

**MIAC CHAMPIONSHIPS**

St. Paul, MN  
Como Park Golf Course  
October 29, 2016

**MEET OFFICIALS**

**Meet Director:**  
Vanessa Seljeskog  
**Meet Referee:**  
Dick Daymont  
**Timing:**  
Wayzata Results, Inc.



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

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Olaf	44	1-5-10-12-16(18)(20)	2:12:31	26:31	0:51.5
2 St. John's (Minn.)	66	2-8-9-21-26(35)(44)	2:13:22	26:41	0:55.8
3 Gustavus Adolphus	77	4-6-13-22-32(36)(37)	2:13:30	26:42	0:54.9
4 St. Thomas (Minn.)	111	7-23-24-28-29(31)(41)	2:14:35	26:55	0:34.1
5 Carleton	140	11-14-15-49-51(56)(57)	2:15:53	27:11	1:05.5
6 Hamline	157	17-25-33-40-42(55)(62)	2:16:06	27:14	0:42.7
7 Saint Mary's (Minn.)	204	3-34-38-61-68(76)	2:19:09	27:50	3:31.9
8 Bethel (Minn.)	217	30-39-45-50-53(58)(59)	2:17:54	27:35	0:48.4
9 Macalester	228	27-43-46-52-60(63)(64)	2:18:26	27:42	1:16.8
10 Augsburg	271	19-48-66-67-71(74)(75)	2:23:35	28:43	3:07.9
11 Concordia-Moorhead	305	47-54-65-69-70(72)(73)	2:24:41	28:57	2:17.1

**INDIVIDUAL RESULTS**

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
1 Joe Coffey	SR	St. Olaf (1)	1	25:56.9	---	5:13.2	3:14.6
2 Ryan Bugler	SR	St. John's (Minn.) (1)	2	26:06.6	0:10.6	5:15.2	3:15.8
3 Jovan Newsum	SR	Saint Mary's (Minn.)	3	26:08.8	0:12.8	5:15.6	3:16.1
4 Thomas Knobbe	SR	Gustavus Adolphus	4	26:16.2	0:20.2	5:17.1	3:17.0
5 Alex Berhe	SO	St. Olaf (2)	5	26:17.3	0:21.4	5:17.4	3:17.2
6 Evan Jones	SR	Gustavus Adolphus	6	26:18.8	0:22.9	5:17.7	3:17.4
7 Trevor Smith	SR	St. Thomas (Minn.)	7	26:29.5	0:33.5	5:19.8	3:18.7
8 Maxwell Kuzara	SR	St. John's (Minn.) (2)	8	26:36.1	0:40.2	5:21.1	3:19.5
9 Tremayne Collins	SO	St. John's (Minn.) (3)	9	26:41.9	0:45.9	5:22.3	3:20.2
10 William Anderson	SO	St. Olaf (3)	10	26:43.2	0:47.2	5:22.6	3:20.4
11 Cameron Meikle	FR	Carleton (1)	11	26:45.1	0:49.1	5:22.9	3:20.6
12 Jacob Eggers	SR	St. Olaf (4)	12	26:45.5	0:49.5	5:23.0	3:20.7
13 Carston Dammann	SR	Gustavus Adolphus	13	26:46.6	0:50.6	5:23.2	3:20.8
14 Tris Dodge	SO	Carleton (2)	14	26:47.1	0:51.1	5:23.3	3:20.9
15 Walter Edstrom	SR	Carleton (3)	15	26:47.3	0:51.3	5:23.4	3:20.9
16 Jack Henschel	FR	St. Olaf (5)	16	26:48.3	0:52.3	5:23.6	3:21.0
17 James Logan	SR	Hamline (1)	17	26:49.5	0:53.5	5:23.8	3:21.2
18 Thomas Lerdall	SO	St. Olaf (6)	(18)	26:51.3	0:55.3	5:24.2	3:21.4
19 Abdullahi Salan	SR	Augsburg (1)	19	26:53.1	0:57.1	5:24.6	3:21.6
20 Eric Bakken	JR	St. Olaf (7)	(20)	26:54.2	0:58.2	5:24.8	3:21.8
21 Brandon Franta	SR	St. John's (Minn.) (4)	21	26:55.0	0:59.0	5:24.9	3:21.9
22 Alex Wischnack	SO	Gustavus Adolphus	22	26:57.5	1:01.5	5:25.4	3:22.2
23 Parker Rosenau	SO	St. Thomas (Minn.)	23	26:57.9	1:01.9	5:25.5	3:22.2
24 Adam Brandt	SR	St. Thomas (Minn.)	24	26:59.8	1:03.8	5:25.9	3:22.5
25 Sam Bell	FR	Hamline (2)	25	27:02.1	1:06.1	5:26.4	3:22.8
26 Matthew Burgstahler	JR	St. John's (Minn.) (5)	26	27:02.4	1:06.4	5:26.4	3:22.8
27 Lachlan Hinwood	SR	Macalester (1)	27	27:02.6	1:06.6	5:26.5	3:22.8
28 Allen-Michael Burback	SO	St. Thomas (Minn.)	28	27:03.5	1:07.5	5:26.7	3:22.9
29 Andrew Fritz	JR	St. Thomas (Minn.)	29	27:03.6	1:07.6	5:26.7	3:22.9
30 Evan Hatton	SO	Bethel (Minn.) (1)	30	27:05.7	1:09.7	5:27.1	3:23.2

