

**MIAC CROSS COUNTRY CHAMPIONSHIPS**

Northfield, MN  
Carleton College

Saturday, November 2, 2019

**MEET OFFICIALS**

Timing:  
Wayzata Results, Inc



**OFFICIAL MEET REPORT**  
printed: 11/2/2019 11:43 AM

**Race #2**  
**MEN • 8 Kilometers (4.97 Miles)**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 Carleton	50	1-2-8-19-20(23)(28)	2:07:09	25:26
2 St. Thomas (Minn.)	63	3-9-13-16-22(31)(37)	2:08:34	25:43
3 St. Olaf	69	6-7-11-18-27(30)(32)	2:08:36	25:44
4 Gustavus Adolphus	109	12-14-21-29-33(36)(40)	2:10:40	26:08
5 Hamline	140	4-5-42-44-45(55)(64)	2:11:21	26:17
6 St. John's (Minn.)	143	17-25-26-34-41(49)(51)	2:12:02	26:25
7 Bethel (Minn.)	177	10-15-46-50-56(61)(62)	2:12:58	26:36
8 Concordia-Moorhead	206	24-38-43-48-53(54)(58)	2:14:11	26:51
9 Macalester	251	35-47-52-57-60(63)(67)	2:15:37	27:08
10 Augsburg	319	39-66-68-72-74(75)(76)	2:23:17	28:40
11 Saint Mary's (Minn.)	334	59-65-69-70-71(73)	2:22:17	28:28

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
1 WILKINSON, Matthew	JR	55	Carleton	1	24:37.4	---	4:57.3	3:04.7	3:05.1	7:24.5	13:45.3	21:34.9
2 MUELLER, Lucas	JR	44	Carleton	2	24:59.0	0:22.0	5:01.6	3:07.4	3:06.2	7:31.2	14:02.6	21:57.9
3 WACHTER, Karl	SR	243	St. Thomas (Minn.)	3	25:05.4	0:28.4	5:02.9	3:08.2	3:05.3	7:25.8	13:59.2	22:02.4
4 BENITEZ, Fernando	SR	108	Hamline	4	25:07.7	0:30.7	5:03.4	3:08.5	3:06.5	7:28.2	13:59.4	22:01.6
5 GUSTAFSON, Frank	JR	112	Hamline	5	25:12.1	0:35.1	5:04.2	3:09.0	3:06.3	7:28.2	13:59.2	22:07.2
6 LONERGAN, Sean	SR	197	St. Olaf	6	25:18.5	0:41.5	5:05.5	3:09.8	3:05.6	7:28.1	13:59.2	22:04.5
7 PRIMOZICH, Sam	JR	207	St. Olaf	7	25:19.6	0:42.6	5:05.8	3:09.9	3:05.6	7:27.8	13:59.1	22:07.9
8 MEIKLE, Cameron	SR	43	Carleton	8	25:19.7	0:42.7	5:05.8	3:10.0	3:07.7	7:33.9	14:12.1	22:17.2
9 MCGIVERN, George	SR	230	St. Thomas (Minn.)	9	25:30.4	0:53.4	5:07.9	3:11.3	3:05.9	7:28.2	13:59.2	22:15.6
10 LELINGA, Ezekiel	JR	18	Bethel (Minn.)	10	25:33.1	0:56.1	5:08.5	3:11.6	3:06.3	7:28.3	13:58.9	22:15.8
11 KADROFSKE, Elliot	SR	192	St. Olaf	11	25:37.3	1:00.3	5:09.3	3:12.2	3:10.1	7:34.5	14:13.1	22:30.2
12 GRANT, Garett	SO	85	Gustavus Adolphus	12	25:44.7	1:07.7	5:10.8	3:13.1	3:06.4	7:34.6	14:16.1	22:34.8
13 WIEL, Biel	SO	245	St. Thomas (Minn.)	13	25:47.1	1:10.1	5:11.3	3:13.4	3:06.5	7:28.6	13:59.9	22:29.4
14 STUMBO, Andrew	JR	104	Gustavus Adolphus	14	25:53.7	1:16.7	5:12.6	3:14.2	3:06.1	7:34.2	14:17.6	22:46.2
15 MENDEL, Ike	SO	19	Bethel (Minn.)	15	25:56.7	1:19.7	5:13.2	3:14.6	3:09.5	7:38.6	14:22.6	22:42.5
16 HAIRE, Zach	FR	223	St. Thomas (Minn.)	16	26:00.0	1:23.0	5:13.9	3:15.0	3:09.6	7:39.3	14:26.1	22:42.5
17 COLLINS, Tremayne	SR	154	St. John's (Minn.)	17	26:02.4	1:25.4	5:14.4	3:15.3	3:09.7	7:38.6	14:20.8	22:44.2
18 ELLEFSON-CARNES, Arne	FR	182	St. Olaf	18	26:03.1	1:26.1	5:14.5	3:15.4	3:09.8	7:34.7	14:15.0	22:43.8
19 LAVEY, Stephen	SO	42	Carleton	19	26:04.8	1:27.8	5:14.8	3:15.6	3:09.6	7:38.2	14:25.6	22:45.0
20 SANTOS, Ben	SO	49	Carleton	20	26:07.5	1:30.5	5:15.4	3:15.9	3:11.8	7:43.8	14:34.2	22:56.9
21 JOHNSON, Noah	SO	88	Gustavus Adolphus	21	26:10.4	1:33.4	5:16.0	3:16.3	3:16.9	7:55.0	14:45.9	23:09.5
22 KARRICK, Macallister	SO	226	St. Thomas (Minn.)	22	26:10.7	1:33.7	5:16.0	3:16.3	3:08.4	7:35.6	14:16.5	22:49.2
23 SATHER, Zak	FR	50	Carleton	(23)	26:11.1	1:34.1	5:16.1	3:16.4	3:10.3	7:38.4	14:30.7	22:57.0
24 WICKLUND, Eric	SR	75	Concordia-Moorhead	24	26:12.0	1:35.0	5:16.3	3:16.5	3:13.8	7:43.5	14:31.5	23:02.3
25 NEMANICH, Thomas	FR	169	St. John's (Minn.)	25	26:14.2	1:37.2	5:16.7	3:16.8	3:10.2	7:38.9	14:28.5	23:05.4
26 WEBB, Noah	JR	174	St. John's (Minn.)	26	26:15.7	1:38.7	5:17.0	3:17.0	3:10.9	7:43.0	14:30.6	23:15.5
27 LYFORD, Derk	FR	198	St. Olaf	27	26:17.2	1:40.2	5:17.3	3:17.1	3:09.6	7:39.6	14:36.2	23:04.6
28 BOWMAN, Henry	FR	30	Carleton	(28)	26:18.1	1:41.1	5:17.5	3:17.3	3:10.4	7:40.8	14:33.6	23:01.5
29 WICKLUND, Ben	SO	106	Gustavus Adolphus	29	26:19.7	1:42.7	5:17.8	3:17.5	3:10.0	7:39.5	14:27.9	23:02.7
30 KOSCHE, Reuben	SO	193	St. Olaf	(30)	26:22.7	1:45.7	5:18.4	3:17.8	3:09.4	7:38.2	14:30.6	23:12.3

