Cyclone Preview

Iowa State Cross Country Course | Ames, IA
Friday, September 4, 2026
Compiled Results · 2 races

Women's 5000m

Official

Men's 6000m

Official

TEAM	**Minnesota** 37 · 2. Missouri 42
WINNER	**Elijah Limo** [So], Missouri — 18:05.2
PACK	Minnesota 1–5 spread 14.6, avg 18:24.2

Women's 5000m

Official

No team scores for this race.

INDIVIDUAL RESULTS — Women's 5000m

splits: 5000m

PL	BIB	NAME	YR	TEAM	TIME	PTS	5000M
	422	Antoinette Brungardt	So	Colby (KS) CC			23:03.7
	423	Dakota Clausen-Peters	Fr	Colby (KS) CC			20:46.4
	424	Elsa Gueret	So	Colby (KS) CC			21:46.3
	425	Aubrey Hoskins	So	Colby (KS) CC			
	426	Carly Thurlow	Fr	Colby (KS) CC			
	427	Kinsey Thurlow	Fr	Colby (KS) CC			
	235	Sarah Chittum	Fr	Des Moines Area CC			22:09.2
	236	Mariah Falkena	So	Des Moines Area CC			21:13.7
	237	Megan Steele	Fr	Des Moines Area CC			23:29.8
	238	Addy Tesch	Fr	Des Moines Area CC			19:55.1
	239	Cece Thompson	So	Des Moines Area CC			
	252	Sophia Agan	So	Drake			18:37.7
	253	Addie Appleby	So	Drake			21:12.5
	254	Catherine Beltrame	Fr	Drake			20:39.4
	255	Ella Brown	So	Drake			19:15.0
	256	Breanna Burak	Sr	Drake			18:28.9
	257	Scarlett Byrnes	Fr	Drake			
	258	Amilia Condon	So	Drake			18:25.5
	259	Ellen Cook	So	Drake			20:51.3
	260	Gracie Federspiel	Jr	Drake			20:54.6
	261	Gracie Foster	Jr	Drake			19:44.5
	262	Fabi Gipson	So	Drake			
	263	Chloe Glosser	Fr	Drake			17:23.4
	264	Bella Hodges	So	Drake			
	265	Hannah Kilday	Jr	Drake			20:08.8
	266	Allison Levy	Jr	Drake			21:54.2
	267	Kayci Martensen	Jr	Drake			18:36.3
	268	Anika Mohrhauser	So	Drake			18:52.1
	269	Austra Osina	So	Drake			
	270	Ella Perrone	Jr	Drake			
	271	Hannah Quinn	Jr	Drake			
	272	Adeline Viergutz	So	Drake			21:34.4

PL	BIB	NAME	YR	TEAM	TIME	PTS	5000M
	294	Allecia Johnson	So	Iowa Central CC			
	295	Joy Kapsoiyo	Fr	Iowa Central CC			
	296	Blanca Lopez	Fr	Iowa Central CC			21:33.2
	297	Maddison Maclean	Fr	Iowa Central CC			19:35.2
	298	Meriem Mehenni	Fr	Iowa Central CC			23:23.2
	299	Kylie Melchi	So	Iowa Central CC			22:38.4
	300	Ava Minnehan	Fr	Iowa Central CC			24:11.9
	301	Lindi Tanser	Fr	Iowa Central CC			
	302	Yuri Vilchis	Fr	Iowa Central CC			23:50.8
	303	Zosia Zdobylak	Fr	Iowa Central CC			17:49.6
	304	Brynn Zeller	Fr	Iowa Central CC			
	305	Yasmine Zerki	Fr	Iowa Central CC			20:50.9
	317	Ruby Hughes	Jr	Iowa State			18:57.6
	318	Sophia Keditukei	So	Iowa State			17:36.5
	319	Mercy Kibet	So	Iowa State			
	320	Betty Kipkore	Jr	Iowa State			
	321	Mercyline Kirwa	So	Iowa State			
	322	Rosemary Longisa	Jr	Iowa State			
	323	Olivia Verde	So	Iowa State			18:12.2
	324	Mckinley Wheeler	Sr	Iowa State			
	325	Sheridan Wheeler	Sr	Iowa State			19:21.2
	326	Claire White	Jr	Iowa State			18:07.4
	341	Sophia Bablitch	So	Minnesota			
	342	Avery Cuper	So	Minnesota			19:17.8
	343	Zoie Dundon	Sr	Minnesota			17:41.4
	344	Keira Friedrich	Fr	Minnesota			17:27.8
	345	Lizzy Hall	So	Minnesota			18:21.7
	346	Macy Hanson	Fr	Minnesota			18:11.6
	347	Norah Hushagen	So	Minnesota			17:24.4
	348	Taylor Isabel	Jr	Minnesota			17:02.5
	349	Delia Johnson	Sr	Minnesota			18:28.3
	350	Carley LaMotte	Fr	Minnesota			17:41.1
	351	Jazleen Malherek-Osorio	Fr	Minnesota			16:56.9

