

RUNNING OF THE COWSNorthfield, MN
Carleton College

Saturday, September 21, 2019

**OFFICIAL MEET REPORT**
printed: 9/21/2019 12:17 PM**Race #2**
MEN • 8 Kilometers (4.97 Miles)**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Wis.-La Crosse	30	2-4-6-8-10(17)(26)	2:11:13	26:15	1:00.5
2 Carleton	102	1-15-21-32-33(41)(49)	2:13:10	26:38	1:45.2
3 Minnesota State	120	11-16-22-27-44(85)(101)	2:14:42	26:57	0:58.0
4 Gustavus Adolphus	141	13-29-30-31-38(54)(55)	2:15:05	27:01	0:42.1
5 St. John's (Minn.)	164	7-20-35-45-57(59)(61)	2:16:23	27:17	1:33.4
6 Bethel (Minn.)	165	3-25-34-40-63(64)(72)	2:15:56	27:12	2:05.0
7 St. Scholastica	198	12-19-23-70-74(77)(90)	2:17:08	27:26	1:57.3
8 Concordia-Moorhead	207	9-18-50-51-79(92)(94)	2:17:47	27:34	2:17.6
9 Hamline	254	5-28-68-75-78(84)(86)	2:18:44	27:45	2:38.3
10 Macalester	257	24-43-48-66-76(83)(87)	2:19:01	27:49	1:42.4
11 St. Thomas (Minn.)	272	39-46-53-65-69(89)(91)	2:19:24	27:53	0:51.4
12 Viterbo	297	36-42-47-73-99	2:21:11	28:15	2:47.3
13 Willamette	342	14-56-82-93-97(107)	2:22:49	28:34	3:12.3
14 Cornell College	343	37-52-58-96-100(105)(106)	2:23:04	28:37	2:57.0
15 Wis.-Superior	383	62-67-71-88-95(108)(109)	2:23:21	28:41	1:20.6
16 Minnesota-Morris	421	60-80-81-98-102(103)(104)	2:26:12	29:15	2:22.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1K	2.4K	4.5K	7K
1 Matthew Wilkinson	JR	4044	Carleton	1	25:24.7	---	5:06.8	3:10.6	3:03.9	7:28.2	14:08.1	22:23.3
2 Tyler Nault	SR	4233	Wis.-La Crosse	2	25:33.1	0:09.1	5:08.5	3:11.6	3:18.6	7:57.4	14:21.9	22:27.1
3 Ezekiel Lelinga	JR	4009	Bethel (Minn.)	3	26:04.1	0:40.1	5:14.7	3:15.5	7:57.5	14:48.4	23:00.3	26:04.6
4 Chris Pahnke	JR	4234	Wis.-La Crosse	4	26:07.7	0:43.7	5:15.4	3:16.0	3:18.6	7:58.1	14:48.3	23:01.1
5 Fernando Benitez	SR	4096	Hamline	5	26:09.1	0:45.1	5:15.7	3:16.1	3:21.0	8:00.2	14:48.7	23:01.4
6 Peter Schommer	JR	4237	Wis.-La Crosse	6	26:27.5	1:03.5	5:19.4	3:18.4	3:20.9	8:01.8	14:53.8	23:19.3
7 Tremayne Collins	SR	4151	St. John's (Minn.)	7	26:29.3	1:05.3	5:19.8	3:18.7	3:20.1	7:58.5	14:48.5	23:07.7
8 Ethan Gregg	FR	4227	Wis.-La Crosse	8	26:30.9	1:06.9	5:20.1	3:18.9	3:19.9	8:00.1	14:51.3	23:15.3
9 Munir Isahak	JR	4047	Concordia-Moorhea	9	26:31.2	1:07.2	5:20.2	3:18.9	3:21.4	8:00.0	14:55.7	23:23.2
10 Matt Bourland	SR	4223	Wis.-La Crosse	10	26:33.5	1:09.5	5:20.6	3:19.2	3:19.6	8:00.1	14:51.1	23:14.7
11 Tanner Maier	FR	4128	Minnesota State	11	26:34.6	1:10.6	5:20.8	3:19.3	3:16.5	7:57.9	14:50.6	23:22.6
12 Lars Dewall	FR	4180	St. Scholastica	12	26:35.5	1:11.5	5:21.0	3:19.4	3:18.8	8:00.8	14:59.9	23:27.1
13 Tucker Wallin	FR	4093	Gustavus Adolphus	13	26:39.6	1:15.6	5:21.9	3:20.0	3:19.3	8:01.6	15:02.5	23:28.3
14 Michael Montague	SR	4218	Willamette	14	26:40.6	1:16.6	5:22.0	3:20.1	3:16.9	7:58.3	14:49.4	23:22.3
15 Henry Bowman	FR	4019	Carleton	15	26:41.5	1:17.5	5:22.2	3:20.2	3:16.4	7:57.4	14:53.7	23:30.2
16 Isaiah Rabata	SR	4131	Minnesota State	16	26:43.4	1:19.4	5:22.6	3:20.4	3:16.7	7:58.5	14:51.6	23:34.8
17 Nolan Rudd	JR	4236	Wis.-La Crosse	(17)	26:43.9	1:19.9	5:22.7	3:20.5	3:20.5	8:01.6	14:55.1	23:27.4
18 Eric Wicklund	SR	4055	Concordia-Moorhea	18	26:46.5	1:22.5	5:23.2	3:20.8	3:20.6	7:59.7	14:54.9	23:31.6
19 Isaac Boedigheimer	JR	4175	St. Scholastica	19	26:46.5	1:22.5	5:23.2	3:20.8	3:21.2	8:03.6	15:07.4	23:37.3
20 Dillon Diekmann	SO	4154	St. John's (Minn.)	20	26:50.6	1:26.6	5:24.1	3:21.3	3:32.5	8:16.2	15:07.8	23:38.1
21 Ben Chao	FR	4021	Carleton	21	26:50.9	1:26.9	5:24.1	3:21.4	3:20.1	8:04.6	15:06.8	23:40.5
22 Andrew Ruiz	JR	4132	Minnesota State	22	26:53.4	1:29.4	5:24.6	3:21.7	3:16.8	7:58.9	14:59.8	23:44.3
23 Easton Foss	SR	4181	St. Scholastica	23	26:53.5	1:29.5	5:24.6	3:21.7	8:03.0	15:07.4	23:41.8	26:53.6

