

# 21st Annual Mustang Gallop

F&M Bank Women's 4k    Morgan Creek Park Trail, Palo, IA    8/29/2014    Weather delayed, Overcast & Rain 69°

Place	School	1	2	3	4	5	6	7	Total	Ave Time	Spread
1	Cornell College	1	6	8	16	17	21	32	= 48	15:35	1:50
2	Mount Mercy University	5	11	12	15	19	20	26	= 62	15:54	1:02
3	University of Dubuque	3	10	14	23	25	29	33	= 75	16:01	1:24
4	Iowa Central	4	7	13	24	27	28	31	= 75	16:01	1:41
5	North Iowa Area Community C	2	9	22	37	41	43	44	= 111	16:54	4:37
6	Mount Mercy Univ. Alum	18	30	34	35	36			= 153	17:28	1:57
7	Sauk Valley Community Colleg	38	39	40	42	45			= 204	19:42	3:29

Incomplete Teams: Ashford University, Unattached, Waldorf College

Plc	Scr	Name	Yr	School	Time	mpm	Plc	Scr	Name	Yr	School	Time	mpm
1	1	Sanjuanita Martin	JR	Cornell College	14:26	5:48							
2	2	Hannah Palmeter	SO	North Iowa Area C	14:34	5:51							
3	3	Fabiola Ortiz	SO	University of Dub	15:14	6:08							
4	4	Mary Carr	SO	Iowa Central	15:15	6:08							
5	5	Liz Mosbach	JR	Mount Mercy Unive	15:18	6:09							
6	6	Rachel Moline	SO	Cornell College	15:19	6:10							
7	7	Kimberly Carter	SO	Iowa Central	15:28	6:14							
8	8	Lily Niswonger	FR	Cornell College	15:37	6:17							
9	9	Alyssa Cowan	FR	North Iowa Area C	15:38	6:17							
10	10	Sybbie Sears	FR	University of Dub	15:41	6:19							
11	11	Dana Ewan	JR	Mount Mercy Unive	15:49	6:22							
12	12	Molly Pruett	FR	Mount Mercy Unive	15:51	6:22							
13	13	Cierra Guerrero	FR	Iowa Central	15:56	6:24							
14	14	Kiersten Wenthold	SO	University of Dub	16:10	6:30							
15	15	Katie Hoffert	SO	Mount Mercy Unive	16:12	6:31							
16	16	Laura Wetzel	JR	Cornell College	16:15	6:32							
17	17	Carly Pierson	SO	Cornell College	16:16	6:33							
18	18	Erin Behan	NA	Mount Mercy Univ.	16:19	6:34							
19	19	Eveline Niyokwizi	SR	Mount Mercy Unive	16:20	6:34							
20	20	Marinna Schroud	FR	Mount Mercy Unive	16:21	6:35							
21	21	Marikate Murphy	FR	Cornell College	16:21	6:35							
22	22	Lattie Crozier	FR	North Iowa Area C	16:22	6:35							
23	23	Skylar Brooks	FR	University of Dub	16:24	6:36							
24		Michelle Zikes	NA	Unattached	16:24	6:36							
25	24	Lauren Roberts	SO	Iowa Central	16:30	6:38							
26	25	Samantha Holen	SR	University of Dub	16:38	6:42							
27	26	Abby Martin	SO	Mount Mercy Unive	16:48	6:46							
28	27	Emma Ludwig	FR	Iowa Central	16:57	6:49							