PL	BIB	NAME	YR	TEAM	TIME	PTS	5000M
	352	Avery Marasco-Johnson	So	Minnesota			17:44.7
	353	Laura McClary	So	Minnesota			17:37.8
	354	Caroline Mendyk	Sr	Minnesota			18:30.9
	355	Grace Mignone	Jr	Minnesota			18:35.7
	356	Caitlyn Osanai	So	Minnesota			18:10.3
	357	Nadia Phillips	Sr	Minnesota			17:52.6
	358	Izzy Roemer	Sr	Minnesota			16:54.7
	359	Isabelle Schmitz	Jr	Minnesota			16:59.3
	360	Audrey Ward	Fr	Minnesota			18:34.6
	361	Grace Weber	Jr	Minnesota			18:51.3
	362	Ali Weimer	Sr	Minnesota			16:15.3
	363	Mya Werner	Fr	Minnesota			18:36.9
	376	Elissa Barnard	Sr	Missouri			18:47.6
	377	Natalie Barnard	Jr	Missouri			18:31.2
	378	Mirriam Chepkirui	So	Missouri			17:17.5
	379	Charlotte Cullen	Jr	Missouri			17:51.3
	380	Maleah Eggers	Fr	Missouri			18:06.5
	381	Lily Ginsberg	So	Missouri			
	382	Evyn Humphrey	Jr	Missouri			
	383	Suzy Lecoutre	Sr	Missouri			16:36.0
	384	Kobi Walker	So	Missouri			16:28.9
	385	Monica Wanjiku	So	Missouri			16:22.5
	386	Morgan Yeomans	Fr	Missouri			
	396	Ali Bainbridge	Sr	Nebraska			
	397	Sydney Drevlow	So	Nebraska			17:57.8
	398	Taya Fettig	So	Nebraska			18:37.1
	399	Alea Hardie	Sr	Nebraska			17:25.1
	400	Marion Jepchumba	Fr	Nebraska			
	401	Erin Moore	So	Nebraska			18:09.4
	402	Piper Petersen	Fr	Nebraska			18:20.6
	403	Berlyn Schutz	Sr	Nebraska			
	404	Emma Steffensen	Fr	Nebraska			
	405	Jaylee Wingate	Sr	Nebraska			19:41.7

PL	BIB	NAME	YR	TEAM	TIME	PTS	5000M
	406	Kendall Zavala	So	Nebraska			19:20.9

No team scores for this race.

Men's 6000m

Official

PL	TEAM	PTS	SCORERS (DISPLACERS)	1–5 SPREAD	AVG
1	Minnesota	37	3+4+9+10+11 (14, 15)	14.6	18:24.2
2	Missouri	42	1+2+6+16+17 (19, 32)	43.0	18:26.9
3	Drake	82	7+8+12+25+30 (36, 38)	59.0	18:48.2
4	Iowa State	88	5+13+18+23+29 (35)	57.3	18:50.8
5	Nebraska	120	20+21+22+26+31 (33, 37)	26.9	19:08.2
6	Colby (KS) CC	184	27+28+39+41+49	1:48.6	19:54.8
7	Iowa Central CC	195	24+40+42+44+45 (47, 53)	1:30.5	20:09.2
8	Des Moines Area CC	221	34+43+46+48+50 (51, 52)	1:39.4	20:30.5