RUNNING OF THE COWS

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Carleton College

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Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
24 Jake Lepak	SR	4117	Macalester	24	26:54.3	1:30.3	5:24.8	3:21.8	3:17.0	7:58.0	23:29.4	26:54.4
25 Ike Mendel	SO	4010	Bethel (Minn.)	25	26:56.3	1:32.3	5:25.2	3:22.0	3:18.9	7:57.6	14:52.8	23:40.4
26 Brian Hansford	SR	4228	Wis.-La Crosse	(26)	26:57.1	1:33.1	5:25.4	3:22.1	3:19.8	8:00.1	14:52.2	23:38.5
27 Parker Huhn	FR	4127	Minnesota State	27	26:57.6	1:33.6	5:25.5	3:22.2	3:16.1	7:57.8	14:49.8	23:44.7
28 Frank Gustafson	JR	4100	Hamline	28	26:58.4	1:34.4	5:25.6	3:22.3	3:20.9	8:00.1	14:52.5	23:35.6
29 Garet Grant	SO	4073	Gustavus Adolphus	29	26:59.9	1:35.9	5:25.9	3:22.5	3:17.6	8:01.6	15:02.9	23:43.8
30 Jack Degonda	SO	4070	Gustavus Adolphus	30	27:01.5	1:37.5	5:26.2	3:22.7	3:18.7	8:02.2	15:07.2	23:45.3
31 Ben Wicklund	SO	4094	Gustavus Adolphus	31	27:01.8	1:37.8	5:26.3	3:22.7	3:19.0	8:01.8	15:03.2	23:43.7
32 Ben Santos	SO	4038	Carleton	32	27:02.4	1:38.4	5:26.4	3:22.8	3:16.7	7:58.5	15:01.4	23:44.4
33 Cameron Meikle	SR	4032	Carleton	33	27:09.9	1:45.9	5:27.9	3:23.7	3:18.7	7:57.8	15:01.6	23:49.8
34 Darius Diver	SO	4224	Wis.-La Crosse	-	27:12.0	1:48.0	5:28.4	3:24.0	3:21.1	8:02.5	14:58.9	23:50.7
35 Harry Soeder	SR	4238	Wis.-La Crosse	-	27:14.7	1:50.7	5:28.9	3:24.3	3:20.2	8:01.4	14:56.0	23:48.9
36 Tyler Kisting	FR	4230	Wis.-La Crosse	-	27:19.0	1:55.0	5:29.8	3:24.9	3:19.8	8:00.5	14:58.7	23:58.1
37 Josh Halverson	JR	4005	Bethel (Minn.)	34	27:20.4	1:56.4	5:30.1	3:25.0	3:19.2	7:57.9	14:56.2	23:49.4
38 Noah Webb	JR	4172	St. John's (Minn.)	35	27:20.5	1:56.5	5:30.1	3:25.1	3:32.5	24:08.2	27:20.4	
39 Isaiah Sample	JR	4213	Viterbo	36	27:20.6	1:56.6	5:30.1	3:25.1	3:24.1	8:08.3	15:10.7	24:04.3
40 Aaron Davidson	SO	4056	Cornell College	37	27:21.4	1:57.4	5:30.3	3:25.2	3:15.5	7:58.1	15:01.5	23:57.6
41 Connor Birdsong	SO	4222	Wis.-La Crosse	-	27:21.6	1:57.6	5:30.3	3:25.2	3:20.8	8:03.8	15:07.7	24:05.2
42 Casey Olson	JR	4087	Gustavus Adolphus	38	27:21.7	1:57.7	5:30.3	3:25.2	3:19.3	8:00.5	15:06.0	23:59.2
43 Collin Kiley	SR	4480	St. Thomas (Minn.)	39	27:24.0	2:00.0	5:30.8	3:25.5	3:20.1	8:02.2	15:05.3	24:00.9
44 Andy Barnhart	SR	4002	Bethel (Minn.)	40	27:26.3	2:02.3	5:31.2	3:25.8	3:22.4	8:11.7	15:14.9	24:03.5
45 Michael Madoch	FR	4232	Wis.-La Crosse	-	27:26.7	2:02.7	5:31.3	3:25.8	3:31.4	8:16.7	15:20.5	24:11.8
