

NORTH POLK CC INVITATIONAL

HS BOYS 5K North Polk HS 10/3/2022 Sunny 70°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	North Polk	1	2	3	4	5	13	14	= 15	1:22:32	16:30	1:15
2	Nevada	7	10	17	19	21	22	23	= 74	1:29:26	17:53	0:55
3	Bondurant-Farrar	8	16	25	28	29	31	37	= 106	1:32:01	18:24	1:43
4	Des Moines Lincoln	6	15	24	32	33	38	40	= 110	1:32:12	18:26	1:48
5	Lynnville-Sully	11	12	18	56	61	62		= 158	1:41:53	20:23	9:24
6	Boone	30	35	36	39	43	45	50	= 183	1:37:39	19:32	1:05
7	Des Moines Christian	27	34	41	42	46	47	48	= 190	1:38:22	19:40	1:31
8	Ankeny Christian Academy	9	20	51	53	58	59	60	= 191	1:40:22	20:04	4:47
9	Colfax-Mingo	26	44	49	52	54	55	57	= 225	1:42:13	20:27	2:53

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Zach Sporaa	SR	North Polk	15:36	5:01
2	2	Max Sporaa	SR	North Polk	16:38	5:21
3	3	Alik McIlravy	JR	North Polk	16:40	5:22
4	4	Ethan Stierman	SR	North Polk	16:46	5:24
5	5	Austin Stierman	SR	North Polk	16:51	5:26
6	6	Zack Stoermer	JR	Des Moines Lincoln	17:22	5:35
7	7	Carter Holland	JR	Nevada	17:23	5:36
8	8	Lucas Walker	JR	Bondurant-Farrar	17:23	5:36
9	9	Daniel Schoening	JR	Ankeny Christian Academy	17:27	5:37
10	10	Brian Rohde	SO	Nevada	17:29	5:38
11	11	Zach Morningstar	SR	Lynnville-Sully	17:33	5:39
12	12	Hendrick Lowry	SO	Lynnville-Sully	17:37	5:40
13	13	Nolan Mandernach	JR	North Polk	17:40	5:41
14	14	Owen Reed	FR	North Polk	17:40	5:41
15		Grant Aspengren	JR	North Polk	17:51	5:45
16	15	Grant Harrison	SR	Des Moines Lincoln	17:56	5:46
17	16	Nyle Davis	SO	Bondurant-Farrar	18:02	5:48
18	17	Rowan Steele	JR	Nevada	18:05	5:49
19	18	James Gruver	SR	Lynnville-Sully	18:09	5:50
20	19	Nick Frideres	SR	Nevada	18:11	5:51
21	20	Alex Davis	FR	Ankeny Christian Academy	18:14	5:52
22	21	Will Bauman	JR	Nevada	18:18	5:53
23		Brett Postel	SO	North Polk	18:26	5:56
24	22	Dawson Lemke	FR	Nevada	18:31	5:57
25	23	Owen Freeman	SR	Nevada	18:31	5:58
26	24	Hudson Wheelock	FR	Des Moines Lincoln	18:35	5:59
