

**NCAA Div. II XC Central Regional Championship  
Wayne State College, Wayne, NE  
November 7, 2009 - 10,000 Meters**

**MEN'S RESULTS**

Place	Tea	No.	Name	Year	Team	Time	Pace
1	1	310	Brian Medigovich	SR	Adams State	30:57.2	4:59
2	2	302	Aaron Braun	SR	Adams State	30:57.3	4:59
3	3	311	Reuben Mwei	SR	Adams State	30:57.3	4:59
4	1	485	Tyler Pennel	JR	Western State	31:12.0	5:02
5	4	309	Ryan McNiff	JR	Adams State	31:28.7	5:04
6	2	480	Iain Donnan	SR	Western State	31:36.5	5:06
7	1	422	Niciase Kazingo	SO	New Mexico Highlands	31:41.6	5:07
8	3	477	Loren Ahonen	JR	Western State	31:42.6	5:07
9	5	305	Edwin Cruz	FR	Adams State	31:43.2	5:07
10	6	314	Florian Theophile	SR	Adams State	31:53.3	5:08
11	1	340	Aaron Swift	JR	Colorado Mines	31:55.3	5:09
12	2	341	Ben Zywicki	JR	Colorado Mines	32:07.1	5:11
13	7	301	Brandon Birdsong	JR	Adams State	32:16.2	5:12
14	4	481	David Flynn	FR	Western State	32:19.4	5:13
15	5	479	Sean Brown	JR	Western State	32:26.7	5:14
16	1	407	Tanner Fruit	JR	Nebraska-Kearney	32:28.5	5:14
17	1	320	Tom Karbo	JR	Augustana (S.D.)	32:28.5	5:14
18	1	366	Anthony Luna	SR	Metropolitan St.	32:37.0	5:15
19	2	423	Moses Kirui	FR	New Mexico Highlands	32:37.9	5:16
20	3	335	Tyler Curtis	FR	Colorado Mines	32:38.0	5:16
21	6	488	Glenn Watts	SR	Western State	32:38.0	5:16
22	1	358	Alex Troncoso	SR	Fort Lewis	32:42.7	5:16
23	2	361	Eiger Erickson	SO	Metropolitan St.	32:46.8	5:17
24	3	363	Brandon Johnson	SR	Metropolitan St.	32:50.0	5:18
25	2	412	Al Sanabria	SO	Nebraska-Kearney	32:50.6	5:18
26	1	374	James Krajsa	SR	Minn. St. Mankato	32:53.3	5:18
27	2	315	Travis Beniak	SO	Augustana (S.D.)	32:53.3	5:18
28	4	338	Nate Hatleback	SR	Colorado Mines	32:53.6	5:18
29	5	337	Sean Gildea	FR	Colorado Mines	32:55.2	5:18
30	2	356	Dylan Peterson	SR	Fort Lewis	32:56.7	5:19
31	3	317	Matt Braithwaite	JR	Augustana (S.D.)	33:04.3	5:20
32	4	325	Austin Vande Berg	JR	Augustana (S.D.)	33:06.4	5:20
33	2	379	Jonathan Stoltman	SR	Minn. St. Mankato	33:08.5	5:21
34	4	367	Zach Mares	JR	Metropolitan St.	33:12.2	5:21
35	7	486	Tyler Rasmussen	JR	Western State	33:16.6	5:22
36	5	316	Daniel Black	JR	Augustana (S.D.)	33:16.9	5:22
37	3	377	Denise Mokaya	SR	Minn. St. Mankato	33:25.7	5:23
38	6	339	Mack McLain	SO	Colorado Mines	33:27.6	5:24
39	1	447	Kyle Neumann	SO	St. Cloud St.	33:35.9	5:25
40	3	352	Shane Kersten	SO	Fort Lewis	33:41.0	5:26
41	1	431	Josh Schmeichel	SR	Northern State	33:42.5	5:26
42	1	475	York Thomas	JR	Wayne St. (Neb.)	33:44.5	5:26
43	5	368	Nathan Newland	SO	Metropolitan St.	33:46.5	5:27
44	4	349	Michael Birgen	SO	Fort Lewis	33:53.2	5:28
45	7	333	Jacques Annandale	SR	Colorado Mines	33:54.1	5:28

