

2022 Heart of America Athletic Conference Cross Country Championships - 11/5/2

DMACC Cross Country Course

Results

Event 1 Women 5k Run CC

Name	Year School	Avg Mile	Finals	Points
Results - Women				
1 Lawson, Morgan	SR Grand View	5:57.5	18:30.55	1
2 Cobo, Caroline	JR Benedictine (Kan.)	6:04.3	18:51.69	2
3 Newhouse, Deanna	FR Mount Mercy	6:08.4	19:04.32	3
4 Rolwes, Mary	JR Benedictine (Kan.)	6:12.8	19:18.19	4
5 Knutson, J'Lyn	SO Mount Mercy	6:13.2	19:19.37	5
6 Ortiz, Natasha	JR Benedictine (Kan.)	6:13.3	19:19.82	6
7 Adams, Skylar	SO Evangel	6:16.3	19:28.84	7
8 Guerra, Isabella	SR Benedictine (Kan.)	6:16.8	19:30.65	8
9 Starrs, Catherine	FR Benedictine (Kan.)	6:18.1	19:34.68	9
10 Allen, Brooke	JR Baker	6:20.1	19:40.65	10
11 McLaughlin, Julia	SO Benedictine (Kan.)	6:21.8	19:46.23	11
12 Perkins, Ashlynn	SR Graceland	6:22.6	19:48.47	12
13 Stewart, Grace	SR Graceland	6:22.9	19:49.61	13
14 Nelson, Emilie	FR Benedictine (Kan.)	6:23.4	19:50.92	14
15 Alred, Abigail	SO MidAmerica Nazarene	6:24.5	19:54.55	15
16 Michael, Siena	FR Benedictine (Kan.)	6:25.1	19:56.22	
17 Downey, Gemma	SO Benedictine (Kan.)	6:26.3	20:00.16	
18 Bangert, Katherine	SR Central Methodist	6:26.5	20:00.72	16
19 Janis, Wasu	SR MidAmerica Nazarene	6:28.5	20:06.98	17
20 Reyes, Cassi	FR MidAmerica Nazarene	6:31.6	20:16.54	18
21 Hasan, Ikilas	SO Grand View	6:33.4	20:22.11	19
22 Carter, Haley	FR Baker	6:34.7	20:26.31	20
23 Harris, Emily	FR Evangel	6:35.1	20:27.40	21
24 Menghini, Lily	JR Benedictine (Kan.)	6:36.6	20:32.02	
25 Aaron, Catherine	FR Benedictine (Kan.)	6:37.5	20:34.80	
26 Franco, Jaycie	FR Clarke	6:38.5	20:38.03	22
27 Guilford, Kjirsten	FR Central Methodist	6:39.9	20:42.22	23
28 Perkins, Keagan	SR Graceland	6:40.3	20:43.59	24
29 Overton, Kayla	FR Grand View	6:41.7	20:47.89	25
30 Chambers, Kristi	SO Baker	6:42.5	20:50.27	26
31 Bickler, Rory	JR Clarke	6:43.4	20:53.19	27
32 Lamb, Alexa	FR Benedictine (Kan.)	6:43.6	20:53.83	
33 Ross, Isabella	SO Central Methodist	6:44.2	20:55.60	28
34 Day, Jessa	SO Mount Mercy	6:44.3	20:56.02	29
35 Zitter, Abigail	SO MidAmerica Nazarene	6:44.7	20:57.36	30
36 Jennings, Ruth	FR Mount Mercy	6:45.5	20:59.64	31
37 Leis, Liberty	SO Grand View	6:46.7	21:03.53	32
38 Enochs, Gracie	FR MidAmerica Nazarene	6:47.4	21:05.68	33
39 Miller, Morgan	FR Central Methodist	6:49.0	21:10.64	34
40 Zarybnicky, Michelle	FR Benedictine (Kan.)	6:50.0	21:13.62	
41 Adam, Sage	FR MidAmerica Nazarene	6:50.1	21:14.03	35
42 Wieseman, Madeline	SR Central Methodist	6:51.6	21:18.68	36
43 Caldarelli, Danielle	FR Evangel	6:51.8	21:19.41	37
44 Rinderknecht, Abby	FR Mount Mercy	6:51.9	21:19.49	38
45 Kopp, Macy	FR Evangel	6:52.3	21:20.88	39
46 Bishop, Laura	FR Mount Mercy	6:53.4	21:24.23	40
47 Hahlbeck, Jena	SR Park U.	6:54.5	21:27.72	41
48 Landreth, Jana	FR Baker	6:55.7	21:31.28	42
49 Greig, Chloe	JR Grand View	6:57.2	21:36.10	43
50 Sterner, Rachel	SO Baker	7:00.8	21:47.20	44
51 Wheeler, Justine	SO MidAmerica Nazarene	7:00.8	21:47.21	45
52 Aceves-Power, Valerie	SR Baker	7:04.2	21:57.80	46