29	28	Angelica Gutierrez	FR	Iowa Central	17:09	6:54							
30	29	Kristin MacKenbur	FR	University of Dub	17:09	6:54							
31	30	Steph Nibaur	NA	Mount Mercy Univ.	17:11	6:55							
32		Kennidee Devilbis	FR	Mount Mercy Unive	17:12	6:55							
33	31	Lindsey Buddenber	SO	Iowa Central	17:14	6:56							
34	32	Sandra Gomez	FR	Cornell College	17:14	6:56							
35		Kelsey Feldman	SO	Mount Mercy Unive	17:15	6:56							
36		Lindsay Brunson	JR	Mount Mercy Unive	17:19	6:58							
37	33	Kayla Kinatader	FR	University of Dub	17:27	7:01							
38		Shelby Weets	SO	Ashford Universit	17:31	7:03							
39		Rae Heim	SO	Iowa Central	17:41	7:07							
40	34	MacKenzie Hollada	NA	Mount Mercy Univ.	17:44	7:08							
41		Rachel Vaughn	FR	Mount Mercy Unive	17:50	7:10							
42	35	Leslie Althoff	NA	Mount Mercy Univ.	17:51	7:11							
43		Melissa Todman	SO	University of Dub	17:54	7:12							
44		Jasmine Stokes	SO	Iowa Central	17:57	7:13							
45		Grace Voelliger	FR	University of Dub	18:01	7:15							
46		Amberly Habhab	SO	Iowa Central	18:02	7:15							
47		Syndia Delgado	SO	Ashford Universit	18:05	7:17							
48		Brenda Baughman	JR	Ashford Universit	18:16	7:21							
49	36	Amy Marshall	NA	Mount Mercy Univ.	18:16	7:21							
50		Katerina Althoff	SR	Mount Mercy Unive	18:36	7:29							
51	37	Leta Jaquis	SO	North Iowa Area C	18:46	7:33							
52		Ashley Finken	FR	Iowa Central	18:47	7:33							
53		Brittany Burns	SO	University of Dub	18:48	7:34							
54	38	Katie Anderson	FR	Sauk Valley Comun	18:51	7:35							
55		Hannah Hoskins	SO	Mount Mercy Unive	18:52	7:35							
56	39	Haylee Altenburg	FR	Sauk Valley Comun	18:56	7:37							
57	40	Rebecca Arnolts	FR	Sauk Valley Comun	18:56	7:37							
58	41	Taylor Glawe	FR	North Iowa Area C	19:11	7:43							
59	42	Aubree Johnson	SO	Sauk Valley Comun	19:28	7:50							
60		Shelby Sorensen	FR	Mount Mercy Unive	19:36	7:53							
61		Madison Montgomer	JR	University of Dub	19:44	7:56							
62	43	Emmorie Stokka	FR	North Iowa Area C	19:56	8:01							
63	44	Brandianne Daub	SO	North Iowa Area C	20:19	8:11							
64		Bobbi Jo Helgemoe	FR	University of Dub	20:42	8:20							
65	45	Marisela Herera	FR	Sauk Valley Comun	22:20	8:59							
66		Danielle Holt	FR	Waldorf College	23:07	9:18							
67		Ellerie Lagerhaus	SR	Ashford Universit	23:58	9:39							
68		Shelby Knouse	FR	Iowa Central	25:42	10:20							