46 Adam Nakasaka	SO	4034	Carleton	(41)	27:28.2	2:04.2	5:31.6	3:26.0	3:19.4	8:05.6	15:16.5	24:09.8
47 Reed Anderson	FR	4221	Wis.-La Crosse	-	27:30.1	2:06.1	5:32.0	3:26.3	3:22.5	8:05.0	15:11.6	24:06.9
48 Aren Alexander-Battee	FR	4210	Viterbo	42	27:31.7	2:07.7	5:32.3	3:26.5	3:24.4	8:08.5	15:13.4	24:11.0
49 Smith Mayse	SO	4119	Macalester	43	27:32.5	2:08.5	5:32.5	3:26.6	3:19.6	8:04.5	15:10.8	24:09.3
50 Nathan Fox	FR	4126	Minnesota State	44	27:32.5	2:08.5	5:32.5	3:26.6	3:16.7	7:58.8	15:01.0	24:00.9
51 Ethan Thompson	SO	4240	Wis.-La Crosse	-	27:33.1	2:09.1	5:32.6	3:26.6	3:20.9	8:02.6	15:05.3	24:05.8
52 Jared Zwettler	FR	4243	Wis.-La Crosse	-	27:36.2	2:12.2	5:33.2	3:27.0	3:20.0	8:02.0	15:20.1	24:22.7
53 Thomas Nemanich	FR	4167	St. John's (Minn.)	45	27:39.5	2:15.5	5:33.9	3:27.4	3:29.5	8:13.1	15:20.7	24:20.0
54 Keegan Sansone	SO	4201	St. Thomas (Minn.)	46	27:40.8	2:16.8	5:34.1	3:27.6	3:19.6	8:05.3	15:18.1	24:16.1
55 Drake Ingold	SO	4211	Viterbo	47	27:42.5	2:18.5	5:34.5	3:27.8	3:24.0	8:14.0	15:22.5	24:17.6
56 Adrian Johnson	JR	4115	Macalester	48	27:43.2	2:19.2	5:34.6	3:27.9	3:20.0	8:04.8	15:13.0	24:14.7
57 Evan David	JR	4024	Carleton	(49)	27:44.0	2:20.0	5:34.8	3:28.0	3:22.2	8:04.4	15:06.7	24:10.5
58 Jesse Middendorf	FR	4052	Concordia-Moorhea	50	27:50.0	2:26.0	5:36.0	3:28.7	3:23.7	8:16.3	15:30.8	24:27.0
59 Noah Kneeskern	JR	4049	Concordia-Moorhea	51	27:50.4	2:26.4	5:36.1	3:28.8	3:30.8	8:15.8	15:29.6	24:29.9
60 Evan Mills	JR	4057	Cornell College	52	27:50.9	2:26.9	5:36.2	3:28.9	3:31.3	8:22.0	15:36.3	24:32.9
61 Sam Theisen	FR	4479	St. Thomas (Minn.)	53	27:51.9	2:27.9	5:36.4	3:29.0	3:19.6	8:02.0	15:15.0	24:25.7
62 Nick Kartschoke	SO	4229	Wis.-La Crosse	-	27:58.4	2:34.4	5:37.7	3:29.8	3:21.5	8:03.9	15:17.0	24:33.3
63 Zak Sather	FR	4039	Carleton	-	27:59.6	2:35.6	5:37.9	3:29.9	3:20.5	8:05.7	15:19.1	24:30.7
64 Matt Payne	SO	4089	Gustavus Adolphus	(54)	28:00.3	2:36.3	5:38.1	3:30.0	3:24.5	8:15.2	15:37.5	24:42.9
65 Bryce Knutson	SO	4078	Gustavus Adolphus	(55)	28:00.7	2:36.7	5:38.2	3:30.1	3:24.7	8:16.1	15:33.1	24:37.3
66 Gabriel Regimbal	FR	4219	Willamette	56	28:01.0	2:37.0	5:38.2	3:30.1	3:18.6	8:01.4	15:11.2	24:37.2
67 Isaac Wegner	FR	4242	Wis.-La Crosse	-	28:02.3	2:38.3	5:38.5	3:30.3	3:21.3	8:03.3	15:11.2	24:26.0
68 Mitchell Grand	FR	4158	St. John's (Minn.)	57	28:02.7	2:38.7	5:38.6	3:30.3	3:33.3	8:22.0	15:41.7	24:43.6
69 Henry Hinchcliffe	FR	4075	Gustavus Adolphus	-	28:03.4	2:39.4	5:38.7	3:30.4	3:25.7	8:17.2	15:33.1	24:34.6