2022 Heart of America Athletic Conference Cross Country Championships - 11/5/2

DMACC Cross Country Course

Results

...Event 1 Women 5k Run CC

53	Gibbs, Kyleigh	JR Evangel	7:04.5	21:58.59	47
54	Hele, Elizabeth	SR William Penn	7:05.5	22:01.86	48
55	Kniec, Michaela	SR William Penn	7:05.5	22:01.87	49
56	Harder, Laura	SR Graceland	7:06.1	22:03.65	50
57	Thompson, Paige	JR Grand View	7:08.9	22:12.30	51
58	Camilo-Montenegro, Darly	SO Central Methodist	7:11.6	22:20.76	52
59	Kessler, Trinity	FR Clarke	7:13.7	22:27.39	53
60	Cobieya, Ruth	SR Mount Mercy	7:14.1	22:28.66	54
61	Siefker, Olivia	FR MidAmerica Nazarene	7:14.5	22:29.86	
62	Jordan, Delana	SR William Penn	7:15.2	22:31.85	55
63	Mejia, Addie	SR Missouri Valley	7:16.2	22:35.18	56
64	Manning, Isabel	FR Clarke	7:16.4	22:35.67	57
65	Roesner, Evelyn	JR Baker	7:18.6	22:42.43	58
66	Hill, Abby	SO Mount Mercy	7:19.2	22:44.34	
67	Radeke, Lydia	SO Clarke	7:20.9	22:49.66	59
68	Zoque, Emily	FR Benedictine (Kan.)	7:21.4	22:51.16	
69	Lopez, Ariana	SO Mount Mercy	7:22.5	22:54.81	
70	Ball, Blaise	JR Baker	7:24.3	23:00.31	
71	Fisher, Mickenzie	SO Graceland	7:25.4	23:03.72	60
72	Hernandez, Yaqueline	SO Mount Mercy	7:25.9	23:05.29	
73	Thompson, Haley	FR Baker	7:27.2	23:09.37	
74	Neeley, Faith	FR Grand View	7:29.1	23:15.04	61
75	Gaulrapp, Lilian	SO Mount Mercy	7:30.4	23:19.09	
76	Onken, Emily	FR Clarke	7:31.0	23:21.20	62
77	Lang, Lydia	FR Peru State	7:31.3	23:21.87	63
78	Sonnen, Jessie	JR Benedictine (Kan.)	7:33.1	23:27.58	
79	Slife, Samantha	FR Baker	7:36.4	23:37.73	
80	Paninka, Yanira	FR Central Methodist	7:37.6	23:41.52	64
81	Moxey, Amyra	FR Peru State	7:38.3	23:43.85	65
82	Davis-Kovarik, Sarah	SO Peru State	7:40.1	23:49.46	66
83	Garza, Ameline	FR William Penn	7:41.8	23:54.75	67
84	Frerker, Anna	JR Benedictine (Kan.)	7:47.3	24:11.75	
85	Hawk, Kiley	SO Baker	7:48.5	24:15.50	
86	Carty, McKenzie	FR Park U.	7:51.0	24:23.21	68
87	Wilson, Naomi	SO Peru State	7:54.1	24:32.75	69
88	Watts, Jane	SO Missouri Valley	8:00.7	24:53.22	70
89	Fuller, Roselaure	SO William Penn	8:07.5	25:14.48	71
90	Flockhart, Kilee	FR Mount Mercy	8:14.2	25:35.20	
91	Humphrey, Camille	SO Missouri Valley	8:19.8	25:52.81	72
92	Wilson, Phoebe	FR Peru State	8:20.2	25:53.89	73
93	Lechuga, Emily	FR Missouri Valley	8:23.7	26:04.69	74
94	Beck, Carley	JR Mount Mercy	8:25.2	26:09.51	
95	Gramke, Carrin	FR Peru State	8:32.5	26:32.01	75
96	Pugh, Lauren	FR Peru State	8:37.0	26:46.07	76
97	Rojas, Katherine	FR Missouri Valley	8:48.7	27:22.56	77
98	Birmingham, Shelby	SO Park U.	8:51.8	27:32.02	78
99	Shields, Madison	FR Missouri Valley	8:58.6	27:53.21	79
100	Larson, Emma	SO Peru State	8:59.5	27:55.89	
101	Davis, Lauren	FR Evangel	9:04.4	28:11.18	80
102	Klamm, Hope	FR Park U.	9:15.1	28:44.35	81
103	Mott, McKenzie	FR Peru State	9:19.3	28:57.46	
104	Wiles, Liberty	FR Evangel	9:23.4	29:10.23	82
105	Martin, Katlin	SR Graceland	9:35.5	29:47.79	83
106	Davis, Brenna	SO Peru State	9:36.0	29:49.58	
107	Wittwer, Madison	FR Peru State	9:38.8	29:57.97	