# 21st Annual Mustang Gallop

F&M Bank Women's 4k    Morgan Creek Park Trail, Palo, IA    8/29/2014    Weather delayed, Overcast & Rain 69°

Place	Name	Time	mpm	Place	Name	Time	mpm
<b>1) Cornell College</b>				<b>Score = 48</b>			
1	Sanjuanita Martinez, JR	14:26	5:48				
6	Rachel Moline, SO	15:19	6:10				
8	Lily Niswonger, FR	15:37	6:17				
16	Laura Wetzel, JR	16:15	6:32				
17	Carly Pierson, SO	16:16	6:33				
21	Marikate Murphy, FR	16:21	6:35				
32	Sandra Gomez, FR	17:14	6:56				
<b>2) Mount Mercy University</b>				<b>Score = 62</b>			
5	Liz Mosbach, JR	15:18	6:09				
11	Dana Ewan, JR	15:49	6:22				
12	Molly Pruett, FR	15:51	6:22				
15	Katie Hoffert, SO	16:12	6:31				
19	Eveline Niyokwizigigwa, SR	16:20	6:34				
20	Marinna Schroud, FR	16:21	6:35				
26	Abby Martin, SO	16:48	6:46				
	Kennidee Devilbiss, FR	17:12	6:55				
	Kelsey Feldman, SO	17:15	6:56				
	Lindsay Brunson, JR	17:19	6:58				
	Rachel Vaughn, FR	17:50	7:10				
	Katerina Althoff, SR	18:36	7:29				
	Hannah Hoskins, SO	18:52	7:35				
	Shelby Sorensen, FR	19:36	7:53				
<b>3) University of Dubuque</b>				<b>Score = 75</b>			
3	Fabiola Ortiz, SO	15:14	6:08				
10	Sybbie Sears, FR	15:41	6:19				
14	Kiersten Wenthold, SO	16:10	6:30				
23	Skylar Brooks, FR	16:24	6:36				
25	Samantha Holen, SR	16:38	6:42				
29	Kristin MacKenburg, FR	17:09	6:54				
33	Kayla Kinateder, FR	17:27	7:01				
	Melissa Todman, SO	17:54	7:12				
	Grace Voelliger, FR	18:01	7:15				
	Brittany Burns, SO	18:48	7:34				
	Madison Montgomery, JR	19:44	7:56				
	Bobbi Jo Helgemoe, FR	20:42	8:20				
<b>4) Iowa Central</b>				<b>Score = 75</b>			
4	Mary Carr, SO	15:15	6:08				
7	Kimberly Carter, SO	15:28	6:14				
13	Cierra Guerrero, FR	15:56	6:24				
24	Lauren Roberts, SO	16:30	6:38				
27	Emma Ludwig, FR	16:57	6:49				
28	Angelica Gutierrez, FR	17:09	6:54				
31	Lindsey Buddenberg, SO	17:14	6:56				
	Rae Heim, SO	17:41	7:07				
	Jasmine Stokes, SO	17:57	7:13				
	Amberly Habhab, SO	18:02	7:15				
	Ashley Finken, FR	18:47	7:33				
	Shelby Knouse, FR	25:42	10:20				
<b>5) North Iowa Area Community Col</b>				<b>Score = 111</b>			
2	Hannah Palmeter, SO	14:34	5:51				
9	Alyssa Cowan, FR	15:38	6:17				
22	Lattie Crozier, FR	16:22	6:35				
37	Leta Jaquis, SO	18:46	7:33				
41	Taylor Glawe, FR	19:11	7:43				
43	Emmorie Stokka, FR	19:56	8:01				
44	Brandianne Daub, SO	20:19	8:11				
<b>6) Mount Mercy Univ. Alum</b>				<b>Score = 153</b>			
18	Erin Behan, NA	16:19	6:34				
30	Steph Nibaur, NA	17:11	6:55				
34	MacKenzie Holladay, NA	17:44	7:08				
35	Leslie Althoff, NA	17:51	7:11				
36	Amy Marshall, NA	18:16	7:21				
<b>7) Sauk Valley Community College</b>				<b>Score = 204</b>			
38	Katie Anderson, FR	18:51	7:35				
39	Haylee Altenburg, FR	18:56	7:37				
40	Rebecca Arnolts, FR	18:56	7:37				
42	Aubree Johnson, SO	19:28	7:50				
45	Marisela Herera, FR	22:20	8:59				
Incomplete Teams:							
<b>Ashford University</b>							
38	Shelby Weets, SO	17:31	7:03				
47	Syndia Delgado, SO	18:05	7:17				
48	Brenda Baughman, JR	18:16	7:21				
67	Ellerie Lagerhausen, SR	23:58	9:39				
<b>Unattached</b>							
24	Michelle Zikes, NA	16:24	6:36				
<b>Waldorf College</b>							
66	Danielle Holt, FR	23:07	9:18				

# 21st Annual Mustang Gallop

ITS Men's 5k    Morgan Creek Park Trail, Palo, IA    8/29/2014    Weather delayed, Overcast & Rain 69°

Place	School	1	2	3	4	5	6	7	Total	Ave Time	Spread
1	Iowa Central White	2	5	6	8	14	21	23	= 35	15:47	0:46
2	Iowa Central Blue	1	7	10	12	13	17	18	= 43	15:50	1:03
3	North Iowa Area Community C	3	4	16	19	29	34	39	= 71	16:08	1:29
4	University of Dubuque	9	15	20	30	36	37	40	= 110	16:42	1:47
5	Mount Mercy University	22	24	25	26	33	42	43	= 130	16:42	0:44
6	Cornell College	11	28	31	32	35	38	41	= 137	16:56	1:25
7	Sauk Valley Community Colleg	27	44	45	46	47			= 209	19:12	4:16