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**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
31 Seth Glidewell	SO	St. Thomas (Minn.)	(31)	27:06.7	1:10.8	5:27.3	3:23.3
32 Marcus Specca	SR	Gustavus Adolphus	32	27:11.0	1:15.1	5:28.2	3:23.9
33 Fernando Benitez	FR	Hamline (3)	33	27:11.8	1:15.8	5:28.3	3:24.0
34 Andrew Plumb	SO	St. Olaf	-	27:16.6	1:20.6	5:29.3	3:24.6
35 Austin O'Hare	JR	Saint Mary's (Minn.)	34	27:18.3	1:22.3	5:29.6	3:24.8
36 Joseph Rabaey	SR	St. John's (Minn.) (6)	(35)	27:19.6	1:23.6	5:29.9	3:24.9
37 Alex Fredrickson	SR	Gustavus Adolphus	(36)	27:21.6	1:25.6	5:30.3	3:25.2
38 Ryley Sandberg	JR	Gustavus Adolphus	(37)	27:22.3	1:26.3	5:30.4	3:25.3
39 Brandon Krogman	JR	Saint Mary's (Minn.)	38	27:29.9	1:33.9	5:32.0	3:26.2
40 John Mark Shields	FR	Bethel (Minn.) (2)	39	27:30.3	1:34.3	5:32.0	3:26.3
41 Kyle Mehrhof	SO	Hamline (4)	40	27:30.6	1:34.6	5:32.1	3:26.3
42 Daniel Mahota	SO	St. Thomas (Minn.)	(41)	27:30.6	1:34.6	5:32.1	3:26.3
43 Tony Duchenes	SO	Hamline (5)	42	27:32.1	1:36.1	5:32.4	3:26.5
44 Chris Boranian	SO	Macalester (2)	43	27:32.4	1:36.4	5:32.5	3:26.5
45 Lukas Buehler	SR	St. John's (Minn.) (7)	(44)	27:34.4	1:38.4	5:32.9	3:26.8
46 David Huffman	JR	Bethel (Minn.) (3)	45	27:37.6	1:41.6	5:33.5	3:27.2
47 James Doherty	SO	Macalester (3)	46	27:38.4	1:42.4	5:33.7	3:27.3
48 Spencer Urick	FR	St. Thomas (Minn.)	-	27:39.3	1:43.3	5:33.9	3:27.4
49 Eric Wicklund	FR	Concordia-Moorhea	47	27:39.5	1:43.5	5:33.9	3:27.4
50 Chris Huss	SR	Augsburg (2)	48	27:40.4	1:44.4	5:34.1	3:27.5
51 John Benson	SR	Gustavus Adolphus	-	27:41.1	1:45.1	5:34.2	3:27.6
52 Scott Helstad	FR	St. Thomas (Minn.)	-	27:41.1	1:45.1	5:34.2	3:27.6
