

# MIDWEST CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA

Seminole Valley Cross Country Course

Weather: Cloudy, Wind NNW 5-15mph, 86% Humidity & 42

Host: Cornell College

Saturday, November 1, 2025

## MEET OFFICIALS

**Meet Director:**

Jerry Frawley

**Meet Referee:**

Rick Hall & Kyle Peters

**Timing:**

Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

printed: 11/1/2025 11:40 AM

**Race #1**  
**Men's 8K**

# Final Results

## RACE SUMMARY

Start Time: 11:45  
am

## TEAM SCORING SUMMARY

| Final Standings      | Score | Scoring Order          | Total   | Avg.  | Spread |
|----------------------|-------|------------------------|---------|-------|--------|
| 1 Lawrence           | 34    | 4-5-6-7-12(23)(32)     | 2:06:33 | 25:19 | 1:03.0 |
| 2 Grinnell           | 62    | 8-9-10-17-18(20)(28)   | 2:09:35 | 25:55 | 0:38.5 |
| 3 Cornell College    | 95    | 1-3-19-34-38(40)(42)   | 2:09:32 | 25:55 | 3:29.8 |
| 4 Ripon              | 107   | 14-15-22-27-29(31)(35) | 2:12:31 | 26:31 | 0:46.7 |
| 5 Knox               | 155   | 2-26-30-45-52(54)(60)  | 2:16:36 | 27:20 | 5:40.0 |
| 6 Illinois College   | 174   | 16-21-44-46-47(50)(58) | 2:17:31 | 27:31 | 2:11.8 |
| 7 Beloit             | 180   | 11-33-36-41-59(61)(62) | 2:18:46 | 27:46 | 5:04.2 |
| 8 Monmouth (Ill.)    | 191   | 24-25-39-48-55(56)     | 2:19:44 | 27:57 | 3:44.7 |
| 9 Lake Forest        | 193   | 13-37-43-49-51(53)(57) | 2:18:55 | 27:47 | 2:49.9 |
| DNP Illinois College |       |                        |         |       |        |