Incomplete Teams: Ashford University, Mount Mercy Univ. Alum, Unattached, Waldorf College

Plc	Scr	Name	Yr	School	Time	mpm	Plc	Scr	Name	Yr	School	Time	mpm
1	1	Elisha Kipruto	FR	Iowa Central Blue	15:07	4:52	81		Isaiah Lufkin	JR	Waldorf College	25:26	8:11
2	2	Dylan Eigenbeger	SO	Iowa Central Whit	15:29	4:59							
3	3	Trey Simons	FR	North Iowa Area C	15:31	5:00							
4	4	Jaime Zarate	SO	North Iowa Area C	15:34	5:01							
5	5	Kyle Hosting	SO	Iowa Central Whit	15:41	5:03							
6	6	Tyson Wieland	SO	Iowa Central Whit	15:44	5:04							
7	7	Oscar Carmona	FR	Iowa Central Blue	15:45	5:04							
8	8	Blake Whalen	SO	Iowa Central Whit	15:47	5:05							
9	9	Alec Bass	FR	University of Dub	15:58	5:08							
10	10	Feysel Rahmeto	SO	Iowa Central Blue	16:02	5:10							
11	11	Lawrence Dennis	SR	Cornell College	16:05	5:11							
12	12	Denzel Fogg	FR	Iowa Central Blue	16:06	5:11							
13	13	Cody Baele	FR	Iowa Central Blue	16:10	5:12							
14	14	Josh Prohaska	SO	Iowa Central Whit	16:15	5:14							
15	15	Payton Nevills	JR	University of Dub	16:16	5:14							
16	16	Colby Kraninger	FR	North Iowa Area C	16:16	5:14							
17	17	Kenny Castro	FR	Iowa Central Blue	16:17	5:15							
18	18	Jafet Molinares	SO	Iowa Central Blue	16:17	5:15							
19	19	Imod Amenzou	FR	North Iowa Area C	16:18	5:15							
20	20	Jack Lindsay	FR	University of Dub	16:23	5:16							
21	21	Noah Larsen	FR	Iowa Central Whit	16:27	5:18							
22	22	Evan Bowman	SO	Mount Mercy Unive	16:29	5:18							
23	23	Nic Ganzeveld	FR	Iowa Central Whit	16:29	5:18							
24	24	Tyler Keith	SR	Mount Mercy Unive	16:31	5:19							
25		Travis Hamm	SO	Iowa Central Whit	16:31	5:19							
26	25	Anthony Kinley	FR	Mount Mercy Unive	16:36	5:21							
27		Marquis Cox	SO	Iowa Central Blue	16:38	5:21							
28	26	Colton Blay	JR	Mount Mercy Unive	16:40	5:22							
29	27	Cody Sondergroth	FR	Sauk Valley Comun	16:41	5:22							
30	28	Joshua Lindsay	JR	Cornell College	16:41	5:22							
31		Tj Mosbach	NA	Mount Mercy Univ.	16:47	5:24							
32		Skylar Mitchell	FR	Ashford Universit	16:52	5:26							
33	29	Ricky Jeray	SO	North Iowa Area C	17:00	5:28							
34	30	Jordan Murray	JR	University of Dub	17:10	5:31							
35	31	Zachary Stoll	FR	Cornell College	17:10	5:31							
36		Ethan Glenn	SO	Iowa Central Whit	17:12	5:32							
37	32	Jacob Butts	SR	Cornell College	17:13	5:33							
38	33	Eric Stevenson	FR	Mount Mercy Unive	17:13	5:33							