53 Hiroshi Nakajima	JR	Carleton (4)	49	27:42.4	1:46.4	5:34.5	3:27.8
54 Justin Furcich	SO	St. Olaf	-	27:45.0	1:49.1	5:35.0	3:28.1
55 Daniel Zoltek	JR	St. John's (Minn.)	-	27:45.6	1:49.6	5:35.1	3:28.2
56 Nate Webster	SR	St. Olaf	-	27:45.8	1:49.8	5:35.2	3:28.2
57 Sam Nelson	SO	Bethel (Minn.) (4)	50	27:46.1	1:50.1	5:35.2	3:28.3
58 Sam Friesen	SR	St. John's (Minn.)	-	27:46.3	1:50.3	5:35.3	3:28.3
59 Christopher Brenk	FR	St. Olaf	-	27:47.0	1:51.0	5:35.4	3:28.4
60 Cullen Irvine	SO	Carleton (5)	51	27:50.5	1:54.5	5:36.1	3:28.8
61 Henry Harper	FR	Macalester (4)	52	27:53.0	1:57.0	5:36.6	3:29.1
62 Elliot Kadrofske	FR	St. Olaf	-	27:53.9	1:57.9	5:36.8	3:29.2
63 Andy Barnhart	FR	Bethel (Minn.) (5)	53	27:54.1	1:58.1	5:36.8	3:29.3
64 Matthew Lillehaugen	SR	Concordia-Moorhea	54	27:55.7	1:59.7	5:37.2	3:29.5
65 Collin Kiley	FR	St. Thomas (Minn.)	-	27:56.3	2:00.3	5:37.3	3:29.5
66 Henry Boettcher	SO	St. John's (Minn.)	-	27:57.8	2:01.8	5:37.6	3:29.7
67 Richard Peterson	JR	St. Thomas (Minn.)	-	27:58.5	2:02.6	5:37.7	3:29.8
68 Nick Sokolowski	JR	St. Olaf	-	27:59.1	2:03.1	5:37.8	3:29.9
69 Keith Ketola	JR	St. Olaf	-	28:01.3	2:05.3	5:38.3	3:30.2
70 Sam Jewson	JR	Hamline (6)	(55)	28:01.9	2:05.9	5:38.4	3:30.2
71 Andrew Ruvkun	JR	Carleton (6)	(56)	28:03.3	2:07.3	5:38.7	3:30.4
72 Alex Kunz	SR	St. Olaf	-	28:03.8	2:07.8	5:38.8	3:30.5
73 Keenan Ronayne	SO	Carleton (7)	(57)	28:06.4	2:10.4	5:39.3	3:30.8
74 James Mathison	SO	St. John's (Minn.)	-	28:07.4	2:11.4	5:39.5	3:30.9
75 Austin Knowlton	SR	St. Thomas (Minn.)	-	28:07.9	2:12.0	5:39.6	3:31.0
76 Alex Charbonneau	SR	St. John's (Minn.)	-	28:08.2	2:12.2	5:39.7	3:31.0

