

2022 Viking XC Invitational - 9/24/2022**Grandview University****9/24/2022****Results****Event 1 Women 5k Run CC**

Name	Year School	Avg Mile	Finals	Points
Results - Women				
1 Lawson, Morgan	SR Grand View	5:52.0	18:13.36	1
2 Newhouse, Deanna	FR Mount Mercy	6:17.1	19:31.46	2
3 Ramone, Aisha	FR Southeastern CC	6:18.0	19:34.35	3
4 Segura, Natalia	SO Des Moines Area	6:18.4	19:35.65	4
5 Wood, Mary	Unattached	6:19.4	19:38.63	
6 Perkins, Keagan	SR Graceland	6:20.8	19:42.97	
7 Perkins, Ashlynn	SR Graceland	6:21.0	19:43.67	
8 Knutson, J'Lyn	SO Mount Mercy	6:23.5	19:51.28	5
9 Stewart, Grace	SR Graceland	6:24.3	19:53.83	
10 Overton, Kayla	FR Grand View	6:26.9	20:02.05	6
11 Allen, Brooke	JR Baker	6:33.0	20:20.90	7
12 Carter, Haley	FR Baker	6:34.2	20:24.60	8
13 Smith, Addy	FR St. Ambrose	6:35.0	20:26.96	9
14 Robinson, Mckenzie	FR Des Moines Area	6:36.0	20:30.35	10
15 Shannon, Alyssa	FR Indian Hills CC	6:36.5	20:31.80	11
16 Day, Jessa	SO Mount Mercy	6:37.0	20:33.20	12
17 Hasan, Ikilas	SO Grand View	6:37.4	20:34.60	13
18 Neeley, Faith	FR Grand View	6:41.4	20:47.09	14
19 Jennings, Ruth	FR Mount Mercy	6:45.2	20:58.64	15
20 Bishop, Laura	FR Mount Mercy	6:47.6	21:06.22	16
21 Rinderknecht, Abby	FR Mount Mercy	6:48.4	21:08.65	17
22 Mackey, Carissa	FR Southeastern CC	6:50.3	21:14.64	18
23 Aceves-Power, Valerie	SR Baker	6:50.7	21:15.98	19
24 Moehle, Brooklyn	FR Southeastern CC	6:54.2	21:26.79	20
25 Thompson, Paige	JR Grand View	6:54.9	21:29.00	21
26 Simpson, Allie	SO Southeastern CC	6:55.7	21:31.44	22
27 Burke, Crystal	JR Coe	6:57.9	21:38.34	23
28 Cobieya, Ruth	SR Mount Mercy	6:59.3	21:42.44	24
29 Landreth, Jana	FR Baker	7:00.5	21:46.17	25
30 Harder, Laura	SR Graceland	7:01.2	21:48.53	
31 Flores, Lizeth	SO Indian Hills CC	7:03.3	21:55.10	26
32 Younce, Faith	SO Iowa Wesleyan	7:04.1	21:57.44	27
33 Hernandez, Yaqueline	SO Mount Mercy	7:04.7	21:59.37	
34 Martin, Natalie	SO Des Moines Area	7:05.5	22:01.85	28
35 Sterner, Rachel	SO Baker	7:10.4	22:17.16	29
36 Lopez, Ariana	SO Mount Mercy	7:11.4	22:20.26	
37 Wood, Danielle	SO Waldorf	7:12.6	22:24.03	
38 Jordan, Delana	SR William Penn	7:14.2	22:29.03	30
39 Morris, Allison	JR Iowa Wesleyan	7:15.8	22:33.92	31
40 Hele, Elizabeth	SR William Penn	7:16.7	22:36.52	32
41 Shadin, Shiggo	Unattached	7:16.7	22:36.66	
42 Beaune, Madison	FR Des Moines Area	7:17.9	22:40.24	33
43 Klaus, Morgan	SO Indian Hills CC	7:21.0	22:50.05	34
44 Greig, Chloe	JR Grand View	7:22.2	22:53.86	35
45 Roesner, Evelyn	JR Baker	7:22.9	22:55.81	36
46 Ball, Blaise	JR Baker	7:25.0	23:02.37	37
47 Yuan, Kristin	JR Faith Baptist Bible	7:26.6	23:07.34	38
48 Garza, Ameline	FR William Penn	7:27.5	23:10.12	39
49 Reittinger, Carli	SO Mount Mercy	7:28.4	23:12.93	
50 Yaley, Cassidy	FR Southeastern CC	7:30.4	23:19.13	40
51 Liera, Wendy	SO Des Moines Area	7:31.9	23:23.83	41