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
70 Andrew Stumbo	JR	4092	Gustavus Adolphus	-	28:03.5	2:39.5	5:38.7	3:30.4	3:16.1	8:01.6	15:17.4	24:33.3
71 Paul Zemba	SR	4065	Cornell College	58	28:04.4	2:40.4	5:38.9	3:30.5	3:31.2	8:21.8	15:38.8	24:40.1
72 Seth Jackson	JR	4161	St. John's (Minn.)	(59)	28:04.5	2:40.5	5:38.9	3:30.6	3:38.4	8:34.3	15:53.1	24:52.6
73 Ryan Anderson	SR	4135	Minnesota-Morris	60	28:06.2	2:42.2	5:39.3	3:30.8	3:30.6	8:25.7	15:45.0	24:44.6
74 Ryan Houseman	JR	4160	St. John's (Minn.)	(61)	28:07.3	2:43.3	5:39.5	3:30.9	3:38.2	8:34.4	15:53.7	24:50.1
75 Edward Carlson	SR	4244	Wis.-Superior	62	28:07.5	2:43.5	5:39.5	3:30.9	3:31.3	8:26.6	15:45.2	24:47.3
76 Keaton Shinn	SR	4014	Bethel (Minn.)	63	28:09.1	2:45.1	5:39.8	3:31.1	3:24.3	8:12.2	15:35.4	24:46.9
77 Aidan St George	FR	4015	Bethel (Minn.)	(64)	28:09.2	2:45.2	5:39.9	3:31.1	3:32.0	8:26.5	15:53.2	24:51.4
78 Mike Ward	FR	4208	St. Thomas (Minn.)	65	28:12.1	2:48.1	5:40.5	3:31.5	3:25.8	8:24.7	15:42.6	24:51.7
79 Edwin Reyes Herrera	SR	4125	Macalester	66	28:13.7	2:49.7	5:40.8	3:31.7	3:32.9	8:32.3	15:55.5	24:53.6
80 Ben Aoki-Sherwood	FR	4018	Carleton	-	28:13.9	2:49.9	5:40.8	3:31.7	3:24.8	8:17.3	15:42.0	24:50.1
81 Derrick Moe	SO	4248	Wis.-Superior	67	28:14.9	2:50.9	5:41.0	3:31.9	3:31.0	8:29.2	15:51.9	24:55.6
82 Aric Brodie	SO	4097	Hamline	68	28:15.3	2:51.3	5:41.1	3:31.9	3:31.4	8:26.8	15:43.6	24:46.6
83 Colton Halla	FR	4197	St. Thomas (Minn.)	69	28:15.4	2:51.4	5:41.1	3:31.9	3:20.4	8:13.6	15:39.9	24:56.1
84 Nick Kerbeshian	JR	4077	Gustavus Adolphus	-	28:16.6	2:52.6	5:41.4	3:32.1	3:22.1	8:10.8	15:35.1	24:51.4
85 Jeremy Fong	FR	4026	Carleton	-	28:17.3	2:53.3	5:41.5	3:32.2	3:27.7	8:21.7	15:45.8	24:57.5
86 Alex Strojny	FR	4239	Wis.-La Crosse	-	28:18.1	2:54.1	5:41.7	3:32.3	3:23.8	8:09.5	15:27.8	24:46.5
87 Nathan Smoller	FR	4189	St. Scholastica	70	28:19.1	2:55.1	5:41.9	3:32.4	3:30.2	8:28.2	15:52.8	24:55.0
88 Stephen Lavey	SO	4031	Carleton	-	28:19.8	2:55.8	5:42.0	3:32.5	3:16.5	7:58.2	15:03.3	24:35.4
89 Nathan Scruggs	JR	4091	Gustavus Adolphus	-	28:22.9	2:58.9	5:42.6	3:32.9	3:24.8	8:17.1	15:38.2	24:49.0
90 Tyler Finger	JR	4245	Wis.-Superior	71	28:23.7	2:59.7	5:42.8	3:33.0	3:31.0	8:29.4	15:52.2	25:08.1
91 Jonathan Sweeney	JR	4016	Bethel (Minn.)	(72)	28:24.1	3:00.0	5:42.9	3:33.0	3:23.1	8:12.7	15:42.9	25:00.9
92 Bridger Pavelka	SR	4088	Gustavus Adolphus	-	28:25.4	3:01.4	5:43.1	3:33.2	3:24.7	8:17.1	15:37.8	24:57.1
93 Chad Franz	FR	4226	Wis.-La Crosse	-	28:25.8	3:01.8	5:43.2	3:33.2	3:21.3	8:03.1	15:20.8	24:56.4
94 Jack Colleran	JR	4150	St. John's (Minn.)	-	28:26.5	3:02.5	5:43.4	3:33.3	3:38.0	8:34.1	15:53.4	24:56.4
95 Sam Larson	FR	4212	Viterbo	73	28:28.0	3:04.0	5:43.7	3:33.5	3:24.4	8:14.1	15:35.5	24:54.8
96 Nick Matelich	SO	4185	St. Scholastica	74	28:32.8	3:08.8	5:44.6	3:34.1	3:29.2	8:24.9	15:50.4	25:04.8
97 Nehemiah Gaim	FR	4098	Hamline	75	28:33.9	3:09.9	5:44.8	3:34.2	3:41.8	8:43.0	16:10.0	25:10.4
98 Clay Tydings	JR	4042	Carleton	-	28:34.0	3:10.0	5:44.9	3:34.2	3:22.1	8:10.7	15:34.0	24:59.1
99 Elijah Jones	FR	4029	Carleton	-	28:34.7	3:10.7	5:45.0	3:34.3	3:29.0	8:21.9	15:49.4	25:06.9
100 Noah Johnson	SO	4076	Gustavus Adolphus	-	28:34.8	3:10.8	5:45.0	3:34.3	3:26.7	8:18.1	25:12.8	28:34.9
101 Sam O'Donnell-Hoff	SR	4122	Macalester	76	28:36.6	3:12.6	5:45.4	3:34.6	3:33.5	8:33.5	16:01.0	25:10.9
102 Samuel Cruz	SR	4152	St. John's (Minn.)	-	28:38.1	3:14.1	5:45.7	3:34.8	3:37.9	8:34.2	15:53.7	25:01.0
103 Nick Olfert	SO	4085	Gustavus Adolphus	-	28:39.7	3:15.7	5:46.0	3:35.0	3:25.0	8:17.4	15:38.1	24:57.4
104 Parker Zak	SO	4173	St. John's (Minn.)	-	28:41.9	3:17.9	5:46.5	3:35.2	3:38.6	8:35.7	16:00.8	25:11.3
105 Bjorn Larson	SO	4183	St. Scholastica	(77)	28:44.4	3:20.4	5:46.9	3:35.5	3:29.7	8:28.1	15:54.2	25:13.9
106 Kenyon Nystrom	SO	4035	Carleton	-	28:45.7	3:21.7	5:47.2	3:35.7	3:29.9	8:29.5	15:59.8	25:20.9
107 Ben Roen	JR	4103	Hamline	78	28:47.3	3:23.3	5:47.5	3:35.9	3:41.4	8:45.4	16:04.5	25:18.1
108 Isaiah Hobus	SO	4006	Bethel (Minn.)	-	28:48.0	3:24.0	5:47.7	3:36.0	3:31.9	8:26.3	15:53.2	25:17.7
109 Hans Frank-Holzner	FR	4046	Concordia-Moorhea	79	28:48.7	3:24.7	5:47.8	3:36.1	3:31.2	8:32.6	16:01.4	25:23.5
110 Benjamin Barnack	SR	4136	Minnesota-Morris	80	28:49.1	3:25.1	5:47.9	3:36.1	3:36.5	8:36.3	16:07.6	25:23.8
111 Joel Knopp	FR	4141	Minnesota-Morris	81	28:49.1	3:25.1	5:47.9	3:36.1	3:38.5	8:40.4	16:10.8	25:26.2
112 Ronan Davies	FR	4215	Willamette	82	28:50.9	3:26.9	5:48.3	3:36.4	3:18.7	8:04.3	15:37.8	25:20.2
113 Cole Peske	FR	4123	Macalester	(83)	28:52.2	3:28.2	5:48.5	3:36.5	3:33.7	8:33.5	16:02.6	25:28.7
114 Trigg Capistrant-Kinney	FR	4069	Gustavus Adolphus	-	28:55.4	3:31.4	5:49.2	3:36.9	3:30.7	8:31.8	16:05.4	25:25.5
115 Tommy Ryan	FR	4104	Hamline	(84)	28:56.3	3:32.3	5:49.3	3:37.0	3:41.8	8:43.0	16:13.9	25:31.0

