
 Roy Griak Cross Invitational - Women's Maroon Division II

Les Bolstad Golf Course, University of Minnesota
 September 24, 2016

| | | | | | | | | |
|-------|-----|----------------------------|----------|----------|---------|---------------------------|---------|--|
| 1. | 93 | U-Mary | (23:25.5 | 117:07.4 | 2:02.2) | | | |
| ===== | | | | | | | | |
| 1 | 1 | 1954 Alexis Zeis JR | 22:10.2 | 5 | 37 | 1949 Jaiden Schuette SO | 24:12.4 | |
| 2 | 4 | 1946 Ida Narbuvoll SO | 22:43.6 | 6 | (76) | 1936 Rebekkah Bond JR | 25:01.6 | |
| 3 | 23 | 1951 Kaycie Stewart JR | 23:58.3 | 7 | (79) | 1943 Emma Hafdahl FR | 25:04.5 | |
| 4 | 28 | 1942 Kate Fox FR | 24:02.9 | | | | | |
| 2. | 95 | Minnesota-Duluth | (23:27.2 | 117:15.9 | 1:55.4) | | | |
| ===== | | | | | | | | |
| 1 | 2 | 1758 Emilee Trost JR | 22:25.0 | 5 | 43 | 1747 Sarah Harrison FR | 24:20.4 | |
| 2 | 3 | 1743 Breanna Colbenson SR | 22:34.6 | 6 | (84) | 1741 Meaghan Borrowski FR | 25:07.2 | |
| 3 | 22 | 1754 Amber Seidenkranz JR | 23:56.1 | 7 | (88) | 1757 Megan Stuart SO | 25:12.3 | |
| 4 | 25 | 1750 Abigail Moore JR | 23:59.8 | | | | | |
| 3. | 122 | Northern Michigan | (23:48.8 | 119:03.6 | 1:35.0) | | | |
| ===== | | | | | | | | |
| 1 | 6 | 1804 Kameron Burmeister JR | 23:03.6 | 5 | 55 | 1815 Alexis Smith FR | 24:38.6 | |
| 2 | 13 | 1802 Caroline Brisbois JR | 23:26.7 | 6 | (57) | 1812 Sophie McDonald SO | 24:40.0 | |
| 3 | 18 | 1809 Vivian Hett JR | 23:49.7 | 7 | (86) | 1816 Katelyn Smith FR | 25:08.6 | |
| 4 | 30 | 1806 Abby Fifarek SO | 24:05.0 | | | | | |
| 4. | 149 | UC-Colo. Spgs. | (23:57.8 | 119:48.9 | 1:21.9) | | | |
| ===== | | | | | | | | |
| 1 | 10 | 1931 Aubrey Till SO | 23:21.7 | 5 | 60 | 1928 Katie Novak JR | 24:43.6 | |
| 2 | 12 | 1925 Heather Bates JR | 23:25.5 | 6 | (70) | 1933 Makenzie Urban JR | 24:52.8 | |
| 3 | 29 | 1934 Kayla Wooten FR | 24:03.9 | 7 | (87) | 1929 Christine Mujica SO | 25:11.6 | |
| 4 | 38 | 1930 Natalie Polei SO | 24:14.2 | | | | | |
| 5. | 209 | UC San Diego | (24:17.7 | 121:28.1 | 1:08.5) | | | |
| ===== | | | | | | | | |
| 1 | 15 | 1914 Karina Carstens SO | 23:32.6 | 5 | 59 | 1913 Merin Arft JR | 24:41.1 | |
| 2 | 32 | 1924 Ella Verhees JR | 24:07.8 | 6 | (123) | 1915 Raélene Dearmas JR | 25:44.4 | |
| 3 | 49 | 1923 Skylar Thiel JR | 24:30.2 | 7 | (131) | 1917 Christa Kloha SO | 25:51.1 | |
| 4 | 54 | 1921 Kristin Semancsin JR | 24:36.4 | | | | | |
| 6. | 210 | Western Washington | (24:16.4 | 121:22.0 | 1:23.6) | | | |
| ===== | | | | | | | | |
| 1 | 14 | 2038 Brittany Grant SR | 23:29.9 | 5 | 71 | 2042 Sara Taferre JR | 24:53.5 | |
| 2 | 26 | 2041 Lillianna Stelling JR | 24:00.1 | 6 | (66) | 2039 Maddy Hutchison JR | 24:55.1 | |
| 3 | 41 | 2037 Sophia Galvez FR | 24:18.2 | 7 | (130) | 2040 Sofia Marikis SR | 25:50.6 | |
| 4 | 58 | 2043 Shawna Troupe JR | 24:40.3 | | | | | |
| 7. | 220 | Pittsburg St. | (24:19.7 | 121:38.5 | 1:22.8) | | | |
| ===== | | | | | | | | |
| 1 | 11 | 1855 Hannah DeVries SR | 23:24.0 | 5 | 63 | 1861 Christina Metzger JR | 24:46.8 | |
| 2 | 46 | 1865 Katren Rienbolt SO | 24:24.2 | 6 | (66) | 1866 Quinnlyn Walcott SO | 24:48.7 | |
| 3 | 48 | 1857 Ashton Henson SO | 24:28.8 | 7 | (119) | 1863 Jordan Puvogel SO | 25:39.1 | |
| 4 | 52 | 1856 Carlin Greene JR | 24:34.7 | | | | | |
| 8. | 261 | Run N Fun | (24:28.3 | 122:21.3 | 2:05.4) | | | |
| ===== | | | | | | | | |
| 1 | 17 | 1877 Lauren Rice | 23:42.0 | 4 | 56 | 1870 Colette Celichowski | 24:39.4 | |
| 2 | 21 | 1873 Laura Jacobs | 23:55.0 | 5 | 127 | 1872 Kylie Green | 25:47.4 | |
| 3 | 40 | 1869 Taylor Berg | 24:17.5 | | | | | |
| 9. | 280 | Wis.-Parkside | (24:28.5 | 122:22.4 | 2:28.9) | | | |
| ===== | | | | | | | | |
| 1 | 7 | 1997 Moriah Palmer SR | 23:04.4 | 5 | 111 | 2004 Jill Zimmerman SO | 25:33.3 | |
| 2 | 44 | 1999 Lindsay Rogers SR | 24:22.3 | 6 | (124) | 2003 Haley Willis JR | 25:44.5 | |
| 3 | 50 | 1992 Amanda Johnson SO | 24:33.2 | 7 | (146) | 1988 Sarah Englund SR | 26:04.0 | |
| 4 | 68 | 1998 Hollie Poehler FR | 24:49.2 | | | | | |
| 10. | 310 | MSU-Moorhead | (24:31.2 | 122:35.7 | 2:46.6) | | | |
| ===== | | | | | | | | |
| 1 | 5 | 1783 Molly Montonye SR | 22:50.8 | 5 | 116 | 1784 Kathryn Sistrunk FR | 25:37.4 | |
| 2 | 24 | 1785 Makenzie Smith SR | 23:59.3 | 6 | (140) | 1786 Alicia Swenson SO | 26:01.6 | |
| 3 | 53 | 1780 Marissa Carlson SO | 24:34.8 | 7 | (159) | 1788 Jenna Wegscheid FR | 26:19.5 | |
| 4 | 112 | 1782 Mindy Kraft JR | 25:33.4 | | | | | |

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|-------|-----|-----------------|----------------------|----------|----------|---------|------|-------------------------|---------|
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| 11. | 338 | Humboldt State | | (24:50.6 | 124:12.6 | 0:51.2) | | | |
| ===== | | | | | | | | | |
| 1 | 45 | 1661 | Kori Gilley SR | 24:23.0 | 5 | 89 | 1663 | Niki Hemminger SR | 25:14.2 |
| 2 | 61 | 1662 | Tatiana Gillick SO | 24:44.6 | 6 | (97) | 1666 | Annie Roberts JR | 25:20.3 |
| 3 | 62 | 1660 | Megan Alfi SR | 24:45.8 | 7 | (106) | 1664 | Andie Ledesma JR | 25:27.1 |
| 4 | 81 | 1665 | Catie Ledesma SR | 25:05.0 | | | | | |
| 12. | 388 | Colo. Christian | | (24:57.1 | 124:45.4 | 1:57.2) | | | |
| ===== | | | | | | | | | |
| 1 | 27 | 1582 | Kayla Davis FR | 24:02.0 | 5 | 138 | 1588 | Rebekah McCabe FR | 25:59.2 |
| 2 | 42 | 1583 | Brooke Genovese SR | 24:19.0 | 6 | (199) | 1590 | Mikayla Prah1 FR | 27:24.0 |
| 3 | 64 | 1591 | Hannah Struttman JR | 24:47.1 | 7 | (216) | 1586 | Lauren Linscott JR | 27:59.4 |
| 4 | 117 | 1589 | Mandee Middleton SO | 25:38.1 | | | | | |
| 13. | 404 | Winona State | | (25:02.1 | 125:10.3 | 1:28.7) | | | |
| ===== | | | | | | | | | |
| 1 | 31 | 1972 | Raissa Hansen JR | 24:07.2 | 5 | 115 | 1975 | Amanda Kaiser SR | 25:35.9 |
| 2 | 73 | 1974 | Heidi Hujik SR | 24:57.2 | 6 | (125) | 1971 | McKenzie Fortier JR | 25:44.8 |
| 3 | 78 | 1976 | Hannah Lewis JR | 25:02.5 | 7 | (147) | 1970 | McKenzie Carper JR | 26:05.2 |
| 4 | 107 | 1969 | Olivia Anger FR | 25:27.5 | | | | | |
| 14. | 411 | Minnesota State | | (25:03.2 | 125:15.7 | 1:00.5) | | | |
| ===== | | | | | | | | | |
| 1 | 47 | 1724 | Erin Baker JR | 24:24.6 | 5 | 104 | 1727 | Josie Braaten SO | 25:25.1 |
| 2 | 69 | 1722 | Megan Allen JR | 24:49.9 | 6 | (129) | 1728 | Allyson Daines SO | 25:49.7 |
| 3 | 90 | 1736 | Megan Serratore SO | 25:14.2 | 7 | (136) | 1735 | Lily Paul SO | 25:57.7 |
| 4 | 101 | 1731 | Haley Kruger JR | 25:21.9 | | | | | |
| 15. | 439 | Black Hills St. | | (25:05.3 | 125:26.4 | 2:32.1) | | | |
| ===== | | | | | | | | | |
| 1 | 16 | 465 | Christine Thorn SR | 23:36.9 | 5 | 153 | 466 | Kelsey Van Den Hemel FR | 26:09.0 |
| 2 | 75 | 458 | Nicole Allerdings FR | 25:00.7 | 6 | (166) | 463 | Cailey Roth SO | 26:23.5 |
| 3 | 93 | 464 | Shelby Stoltz SR | 25:17.7 | 7 | (174) | 461 | Savannah Huntley SO | 26:39.8 |
| 4 | 102 | 462 | Tori Moore SO | 25:22.1 | | | | | |
| 16. | 460 | U of Manitoba | | (25:11.6 | 125:58.0 | 2:31.8) | | | |
| ===== | | | | | | | | | |
| 1 | 19 | 1912 | Julia Zrinyi | 23:51.0 | 5 | 164 | 1902 | Belinda Guerra | 26:22.8 |
| 2 | 67 | 1908 | Rebekah Sass | 24:49.0 | 6 | (171) | 1905 | Mikala Mann | 26:29.2 |
| 3 | 92 | 1909 | Taylor Sprague | 25:16.6 | 7 | (218) | 1906 | Sarah Millns | 28:01.6 |
| 4 | 118 | 1911 | Erin Tramley | 25:38.6 | | | | | |
| 17. | 460 | Midwestern St. | | (25:14.2 | 126:10.8 | 0:59.7) | | | |
| ===== | | | | | | | | | |
| 1 | 51 | 1693 | Bridget Reilly SO | 24:34.5 | 5 | 113 | 1697 | Valeska Vitt FR | 25:34.2 |
| 2 | 83 | 1696 | Sara Smith SO | 25:06.2 | 6 | (157) | 1692 | Ana Lopez SR | 26:11.8 |
| 3 | 105 | 1695 | Leticia Shaban SR | 25:26.6 | 7 | (165) | 1691 | Brandi Hobson SR | 26:23.2 |
| 4 | 108 | 1694 | Michelle Reives SO | 25:29.3 | | | | | |
| 18. | 462 | Sioux Falls | | (25:13.6 | 126:07.7 | 1:24.2) | | | |
| ===== | | | | | | | | | |
| 1 | 39 | 1884 | Rachel Huffman SR | 24:15.4 | 5 | 120 | 1886 | Jordin Kopplow SR | 25:39.6 |
| 2 | 95 | 1883 | Kiana Hein JR | 25:19.3 | 6 | (141) | 1887 | Laura Kunz JR | 26:01.9 |
| 3 | 98 | 1879 | Montana Belford FR | 25:20.6 | 7 | (172) | 1888 | Tenley Schwartz JR | 26:33.1 |
| 4 | 110 | 1881 | Becca Goertzen SO | 25:32.8 | | | | | |
| 19. | 480 | Northern State | | (25:10.3 | 125:51.1 | 3:08.4) | | | |
| ===== | | | | | | | | | |
| 1 | 8 | 1821 | Dakotah Bullen SR | 23:12.6 | 5 | 161 | 1828 | Sami Shields FR | 26:21.0 |
| 2 | 80 | 1826 | Paige Larson SO | 25:04.6 | 6 | (163) | 1820 | Courtney Brandt SR | 26:21.8 |
| 3 | 103 | 1823 | Lindsey Gast JR | 25:24.5 | 7 | (201) | 1829 | Hanna Wahl SO | 27:25.0 |
| 4 | 128 | 1827 | Madison Leapaldt FR | 25:48.4 | | | | | |
| 20. | 495 | Colorado Mesa | | (25:17.4 | 126:27.0 | 1:55.2) | | | |
| ===== | | | | | | | | | |
| 1 | 33 | 1594 | Alexia Chapman SR | 24:08.5 | 5 | 145 | 1599 | Maya Wilson FR | 26:03.7 |
| 2 | 36 | 1597 | Lauren Lipski JR | 24:11.9 | 6 | (178) | 1598 | Callie Trautner FR | 26:46.0 |
| 3 | 139 | 1593 | Ashlyn Brent FR | 26:00.3 | 7 | (223) | 1596 | Reanna Jereb SR | 28:09.3 |
| 4 | 142 | 1592 | Melissa Anderson SO | 26:02.6 | | | | | |
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| 21. | 513 | Morningside | (25:20.6 | 126:42.7 | 2:15.4) | | | | |
| 1 | 20 | 1777 Tiffany Shepherd SR | 23:53.7 | 5 | 154 | 1778 Cassie Warner SO | 26:09.1 | | |
| 2 | 65 | 1774 Michelle Mumm JR | 24:47.8 | 6 | (185) | 1776 Destiny Scar FR | 26:58.9 | | |
| 3 | 122 | 1771 Natalie Lambert FR | 25:43.2 | 7 | (206) | 1772 Megan Maaske SO | 27:38.1 | | |
| 4 | 152 | 1769 Alex George FR | 26:08.9 | | | | | | |
| 22. | 532 | St Cloud State | (25:19.6 | 126:37.8 | 2:53.1) | | | | |
| 1 | 9 | 2036 Sam Sunstrom SR | 23:18.8 | 5 | 158 | 2033 Rachel Sakry SR | 26:11.9 | | |
| 2 | 100 | 2029 Chrissy Lofgren FR | 25:20.8 | 6 | (175) | 2028 McKenzie Holt JR | 26:40.0 | | |
| 3 | 132 | 2035 Autum Shurbert-Hetze FR | 25:52.0 | 7 | (183) | 2030 Zia Matti JR | 26:52.0 | | |
| 4 | 133 | 2032 Kaylee Roelike SR | 25:54.3 | | | | | | |
| 23. | 618 | Wisconsin Track Club | (25:46.2 | 128:50.6 | 2:47.8) | | | | |
| 1 | 35 | 2005 Rachel Anderson | 24:11.5 | 5 | 186 | 2013 Anna Keller | 26:59.3 | | |
| 2 | 91 | 2016 Lauren McKay | 25:15.1 | 6 | (217) | 2006 Kayla Bauhs | 28:00.0 | | |
| 3 | 137 | 2023 Stephanie Rink | 25:58.2 | 7 | (220) | 2017 Aubre Miller | 28:06.6 | | |
| 4 | 169 | 2014 Paola Lonchamp | 26:26.5 | | | | | | |
| 24. | 627 | Metro State | (25:59.3 | 129:56.1 | 3:36.8) | | | | |
| 1 | 34 | 1687 Erica Ruiz JR | 24:09.3 | 5 | 211 | 1683 Jessie Chappa FR | 27:46.1 | | |
| 2 | 74 | 1686 Sabrina Rautter SO | 24:58.6 | 6 | (215) | 1685 Idalee Nunez FR | 27:57.5 | | |
| 3 | 99 | 1688 Rachel Shimabukuro JR | 25:20.7 | | | | | | |
| 4 | 209 | 1684 Brittney Kocman FR | 27:41.4 | | | | | | |
| 25. | 662 | Dordt | (25:53.0 | 129:24.7 | 1:01.2) | | | | |
| 1 | 94 | 1620 Audrey Brooks JR | 25:18.6 | 5 | 160 | 1622 Erica De Schiffart FR | 26:19.8 | | |
| 2 | 114 | 1623 Erika Douma JR | 25:34.6 | 6 | (167) | 1631 Miranda Moss JR | 26:24.1 | | |
| 3 | 143 | 1617 Erin Bandstra FR | 26:03.1 | 7 | (177) | 1629 Annechiena Knevelbaard SO | 26:45.5 | | |
| 4 | 151 | 1637 Justine Van Zee SR | 26:08.6 | | | | | | |
| 26. | 753 | Nova Southeastern | (26:18.4 | 131:31.6 | 2:07.5) | | | | |
| 1 | 77 | 1849 Anabel Knoll SO | 25:02.4 | 5 | 190 | 1847 Jessica Germany SO | 27:09.9 | | |
| 2 | 134 | 1851 Allison Porter FR | 25:56.2 | 6 | (198) | 1852 Janelle Shiptofsky SO | 27:21.3 | | |
| 3 | 173 | 1853 Morgan Will FR | 26:35.2 | 7 | (225) | 1848 Tori Hritsko FR | 28:13.4 | | |
| 4 | 179 | 1846 Stephanie De La Guarda JR | 26:47.9 | | | | | | |
| 27. | 818 | Iowa State Running Club | (26:47.0 | 133:54.9 | 3:45.5) | | | | |
| 1 | 85 | 1667 Katlyn Ableidinger | 25:07.4 | 5 | 240 | 1672 Lorena Temple | 28:52.9 | | |
| 2 | 109 | 1671 Zoe Pritchard | 25:31.9 | 6 | (254) | 1669 Joanna Gramer | 30:10.7 | | |
| 3 | 184 | 1668 Anna Baker | 26:58.0 | 7 | (265) | 1670 Anne Leners | 31:24.6 | | |
| 4 | 200 | 1673 Anna Toot | 27:24.7 | | | | | | |
| 28. | 827 | Chadron State | (26:34.3 | 132:51.4 | 1:36.4) | | | | |
| 1 | 121 | 1581 Margaret Vinton SR | 25:39.6 | 5 | 194 | 1575 Taylor Allison JR | 27:16.0 | | |
| 2 | 144 | 1578 Kiya Passero FR | 26:03.2 | 6 | (203) | 1576 Callie Johnson JR | 27:34.1 | | |
| 3 | 176 | 1579 Venessa Sawyers FR | 26:41.9 | 7 | (213) | 1577 Dominique Oden FR | 27:51.6 | | |
| 4 | 192 | 1580 Savannah Silbaugh FR | 27:10.7 | | | | | | |
| 29. | 886 | SW Minnesota St. | (26:59.3 | 134:56.2 | 3:08.0) | | | | |
| 1 | 82 | 1896 Hannah Palmeter SR | 25:05.5 | 5 | 226 | 1895 Jen Keohen JR | 28:13.5 | | |
| 2 | 180 | 1894 Kayla Jansky FR | 26:48.3 | 6 | (228) | 1889 McKenzie Besel JR | 28:16.7 | | |
| 3 | 191 | 1897 Savannah Ramirez JR | 27:10.4 | 7 | (247) | 1892 Lexi Grathwohl FR | 29:22.3 | | |
| 4 | 207 | 1898 Kristen Weber SO | 27:38.5 | | | | | | |
| 30. | 947 | Northwestern (Iowa) | (27:17.3 | 136:26.2 | 2:11.6) | | | | |
| 1 | 135 | 1838 Sarah Lunn JR | 25:57.7 | 5 | 222 | 1840 Sam Sinclair JR | 28:09.3 | | |
| 2 | 150 | 1833 Breanna Harthoorn FR | 26:07.8 | 6 | (231) | 1837 Kelsey Lang FR | 28:24.3 | | |
| 3 | 219 | 1839 Wesley Milligan FR | 28:02.8 | 7 | (237) | 1834 Alexandria Helmink SO | 28:41.8 | | |
| 4 | 221 | 1831 Alicia Darling SO | 28:08.6 | | | | | | |

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| 31. | 961 | Minnesota Running Club | (27:13.4 | 136:07.0 | 1:39.8) | | | | |
| 1 | 155 | 1701 Evelyn Frenz | 26:09.2 | 5 | 212 | 1710 Lucy Kwiatkowski | 27:49.0 | | |
| 2 | 193 | 1713 Maddie Powell | 27:13.6 | 6 | (214) | 1715 Madeline Smith | 27:55.9 | | |
| 3 | 197 | 1714 Natalie Rademacher | 27:19.9 | 7 | (230) | 1717 Anna Truong | 28:19.3 | | |

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| 4 | 204 | 1702 | Maxine Fusaro | | 27:35.3 | | | | | | | | |
| 32. | 987 | | Minot State | (28:34.0 | 142:49.8 | 7:01.7) | | | | | | | |
| 1 | 96 | 1765 | Jana Warrick JR | | 25:20.1 | 4 | 264 | 1763 | Stephanie Huether SO | | 31:21.0 | | |
| 2 | 156 | 1766 | Emily Westlake JR | | 26:09.5 | 5 | 266 | 1764 | Taylor Novak SO | | 32:21.8 | | |
| 3 | 205 | 1761 | Patience Alberston JR | | 27:37.4 | | | | | | | | |
| 33. | 1020 | | Johnson County CC | (27:44.1 | 138:40.4 | 3:02.9) | | | | | | | |
| 1 | 149 | 1676 | Emily Ellis SO | | 26:06.6 | 5 | 243 | 1681 | Emily Williams SO | | 29:09.5 | | |
| 2 | 162 | 1675 | Yulissa Dellatorre FR | | 26:21.2 | 6 | (249) | 1677 | Keziah McNair SO | | 29:40.7 | | |
| 3 | 232 | 1678 | Andrea Parra SO | | 28:28.1 | 7 | (256) | 1674 | Alexis Almloff SO | | 30:21.2 | | |
| 4 | 234 | 1679 | Jessalyn Rivet-Tissot FR | | 28:35.0 | | | | | | | | |
| 34. | 1039 | | Bemidji State | (27:46.7 | 138:53.5 | 2:52.2) | | | | | | | |
| 1 | 170 | 1562 | Vanessa Lopez SR | | 26:28.0 | 5 | 246 | 1560 | Autumn Huju SO | | 29:20.2 | | |
| 2 | 182 | 1563 | Sarone Paulzine SO | | 26:51.5 | 6 | (259) | 1564 | Julia Welciek FR | | 30:33.3 | | |
| 3 | 202 | 1559 | Jane Austin SR | | 27:25.3 | 7 | (263) | 1558 | Courtney Anderson SO | | 31:11.7 | | |
| 4 | 239 | 1561 | Madison Kealy JR | | 28:48.5 | | | | | | | | |
| 35. | 1042 | | Grand View | (27:51.0 | 139:15.0 | 2:59.9) | | | | | | | |
| 1 | 148 | 1651 | Maren Jeppson FR | | 26:05.4 | 5 | 242 | 1655 | Christa Nordgren JR | | 29:05.3 | | |
| 2 | 188 | 1658 | Michelle Thayer JR | | 27:06.9 | 6 | (244) | 1657 | Hannah Sobaski SR | | 29:10.3 | | |
| 3 | 229 | 1653 | Hayley Leonard SR | | 28:18.9 | 7 | (253) | 1654 | Sarah McMurtry FR | | 29:58.2 | | |
| 4 | 235 | 1650 | Michaela Barretta FR | | 28:38.5 | | | | | | | | |
| 36. | 1044 | | Graceland | (28:08.5 | 140:42.4 | 4:49.9) | | | | | | | |
| 1 | 126 | 1649 | Kami Tabor FR | | 25:44.8 | 5 | 260 | 1643 | Marina Flores JR | | 30:34.7 | | |
| 2 | 187 | 1641 | Kalee Dowell FR | | 27:06.1 | 6 | (267) | 1647 | Kylie Malmborg FR | | 33:53.7 | | |
| 3 | 233 | 1648 | Elizabeth Straub FR | | 28:30.5 | 7 | (269) | 1642 | Taylor Farnsworth SO | | 34:08.5 | | |
| 4 | 238 | 1644 | Madeline Glodowski FR | | 28:46.3 | | | | | | | | |
| 37. | 1093 | | Concordia-St. Paul | (28:04.1 | 140:20.3 | 2:06.2) | | | | | | | |
| 1 | 181 | 1605 | Ruth Lindberg SO | | 26:49.2 | 5 | 241 | 1608 | Rachel Thaemert SR | | 28:55.4 | | |
| 2 | 208 | 1607 | Erin Spatenka SR | | 27:40.4 | 6 | (258) | 1606 | Courtney Ramsay SO | | 30:31.3 | | |
| 3 | 227 | 1601 | Tasha Bennett FR | | 28:14.5 | 7 | (261) | 1602 | Lydia Carr FR | | 30:46.0 | | |
| 4 | 236 | 1603 | Jordan Gray JR | | 28:40.8 | | | | | | | | |
| 38. | 1120 | | Wayne St. (Neb.) | (29:21.1 | 146:45.5 | 8:27.2) | | | | | | | |
| 1 | 168 | 866 | Andrea Desimone SR | | 26:26.1 | 4 | 248 | 870 | Josephine Peitz FR | | 29:32.2 | | |
| 2 | 210 | 869 | Alexis Oswald FR | | 27:43.5 | 5 | 270 | 871 | Sarah Post SO | | 34:53.3 | | |
| 3 | 224 | 868 | Jamie Larsen FR | | 28:10.4 | | | | | | | | |
| 39. | 1144 | | North Iowa Area CC | (28:54.3 | 144:31.4 | 3:12.2) | | | | | | | |
| 1 | 189 | 1795 | Kendra Schmidt SO | | 27:09.2 | 4 | 252 | 1790 | Cassandra Bonsall FR | | 29:52.5 | | |
| 2 | 195 | 1792 | Amy Fullerton FR | | 27:18.4 | 5 | 257 | 1793 | Keisha Gonzague FR | | 30:21.4 | | |
| 3 | 251 | 1791 | Guadalupe Diaz SO | | 29:49.9 | | | | | | | | |
| 40. | 1208 | | Cardinal Stritch | (29:31.1 | 147:35.1 | 3:38.2) | | | | | | | |
| 1 | 196 | 1569 | Amberly Melendez FR | | 27:19.1 | 5 | 262 | 1568 | MacKenzie McDonald | | 30:57.3 | | |
| 2 | 245 | 1572 | Natalie Renfroe | | 29:16.7 | 6 | (268) | 1567 | Princess Agi | | 34:06.3 | | |
| 3 | 250 | 1573 | Isabella Sakai | | 29:46.7 | | | | | | | | |
| 4 | 255 | 1571 | Marleigh Petras | | 30:15.3 | | | | | | | | |