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**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
77 Dan Allen	SO	St. John's (Minn.)	-	28:10.5	2:14.5	5:40.1	3:31.3
78 Keaton Shinn	FR	Bethel (Minn.) (6)	(58)	28:10.9	2:14.9	5:40.2	3:31.4
79 Grant Suttie	SR	St. Thomas (Minn.)	-	28:12.9	2:16.9	5:40.6	3:31.6
80 Robert Nelson	SO	Gustavus Adolphus	-	28:13.7	2:17.7	5:40.8	3:31.7
81 Kyle Fredrickson	SR	Gustavus Adolphus	-	28:15.0	2:19.0	5:41.0	3:31.9
82 Taylor Huffman	JR	Bethel (Minn.) (7)	(59)	28:15.9	2:19.9	5:41.2	3:32.0
83 Zach Edinburgh	SR	Carleton	-	28:17.1	2:21.1	5:41.5	3:32.1
84 Andy Rudberg	JR	St. Olaf	-	28:17.3	2:21.3	5:41.5	3:32.2
85 Tom Linder	SR	St. Thomas (Minn.)	-	28:19.2	2:23.2	5:41.9	3:32.4
86 Zach Dietz	SR	St. John's (Minn.)	-	28:19.2	2:23.3	5:41.9	3:32.4
87 Kevin Schreiber	SR	St. Thomas (Minn.)	-	28:19.3	2:23.3	5:41.9	3:32.4
88 Jake Lepak	FR	Macalester (5)	60	28:19.4	2:23.4	5:41.9	3:32.4
89 Sean Bjork	SR	St. Olaf	-	28:19.7	2:23.7	5:42.0	3:32.5
90 Kevin Lamb	SO	St. John's (Minn.)	-	28:21.7	2:25.7	5:42.4	3:32.7
91 Michael Wegter	JR	St. Olaf	-	28:24.0	2:28.0	5:42.9	3:33.0
92 Ernesto Polania-Gonzalez	SR	Carleton	-	28:25.1	2:29.1	5:43.1	3:33.1
93 Mike Ryan	SR	St. Thomas (Minn.)	-	28:26.2	2:30.2	5:43.3	3:33.3
94 Karl Wachter	FR	St. Thomas (Minn.)	-	28:28.9	2:32.9	5:43.8	3:33.6
95 Sherman Moga	SR	Saint Mary's (Minn.)	61	28:31.1	2:35.1	5:44.3	3:33.9
96 Will Zimmerman	JR	St. John's (Minn.)	-	28:31.9	2:35.9	5:44.4	3:34.0
97 Samuel Cruz	FR	St. John's (Minn.)	-	28:33.0	2:37.0	5:44.7	3:34.1
98 Michael Nelson	JR	St. John's (Minn.)	-	28:35.7	2:39.7	5:45.2	3:34.5
