



Race #1
Girls Varsity 5000M

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Iowa City City High	49	3-5-7-15-19(20)(23)	1:35:11	1:37.2
2 Dubuque Senior	71	2-12-13-18-26(35)(44)	1:36:49	2:09.2
3 Cedar Falls	87	1-11-22-24-29(32)(39)	1:37:30	2:18.2
4 Linn-Mar Marion	124	6-25-27-28-38(48)(50)	1:39:39	1:48.4
5 Prairie Cedar Rapids	161	9-33-34-40-45(46)(52)	1:41:43	1:42.4
6 Iowa City West	193	14-30-37-55-57(74)(79)	1:43:16	1:59.4
7 Xavier Cedar Rapids	214	10-21-51-60-72(80)(81)	1:44:01	2:39.7
8 Dubuque Hempstead	216	17-41-47-53-58(71)(73)	1:44:11	1:51.3
9 Wahlert Dubuque	228	8-31-62-63-64(69)(70)	1:44:24	2:39.5
10 Iowa City Liberty	229	16-36-54-56-67(68)(76)	1:44:32	2:16.3
11 Epworth Western Du	271	42-43-59-61-66(75)(77)	1:46:39	1:00.1
12 Waterloo West	378	4-89-91-94-100	1:58:31	7:53.2
13 Cedar Rapids Washin	386	49-82-84-85-86(97)	1:56:00	2:55.9
14 Cedar Rapids Jeffers	433	65-87-90-93-98(101)	2:00:00	3:12.5
15 Cedar Rapids Kenne	436	78-83-88-92-95(96)(99)	1:59:09	2:40.4

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
30 Ava Twait	FR	894	Iowa City West	30	20:18.3	2:25.3
31 Willa Berning	JR	1485	Wahlert Dubuq	31	20:20.2	2:27.2
32 Emerlyn McNally	SO	93	Cedar Falls	(32)	20:22.8	2:29.8
33 Lamise Ajram	JR	1383	Prairie Cedar R	33	20:26.1	2:33.1
34 Stella Rose	SR	1417	Prairie Cedar R	34	20:26.1	2:33.1
35 Stella Weber	SR	476	Dubuque Senio	(35)	20:27.5	2:34.5
36 Claire Locher	SR	686	Iowa City City H	-	20:28.6	2:35.6
37 Aleah Williams	FR	778	Iowa City Libert	36	20:29.3	2:36.3
38 Ellie DeWaard	FR	884	Iowa City West	37	20:30.8	2:37.8
39 Addie Domer	SR	961	Linn-Mar Mario	38	20:32.0	2:39.0
40 Hannah Yackley	FR	113	Cedar Falls	(39)	20:34.3	2:41.3
41 Anika Roe	JR	1415	Prairie Cedar R	40	20:37.7	2:44.7
42 Maggie Henneberry	JR	388	Dubuque Hemp	41	20:44.8	2:51.8
43 Peyton DaSilva	SO	517	Epworth Wester	42	20:48.5	2:55.5
44 Katie Drone	FR	521	Epworth Wester	43	20:48.6	2:55.6
45 Zoey Berger	FR	71	Cedar Falls	-	20:49.9	2:56.9
46 Charlotte Doran	FR	666	Iowa City City H	-	20:51.3	2:58.3
47 Braeley Wullweber	SR	478	Dubuque Senio	(44)	20:55.4	3:02.4
48 Ella Faul	JR	1390	Prairie Cedar R	45	20:57.5	3:04.5
49 Addison Kay	FR	1414	Prairie Cedar R	(46)	20:57.7	3:04.7
50 Natalie Leitzen	JR	392	Dubuque Hemp	47	21:00.6	3:07.6
51 Ava Meier	FR	969	Linn-Mar Mario	(48)	21:03.2	3:10.2
52 Haddie Levake	SR	334	Cedar Rapids	49	21:03.8	3:10.8
53 Grace Meier	JR	970	Linn-Mar Mario	(50)	21:07.3	3:14.3
54 Sofia Musick	JR	9993	Xavier Cedar R	51	21:08.2	3:15.2
55 Arden Voldase	FR	1435	Prairie Cedar R	(52)	21:10.1	3:17.1
56 Zoey Pelegrin	FR	395	Dubuque Hemp	53	21:11.3	3:18.3
57 Ayla Trollet	FR	776	Iowa City Libert	54	21:14.6	3:21.6
58 Ainsley Searfoss	SO	101	Cedar Falls	-	21:14.9	3:21.9
59 Carly Moreau	FR	887	Iowa City West	55	21:20.9	3:27.9
60 Ella Lambi	FR	763	Iowa City Libert	56	21:22.4	3:29.4
61 Susanna Olson	JR	891	Iowa City West	57	21:32.6	3:39.6
62 Willa Foust	FR	383	Dubuque Hemp	58	21:32.7	3:39.7
63 Rachael Weber	JR	583	Epworth Wester	59	21:35.5	3:42.5
64 Maeve Ainsworth	SO	9981	Xavier Cedar R	60	21:36.7	3:43.7
65 Aubrey Bussan-Kluesn	FR	510	Epworth Wester	61	21:37.2	3:44.2
66 Ella Rohner	JR	1492	Wahlert Dubuq	62	21:38.8	3:45.8
67 Mya Rohner	FR	1493	Wahlert Dubuq	63	21:39.6	3:46.6
68 Millie Eikamp	JR	457	Dubuque Senio	-	21:41.5	3:48.5
69 Grace Burke	SO	1487	Wahlert Dubuq	64	21:42.2	3:49.2
70 Emily Morris	SO	159	Cedar Rapids J	65	21:47.1	3:54.1
71 Melanie Lake	FR	542	Epworth Wester	66	21:48.5	3:55.5
72 Nora Brown	SR	754	Iowa City Libert	67	21:51.0	3:57.0
73 Claire Cannon	SO	756	Iowa City Libert	(68)	21:51.2	3:58.2
74 Lilyan Tuthill	SR	1498	Wahlert Dubuq	(69)	21:53.3	4:00.3
75 Mallory Unsen	JR	1499	Wahlert Dubuq	(70)	21:54.1	4:01.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Charlee Gall	SO	85	Cedar Falls	1	17:54.0	---
2 Emma Chesterman	SR	455	Dubuque Senio	2	17:55.8	2.8
3 Abigail Burns	SR	662	Iowa City City H	3	18:12.0	18.0
4 Nakia Ollivierre	SR	9961	Waterloo West	4	18:26.0	32.0
5 Grace Hamann	JR	678	Iowa City City H	5	18:41.7	48.7
6 Hailey Kozloski	JR	966	Linn-Mar Mario	6	18:43.7	50.7
7 Eliza Doster	SO	667	Iowa City City H	7	18:54.6	1:01.6
8 Lucy Murphy	SR	1491	Wahlert Dubuq	8	19:02.7	1:09.7
9 Reese Wiley	JR	1436	Prairie Cedar R	9	19:15.2	1:22.2
10 Mia Deegan	SR	9985	Xavier Cedar R	10	19:19.7	1:26.7
11 Kate Tomlyanovich	SO	105	Cedar Falls	11	19:27.1	1:34.1
12 Nevaeh Kessler	SR	463	Dubuque Senio	12	19:29.4	1:36.4
13 Briel Bechen	SR	452	Dubuque Senio	13	19:32.5	1:39.5
14 Adrienne Hodge	FR	885	Iowa City West	14	19:33.2	1:40.2
15 Calissa Fruin	SO	674	Iowa City City H	15	19:33.5	1:40.5
16 Chelsea VeDepo	JR	777	Iowa City Libert	16	19:34.8	1:41.8
17 Chelsea Heiberger	SO	387	Dubuque Hemp	17	19:41.5	1:48.5
18 Lise Hoyer	JR	461	Dubuque Senio	18	19:46.1	1:53.1
19 Madeline Fischer	JR	672	Iowa City City H	19	19:49.2	1:56.2
20 Naomi Downing-Sherer	JR	668	Iowa City City H	(20)	19:54.5	2:01.5
21 Raleigh Barton	FR	9984	Xavier Cedar R	21	19:56.5	2:03.5
22 Shai Meyer	FR	94	Cedar Falls	22	19:56.9	2:03.9
23 Lucy Sherburne	JR	701	Iowa City City H	(23)	19:57.2	2:04.2
24 Katie Blough	JR	73	Cedar Falls	24	19:59.6	2:06.6
25 Anna Temple	SO	977	Linn-Mar Mario	25	20:01.4	2:08.4
26 Mallory Schaefer	SO	470	Dubuque Senio	26	20:05.0	2:11.0
27 Myrna Harper	FR	963	Linn-Mar Mario	27	20:10.0	2:17.0
28 Marion Spolaore	FR	976	Linn-Mar Mario	28	20:11.6	2:18.6
29 Emersyn Fonley	JR	81	Cedar Falls	29	20:12.2	2:19.2

MVC SUPER MEET

Iowa City, IA

Kickers Soccer Complex

Thursday, October 9, 2025

**OFFICIAL MEET REPORT**

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**Race #1
Girls Varsity 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
76 Sophie Welter	SO	404	Dubuque Hemp	(71)	21:58.1	4:05.1
77 Ellie Stephenson	SR	9998	Xavier Cedar R	72	21:59.3	4:06.3
78 Maria Hart	SR	386	Dubuque Hemp	(73)	22:00.3	4:07.3
79 Mia Ahn	SO	880	Iowa City West	(74)	22:00.4	4:07.4
80 Hazel Freund	FR	384	Dubuque Hemp	-	22:00.5	4:07.5
81 Sienna Engleman	FR	1490	Wahlert Dubuq	-	22:06.3	4:13.3
82 Ahsha Kluesner	SO	527	Epworth Wester	(75)	22:06.8	4:13.8
83 Kaitlyn Raue	SR	771	Iowa City Libert	(76)	22:07.1	4:14.1
84 Grace Klein	SO	526	Epworth Wester	(77)	22:07.7	4:14.7
85 Emma Manthe	JR	242	Cedar Rapids K	78	22:10.1	4:17.1
86 Savannah Lucas	FR	549	Epworth Wester	-	22:19.1	4:26.1
87 Ella Stone	FR	893	Iowa City West	(79)	22:27.9	4:34.9
88 Norah Mike	FR	9992	Xavier Cedar R	(80)	22:33.4	4:40.4
89 Macie Herting	SR	9987	Xavier Cedar R	(81)	22:44.6	4:51.6
90 Eleanor Johnson	FR	762	Iowa City Libert	-	22:45.3	4:52.3
91 Ella Sprank	JR	575	Epworth Wester	-	22:48.4	4:55.4
92 Alli Drone	JR	519	Epworth Wester	-	22:53.0	4:59.0
93 Maya Lahart	JR	332	Cedar Rapids	82	23:16.8	5:23.8
94 Olivia Hallam	SR	234	Cedar Rapids K	83	23:24.6	5:31.6
95 Gabriella Swift	FR	775	Iowa City Libert	-	23:28.4	5:35.4
96 Scarlett Dwyer	JR	325	Cedar Rapids	84	23:41.0	5:47.0
97 Madelyn Dyer	JR	327	Cedar Rapids	85	23:58.1	6:05.1
98 Alanna Lahart	JR	331	Cedar Rapids	86	23:59.7	6:06.7
99 Evie Creighton	SO	147	Cedar Rapids J	87	24:01.5	6:08.5
100 Claire Kucharski	SO	9991	Xavier Cedar R	-	24:06.9	6:13.9
101 Avery Bildstein	FR	213	Cedar Rapids K	88	24:08.5	6:15.5
102 Taniya O'Brien	JR	9960	Waterloo West	89	24:26.0	6:32.0
103 Willa Coleman	SO	146	Cedar Rapids J	90	24:31.9	6:38.9
104 Semani Hernandez	SR	9957	Waterloo West	91	24:33.5	6:40.5
105 Lindsey Strasen	FR	254	Cedar Rapids K	92	24:35.1	6:42.1
106 Mia Janda	JR	154	Cedar Rapids J	93	24:40.1	6:47.1
107 Amira Little	SR	9959	Waterloo West	94	24:45.6	6:52.6
108 Ellison Pierce	SR	243	Cedar Rapids K	95	24:50.4	6:57.4
109 Sarah Beatty	FR	207	Cedar Rapids K	(96)	24:55.9	7:02.9
110 Frances Roland	JR	338	Cedar Rapids	(97)	24:57.0	7:03.0
111 Mackenzie Staub	SO	164	Cedar Rapids J	98	24:59.5	7:06.5
112 Maria Kaiser	SR	235	Cedar Rapids K	(99)	25:02.7	7:09.7
113 Lucy Harnack	FR	9956	Waterloo West	100	26:19.2	8:26.2
114 Jazmin Esqueda	FR	150	Cedar Rapids J	(101)	27:57.3	10:04.



