

25th Annual Mustang Gallop Women's 4K Cross Country Meet

[Womens](#)[Mens](#)

Event: Women's 4K

Date: Friday, August 31, 2018

Location: Seminole Valley Park - Cedar Rapids,
IA

Weather: Cloudy, SSE 11MPH 78°

Results By: Scheckel - Kauder Racing, LLC

Place	School	1	2	3	4	5	6	7	Score	Time Total	Average	Spread
1	Mount Mercy University	1	3	6	7	13	15	17	30	1:22:11	16:26	1:01
2	Cornell College	2	8	10	11	12	18		43	1:23:10	16:38	0:49
3	Coe College	4	5	16	20	21	23	26	66	1:25:49	17:10	1:32
4	University of Dubuque	9	14	19	22	24	25	27	88	1:28:29	17:42	2:12

Incomplete Teams: Iowa Track and Field Club,
MMU Alum, Scott Community College,
Southeastern Community College

Place	Score	Name	School	Time	Pace mpm
1	1	Andrea Ertz, F JR	Mount Mercy University	15:56	6:24/M
2		Katie Hoffert, F NA	MMU Alum	15:59	6:26/M
3	2	Dominique Fleming, F SR	Cornell College	16:03	6:27/M
4		Sandra Kromminga, F SR	Iowa Track and Field Club	16:04	6:28/M

5	3	Vanessa Cortes, F JR	Mount Mercy University	16:15	6:32/M
6	4	Kat Stai, F JR	Coe College	16:18	6:33/M
7	5	McKayla Morris, F SR	Coe College	16:30	6:38/M
8	6	Emily Erickson, F FR	Mount Mercy University	16:32	6:39/M
9	7	Samantha Croghan, F JR	Mount Mercy University	16:33	6:39/M
10	8	Morgan Barnard, F JR	Cornell College	16:41	6:43/M
11		Olivia Moore, F SO	Iowa Track and Field Club	16:42	6:43/M
12	9	Edith Flores, F SO	University of Dubuque	16:43	6:44/M
13	10	Marissa Czaplak, F JR	Cornell College	16:47	6:45/M
14	11	Zoe Kane-Preissing, F JR	Cornell College	16:47	6:45/M
15	12	Lexi Ferenzi, F JR	Cornell College	16:53	6:47/M
16	13	Allison Woods, F JR	Mount Mercy University	16:57	6:49/M
17		Amy Marshall, F NA	MMU Alum	17:00	6:50/M
18	14	Lucy Syverson, F SO	University of Dubuque	17:03	6:52/M
19		Leslie Althoff, F NA	MMU Alum	17:08	6:54/M
20	15	Mady Roth, F JR	Mount Mercy University	17:15	6:56/M
21		Anna Marino, F FR	Southeastern Community College	17:23	7:00/M
22	16	Josie Bautch, F SO	Coe College	17:25	7:00/M
23		Ricar Mends, F FR	Scott Community College	17:26	7:01/M
24		Sam Stuba, F SR	Iowa Track and Field Club	17:29	7:02/M
25	17	McKenzie Mellecker, F JR	Mount Mercy University	17:30	7:03/M
26		Sara Burlage, F SO	Mount Mercy University	17:33	7:04/M
27	18	Katie Baker, F SR	Cornell College	17:37	7:05/M
28		Anika Schmitt, F FR	Iowa Track and Field Club	17:38	7:06/M
29		Kathryn Vander Poel, F SR	Mount Mercy University	17:38	7:06/M
30	19	Isabella Mazzanti, F JR	University of Dubuque	17:40	7:06/M
31	20	Jean Springsteen, F SR	Coe College	17:46	7:09/M
32	21	Elyse Bartelmey, F FR	Coe College	17:50	7:10/M
33		Jazmine Reynolds, F SR	Mount Mercy University	17:54	7:12/M
34	22	Megan Ely, F JR	University of Dubuque	18:07	7:17/M
35	23	Ella Gibbons, F SR	Coe College	18:15	7:21/M
36	24	MacKenzie Helgemoe, F JR	University of	18:55	7:37/M