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## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	2.4K	4.5K	7K
31 KILEY, Collin	SR	227	St. Thomas (Minn.)	(31)	26:27.9	1:50.9	5:19.5	3:18.5	3:08.8	7:38.8	14:31.0	23:11.4
32 SAGEDAHL, Penn	FR	210	St. Olaf	(32)	26:29.0	1:52.0	5:19.7	3:18.6	3:09.9	7:38.2	14:30.7	23:11.7
33 HERZOG, Jonah	JR	189	St. Olaf	-	26:30.7	1:53.7	5:20.1	3:18.8	3:10.0	7:41.6	14:36.0	23:13.4
34 OLSON, Casey	JR	99	Gustavus Adolphus	33	26:31.3	1:54.3	5:20.2	3:18.9	3:13.0	7:48.2	14:45.9	23:16.6
35 GOLDSMITH, Andy	SO	159	St. John's (Minn.)	34	26:32.5	1:55.5	5:20.4	3:19.1	3:13.6	7:54.6	14:47.5	23:18.0
36 JOHNSON, Adrian	JR	127	Macalester	35	26:34.3	1:57.3	5:20.8	3:19.3	3:11.2	7:41.8	14:33.0	23:09.8
37 GILBERTSON, Jeremy	JR	84	Gustavus Adolphus	(36)	26:38.4	2:01.4	5:21.6	3:19.8	3:12.2	7:45.6	14:41.2	23:21.9
38 MALEK, Luke	SO	199	St. Olaf	-	26:38.8	2:01.8	5:21.7	3:19.9	3:14.3	7:49.2	14:47.2	23:23.9
39 CHAO, Ben	FR	32	Carleton	-	26:38.9	2:01.9	5:21.7	3:19.9	3:12.9	7:48.3	14:40.8	23:24.3
40 SANSONE, Keegan	SO	233	St. Thomas (Minn.)	(37)	26:40.9	2:03.9	5:22.1	3:20.1	3:11.0	7:42.5	14:40.6	23:25.0
41 ISAHAK, Munir	JR	63	Concordia-Moorhea	38	26:43.2	2:06.2	5:22.6	3:20.4	3:15.6	7:49.2	14:46.0	23:24.9
42 NAKASAKA, Adam	SO	45	Carleton	-	26:44.4	2:07.4	5:22.8	3:20.5	3:12.5	7:50.8	14:48.2	23:33.2
43 HALLA, Colton	FR	224	St. Thomas (Minn.)	-	26:46.8	2:09.8	5:23.3	3:20.8	3:10.6	7:43.1	14:42.9	23:29.6
44 PAAL, Matthew	SR	205	St. Olaf	-	26:48.1	2:11.1	5:23.5	3:21.0	3:21.3	7:59.2	14:56.0	23:33.1
45 RIPLEY, Lars	SO	209	St. Olaf	-	26:48.2	2:11.2	5:23.6	3:21.0	3:21.1	7:59.7	14:57.2	23:34.2
46 MCCOLLOR, Adam	FR	229	St. Thomas (Minn.)	-	26:49.6	2:12.6	5:23.8	3:21.2	3:10.3	7:42.3	14:41.4	23:27.8
47 CASSIDY, Elliott	SO	180	St. Olaf	-	26:50.1	2:13.1	5:23.9	3:21.3	3:08.8	7:37.6	14:31.7	23:27.0
48 HUSSIEN, Sakariya	FR	3	Augsburg	39	26:50.7	2:13.7	5:24.1	3:21.3	3:15.3	7:54.2	14:56.3	23:37.3
49 NYSTROM, Kenyon	SO	46	Carleton	-	26:53.3	2:16.3	5:24.6	3:21.7	3:17.3	7:59.2	15:00.1	23:41.6
50 PAYNE, Matt	SO	101	Gustavus Adolphus	(40)	26:55.9	2:18.9	5:25.1	3:22.0	3:14.3	7:55.0	14:56.5	23:38.9
51 THEISEN, Sam	FR	240	St. Thomas (Minn.)	-	26:56.4	2:19.4	5:25.2	3:22.0	3:11.0	7:48.1	14:49.7	23:38.4
52 GRAND, Mitchell	FR	160	St. John's (Minn.)	41	26:56.9	2:19.9	5:25.3	3:22.1	3:16.1	7:58.6	14:59.1	23:41.4
53 BRENK, Christopher	SR	179	St. Olaf	-	26:58.0	2:21.0	5:25.5	3:22.2	3:07.9	7:40.5	14:40.4	23:30.2
54 ROEN, Ben	JR	115	Hamline	42	26:58.2	2:21.2	5:25.6	3:22.3	3:11.8	7:44.9	14:50.7	23:39.3
55 STRESEMANN, Sam	JR	216	St. Olaf	-	26:58.7	2:21.7	5:25.7	3:22.3	3:21.7	7:59.9	14:57.3	23:49.0
56 KNEESKERN, Noah	JR	65	Concordia-Moorhea	43	26:59.7	2:22.7	5:25.9	3:22.5	3:22.4	8:02.0	14:58.4	23:37.3
57 PERRY, Ben	SO	47	Carleton	-	26:59.8	2:22.8	5:25.9	3:22.5	3:12.7	7:48.4	14:48.7	23:39.4
58 KOZLOWSKI, Carl	JR	228	St. Thomas (Minn.)	-	26:59.9	2:22.9	5:25.9	3:22.5	3:09.0	7:43.1	14:50.0	23:37.7
59 GAIM, Nehemiah	FR	110	Hamline	44	27:01.1	2:24.1	5:26.2	3:22.6	3:14.0	7:54.3	14:57.3	23:42.3
60 GALLAGHER, Tyler	SO	111	Hamline	45	27:01.5	2:24.5	5:26.3	3:22.7	3:13.0	7:54.5	14:57.6	23:44.2
61 KIVELA, Erik	JR	16	Bethel (Minn.)	46	27:02.7	2:25.7	5:26.5	3:22.8	3:16.2	7:54.6	14:52.5	23:39.6
62 LEPAK, Jake	SR	129	Macalester	47	27:04.0	2:27.0	5:26.8	3:23.0	3:06.7	7:32.3	14:37.1	23:41.0
63 MIDDENDORF, Jesse	FR	71	Concordia-Moorhea	48	27:04.1	2:27.1	5:26.8	3:23.0	3:18.6	7:58.9	14:58.7	23:47.4
64 FAST, Justus	SO	158	St. John's (Minn.)	(49)	27:05.0	2:28.0	5:27.0	3:23.1	3:20.4	8:02.0	15:02.0	23:42.6
65 HALVERSON, Josh	JR	14	Bethel (Minn.)	50	27:05.8	2:28.8	5:27.1	3:23.2	3:08.8	7:38.6	14:36.3	23:36.0
66 HOUSEMAN, Ryan	JR	162	St. John's (Minn.)	(51)	27:06.5	2:29.5	5:27.3	3:23.3	3:16.4	8:00.0	15:02.6	23:47.8
67 OLFERT, Nick	SO	97	Gustavus Adolphus	-	27:07.1	2:30.1	5:27.4	3:23.4	3:18.1	8:00.2	15:02.3	23:48.2
68 DAVID, Evan	JR	35	Carleton	-	27:08.8	2:31.8	5:27.7	3:23.6	3:10.7	7:35.4	14:21.2	23:32.7
69 MAYSE, Smith	SO	132	Macalester	52	27:09.7	2:32.7	5:27.9	3:23.7	3:07.2	7:38.5	14:46.5	23:39.6
70 OLSON, Tanner	FR	72	Concordia-Moorhea	53	27:11.5	2:34.5	5:28.3	3:23.9	3:17.9	7:57.7	14:57.8	23:48.3
71 HAUGRUD, Connor	JR	62	Concordia-Moorhea	(54)	27:13.1	2:36.1	5:28.6	3:24.1	3:18.8	8:01.7	15:02.7	23:54.3
72 HINCHCLIFFE, Henry	FR	87	Gustavus Adolphus	-	27:13.7	2:36.7	5:28.7	3:24.2	3:16.9	7:58.2	15:03.3	23:52.8
73 MONTRESOR, Kevin	FR	202	St. Olaf	-	27:13.7	2:36.7	5:28.7	3:24.2	3:23.3	8:02.8	15:03.7	23:49.3
74 BRODIE, Aric	SO	109	Hamline	(55)	27:13.9	2:36.9	5:28.8	3:24.2	3:19.6	7:56.4	14:56.6	23:48.0
75 HENSCHER, Jack	SR	187	St. Olaf	-	27:17.7	2:40.7	5:29.5	3:24.7	3:28.3	8:17.9	15:20.8	23:59.8
76 HERZOG, Koji	SO	190	St. Olaf	-	27:19.1	2:42.1	5:29.8	3:24.9	3:22.2	8:02.7	15:03.8	23:59.6