27	25	Cooper Steeples	SO	Bondurant-Farrar	18:39	6:00
28	26	Harrison Rhone	SO	Colfax-Mingo	18:39	6:00
29	27	Kieran Seeley	FR	Des Moines Christian	18:50	6:04
30	28	Jack Rieck	FR	Bondurant-Farrar	18:52	6:04
31		Gavin Skaggs	JR	Nevada	18:57	6:06
32	29	Bradley Hughes	FR	Bondurant-Farrar	19:06	6:09
33	30	Nathaniel Winter	SR	Boone	19:06	6:09
34		Nathan Harrington	FR	North Polk	19:06	6:09
35	31	David Eivins	SO	Bondurant-Farrar	19:06	6:09
36	32	Nauris Bryant	SR	Des Moines Lincoln	19:09	6:10
37	33	Hoscar Godina-Torres	JR	Des Moines Lincoln	19:10	6:10
38	34	Aaron Alferink	SO	Des Moines Christian	19:14	6:11
39		Misha McIlravy	FR	North Polk	19:18	6:13
40	35	Henry Pollard	SR	Boone	19:18	6:13
41	36	Max Johnston	SR	Boone	19:20	6:13
42		Lucas Mills	JR	Nevada	19:22	6:14
43		Nate Bergerson	SR	North Polk	19:24	6:15
44		Stockton Huether	SO	North Polk	19:33	6:17
45	37	Brady Sanger	FR	Bondurant-Farrar	19:33	6:18
46	38	Roberto Cabrera	SO	Des Moines Lincoln	19:35	6:18
47	39	Kris Frantzen	SR	Boone	19:44	6:21
48	40	Mason Dvorak	FR	Des Moines Lincoln	19:44	6:21
49		Martin Schmesier	SO	Bondurant-Farrar	19:47	6:22
50	41	Aiden Buckingham	SO	Des Moines Christian	19:54	6:24
51		Sam Griffith	FR	Bondurant-Farrar	19:57	6:25
52		Payton Lehman	SO	North Polk	20:01	6:26
53	42	Evan Fopma	SO	Des Moines Christian	20:02	6:27
54		Ethan Fawcett	SO	North Polk	20:02	6:27
55		Porter Fracois	SR	Bondurant-Farrar	20:04	6:27
56		Aiden Carl	JR	Bondurant-Farrar	20:07	6:29
57		Paul Stephens	FR	Nevada	20:11	6:30
58	43	Carden Nerem	SO	Boone	20:11	6:30
59	44	Josue Rodriguez	SO	Colfax-Mingo	20:12	6:30
60	45	Kyan Lehman	SO	Boone	20:13	6:31
61		Angel Sanchez-Gonzalez	SO	Des Moines Lincoln	20:18	6:32
62		Jonah Greubel	SR	Bondurant-Farrar	20:21	6:33
63		Braydin Phipps	SO	Bondurant-Farrar	20:22	6:33
64	46	Nathanael Herman	SR	Des Moines Christian	20:22	6:33
65	47	Ian Hagenberg	SR	Des Moines Christian	20:32	6:37