2022 Heart of America Athletic Conference Cross Country Championships - 11/5/2

DMACC Cross Country Course

Results

Event 2 Men 8k Run CC

Name	Year School	Avg Mile	Finals	Points
Results - Men				
1 Mickelson, Sam	JR Grand View	5:09.4	25:37.77	1
2 Rodriguez, Tony	SR Grand View	5:09.9	25:40.14	2
3 Grover, Dillon	JR Graceland	5:11.6	25:48.54	3
4 Kilborn, Seth	SR Grand View	5:14.8	26:04.76	4
5 Wittrock, Isaiah	SR Grand View	5:15.7	26:09.25	5
6 Lizarraga, Sergio	FR Mount Mercy	5:17.4	26:17.78	6
7 Huyser, Carter	JR Grand View	5:17.7	26:19.00	7
8 Friess, Thaddeus	SR Benedictine (Kan.)	5:17.8	26:19.52	8
9 Clancy, Ryan	SO Mount Mercy	5:18.2	26:21.41	9
10 Finley, Max	FR William Penn	5:19.2	26:26.29	10
11 Montgomery, Ethan	SO Evangel	5:21.1	26:36.10	11
12 Accurso, Joseph	FR Benedictine (Kan.)	5:21.3	26:36.91	12
13 Williams, Brandon	SO William Penn	5:22.1	26:40.84	13
14 Hatch, Chris	SR Grand View	5:22.3	26:42.08	14
15 Schroder, Tom	FR Park U.	5:23.2	26:46.65	15
16 Cortez, Brady	FR Mount Mercy	5:24.3	26:51.90	16
17 Friess, Gabriel	SO Benedictine (Kan.)	5:25.0	26:55.24	17
18 Glassbrenner, Riley	SO MidAmerica Nazarene	5:25.1	26:56.03	18
19 Kiptanui, Meshack	SO Central Methodist	5:25.2	26:56.38	19
20 Soderberg, Alex	SO Grand View	5:26.9	27:04.59	20
21 Mwhaki, James	SO MidAmerica Nazarene	5:27.4	27:07.13	21
22 Godard, Luke	SR Benedictine (Kan.)	5:27.8	27:09.04	22
23 Lopez, Oscar	JR Mount Mercy	5:28.6	27:13.50	23
24 Thompson, Nicolas	FR Grand View	5:29.3	27:16.66	
25 Campbell, Thomas	SO Benedictine (Kan.)	5:30.1	27:20.92	24
26 Michael, Sebastian	FR Benedictine (Kan.)	5:30.2	27:21.15	25
27 Edney, Cayce	SR Evangel	5:30.7	27:23.91	26
28 Willmann, Ethan	SO Park U.	5:31.7	27:28.47	27
29 Joseph, Philip	JR Benedictine (Kan.)	5:32.4	27:32.29	28
30 Heckenberg, Jonah	JR William Penn	5:32.8	27:34.13	29
31 Kiptoo, Shawn	JR Central Methodist	5:32.8	27:34.17	30
32 Hinojos, Adriel	FR Baker	5:33.2	27:36.10	31
33 Dutton, Max	JR Baker	5:33.3	27:36.40	32
34 Kellerman, Khobi	JR Missouri Valley	5:33.4	27:36.97	33
35 Schwartzhoff, Emmett	JR Clarke	5:33.6	27:38.27	34
36 Dewitt, Grant	SR Evangel	5:33.8	27:39.34	35
37 Reyes, Manuel	FR Park U.	5:34.0	27:40.12	36
38 Jackson, Christopher	SO Baker	5:35.1	27:45.65	37
39 McCormick, Kaiden	FR Evangel	5:35.4	27:47.22	38
40 Sansenbach, Carson	FR Clarke	5:37.6	27:58.18	39
41 Maliko, Albert	SR MidAmerica Nazarene	5:38.1	28:00.45	40
42 Kondos, Bryce	FR Clarke	5:38.3	28:01.43	41
43 Munoz, Micah	FR Benedictine (Kan.)	5:38.5	28:02.60	
44 Mitchell, Ryan	FR Mount Mercy	5:39.3	28:06.44	42
45 Persson, Luke	FR Baker	5:39.5	28:07.58	43
46 Jackson, Doriye	JR Central Methodist	5:39.7	28:08.62	44
47 Patterson, Eric	SO Evangel	5:39.7	28:08.66	45
48 Danitschek, Reese	JR Benedictine (Kan.)	5:39.8	28:08.76	
49 Nichols, Campbell	SO Evangel	5:41.1	28:15.48	46
50 Harder, Logan	SR Graceland	5:41.2	28:15.80	47
51 Mauro, Sam	SO Benedictine (Kan.)	5:41.7	28:18.49	
52 Hudson, Johann	SO Park U.	5:41.8	28:19.00	48