Roy Griak Invitational - Maroon Division Women's Division II
Les Bolstad Golf Course, University of Minnesota
6 Kilometers

| Place | Tea | No. | Name | Grade | Team | Rank | 1k | Rank | 1 Mile | Rank | 3k | Time | Pace |
|-------|-----|------|-------------------|-------|------------------|------|------|------|--------|------|-------|---------|------|
| 1 | 1 | 1954 | Alexis Zeis | JR | U-Mary | 3 | 3:31 | 2 | 5:40 | 1 | 10:41 | 22:10.2 | 5:57 |
| 2 | 1 | 1758 | Emilee Trost | JR | Minnesota-Duluth | 2 | 3:31 | 3 | 5:40 | 2 | 10:42 | 22:25.0 | 6:01 |
| 3 | 2 | 1743 | Breanna Colbenson | SR | Minnesota-Duluth | 1 | 3:30 | 4 | 5:40 | 4 | 10:48 | 22:34.6 | 6:04 |
| 4 | 2 | 1946 | Ida Narbuvooll | SO | U-Mary | 5 | 3:31 | 1 | 5:39 | 3 | 10:46 | 22:43.6 | 6:06 |
| 5 | 1 | 1783 | Molly | SR | MSU- | 78 | 3:44 | 41 | 5:59 | 14 | 11:06 | 22:50.8 | 6:08 |

| | | | | | | | | | | | | | |
|----|---|------|--------------------|----|----------------------|-----|------|-----|------|----|-------|---------|------|
| | | | Montonye Moorhead | | | | | | | | | | |
| 6 | 1 | 1804 | Kameron Burmeister | JR | Northern Michigan | 17 | 3:37 | 12 | 5:51 | 10 | 11:02 | 23:03.6 | 6:12 |
| 7 | 1 | 1997 | Moriah Palmer | SR | Wis.-Parkside | 6 | 3:32 | 6 | 5:44 | 6 | 10:57 | 23:04.4 | 6:12 |
| 8 | 1 | 1960 | Hannah Olson | | Unattached | 14 | 3:36 | 13 | 5:51 | 16 | 11:07 | 23:07.8 | 6:13 |
| 9 | 1 | 1821 | Dakotah Bullen | SR | Northern State | 10 | 3:34 | 9 | 5:46 | 8 | 10:59 | 23:12.6 | 6:14 |
| 10 | 1 | 2036 | Sam Sunstrom | SR | St Cloud State | 28 | 3:39 | 21 | 5:53 | 13 | 11:05 | 23:18.8 | 6:16 |
| 11 | 1 | 1931 | Aubrey Till | SO | UC-Colo. Spgs. | 9 | 3:34 | 7 | 5:46 | 5 | 10:55 | 23:21.7 | 6:16 |
| 12 | 1 | 1855 | Hannah DeVries | SR | Pittsburg St. | 12 | 3:34 | 10 | 5:47 | 11 | 11:05 | 23:24.0 | 6:17 |
| 13 | 2 | 1925 | Heather Bates | JR | UC-Colo. Spgs. | 4 | 3:31 | 5 | 5:43 | 7 | 10:58 | 23:25.5 | 6:17 |
| 14 | 2 | 1802 | Caroline Brisbois | JR | Northern Michigan | 57 | 3:43 | 35 | 5:58 | 19 | 11:16 | 23:26.7 | 6:18 |
| 15 | 1 | 2038 | Brittany Grant | SR | Western Washington | 7 | 3:33 | 8 | 5:46 | 9 | 11:02 | 23:29.9 | 6:19 |
| 16 | 1 | 1914 | Karina Carstens | SO | UC San Diego | 22 | 3:38 | 18 | 5:53 | 15 | 11:06 | 23:32.6 | 6:19 |
| 17 | 1 | 465 | Christine Thorn | SR | Black Hills St. | 8 | 3:33 | 11 | 5:47 | 12 | 11:05 | 23:36.9 | 6:21 |
| 18 | 1 | 1877 | Lauren Rice | | Run N Fun | 105 | 3:47 | 63 | 6:02 | 17 | 11:10 | 23:42.0 | 6:22 |
| 19 | 3 | 1809 | Vivian Hett | JR | Northern Michigan | 62 | 3:43 | 53 | 6:01 | 34 | 11:24 | 23:49.7 | 6:24 |
| 20 | 1 | 1912 | Julia Zrinyi | | U of Manitoba | 52 | 3:42 | 46 | 6:00 | 20 | 11:17 | 23:51.0 | 6:24 |
| 21 | 1 | 1777 | Tiffany Shepherd | SR | Morningside | 53 | 3:42 | 51 | 6:01 | 35 | 11:24 | 23:53.7 | 6:25 |
| 22 | 2 | 1873 | Laura Jacobs | | Run N Fun | 84 | 3:45 | 52 | 6:01 | 25 | 11:19 | 23:55.0 | 6:25 |
| 23 | 3 | 1754 | Amber Seidenkranz | JR | Minnesota-Duluth | 43 | 3:41 | 37 | 5:58 | 33 | 11:22 | 23:56.1 | 6:26 |
| 24 | 3 | 1951 | Kaycie Stewart | JR | U-Mary | 75 | 3:44 | 43 | 6:00 | 30 | 11:21 | 23:58.3 | 6:26 |
| 25 | 2 | 1785 | Makenzie Smith | SR | MSU-Moorhead | 147 | 3:52 | 116 | 6:13 | 66 | 11:38 | 23:59.3 | 6:27 |
| 26 | 4 | 1750 | Abigail Moore | JR | Minnesota-Duluth | 30 | 3:40 | 24 | 5:55 | 22 | 11:18 | 23:59.8 | 6:27 |
| 27 | 2 | 2041 | Lillianna Stelling | JR | Western Washington | 16 | 3:37 | 19 | 5:53 | 18 | 11:16 | 24:00.1 | 6:27 |
| 28 | 1 | 1582 | Kayla Davis | FR | Colo. Christian | 37 | 3:41 | 31 | 5:57 | 26 | 11:20 | 24:02.0 | 6:27 |
| 29 | 4 | 1942 | Kate Fox | FR | U-Mary | 59 | 3:43 | 36 | 5:58 | 31 | 11:21 | 24:02.9 | 6:27 |
| 30 | 3 | 1934 | Kayla Wooten | FR | UC-Colo. Spgs. | 20 | 3:38 | 27 | 5:56 | 43 | 11:27 | 24:03.9 | 6:28 |
| 31 | 4 | 1806 | Abby Fifarek | SO | Northern Michigan | 61 | 3:43 | 61 | 6:02 | 42 | 11:27 | 24:05.0 | 6:28 |
| 32 | 1 | 1972 | Raissa Hansen | JR | Winona State | 15 | 3:37 | 23 | 5:54 | 24 | 11:19 | 24:07.2 | 6:29 |
| 33 | 2 | 1924 | Ella Verhees | JR | UC San Diego | 23 | 3:38 | 20 | 5:53 | 28 | 11:20 | 24:07.8 | 6:29 |
| 34 | 1 | 1594 | Alexia Chapman | SR | Colorado Mesa | 38 | 3:41 | 34 | 5:58 | 37 | 11:25 | 24:08.5 | 6:29 |
| 35 | 1 | 1687 | Erica Ruiz | JR | Metro State | 81 | 3:45 | 68 | 6:03 | 67 | 11:38 | 24:09.3 | 6:29 |
| 36 | 1 | 2005 | Rachel Anderson | | Wisconsin Track Club | 190 | 3:56 | 153 | 6:18 | 80 | 11:44 | 24:11.5 | 6:30 |
| 37 | 2 | 1597 | Lauren Lipski | JR | Colorado Mesa | 63 | 3:43 | 50 | 6:01 | 36 | 11:25 | 24:11.9 | 6:30 |
| 38 | 5 | 1949 | Jaiden Schuette | SO | U-Mary | 55 | 3:43 | 44 | 6:00 | 38 | 11:25 | 24:12.4 | 6:30 |
| 39 | 4 | 1930 | Natalie Polei | SO | UC-Colo. | 82 | 3:45 | 70 | 6:03 | 45 | 11:27 | 24:14.2 | 6:31 |

| | | | | Spgs. | | | | | | | | | |
|----|---|------|---------------------|-------|--------------------|-----|------|-----|------|-----|-------|---------|------|
| 40 | 1 | 1884 | Rachel Huffman | SR | Sioux Falls | 25 | 3:39 | 22 | 5:53 | 32 | 11:21 | 24:15.4 | 6:31 |
| 41 | 3 | 1869 | Taylor Berg | | Run N Fun | 142 | 3:52 | 122 | 6:14 | 71 | 11:40 | 24:17.5 | 6:31 |
| 42 | 3 | 2037 | Sophia Galvez | FR | Western Washington | 79 | 3:44 | 76 | 6:05 | 57 | 11:34 | 24:18.2 | 6:32 |
| 43 | 2 | 1583 | Brooke Genovese | SR | Colo. Christian | 34 | 3:40 | 30 | 5:57 | 21 | 11:17 | 24:19.0 | 6:32 |
| 44 | 5 | 1747 | Sarah Harrison | FR | Minnesota-Duluth | 49 | 3:42 | 38 | 5:59 | 41 | 11:27 | 24:20.4 | 6:32 |
| 45 | 2 | 1999 | Lindsay Rogers | SR | Wis.-Parkside | 184 | 3:55 | 142 | 6:17 | 86 | 11:45 | 24:22.3 | 6:33 |
| 46 | 1 | 1661 | Kori Gilley | SR | Humboldt State | 19 | 3:37 | 17 | 5:53 | 29 | 11:21 | 24:23.0 | 6:33 |
| 47 | 2 | 1865 | Katren Rienbolt | SO | Pittsburg St. | 93 | 3:46 | 71 | 6:03 | 50 | 11:31 | 24:24.2 | 6:33 |
| 48 | 1 | 1724 | Erin Baker | JR | Minnesota State | 92 | 3:46 | 89 | 6:07 | 73 | 11:41 | 24:24.6 | 6:33 |
| 49 | 1 | 1659 | Camille Shiflett | SR | Harrier Track Club | 40 | 3:41 | 78 | 6:05 | 54 | 11:32 | 24:26.7 | 6:34 |
| 50 | 3 | 1857 | Ashton Henson | SO | Pittsburg St. | 67 | 3:43 | 56 | 6:02 | 53 | 11:32 | 24:28.8 | 6:34 |
| 51 | 3 | 1923 | Skylar Thiel | JR | UC San Diego | 24 | 3:39 | 26 | 5:56 | 39 | 11:26 | 24:30.2 | 6:35 |
| 52 | 3 | 1992 | Amanda Johnson | SO | Wis.-Parkside | 177 | 3:55 | 139 | 6:17 | 84 | 11:44 | 24:33.2 | 6:36 |
| 53 | 1 | 1693 | Bridget Reilly | SO | Midwestern St. | 18 | 3:37 | 16 | 5:53 | 23 | 11:18 | 24:34.5 | 6:36 |
| 54 | 4 | 1856 | Carlin Greene | JR | Pittsburg St. | 96 | 3:46 | 77 | 6:05 | 59 | 11:35 | 24:34.7 | 6:36 |
| 55 | 3 | 1780 | Marissa Carlson | SO | MSU-Moorhead | 146 | 3:52 | 115 | 6:12 | 60 | 11:35 | 24:34.8 | 6:36 |
| 56 | 4 | 1921 | Kristin Semancsin | JR | UC San Diego | 26 | 3:39 | 28 | 5:56 | 40 | 11:27 | 24:36.4 | 6:36 |
| 57 | 5 | 1815 | Alexis Smith | FR | Northern Michigan | 134 | 3:51 | 124 | 6:14 | 83 | 11:44 | 24:38.6 | 6:37 |
| 58 | 4 | 1870 | Colette Celichowski | | Run N Fun | 151 | 3:53 | 123 | 6:14 | 72 | 11:40 | 24:39.4 | 6:37 |
| 59 | 6 | 1812 | Sophie McDonald | SO | Northern Michigan | 48 | 3:42 | 40 | 5:59 | 52 | 11:31 | 24:40.0 | 6:37 |
| 60 | 4 | 2043 | Shawna Troupe | JR | Western Washington | 42 | 3:41 | 58 | 6:02 | 61 | 11:36 | 24:40.3 | 6:38 |
| 61 | 5 | 1913 | Merin Arft | JR | UC San Diego | 27 | 3:39 | 32 | 5:57 | 44 | 11:27 | 24:41.1 | 6:38 |
| 62 | 5 | 1928 | Katie Novak | JR | UC-Colo. Spgs. | 102 | 3:47 | 100 | 6:09 | 93 | 11:46 | 24:43.6 | 6:38 |
| 63 | 2 | 1662 | Tatiana Gillick | SO | Humboldt State | 13 | 3:36 | 15 | 5:52 | 56 | 11:34 | 24:44.6 | 6:39 |
| 64 | 3 | 1660 | Megan Alfi | SR | Humboldt State | 117 | 3:48 | 95 | 6:08 | 79 | 11:43 | 24:45.8 | 6:39 |
| 65 | 5 | 1861 | Christina Metzger | JR | Pittsburg St. | 51 | 3:42 | 39 | 5:59 | 46 | 11:29 | 24:46.8 | 6:39 |
| 66 | 3 | 1591 | Hannah Struttman | JR | Colo. Christian | 208 | 3:59 | 180 | 6:24 | 122 | 11:58 | 24:47.1 | 6:39 |
| 67 | 2 | 1774 | Michelle Mumm | JR | Morningside | 66 | 3:43 | 64 | 6:02 | 62 | 11:36 | 24:47.8 | 6:40 |
| 68 | 6 | 1866 | Quinnlyn Walcott | SO | Pittsburg St. | 73 | 3:44 | 66 | 6:03 | 69 | 11:38 | 24:48.7 | 6:40 |
| 69 | 2 | 1908 | Rebekah Sass | | U of Manitoba | 68 | 3:43 | 67 | 6:03 | 63 | 11:36 | 24:49.0 | 6:40 |
| 70 | 4 | 1998 | Hollie Poehler | FR | Wis.-Parkside | 185 | 3:55 | 146 | 6:18 | 85 | 11:45 | 24:49.2 | 6:40 |
| 71 | 2 | 1722 | Megan Allen | JR | Minnesota State | 106 | 3:47 | 92 | 6:08 | 78 | 11:43 | 24:49.9 | 6:40 |
| 72 | 6 | 1933 | Makenzie Urban | JR | UC-Colo. Spgs. | 166 | 3:54 | 147 | 6:18 | 123 | 11:58 | 24:52.8 | 6:41 |

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|-----|---|------|--------------------|----|--------------------------|-----|------|-----|------|-----|-------|---------|------|
| 73 | 5 | 2042 | Sara Taferre | JR | Western Washington | 44 | 3:42 | 60 | 6:02 | 58 | 11:35 | 24:53.5 | 6:41 |
| 74 | 1 | 2026 | Erin Valgardson | | WOA-Rad | 39 | 3:41 | 48 | 6:00 | 90 | 11:46 | 24:53.8 | 6:41 |
| 75 | 6 | 2039 | Maddy Hutchison | JR | Western Washington | 35 | 3:40 | 25 | 5:55 | 48 | 11:30 | 24:55.1 | 6:42 |
| 76 | 2 | 1974 | Heidi Hujik | SR | Winona State | 70 | 3:43 | 73 | 6:03 | 92 | 11:46 | 24:57.2 | 6:42 |
| 77 | 2 | 1686 | Sabrina Rautter | SO | Metro State | 31 | 3:40 | 45 | 6:00 | 68 | 11:38 | 24:58.6 | 6:42 |
| 78 | 2 | 458 | Nicole Allerdings | FR | Black Hills St. | 64 | 3:43 | 62 | 6:02 | 65 | 11:37 | 25:00.7 | 6:43 |
| 79 | 6 | 1936 | Rebekkah Bond | JR | U-Mary | 163 | 3:54 | 148 | 6:18 | 132 | 12:00 | 25:01.6 | 6:43 |
| 80 | 1 | 1849 | Anabel Knoll | SO | Nova Southeastern | 130 | 3:50 | 118 | 6:13 | 97 | 11:49 | 25:02.4 | 6:43 |
| 81 | 3 | 1976 | Hannah Lewis | JR | Winona State | 108 | 3:48 | 101 | 6:09 | 98 | 11:49 | 25:02.5 | 6:43 |
| 82 | 7 | 1943 | Emma Hafdahl | FR | U-Mary | 164 | 3:54 | 149 | 6:18 | 129 | 12:00 | 25:04.5 | 6:44 |
| 83 | 2 | 1826 | Paige Larson | SO | Northern State | 118 | 3:48 | 107 | 6:10 | 105 | 11:52 | 25:04.6 | 6:44 |
| 84 | 4 | 1665 | Catie LeDesma | SR | Humboldt State | 21 | 3:38 | 47 | 6:00 | 74 | 11:41 | 25:05.0 | 6:44 |
| 85 | 1 | 1896 | Hannah Palmeter | SR | SW Minnesota St. | 11 | 3:34 | 14 | 5:52 | 51 | 11:31 | 25:05.5 | 6:44 |
| 86 | 2 | 1696 | Sara Smith | SO | Midwestern St. | 47 | 3:42 | 55 | 6:01 | 49 | 11:30 | 25:06.2 | 6:44 |
| 87 | 6 | 1741 | Meaghan Borrowski | FR | Minnesota-Duluth | 107 | 3:47 | 103 | 6:09 | 100 | 11:50 | 25:07.2 | 6:45 |
| 88 | 1 | 1667 | Katlyn Ableidinger | | Iowa State Running Club | 144 | 3:52 | 137 | 6:16 | 108 | 11:54 | 25:07.4 | 6:45 |
| 89 | 7 | 1816 | Katelyn Smith | FR | Northern Michigan | 136 | 3:51 | 125 | 6:14 | 95 | 11:47 | 25:08.6 | 6:45 |
| 90 | 7 | 1929 | Christine Mujica | SO | UC-Colo. Spgs. | 112 | 3:48 | 106 | 6:10 | 117 | 11:57 | 25:11.6 | 6:46 |
| 91 | 7 | 1757 | Megan Stuart | SO | Minnesota-Duluth | 110 | 3:48 | 102 | 6:09 | 103 | 11:52 | 25:12.3 | 6:46 |
| 92 | 8 | 1940 | Katelynn Engh | SR | U-Mary | 77 | 3:44 | 49 | 6:00 | 55 | 11:33 | 25:13.7 | 6:46 |
| 93 | 5 | 1663 | Niki Hemminger | SR | Humboldt State | 120 | 3:48 | 96 | 6:08 | 88 | 11:46 | 25:14.2 | 6:47 |
| 94 | 3 | 1736 | Megan Serratore | SO | Minnesota State | 91 | 3:46 | 88 | 6:07 | 96 | 11:48 | 25:14.2 | 6:47 |
| 95 | 1 | 1566 | Janine Zajac | | Bison Track & Field Club | 131 | 3:51 | 121 | 6:14 | 115 | 11:56 | 25:14.6 | 6:47 |
| 96 | 2 | 2016 | Lauren McKay | | Wisconsin Track Club | 193 | 3:57 | 152 | 6:18 | 111 | 11:55 | 25:15.1 | 6:47 |
| 97 | 3 | 1909 | Taylor Sprague | | U of Manitoba | 114 | 3:48 | 97 | 6:08 | 99 | 11:49 | 25:16.6 | 6:47 |
| 98 | 9 | 1944 | Jackie Harmon | SO | U-Mary | 172 | 3:55 | 170 | 6:21 | 142 | 12:04 | 25:16.8 | 6:47 |
| 99 | 3 | 464 | Shelby Stoltz | SR | Black Hills St. | 123 | 3:49 | 109 | 6:11 | 121 | 11:57 | 25:17.7 | 6:48 |
| 100 | 1 | 1620 | Audrey Brooks | JR | Dordt | 86 | 3:45 | 81 | 6:06 | 87 | 11:45 | 25:18.6 | 6:48 |
| 101 | 2 | 1883 | Kiana Hein | JR | Sioux Falls | 56 | 3:43 | 75 | 6:04 | 91 | 11:46 | 25:19.3 | 6:48 |
| 102 | 1 | 1765 | Jana Warrick | JR | Minot State | 36 | 3:40 | 65 | 6:02 | 112 | 11:55 | 25:20.1 | 6:48 |
| 103 | 6 | 1666 | Annie Roberts | JR | Humboldt State | 32 | 3:40 | 57 | 6:02 | 82 | 11:44 | 25:20.3 | 6:48 |
| 104 | 3 | 1879 | Montana Belford | FR | Sioux Falls | 90 | 3:46 | 85 | 6:07 | 94 | 11:47 | 25:20.6 | 6:48 |

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|-----|---|------|--------------------|----|-------------------------|-----|------|-----|------|-----|-------|---------|------|
| 105 | 3 | 1688 | Rachel Shimabukuro | JR | Metro State | 103 | 3:47 | 128 | 6:15 | 139 | 12:03 | 25:20.7 | 6:48 |
| 106 | 2 | 2029 | Chrissy Lofgren | FR | St Cloud State | 257 | 4:06 | 236 | 6:35 | 167 | 12:15 | 25:20.8 | 6:48 |
| 107 | 8 | 1814 | Sophie Schimpl | JR | Northern Michigan | 176 | 3:55 | 159 | 6:19 | 145 | 12:05 | 25:21.8 | 6:49 |
| 108 | 4 | 1731 | Haley Kruger | JR | Minnesota State | 104 | 3:47 | 112 | 6:11 | 133 | 12:00 | 25:21.9 | 6:49 |
| 109 | 4 | 462 | Tori Moore | SO | Black Hills St. | 109 | 3:48 | 94 | 6:08 | 64 | 11:37 | 25:22.1 | 6:49 |
| 110 | 8 | 1752 | Caitlan Richard | SR | Minnesota-Duluth | 101 | 3:47 | 117 | 6:13 | 130 | 12:00 | 25:22.5 | 6:49 |
| 111 | 9 | 1818 | Hanna Torvi | FR | Northern Michigan | 211 | 3:59 | 183 | 6:24 | 159 | 12:11 | 25:22.6 | 6:49 |
| 112 | 3 | 1823 | Lindsey Gast | JR | Northern State | 119 | 3:48 | 108 | 6:11 | 107 | 11:53 | 25:24.5 | 6:49 |
| 113 | 5 | 1727 | Josie Braaten | SO | Minnesota State | 100 | 3:47 | 93 | 6:08 | 77 | 11:43 | 25:25.1 | 6:50 |
| 114 | 3 | 1695 | Leticia Shaban | SR | Midwestern St. | 46 | 3:42 | 82 | 6:06 | 76 | 11:42 | 25:26.6 | 6:50 |
| 115 | 7 | 1664 | Andie LeDesma | JR | Humboldt State | 87 | 3:45 | 90 | 6:07 | 101 | 11:51 | 25:27.1 | 6:50 |
| 116 | 4 | 1969 | Olivia Anger | FR | Winona State | 29 | 3:40 | 33 | 5:57 | 47 | 11:29 | 25:27.5 | 6:50 |
| 117 | 4 | 1694 | Michelle Reives | SO | Midwestern St. | 95 | 3:46 | 99 | 6:09 | 104 | 11:52 | 25:29.3 | 6:51 |
| 118 | 2 | 1671 | Zoe Pritchard | | Iowa State Running Club | 148 | 3:52 | 136 | 6:16 | 125 | 11:59 | 25:31.9 | 6:51 |
| 119 | 4 | 1881 | Becca Goertzen | SO | Sioux Falls | 72 | 3:44 | 83 | 6:07 | 113 | 11:56 | 25:32.8 | 6:52 |
| 120 | 5 | 2004 | Jill Zimmerman | SO | Wis.-Parkside | 201 | 3:58 | 173 | 6:22 | 127 | 11:59 | 25:33.3 | 6:52 |
| 121 | 4 | 1782 | Mindy Kraft | JR | MSU-Moorhead | 233 | 4:02 | 212 | 6:29 | 164 | 12:14 | 25:33.4 | 6:52 |
| 122 | 5 | 1697 | Valeska Vitt | FR | Midwestern St. | 127 | 3:49 | 144 | 6:17 | 135 | 12:02 | 25:34.2 | 6:52 |
| 123 | 2 | 1623 | Erika Douma | JR | Dordt | 174 | 3:55 | 168 | 6:21 | 144 | 12:04 | 25:34.6 | 6:52 |
| 124 | 5 | 1975 | Amanda Kaiser | SR | Winona State | 74 | 3:44 | 79 | 6:05 | 118 | 11:57 | 25:35.9 | 6:52 |
| 125 | 5 | 1784 | Kathryn Sistrunk | FR | MSU-Moorhead | 231 | 4:02 | 210 | 6:28 | 161 | 12:12 | 25:37.4 | 6:53 |
| 126 | 4 | 1589 | Mandee Middleton | SO | Colo. Christian | 283 | 4:09 | 256 | 6:38 | 191 | 12:24 | 25:38.1 | 6:53 |
| 127 | 4 | 1911 | Erin Tramley | | U of Manitoba | 133 | 3:51 | 120 | 6:13 | 116 | 11:56 | 25:38.6 | 6:53 |
| 128 | 7 | 1863 | Jordan Puvogel | SO | Pittsburg St. | 65 | 3:43 | 54 | 6:01 | 70 | 11:39 | 25:39.1 | 6:53 |
| 129 | 5 | 1886 | Jordin Kopplow | SR | Sioux Falls | 58 | 3:43 | 74 | 6:04 | 89 | 11:46 | 25:39.6 | 6:53 |
| 130 | 1 | 1581 | Margaret Vinton | SR | Chadron State | 54 | 3:43 | 80 | 6:05 | 110 | 11:54 | 25:39.6 | 6:53 |
| 131 | 9 | 1740 | Maria Berg | FR | Minnesota-Duluth | 76 | 3:44 | 72 | 6:03 | 81 | 11:44 | 25:42.4 | 6:54 |
| 132 | 8 | 1862 | Piper Misse | FR | Pittsburg St. | 41 | 3:41 | 42 | 5:59 | 75 | 11:41 | 25:43.2 | 6:54 |
| 133 | 3 | 1771 | Natalie Lambert | FR | Morningside | 135 | 3:51 | 138 | 6:16 | 137 | 12:03 | 25:43.2 | 6:54 |
| 134 | 8 | 1926 | Kelly Devlin | SO | UC-Colo. Spgs. | 121 | 3:48 | 119 | 6:13 | 138 | 12:03 | 25:44.4 | 6:55 |
| 135 | 6 | 1915 | Raélene deArmas | JR | UC San Diego | 99 | 3:47 | 131 | 6:15 | 148 | 12:07 | 25:44.4 | 6:55 |
| 136 | 6 | 2003 | Haley Willis | JR | Wis.-Parkside | 202 | 3:58 | 177 | 6:23 | 147 | 12:06 | 25:44.5 | 6:55 |
| 137 | 6 | 1971 | McKenzie Fortier | JR | Winona State | 71 | 3:44 | 69 | 6:03 | 106 | 11:53 | 25:44.8 | 6:55 |