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Place	Score	Name	Year	School	Time	Pace mpm
66		A. J. Everly	SR	Bondurant-Farrar	20:36	6:38
67	48	Aj Willis	JR	Des Moines Christian	20:36	6:38
68		Jordan Leek	SR	Des Moines Lincoln	20:39	6:39
69	49	Xavier Woods	SO	Colfax-Mingo	20:40	6:39
70	50	Blake Gradoville	SO	Boone	20:43	6:40
71		Henry Van Dyke	SR	Boone	20:43	6:40
72		Gino Wallace	JR	Des Moines Lincoln	20:56	6:44
73		Ryan Wessels	SO	Nevada	21:01	6:46
74		Axel MacEda Romero	JR	Bondurant-Farrar	21:03	6:46
75	51	Thomas Hurst	SO	Ankeny Christian Academy	21:04	6:47
76	52	Tony Buenrostro	SO	Colfax-Mingo	21:10	6:49
77		Cole Haverman	SR	North Polk	21:16	6:51
78	53	Luke Reitsma	FR	Ankeny Christian Academy	21:22	6:53
79		Caleb Biensen	FR	Nevada	21:22	6:53
80		Owen Comiskey	SR	Des Moines Lincoln	21:23	6:53
81		Asher Kurtz	SO	Des Moines Christian	21:27	6:54
82		Jaxson Gray	SO	Des Moines Christian	21:29	6:55
83	54	Gage Byal	FR	Colfax-Mingo	21:32	6:56
84	55	Owen Ament	SO	Colfax-Mingo	21:34	6:56
85		Ryne Erickson	JR	Nevada	21:35	6:57
86	56	Ethan Dunsbergen	FR	Lynnville-Sully	21:37	6:58
87		Connery Varsa	FR	Nevada	21:38	6:58
88		Bourne Hanson	FR	Nevada	21:44	7:00
89	57	John McGill	JR	Colfax-Mingo	21:46	7:00
90		Carter Gibson	SR	Colfax-Mingo	21:47	7:01
91		Hudson Shipley	SO	North Polk	21:50	7:02
92		Braxton Robben	SO	Bondurant-Farrar	21:54	7:03
93		Simon Enabnit	FR	Boone	22:00	7:05
94		Ethan Kratochvil	SO	Des Moines Christian	22:06	7:07
95		Jonah Poock	SR	Bondurant-Farrar	22:07	7:07
96		Brennon Morehead	FR	North Polk	22:08	7:07
97		Isaac Clark	FR	Boone	22:13	7:09
98	58	Lucas Weathers	SO	Ankeny Christian Academy	22:14	7:09
99		Austin Lane	JR	Colfax-Mingo	22:22	7:12
100		Tai Vo	SO	Des Moines Lincoln	22:30	7:15
101		Calvin Schertz	SO	Bondurant-Farrar	22:33	7:15
102		Caden Robinson-Saathoff	JR	Bondurant-Farrar	22:41	7:18
103		Bram Carpenter	JR	Boone	22:42	7:18
104		Luke Phillips	SR	North Polk	22:47	7:20
105		Collin Skaggs	FR	Nevada	22:53	7:22
106		Dorian Myers	FR	Boone	23:01	7:25
107		Damin Brockman	FR	Nevada	23:04	7:25
108		Wesley Baber	JR	Boone	23:10	7:27
109		Seth Morris	SR	Boone	23:10	7:28
110		Alex Steenhoek	FR	Des Moines Christian	23:23	7:32
111	59	Kyle Webber	FR	Ankeny Christian Academy	23:26	7:32
112		Max Fick	JR	Bondurant-Farrar	23:37	7:36
113		Ethon Downs	SO	Des Moines Lincoln	23:45	7:39
114		Seth Brant	SR	Colfax-Mingo	23:46	7:39
115		Jase Barrick	SO	Boone	24:08	7:46
116		Jack Lambert	SR	Des Moines Christian	24:12	7:47
117		Jakob Grimes	SR	Des Moines Christian	24:19	7:50
118		Nicholas Fischels	FR	Nevada	24:21	7:50
119		Gavin Lopez	SO	Des Moines Lincoln	24:44	7:58
120		Theo Brown	JR	Bondurant-Farrar	24:46	7:58
121		Sebastian Urias	JR	Des Moines Lincoln	24:58	8:02
122		Carter Timmons	SO	Des Moines Christian	25:06	8:05
123		Bo Braddock	SR	Boone	25:08	8:05
124		Nate Fitzgerald	FR	Boone	25:18	8:08
125		Johnstone Wambui	SO	Des Moines Christian	25:26	8:11
126		Wyatt Johnson	FR	Boone	25:27	8:12
127		Ian Runestad	SR	Boone	25:30	8:12
128		Aiden Frost	JR	Bondurant-Farrar	26:49	8:38
129	60	Trenton Myers	FR	Ankeny Christian Academy	26:55	8:40
130	61	Evan Fikse	SR	Lynnville-Sully	26:57	8:40
131		Jordan Wallace	JR	Des Moines Lincoln	27:07	8:44
132		Jack Pedersen	FR	Ankeny Christian Academy	27:42	8:55
133		Spencer Haley	FR	Nevada	28:11	9:04
134	62	Will Conover	FR	Lynnville-Sully	28:58	9:20
135		Javier Castaneda	JR	Des Moines Lincoln	29:06	9:22
136		Deacon Menninga	FR	Des Moines Christian	29:08	9:23