Race #2
Boys Varsity 5000M

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Cedar Falls	46	2-6-10-13-15(41)	1:18:23	1:16.6
2 Prairie Cedar Rapids	95	8-11-12-25-39(47)(57)	1:20:31	1:04.7
3 Iowa City City High	103	9-19-22-24-29(31)(42)	1:21:05	0:31.9
4 Dubuque Senior	107	14-16-20-23-34(40)(51)	1:21:12	0:26.9
5 Cedar Rapids Kenne	140	4-5-38-43-50(71)(74)	1:21:55	1:38.9
6 Dubuque Hempstead	148	18-27-32-35-36(37)(52)	1:22:16	0:27.0
7 Linn-Mar Marion	158	7-21-28-49-53(58)(68)	1:22:41	1:37.6
8 Iowa City Liberty	164	3-26-33-46-56(59)(62)	1:22:11	2:30.7
9 Iowa City West	195	17-30-45-48-55(66)(69)	1:24:05	1:10.2
10 Epworth Western Du	267	1-54-60-73-79(84)(86)	1:25:32	3:26.3
11 Xavier Cedar Rapids	366	44-76-77-81-88(92)(96)	1:29:59	1:31.7
12 Wahlert Dubuque	371	65-67-72-82-85(87)(89)	1:29:52	0:49.8
13 Waterloo West	380	63-64-70-90-93(94)(99)	1:30:24	1:11.5
14 Cedar Rapids Jeffers	429*	61-80-91-97-100(101)(102)	1:33:27	2:13.5
15 Cedar Rapids Washin	429*	75-78-83-95-98(103)(104)	1:33:06	1:25.5

*Tiebreakers

Cedar Rapids Jefferson	61	80	91	97	100	101
Cedar Rapids Washington	75	78	83	95	98	103

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Quentin Nauman	SR	496	Epworth Wester	1	14:43.6	---
2 Jaden Merrick	SR	36	Cedar Falls	2	14:48.9	5.3
3 Keegan Decker	JR	719	Iowa City Libert	3	14:49.3	5.7
4 Slader Buckheister	SR	170	Cedar Rapids K	4	15:32.4	48.8
5 Adam Gray	SR	175	Cedar Rapids K	5	15:32.9	49.3
6 Dominic Williams	JR	65	Cedar Falls	6	15:35.1	51.5
7 Ethan Cheney	SR	903	Linn-Mar Mario	7	15:36.2	52.6
8 Kyle Johnson	SR	996	Prairie Cedar R	8	15:36.3	52.7
9 Linus McRoberts	SR	632	Iowa City City H	9	15:54.2	1:10.6
10 Porter Myers	JR	38	Cedar Falls	10	15:54.4	1:10.8
11 Owen Miller	SR	1170	Prairie Cedar R	11	15:55.3	1:11.7
12 Cole Carrizales	JR	985	Prairie Cedar R	12	15:56.2	1:12.6
13 Brennen Hoyer	SR	22	Cedar Falls	13	15:58.6	1:15.0
14 Liam Kroger	SR	429	Dubuque Senio	14	16:04.1	1:20.5
15 Jeremy Gall	FR	12	Cedar Falls	15	16:05.4	1:21.8
16 Owen Anderson	JR	406	Dubuque Senio	16	16:08.3	1:24.7
17 Michael Hanna	SO	806	Iowa City West	17	16:09.2	1:25.6
18 Colin Henn	SR	356	Dubuque Hemp	18	16:09.9	1:26.3
19 Emmett Palmberg	JR	639	Iowa City City H	19	16:11.1	1:27.5
20 Grady Kroger	SR	428	Dubuque Senio	20	16:11.3	1:27.7
21 Will Kennedy	JR	922	Linn-Mar Mario	21	16:14.1	1:30.5
22 David Randall	JR	641	Iowa City City H	22	16:14.4	1:30.8
23 Jack Kirman	SR	427	Dubuque Senio	23	16:17.2	1:33.6
24 Leif Eastlund	SO	603	Iowa City City H	24	16:19.3	1:35.7

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
25 Sammy Lange	JR	1000	Prairie Cedar R	25	16:21.7	1:38.1
26 Lars Hildebrand	JR	725	Iowa City Libert	26	16:22.9	1:39.3
27 Henry Maloney	JR	363	Dubuque Hemp	27	16:24.9	1:41.3
28 Joshua Knapp	SR	923	Linn-Mar Mario	28	16:25.7	1:42.1
29 Jack Leman	SR	624	Iowa City City H	29	16:26.0	1:41.4
30 Jake Weiler	SO	875	Iowa City West	30	16:26.5	1:42.9
31 Jarris Prottzman	SR	640	Iowa City City H	(31)	16:27.0	1:42.4
32 Micah Fern	SR	349	Dubuque Hemp	32	16:29.5	1:45.9
33 Tayson Cho	JR	717	Iowa City Libert	33	16:30.7	1:47.1
34 Ben Hohmann	SR	425	Dubuque Senio	34	16:30.9	1:47.3
35 Aidan Cooley	JR	344	Dubuque Hemp	35	16:35.0	1:50.4
36 Talon Froistad	JR	351	Dubuque Hemp	36	16:36.8	1:53.2
37 Ben Ellerbach	JR	346	Dubuque Hemp	(37)	16:38.6	1:55.0
38 Lincoln McMahan	SR	184	Cedar Rapids K	38	16:40.3	1:56.7
39 Eli Dahlem	SO	987	Prairie Cedar R	39	16:40.9	1:57.3
40 Matthew Haug	JR	422	Dubuque Senio	(40)	16:41.9	1:58.3
41 Gaige Martin	SR	34	Cedar Falls	(41)	16:46.7	2:03.1
42 Max McDowell	SR	630	Iowa City City H	(42)	16:56.2	2:12.6
43 Nathaniel Goff	SR	185	Cedar Rapids K	43	16:57.7	2:14.1
44 Lance Mueggenberg	SO	9975	Xavier Cedar R	44	17:00.1	2:16.5
45 Eli Dunham	FR	795	Iowa City West	45	17:00.2	2:16.6
46 Colin Finch	JR	721	Iowa City Libert	46	17:07.4	2:23.8
47 Dillon Wiethorn	SR	1382	Prairie Cedar R	(47)	17:09.0	2:24.4
48 Evan Merrill	JR	815	Iowa City West	48	17:09.0	2:24.4
49 Cooper Adams	JR	896	Linn-Mar Mario	49	17:10.6	2:27.0
50 Tanner Stockert	SO	196	Cedar Rapids K	50	17:11.2	2:27.6
51 Matthew Denham	JR	418	Dubuque Senio	(51)	17:12.0	2:27.4
52 Charles Schultz	SR	370	Dubuque Hemp	(52)	17:13.2	2:29.6
53 Cade Lorenz	SO	927	Linn-Mar Mario	53	17:13.7	2:30.1
54 Gabe Jones	SO	488	Epworth Wester	54	17:14.6	2:31.0
55 Jack Eastvold	SR	798	Iowa City West	55	17:19.3	2:35.7
56 Julius Vidal	SR	749	Iowa City Libert	56	17:20.0	2:35.4
57 Ethan McManus	SR	1088	Prairie Cedar R	(57)	17:20.3	2:36.7
58 Grayson Roos	SO	943	Linn-Mar Mario	(58)	17:22.2	2:38.6
59 Charlie Spahn	SO	372	Dubuque Hemp	-	17:24.5	2:40.9
60 Will Carey	JR	593	Iowa City City H	-	17:24.8	2:41.2
61 Yuma Squires	SR	746	Iowa City Libert	(59)	17:26.5	2:42.9
62 Joel Klein	SO	489	Epworth Wester	60	17:27.2	2:43.6
63 Rexton Travagiakis	JR	134	Cedar Rapids J	61	17:29.1	2:45.5
64 Jens Strand	SO	748	Iowa City Libert	(62)	17:29.9	2:46.3
65 Brayden Fuller	SR	1592	Waterloo West	63	17:33.6	2:50.0
66 Kayson Cordell	JR	1502	Waterloo West	64	17:34.5	2:50.9
67 Sam Murphy	FR	1475	Wahlert Dubuq	65	17:35.8	2:52.2
68 Thomas Tong	SR	864	Iowa City West	(66)	17:37.1	2:53.5
69 Niles Connely	JR	1450	Wahlert Dubuq	67	17:37.7	2:54.1
70 Jace Edaburn	SO	905	Linn-Mar Mario	(68)	17:38.4	2:54.8

MVC SUPER MEET

Iowa City, IA

Kickers Soccer Complex

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**Race #2
Boys Varsity 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
71 Asif Ali	SR	781	Iowa City West	(69)	17:39.3	2:55.7	117 Lewis Foster	SO	272	Cedar Rapids	98	19:26.1	4:42.5
72 Brady Limbert	SR	926	Linn-Mar Mario	-	17:46.6	3:03.0	118 William Miller	FR	495	Epworth Wester	-	19:31.3	4:47.7
73 Christopher Peterson	SO	366	Dubuque Hemp	-	17:49.0	3:04.4	119 Sonny Mendoza	JR	1598	Waterloo West	(99)	19:33.2	4:49.6
74 Cody Hesselman	JR	423	Dubuque Senio	-	17:49.6	3:06.0	120 Jeremiah Dunkerton	JR	1503	Waterloo West	-	19:39.8	4:56.2
75 Zach Bruzek	JR	788	Iowa City West	-	17:50.2	3:06.6	121 Dane Hertel	JR	1594	Waterloo West	-	19:40.0	4:55.4
76 Charlie Petersen	JR	939	Linn-Mar Mario	-	17:50.5	3:06.9	122 Harald Batige	SR	115	Cedar Rapids J	100	19:42.5	4:58.9
77 Lars Pressler	JR	842	Iowa City West	-	17:51.0	3:06.4	123 Malachi Armon	SR	114	Cedar Rapids J	(101)	19:43.4	4:59.8
78 Elijah Neuhaus	JR	432	Dubuque Senio	-	17:51.2	3:07.6	124 Justin Mendoza	JR	124	Cedar Rapids J	(102)	19:45.4	5:01.8
79 Isaak Moline	SO	1600	Waterloo West	70	17:52.4	3:08.8	125 Nicholas Reisinger	JR	299	Cedar Rapids	(103)	19:47.6	5:04.0
80 Finn Hallam	SO	176	Cedar Rapids K	(71)	17:52.6	3:09.0	126 Henry Appleby-Sparro	SR	260	Cedar Rapids	(104)	19:51.1	5:07.5
81 Will Kirby	JR	1463	Wahlert Dubuq	72	17:53.6	3:10.0	127 Austin Damisch	SR	263	Cedar Rapids	-	19:58.9	5:15.3
82 Dominic Hammerand	JR	484	Epworth Wester	73	17:56.2	3:12.6	128 Henri Mitchell	JR	294	Cedar Rapids	-	20:11.0	5:26.4
83 Grant Pattridge	SR	188	Cedar Rapids K	(74)	17:57.3	3:13.7	129 James Knight	SR	1597	Waterloo West	-	20:46.1	6:02.5
84 Elijah Roach	SR	437	Dubuque Senio	-	17:57.8	3:14.2	130 Cam'Ron Riggins	JR	129	Cedar Rapids J	-	21:13.0	6:28.4
85 Grayson Gurwell	FR	274	Cedar Rapids	75	18:00.7	3:17.1	131 Jasper Mitchell	SO	295	Cedar Rapids	-	21:22.8	6:39.2
86 Caleb Lang	SO	9971	Xavier Cedar R	76	18:02.1	3:18.5							
87 Nate Mixdorf	FR	187	Cedar Rapids K	-	18:02.5	3:18.9							
88 Ashton Landherr	SO	925	Linn-Mar Mario	-	18:06.5	3:22.9							
89 Sean Kelly	SO	9969	Xavier Cedar R	77	18:08.0	3:23.4							
90 Jack McAtee	SO	290	Cedar Rapids	78	18:09.0	3:24.4							
91 John Bihl	SO	479	Epworth Wester	79	18:09.9	3:26.3							
92 Nolan Risma	SO	367	Dubuque Hemp	-	18:10.5	3:26.9							
93 Peter Niyomutabazi	JR	126	Cedar Rapids J	80	18:12.7	3:29.1							
94 Brady Cripe	JR	9966	Xavier Cedar R	81	18:17.0	3:32.4							
95 Gavin Wolbers	JR	1483	Wahlert Dubuq	82	18:19.2	3:35.6							
96 Hayden Reilly	JR	298	Cedar Rapids	83	18:22.4	3:38.8							
97 Tyler Hess	JR	485	Epworth Wester	(84)	18:22.8	3:39.2							
98 Vincent Hoppenjan	FR	1462	Wahlert Dubuq	85	18:25.5	3:41.9							
99 Jake Boge	SR	480	Epworth Wester	(86)	18:28.6	3:45.0							
100 Truman Oberfoell	FR	1477	Wahlert Dubuq	(87)	18:30.5	3:46.9							
101 Dylan Lang	SR	9972	Xavier Cedar R	88	18:31.7	3:48.1							
102 Tegan Meyer	FR	1470	Wahlert Dubuq	(89)	18:32.5	3:48.9							
103 Aloysius Berning	FR	1445	Wahlert Dubuq	-	18:32.5	3:48.9							
104 Colin Wehrle	JR	874	Iowa City West	-	18:37.4	3:53.8							
105 Ramsey Mineart	SR	1599	Waterloo West	90	18:38.3	3:54.7							
106 Jonathan Mittelsteadt	SR	125	Cedar Rapids J	91	18:38.6	3:55.0							
107 Gus Martino	JR	9973	Xavier Cedar R	(92)	18:43.6	4:00.0							
108 Storm Anderson	FR	1501	Waterloo West	93	18:45.0	4:01.4							
109 Andrew Federspiel	FR	1590	Waterloo West	(94)	18:58.7	4:15.1							
110 Kolt Pace	SR	497	Epworth Wester	-	19:02.5	4:18.9							
111 Laird Hanna	SR	284	Cedar Rapids	95	19:07.6	4:24.0							
112 Cooper Pacha	FR	9976	Xavier Cedar R	(96)	19:07.7	4:24.1							
113 Will McNamara	FR	1467	Wahlert Dubuq	-	19:07.8	4:24.2							
114 Joel Reicks	SO	1478	Wahlert Dubuq	-	19:17.0	4:32.4							
115 Dane Harvey	SO	122	Cedar Rapids J	97	19:23.8	4:40.2							
116 Phoenix Ritt	SO	499	Epworth Wester	-	19:24.7	4:41.1							

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Kickers Soccer Complex

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Race #3 Girls 9/10 5000M

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Iowa City City High	43	1-5-7-14-16(17)(21)	1:47:06	2:13.0
2 Cedar Falls	57	3-8-12-15-19(24)(26)	1:49:06	1:42.7
3 Linn-Mar Marion	60	6-10-11-13-20(32)(40)	1:49:17	1:37.0
4 Dubuque Senior	100	2-9-25-31-33(38)(43)	1:51:46	2:42.6
5 Prairie Cedar Rapids	127	4-22-27-29-45	1:54:16	3:09.9
6 Wahlert Dubuque	147	18-23-30-35-41(44)	1:56:15	1:19.5
7 Dubuque Hempstead	196	28-34-39-47-48(52)(55)	1:59:37	1:20.6
8 Iowa City Liberty	252	37-42-46-61-66	2:08:42	5:14.8
9 Iowa City West	273	36-49-53-65-70(75)	2:13:24	7:28.8
10 Xavier Cedar Rapids	289	51-54-59-62-63(74)	2:12:39	2:54.2
11 Epworth Western Du	298	50-56-57-67-68(69)	2:15:49	4:47.1
12 Cedar Rapids Jeffers	325	58-60-64-71-72(73)(76)	2:25:19	5:03.7

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
33 Madison Brandenburg	SO	1486	Wahlert Dubuq	30	23:17.0	2:59.2
34 Lucy Weber	FR	475	Dubuque Senio	31	23:17.3	3:00.5
35 Ama Clemente	FR	959	Linn-Mar Mario	(32)	23:17.6	3:00.8
36 Alina Buchholtz	FR	453	Dubuque Senio	33	23:22.2	3:05.4
37 Nora Wittenkeller	SO	706	Iowa City City H	-	23:30.2	3:13.4
38 Abigail Saul	FR	399	Dubuque Hemp	34	23:35.2	3:18.4
39 Tessa Belken	SO	1484	Wahlert Dubuq	35	23:37.3	3:20.5
40 Paige Fethke	FR	671	Iowa City City H	-	23:37.6	3:20.8
41 Angela Wang	FR	895	Iowa City West	36	23:40.4	3:23.6
42 Greta Daniels	SO	757	Iowa City Libert	37	23:46.1	3:29.3
43 Sophia Morrison	SO	466	Dubuque Senio	(38)	23:47.3	3:30.5
44 Addy Shedek	FR	400	Dubuque Hemp	39	23:48.3	3:31.5
45 Amelie Bechtel	SO	659	Iowa City City H	-	23:49.7	3:32.9

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Nadia LeClair	SO	684	Iowa City City H	1	20:16.8	---
2 Skylar Carpenter	SO	454	Dubuque Senio	2	20:39.6	22.8
3 Braelyn Stoppel	FR	102	Cedar Falls	3	20:51.4	34.6
4 Sarah Hughes	FR	1405	Prairie Cedar R	4	20:57.4	40.6
5 Lucia Galluzzo	SO	675	Iowa City City H	5	20:58.2	41.4
6 Amy Tillotson	FR	978	Linn-Mar Mario	6	21:04.6	47.8
7 Maeve Nordlund	FR	693	Iowa City City H	7	21:05.1	48.3
8 Emma Hahn	SO	86	Cedar Falls	8	21:13.8	57.0
9 Sophie Tigges	SO	474	Dubuque Senio	9	21:22.3	1:05.5
10 Kamille Blott	SO	957	Linn-Mar Mario	10	21:39.5	1:22.7
11 Wrenley Musser	FR	971	Linn-Mar Mario	11	21:42.6	1:25.8
12 Leah Freiberg	SO	82	Cedar Falls	12	22:05.5	1:48.7
13 Haylie Wildman	SO	980	Linn-Mar Mario	13	22:08.7	1:51.9
14 Madelyn Fitzgerald	SO	673	Iowa City City H	14	22:15.5	1:58.7
15 Jenna Hannam	SO	88	Cedar Falls	15	22:21.5	2:04.7
16 Addison Mangan	FR	687	Iowa City City H	16	22:29.8	2:13.0
17 Norah Reicks	FR	696	Iowa City City H	(17)	22:30.6	2:13.8
18 Evania Smith	FR	1496	Wahlert Dubuq	18	22:33.7	2:16.9
19 Ruby Fromm	FR	84	Cedar Falls	19	22:34.0	2:17.2
20 Erica Gengler	FR	962	Linn-Mar Mario	20	22:41.5	2:24.7
21 Amelia Terrill	SO	703	Iowa City City H	(21)	22:47.3	2:30.5
22 Arianna Cook-McCormi	SO	1384	Prairie Cedar R	22	22:49.3	2:32.5
23 Grace Cushman	FR	1488	Wahlert Dubuq	23	22:53.2	2:36.4
24 Kamryn Riley	FR	99	Cedar Falls	(24)	23:02.2	2:45.4
25 Camille Leman	SO	685	Iowa City City H	-	23:03.8	2:47.0
26 Abby Sindt	FR	471	Dubuque Senio	25	23:04.2	2:47.4
27 Helen Peng	SO	96	Cedar Falls	(26)	23:04.5	2:47.7
28 Madisen Henninger	FR	89	Cedar Falls	-	23:05.0	2:48.2
29 Elly Eggers	FR	80	Cedar Falls	-	23:06.5	2:49.7
30 Jaelyn Sickels	SO	1420	Prairie Cedar R	27	23:10.2	2:53.4
31 Stella Houselog	SO	389	Dubuque Hemp	28	23:11.0	2:53.2
32 Sienna Johnson	FR	1413	Prairie Cedar R	29	23:11.9	2:55.1
46 Elayna Backes	SO	956	Linn-Mar Mario	(40)	23:50.6	3:33.8
47 Stella Schneider	FR	1494	Wahlert Dubuq	41	23:53.1	3:36.3
48 Lola Hakes	FR	760	Iowa City Libert	42	23:55.6	3:38.8
49 Sage Hoyer	FR	462	Dubuque Senio	(43)	23:57.1	3:40.3
50 Evelyn Miller	FR	688	Iowa City City H	-	23:57.1	3:40.3
51 Kate Rothert	FR	469	Dubuque Senio	-	23:57.6	3:40.8
52 Lauryn Ortiz	FR	468	Dubuque Senio	-	24:03.7	3:46.9
53 Sarah Haller	FR	87	Cedar Falls	-	24:05.0	3:47.2
54 Claire Voss	FR	1500	Wahlert Dubuq	(44)	24:05.1	3:48.3
55 Brynn Thompson	FR	1423	Prairie Cedar R	45	24:07.2	3:50.4
56 Sydney Nash	FR	692	Iowa City City H	-	24:17.1	4:00.3
57 Heather Carpenter	SO	958	Linn-Mar Mario	-	24:24.8	4:08.0
58 Ruby Miller	SO	769	Iowa City Libert	46	24:24.8	4:08.0
59 Anna Platte	SO	695	Iowa City City H	-	24:29.3	4:12.5
60 Kailyn Peat	FR	394	Dubuque Hemp	47	24:31.2	4:14.4
61 Teresa Troftgrubin	SO	402	Dubuque Hemp	48	24:31.5	4:14.7
62 Clancy Trepanier	FR	704	Iowa City City H	-	24:37.4	4:20.6
63 Savannah Mathias	SO	886	Iowa City West	49	24:39.5	4:22.7
64 Brianna Blahnik	FR	321	Cedar Rapids	-	24:41.8	4:25.0
65 Elle Wernimont	FR	477	Dubuque Senio	-	24:42.5	4:25.7
66 Annzlee Shekleton	FR	571	Epworth Wester	50	24:43.0	4:25.2
67 Evalie Charlton	FR	77	Cedar Falls	-	24:43.7	4:26.9
68 Stella Duccini	FR	456	Dubuque Senio	-	24:45.6	4:28.8
69 Alayna Nottger	FR	95	Cedar Falls	-	24:48.3	4:31.5
70 Kiley Kauder	SO	9989	Xavier Cedar R	51	24:52.3	4:35.5
71 Alaina Baxter	FR	658	Iowa City City H	-	24:56.2	4:39.4
72 Rebecca Bellman	SO	379	Dubuque Hemp	(52)	25:08.9	4:52.1
73 Anna Safavi	FR	973	Linn-Mar Mario	-	25:11.2	4:54.4
74 Kelsey Herrig	SO	682	Iowa City City H	-	25:22.1	5:05.3
75 Malin Brakke	FR	881	Iowa City West	53	25:22.6	5:05.8
76 Taylor Hill	FR	459	Dubuque Senio	-	25:22.8	5:06.0
77 Sophia Kettmann	SO	9990	Xavier Cedar R	54	25:44.0	5:27.2
78 Emilia Harel	FR	680	Iowa City City H	-	25:47.8	5:31.0

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**Race #3
Girls 9/10 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
79 Carsyn Roling	SO	397	Dubuque Hemp	(55)	25:54.0	5:37.2
80 Bella Zinski	SO	340	Cedar Rapids	-	25:56.7	5:39.9
81 Anna Zimmerman	SO	584	Epworth Wester	56	26:02.1	5:45.3
82 Jaclyn Nauman	SO	567	Epworth Wester	57	26:19.4	6:02.6
83 Emma Arnold	FR	201	Cedar Rapids K	-	26:26.0	6:08.2
84 Josie Martinez-White	FR	157	Cedar Rapids J	58	26:33.4	6:16.6
85 Olivia Becker	SO	660	Iowa City City H	-	26:34.6	6:17.8
86 Libby Walz	FR	1000	Xavier Cedar R	59	26:35.3	6:18.5
87 Caitlynn Mangers	FR	465	Dubuque Senio	-	27:01.0	6:43.2
88 Vasudha Sakolkar	SO	974	Linn-Mar Mario	-	27:04.8	6:48.0
89 Kalista Koppel	FR	240	Cedar Rapids K	-	27:09.0	6:51.2
90 Lise Batige	FR	140	Cedar Rapids J	60	27:14.7	6:57.9
91 Emily Rothfuss	FR	772	Iowa City Libert	61	27:34.5	7:17.7
92 Kaylee Janssen	FR	91	Cedar Falls	-	27:37.1	7:20.3
93 Khloe Helgebs	FR	9986	Xavier Cedar R	62	27:40.3	7:23.5
94 Deborah Vodjogbe	SO	9963	Waterloo West	-	27:45.2	7:28.4
95 Addison Johnson	FR	9988	Xavier Cedar R	63	27:46.5	7:29.7
96 Sadie Feit	SO	231	Cedar Rapids K	-	27:56.3	7:39.5
97 Aubrey Davis	FR	381	Dubuque Hemp	-	27:56.7	7:39.9
98 Aliana Bolinger	FR	141	Cedar Rapids J	64	28:31.8	8:15.0
99 Amita Nelson	SO	889	Iowa City West	65	28:32.4	8:15.6
100 Leah VerDught	FR	108	Cedar Falls	-	28:48.3	8:31.5
101 Mari Berquam	FR	752	Iowa City Libert	66	29:00.9	8:44.1
102 Nora Krapfl	FR	537	Epworth Wester	67	29:14.6	8:57.8
103 Kate Vaske	SO	580	Epworth Wester	68	29:30.1	9:13.3
104 Zelda Ayers	SO	656	Iowa City City H	-	29:34.0	9:16.2
105 Piper Block	SO	72	Cedar Falls	-	29:35.2	9:18.4
106 Zoe Sabers	SO	570	Epworth Wester	(69)	31:03.2	10:46.
107 Mira Dalton	SO	882	Iowa City West	70	31:09.1	10:52.
108 Paityn Campbell	SO	143	Cedar Rapids J	71	31:21.4	11:04.
109 Joice Tshibangu	FR	165	Cedar Rapids J	72	31:37.1	11:20.
110 Sofie Lund	FR	155	Cedar Rapids J	(73)	31:37.3	11:20.
111 Lucia Andronache	FR	9983	Xavier Cedar R	(74)	31:49.3	11:32.
112 Harper Dean	SO	883	Iowa City West	(75)	32:01.1	11:44.
113 Victoria Formiconi	SO	151	Cedar Rapids J	(76)	32:14.8	11:58.
114 Lilly Kroger	SO	464	Dubuque Senio	-	33:03.0	12:45.

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Race #4 Boys 9/10 5000M

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Iowa City City High	21	1-3-4-5-8(14)(15)	1:25:03	0:50.9
2 Iowa City Liberty	92	10-17-18-20-27(39)(56)	1:29:28	0:39.4
3 Prairie Cedar Rapids	96	2-7-11-33-43(46)(55)	1:28:55	1:50.9
4 Cedar Falls	110	6-22-25-28-29(36)(48)	1:29:56	1:04.9
5 Linn-Mar Marion	123	9-21-26-32-35(38)(42)	1:30:40	0:58.5
6 Dubuque Senior	152	16-24-31-37-44(47)(49)	1:31:34	0:56.7
7 Iowa City West	162	12-13-41-45-51(54)(57)	1:31:40	1:16.8
8 Dubuque Hempstead	211	19-30-50-53-59(60)(61)	1:33:36	1:39.9
9 Cedar Rapids Kenne	262	23-34-52-75-78(80)(86)	1:38:06	3:35.3
10 Xavier Cedar Rapids	305	40-58-63-70-74(77)(84)	1:39:06	2:16.6
11 Wahlert Dubuque	332	62-64-65-69-72(81)(88)	1:40:04	0:40.7
12 Epworth Western Du	360	66-67-68-76-83(85)(89)	1:44:11	2:15.9
13 Cedar Rapids Jeffers	392	71-73-79-82-87(90)	1:48:51	3:24.8

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
32 Connell Brock	FR	411	Dubuque Senio	31	18:19.0	1:41.0
33 Parker Maxedon	FR	931	Linn-Mar Mario	32	18:19.2	1:42.2
34 Max Haight	SO	994	Prairie Cedar R	33	18:19.8	1:42.8
35 Kevin Primrose	SO	191	Cedar Rapids K	34	18:24.1	1:47.1
36 Graham Cummer	SO	600	Iowa City City H	-	18:26.3	1:49.3
37 Treyton Hoffman	SO	915	Linn-Mar Mario	35	18:31.7	1:54.7
38 Patrick Shields	SO	52	Cedar Falls	(36)	18:32.9	1:55.9
39 Aiden Wernimont	SO	448	Dubuque Senio	37	18:33.0	1:55.0
40 Caleb McDowell	FR	933	Linn-Mar Mario	(38)	18:33.7	1:56.7
41 Evan Farley	FR	608	Iowa City City H	-	18:34.5	1:57.5
42 Deegan Wood	SO	750	Iowa City Libert	(39)	18:37.3	2:00.3
43 Franklin Tew	FR	9980	Xavier Cedar R	40	18:39.3	2:02.3
44 Jackson Hughes	SO	807	Iowa City West	41	18:39.7	2:02.7
45 Isaac Schuerman	FR	946	Linn-Mar Mario	(42)	18:41.0	2:04.0
46 Kaden Weber	SO	1381	Prairie Cedar R	43	18:41.7	2:04.7
47 Paul Gooden	FR	421	Dubuque Senio	44	18:42.8	2:05.8
48 Leo Jordan	SO	809	Iowa City West	45	18:43.6	2:06.6
49 Cooper Nove	FR	1184	Prairie Cedar R	(46)	18:44.9	2:07.9
50 Lucas Smith	SO	444	Dubuque Senio	(47)	18:45.4	2:08.4
51 Daniel Hoke	SO	916	Linn-Mar Mario	-	18:45.8	2:08.8
52 Israel Kodiaga	SO	28	Cedar Falls	(48)	18:45.8	2:08.8
53 Sylas Duffy	SO	419	Dubuque Senio	(49)	18:47.6	2:10.6
54 Cooper Lorenz	FR	928	Linn-Mar Mario	-	18:47.8	2:10.8
55 Aiden Jacobson	SO	919	Linn-Mar Mario	-	18:48.1	2:11.1
56 Traenor (Trae) Noel	SO	433	Dubuque Senio	-	18:48.5	2:11.5
57 John Seamans	SO	646	Iowa City City H	-	18:48.7	2:11.7
58 Austin Noel	FR	365	Dubuque Hemp	50	18:51.3	2:14.3
59 Henry Kopelman	SO	621	Iowa City City H	-	18:53.9	2:16.9
60 Cael Dunham	SO	794	Iowa City West	51	18:55.0	2:17.0
61 Jude Wilkinson	SO	198	Cedar Rapids K	52	18:56.4	2:19.4
62 Gage Long	SO	362	Dubuque Hemp	53	18:56.7	2:19.7
63 Charlie Weime	FR	876	Iowa City West	(54)	18:57.8	2:20.8
64 Asher Ackermann	SO	586	Iowa City City H	-	19:00.4	2:23.4
65 Hewitt Caspers	FR	986	Prairie Cedar R	(55)	19:05.1	2:28.1
66 Jason Friesner	SO	11	Cedar Falls	-	19:05.5	2:28.5
67 Will Kenkel	FR	26	Cedar Falls	-	19:08.7	2:31.7
68 Boston Taylor	FR	56	Cedar Falls	-	19:08.8	2:31.8
69 Noah Goldsmith	SO	993	Prairie Cedar R	-	19:10.7	2:33.7
70 Jameson Provorse	FR	744	Iowa City Libert	(56)	19:11.4	2:34.4
71 William Durney	FR	797	Iowa City West	(57)	19:15.8	2:38.8
72 Wyatt Howes	SO	619	Iowa City City H	-	19:16.8	2:39.8
73 Srikar Sheshashai	FR	947	Linn-Mar Mario	-	19:18.9	2:41.9
74 Tito Kodiaga	FR	29	Cedar Falls	-	19:19.5	2:42.5
75 Sam Bailey	FR	5	Cedar Falls	-	19:20.1	2:43.1
76 Josiah Garvin	SO	908	Linn-Mar Mario	-	19:26.0	2:48.0
77 Truong Pham	SO	743	Iowa City Libert	-	19:26.0	2:48.0

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Zach Howard	SO	617	Iowa City City H	1	16:37.0	---
2 Matthew Formanek	SO	991	Prairie Cedar R	2	16:50.9	13.9
3 Andrew Welter	FR	652	Iowa City City H	3	16:57.9	20.9
4 Soren Miller	SO	633	Iowa City City H	4	16:58.2	21.2
5 Andrew Hamilton	SO	614	Iowa City City H	5	17:01.7	24.7
6 Cody Strohmman	SO	55	Cedar Falls	6	17:09.9	32.9
7 Grady Sauser	SO	1260	Prairie Cedar R	7	17:24.5	47.5
8 Ben Elwell	FR	606	Iowa City City H	8	17:27.9	50.9
9 Archer Lyons	SO	930	Linn-Mar Mario	9	17:33.2	56.2
10 Maxwell Kinzer	FR	729	Iowa City Libert	10	17:35.1	58.1
11 Tristan Stolley	SO	1378	Prairie Cedar R	11	17:38.2	1:01.2
12 Davi Donato	FR	793	Iowa City West	12	17:38.3	1:01.3
13 Ahmed Elbeshti	SO	799	Iowa City West	13	17:42.8	1:05.8
14 Ben Sauder	SO	643	Iowa City City H	(14)	17:45.5	1:08.5
15 Sam Elliott	FR	605	Iowa City City H	(15)	17:46.2	1:09.2
16 Andy Hohmann	SO	424	Dubuque Senio	16	17:46.7	1:09.7
17 Carter Konrardy	SO	731	Iowa City Libert	17	17:48.0	1:10.0
18 Ben Lanxon	SO	733	Iowa City Libert	18	17:52.5	1:15.5
19 Zenner Ellerbeck	FR	347	Dubuque Hemp	19	17:55.6	1:18.6
20 Charlie Brust	SO	712	Iowa City Libert	20	17:57.9	1:20.9
21 Nicholas Phillips	FR	941	Linn-Mar Mario	21	18:02.0	1:24.0
22 Joe Sacco	SO	49	Cedar Falls	22	18:03.7	1:26.7
23 Liam Jones	SO	180	Cedar Rapids K	23	18:05.9	1:28.9
24 Noah Christensen	FR	415	Dubuque Senio	24	18:11.8	1:34.8
25 Caleb Tjaden	FR	58	Cedar Falls	25	18:12.6	1:35.6
26 Aiden Rowray	SO	944	Linn-Mar Mario	26	18:14.2	1:37.2
27 Hans Hildebrand	FR	724	Iowa City Libert	27	18:14.5	1:37.5
28 Sebastian Lena	FR	31	Cedar Falls	28	18:14.5	1:37.5
29 Cruz Jorgensen	FR	25	Cedar Falls	29	18:14.8	1:37.8
30 Quinn Lalor	SO	622	Iowa City City H	-	18:16.8	1:39.8
31 Andrew Kallback	FR	360	Dubuque Hemp	30	18:16.9	1:39.9

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**Race #4
Boys 9/10 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
78 Axel Brandsmeier	FR	787	Iowa City West	-	19:27.1	2:50.1	124 Eli Corbett	SO	718	Iowa City Libert	-	20:15.9	3:38.9
79 Michael Ward	SO	61	Cedar Falls	-	19:28.2	2:51.2	125 AJ Halverson	FR	912	Linn-Mar Mario	-	20:16.7	3:39.7
80 Rocco Arnone	FR	589	Iowa City City H	-	19:30.3	2:53.3	126 Tanner Phillipe	SO	128	Cedar Rapids J	71	20:19.1	3:42.1
81 Teddy Rozeboom	FR	9977	Xavier Cedar R	58	19:30.4	2:53.4	127 Alan Delgado	FR	791	Iowa City West	-	20:20.5	3:43.5
82 Cooper Newland	SO	739	Iowa City Libert	-	19:31.0	2:53.0	128 Leopaul Chan	SO	789	Iowa City West	-	20:25.9	3:48.9
83 Colin Beerends	SO	591	Iowa City City H	-	19:34.5	2:57.5	129 Peter Klapatauskas	FR	1465	Wahlert Dubuq	72	20:26.6	3:49.6
84 Carter Davis	FR	345	Dubuque Hemp	59	19:35.5	2:58.5	130 Wesley Spears	SO	445	Dubuque Senio	-	20:27.6	3:50.6
85 Victor Nunez	FR	42	Cedar Falls	-	19:38.1	3:01.1	131 Colin Greenlee	SO	805	Iowa City West	-	20:30.0	3:52.0
86 Mason Busch	FR	342	Dubuque Hemp	(60)	19:38.5	3:01.5	132 Ben Conlon	FR	597	Iowa City City H	-	20:31.7	3:54.7
87 Noah Adams	FR	780	Iowa City West	-	19:40.6	3:03.6	133 Raleigh Parker	SO	44	Cedar Falls	-	20:32.0	3:54.0
88 Nolan Froistad	FR	350	Dubuque Hemp	(61)	19:40.6	3:03.6	134 Jack Grimes	FR	613	Iowa City City H	-	20:33.9	3:56.9
89 Asher Byler	SO	592	Iowa City City H	-	19:42.8	3:05.8	135 Riley Lestina	SO	32	Cedar Falls	-	20:34.7	3:57.7
90 Briggs Canton	FR	714	Iowa City Libert	-	19:43.0	3:05.0	136 Henry Ironside	SO	359	Dubuque Hemp	-	20:34.8	3:57.8
91 Lucas Askelson	FR	708	Iowa City Libert	-	19:43.4	3:06.4	137 Edison Sasa	FR	130	Cedar Rapids J	73	20:35.1	3:58.1
92 Adam Lee	SO	812	Iowa City West	-	19:44.4	3:07.4	138 Sam Moninger	FR	634	Iowa City City H	-	20:35.2	3:58.2
93 Joey Goetsch	SO	13	Cedar Falls	-	19:45.0	3:07.0	139 Thomas Hand	SO	615	Iowa City City H	-	20:35.7	3:58.7
94 Liam Cearlock	FR	1449	Wahlert Dubuq	62	19:46.0	3:08.0	140 Nicholas Bradley	FR	710	Iowa City Libert	-	20:35.9	3:58.9
95 Charlie Chambers	FR	595	Iowa City City H	-	19:46.2	3:09.2	141 Jett Cho	FR	715	Iowa City Libert	-	20:37.2	4:00.2
96 Joseph Ambrosy	FR	9965	Xavier Cedar R	63	19:46.2	3:09.2	142 Jesse Nicholson	FR	39	Cedar Falls	-	20:39.5	4:02.5
97 Austin Henn	FR	1459	Wahlert Dubuq	64	19:46.2	3:09.2	143 Dustin Kramer	SO	732	Iowa City Libert	-	20:43.2	4:06.2
98 Marcus Jacobson	SO	920	Linn-Mar Mario	-	19:46.9	3:09.9	144 Riehle Pavlovec	SO	741	Iowa City Libert	-	20:44.0	4:06.0
99 Alexander Gibson	SO	803	Iowa City West	-	19:47.5	3:10.5	145 Jaxson Lynch	FR	929	Linn-Mar Mario	-	20:45.2	4:08.2
100 Ayden Stopak	FR	747	Iowa City Libert	-	19:47.5	3:10.5	146 Liam Moss	FR	816	Iowa City West	-	20:52.4	4:15.4
101 Connor Wagner	SO	873	Iowa City West	-	19:51.1	3:14.1	147 Thatcher Simanek	FR	9979	Xavier Cedar R	74	20:55.8	4:18.8
102 James Norby	SO	41	Cedar Falls	-	19:51.6	3:14.6	148 Mj Cook	FR	343	Dubuque Hemp	-	20:57.0	4:20.0
103 Kenny Hoover	FR	21	Cedar Falls	-	19:51.6	3:14.6	149 Henry Gottschalk	SO	174	Cedar Rapids K	75	20:58.3	4:21.3
104 Jude Dodds	FR	1451	Wahlert Dubuq	65	19:52.2	3:15.2	150 Elijah Wagner	SO	376	Dubuque Hemp	-	20:58.8	4:21.8
105 Chase Thomas	FR	374	Dubuque Hemp	-	19:53.4	3:16.4	151 Micah Pederson	SO	938	Linn-Mar Mario	-	20:59.9	4:22.9
106 Hudson Mulford	SO	818	Iowa City West	-	20:00.3	3:23.3	152 Aaron Bunjer	FR	902	Linn-Mar Mario	-	21:01.0	4:23.0
107 Emmett Fern	FR	348	Dubuque Hemp	-	20:00.4	3:23.4	153 Soma Suzuki	SO	860	Iowa City West	-	21:01.9	4:24.9
108 Ryan Kluesner	SO	490	Epworth Wester	66	20:04.8	3:27.8	154 Zach Chesterman	SO	414	Dubuque Senio	-	21:02.2	4:25.2
109 Grant Backstrom	FR	3	Cedar Falls	-	20:07.0	3:29.0	155 Daniel Schuett	FR	1368	Prairie Cedar R	-	21:02.5	4:25.5
110 Rylan Schultz	FR	371	Dubuque Hemp	-	20:07.4	3:30.4	156 Liam Jablonsky	SO	426	Dubuque Senio	-	21:02.5	4:25.5
111 Otto Schimmel	FR	850	Iowa City West	-	20:07.4	3:30.4	157 Camden Nus	SO	43	Cedar Falls	-	21:09.8	4:32.8
112 Calvin Noska	SO	1178	Prairie Cedar R	-	20:08.0	3:30.0	158 Ben Bailey	FR	4	Cedar Falls	-	21:10.1	4:33.1
113 Keaton McIlrath	FR	493	Epworth Wester	67	20:08.4	3:31.4	159 Kael Schmitt	FR	50	Cedar Falls	-	21:10.5	4:33.5
114 Dane Wilcox	FR	955	Linn-Mar Mario	-	20:08.8	3:31.8	160 Jack Anderson	SO	897	Linn-Mar Mario	-	21:11.1	4:34.1
115 Enrique Castro	FR	482	Epworth Wester	68	20:09.7	3:32.7	161 Matthew Kosyanchuk	FR	924	Linn-Mar Mario	-	21:12.9	4:35.9
116 Leon Herring	FR	913	Linn-Mar Mario	-	20:10.6	3:33.6	162 Jack Kearney	FR	810	Iowa City West	-	21:14.8	4:37.8
117 Elliot McDonald	FR	932	Linn-Mar Mario	-	20:10.8	3:33.8	163 Kael Kalous	SO	997	Prairie Cedar R	-	21:18.3	4:41.3
118 Jack Young	FR	654	Iowa City City H	-	20:11.3	3:34.3	164 Mert Ince	FR	808	Iowa City West	-	21:18.6	4:41.6
119 Xander Moss	SO	817	Iowa City West	-	20:11.4	3:34.4	165 Eli Benson	SO	786	Iowa City West	-	21:19.9	4:42.9
120 Lawrence Smith	FR	1480	Wahlert Dubuq	69	20:13.1	3:36.1	166 Cyrus Ghabel	FR	802	Iowa City West	-	21:22.7	4:45.7
121 Dylan Miles	SO	934	Linn-Mar Mario	-	20:13.4	3:36.4	167 Silas Hemmer	SO	19	Cedar Falls	-	21:24.8	4:47.8
122 Henry Lammers	FR	9970	Xavier Cedar R	70	20:13.6	3:36.6	168 Elliott Wilkinson	FR	64	Cedar Falls	-	21:25.4	4:48.4
123 Aiden Goodenbour	FR	14	Cedar Falls	-	20:15.7	3:38.7	169 Jose Lopez	FR	734	Iowa City Libert	-	21:26.9	4:49.9

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**Race #4
Boys 9/10 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
170 Clark Sprank	FR	500	Epworth Wester	76	21:27.2	4:50.2	216 Ethan Vavroch	FR	59	Cedar Falls	-	23:32.2	6:55.2
171 William Davis	FR	417	Dubuque Senio	-	21:30.1	4:53.1	217 Aiden Scheffert	SO	644	Iowa City City H	-	23:33.0	6:55.0
172 Parker McGowen	FR	737	Iowa City Libert	-	21:30.1	4:53.1	218 Roen Boehmke	FR	169	Cedar Rapids K (86)	23:35.4	6:58.4	
173 Caleb McNary	FR	9974	Xavier Cedar R (77)	21:31.0	4:53.0		219 Quincy Cook	SO	118	Cedar Rapids J	87	23:43.8	7:06.8
174 Silas Herber	FR	358	Dubuque Hemp	-	21:39.5	5:02.5	220 Zachary Erzen	SO	1456	Wahlert Dubuq (88)	23:46.8	7:09.8	
175 Henry Mills	FR	186	Cedar Rapids K	78	21:41.1	5:04.1	221 Joey Ehrlich	SO	483	Epworth Wester (89)	23:53.4	7:16.4	
176 Mason Owens	FR	638	Iowa City City H	-	21:42.9	5:05.9	222 Jude Meyer	SO	494	Epworth Wester	-	23:58.5	7:21.5
177 Parker Dice	FR	9	Cedar Falls	-	21:43.8	5:06.8	223 Blaise Fleming	FR	610	Iowa City City H	-	24:08.3	7:31.3
178 Shea Irwin	FR	24	Cedar Falls	-	21:45.2	5:08.2	224 Kellan Deahl	SO	990	Prairie Cedar R	-	24:15.0	7:37.0
179 Parker Steffen	SO	53	Cedar Falls	-	21:46.6	5:09.6	225 Daniel Hundley	FR	1595	Waterloo West	-	24:16.1	7:39.1
180 Cole Connell	FR	598	Iowa City City H	-	21:47.7	5:10.7	226 Cooper McGowen	FR	736	Iowa City Libert	-	24:25.5	7:48.5
181 Lukas Johnston	FR	728	Iowa City Libert	-	21:48.7	5:11.7	227 Chase Hensley	FR	357	Dubuque Hemp	-	24:27.3	7:50.3
182 Logan Brunkhorst	SO	711	Iowa City Libert	-	21:51.6	5:14.6	228 Peter Gavrushev-Korten	SO	801	Iowa City West	-	24:32.2	7:55.2
183 Tyler Burco	FR	116	Cedar Rapids J	79	21:52.7	5:15.7	229 Luke Tracy	SO	1481	Wahlert Dubuq	-	24:46.8	8:09.8
184 Nolan Wilson	FR	449	Dubuque Senio	-	21:53.5	5:16.5	230 Logan Ruiz	FR	9978	Xavier Cedar R	-	24:49.2	8:12.2
185 Robert Riddell	FR	436	Dubuque Senio	-	21:55.6	5:18.6	231 Marshall Milby	FR	431	Dubuque Senio	-	24:50.6	8:13.6
186 Liam Pins	SO	296	Cedar Rapids	-	21:56.2	5:19.2	232 Jackson Damisch	SO	265	Cedar Rapids	-	25:16.2	8:39.2
187 Sidney Miller-Prouty	FR	37	Cedar Falls	-	21:57.4	5:20.4	233 Christian Alt	SO	1439	Wahlert Dubuq	-	25:17.7	8:40.7
188 Micah Waters	FR	952	Linn-Mar Mario	-	21:58.7	5:21.7	234 Renn Morton	FR	636	Iowa City City H	-	25:29.2	8:52.2
189 Harrison Foley	FR	800	Iowa City West	-	21:59.9	5:22.9	235 Jean Louis Coly	FR	117	Cedar Rapids J (90)	25:34.5	8:57.5	
190 Rylan Stoos	FR	949	Linn-Mar Mario	-	22:02.0	5:25.0	236 Harrison Ahern	FR	587	Iowa City City H	-	26:01.7	9:24.7
191 Desmond Knock	SO	730	Iowa City Libert	-	22:03.4	5:26.4	237 Emiliano Estrada	SO	720	Iowa City Libert	-	26:03.6	9:26.6
192 Parker Sharon	SO	194	Cedar Rapids K (80)	22:07.1	5:30.1		238 Jon Duran	FR	796	Iowa City West	-	26:12.4	9:35.4
193 Corbin Sartori	FR	1479	Wahlert Dubuq (81)	22:08.2	5:31.2		239 Donovan Acevedo	FR	585	Iowa City City H	-	26:13.7	9:36.7
194 Andrew Blasberg	SO	7	Cedar Falls	-	22:09.4	5:32.4	240 Samson Allen	FR	782	Iowa City West	-	26:19.5	9:42.5
195 Elisha Emry	SO	607	Iowa City City H	-	22:10.2	5:33.2	241 Jordan Lawton	FR	182	Cedar Rapids K	-	26:20.8	9:43.8
196 Abraham Viveros	SO	136	Cedar Rapids J	82	22:20.0	5:42.0	242 Treyton Hoppe	SO	178	Cedar Rapids K	-	26:56.3	10:19.
197 Duncan Harmon	SO	616	Iowa City City H	-	22:20.3	5:43.3	243 Laekyn White	SO	9954	Waterloo West	-	28:59.6	12:22.
198 Aaditya Patel	FR	498	Epworth Wester	83	22:20.6	5:43.6	244 Espen Lie	FR	626	Iowa City City H	-	29:30.9	12:53.
199 Austin Adam	SO	707	Iowa City Libert	-	22:21.4	5:44.4	245 Shiven Harper	SO	177	Cedar Rapids K	-	30:15.1	13:38.
200 Wyatt Carlson	FR	594	Iowa City City H	-	22:24.0	5:47.0							
201 Mason Huston	FR	9968	Xavier Cedar R (84)	22:26.2	5:49.2								
202 Julien Trepanier	FR	650	Iowa City City H	-	22:33.0	5:55.0							
203 Zander Bautista	FR	898	Linn-Mar Mario	-	22:35.4	5:58.4							
204 Broden Kretz	SO	361	Dubuque Hemp	-	22:43.0	6:05.0							
205 Louis Nolte	FR	40	Cedar Falls	-	22:47.6	6:10.6							
206 Cashton Krumm	SO	999	Prairie Cedar R	-	22:47.6	6:10.6							
207 Collin Finn	FR	722	Iowa City Libert	-	22:55.6	6:18.6							
208 Gavin Hecker	SO	355	Dubuque Hemp	-	22:58.4	6:21.4							
209 Jake Mabon	SO	735	Iowa City Libert	-	23:03.2	6:26.2							
210 Oliver Hicks	FR	486	Epworth Wester (85)	23:05.6	6:28.6								
211 Isaac Nelson	FR	831	Iowa City West	-	23:06.8	6:29.8							
212 August Merschbrock	SO	292	Cedar Rapids	-	23:10.2	6:33.2							
213 Richard Stoner	FR	9952	Waterloo West	-	23:18.7	6:41.7							
214 Noah Tyler	FR	375	Dubuque Hemp	-	23:26.9	6:49.9							
215 Corbin Goodwin	FR	15	Cedar Falls	-	23:27.1	6:50.1							

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**Race #5
Girls JV 5000M****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 Iowa City City High	24	1-3-5-7-8(11)(15)	1:47:53	1:21.4
2 Cedar Falls	65	6-10-13-16-20(25)(26)	1:52:40	1:22.1
3 Linn-Mar Marion	83	2-4-12-18-47	1:58:00	8:17.2
4 Dubuque Senior	119	9-14-19-23-54	2:03:35	10:04.1
5 Dubuque Hempstead	135	21-24-28-29-33(50)(56)	2:02:17	2:15.8
6 Epworth Western Du	151	17-22-32-34-46	2:07:19	6:26.3
7 Xavier Cedar Rapids	181	27-30-37-43-44	2:12:58	4:53.9
8 Cedar Rapids Washin	214	35-39-40-48-52	2:21:50	4:42.6
9 Cedar Rapids Kenne	220	31-36-41-55-57(58)	2:25:28	9:23.1
10 Cedar Rapids Jeffers	225	38-42-45-49-51(53)(59)	2:25:34	4:12.8

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
35 Sofia Puls	JR	97	Cedar Falls	-	24:11.7	3:29.1
36 Avery Rogers	JR	100	Cedar Falls	-	24:12.4	3:29.8
37 Anna Brodahl	SR	74	Cedar Falls	-	24:13.8	3:31.2
38 Eva Stevenson	SR	401	Dubuque Hemp	28	24:17.1	3:34.5
39 Everlie Sell	JR	1495	Wahlert Dubuq	-	24:33.7	3:51.1
40 Josie Kallback	JR	391	Dubuque Hemp	29	24:47.9	4:05.3
41 Laela Anderson	JR	9982	Xavier Cedar R	30	24:50.3	4:07.7
42 Raegan McDermott	JR	768	Iowa City Libert	-	24:54.7	4:12.1
43 Audrey Pruet	SR	249	Cedar Rapids K	31	24:59.0	4:15.4
44 Maria Monfort Felip	SR	690	Iowa City City H	-	25:05.6	4:23.0
45 Alaina Knepper	JR	530	Epworth Wester	32	25:06.6	4:24.0
46 Ashley Sabin	SR	773	Iowa City Libert	-	25:10.0	4:27.4
47 Elizabeth Asklof	SR	655	Iowa City City H	-	25:18.4	4:35.8
48 Caitlyn Harrison	SR	681	Iowa City City H	-	25:19.5	4:36.9
49 Cooper Hamilton	SR	679	Iowa City City H	-	25:20.9	4:38.3
50 Elise Good	JR	676	Iowa City City H	-	25:25.9	4:43.3
51 Mady Morrison	SR	393	Dubuque Hemp	33	25:47.8	5:05.2
52 Claire Warby	JR	110	Cedar Falls	-	25:48.1	5:05.5
53 Isabel Wenzel	JR	112	Cedar Falls	-	25:52.0	5:09.4
54 Alison Frerichs	JR	83	Cedar Falls	-	26:02.8	5:20.2
55 Jolie Evans	JR	670	Iowa City City H	-	26:04.8	5:22.2
56 Olivia Hodgson	JR	524	Epworth Wester	34	26:08.2	5:25.6
57 Alena Jensen	JR	330	Cedar Rapids	35	26:12.2	5:29.6
58 Avery Campbell	JR	221	Cedar Rapids K	36	26:14.2	5:31.6
59 Leah Thurm	SR	9999	Xavier Cedar R	37	26:24.5	5:41.9
60 Ashlyn Garcia	JR	152	Cedar Rapids J	38	26:32.3	5:49.7
61 Brooke Cosner	SR	665	Iowa City City H	-	26:32.4	5:49.8
62 Charlotte Dillon	JR	758	Iowa City Libert	-	26:58.5	6:15.9
63 Misheel Munkh-Erdene	SR	888	Iowa City West	-	27:07.4	6:24.8
64 Marely Tellez-Marcelen	SR	9962	Waterloo West	-	27:10.4	6:27.8
65 Sarah Novak	SR	337	Cedar Rapids	39	27:11.8	6:29.2
66 Lilly Lemke	JR	333	Cedar Rapids	40	27:23.7	6:41.1
67 Haylie Ayala	JR	205	Cedar Rapids K	41	27:39.2	6:56.6
68 Emerson Bartlett	SR	70	Cedar Falls	-	27:51.7	7:09.1
69 Curstin Sanders	JR	163	Cedar Rapids J	42	28:21.0	7:37.4
70 Hannah Pfab	JR	9996	Xavier Cedar R	43	28:27.4	7:44.8
71 Adrianna Coiner	JR	664	Iowa City City H	-	28:30.2	7:47.6
72 Soyeon Park	JR	9994	Xavier Cedar R	44	29:04.5	8:21.9
73 Phinn Burt	SR	9955	Waterloo West	-	29:10.7	8:28.1
74 Chancelline Roussi	JR	162	Cedar Rapids J	45	29:24.2	8:41.6
75 Madeline Arnold	JR	504	Epworth Wester	46	29:25.5	8:42.9
76 Payton Jennings	SR	9958	Waterloo West	-	29:27.5	8:44.9
77 Addy McDermott	SR	968	Linn-Mar Mario	47	29:34.8	8:52.2
78 Avery Nace	JR	691	Iowa City City H	-	29:43.9	9:01.3
79 Rianne Lindus	SR	335	Cedar Rapids	48	30:07.0	9:23.4
80 Harper Bailey	SR	657	Iowa City City H	-	30:12.0	9:28.4

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Katiya Ellermeier	SR	669	Iowa City City H	1	20:42.6	---
2 Chloe Kozloski	SR	965	Linn-Mar Mario	2	21:17.7	35.1
3 Martha Jane Willard	JR	705	Iowa City City H	3	21:20.7	38.1
4 Ellie Scott	SR	975	Linn-Mar Mario	4	21:44.4	1:01.8
5 Willow Schultz	JR	700	Iowa City City H	5	21:47.7	1:05.1
6 Alexa Wenzel	JR	111	Cedar Falls	6	21:56.2	1:13.6
7 Addison Klein	JR	683	Iowa City City H	7	21:57.9	1:15.3
8 Noelle Schnoebelen	SR	698	Iowa City City H	8	22:04.0	1:20.4
9 Chloe Sprague	JR	472	Dubuque Senio	9	22:06.9	1:24.3
10 Cadia Switzer	JR	103	Cedar Falls	10	22:11.7	1:29.1
11 Laila Pho	JR	694	Iowa City City H (11)	11	22:18.2	1:35.6
12 Anika Haugen	SR	964	Linn-Mar Mario	12	22:20.3	1:37.7
13 Maggie Verdught	JR	109	Cedar Falls	13	22:22.6	1:40.0
14 Gabby Norman	SR	467	Dubuque Senio	14	22:26.8	1:44.2
15 Ella Romero	JR	697	Iowa City City H (15)	15	22:30.6	1:48.0
16 Isabelle Decker	SR	1385	Prairie Cedar R	-	22:34.6	1:52.0
17 Alissa Charlton	SR	76	Cedar Falls	16	22:50.7	2:08.1
18 Amari Casto	JR	663	Iowa City City H	-	22:54.7	2:12.1
19 Maddie Lucas	JR	547	Epworth Wester	17	22:59.2	2:16.6
20 Leah Paulson	SR	972	Linn-Mar Mario	18	23:02.9	2:20.3
21 Audrey Holdener	JR	460	Dubuque Senio	19	23:06.8	2:24.2
22 Eden Reicherts	SR	98	Cedar Falls	20	23:18.2	2:35.6
23 Bella Hruska	SR	390	Dubuque Hemp	21	23:32.0	2:48.4
24 Carleigh Maher	SR	765	Iowa City Libert	-	23:39.3	2:56.7
25 Ava Clemen	JR	511	Epworth Wester	22	23:39.7	2:57.1
26 Cassandra (Cassie) S	JR	702	Iowa City City H	-	23:41.3	2:58.7
27 Grace Hesselman	SR	458	Dubuque Senio	23	23:43.2	3:00.6
28 Piper Birkenholz	SR	380	Dubuque Hemp	24	23:52.2	3:09.6
29 Prisha Tol	SR	104	Cedar Falls (25)	25	23:54.9	3:12.3
30 Kambry Jaeger	JR	90	Cedar Falls (26)	26	24:01.1	3:18.5
31 Riley Castro	SR	75	Cedar Falls	-	24:02.0	3:19.4
32 Madelyn (Maddie) Gun	SR	677	Iowa City City H	-	24:02.9	3:20.3
33 Alma Bhandary-Naraya	SR	661	Iowa City City H	-	24:07.3	3:24.7
34 Eleanor Pfab	JR	9995	Xavier Cedar R	27	24:10.7	3:28.1

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Race #5
Girls JV 5000M**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
81 Claire Thielen	JR	1497	Wahlert Dubuq	-	30:18.5	9:35.9
82 Mackenzie Dawson	JR	79	Cedar Falls	-	30:21.7	9:39.1
83 Makayla Geronzin	JR	153	Cedar Rapids J	49	30:31.2	9:48.6
84 Breanna Runde	SR	398	Dubuque Hemp	(50)	30:36.0	9:52.4
85 Ava Carpenter	JR	144	Cedar Rapids J	51	30:45.0	10:01.
86 Kaydance Berry	JR	313	Cedar Rapids	52	30:54.7	10:12.
87 Daisy Regalado	JR	160	Cedar Rapids J	(53)	31:09.7	10:27.
88 Khloe Sweet	JR	473	Dubuque Senio	54	32:11.0	11:27.
89 Stephanie Clark	SR	226	Cedar Rapids K	55	32:13.0	11:29.
90 Lily Wagener	JR	403	Dubuque Hemp	(56)	32:32.5	11:49.
91 Ryan Chittenden	SR	222	Cedar Rapids K	57	34:22.0	13:38.
92 Abigail Eaton	SR	227	Cedar Rapids K	(58)	35:26.4	14:43.
93 Josephine Budederi	SR	142	Cedar Rapids J	(59)	38:58.5	18:15.

MVC SUPER MEET

Iowa City, IA

Kickers Soccer Complex

Thursday, October 9, 2025

**OFFICIAL MEET REPORT**

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**Race #6
Boys JV 5000M****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 Cedar Falls	46	5-7-8-9-17(24)(26)	1:27:37	0:57.3
2 Linn-Mar Marion	68	10-11-13-15-19(23)(28)	1:28:37	0:24.6
3 Prairie Cedar Rapids	81	2-6-14-29-30(40)(54)	1:28:51	1:32.5
4 Iowa City City High	82	3-4-21-22-32(45)(50)	1:28:39	1:38.1
5 Iowa City West	155	12-33-35-37-38(47)(52)	1:32:45	1:20.9
6 Dubuque Hempstead	166	18-27-34-43-44(58)(63)	1:33:19	1:12.3
7 Dubuque Senior	191	16-39-42-46-48(49)(53)	1:34:46	1:50.5
8 Cedar Rapids Kenne	202	20-25-41-57-59(62)(69)	1:36:02	2:28.9
9 Wahlert Dubuque	243	1-51-56-65-70	1:39:54	5:12.3
10 Iowa City Liberty	260	31-36-55-66-72(73)	1:42:00	5:04.1
11 Cedar Rapids Jeffers	320	60-61-64-67-68(71)	1:45:02	0:56.1

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
34 Silas Gollnick	SR	612	Iowa City City H	32	18:33.2	1:43.6
35 Regan Scholten	JR	51	Cedar Falls	-	18:35.7	1:46.1
36 Praneel Rastogi	SR	846	Iowa City West	33	18:38.7	1:49.1
37 Parker Zylstra	JR	69	Cedar Falls	-	18:41.8	1:52.2
38 Parker Welbes	SR	378	Dubuque Hemp	34	18:44.3	1:54.7
39 Jacob Weimer	JR	877	Iowa City West	35	18:44.4	1:54.8
40 Cooper Busche	SR	713	Iowa City Libert	36	18:44.8	1:55.2
41 Mohamed Musa	JR	819	Iowa City West	37	18:48.2	1:58.6
42 Ahmad Elshiekh	JR	906	Linn-Mar Mario	-	18:50.6	2:01.0
43 Judah Fauser	JR	10	Cedar Falls	-	18:53.5	2:03.9
44 Henry Lawler	JR	811	Iowa City West	38	18:57.3	2:07.7
45 Ben Schaefer	SR	438	Dubuque Senio	39	18:57.7	2:08.1
46 Jackson Fagan	SR	907	Linn-Mar Mario	-	18:57.9	2:08.3
47 Landon Mulford	JR	1175	Prairie Cedar R	(40)	19:01.2	2:11.6
48 Ethan White	SR	197	Cedar Rapids K	41	19:02.9	2:13.3
49 Nathan Powers	JR	434	Dubuque Senio	42	19:03.7	2:14.1
50 Owen Wagner	SR	377	Dubuque Hemp	43	19:10.1	2:20.5
51 Leo Hackett	SR	911	Linn-Mar Mario	-	19:10.2	2:20.6
52 Pierce MisiagBeckler	JR	364	Dubuque Hemp	44	19:10.5	2:20.9
53 Jack Edwards	SR	604	Iowa City City H	(45)	19:11.6	2:22.0
54 Jackson Parr	JR	937	Linn-Mar Mario	-	19:11.7	2:22.1
55 Symon McDermott	SR	492	Epworth Wester	-	19:22.8	2:33.2
56 Aaron Scheirer	JR	439	Dubuque Senio	46	19:23.0	2:32.4
57 Drew Benson	JR	785	Iowa City West	(47)	19:25.1	2:35.5
58 Parker Block	JR	409	Dubuque Senio	48	19:35.6	2:46.0
59 Cameron Wunderlich	SR	68	Cedar Falls	-	19:37.8	2:48.2
60 Ian Silvia	JR	441	Dubuque Senio	(49)	19:39.4	2:49.8
61 Gustavo Leyser	JR	625	Iowa City City H	(50)	19:40.3	2:50.7
62 Parker Holtan	SR	918	Linn-Mar Mario	-	19:42.0	2:51.4
63 Josh Van Otterloo	SR	1482	Wahlert Dubuq	51	19:42.7	2:53.1
64 Anshuman Ray	JR	942	Linn-Mar Mario	-	19:46.6	2:57.0
65 Jacob Beneke	JR	784	Iowa City West	(52)	19:54.0	3:03.4
66 Ben Christ	JR	8	Cedar Falls	-	19:54.2	3:04.6
67 Shea McDonald	SR	430	Dubuque Senio	(53)	19:54.6	3:05.0
68 George Woodhouse	JR	450	Dubuque Senio	-	19:57.7	3:08.1
69 Beckett Davis	JR	988	Prairie Cedar R	(54)	19:58.3	3:08.7
70 Grant Arling	JR	407	Dubuque Senio	-	19:58.6	3:09.0
71 Alex Donovan	JR	602	Iowa City City H	-	19:59.1	3:09.5
72 Jace Westhoff	SR	63	Cedar Falls	-	19:59.3	3:09.7
73 Randy Nuro Gyina	JR	740	Iowa City Libert	55	20:04.2	3:14.6
74 Soren Kenlin	JR	620	Iowa City City H	-	20:06.6	3:17.0
75 Caden Grieme	JR	1593	Waterloo West	-	20:08.9	3:19.3
76 Zach Lucas	SR	491	Epworth Wester	-	20:09.1	3:19.5
77 Vincent Belcher	JR	783	Iowa City West	-	20:10.4	3:20.8
78 Cole Hansen	SR	16	Cedar Falls	-	20:12.8	3:23.2
79 Caleb Abdo	JR	779	Iowa City West	-	20:14.1	3:24.5

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Jayden Brookins	SR	1446	Wahlert Dubuq	1	16:49.6	---
2 Mason Nove	JR	1200	Prairie Cedar R	2	16:54.8	5.2
3 Malcolm Arnold	JR	588	Iowa City City H	3	16:55.2	5.6
4 Henry Vande Berg	JR	651	Iowa City City H	4	16:59.9	10.3
5 Ryne Kies	JR	27	Cedar Falls	5	17:00.0	9.4
6 Jacob Krambeer	SR	998	Prairie Cedar R	6	17:20.1	30.5
7 Brody Ahrens	JR	1	Cedar Falls	7	17:30.8	41.2
8 Ethan Mckee	SR	35	Cedar Falls	8	17:32.6	43.0
9 Ethan Rea	JR	46	Cedar Falls	9	17:36.0	45.4
10 Brayden Pettit	JR	940	Linn-Mar Mario	10	17:36.1	46.5
11 Jonah Sands	JR	945	Linn-Mar Mario	11	17:36.4	46.8
12 Oluwadara Olaleye	JR	835	Iowa City West	12	17:36.5	46.9
13 Advait Kalaver	JR	921	Linn-Mar Mario	13	17:38.7	49.1
14 Eric Valde	SR	1379	Prairie Cedar R	14	17:43.9	54.3
15 Nicholas Budzinski	JR	901	Linn-Mar Mario	15	17:44.8	55.2
16 Ian Sindt	JR	442	Dubuque Senio	16	17:45.2	55.6
17 Turner Stewart	JR	54	Cedar Falls	17	17:57.2	1:07.6
18 Sam Goldsmith	JR	353	Dubuque Hemp	18	17:58.2	1:08.6
19 Colin Wendling	JR	954	Linn-Mar Mario	19	18:00.7	1:11.1
20 Ryker Scheckel	SR	193	Cedar Rapids K	20	18:01.5	1:11.9
21 Silas Sucomel	JR	648	Iowa City City H	21	18:03.9	1:14.3
22 Sam Richman	JR	642	Iowa City City H	22	18:06.2	1:16.6
23 Thomas Hiscock	JR	914	Linn-Mar Mario	(23)	18:07.4	1:17.8
24 Kyler Blanchard	JR	6	Cedar Falls	(24)	18:09.0	1:18.4
25 Arefat Ali	JR	166	Cedar Rapids K	25	18:10.6	1:21.0
26 Landon Wallace	JR	60	Cedar Falls	(26)	18:11.3	1:21.7
27 Mason Spriggs	JR	373	Dubuque Hemp	27	18:15.8	1:26.2
28 Jonah Detweiler	JR	904	Linn-Mar Mario	(28)	18:18.8	1:29.2
29 Robbie Hoke	SR	917	Linn-Mar Mario	-	18:23.9	1:34.3
30 Dade Davis	SR	989	Prairie Cedar R	29	18:24.8	1:35.2
31 Will Kremer	SR	30	Cedar Falls	-	18:27.2	1:37.6
32 Harrison Stark	SR	1377	Prairie Cedar R	30	18:27.2	1:37.6
33 Trevor Petersen	SR	742	Iowa City Libert	31	18:29.5	1:39.9

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**Race #6
Boys JV 5000M****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
80 Michael Hartmann	JR	1458	Wahlert Dubuq	56	20:15.0	3:24.4	126 Owen Hlubek	SR	9967	Xavier Cedar R	-	23:07.7	6:18.1
81 Owen McLaughlin	SR	183	Cedar Rapids K	57	20:16.6	3:27.0	127 Joseph Kahiku	JR	287	Cedar Rapids	-	23:26.2	6:36.6
82 Siddharth Venkatesan	SR	869	Iowa City West	-	20:17.4	3:27.8	128 Brian Holman	JR	726	Iowa City Libert	72	23:33.5	6:43.9
83 Orion Handy	SR	354	Dubuque Hemp	(58)	20:21.3	3:31.7	129 Caden Messenger	SR	293	Cedar Rapids	-	24:35.8	7:46.2
84 Beckett Tobin	JR	649	Iowa City City H	-	20:21.7	3:32.1	130 Hayden Brown	JR	984	Prairie Cedar R	-	24:46.7	7:57.1
85 Adolfo Felipe-Guzman	JR	1591	Waterloo West	-	20:23.5	3:33.9	131 Justin Rundle	JR	300	Cedar Rapids	-	25:27.3	8:37.7
86 Charlie Zimmerman	SR	503	Epworth Wester	-	20:27.8	3:38.2	132 Evan Miller	JR	738	Iowa City Libert	(73)	25:38.6	8:49.0
87 Royal Reisch	JR	435	Dubuque Senio	-	20:27.9	3:38.3	133 Patrick Matamura	JR	628	Iowa City City H	-	26:05.6	9:16.0
88 Niko Gartelos	JR	611	Iowa City City H	-	20:28.1	3:38.5	134 Jaxon Thoms	JR	9953	Waterloo West	-	26:15.9	9:26.3
89 Jasper Morton	JR	635	Iowa City City H	-	20:28.5	3:38.9							
90 Greyson Mesch	JR	173	Cedar Rapids K	59	20:30.4	3:40.8							
91 Liam Woods	SR	67	Cedar Falls	-	20:33.3	3:43.7							
92 Asher Dvorsky	SR	119	Cedar Rapids J	60	20:35.2	3:45.6							
93 Kaden Velho	JR	135	Cedar Rapids J	61	20:35.6	3:46.0							
94 Alexander Temple	SR	951	Linn-Mar Mario	-	20:36.9	3:47.3							
95 Josh Schulte	JR	440	Dubuque Senio	-	20:37.7	3:48.1							
96 Benjamin Hollinger	SR	995	Prairie Cedar R	-	20:38.7	3:49.1							
97 Mason Wenzel	JR	62	Cedar Falls	-	20:40.9	3:51.3							
98 Johnny Hoover	JR	487	Epworth Wester	-	20:43.6	3:54.0							
99 Anthony Zachar	SR	199	Cedar Rapids K	(62)	20:46.3	3:56.7							
100 Brody Rosemeyer	JR	368	Dubuque Hemp	(63)	20:46.8	3:57.2							
101 Bronson Beals	SR	899	Linn-Mar Mario	-	20:48.1	3:58.5							
102 Jack Schilling	SR	131	Cedar Rapids J	64	20:52.2	4:02.6							
103 Devin Runde	JR	369	Dubuque Hemp	-	20:54.3	4:04.7							
104 Alec Herrold	SR	20	Cedar Falls	-	21:01.3	4:11.7							
105 Ray Downes	SR	1453	Wahlert Dubuq	65	21:04.7	4:15.1							
106 George Hoover	SR	727	Iowa City Libert	66	21:08.0	4:17.4							
107 Canan Olson	JR	1258	Prairie Cedar R	-	21:09.9	4:20.3							
108 Jackson Davis	SR	416	Dubuque Senio	-	21:16.4	4:26.8							
109 Roman Wright	SR	139	Cedar Rapids J	67	21:27.4	4:37.8							
110 Andy Segovia	JR	132	Cedar Rapids J	68	21:31.3	4:41.7							
111 Tyler Patten	JR	1259	Prairie Cedar R	-	21:37.6	4:48.0							
112 Christopher Webber	SR	953	Linn-Mar Mario	-	21:38.1	4:48.5							
113 Jayden Otis	JR	838	Iowa City West	-	21:40.4	4:50.8							
114 Eliz Fedeli	JR	172	Cedar Rapids K	(69)	21:42.3	4:52.7							
115 Quincy Stollenwerk	JR	9951	Waterloo West	-	21:43.3	4:53.7							
116 David Whittaker	JR	653	Iowa City City H	-	21:49.3	4:59.7							
117 Elijah Nelson	SR	821	Iowa City West	-	21:50.1	5:00.5							
118 Aidan Zhang	JR	879	Iowa City West	-	21:54.7	5:05.1							
119 Daniel Flanagan	JR	1457	Wahlert Dubuq	70	22:01.8	5:12.2							
120 Jesse Bennett	JR	341	Dubuque Hemp	-	22:02.6	5:13.0							
121 Ethan Lee	SR	813	Iowa City West	-	22:04.2	5:14.6							
122 Ben Donald	JR	792	Iowa City West	-	22:26.0	5:35.4							
123 Wilson Allred	JR	981	Prairie Cedar R	-	22:51.6	6:02.0							
124 Charlie Waechter	SR	137	Cedar Rapids J	(71)	22:54.0	6:04.4							
125 Jack Sun	JR	852	Iowa City West	-	23:04.0	6:13.4							