Results

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4	Southeastern CC	103	3	18	20	22	40	54
	Total Time: 1:47:06.35							
	Average: 21:25.27							
5	Des Moines Area	116	4	10	28	33	41	52
	Total Time: 1:48:11.92							
	Average: 21:38.39							
6	Indian Hills CC	165	11	26	34	44	50	64
	Total Time: 1:53:20.69							
	Average: 22:40.14							
7	William Penn	195	30	32	39	43	51	
	Total Time: 1:56:14.18							
	Average: 23:14.84							
8	St. Ambrose	210	9	42	46	56	57	
	Total Time: 2:00:36.46							
	Average: 24:07.30							
9	Iowa Wesleyan	228	27	31	45	60	65	
	Total Time: 2:14:16.73							
	Average: 26:51.35							
10	Coe	242	23	49	53	55	62	
	Total Time: 2:06:22.61							
	Average: 25:16.53							
11	Faith Baptist Bible	267	38	47	58	61	63	
	Total Time: 2:13:49.58							
	Average: 26:45.92							

2022 Viking XC Invitational - 9/24/2022**Grandview University****9/24/2022****Results****Event 2 Men 8k Run CC**

Name	Year School	Avg Mile	Finals	Points
Results - Men				
1 Rudd, Nolan	Una-St. Ambrose	5:03.8	25:10.23	
2 Mickelson, Sam	JR Grand View	5:04.3	25:12.52	1
3 Rodriguez, Tony	SR Grand View	5:05.9	25:20.58	2
4 Grover, Dillon	JR Graceland	5:09.2	25:36.82	3
5 Kilborn, Seth	SR Grand View	5:10.6	25:43.70	4
6 Millikin, Brady	SO Indian Hills CC	5:15.7	26:08.95	5
7 Wittrock, Isaiah	SR Grand View	5:18.4	26:22.40	6
8 Booker, Coe	SR Coe	5:21.4	26:37.49	7
9 Hatch, Chris	SR Grand View	5:23.3	26:46.87	8
10 Mitchell, Ryan	FR Mount Mercy	5:24.8	26:54.57	9
11 Finley, Max	FR William Penn	5:26.6	27:03.48	10
12 Lamparek, Lukas	SO Mount Mercy	5:26.8	27:04.41	11
13 Clancy, Ryan	SO Mount Mercy	5:27.1	27:05.69	12
14 Lopez, Oscar	JR Mount Mercy	5:27.3	27:06.63	13
15 Lizarraga, Sergio	FR Mount Mercy	5:27.6	27:08.42	14
16 Oates, Chase	FR Southwestern CC	5:28.5	27:12.85	15
17 Hinojos, Adriel	FR Baker	5:29.7	27:18.85	16
18 Thoma, Jared	SO Coe	5:30.0	27:20.37	17
19 Cortez, Brady	FR Mount Mercy	5:30.4	27:22.07	18
20 Williams, Brandon	SO William Penn	5:31.3	27:26.46	19
21 Kleman, Lewis	SO Coe	5:31.8	27:29.10	20
22 Soderberg, Alex	SO Grand View	5:34.1	27:40.45	21
23 Dutton, Max	JR Baker	5:34.6	27:43.18	22
24 Lucas, Brody	FR Indian Hills CC	5:35.3	27:46.76	23
25 Davis, Ahren	Una-Grand View	5:36.8	27:53.99	
26 Hauger, Dayton	SO St. Ambrose	5:36.8	27:54.13	24
27 Heckenberg, Jonah	JR William Penn	5:36.8	27:54.22	25
28 Limas, Nathan	FR Grand View	5:36.9	27:54.44	26
29 Benes, Luke	SO St. Ambrose	5:38.2	28:00.84	27
30 Eller, Ian	FR St. Ambrose	5:39.5	28:07.25	28
31 Julian, Brooks	FR Southeastern CC	5:39.8	28:08.75	29
32 Lamparek, Ben	Una-Grand View	5:40.3	28:11.19	
33 Miserendino, Chris	FR St. Ambrose	5:41.3	28:16.46	30
34 Weghorst, Josh	JR Baker	5:42.1	28:20.41	31
35 Jackson, Christopher	SO Baker	5:42.9	28:24.49	32
36 Gaytan, Gonzalo	Una-Grand View	5:44.3	28:31.30	
37 Suhr, Trevin	Unattached	5:45.3	28:36.16	
38 Cokel, Noah	SO Mount Mercy	5:45.3	28:36.41	33
39 Cartee, Kale	SO St. Ambrose	5:46.3	28:41.02	34
40 Harder, Logan	SR Graceland	5:47.1	28:45.36	35
41 Persson, Luke	FR Baker	5:47.6	28:47.77	36
42 Kuhlman, Ryan	FR Southeastern CC	5:48.0	28:49.72	37
43 Boleyn, Nathan	SO St. Ambrose	5:48.4	28:51.73	38
44 Keuning, Devon	SO Des Moines Area	5:49.1	28:55.23	39
45 Arzate-Vazquez, Axel	SR William Penn	5:50.3	29:00.98	40
46 Maske, Noah	SO St. Ambrose	5:50.8	29:03.46	41
47 Graham, Jude	SO Baker	5:51.1	29:05.01	42
48 Kimrey, Quinton	FR Des Moines Area	5:51.7	29:08.28	43
49 Smith, Ryan	JR Coe	5:51.8	29:08.82	44
50 Lucas, Logan	SO Iowa Wesleyan	5:52.1	29:09.92	
51 Soedt, Logan	FR Indian Hills CC	5:52.2	29:10.52	45