2022 Heart of America Athletic Conference Cross Country Championships - 11/5/2

DMACC Cross Country Course

Results

...Event 2 Men 8k Run CC

53	Engel, Grant	SO Central Methodist	5:43.0	28:24.92	49
54	Linias, Nathan	FR Grand View	5:43.2	28:25.64	
55	Joerger, Gabriel	SO Benedictine (Kan.)	5:43.6	28:27.73	
56	Cavanaugh, Matthew	FR Benedictine (Kan.)	5:44.0	28:30.01	
57	Smith, Gavin	SO Peru State	5:44.1	28:30.50	50
58	Espinoza, Evan	JR Evangel	5:44.2	28:30.81	51
59	Miller, Graham	SO Evangel	5:45.0	28:34.57	
60	Wheeler, Jack	FR Benedictine (Kan.)	5:48.3	28:51.15	
61	Weghorst, Josh	JR Baker	5:48.3	28:51.27	52
62	Johnson, Matt	FR Evangel	5:48.6	28:52.90	
63	Swift, Quinn	FR Mount Mercy	5:48.8	28:53.72	53
64	Russell, Andrew	SO Peru State	5:50.6	29:02.82	54
65	Grave, Felix	SO Mount Mercy	5:51.0	29:04.66	55
66	Lee, Luke	SO MidAmerica Nazarene	5:52.0	29:09.59	56
67	Coburn, Exavier	JR Central Methodist	5:52.1	29:09.98	57
68	Graham, Jude	SO Baker	5:52.4	29:11.39	58
69	Miller, Daniel	SR Clarke	5:52.4	29:11.54	59
70	De Jesus, William	SR William Penn	5:52.4	29:11.70	60
71	Feldkamp, Matthew	SO Benedictine (Kan.)	5:52.7	29:13.27	
72	Wolf, Kale	FR Park U.	5:52.9	29:13.84	61
73	Cokel, Noah	SO Mount Mercy	5:53.1	29:15.15	
74	Volz, Michael	FR Park U.	5:53.9	29:19.15	62
75	Farris, Marc	FR MidAmerica Nazarene	5:54.5	29:22.04	63
76	Ballesteros, Juan	SR MidAmerica Nazarene	5:55.2	29:25.58	64
77	Keller, Connor	SO Grand View	5:55.2	29:25.63	
78	Sivola, Trent	JR Grand View	5:55.3	29:26.10	
79	Lamparek, Lukas	SO Mount Mercy	5:55.5	29:27.06	