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77 JACKSON, Seth	JR	163	St. John's (Minn.)	-	27:19.3	2:42.3	5:29.8	3:24.9	3:16.5	7:59.2	15:02.6	23:49.0
78 SWEENEY, Jonathan	JR	26	Bethel (Minn.)	56	27:19.8	2:42.8	5:29.9	3:25.0	3:16.6	7:58.3	15:01.6	23:53.6
79 SCHNIRRING, Lucas	SO	102	Gustavus Adolphus	-	27:22.0	2:45.0	5:30.4	3:25.2	3:18.2	8:01.1	15:02.0	23:56.6
80 PHELAN, Conrad	SR	48	Carleton	-	27:22.1	2:45.1	5:30.4	3:25.3	3:21.8	8:07.1	15:17.9	24:00.9
81 JONES, Elijah	FR	40	Carleton	-	27:22.1	2:45.1	5:30.4	3:25.3	3:20.1	8:06.5	15:14.6	24:02.3
82 LINDGREN, Lukas	JR	196	St. Olaf	-	27:22.4	2:45.4	5:30.4	3:25.3	3:23.7	8:02.7	15:03.6	23:59.9
83 REYES HERRERA, Edwin	SR	138	Macalester	57	27:22.7	2:45.7	5:30.5	3:25.3	3:20.7	8:05.6	15:10.9	24:00.5
84 JOHNSON, Solomon	FR	64	Concordia-Moorhea	(58)	27:24.2	2:47.2	5:30.8	3:25.5	3:22.6	8:02.4	15:06.4	24:06.8
85 MALIKOWSKI, Jordan	JR	142	Saint Mary's (Minn.)	59	27:24.4	2:47.4	5:30.9	3:25.5	3:21.4	8:03.7	15:08.7	24:03.1
86 BRAKOB, Justin	JR	151	St. John's (Minn.)	-	27:24.5	2:47.5	5:30.9	3:25.6	3:21.2	8:03.6	15:11.6	24:06.3
87 MASSANARI, Noah	FR	200	St. Olaf	-	27:24.7	2:47.7	5:30.9	3:25.6	3:24.2	8:09.4	15:11.9	24:01.0
88 DEGONDA, Jack	SO	82	Gustavus Adolphus	-	27:24.8	2:47.8	5:30.9	3:25.6	3:08.3	7:39.0	14:31.9	23:39.6
89 ZAK, Parker	SO	175	St. John's (Minn.)	-	27:25.2	2:48.2	5:31.0	3:25.6	3:20.0	8:01.5	15:01.9	23:57.1
90 O'DONNELL-HOFF, Sam	SR	135	Macalester	60	27:26.3	2:49.3	5:31.2	3:25.8	3:20.6	8:05.8	15:11.8	24:03.7
91 RICKER, Basil	FR	74	Concordia-Moorhea	-	27:27.4	2:50.4	5:31.5	3:25.9	3:19.8	8:02.2	15:08.9	24:06.8
92 SHINN, Keaton	SR	23	Bethel (Minn.)	(61)	27:28.4	2:51.4	5:31.7	3:26.1	3:16.2	7:57.6	15:06.6	24:05.1
93 TYDINGS, Clay	JR	53	Carleton	-	27:29.9	2:52.9	5:32.0	3:26.2	3:18.4	8:04.3	15:09.4	24:03.1
94 FOSTER, Caleb	SR	13	Bethel (Minn.)	(62)	27:31.5	2:54.5	5:32.3	3:26.4	3:16.1	7:57.9	15:11.9	24:15.6
95 ST GEORGE, Aidan	FR	24	Bethel (Minn.)	-	27:32.6	2:55.6	5:32.5	3:26.6	3:15.8	7:56.2	15:01.5	24:05.2
96 SMITH, Morey	FR	237	St. Thomas (Minn.)	-	27:35.7	2:58.7	5:33.1	3:27.0	3:10.6	7:45.0	14:57.2	24:08.5
97 CHRISTENSON, Nolan	SO	56	Concordia-Moorhea	-	27:36.2	2:59.2	5:33.2	3:27.0	3:23.2	8:10.5	15:23.4	24:17.4
98 KERR, Fred	SO	128	Macalester	(63)	27:36.7	2:59.7	5:33.3	3:27.1	3:20.1	8:05.7	15:11.2	24:03.3
99 WRIGHT, Owen	SR	218	St. Olaf	-	27:36.8	2:59.8	5:33.3	3:27.1	3:27.4	8:17.5	15:24.9	24:20.3