2022 Viking XC Invitational - 9/24/2022**Grandview University****9/24/2022****Results****....Event 2 Men 8k Run CC**

52	Grave, Felix	SO Mount Mercy	5:52.9	29:14.21	
53	Shaugis, Ethan	SO Southeastern CC	5:53.3	29:16.07	46
54	Colyer, Andrew	SR Graceland	5:55.8	29:28.31	47
55	Munch, Brennon	SO St. Ambrose	5:56.8	29:33.49	
56	Mickels, Kaidyn	FR Mount Mercy	5:58.2	29:40.47	
57	Keller, Connor	SO Grand View	5:58.4	29:41.17	
58	Teller, Josiah	FR Southeastern CC	5:58.9	29:43.79	48
59	Swift, Quinn	FR Mount Mercy	5:58.9	29:43.87	
60	Taylor, Devin	FR Southeastern CC	5:59.1	29:45.12	49
61	De Jesus, William	SR William Penn	5:59.2	29:45.26	50
62	Wise, Zach	FR Indian Hills CC	6:00.1	29:50.09	51
63	Murra, Campbell	SO Grand View	6:00.2	29:50.11	
64	Long, Tim	SO Coe	6:00.2	29:50.58	52
65	Romero, Rene	FR Graceland	6:00.4	29:51.46	53
66	Huber, Andrew	JR Waldorf	6:01.3	29:55.95	
67	Sherod, DaMonte	JR William Penn	6:02.0	29:59.49	54
68	Sivola, Trent	JR Grand View	6:02.3	30:00.87	
69	Garcia, Aidan	FR Coe	6:02.4	30:01.05	55
70	Torres, Andres	Unattached	6:02.9	30:03.79	
71	Flentge, Bryan	SO St. Ambrose	6:04.0	30:09.34	
72	Jackson, Daron	SO Iowa Wesleyan	6:04.2	30:10.06	
73	Franke, Jon	Unattached	6:04.3	30:10.51	
74	Tingue, Rochard	FR Des Moines Area	6:04.7	30:12.65	56
75	Kaleka, Jon	FR St. Ambrose	6:05.4	30:16.28	
76	Willerth, Ross	FR St. Ambrose	6:06.5	30:21.43	
77	Vergara, Freddy	FR Southeastern CC	6:08.4	30:31.33	57
78	Marerro, Philip	SO Coe	6:08.8	30:33.03	58
79	Pierce, Brooklyn	FR Des Moines Area	6:09.1	30:34.68	59
80	Dowd, Kile	SO Southeastern CC	6:09.4	30:36.21	60
81	Mayer, Michael	FR Southwestern CC	6:10.7	30:42.32	61
82	Diser, Seth	JR Grand View	6:11.0	30:43.92	
83	Hitchcock, Jake	FR Des Moines Area	6:11.4	30:45.91	62
84	Hellige, Matt	SO Mount Mercy	6:12.3	30:50.36	
85	Earls, Ty	FR Indian Hills CC	6:14.9	31:03.45	63
86	Lobb, Conrad	FR Faith Baptist Bible	6:16.9	31:13.27	
87	Loveall, David	FR Faith Baptist Bible	6:16.9	31:13.47	
88	Scholl, Josh	SO Mount Mercy	6:18.6	31:21.88	
89	Flickinger, Jack	SO Graceland	6:19.7	31:27.10	64
90	Hein-Harrison, Dexter	JR Coe	6:20.2	31:29.68	
91	Kahn, Zain	JR Baker	6:20.3	31:30.44	65
92	Kirkham, Cole	FR Coe	6:25.4	31:55.60	
93	Taylor, Jacchaeus	FR Indian Hills CC	6:26.8	32:02.54	66
94	Adame, Jimmy	SO Baker	6:27.9	32:08.17	
95	Skala, Nathan	FR Mount Mercy	6:30.4	32:20.28	
96	Sparrow, Noah	FR Southeastern CC	6:31.9	32:28.06	
97	Patience, Matthew	FR Graceland	6:32.9	32:32.87	67
98	Forkpa, Irvin	FR Mount Mercy	6:33.8	32:37.20	
99	Kamberger, Jeremy	SR Faith Baptist Bible	6:35.9	32:47.62	
100	Hamilton, Chace	SO William Penn	6:37.2	32:54.37	68
101	Shively, Weston	SO Indian Hills CC	6:38.3	32:59.59	69
102	Olson, Ben	FR Southwestern CC	6:39.4	33:05.04	70
103	Bennett, Chase	SR Waldorf	6:39.4	33:05.09	
104	Felder, Rashad	FR William Penn	6:39.7	33:06.61	
105	McNamee, Gannon	FR Iowa Wesleyan	6:43.4	33:25.22	