39	34	Tyler Randall	FR	North Iowa Area C	17:16	5:33							
40		Jack Murray	FR	Iowa Central Whit	17:17	5:34							
41		Timothy Brown	SO	Ashford Universit	17:18	5:34							
42	35	Taylor Christen	SO	Cornell College	17:30	5:38							
43	36	Remington Meggers	SO	University of Dub	17:44	5:43							
44	37	Matt Zittritsch	JR	University of Dub	17:52	5:45							
45		Nigel Christianse	NA	Unattached	18:00	5:48							
46	38	Charlie Mesimore	SR	Cornell College	18:00	5:48							
47	39	Austin McCool	SO	North Iowa Area C	18:01	5:48							
48		Martell Simon	SR	Ashford Universit	18:07	5:50							
49		Jean Saintil	FR	North Iowa Area C	18:11	5:51							
50	40	David Ploenzke	JR	University of Dub	18:12	5:51							
51		Tobyn Wattenbarger	FR	Iowa Central Blue	18:13	5:52							
52	41	Tucker Horan	SO	Cornell College	18:16	5:53							
53		Ames Helzer	FR	University of Dub	18:17	5:53							
54		Ryan Conrardy	SO	Cornell College	18:18	5:53							
55		Noah Stepas	FR	Iowa Central Whit	18:19	5:54							
56	42	Rhett Thys	FR	Mount Mercy Unive	18:20	5:54							
57	43	Jacob Herndon	FR	Mount Mercy Unive	18:24	5:55							
58		Bryan Jones	NA	Mount Mercy Univ.	18:32	5:58							
59		Jon Berland	SO	University of Dub	18:39	6:00							
60		Isaac Hernandez	FR	University of Dub	19:02	6:08							
61		Cody Clark	JR	Waldorf College	19:15	6:12							
62	44	Josh Green	SO	Sauk Valley Comun	19:17	6:12							
63		Aaron Ofosu	SO	University of Dub	19:20	6:13							
64		Devin Stone	SO	Mount Mercy Unive	19:21	6:14							
65		Serigne Sarr	SR	University of Dub	19:24	6:15							
66		Travis Gorsch	SR	Ashford Universit	19:26	6:15							
67		Joel Avila	FR	University of Dub	19:27	6:16							
68	45	Tanner Mortonson	FR	Sauk Valley Comun	19:31	6:17							
69		Matt Hilby	NA	Mount Mercy Univ.	19:33	6:18							
70	46	Dekota Trancoso	FR	Sauk Valley Comun	19:37	6:19							
71		Louis Sughroue	SR	Mount Mercy Unive	19:47	6:22							
72		Erik Ryan	JR	Mount Mercy Unive	19:59	6:26							
73		Davell Love	FR	Iowa Central Blue	20:02	6:27							
74		Eric Hansen	SO	Mount Mercy Unive	20:18	6:32							
75	47	Michael Farringer	SO	Sauk Valley Comun	20:57	6:44							
76		Tyler Peugh	SO	University of Dub	21:04	6:47							
77		Alex Boots	SO	Mount Mercy Unive	21:07	6:48							
78		Korey Beaman	JR	Waldorf College	21:22	6:53							
79		Bryce Gullingsrud	FR	Waldorf College	21:49	7:01							
80		Matt Pechota	NA	Mount Mercy Univ.	23:07	7:27							