99 Josh Larson	FR	St. Olaf	-	28:38.1	2:42.1	5:45.7	3:34.8
100 Anthony Paladie	JR	Hamline (7)	(62)	28:38.7	2:42.7	5:45.8	3:34.8
101 Bailey LaChance	SO	St. Thomas (Minn.)	-	28:39.3	2:43.3	5:45.9	3:34.9
102 Bridger Pavelka	FR	Gustavus Adolphus	-	28:40.2	2:44.2	5:46.1	3:35.0
103 George McGivern	FR	St. Thomas (Minn.)	-	28:41.6	2:45.6	5:46.4	3:35.2
104 Jonah Shaw	JR	Carleton	-	28:41.6	2:45.6	5:46.4	3:35.2
105 Charlie Jones	SR	St. Thomas (Minn.)	-	28:42.4	2:46.4	5:46.6	3:35.3
106 Alex Schneider	SO	Carleton	-	28:43.1	2:47.1	5:46.7	3:35.4
107 Spencer Nelson	SR	Macalester (6)	(63)	28:45.3	2:49.3	5:47.1	3:35.7
108 Nick Dea	SO	St. Olaf	-	28:45.9	2:49.9	5:47.3	3:35.7
109 Derek DeBleck	JR	St. Olaf	-	28:46.3	2:50.3	5:47.3	3:35.8
110 Dylan Larson-Harsch	SO	Carleton	-	28:46.8	2:50.8	5:47.4	3:35.8
111 Tayler Aarness	JR	St. Olaf	-	28:47.8	2:51.8	5:47.6	3:36.0
112 Jackson Simon	FR	St. Olaf	-	28:51.5	2:55.5	5:48.4	3:36.4
113 Ethan Engberg	SO	Macalester (7)	(64)	28:52.4	2:56.4	5:48.6	3:36.5
114 Alec Kirtley	SO	St. Olaf	-	28:53.3	2:57.3	5:48.7	3:36.7
115 Paul Timm	JR	St. Olaf	-	28:56.6	3:00.6	5:49.4	3:37.1
116 Mathew Paal	FR	St. Olaf	-	28:59.6	3:03.6	5:50.0	3:37.4
117 Brian Bettes	FR	St. Olaf	-	29:01.0	3:05.0	5:50.3	3:37.6
118 Justin Brecheisen	SO	Bethel (Minn.)	-	29:01.2	3:05.3	5:50.3	3:37.7
119 Conrad Phelan	FR	Carleton	-	29:02.2	3:06.2	5:50.5	3:37.8
120 Adam Berkowitz	JR	St. Thomas (Minn.)	-	29:05.1	3:09.1	5:51.1	3:38.1
121 Nick Lowery	JR	Bethel (Minn.)	-	29:05.2	3:09.3	5:51.1	3:38.2
122 Edward Hershewe	FR	Carleton	-	29:06.7	3:10.7	5:51.4	3:38.3

