

2012 Roosevelt Heartland Classic

Sat., Sept. 15, 2012 – mid 70s, sunny, breezy – 5k

1 Dowling Catholic	65	6	8	13	16	22	56	85	16:27	0:22	15 Ames	368	26	44	87	102	109	115	148	17:31	1:10		
2 Fremont (Ne)	161	12	21	28	49	51	81	91	16:52	0:45	16 Johnston	386	23	65	70	111	117	125	151	17:31			
3 S F Lincoln (Sd)	163	5	17	32	45	64	121	142	16:51	1:07	17* Shawnee Miss. N (Ks)	424	30	43	100	112	139	149	152	17:40			
4 Wayzata (Mn)	169	9	18	37	42	63	73	83	16:53	1:01	18* Indianola	424	34	76	90	98	126			17:39	1:12		
5 Iowa City West	171	11	20	35	52	53	94	130	16:53	0:49	19 Lincoln N Star (Ne)	440	3	88	103	110	136	138			17:37		
6 Edina (Mn)	182	2	24	33	54	69	108		16:52	1:26	20 Ankeny	542	46	84	127	132	153	161			18:02	1:46	
7 Linn-Mar	191	1	19	40	57	74	75	122	16:52	1:38	21 Shawnee Miss. S (Ks)	548	36	113	119	134	146	154	165			18:02	
8 Shawnee Miss. NW (Ks)	194	14	15	38	50	77	93		16:57	1:04	22 Olathe North (Ks)	554	41	89	131	135	158	159				18:09	
9 S F Roosevelt (Sd)	263	27	39	48	71	78	129	147	17:13	0:40	23 Des Moines Roosevelt	555	96	99	116	120	124	137	155			18:01	
10 Valley	269	4	25	60	66	114	123	145	17:08	1:56	24 Millard North (Ne)	644	58	133	140	156	157	162	164			18:33	
11 C R Prairie	292	10	31	67	79	105	118	141	17:15	1:37	25 D M Lincoln	748	106	144	163	167	168	169	171			19:30	
12 C R Washington	320	7	61	62	86	104	143	150	17:19	1:38	26 D M Hoover	809	128	166	170	172	173					21:23	5:04
13 Waukee	324	47	55	68	72	82	95	160	17:23	0:28	Incomplete Teams: Des Moines North												
14 Pella	357	29	59	80	92	97	101	107	17:29	0:58													

1. Dowling Catholic

6 Jason Thomas, Sr	16:18
8 Spencer Clark, Jr	16:20
13 Brian Wahlig, Sr	16:28
16 Jeff DeRocher, Sr	16:32
22 Lukas Steffensmeier, Sr	16:39
56 Ian McKenzie, Jr	17:16
85 Charlie Jones, Sr	17:39

2. Fremont (Ne)

12 Trevor Wiegert, Sr	16:27
21 Danny Aldaba, Sr	16:38
28 Mason Brown, Sr	16:54
49 Arturo Garcia, Jr	17:10
51 Zach Smrcina, So	17:12
81 Josh Smrcina, Sr	17:36
91 Jake Wiese, Jr	17:43

3. S F Lincoln (Sd)

5 Nathan Schroeder, So	16:15
17 Luke Jelen, Sr	16:33
32 Will Lauer, So	16:55
45 Kelly Fitzsimmons, Sr	17:09
64 Free Bump, Jr	17:22
121 Anders Rasmussen, So	18:08
142 Corey McComber, Sr	18:36

4. Wayzata (Mn)

9 Connor Olson, So	16:21
18 Josh Nielsen, Jr	16:34
37 Adam Brandt, Sr	17:01
42 Robert Rudin, Sr	17:06
63 Ian Eklin, So	17:22
73 Connor Eastman, Jr	17:30
83 Derek Peterson, Sr	17:38

5. Iowa City West

11 Isaac Jensen, Sr	16:25
20 Daniel Gardarsson, Jr	16:36
35 Bailey Wetherell, Sr	17:00
52 Joseph Malanson, Sr	17:13
53 Patrick Karanja, Fr	17:13
94 Christopher Thomas, Sr	17:47
130 Abdallah Ali, So	18:15

6. Edina (Mn)

2 Will Burke, Sr	16:01
24 Logan Ramlet, So	16:44
33 Matt Lumbar, Jr	16:56
54 Jonathan Shirley, Fr	17:14
69 Kyle Staunton, Sr	17:26
108 Luke Lumbar, Jr	18:00