100 ECKMAN, Treycen	FR	220	St. Thomas (Minn.)	-	27:38.2	3:01.2	5:33.6	3:27.3	3:13.3	7:59.5	15:09.1	24:07.7
101 FINN, Michael	JR	183	St. Olaf	-	27:39.6	3:02.6	5:33.9	3:27.4	3:16.4	7:56.0	15:01.8	24:13.1
102 FONG, Jeremy	FR	36	Carleton	-	27:41.0	3:04.0	5:34.2	3:27.6	3:19.7	8:06.8	15:19.3	24:22.8
103 PAVELKA, Bridger	SR	100	Gustavus Adolphus	-	27:41.4	3:04.4	5:34.3	3:27.7	3:18.5	8:02.7	15:17.3	24:17.4
104 RYAN, Tommy	FR	116	Hamline	(64)	27:41.6	3:04.6	5:34.3	3:27.7	3:16.0	7:56.6	14:57.8	23:53.3
105 FRANK-HOLZNER, Hans	FR	59	Concordia-Moorhea	-	27:45.3	3:08.3	5:35.1	3:28.2	3:22.4	8:02.1	15:09.0	24:24.2
106 AOKI-SHERWOOD, Ben	FR	29	Carleton	-	27:46.9	3:09.9	5:35.4	3:28.4	3:19.6	8:04.9	15:15.2	24:20.0
107 BERG, Riley	FR	150	St. John's (Minn.)	-	27:47.5	3:10.5	5:35.5	3:28.4	3:20.2	8:04.9	15:19.9	24:24.6
108 OLSEM, Isaiah	JR	146	Saint Mary's (Minn.)	65	27:48.5	3:11.5	5:35.7	3:28.6	3:20.2	8:01.6	15:03.2	24:13.7
109 LARSON, Peter	SO	195	St. Olaf	-	27:49.1	3:12.1	5:35.8	3:28.6	3:27.2	8:13.3	15:25.6	24:23.5
110 SCRUGGS, Nathan	JR	103	Gustavus Adolphus	-	27:50.6	3:13.6	5:36.1	3:28.8	3:21.7	8:07.1	15:18.7	24:20.3
111 KNUTSON, Bryce	SO	90	Gustavus Adolphus	-	27:51.2	3:14.2	5:36.2	3:28.9	3:19.6	8:03.0	15:18.4	24:24.0
112 NARUM, Anders	SO	204	St. Olaf	-	27:53.1	3:16.1	5:36.6	3:29.1	3:21.3	7:59.4	15:00.3	24:20.9
113 COLLERAN, Jack	JR	153	St. John's (Minn.)	-	27:54.2	3:17.2	5:36.9	3:29.3	3:17.3	8:01.0	15:05.4	24:22.6
114 RENGU, Samuel	FR	171	St. John's (Minn.)	-	27:55.5	3:18.5	5:37.1	3:29.4	3:23.2	8:11.4	15:28.4	24:32.1
115 PEDERSEN, Luke	SO	20	Bethel (Minn.)	-	27:58.4	3:21.4	5:37.7	3:29.8	3:19.7	8:09.6	15:29.4	24:30.0
116 OLSON, Anders	JR	98	Gustavus Adolphus	-	28:00.3	3:23.3	5:38.1	3:30.0	3:21.7	8:06.9	15:18.8	24:26.4
117 HENSEL, Alexei	FR	161	St. John's (Minn.)	-	28:02.6	3:25.6	5:38.5	3:30.3	3:23.1	8:11.4	15:28.6	24:40.0
118 HOBUS, Isaiah	SO	15	Bethel (Minn.)	-	28:02.9	3:25.9	5:38.6	3:30.4	3:19.7	8:07.4	15:26.1	24:34.4
119 BRANSKY, Jacob	SR	31	Carleton	-	28:03.9	3:26.9	5:38.8	3:30.5	3:22.8	8:12.8	15:30.6	24:39.5
120 ABEYTA, Michael	FR	1	Augsburg	66	28:04.7	3:27.7	5:39.0	3:30.6	3:17.8	8:10.2	15:32.0	24:41.3
121 SHUFRO-ZLETZ, Jesse	SO	52	Carleton	-	28:05.1	3:28.1	5:39.0	3:30.6	3:27.0	8:18.2	15:35.4	24:43.4
122 GILBERTSON, Henrik	SO	185	St. Olaf	-	28:07.2	3:30.2	5:39.5	3:30.9	3:23.0	8:06.7	15:27.9	24:41.0