RUNNING OF THE COWS

Northfield, MN
Carleton College

Saturday, September 21, 2019



OFFICIAL MEET REPORT
printed: 9/21/2019 12:17 PM

Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
116 Riley Berg	FR	4147	St. John's (Minn.)	-	28:57.3	3:33.3	5:49.5	3:37.2	3:39.2	8:45.7	16:21.5	25:32.7
117 Ben Schmied	SO	4133	Minnesota State	(85)	29:00.3	3:36.3	5:50.2	3:37.5	3:16.7	8:02.6	15:34.5	25:25.4
118 Conrad Phelan	SR	4037	Carleton	-	29:00.7	3:36.7	5:50.2	3:37.6	3:26.3	8:22.9	15:58.4	25:27.9
119 Luke Peterson	FR	4012	Bethel (Minn.)	-	29:02.6	3:38.6	5:50.6	3:37.8	3:35.2	8:46.6	16:26.6	25:41.2
120 Tyler Gallagher	SO	4099	Hamline	(86)	29:04.1	3:40.1	5:50.9	3:38.0	3:41.4	8:45.4	16:09.7	25:33.3
121 Fred Kerr	SO	4116	Macalester	(87)	29:04.5	3:40.5	5:51.0	3:38.1	3:37.3	8:43.2	16:10.8	25:29.2
122 Sawyer Morgan	SR	4249	Wis.-Superior	88	29:06.8	3:42.8	5:51.5	3:38.3	3:31.4	8:30.5	16:04.1	25:34.1
123 Eric Trempe	SO	4206	St. Thomas (Minn.)	(89)	29:09.1	3:45.1	5:51.9	3:38.6	3:26.6	8:29.1	16:05.0	25:39.1
124 Jared Brandt	FR	4067	Gustavus Adolphus	-	29:10.3	3:46.3	5:52.2	3:38.8	3:25.0	8:18.7	15:55.7	25:31.8
125 Matthew Stuber	FR	4192	St. Scholastica	(90)	29:10.3	3:46.3	5:52.2	3:38.8	3:34.4	8:37.3	16:20.7	25:46.0
126 Luke Pedersen	SO	4011	Bethel (Minn.)	-	29:10.7	3:46.7	5:52.3	3:38.8	3:34.8	8:46.1	16:26.8	25:41.6
127 Jonathan Laughlin	SO	4184	St. Scholastica	-	29:13.4	3:49.4	5:52.8	3:39.2	3:37.0	8:43.9	16:25.1	25:46.5
128 Nicholas Sluga	SO	4202	St. Thomas (Minn.)	(91)	29:13.4	3:49.4	5:52.8	3:39.2	3:26.8	8:28.7	16:05.6	25:39.4
129 Morey Smith	FR	4204	St. Thomas (Minn.)	-	29:15.9	3:51.9	5:53.3	3:39.5	3:20.1	8:07.0	15:46.0	25:36.8
130 Alexei Hensel	FR	4159	St. John's (Minn.)	-	29:16.7	3:52.7	5:53.4	3:39.6	3:40.2	8:46.1	16:14.4	25:51.4
131 Connor Haugrud	JR	4053	Concordia-Moorhea	(92)	29:17.0	3:53.0	5:53.5	3:39.6	3:32.2	8:35.1	16:18.0	25:45.1
132 Jesse Shufro-Zletz	SO	4041	Carleton	-	29:17.9	3:53.9	5:53.7	3:39.7	3:31.4	8:32.1	16:10.0	25:46.8
133 Justin Brakob	JR	4148	St. John's (Minn.)	-	29:18.8	3:54.8	5:53.9	3:39.8	3:39.2	8:44.5	16:27.3	25:55.4
134 Peter Jarka-Sellers	SR	4114	Macalester	-	29:19.2	3:55.2	5:54.0	3:39.9	3:28.7	8:26.8	15:58.2	25:38.3
135 Erik Sworski	JR	4205	St. Thomas (Minn.)	-	29:19.6	3:55.6	5:54.0	3:39.9	3:30.0	8:34.4	16:19.7	25:54.4
136 Erik Kivela	JR	4007	Bethel (Minn.)	-	29:19.7	3:55.7	5:54.0	3:40.0	3:22.2	8:12.2	15:40.3	25:34.9
137 Oliver Kushen	FR	4217	Willamette	93	29:23.8	3:59.8	5:54.9	3:40.5	3:18.8	8:06.9	15:53.8	25:53.1