1 1 Josh Evans, Jr	15:52	Linn-Mar	36 36 Curtis Cline, Sr	17:00	Shawnee Miss. S (Ks)
2 2 Will Burke, Sr	16:01	Edina (Mn)	37 37 Adam Brandt, Sr	17:01	Wayzata (Mn)
3 3 Mohamed Hamdan, Sr	16:03	Lincoln N Star (Ne)	38 38 Connor McDonald, Jr	17:02	Shawnee Miss. Nw (Ks)
4 4 Ben Anderson, Sr	16:06	Valley	39 39 Tyler Slaba, So	17:03	S F Roosevelt (Sd)
5 5 Nathan Schroeder, So	16:15	S F Lincoln (Sd)	40 40 Tanner Rathje, Jr	17:04	Linn-Mar
6 6 Jason Thomas, Sr	16:18	Dowling Catholic	41 41 Alex Finestead, Jr	17:06	Olathe North (Ks)
7 7 Etienne Nzoyisaba, Sr	16:19	C R Washington	42 42 Robert Rudin, Sr	17:06	Wayzata (Mn)
8 8 Spencer Clark, Jr	16:20	Dowling Catholic	43 43 Ben Burchstead, Jr	17:07	Shawnee Miss. N (Ks)
9 9 Connor Olson, So	16:21	Wayzata (Mn)	44 44 Daniel Lee, Jr	17:08	Ames
10 10 Mitch Pritts, Jr	16:22	C R Prairie	45 45 Kelly Fitzsimmons, Sr	17:09	S F Lincoln (Sd)
11 11 Isaac Jensen, Sr	16:25	Iowa City West	46 46 Nick Paulson, Jr	17:09	Ankeny
12 12 Trevor Wiegert, Sr	16:27	Fremont (Ne)	47 47 Noah Larrison, Jr	17:09	Waukee
13 13 Brian Wahlig, Sr	16:28	Dowling Catholic	48 48 Jesus Urtusuastegui, So	17:10	S F Roosevelt (Sd)
14 14 Kirk Bado, Sr	16:29	Shawnee Miss. Nw (Ks)	49 49 Arturo Garcia, Jr	17:10	Fremont (Ne)
15 15 Clayton Henderson, Sr	16:31	Shawnee Miss. Nw (Ks)	50 50 Connor Kelley, Sr	17:10	Shawnee Miss. Nw (Ks)
16 16 Jeff DeRocher, Sr	16:32	Dowling Catholic	51 51 Zach Smrcina, So	17:12	Fremont (Ne)
17 17 Luke Jelen, Sr	16:33	S F Lincoln (Sd)	52 52 Joseph Malanson, Sr	17:13	Iowa City West
18 18 Josh Nielsen, Jr	16:34	Wayzata (Mn)	53 53 Patrick Karanja, Fr	17:13	Iowa City West
19 19 Chase Grabau, Sr	16:35	Linn-Mar	54 54 Jonathan Shirley, Fr	17:14	Edina (Mn)
20 20 Daniel Gardarsson, Jr	16:36	Iowa City West	55 55 Connor Simmons, Sr	17:15	Waukee
21 21 Danny Aldaba, Sr	16:38	Fremont (Ne)	56 56 Ian McKenzie, Jr	17:16	Dowling Catholic
22 22 Lukas Steffensmeier, Sr	16:39	Dowling Catholic	57 57 Kyle Read, Sr	17:17	Linn-Mar
23 23 Tyson Wieland, Sr	16:41	Johnston	58 58 Brett Whorley, Jr	17:20	Millard North (Ne)
24 24 Logan Ramlet, So	16:44	Edina (Mn)	59 59 Keegan Fitzsimmons, Sr	17:21	Pella
25 25 Daniel Soto, So	16:48	Valley	60 60 David Daft, Sr	17:21	Valley
26 26 Ben Forney, Sr	16:50	Ames	61 61 Joe Berry, Sr	17:21	C R Washington
27 27 Tanner Ahrendt, Sr	16:53	S F Roosevelt (Sd)	62 62 Trevor Luebe, Sr	17:21	C R Washington
28 28 Mason Brown, Sr	16:54	Fremont (Ne)	63 63 Ian Eklin, So	17:22	Wayzata (Mn)
29 29 Evan Jones, Sr	16:54	Pella	64 64 Free Bump, Jr	17:22	S F Lincoln (Sd)
30 30 Jason Foster, Sr	16:55	Shawnee Miss. N (Ks)	69 69 Kyle Staunton, Sr	17:26	Edina (Mn)
31 31 Isaiah Vlasek, Jr	16:55	C R Prairie	73 73 Connor Eastman, Jr	17:30	Wayzata (Mn)
32 32 Will Lauer, So	16:55	S F Lincoln (Sd)	77 77 Collin Weems, Sr	17:32	Shawnee Miss. Nw (Ks)
33 33 Matt Lumbar, Jr	16:56	Edina (Mn)	83 83 Derek Peterson, Sr	17:38	Wayzata (Mn)
34 34 Jordan Schulze, Sr	16:59	Indianola	108 108 Luke Lumbar, Jr	18:00	Edina (Mn)
35 35 Bailey Wetherell, Sr	17:00	Iowa City West	175 finishers		