## INDIVIDUAL RESULTS

| Athlete                  | YR | #   | Team             | Score | Time    | Avg. Mile | Avg. kM | 5K      |
|--------------------------|----|-----|------------------|-------|---------|-----------|---------|---------|
| 1 VANWESTRIENEN, Isaac   | SR | 131 | Cornell College  | 1     | 23:57.9 | 4:49.3    | 2:59.7  | 14:53.0 |
| 2 MILLER, Lance          | SR | 229 | Knox             | 2     | 24:28.7 | 4:55.5    | 3:03.6  | 15:17.1 |
| 3 BACH, Jacob            | SO | 118 | Cornell College  | 3     | 24:34.2 | 4:56.6    | 3:04.3  | 15:10.5 |
| 4 CASSIDAY, Ryan         | JR | 276 | Lawrence         | 4     | 24:54.1 | 5:00.6    | 3:06.8  | 15:37.8 |
| 5 HANSEN, Nick           | SO | 279 | Lawrence         | 5     | 25:02.6 | 5:02.3    | 3:07.8  | 15:38.6 |
| 6 LEE, Finn              | JR | 283 | Lawrence         | 6     | 25:14.9 | 5:04.8    | 3:09.4  | 15:38.4 |
| 7 MEYER, Zach            | SO | 285 | Lawrence         | 7     | 25:24.3 | 5:06.7    | 3:10.5  | 15:42.9 |
| 8 ROBINSON, Luke         | SR | 174 | Grinnell         | 8     | 25:38.9 | 5:09.6    | 3:12.4  | 15:59.6 |
| 9 LAKIN, Jack            | FR | 165 | Grinnell         | 9     | 25:39.4 | 5:09.7    | 3:12.4  | 16:07.5 |
| 10 ABELOW, Ben           | SO | 150 | Grinnell         | 10    | 25:43.9 | 5:10.6    | 3:13.0  | 16:01.0 |
| 11 MALMGREN, Dylan       | SO | 102 | Beloit           | 11    | 25:49.5 | 5:11.8    | 3:13.7  | 16:05.2 |
| 12 HARDY, Caleb          | SO | 280 | Lawrence         | 12    | 25:57.1 | 5:13.3    | 3:14.6  | 16:01.7 |
| 13 LASHENIK, Owen        | SO | 251 | Lake Forest      | 13    | 26:04.8 | 5:14.8    | 3:15.6  | 16:17.9 |
| 14 LETTAU, Finn          | FR | 327 | Ripon            | 14    | 26:07.3 | 5:15.3    | 3:15.9  | 16:11.8 |
| 15 SALOUN, Jeremy        | SR | 336 | Ripon            | 15    | 26:11.1 | 5:16.1    | 3:16.4  | 16:12.5 |
| 16 BIESENTHAL, Robby     | JR | 208 | Illinois College | 16    | 26:13.7 | 5:16.6    | 3:16.7  | 16:19.1 |
| 17 VILCHES, Sebastian    | FR | 178 | Grinnell         | 17    | 26:15.5 | 5:17.0    | 3:16.9  | 16:34.6 |
| 18 IMM, Greyson          | SO | 162 | Grinnell         | 18    | 26:17.4 | 5:17.4    | 3:17.2  | 16:18.5 |
| 19 MORRIS, Isaac         | SO | 127 | Cornell College  | 19    | 26:18.4 | 5:17.6    | 3:17.3  | 16:17.3 |
| 20 HEAGY, Connor         | SR | 160 | Grinnell         | (20)  | 26:24.0 | 5:18.7    | 3:18.0  | 16:18.2 |
| 21 HANNIG, Nick          | SR | 210 | Illinois College | 21    | 26:24.6 | 5:18.8    | 3:18.1  | 16:17.1 |
| 22 HORNBY, Jaxon         | SO | 322 | Ripon            | 22    | 26:29.9 | 5:19.9    | 3:18.7  | 26:29.6 |
| 23 REEMTSMA, Max         | JR | 286 | Lawrence         | (23)  | 26:36.5 | 5:21.2    | 3:19.6  | 16:33.8 |
| 24 STOUB, Xander         | JR | 303 | Monmouth (Ill.)  | 24    | 26:39.6 | 5:21.8    | 3:19.9  | 16:33.6 |
| 25 AVILA RUBIO, Fernando | SO | 298 | Monmouth (Ill.)  | 25    | 26:43.0 | 5:22.5    | 3:20.4  | 16:38.5 |
| 26 RATNER, Misha         | SO | 231 | Knox             | 26    | 26:46.7 | 5:23.3    | 3:20.8  | 16:42.5 |
| 27 JOHNSON, Nathan       | FR | 323 | Ripon            | 27    | 26:48.4 | 5:23.6    | 3:21.0  | 16:32.3 |
| 28 DAHL, Leif            | FR | 157 | Grinnell         | (28)  | 26:51.9 | 5:24.3    | 3:21.5  | 16:48.2 |