138 Nolan Christenson	SO	4045	Concordia-Moorhea	(94)	29:25.7	4:01.7	5:55.3	3:40.7	3:33.7	8:40.9	16:25.8	26:02.7
139 Caleb Foster	SR	4004	Bethel (Minn.)	-	29:27.5	4:03.5	5:55.6	3:40.9	3:24.8	8:24.7	16:01.4	25:48.0
140 Travis Gee	JR	4246	Wis.-Superior	95	29:28.0	4:04.0	5:55.7	3:41.0	3:33.1	8:39.0	16:21.7	25:57.7
141 Peter Weber	SO	4064	Cornell College	96	29:28.2	4:04.2	5:55.8	3:41.0	3:34.2	8:41.8	16:24.8	25:53.9
142 Luke Lindhorst	SO	4051	Concordia-Moorhea	-	29:29.1	4:05.1	5:55.9	3:41.1	3:33.7	8:40.7	16:22.3	25:57.5
143 Jacob Bransky	SR	4020	Carleton	-	29:30.0	4:06.0	5:56.1	3:41.2	3:31.2	8:35.6	16:23.5	26:00.7
144 Lucas Schnirring	SO	4090	Gustavus Adolphus	-	29:33.3	4:09.3	5:56.8	3:41.7	3:24.7	8:17.3	15:50.9	25:42.2
145 Avery Watts	FR	4043	Carleton	-	29:34.1	4:10.1	5:57.0	3:41.8	3:32.2	8:34.7	16:23.6	26:05.6
146 Andy Goldsmith	SO	4157	St. John's (Minn.)	-	29:34.6	4:10.6	5:57.1	3:41.8	3:42.6	8:51.5	16:33.7	26:03.1
147 Brennan Gustafson	JR	4074	Gustavus Adolphus	-	29:35.4	4:11.4	5:57.2	3:41.9	3:28.0	8:29.9	16:13.0	26:08.6
148 Ben Bildsten	SR	4110	Macalester	-	29:39.3	4:15.3	5:58.0	3:42.4	3:34.8	8:38.6	16:21.1	26:04.1
149 Anthony Smith	SR	4203	St. Thomas (Minn.)	-	29:41.7	4:17.7	5:58.5	3:42.7	3:32.4	8:36.9	16:32.6	26:18.5
150 Anders Olson	JR	4086	Gustavus Adolphus	-	29:42.6	4:18.6	5:58.7	3:42.8	3:26.8	8:24.5	16:03.6	25:54.5
151 Oscar Christoph	SO	4022	Carleton	-	29:43.7	4:19.7	5:58.9	3:43.0	3:35.9	8:41.5	16:24.0	26:03.1
152 Edward Hershewe	SR	4027	Carleton	-	29:48.8	4:24.8	5:59.9	3:43.6	3:37.0	8:48.7	16:33.4	26:07.9
153 Cam Pearson	SR	4187	St. Scholastica	-	29:49.7	4:25.7	6:00.1	3:43.7	3:37.1	8:50.6	16:42.1	26:15.8
154 Mark Baumeister	JR	4109	Macalester	-	29:51.2	4:27.2	6:00.4	3:43.9	3:39.1	8:48.8	16:39.0	26:24.4
155 Samuel Abegglen	SR	4066	Gustavus Adolphus	-	29:51.3	4:27.3	6:00.4	3:43.9	3:37.5	8:37.6	16:25.4	26:07.9
156 Juan Vargas	FR	4220	Willamette	97	29:52.9	4:28.9	6:00.7	3:44.1	3:19.5	8:24.6	16:18.5	26:15.8
157 Devon Byers	FR	4179	St. Scholastica	-	29:58.1	4:34.1	6:01.8	3:44.8	3:36.9	8:49.6	16:38.6	26:24.1
158 Christian Thielke	JR	4144	Minnesota-Morris	98	29:58.6	4:34.6	6:01.9	3:44.8	3:45.7	8:58.9	16:31.1	26:16.0
159 Corbin Michels	FR	4084	Gustavus Adolphus	-	29:59.0	4:35.0	6:02.0	3:44.9	3:32.5	8:35.5	16:33.6	26:24.5
160 Basil Ricker	FR	4054	Concordia-Moorhea	-	29:59.1	4:35.1	6:02.0	3:44.9	3:32.9	8:34.1	16:22.2	26:18.9
161 Justus Fast	SO	4155	St. John's (Minn.)	-	29:59.3	4:35.3	6:02.0	3:44.9	3:41.5	8:46.7	26:19.7	29:59.2