# MIAC CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
Carleton College

Saturday, November 2, 2019

## MEET OFFICIALS

Timing:  
Wayzata Results, Inc



OFFICIAL MEET REPORT  
printed: 11/2/2019 11:43 AM

**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
123 JARKA-SELLERS, Peter	SR	126	Macalester	(67)	28:07.7	3:30.7	5:39.6	3:31.0	3:20.7	8:11.8	15:38.7	24:43.3
124 CRUZ, Samuel	SR	155	St. John's (Minn.)	-	28:08.5	3:31.5	5:39.7	3:31.1	3:17.7	8:00.6	15:04.1	24:27.3
125 PANCOAST, Olsen	SR	73	Concordia-Moorhea	-	28:11.3	3:34.3	5:40.3	3:31.4	3:19.7	8:02.9	15:22.5	24:40.1
126 GUSTAFSON, Brennan	JR	86	Gustavus Adolphus	-	28:13.1	3:36.1	5:40.6	3:31.6	3:19.0	8:04.3	15:28.3	24:45.0
127 MILNER, Michael	SR	133	Macalester	-	28:13.9	3:36.9	5:40.8	3:31.7	3:22.2	8:05.1	15:25.3	24:44.1
128 MUNOZ, Julian	FR	203	St. Olaf	-	28:14.2	3:37.2	5:40.9	3:31.8	3:24.2	8:09.4	15:31.7	24:51.2
129 WARD, Mike	FR	244	St. Thomas (Minn.)	-	28:14.3	3:37.3	5:40.9	3:31.8	3:14.2	8:02.6	15:22.4	24:44.2
130 BAUMEISTER, Mark	JR	121	Macalester	-	28:16.7	3:39.7	5:41.4	3:32.1	3:25.9	8:23.2	15:47.8	24:58.1
131 STONE, David	SR	215	St. Olaf	-	28:17.0	3:40.0	5:41.4	3:32.1	3:30.2	8:26.4	15:42.3	24:54.3
132 TREMPE, Eric	SO	241	St. Thomas (Minn.)	-	28:17.9	3:40.9	5:41.6	3:32.2	3:24.1	8:13.2	15:35.8	24:49.2
133 KERBESHIAN, Nick	JR	89	Gustavus Adolphus	-	28:19.1	3:42.1	5:41.9	3:32.4	3:09.3	7:55.2	15:25.9	24:56.4
134 WIENS, Jared	SO	27	Bethel (Minn.)	-	28:20.0	3:43.0	5:42.0	3:32.5	3:25.7	8:24.1	15:44.5	24:58.2
135 LAVIGNE, Trevor	FR	91	Gustavus Adolphus	-	28:20.0	3:43.0	5:42.0	3:32.5	3:21.9	8:10.3	15:30.7	24:44.8
136 SLAGEL, Isaac	SR	214	St. Olaf	-	28:21.3	3:44.3	5:42.3	3:32.7	3:27.9	8:18.2	15:41.3	24:51.6
137 STONICK, Alexander	FR	9	Augsburg	68	28:22.8	3:45.8	5:42.6	3:32.8	3:15.9	8:02.2	15:27.2	24:51.4
138 HERSHEWE, Edward	SR	37	Carleton	-	28:24.9	3:47.9	5:43.0	3:33.1	3:28.4	8:23.1	15:46.8	24:57.3
139 WALLIN, Tucker	FR	105	Gustavus Adolphus	-	28:26.3	3:49.3	5:43.3	3:33.3	3:09.1	7:41.2	15:12.4	24:51.3
140 ABEGGLEN, Samuel	SR	78	Gustavus Adolphus	-	28:26.8	3:49.8	5:43.4	3:33.3	3:28.7	8:24.2	15:49.7	25:02.0
141 KRAIMER, Michael	SO	66	Concordia-Moorhea	-	28:27.5	3:50.5	5:43.6	3:33.4	3:26.9	8:18.6	15:40.9	24:59.1
142 SCHNIEDERS, Ben	JR	51	Carleton	-	28:27.7	3:50.7	5:43.6	3:33.5	3:27.2	8:22.4	15:49.0	24:59.9
143 MEADEN, Jonathan	JR	144	Saint Mary's (Minn.)	69	28:28.8	3:51.8	5:43.8	3:33.6	3:21.0	8:04.4	15:20.2	24:48.2
144 PETERSON, Luke	FR	21	Bethel (Minn.)	-	28:31.8	3:54.8	5:44.4	3:34.0	3:19.8	8:09.9	15:34.8	24:58.4