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|-----|----|------|----------------------|----|----------------------|-----|------|-----|------|-----|-------|---------|------|
| 138 | 1 | 1649 | Kami Tabor | FR | Graceland | 296 | 4:11 | 275 | 6:43 | 219 | 12:34 | 25:44.8 | 6:55 |
| 139 | 5 | 1872 | Kylie Green | | Run N Fun | 154 | 3:53 | 126 | 6:14 | 126 | 11:59 | 25:47.4 | 6:56 |
| 140 | 4 | 1827 | Madison Leapaldt | FR | Northern State | 183 | 3:55 | 154 | 6:19 | 140 | 12:03 | 25:48.4 | 6:56 |
| 141 | 10 | 1744 | Melissa Drenckhahn | FR | Minnesota-Duluth | 69 | 3:43 | 86 | 6:07 | 102 | 11:51 | 25:48.9 | 6:56 |
| 142 | 6 | 1728 | Allyson Daines | SO | Minnesota State | 171 | 3:54 | 178 | 6:23 | 176 | 12:20 | 25:49.7 | 6:56 |
| 143 | 7 | 2040 | Sofia Marikis | SR | Western Washington | 111 | 3:48 | 110 | 6:11 | 128 | 11:59 | 25:50.6 | 6:56 |
| 144 | 7 | 1917 | Christa Kloha | SO | UC San Diego | 83 | 3:45 | 84 | 6:07 | 109 | 11:54 | 25:51.1 | 6:57 |
| 145 | 3 | 2035 | Autum Shurbert-Hetze | FR | St Cloud State | 259 | 4:06 | 234 | 6:35 | 171 | 12:19 | 25:52.0 | 6:57 |
| 146 | 10 | 1810 | Shayla Huebner | FR | Northern Michigan | 316 | 4:14 | 292 | 6:46 | 227 | 12:38 | 25:52.2 | 6:57 |
| 147 | 4 | 2032 | Kaylee Roelike | SR | St Cloud State | 258 | 4:06 | 239 | 6:35 | 205 | 12:29 | 25:54.3 | 6:57 |
| 148 | 2 | 1851 | Allison Porter | FR | Nova Southeastern | 137 | 3:51 | 141 | 6:17 | 136 | 12:02 | 25:56.2 | 6:58 |
| 149 | 1 | 1838 | Sarah Lunn | JR | Northwestern (Iowa) | 227 | 4:01 | 204 | 6:28 | 168 | 12:15 | 25:57.7 | 6:58 |
| 150 | 7 | 1735 | Lily Paul | SO | Minnesota State | 88 | 3:46 | 104 | 6:09 | 156 | 12:10 | 25:57.7 | 6:58 |
| 151 | 3 | 2023 | Stephanie Rink | | Wisconsin Track Club | 199 | 3:58 | 190 | 6:26 | 163 | 12:14 | 25:58.2 | 6:58 |
| 152 | 11 | 1803 | Jaylee Brown | SR | Northern Michigan | 246 | 4:05 | 222 | 6:31 | 178 | 12:20 | 25:59.0 | 6:59 |
| 153 | 5 | 1588 | Rebekah McCabe | FR | Colo. Christian | 269 | 4:07 | 242 | 6:35 | 190 | 12:24 | 25:59.2 | 6:59 |
| 154 | 3 | 1593 | Ashlyn Brent | FR | Colorado Mesa | 179 | 3:55 | 184 | 6:24 | 182 | 12:21 | 26:00.3 | 6:59 |
| 155 | 1 | 1616 | Amanda Wolff | SO | Dickinson St. | 170 | 3:54 | 155 | 6:19 | 134 | 12:01 | 26:00.9 | 6:59 |
| 156 | 6 | 1786 | Alicia Swenson | SO | MSU-Moorhead | 277 | 4:09 | 249 | 6:36 | 175 | 12:19 | 26:01.6 | 6:59 |
| 157 | 6 | 1887 | Laura Kunz | JR | Sioux Falls | 97 | 3:47 | 111 | 6:11 | 119 | 11:57 | 26:01.9 | 6:59 |
| 158 | 4 | 1592 | Melissa Anderson | SO | Colorado Mesa | 128 | 3:50 | 132 | 6:16 | 149 | 12:08 | 26:02.6 | 7:00 |
| 159 | 3 | 1617 | Erin Bandstra | FR | Dordt | 212 | 4:00 | 202 | 6:27 | 183 | 12:21 | 26:03.1 | 7:00 |
| 160 | 2 | 1578 | Kiya Passero | FR | Chadron State | 60 | 3:43 | 91 | 6:08 | 146 | 12:05 | 26:03.2 | 7:00 |
| 161 | 5 | 1599 | Maya Wilson | FR | Colorado Mesa | 132 | 3:51 | 135 | 6:16 | 143 | 12:04 | 26:03.7 | 7:00 |
| 162 | 7 | 1988 | Sarah Englund | SR | Wis.-Parkside | 209 | 3:59 | 192 | 6:26 | 174 | 12:19 | 26:04.0 | 7:00 |
| 163 | 12 | 1801 | Kieren Becker | JR | Northern Michigan | 243 | 4:04 | | | | | 26:04.1 | 7:00 |
| 164 | 9 | 1932 | Abigail Topper | JR | UC-Colo. Spgs. | 162 | 3:53 | 160 | 6:19 | 150 | 12:08 | 26:04.1 | 7:00 |
| 165 | 7 | 1970 | McKenzie Carper | JR | Winona State | 113 | 3:48 | 113 | 6:12 | 160 | 12:11 | 26:05.2 | 7:00 |
| 166 | 1 | 1651 | Maren Jeppson | FR | Grand View | 350 | 4:21 | 321 | 6:57 | 246 | 12:46 | 26:05.4 | 7:00 |
| 167 | 1 | 1676 | Emily Ellis | SO | Johnson County CC | 158 | 3:53 | 163 | 6:20 | 162 | 12:14 | 26:06.6 | 7:01 |
| 168 | 2 | 1833 | Breanna Harthoorn | FR | Northwestern (Iowa) | 204 | 3:58 | 198 | 6:27 | 151 | 12:09 | 26:07.8 | 7:01 |
| 169 | 4 | 1637 | Justine Van Zee | SR | Dordt | 178 | 3:55 | 165 | 6:20 | 120 | 11:57 | 26:08.6 | 7:01 |
| 170 | 4 | 1769 | Alex George | FR | Morningside | 220 | 4:00 | 216 | 6:30 | 208 | 12:29 | 26:08.9 | 7:01 |
| 171 | 5 | 466 | Kelsey Van Den Hemel | FR | Black Hills St. | 140 | 3:52 | 129 | 6:15 | 154 | 12:10 | 26:09.0 | 7:01 |
| 172 | 5 | 1778 | Cassie | SO | Morningside | 219 | 4:00 | 219 | 6:31 | 211 | 12:30 | 26:09.1 | 7:01 |

| | | | | Warner | | | | | | | | | |
|-----|----|------|--------------------|--------|------------------------|-----|------|-----|------|-----|-------|---------|------|
| 173 | 1 | 1701 | Evelyn Frenz | | Minnesota Running Club | 255 | 4:06 | 263 | 6:39 | 235 | 12:41 | 26:09.2 | 7:01 |
| 174 | 2 | 1766 | Emily Westlake | JR | Minot State | 228 | 4:01 | 215 | 6:30 | 184 | 12:22 | 26:09.5 | 7:01 |
| 175 | 6 | 1692 | Ana Lopez | SR | Midwestern St. | 50 | 3:42 | 59 | 6:02 | 124 | 11:58 | 26:11.8 | 7:02 |
| 176 | 5 | 2033 | Rachel Sakry | SR | St Cloud State | 261 | 4:06 | 240 | 6:35 | 213 | 12:31 | 26:11.9 | 7:02 |
| 177 | 2 | 1957 | Kylie Herlihy | SR | Unattached | 180 | 3:55 | 174 | 6:22 | 169 | 12:18 | 26:16.1 | 7:03 |
| 178 | 7 | 1788 | Jenna Wegscheid | FR | MSU-Moorhead | 273 | 4:08 | 248 | 6:36 | 186 | 12:22 | 26:19.5 | 7:04 |
| 179 | 5 | 1622 | Erica De Schiffart | FR | Dordt | 213 | 4:00 | 191 | 6:26 | 173 | 12:19 | 26:19.8 | 7:04 |
| 180 | 5 | 1828 | Sami Shields | FR | Northern State | 152 | 3:53 | 130 | 6:15 | 152 | 12:10 | 26:21.0 | 7:05 |
| 181 | 2 | 1675 | Yulissa DellaTorre | FR | Johnson County CC | 80 | 3:45 | 114 | 6:12 | 158 | 12:11 | 26:21.2 | 7:05 |
| 182 | 8 | 1732 | Jaylynn Lauer | FR | Minnesota State | 229 | 4:02 | 228 | 6:33 | 225 | 12:36 | 26:21.5 | 7:05 |
| 183 | 6 | 1820 | Courtney Brandt | SR | Northern State | 138 | 3:51 | 150 | 6:18 | 172 | 12:19 | 26:21.8 | 7:05 |
| 184 | 5 | 1902 | Belinda Guerra | | U of Manitoba | 175 | 3:55 | 167 | 6:21 | 203 | 12:28 | 26:22.8 | 7:05 |
| 185 | 7 | 1691 | Brandi Hobson | SR | Midwestern St. | 126 | 3:49 | 157 | 6:19 | 166 | 12:15 | 26:23.2 | 7:05 |
| 186 | 6 | 463 | Cailey Roth | SO | Black Hills St. | 124 | 3:49 | 134 | 6:16 | 177 | 12:20 | 26:23.5 | 7:05 |
| 187 | 6 | 1631 | Miranda Moss | JR | Dordt | 222 | 4:01 | 201 | 6:27 | 187 | 12:22 | 26:24.1 | 7:05 |
| 188 | 1 | 866 | Andrea DeSimone | SR | Wayne St. (Neb.) | 195 | 3:57 | 199 | 6:27 | 210 | 12:30 | 26:26.1 | 7:06 |
| 189 | 4 | 2014 | Paola Lonchamp | | Wisconsin Track Club | 85 | 3:45 | 98 | 6:09 | 153 | 12:10 | 26:26.5 | 7:06 |
| 190 | 8 | 1991 | Rebecca Jasutis | FR | Wis.-Parkside | 203 | 3:58 | 176 | 6:23 | 157 | 12:10 | 26:27.7 | 7:06 |
| 191 | 9 | 1730 | Josie Heeren | FR | Minnesota State | 157 | 3:53 | 161 | 6:20 | 165 | 12:15 | 26:27.7 | 7:06 |
| 192 | 1 | 1562 | Vanessa Lopez | SR | Bemidji State | 141 | 3:52 | 158 | 6:19 | 188 | 12:24 | 26:28.0 | 7:06 |
| 193 | 6 | 1905 | Mikala Mann | | U of Manitoba | 224 | 4:01 | 229 | 6:33 | 242 | 12:45 | 26:29.2 | 7:07 |
| 194 | 10 | 1938 | Savannah Childers | SO | U-Mary | 159 | 3:53 | 151 | 6:18 | 131 | 12:00 | 26:29.8 | 7:07 |
| 195 | 10 | 1927 | Molly Klotz | JR | UC-Colo. Spgs. | 181 | 3:55 | 185 | 6:24 | 196 | 12:26 | 26:32.0 | 7:08 |
| 196 | 11 | 1755 | Natalie Stauber | SR | Minnesota-Duluth | 125 | 3:49 | 162 | 6:20 | 199 | 12:27 | 26:32.2 | 7:08 |
| 197 | 7 | 1888 | Tenley Schwartz | JR | Sioux Falls | 240 | 4:04 | 250 | 6:36 | 222 | 12:35 | 26:33.1 | 7:08 |
| 198 | 13 | 1819 | Maddie Walters | SO | Northern Michigan | 226 | 4:01 | 209 | 6:28 | 192 | 12:25 | 26:35.0 | 7:08 |
| 199 | 3 | 1853 | Morgan Will | FR | Nova Southeastern | 215 | 4:00 | 226 | 6:32 | 224 | 12:36 | 26:35.2 | 7:08 |
| 200 | 9 | 1994 | Maddy Kammerer | FR | Wis.-Parkside | 242 | 4:04 | 223 | 6:31 | 197 | 12:26 | 26:37.1 | 7:09 |
| 201 | 7 | 461 | Savannah Huntley | SO | Black Hills St. | 168 | 3:54 | 187 | 6:25 | 194 | 12:26 | 26:39.8 | 7:10 |
| 202 | 6 | 2028 | Mckenzie Holt | JR | St Cloud State | 265 | 4:07 | 230 | 6:34 | 198 | 12:26 | 26:40.0 | 7:10 |
| 203 | 3 | 1579 | Venessa Sawyers | FR | Chadron State | 98 | 3:47 | 140 | 6:17 | 180 | 12:21 | 26:41.9 | 7:10 |
| 204 | 10 | 1734 | Bobbi Patrick | FR | Minnesota State | 167 | 3:54 | 172 | 6:22 | 216 | 12:33 | 26:43.9 | 7:11 |

| | | | | | | | | | | | | | |
|-----|----|------|------------------------|----|-------------------------|-----|------|-----|------|-----|-------|---------|------|
| 205 | 12 | 1751 | Brittany Platt | SR | Minnesota-Duluth | 187 | 3:56 | 195 | 6:26 | 189 | 12:24 | 26:44.7 | 7:11 |
| 206 | 7 | 1629 | Annechiena Knevelbaard | SO | Dordt | 206 | 3:59 | 194 | 6:26 | 181 | 12:21 | 26:45.5 | 7:11 |
| 207 | 6 | 1598 | Callie Trautner | FR | Colorado Mesa | 139 | 3:52 | 166 | 6:21 | 207 | 12:29 | 26:46.0 | 7:11 |
| 208 | 4 | 1846 | Stephanie De La Guarda | JR | Nova Southeastern SW | 196 | 3:57 | 205 | 6:28 | 206 | 12:29 | 26:47.9 | 7:12 |
| 209 | 2 | 1894 | Kayla Jansky | FR | Minnesota St. | 45 | 3:42 | 105 | 6:10 | 170 | 12:18 | 26:48.3 | 7:12 |
| 210 | 10 | 2000 | Rebecca Sennett | FR | Wis.-Parkside | 207 | 3:59 | 189 | 6:25 | 179 | 12:20 | 26:48.4 | 7:12 |
| 211 | 1 | 1605 | Ruth Lindberg | SO | Concordia-St. Paul | 299 | 4:11 | 286 | 6:44 | 233 | 12:40 | 26:49.2 | 7:12 |
| 212 | 2 | 1563 | Sarone Paulzine | SO | Bemidji State | 189 | 3:56 | 203 | 6:27 | 215 | 12:31 | 26:51.5 | 7:13 |
| 213 | 7 | 2030 | Zia Matti | JR | St Cloud State | 263 | 4:06 | 244 | 6:36 | 229 | 12:38 | 26:52.0 | 7:13 |
| 214 | 8 | 1632 | Rebekah Olson | SR | Dordt | 266 | 4:07 | 265 | 6:40 | 237 | 12:44 | 26:52.9 | 7:13 |
| 215 | 11 | 1725 | Mariah Betzler | JR | Minnesota State | 194 | 3:57 | 217 | 6:30 | 214 | 12:31 | 26:53.5 | 7:13 |
| 216 | 2 | 1614 | Jade Sheffield | FR | Dickinson St. | 267 | 4:07 | 247 | 6:36 | 220 | 12:34 | 26:54.5 | 7:14 |
| 217 | 8 | 460 | Abbie Fredrick | FR | Black Hills St. | 145 | 3:52 | 156 | 6:19 | 185 | 12:22 | 26:57.7 | 7:14 |
| 218 | 3 | 1668 | Anna Baker | | Iowa State Running Club | 260 | 4:06 | 261 | 6:39 | 243 | 12:45 | 26:58.0 | 7:14 |
| 219 | 8 | 1781 | Mackenzie Foltz | SO | MSU-Moorhead | 302 | 4:11 | 284 | 6:44 | 239 | 12:45 | 26:58.6 | 7:15 |
| 220 | 6 | 1776 | Destiny Scar | FR | Morningside | 221 | 4:01 | 218 | 6:31 | 212 | 12:30 | 26:58.9 | 7:15 |
| 221 | 5 | 2013 | Anna Keller | | Wisconsin Track Club | 197 | 3:57 | 181 | 6:24 | 209 | 12:29 | 26:59.3 | 7:15 |
| 222 | 1 | 1967 | Marissa Kuik | FR | Waldorf | 214 | 4:00 | 224 | 6:32 | 226 | 12:37 | 26:59.4 | 7:15 |
| 223 | 14 | 1805 | Clara Churchill | SO | Northern Michigan | 287 | 4:10 | 277 | 6:43 | 262 | 12:53 | 27:02.8 | 7:16 |
| 224 | 9 | 1787 | Samantha Swenson | SO | MSU-Moorhead | 278 | 4:09 | 254 | 6:37 | 230 | 12:39 | 27:04.6 | 7:16 |
| 225 | 8 | 1918 | Ashley Larson | FR | UC San Diego | 115 | 3:48 | 143 | 6:17 | 193 | 12:25 | 27:06.0 | 7:17 |
| 226 | 2 | 1641 | Kalee Dowell | FR | Graceland | 319 | 4:15 | 310 | 6:53 | 288 | 13:09 | 27:06.1 | 7:17 |
| 227 | 2 | 1658 | Michelle Thayer | JR | Grand View | 353 | 4:21 | 324 | 6:57 | 270 | 12:57 | 27:06.9 | 7:17 |
| 228 | 9 | 1630 | Kelsey Lewis | SR | Dordt | 169 | 3:54 | 164 | 6:20 | 155 | 12:10 | 27:07.1 | 7:17 |
| 229 | 1 | 1795 | Kendra Schmidt | SO | North Iowa Area CC | 236 | 4:03 | 232 | 6:34 | 231 | 12:39 | 27:09.2 | 7:17 |
| 230 | 5 | 1847 | Jessica Germany | SO | Nova Southeastern | 155 | 3:53 | 182 | 6:24 | 218 | 12:34 | 27:09.9 | 7:18 |
| 231 | 15 | 1807 | Shannon Flynn | SR | Northern Michigan | 247 | 4:05 | 237 | 6:35 | 240 | 12:45 | 27:10.0 | 7:18 |
| 232 | 3 | 1897 | Savannah Ramirez | JR | SW Minnesota St. | 286 | 4:10 | 270 | 6:41 | 248 | 12:47 | 27:10.4 | 7:18 |
| 233 | 4 | 1580 | Savannah Silbaugh | FR | Chadron State | 149 | 3:53 | 197 | 6:27 | 232 | 12:40 | 27:10.7 | 7:18 |
| 234 | 8 | 1979 | Anna Rogahn | FR | Winona State | 129 | 3:50 | 145 | 6:17 | 204 | 12:28 | 27:11.5 | 7:18 |
| 235 | 9 | 1978 | Erin Matthew | SR | Winona State | 192 | 3:57 | 186 | 6:25 | 221 | 12:34 | 27:11.6 | 7:18 |
| 236 | 3 | 1611 | Brittney Grove | SO | Dickinson St. | 274 | 4:08 | 258 | 6:38 | 269 | 12:56 | 27:12.5 | 7:18 |
| 237 | 2 | 1713 | Maddie | | Minnesota Running | 253 | 4:05 | 251 | 6:36 | 247 | 12:46 | 27:13.6 | 7:19 |

| | | | Powell | | | Club | | | | | | | |
|-----|----|------|---------------------|----|-------------------------|------|------|-----|------|-----|-------|---------|------|
| 238 | 12 | 1739 | Carisa Weyenberg | FR | Minnesota State | 94 | 3:46 | 87 | 6:07 | 114 | 11:56 | 27:14.7 | 7:19 |
| 239 | 4 | 1613 | Ashly Kraenzel | JR | Dickinson St. | 188 | 3:56 | 206 | 6:28 | 217 | 12:33 | 27:15.6 | 7:19 |
| 240 | 5 | 1575 | Taylor Allison | JR | Chadron State | 161 | 3:53 | 171 | 6:21 | 202 | 12:27 | 27:16.0 | 7:19 |
| 241 | 2 | 1792 | Amy Fullerton | FR | North Iowa Area CC | 248 | 4:05 | 262 | 6:39 | 252 | 12:48 | 27:18.4 | 7:20 |
| 242 | 1 | 1569 | Amberly Melendez | FR | Cardinal Stritch | 343 | 4:20 | 335 | 7:01 | 304 | 13:18 | 27:19.1 | 7:20 |
| 243 | 10 | 1980 | Maria Sabourin | SO | Winona State | 143 | 3:52 | 196 | 6:27 | 253 | 12:49 | 27:19.5 | 7:20 |
| 244 | 3 | 1714 | Natalie Rademacher | | Minnesota Running Club | 250 | 4:05 | 272 | 6:41 | 266 | 12:54 | 27:19.9 | 7:20 |
| 245 | 6 | 1852 | Janelle Shiptofsky | SO | Nova Southeastern | 235 | 4:03 | 238 | 6:35 | 245 | 12:46 | 27:21.3 | 7:21 |
| 246 | 13 | 1746 | Anna Hall | FR | Minnesota-Duluth | 254 | 4:05 | 264 | 6:39 | 264 | 12:53 | 27:23.3 | 7:21 |
| 247 | 6 | 1590 | Mikayla Prael | FR | Colo. Christian | 300 | 4:11 | 297 | 6:48 | 279 | 13:01 | 27:24.0 | 7:21 |
| 248 | 4 | 1673 | Anna Toot | | Iowa State Running Club | 165 | 3:54 | 179 | 6:23 | 201 | 12:27 | 27:24.7 | 7:22 |
| 249 | 7 | 1829 | Hanna Wahl | SO | Northern State | 288 | 4:10 | 282 | 6:44 | 259 | 12:52 | 27:25.0 | 7:22 |
| 250 | 3 | 1559 | Jane Austin | SR | Bemidji State | 238 | 4:04 | 267 | 6:40 | 258 | 12:51 | 27:25.3 | 7:22 |
| 251 | 14 | 1748 | Taylor Hebner | FR | Minnesota-Duluth | 191 | 3:56 | 221 | 6:31 | 238 | 12:45 | 27:25.7 | 7:22 |
| 252 | 8 | 2027 | Maria Hauer | JR | St Cloud State | 262 | 4:06 | 246 | 6:36 | 261 | 12:52 | 27:26.6 | 7:22 |
| 253 | 10 | 1621 | Olivia Couch | FR | Dordt | 289 | 4:10 | 268 | 6:40 | 257 | 12:51 | 27:31.4 | 7:23 |
| 254 | 6 | 1576 | Callie Johnson | JR | Chadron State | 116 | 3:48 | 188 | 6:25 | 223 | 12:36 | 27:34.1 | 7:24 |
| 255 | 16 | 1811 | Hannah Lonergan | SO | Northern Michigan | 251 | 4:05 | 241 | 6:35 | 241 | 12:45 | 27:34.5 | 7:24 |
| 256 | 11 | 1638 | Jordyn Visscher | SR | Dordt | 234 | 4:03 | 243 | 6:35 | 251 | 12:47 | 27:34.7 | 7:24 |
| 257 | 15 | 1749 | Katelyn Kammer | SO | Minnesota-Duluth | 239 | 4:04 | 245 | 6:36 | 263 | 12:53 | 27:35.1 | 7:24 |
| 258 | 4 | 1702 | Maxine Fusaro | | Minnesota Running Club | 249 | 4:05 | 253 | 6:37 | 244 | 12:46 | 27:35.3 | 7:24 |
| 259 | 11 | 1984 | Katie Vergeront | JR | Winona State | 279 | 4:09 | 274 | 6:43 | 275 | 12:58 | 27:37.0 | 7:25 |
| 260 | 3 | 1761 | Patience Alberston | JR | Minot State | 264 | 4:07 | 281 | 6:44 | 285 | 13:05 | 27:37.4 | 7:25 |
| 261 | 7 | 1772 | Megan Maaske | SO | Morningside | 210 | 3:59 | 214 | 6:30 | 234 | 12:40 | 27:38.1 | 7:25 |
| 262 | 4 | 1898 | Kristen Weber | SO | SW Minnesota St. | 290 | 4:10 | 285 | 6:44 | 276 | 12:59 | 27:38.5 | 7:25 |
| 263 | 2 | 1607 | Erin Spatenka | SR | Concordia-St. Paul | 303 | 4:11 | 289 | 6:45 | 278 | 13:00 | 27:40.4 | 7:26 |
| 264 | 4 | 1684 | Brittney Kocman | FR | Metro State | 205 | 3:59 | 225 | 6:32 | 236 | 12:42 | 27:41.4 | 7:26 |
| 265 | 17 | 1813 | Kalina Pfannenstiel | SO | Northern Michigan | 294 | 4:11 | 300 | 6:49 | 283 | 13:05 | 27:41.7 | 7:26 |
| 266 | 2 | 869 | Alexis Oswald | FR | Wayne St. (Neb.) | 232 | 4:02 | 255 | 6:37 | 268 | 12:55 | 27:43.5 | 7:27 |
| 267 | 12 | 1985 | Hope Willenbrink | SO | Winona State | 173 | 3:55 | 175 | 6:22 | 228 | 12:38 | 27:44.3 | 7:27 |
| 268 | 8 | 1775 | Mattea | FR | Morningside | 237 | 4:03 | 260 | 6:39 | 271 | 12:57 | 27:44.3 | 7:27 |

| Roslansky | | | | | | | | | | | | | |
|-----------|----|------|-------------------|----|------------------------|-----|------|-----|------|-----|-------|---------|------|
| 269 | 5 | 1683 | Jessie Chappa | FR | Metro State | 280 | 4:09 | 294 | 6:47 | 292 | 13:11 | 27:46.1 | 7:27 |
| 270 | 8 | 1882 | Mariah Hahne | FR | Sioux Falls | 295 | 4:11 | 287 | 6:45 | 265 | 12:53 | 27:46.3 | 7:27 |
| 271 | 9 | 1768 | Morgan Applegarth | SO | Morningside | 217 | 4:00 | 231 | 6:34 | 256 | 12:50 | 27:47.9 | 7:28 |
| 272 | 5 | 1710 | Lucy Kwiatkowski | | Minnesota Running Club | 314 | 4:14 | 307 | 6:52 | 301 | 13:13 | 27:49.0 | 7:28 |
| 273 | 1 | 1610 | Karen Mayfield | SR | Dakota State | 270 | 4:07 | 269 | 6:41 | 273 | 12:58 | 27:50.2 | 7:28 |
| 274 | 7 | 1577 | Dominique Oden | FR | Chadron State | 89 | 3:46 | 133 | 6:16 | 200 | 12:27 | 27:51.6 | 7:29 |
| 275 | 12 | 1628 | Kenedie Kats | FR | Dordt | 230 | 4:02 | 233 | 6:34 | 260 | 12:52 | 27:54.3 | 7:30 |
| 276 | 6 | 1715 | Madeline Smith | | Minnesota Running Club | 310 | 4:13 | 293 | 6:46 | 281 | 13:02 | 27:55.9 | 7:30 |
| 277 | 6 | 1685 | Idalee Nunez | FR | Metro State | 281 | 4:09 | 295 | 6:47 | 293 | 13:12 | 27:57.5 | 7:30 |
| 278 | 7 | 1586 | Lauren Linscott | JR | Colo. Christian | 301 | 4:11 | 299 | 6:48 | 291 | 13:11 | 27:59.4 | 7:31 |
| 279 | 6 | 2006 | Kayla Bauhs | | Wisconsin Track Club | 313 | 4:14 | 306 | 6:52 | 296 | 13:12 | 28:00.0 | 7:31 |
| 280 | 7 | 1906 | Sarah Millns | | U of Manitoba | 198 | 3:57 | 213 | 6:30 | 255 | 12:49 | 28:01.6 | 7:32 |
| 281 | 3 | 1839 | Wesley Milligan | FR | Northwestern (Iowa) | 309 | 4:13 | 309 | 6:53 | 295 | 13:12 | 28:02.8 | 7:32 |
| 282 | 7 | 2017 | Aubre Miller | | Wisconsin Track Club | 315 | 4:14 | 315 | 6:55 | 312 | 13:20 | 28:06.6 | 7:33 |
| 283 | 4 | 1831 | Alicia Darling | SO | Northwestern (Iowa) | 331 | 4:17 | 328 | 6:58 | 316 | 13:22 | 28:08.6 | 7:33 |
| 284 | 5 | 1840 | Sam Sinclair | JR | Northwestern (Iowa) | 322 | 4:15 | 317 | 6:56 | 308 | 13:19 | 28:09.3 | 7:34 |
| 285 | 7 | 1596 | Reanna Jereb | SR | Colorado Mesa | 200 | 3:58 | 220 | 6:31 | 249 | 12:47 | 28:09.3 | 7:34 |
| 286 | 3 | 868 | Jamie Larsen | FR | Wayne St. (Neb.) | 223 | 4:01 | 235 | 6:35 | 267 | 12:54 | 28:10.4 | 7:34 |
| 287 | 13 | 1626 | Annika Henckel | JR | Dordt | 298 | 4:11 | 298 | 6:48 | 286 | 13:05 | 28:11.2 | 7:34 |
| 288 | 13 | 1723 | Katie Anderson | FR | Minnesota State | 216 | 4:00 | 227 | 6:33 | 250 | 12:47 | 28:12.0 | 7:34 |
| 289 | 8 | 2012 | Sara kaiser | | Wisconsin Track Club | 293 | 4:10 | 290 | 6:45 | 284 | 13:05 | 28:12.3 | 7:34 |
| 290 | 7 | 1848 | Tori Hritsko | FR | Nova Southeastern SW | 186 | 3:56 | 211 | 6:29 | 254 | 12:49 | 28:13.4 | 7:35 |
| 291 | 5 | 1895 | Jen Keohen | JR | Minnesota St. | 330 | 4:17 | 312 | 6:54 | 290 | 13:11 | 28:13.5 | 7:35 |
| 292 | 3 | 1601 | Tasha Bennett | FR | Concordia-St. Paul | 323 | 4:15 | 305 | 6:52 | 298 | 13:12 | 28:14.5 | 7:35 |
| 293 | 6 | 1889 | McKenzie Besel | JR | SW Minnesota St. | 345 | 4:20 | 326 | 6:58 | 303 | 13:17 | 28:16.7 | 7:36 |
| 294 | 3 | 1653 | Hayley Leonard | SR | Grand View | 356 | 4:22 | 330 | 6:59 | 315 | 13:22 | 28:18.9 | 7:36 |
| 295 | 7 | 1717 | Anna Truong | | Minnesota Running Club | 271 | 4:07 | 273 | 6:42 | 306 | 13:19 | 28:19.3 | 7:36 |
| 296 | 11 | 2002 | Chloe Volkman | FR | Wis.-Parkside | 276 | 4:08 | 283 | 6:44 | 280 | 13:01 | 28:23.3 | 7:37 |
| 297 | 9 | 1885 | Mattisen Kelley | SO | Sioux Falls | 275 | 4:08 | 278 | 6:44 | 297 | 13:12 | 28:24.1 | 7:38 |
| 298 | 6 | 1837 | Kelsey Lang | FR | Northwestern (Iowa) | 326 | 4:16 | 327 | 6:58 | 311 | 13:20 | 28:24.3 | 7:38 |
| 299 | 8 | 1903 | Gillian Hayek | | U of | 252 | 4:05 | 266 | 6:40 | 287 | 13:06 | 28:27.3 | 7:38 |