Varsity Intermediate Scores: 2K- Dowling 117, Wayzata 141

3K- Dowling 77, Wayzata 133, SF Lincon 171, Fremont 201, Edina 213

4K- Dowling 70, Wayzata 137, SF Lincoln 165, Fremont 165, Edina 177

VARSITY SPLITS

Olson (3:15, 3:13, 3:14, 3:13, 3:26)
Nielsen (3:18, 3:16, 3:21, 3:22, 3:17)
Brandt (3:18, 3:19, 3:31, 3:28, 3:25)
Rudin (3:19, 3:20, 3:29, 3:28, 3:30)
Eklin (3:18, 3:20, 3:29, 3:30, 3:45)
Eastman (3:18, 3:17, 3:32, 3:38, 3:45)
Peterson (3:18, 3:19, 3:38, 3:44, 3:40)

JV SPLITS

Quirk (3:28, 3:32, 3:32, 3:25, 3:17)
Santana (3:27, 3:29, 3:36, 3:26, 3:17)
Lerdall (3:28, 3:31, 3:33, 3:26, 3:24)
Prazich (3:28, 3:32, 3:32, 3:25, 3:29)
Van Benschoten (3:28, 3:32, 3:40, 3:37, 3:34)
Shaleen (3:28, 3:43, 3:42, 3:36, 3:24)
Nafstad (3:30, 3:42, 3:51, 3:46, 3:39)

7th Heartland XC Classic Junior Varsity ISU XC Course - Ames, Iowa Sep. 15, 2012 mid 70s and light wind R

1 Wayzata (Mn)	23	1	2	4	5	11	13	36	17:26	0:37	12 Ankeny	368	22	48	69	112	117	129	132	19:02	1:40
2 Dowling Catholic	52	3	8	9	15	17	31	33	17:45	0:43	13 Ames	370	43	63	72	87	105	111	113	18:58	0:56
3 Edina (Mn)	59	6	7	10	16	20	95		17:50	0:24	14 C R Prairie	409	49	53	93	104	110	114	123	19:08	1:04
4 Johnston	146	12	26	27	29	52	57	59	18:18	0:48	15 Shawnee Miss. N (Ks)	436	76	83	85	94	98	106	115	19:09	0:21
5 Shawnee Miss. Nw (Ks)	148	24	25	30	34	35	41	51	18:21	0:16	16 Roosevelt	457	50	75	96	116	120	125	126	19:19	1:14
6 Waukeew	227	39	40	42	45	61	82	90	18:35	0:19	17 Ankeny Centennial	471	46	67	107	124	127	131	136	19:26	1:39
7 Iowa City West	236	14	37	54	58	73	74	78	18:33	0:57	18 C R Washington	482	55	99	101	109	118	128	133	19:23	1:08
8 Linn-Mar	237	19	21	38	62	97	100	103	18:33	1:19	19 Lincoln N Star (Ne)	502	79	80	84	122	137			19:40	2:18
9 Pella	243	32	44	47	56	64	77	81	18:37	0:27	20 S F Roosevelt (Sd)	513	70	92	102	119	130	134	135	19:36	1:46
10 Valley	244	23	28	60	65	68	71	89	18:36	0:44	21 D M Lincoln	700	138	139	140	141	142			25:53	6:47
11 Indianola	349	18	66	86	88	91	108	121	18:52	1:12	Incomplete Teams: S F Lincoln (Sd)										

1. Wayzata (Mn)

1 Andrew Quirk, So 17:14
2 Manuel Santana, Sr 17:15
4 Thomas Lerdall, So 17:22
5 Jack Prazich, So 17:26
11 John VanBenschoten, Sr 17:51
13 Nick Shaleen, Fr 17:53
36 William Nafstad, Sr 18:28