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123 Owen Wright	FR	St. Olaf	-	29:07.3	3:11.3	5:51.6	3:38.4
124 David Ellenberger	JR	St. Olaf	-	29:07.3	3:11.3	5:51.6	3:38.4
125 Joey Chmelik	JR	St. Olaf	-	29:10.0	3:14.0	5:52.1	3:38.7
126 Kyle Becker	SO	St. John's (Minn.)	-	29:10.8	3:14.8	5:52.3	3:38.8
127 Peter Jarka-Sellers	FR	Macalester	-	29:12.4	3:16.4	5:52.6	3:39.0
128 Tyler Stordahl	SO	Gustavus Adolphus	-	29:14.3	3:18.3	5:53.0	3:39.3
129 Nathaniel Sauerberg	FR	Carleton	-	29:14.9	3:18.9	5:53.1	3:39.4
130 Emmett Haberman	JR	Gustavus Adolphus	-	29:16.0	3:20.0	5:53.3	3:39.5
131 Spencer Grant	SO	Macalester	-	29:16.4	3:20.4	5:53.4	3:39.5
132 Brandon Quibell	JR	Concordia-Moorhea	65	29:22.2	3:26.2	5:54.6	3:40.3
133 Jacob Bransky	FR	Carleton	-	29:23.6	3:27.6	5:54.8	3:40.4
134 Seguy Hanson	FR	Bethel (Minn.)	-	29:26.4	3:30.4	5:55.4	3:40.8
135 Tim Huss	SO	Bethel (Minn.)	-	29:27.2	3:31.2	5:55.6	3:40.9
136 Ryan Moore	SO	Augsburg (3)	66	29:29.8	3:33.8	5:56.1	3:41.2
137 Andrew McGillivray	SR	Augsburg (4)	67	29:30.9	3:34.9	5:56.3	3:41.4
138 Tayeb Zaidi	SR	Macalester	-	29:31.8	3:35.8	5:56.5	3:41.5
139 Andrew Wischnack	FR	Gustavus Adolphus	-	29:32.0	3:36.0	5:56.5	3:41.5
140 Sam Richmond	SO	Macalester	-	29:33.7	3:37.7	5:56.9	3:41.7
141 Isaac Slagel	FR	St. Olaf	-	29:33.8	3:37.8	5:56.9	3:41.7
142 Jack Schugel	SO	Gustavus Adolphus	-	29:36.4	3:40.4	5:57.4	3:42.0
143 Sean Ahlness	JR	Hamline	-	29:38.0	3:42.0	5:57.7	3:42.2
144 Sean Lonergan	FR	St. Olaf	-	29:38.9	3:42.9	5:57.9	3:42.4
145 Ben Borash	FR	Saint Mary's (Minn.)	68	29:40.7	3:44.7	5:58.3	3:42.6
146 Ryan Garrett	JR	St. Thomas (Minn.)	-	29:41.0	3:45.0	5:58.3	3:42.6
147 Alex Theship-Rosales	FR	Gustavus Adolphus	-	29:44.0	3:48.0	5:58.9	3:43.0
148 Dan Buchmeier	JR	St. Olaf	-	29:44.4	3:48.4	5:59.0	3:43.0
149 Ethan Ellis	SO	Carleton	-	29:46.2	3:50.2	5:59.4	3:43.3
150 Nick Solheim	JR	Concordia-Moorhea	69	29:46.7	3:50.7	5:59.5	3:43.3
151 Alex Ozark	SO	Hamline	-	29:46.9	3:50.9	5:59.5	3:43.4
152 Austin Zollner	SR	Gustavus Adolphus	-	29:47.4	3:51.4	5:59.6	3:43.4
153 Casey Halbmaier	SR	St. Thomas (Minn.)	-	29:49.1	3:53.1	6:00.0	3:43.6
154 Jack Noble	SR	Carleton	-	29:49.8	3:53.8	6:00.1	3:43.7
155 Andrew Elliott	FR	St. Thomas (Minn.)	-	29:50.0	3:54.0	6:00.1	3:43.7
156 Tyler Lerbakken	SR	Hamline	-	29:51.1	3:55.1	6:00.4	3:43.9
157 Connor Sandok	SO	Gustavus Adolphus	-	29:52.9	3:56.9	6:00.7	3:44.1
158 Kemal Kirchmeier	SR	Macalester	-	29:55.0	3:59.0	6:01.2	3:44.4
159 Will Corbett	SR	Concordia-Moorhea	70	29:56.5	4:00.5	6:01.5	3:44.6
160 Gnanaharish Jayachandrabha	FR	St. Thomas (Minn.)	-	30:00.7	4:04.7	6:02.3	3:45.1
161 Jacob Van Houtan	FR	Augsburg (5)	71	30:00.9	4:05.0	6:02.4	3:45.1
162 John Miles	SO	St. John's (Minn.)	-	30:03.4	4:07.4	6:02.8	3:45.4
163 Mitchell Miller	JR	St. Olaf	-	30:07.7	4:11.7	6:03.7	3:46.0
164 Caleb Foster	FR	Bethel (Minn.)	-	30:10.1	4:14.2	6:04.2	3:46.3
165 Joseph Wattenhofer	SR	St. John's (Minn.)	-	30:11.4	4:15.4	6:04.5	3:46.4
166 Sam O'Donnell-Hoff	FR	Macalester	-	30:11.9	4:15.9	6:04.6	3:46.5
167 Brendan Johnson	JR	Concordia-Moorhea	(72)	30:15.2	4:19.2	6:05.2	3:46.9
168 Thomas Nelson	FR	St. John's (Minn.)	-	30:16.6	4:20.6	6:05.5	3:47.1