RUNNING OF THE COWS

Northfield, MN
Carleton College

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Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
162 Nathan Clausing	FR	4149	St. John's (Minn.)	-	29:59.5	4:35.5	6:02.1	3:44.9	3:45.1	8:57.5	16:50.3	26:34.4
163 August Hayes	FR	4111	Macalester	-	29:59.7	4:35.7	6:02.1	3:45.0	3:32.9	8:41.0	16:33.8	26:37.0
164 Ian Schickel	FR	4214	Viterbo	99	30:07.9	4:43.9	6:03.8	3:46.0	3:30.6	8:31.2	16:23.8	26:17.3
165 Dawson Ashley	FR	4001	Bethel (Minn.)	-	30:10.3	4:46.3	6:04.2	3:46.3	3:35.3	8:46.9	16:38.7	26:31.2
166 Ethan Unruh	FR	4207	St. Thomas (Minn.)	-	30:10.5	4:46.5	6:04.3	3:46.3	3:26.4	8:26.3	16:17.0	26:26.5
167 Landon Remington	SR	4060	Cornell College	100	30:18.4	4:54.4	6:05.9	3:47.3	3:45.3	9:01.7	16:59.6	26:32.9
168 Armando Hernandez	SR	4112	Macalester	-	30:19.1	4:55.1	6:06.0	3:47.4	3:47.5	9:05.2	16:55.6	26:37.8
169 Trevor LaVigne	FR	4079	Gustavus Adolphus	-	30:19.3	4:55.3	6:06.0	3:47.4	3:27.0	8:24.6	16:04.0	26:00.4
170 Mason McCaffrey	FR	4130	Minnesota State	(101)	30:20.2	4:56.2	6:06.2	3:47.5	3:17.9	8:14.2	16:15.0	26:31.2
171 John Cramer	FR	4023	Carleton	-	30:24.6	5:00.6	6:07.1	3:48.1	3:34.2	8:41.2	16:34.2	26:42.3
172 Nathan Meyer	SO	4166	St. John's (Minn.)	-	30:24.7	5:00.7	6:07.1	3:48.1	3:46.9	9:07.8	16:58.0	26:50.8
173 Alex Walsh	SR	4107	Hamline	-	30:24.9	5:00.9	6:07.2	3:48.1	3:41.9	8:52.0	16:43.8	26:34.2
174 Maxwell Krause	SO	4163	St. John's (Minn.)	-	30:26.1	5:02.1	6:07.4	3:48.3	3:47.3	9:01.9	16:48.1	26:43.8
175 Rory Shackelford	FR	4142	Minnesota-Morris	102	30:28.8	5:04.8	6:08.0	3:48.6	3:46.6	9:01.2	16:56.7	26:47.6
176 Brett Hunsanger	SO	4113	Macalester	-	30:36.0	5:12.0	6:09.4	3:49.5	3:33.2	8:35.3	16:37.3	26:51.7
177 Edmund Cease	SR	4138	Minnesota-Morris	(103)	30:38.1	5:14.1	6:09.8	3:49.8	3:46.3	9:00.1	16:55.5	27:02.4
178 Max Kivi	SO	4140	Minnesota-Morris	(104)	30:38.9	5:14.9	6:10.0	3:49.9	3:46.3	9:01.3	16:58.9	27:03.0
179 Emil Bratbak	SO	4178	St. Scholastica	-	30:40.3	5:16.3	6:10.3	3:50.0	3:51.2	9:11.1	17:15.0	27:09.6
180 Josh Wilson	SO	4095	Gustavus Adolphus	-	30:43.5	5:19.5	6:10.9	3:50.4	3:33.5	8:40.7	16:45.6	27:00.4
181 Luke Murray	SO	4058	Cornell College	(105)	30:50.1	5:26.1	6:12.2	3:51.3	3:31.7	8:26.8	16:24.0	26:54.1
182 Colin Morefield	FR	4121	Macalester	-	30:51.8	5:27.8	6:12.6	3:51.5	3:42.0	8:58.0	16:57.4	27:03.0
183 Jack Marble	FR	4080	Gustavus Adolphus	-	30:53.0	5:29.0	6:12.8	3:51.6	3:31.0	8:32.2	16:22.8	26:46.7
184 Jacob Czech	JR	4153	St. John's (Minn.)	-	30:53.3	5:29.3	6:12.9	3:51.7	3:47.0	9:02.2	16:52.8	27:03.4
185 Noah Smith	FR	4106	Hamline	-	30:58.1	5:34.1	6:13.9	3:52.3	3:50.6	9:11.6	17:08.7	27:11.6
186 Evan Patten	JR	4059	Cornell College	(106)	30:58.6	5:34.6	6:13.9	3:52.3	3:32.1	8:41.7	16:47.4	27:14.5
187 Matt Ihling	SO	4216	Willamette	(107)	31:09.3	5:45.3	6:16.1	3:53.7	3:19.2	8:26.1	16:32.6	27:06.0
188 Tad Stuart	FR	4253	Bethel (Minn.)	-	31:12.9	5:48.9	6:16.8	3:54.1	3:45.7	9:08.2	17:14.7	27:36.6
189 Raymond Abraham	SR	4134	Minnesota-Morris	-	31:13.1	5:49.1	6:16.9	3:54.1	3:45.4	8:59.0	17:09.4	27:17.2
190 Justin Kringler	SO	4050	Concordia-Moorhea	-	31:16.0	5:52.0	6:17.5	3:54.5	3:33.2	8:41.3	17:07.6	27:29.7
191 Nathaniel Waggener	FR	4063	Cornell College	-	31:18.2	5:54.2	6:17.9	3:54.8	3:45.2	9:02.0	17:07.4	27:39.6
192 Nicholas Merickel	FR	4165	St. John's (Minn.)	-	31:19.5	5:55.5	6:18.2	3:54.9	3:41.5	8:56.3	17:14.5	27:35.1
193 Henry Seeb	SR	4252	Wis.-Superior	(108)	31:19.6	5:55.6	6:18.2	3:54.9	3:32.8	8:40.5	16:47.5	27:17.3
194 Gus Schatzlein	SO	4188	St. Scholastica	-	31:22.9	5:58.9	6:18.9	3:55.4	3:50.9	9:12.0	17:19.1	27:37.2
195 Gabe Segura	JR	4013	Bethel (Minn.)	-	31:26.2	6:02.2	6:19.5	3:55.8	3:45.9	9:08.2	17:18.0	27:40.9
196 Charlie Otto	SO	4168	St. John's (Minn.)	-	31:27.7	6:03.7	6:19.8	3:56.0	3:44.6	8:59.2	17:02.2	27:27.3
197 Jacob Lipke	FR	4164	St. John's (Minn.)	-	31:29.4	6:05.4	6:20.2	3:56.2	3:47.8	9:06.5	17:11.4	27:29.2
198 Aaron Mayfield	SO	4129	Minnesota State	-	31:35.8	6:11.8	6:21.4	3:57.0	3:22.2	8:42.8	17:00.2	27:50.5
199 Ethan Smith	FR	4105	Hamline	-	31:48.0	6:24.0	6:23.9	3:58.5	3:50.4	9:11.9	17:19.2	27:49.6
200 Conner Fitzgerald	SO	4139	Minnesota-Morris	-	31:48.6	6:24.6	6:24.0	3:58.6	3:49.5	9:11.8	17:23.2	27:53.8
201 Solomon Johnson	FR	4048	Concordia-Moorhea	-	31:49.8	6:25.8	6:24.2	3:58.7	3:31.9	8:41.2	17:08.1	27:58.9
202 Parker Johnson	FR	4028	Carleton	-	31:54.6	6:30.6	6:25.2	3:59.3	3:44.4	9:00.7	17:14.6	27:54.1
203 Sam Marble	FR	4081	Gustavus Adolphus	-	31:54.7	6:30.7	6:25.2	3:59.3	3:34.8	8:53.1	17:17.6	27:59.4
204 Mitchell Hughes	JR	4182	St. Scholastica	-	32:03.4	6:39.4	6:27.0	4:00.4	3:44.3	9:02.7	17:26.9	28:13.8
205 Timothy Zehr	SO	4017	Bethel (Minn.)	-	32:03.6	6:39.6	6:27.0	4:00.4	3:47.7	9:11.5	17:33.2	28:06.7
206 Hunter Bauer	FR	4003	Bethel (Minn.)	-	32:06.8	6:42.8	6:27.7	4:00.8	3:46.2	9:13.0	17:36.7	28:15.4
207 Jack McCabe	SO	4082	Gustavus Adolphus	-	32:13.6	6:49.6	6:29.0	4:01.7	3:34.4	8:49.3	17:15.7	28:09.0