INDIVIDUAL RESULTS — Men's 6000m

splits: 6000m

PL	BIB	NAME	YR	TEAM	TIME	PTS	6000M
1	394	Elijah Limo	So	Missouri	18:05.2	1	18:05.2
2	391	Raymond Kipkoech	So	Missouri	18:10.6	2	18:10.6
3	368	Emmett Gerres	Jr	Minnesota	18:14.2	3	18:14.2
4	367	Aloysius Franzen	So	Minnesota	18:20.5	4	18:20.5
5	335	Jaden Merrick	Fr	Iowa State	18:23.0	5	18:23.0
6	389	Tyler Freiner	Sr	Missouri	18:24.4	6	18:24.4
7	287	Daniel Rotich	Jr	Drake	18:25.7	7	18:25.7
8	279	Brenden Heitzig	Jr	Drake	18:27.0	8	18:27.0
9	375	Sal Wirth	Fr	Minnesota	18:28.7	9	18:28.3
10	372	Sam Scott	So	Minnesota	18:28.7	10	18:28.4
11	374	Nolan Sutter	So	Minnesota	18:28.7	11	18:28.3
12	286	Emmanuel Otim	Jr	Drake	18:30.3	12	18:30.3
13	337	Mikah Peters	Fr	Iowa State	18:34.8	13	18:34.8
14	370	Jace Haerter	So	Minnesota	18:36.0	14	18:36.0
15	364	Jaedyn Chase	Sr	Minnesota	18:43.7	15	18:43.7
16	395	Carter Spradling	So	Missouri	18:46.1	16	18:46.1
17	387	Joshua Allison	Sr	Missouri	18:48.2	17	18:48.2
18	327	Carson Driemeier	Fr	Iowa State	18:49.6	18	18:49.6
19	388	Joseph Bariola	So	Missouri	18:55.6	19	18:55.6
20	409	Shadrack Chilia	Fr	Nebraska	18:58.0	20	18:58.0
21	413	Gabe Hinrichs	Sr	Nebraska	18:59.1	21	18:59.1
22	369	Shane Greipentrog	Sr	Minnesota	18:59.2		18:59.2
23	371	Aidan Jones	Jr	Minnesota	18:59.2		18:59.2
24	373	Cameron Stocke	Jr	Minnesota	18:59.4		18:59.4
25	415	David Krier	Fr	Nebraska	19:03.2	22	19:03.2
26	334	Dylan Maloney	So	Iowa State	19:06.3	23	19:06.3
27	309	Teshager Kassa	Fr	Iowa Central CC	19:11.0	24	19:11.0
28	292	Daghyn True	So	Drake	19:13.4	25	19:13.4
29	418	Max Myers	Jr	Nebraska	19:15.7	26	19:15.7
30	431	Lawrence Halbfoerster	Fr	Colby (KS) CC	19:18.6	27	19:18.6
31	433	Alexandre Leroy	So	Colby (KS) CC	19:19.7	28	19:19.7
32	339	Matthew Shelly	So	Iowa State	19:20.2	29	19:20.2

PL	BIB	NAME	YR	TEAM	TIME	PTS	6000M
33	280	Titus Kiprotich	Jr	Drake	19:24.7	30	19:24.1
34	412	Patrick Flowers	Jr	Nebraska	19:24.8	31	19:24.8
35	393	Ethan Lee	Sr	Missouri	19:24.9	32	19:24.5
36	407	Josiah Bitker	Fr	Nebraska	19:27.2	33	19:27.2
37	247	Sam Mora	So	Des Moines Area CC	19:28.2	34	19:28.2
38	332	Kipruto Koech	Jr	Iowa State	19:33.4	35	19:33.4
39	277	Shane Fisher	Sr	Drake	19:35.5	36	19:35.5
40	414	Sam Kirchner	Sr	Nebraska	19:37.5	37	19:37.5
41	273	Carter Beasley	So	Drake	19:38.4	38	19:37.9
42	430	Esteban Girardot	Fr	Colby (KS) CC	19:40.6	39	19:40.6
43	293	Jed Wilson	Jr	Drake	19:45.7		19:45.7
44	275	Gaven Corpin	Jr	Drake	19:49.0		19:49.0
45	417	Joseph Majerus	Fr	Nebraska	19:49.6		19:49.6
46	419	Ellery Shutt	Fr	Nebraska	19:52.6		19:52.6
47	366	Samuel Fish	Jr	Minnesota	19:54.6		19:54.6
48	421	Seth Cheney	Sr	Unattached	19:57.4		19:57.4
49	365	Oliver Crowe	Fr	Minnesota	19:59.2		19:59.2
50	282	Lanse Larsen	Sr	Drake	20:02.5		20:02.5
51	306	Lee-Hanro Arendse	Fr	Iowa Central CC	20:05.5	40	20:05.5
52	432	George Holmes	Fr	Colby (KS) CC	20:08.1	41	20:08.1
53	310	Collins Kibet	Fr	Iowa Central CC	20:09.8	42	20:09.8
54	281	Xander Kwa	Jr	Drake	20:12.3		20:12.3
55	244	Joseph Lawry	So	Des Moines Area CC	20:18.8	43	20:18.8
56	316	Anthony Valles	Fr	Iowa Central CC	20:38.2	44	20:38.2
57	312	Beyon Prins	Fr	Iowa Central CC	20:41.5	45	20:41.5
58	245	Gabe List	So	Des Moines Area CC	20:42.2	46	20:42.2
59	274	Landon Bendgen	Jr	Drake	20:51.4		20:51.4
60	307	Brennan Boden	So	Iowa Central CC	20:53.5	47	20:53.5
61	249	William Nesbit	Fr	Des Moines Area CC	20:55.6	48	20:55.6
62	288	Luke Smith	So	Drake	20:56.4		20:56.4
63	434	Adam Petro	Fr	Colby (KS) CC	21:07.2	49	21:07.2
64	250	Brady Sanger	Fr	Des Moines Area CC	21:07.6	50	21:07.6
65	290	Ryan Tobin	So	Drake	21:16.4		21:16.4