145 SLUGA, Nicholas	SO	234	St. Thomas (Minn.)	-	28:32.0	3:55.0	5:44.4	3:34.0	3:22.4	8:15.1	15:39.4	25:01.4
146 STANEK, Christopher	JR	173	St. John's (Minn.)	-	28:34.3	3:57.3	5:44.9	3:34.3	3:27.8	8:24.3	15:54.4	25:09.6
147 CRAMER, John	FR	34	Carleton	-	28:35.3	3:58.3	5:45.1	3:34.4	3:29.3	8:26.4	15:52.5	25:06.9
148 MICHAEL, Zane	SO	95	Gustavus Adolphus	-	28:36.3	3:59.3	5:45.3	3:34.5	3:22.1	8:09.2	15:34.0	25:01.5
149 SMITH, Noah	FR	118	Hamline	-	28:36.8	3:59.8	5:45.4	3:34.6	3:23.7	8:17.6	15:44.6	25:04.6
150 LEWIS-NORELLE, Sasha	JR	131	Macalester	-	28:38.8	4:01.8	5:45.8	3:34.8	3:25.9	8:23.6	15:47.6	25:10.8
151 SMITH, Anthony	SR	235	St. Thomas (Minn.)	-	28:40.7	4:03.7	5:46.2	3:35.1	3:25.4	8:16.6	15:46.1	25:16.3
152 RAZILDO, Thomas	SO	113	Hamline	-	28:42.2	4:05.2	5:46.5	3:35.3	3:26.3	8:24.2	15:49.2	25:06.2
153 BRANDT, Jared	FR	79	Gustavus Adolphus	-	28:50.5	4:13.5	5:48.2	3:36.3	3:19.7	8:09.2	15:46.0	25:10.6
154 SWORSKI, Erik	JR	238	St. Thomas (Minn.)	-	28:52.3	4:15.3	5:48.5	3:36.5	3:24.3	8:16.9	15:55.4	25:26.6
155 CLAUSING, Nathan	FR	152	St. John's (Minn.)	-	28:52.4	4:15.4	5:48.6	3:36.6	3:31.0	8:29.3	15:59.9	25:29.6
156 BILDSTEN, Ben	SR	122	Macalester	-	28:54.4	4:17.4	5:49.0	3:36.8	3:23.4	8:22.9	15:52.9	25:22.3
157 JOHNSON, Kristofer	JR	191	St. Olaf	-	28:54.5	4:17.5	5:49.0	3:36.8	3:30.0	8:26.9	15:55.0	25:25.5
158 JOHNSON, Parker	FR	39	Carleton	-	28:56.1	4:19.1	5:49.3	3:37.0	3:27.6	8:24.5	15:57.5	25:27.0
159 WILSON, Dan	SO	76	Concordia-Moorhea	-	29:02.8	4:25.8	5:50.7	3:37.8	3:31.6	8:39.2	16:18.1	25:39.0
160 MCCARTNEY, Caedon	FR	143	Saint Mary's (Minn.)	70	29:04.0	4:27.0	5:50.9	3:38.0	3:29.1	8:26.5	15:59.6	25:29.3
161 RAABE-PAVLOV, Chris	SO	208	St. Olaf	-	29:06.0	4:29.0	5:51.3	3:38.2	3:28.1	8:24.7	16:03.1	25:37.8
162 ASHLEY, Dawson	FR	10	Bethel (Minn.)	-	29:08.4	4:31.4	5:51.8	3:38.5	3:25.6	8:24.2	15:54.2	25:32.2
163 CZECH, Jacob	JR	156	St. John's (Minn.)	-	29:09.4	4:32.4	5:52.0	3:38.7	3:27.9	8:18.5	15:47.3	25:29.3
164 WATTS, Avery	FR	54	Carleton	-	29:11.0	4:34.0	5:52.3	3:38.9	3:27.4	8:25.6	16:04.5	25:41.3
165 AABERG, Alden	SR	176	St. Olaf	-	29:12.1	4:35.1	5:52.5	3:39.0	3:29.3	8:30.8	16:12.6	25:37.0
166 HERNANDEZ, Armando	SR	124	Macalester	-	29:12.6	4:35.6	5:52.6	3:39.1	3:38.5	8:48.0	16:25.4	25:42.3
167 HERMAN, Zach	SR	188	St. Olaf	-	29:15.4	4:38.4	5:53.2	3:39.4	3:33.2	8:41.3	16:21.7	25:37.7
168 KRINGLER, Justin	SO	67	Concordia-Moorhea	-	29:16.3	4:39.3	5:53.4	3:39.5	3:21.2	8:18.6	16:02.3	25:49.2

