

NAIA Seminole Valley Stampede Presented by CRACVB Women's 5K Cross Country Meet

[Women's results](#)

[Men's results](#)

Event: Women's 5K

Date: Saturday, October 24, 2015

Location: Seminole Valley Park, Cedar Rapids,
IA

Weather: Overcast, Mist, Wind WNW 15-25mph
& 51°

Results By: Andrew Kauder, Kauder Racing

Place	School	1	2	3	4	5	6	7	Total	Time Ave	Time Spread
1	Univ. of St. Francis	5	7	9	15	16	22	23	52	19:05	0:21
2	Texas Wesleyan Univ.	2	6	21	33	35	115		97	19:17	1:20
3	Saint Xavier University	1	13	14	49	51	60	70	128	19:26	2:29
4	Mount Mercy University	20	24	25	30	31	56	67	130	19:30	0:22
5	Trinity Christian College	4	8	32	40	46	61	111	130	19:36	1:27
6	St. Ambrose University	19	34	36	37	38	48	57	164	19:51	0:47
7	Central Methodist University	12	26	29	45	54	59	83	166	19:49	1:27
8	Clarke University	17	39	53	66	71	75	81	246	20:21	1:42
9	Grand View University	28	42	50	76	78	94	112	274	20:28	1:34
10	Univ. of Saint Mary	10	11	68	88	104	114	126	281	20:28	2:50
11	Baker University	27	44	64	72	91	98	109	298	20:36	1:56
12	Judson University	18	41	77	79	106	110	113	321	20:47	2:51
13	Columbia College	3	47	82	89	125			346	21:06	5:11
14	Viterbo University	55	80	92	93	95	107	117	415	21:18	1:01
15	Cardinal Stritch University	43	65	99	102	118	127	130	427	21:31	2:48

16	Kansas Wesleyan Univ.	69	84	96	97	100	120	124	446	21:28	0:52
17	Robert Morris Univ. Illinois	63	85	90	103	108	121	122	449	21:33	1:32
18	William Penn University	58	62	73	128	129			450	22:18	3:59
19	Calumet Col. of St. Joseph	74	87	105	116	119	123		501	22:03	2:00
20	Lindenwood University-Belleville	52	86	101	131	132			502	23:37	7:58

Incomplete Teams:

Place	Score	Name	School	2 Mile	Time	Pace mpm
1	1	Ellie Willging, SO	Saint Xavier University	11:38	17:59	5:47/M
2	2	Leah Gaytan, JR	Texas Wesleyan Univ.	11:54	18:32	5:58/M
3	3	Emily Shultz, SR	Columbia College	12:03	18:41	6:01/M
4	4	Ashley Jourdan, JR	Trinity Christian College	12:02	18:48	6:03/M
5	5	Ashlee Knott, SO	Univ. of St. Francis	12:10	18:52	6:04/M
6	6	Marisol Lopez, SR	Texas Wesleyan Univ.	12:13	18:57	6:06/M
7	7	Brooke Johnson, SR	Univ. of St. Francis	12:20	19:01	6:07/M
8	8	Jessica Disselkoen, SR	Trinity Christian College	12:18	19:02	6:07/M
9	9	Lesley Lopez, SO	Univ. of St. Francis	12:19	19:03	6:08/M
10	10	Lindsey Meng, SR	Univ. of Saint Mary	12:24	19:04	6:08/M
11	11	Lorena Morena, SO	Univ. of Saint Mary	12:24	19:05	6:09/M
12	12	Emily Nealley, SO	Central Methodist University	12:19	19:08	6:10/M
13	13	Nicole Maier, JR	Saint Xavier University	12:25	19:11	6:11/M
14	14	Sierra Downey, SO	Saint Xavier University	12:26	19:12	6:11/M
15	15	Catherine Crosson, SO	Univ. of St. Francis	12:25	19:13	6:11/M
16	16	Donna Aslakson, SR	Univ. of St. Francis	12:25	19:14	6:11/M
17	17	Lauren Block, FR	Clarke University	12:25	19:16	6:12/M
18	18	Julia Popenfoose, FR	Judson University	12:29	19:16	6:12/M

