:43.2	3:33.2	5:35.7	22:30.4	
79 SCHWARTZHOFF, Emmett	SO	Clarke	62	28:27.6	5:43.6	3:33.4	5:37.4	11:24.3	22:16.7
80 KNOCKEL, Isaac	SO	William Penn	(63)	28:28.6	5:43.8	3:33.6	5:35.8	11:17.7	22:16.2
81 JOERGER, Gabriel	FR	Benedictine (Kan.)	-	28:29.8	5:44.0	3:33.7	5:28.6	11:18.4	22:18.7
82 HARDER, Logan	JR	Graceland	64	28:30.3	5:44.1	3:33.8	5:26.6	22:03.3	
83 NICHOLS, Campbell	FR	Evangel	-	28:31.1	5:44.3	3:33.9	5:35.3	11:11.1	22:02.8
84 CONNER, Matthew	FR	Benedictine (Kan.)	-	28:34.1	5:44.9	3:34.3	5:36.1	11:25.0	22:20.5
85 MASSARO, Owen	FR	MidAmerica Nazare	-	28:36.8	5:45.4	3:34.6	5:43.6	11:35.2	22:30.6
86 SMITH, Austin	JR	Park U.	65	28:37.0	5:45.5	3:34.6	5:39.2	22:37.5	
87 GARY, Robert	SR	Missouri Valley	66	28:41.7	5:46.4	3:35.2	5:21.9	11:17.9	22:28.3
88 BALLESTEROS, Juan	JR	MidAmerica Nazare	-	28:43.8	5:46.8	3:35.5	5:43.4	11:31.0	22:25.5
89 SODERBERG, Alex	FR	Grand View	-	28:49.9	5:48.1	3:36.2	5:08.2	11:00.3	22:21.6
90 MUNGER, Talon	SO	Grand View	-	28:58.6	5:49.8	3:37.3	5:22.4	11:00.6	22:03.8
91 RUIZ, Sais	SR	Baker	-	28:59.1	5:49.9	3:37.4	5:21.6	22:56.8	
92 PEREZ-RODRIGUEZ, Rube	JR	William Penn	(67)	28:59.7	5:50.0	3:37.5	5:35.0	11:17.3	22:42.4
93 JACKSON, Christopher	FR	Baker	-	29:06.3	5:51.4	3:38.3	5:22.5	22:34.1	
94 SCHIFFHAUER, Jack	SO	Central Methodist	(68)	29:06.3	5:51.4	3:38.3	5:44.6	11:37.7	22:48.2
95 DISER, Seth	SO	Grand View	-	29:08.0	5:51.7	3:38.5	5:33.1	11:32.6	22:55.8
96 ARZATE-VAZQUEZ, Axel	JR	William Penn	-	29:09.6	5:52.0	3:38.7	5:36.2	11:31.2	22:52.1
97 ENGEL, Grant	FR	Central Methodist	(69)	29:09.8	5:52.1	3:38.7	5:44.9	23:02.0	
98 THOMAS, Aidan	FR	MidAmerica Nazare	-	29:10.7	5:52.2	3:38.8	5:44.4	11:35.4	22:42.8
99 KELLER, Connor	FR	Grand View	-	29:17.2	5:53.6	3:39.6	5:34.6	11:34.2	22:55.4
100 COWANS, Zy'Shonnie	SO	Central Methodist	-	29:21.2	5:54.4	3:40.1	5:36.5	11:23.4	22:49.4
101 QUIJADA, Alex	SR	Missouri Valley	70	29:24.8	5:55.1	3:40.6	5:45.7	11:51.0	23:03.2
102 JENSEN, Kade	SR	Graceland	(71)	29:29.0	5:55.9	3:41.1	5:35.6	11:26.5	22:53.9
103 SHEROD, DaMonte	SO	William Penn	-	29:34.1	5:56.9	3:41.8	5:42.4	11:52.3	23:14.5
104 ROYER, Nathan	FR	Graceland	(72)	29:48.5	5:59.8	3:43.6	5:43.6	23:08.8	
105 HAVERLY, Kole	FR	Clarke	73	29:55.3	6:01.2	3:44.4	5:40.1	11:43.2	23:33.9
106 SOWERS, Matthew	SR	Benedictine (Kan.)	-	29:58.2	6:01.8	3:44.8	5:45.1	11:46.8	23:29.6
107 WILLMANN, Ethan	FR	Park U.	74	30:02.9	6:02.7	3:45.4	5:42.9	11:54.8	23:44.0
108 BENNETT, Cole	SO	Grand View	-	30:10.7	6:04.3	3:46.3	5:50.4	23:24.8	
109 KNOLL, Jimmy	FR	Grand View	-	30:14.7	6:05.1	3:46.8	5:35.4	11:45.9	23:33.4
110 FLICKINGER, Jack	FR	Graceland	-	30:18.5	6:05.9	3:47.3	5:38.1	11:43.0	
111 MIKELE, Berhane	FR	Grand View	-	30:20.1	6:06.2	3:47.5	5:35.7	11:51.4	23:47.6
112 SLOWIK, Jimmy	SR	Clarke	75	30:20.2	6:06.2	3:47.5	5:40.2	11:43.6	23:34.5
113 BACKLUND, Esaias	FR	Grand View	-	30:21.2	6:06.4	3:47.6	5:51.5	12:05.6	23:48.7
114 BOWLING, Grant	FR	Evangel	-	30:25.0	6:07.2	3:48.1	5:43.9	11:49.8	