# MIAC CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
Carleton College

Saturday, November 2, 2019

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OFFICIAL MEET REPORT  
printed: 11/2/2019 11:43 AM

**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
169 PESKE, Cole	FR	136	Macalester	-	29:16.9	4:39.9	5:53.5	3:39.6	3:21.7	8:13.5	15:52.9	25:39.8
170 WILSON, Josh	SO	107	Gustavus Adolphus	-	29:17.7	4:40.7	5:53.7	3:39.7	3:29.0	8:25.9	16:03.6	25:44.2
171 CHRISTOPH, Oscar	SO	33	Carleton	-	29:18.8	4:41.8	5:53.9	3:39.8	3:30.5	8:31.6	16:08.4	25:44.1
172 MARBLE, Jack	FR	92	Gustavus Adolphus	-	29:29.4	4:52.4	5:56.0	3:41.2	3:22.4	8:10.2	15:35.0	25:41.4
173 WARE JONCAS, Spencer	SR	217	St. Olaf	-	29:30.5	4:53.5	5:56.2	3:41.3	3:28.2	8:18.7	16:05.4	25:57.5
174 DAOOD, Axel	FR	141	Saint Mary's (Minn.)	71	29:30.9	4:53.9	5:56.3	3:41.4	3:31.4	8:27.2	16:01.1	25:49.8
175 FOQUEREL-SKOE, Zachary	FR	58	Concordia-Moorhea	-	29:31.5	4:54.5	5:56.4	3:41.4	3:29.3	8:29.4	16:12.9	25:56.4
176 CARL, Brian	SO	219	St. Thomas (Minn.)	-	29:33.1	4:56.1	5:56.7	3:41.6	3:31.5	8:39.1	16:25.5	25:56.4
177 UNRUH, Ethan	FR	242	St. Thomas (Minn.)	-	29:33.9	4:56.9	5:56.9	3:41.7	3:32.5	8:42.3	16:25.2	25:56.9
178 GETZLOFF, Alec	SR	184	St. Olaf	-	29:40.2	5:03.2	5:58.2	3:42.5	3:33.2	8:41.7	16:27.4	26:08.4
179 KRAUSE, Maxwell	SO	165	St. John's (Minn.)	-	29:44.3	5:07.3	5:59.0	3:43.0	3:29.4	8:31.6	16:23.7	26:06.5
180 MAYER, Max	SO	201	St. Olaf	-	29:46.1	5:09.1	5:59.4	3:43.3	3:34.0	8:40.3	16:22.0	26:04.7
181 MICHELS, Corbin	FR	96	Gustavus Adolphus	-	29:46.8	5:09.8	5:59.5	3:43.3	3:25.1	8:25.2	16:18.6	26:11.6
182 GILLES, Matt	FR	222	St. Thomas (Minn.)	-	29:49.6	5:12.6	6:00.1	3:43.7	3:13.4	8:09.9	16:03.2	25:59.6
183 RACHLIN, Peter	FR	137	Macalester	-	29:50.3	5:13.3	6:00.2	3:43.8	3:29.5	8:38.0	16:29.3	26:14.5
184 MEYER, Nathan	SO	168	St. John's (Minn.)	-	29:51.1	5:14.1	6:00.4	3:43.9	3:30.5	8:34.6	16:20.5	26:11.3
185 HANRAHAN, Cian	JR	186	St. Olaf	-	29:51.4	5:14.4	6:00.4	3:43.9	3:30.8	8:32.1	16:16.4	26:07.8
186 MILLER, Greg	JR	5	Augsburg	72	29:53.1	5:16.1	6:00.8	3:44.1	3:22.7	8:29.0	16:24.2	26:10.6
187 BORASH, Ben	SR	140	Saint Mary's (Minn.)	(73)	29:56.5	5:19.5	6:01.5	3:44.6	3:35.0	8:48.9	16:44.0	26:20.2
188 LIPKE, Jacob	FR	166	St. John's (Minn.)	-	29:59.2	5:22.2	6:02.0	3:44.9	3:33.9	8:46.4	16:37.6	26:22.6
189 SETHRE, Kevin	SO	8	Augsburg	74	30:04.9	5:27.9	6:03.2	3:45.6	3:21.1	8:26.7	16:24.3	26:20.0
190 OSBORNE, Jack	SO	231	St. Thomas (Minn.)	-	30:07.2	5:30.2	6:03.6	3:45.9	3:32.0	8:43.4	16:39.5	26:27.9
191 AEHL, Peter	SR	177	St. Olaf	-	30:08.2	5:31.2	6:03.8	3:46.0	3:31.1	8:41.7	16:38.7	26:28.7
192 KLOEPPNER, Daniel	FR	164	St. John's (Minn.)	-	30:09.5	5:32.5	6:04.1	3:46.2	3:34.2	8:47.5	16:41.6	26:27.0
193 FROLAND, Tommy	SR	60	Concordia-Moorhea	-	30:10.6	5:33.6	6:04.3	3:46.3	3:31.5	8:46.1	16:43.9	26:42.5