80	Blaine, Daytona	FR Missouri Valley	5:56.0	29:29.22	65
81	Colyer, Andrew	SR Graceland	5:56.1	29:30.15	66
82	Cowans, Zy'Shonne	JR Central Methodist	5:57.3	29:35.98	67
83	Mickels, Kaidyn	FR Mount Mercy	5:57.3	29:36.18	
84	Klocke, Connor	FR Benedictine (Kan.)	5:57.4	29:36.30	
85	Romero, Rene	FR Graceland	5:57.8	29:38.22	68
86	Reed, Elliott	JR Central Methodist	5:58.0	29:39.59	69
87	Bourquin, Bret	SO MidAmerica Nazarene	5:58.6	29:42.41	70
88	Vasquez, Benjamin	SO Clarke	5:59.0	29:44.54	71
89	Guzman, Aaron	FR Benedictine (Kan.)	5:59.8	29:48.18	
90	Flores, Isaiah	SO Evangel	6:00.6	29:52.53	
91	Preston, Benjamin	SO Park U.	6:01.6	29:57.34	72
92	Gerdes, Andrew	FR Evangel	6:05.2	30:15.20	
93	Kosgei, Bramwel	SO MidAmerica Nazarene	6:05.5	30:16.47	
94	Barnes, Connor	FR Missouri Valley	6:06.4	30:21.32	73
95	Murra, Campbell	SO Grand View	6:07.0	30:24.07	
96	Escalona-Rodriguez, Rodr	SO Missouri Valley	6:07.8	30:28.10	74
97	Bowling, Grant	SO Evangel	6:08.3	30:30.72	
98	Ohnemus, Wyatt	FR MidAmerica Nazarene	6:08.3	30:30.76	
99	Sherod, DaMonte	JR William Penn	6:09.5	30:36.36	75
100	Polley, Tyler	SO Missouri Valley	6:11.7	30:47.65	76
101	Adame, Jimmy	SO Baker	6:11.7	30:47.71	77
102	Flickinger, Jack	SO Graceland	6:12.5	30:51.29	78
103	Miller, Edward	JR Evangel	6:12.7	30:52.56	
104	Quinones, Edwin	JR Peru State	6:13.3	30:55.23	79
105	Diser, Seth	JR Grand View	6:13.4	30:56.06	
106	Beerer, John Paul	FR Benedictine (Kan.)	6:14.1	30:59.52	
107	Morris, DeRel	FR Missouri Valley	6:14.4	31:00.94	80