19	19	Karyn Paisley, SO	St. Ambrose University	12:36	19:17	6:13/M
20	20	Liz Mosbach, SR	Mount Mercy University	12:20	19:19	6:13/M
21	21	Stephanie Quintero, FR	Texas Wesleyan Univ.	12:25	19:20	6:13/M
22	22	Lindsey Sayner, SO	Univ. of St. Francis	12:30	19:22	6:14/M
23	23	Dani Aurit, SO	Univ. of St. Francis	12:26	19:23	6:14/M
24	24	Molly Pruett, FR	Mount Mercy University	12:39	19:24	6:15/M
25		Gracie Ball, JR	Univ. of St. Francis	12:38	19:25	6:15/M
26		Lisa Ringstmeyer, SR	Univ. of St. Francis	12:31	19:26	6:15/M
27	25	Lindsay Brunson, SR	Mount Mercy University	12:33	19:27	6:16/M
28	26	Megan Greener, JR	Central Methodist University	12:29	19:30	6:17/M
29	27	Rosie Hollis, SO	Baker University	12:37	19:31	6:17/M
30	28	Jasmine Nielsen, SR	Grand View University	12:43	19:38	6:19/M
31	29	Veronica Hancock, SO	Central Methodist University	12:30	19:39	6:20/M
32	30	Kaite Hoffert, JR	Mount Mercy University	12:37	19:41	6:20/M
33	31	Dana Ewan, SR	Mount Mercy University	12:43	19:41	6:20/M
34		Julia Caithamer, JR	Univ. of St. Francis	12:36	19:45	6:21/M
35	32	Megan Deweerd, FR	Trinity Christian College	12:54	19:46	6:22/M
36	33	Maria Galarza, FR	Texas Wesleyan Univ.	12:39	19:47	6:22/M
37	34	Keeley Knobloch, FR	St. Ambrose University	12:53	19:47	6:22/M
38	35	Jacqueline Lopez, FR	Texas Wesleyan Univ.	12:39	19:52	6:24/M
39	36	Katie Nelson, JR	St. Ambrose University	13:08	20:02	6:27/M
40	37	Ashley Plumb, FR	St. Ambrose University	13:00	20:02	6:27/M
41	38	Mallory Rettenmeier, FR	St. Ambrose University	13:09	20:04	6:28/M
42	39	Hayley Einsweiler, FR	Clarke University	13:04	20:05	6:28/M
43	40	Nicole Syverson, FR	Trinity Christian College	12:51	20:07	6:29/M
44	41	Amanda Zylstra, SR	Judson University	13:02	20:08	6:29/M
45		Mallory Johnson, SO	Univ. of St. Francis	13:02	20:08	6:29/M

46	42	Kim Teno, JR	Grand View University	13:00	20:10	6:29/M
47	43	Samantha Reintjas, FR	Cardinal Stritch University	13:02	20:11	6:30/M
48	44	Jenna Black, FR	Baker University	13:05	20:13	6:30/M
49	45	Shannon Feurt, SO	Central Methodist University	13:02	20:14	6:31/M
50	46	Leah Vantol, SR	Trinity Christian College	13:02	20:15	6:31/M
51	47	Julia Montgomery, SR	Columbia College	13:04	20:16	6:32/M
52	48	Chloe Gunn, FR	St. Ambrose University	13:00	20:17	6:32/M
53	49	Nicole Watkins, JR	Saint Xavier University	12:44	20:19	6:32/M
54	50	Hayley Leonard, JR	Grand View University	13:11	20:21	6:33/M
55		Kayla Rice, SO	Univ. of St. Francis	13:06	20:24	6:34/M
56	51	Jess Wittmayer, FR	Saint Xavier University	13:06	20:28	6:35/M
57		Celine Espinoza, SO	Univ. of St. Francis	13:07	20:30	6:36/M
58	52	Emily Erdman, JR	Lindenwood University-Belleville	13:09	20:31	6:36/M
59	53	Emily Riesenber, FR	Clarke University	13:10	20:32	6:36/M
60	54	Allyson Ng, JR	Central Methodist University	13:08	20:35	6:37/M
61	55	Sarah Gibson, SR	Viterbo University	13:03	20:36	6:38/M
62	56	Alexa Zamora, FR	Mount Mercy University	13:07	20:38	6:38/M
63	57	Abby Hammer, SO	St. Ambrose University	13:41	20:38	6:39/M
64	58	Addison Kepner, SR	William Penn University	13:20	20:41	6:40/M
65	59	Kayla Dawkins, FR	Central Methodist University	13:09	20:42	6:40/M
66	60	Courtney Correa, JR	Saint Xavier University	13:16	20:42	6:40/M
67	61	Amanda Jackson, FR	Trinity Christian College	13:28	20:44	6:40/M
68	62	Deja Lewis, JR	William Penn University	13:26	20:44	6:40/M
69	63	Idalis Valdivia, SR	Robert Morris Univ. Illinois	13:14	20:47	6:41/M
70	64	Brenda McCollum, SO	Baker University	13:27	20:50	6:42/M
71	65	Isabella Sakai, FR	Cardinal Stritch University	13:20	20:53	6:43/M
72	66	Kyra Deschepper, SR	Clarke University	13:21	20:54	6:44/M
73	67	Jazmine Reynolds, FR	Mount Mercy University	13:30	20:54	6:44/M

74	68	Alisn Stevens, JR	Univ. of Saint Mary	13:28	20:55	6:44/M
75	69	Betzabeth Garcia, JR	Kansas Wesleyan Univ.	13:27	20:56	6:44/M
76	70	Deandra Stokes, FR	Saint Xavier University	13:33	20:57	6:44/M
77	71	Taylor Luczak, SR	Clarke University	13:25	20:58	6:45/M
78	72	Madison Dispensa, FR	Baker University	13:31	20:59	6:45/M
79		Tiffany Miranda, FR	Saint Xavier University	13:33	20:59	6:45/M
80	73	Guadalupe Gonzalez, SO	William Penn University	13:18	20:59	6:45/M
81	74	Harley Sutton, FR	Calumet Col. of St. Joseph	13:31	21:00	6:46/M
82	75	Cassandra Stuflick, JR	Clarke University	13:31	21:00	6:46/M
83	76	Hannah Sobaski, JR	Grand View University	13:32	21:01	6:46/M
84		Ann Froeschle, SO	St. Ambrose University	13:34	21:08	6:48/M
85	77	Krista Peterson, SR	Judson University	13:31	21:11	6:49/M
86	78	Natalie Potts, JR				