46	1	390	Michael McConnell	JR	Minn. St. Moorhead	33:55.7	5:28
47	6	360	Carl Arnold	JR	Metropolitan St.	33:57.4	5:28
48	7	364	Chris Le Blanc	SR	Metropolitan St.	33:58.8	5:29
49	1	461	Mike English	FR	UC-Colo. Spgs.	34:01.7	5:29
50	1	452	Eamin Entwisle	SO	U. of Mary	34:03.4	5:29

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51	4	376	Jeff Lombardo	JR	Minn. St. Mankato	34:03.7	5:29
52	1	394	Erik Escher	JR	Minnesota-Duluth	34:05.2	5:30
53	2	397	Nick Nygaard	SO	Minnesota-Duluth	34:07.5	5:30
54	2	462	Sam Feldotto	FR	UC-Colo. Spgs.	34:07.9	5:30
55	5	369	Jacob Bastyr	FR	Minn. St. Mankato	34:09.4	5:30
56	5	353	Kiprono Mutai	FR	Fort Lewis	34:10.9	5:31
57	2	441	Hady Cherif	JR	St. Cloud St.	34:11.7	5:31
58	3	465	Joel Kienitz	SR	UC-Colo. Spgs.	34:12.1	5:31
59	2	430	John Rawerts	JR	Northern State	34:13.5	5:31
60	3	428	Richard Keroack	SO	Northern State	34:14.0	5:31
61	6	318	Ryan Evans	FR	Augustana (S.D.)	34:24.8	5:33
62	3	448	Shamus O'Grady	SO	St. Cloud St.	34:26.2	5:33
63	6	378	Adam Noll	SO	Minn. St. Mankato	34:27.1	5:33
64	7	319	Matt Heesch	SR	Augustana (S.D.)	34:28.8	5:33
65	2	389	Adam Kne	SR	Minn. St. Moorhead	34:29.5	5:34
66	3	410	Thomas Neemann	SR	Nebraska-Kearney	34:32.0	5:34
67	6	351	Jeff Hofferber	JR	Fort Lewis	34:34.9	5:34
68	4	469	Oliver Williams	SO	UC-Colo. Spgs.	34:37.2	5:35
69	5	466	Chris Reynolds	JR	UC-Colo. Spgs.	34:37.6	5:35
70	3	391	David Teige	SR	Minn. St. Moorhead	34:37.6	5:35
71	4	439	Dan Allen	JR	St. Cloud St.	34:40.4	5:35
72	6	463	Michael Johnson	SO	UC-Colo. Spgs.	34:43.1	5:36
73	4	406	Simon Falcon	FR	Nebraska-Kearney	34:44.8	5:36
74	5	405	Joe Coil	FR	Nebraska-Kearney	34:45.7	5:36
75	3	402	Zach Varty	SR	Minnesota-Duluth	34:47.6	5:36
76	4	396	Kyle Larson	SO	Minnesota-Duluth	34:52.2	5:37
77	2	458	Taylor Thompson	FR	U. of Mary	34:58.5	5:38
78	3	426	Gabriel Vidal	SR	New Mexico Highlands	35:02.7	5:39
79	7	372	Nick Emmans	FR	Minn. St. Mankato	35:05.2	5:39
80	5	400	Tom Ruttger	FR	Minnesota-Duluth	35:08.1	5:40
81	1	328	Pasque Cooper	SR	Colo. Christian	35:10.6	5:40
82	6	409	Nick Kizzire	SO	Nebraska-Kearney	35:13.3	5:41
83	1	347	Jacob Womeldorf	JR	Concordia-St. Paul	35:19.5	5:42
84	4	424	John Ronoh	SR	New Mexico Highlands	35:23.3	5:42
85	6	393	Ryan Eason	FR	Minnesota-Duluth	35:25.7	5:43
86	2	474	Matt Seiler	SO	Wayne St. (Neb.)	35:30.0	5:43
87	4	427	Jacob Arechigo	FR	Northern State	35:31.4	5:44