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115 NAVARRO, Emiliano	FR	Baker	-	30:31.2	6:08.4	3:48.9	5:36.8	23:46.5	
116 SMITH, Gavin	FR	Peru State	76	30:49.3	6:12.1	3:51.2	5:40.3	11:55.3	23:59.0
117 GRAHAM, Jude	FR	Baker	-	30:56.0	6:13.4	3:52.0	5:43.9	12:04.4	24:07.7
118 SHELTON, Brennan	SO	Clarke	(77)	31:00.2	6:14.3	3:52.5	5:44.2	12:02.7	24:11.1
119 GRAVE, Felix	FR	Mount Mercy	(78)	31:02.8	6:14.8	3:52.8	5:45.8	11:46.2	23:53.1
120 PAEZ-TERAN, Asarel	FR	William Penn	-	31:14.0	6:17.1	3:54.2	5:42.4	11:52.1	24:17.1
121 QUINONES, Edwin	SO	Peru State	79	31:16.1	6:17.5	3:54.5	5:51.0	12:25.2	24:32.4
122 SCHEPERLE, Benjamin	FR	Evangel	-	31:21.1	6:18.5	3:55.1	5:57.5	12:20.4	24:24.5
123 WILLIAMS, Kashun	FR	William Penn	-	31:25.6	6:19.4	3:55.7	5:58.4	12:20.7	24:33.9
124 RUSSELL, Andrew	FR	Peru State	80	31:27.0	6:19.7	3:55.9	5:43.9	12:12.7	24:24.9
125 MAYANI, Eleme	FR	Peru State	81	31:30.7	6:20.4	3:56.3	5:49.8	12:18.1	24:29.5
126 GUZMAN, Aaron	FR	Benedictine (Kan.)	-	31:31.9	6:20.7	3:56.5	5:52.2	12:22.0	24:35.3
127 VARVELO, Ethan	FR	William Penn	-	31:35.5	6:21.4	3:56.9	5:44.5	12:05.2	24:30.6
128 TEGELER, Jared	JR	Mount Mercy	-	31:53.3	6:25.0	3:59.2	6:09.4	12:33.8	24:47.3
129 ESCALONA-RODRIGUEZ, R	FR	Missouri Valley	82	32:18.0	6:29.9	4:02.2	5:44.5	12:25.5	25:12.3
130 MILLER, Jack	SR	William Penn	-	32:27.4	6:31.8	4:03.4	5:54.9	12:35.1	25:14.8
131 MATUSZEWSKI, Jeremy	FR	Peru State	83	32:29.4	6:32.2	4:03.7	6:22.7	13:07.7	25:27.5
132 SIMPSON, Alan	SO	Peru State	(84)	32:36.0	6:33.6	4:04.5	6:22.5	13:07.0	25:26.8
133 SCHOLL, Josh	FR	Mount Mercy	-	32:51.5	6:36.7	4:06.4	6:07.3	12:35.0	25:27.3
134 TINNEY, Chris	FR	William Penn	-	33:27.8	6:44.0	4:11.0	6:10.3	12:55.6	26:00.7
135 CLEARY, Sean	JR	Culver-Stockton	85	33:38.2	6:46.1	4:12.3	6:24.9	13:22.2	26:02.0
136 THOMPSON, Blake	FR	Culver-Stockton	86	33:56.0	6:49.7	4:14.5	6:03.8	12:55.8	26:07.9
137 HAMILTON, Chace	FR	William Penn	-	34:32.7	6:57.0	4:19.1	6:17.7	13:21.5	27:02.2
138 POLLEY, Tyler	FR	Missouri Valley	87	35:14.5	7:05.4	4:24.3	5:51.3	13:01.7	27:37.0
139 FOWLER, Jahsire	FR	Missouri Valley	(88)	35:35.2	7:09.6	4:26.9	6:24.2	13:54.6	28:08.3
140 CHASE, Simeon	FR	Peru State	(89)	35:51.4	7:12.9	4:28.9	7:17.2	14:46.1	28:12.0
141 FLORES, Isaiah	FR	Evangel	-	35:55.8	7:13.8	4:29.5	5:43.6	11:56.4	26:57.6
142 ST. JULIANA, Jared	SR	Culver-Stockton	90	36:03.4	7:15.3	4:30.4	6:29.1	13:59.6	28:11.3
143 RAMOLD, Matthew	FR	Peru State	-	36:07.4	7:16.1	4:30.9	7:05.0	14:32.7	28:09.1
144 HAVENS, Anthony	JR	Culver-Stockton	91	36:19.1	7:18.4	4:32.4	6:25.0	13:49.8	28:08.6
145 BLACK ELK, Andrew	SO	Peru State	-	39:21.6	7:55.2	4:55.2	7:25.1	15:22.0	30:39.5
146 LONEBEAR, Braydon	JR	Culver-Stockton	92	41:43.8	8:23.8	5:13.0	7:11.6	15:37.1	32:38.9
147 HARTAGE, Tariq	FR	Culver-Stockton	(93)	42:03.5	8:27.7	5:15.4	7:05.2	15:18.8	32:52.7
148 SALDARRIAGA, Luis	FR	Culver-Stockton	(94)	42:13.5	8:29.8	5:16.7	7:09.2	15:31.9	32:33.8
149 GARCIA, Logan	FR	Peru State	-	42:17.3	8:30.5	5:17.2	7:25.2	15:30.0	32:01.6
-- GLASSBRENNER, Riley	SO	MidAmerica Nazare	-	DNF	---	---	5:40.8	11:38.5	