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St. Paul, MN  
 Como Park Golf Course  
 October 29, 2016

**MEET OFFICIALS**

**Meet Director:**  
 Vanessa Seljeskog  
**Meet Referee:**  
 Dick Daymont  
**Timing:**  
 Wayzata Results, Inc.



**OFFICIAL MEET REPORT**  
 printed: 10/29/2016 1:07 PM

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

**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
169 Spencer Ware Joncas	FR	St. Olaf	-	30:16.7	4:20.7	6:05.5	3:47.1
170 Alex Gordon	JR	Macalester	-	30:18.1	4:22.1	6:05.8	3:47.3
171 Robert Lawrence	SR	St. John's (Minn.)	-	30:26.3	4:30.3	6:07.5	3:48.3
172 Zach Bigaouette	SR	St. John's (Minn.)	-	30:29.1	4:33.1	6:08.0	3:48.6
173 Ben Bildsten	FR	Macalester	-	30:35.0	4:39.0	6:09.2	3:49.4
174 Geleto Roba	FR	St. John's (Minn.)	-	30:37.5	4:41.5	6:09.7	3:49.7
175 Dan Ziebarth	SO	Hamline	-	30:39.7	4:43.7	6:10.2	3:50.0
176 Alec Getzloff	FR	St. Olaf	-	30:45.6	4:49.6	6:11.3	3:50.7
177 Olsen Pancoast	FR	Concordia-Moorhea	(73)	30:46.3	4:50.3	6:11.5	3:50.8
178 Max Bauer	SO	Gustavus Adolphus	-	30:46.4	4:50.4	6:11.5	3:50.8
179 Landry Hacklander	JR	Concordia-Moorhea	-	30:47.3	4:51.3	6:11.7	3:50.9
180 Sam Longenbach	SR	St. Olaf	-	30:47.7	4:51.8	6:11.8	3:51.0
181 Peter Aehl	FR	St. Olaf	-	30:50.6	4:54.6	6:12.3	3:51.3
182 Kai Heen	JR	Macalester	-	30:51.9	4:55.9	6:12.6	3:51.5
183 Samuel Abegglen	FR	Gustavus Adolphus	-	30:54.5	4:58.5	6:13.1	3:51.8
184 Justin Friedrich	JR	Gustavus Adolphus	-	30:59.1	5:03.1	6:14.0	3:52.4
185 Cole Nelson	FR	St. Thomas (Minn.)	-	31:01.7	5:05.7	6:14.6	3:52.7
186 Elijah Fourre	FR	Gustavus Adolphus	-	31:04.2	5:08.2	6:15.1	3:53.0
187 Peter Fry	JR	Hamline	-	31:09.5	5:13.5	6:16.1	3:53.7
188 Kevin Dudley	JR	St. John's (Minn.)	-	31:14.9	5:18.9	6:17.2	3:54.4
189 Brandon Johnson	SO	Bethel (Minn.)	-	31:20.0	5:24.1	6:18.3	3:55.0
190 Benjamin Erickson	SO	Augsburg (6)	(74)	31:29.2	5:33.2	6:20.1	3:56.1
191 Keenan Pearson	SR	Bethel (Minn.)	-	31:38.6	5:42.6	6:22.0	3:57.3
192 Joel Malwitz	JR	Gustavus Adolphus	-	31:53.1	5:57.1	6:24.9	3:59.1
193 Yasir Said	SO	Augsburg (7)	(75)	31:53.4	5:57.4	6:25.0	3:59.2
194 Will Feeney	JR	Macalester	-	32:06.1	6:10.1	6:27.5	4:00.8
195 Jess Palyan	SO	St. Thomas (Minn.)	-	32:07.9	6:11.9	6:27.9	4:01.0
196 Luke Owens	SO	Concordia-Moorhea	-	32:09.0	6:13.0	6:28.1	4:01.1
197 Seth Loeffler-Kemp	SR	Macalester	-	32:15.6	6:19.6	6:29.5	4:01.9
198 Tommy Froland	FR	Concordia-Moorhea	-	32:18.7	6:22.7	6:30.1	4:02.3
199 Kellen Overvig	SO	Hamline	-	32:22.3	6:26.3	6:30.8	4:02.8
200 Peter Simon	SR	Concordia-Moorhea	-	32:29.1	6:33.1	6:32.2	4:03.6
201 Jackson Gerber	FR	Augsburg	-	32:32.3	6:36.3	6:32.8	4:04.0
202 Mason Martinez	SO	Macalester	-	32:35.1	6:39.1	6:33.4	4:04.4
203 Teagan Brogdon	FR	Concordia-Moorhea	-	32:53.7	6:57.7	6:37.1	4:06.7
204 Hunter Kraling	SO	Gustavus Adolphus	-	33:01.7	7:05.7	6:38.7	4:07.7
205 Marlon Barrett-Dwyer	FR	Saint Mary's (Minn.)	(76)	33:22.6	7:26.7	6:42.9	4:10.3
206 Jason Marshall	FR	Hamline	-	36:14.6	10:18.6	7:17.5	4:31.8
207 Sean Adams	JR	Augsburg	-	37:43.2	11:47.2	7:35.4	4:42.9
208 David Braun	FR	Augsburg	-	45:26.0	19:30.0	9:08.5	5:40.8