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# Final Results

## INDIVIDUAL RESULTS (cont'd)

| Athlete                   | YR | #   | Team             | Score | Time    | Avg. Mile | Avg. kM | 5K      |
|---------------------------|----|-----|------------------|-------|---------|-----------|---------|---------|
| 29 BROBST, Aiden          | SO | 318 | Ripon            | 29    | 26:54.0 | 5:24.7    | 3:21.7  | 16:56.6 |
| 30 MCCLUSKY, Evan         | JR | 228 | Knox             | 30    | 26:57.3 | 5:25.4    | 3:22.2  | 17:01.1 |
| 31 CORRAL RASCON, Michael | FR | 320 | Ripon            | (31)  | 26:58.2 | 5:25.6    | 3:22.3  | 16:47.4 |
| 32 ALEXANDER, Leigham     | FR | 273 | Lawrence         | (32)  | 27:02.8 | 5:26.5    | 3:22.8  | 16:49.4 |
| 33 RAMOS, Leo             | FR | 104 | Beloit           | 33    | 27:04.9 | 5:26.9    | 3:23.1  | 16:51.4 |
| 34 IN, David              | SO | 163 | Grinnell         | -     | 27:06.7 | 5:27.3    | 3:23.3  | 16:53.0 |
| 35 ALEXANDER, Francis     | FR | 272 | Lawrence         | -     | 27:08.2 | 5:27.6    | 3:23.5  | 16:41.5 |
| 36 MANZA, Sebastian       | JR | 168 | Grinnell         | -     | 27:12.7 | 5:28.5    | 3:24.1  | 17:02.8 |
| 37 ZAMUDIO, Tony          | JR | 133 | Cornell College  | 34    | 27:13.5 | 5:28.7    | 3:24.2  | 17:07.9 |
| 38 CHESTOVICH, Andy       | SR | 154 | Grinnell         | -     | 27:13.6 | 5:28.7    | 3:24.2  | 16:57.5 |
| 39 MICHAELSON, Aidan      | SO | 170 | Grinnell         | -     | 27:15.6 | 5:29.1    | 3:24.4  | 17:00.1 |
| 40 MANLEY, Jackson        | FR | 328 | Ripon            | (35)  | 27:18.5 | 5:29.7    | 3:24.8  | 17:07.3 |
| 41 RATHMANN, Cooper       | SO | 105 | Beloit           | 36    | 27:25.0 | 5:31.0    | 3:25.6  | 17:05.6 |
| 42 MANOUKIS, Demos        | SO | 253 | Lake Forest      | 37    | 27:26.8 | 5:31.3    | 3:25.8  | 17:06.4 |
| 43 BARNES, Jaxon          | SO | 120 | Cornell College  | 38    | 27:27.6 | 5:31.5    | 3:26.0  | 16:51.2 |
| 44 KAUFMANN, Drew         | FR | 324 | Ripon            | -     | 27:28.6 | 5:31.7    | 3:26.1  | 17:10.5 |
| 45 MORGAN, Riley          | FR | 301 | Monmouth (Ill.)  | 39    | 27:28.9 | 5:31.8    | 3:26.1  | 17:05.8 |
| 46 KLEMM, Adam            | FR | 326 | Ripon            | -     | 27:30.5 | 5:32.1    | 3:26.3  | 17:00.5 |
| 47 EDWARDS, Caden         | FR | 122 | Cornell College  | (40)  | 27:31.1 | 5:32.2    | 3:26.4  | 17:07.3 |
| 48 DANIEL, Kembre         | SO | 101 | Beloit           | 41    | 27:32.9 | 5:32.6    | 3:26.6  | 17:04.8 |
| 49 BECK, Sam              | JR | 151 | Grinnell         | -     | 27:33.7 | 5:32.7    | 3:26.7  | 17:22.3 |
| 50 HILL, Ryan             | JR | 161 | Grinnell         | -     | 27:39.5 | 5:33.9    | 3:27.4  | 17:14.6 |