RUNNING OF THE COWSNorthfield, MN
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MEN • 8 Kilometers (4.97 Miles)**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
208 Sam Anderson	SR	4174	St. Scholastica	-	32:19.1	6:55.1	6:30.1	4:02.4	3:59.7	9:41.7	18:12.6	28:36.0
209 Baylor Leese	JR	4008	Bethel (Minn.)	-	32:19.6	6:55.6	6:30.3	4:02.4	3:45.7	9:10.9	17:37.1	28:17.3
210 Henry Trajano	FR	4145	Minnesota-Morris	-	32:21.6	6:57.6	6:30.7	4:02.7	3:49.6	9:12.4	17:37.3	28:25.9
211 Juan Burleigh	SO	4068	Gustavus Adolphus	-	32:31.4	7:07.4	6:32.6	4:03.9	4:00.2	9:42.6	18:13.5	28:38.1
212 James Berg	JR	4146	St. John's (Minn.)	-	32:36.1	7:12.1	6:33.6	4:04.5	3:50.4	9:17.8	18:03.6	28:47.7
213 Christopher Stanek	JR	4171	St. John's (Minn.)	-	33:06.0	7:42.0	6:39.6	4:08.2	3:42.1	8:51.2	16:54.6	28:24.5
214 Anders Braaten	JR	4177	St. Scholastica	-	33:21.2	7:57.2	6:42.6	4:10.1	3:44.3	9:17.2	18:03.2	29:09.0
215 Max Thomason	JR	4062	Cornell College	-	33:29.0	8:05.0	6:44.2	4:11.1	3:45.5	9:23.5	18:12.5	29:17.6
216 Gabriel Brand	FR	4137	Minnesota-Morris	-	33:54.3	8:30.3	6:49.3	4:14.3	4:00.2	9:42.8	18:26.6	29:49.3
217 Elijah Foure	SR	4071	Gustavus Adolphus	-	33:59.1	8:35.1	6:50.3	4:14.9	3:49.2	9:24.5	18:14.4	29:51.0
218 Daniel Kloepfner	FR	4162	St. John's (Minn.)	-	34:02.5	8:38.5	6:51.0	4:15.3	3:55.4	9:39.0	18:42.7	30:03.8
219 Jacob Stiele	JR	4191	St. Scholastica	-	34:05.0	8:41.0	6:51.5	4:15.6	3:59.8	9:42.0	18:33.6	29:49.9
220 Mitchell Hammer	FR	4247	Wis.-Superior	(109)	34:45.0	9:21.0	6:59.5	4:20.6	3:38.4	8:59.1	18:43.0	30:27.1
-- Cameron Regan	FR	4102	Hamline	-	DNF	---	---	---	4:02.1	9:58.1	19:19.3	30:43.9
-- Michael Milner	SR	4120	Macalester	-	DNF	---	---	---	3:45.5	9:10.7	17:31.1	
-- Andrew Stanek	SO	4143	Minnesota-Morris	-	DNF	---	---	---	3:49.4	9:10.4		
-- Zane Michael	SO	4083	Gustavus Adolphus	-	DNF	---	---	---	3:27.3	8:25.9	16:19.6	
-- Doug Feyen	FR	4225	Wis.-La Crosse	-	DNF	---	---	---	3:22.3	8:08.4	15:31.2	24:28.8
-- Macallister Karrick	SO	4198	St. Thomas (Minn.)	-	DNF	---	---	---	3:14.4	7:58.4	15:05.6	