

Mustangs sweep Coe in cross country

Written by Metro Sports Report
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PALO - The Mount Mercy cross country teams swept Coe in the 5 Seasons Duel at the Morgan Creek Park Trail in Palo Friday.

Liz Mosbach raced to a 40-second victory in the women's race to help the Mustangs top the Kohawks, 20-41. Mosbach was timed in 18 minutes, 35 seconds for the three-mile course.

Mount Mercy nipped Coe for the men's title, 25-30. Austin Springsteen of Coe captured the four-mile event in 21 minutes, 34 seconds. He nipped Evan Bowman of Mount Mercy by two seconds.

WOMEN'S RESULTS

Mount Mercy: Liz Mosbach 18:35, Dana Ewan 19:21, Molly Pruett 19:30, Katie Hoffert 19:36, Eveline Niyokwizigigwa 19:49, Marinna Schroud 20:10, Abby Marting 20:11.

Coe: Beth Heims 19:15, Maddie Bain 19:44, Erin Pisarik 21:14, Brianna De Jong 21:20, Allison Rogers 21:27, Holly Wisnousky 21:56, Katie Guinane 22:08.

MEN'S RESULTS

Mount Mercy: Evan Bowman 21:36, Tyler Keith 21:47, Anthony Kinley 22:05, Colton Blay 22:11, Eric Stevenson 22:53, Rhett Thys 23:48, Jacob Herndon 24:08.

Coe: Austin Springsteen 21:34, Aaron Broege 21:59, Dray Schreiber 22:31, Nathan Haerr 22:31, Ben Nelson 23:06, Beau Freeborn 23:39, Josh Randall 23:47.

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