		Dubuque			
37		Abby Martin, F NA	MMU Alum	19:01	7:39/M
38	25	Danielle Johnsen, F FR	University of Dubuque	20:22	8:12/M
39		Marlen Dondiego, F FR	Scott Community College	20:24	8:12/M
40	26	Emma Bass, F FR	Coe College	21:20	8:35/M
41	27	Marysa Kiely, F FR	University of Dubuque	24:35	9:53/M
42		Shelby Steffener, F FR	Southeastern Community College	24:37	9:54/M

Place 1	Mount Mercy University		Time Spread = 1:01	TTL Time = 1:22:11	Ave Time = 16:26	Score = 30
Place	Name		Time		Pace mpm	
1	Andrea Ertz, F JR		15:56		6:24	
3	Vanessa Cortes, F JR		16:15		6:32	
6	Emily Erickson, F FR		16:32		6:39	
7	Samantha Croghan, F JR		16:33		6:39	
13	Allison Woods, F JR		16:57		6:49	
15	Mady Roth, F JR		17:15		6:56	
17	McKenzie Mellecker, F JR		17:30		7:03	
	Sara Burlage, F SO		17:33		7:04	
	Kathryn Vander Poel, F SR		17:38		7:06	
	Jazmine Reynolds, F SR		17:54		7:12	

Place 2	Cornell College		Time Spread = 0:49	TTL Time = 1:23:10	Ave Time = 16:38	Score = 43
Place	Name		Time		Pace mpm	
2	Dominique Fleming, F SR		16:03		6:27	
8	Morgan Barnard, F JR		16:41		6:43	
10	Marissa Czapla, F JR		16:47		6:45	
11	Zoe Kane- Preissing, F JR		16:47		6:45	
12	Lexi Ferenzi, F JR		16:53		6:47	
18	Katie Baker, F SR		17:37		7:05	

Place 3	Coe College	Time	TTL Time = 1:25:49	Ave Time = 17:10	Score
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Place	Name	Time	Pace mpm
4	Kat Stai, F JR	16:18	6:33
5	McKayla Morris, F SR	16:30	6:38
16	Josie Bautch, F SO	17:25	7:00
20	Jean Springsteen, F SR	17:46	7:09
21	Elyse Bartelmey, F FR	17:50	7:10
23	Ella Gibbons, F SR	18:15	7:21
26	Emma Bass, F FR	21:20	8:35

Place 4	University of Dubuque	Time Spread = 2:12	TTL Time = 1:28:29	Ave Time = 17:42	Score = 88
Place	Name	Time	Pace mpm		

9	Edith Flores, F SO	16:43	6:44
14	Lucy Syverson, F SO	17:03	6:52
19	Isabella Mazzanti, F JR	17:40	7:06
22	Megan Ely, F JR	18:07	7:17
24	MacKenzie Helgemoe, F JR	18:55	7:37
25	Danielle Johnsen, F FR	20:22	8:12
27	Marysa Kiely, F FR	24:35	9:53

Incomplete Teams:

Iowa Track and Field Club			
Place	Name	Time	Pace

4	Sandra Kromminga, F SR	16:04.15	6:28
11	Olivia Moore, F SO	16:42.25	6:43
24	Sam Stuba, F SR	17:28.78	7:02
28	Anika Schmitt, F FR	17:38.16	7:06

MMU Alum			
Place	Name	Time	Pace

2	Katie Hoffert, F NA	15:58.81	6:26
17	Amy Marshall, F NA	16:59.55	6:50
19	Leslie Althoff, F NA	17:08.39	6:54

37 Abby Martin, F
NA 19:01.47 7:39

Scott Community College				
Place	Name		Time	Pace

23 Ricar Mends, F FR 17:26.25 7:01

39 Marlen Dondiego,
F FR 20:23.83 8:12

Southeastern Community College				
Place	Name		Time	Pace

21 Anna Marino, F FR 17:23.43 7:00

42 Shelby Steffener, F
FR 24:37.10 9:54

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