88	1	489	Kyle Dammen	FR	Winona State	35:35.4	5:44
89	4	385	Erik Hansen	JR	Minn. St. Moorhead	35:37.5	5:44
90	5	443	Jared Hicks	FR	St. Cloud St.	35:39.2	5:45
91	7	415	Quinn Willet	SR	Nebraska-Kearney	35:43.4	5:45
92	7	401	Cole Toepfer	FR	Minnesota-Duluth	35:44.9	5:46
93	7	355	Logan Ott	JR	Fort Lewis	35:46.2	5:46
94	2	344	Daniel Schield	SR	Concordia-St. Paul	35:46.8	5:46
95	7	464	Josh Jones	FR	UC-Colo. Spgs.	35:54.6	5:47
96	2	327	Tyler Anderson	FR	Colo. Christian	35:57.6	5:48
97	6	442	Sean Gaskell	SO	St. Cloud St.	36:05.9	5:49
98	5	420	Joshua Garcia	SO	New Mexico Highlands	36:11.9	5:50
99	5	382	Scott Egeberg	SR	Minn. St. Moorhead	36:13.4	5:50
100	6	419	Mario Armijo	FR	New Mexico Highlands	36:15.4	5:51

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101	3	330	Anthony Melia	FR	Colo. Christian	36:16.3	5:51
102	6	384	Clayton Foster	FR	Minn. St. Moorhead	36:21.9	5:52
103	7	444	Luke Jordan	SO	St. Cloud St.	36:22.8	5:52
104	2	498	Ryan Slack	SR	Winona State	36:24.7	5:52
105	1	434	Matt Drake	JR	Regis (Colo.)	36:29.3	5:53
106	7	418	Chris Apodaca	FR	New Mexico Highlands	36:32.0	5:53
107	3	496	Ryan Nelson	SO	Winona State	36:42.1	5:55
108	3	346	Travis Wagers	SO	Concordia-St. Paul	36:48.6	5:56
109	3	472	John Kern	JR	Wayne St. (Neb.)	36:54.4	5:57
110	4	329	Reece Landenberger	FR	Colo. Christian	36:56.1	5:57
111	4	491	Jared Haldeman	FR	Winona State	37:08.9	5:59
112	3	453	Casey Jore	FR	U. of Mary	37:10.2	5:59
113	5	493	Cameron Keys	FR	Winona State	37:18.4	6:01
114	4	476	Trevor Urkoski	FR	Wayne St. (Neb.)	37:21.6	6:01
115	5	429	Matt Peterson	SO	Northern State	37:23.5	6:02
116	4	342	Brandon Kotek	SO	Concordia-St. Paul	37:24.8	6:02
117	6	494	Bryan Lindquist	SO	Winona State	37:26.1	6:02
118	5	473	Jason Schaaf	SO	Wayne St. (Neb.)	37:41.6	6:04
119	7	497	Luke Schuttenhelm	FR	Winona State	38:18.7	6:10
120	2	437	Andrew Tier	FR	Regis (Colo.)	38:26.7	6:12
121	4	456	Quincy Pierce	JR	U. of Mary	38:47.4	6:15
122	6	432	Jayce Seelig	FR	Northern State	38:47.7	6:15
123	3	433	John Brooks	FR	Regis (Colo.)	38:54.8	6:16
124	5	332	Nathan Williams	JR	Colo. Christian	38:59.8	6:17
125	5	457	Nathan Stamstad	FR	U. of Mary	39:01.2	6:17
126	4	436	Christian Pedroza	FR	Regis (Colo.)	40:03.9	6:27
127	5	435	Chris Kading	FR	Regis (Colo.)	41:11.2	6:38
128	6	331	Veniamin Todoriko	SR	Colo. Christian	42:08.2	6:47

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