194 PANTOJA, Jose	FR	206	St. Olaf	-	30:13.7	5:36.7	6:04.9	3:46.7	3:30.6	8:31.9	16:32.4	26:28.7
195 LEESE, Baylor	JR	17	Bethel (Minn.)	-	30:21.9	5:44.9	6:06.6	3:47.7	3:27.0	8:30.9	16:27.6	26:35.5
196 SMITH, Ethan	FR	117	Hamline	-	30:24.5	5:47.5	6:07.1	3:48.1	3:26.5	8:29.0	16:19.0	26:24.0
197 GOTHBERG, Jack	FR	61	Concordia-Moorhea	-	30:26.0	5:49.0	6:07.4	3:48.3	3:31.7	8:41.5	16:31.7	26:34.7
198 LEVY, Elijah	JR	130	Macalester	-	30:29.2	5:52.2	6:08.0	3:48.6	3:27.2	8:31.2	16:32.3	26:46.2
199 SCHROEPFER, Austin	JR	172	St. John's (Minn.)	-	30:30.5	5:53.5	6:08.3	3:48.8	3:33.8	8:49.0	16:47.2	26:52.5
200 LANGE, Jens	SO	194	St. Olaf	-	30:31.0	5:54.0	6:08.4	3:48.9	3:29.8	8:35.4	16:42.0	26:49.4
201 FOURRE, Elijah	SR	83	Gustavus Adolphus	-	30:33.9	5:56.9	6:09.0	3:49.2	3:34.8	8:48.0	16:46.9	26:47.7
202 STEWART, Tad	FR	25	Bethel (Minn.)	-	30:34.5	5:57.5	6:09.1	3:49.3	3:26.1	8:37.0	16:44.2	26:53.4
203 LIKING, Thomas	FR	68	Concordia-Moorhea	-	30:35.6	5:58.6	6:09.3	3:49.4	3:31.2	8:41.1	16:43.0	26:48.1
204 SEGURA, Gabe	JR	22	Bethel (Minn.)	-	30:36.7	5:59.7	6:09.6	3:49.6	3:30.4	8:46.1	16:55.1	26:54.3
205 MCCABE, Jack	SO	94	Gustavus Adolphus	-	30:41.6	6:04.6	6:10.5	3:50.2	3:34.9	8:48.2	16:41.3	26:46.3
206 OTTO, Charlie	SO	170	St. John's (Minn.)	-	30:52.0	6:15.0	6:12.6	3:51.5	3:33.6	8:49.6	16:47.1	26:53.8
207 ZEHR, Timothy	SO	28	Bethel (Minn.)	-	31:15.0	6:38.0	6:17.3	3:54.4	3:41.5	9:10.2	17:16.1	27:19.4
208 GARCIA GONZAGA, Erik	FR	2	Augsburg	(75)	31:23.2	6:46.2	6:18.9	3:55.4	3:24.5	8:43.8	17:13.2	27:37.7
209 DEVINE, Taylor	FR	57	Concordia-Moorhea	-	31:23.7	6:46.7	6:19.0	3:55.5	3:30.2	8:40.1	16:56.7	27:36.7
210 BALDUS, JoJo	SR	120	Macalester	-	31:28.3	6:51.3	6:19.9	3:56.0	3:52.8	9:22.2	17:36.6	27:41.2
211 PUENT, Aaron	FR	6	Augsburg	(76)	31:30.2	6:53.2	6:20.3	3:56.3	3:25.2	8:44.3	17:03.0	27:31.8
212 BASTIAN, Joseph	JR	148	St. John's (Minn.)	-	31:32.0	6:55.0	6:20.7	3:56.5	3:36.1	8:54.5	17:18.9	27:38.9
213 BURLEIGH, Juan	SO	80	Gustavus Adolphus	-	31:52.3	7:15.3	6:24.8	3:59.0	3:48.4	9:22.1	17:36.6	28:01.1
214 MARBLE, Sam	FR	93	Gustavus Adolphus	-	31:53.1	7:16.1	6:24.9	3:59.1	3:35.5	9:02.7	17:24.7	27:53.9

**MIAC CROSS COUNTRY CHAMPIONSHIPS**Northfield, MN  
Carleton College

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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
215 ZHRBOCK, Simon	FR	77	Concordia-Moorhea	-	32:00.9	7:23.9	6:26.5	4:00.1	3:33.5	9:04.7	17:36.8	28:07.1
216 BERG, James	JR	149	St. John's (Minn.)	-	32:50.6	8:13.6	6:36.5	4:06.3	3:48.6	9:21.5	17:50.3	28:50.1
217 REGAN, Cameron	FR	114	Hamline	-	33:17.8	8:40.8	6:42.0	4:09.7	3:57.9	9:45.7	18:20.4	29:06.2
218 MARTIN, Keaton	FR	70	Concordia-Moorhea	-	33:45.3	9:08.3	6:47.5	4:13.2	3:48.0	9:43.8	18:26.4	29:43.6
219 MCLEER, William	JR	4	Augsburg	-	36:54.6	12:17.6	7:25.6	4:36.8	4:26.3	10:57.4	20:31.1	32:26.2
-- KUHS, Max	JR	41	Carleton	-	DNF	---	---	---	3:27.7	8:25.8	16:07.1	