2. Dowling Catholic

3 Ryan Schweizer, Fr 17:17
8 Anthony McLean, Sr 17:43
9 Jonathan Hittner, Jr 17:48
15 Patrick Finnegan, Jr 17:59
17 Josh Harry, Sr 17:59
31 Tommy Merfeld, So 18:24
33 Sam Amadeo, So 18:26

3. Edina (Mn)

6 Syver Johansen, Jr 17:38
7 Lucas Lemmer, Sr 17:42
10 Micah Osler, Jr 17:49
16 Sam Thomas, Fr 17:59
20 David Ellenberger, Jr 18:02
95 Chris Bates, Sr 19:18

1 1 Andrew Quirk, So 17:14 Wayzata (Mn)	26 25 Lucas Verschelden, Sr 18:17 Shawnee Miss. Nw (Ks)
2 2 Manuel Santana, Sr 17:15 Wayzata (Mn)	27 26 Myles Glandorf, So 18:19 Johnston
3 3 Ryan Schweizer, Fr 17:17 Dowling Catholic	28 27 Ryan Tigges, Sr 18:19 Johnston
4 4 Thomas Lerdall, So 17:22 Wayzata (Mn)	29 28 Daniel Marcus, Jr 18:19 Valley
5 5 Jack Prazich, So 17:26 Wayzata (Mn)	30 29 Ben Renner, So 18:20 Johnston
6 6 Syver Johansen, Jr 17:38 Edina (Mn)	31 30 Jake Malik, So 18:23 Shawnee Miss. Nw (Ks)
7 7 Lucas Lemmer, Sr 17:42 Edina (Mn)	32 31 Tommy Merfeld, So 18:24 Dowling Catholic
8 8 Anthony McLean, Sr 17:43 Dowling Catholic	33 32 Ben Warner, So 18:24 Pella
9 9 Jonathan Hittner, Jr 17:48 Dowling Catholic	34 33 Sam Amadeo, So 18:26 Dowling Catholic
10 10 Micah Osler, Jr 17:49 Edina (Mn)	35 34 Sam Gross, Jr 18:26 Shawnee Miss. Nw (Ks)
11 11 John VanBenschoten, Sr 17:51 Wayzata (Mn)	36 35 Michael Stanchik, Sr 18:27 Shawnee Miss. Nw (Ks)
12 12 Connor Westlake, Jr 17:52 Johnston	37 36 William Nafstad, Sr 18:28 Wayzata (Mn)
13 13 Nick Shaleen, Fr 17:53 Wayzata (Mn)	38 37 Kaleb Greiner, Jr 18:28 Iowa City West
14 14 Wynton Karanja, Jr 17:58 Iowa City West	39 38 Ian Frana, Jr 18:28 Linn-Mar
15 15 Patrick Finnegan, Jr 17:59 Dowling Catholic	40 39 Michael Fellers, Jr 18:29 Waukeew
16 16 Sam Thomas, Fr 17:59 Edina (Mn)	41 40 Nathan Schaffer, Jr 18:29 Waukeew
17 17 Josh Harry, Sr 17:59 Dowling Catholic	42 41 Michael Lee, Jr 18:31 Shawnee Miss. Nw (Ks)
18 18 Nate Jones, Sr 18:00 Indianola	43 42 Henry Oberman, Jr 18:31 Waukeew
19 19 Atakilti Berhe, Sr 18:01 Linn-Mar	44 43 Charles Forney, So 18:31 Ames
20 20 David Ellenberger, Jr 18:02 Edina (Mn)	45 Jake Prebeck, Jr 18:32 Dowling Catholic
21 21 Noah Decker, So 18:06 Linn-Mar	46 44 Michael Etnyre, Sr 18:32 Pella
22 22 Riley McCoy, Fr 18:08 Ankeny	47 45 Dheej Pulyala, Sr 18:35 Waukeew
23 23 Harrison Freund, Jr 18:08 Valley	48 46 Brady Suby, So 18:35 Ankeny Centennial
24 24 Ben Higginbotham, Jr 18:12 Shawnee Miss. Nw (Ks)	49 47 Levi Heschke, Jr 18:37 Pella
25 Ryan Patrick, Jr 18:16 S F Lincoln (Sd)	50 48 Grant Acocymo, Fr 18:38 Ankeny