PL	BIB	NAME	YR	TEAM	TIME	PTS	6000M
66	242	Zachary Dickinson	Fr	Des Moines Area CC	21:21.6	51	21:21.6
67	410	Kevin Coots	Fr	Nebraska	21:23.1		21:23.1
68	248	Dorian Myers	Fr	Des Moines Area CC	21:24.1	52	21:24.1
69	308	John Ferguson	So	Iowa Central CC	21:33.8	53	21:33.8
70	243	Dylan Jones	So	Des Moines Area CC	22:04.8		22:04.8
71	251	Jackson VanHorn	Fr	Des Moines Area CC	22:26.3		
72	246	Ayden Martinez	Fr	Des Moines Area CC	22:56.0		22:56.0
73	420	Erik Anderson	Jr	Unattached	23:23.5		23:23.5
74	314	Nathan Rodriguez	Fr	Iowa Central CC	24:15.8		24:15.8
DNS	428	Braiden Coleman	Fr	Colby (KS) CC			
DNS	429	Junior Edouard	So	Colby (KS) CC			
DNS	240	Owen Ament	So	Des Moines Area CC			
DNS	241	Christian Choate	So	Des Moines Area CC			
DNS	276	Jake DeVivo	So	Drake			
DNS	278	Thomas Garrett	Fr	Drake			
DNS	283	Vaughn Larson	So	Drake			
DNS	284	Anas Mahboub	Fr	Drake			
DNS	285	John Moellers	So	Drake			
DNS	289	Ewan Taylor	Fr	Drake			
DNS	291	Juan Trasobares	Sr	Drake			
DNS	311	Alex Ortega	Fr	Iowa Central CC			
DNS	313	Felix Reyes	Fr	Iowa Central CC			
DNS	315	Liam Shannon	So	Iowa Central CC			
DNS	328	Meshack Kimutai	So	Iowa State			
DNS	329	Justine Kipkoech	Jr	Iowa State			
DNS	330	Rodgers Kiplimo	Sr	Iowa State			
DNS	331	Devan Kipyego	Sr	Iowa State			
DNS	333	Robin Kwemoi Bera	Jr	Iowa State			
DNS	336	Nathan Pestka	Sr	Iowa State			
DNS	338	Joash Ruto	Jr	Iowa State			
DNS	340	Ryan Watts	Sr	Iowa State			
DNS	390	Ethan Hogan	So	Missouri			
DNS	392	Emmanuel Kiprop	Fr	Missouri			

PL	BIB	NAME	YR	TEAM	TIME	PTS	6000M
DNS	408	Riley Boonstra	Jr	Nebraska			
DNS	411	Hannes Fahl	Sr	Nebraska			
DNS	416	Rico Leijenaar	Jr	Nebraska			

TEAM DETAILS — Men's 6000m

1. Minnesota 37 pts

1–5 spread 14.6 · avg 18:24.2

PL	SCORER	NAME	YR	TIME
3	1	Emmett Gerres	Jr	18:14.2
4	2	Aloysius Franzen	So	18:20.5
9	3	Sal Wirth	Fr	18:28.7
10	4	Sam Scott	So	18:28.7
11	5	Nolan Sutter	So	18:28.7
14	(6)	Jace Haerter	So	18:36.0
15	(7)	Jaedyn Chase	Sr	18:43.7
22		Shane Greipentrog	Sr	18:59.2
23		Aidan Jones	Jr	18:59.2
24		Cameron Stocke	Jr	18:59.4
47		Samuel Fish	Jr	19:54.6
49		Oliver Crowe	Fr	19:59.2