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) North Polk				4) Des Moines Lincoln			
		Score = 15				Score = 110	
1	Zach Sporaa, SR	15:36	5:01	6	Zack Stoermer, JR	17:22	5:35
2	Max Sporaa, SR	16:38	5:21	15	Grant Harrison, SR	17:56	5:46
3	Alik McIlravy, JR	16:40	5:22	24	Hudson Wheelock, FR	18:35	5:59
4	Ethan Stierman, SR	16:46	5:24	32	Nauris Bryant, SR	19:09	6:10
5	Austin Stierman, SR	16:51	5:26	33	Hoscar Godina-Torres, JR	19:10	6:10
13	Nolan Mandernach, JR	17:40	5:41	38	Roberto Cabrera, SO	19:35	6:18
14	Owen Reed, FR	17:40	5:41	40	Mason Dvorak, FR	19:44	6:21
	Grant Aspengren, JR	17:51	5:45		Angel Sanchez-Gonzalez, SO	20:18	6:32
	Brett Postel, SO	18:26	5:56		Jordan Leek, SR	20:39	6:39
	Nathan Harrington, FR	19:06	6:09		Gino Wallace, JR	20:56	6:44
	Misha McIlravy, FR	19:18	6:13		Owen Comiskey, SR	21:23	6:53
	Nate Bergerson, SR	19:24	6:15		Tai Vo, SO	22:30	7:15
	Stockton Huether, SO	19:33	6:17		Ethon Downs, SO	23:45	7:39
	Payton Lehman, SO	20:01	6:26		Gavin Lopez, SO	24:44	7:58
	Ethan Fawcett, SO	20:02	6:27		Sebastian Urias, JR	24:58	8:02
	Cole Haverman, SR	21:16	6:51		Jordan Wallace, JR	27:07	8:44
	Hudson Shipley, SO	21:50	7:02		Javier Castaneda, JR	29:06	9:22
	Brennon Morehead, FR	22:08	7:07	5) Lynnville-Sully			
	Luke Phillips, SR	22:47	7:20			Score = 158	
2) Nevada				11	Zach Morningstar, SR	17:33	5:39
		Score = 74		12	Hendrick Lowry, SO	17:37	5:40
7	Carter Holland, JR	17:23	5:36	18	James Gruver, SR	18:09	5:50
10	Brian Rohde, SO	17:29	5:38	56	Ethan Dunsbergen, FR	21:37	6:58
17	Rowan Steele, JR	18:05	5:49	61	Evan Fikse, SR	26:57	8:40
19	Nick Frideres, SR	18:11	5:51	62	Will Conover, FR	28:58	9:20
21	Will Bauman, JR	18:18	5:53	6) Boone			
22	Dawson Lemke, FR	18:31	5:57			Score = 183	
23	Owen Freeman, SR	18:31	5:58	30	Nathaniel Winter, SR	19:06	6:09
	Gavin Skaggs, JR	18:57	6:06	35	Henry Pollard, SR	19:18	6:13
	Lucas Mills, JR	19:22	6:14	36	Max Johnston, SR	19:20	6:13
	Paul Stephens, FR	20:11	6:30	39	Kris Frantzen, SR	19:44	6:21
	Ryan Wessels, SO	21:01	6:46	43	Carden Nerem, SO	20:11	6:30
	Caleb Biensen, FR	21:22	6:53	45	Kyan Lehman, SO	20:13	6:31
	Ryne Erickson, JR	21:35	6:57	50	Blake Gradoville, SO	20:43	6:40
	Connery Varsa, FR	21:38	6:58		Henry Van Dyke, SR	20:43	6:40
	Bourne Hanson, FR	21:44	7:00		Simon Enabnit, FR	22:00	7:05
	Collin Skaggs, FR	22:53	7:22		Isaac Clark, FR	22:13	7:09
	Damin Brockman, FR	23:04	7:25		Bram Carpenter, JR	22:42	7:18
