

**VITERBO UNIVERSITY MEN'S CROSS COUNTRY
FALL 2009 INDIVIDUAL RESULTS**

Athlete	9/5 (5-k)	9/12	9/18	10/3	10/17	11/7	Season Best (8-k)
Dennis Campos	20:07 (58)	31:07 (2:25)	32:22 (220)	31:34.17 (60)	30:51 (74)	30:42 (39)	30:42
Pedro Gonzalez	19:36 (53)	29:25 (8)	29:35 (173)	28:31.21 (15)	27:49 (22)	28:25 (14)	27:49
Jordan Henrickson	17:32 (17)						
Sebastian Kingsbury				30:09.42 (38)	29:31 (55)	30:17 (33)	29:31
William Leonard	19:32 (51)	31:51 (30)	31:26 (208)				31:26
Matt Long	19:00 (48)	31:07 (22)	31:05 (204)	30:10.49 (39)	29:47 (58)	31:29 (46)	29:47
Aaron Newell	21:07 (67)	36:25 (56)	34:10 (233)	34:31.03 (87)			34:10
Kyle Nordby	23:01 (78)			35:59.98 (97)	35:23 (100)	33:53 (60)	33:53
Cameron Olson	17:54 (22)	29:49 (11)	27:56 (96)	28:12.99 (8)	28:50 (43)	28:58 (22)	27:56
Nathan Spangler	18:38 (41)	31:01 (21)	30:59 (203)			29:02 (24)	29:02
Patrick Understeller	18:04 (27)	30:19 (15)	29:16 (160)	29:36.67 (23)	28:25 (38)	28:27 (15)	28:25

Team Scores

Mustang Gallop

Saturday, September 5, 2009

Cedar Rapids, Iowa

1.	Coe College	32
2.	NIACC	43
3.	Mount Mercy College	107
4.	Grand View University	128
5.	Mount Mercy Alumni Team	134
6.	Viterbo University	139
7.	William Penn University	183
8.	Clarke College	196
9.	Hawkeye CC	279

Crown College Individual

Saturday, September 12, 2009

St. Bonifacius, Minn.

1.	Univ. Minnesota-Morris	47
2.	Martin Luther College	50
3.	Viterbo University	73
4.	North Central Col. (MN)	87
5.	Northland College	124
6.	Crown College	148
7.	Bethany Lutheran Col. Inc.	Inc.

National Catholic Invitational*Friday, September 18, 2009**Notre Dame, Ind.*

1.	Notre Dame University	24
2.	Xavier University	119
3.	Bellarmino University	120
4.	Depaul University	135
5.	College of Holy Cross	157
6.	Detroit Mercy University	189
7.	Wheeling Jesuit University	224
8.	Siena Heights University	276
9.	Canisius College	290
10.	Marian University (Ind.)	290
11.	Loras College	315
12.	St. Francis University (Ill.)	320
13.	St. Vincent College	383
14.	St. Joseph's College	417
15.	St. Xavier University	428
16.	Newman University	432
17.	Edgewood College	443
18.	Notre Dame College	474
19.	St. Ambrose University	517
20.	Mercyhurst College	524
21.	Walsh University	536
22.	Brescia University	607
23.	John Carroll University	628
24.	Mount Mercy College	738
25.	St. Bonaventure University	739
26.	Viterbo University	755
27.	St. Francis University (Ind.)	758
28.	Gannon University	837
29.	Franciscan University	858
30.	Mt. St. Joseph	909
31.	King's College	946
32.	Holy Cross College	1035

Warrior Invitational*Saturday, October 3, 2009**Waukesha, Wis.*

1.	Judson College	82
2.	Milwaukee School of Eng.	88
3.	Principia College	90
4.	Viterbo University	115
5.	Benedictine College	139
6.	Lake Forest College	196
7.	Moraine Valley College	228
8.	Maranatha Baptist Bible Col.	232
9.	Dubuque University	237
10.	Wisconsin Lutheran College	254
11.	Lake Country College	256
12.	Greater Milwaukee	302
13.	Marian University	308
14.	Wisconsin Lutheran Alumni	333

Wisconsin Private Colleges Championships*Saturday, October 17, 2009**Ripon, Wis.*

1.	Ripon College	37
2.	St. Norbert's College	63
3.	Concordia College	71
4.	Edgewood College	112
5.	Milwaukee School of Eng.	133
6.	Beloit College	135
7.	Viterbo University	185
8.	Marantha Baptist Bible Col.	232
9.	Northland College	249
10.	Wisconsin Lutheran College	309
11.	Cardinal St. Vincent University	318
12.	Marian University	324

Midwest Collegiate Conference Championships*Saturday, November 7, 2009**Oskaloosa, Iowa*

1.	St. Ambrose University	29
2.	Mount Mercy College	64
3.	Grand View University	89
4.	Viterbo University	102
5.	Ashford University	106
6.	William Penn University	150
7.	Clarke College	171
8.	Iowa Wesleyan College	Inc.