| | | | | Manitoba | | | | | | | | | | | |
|-----|----|------|--------------------------|----------|-------------------------------------|-----|------|-----|------|-----|-------|---------|------|--|--|
| 300 | 3 | 1678 | Andrea Parra | SO | Johnson County CC | 182 | 3:55 | 200 | 6:27 | 274 | 12:58 | 28:28.1 | 7:39 | | |
| 301 | 3 | 1648 | Elizabeth Straub | FR | Graceland | 324 | 4:15 | 323 | 6:57 | 317 | 13:24 | 28:30.5 | 7:39 | | |
| 302 | 9 | 2025 | Tegan Twombly | | Wisconsin Track Club | 307 | 4:13 | 302 | 6:50 | 305 | 13:18 | 28:30.6 | 7:39 | | |
| 303 | 18 | 1799 | Caroline Arlasky | SO | Northern Michigan | 332 | 4:17 | 332 | 7:00 | 324 | 13:32 | 28:31.2 | 7:39 | | |
| 304 | 4 | 1679 | Jessalyn Rivet-Tissot | FR | Johnson County CC | 218 | 4:00 | 259 | 6:38 | 282 | 13:05 | 28:35.0 | 7:40 | | |
| 305 | 8 | 1709 | Allyx Kvasnicka | | Minnesota Running Club | 284 | 4:09 | 301 | 6:49 | 313 | 13:20 | 28:36.2 | 7:41 | | |
| 306 | 14 | 1627 | Miranda Hulstein | JR | Dordt | 306 | 4:12 | 304 | 6:51 | 299 | 13:13 | 28:36.5 | 7:41 | | |
| 307 | 10 | 1880 | Keegan Day | SO | Sioux Falls | 153 | 3:53 | 193 | 6:26 | 272 | 12:57 | 28:37.5 | 7:41 | | |
| 308 | 4 | 1650 | Michaela Barretta | FR | Grand View | 363 | 4:25 | 354 | 7:09 | 329 | 13:36 | 28:38.5 | 7:41 | | |
| 309 | 9 | 1719 | Sarah Ward | | Minnesota Running Club | 268 | 4:07 | 279 | 6:44 | 289 | 13:10 | 28:38.6 | 7:41 | | |
| 310 | 4 | 1603 | Jordan Gray | JR | Concordia- St. Paul | 344 | 4:20 | 344 | 7:02 | 323 | 13:30 | 28:40.8 | 7:42 | | |
| 311 | 7 | 1834 | Alexandria Helmink | SO | Northwestern (Iowa) | 305 | 4:12 | 311 | 6:53 | 314 | 13:22 | 28:41.8 | 7:42 | | |
| 312 | 15 | 1633 | Britta Provart | JR | Dordt | 358 | 4:22 | 346 | 7:03 | 326 | 13:33 | 28:42.4 | 7:42 | | |
| 313 | 10 | 1707 | Ali Johnson | | Minnesota Running Club | 335 | 4:18 | 337 | 7:01 | 319 | 13:27 | 28:45.9 | 7:43 | | |
| 314 | 4 | 1644 | Madeline Glodowski | FR | Graceland | 325 | 4:16 | 325 | 6:57 | 321 | 13:28 | 28:46.3 | 7:44 | | |
| 315 | 4 | 1561 | Madison Kealy | JR | Bemidji State | 292 | 4:10 | 303 | 6:51 | 310 | 13:19 | 28:48.5 | 7:44 | | |
| 316 | 5 | 1672 | Lorena Temple | | Iowa State Running Club | 311 | 4:13 | 308 | 6:53 | 309 | 13:19 | 28:52.9 | 7:45 | | |
| 317 | 12 | 1989 | Danielle Gassie | FR | Wis.- Parksides | 245 | 4:05 | 257 | 6:38 | 300 | 13:13 | 28:54.9 | 7:46 | | |
| 318 | 5 | 1608 | Rachel Thaemert | SR | Concordia- St. Paul | 373 | 4:29 | 365 | 7:15 | 340 | 13:45 | 28:55.4 | 7:46 | | |
| 319 | 11 | 1952 | Jacey Wilson | FR | U-Mary | 225 | 4:01 | 252 | 6:37 | 277 | 13:00 | 29:01.3 | 7:48 | | |
| 320 | 16 | 1742 | Megan Cihasky | FR | Minnesota- Duluth | 241 | 4:04 | 271 | 6:41 | 294 | 13:12 | 29:03.8 | 7:48 | | |
| 321 | 5 | 1655 | Christa Nordgren | JR | Grand View | 370 | 4:28 | 366 | 7:17 | 346 | 13:50 | 29:05.3 | 7:49 | | |
| 322 | 9 | 1910 | Tamara Toews | | U of Manitoba | 339 | 4:19 | 343 | 7:02 | 327 | 13:34 | 29:08.3 | 7:49 | | |
| 323 | 10 | 2019 | Maleta Moulsoff | | Wisconsin Track Club | 349 | 4:21 | 357 | 7:09 | 347 | 13:50 | 29:08.6 | 7:49 | | |
| 324 | 5 | 1681 | Emily Williams | SO | Johnson County CC | 256 | 4:06 | 291 | 6:46 | 307 | 13:19 | 29:09.5 | 7:50 | | |
| 325 | 8 | 1832 | Katrina Engbretson | FR | Northwestern (Iowa) | 351 | 4:21 | 348 | 7:04 | 335 | 13:41 | 29:09.7 | 7:50 | | |
| 326 | 6 | 1657 | Hannah Sobaski | SR | Grand View | 364 | 4:26 | 362 | 7:12 | 344 | 13:48 | 29:10.3 | 7:50 | | |
| 327 | 2 | 1572 | Natalie Renfroe | | Cardinal Stritch | 340 | 4:20 | 336 | 7:01 | 328 | 13:35 | 29:16.7 | 7:52 | | |
| 328 | 9 | 1836 | Alyssa Krohn | FR | Northwestern (Iowa) | 352 | 4:21 | 347 | 7:03 | 325 | 13:33 | 29:18.9 | 7:52 | | |
| 329 | 5 | 1560 | Autumn Huju | SO | Bemidji State | 318 | 4:14 | 313 | 6:55 | 345 | 13:49 | 29:20.2 | 7:53 | | |
| 330 | 7 | 1892 | Lexi Grathwohl | FR | SW Minnesota St. Minnesota | 354 | 4:21 | 350 | 7:05 | 343 | 13:47 | 29:22.3 | 7:53 | | |

| | | | | | | | | | | | | | |
|-----|----|------|-------------------|----|-------------------------|-----|------|-----|------|-----|-------|---------|------|
| 331 | 11 | 1720 | Stefani Weimholt | | Running Club | 336 | 4:18 | 342 | 7:02 | 334 | 13:41 | 29:24.5 | 7:54 |
| 332 | 17 | 1760 | Chritine Young | FR | Minnesota-Duluth | 308 | 4:13 | 318 | 6:56 | 320 | 13:28 | 29:24.8 | 7:54 |
| 333 | 11 | 2022 | Alison Reinhoffer | | Wisconsin Track Club | 285 | 4:09 | 296 | 6:48 | | | 29:28.3 | 7:55 |
| 334 | 2 | 1968 | Marissa Widener | FR | Waldorf | 347 | 4:21 | 352 | 7:08 | 342 | 13:46 | 29:28.9 | 7:55 |
| 335 | 10 | 1835 | Krista Hovland | SO | Northwestern (Iowa) | 337 | 4:19 | 341 | 7:02 | 322 | 13:29 | 29:29.7 | 7:55 |
| 336 | 4 | 870 | Josephine Peitz | FR | Wayne St. (Neb.) | 360 | 4:22 | 356 | 7:09 | 337 | 13:44 | 29:32.2 | 7:56 |
| 337 | 12 | 2011 | Maggie Heinemann | | Wisconsin Track Club | 327 | 4:16 | 334 | 7:01 | 341 | 13:46 | 29:33.9 | 7:56 |
| 338 | 13 | 2015 | Sam Marz | | Wisconsin Track Club | 312 | 4:13 | 320 | 6:56 | 318 | 13:26 | 29:35.5 | 7:57 |
| 339 | 14 | 1738 | Hillary Swanson | FR | Minnesota State | 297 | 4:11 | 316 | 6:55 | 339 | 13:44 | 29:38.4 | 7:57 |
| 340 | 14 | 2020 | Zoe Panos | | Wisconsin Track Club | 338 | 4:19 | 329 | 6:59 | 331 | 13:38 | 29:40.2 | 7:58 |
| 341 | 6 | 1677 | Keziah McNair | SO | Johnson County CC | 304 | 4:12 | 339 | 7:02 | 338 | 13:44 | 29:40.7 | 7:58 |
| 342 | 10 | 1899 | Quinn Anderson | | U of Manitoba | 291 | 4:10 | 288 | 6:45 | 302 | 13:15 | 29:42.6 | 7:59 |
| 343 | 3 | 1573 | Isabella Sakai | | Cardinal Stritch | 342 | 4:20 | 340 | 7:02 | 333 | 13:41 | 29:46.7 | 8:00 |
| 344 | 3 | 1791 | Guadalupe Diaz | SO | North Iowa Area CC | 376 | 4:30 | 375 | 7:24 | 362 | 14:12 | 29:49.9 | 8:01 |
| 345 | 4 | 1790 | Cassandra Bonsall | FR | North Iowa Area CC | 377 | 4:32 | 377 | 7:28 | 368 | 14:20 | 29:52.5 | 8:01 |
| 346 | 9 | 2034 | Ally Schwark | FR | St Cloud State | 272 | 4:07 | 276 | 6:43 | 332 | 13:40 | 29:52.9 | 8:01 |
| 347 | 12 | 1703 | Maria Gilbert | | Minnesota Running Club | 365 | 4:26 | 363 | 7:14 | 353 | 13:57 | 29:54.9 | 8:02 |
| 348 | 15 | 2010 | Cierra Hauptert | | Wisconsin Track Club | 320 | 4:15 | 314 | 6:55 | 336 | 13:43 | 29:57.5 | 8:03 |
| 349 | 7 | 1654 | Sarah McMurtry | FR | Grand View | 371 | 4:28 | 367 | 7:17 | 349 | 13:52 | 29:58.2 | 8:03 |
| 350 | 10 | 1789 | Whitney Welder | FR | MSU-Moorhead | 317 | 4:14 | 322 | 6:57 | 330 | 13:38 | 30:03.9 | 8:04 |
| 351 | 3 | 1959 | Melissa Martens | SR | Unattached | | | 331 | 7:00 | 348 | 13:51 | 30:07.6 | 8:05 |
| 352 | 6 | 1669 | Joanna Gramer | | Iowa State Running Club | 321 | 4:15 | 333 | 7:00 | 351 | 13:56 | 30:10.7 | 8:06 |
| 353 | 13 | 1705 | Mandy Hansen | | Minnesota Running Club | 333 | 4:18 | 345 | 7:03 | 355 | 13:58 | 30:13.7 | 8:07 |
| 354 | 16 | 1618 | Courtney Bloemhof | SO | Dordt | 380 | 4:34 | 372 | 7:22 | 357 | 14:04 | 30:14.5 | 8:07 |
| 355 | 4 | 1571 | Marleigh Petras | | Cardinal Stritch | 357 | 4:22 | 361 | 7:11 | 359 | 14:06 | 30:15.3 | 8:07 |
| 356 | 7 | 1674 | Alexis Almloff | SO | Johnson County CC | 348 | 4:21 | 353 | 7:08 | 356 | 14:01 | 30:21.2 | 8:09 |
| 357 | 5 | 1793 | Keisha Gonzague | FR | North Iowa Area CC | 282 | 4:09 | 319 | 6:56 | 352 | 13:56 | 30:21.4 | 8:09 |
| 358 | 6 | 1606 | Courtney Ramsay | SO | Concordia-St. Paul | 361 | 4:23 | 351 | 7:06 | 350 | 13:54 | 30:31.3 | 8:12 |
| 359 | 6 | 1564 | Julia Welciek | FR | Bemidji State | 367 | 4:26 | 369 | 7:18 | 370 | 14:24 | 30:33.3 | 8:12 |
| 360 | 5 | 1643 | Marina Flores | JR | Graceland | 346 | 4:21 | 359 | 7:10 | 360 | 14:08 | 30:34.7 | 8:13 |
| 361 | 16 | 2009 | Amber Ducheny | | Wisconsin Track Club | 362 | 4:24 | 364 | 7:14 | 363 | 14:15 | 30:43.0 | 8:15 |
| 362 | 7 | 1602 | Lydia Carr | FR | Concordia-St. Paul | 355 | 4:22 | 355 | 7:09 | 361 | 14:12 | 30:46.0 | 8:16 |

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|-----|----|------|---------------------|----|-------------------------------------|-----|------|-----|------|-----|-------|---------|-------|
| 363 | 1 | 1964 | Geneva Espinoza | JR | Valley City State | 368 | 4:26 | 370 | 7:18 | 366 | 14:16 | 30:47.1 | 8:16 |
| 364 | 14 | 1706 | Sophie Held | | Minnesota Running Club | 375 | 4:30 | 373 | 7:23 | 371 | 14:29 | 30:53.5 | 8:18 |
| 365 | 8 | 1604 | Paxton Huberty | FR | Concordia-St. Paul | 382 | 4:41 | 382 | 7:38 | 375 | 14:36 | 30:55.4 | 8:18 |
| 366 | 5 | 1568 | MacKenzie McDonald | | Cardinal Stritch | 341 | 4:20 | 338 | 7:01 | 354 | 13:58 | 30:57.3 | 8:19 |
| 367 | 17 | 2024 | Joie Ross | | Wisconsin Track Club | 329 | 4:17 | 358 | 7:10 | 364 | 14:16 | 31:06.4 | 8:21 |
| 368 | 7 | 1558 | Courtney Anderson | SO | Bemidji State | 378 | 4:33 | 378 | 7:28 | 373 | 14:32 | 31:11.7 | 8:23 |
| 369 | 15 | 1733 | Becca Ohotto | JR | Minnesota State | 328 | 4:17 | 349 | 7:04 | 358 | 14:04 | 31:13.5 | 8:23 |
| 370 | 17 | 1624 | Brianna Enerson | JR | Dordt | 379 | 4:33 | 371 | 7:22 | 365 | 14:16 | 31:15.5 | 8:24 |
| 371 | 4 | 1763 | Stephanie Huether | SO | Minot State | 334 | 4:18 | 360 | 7:10 | 367 | 14:19 | 31:21.0 | 8:25 |
| 372 | 7 | 1670 | Anne Leners | | Iowa State Running Club | 359 | 4:22 | 368 | 7:17 | 369 | 14:23 | 31:24.6 | 8:26 |
| 373 | 8 | 1557 | Amanda Anderson | JR | Bemidji State | 366 | 4:26 | 376 | 7:26 | 374 | 14:34 | 31:35.7 | 8:29 |
| 374 | 15 | 1716 | Elizabeth Tagatz | | Minnesota Running Club | 384 | 4:48 | 384 | 7:49 | 378 | 14:59 | 31:38.0 | 8:30 |
| 375 | 8 | 1652 | Karina Johnson | SO | Grand View | 381 | 4:34 | 381 | 7:34 | 376 | 14:45 | 31:41.3 | 8:30 |
| 376 | 16 | 1712 | Sophia Peterson | | Minnesota Running Club | 369 | 4:27 | 374 | 7:24 | 372 | 14:31 | 31:41.6 | 8:31 |
| 377 | 5 | 1764 | Taylor Novak | SO | Minot State | 372 | 4:29 | 379 | 7:30 | 377 | 14:54 | 32:21.8 | 8:41 |
| 378 | 17 | 1708 | Alee Kunshier | | Minnesota Running Club | 388 | 4:54 | 386 | 8:08 | 382 | 15:49 | 33:10.6 | 8:54 |
| 379 | 3 | 1966 | Charley Buddenhagen | JR | Waldorf | 374 | 4:29 | 380 | 7:32 | 379 | 15:00 | 33:48.5 | 9:05 |
| 380 | 6 | 1647 | Kylie Malmberg | FR | Graceland | 385 | 4:51 | 385 | 8:02 | 381 | 15:48 | 33:53.7 | 9:06 |
| 381 | 18 | 1700 | April Feist | | Minnesota Running Club | 387 | 4:54 | 387 | 8:09 | 383 | 15:49 | 33:59.4 | 9:08 |
| 382 | 6 | 1567 | Princess Agi | | Cardinal Stritch | 389 | 5:01 | 388 | 8:16 | 384 | 16:00 | 34:06.3 | 9:09 |
| 383 | 7 | 1642 | Taylor Farnsworth | SO | Graceland | 390 | 5:02 | 391 | 8:17 | 385 | 16:01 | 34:08.5 | 9:10 |
| 384 | 19 | 1718 | Alexis Valencia | | Minnesota Running Club | 391 | 5:02 | 392 | 8:18 | 386 | 16:06 | 34:19.0 | 9:13 |
| 385 | 20 | 1698 | Mackenzie Bauer | | Minnesota Running Club | 392 | 5:03 | 390 | 8:17 | 387 | 16:07 | 34:43.0 | 9:19 |
| 386 | 5 | 871 | Sarah Post | SO | Wayne St. (Neb.) | 386 | 4:52 | 389 | 8:17 | 389 | 16:22 | 34:53.3 | 9:22 |
| 387 | 9 | 1609 | Holly Werning | FR | Concordia-St. Paul | 383 | 4:47 | 383 | 7:48 | 380 | 15:44 | 35:09.5 | 9:26 |
| 388 | 21 | 1699 | Emily Davis | | Minnesota Running Club | 393 | 5:03 | 393 | 8:18 | 388 | 16:12 | 35:43.5 | 9:35 |
| 389 | 10 | 1600 | Erika Bahr | FR | Concordia-St. Paul | 396 | 5:18 | 394 | 8:49 | 390 | 17:34 | 38:09.0 | 10:14 |
| 390 | 22 | 1704 | Paige Hagen | | Minnesota Running Club Minnesota | 395 | 5:13 | 396 | 8:51 | 392 | 17:50 | 40:06.7 | 10:46 |

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|-----|----|------|--------------------|----|-------------------|-----|------|-----|------|-----|-------|---------|-------|
| 391 | 23 | 1711 | Vessa Pearsall | | Running Club | 394 | 5:13 | 395 | 8:50 | 391 | 17:49 | 40:07.0 | 10:46 |
| 392 | 8 | 1640 | Vianey Castillo | FR | Graceland | 397 | 5:41 | 397 | 9:21 | 393 | 18:43 | 40:25.0 | 10:51 |
| | 9 | 1867 | Cassidy Westhoff | FR | Pittsburg St. | 33 | 3:40 | 29 | 5:56 | 27 | 11:20 | | |
| | 18 | 1753 | Elizabeth Schlafke | FR | Minnesota-Duluth | 122 | 3:49 | 127 | 6:14 | 141 | 12:03 | | |
| | 8 | 1680 | Colleen Russell | FR | Johnson County CC | 160 | 3:53 | 169 | 6:21 | 195 | 12:26 | | |
| | 19 | 1745 | Paige Du Bois | FR | Minnesota-Duluth | 156 | 3:53 | 207 | 6:28 | | | | |
| | 20 | 1759 | Kathryn Webb | FR | Minnesota-Duluth | 150 | 3:53 | 208 | 6:28 | | | | |
| | 6 | 1762 | Samantha Huether | SR | Minot State | 244 | 4:04 | 280 | 6:44 | | | | |

 Roy Griak Cross Invitational - Men's Maroon (Division II)

Les Bolstad Golf Course, University of Minnesota
 September 24, 2016

| | | | | | | | | | |
|-----|-----|-----------------------------|---------|---------|-------|--------------------------|-------|--|--|
| 1. | 88 | Augustana (S.D.) | (26:47 | 2:13:52 | 1:11) | | | | |
| 1 | 3 | 953 Glen Ellingson SR | 26:09 | 5 | 34 | 956 Nathan Hauge SR | 27:20 | | |
| 2 | 8 | 951 Keegan Carda SR | 26:30 | 6 | (49) | 961 Nathaniel Souther FR | 27:33 | | |
| 3 | 12 | 963 Jesus Urtusuastegui FR | 26:40 | 7 | (78) | 959 Aaron Runge FR | 27:55 | | |
| 4 | 31 | 960 Nathan Schroeder SO | 27:13 | | | | | | |
| 2. | 130 | UC San Diego | (27:01 | 2:15:02 | 1:09) | | | | |
| 1 | 6 | 1354 Tareq Alwafai SR | 26:23 | 5 | 48 | 1356 Samuel Blake SO | 27:32 | | |
| 2 | 9 | 1360 Brendan Gee SR | 26:33 | 6 | (65) | 1366 Wyler Svoboda JR | 27:46 | | |
| 3 | 30 | 1353 Scott Acton SR | 27:12 | 7 | (74) | 1364 Terrence Luevano SR | 27:54 | | |
| 4 | 37 | 1362 Garrett Lepine JR | 27:22 | | | | | | |
| 3. | 149 | Black Hills St. | (27:11 | 2:15:53 | 0:42) | | | | |
| 1 | 13 | 977 Jonah Theisen SO | 26:46 | 5 | 44 | 974 Garrett Peterson JR | 27:28 | | |
| 2 | 27 | 967 Joshua Davis JR | 27:09 | 6 | (71) | 970 Levi Fried SO | 27:50 | | |
| 3 | 32 | 968 Chance Doolley FR | 27:14 | 7 | (79) | 975 Aaron Schone SR | 27:56 | | |
| 4 | 33 | 973 Kendall Murie SR | 27:16 | | | | | | |
| 4. | 152 | U of Manitoba | (27:12 | 2:15:56 | 0:47) | | | | |
| 1 | 14 | 1349 Timothy Miller | 26:49 | 5 | 51 | 1341 Mathieu Desmarais | 27:36 | | |
| 2 | 20 | 1345 Daniel Heschuk | 26:59 | 6 | (112) | 1337 Simon Berube | 28:19 | | |
| 3 | 24 | 1344 Josh Dyck | 27:04 | 7 | (114) | 1347 Deric Kornelson | 28:20 | | |
| 4 | 43 | 1339 Patrique Bulloch | 27:28 | | | | | | |
| 5. | 154 | Western Washington | (27:05 | 2:15:23 | 1:24) | | | | |
| 1 | 5 | 1479 Isaac Derline JR | 26:19 | 5 | 59 | 1481 Matthew Lutz SR | 27:43 | | |
| 2 | 7 | 1485 Andrew Wise JR | 26:28 | 6 | (99) | 1484 Max Romey JR | 28:10 | | |
| 3 | 41 | 1480 Sean Eustis JR | 27:26 | 7 | (106) | 1483 Nick Mounier SO | 28:14 | | |
| 4 | 42 | 1482 Cody McCranie SR | 27:27 | | | | | | |
| 6. | 283 | MSU-Moorhead | (27:37 | 2:18:04 | 1:02) | | | | |
| 1 | 23 | 1246 Cody Christ SR | 27:03 | 5 | 95 | 1245 Jay Biber JR | 28:05 | | |
| 2 | 52 | 1252 Josh Young SO | 27:37 | 6 | (107) | 1253 Nadir Yusuf FR | 28:16 | | |
| 3 | 56 | 1250 Brady Speicher SR | 27:39 | 7 | (130) | 1251 Logan Spooner FR | 28:37 | | |
| 4 | 57 | 1248 Joshua Ernst SO | 27:40 | | | | | | |
| 7. | 298 | Wis.-Parksides | (27:36 | 2:17:57 | 1:26) | | | | |
| 1 | 10 | 1427 Armando Torres JR | 26:39 | 5 | 94 | 1412 Anthony Anderson FR | 28:05 | | |
| 2 | 38 | 1422 Eric Lindelsee SR | 27:23 | 6 | (96) | 1426 Adam Phillips FR | 28:06 | | |
| 3 | 66 | 1418 Jimmy Funteas Jr. SO | 27:47 | 7 | (104) | 1425 Spencer Oftedahl FR | 28:14 | | |
| 4 | 90 | 1421 Trevor Legg FR | 28:03 | | | | | | |
| 8. | 300 | Metro State | (27:39 | 2:18:12 | 1:24) | | | | |
| 1 | 21 | 1154 Brandon Krage JR | 27:01 | 5 | 121 | 1155 Luis Ronquillo JR | 28:25 | | |
| 2 | 36 | 1149 Sam Berg FR | 27:21 | 6 | (171) | 1152 Chris Davis SR | 29:07 | | |
| 3 | 45 | 1151 Christian Culpepper JR | 27:30 | 7 | (239) | 1150 Ryan Boucher JR | 30:46 | | |
| 4 | 77 | 1153 Kyle Jones FR | 27:55 | | | | | | |
| 9. | 302 | Pittsburg St. | (27:42 | 2:18:27 | 0:37) | | | | |
| 1 | 40 | 1304 Colby Kromminga SR | 27:26 | 5 | 89 | 1307 Andrew Rodgers SR | 28:03 | | |
| 2 | 46 | 1302 Dominick Fonseca SO | 27:31 | 6 | (146) | 1301 Ty Dickerson SO | 28:53 | | |
| 3 | 47 | 1308 Matthew Wilson FR | 27:31 | 7 | (173) | 1306 Bradley Richard SO | 29:07 | | |
| 4 | 80 | 1303 Ethan Hartzell SO | 27:56 | | | | | | |
| 10. | 341 | Minnesota State | (27:48 | 2:19:00 | 0:30) | | | | |
| 1 | 50 | 1200 Caleb Burke SO | 27:34 | 5 | 91 | 1204 Brendan Gessner SR | 28:04 | | |
| 2 | 54 | 1202 Steven Erredge SO | 27:39 | 6 | (127) | 1206 Austin Pasch JR | 28:34 | | |
| 3 | 70 | 1208 Austin Yardley FR | 27:49 | 7 | (184) | 1207 Isaiah Rabata FR | 29:15 | | |
| 4 | 76 | 1201 Derek Cruz SO | 27:54 | | | | | | |
| 11. | 341 | Minnesota-Duluth | (27:43 | 2:18:33 | 1:17) | | | | |
| 1 | 18 | 1225 Isaac Overmyer SO | 26:56 | 5 | 103 | 1214 Mitch Fisher SR | 28:13 | | |
| 2 | 28 | 1218 Henry Jessen JR | 27:09 | 6 | (116) | 1224 Alex Naughton JR | 28:23 | | |
| 3 | 92 | 1209 Blake Anderson JR | 28:05 | 7 | (125) | 1220 Jake Kluver FR | 28:31 | | |
| 4 | 100 | 1219 Drew Johnson SR | 28:10 | | | | | | |
| 12. | 344 | Colorado Mesa | (27:46 | 2:18:46 | 1:01) | | | | |
| 1 | 29 | 1013 Daniel Vavrik SR | 27:10 | 5 | 101 | 1011 Seth Knighton SR | 28:11 | | |
| 2 | 35 | 1009 Blake Graf JR | 27:21 | 6 | (140) | 1008 Dominic Brevig SR | 28:46 | | |
| 3 | 81 | 1010 Zak Kennison SR | 27:57 | 7 | (169) | 1012 Luke Spitz FR | 29:06 | | |
| 4 | 98 | 1014 Mako Watanabe SO | 28:07 | | | | | | |
| 13. | 353 | Chadron State | (27:44 | 2:18:39 | 1:31) | | | | |

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|---|-----|------------------------------|-------|---|-------|----------------------------|-------|
| 1 | 17 | 993 Alejandro Garcia SR | 26:54 | 5 | 120 | 997 Eric Yager JR | 28:25 |
| 2 | 22 | 996 Dylan Stansbury SR | 27:02 | 6 | (134) | 991 Kyle Dietsch SR | 28:42 |
| 3 | 75 | 995 Riley Howard FR | 27:54 | 7 | (135) | 989 Levi Avila JR | 28:42 |
| 4 | 119 | 992 Phillip Duncan JR | 28:24 | | | | |
| 14. 405 Lakehead University (27:47 2:18:54 3:01) | | | | | | | |
| ===== | | | | | | | |
| 1 | 1 | 1147 Kevin Tree SR | 25:57 | 5 | 152 | 1143 Joseph McDonough SR | 28:58 |
| 2 | 58 | 1144 Derek Patterson FR | 27:42 | 6 | (205) | 1141 Andrew Galloway SO | 29:34 |
| 3 | 72 | 1145 Gavin Shields SR | 27:51 | 7 | (251) | 1146 Josh Stovel FR | 31:46 |
| 4 | 122 | 1148 Tyler White SR | 28:26 | | | | |
| 15. 486 U-Mary (28:10 2:20:47 0:51) | | | | | | | |
| ===== | | | | | | | |
| 1 | 64 | 1378 Derek Myers SO | 27:45 | 5 | 129 | 1375 Tyler Erickson JR | 28:36 |
| 2 | 83 | 1372 Kevin Carpenter JR | 27:58 | 6 | (156) | 1369 Creighton Barrett FR | 29:01 |
| 3 | 93 | 1379 Teegan Olson SO | 28:05 | 7 | (219) | 1380 Mason Stenehjem FR | 29:53 |
| 4 | 117 | 1376 Steven Gordon SR | 28:23 | | | | |
| 16. 510 Northwestern (Iowa) (28:11 2:20:51 2:13) | | | | | | | |
| ===== | | | | | | | |
| 1 | 11 | 1283 Will Norris SR | 26:40 | 5 | 145 | 1284 Tim Rose JR | 28:53 |
| 2 | 102 | 1278 Tanner Goetsch JR | 28:13 | 6 | (170) | 1279 Peter Hollinger SO | 29:07 |
| 3 | 109 | 1285 Peter Smith JR | 28:16 | 7 | (193) | 1286 Austin Warren JR | 29:23 |
| 4 | 143 | 1275 Ryan Bauermeister JR | 28:49 | | | | |
| 17. 547 Iowa State Running Club (28:18 2:21:26 2:18) | | | | | | | |
| ===== | | | | | | | |
| 1 | 19 | 1123 Rob Scanlon | 26:57 | 5 | 186 | 1112 MacCoy Benzen | 29:15 |
| 2 | 55 | 1127 Jason Thomas | 27:39 | 6 | (195) | 1115 Keith Carlson | 29:25 |
| 3 | 126 | 1117 Will Graham | 28:32 | 7 | (199) | 1119 Michael Mather | 29:28 |
| 4 | 161 | 1120 Adrian Ortega | 29:03 | | | | |
| 18. 558 Sioux Falls (28:23 2:21:54 1:07) | | | | | | | |
| ===== | | | | | | | |
| 1 | 53 | 1328 Zach Lundberg FR | 27:38 | 5 | 137 | 1324 Blake Johnston FR | 28:45 |
| 2 | 111 | 1325 Grant Johnston FR | 28:19 | 6 | (168) | 1326 Nick Lawson JR | 29:06 |
| 3 | 124 | 1319 Daniel Armstrong FR | 28:31 | 7 | (229) | 1321 Shane Herman SO | 30:14 |
| 4 | 133 | 1327 Josh Liester SO | 28:41 | | | | |
| 19. 565 Nova Southeastern (28:23 2:21:54 1:01) | | | | | | | |
| ===== | | | | | | | |
| 1 | 69 | 1294 Christian Oppel SR | 27:48 | 5 | 142 | 1292 Benjamin Manuel SR | 28:49 |
| 2 | 108 | 1288 Raphael De Bonnieres SR | 28:16 | 6 | (181) | 1287 Joel Lacy FR | 29:13 |
| 3 | 110 | 1291 Thomas Ingalls SR | 28:17 | | | | |
| 4 | 136 | 1293 Ian McQuate JR | 28:44 | | | | |
| 20. 571 North Iowa Area CC (28:17 2:21:22 3:09) | | | | | | | |
| ===== | | | | | | | |
| 1 | 4 | 1261 Wal Khat SO | 26:18 | 5 | 197 | 1260 Blake Keller FR | 29:27 |
| 2 | 73 | 1258 Zach Freund FR | 27:52 | 6 | (213) | 1254 Jose Aguilera SO | 29:43 |
| 3 | 131 | 1263 Colby Kraninger SO | 28:39 | 7 | (223) | 1256 Samuel Dean FR | 30:03 |
| 4 | 166 | 1262 John Kraft FR | 29:06 | | | | |
| 21. 581 Winona State (28:22 2:21:49 2:58) | | | | | | | |
| ===== | | | | | | | |
| 1 | 16 | 1407 Seth Reel SR | 26:50 | 5 | 218 | 1402 Jesse Frank SO | 29:48 |
| 2 | 62 | 1406 Reed Parent JR | 27:44 | 6 | (224) | 1411 Garrett Zakrzewski FR | 30:04 |
| 3 | 85 | 1409 Charles Schauer JR | 27:58 | 7 | (238) | 1403 Max Gonzalez JR | 30:41 |
| 4 | 200 | 1410 Jake Wald JR | 29:29 | | | | |
| 22. 585 Minnesota Running Club (28:26 2:22:08 1:23) | | | | | | | |
| ===== | | | | | | | |
| 1 | 63 | 1156 Alec Anderson | 27:45 | 5 | 175 | 1199 Shamus Zenk | 29:08 |
| 2 | 82 | 1170 Sam Hanson | 27:57 | 6 | (178) | 1177 Rohith Kommera | 29:11 |
| 3 | 118 | 1167 Jace Galley | 28:23 | 7 | (185) | 1185 Jon Olsen | 29:15 |
| 4 | 147 | 1183 Andrew Nelson | 28:55 | | | | |
| 23. 641 Wisconsin Track Club (28:36 2:23:00 2:00) | | | | | | | |
| ===== | | | | | | | |
| 1 | 25 | 1443 Matthew Kuik | 27:05 | 5 | 164 | 1449 Andrew Schilling | 29:05 |
| 2 | 141 | 1433 Tom Enright | 28:48 | 6 | (176) | 1448 Evan Routhier | 29:10 |
| 3 | 153 | 1441 Evan Kohl | 29:00 | 7 | (177) | 1442 Luke Kubasta | 29:10 |
| 4 | 158 | 1446 Nathan Orf | 29:02 | | | | |
| 24. 643 Morningside (28:36 2:22:58 1:24) | | | | | | | |
| ===== | | | | | | | |
| 1 | 60 | 1236 Alec Devries JR | 27:44 | 5 | 174 | 1239 Jason Kenny JR | 29:08 |
| 2 | 84 | 1244 Sean Skillern SR | 27:58 | 6 | (204) | 1237 Quinn Groff SR | 29:32 |
| 3 | 160 | 1243 Drew Schiltz SR | 29:03 | 7 | (221) | 1235 Jon Dahlheimer FR | 29:55 |
| 4 | 165 | 1241 Anthony Patton SO | 29:05 | | | | |
| 25. 655 Concordia-St. Paul (28:36 2:22:56 1:29) | | | | | | | |
| ===== | | | | | | | |
| 1 | 67 | 1026 Caleb Troe SO | 27:47 | 5 | 187 | 1022 Tyler Karl JR | 29:16 |
| 2 | 97 | 1024 Cole Oslin FR | 28:06 | 6 | (196) | 1019 Peyton Holmes FR | 29:26 |
| 3 | 132 | 1015 Benjamin Allen FR | 28:40 | 7 | (212) | 1023 Abdirahman Mohamed FR | 29:43 |
| 4 | 172 | 1020 Tyler Hudson FR | 29:07 | | | | |
| 26. 670 Dordt (28:38 2:23:09 2:30) | | | | | | | |
| ===== | | | | | | | |
| 1 | 26 | 1051 Caleb Drake SR | 27:05 | 5 | 206 | 1057 Ian Manske SR | 29:35 |
| 2 | 88 | 1063 Sam Wensink SR | 28:02 | 6 | (222) | 1053 Luke Gilliland FR | 30:00 |
| 3 | 148 | 1061 Nick Vanderkooi SR | 28:56 | 7 | (230) | 1060 Alex Van Ginkel JR | 30:21 |
| 4 | 202 | 1056 Schuyler Malenke FR | 29:31 | | | | |
| 27. 683 Indiana Wesleyan (28:44 2:23:39 1:15) | | | | | | | |

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|---|-----|------|------------------------|-------|---|-------|------|-----------------------|-------|
| ===== | | | | | | | | | |
| 1 | 68 | 1106 | Joshua Neideck JR | 27:48 | 5 | 162 | 1096 | Christian Cuevas JR | 29:03 |
| 2 | 139 | 1109 | Jacob Reinking SR | 28:45 | 6 | (183) | 1103 | Grant Keaffaber SR | 29:14 |
| 3 | 155 | 1110 | Jesse Saxton FR | 29:01 | 7 | (189) | 1100 | Nathan Gerick SR | 29:17 |
| 4 | 159 | 1111 | Jared Williams FR | 29:02 | | | | | |
| 28. 747 Waldorf (28:51 2:24:13 1:39) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 105 | 1391 | Marquis Cox JR | 28:14 | 5 | 220 | 1399 | Aaron Ward SR | 29:53 |
| 2 | 113 | 1395 | Nathan Meiners SR | 28:19 | 6 | (243) | 1397 | Chasen Selsor JR | 31:07 |
| 3 | 115 | 1393 | Nic Ganzeveld JR | 28:23 | 7 | (247) | 1388 | Mark Ahlers SO | 31:21 |
| 4 | 194 | 1396 | Andrew Murley FR | 29:24 | | | | | |
| 29. 748 Humboldt State (28:51 2:24:13 1:36) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 87 | 1091 | Chase Wheeler SR | 28:00 | 5 | 207 | 1086 | Sam Boyle JR | 29:36 |
| 2 | 128 | 1088 | Alex Johnson SR | 28:35 | 6 | (215) | 1089 | Anthony Palacio FR | 29:46 |
| 3 | 138 | 1090 | Ben Stalheim SO | 28:45 | 7 | (227) | 1087 | James Dagley JR | 30:06 |
| 4 | 188 | 1085 | Kainalu Asam FR | 29:17 | | | | | |
| 30. 779 Cardinal Stritch (30:24 2:31:57 10:07) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 2 | 982 | Daniel Garcia | 26:05 | 4 | 253 | 985 | Supervoid Mack FR | 31:51 |
| 2 | 15 | 983 | Jonathan Kimutai FR | 26:49 | 5 | 268 | 987 | Darryl Simpson FR | 36:12 |
| 3 | 241 | 981 | Jacob Cairo FR | 31:00 | | | | | |
| 31. 787 Johnson County CC (28:58 2:24:48 1:38) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 86 | 1134 | Kyle McRoberts FR | 27:59 | 5 | 209 | 1135 | Cyrus Muema SO | 29:37 |
| 2 | 150 | 1129 | Edgar Renteria SO | 28:56 | 6 | (216) | 1128 | Chryspus Muema SO | 29:46 |
| 3 | 163 | 1139 | Caleb Stillings FR | 29:05 | 7 | (233) | 1131 | Ryan Anderson SO | 30:34 |
| 4 | 179 | 1137 | Adam Souleymane FR | 29:11 | | | | | |
| 32. 837 Colo. Christian (29:08 2:25:37 2:40) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 39 | 1007 | Evan Verbal SR | 27:25 | 5 | 225 | 1002 | Kyle Gudmunson FR | 30:05 |
| 2 | 180 | 998 | Luke Bruns SO | 29:12 | 6 | (228) | 1003 | Anders Hanson FR | 30:13 |
| 3 | 182 | 999 | Cole Chudy FR | 29:13 | 7 | (258) | 1006 | Abe Means FR | 32:12 |
| 4 | 211 | 1004 | Keaton Helm FR | 29:42 | | | | | |
| 33. 967 Dickinson St. (29:28 2:27:20 1:38) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 123 | 1044 | Christopher Moreno JR | 28:27 | 5 | 226 | 1046 | Richard Timmermans JR | 30:05 |
| 2 | 191 | 1043 | Tristen Guillot SO | 29:21 | 6 | (234) | 1040 | Jonathan Aman SR | 30:35 |
| 3 | 210 | 1041 | Ernest Franssen III FR | 29:39 | 7 | (248) | 1045 | Trey Smollack SO | 31:21 |
| 4 | 217 | 1039 | Daniel Aguirre JR | 29:48 | | | | | |
| 34. 984 SW Minnesota St. (29:36 2:27:57 1:47) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 144 | 1336 | Blake Wooten SR | 28:50 | 4 | 208 | 1333 | Jackson Connelly FR | 29:36 |
| 2 | 192 | 1332 | Ben Broze SO | 29:22 | 5 | 237 | 1331 | Evan Bonneson JR | 30:37 |
| 3 | 203 | 1334 | Kelly Fitzsimmons SR | 29:32 | | | | | |
| 35. 1004 Northern State (29:59 2:29:52 3:01) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 149 | 1267 | Clay Danielson JR | 28:56 | 5 | 255 | 1273 | Logan Swenson SO | 31:57 |
| 2 | 167 | 1272 | Tanner Peltier SO | 29:06 | 6 | (256) | 1266 | Zac Bartolomeo JR | 32:00 |
| 3 | 201 | 1269 | Jackson Goodell FR | 29:29 | 7 | (259) | 1274 | Asher Wahl FR | 32:30 |
| 4 | 232 | 1270 | Thomas Horgeshimer JR | 30:24 | | | | | |
| 36. 1010 Wayne St. (Neb.) (30:27 2:32:12 4:48) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 61 | 381 | Antoine Bardou JR | 27:44 | 4 | 249 | 380 | Kak Ayaj FR | 31:24 |
| 2 | 198 | 386 | Isaias Solorio FR | 29:28 | 5 | 260 | 382 | Joey Black SR | 32:32 |
| 3 | 242 | 383 | Corbin Lehn SR | 31:04 | | | | | |
| 37. 1054 Dakota State (30:03 2:30:11 1:50) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 157 | 1030 | Braden Curnow FR | 29:02 | 5 | 240 | 1029 | Max Cruse FR | 30:52 |
| 2 | 190 | 1031 | Alex Ferr FR | 29:20 | 6 | (250) | 1036 | Jonathan Lein FR | 31:34 |
| 3 | 231 | 1037 | Mark Moeller SR | 30:21 | 7 | (254) | 1028 | Michael Carson SR | 31:54 |
| 4 | 236 | 1032 | Cameron Harming FR | 30:36 | | | | | |
| 38. 1147 Minot State (33:07 2:45:33 12:37) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 154 | 1229 | Joel Cartwright SR | 29:00 | 4 | 264 | 1231 | Colin Olson FR | 34:00 |
| 2 | 214 | 1233 | Devan Shumway SO | 29:44 | 5 | 270 | 1230 | Dylan Harvey JR | 41:37 |
| 3 | 245 | 1232 | Julio Romero SR | 31:12 | | | | | |
| 39. 1156 Grand View (31:43 2:38:34 5:58) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 151 | 1077 | Rhett Gainey SO | 28:58 | 5 | 265 | 1078 | Colton Galusha FR | 34:56 |
| 2 | 235 | 1083 | Evan Rix SO | 30:35 | 6 | (266) | 1081 | Ryan Moshinsky FR | 34:57 |
| 3 | 244 | 1076 | Chris Dejoode SR | 31:10 | 7 | (267) | 1082 | Taylor Murray SO | 35:36 |
| 4 | 261 | 1080 | Josh Morrow FR | 32:55 | | | | | |
| 40. 1280 Graceland (32:19 2:41:34 1:59) | | | | | | | | | |
| ===== | | | | | | | | | |
| 1 | 246 | 1069 | Hector Salas FR | 31:17 | 5 | 263 | 1066 | Lucky Lovan SO | 33:16 |
| 2 | 252 | 1068 | Ross Robino SR | 31:50 | 6 | (269) | 1065 | Colton Graham SR | 39:35 |
| 3 | 257 | 1070 | Zacary Stetzel FR | 32:11 | | | | | |
| 4 | 262 | 1067 | Jeremiah Reynolds JR | 33:00 | | | | | |

Roy Griak Invitational - Maroon Division (Men's Division II)
Les Bolstad Golf Course, University of Minnesota
8 Kilometers

| Place | Tea | No. | Name | Grade | Team | Rank | 1k | Rank | 1 Mile | Rank | 3k | Rank | 5k | Time | Pace |
|-------|-----|------|---------------------|-------|-------------------------|------|------|------|--------|------|------|------|-------|---------|------|
| 1 | 1 | 1147 | Kevin Tree | SR | Lakehead University | 11 | 3:04 | 6 | 5:00 | 4 | 9:29 | 8 | 16:04 | 25:57.0 | 5:14 |
| 2 | 1 | 982 | Daniel Garcia | | Cardinal Stritch | 21 | 3:04 | 26 | 5:01 | 9 | 9:30 | 9 | 16:04 | 26:04.8 | 5:15 |
| 3 | 1 | 953 | Glen Ellingson | SR | Augustana (S.D.) | 6 | 3:03 | 9 | 5:00 | 12 | 9:30 | 18 | 16:06 | 26:08.4 | 5:16 |
| 4 | 1 | 1468 | Kevin Lewis | | Unattached | 8 | 3:03 | 16 | 5:00 | 1 | 9:26 | 7 | 15:55 | 26:15.4 | 5:17 |
| 5 | 1 | 1261 | Wal Khat | SO | North Iowa Area CC | 47 | 3:07 | 25 | 5:01 | 16 | 9:30 | 11 | 16:05 | 26:17.1 | 5:18 |
| 6 | 1 | 1479 | Isaac Derline | JR | Western Washington | 4 | 3:03 | 5 | 4:59 | 5 | 9:29 | 17 | 16:06 | 26:18.6 | 5:18 |
| 7 | 2 | 1473 | Mason Phillips | SO | Unattached | 19 | 3:04 | 18 | 5:00 | 17 | 9:30 | 14 | 16:06 | 26:21.3 | 5:19 |
| 8 | 1 | 1354 | Tareq Alwafai | SR | UC San Diego | 29 | 3:06 | 14 | 5:00 | 15 | 9:30 | 13 | 16:06 | 26:22.5 | 5:19 |
| 9 | 3 | 1465 | Jase Kraft | JR | Unattached | 16 | 3:04 | 8 | 5:00 | 10 | 9:30 | 12 | 16:06 | 26:25.7 | 5:19 |
| 10 | 2 | 1485 | Andrew Wise | JR | Western Washington | 3 | 3:03 | 4 | 4:59 | 7 | 9:29 | 16 | 16:06 | 26:27.3 | 5:20 |
| 11 | 2 | 951 | Keegan Carda | SR | Augustana (S.D.) | 13 | 3:04 | 21 | 5:00 | 19 | 9:31 | 21 | 16:08 | 26:29.6 | 5:20 |
| 12 | 1 | 1318 | Ben Jaskowiak | | Runablaze Iowa | 20 | 3:04 | 15 | 5:00 | 13 | 9:30 | 22 | 16:09 | 26:31.4 | 5:21 |
| 13 | 2 | 1360 | Brendan Gee | SR | UC San Diego | 40 | 3:07 | 461 | 18:50 | 18 | 9:30 | 15 | 16:06 | 26:32.5 | 5:21 |
| 14 | 1 | 1427 | Armando Torres | JR | Wis.- Parkside | 28 | 3:06 | 7 | 5:00 | 11 | 9:30 | 20 | 16:08 | 26:38.2 | 5:22 |
| 15 | 1 | 1283 | Will Norris | SR | Northwestern (Iowa) | 7 | 3:03 | 10 | 5:00 | 24 | 9:33 | 30 | 16:23 | 26:39.2 | 5:22 |
| 16 | 3 | 963 | Jesus Urtusuastegui | FR | Augustana (S.D.) | 18 | 3:04 | 11 | 5:00 | 20 | 9:31 | 24 | 16:12 | 26:39.6 | 5:22 |
| 17 | 1 | 977 | Jonah Theisen | SO | Black Hills St. | 58 | 3:08 | 55 | 5:07 | 38 | 9:41 | 34 | 16:28 | 26:45.5 | 5:23 |
| 18 | 1 | 1349 | Timothy Miller | | U of Manitoba | 87 | 3:11 | 77 | 5:09 | 67 | 9:49 | 50 | 16:38 | 26:48.1 | 5:24 |
| 19 | 2 | 983 | Jonathan Kimutai | FR | Cardinal Stritch | 22 | 3:04 | 27 | 5:01 | 8 | 9:29 | 10 | 16:05 | 26:48.1 | 5:24 |
| 20 | 1 | 1407 | Seth Reel | SR | Winona State | 5 | 3:03 | 12 | 5:00 | 3 | 9:29 | 19 | 16:08 | 26:49.8 | 5:24 |
| 21 | 1 | 993 | Alejandro Garcia | SR | Chadron State | 9 | 3:04 | 3 | 4:59 | 14 | 9:30 | 23 | 16:10 | 26:53.8 | 5:25 |
| 22 | 1 | 1225 | Isaac Overmyer | SO | Minnesota-Duluth | 194 | 3:20 | 157 | 5:20 | 100 | 9:58 | 60 | 16:42 | 26:55.7 | 5:26 |
| 23 | 1 | 1123 | Rob Scanlon | | Iowa State Running Club | 15 | 3:04 | 17 | 5:00 | 6 | 9:29 | 25 | 16:18 | 26:56.2 | 5:26 |
| 24 | 4 | 1490 | Apolinar Baltazar | | Unattached | 24 | 3:05 | 29 | 5:01 | 21 | 9:32 | 31 | 16:24 | 26:56.2 | 5:26 |
| 25 | 2 | 1345 | Daniel Heschuk | | U of Manitoba | 92 | 3:11 | 43 | 5:05 | 32 | 9:37 | 26 | 16:21 | 26:58.7 | 5:26 |
| 26 | 1 | 1154 | Brandon Krage | JR | Metro State | 93 | 3:11 | 84 | 5:10 | 56 | 9:45 | 39 | 16:32 | 27:00.1 | 5:26 |
| 27 | 2 | 996 | Dylan Stansbury | SR | Chadron State | 226 | 3:22 | 126 | 5:17 | 61 | 9:48 | 40 | 16:32 | 27:02.0 | 5:27 |
| 28 | 1 | 1246 | Cody Christ | SR | MSU-Moorhead | 156 | 3:18 | 147 | 5:20 | 101 | 9:58 | 51 | 16:39 | 27:02.8 | 5:27 |
| 29 | 3 | 1344 | Josh Dyck | | U of Manitoba | 91 | 3:11 | 74 | 5:08 | 48 | 9:44 | 45 | 16:33 | 27:03.7 | 5:27 |
| 30 | 1 | 1443 | Matthew Kuik | | Wisconsin Track Club | 1 | 3:03 | 2 | 4:59 | 23 | 9:32 | 43 | 16:33 | 27:04.6 | 5:27 |
| 31 | 1 | 1051 | Caleb Drake | SR | Dordt | 30 | 3:06 | 28 | 5:01 | 28 | 9:35 | 33 | 16:27 | 27:04.9 | 5:27 |
| 32 | 1 | 1310 | Dan Docherty | | Run N Fun | 17 | 3:04 | 1 | 4:59 | 2 | 9:28 | 29 | 16:23 | 27:07.5 | 5:28 |
| 33 | 2 | 967 | Joshua Davis | JR | Black Hills St. | 85 | 3:11 | 70 | 5:08 | 33 | 9:38 | 28 | 16:23 | 27:08.2 | 5:28 |

| | | | | | | | | | | | | | | | |
|----|---|------|---------------------|----|--------------------------|-----|------|-----|-------|-----|-------|----|-------|---------|------|
| 34 | 2 | 1218 | Henry Jessen | JR | Minnesota-Duluth | 108 | 3:14 | 92 | 5:11 | 65 | 9:48 | 46 | 16:35 | 27:08.7 | 5:28 |
| 35 | 1 | 1013 | Daniel Vavrik | SR | Colorado Mesa | 25 | 3:05 | 19 | 5:00 | 26 | 9:35 | 32 | 16:25 | 27:09.6 | 5:28 |
| 36 | 3 | 1353 | Scott Acton | SR | UC San Diego | 82 | 3:11 | 65 | 5:08 | 35 | 9:38 | 27 | 16:23 | 27:11.2 | 5:29 |
| 37 | 4 | 960 | Nathan Schroeder | SO | Augustana (S.D.) | 32 | 3:06 | 40 | 5:05 | 47 | 9:44 | 52 | 16:40 | 27:13.0 | 5:29 |
| 38 | 3 | 968 | Chance Dooley | FR | Black Hills St. | 64 | 3:09 | 56 | 5:07 | 39 | 9:41 | 38 | 16:31 | 27:13.3 | 5:29 |
| 39 | 4 | 973 | Kendall Murie | SR | Black Hills St. | 50 | 3:08 | 30 | 5:02 | 34 | 9:38 | 37 | 16:31 | 27:15.6 | 5:30 |
| 40 | 1 | 965 | Sam Vincent | | Bison Track & Field Club | 14 | 3:04 | 22 | 5:01 | 25 | 9:34 | 35 | 16:28 | 27:17.4 | 5:30 |
| 41 | 5 | 956 | Nathan Hauge | SR | Augustana (S.D.) | 42 | 3:07 | 58 | 5:07 | 69 | 9:49 | 77 | 16:52 | 27:19.8 | 5:30 |
| 42 | 2 | 1009 | Blake Graf | JR | Colorado Mesa | 74 | 3:10 | 60 | 5:07 | 54 | 9:45 | 57 | 16:41 | 27:20.5 | 5:31 |
| 43 | 2 | 1149 | Sam Berg | FR | Metro State | 97 | 3:12 | 90 | 5:11 | 82 | 9:54 | 72 | 16:51 | 27:20.9 | 5:31 |
| 44 | 4 | 1362 | Garrett Lepine | JR | UC San Diego | 66 | 3:09 | 54 | 5:06 | 49 | 9:44 | 47 | 16:36 | 27:21.5 | 5:31 |
| 45 | 2 | 1422 | Eric Lindelsee | SR | Wis.-Parkside | 10 | 3:04 | 20 | 5:00 | 30 | 9:36 | 41 | 16:32 | 27:22.1 | 5:31 |
| 46 | 5 | 1455 | Steve Brown | SO | Unattached | 69 | 3:09 | 66 | 5:08 | 57 | 9:45 | 49 | 16:38 | 27:23.7 | 5:31 |
| 47 | 1 | 1007 | Evan Verbal | SR | Colo. Christian | 48 | 3:08 | 39 | 5:04 | 42 | 9:42 | 44 | 16:33 | 27:24.7 | 5:31 |
| 48 | 1 | 1304 | Colby Kromminga | SR | Pittsburg St. | 12 | 3:04 | 13 | 5:00 | 27 | 9:35 | 36 | 16:30 | 27:25.4 | 5:31 |
| 49 | 3 | 1480 | Sean Eustis | JR | Western Washington | 41 | 3:07 | 49 | 5:06 | 72 | 9:50 | 54 | 16:41 | 27:25.7 | 5:32 |
| 50 | 4 | 1482 | Cody McCranie | SR | Western Washington | 37 | 3:06 | 36 | 5:04 | 44 | 9:43 | 56 | 16:41 | 27:26.8 | 5:32 |
| 51 | 4 | 1339 | Patrique Bulloch | | U of Manitoba | 182 | 3:19 | 146 | 5:20 | 115 | 10:01 | 82 | 16:54 | 27:27.2 | 5:32 |
| 52 | 5 | 974 | Garrett Peterson | JR | Black Hills St. | 151 | 3:18 | 124 | 5:17 | 95 | 9:57 | 97 | 17:00 | 27:27.6 | 5:32 |
| 53 | 3 | 1151 | Christian Culpepper | JR | Metro State | 104 | 3:13 | 91 | 5:11 | 66 | 9:49 | 64 | 16:46 | 27:29.8 | 5:32 |
| 54 | 2 | 1302 | Dominick Fonseca | SO | Pittsburg St. | 68 | 3:09 | 48 | 5:06 | 51 | 9:45 | 67 | 16:47 | 27:30.2 | 5:32 |
| 55 | 3 | 1308 | Matthew Wilson | FR | Pittsburg St. | 45 | 3:07 | 47 | 5:06 | 52 | 9:45 | 68 | 16:47 | 27:30.6 | 5:32 |
| 56 | 5 | 1356 | Samuel Blake | SO | UC San Diego | 52 | 3:08 | 42 | 5:05 | 37 | 9:41 | 48 | 16:37 | 27:31.8 | 5:32 |
| 57 | 6 | 961 | Nathaniel Souther | FR | Augustana (S.D.) | 34 | 3:06 | 38 | 5:04 | 45 | 9:43 | 58 | 16:42 | 27:32.1 | 5:32 |
| 58 | 1 | 1200 | Caleb Burke | SO | Minnesota State | 196 | 3:20 | 172 | 5:22 | 138 | 10:05 | 95 | 16:58 | 27:33.6 | 5:32 |
| 59 | 5 | 1341 | Mathieu Desmarais | | U of Manitoba | 168 | 3:18 | 156 | 5:20 | 119 | 10:02 | 96 | 16:59 | 27:35.6 | 5:32 |
| 60 | 2 | 1252 | Josh Young | SO | MSU-Moorhead | 166 | 3:18 | 154 | 5:20 | 117 | 10:02 | 83 | 16:54 | 27:36.9 | 5:32 |
| 61 | 1 | 1328 | Zach Lundberg | FR | Sioux Falls | 114 | 3:14 | 104 | 5:14 | 86 | 9:55 | 87 | 16:55 | 27:37.5 | 5:32 |
| 62 | 2 | 1202 | Steven Erredge | SO | Minnesota State | 159 | 3:18 | 139 | 5:19 | 128 | 10:03 | 85 | 16:54 | 27:38.3 | 5:32 |
| 63 | 2 | 1127 | Jason Thomas | | Iowa State Running Club | 144 | 3:17 | 121 | 5:17 | 91 | 9:56 | 78 | 16:52 | 27:38.7 | 5:32 |
| 64 | 3 | 1250 | Brady Speicher | SR | MSU-Moorhead | 162 | 3:18 | 151 | 5:20 | 116 | 10:02 | 91 | 16:56 | 27:39.0 | 5:32 |
| 65 | 4 | 1248 | Joshua Ernst | SO | MSU-Moorhead | 171 | 3:19 | 150 | 5:20 | 102 | 9:58 | 61 | 16:42 | 27:39.4 | 5:32 |
| 66 | 2 | 1144 | Derek Patterson | FR | Lakehead University | 44 | 3:07 | 33 | 5:03 | 53 | 9:45 | 63 | 16:45 | 27:41.9 | 5:32 |
| 67 | 5 | 1481 | Matthew Lutz | SR | Western Washington | 38 | 3:07 | 32 | 5:03 | 36 | 9:40 | 69 | 16:47 | 27:42.5 | 5:32 |
| 68 | 1 | 1236 | Alec DeVries | JR | Morningside | 62 | 3:09 | 462 | 19:36 | 64 | 9:48 | 66 | 16:46 | 27:43.1 | 5:32 |
| 69 | 6 | 1458 | Chris Gill | | Unattached | 26 | 3:05 | 24 | 5:01 | 22 | 9:32 | 42 | 16:32 | 27:43.4 | 5:32 |
| 70 | 1 | 381 | Antoine Bardou | JR | Wayne St. (Neb.) | 77 | 3:10 | 73 | 5:08 | 63 | 9:48 | 71 | 16:50 | 27:43.7 | 5:32 |
| 71 | 2 | 1406 | Reed Parent | JR | Winona State | 36 | 3:06 | 35 | 5:04 | 50 | 9:45 | 70 | 16:49 | 27:43.9 | 5:32 |

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|-----|---|------|-------------------|----|------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 72 | 1 | 1156 | Alec Anderson | | Minnesota Running Club | 60 | 3:09 | 69 | 5:08 | 74 | 9:50 | 81 | 16:54 | 27:44.1 | 5:36 |
| 73 | 1 | 1378 | Derek Myers | SO | U-Mary | 117 | 3:15 | 131 | 5:18 | 127 | 10:03 | 105 | 17:03 | 27:44.7 | 5:36 |
| 74 | 6 | 1366 | Wylar Svoboda | JR | UC San Diego | 110 | 3:14 | 82 | 5:09 | 58 | 9:45 | 59 | 16:42 | 27:45.8 | 5:36 |
| 75 | 3 | 1418 | Jimmy Funteas Jr. | SO | Wis.-Parkside | 88 | 3:11 | 79 | 5:09 | 41 | 9:42 | 75 | 16:51 | 27:46.5 | 5:36 |
| 76 | 1 | 1026 | Caleb Troe | SO | Concordia-St. Paul | 306 | 3:28 | 261 | 5:31 | 165 | 10:13 | 128 | 17:10 | 27:47.0 | 5:36 |
| 77 | 1 | 1106 | Joshua Neideck | JR | Indiana Wesleyan | 244 | 3:23 | 241 | 5:29 | 194 | 10:18 | 141 | 17:14 | 27:47.4 | 5:36 |
| 78 | 1 | 1294 | Christian Oppel | SR | Nova Southeastern | 112 | 3:14 | 112 | 5:15 | 107 | 10:00 | 99 | 17:01 | 27:47.8 | 5:36 |
| 79 | 3 | 1208 | Austin Yardley | FR | Minnesota State | 190 | 3:20 | 152 | 5:20 | 114 | 10:01 | 89 | 16:56 | 27:48.4 | 5:36 |
| 80 | 6 | 970 | Levi Fried | SO | Black Hills St. | 154 | 3:18 | 115 | 5:15 | 94 | 9:56 | 88 | 16:55 | 27:49.7 | 5:36 |
| 81 | 3 | 1145 | Gavin Shields | SR | Lakehead University | 152 | 3:18 | 138 | 5:19 | 130 | 10:04 | 98 | 17:01 | 27:50.7 | 5:37 |
| 82 | 2 | 1258 | Zach Freund | FR | North Iowa Area CC | 202 | 3:21 | 206 | 5:26 | 176 | 10:14 | 115 | 17:06 | 27:52.0 | 5:37 |
| 83 | 7 | 1456 | Trai Bunch | | Unattached | 23 | 3:04 | 23 | 5:01 | 31 | 9:37 | 55 | 16:41 | 27:52.6 | 5:37 |
| 84 | 7 | 1364 | Terrence Luevano | SR | UC San Diego | 43 | 3:07 | 45 | 5:05 | 43 | 9:42 | 62 | 16:45 | 27:53.3 | 5:37 |
| 85 | 3 | 995 | Riley Howard | FR | Chadron State | 65 | 3:09 | 76 | 5:09 | 71 | 9:49 | 93 | 16:57 | 27:53.8 | 5:37 |
| 86 | 4 | 1201 | Derek Cruz | SO | Minnesota State | 252 | 3:24 | 233 | 5:28 | 178 | 10:14 | 123 | 17:09 | 27:54.0 | 5:37 |
| 87 | 4 | 1153 | Kyle Jones | FR | Metro State | 95 | 3:12 | 87 | 5:10 | 59 | 9:47 | 65 | 16:46 | 27:54.3 | 5:37 |
| 88 | 7 | 959 | Aaron Runge | FR | Augustana (S.D.) | 136 | 3:16 | 129 | 5:17 | 132 | 10:04 | 113 | 17:05 | 27:54.4 | 5:37 |
| 89 | 7 | 975 | Aaron Schone | SR | Black Hills St. | 157 | 3:18 | 117 | 5:15 | 84 | 9:55 | 92 | 16:57 | 27:55.2 | 5:37 |
| 90 | 4 | 1303 | Ethan Hartzell | SO | Pittsburg St. | 116 | 3:15 | 103 | 5:14 | 105 | 10:00 | 107 | 17:04 | 27:55.8 | 5:38 |
| 91 | 3 | 1010 | Zak Kennison | SR | Colorado Mesa | 124 | 3:15 | 108 | 5:14 | 87 | 9:55 | 94 | 16:57 | 27:56.3 | 5:38 |
| 92 | 2 | 1170 | Sam Hanson | | Minnesota Running Club | 59 | 3:08 | 71 | 5:08 | 75 | 9:51 | 80 | 16:54 | 27:56.8 | 5:38 |
| 93 | 2 | 1372 | Kevin Carpenter | JR | U-Mary | 120 | 3:15 | 130 | 5:18 | 122 | 10:02 | 111 | 17:05 | 27:57.2 | 5:38 |
| 94 | 2 | 1244 | Sean Skillern | SR | Morningside | 83 | 3:11 | 83 | 5:10 | 76 | 9:51 | 90 | 16:56 | 27:57.7 | 5:38 |
| 95 | 3 | 1409 | Charles Schauer | JR | Winona State | 33 | 3:06 | 34 | 5:03 | 55 | 9:45 | 84 | 16:54 | 27:57.8 | 5:38 |
| 96 | 1 | 1134 | Kyle McRoberts | FR | Johnson County CC | 55 | 3:08 | 63 | 5:08 | 73 | 9:50 | 74 | 16:51 | 27:58.3 | 5:38 |
| 97 | 1 | 1091 | Chase Wheeler | SR | Humboldt State | 90 | 3:11 | 101 | 5:14 | 112 | 10:01 | 112 | 17:05 | 27:59.7 | 5:38 |
| 98 | 8 | 1361 | Aren Johnson | SO | UC San Diego | 67 | 3:09 | 57 | 5:07 | 46 | 9:44 | 86 | 16:55 | 27:59.7 | 5:38 |
| 99 | 8 | 971 | Isaac Iverson | JR | Black Hills St. | 63 | 3:09 | 31 | 5:02 | 29 | 9:36 | 53 | 16:40 | 27:59.9 | 5:38 |
| 100 | 2 | 1063 | Sam Wensink | SR | Dordt | 94 | 3:12 | 106 | 5:14 | 108 | 10:00 | 114 | 17:05 | 28:01.6 | 5:39 |
| 101 | 5 | 1307 | Andrew Rodgers | SR | Pittsburg St. | 70 | 3:10 | 85 | 5:10 | 93 | 9:56 | 103 | 17:02 | 28:02.2 | 5:39 |
| 102 | 4 | 1421 | Trevor Legg | FR | Wis.-Parkside | 80 | 3:10 | 64 | 5:08 | 60 | 9:47 | 76 | 16:52 | 28:02.5 | 5:39 |
| 103 | 5 | 1204 | Brendan Gessner | SR | Minnesota State | 210 | 3:22 | 188 | 5:24 | 167 | 10:14 | 159 | 17:21 | 28:03.3 | 5:39 |
| 104 | 3 | 1209 | Blake Anderson | JR | Minnesota-Duluth | 111 | 3:14 | 94 | 5:12 | 96 | 9:57 | 104 | 17:02 | 28:04.2 | 5:39 |
| 105 | 3 | 1379 | Teegan Olson | SO | U-Mary | 241 | 3:23 | 227 | 5:27 | 187 | 10:16 | 150 | 17:19 | 28:04.3 | 5:39 |
| 106 | 5 | 1412 | Anthony Anderson | FR | Wis.-Parkside | 239 | 3:23 | 199 | 5:25 | 146 | 10:09 | 143 | 17:16 | 28:04.7 | 5:39 |
| 107 | 5 | 1245 | Jay Biwer | JR | MSU-Moorhead | 163 | 3:18 | 148 | 5:20 | 120 | 10:02 | 102 | 17:02 | 28:05.0 | 5:39 |
| 108 | 6 | 1426 | Adam Phillips | FR | Wis.-Parkside | 81 | 3:11 | 80 | 5:09 | 88 | 9:55 | 116 | 17:06 | 28:05.6 | 5:40 |
| 109 | 2 | 1024 | Cole Oslin | FR | Concordia-St. Paul | 299 | 3:27 | 266 | 5:31 | 161 | 10:12 | 126 | 17:10 | 28:05.7 | 5:40 |
| | | | Mako | | Colorado | | | | | | | | | | |

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|-----|----|------|---------------------|----|-------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 110 | 4 | 1014 | Watanabe | SO | Mesa | 96 | 3:12 | 97 | 5:13 | 103 | 9:59 | 127 | 17:10 | 28:06.5 | 5:40 |
| 111 | 6 | 1484 | Max Romey | JR | Western Washington | 61 | 3:09 | 75 | 5:08 | 89 | 9:55 | 108 | 17:04 | 28:09.4 | 5:40 |
| 112 | 4 | 1219 | Drew Johnson | SR | Minnesota-Duluth | 255 | 3:24 | 245 | 5:29 | 207 | 10:21 | 169 | 17:28 | 28:09.7 | 5:40 |
| 113 | 5 | 1011 | Seth Knighton | SR | Colorado Mesa | 78 | 3:10 | 72 | 5:08 | 81 | 9:53 | 79 | 16:53 | 28:10.2 | 5:40 |
| 114 | 1 | 1488 | Timmy Heikkila | | UNA-North Dakota State | 86 | 3:11 | 53 | 5:06 | 99 | 9:58 | 138 | 17:14 | 28:12.2 | 5:41 |
| 115 | 2 | 1278 | Tanner Goetsch | JR | Northwestern (Iowa) | 107 | 3:14 | 111 | 5:15 | 140 | 10:06 | 137 | 17:14 | 28:12.2 | 5:41 |
| 116 | 5 | 1214 | Mitch Fisher | SR | Minnesota-Duluth | 293 | 3:26 | 215 | 5:27 | 143 | 10:08 | 131 | 17:12 | 28:13.0 | 5:41 |
| 117 | 7 | 1425 | Spencer Oftedahl | FR | Wis.-Parkside | 149 | 3:17 | 135 | 5:18 | 106 | 10:00 | 118 | 17:07 | 28:13.4 | 5:41 |
| 118 | 1 | 1391 | Marquis Cox | JR | Waldorf | 153 | 3:18 | 142 | 5:19 | 144 | 10:08 | 132 | 17:13 | 28:13.4 | 5:41 |
| 119 | 7 | 1483 | Nick Mounier | SO | Western Washington | 39 | 3:07 | 52 | 5:06 | 90 | 9:56 | 119 | 17:08 | 28:13.8 | 5:41 |
| 120 | 8 | 1454 | Billy Beseman | SO | Unattached | 72 | 3:10 | 78 | 5:09 | 80 | 9:53 | 106 | 17:03 | 28:14.6 | 5:41 |
| 121 | 6 | 1253 | Nadir Yusuf | FR | MSU-Moorhead | 219 | 3:22 | 204 | 5:25 | 159 | 10:12 | 122 | 17:09 | 28:15.4 | 5:42 |
| 122 | 2 | 1288 | Raphae De Bonnières | SR | Nova Southeastern | 49 | 3:08 | 46 | 5:05 | 78 | 9:52 | 125 | 17:10 | 28:15.5 | 5:42 |
| 123 | 3 | 1285 | Peter Smith | JR | Northwestern (Iowa) | 170 | 3:18 | 160 | 5:20 | 150 | 10:10 | 146 | 17:17 | 28:15.6 | 5:42 |
| 124 | 8 | 958 | John Klecker | SR | Augustana (S.D.) | 31 | 3:06 | 41 | 5:05 | 62 | 9:48 | 73 | 16:51 | 28:16.1 | 5:42 |
| 125 | 3 | 1291 | Thomas Ingalls | SR | Nova Southeastern | 2 | 3:03 | 37 | 5:04 | 97 | 9:58 | 134 | 17:13 | 28:16.9 | 5:42 |
| 126 | 2 | 1325 | Grant Johnston | FR | Sioux Falls | 138 | 3:16 | 122 | 5:17 | 136 | 10:05 | 154 | 17:20 | 28:18.3 | 5:42 |
| 127 | 6 | 1337 | Simon Berube | | U of Manitoba | 211 | 3:22 | 195 | 5:25 | 169 | 10:14 | 161 | 17:24 | 28:18.4 | 5:42 |
| 128 | 2 | 1395 | Nathan Meiners | SR | Waldorf | 158 | 3:18 | 149 | 5:20 | 139 | 10:06 | 142 | 17:15 | 28:18.5 | 5:42 |
| 129 | 9 | 1466 | Alec Kray | FR | Unattached | 262 | 3:24 | 225 | 5:27 | 213 | 10:22 | 178 | 17:31 | 28:18.8 | 5:42 |
| 130 | 7 | 1347 | Deric Kornelson | | U of Manitoba | 195 | 3:20 | 198 | 5:25 | 170 | 10:14 | 164 | 17:25 | 28:19.4 | 5:42 |
| 131 | 9 | 955 | Noah Hanson | FR | Augustana (S.D.) | 133 | 3:16 | 132 | 5:18 | 142 | 10:07 | 153 | 17:19 | 28:20.5 | 5:42 |
| 132 | 3 | 1393 | Nic Ganzeveld | JR | Waldorf | 27 | 3:06 | 51 | 5:06 | 77 | 9:52 | 117 | 17:07 | 28:22.3 | 5:42 |
| 133 | 6 | 1224 | Alex Naughton | JR | Minnesota-Duluth | 197 | 3:21 | 183 | 5:23 | 158 | 10:12 | 166 | 17:28 | 28:22.6 | 5:42 |
| 134 | 4 | 1376 | Steven Gordon | SR | U-Mary | 155 | 3:18 | 161 | 5:21 | 124 | 10:03 | 129 | 17:11 | 28:22.9 | 5:42 |
| 135 | 3 | 1167 | Jace Galley | | Minnesota Running Club | 229 | 3:23 | 192 | 5:24 | 157 | 10:11 | 135 | 17:13 | 28:23.0 | 5:42 |
| 136 | 4 | 992 | Phillip Duncan | JR | Chadron State | 106 | 3:14 | 128 | 5:17 | 137 | 10:05 | 147 | 17:17 | 28:24.0 | 5:42 |
| 137 | 5 | 997 | Eric Yager | JR | Chadron State | 56 | 3:08 | 59 | 5:07 | 79 | 9:52 | 110 | 17:05 | 28:24.4 | 5:42 |
| 138 | 5 | 1155 | Luis Ronquillo | JR | Metro State | 213 | 3:22 | 205 | 5:25 | 163 | 10:13 | 151 | 17:19 | 28:24.7 | 5:42 |
| 139 | 10 | 1462 | Elijah Herrick | FR | Unattached | 231 | 3:23 | 214 | 5:27 | 186 | 10:16 | 158 | 17:21 | 28:25.4 | 5:42 |
| 140 | 4 | 1148 | Tyler White | SR | Lakehead University | 103 | 3:13 | 107 | 5:14 | 126 | 10:03 | 121 | 17:09 | 28:25.5 | 5:42 |
| 141 | 1 | 1044 | Christopher Moreno | JR | Dickinson St. | 118 | 3:15 | 127 | 5:17 | 153 | 10:10 | 155 | 17:20 | 28:26.5 | 5:42 |
| 142 | 3 | 1319 | Daniel Armstrong | FR | Sioux Falls | 122 | 3:15 | 109 | 5:14 | 135 | 10:05 | 162 | 17:25 | 28:30.1 | 5:42 |
| 143 | 7 | 1220 | Jake Kluver | FR | Minnesota-Duluth | 146 | 3:17 | 163 | 5:21 | 160 | 10:12 | 165 | 17:28 | 28:30.7 | 5:42 |
| 144 | 8 | 1413 | Josiah Davis | FR | Wis.-Parkside | 73 | 3:10 | 61 | 5:07 | 68 | 9:49 | 100 | 17:01 | 28:30.9 | 5:42 |
| 145 | 3 | 1117 | Will Graham | | Iowa State Running Club | 191 | 3:20 | 162 | 5:21 | 131 | 10:04 | 130 | 17:11 | 28:31.3 | 5:42 |
| 146 | 9 | 979 | Austin Williamson | SO | Black Hills St. | 127 | 3:15 | 116 | 5:15 | 83 | 9:55 | 101 | 17:01 | 28:32.5 | 5:42 |

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|-----|----|------|-------------------|----|------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 147 | 6 | 1206 | Austin Pasch | JR | Minnesota State | 164 | 3:18 | 174 | 5:22 | 154 | 10:11 | 149 | 17:19 | 28:33.2 | 5:45 |
| 148 | 2 | 1088 | Alex Johnson | SR | Humboldt State | 84 | 3:11 | 99 | 5:13 | 111 | 10:01 | 120 | 17:08 | 28:34.2 | 5:45 |
| 149 | 5 | 1375 | Tyler Erickson | JR | U-Mary | 177 | 3:19 | 169 | 5:22 | 141 | 10:07 | 136 | 17:14 | 28:35.1 | 5:46 |
| 150 | 7 | 1251 | Logan Spooner | FR | MSU-Moorhead | 233 | 3:23 | 216 | 5:27 | 183 | 10:16 | 157 | 17:21 | 28:36.3 | 5:46 |
| 151 | 8 | 1222 | Nick Lawson | SO | Minnesota-Duluth | 256 | 3:24 | 246 | 5:30 | 222 | 10:24 | 180 | 17:32 | 28:36.6 | 5:46 |
| 152 | 10 | 972 | Chris Johnson | JR | Black Hills St. | 125 | 3:15 | 118 | 5:16 | 121 | 10:02 | 145 | 17:17 | 28:37.3 | 5:46 |
| 153 | 3 | 1263 | Colby Kraninger | SO | North Iowa Area CC | 128 | 3:15 | 120 | 5:16 | 118 | 10:02 | 139 | 17:14 | 28:38.4 | 5:46 |
| 154 | 3 | 1015 | Benjamin Allen | FR | Concordia-St. Paul | 345 | 3:32 | 315 | 5:37 | 290 | 10:39 | 252 | 17:56 | 28:39.9 | 5:46 |
| 155 | 4 | 1327 | Josh Liester | SO | Sioux Falls | 113 | 3:14 | 105 | 5:14 | 110 | 10:01 | 133 | 17:13 | 28:40.7 | 5:47 |
| 156 | 9 | 1212 | Boston Braack | JR | Minnesota-Duluth | 305 | 3:28 | 281 | 5:32 | 225 | 10:25 | 188 | 17:36 | 28:41.4 | 5:47 |
| 157 | 6 | 991 | Kyle Dietsch | SR | Chadron State | 130 | 3:16 | 110 | 5:14 | 109 | 10:00 | 160 | 17:23 | 28:41.9 | 5:47 |
| 158 | 7 | 989 | Levi Avila | JR | Chadron State | 89 | 3:11 | 62 | 5:07 | 70 | 9:49 | 109 | 17:04 | 28:42.0 | 5:47 |
| 159 | 4 | 1293 | Ian McQuate | JR | Nova Southeastern | 234 | 3:23 | 248 | 5:30 | 259 | 10:31 | 218 | 17:45 | 28:43.8 | 5:47 |
| 160 | 5 | 1324 | Blake Johnston | FR | Sioux Falls | 145 | 3:17 | 140 | 5:19 | 166 | 10:13 | 179 | 17:31 | 28:44.1 | 5:47 |
| 161 | 3 | 1090 | Ben Stalheim | SO | Humboldt State | 184 | 3:20 | 164 | 5:21 | 155 | 10:11 | 170 | 17:29 | 28:44.2 | 5:47 |
| 162 | 2 | 1109 | Jacob Reinking | SR | Indiana Wesleyan | 245 | 3:23 | 242 | 5:29 | 201 | 10:20 | 175 | 17:30 | 28:45.0 | 5:47 |
| 163 | 6 | 1008 | Dominic Brevig | SR | Colorado Mesa | 175 | 3:19 | 175 | 5:22 | 188 | 10:16 | 173 | 17:29 | 28:45.2 | 5:48 |
| 164 | 10 | 1217 | Kendall Hill | FR | Minnesota-Duluth | 235 | 3:23 | 203 | 5:25 | 195 | 10:19 | 185 | 17:35 | 28:45.7 | 5:48 |
| 165 | 2 | 1433 | Tom Enright | | Wisconsin Track Club | 101 | 3:13 | 95 | 5:12 | 104 | 9:59 | 140 | 17:14 | 28:47.2 | 5:48 |
| 166 | 5 | 1292 | Benjamin Manuel | SR | Nova Southeastern | 227 | 3:22 | 226 | 5:27 | 198 | 10:19 | 204 | 17:41 | 28:48.2 | 5:48 |
| 167 | 11 | 1215 | Ben Hanson | SR | Minnesota-Duluth | 247 | 3:23 | 219 | 5:27 | 192 | 10:18 | 171 | 17:29 | 28:48.5 | 5:48 |
| 168 | 4 | 1275 | Ryan Bauermeister | JR | Northwestern (Iowa) | 288 | 3:26 | 288 | 5:33 | 234 | 10:27 | 192 | 17:37 | 28:48.8 | 5:48 |
| 169 | 1 | 1336 | Blake Wooten | SR | SW Minnesota St. | 266 | 3:25 | 260 | 5:31 | 205 | 10:21 | 186 | 17:35 | 28:49.1 | 5:48 |
| 170 | 2 | 1489 | Alex Bartholomay | | UNA-North Dakota State | 102 | 3:13 | 89 | 5:11 | 98 | 9:58 | 144 | 17:16 | 28:51.8 | 5:49 |
| 171 | 5 | 1284 | Tim Rose | JR | Northwestern (Iowa) | 173 | 3:19 | 170 | 5:22 | 200 | 10:19 | 200 | 17:40 | 28:52.1 | 5:49 |
| 172 | 6 | 1301 | Ty Dickerson | SO | Pittsburg St. | 193 | 3:20 | 182 | 5:23 | 182 | 10:15 | 181 | 17:32 | 28:53.0 | 5:49 |
| 173 | 10 | 957 | Sean Heaton | SO | Augustana (S.D.) | 181 | 3:19 | 167 | 5:22 | 185 | 10:16 | 197 | 17:39 | 28:54.2 | 5:49 |
| 174 | 4 | 1183 | Andrew Nelson | | Minnesota Running Club | 237 | 3:23 | 220 | 5:27 | 203 | 10:20 | 187 | 17:35 | 28:54.6 | 5:49 |
| 175 | 12 | 1227 | Grant Pulver | JR | Minnesota-Duluth | 208 | 3:21 | 185 | 5:24 | 174 | 10:14 | 172 | 17:29 | 28:55.6 | 5:50 |
| 176 | 3 | 1061 | Nick VanderKooi | SR | Dordt | 100 | 3:13 | 113 | 5:15 | 175 | 10:14 | 190 | 17:36 | 28:55.9 | 5:50 |
| 177 | 1 | 1267 | Clay Danielson | JR | Northern State | 185 | 3:20 | 179 | 5:23 | 172 | 10:14 | 183 | 17:33 | 28:55.9 | 5:50 |
| 178 | 2 | 1129 | Edgar Renteria | SO | Johnson County CC | 51 | 3:08 | 67 | 5:08 | 85 | 9:55 | 152 | 17:19 | 28:56.0 | 5:50 |
| 179 | 1 | 1077 | Rhett Gainey | SO | Grand View | 326 | 3:30 | 303 | 5:35 | 268 | 10:34 | 248 | 17:56 | 28:57.3 | 5:50 |
| 180 | 5 | 1143 | Joseph McDonough | SR | Lakehead University | 279 | 3:25 | 256 | 5:30 | 220 | 10:24 | 219 | 17:46 | 28:57.3 | 5:50 |
| 181 | 3 | 1441 | Evan Kohl | | Wisconsin Track Club | 274 | 3:25 | 259 | 5:31 | 270 | 10:35 | 266 | 18:00 | 28:59.6 | 5:50 |
| 182 | 1 | 1229 | Joel Cartwright | SR | Minot State | 248 | 3:23 | 197 | 5:25 | 151 | 10:10 | 163 | 17:25 | 29:00.0 | 5:51 |
| 183 | 3 | 1110 | Jesse Saxton | FR | Indiana Wesleyan | 395 | 3:39 | 366 | 5:48 | 318 | 10:46 | 267 | 18:00 | 29:00.1 | 5:51 |

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|-----|----|------|-------------------|----|-------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 184 | 13 | 1210 | Adam Armbruster | SO | Minnesota-Duluth | 192 | 3:20 | 211 | 5:26 | 227 | 10:25 | 195 | 17:38 | 29:00.3 | 5:51 |
| 185 | 6 | 1369 | Creighton Barrett | FR | U-Mary | 325 | 3:30 | 328 | 5:39 | 308 | 10:43 | 246 | 17:56 | 29:00.8 | 5:51 |
| 186 | 8 | 1338 | Connor Boyd | | U of Manitoba | 178 | 3:19 | 190 | 5:24 | 202 | 10:20 | 209 | 17:42 | 29:01.2 | 5:51 |
| 187 | 1 | 1030 | Braden Curnow | FR | Dakota State | 79 | 3:10 | 96 | 5:12 | 148 | 10:10 | 168 | 17:28 | 29:01.4 | 5:51 |
| 188 | 4 | 1446 | Nathan Orf | | Wisconsin Track Club | 275 | 3:25 | 276 | 5:32 | 246 | 10:28 | 223 | 17:47 | 29:01.5 | 5:51 |
| 189 | 4 | 1111 | Jared Williams | FR | Indiana Wesleyan | 392 | 3:39 | 375 | 5:50 | 338 | 10:53 | 295 | 18:08 | 29:01.7 | 5:51 |
| 190 | 3 | 1243 | Drew Schiltz | SR | Morningside | 280 | 3:26 | 271 | 5:32 | 230 | 10:25 | 213 | 17:43 | 29:02.5 | 5:51 |
| 191 | 4 | 1120 | Adrian Ortega | | Iowa State Running Club | 242 | 3:23 | 244 | 5:29 | 229 | 10:25 | 196 | 17:39 | 29:02.9 | 5:51 |
| 192 | 5 | 1096 | Christian Cuevas | JR | Indiana Wesleyan | 397 | 3:39 | 372 | 5:49 | 319 | 10:47 | 236 | 17:53 | 29:03.0 | 5:51 |
| 193 | 8 | 990 | Taylor Dick | SR | Chadron State | 109 | 3:14 | 119 | 5:16 | 152 | 10:10 | 184 | 17:34 | 29:03.4 | 5:51 |
| 194 | 11 | 978 | Jordan Theisen | FR | Black Hills St. | 160 | 3:18 | 133 | 5:18 | 134 | 10:04 | 148 | 17:18 | 29:03.5 | 5:51 |
| 195 | 8 | 1249 | Brandon Selbig | SR | MSU-Moorhead | 214 | 3:22 | 217 | 5:27 | 209 | 10:22 | 202 | 17:40 | 29:03.8 | 5:51 |
| 196 | 11 | 954 | Jonas Gjesdal | SO | Augustana (S.D.) | 291 | 3:26 | 270 | 5:32 | 250 | 10:29 | 229 | 17:49 | 29:03.9 | 5:51 |
| 197 | 3 | 1139 | Caleb Stillings | FR | Johnson County CC | 228 | 3:23 | 240 | 5:29 | 221 | 10:24 | 217 | 17:45 | 29:04.3 | 5:51 |
| 198 | 5 | 1449 | Andrew Schilling | | Wisconsin Track Club | 222 | 3:22 | 230 | 5:28 | 238 | 10:27 | 226 | 17:48 | 29:04.3 | 5:51 |
| 199 | 4 | 1241 | Anthony Patton | SO | Morningside | 259 | 3:24 | 277 | 5:32 | 256 | 10:30 | 227 | 17:48 | 29:04.9 | 5:52 |
| 200 | 12 | 962 | Alex Tietz | FR | Augustana (S.D.) | 46 | 3:07 | 68 | 5:08 | 92 | 9:56 | 156 | 17:20 | 29:05.2 | 5:52 |
| 201 | 4 | 1262 | John Kraft | FR | North Iowa Area CC | 204 | 3:21 | 213 | 5:26 | 214 | 10:23 | 199 | 17:39 | 29:05.3 | 5:52 |
| 202 | 2 | 1272 | Tanner Peltier | SO | Northern State | 223 | 3:22 | 207 | 5:26 | 179 | 10:15 | 182 | 17:33 | 29:05.5 | 5:52 |
| 203 | 6 | 1326 | Nick Lawson | JR | Sioux Falls | 121 | 3:15 | 114 | 5:15 | 133 | 10:04 | 167 | 17:28 | 29:05.8 | 5:52 |
| 204 | 7 | 1012 | Luke Spitz | FR | Colorado Mesa | 236 | 3:23 | 208 | 5:26 | 189 | 10:16 | 174 | 17:29 | 29:05.8 | 5:52 |
| 205 | 6 | 1279 | Peter Hollinger | SO | Northwestern (Iowa) | 205 | 3:21 | 235 | 5:28 | 242 | 10:28 | 243 | 17:55 | 29:06.3 | 5:52 |
| 206 | 6 | 1152 | Chris Davis | SR | Metro State | 137 | 3:16 | 178 | 5:23 | 164 | 10:13 | 193 | 17:37 | 29:06.4 | 5:52 |
| 207 | 4 | 1020 | Tyler Hudson | FR | Concordia-St. Paul | 330 | 3:30 | 312 | 5:36 | 288 | 10:39 | 256 | 17:57 | 29:06.8 | 5:52 |
| 208 | 7 | 1306 | Bradley Richard | SO | Pittsburg St. | 126 | 3:15 | 143 | 5:19 | 145 | 10:08 | 177 | 17:31 | 29:07.0 | 5:52 |
| 209 | 5 | 1239 | Jason Kenny | JR | Morningside | 135 | 3:16 | 123 | 5:17 | 196 | 10:19 | 214 | 17:44 | 29:07.8 | 5:52 |
| 210 | 5 | 1199 | Shamus Zenk | | Minnesota Running Club | 263 | 3:24 | 255 | 5:30 | 232 | 10:26 | 222 | 17:46 | 29:08.0 | 5:52 |
| 211 | 6 | 1448 | Evan Routhier | | Wisconsin Track Club | 123 | 3:15 | 98 | 5:13 | 129 | 10:03 | 176 | 17:31 | 29:09.9 | 5:52 |
| 212 | 7 | 1442 | Luke Kubasta | | Wisconsin Track Club | 276 | 3:25 | 258 | 5:31 | 253 | 10:29 | 215 | 17:45 | 29:10.0 | 5:52 |
| 213 | 14 | 1213 | Nathan Comer | JR | Minnesota-Duluth | 314 | 3:29 | 295 | 5:34 | 281 | 10:37 | 258 | 17:58 | 29:10.6 | 5:52 |
| 214 | 6 | 1177 | Rohith Kommera | | Minnesota Running Club | 272 | 3:25 | 257 | 5:30 | 240 | 10:27 | 211 | 17:43 | 29:10.8 | 5:52 |
| 215 | 4 | 1137 | Adam Souleymane | FR | Johnson County CC | 224 | 3:22 | 239 | 5:29 | 219 | 10:24 | 216 | 17:45 | 29:11.0 | 5:52 |
| 216 | 2 | 998 | Luke Bruns | SO | Colo. Christian | 318 | 3:29 | 316 | 5:37 | 293 | 10:39 | 263 | 17:59 | 29:11.1 | 5:52 |
| 217 | 6 | 1287 | Joel Lacy | FR | Nova Southeastern | 225 | 3:22 | 228 | 5:28 | 199 | 10:19 | 194 | 17:38 | 29:12.7 | 5:52 |
| 218 | 3 | 999 | Cole Chudy | FR | Colo. Christian | 352 | 3:32 | 327 | 5:38 | 283 | 10:38 | 279 | 18:05 | 29:12.8 | 5:52 |
| 219 | 6 | 1103 | Grant Keaffaber | SR | Indiana Wesleyan | 391 | 3:39 | 382 | 5:52 | 340 | 10:53 | 293 | 18:08 | 29:13.9 | 5:52 |
| 220 | 7 | 1207 | Isaiah Rabata | FR | Minnesota State | 285 | 3:26 | 280 | 5:32 | 257 | 10:30 | 235 | 17:53 | 29:14.5 | 5:52 |

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|-----|----|------|-----------------------|----|--------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 221 | 7 | 1185 | Jon Olsen | | Minnesota Running Club | 340 | 3:31 | 334 | 5:39 | 303 | 10:41 | 276 | 18:04 | 29:14.6 | 5:53 |
| 222 | 5 | 1112 | MacCoy Benzen | | Iowa State Running Club | 296 | 3:27 | 282 | 5:32 | 233 | 10:26 | 203 | 17:40 | 29:14.9 | 5:54 |
| 223 | 5 | 1022 | Tyler Karl | JR | Concordia-St. Paul | 342 | 3:31 | 321 | 5:37 | 292 | 10:39 | 282 | 18:05 | 29:15.3 | 5:54 |
| 224 | 9 | 994 | Josef Gertner | JR | Chadron State | 132 | 3:16 | 153 | 5:20 | 171 | 10:14 | 207 | 17:42 | 29:16.2 | 5:54 |
| 225 | 4 | 1085 | Kainalu Asam | FR | Humboldt State | 183 | 3:19 | 177 | 5:22 | 181 | 10:15 | 206 | 17:41 | 29:16.5 | 5:54 |
| 226 | 9 | 1350 | Matthew Van Schepdael | | U of Manitoba | 199 | 3:21 | 212 | 5:26 | 251 | 10:29 | 265 | 17:59 | 29:16.7 | 5:54 |
| 227 | 2 | 964 | Jesse Burrows | | Bison Track & Field Club | 176 | 3:19 | 196 | 5:25 | 204 | 10:21 | 220 | 17:46 | 29:16.9 | 5:54 |
| 228 | 7 | 1100 | Nathan Gerick | SR | Indiana Wesleyan | 398 | 3:39 | 371 | 5:49 | 324 | 10:48 | 249 | 17:56 | 29:17.0 | 5:54 |
| 229 | 2 | 1031 | Alex Derr | FR | Dakota State | 198 | 3:21 | 187 | 5:24 | 206 | 10:21 | 245 | 17:55 | 29:19.1 | 5:54 |
| 230 | 15 | 1216 | Seth Hare | SR | Minnesota-Duluth | 260 | 3:24 | 252 | 5:30 | 210 | 10:22 | 208 | 17:42 | 29:19.7 | 5:54 |
| 231 | 2 | 1043 | Tristen Guillot | SO | Dickinson St. SW | 188 | 3:20 | 168 | 5:22 | 149 | 10:10 | 205 | 17:41 | 29:20.9 | 5:55 |
| 232 | 2 | 1332 | Ben Broze | SO | Minnesota St. | 269 | 3:25 | 265 | 5:31 | 228 | 10:25 | 244 | 17:55 | 29:21.5 | 5:55 |
| 233 | 7 | 1286 | Austin Warren | JR | Northwestern (Iowa) | 289 | 3:26 | 289 | 5:33 | 252 | 10:29 | 242 | 17:55 | 29:22.1 | 5:55 |
| 234 | 4 | 1396 | Andrew Murley | FR | Waldorf | 105 | 3:14 | 137 | 5:19 | 168 | 10:14 | 212 | 17:43 | 29:23.5 | 5:55 |
| 235 | 6 | 1115 | Keith Carlson | | Iowa State Running Club | 250 | 3:24 | 238 | 5:29 | 239 | 10:27 | 240 | 17:54 | 29:24.8 | 5:55 |
| 236 | 6 | 1019 | Peyton Holmes | FR | Concordia-St. Paul | 346 | 3:32 | 322 | 5:38 | 294 | 10:40 | 255 | 17:57 | 29:25.1 | 5:56 |
| 237 | 5 | 1260 | Blake Keller | FR | North Iowa Area CC | 203 | 3:21 | 210 | 5:26 | 211 | 10:22 | 221 | 17:46 | 29:26.5 | 5:56 |
| 238 | 8 | 1168 | Jared Genteman | | Minnesota Running Club | 374 | 3:36 | 357 | 5:46 | 317 | 10:45 | 275 | 18:03 | 29:26.9 | 5:56 |
| 239 | 2 | 386 | Isaias Solorio | FR | Wayne St. (Neb.) | 246 | 3:23 | 254 | 5:30 | 248 | 10:29 | 251 | 17:56 | 29:27.2 | 5:56 |
| 240 | 7 | 1119 | Michael Mather | | Iowa State Running Club | 354 | 3:33 | 337 | 5:40 | 296 | 10:40 | 247 | 17:56 | 29:27.5 | 5:56 |
| 241 | 11 | 1470 | Nick Marshall | | Unattached | 300 | 3:27 | 307 | 5:36 | 300 | 10:41 | 271 | 18:03 | 29:28.3 | 5:56 |
| 242 | 4 | 1410 | Jake Wald | JR | Winona State | 140 | 3:16 | 194 | 5:24 | 272 | 10:35 | 332 | 18:34 | 29:28.4 | 5:56 |
| 243 | 3 | 1269 | Jackson Goodell | FR | Northern State | 232 | 3:23 | 222 | 5:27 | 235 | 10:27 | 269 | 18:01 | 29:28.9 | 5:56 |
| 244 | 4 | 1056 | Schuyler Malenke | FR | Dordt | 268 | 3:25 | 274 | 5:32 | 275 | 10:35 | 285 | 18:07 | 29:30.2 | 5:57 |
| 245 | 9 | 1179 | Ben Lattimore | | Minnesota Running Club | 363 | 3:34 | 345 | 5:43 | 327 | 10:49 | 307 | 18:16 | 29:31.1 | 5:57 |
| 246 | 3 | 1334 | Kelly Fitzsimmons | SR | SW Minnesota St. | 270 | 3:25 | 263 | 5:31 | 224 | 10:25 | 231 | 17:50 | 29:31.8 | 5:57 |
| 247 | 16 | 1221 | Luke Lahr | SO | Minnesota-Duluth | 207 | 3:21 | 193 | 5:24 | 197 | 10:19 | 201 | 17:40 | 29:31.8 | 5:57 |
| 248 | 6 | 1237 | Quinn Groff | SR | Morningside | 281 | 3:26 | 294 | 5:34 | 295 | 10:40 | 294 | 18:08 | 29:31.9 | 5:57 |
| 249 | 12 | 1475 | Ronnie Stimson | | Unattached | 167 | 3:18 | 200 | 5:25 | 217 | 10:23 | 225 | 17:47 | 29:32.6 | 5:57 |
| 250 | 8 | 1104 | Deric Laurent | FR | Indiana Wesleyan | 400 | 3:39 | 373 | 5:50 | 330 | 10:50 | 296 | 18:08 | 29:33.0 | 5:57 |
| 251 | 12 | 969 | Nathan Fredrick | JR | Black Hills St. | 119 | 3:15 | 102 | 5:14 | 147 | 10:09 | 224 | 17:47 | 29:33.0 | 5:57 |
| 252 | 10 | 1343 | Conrad Drover | | U of Manitoba | 286 | 3:26 | 292 | 5:34 | 273 | 10:35 | 259 | 17:58 | 29:33.6 | 5:57 |
| 253 | 6 | 1141 | Andrew Galloway | SO | Lakehead University | 371 | 3:35 | 359 | 5:46 | 325 | 10:48 | 306 | 18:16 | 29:33.9 | 5:57 |
| 254 | 5 | 1057 | Ian Manske | SR | Dordt | 271 | 3:25 | 267 | 5:31 | 278 | 10:36 | 292 | 18:08 | 29:34.1 | 5:57 |
| 255 | 5 | 1086 | Sam Boyle | JR | Humboldt State | 165 | 3:18 | 144 | 5:19 | 162 | 10:13 | 198 | 17:39 | 29:35.1 | 5:58 |

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|-----|----|------|---------------------|----|-------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 256 | 4 | 1333 | Jackson Connelly | FR | SW Minnesota St. | 273 | 3:25 | 264 | 5:31 | 208 | 10:22 | 210 | 17:42 | 29:35.7 | 5:58 |
| 257 | 5 | 1135 | Cyrus Muema | SO | Johnson County CC | 76 | 3:10 | 88 | 5:11 | 123 | 10:02 | 189 | 17:36 | 29:36.4 | 5:58 |
| 258 | 8 | 1299 | Peyton Burlingame | FR | Pittsburg St. | 129 | 3:15 | 145 | 5:19 | 177 | 10:14 | 230 | 17:49 | 29:38.0 | 5:58 |
| 259 | 11 | 1342 | Quinn Desrochers | | U of Manitoba | 215 | 3:22 | 223 | 5:27 | 247 | 10:28 | 264 | 17:59 | 29:38.1 | 5:58 |
| 260 | 3 | 1041 | Ernest Franssen III | FR | Dickinson St. | 131 | 3:16 | 141 | 5:19 | 184 | 10:16 | 239 | 17:54 | 29:39.0 | 5:58 |
| 261 | 13 | 950 | Logan Burns | JR | Augustana (S.D.) | 35 | 3:06 | 50 | 5:06 | 173 | 10:14 | 280 | 18:05 | 29:40.1 | 5:58 |
| 262 | 9 | 1094 | Josh Brocato | FR | Indiana Wesleyan | 406 | 3:40 | 389 | 5:53 | 351 | 10:58 | 310 | 18:20 | 29:41.0 | 5:58 |
| 263 | 4 | 1004 | Keaton Helm | FR | Colo. Christian | 350 | 3:32 | 331 | 5:39 | 306 | 10:42 | 300 | 18:13 | 29:41.6 | 5:58 |
| 264 | 7 | 1023 | Abdirahman Mohamed | FR | Concordia-St. Paul | 331 | 3:30 | 314 | 5:37 | 289 | 10:39 | 257 | 17:58 | 29:42.2 | 5:58 |
| 265 | 6 | 1254 | Jose Aguilera | SO | North Iowa Area CC | 221 | 3:22 | 209 | 5:26 | 261 | 10:31 | 291 | 18:08 | 29:42.6 | 5:58 |
| 266 | 2 | 1233 | Devan Shumway | SO | Minot State | 310 | 3:28 | 299 | 5:35 | 313 | 10:44 | 314 | 18:21 | 29:44.0 | 5:58 |
| 267 | 8 | 1125 | Adam Sohl | | Iowa State Running Club | 333 | 3:30 | 309 | 5:36 | 260 | 10:31 | 238 | 17:54 | 29:44.6 | 5:58 |
| 268 | 6 | 1089 | Anthony Palacio | FR | Humboldt State | 218 | 3:22 | 201 | 5:25 | 223 | 10:25 | 241 | 17:55 | 29:45.1 | 6:00 |
| 269 | 10 | 1197 | Garrett Williams | | Minnesota Running Club | 410 | 3:43 | 387 | 5:53 | 362 | 11:03 | 327 | 18:31 | 29:45.2 | 6:00 |
| 270 | 6 | 1128 | Chryspus Muema | SO | Johnson County CC | 71 | 3:10 | 93 | 5:11 | 125 | 10:03 | 191 | 17:36 | 29:45.7 | 6:00 |
| 271 | 2 | 1314 | Pat Parish | | Run N Fun | 302 | 3:27 | 284 | 5:33 | 255 | 10:30 | 233 | 17:53 | 29:46.3 | 6:00 |
| 272 | 1 | 1385 | Dennis Gonzalez | JR | Valley City State | 216 | 3:22 | 231 | 5:28 | 262 | 10:32 | 277 | 18:04 | 29:46.7 | 6:00 |
| 273 | 4 | 1039 | Daniel Aguirre | JR | Dickinson St. | 147 | 3:17 | 166 | 5:22 | 193 | 10:18 | 253 | 17:56 | 29:47.5 | 6:00 |
| 274 | 5 | 1402 | Jesse Frank | SO | Winona State | 57 | 3:08 | 81 | 5:09 | 156 | 10:11 | 254 | 17:57 | 29:47.6 | 6:00 |
| 275 | 17 | 1211 | Jake Avenson | JR | Minnesota-Duluth | 304 | 3:28 | 287 | 5:33 | 269 | 10:35 | 274 | 18:03 | 29:48.5 | 6:00 |
| 276 | 9 | 1414 | Jack Diamond | SO | Wis.-Parkside | 174 | 3:19 | 173 | 5:22 | 190 | 10:16 | 232 | 17:51 | 29:49.7 | 6:00 |
| 277 | 13 | 1471 | Ray Munsterman | | Unattached | 169 | 3:18 | 176 | 5:22 | 226 | 10:25 | 237 | 17:54 | 29:49.8 | 6:00 |
| 278 | 11 | 1169 | Josh Goetz | | Minnesota Running Club | 141 | 3:17 | 155 | 5:20 | 216 | 10:23 | 260 | 17:59 | 29:50.6 | 6:00 |
| 279 | 2 | 1387 | Orin Rambow | SO | Valley City State | 217 | 3:22 | 236 | 5:28 | 265 | 10:32 | 288 | 18:07 | 29:51.1 | 6:00 |
| 280 | 7 | 1380 | Mason Stenehjem | FR | U-Mary | 332 | 3:30 | 329 | 5:39 | 323 | 10:48 | 290 | 18:08 | 29:52.3 | 6:00 |
| 281 | 5 | 1399 | Aaron Ward | SR | Waldorf | 297 | 3:27 | 296 | 5:34 | 305 | 10:42 | 303 | 18:14 | 29:52.8 | 6:00 |
| 282 | 7 | 1235 | Jon Dahlheimer | FR | Morningside | 283 | 3:26 | 293 | 5:34 | 297 | 10:40 | 298 | 18:11 | 29:54.7 | 6:00 |
| 283 | 8 | 1027 | Cory Warner | FR | Concordia-St. Paul | 329 | 3:30 | 311 | 5:36 | 291 | 10:39 | 273 | 18:03 | 29:56.2 | 6:00 |
| 284 | 13 | 966 | Walter Bordewyk | JR | Black Hills St. | 172 | 3:19 | 159 | 5:20 | 180 | 10:15 | 228 | 17:48 | 29:57.7 | 6:00 |
| 285 | 10 | 1098 | Adam Fields | FR | Indiana Wesleyan | | | 407 | 6:02 | 381 | 11:16 | 356 | 18:54 | 29:58.5 | 6:00 |
| 286 | 8 | 1238 | AJ Janssen | JR | Morningside | 212 | 3:22 | 218 | 5:27 | 231 | 10:26 | 261 | 17:59 | 29:58.6 | 6:00 |
| 287 | 18 | 1223 | Wyatt Midtvedt | FR | Minnesota-Duluth | 284 | 3:26 | 275 | 5:32 | 263 | 10:32 | 278 | 18:04 | 29:59.1 | 6:00 |
| 288 | 6 | 1053 | Luke Gilliland | FR | Dordt | 249 | 3:24 | 262 | 5:31 | 276 | 10:35 | 284 | 18:07 | 29:59.9 | 6:00 |
| 289 | 8 | 1381 | Samuel Wilke | FR | U-Mary | 338 | 3:31 | 338 | 5:41 | 333 | 10:51 | 323 | 18:28 | 30:00.0 | 6:00 |
| 290 | 7 | 1256 | Samuel Dean | FR | North Iowa Area CC | 179 | 3:19 | 184 | 5:23 | 215 | 10:23 | 272 | 18:03 | 30:02.3 | 6:00 |
| 291 | 6 | 1411 | Garett Zakrzewski | FR | Winona State | 148 | 3:17 | 186 | 5:24 | 243 | 10:28 | 289 | 18:07 | 30:03.6 | 6:00 |
| 292 | 5 | 1002 | Kyle Gudmunson | FR | Colo. Christian | 323 | 3:30 | 318 | 5:37 | 282 | 10:37 | 250 | 17:56 | 30:04.7 | 6:00 |

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|-----|----|------|--------------------|----|------------------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 293 | 5 | 1046 | Richard Timmermans | JR | Dickinson St. | 142 | 3:17 | 165 | 5:22 | 236 | 10:27 | 283 | 18:06 | 30:04.8 | 6:04 |
| 294 | 7 | 1087 | James Dagley | JR | Humboldt State | 230 | 3:23 | 234 | 5:28 | 266 | 10:33 | 281 | 18:05 | 30:06.0 | 6:04 |
| 295 | 8 | 1445 | Izak Oltman | | Wisconsin Track Club | 337 | 3:31 | 325 | 5:38 | 310 | 10:43 | 308 | 18:17 | 30:07.6 | 6:04 |
| 296 | 8 | 1276 | Caleb Benzing | SO | Northwestern (Iowa) | 206 | 3:21 | 224 | 5:27 | 237 | 10:27 | 270 | 18:01 | 30:07.7 | 6:04 |
| 297 | 6 | 1003 | Anders Hanson | FR | Colo. Christian | 321 | 3:30 | 320 | 5:37 | 285 | 10:38 | 262 | 17:59 | 30:12.3 | 6:05 |
| 298 | 7 | 1321 | Shane Herman | SO | Sioux Falls | 341 | 3:31 | 339 | 5:41 | 316 | 10:45 | 315 | 18:22 | 30:13.5 | 6:05 |
| 299 | 14 | 1463 | Johnathan Hess | SR | Unattached | 308 | 3:28 | 313 | 5:37 | 320 | 10:47 | 321 | 18:26 | 30:18.2 | 6:06 |
| 300 | 9 | 1016 | Sean Colaco | FR | Concordia-St. Paul | 307 | 3:28 | 268 | 5:31 | 254 | 10:30 | 309 | 18:19 | 30:20.0 | 6:07 |
| 301 | 7 | 1060 | Alex Van Ginkel | JR | Dordt | 264 | 3:25 | 273 | 5:32 | 280 | 10:36 | 286 | 18:07 | 30:20.3 | 6:07 |
| 302 | 12 | 1181 | Made DeJong | | Minnesota Running Club | 393 | 3:39 | 383 | 5:52 | 370 | 11:07 | 342 | 18:46 | 30:20.9 | 6:07 |
| 303 | 3 | 1037 | Mark Moeller | SR | Dakota State | 98 | 3:12 | 136 | 5:18 | 218 | 10:23 | 302 | 18:14 | 30:20.9 | 6:07 |
| 304 | 4 | 1270 | Thomas Horgeshimer | JR | Northern State | 261 | 3:24 | 278 | 5:32 | 304 | 10:41 | 312 | 18:21 | 30:23.2 | 6:07 |
| 305 | 13 | 1188 | Matt Przslicke | | Minnesota Running Club | 365 | 3:34 | 353 | 5:45 | 329 | 10:50 | 318 | 18:24 | 30:24.2 | 6:07 |
| 306 | 14 | 1159 | Jordan Baur | | Minnesota Running Club | 386 | 3:38 | 368 | 5:48 | 336 | 10:53 | 319 | 18:25 | 30:25.7 | 6:08 |
| 307 | 9 | 1305 | Nicholas Ray | FR | Pittsburg St. | 150 | 3:18 | 181 | 5:23 | 245 | 10:28 | 301 | 18:13 | 30:28.3 | 6:08 |
| 308 | 8 | 1264 | Canyon Kuhlmann | FR | North Iowa Area CC | 251 | 3:24 | 250 | 5:30 | 286 | 10:38 | 317 | 18:23 | 30:29.7 | 6:09 |
| 309 | 15 | 2600 | Kyle Genteman | | Unattached | 265 | 3:25 | 285 | 5:33 | 287 | 10:39 | 316 | 18:22 | 30:30.0 | 6:09 |
| 310 | 15 | 1174 | Quentin Ikuta | | Minnesota Running Club | 369 | 3:35 | 349 | 5:43 | 337 | 10:53 | 329 | 18:33 | 30:31.4 | 6:09 |
| 311 | 16 | 1162 | Scott Berens | | Minnesota Running Club | 243 | 3:23 | 221 | 5:27 | 241 | 10:27 | 299 | 18:12 | 30:31.9 | 6:09 |
| 312 | 17 | 1198 | Will Zastrow | | Minnesota Running Club | 368 | 3:35 | 361 | 5:47 | 352 | 10:59 | 334 | 18:40 | 30:33.0 | 6:09 |
| 313 | 9 | 1247 | Gabe Dannenbring | FR | MSU-Moorhead | 301 | 3:27 | 306 | 5:36 | 301 | 10:41 | 311 | 18:21 | 30:33.1 | 6:09 |
| 314 | 7 | 1131 | Ryan Anderson | SO | Johnson County CC | 238 | 3:23 | 243 | 5:29 | 279 | 10:36 | 322 | 18:28 | 30:33.9 | 6:09 |
| 315 | 8 | 1323 | Wyatt Johansen | JR | Sioux Falls | 257 | 3:24 | 298 | 5:35 | 322 | 10:47 | 328 | 18:32 | 30:34.7 | 6:10 |
| 316 | 6 | 1040 | Jonathan Aman | SR | Dickinson St. | 115 | 3:15 | 125 | 5:17 | 191 | 10:17 | 268 | 18:01 | 30:34.9 | 6:10 |
| 317 | 2 | 1083 | Evan Rix | SO | Grand View Iowa State Running Club | 336 | 3:31 | 344 | 5:43 | 350 | 10:58 | 338 | 18:43 | 30:34.9 | 6:10 |
| 318 | 9 | 1124 | Adam Shurson | | Adam Shurson | 328 | 3:30 | 302 | 5:35 | 277 | 10:36 | 297 | 18:10 | 30:35.8 | 6:10 |
| 319 | 4 | 1032 | Cameron Harming | FR | Dakota State | 209 | 3:21 | 229 | 5:28 | 309 | 10:43 | 333 | 18:39 | 30:35.8 | 6:10 |
| 320 | 5 | 1331 | Evan Bonneson | JR | SW Minnesota St. | | | | | 331 | 10:51 | 339 | 18:44 | 30:37.0 | 6:10 |
| 321 | 9 | 1430 | Luke Bulingame | | Wisconsin Track Club | 361 | 3:34 | 350 | 5:44 | 348 | 10:56 | 337 | 18:43 | 30:37.6 | 6:10 |
| 322 | 18 | 1175 | Chase Johnson | | Minnesota Running Club | 267 | 3:25 | 286 | 5:33 | 314 | 10:45 | 330 | 18:33 | 30:39.1 | 6:10 |
| 323 | 7 | 1403 | Max Gonzalez | JR | Winona State | 143 | 3:17 | 180 | 5:23 | 267 | 10:34 | 325 | 18:30 | 30:40.6 | 6:11 |
| 324 | 8 | 1059 | David Te Krony | JR | Dordt | 278 | 3:25 | 290 | 5:34 | 311 | 10:44 | 326 | 18:30 | 30:41.3 | 6:11 |
| 325 | 16 | 1469 | Austin Lick | | Unattached | 403 | 3:40 | 393 | 5:54 | 379 | 11:14 | 358 | 18:56 | 30:41.8 | 6:11 |
| 326 | 10 | 1450 | Matt Sewell | | Wisconsin Track Club | 404 | 3:40 | 395 | 5:55 | 384 | 11:16 | 369 | 19:05 | 30:42.7 | 6:11 |

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|-----|----|------|--------------------|----|------------------------------------|-----|-------|-----|------|-----|-------|-----|-------|---------|------|
| 327 | 8 | 1404 | Ethan Hemmelman | JR | Winona State | 134 | 3:16 | 191 | 5:24 | 249 | 10:29 | 305 | 18:15 | 30:43.1 | 6:11 |
| 328 | 7 | 1150 | Ryan Boucher | JR | Metro State | 309 | 3:28 | 304 | 5:36 | 315 | 10:45 | 331 | 18:33 | 30:45.3 | 6:12 |
| 329 | 9 | 1240 | Jaden Lux | SR | Morningside Minnesota Running Club | 282 | 3:26 | 291 | 5:34 | 284 | 10:38 | 304 | 18:15 | 30:45.5 | 6:12 |
| 330 | 19 | 1180 | Alec Lorimer | | | 334 | 3:31 | 335 | 5:40 | 339 | 10:53 | 335 | 18:41 | 30:45.7 | 6:12 |
| 331 | 5 | 1029 | Max Cruse | FR | Dakota State | 389 | 3:38 | 392 | 5:54 | 372 | 11:10 | 350 | 18:51 | 30:51.7 | 6:13 |
| 332 | 11 | 1092 | Tyler Anderson | SO | Indiana Wesleyan | 427 | 3:50 | 415 | 6:05 | 400 | 11:27 | 382 | 19:17 | 30:53.4 | 6:13 |
| 333 | 11 | 1432 | Ryan Diedrich | | Wisconsin Track Club | 356 | 3:33 | 367 | 5:48 | 368 | 11:06 | 351 | 18:52 | 30:53.5 | 6:13 |
| 334 | 12 | 1102 | Caleb Joy | FR | Indiana Wesleyan | 405 | 3:40 | 390 | 5:53 | 359 | 11:03 | 346 | 18:49 | 30:54.0 | 6:13 |
| 335 | 3 | 1312 | Jeremy Kieser | | Run N Fun | 382 | 3:37 | 369 | 5:49 | 357 | 11:02 | 349 | 18:51 | 30:55.0 | 6:14 |
| 336 | 9 | 1257 | Nick Frenz | SO | North Iowa Area CC | 253 | 3:24 | 253 | 5:30 | 298 | 10:40 | 324 | 18:28 | 30:55.3 | 6:14 |
| 337 | 3 | 981 | Jacob Cairo | FR | Cardinal Stritch | 348 | 3:32 | 347 | 5:43 | 353 | 10:59 | 355 | 18:53 | 30:59.9 | 6:15 |
| 338 | 12 | 1436 | Nikolai Grabowski | | Wisconsin Track Club | 379 | 3:36 | 363 | 5:47 | 356 | 11:01 | 336 | 18:43 | 31:00.5 | 6:15 |
| 339 | 20 | 1196 | Ethan Wagner | | Minnesota Running Club | 401 | 3:40 | 399 | 5:57 | 387 | 11:20 | 370 | 19:07 | 31:02.9 | 6:15 |
| 340 | 3 | 383 | Corbin Lehn | SR | Wayne St. (Neb.) | 290 | 3:26 | 323 | 5:38 | 346 | 10:55 | 352 | 18:52 | 31:03.7 | 6:15 |
| 341 | 6 | 1397 | Chasen Selsor | JR | Waldorf | 277 | 3:25 | 300 | 5:35 | 342 | 10:54 | 343 | 18:46 | 31:07.0 | 6:16 |
| 342 | 3 | 1076 | Chris Dejoode | SR | Grand View | 355 | 3:33 | 346 | 5:43 | 369 | 11:07 | 367 | 19:04 | 31:09.4 | 6:17 |
| 343 | 3 | 1232 | Julio Romero | SR | Minot State | 319 | 3:29 | 332 | 5:39 | 343 | 10:54 | 354 | 18:53 | 31:12.0 | 6:17 |
| 344 | 21 | 1192 | Malcom Smith | | Minnesota Running Club | 292 | 3:26 | 279 | 5:32 | 271 | 10:35 | 320 | 18:25 | 31:14.6 | 6:18 |
| 345 | 1 | 1069 | Hector Salas | FR | Graceland | 317 | 3:29 | 326 | 5:38 | 344 | 10:54 | 357 | 18:55 | 31:16.3 | 6:18 |
| 346 | 17 | 1474 | Kevin Sommer | 8 | Unattached | 394 | 3:39 | 384 | 5:52 | 373 | 11:10 | 359 | 18:58 | 31:16.9 | 6:18 |
| 347 | 9 | 1052 | Kyle Fischer | JR | Dordt | 312 | 3:28 | 317 | 5:37 | 332 | 10:51 | 341 | 18:44 | 31:19.4 | 6:19 |
| 348 | 13 | 1107 | Michael Neideck | FR | Indiana Wesleyan | 461 | 14:55 | 406 | 6:02 | 382 | 11:16 | 371 | 19:08 | 31:19.9 | 6:19 |
| 349 | 7 | 1388 | Mark Ahlers | SO | Waldorf | 189 | 3:20 | 202 | 5:25 | 299 | 10:40 | 344 | 18:47 | 31:20.5 | 6:19 |
| 350 | 7 | 1045 | Trey Smollack | SO | Dickinson St. | 351 | 3:32 | 352 | 5:44 | 363 | 11:05 | 365 | 19:02 | 31:20.7 | 6:19 |
| 351 | 4 | 380 | Kak Ayaj | FR | Wayne St. (Neb.) | 187 | 3:20 | 305 | 5:36 | 354 | 10:59 | 360 | 18:58 | 31:23.7 | 6:19 |
| 352 | 13 | 1440 | Brett Jones | | Wisconsin Track Club | 396 | 3:39 | 402 | 5:58 | 386 | 11:19 | 373 | 19:11 | 31:24.3 | 6:20 |
| 353 | 18 | 1477 | micah warning | | Unattached | 316 | 3:29 | 324 | 5:38 | 326 | 10:48 | 340 | 18:44 | 31:26.2 | 6:20 |
| 354 | 10 | 1047 | Ben Aberson | FR | Dordt | 295 | 3:27 | 310 | 5:36 | 349 | 10:57 | 361 | 18:58 | 31:27.3 | 6:20 |
| 355 | 14 | 1097 | Chad Ellens | SO | Indiana Wesleyan | 431 | 3:51 | 430 | 6:13 | 412 | 11:41 | 391 | 19:33 | 31:28.7 | 6:20 |
| 356 | 9 | 1329 | John Noyes | SO | Sioux Falls | 343 | 3:31 | 351 | 5:44 | 364 | 11:05 | 366 | 19:03 | 31:28.9 | 6:20 |
| 357 | 10 | 1126 | Andrew Sunderman | | Iowa State Running Club | 357 | 3:33 | 358 | 5:46 | 365 | 11:05 | 372 | 19:10 | 31:29.7 | 6:21 |
| 358 | 22 | 1191 | Ian Smith | | Minnesota Running Club | 385 | 3:37 | 391 | 5:53 | 375 | 11:12 | 378 | 19:14 | 31:31.1 | 6:21 |
| 359 | 23 | 1182 | Nathan Mueggenberg | | Minnesota Running Club | 416 | 3:45 | 414 | 6:05 | 406 | 11:35 | 395 | 19:36 | 31:31.9 | 6:21 |
| 360 | 8 | 1205 | Michael Hoff | SO | Minnesota State | 287 | 3:26 | 297 | 5:35 | 335 | 10:53 | 368 | 19:05 | 31:33.6 | 6:21 |
| 361 | 6 | 1036 | Jonathan Lein | FR | Dakota State | 347 | 3:32 | 342 | 5:42 | 366 | 11:05 | 375 | 19:12 | 31:33.9 | 6:21 |
| 362 | 14 | 1438 | Nathan Green | | Wisconsin Track Club | 375 | 3:36 | 379 | 5:51 | 390 | 11:21 | 386 | 19:24 | 31:40.0 | 6:22 |
| 363 | 19 | 1486 | Jesse Groettum | SO | Unattached | 335 | 3:31 | 340 | 5:42 | 367 | 11:06 | 363 | 19:01 | 31:41.2 | 6:22 |

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|-----|----|------|-------------------|----|------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 364 | 11 | 1058 | Riley Schaap | JR | Dordt | 258 | 3:24 | 269 | 5:31 | 274 | 10:35 | 287 | 18:07 | 31:41.7 | 6:23 |
| 365 | 10 | 1255 | David Carter | FR | North Iowa Area CC | 220 | 3:22 | 247 | 5:30 | 307 | 10:43 | 364 | 19:01 | 31:43.6 | 6:23 |
| 366 | 7 | 1146 | Josh Stovel | FR | Lakehead University | 240 | 3:23 | 237 | 5:29 | 302 | 10:41 | 353 | 18:53 | 31:45.5 | 6:24 |
| 367 | 11 | 1265 | Abdiaziz Wako | FR | North Iowa Area CC | 362 | 3:34 | 374 | 5:50 | 396 | 11:26 | 396 | 19:36 | 31:46.5 | 6:24 |
| 368 | 15 | 1431 | Anthony Cesnik | | Wisconsin Track Club | 370 | 3:35 | 348 | 5:43 | 360 | 11:03 | 374 | 19:12 | 31:47.9 | 6:24 |
| 369 | 2 | 1068 | Ross Robino | SR | Graceland | 411 | 3:43 | 421 | 6:08 | 418 | 11:42 | 402 | 19:41 | 31:49.5 | 6:25 |
| 370 | 9 | 1281 | Luke Lorfeld | SR | Northwestern (Iowa) | 384 | 3:37 | 378 | 5:51 | 377 | 11:14 | 384 | 19:20 | 31:50.2 | 6:25 |
| 371 | 4 | 985 | Supervoid Mack | FR | Cardinal Stritch | 349 | 3:32 | 343 | 5:43 | 334 | 10:52 | 347 | 18:49 | 31:50.2 | 6:25 |
| 372 | 20 | 1460 | Wyatt Pajtash | | Unattached | 201 | 3:21 | 272 | 5:32 | 345 | 10:55 | 376 | 19:14 | 31:52.0 | 6:25 |
| 373 | 7 | 1028 | Michael Carson | SR | Dakota State | 186 | 3:20 | 232 | 5:28 | 312 | 10:44 | 345 | 18:48 | 31:53.9 | 6:26 |
| 374 | 16 | 1435 | Ben Garrison | | Wisconsin Track Club | 402 | 3:40 | 396 | 5:55 | 383 | 11:16 | 385 | 19:23 | 31:55.2 | 6:26 |
| 375 | 5 | 1273 | Logan Swenson | SO | Northern State | 373 | 3:36 | 370 | 5:49 | 380 | 11:15 | 390 | 19:33 | 31:56.1 | 6:26 |
| 376 | 8 | 1034 | Caleb Hemphill | SR | Dakota State | 339 | 3:31 | 341 | 5:42 | 378 | 11:14 | 388 | 19:29 | 31:57.5 | 6:26 |
| 377 | 15 | 1108 | Ryan Olson | SO | Indiana Wesleyan | 438 | 3:53 | 431 | 6:13 | 415 | 11:41 | 405 | 19:44 | 31:58.0 | 6:26 |
| 378 | 6 | 1266 | Zac Bartolomeo | JR | Northern State | 377 | 3:36 | 385 | 5:52 | 392 | 11:22 | 393 | 19:35 | 31:59.8 | 6:27 |
| 379 | 24 | 1157 | Tyler Anderson | | Minnesota Running Club | 423 | 3:47 | 416 | 6:06 | 409 | 11:38 | 407 | 19:46 | 32:01.6 | 6:27 |
| 380 | 9 | 1038 | Claudio Tejada | SR | Dakota State | 99 | 3:13 | 171 | 5:22 | 328 | 10:49 | 379 | 19:14 | 32:02.1 | 6:27 |
| 381 | 4 | 1313 | Brandon Kotek | | Run N Fun | 418 | 3:45 | 420 | 6:07 | 414 | 11:41 | 408 | 19:48 | 32:02.1 | 6:27 |
| 382 | 10 | 1234 | Tim Brink | FR | Morningside | 322 | 3:30 | 308 | 5:36 | 321 | 10:47 | 348 | 18:50 | 32:04.2 | 6:28 |
| 383 | 25 | 1178 | William Larsen | | Minnesota Running Club | 422 | 3:46 | 417 | 6:06 | 405 | 11:34 | 394 | 19:35 | 32:04.8 | 6:28 |
| 384 | 26 | 1193 | Benjamin Sprenger | | Minnesota Running Club | 421 | 3:45 | 412 | 6:05 | 403 | 11:34 | 404 | 19:43 | 32:07.3 | 6:28 |
| 385 | 21 | 1452 | Isaiah warning | SO | Unattached | 324 | 3:30 | 333 | 5:39 | 341 | 10:54 | 362 | 18:58 | 32:09.8 | 6:29 |
| 386 | 3 | 1070 | Zacary Stetzel | FR | Graceland | 412 | 3:43 | 419 | 6:07 | 416 | 11:42 | 401 | 19:41 | 32:10.1 | 6:29 |
| 387 | 7 | 1006 | Abe Means | FR | Colo. Christian | 320 | 3:30 | 319 | 5:37 | 347 | 10:56 | 380 | 19:15 | 32:11.9 | 6:29 |
| 388 | 9 | 1408 | Justin Santopadre | FR | Winona State | 200 | 3:21 | 283 | 5:33 | 361 | 11:03 | 383 | 19:18 | 32:20.0 | 6:31 |
| 389 | 27 | 1172 | JJ Hogle | | Minnesota Running Club | 407 | 3:41 | 397 | 5:56 | 401 | 11:28 | 403 | 19:43 | 32:20.9 | 6:31 |
| 390 | 17 | 1428 | Andrew Baker | | Wisconsin Track Club | 366 | 3:34 | 360 | 5:47 | 358 | 11:03 | 377 | 19:14 | 32:21.4 | 6:31 |
| 391 | 28 | 1189 | Jack Reeves | | Minnesota Running Club | 417 | 3:45 | 411 | 6:04 | 404 | 11:34 | 397 | 19:37 | 32:23.6 | 6:31 |
| 392 | 8 | 1132 | Jacob Buchanan | SO | Johnson County CC | 359 | 3:34 | 354 | 5:45 | 376 | 11:14 | 389 | 19:33 | 32:28.7 | 6:32 |
| 393 | 7 | 1274 | Asher Wahl | FR | Northern State | 372 | 3:36 | 377 | 5:51 | 385 | 11:17 | 387 | 19:27 | 32:29.9 | 6:33 |
| 394 | 5 | 382 | Joey Black | SR | Wayne St. (Neb.) | 303 | 3:27 | 330 | 5:39 | 355 | 10:59 | 400 | 19:38 | 32:31.1 | 6:33 |
| 395 | 16 | 1093 | Drayson Beyer | FR | Indiana Wesleyan | 450 | 4:01 | 448 | 6:24 | 430 | 11:59 | 415 | 20:03 | 32:32.5 | 6:33 |
| 396 | 10 | 1035 | Corey Hermann | FR | Dakota State | 399 | 3:39 | 401 | 5:57 | 397 | 11:27 | 399 | 19:38 | 32:34.0 | 6:34 |
| 397 | 8 | 1268 | Jack Fast Wolf | FR | Northern State | 387 | 3:38 | 403 | 5:58 | 402 | 11:28 | 409 | 19:50 | 32:35.4 | 6:34 |
| 398 | 29 | 1176 | David Keller | | Minnesota Running Club | 440 | 3:56 | 442 | 6:23 | 437 | 12:09 | 428 | 20:21 | 32:37.7 | 6:34 |
| 399 | 8 | 1042 | Clay Goich | FR | Dickinson St. | 313 | 3:29 | 356 | 5:46 | 389 | 11:21 | 410 | 19:50 | 32:38.7 | 6:34 |

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|-----|----|------|---------------------------|----|-------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 400 | 18 | 1447 | Jake Reiners | | Wisconsin Track Club | 367 | 3:35 | 365 | 5:48 | 371 | 11:08 | 381 | 19:16 | 32:41.5 | 6:35 |
| 401 | 8 | 1400 | Cassidy Warson | SR | Waldorf | 327 | 3:30 | 376 | 5:50 | 394 | 11:25 | 406 | 19:44 | 32:45.2 | 6:36 |
| 402 | 17 | 1095 | Aaron Cawthorn | SR | Indiana Wesleyan | 449 | 4:01 | 449 | 6:24 | 429 | 11:59 | 425 | 20:14 | 32:50.5 | 6:37 |
| 403 | 10 | 1322 | Edwin Iraheta | FR | Sioux Falls | 383 | 3:37 | 394 | 5:55 | 399 | 11:27 | 411 | 19:50 | 32:52.3 | 6:37 |
| 404 | 22 | 1476 | Collin VanDussen | FR | Unattached | 358 | 3:33 | 362 | 5:47 | 374 | 11:11 | 392 | 19:34 | 32:53.4 | 6:37 |
| 405 | 4 | 1080 | Josh Morrow | FR | Grand View | 425 | 3:48 | 422 | 6:08 | 411 | 11:40 | 420 | 20:09 | 32:54.3 | 6:38 |
| 406 | 10 | 1280 | Jeff Jeltema | JR | Northwestern (Iowa) | 433 | 3:51 | 429 | 6:12 | 423 | 11:45 | 414 | 19:57 | 32:54.3 | 6:38 |
| 407 | 19 | 1444 | Alex Miller | | Wisconsin Track Club | 380 | 3:37 | 386 | 5:52 | 398 | 11:27 | 412 | 19:51 | 32:57.3 | 6:38 |
| 408 | 30 | 1186 | Justus Olson | | Minnesota Running Club | 441 | 3:56 | 443 | 6:23 | 436 | 12:09 | 426 | 20:17 | 32:57.5 | 6:38 |
| 409 | 20 | 1437 | Marquez Green | | Wisconsin Track Club | 376 | 3:36 | 380 | 5:52 | 393 | 11:25 | 398 | 19:38 | 32:59.0 | 6:39 |
| 410 | 4 | 1067 | Jeremiah Reynolds | JR | Graceland | 424 | 3:48 | 423 | 6:08 | 420 | 11:43 | 417 | 20:03 | 32:59.9 | 6:39 |
| 411 | 23 | 1461 | Carl Henderson | | Unattached | 447 | 3:58 | 436 | 6:19 | 428 | 11:53 | 421 | 20:10 | 33:01.9 | 6:39 |
| 412 | 24 | 1487 | Bennett Henderson | | Unattached | 448 | 3:58 | 437 | 6:19 | 427 | 11:53 | 419 | 20:09 | 33:02.9 | 6:39 |
| 413 | 11 | 1114 | Justin Bond | | Iowa State Running Club | 388 | 3:38 | 400 | 5:57 | 419 | 11:43 | 418 | 20:04 | 33:08.2 | 6:40 |
| 414 | 31 | 1158 | John Barlow | | Minnesota Running Club | 442 | 3:56 | 444 | 6:23 | 438 | 12:09 | 430 | 20:23 | 33:14.3 | 6:42 |
| 415 | 5 | 1066 | Lucky Lovan | SO | Graceland | 426 | 3:49 | 428 | 6:12 | 426 | 11:52 | 427 | 20:20 | 33:15.1 | 6:42 |
| 416 | 12 | 1259 | Aaron Hardcastle | SO | North Iowa Area CC | 409 | 3:42 | 405 | 6:01 | 410 | 11:39 | 423 | 20:12 | 33:17.5 | 6:42 |
| 417 | 25 | 1457 | Robert Fleuchaus | | Unattached | 453 | 4:03 | 452 | 6:29 | 441 | 12:09 | 434 | 20:30 | 33:19.6 | 6:43 |
| 418 | 32 | 1171 | Sam Heiden | | Minnesota Running Club | 435 | 3:52 | 434 | 6:16 | 440 | 12:09 | 437 | 20:36 | 33:33.0 | 6:45 |
| 419 | 33 | 1160 | Meyer Beckner | | Minnesota Running Club | 429 | 3:50 | 432 | 6:14 | 434 | 12:08 | 435 | 20:30 | 33:35.3 | 6:46 |
| 420 | 34 | 1194 | Guillaume Sublet | | Minnesota Running Club | 430 | 3:51 | 433 | 6:14 | 433 | 12:00 | 432 | 20:27 | 33:40.3 | 6:47 |
| 421 | 9 | 1136 | aden shorney | FR | Johnson County CC | 353 | 3:32 | 364 | 5:48 | 391 | 11:22 | 424 | 20:12 | 33:46.8 | 6:48 |
| 422 | 12 | 1118 | Aaron Jankins | | Iowa State Running Club | 408 | 3:42 | 408 | 6:03 | 413 | 11:41 | 422 | 20:10 | 33:52.7 | 6:49 |
| 423 | 10 | 1130 | Keith Acosta | FR | Johnson County CC | 364 | 3:34 | 388 | 5:53 | 408 | 11:36 | 431 | 20:25 | 33:55.7 | 6:50 |
| 424 | 4 | 1231 | Colin Olson | FR | Minot State | 378 | 3:36 | 398 | 5:56 | 422 | 11:45 | 436 | 20:32 | 33:59.3 | 6:51 |
| 425 | 13 | 1121 | Kienan Otto | | Iowa State Running Club | 414 | 3:43 | 409 | 6:03 | 421 | 11:45 | 429 | 20:22 | 34:01.0 | 6:51 |
| 426 | 35 | 1173 | Evan Huber | | Minnesota Running Club | 428 | 3:50 | 427 | 6:11 | 443 | 12:11 | 442 | 20:55 | 34:14.6 | 6:54 |
| 427 | 36 | 1195 | Daniel Wagner | | Minnesota Running Club | 445 | 3:57 | 450 | 6:24 | 446 | 12:15 | 443 | 20:57 | 34:20.7 | 6:55 |
| 428 | 14 | 1113 | Eric Bishop | | Iowa State Running Club | 420 | 3:45 | 424 | 6:09 | 425 | 11:52 | 441 | 20:44 | 34:28.2 | 6:57 |
| 429 | 37 | 1161 | Garrett Bembenek | | Minnesota Running Club | 415 | 3:45 | 413 | 6:05 | 407 | 11:36 | 416 | 20:03 | 34:30.4 | 6:57 |
| 430 | 38 | 1164 | Sean Brogan | | Minnesota Running Club | 443 | 3:56 | 445 | 6:24 | 447 | 12:15 | 445 | 20:59 | 34:34.0 | 6:58 |
| 431 | 26 | 1459 | Nathan Johnson Brendon | | Unattached | 344 | 3:31 | 381 | 5:52 | 417 | 11:42 | 438 | 20:41 | 34:48.2 | 7:01 |

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|-----|----|------|---------------------|----|-----------------------------------|-----|------|-----|------|-----|-------|-----|-------|---------|------|
| 432 | 12 | 1062 | Watchhorn | SO | Dordt | 311 | 3:28 | 301 | 5:35 | 435 | 12:08 | 439 | 20:44 | 34:53.9 | 7:02 |
| 433 | 5 | 1078 | Colton Galusha | FR | Grand View | 419 | 3:45 | 425 | 6:09 | 442 | 12:10 | 446 | 21:14 | 34:56.0 | 7:02 |
| 434 | 6 | 1081 | Ryan Moshinsky | FR | Grand View | 444 | 3:57 | 446 | 6:24 | 450 | 12:18 | 449 | 21:23 | 34:56.7 | 7:02 |
| 435 | 3 | 1386 | Daniel Machado | SO | Valley City State | 381 | 3:37 | 404 | 5:59 | 424 | 11:48 | 440 | 20:44 | 35:06.5 | 7:04 |
| 436 | 13 | 1048 | Ben Boersma | FR | Dordt | 390 | 3:39 | 410 | 6:04 | 431 | 11:59 | 444 | 20:59 | 35:16.8 | 7:06 |
| 437 | 7 | 1082 | Taylor Murray | SO | Grand View | 439 | 3:56 | 439 | 6:21 | 445 | 12:14 | 448 | 21:22 | 35:35.6 | 7:10 |
| 438 | 39 | 1190 | Jack Rodgers | | Minnesota Running Club | 446 | 3:57 | 451 | 6:28 | 452 | 12:30 | 453 | 21:41 | 35:37.0 | 7:10 |
| 439 | 9 | 1398 | Jesse Vega | SO | Waldorf | 315 | 3:29 | 355 | 5:46 | 395 | 11:25 | 433 | 20:27 | 35:41.0 | 7:11 |
| 440 | 8 | 1079 | Nate Johnson | SR | Grand View | 456 | 4:07 | 454 | 6:32 | 448 | 12:16 | 450 | 21:29 | 35:41.9 | 7:11 |
| 441 | 10 | 1025 | Kyle Skelton | FR | Concordia-St. Paul | 437 | 3:53 | 438 | 6:20 | 439 | 12:09 | 447 | 21:19 | 35:47.8 | 7:13 |
| 442 | 10 | 1390 | Adam Brinkman | SR | Waldorf | 413 | 3:43 | 426 | 6:11 | 449 | 12:17 | 451 | 21:31 | 35:48.3 | 7:13 |
| 443 | 27 | 1472 | Lester Paul | | Unattached Minnesota Running Club | 454 | 4:03 | 453 | 6:30 | 453 | 12:36 | 455 | 21:48 | 36:03.8 | 7:16 |
| 444 | 40 | 1163 | Aaron Breidenbach | | Minnesota Running Club | 434 | 3:51 | 435 | 6:16 | 444 | 12:13 | 452 | 21:32 | 36:10.4 | 7:17 |
| 445 | 5 | 987 | Darryl Simpson | FR | Cardinal Stritch | 360 | 3:34 | 418 | 6:06 | 451 | 12:21 | 454 | 21:47 | 36:11.7 | 7:17 |
| 446 | 41 | 1184 | Owen Nelson | | Minnesota Running Club | 436 | 3:52 | 440 | 6:22 | 454 | 12:40 | 456 | 22:02 | 36:25.7 | 7:20 |
| 447 | 42 | 1165 | Jacob Brown | | Minnesota Running Club | 451 | 4:01 | 455 | 6:34 | 455 | 12:43 | 457 | 22:11 | 36:31.1 | 7:21 |
| 448 | 18 | 1101 | Akeem Green | FR | Indiana Wesleyan | 455 | 4:07 | 456 | 6:46 | 457 | 13:02 | 458 | 22:18 | 36:38.6 | 7:23 |
| 449 | 43 | 1187 | Houlden Ourada | | Minnesota Running Club | 432 | 3:51 | 441 | 6:22 | 456 | 12:48 | 459 | 23:00 | 38:37.2 | 7:47 |
| 450 | 6 | 1065 | Colton Graham | SR | Graceland | 457 | 4:10 | 457 | 6:54 | 458 | 13:32 | 460 | 23:35 | 39:34.9 | 7:58 |
| 451 | 5 | 1230 | Dylan Harvey | JR | Minot State | 458 | 4:30 | 458 | 7:26 | 459 | 14:41 | 461 | 25:13 | 41:37.0 | 8:23 |
| 452 | 21 | 1451 | Bryan Watson | | Wisconsin Track Club | 460 | 4:38 | 460 | 7:45 | 460 | 14:54 | 462 | 25:40 | 42:50.4 | 8:38 |
| 453 | 44 | 1166 | Seth Eisenbraun | | Minnesota Running Club | 459 | 4:33 | 459 | 7:39 | 461 | 15:31 | 463 | 27:46 | 45:53.5 | 9:14 |
| | 12 | 1352 | Abduselam Yussuf | | U of Manitoba | 53 | 3:08 | 44 | 5:05 | 40 | 9:42 | 1 | 7:27 | | |
| | 14 | 1050 | Adam Daane | JR | Dordt | 75 | 3:10 | 86 | 5:10 | | | 2 | 7:44 | | |
| | 9 | 1203 | Derek Finsterwalder | JR | Minnesota State | 54 | 3:08 | 100 | 5:14 | 258 | 10:31 | 3 | 7:55 | | |
| | 10 | 1416 | Joey Eterno | FR | Wis.-Parkside | 180 | 3:19 | 189 | 5:24 | 244 | 10:28 | 4 | 7:59 | | |
| | 28 | 1478 | Jacob Wilts | FR | Unattached | 139 | 3:16 | 158 | 5:20 | | | 5 | 8:01 | | |
| | 11 | 1017 | Jonathan Erber | SR | Concordia-St. Paul | 452 | 4:01 | 447 | 6:24 | 432 | 12:00 | 6 | 9:19 | | |
| | 14 | 976 | Chase Smith | FR | Black Hills St. | 161 | 3:18 | 134 | 5:18 | 113 | 10:01 | 124 | 17:10 | | |
| | 19 | 1226 | Josh Peterson | JR | Minnesota-Duluth | 294 | 3:27 | 249 | 5:30 | 212 | 10:22 | 234 | 17:53 | | |
| | 11 | 1242 | Keegan Pfau | SO | Morningside | 254 | 3:24 | 251 | 5:30 | 264 | 10:32 | 313 | 18:21 | | |
| | 4 | 1384 | Casey Engelhard | SO | Valley City State | 298 | 3:27 | 336 | 5:40 | 388 | 11:21 | 413 | 19:55 | | |