| 51 ANDERSON, Elek         | JR | 274 | Lawrence         | -     | 27:41.7 | 5:34.3    | 3:27.7  | 17:15.1 |
| 52 KROGMAN, Carson        | FR | 123 | Cornell College  | (42)  | 27:43.7 | 5:34.7    | 3:28.0  | 17:09.0 |
| 53 HEWES, Austin          | JR | 250 | Lake Forest      | 43    | 27:46.4 | 5:35.3    | 3:28.3  | 17:13.5 |
| 54 LONG, Caleb            | SO | 124 | Cornell College  | -     | 27:47.7 | 5:35.5    | 3:28.5  | 16:57.7 |
| 55 LEE, Justin            | SO | 166 | Grinnell         | -     | 27:54.9 | 5:37.0    | 3:29.4  | 17:50.6 |
| 56 SMITH, Cayden          | FR | 176 | Grinnell         | -     | 27:57.4 | 5:37.5    | 3:29.7  | 17:15.6 |
| 57 RADANDT, Brice         | FR | 332 | Ripon            | -     | 27:58.9 | 5:37.8    | 3:29.9  | 17:26.5 |
| 58 BENYO BAKER, Joshua    | FR | 152 | Grinnell         | -     | 28:07.5 | 5:39.5    | 3:30.9  | 17:25.5 |
| 59 PIERCE, Camden         | SO | 212 | Illinois College | 44    | 28:09.1 | 5:39.8    | 3:31.1  | 17:31.2 |
| 60 TYRCHA, Nick           | FR | 337 | Ripon            | -     | 28:11.3 | 5:40.3    | 3:31.4  | 17:14.7 |
| 61 VARNUM, Elliott        | SR | 233 | Knox             | 45    | 28:14.6 | 5:41.0    | 3:31.8  | 17:24.3 |
| 62 ANDERSON, Grant        | SO | 117 | Cornell College  | -     | 28:14.8 | 5:41.0    | 3:31.8  | 17:32.4 |
| 63 BALDWIN, Liam          | JR | 119 | Cornell College  | -     | 28:16.5 | 5:41.3    | 3:32.1  | 17:48.0 |
| 64 HOWARD, Zac            | FR | 211 | Illinois College | 46    | 28:18.0 | 5:41.6    | 3:32.2  | 17:31.5 |
| 65 SNYDER, James          | SR | 177 | Grinnell         | -     | 28:21.1 | 5:42.3    | 3:32.6  | 17:46.7 |
| 66 MCCORMICK, Aron        | FR | 330 | Ripon            | -     | 28:24.2 | 5:42.9    | 3:33.0  | 17:22.4 |
| 67 ROGERS, Jack           | FR | 213 | Illinois College | 47    | 28:25.5 | 5:43.1    | 3:33.2  | 17:36.2 |
| 68 BROCK, Kole            | FR | 319 | Ripon            | -     | 28:26.2 | 5:43.3    | 3:33.3  | 17:36.5 |
| 69 RUEDINGER, Aidan       | FR | 335 | Ripon            | -     | 28:27.6 | 5:43.6    | 3:33.4  | 17:36.4 |
| 70 REES, Braden           | FR | 302 | Monmouth (Ill.)  | 48    | 28:27.9 | 5:43.6    | 3:33.5  | 17:24.5 |
| 71 POLLOCK, Alexander     | JR | 173 | Grinnell         | -     | 28:28.4 | 5:43.7    | 3:33.5  | 17:43.7 |
| 72 LYAU, Spencer          | FR | 167 | Grinnell         | -     | 28:36.0 | 5:45.3    | 3:34.5  | 17:19.1 |
| 73 KEULER, Reuben         | SO | 282 | Lawrence         | -     | 28:39.3 | 5:45.9    | 3:34.9  | 17:28.2 |
| 74 GUMERSON, Oliver       | FR | 249 | Lake Forest      | 49    | 28:42.0 | 5:46.5    | 3:35.3  | 17:57.4 |

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|-----------------------------|----|-----|------------------|-------|---------|-----------|---------|---------|
| 75 OUHABI, Nicholas         | SO | 172 | Grinnell         | -     | 28:46.2 | 5:47.3    | 3:35.8  | 17:33.0 |
| 76 KELLER, Ryan             | FR | 281 | Lawrence         | -     | 28:47.3 | 5:47.5    | 3:35.9  | 17:39.6 |
| 77 WIESNER, Wiesz           | JR | 287 | Lawrence         | -     | 28:47.4 | 5:47.6    | 3:35.9  | 17:58.4 |
| 78 MUNSON, Van              | SO | 128 | Cornell College  | -     | 28:50.8 | 5:48.2    | 3:36.3  | 17:56.3 |
| 79 DETTMER, Caden           | SR | 209 | Illinois College | (50)  | 28:51.1 | 5:48.3    | 3:36.4  | 18:01.9 |
| 80 AGUAYO, Manny            | FR | 316 | Ripon            | -     | 28:53.8 | 5:48.8    | 3:36.7  | 17:43.6 |
| 81 FAIZ, Ali                | SO | 247 | Lake Forest      | 51    | 28:54.7 | 5:49.0    | 3:36.8  | 18:19.3 |
| 82 MAI, Easton              | FR | 125 | Cornell College  | -     | 28:57.6 | 5:49.6    | 3:37.2  | 17:48.7 |
| 83 SHILOH, Gabe             | FR | 175 | Grinnell         | -     | 28:58.1 | 5:49.7    | 3:37.3  | 17:44.0 |
| 84 CHING, Tyler             | SR | 156 | Grinnell         | -     | 29:08.7 | 5:51.8    | 3:38.6  | 18:03.9 |
| 85 DU TOIT, Corne           | SO | 321 | Ripon            | -     | 29:17.5 | 5:53.6    | 3:39.7  | 17:54.0 |
| 86 DRAGINIS, Ryan           | JR | 277 | Lawrence         | -     | 29:28.0 | 5:55.7    | 3:41.0  | 18:17.1 |
| 87 BLAKESLEE, Parker        | FR | 317 | Ripon            | -     | 29:31.0 | 5:56.3    | 3:41.4  | 18:17.5 |
| 88 MORK, Anders             | JR | 126 | Cornell College  | -     | 29:48.9 | 5:59.9    | 3:43.6  | 18:39.5 |
| 89 JEDLICKA, Max            | SO | 164 | Grinnell         | -     | 29:57.1 | 6:01.6    | 3:44.6  | 18:22.8 |
| 90 PACHECO, Johan           | FR | 129 | Cornell College  | -     | 29:57.7 | 6:01.7    | 3:44.7  | 18:39.6 |
| 91 LAWRENCE, Max            | SO | 227 | Knox             | 52    | 30:08.7 | 6:03.9    | 3:46.1  | 18:42.9 |
| 92 WILEY, Luke              | SR | 132 | Cornell College  | -     | 30:12.0 | 6:04.6    | 3:46.5  | 18:28.5 |
| 93 CADIZ, Patrick           | JR | 245 | Lake Forest      | (53)  | 30:14.6 | 6:05.1    | 3:46.8  | 18:45.6 |
| 94 CALLISTER-CRAIG, Freddie | JR | 224 | Knox             | (54)  | 30:19.0 | 6:06.0    | 3:47.4  | 18:43.3 |
| 95 YOUNG, Brady             | FR | 305 | Monmouth (Ill.)  | 55    | 30:24.2 | 6:07.0    | 3:48.0  | 18:43.1 |
| 96 KAMARA, Larry            | JR | 300 | Monmouth (Ill.)  | (56)  | 30:30.3 | 6:08.3    | 3:48.8  | 18:53.6 |
| 97 CROSBY, Khalil           | FR | 246 | Lake Forest      | (57)  | 30:37.6 | 6:09.7    | 3:49.7  | 19:09.4 |
| 98 BACON, Jack              | SO | 206 | Illinois College | (58)  | 30:47.2 | 6:11.7    | 3:50.9  | 18:55.9 |
| 99 WALL, Sawyer             | JR | 106 | Beloit           | 59    | 30:53.6 | 6:12.9    | 3:51.7  | 19:34.3 |
| 100 REID, Maxwell           | SO | 232 | Knox             | (60)  | 30:57.7 | 6:13.8    | 3:52.2  | 19:01.4 |
| 101 KREBS, Elliot           | FR | 252 | Lake Forest      | -     | 31:01.6 | 6:14.5    | 3:52.7  | 19:11.3 |
| 102 ELLWEIN, Jack           | SO | 158 | Grinnell         | -     | 31:10.6 | 6:16.4    | 3:53.8  | 19:20.7 |
| 103 VAUGHAN-FIER, Owen      | JR | 130 | Cornell College  | -     | 31:20.8 | 6:18.4    | 3:55.1  | 19:10.7 |
| 104 GARCIA, Samuel          | JR | 226 | Knox             | -     | 31:40.1 | 6:22.3    | 3:57.5  | 19:21.2 |
| 105 BEAUMONT, Will          | SO | 275 | Lawrence         | -     | 31:54.1 | 6:25.1    | 3:59.3  | 19:32.9 |
| 106 CHHETRI, Ridesh         | SO | 225 | Knox             | -     | 32:22.3 | 6:30.8    | 4:02.8  | 19:52.8 |
| 107 PARSONS, Ian            | SO | 254 | Lake Forest      | -     | 32:43.5 | 6:35.1    | 4:05.4  | 20:31.5 |
| 108 MUSZYNSKI, Max          | SR | 103 | Beloit           | (61)  | 33:01.2 | 6:38.6    | 4:07.6  | 20:48.4 |
| 109 POLLARD, Chasyn         | SO | 230 | Knox             | -     | 33:07.1 | 6:39.8    | 4:08.4  | 20:35.3 |
| 110 NAVARETTE, Xzavier      | SO | 331 | Ripon            | -     | 33:41.6 | 6:46.7    | 4:12.7  | 20:12.2 |
| 111 WITHERITE, Conall       | SO | 107 | Beloit           | (62)  | 33:51.9 | 6:48.8    | 4:14.0  | 21:22.9 |
| -- BIESENTHAL, Michael      | FR | 207 | Illinois College | -     | DNF     | ---       | ---     | 19:42.0 |