	Nicholas Fischels, FR	24:21	7:50		Dorian Myers, FR	23:01	7:25
	Spencer Haley, FR	28:11	9:04		Wesley Baber, JR	23:10	7:27
3) Bondurant-Farrar					Seth Morris, SR	23:10	7:28
		Score = 106			Jase Barrick, SO	24:08	7:46
8	Lucas Walker, JR	17:23	5:36		Bo Braddock, SR	25:08	8:05
16	Nyle Davis, SO	18:02	5:48		Nate Fitzgerald, FR	25:18	8:08
25	Cooper Steeples, SO	18:39	6:00		Wyatt Johnson, FR	25:27	8:12
28	Jack Rieck, FR	18:52	6:04		Ian Runestad, SR	25:30	8:12
29	Bradley Hughes, FR	19:06	6:09	7) Des Moines Christian			
31	David Eivins, SO	19:06	6:09			Score = 190	
37	Brady Sanger, FR	19:33	6:18	27	Kieran Seeley, FR	18:50	6:04
	Martin Schmesier, SO	19:47	6:22	34	Aaron Alferink, SO	19:14	6:11
	Sam Griffith, FR	19:57	6:25	41	Aiden Buckingham, SO	19:54	6:24
	Porter Fracois, SR	20:04	6:27	42	Evan Fopma, SO	20:02	6:27
	Aiden Carl, JR	20:07	6:29	46	Nathanael Herman, SR	20:22	6:33
	Jonah Greubel, SR	20:21	6:33	47	Ian Hagenberg, SR	20:32	6:37
	Braydin Phipps, SO	20:22	6:33	48	Aj Willis, JR	20:36	6:38
	A.J. Everly, SR	20:36	6:38		Asher Kurtz, SO	21:27	6:54
	Axel MacEda Romero, JR	21:03	6:46		Jaxson Gray, SO	21:29	6:55
	Braxton Robben, SO	21:54	7:03		Ethan Kratochvil, SO	22:06	7:07
	Jonah Poock, SR	22:07	7:07		Alex Steenhoek, FR	23:23	7:32
	Calvin Schertz, SO	22:33	7:15		Jack Lambert, SR	24:12	7:47
	Caden Robinson-Saathoff, JR	22:41	7:18		Jakob Grimes, SR	24:19	7:50
	Max Fick, JR	23:37	7:36		Carter Timmons, SO	25:06	8:05
	Theo Brown, JR	24:46	7:58		Johnstone Wambui, SO	25:26	8:11
	Aiden Frost, JR	26:49	8:38		Deacon Menninga, FR	29:08	9:23
8) Ankeny Christian Academy						Score = 191	
		Score = 191		9	Daniel Schoening, JR	17:27	5:37
				20	Alex Davis, FR	18:14	5:52
				51	Thomas Hurst, SO	21:04	6:47
				53	Luke Reitsma, FR	21:22	6:53
				58	Lucas Weathers, SO	22:14	7:09
				59	Kyle Webber, FR	23:26	7:32
				60	Trenton Myers, FR	26:55	8:40
					Jack Pedersen, FR	27:42	8:55

NORTH POLK CC INVITATIONAL

HS BOYS 5K North Polk HS 10/3/2022 Sunny 70°

Place	Name	Time	mpm	Place	Name	Time	mpm
9) Colfax-Mingo		Score = 225					
26	Harrison Rhone, SO	18:39	6:00				
44	Josue Rodriguez, SO	20:12	6:30				
49	Xavier Woods, SO	20:40	6:39				
52	Tony Buenrostro, SO	21:10	6:49				
54	Gage Byal, FR	21:32	6:56				
55	Owen Ament, SO	21:34	6:56				
57	John McGill, JR	21:46	7:00				
	Carter Gibson, SR	21:47	7:01				
	Austin Lane, JR	22:22	7:12				
	Seth Brant, SR	23:46	7:39				

Incomplete Teams: