

CENTRAL DUTCH INVITATIONALPella, IA
A.N. Kyper Athletics Complex**OFFICIAL MEET REPORT**
printed: 9/6/2014 12:54 PM

September 6, 2014

Race #1
MEN • 5 Kilometers (3.11 Miles)**FINAL RESULTS****TEAM SCORING SUMMARY****Large**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Iowa City West	48	5-7-11-12-13(15)(19)	1:25:54	17:11	5-7-11-12-13-16-20	0:37.1
2 Gilbert	55	1-4-6-16-28(34)(48)	1:26:01	17:13	1-4-6-17-30-40-66	2:07.3
3 Pella Communit	99	10-17-21-22-29(30)(33)	1:29:50	17:58	10-18-23-24-33-34-39	1:15.7
4 Southeast Polk	114	14-18-23-27-32(39)(40)	1:30:26	18:06	14-19-25-29-38-47-50	1:08.2
5 Ankeny	120	8-24-25-26-37(38)(42)	1:30:32	18:07	8-26-27-28-45-46-54	1:43.9
6 Oskaloosa	133	2-3-31-47-50(51)(62)	1:29:54	17:59	2-3-36-65-69-70-128	2:44.8
7 Mount Pleasant	148	9-20-35-41-43(52)(56)	1:31:41	18:21	9-22-43-53-56-77-99	1:52.6
8 Marshalltown	240	36-44-49-53-58(63)(67)	1:35:43	19:09	44-59-67-85-104-140-173	0:51.6
9 Bondurant-Farr	275	45-46-55-64-65(69)(70)	1:38:31	19:43	60-61-93-149-163-201-258	1:41.9
10 Knoxville	291	54-57-59-60-61(66)(68)	1:38:39	19:44	86-102-109-123-125-170-175	0:41.6

Small

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Nevada	49	2-8-9-14-16(18)(24)	1:35:34	19:07	31-63-73-88-95-105-138	1:05.4
2 Collins-Maxwel	60	1-7-15-17-20(21)(29)	1:35:15	19:03	15-58-94-100-114-121-160	2:14.2
3 North Polk	76	10-12-13-19-22(23)(27)	1:37:44	19:33	76-80-82-106-132-134-157	0:57.1
4 Pella Christia	104	3-11-25-32-33(34)(45)	1:40:56	20:12	32-78-153-196-202-206-282	3:00.7
5 BGM Community	120	4-5-30-31-50	1:43:33	20:43	37-41-182-194-302	5:30.6
6 Lynnville-Sull	176	6-35-37-47-51(52)(53)	1:51:04	22:13	51-220-222-286-315-337-351	6:09.2
7 Montezuma	190	26-36-38-42-48(49)	1:51:39	22:20	154-221-237-279-290-298	3:19.9
8 PCM	191	28-39-40-41-43(44)(46)	1:52:34	22:31	158-248-255-277-280-281-285	2:48.0

INDIVIDUAL RESULTS

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
1 Thomas POLLARD	SR	Gilbert (1)	1	16:14.2	--	5:13.2	3:14.8
2 Skylar DEJONG	SR	Oskaloosa (1)	2	16:27.0	0:12.8	5:17.4	3:17.4
3 Spencer DEJONG	SR	Oskaloosa (2)	3	16:38.2	0:24.0	5:21.0	3:19.6
4 Wesley GREDER	SR	Gilbert (2)	4	16:42.9	0:28.7	5:22.5	3:20.6
5 Nick FEELEY	JR	Iowa City West (1)	5	16:49.7	0:35.5	5:24.7	3:21.9
6 Bradley RICHARD	SR	Gilbert (3)	6	16:55.7	0:41.5	5:26.6	3:23.1
7 Akash BORDE	SR	Iowa City West (2)	7	16:56.4	0:42.2	5:26.8	3:23.3
8 Steven ERREDGE	SR	Ankeny (1)	8	16:58.0	0:43.8	5:27.3	3:23.6
9 Logan MURRAY	SO	Mount Pleasant (1)	9	17:03.8	0:49.6	5:29.2	3:24.8
10 Adam SIEVERS	JR	Pella Communit (1)	10	17:09.8	0:55.6	5:31.1	3:26.0
11 Adam WEIS	SR	Iowa City West (3)	11	17:15.6	1:01.4	5:33.0	3:27.1
12 Abdallah ALI	SR	Iowa City West (4)	12	17:24.6	1:10.4	5:35.9	3:28.9
13 Matthew SCHNEIDER	JR	Iowa City West (5)	13	17:26.8	1:12.6	5:36.6	3:29.4
14 Jordan TOOMEY	SR	Southeast Polk (1)	14	17:27.1	1:12.9	5:36.7	3:29.4
15 Mark DEUTSCH	SR	Collins-Maxwel (1)	1	17:32.0	1:17.8	5:38.3	3:30.4
16 Ali ALI	SO	Iowa City West (6)	(15)	17:40.1	1:25.9	5:40.9	3:32.0
17 Owen WHITHAM	JR	Gilbert (4)	16	17:46.4	1:32.2	5:42.9	3:33.3
18 Nick BERNHAGEN	SO	Pella Communit (2)	17	17:51.3	1:37.1	5:44.5	3:34.3
19 Dalten LEHMAN	JR	Southeast Polk (2)	18	17:52.0	1:37.8	5:44.7	3:34.4
20 Noah BRASE	SR	Iowa City West (7)	(19)	17:53.2	1:39.0	5:45.1	3:34.6
21 Josh JENSEN	SR	Iowa City West	-	17:59.2	1:45.0	5:47.0	3:35.8
22 Jack PIEPER	SO	Mount Pleasant (2)	20	18:09.8	1:55.6	5:50.4	3:38.0

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Race #1**MEN • 5 Kilometers (3.11 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
23 Sawyer BURTON	SR	Pella Communit (3)	21	18:11.2	1:57.0	5:50.9	3:38.2
24 Travis DINGEMAN	SR	Pella Communit (4)	22	18:11.4	1:57.2	5:50.9	3:38.3
25 Caleb EICHELBERGER	SR	Southeast Polk (3)	23	18:11.9	1:57.7	5:51.1	3:38.4
26 Grant ACOYMO	JR	Ankeny (2)	24	18:14.3	2:00.0	5:51.9	3:38.9
27 Tanner FISCHER	SR	Ankeny (3)	25	18:18.1	2:03.9	5:53.1	3:39.6
28 Tyler HADDEN	JR	Ankeny (4)	26	18:18.9	2:04.7	5:53.3	3:39.8
29 Daniel SUNVOLD	JR	Southeast Polk (4)	27	18:19.1	2:04.9	5:53.4	3:39.8
30 Will GREDER	FR	Gilbert (5)	28	18:21.5	2:07.3	5:54.2	3:40.3
31 Connor MACVEY	SO	Nevada (1)	2	18:23.4	2:09.2	5:54.8	3:40.7
32 Jacob LENSING	SR	Pella Christia (1)	3	18:25.2	2:11.0	5:55.4	3:41.0
33 Ethan POULTER	FR	Pella Communit (5)	29	18:25.5	2:11.3	5:55.5	3:41.1
34 Micah HAMMANN	SO	Pella Communit (6)	(30)	18:27.4	2:13.2	5:56.1	3:41.5
35 Ian MCGILLICUDDY	SR	Iowa City West	-	18:27.8	2:13.6	5:56.2	3:41.6
36 Colton BERG	SO	Oskaloosa (3)	31	18:30.2	2:16.0	5:57.0	3:42.0
37 Geert BOELEN	SR	BGM Community (1)	4	18:34.0	2:19.8	5:58.2	3:42.8
38 Cutler OWENS	FR	Southeast Polk (5)	32	18:35.3	2:21.1	5:58.6	3:43.1
39 Joshua VAN DUSSELDORP	SO	Pella Communit (7)	(33)	18:35.7	2:21.5	5:58.7	3:43.1
40 Garrison HOLCK	FR	Gilbert (6)	(34)	18:36.0	2:21.8	5:58.8	3:43.2
41 Jake WILSON	SR	BGM Community (2)	5	18:37.5	2:23.3	5:59.3	3:43.5
42 Gustave STEWART	SR	Iowa City West	-	18:37.9	2:23.7	5:59.5	3:43.6
43 Adam BODENHAM	SO	Mount Pleasant (3)	35	18:38.6	2:24.4	5:59.7	3:43.7
44 Alex MASON	SR	Marshalltown (1)	36	18:41.5	2:27.3	6:00.6	3:44.3
45 Parker GRANT	SR	Ankeny (5)	37	18:41.9	2:27.7	6:00.7	3:44.4
46 Riley TRENT	JR	Ankeny (6)	(38)	18:42.1	2:27.9	6:00.8	3:44.4
47 Cameron MCCOY	JR	Southeast Polk (6)	(39)	18:43.1	2:28.9	6:01.1	3:44.6
48 Jeff GARBUTT	FR	Iowa City West	-	18:44.3	2:30.1	6:01.5	3:44.9
49 David SCHEMM	SR	Pella Communit	-	18:48.7	2:34.5	6:02.9	3:45.7
50 Drake CLOUSE	SR	Southeast Polk (7)	(40)	18:49.5	2:35.3	6:03.2	3:45.9
51 Canyon KUHLMANN	JR	Lynnville-Sull (1)	6	18:49.8	2:35.6	6:03.3	3:46.0
52 Braden TETMEYER	JR	Southeast Polk	-	18:51.7	2:37.5	6:03.9	3:46.3
53 Josh BEELMAN	SR	Mount Pleasant (4)	41	18:52.3	2:38.1	6:04.1	3:46.5
54 Matthew DUBBERKE	FR	Ankeny (7)	(42)	18:52.7	2:38.5	6:04.2	3:46.5
55 Andrew MURLEY	SO	Iowa City West	-	18:55.6	2:41.4	6:05.1	3:47.1
56 Ryan HUTCHINSON	SO	Mount Pleasant (5)	43	18:56.4	2:42.2	6:05.4	3:47.3
57 Wes GRANT	JR	Southeast Polk	-	18:56.9	2:42.7	6:05.6	3:47.4
58 Colin THOMSON	SR	Collins-Maxwel (2)	7	18:57.2	2:43.0	6:05.7	3:47.4
59 Sam JOHNSON	SR	Marshalltown (2)	44	18:57.6	2:43.4	6:05.8	3:47.5
60 Drake VANBAALE	FR	Bondurant-Farr (1)	45	18:57.9	2:43.7	6:05.9	3:47.6
61 Tayler RAMUS	SR	Bondurant-Farr (2)	46	19:02.3	2:48.1	6:07.3	3:48.5
62 Micah SMITH	SO	Iowa City West	-	19:05.2	2:51.0	6:08.2	3:49.0
63 Zach HANSEN	SR	Nevada (2)	8	19:05.4	2:51.2	6:08.3	3:49.1
64 Ethan TREPKA	FR	Iowa City West	-	19:05.8	2:51.6	6:08.4	3:49.2
65 Adam DURECH	SR	Oskaloosa (4)	47	19:06.3	2:52.1	6:08.6	3:49.3
66 Stephen SHUKA	SO	Gilbert (7)	(48)	19:08.7	2:54.5	6:09.4	3:49.7
67 Sam IRWIN	FR	Marshalltown (3)	49	19:09.9	2:55.7	6:09.7	3:50.0
68 Isaak WEBB	JR	Pella Communit	-	19:11.1	2:56.9	6:10.1	3:50.2
69 Kamron VANHULZEN	SR	Oskaloosa (5)	50	19:11.8	2:57.6	6:10.4	3:50.4
70 Willis KNOX	SO	Oskaloosa (6)	(51)	19:12.2	2:58.0	6:10.5	3:50.4
71 Chris WIGNALL	JR	Ankeny	-	19:12.6	2:58.4	6:10.6	3:50.5
72 Nathan ABRAMHOFF	SO	Iowa City West	-	19:12.8	2:58.6	6:10.7	3:50.6

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73 Caden TRYGSTAD	JR	Nevada (3)	9	19:14.1	2:59.9	6:11.1	3:50.8
74 Jack BISCUPSKI	SR	Iowa City West	-	19:15.1	3:00.9	6:11.4	3:51.0
75 Soren STETLER	FR	Pella Communit	-	19:15.6	3:01.4	6:11.6	3:51.1
76 Jacob WILCOX	FR	North Polk (1)	10	19:16.0	3:01.8	6:11.7	3:51.2
77 Riggs WILSON	SR	Mount Pleasant (6)	(52)	19:16.4	3:02.2	6:11.8	3:51.3
78 Davi SIMOES		Pella Christia (2)	11	19:16.7	3:02.5	6:11.9	3:51.3
79 Ike SLOAN	SR	Southeast Polk	-	19:16.9	3:02.7	6:12.0	3:51.4
80 Austin SMITH	JR	North Polk (2)	12	19:18.8	3:04.6	6:12.6	3:51.8
81 Jason TAYLOR	FR	Gilbert	-	19:19.6	3:05.4	6:12.9	3:51.9
82 Matthew TURK	SR	North Polk (3)	13	19:19.9	3:05.7	6:13.0	3:52.0
83 Andre RATHJE	SR	Gilbert	-	19:20.2	3:06.0	6:13.1	3:52.0
84 Shane LEHMAN	SR	Southeast Polk	-	19:20.7	3:06.5	6:13.2	3:52.1
85 Reggie JOHANNES	JR	Marshalltown (4)	53	19:20.9	3:06.7	6:13.3	3:52.2
86 Cade MCNEIL	SO	Knoxville (1)	54	19:21.2	3:07.0	6:13.4	3:52.2
87 Keegan SHAW	SR	Southeast Polk	-	19:21.5	3:07.3	6:13.5	3:52.3
88 Duncan WESTPHAL	SR	Nevada (4)	14	19:21.8	3:07.6	6:13.6	3:52.4
89 Adam HOUTZ	FR	Pella Communit	-	19:23.3	3:09.1	6:14.1	3:52.7
90 Kyle TRIPLETT	SR	Iowa City West	-	19:23.9	3:09.7	6:14.2	3:52.8
91 Jay MIXDORF	SO	Ankeny	-	19:24.4	3:10.2	6:14.4	3:52.9
92 Beau LESSARD	FR	Southeast Polk	-	19:24.7	3:10.5	6:14.5	3:52.9
93 Caleb TOWNSEND	FR	Bondurant-Farr (3)	55	19:24.9	3:10.7	6:14.6	3:53.0
94 Evan BIANCHI	SO	Collins-Maxwel (3)	15	19:28.2	3:14.0	6:15.6	3:53.6
95 Drew BARKER	SO	Nevada (5)	16	19:28.8	3:14.6	6:15.8	3:53.8
96 Brandon LYNCH	JR	Southeast Polk	-	19:29.0	3:14.8	6:15.9	3:53.8
97 Steven VLAHKIS	FR	Ankeny	-	19:30.1	3:15.9	6:16.2	3:54.0
98 Cameron BLOM	SO	Pella Communit	-	19:30.5	3:16.3	6:16.4	3:54.1
99 Dalton KRUM	SO	Mount Pleasant (7)	(56)	19:30.8	3:16.6	6:16.5	3:54.2
100 Calvin JONES	SO	Collins-Maxwel (4)	17	19:31.0	3:16.8	6:16.5	3:54.2
101 Robert WISE	SO	Iowa City West	-	19:31.4	3:17.2	6:16.7	3:54.3
102 Blake LEE	FR	Knoxville (2)	57	19:31.8	3:17.6	6:16.8	3:54.4
103 Jared BAILEY	FR	Iowa City West	-	19:32.1	3:17.9	6:16.9	3:54.4
104 Tony SMITH	JR	Marshalltown (5)	58	19:33.1	3:18.9	6:17.2	3:54.6
105 Nick WALLESER	JR	Nevada (6)	(18)	19:35.8	3:21.6	6:18.1	3:55.2
106 Kirk LEACH	SO	North Polk (4)	19	19:36.0	3:21.8	6:18.1	3:55.2
107 Daylan WAGENER	FR	Ankeny	-	19:39.4	3:25.2	6:19.2	3:55.9
108 Jacob BABCOCK	JR	Ankeny	-	19:39.8	3:25.6	6:19.4	3:56.0
109 Mitchell HOLLINGSHEAD	JR	Knoxville (3)	59	19:40.8	3:26.6	6:19.7	3:56.2
110 Andrew HUFFMAN	SO	Southeast Polk	-	19:41.4	3:27.2	6:19.9	3:56.3
111 Kyle SULWER	FR	Iowa City West	-	19:42.0	3:27.8	6:20.1	3:56.4
112 Connor FARRELL	FR	Ankeny	-	19:42.8	3:28.6	6:20.3	3:56.6
113 Henry PHAM	SR	Mount Pleasant	-	19:45.8	3:31.6	6:21.3	3:57.2
114 Max VAN MAANEN	FR	Collins-Maxwel (5)	20	19:46.2	3:32.0	6:21.4	3:57.2
115 Sam ROSS	SO	Iowa City West	-	19:52.0	3:37.8	6:23.3	3:58.4
116 Sam CAMPBELL	JR	Gilbert	-	19:52.4	3:38.2	6:23.4	3:58.5
117 Thomas GAULEY	FR	Pella Communit	-	19:54.1	3:39.9	6:24.0	3:58.8
118 Nathan SWART	SR	Gilbert	-	19:55.0	3:40.8	6:24.2	3:59.0
119 Elijah HELTON	SO	Mount Pleasant	-	19:55.3	3:41.1	6:24.3	3:59.1
120 Evan LOGSDON	SR	Iowa City West	-	19:56.4	3:42.2	6:24.7	3:59.3
121 Eric HALL-FLOODEN	SO	Collins-Maxwel (6)	(21)	19:58.6	3:44.4	6:25.4	3:59.7
122 Kyle VANDERHAM	FR	Mount Pleasant	-	20:00.0	3:45.8	6:25.9	4:00.0

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123 Jack MCDONALD	SO	Knoxville (4)	60	20:01.7	3:47.5	6:26.4	4:00.3
124 Trey RINGLER	SR	Southeast Polk	-	20:02.1	3:47.9	6:26.5	4:00.4
125 Chase LARSON	SO	Knoxville (5)	61	20:02.8	3:48.6	6:26.8	4:00.6
126 James GAUL	SO	Pella Communit	-	20:03.4	3:49.2	6:26.9	4:00.7
127 Luc HENK	SR	Iowa City West	-	20:06.4	3:52.2	6:27.9	4:01.3
128 Jared BOGGESS	SR	Oskaloosa (7)	(62)	20:06.8	3:52.6	6:28.0	4:01.4
129 Ben ZIHLMAN	SO	Mount Pleasant	-	20:08.2	3:54.0	6:28.5	4:01.6
130 Sam PARKER	SR	Ankeny	-	20:11.5	3:57.3	6:29.5	4:02.3
131 Ryan WILSON	SO	Pella Communit	-	20:12.1	3:57.9	6:29.7	4:02.4
132 John PETERSON	SO	North Polk (5)	22	20:13.1	3:58.9	6:30.1	4:02.6
133 Daniel SMITH	SR	Iowa City West	-	20:13.8	3:59.6	6:30.3	4:02.8
134 Will MCCORMICK	FR	North Polk (6)	(23)	20:14.3	4:00.0	6:30.5	4:02.9
135 Noah HAVERDINK	SR	Gilbert	-	20:14.7	4:00.5	6:30.6	4:02.9
136 Isaiah PICK	FR	Ankeny	-	20:14.9	4:00.7	6:30.6	4:03.0
137 Talon MUNGER	FR	Oskaloosa	-	20:15.2	4:01.0	6:30.7	4:03.0
138 Leighton MEMMER	JR	Nevada (7)	(24)	20:15.6	4:01.4	6:30.9	4:03.1
139 Andrew GJERSVIK	FR	Southeast Polk	-	20:16.3	4:02.1	6:31.1	4:03.3
140 Dylan ROSENBROUGH	FR	Marshalltown (6)	(63)	20:17.2	4:03.0	6:31.4	4:03.4
141 Tyler MENEGAY	JR	Ankeny	-	20:18.0	4:03.8	6:31.6	4:03.6
142 Josh DIEHL	SO	Oskaloosa	-	20:19.9	4:05.7	6:32.3	4:04.0
143 Brandon BERNER	SO	Iowa City West	-	20:20.5	4:06.3	6:32.4	4:04.1
144 Tommy DOYLE	FR	Gilbert	-	20:21.5	4:07.3	6:32.8	4:04.3
145 Dilan ZILLOX	SR	Mount Pleasant	-	20:22.2	4:08.0	6:33.0	4:04.4
146 Blake WICKHAM	SR	Mount Pleasant	-	20:23.2	4:09.0	6:33.3	4:04.6
147 Ethan GOERS	FR	Iowa City West	-	20:24.8	4:10.6	6:33.8	4:05.0
148 Nathan DEGEN	SO	Iowa City West	-	20:25.3	4:11.1	6:34.0	4:05.1
149 Isaac MCCLEARY	FR	Bondurant-Farr (4)	64	20:25.9	4:11.7	6:34.2	4:05.2
150 Brayton DOUMA	FR	Pella Communit	-	20:26.5	4:12.3	6:34.4	4:05.3
151 Orion STASKAL	SO	Iowa City West	-	20:26.9	4:12.7	6:34.5	4:05.4
152 Josh WOOTON	SR	Iowa City West	-	20:27.8	4:13.6	6:34.8	4:05.6
153 Samuel DAHM	SO	Pella Christia (3)	25	20:28.8	4:14.6	6:35.1	4:05.8
154 Paden MASCHMANN	SO	Montezuma (1)	26	20:29.3	4:15.1	6:35.3	4:05.9
155 Willie TUNKS	FR	Southeast Polk	-	20:30.1	4:15.9	6:35.5	4:06.0
156 Cole JACOBSON	SO	Ankeny	-	20:32.5	4:18.3	6:36.3	4:06.5
157 Cody MEINERS	SO	North Polk (7)	(27)	20:34.0	4:19.8	6:36.8	4:06.8
158 Chris ELLENS	SO	PCM (1)	28	20:37.4	4:23.2	6:37.9	4:07.5
159 Andrew THATCHER	SO	Gilbert	-	20:37.7	4:23.5	6:38.0	4:07.5
160 Carter FRICKE	FR	Collins-Maxwel (7)	(29)	20:38.2	4:24.0	6:38.1	4:07.6
161 Justin WIGNALL	SR	Ankeny	-	20:38.7	4:24.5	6:38.3	4:07.7
162 Luke SCHEMM	SO	Pella Communit	-	20:39.3	4:25.1	6:38.5	4:07.9
163 Matt JACKSON	SO	Bondurant-Farr (5)	65	20:39.8	4:25.6	6:38.6	4:08.0
164 Jonathan ITA	FR	Mount Pleasant	-	20:41.1	4:26.9	6:39.1	4:08.2
165 Jonathan LANZ	SO	Ankeny	-	20:41.8	4:27.6	6:39.3	4:08.4
166 Peter NOLL	FR	Ankeny	-	20:42.3	4:28.1	6:39.5	4:08.5
167 Jacob WENCK	SO	Iowa City West	-	20:43.1	4:28.9	6:39.7	4:08.6
168 David ANDERSON	SR	Oskaloosa	-	20:43.7	4:29.5	6:39.9	4:08.7
169 Brody PIETZ	FR	Gilbert	-	20:44.1	4:29.9	6:40.0	4:08.8
170 Chase BROWN	JR	Knoxville (6)	(66)	20:44.7	4:30.5	6:40.2	4:08.9
171 Andrew ROMPOT	SO	Iowa City West	-	20:45.8	4:31.6	6:40.6	4:09.2
172 Colton LAMMERS	FR	Ankeny	-	20:46.7	4:32.5	6:40.9	4:09.3

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Race #1**MEN • 5 Kilometers (3.11 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
173 Luke PEDERSON	FR	Marshalltown (7)	(67)	20:47.8	4:33.6	6:41.2	4:09.6
174 Alex CRUM	SR	Gilbert	-	20:48.7	4:34.5	6:41.5	4:09.7
175 Dakota LONG	JR	Knoxville (7)	(68)	20:50.3	4:36.1	6:42.0	4:10.1
176 Nick MOATS	JR	Knoxville	-	20:51.3	4:37.1	6:42.3	4:10.3
177 Colton RINEHART	SR	Knoxville	-	20:52.2	4:38.0	6:42.6	4:10.4
178 Corey ELLIOT	SR	Pella Communit	-	20:53.4	4:39.2	6:43.0	4:10.7
179 Zane MILLER	FR	Gilbert	-	20:54.1	4:39.9	6:43.2	4:10.8
180 Jack MILLER	FR	Oskaloosa	-	21:00.0	4:45.8	6:45.1	4:12.0
181 Daniel MALLORY	SR	Knoxville	-	21:00.4	4:46.2	6:45.3	4:12.1
182 Teun BOELEN	SO	BGM Community (3)	30	21:00.9	4:46.7	6:45.4	4:12.2
183 Micah WITTENBERG	JR	Pella Communit	-	21:02.1	4:47.9	6:45.8	4:12.4
184 Cole SWANSON	SO	Pella Communit	-	21:02.5	4:48.3	6:45.9	4:12.5
185 Joel STENSETH	SR	Southeast Polk	-	21:05.2	4:51.0	6:46.8	4:13.0
186 Garrett JOHNSON	FR	Pella Communit	-	21:05.7	4:51.5	6:47.0	4:13.1
187 Caleb WRIGHT	SO	Ankeny	-	21:06.5	4:52.3	6:47.2	4:13.3
188 AJ MOELLER	FR	Ankeny	-	21:07.3	4:53.1	6:47.5	4:13.5
189 Malachi HORNBUCKLE	FR	Nevada	-	21:09.6	4:55.4	6:48.2	4:13.9
190 Jacob SPEARS	FR	Oskaloosa	-	21:10.1	4:55.9	6:48.4	4:14.0
191 Michael STEFFEN	SO	Ankeny	-	21:11.0	4:56.8	6:48.7	4:14.2
192 Jonah MARCUSSEN	FR	Iowa City West	-	21:11.6	4:57.4	6:48.9	4:14.3
193 Jackson OAKLEY	FR	Ankeny	-	21:12.0	4:57.8	6:49.0	4:14.4
194 Owen CLINE	SO	BGM Community (4)	31	21:15.6	5:01.4	6:50.2	4:15.1
195 Andrew WHITTEN	JR	Pella Communit	-	21:18.4	5:04.2	6:51.1	4:15.7
196 Nathan VERMEER	FR	Pella Christia (4)	32	21:19.0	5:04.8	6:51.3	4:15.8
197 Brad MARTIN	SR	Mount Pleasant	-	21:19.8	5:05.6	6:51.5	4:16.0
198 Newton YEE	FR	Pella Communit	-	21:21.6	5:07.4	6:52.1	4:16.3
199 Brock JOHNSTON	JR	Collins-Maxwel	-	21:22.2	5:08.0	6:52.3	4:16.4
200 Caleb FISHER	SR	Oskaloosa	-	21:24.6	5:10.4	6:53.1	4:16.9
201 Jacob YATCHAK	JR	Bondurant-Farr (6)	(69)	21:25.1	5:10.9	6:53.2	4:17.0
202 Jackson SCHELHAAS	SR	Pella Christia (5)	33	21:25.9	5:11.7	6:53.5	4:17.2
203 Ryan GROSS	SO	Ankeny	-	21:26.3	5:12.1	6:53.6	4:17.3
204 Keagan VERSCHUURE	SO	Pella Communit	-	21:27.4	5:13.2	6:54.0	4:17.5
205 Caleb PILCHER	JR	Southeast Polk	-	21:28.3	5:14.1	6:54.2	4:17.7
206 Jonathan BELTMAN	SR	Pella Christia (6)	(34)	21:29.3	5:15.1	6:54.6	4:17.9
207 Alex PURVIS	SR	Knoxville	-	21:30.1	5:15.9	6:54.8	4:18.0
208 Nick MENEGAY	FR	Ankeny	-	21:31.3	5:17.1	6:55.2	4:18.3
209 Kelly WIGNALL	FR	Ankeny	-	21:32.2	5:18.0	6:55.5	4:18.4
210 Caleb HOUTZ	SR	Pella Communit	-	21:33.2	5:19.0	6:55.8	4:18.6
211 Josh STOTT	SR	Mount Pleasant	-	21:35.1	5:20.9	6:56.4	4:19.0
212 Tucker HANSON	SR	Southeast Polk	-	21:36.1	5:21.9	6:56.8	4:19.2
213 Michael REED	SO	Pella Communit	-	21:37.1	5:22.9	6:57.1	4:19.4
214 Drake CAPLE	SR	Collins-Maxwel	-	21:39.4	5:25.2	6:57.8	4:19.9
215 Nandjill ELOLA	FR	Iowa City West	-	21:39.8	5:25.6	6:57.9	4:20.0
216 Alex WADLE	JR	Knoxville	-	21:40.8	5:26.6	6:58.3	4:20.2
217 Paul LYNCH	SR	Gilbert	-	21:43.4	5:29.2	6:59.1	4:20.7
218 Ean BEENKEN	FR	Oskaloosa	-	21:44.4	5:30.2	6:59.4	4:20.9
219 Austin SHAFFER	SR	Southeast Polk	-	21:45.0	5:30.8	6:59.6	4:21.0
220 Lucas JONES	SO	Lynnville-Sull (2)	35	21:48.7	5:34.5	7:00.8	4:21.7
221 Vincent BUSHONG	SR	Montezuma (2)	36	21:51.5	5:37.3	7:01.7	4:22.3
222 Jake BRAND	SR	Lynnville-Sull (3)	37	21:52.7	5:38.5	7:02.1	4:22.5

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Race #1
MEN • 5 Kilometers (3.11 Miles)**FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
223 Luke REYNOLDS	FR	Iowa City West	-	21:53.5	5:39.3	7:02.3	4:22.7
224 Wil ROLING	JR	Ankeny	-	21:55.6	5:41.4	7:03.0	4:23.1
225 Sam DOWLING	JR	Southeast Polk	-	21:57.1	5:42.9	7:03.5	4:23.4
226 Channon GREER	SR	Iowa City West	-	21:58.4	5:44.2	7:03.9	4:23.7
227 Spencer NELSON	SO	Oskaloosa	-	21:59.5	5:45.3	7:04.3	4:23.9
228 Yongyee YANG	JR	Pella Communit	-	22:00.2	5:46.0	7:04.5	4:24.0
229 Devon KOOKER	FR	Southeast Polk	-	22:00.6	5:46.4	7:04.6	4:24.1
230 Johordan RITTER	SR	Nevada	-	22:00.9	5:46.7	7:04.7	4:24.2
231 Tristan BRACEWELL	SR	Southeast Polk	-	22:01.4	5:47.2	7:04.9	4:24.3
232 Phil QUICK	SR	Southeast Polk	-	22:01.8	5:47.6	7:05.0	4:24.4
233 Nolan BULVER	JR	Southeast Polk	-	22:02.3	5:48.1	7:05.2	4:24.5
234 Isaac MILLER	FR	Iowa City West	-	22:02.8	5:48.6	7:05.3	4:24.6
235 Jay BEYER	SR	Pella Communit	-	22:04.1	5:49.9	7:05.8	4:24.8
236 Joel YEAGER	SR	Pella Communit	-	22:05.2	5:51.0	7:06.1	4:25.0
237 Vance BUSHONG	FR	Montezuma (3)	38	22:06.3	5:52.1	7:06.5	4:25.3
238 Zach NUNNIKHOVEN	JR	Pella Communit	-	22:11.5	5:57.3	7:08.1	4:26.3
239 Grant PETERSON	JR	Gilbert	-	22:13.3	5:59.1	7:08.7	4:26.7
240 Zach RASTETTER	FR	Gilbert	-	22:15.7	6:01.5	7:09.5	4:27.1
241 Evan MCCORD	SO	Nevada	-	22:17.2	6:03.0	7:10.0	4:27.4
242 Connor KLINE	FR	Nevada	-	22:20.3	6:06.1	7:11.0	4:28.1
243 Connor GREER	FR	Iowa City West	-	22:21.0	6:06.8	7:11.2	4:28.2
244 Max FREDRICK	SO	Ankeny	-	22:21.9	6:07.7	7:11.5	4:28.4
245 Ace HOLST	FR	Iowa City West	-	22:23.9	6:09.7	7:12.1	4:28.8
246 Jarod DOLEZAL	FR	Marshalltown	-	22:25.4	6:11.2	7:12.6	4:29.1
247 Bobby RUDMAN	SO	Gilbert	-	22:26.2	6:12.0	7:12.9	4:29.2
248 Caleb PETER	FR	PCM (2)	39	22:27.2	6:13.0	7:13.2	4:29.4
249 Erik RAMAN	FR	Gilbert	-	22:27.9	6:13.7	7:13.4	4:29.6
250 Carson LUTTENEGER	FR	Ankeny	-	22:30.4	6:16.2	7:14.2	4:30.1
251 Parker CARSON	FR	Ankeny	-	22:37.7	6:23.5	7:16.6	4:31.5
252 Cody JONES	SR	Oskaloosa	-	22:38.3	6:24.1	7:16.8	4:31.7
253 Efrain GARCIA	JR	Oskaloosa	-	22:38.9	6:24.7	7:16.9	4:31.8
254 Noah COREY-SNYDER	JR	North Polk	-	22:41.3	6:27.1	7:17.7	4:32.3
255 Chase KEUCKER	SO	PCM (3)	40	22:42.2	6:28.0	7:18.0	4:32.4
256 Eric CARGIN	FR	Iowa City West	-	22:42.6	6:28.4	7:18.1	4:32.5
257 Nate HOCHSTETLER	FR	Gilbert	-	22:42.9	6:28.7	7:18.2	4:32.6
258 Daniel HELLSTERN	JR	Bondurant-Farr (7)	(70)	22:43.3	6:29.1	7:18.4	4:32.7
259 Brandon DEGROOT	SR	Nevada	-	22:46.7	6:32.5	7:19.5	4:33.3
260 Benjamin LAURITSEN	SO	Pella Communit	-	22:47.6	6:33.4	7:19.7	4:33.5
261 Eric SPENCER	FR	Nevada	-	22:48.5	6:34.3	7:20.0	4:33.7
262 Sterling WICKHAM	SR	Mount Pleasant	-	22:54.4	6:40.2	7:21.9	4:34.9
263 Broc DAVIDSON	FR	North Polk	-	22:55.0	6:40.8	7:22.1	4:35.0
264 McLean SUNDERLAND	SO	Iowa City West	-	22:55.9	6:41.7	7:22.4	4:35.2
265 Nate WERNIMONT	JR	Ankeny	-	22:56.9	6:42.7	7:22.7	4:35.4
266 Caleb STURTZ	JR	Southeast Polk	-	22:57.4	6:43.2	7:22.9	4:35.5
267 Nathan PARKER	SO	North Polk	-	22:58.5	6:44.3	7:23.2	4:35.7
268 Nick MOON	FR	Iowa City West	-	23:01.2	6:47.0	7:24.1	4:36.2
269 Dylan SCHUENKE	SR	Knoxville	-	23:05.9	6:51.7	7:25.6	4:37.2
270 Joe MCGOVERN	FR	Bondurant-Farr	-	23:09.5	6:55.3	7:26.8	4:37.9
271 Matt WICHART	FR	Iowa City West	-	23:09.9	6:55.7	7:26.9	4:38.0
272 Colin SAFLY	SR	Gilbert	-	23:12.6	6:58.4	7:27.8	4:38.5

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Race #1**MEN • 5 Kilometers (3.11 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
273 Christian GRABER	FR	Gilbert	-	23:13.9	6:59.7	7:28.2	4:38.8
274 Jacob RAMSEY-SMITH	JR	Marshalltown	-	23:14.2	7:00.0	7:28.3	4:38.8
275 Robert THOMAS	SR	Gilbert	-	23:15.8	7:01.6	7:28.8	4:39.2
276 Grant HLADIK	SO	Oskaloosa	-	23:18.5	7:04.3	7:29.7	4:39.7
277 Rory VANGORP	FR	PCM (4)	41	23:21.1	7:06.9	7:30.5	4:40.2
278 Dylan POWELL	JR	Bondurant-Farr	-	23:21.8	7:07.6	7:30.7	4:40.4
279 Jared LITTLE	FR	Montezuma (4)	42	23:22.3	7:08.1	7:30.9	4:40.5
280 Andres VARGAS	JR	PCM (5)	43	23:25.4	7:11.2	7:31.9	4:41.1
281 Trent HOWARD	JR	PCM (6)	(44)	23:26.3	7:12.1	7:32.2	4:41.3
282 Ben DIEHL	FR	Pella Christia (7)	(45)	23:27.0	7:12.8	7:32.4	4:41.4
283 Ben VOGEL	JR	Pella Communit	-	23:31.5	7:17.3	7:33.9	4:42.3
284 Nate PETERSON	JR	Southeast Polk	-	23:32.0	7:17.8	7:34.0	4:42.4
285 Brady NORTH	FR	PCM (7)	(46)	23:32.7	7:18.5	7:34.2	4:42.5
286 Connor FRAKER	SR	Lynnville-Sull (4)	47	23:33.7	7:19.5	7:34.6	4:42.7
287 Jacob PELLAND	SR	Iowa City West	-	23:35.5	7:21.3	7:35.1	4:43.1
288 Adler PROUGH	SR	Mount Pleasant	-	23:38.5	7:24.3	7:36.1	4:43.7
289 Michael SZLACHETKA	JR	Knoxville	-	23:43.1	7:28.9	7:37.6	4:44.6
290 Kaleb KRIEGEL	SO	Montezuma (5)	48	23:49.2	7:35.0	7:39.5	4:45.8
291 Nathan BRIDDLE	SR	Iowa City West	-	23:52.9	7:38.7	7:40.7	4:46.6
292 Jack SYTSMA	JR	Pella Communit	-	23:53.6	7:39.4	7:41.0	4:46.7
293 Brad MCCLELLAN	FR	PCM	-	23:54.5	7:40.3	7:41.3	4:46.9
294 Caden HUDSON	FR	Knoxville	-	23:55.5	7:41.3	7:41.6	4:47.1
295 Alex STAMBACH	SO	Southeast Polk	-	23:56.6	7:42.4	7:41.9	4:47.3
296 Chuefeng VUE	SR	Pella Communit	-	23:57.1	7:42.9	7:42.1	4:47.4
297 Michael O'CONNOR	FR	Mount Pleasant	-	23:58.2	7:44.0	7:42.4	4:47.6
298 Joel CRANSTON	SO	Montezuma (6)	(49)	23:58.9	7:44.7	7:42.7	4:47.8
299 Jack REYNOLDS	FR	Iowa City West	-	24:00.2	7:46.0	7:43.1	4:48.0
300 Curtis JONES	SO	Collins-Maxwel	-	24:03.3	7:49.1	7:44.1	4:48.7
301 Jacob JAURON	FR	Southeast Polk	-	24:03.9	7:49.7	7:44.3	4:48.8
302 Dillon BRADY	SO	BGM Community (5)	50	24:04.6	7:50.4	7:44.5	4:48.9
303 Tyler REICHART	FR	North Polk	-	24:05.1	7:50.9	7:44.7	4:49.0
304 Trace HARKEN	JR	Bondurant-Farr	-	24:18.5	8:04.3	7:49.0	4:51.7
305 Jose CHAVEZ	SO	Oskaloosa	-	24:22.4	8:08.2	7:50.2	4:52.5
306 Aaron BOWIE	SO	Oskaloosa	-	24:28.3	8:14.1	7:52.1	4:53.7
307 Sam CARMICHAEL	FR	Oskaloosa	-	24:29.6	8:15.4	7:52.5	4:53.9
308 Isaac SCHRAUBEN	JR	Pella Communit	-	24:30.8	8:16.6	7:52.9	4:54.2
309 Trevor POUNDSTONE	FR	Knoxville	-	24:38.8	8:24.6	7:55.5	4:55.8
310 Sam ADAMS	SR	Oskaloosa	-	24:39.8	8:25.6	7:55.8	4:56.0
311 Nathan CHAPLIN	SR	Pella Communit	-	24:47.6	8:33.4	7:58.3	4:57.5
312 Jacob BRUXVOORT	FR	Pella Communit	-	24:50.4	8:36.2	7:59.2	4:58.1
313 Brady ROSS	SO	Collins-Maxwel	-	24:56.3	8:42.1	8:01.1	4:59.3
314 Trae SAUNDERS	JR	Iowa City West	-	24:58.4	8:44.2	8:01.8	4:59.7
315 Jared BASSETT	FR	Lynnville-Sull (5)	51	24:59.0	8:44.8	8:02.0	4:59.8
316 Marshall JOHNSON	FR	Ankeny	-	24:59.3	8:45.1	8:02.1	4:59.9
317 Josh BARNES	SR	Southeast Polk	-	25:02.0	8:47.8	8:03.0	5:00.4
318 Cooper DODD	JR	Nevada	-	25:03.4	8:49.2	8:03.4	5:00.7
319 Aaron KIMZEY	SR	Mount Pleasant	-	25:09.2	8:55.0	8:05.3	5:01.8
320 Dylan KRAMER	SO	Pella Communit	-	25:10.0	8:55.8	8:05.5	5:02.0
321 Daniel THOMPSON	SR	Pella Communit	-	25:10.6	8:56.4	8:05.7	5:02.1
322 Matthew LORENTZEN	SO	Bondurant-Farr	-	25:16.1	9:01.9	8:07.5	5:03.2

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Race #1**MEN • 5 Kilometers (3.11 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
323 Jacob FELDMANN	SO	Mount Pleasant	-	25:17.2	9:03.0	8:07.8	5:03.4
324 Carl WIGGINS	SO	Ankeny	-	25:23.8	9:09.6	8:10.0	5:04.8
325 Trenton GUTKNECHT	JR	Knoxville	-	25:24.3	9:10.1	8:10.1	5:04.9
326 Jey CHES	FR	Pella Communit	-	25:26.2	9:12.0	8:10.7	5:05.2
327 Caleb GAYLOR	FR	Pella Communit	-	25:27.2	9:13.0	8:11.1	5:05.4
328 Mansel JOHNSTON	FR	Knoxville	-	25:41.4	9:27.2	8:15.6	5:08.3
329 Taylor VAUGHN	JR	Iowa City West	-	25:41.9	9:27.7	8:15.8	5:08.4
330 Michael SCHNEBBE	SR	Pella Communit	-	25:47.8	9:33.6	8:17.7	5:09.6
331 Micah CRISCUOLO	JR	Pella Communit	-	25:48.7	9:34.5	8:18.0	5:09.7
332 Mike ROOZEBOOM	JR	Pella Communit	-	25:59.6	9:45.4	8:21.5	5:11.9
333 Sean CHI	SO	Iowa City West	-	26:14.6	10:00.4	8:26.3	5:14.9
334 Brendan PIKE	FR	Ankeny	-	26:32.5	10:18.3	8:32.1	5:18.5
335 Noah ARMSTRONG	SO	Iowa City West	-	26:35.2	10:21.0	8:32.9	5:19.0
336 Grant BIELECKI	FR	Ankeny	-	26:41.5	10:27.3	8:35.0	5:20.3
337 Kordell MUELLER	SR	Lynnville-Sull (6)	(52)	26:48.2	10:34.0	8:37.1	5:21.6
338 Austin GALBRAITH	FR	Collins-Maxwel	-	26:50.9	10:36.7	8:38.0	5:22.2
339 Cordell PARKS	JR	Southeast Polk	-	26:55.4	10:41.2	8:39.4	5:23.1
340 Ben RIEMERSMA	FR	Bondurant-Farr	-	26:57.9	10:43.7	8:40.2	5:23.6
341 Nick BEATTIE	SO	Southeast Polk	-	26:59.3	10:45.1	8:40.7	5:23.9
342 Nick SULT	SO	Pella Communit	-	27:06.2	10:52.0	8:42.9	5:25.2
343 Brandon DINGEMAN	FR	Pella Communit	-	27:11.2	10:57.0	8:44.5	5:26.2
344 Wyatt TEETER	SR	Oskaloosa	-	27:16.2	11:02.0	8:46.1	5:27.2
345 Collin JOHNSON	JR	Southeast Polk	-	27:29.8	11:15.6	8:50.5	5:30.0
346 Will SUTTON	SO	Nevada	-	28:00.1	11:45.9	9:00.2	5:36.0
347 Matt THORNE	JR	Mount Pleasant	-	28:07.8	11:53.6	9:02.7	5:37.6
348 Isaac DEVALOIS	JR	North Polk	-	28:17.2	12:03.0	9:05.7	5:39.4
349 Loren HOSKINS	FR	Nevada	-	28:50.7	12:36.5	9:16.5	5:46.1
350 Hunter SCHOMAKER	JR	Nevada	-	29:32.4	13:18.2	9:29.9	5:54.5
351 Lucas SMITH	SR	Lynnville-Sull (7)	(53)	29:44.1	13:29.9	9:33.7	5:56.8
352 Sam BLYTHE	FR	Ankeny	-	30:02.5	13:48.3	9:39.6	6:00.5
353 Ryan WEBB	FR	Nevada	-	30:38.0	14:23.8	9:51.0	6:07.6
354 Brett MAASDAM	FR	Lynnville-Sull	-	30:54.4	14:40.2	9:56.3	6:10.9
355 Nick BIERMAN	SO	North Polk	-	32:40.0	16:25.8	10:30.2	6:32.0
356 Jonathan HEATH	FR	PCM	-	33:51.2	17:37.0	10:53.1	6:46.2
357 Will HALSTEAD	SR	Pella Communit	-	40:23.0	24:08.8	12:59.1	8:04.6

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Race #2
WOMEN • 4 Kilometers (2.49 Miles)**FINAL RESULTS****TEAM SCORING SUMMARY****Large**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Iowa City West	35	1-5-8-10-11(24)(31)	1:18:21	15:41	1-5-8-10-11-24-31	1:07.7
2 Waukee	59	4-7-13-17-18(35)(36)	1:19:49	15:58	4-7-13-17-18-37-38	0:53.5
3 Gilbert	92	2-14-19-23-34(51)(52)	1:20:50	16:10	2-14-19-23-36-65-71	1:37.8
4 Pella Communit	112	6-9-27-30-40(47)(58)	1:22:04	16:25	6-9-27-30-46-54-89	1:31.2
5 Cedar falls	142	20-28-29-32-33(37)(38)	1:22:59	16:36	20-28-29-32-34-40-41	0:23.1
6 Ankeny	144	16-21-22-42-43(46)(50)	1:23:29	16:42	16-21-22-48-49-53-64	1:01.6
7 Southeast Polk	148	12-25-26-41-44(45)(59)	1:23:32	16:43	12-25-26-47-51-52-104	1:15.8
8 Oskaloosa	214	3-39-54-57-61(63)(69)	1:27:46	17:34	3-45-78-88-113-136-203	3:31.5
9 Marshalltown	255	15-55-56-64-65(67)(72)	1:30:59	18:12	15-79-83-137-141-176-219	3:02.6
10 Mount Pleasant	289	48-53-60-62-66(68)(71)	1:32:46	18:34	55-73-108-131-150-191-211	1:54.1
11 Bondurant-Farr	341	49-70-73-74-75(76)(77)	1:41:12	20:15	58-206-241-242-248-283-290	3:32.3

Small

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 North Polk	37	2-4-7-11-13(17)(20)	1:30:31	18:07	35-63-84-110-119-146-160	2:10.6
2 Nevada	58	3-10-14-15-16(24)(26)	1:33:36	18:44	59-96-130-135-139-212-228	1:36.4
3 PCM	68	1-5-12-21-29(33)	1:34:27	18:54	33-69-116-170-246-289	4:25.0
4 Collins-Maxwel	76	8-9-18-19-22(23)(30)	1:36:07	19:14	94-95-148-152-195-201-253	1:51.4
5 Lynnville-Sull	117	6-25-27-28-31(32)(34)	1:42:19	20:28	76-225-234-243-263-281-366	3:25.7

INDIVIDUAL RESULTS

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
1 Emmie SKOPEC	SR	Iowa City West (1)	1	14:54.1	--	5:59.1	3:43.5
2 Grace GIBBONS	SR	Gilbert (1)	2	15:09.5	0:15.4	6:05.3	3:47.4
3 Sienna DEJONG	SO	Oskaloosa (1)	3	15:18.1	0:24.0	6:08.7	3:49.5
4 Rachel BRUSH	JR	Waukee (1)	4	15:24.5	0:30.4	6:11.3	3:51.1
5 Bailey NOCK	FR	Iowa City West (2)	5	15:31.7	0:37.6	6:14.2	3:52.9
6 Tess ROORDA	SO	Pella Communit (1)	6	15:41.9	0:47.8	6:18.3	3:55.5
7 Erika LEWIS	SR	Waukee (2)	7	15:42.6	0:48.5	6:18.6	3:55.7
8 Maria BURTCH	SR	Iowa City West (3)	8	15:53.1	0:59.0	6:22.8	3:58.3
9 Kelcey BLOMMERS	SO	Pella Communit (2)	9	15:59.5	1:05.4	6:25.3	3:59.9
10 Olivia MOORE	SO	Iowa City West (4)	10	16:00.3	1:06.2	6:25.7	4:00.1
11 Gabby SKOPEC	SO	Iowa City West (5)	11	16:01.8	1:07.7	6:26.3	4:00.5
12 Kaitlyn WALKER	JR	Southeast Polk (1)	12	16:03.5	1:09.4	6:26.9	4:00.9
13 Maggie LAIRD	SO	Waukee (3)	13	16:05.6	1:11.5	6:27.8	4:01.4
14 Carly RAHN	SO	Gilbert (2)	14	16:05.9	1:11.8	6:27.9	4:01.5
15 Rachel BLAGG	SR	Marshalltown (1)	15	16:11.4	1:17.3	6:30.1	4:02.9
16 Hannah ZADEH	SO	Ankeny (1)	16	16:13.8	1:19.7	6:31.1	4:03.5
17 Jordan ALLEN	JR	Waukee (4)	17	16:17.6	1:23.5	6:32.6	4:04.4
18 Lily CAMPBELL	FR	Waukee (5)	18	16:18.0	1:23.9	6:32.8	4:04.5
19 Karli RASTETTER	SR	Gilbert (3)	19	16:20.4	1:26.3	6:33.7	4:05.1
20 Cassidy CHRISTOPHER	SO	Cedar falls (1)	20	16:21.4	1:27.3	6:34.1	4:05.4
21 Naomi HILL	SO	Ankeny (2)	21	16:22.5	1:28.4	6:34.6	4:05.6
22 Alex ROBRAN	FR	Ankeny (3)	22	16:23.4	1:29.3	6:34.9	4:05.9
23 Livvy HAMPTON	FR	Gilbert (4)	23	16:26.2	1:32.1	6:36.1	4:06.6
24 Claire RONNEBAUM	FR	Iowa City West (6)	(24)	16:27.1	1:33.0	6:36.4	4:06.8

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
25 Sydney MILANI	FR	Southeast Polk (2)	25	16:27.3	1:33.2	6:36.5	4:06.8
26 Sierra MITCHELL	SO	Southeast Polk (3)	26	16:27.8	1:33.7	6:36.7	4:07.0
27 Payton PHELPS	SO	Pella Communit (3)	27	16:29.9	1:35.8	6:37.6	4:07.5
28 Monica WESSELS	JR	Cedar falls (2)	28	16:33.3	1:39.2	6:38.9	4:08.3
29 Allison ZIERKE	SO	Cedar falls (3)	29	16:37.6	1:43.5	6:40.6	4:09.4
30 Ciara BUCHHEIT	SO	Pella Communit (4)	30	16:39.2	1:45.1	6:41.3	4:09.8
31 Tia SAUNDERS	JR	Iowa City West (7)	(31)	16:39.8	1:45.7	6:41.5	4:10.0
32 Anna HERTZ	FR	Cedar falls (4)	32	16:41.4	1:47.3	6:42.2	4:10.4
33 Rachel PETER	SR	PCM (1)	1	16:41.6	1:47.5	6:42.2	4:10.4
34 Paige KVALE	FR	Cedar falls (5)	33	16:44.5	1:50.4	6:43.4	4:11.1
35 Amelia LESHER	FR	North Polk (1)	2	16:44.8	1:50.7	6:43.5	4:11.2
36 Maggie POLLARD	FR	Gilbert (5)	34	16:47.3	1:53.2	6:44.5	4:11.8
37 Elli LENZ	JR	Waukee (6)	(35)	16:52.0	1:57.9	6:46.4	4:13.0
38 Lindsey CARLSON	JR	Waukee (7)	(36)	16:52.2	1:58.1	6:46.5	4:13.1
39 Maddie ANDERSON	JR	Waukee	-	16:53.1	1:59.0	6:46.9	4:13.3
40 Madison LARSEN	FR	Cedar falls (6)	(37)	16:53.4	1:59.3	6:47.0	4:13.4
41 Holly SCHMITZ	SR	Cedar falls (7)	(38)	17:07.9	2:13.8	6:52.8	4:17.0
42 Odessa NEELEY	SO	Waukee	-	17:09.4	2:15.3	6:53.4	4:17.4
43 Brianna YOUNG	SR	Waukee	-	17:10.3	2:16.2	6:53.8	4:17.6
44 Jessie SKOPEC	SO	Iowa City West	-	17:12.1	2:18.0	6:54.5	4:18.0
45 Tori PALMER	JR	Oskaloosa (2)	39	17:12.6	2:18.5	6:54.7	4:18.2
46 Nicole SCHNEBBE	SO	Pella Communit (5)	40	17:13.1	2:19.0	6:54.9	4:18.3
47 Rachel LARKINS	FR	Southeast Polk (4)	41	17:13.5	2:19.4	6:55.1	4:18.4
48 Meghan TRIMBLE	FR	Ankeny (4)	42	17:13.7	2:19.6	6:55.1	4:18.4
49 Emily BOSCH	SO	Ankeny (5)	43	17:15.4	2:21.3	6:55.8	4:18.9
50 Taylor TORNBERG	SO	Waukee	-	17:17.3	2:23.2	6:56.6	4:19.3
51 Mikaela LAWLER	JR	Southeast Polk (5)	44	17:19.3	2:25.2	6:57.4	4:19.8
52 Brianna HERSOM	SO	Southeast Polk (6)	(45)	17:21.0	2:26.9	6:58.1	4:20.3
53 Lilly JONES	SO	Ankeny (6)	(46)	17:27.3	2:33.2	7:00.6	4:21.8
54 Annika PINGEL	FR	Pella Communit (6)	(47)	17:29.6	2:35.5	7:01.5	4:22.4
55 Murray TAYLOR	FR	Mount Pleasant (1)	48	17:31.7	2:37.6	7:02.4	4:22.9
56 Amani ALI	JR	Iowa City West	-	17:32.1	2:38.0	7:02.5	4:23.0
57 Michelle WISE	SR	Iowa City West	-	17:33.1	2:39.0	7:02.9	4:23.3
58 Emily KNUTH	SR	Bondurant-Farr (1)	49	17:35.1	2:41.0	7:03.7	4:23.8
59 Caitlin DEWELL	JR	Nevada (1)	3	17:35.2	2:41.1	7:03.8	4:23.8
60 Karson FOLEY	FR	Waukee	-	17:37.2	2:43.1	7:04.6	4:24.3
61 Lizzie SWANSON	JR	Cedar falls	-	17:38.5	2:44.4	7:05.1	4:24.6
62 Hannah SANDERMAN	JR	Cedar falls	-	17:38.9	2:44.8	7:05.3	4:24.7
63 Rachel ZIMMERMANN	JR	North Polk (2)	4	17:48.8	2:54.7	7:09.2	4:27.2
64 Lyndsie SCHINKEL	SR	Ankeny (7)	(50)	17:49.9	2:55.8	7:09.7	4:27.5
65 Kenzie MILLER	FR	Gilbert (6)	(51)	17:51.8	2:57.7	7:10.4	4:28.0
66 Ellissa PETERSON	FR	Ankeny	-	17:52.1	2:58.0	7:10.6	4:28.0
67 Lauren HAYES	SR	Cedar falls	-	17:52.7	2:58.6	7:10.8	4:28.2
68 Jamie BECKER	SR	Cedar falls	-	17:53.0	2:58.9	7:10.9	4:28.3
69 Rachel STAFFORD	SO	PCM (2)	5	17:54.3	3:00.2	7:11.4	4:28.6
70 Ellie GREYTER	FR	Iowa City West	-	17:55.0	3:00.9	7:11.7	4:28.8
71 Justine ROSBURG	FR	Gilbert (7)	(52)	17:58.6	3:04.5	7:13.2	4:29.7
72 Amber HAGEN	SR	Cedar falls	-	17:58.8	3:04.7	7:13.3	4:29.7
73 Natalie ITA	SR	Mount Pleasant (2)	53	17:59.2	3:05.1	7:13.4	4:29.8
74 Haley SMITH	JR	Waukee	-	18:01.3	3:07.2	7:14.3	4:30.3

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
75 Miranda SIMPSON	SO	Cedar falls	-	18:04.1	3:10.0	7:15.4	4:31.0
76 Cori RICE	SR	Lynnville-Sull (1)	6	18:04.2	3:10.1	7:15.4	4:31.1
77 Brenda SEVCIK	JR	Cedar falls	-	18:05.7	3:11.6	7:16.0	4:31.4
78 Marina LLANES ROJAS	SR	Oskaloosa (3)	54	18:07.4	3:13.3	7:16.7	4:31.9
79 Ruth BOLAND	JR	Marshalltown (2)	55	18:07.6	3:13.5	7:16.8	4:31.9
80 Carina HANSEN	SO	Cedar falls	-	18:12.7	3:18.6	7:18.8	4:33.2
81 Katie PEPLOW	SR	Iowa City West	-	18:13.4	3:19.3	7:19.1	4:33.4
82 Erin STENDER	SO	Waukee	-	18:13.6	3:19.5	7:19.2	4:33.4
83 Ashley MACBETH	SO	Marshalltown (3)	56	18:14.6	3:20.5	7:19.6	4:33.7
84 Sophie BLANCHARD	FR	North Polk (3)	7	18:14.9	3:20.8	7:19.7	4:33.7
85 Meg SCHMITZ	FR	Cedar falls	-	18:15.8	3:21.7	7:20.1	4:34.0
86 Anna STEVENS	JR	Iowa City West	-	18:16.4	3:22.3	7:20.3	4:34.1
87 Ciara GILLIAM	FR	Ankeny	-	18:16.8	3:22.7	7:20.5	4:34.2
88 Melissa MOORMAN	SO	Oskaloosa (4)	57	18:17.9	3:23.8	7:20.9	4:34.5
89 Katie CANFIELD	SR	Pella Communit (7)	(58)	18:19.8	3:25.7	7:21.7	4:35.0
90 Grace FISHER	SO	Pella Communit	-	18:23.9	3:29.8	7:23.3	4:36.0
91 Alyssa SCHMIDT	SO	Cedar falls	-	18:24.2	3:30.1	7:23.5	4:36.1
92 Emily DUX	JR	Pella Communit	-	18:25.5	3:31.4	7:24.0	4:36.4
93 Shelby HARTWIG	FR	Cedar falls	-	18:25.9	3:31.8	7:24.1	4:36.5
94 Heather JESSEN	SO	Collins-Maxwel (1)	8	18:27.2	3:33.1	7:24.7	4:36.8
95 Winter BROWN	SO	Collins-Maxwel (2)	9	18:29.1	3:35.0	7:25.4	4:37.3
96 Erin SELBERG	JR	Nevada (2)	10	18:31.8	3:37.7	7:26.5	4:38.0
97 Caroline ROSS	FR	Cedar falls	-	18:32.6	3:38.5	7:26.8	4:38.2
98 Asha IRANI	SO	Iowa City West	-	18:33.0	3:38.9	7:27.0	4:38.3
99 Anna PATTERSON	SR	Ankeny	-	18:33.4	3:39.3	7:27.1	4:38.4
100 Alyssa DEKUTOSKI	FR	Cedar falls	-	18:33.8	3:39.7	7:27.3	4:38.5
101 Maggie FUHRMAN	FR	Waukee	-	18:35.2	3:41.1	7:27.9	4:38.8
102 Aanna ROSLIEN	JR	Pella Communit	-	18:36.6	3:42.5	7:28.4	4:39.2
103 Kaitlyn COX	JR	Waukee	-	18:37.0	3:42.9	7:28.6	4:39.3
104 Riley BEYER	SO	Southeast Polk (7)	(59)	18:37.4	3:43.3	7:28.8	4:39.4
105 Kalie SAVAGE	SR	Southeast Polk	-	18:38.2	3:44.1	7:29.1	4:39.6
106 Sarah LONGMIRE	SO	Iowa City West	-	18:38.6	3:44.5	7:29.2	4:39.7
107 Madison SCHULTE	SO	Cedar falls	-	18:39.1	3:45.0	7:29.4	4:39.8
108 Beth WELLS	SR	Mount Pleasant (3)	60	18:40.6	3:46.5	7:30.0	4:40.2
109 Mackenzie GUSTAFSON	SR	Pella Communit	-	18:43.6	3:49.5	7:31.2	4:40.9
110 Grace HUEBNER	SO	North Polk (4)	11	18:47.1	3:53.0	7:32.7	4:41.8
111 Marina SHANNON	SR	Pella Christia	-	18:47.8	3:53.7	7:32.9	4:42.0
112 Ellie DREES	JR	Waukee	-	18:49.0	3:54.9	7:33.4	4:42.3
113 Brey HILL	JR	Oskaloosa (5)	61	18:49.6	3:55.5	7:33.7	4:42.4
114 Brooke TRAMPEL	FR	Waukee	-	18:49.8	3:55.7	7:33.7	4:42.5
115 Annebeth AHRENHOLZ	JR	Cedar falls	-	18:50.0	3:55.9	7:33.8	4:42.5
116 Baylee SMITH	FR	PCM (3)	12	18:51.0	3:56.9	7:34.2	4:42.8
117 Katie THOMAS	SR	Gilbert	-	18:53.4	3:59.3	7:35.2	4:43.4
118 Chaybryn OLSEN	FR	Southeast Polk	-	18:55.1	4:01.0	7:35.9	4:43.8
119 Emerson SEARS	SR	North Polk (5)	13	18:55.4	4:01.3	7:36.0	4:43.9
120 Jessica SUND	SO	Cedar falls	-	18:56.0	4:01.9	7:36.2	4:44.0
121 Hannah ROETHLER	JR	Waukee	-	18:56.3	4:02.2	7:36.3	4:44.1
122 Patience DYKSTRA	FR	Pella Communit	-	18:56.7	4:02.6	7:36.5	4:44.2
123 Ashley KIRKLAND	SR	Pella Communit	-	18:57.1	4:03.0	7:36.7	4:44.3
124 Kelsey FISCHER	SO	Ankeny	-	19:00.0	4:05.9	7:37.8	4:45.0

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
125 Taylor WEST	JR	Iowa City West	-	19:05.2	4:11.1	7:39.9	4:46.3
126 Maria COMITO	SR	Waukee	-	19:05.6	4:11.5	7:40.1	4:46.4
127 Jaydn RAVN	FR	Cedar falls	-	19:05.8	4:11.7	7:40.2	4:46.5
128 Sydney BRACKETT	SO	Waukee	-	19:06.9	4:12.8	7:40.6	4:46.7
129 Kelsey GRANT	FR	Southeast Polk	-	19:07.3	4:13.2	7:40.8	4:46.8
130 Kaylee KRUSE	FR	Nevada (3)	14	19:07.8	4:13.7	7:41.0	4:47.0
131 Serie WELCHER	SO	Mount Pleasant (4)	62	19:08.1	4:14.0	7:41.1	4:47.0
132 Andrea CARBALLO	SO	Pella Christia	-	19:08.3	4:14.2	7:41.2	4:47.1
133 Samantha CRAIG	SO	Southeast Polk	-	19:08.6	4:14.5	7:41.3	4:47.2
134 Nicole MARTIN	SO	Southeast Polk	-	19:08.8	4:14.7	7:41.4	4:47.2
135 Emily DITTMER	JR	Nevada (4)	15	19:09.1	4:15.0	7:41.5	4:47.3
136 Sereena CHENEY	JR	Oskaloosa (6)	(63)	19:10.0	4:15.9	7:41.8	4:47.5
137 Hannah SHIRAR	SO	Marshalltown (4)	64	19:10.7	4:16.6	7:42.1	4:47.7
138 Lauren NELSON	SO	Waukee	-	19:11.0	4:16.9	7:42.2	4:47.8
139 Megan GILCHRIST	FR	Nevada (5)	16	19:11.6	4:17.5	7:42.5	4:47.9
140 Emma OLGESBY	SO	Iowa City West	-	19:12.0	4:17.9	7:42.7	4:48.0
141 Aspen CHADDERDON	SO	Marshalltown (5)	65	19:14.0	4:19.9	7:43.5	4:48.5
142 Kalleigh KRESS	SO	Cedar falls	-	19:15.4	4:21.3	7:44.0	4:48.9
143 Nastia LENTELL	JR	Waukee	-	19:16.5	4:22.4	7:44.5	4:49.1
144 Katie RYGH	SO	Cedar falls	-	19:18.8	4:24.7	7:45.4	4:49.7
145 Sara HOY	SO	Cedar falls	-	19:22.6	4:28.5	7:46.9	4:50.7
146 Kayla WILLIAMS	JR	North Polk (6)	(17)	19:24.6	4:30.5	7:47.7	4:51.2
147 EmiLy WIKNER	JR	Cedar falls	-	19:25.0	4:30.9	7:47.9	4:51.3
148 Anna JONES	SO	Collins-Maxwel (3)	18	19:25.2	4:31.1	7:48.0	4:51.3
149 Erica HALSTEAD	FR	Pella Communit	-	19:25.4	4:31.3	7:48.0	4:51.4
150 Delaney MCDOWELL	FR	Mount Pleasant (5)	66	19:25.8	4:31.7	7:48.2	4:51.5
151 Allison VARINEAU	FR	Ankeny	-	19:26.5	4:32.4	7:48.5	4:51.6
152 Stephanie TWOHEY	JR	Collins-Maxwel (4)	19	19:26.9	4:32.8	7:48.6	4:51.7
153 Carly GOSCH	JR	Waukee	-	19:28.1	4:34.0	7:49.1	4:52.0
154 Anna CHESTNUT	SO	Cedar falls	-	19:28.9	4:34.8	7:49.4	4:52.2
155 Megan KOOKER	JR	Pella Communit	-	19:30.8	4:36.7	7:50.2	4:52.7
156 Emma THORESON	SO	Pella Communit	-	19:32.4	4:38.3	7:50.8	4:53.1
157 Kaylee TIFFIN	FR	Southeast Polk	-	19:34.0	4:39.9	7:51.5	4:53.5
158 Isabelle JOHNSON	JR	Southeast Polk	-	19:35.9	4:41.8	7:52.2	4:54.0
159 Elaina BORG	FR	Gilbert	-	19:36.9	4:42.8	7:52.7	4:54.2
160 Jackie MOECKLY	SR	North Polk (7)	(20)	19:37.3	4:43.2	7:52.8	4:54.3
161 Jaden SARDOU	FR	North Polk	-	19:41.4	4:47.3	7:54.5	4:55.4
162 Catie NIELSON	FR	Iowa City West	-	19:41.9	4:47.8	7:54.7	4:55.5
163 Maddison FICKE	FR	Waukee	-	19:43.3	4:49.2	7:55.2	4:55.8
164 Elizabeth MASON	SO	Cedar falls	-	19:43.7	4:49.6	7:55.4	4:55.9
165 Sarah Marie HESCHKE	SO	Pella Communit	-	19:44.4	4:50.3	7:55.7	4:56.1
166 Madison JOHANNSEN	SR	Southeast Polk	-	19:45.9	4:51.8	7:56.3	4:56.5
167 Libby STORTS	FR	Waukee	-	19:46.2	4:52.1	7:56.4	4:56.6
168 Elina KETTUNEN	SR	North Polk	-	19:46.6	4:52.5	7:56.5	4:56.7
169 Lauren PARKER	SO	Gilbert	-	19:49.7	4:55.6	7:57.8	4:57.4
170 Kiara KAPPELMANN	JR	PCM (4)	21	19:53.0	4:58.9	7:59.1	4:58.3
171 Sally ROPES	SR	Pella Communit	-	19:53.3	4:59.2	7:59.2	4:58.3
172 Clare ROLLINGER	FR	Cedar falls	-	19:53.7	4:59.6	7:59.4	4:58.4
173 Alli JACOBSEN	FR	Ankeny	-	19:55.5	5:01.4	8:00.1	4:58.9
174 Ilsa KNIVSLAND	JR	Cedar falls	-	19:55.9	5:01.8	8:00.3	4:59.0

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
175 Kelly MURPHY	FR	Pella Communit	-	19:56.2	5:02.1	8:00.4	4:59.1
176 Becky SCHWARTZENBURG	SR	Marshalltown (6)	(67)	19:56.5	5:02.4	8:00.5	4:59.1
177 Morgan ANDERSON	SR	Pella Christia	-	19:57.0	5:02.9	8:00.7	4:59.3
178 Tayler CANNON	FR	Gilbert	-	19:58.9	5:04.8	8:01.5	4:59.7
179 Laura MCKENZIE	FR	Ankeny	-	20:00.7	5:06.6	8:02.2	5:00.2
180 Julia TAGYE	SR	Ankeny	-	20:01.4	5:07.3	8:02.5	5:00.4
181 Elisa ABRAM	SO	Iowa City West	-	20:03.0	5:08.9	8:03.1	5:00.8
182 Maddie GIBSON	FR	Waukee	-	20:04.0	5:09.9	8:03.5	5:01.0
183 PJ VANDERWEIDE	JR	Gilbert	-	20:04.4	5:10.3	8:03.7	5:01.1
184 Mackenna GOEMAAT	FR	Pella Communit	-	20:05.2	5:11.1	8:04.0	5:01.3
185 Kally BILLINGS	FR	Gilbert	-	20:05.5	5:11.4	8:04.1	5:01.4
186 Annika JENSEN	SO	Iowa City West	-	20:07.0	5:12.9	8:04.7	5:01.8
187 Jessica KNOX	SO	Cedar falls	-	20:10.1	5:16.0	8:06.0	5:02.5
188 Sidney PRESNELL	SR	Southeast Polk	-	20:11.1	5:17.0	8:06.4	5:02.8
189 Bailey NELSON	SR	Cedar falls	-	20:14.8	5:20.7	8:07.9	5:03.7
190 Annie PETERSEN	JR	Cedar falls	-	20:15.9	5:21.8	8:08.3	5:04.0
191 Lindsey MOELLER	SO	Mount Pleasant (6)	(68)	20:16.3	5:22.2	8:08.5	5:04.1
192 Mollie TIBBETTS	SO	BGM Community	-	20:16.5	5:22.4	8:08.6	5:04.1
193 Blair GILLOTTI	JR	Southeast Polk	-	20:16.8	5:22.7	8:08.7	5:04.2
194 Grace BETZ	SO	Southeast Polk	-	20:18.0	5:23.9	8:09.2	5:04.5
195 Chasity MOODY	JR	Collins-Maxwel (5)	22	20:18.6	5:24.5	8:09.4	5:04.7
196 Fjolla GJONBALAJ	JR	Ankeny	-	20:19.1	5:25.0	8:09.6	5:04.8
197 Jennifer VAN HAAFTEN	SO	Pella Communit	-	20:21.0	5:26.9	8:10.4	5:05.3
198 Grace DEVALOIS	FR	North Polk	-	20:21.3	5:27.2	8:10.5	5:05.3
199 Megan TAGYE	SO	Ankeny	-	20:21.9	5:27.8	8:10.7	5:05.5
200 Rachel COLLINS	SR	Iowa City West	-	20:22.1	5:28.0	8:10.8	5:05.5
201 Chantel MAXWELL	SR	Collins-Maxwel (6)	(23)	20:24.0	5:29.9	8:11.6	5:06.0
202 Maria DIANAS	JR	Southeast Polk	-	20:24.5	5:30.4	8:11.8	5:06.1
203 Alex KOENIG	JR	Oskaloosa (7)	(69)	20:25.2	5:31.1	8:12.0	5:06.3
204 Joy VAN WYNGARDEN	SO	Pella Communit	-	20:29.1	5:35.0	8:13.6	5:07.3
205 Lauren HUDSON	SR	Cedar falls	-	20:29.8	5:35.7	8:13.9	5:07.5
206 Kinsey LESTER	FR	Bondurant-Farr (2)	70	20:30.2	5:36.1	8:14.1	5:07.6
207 Naomi TRIPP	FR	Pella Communit	-	20:30.7	5:36.6	8:14.3	5:07.7
208 Jenna MABRY	SR	Iowa City West	-	20:31.5	5:37.4	8:14.6	5:07.9
209 Kaylie LYONS	JR	Southeast Polk	-	20:31.9	5:37.8	8:14.7	5:08.0
210 Jocelyn COADY	FR	Waukee	-	20:32.2	5:38.1	8:14.9	5:08.1
211 Megan SHUMAKER	JR	Mount Pleasant (7)	(71)	20:32.5	5:38.4	8:15.0	5:08.1
212 Claire AUSMAN	SO	Nevada (6)	(24)	20:33.2	5:39.1	8:15.3	5:08.3
213 Alexis MAKI	SO	Montezuma	-	20:33.9	5:39.8	8:15.5	5:08.5
214 Valerie WELCH	SO	Iowa City West	-	20:34.5	5:40.4	8:15.8	5:08.6
215 Kacie THOMPSON	SO	North Polk	-	20:34.8	5:40.7	8:15.9	5:08.7
216 Micayla NICKS	SR	Iowa City West	-	20:35.4	5:41.3	8:16.1	5:08.9
217 Catherine PROUGH	SO	Mount Pleasant	-	20:36.6	5:42.5	8:16.6	5:09.2
218 Hannah WICKHAM	SR	Mount Pleasant	-	20:37.0	5:42.9	8:16.8	5:09.3
219 Victoria JOHNSON	FR	Marshalltown (7)	(72)	20:37.7	5:43.6	8:17.1	5:09.4
220 Courtney DOBSON	SO	Cedar falls	-	20:39.2	5:45.1	8:17.7	5:09.8
221 Ellen SNELLER	SO	Gilbert	-	20:42.6	5:48.5	8:19.0	5:10.7
222 Allie MOORE	JR	Pella Communit	-	20:43.8	5:49.7	8:19.5	5:11.0
223 Laura HULT	SR	Mount Pleasant	-	20:46.1	5:52.0	8:20.4	5:11.5
224 Kaeline SCHUEKE	SR	Knoxville	-	20:46.5	5:52.4	8:20.6	5:11.6

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
225 Kasiah EHRESMAN	JR	Lynnville-Sull (2)	25	20:47.3	5:53.2	8:20.9	5:11.8
226 Lauren SLINGS	SO	Montezuma	-	20:47.9	5:53.8	8:21.2	5:12.0
227 Madison FISHER	SR	Southeast Polk	-	20:48.2	5:54.1	8:21.3	5:12.1
228 Madison MERFELD	JR	Nevada (7)	(26)	20:48.5	5:54.4	8:21.4	5:12.1
229 McKenzie FRIEDMAN	FR	North Polk	-	20:48.9	5:54.8	8:21.6	5:12.2
230 Kamryn BEERS	SO	Oskaloosa	-	20:49.6	5:55.5	8:21.8	5:12.4
231 Sonja BARRETT	FR	Waukee	-	20:51.4	5:57.3	8:22.6	5:12.9
232 Paige ROSZHART	SR	Waukee	-	20:52.4	5:58.3	8:23.0	5:13.1
233 Jacey DAVIS	SO	Pella Communit	-	20:53.0	5:58.9	8:23.2	5:13.3
234 Haley JAMES	SO	Lynnville-Sull (3)	27	20:53.3	5:59.2	8:23.3	5:13.3
235 Jenna LUDWIG	SO	Mount Pleasant	-	20:53.9	5:59.8	8:23.6	5:13.5
236 Rebecca O'BRIEN	SR	Waukee	-	20:54.3	6:00.2	8:23.7	5:13.6
237 Erica BOSSARD	FR	Pella Communit	-	20:54.8	6:00.7	8:23.9	5:13.7
238 Erin CARMICHAEL	SR	Marshalltown	-	20:55.3	6:01.2	8:24.1	5:13.8
239 Allison SCHAFER	FR	Southeast Polk	-	20:56.0	6:01.9	8:24.4	5:14.0
240 Madison MOODY	SO	Gilbert	-	20:58.4	6:04.3	8:25.4	5:14.6
241 Olivia POWERS	FR	Bondurant-Farr (3)	73	20:59.0	6:04.9	8:25.6	5:14.8
242 Ashlee OSIER	JR	Bondurant-Farr (4)	74	21:00.1	6:06.0	8:26.1	5:15.0
243 Alexis HARDENBROOK	SO	Lynnville-Sull (4)	28	21:04.0	6:09.9	8:27.6	5:16.0
244 Dana BARLOW	SO	Oskaloosa	-	21:05.5	6:11.4	8:28.2	5:16.4
245 Grace YOUNG	JR	Iowa City West	-	21:05.9	6:11.8	8:28.4	5:16.5
246 Morgan NOVAK	JR	PCM (5)	29	21:06.6	6:12.5	8:28.7	5:16.7
247 Libby SWARTLEY	JR	Cedar falls	-	21:07.0	6:12.9	8:28.8	5:16.8
248 Sierra BAILEY	JR	Bondurant-Farr (5)	75	21:07.4	6:13.3	8:29.0	5:16.9
249 Hannah BURMEISTER	SO	Waukee	-	21:10.6	6:16.5	8:30.3	5:17.7
250 Laura KLEVEN	SR	Pella Communit	-	21:11.0	6:16.9	8:30.4	5:17.8
251 Kailee ALLEN	FR	Waukee	-	21:11.4	6:17.3	8:30.6	5:17.9
252 Lucy OLSON	SO	Knoxville	-	21:12.3	6:18.2	8:31.0	5:18.1
253 Whitney SPENCER	FR	Collins-Maxwel (7)	(30)	21:17.1	6:23.0	8:32.9	5:19.3
254 Brooke CHESMORE	JR	Southeast Polk	-	21:17.6	6:23.5	8:33.1	5:19.4
255 Lauren BURROUGH	SO	Gilbert	-	21:20.0	6:25.9	8:34.1	5:20.0
256 Ally DAVIS	JR	Mount Pleasant	-	21:20.5	6:26.4	8:34.3	5:20.1
257 Veronica CONDON	SO	Collins-Maxwel	-	21:22.4	6:28.3	8:35.0	5:20.6
258 Charlotte BRANDENBURG	SR	Cedar falls	-	21:23.7	6:29.6	8:35.5	5:20.9
259 Emilee BENEDICT	SR	Iowa City West	-	21:26.9	6:32.8	8:36.8	5:21.7
260 Blake BAUER	SR	Southeast Polk	-	21:28.0	6:33.9	8:37.3	5:22.0
261 Alina PETERSON	SO	Waukee	-	21:28.5	6:34.4	8:37.5	5:22.1
262 Lauren VEIGULIS	SR	Southeast Polk	-	21:28.7	6:34.6	8:37.6	5:22.2
263 Kristine JAENNETTE	SO	Lynnville-Sull (5)	31	21:29.9	6:35.8	8:38.0	5:22.5
264 Anna ZELENOVICH	SO	Southeast Polk	-	21:30.3	6:36.2	8:38.2	5:22.6
265 Jordan LEO	JR	Southeast Polk	-	21:30.8	6:36.7	8:38.4	5:22.7
266 Kelsey BEASLEY	SR	Iowa City West	-	21:31.3	6:37.2	8:38.6	5:22.8
267 Ciara HIRSCH	FR	Montezuma	-	21:31.5	6:37.4	8:38.7	5:22.9
268 Melissa KREMER	SR	Cedar falls	-	21:32.1	6:38.0	8:38.9	5:23.0
269 Sydney COLOFF	JR	Cedar falls	-	21:32.6	6:38.5	8:39.1	5:23.2
270 Julie WIMMER	SO	Pella Communit	-	21:33.5	6:39.4	8:39.5	5:23.4
271 Landry BOERHAVE	SO	Cedar falls	-	21:38.4	6:44.3	8:41.4	5:24.6
272 Macy SCULLY	SR	Southeast Polk	-	21:40.0	6:45.9	8:42.1	5:25.0
273 Anna SWAIM	FR	Waukee	-	21:40.5	6:46.4	8:42.3	5:25.1
274 Ailane BURGOS	SR	Marshalltown	-	21:40.8	6:46.7	8:42.4	5:25.2

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Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
275 Emma BOLLES	FR	Waukee	-	21:42.1	6:48.0	8:42.9	5:25.5
276 Natalie ALLEMAN	FR	Ankeny	-	21:44.5	6:50.4	8:43.9	5:26.1
277 Amelia VANDE LUNE	SR	Pella Communit	-	21:45.7	6:51.6	8:44.4	5:26.4
278 Jesse WIEGAND	SO	BGM Community	-	21:46.1	6:52.0	8:44.5	5:26.5
279 Courtney DUBOIS	JR	Southeast Polk	-	21:46.4	6:52.3	8:44.7	5:26.6
280 McKenna DAVIDSON	FR	Southeast Polk	-	21:46.9	6:52.8	8:44.9	5:26.7
281 Shelby FOSTER	JR	Lynnville-Sull (6)	(32)	21:47.3	6:53.2	8:45.0	5:26.8
282 Ally WEST	JR	Nevada	-	21:51.5	6:57.4	8:46.7	5:27.9
283 Brenna WOOD	JR	Bondurant-Farr (6)	(76)	21:52.0	6:57.9	8:46.9	5:28.0
284 Maliya SCOTT-GRAY	SR	Gilbert	-	21:53.0	6:58.9	8:47.3	5:28.3
285 Kierra CARBAJAL	SR	Marshalltown	-	21:53.7	6:59.6	8:47.6	5:28.4
286 Julianna BATTLES	JR	Gilbert	-	21:56.7	7:02.6	8:48.8	5:29.2
287 Kristy RYAN	JR	BGM Community	-	21:57.8	7:03.7	8:49.2	5:29.5
288 Kelly ANDERSON	SR	Gilbert	-	21:58.5	7:04.4	8:49.5	5:29.6
289 Mallery BELL	JR	PCM (6)	(33)	22:00.7	7:06.6	8:50.4	5:30.2
290 Becca JACKSON	SO	Bondurant-Farr (7)	(77)	22:02.6	7:08.5	8:51.2	5:30.7
291 Ali PEREZ	JR	Cedar falls	-	22:04.3	7:10.2	8:51.8	5:31.1
292 Ally BABCOCK	SO	Gilbert	-	22:05.0	7:10.9	8:52.1	5:31.3
293 Rebekah SLIGHT	FR	Southeast Polk	-	22:05.8	7:11.7	8:52.4	5:31.5
294 Sara ROGERS	SR	Collins-Maxwel	-	22:06.7	7:12.6	8:52.8	5:31.7
295 Antoinette VELDUIZEN	FR	Southeast Polk	-	22:11.5	7:17.4	8:54.7	5:32.9
296 Emma SMITH	JR	Mount Pleasant	-	22:14.5	7:20.4	8:55.9	5:33.6
297 Grace BOKHOVEN	FR	Pella Christia	-	22:15.3	7:21.2	8:56.3	5:33.8
298 Taryn ERNST	SR	Pella Communit	-	22:16.5	7:22.4	8:56.7	5:34.1
299 Jessica DEWAARD	SR	Pella Communit	-	22:17.4	7:23.3	8:57.1	5:34.4
300 Ellie MESMAN	SO	Waukee	-	22:17.9	7:23.8	8:57.3	5:34.5
301 Rebecca LEY	FR	North Polk	-	22:18.4	7:24.3	8:57.5	5:34.6
302 Kayley DEVOS	SR	Pella Communit	-	22:20.4	7:26.3	8:58.3	5:35.1
303 Kate DERRICK	JR	Waukee	-	22:21.4	7:27.3	8:58.7	5:35.4
304 Abby MCCLLOUD	FR	North Polk	-	22:21.8	7:27.7	8:58.9	5:35.5
305 Ally CANFIELD	JR	Pella Communit	-	22:22.1	7:28.0	8:59.0	5:35.5
306 Karli JERMAN	FR	Gilbert	-	22:22.3	7:28.2	8:59.1	5:35.6
307 Maura SALTZMAN	SR	Gilbert	-	22:22.9	7:28.8	8:59.3	5:35.7
308 Lydia DEN ADEL	JR	Pella Communit	-	22:23.4	7:29.3	8:59.5	5:35.9
309 Maggie HINRICHS	FR	Ankeny	-	22:27.5	7:33.4	9:01.2	5:36.9
310 Olivia BROOKS	JR	Ankeny	-	22:30.9	7:36.8	9:02.5	5:37.7
311 Ekta PATEL	JR	Ankeny	-	22:35.8	7:41.7	9:04.5	5:39.0
312 Peyton HARLESS	SO	Bondurant-Farr	-	22:37.5	7:43.4	9:05.2	5:39.4
313 Jordyn BOSTWICK	FR	Ankeny	-	22:41.6	7:47.5	9:06.8	5:40.4
314 Claire WEATHERWAX	SO	Ankeny	-	22:42.5	7:48.4	9:07.2	5:40.6
315 McKenzie MELLECKER	SR	Iowa City West	-	22:43.2	7:49.1	9:07.5	5:40.8
316 Cassidy DILKS	FR	Southeast Polk	-	22:48.0	7:53.9	9:09.4	5:42.0
317 Abby BUCHELE	FR	Gilbert	-	22:50.0	7:55.9	9:10.2	5:42.5
318 Elizabeth SCHMEISER	SO	Bondurant-Farr	-	22:52.3	7:58.2	9:11.1	5:43.1
319 Claire CARMICHAEL	SR	Oskaloosa	-	22:53.9	7:59.8	9:11.8	5:43.5
320 Audrey LEY	JR	North Polk	-	23:03.0	8:08.9	9:15.4	5:45.8
321 Maggie MONTIEL	JR	Gilbert	-	23:05.7	8:11.6	9:16.5	5:46.4
322 Natalie NICHOLSON	SR	Gilbert	-	23:07.7	8:13.6	9:17.3	5:46.9
323 Dawn STEWART	FR	Knoxville	-	23:09.9	8:15.8	9:18.2	5:47.5
324 Elizabeth MAURITZ	JR	Southeast Polk	-	23:13.8	8:19.7	9:19.8	5:48.5

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Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
325 Megan HOENIG	SR	Mount Pleasant	-	23:15.4	8:21.3	9:20.4	5:48.9
326 Ohara LESHER	SR	North Polk	-	23:20.1	8:26.0	9:22.3	5:50.0
327 Laurie AMOS	FR	Mount Pleasant	-	23:21.0	8:26.9	9:22.7	5:50.3
328 Aggie BROOKS	JR	Mount Pleasant	-	23:22.3	8:28.2	9:23.2	5:50.6
329 Ashely SJURSON	SO	Waukee	-	23:23.1	8:29.0	9:23.5	5:50.8
330 Averie HUTCHINSON	FR	Bondurant-Farr	-	23:23.6	8:29.5	9:23.7	5:50.9
331 Anna DITAMASO	SR	Bondurant-Farr	-	23:24.0	8:29.9	9:23.9	5:51.0
332 Brooklyn STARR	JR	Mount Pleasant	-	23:24.5	8:30.4	9:24.1	5:51.1
333 Claire NICHOLS	SR	Cedar falls	-	23:37.9	8:43.8	9:29.4	5:54.5
334 Maria GARCIA	SR	Cedar falls	-	23:40.3	8:46.2	9:30.4	5:55.1
335 Elizabeth JONES	JR	Collins-Maxwel	-	23:41.9	8:47.8	9:31.0	5:55.5
336 Olivia ARNESON	FR	Marshalltown	-	23:47.3	8:53.2	9:33.2	5:56.8
337 Sabrina BRETZ	SR	Iowa City West	-	23:56.0	9:01.9	9:36.7	5:59.0
338 Suchaeta HEGDE	SO	Waukee	-	23:57.0	9:02.9	9:37.1	5:59.3
339 Ashley WHITE	SO	Waukee	-	24:13.8	9:19.7	9:43.9	6:03.5
340 Ryllianne BURTON	SO	Pella Communit	-	24:15.1	9:21.0	9:44.4	6:03.8
341 Julia CONIGLIO	JR	Oskaloosa	-	24:18.7	9:24.6	9:45.8	6:04.7
342 Megan WITTMER	SO	Pella Communit	-	24:24.6	9:30.5	9:48.2	6:06.2
343 Katie DOMBROSKY	SR	Waukee	-	24:25.0	9:30.9	9:48.4	6:06.3
344 Joanna SCHWAGER	SO	Gilbert	-	24:29.6	9:35.5	9:50.2	6:07.4
345 Lauren GORSKI	SR	Oskaloosa	-	24:30.1	9:36.0	9:50.4	6:07.5
346 Rebekah FYFE	FR	Pella Communit	-	24:37.2	9:43.1	9:53.3	6:09.3
347 Megan NOEM	SR	Gilbert	-	24:37.6	9:43.5	9:53.4	6:09.4
348 Allee KOWZAN	JR	Pella Communit	-	24:41.0	9:46.9	9:54.8	6:10.3
349 Kloe LAMBERT	SO	Pella Communit	-	24:49.2	9:55.1	9:58.1	6:12.3
350 Paige JOHNSON	JR	Cedar falls	-	24:51.4	9:57.3	9:59.0	6:12.9
351 Callie HAUPERT	FR	Collins-Maxwel	-	24:53.2	9:59.1	9:59.7	6:13.3
352 Taylor LAROSEE	SR	Waukee	-	24:55.7	10:01.6	10:00.7	6:13.9
353 Grace KLOPSTAD	SO	Gilbert	-	25:02.4	10:08.3	10:03.4	6:15.6
354 Savannah SCHULTZ	JR	Bondurant-Farr	-	25:13.5	10:19.4	10:07.8	6:18.4
355 Alexis FRISBY	SR	Southeast Polk	-	25:17.4	10:23.3	10:09.4	6:19.4
356 Kassidee GOLWITZER	SO	North Polk	-	25:22.6	10:28.5	10:11.5	6:20.7
357 Tara HUBERTY	SO	Southeast Polk	-	25:38.2	10:44.1	10:17.8	6:24.6
358 Sarah MOODY	JR	Bondurant-Farr	-	25:41.3	10:47.2	10:19.0	6:25.3
359 Emily MERKLE	SR	Southeast Polk	-	25:44.6	10:50.5	10:20.3	6:26.2
360 Alexa DOYLE	JR	Cedar falls	-	25:46.6	10:52.5	10:21.1	6:26.7
361 Haley BEVING	SR	Cedar falls	-	25:49.2	10:55.1	10:22.2	6:27.3
362 Ally JACOBI	SR	Waukee	-	25:58.5	11:04.4	10:25.9	6:29.6
363 Jeannie ETNYRE	SR	Pella Communit	-	25:59.1	11:05.0	10:26.1	6:29.8
364 Moriah WITTENBERG	FR	Pella Communit	-	25:59.3	11:05.2	10:26.2	6:29.8
365 Sawyer ELWELL	FR	North Polk	-	25:59.7	11:05.6	10:26.4	6:29.9
366 Rebecca MORNINGSTAR	FR	Lynnville-Sull (7)	(34)	26:10.3	11:16.2	10:30.6	6:32.6
367 Samantha PARETI	FR	Ankeny	-	26:20.5	11:26.4	10:34.7	6:35.1
368 Sarah DOMBROSKY	SO	Waukee	-	26:30.2	11:36.1	10:38.6	6:37.6
369 Haley BREEDEN	FR	Lynnville-Sull	-	26:30.4	11:36.3	10:38.7	6:37.6
370 Nicole MCDOW	SO	Southeast Polk	-	26:32.7	11:38.6	10:39.6	6:38.2
371 Naomi BOLAND	FR	Marshalltown	-	26:55.3	12:01.2	10:48.7	6:43.8
372 Sydney CUMMINGS	JR	Pella Communit	-	26:57.9	12:03.8	10:49.8	6:44.5
373 Mallory WHEELER	JR	Pella Communit	-	27:02.6	12:08.5	10:51.6	6:45.7
374 Hannah HAWKINS	FR	Southeast Polk	-	27:16.1	12:22.0	10:57.1	6:49.0

CENTRAL DUTCH INVITATIONALPella, IA
A.N. Kyper Athletics Complex**OFFICIAL MEET REPORT**

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September 6, 2014

Race #2**WOMEN • 4 Kilometers (2.49 Miles)****FINAL RESULTS****INDIVIDUAL RESULTS (continued)**

Athlete	Year	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
375 Hannah ENGLE	SR	Gilbert	-	27:20.5	12:26.4	10:58.8	6:50.1
376 Ellie GIRKIN	SR	Waukee	-	27:27.3	12:33.2	11:01.6	6:51.8
377 Mikayla HUSTON	SR	Pella Communit	-	27:39.1	12:45.0	11:06.3	6:54.8
378 Sophia WIGNALL	FR	Ankeny	-	27:42.4	12:48.3	11:07.6	6:55.6
379 Shaye COUGHLIN	FR	Waukee	-	27:53.9	12:59.8	11:12.2	6:58.5
380 Ashley ARMSTRONG	FR	Montezuma	-	28:23.1	13:29.0	11:24.0	7:05.8
381 Mariah JOHANNSEN	SR	Southeast Polk	-	28:49.6	13:55.5	11:34.6	7:12.4
382 Sarah HAWKINS	JR	Southeast Polk	-	29:03.7	14:09.6	11:40.3	7:15.9
383 Gloria LAU	JR	Southeast Polk	-	29:08.8	14:14.7	11:42.3	7:17.2
384 Taika DENNILL	SR	Pella Communit	-	29:11.8	14:17.7	11:43.5	7:18.0
385 Beth JOHNSON	JR	Bondurant-Farr	-	29:43.2	14:49.1	11:56.1	7:25.8
386 Jenna TURNER	SR	Gilbert	-	30:23.9	15:29.8	12:12.5	7:36.0
387 Miriam HOUSNI	JR	Pella Communit	-	30:55.6	16:01.5	12:25.2	7:43.9
388 Rachel KUEBLER	SR	Gilbert	-	34:17.6	19:23.5	13:46.3	8:34.4