2. Missouri 42 pts

1–5 spread 43.0 · avg 18:26.9

PL	SCORER	NAME	YR	TIME
1	1	Elijah Limo	So	18:05.2
2	2	Raymond Kipkoech	So	18:10.6
6	3	Tyler Freiner	Sr	18:24.4
16	4	Carter Spradling	So	18:46.1
17	5	Joshua Allison	Sr	18:48.2
19	(6)	Joseph Bariola	So	18:55.6
35	(7)	Ethan Lee	Sr	19:24.9

3. Drake 82 pts

1–5 spread 59.0 · avg 18:48.2

PL	SCORER	NAME	YR	TIME
7	1	Daniel Rotich	Jr	18:25.7
8	2	Brenden Heitzig	Jr	18:27.0
12	3	Emmanuel Otim	Jr	18:30.3
28	4	Daghyn True	So	19:13.4
33	5	Titus Kiprotich	Jr	19:24.7
39	(6)	Shane Fisher	Sr	19:35.5
41	(7)	Carter Beasley	So	19:38.4
43		Jed Wilson	Jr	19:45.7
44		Gaven Corpin	Jr	19:49.0
50		Lanse Larsen	Sr	20:02.5
54		Xander Kwa	Jr	20:12.3
59		Landon Bendgen	Jr	20:51.4
62		Luke Smith	So	20:56.4
65		Ryan Tobin	So	21:16.4

4. Iowa State 88 pts

1–5 spread 57.3 · avg 18:50.8

PL	SCORER	NAME	YR	TIME
5	1	Jaden Merrick	Fr	18:23.0
13	2	Mikah Peters	Fr	18:34.8
18	3	Carson Driemeier	Fr	18:49.6
26	4	Dylan Maloney	So	19:06.3
32	5	Matthew Shelly	So	19:20.2
38	(6)	Kipruto Koech	Jr	19:33.4

5. Nebraska 120 pts

1–5 spread 26.9 · avg 19:08.2

PL	SCORER	NAME	YR	TIME
20	1	Shadrack Chilia	Fr	18:58.0
21	2	Gabe Hinrichs	Sr	18:59.1
25	3	David Krier	Fr	19:03.2
29	4	Max Myers	Jr	19:15.7
34	5	Patrick Flowers	Jr	19:24.8
36	(6)	Josiah Bitker	Fr	19:27.2
40	(7)	Sam Kirchner	Sr	19:37.5
45		Joseph Majerus	Fr	19:49.6
46		Ellery Shutt	Fr	19:52.6
67		Kevin Coots	Fr	21:23.1

6. Colby (KS) CC 184 pts

1–5 spread 1:48.6 · avg 19:54.8

PL	SCORER	NAME	YR	TIME
30	1	Lawrence Halbfoerster	Fr	19:18.6
31	2	Alexandre Leroy	So	19:19.7
42	3	Esteban Girardot	Fr	19:40.6
52	4	George Holmes	Fr	20:08.1
63	5	Adam Petro	Fr	21:07.2

7. Iowa Central CC 195 pts

1–5 spread 1:30.5 · avg 20:09.2

PL	SCORER	NAME	YR	TIME
27	1	Teshager Kassa	Fr	19:11.0
51	2	Lee-Hanro Arendse	Fr	20:05.5
53	3	Collins Kibet	Fr	20:09.8
56	4	Anthony Valles	Fr	20:38.2
57	5	Beyon Prins	Fr	20:41.5
60	(6)	Brennan Boden	So	20:53.5
69	(7)	John Ferguson	So	21:33.8
74		Nathan Rodriguez	Fr	24:15.8

8. Des Moines Area CC 221 pts

1–5 spread 1:39.4 · avg 20:30.5

PL	SCORER	NAME	YR	TIME
37	1	Sam Mora	So	19:28.2
55	2	Joseph Lawry	So	20:18.8
58	3	Gabe List	So	20:42.2
61	4	William Nesbit	Fr	20:55.6
64	5	Brady Sanger	Fr	21:07.6
66	(6)	Zachary Dickinson	Fr	21:21.6
68	(7)	Dorian Myers	Fr	21:24.1
70		Dylan Jones	So	22:04.8
71		Jackson VanHorn	Fr	22:26.3
72		Ayden Martinez	Fr	22:56.0