

**2023 Viking XC Invitational - 9/23/2023****Grandview University****DMACC Cross Country Course****Results****Event 1 Women 5k Run CC**

Name	Year	School	Finals	Points
Results - Women				
1 Ramone, Aisha	SO	Southeastern CC	19:52.62	1
2 Dufault, Ella	FR	Crown	20:06.07	2
3 Wood, Mary		Runablaze Iowa	20:19.84	
4 Knutson, J'Lyn	JR	Mount Mercy	20:22.88	3
5 Rotzoll, Kalin	SO	Grand View	20:26.57	4
6 Collins, Grace	FR	Des Moines Area	20:30.24	5
7 Spencer, Kayden	FR	Des Moines Area	20:33.68	6
8 Leis, Liberty	JR	Grand View	21:01.53	7
9 Day, Jessa	JR	Mount Mercy	21:02.33	8
10 Admire, Briana	FR	William Penn	21:03.30	9
11 Jennings, Ruth	SO	Mount Mercy	21:08.79	10
12 Knepper, Abby	FR	Mount Mercy	21:13.25	11
13 O'Rourke, Avery	FR	Grand View	21:15.25	12
14 Mackey, Carissa	SO	Southeastern CC	21:19.03	13
15 Pedrin, Arianna	FR	Southeastern CC	21:19.04	14
16 Moehle, Brooklyn	SO	Southeastern CC	21:19.82	15
17 Yunggebauer, Tori	FR	Des Moines Area	21:23.04	16
18 Sherer, Nicole	FR	Graceland	21:31.02	17
19 Overton, Kayla	SO	Mount Mercy	21:45.07	18
20 Anderson Sanchez, Anna	SR	Crown	21:51.17	19
21 Rinderknecht, Abby	SO	Mount Mercy	21:59.15	20
22 Grover, Caitlin	FR	Graceland	22:13.57	21
23 Hele, Charlotte	FR	William Penn	22:18.96	22
24 Lopez, Ariana	JR	Mount Mercy	22:19.48	23
25 Kmiec, Michaela	SR	William Penn	22:23.38	24
26 Robinson, Mkenzie	SO	Des Moines Area	22:29.59	25
27 Reittinger, Carli	SR	Mount Mercy	22:30.39	
28 Nelson, Cassandra	FR	Graceland	22:33.73	26
29 Hulinsky, Becca	FR	Faith Baptist Bible	22:34.43	27
30 Fisher, Mickenzie	SO	Graceland	22:35.19	28
31 Younce, Faith	JR	Culver-Stockton	22:39.20	
32 Yaley, Cassidy	SO	Southeastern CC	22:44.22	29
33 Prouty, Jillian	SO	Des Moines Area	22:50.02	30
34 Tieskotter, Maddie	SO	Hawkeye CC	22:56.29	
35 Pontier, Audrey	FR	Graceland	23:03.52	31
36 Morris, Allie		Iowa Wesleyan RC	23:11.85	
37 Moehlman, Gabi	FR	Southeastern CC	23:15.51	32
38 Ruelle, Melody	SR	Grand View	23:17.41	33
39 Caruso, Alissa	FR	Graceland	23:17.99	34
40 Dietzenbach, Anna	FR	Hawkeye CC	23:24.33	
41 Mueller, Lydia	FR	Faith Baptist Bible	23:49.51	35
42 Beaune, Madison	SO	Des Moines Area	23:57.45	36
43 Fuller, Roselaure	JR	William Penn	23:59.59	37
44 Schroeder, Ella	FR	Southeastern CC	24:17.92	38
45 Flockhart, Kilee	SO	Mount Mercy	24:52.22	
46 Hough, Abbie	FR	Crown	24:58.87	39
47 Echavarria, Thayadorra	FR	Graceland	25:31.23	40
48 Bandy, Lily	FR	Crown	25:34.25	41
49 Kluver, Caressa	SO	Faith Baptist Bible	26:10.01	42
50 Beenken, Elizabeth	FR	Faith Baptist Bible	26:31.77	43
51 Smith, Zoi	FR	Culver-Stockton	27:21.23	