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ITS Men's 5k    Morgan Creek Park Trail, Palo, IA    8/29/2014    Weather delayed, Overcast & Rain 69°

Place	Name	Time	mpm			Place	Name	Time	mpm
<b>1) Iowa Central White</b>				<b>Score = 35</b>		<b>Mount Mercy Univ. Alum</b>			
2	Dylan Eigenbeger, SO	15:29	4:59			31	Tj Mosbach, NA	16:47	5:24
5	Kyle Hosting, SO	15:41	5:03			58	Bryan Jones, NA	18:32	5:58
6	Tyson Wieland, SO	15:44	5:04			69	Matt Hilby, NA	19:33	6:18
8	Blake Whalen, SO	15:47	5:05			80	Matt Pechota, NA	23:07	7:27
14	Josh Prohaska, SO	16:15	5:14						
21	Noah Larsen, FR	16:27	5:18						
23	Nic Ganzeveld, FR	16:29	5:18			<b>Unattached</b>			
	Travis Hamm, SO	16:31	5:19			45	Nigel Christiansen, NA	18:00	5:48
	Ethan Glenn, SO	17:12	5:32						
	Jack Murray, FR	17:17	5:34			<b>Waldorf College</b>			
	Noah Stephas, FR	18:19	5:54			61	Cody Clark, JR	19:15	6:12
<b>2) Iowa Central Blue</b>				<b>Score = 43</b>		78	Korey Beaman, JR	21:22	6:53
1	Elisha Kipruto, FR	15:07	4:52			79	Bryce Gullingsrud, FR	21:49	7:01
7	Oscar Carmona, FR	15:45	5:04			81	Isaiah Lufkin, JR	25:26	8:11
10	Feysel Rahmeto, SO	16:02	5:10						
12	Denzel Fogg, FR	16:06	5:11						
13	Cody Baele, FR	16:10	5:12						
17	Kenny Castro, FR	16:17	5:15						
18	Jafet Molinares, SO	16:17	5:15						
	Marquis Cox, SO	16:38	5:21						
	Tobyn Wattenbarger, FR	18:13	5:52						
	Davell Love, FR	20:02	6:27						
<b>3) North Iowa Area Community Col</b>				<b>Score = 71</b>					
3	Trey Simons, FR	15:31	5:00						
4	Jaime Zarate, SO	15:34	5:01						
16	Colby Kraninger, FR	16:16	5:14						
19	Imod Amenzou, FR	16:18	5:15						
29	Ricky Jeray, SO	17:00	5:28						
34	Tyler Randall, FR	17:16	5:33						
39	Austin McCool, SO	18:01	5:48						
	Jean Saintil, FR	18:11	5:51						
<b>4) University of Dubuque</b>				<b>Score = 110</b>					
9	Alec Bass, FR	15:58	5:08						
15	Payton Nevills, JR	16:16	5:14						
20	Jack Lindsay, FR	16:23	5:16						
30	Jordan Murray, JR	17:10	5:31						
36	Remington Meggers, SO	17:44	5:43						
37	Matt Zittritsch, JR	17:52	5:45						
40	David Ploenzke, JR	18:12	5:51						
	Ames Helzer, FR	18:17	5:53						
	Jon Berland, SO	18:39	6:00						
	Isaac Hernandez, FR	19:02	6:08						
	Aaron Ofosu, SO	19:20	6:13						
	Serigne Sarr, FR	19:24	6:15						
	Joel Avila, FR	19:27	6:16						
	Tyler Peugh, SO	21:04	6:47						
<b>5) Mount Mercy University</b>				<b>Score = 130</b>					
22	Evan Bowman, SO	16:29	5:18						
24	Tyler Keith, SR	16:31	5:19						
25	Anthony Kinley, FR	16:36	5:21						
26	Colton Blay, JR	16:40	5:22						
33	Eric Stevenson, FR	17:13	5:33						
42	Rhett Thys, FR	18:20	5:54						
43	Jacob Herndon, FR	18:24	5:55						
	Devin Stone, SO	19:21	6:14						
	Louis Sughroue, SR	19:47	6:22						
	Erik Ryan, JR	19:59	6:26						
	Eric Hansen, SO	20:18	6:32						
	Alex Boots, SO	21:07	6:48						
<b>6) Cornell College</b>				<b>Score = 137</b>					
11	Lawrence Dennis, SR	16:05	5:11						
28	Joshua Lindsay, JR	16:41	5:22						
31	Zachary Stoll, FR	17:10	5:31						
32	Jacob Butts, SR	17:13	5:33						
35	Taylor Christen, SO	17:30	5:38						
38	Charlie Mesimore, SR	18:00	5:48						
41	Tucker Horan, SO	18:16	5:53						
	Ryan Conrardy, SO	18:18	5:53						
<b>7) Sauk Valley Community College</b>				<b>Score = 209</b>					
27	Cody Sondergroth, FR	16:41	5:22						
44	Josh Green, SO	19:17	6:12						
45	Tanner Mortonson, FR	19:31	6:17						
46	Dekota Trancoso, FR	19:37	6:19						
47	Michael Farringer, SO	20:57	6:44						
Incomplete Teams:									
<b>Ashford University</b>									
32	Skylar Mitchell, FR	16:52	5:26						
41	Timothy Brown, SO	17:18	5:34						
48	Martell Simon, SR	18:07	5:50						
66	Travis Gorsch, SR	19:26	6:15						