**2023 Viking XC Invitational - 9/23/2023****Grandview University****DMACC Cross Country Course****Results****Event 2 Men 8k Run CC**

Name	Year School	Finals	Points
Results - Men			
1 Williams, Brandon	JR William Penn	26:41.34	1
2 Beaver, D'Artagnon	JR William Penn	27:04.22	2
3 Mitchell, Ryan	SO Mount Mercy	27:16.50	3
4 Finley, Max	SO William Penn	27:32.80	4
5 Heckenberg, Jonah	SR William Penn	27:38.69	5
6 Lucas, Logan	JR Culver-Stockton	27:45.29	
7 Klarqvist, Leif	Unattached	27:48.02	
8 Carlson, Austin	JR Crown	28:03.71	
9 King, Jordan	FR Des Moines Area	28:04.63	6
10 Gaytan, Gonzalo	SR Grand View	28:06.12	7
11 Miller, Andrew	FR William Penn	28:13.76	8
12 Bernal, Alejandro	FR Des Moines Area	28:14.36	9
13 Loveall, David	SO Faith Baptist Bible	28:30.01	10
14 Lamparek, Lukas	JR Mount Mercy	28:31.81	11
15 Julian, Brooks	SO Southeastern CC	28:34.01	12
16 Clancy, Ryan	SR Mount Mercy	28:41.78	13
17 Limas, Nathan	SO Grand View	28:49.01	14
18 Cokel, Noah	SR Mount Mercy	28:58.61	15
19 Varvelo, Ethan	JR William Penn	29:04.07	16
20 Vergara, Freddy	SO Southeastern CC	29:14.49	17
21 Thompson, Will	FR Des Moines Area	29:17.30	18
22 Bonner, Matthew	FR Grand View	29:18.10	19
23 Campbell, Jeff	FR Southeastern CC	29:21.64	20
24 Cornick, Jess	FR Hawkeye CC	29:36.68	
25 Teller, Josiah	SO Southeastern CC	29:50.32	21
26 Costigan, Ty	JR Mount Mercy	29:51.96	22
27 Kuhlman, Ryan	SO Southeastern CC	30:00.76	23
28 Swoboda, Caden	SO Crown	30:11.59	
29 Hitchcock, Jake	Una-Des Moines Area	30:18.23	
30 Springer, Carson	FR William Penn	30:23.30	24
31 Gearhart, Ray	FR Des Moines Area	30:24.99	25
32 Schulte, Trey	FR Mount Mercy	30:26.18	26
33 Buchholtz, Jake	FR Grand View	30:29.34	27
34 Smith, Josh	FR Mount Mercy	30:30.15	28
35 Dowd, Kile	JR Culver-Stockton	30:33.34	
36 Ridley, Moses	FR Graceland	30:43.53	29
37 McNamee, Gannon	SO Culver-Stockton	30:58.29	
38 Keller, Connor	JR Grand View	32:12.78	30
39 Romero, Rene	SO Graceland	32:20.95	31
40 Lobb, Conrad	SO Faith Baptist Bible	32:24.89	32
41 Ackman, Myles	FR Southeastern CC	32:27.77	33
42 Flickinger, Jack	JR Graceland	32:43.32	34
43 Klassen, Luke	FR Crown	32:51.23	
44 Johnson, Tyler	FR Southeastern CC	32:57.11	35
45 Sweeney, Kory	SO Hawkeye CC	33:01.73	
46 Munsey, Luke	SR Mount Mercy	33:17.22	
47 Terrones, Joe	FR Des Moines Area	33:25.15	36
48 Wright, Kavon	FR Graceland	33:25.69	37
49 Hamm, Drake	FR William Penn	33:28.95	
50 Diser, Seth	SR Grand View	33:40.57	38
51 Velazquez, Brian	FR Southeastern CC	33:48.86	

