

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 3 Girls 5k Run CC VARSITY**

Name	Year	School	Finals	Points
Results - Women				
1 Andersen, Keira	12	Gilbert	18:50.82	1
2 Hope, Ava	10	Winterset	19:05.26	2
3 Back, Mallory	10	Winterset	19:23.53	3
4 Hergenreter, Alexis	11	North Polk Alleman	19:24.91	4
5 Miller, Avilee	9	Ballard	19:35.40	5
6 Smith, Maven	11	Winterset	19:44.00	6
7 Strickland, Brinkley	11	Bondurant-Farrar	19:48.89	7
8 Back, Morgan	12	Winterset	19:52.21	8
9 Dear, Kaitlyn	12	Gilbert	19:56.66	9
10 Chesnut, Whitney	9	Boone	19:58.07	10
11 Jorgensen, Honorine (Hon	9	Ballard	20:13.20	11
12 Von Roden, Elliotte	10	Adm Adel	20:23.85	12
13 Eggleston, Allie	11	Adm Adel	20:25.50	13
14 Morgan, Reagan	9	Boone	20:48.80	14
15 Danilson, Maggie	12	Gilbert	20:49.91	15
16 Miller, Raya	11	Ballard	20:54.65	16
17 Kelsick, Amelia	9	North Polk Alleman	21:07.15	17
18 Bleich, Alexis	9	Gilbert	21:10.01	18
19 Popp, Ella	12	Adm Adel	21:10.70	19
20 Bjork, Addy	11	Adm Adel	21:11.79	20
21 Tallman, Clare	9	Gilbert	21:12.19	21
22 Nelson, Brooklyn	10	Gilbert	21:16.35	22
23 Nelson, Alaina	12	Adm Adel	21:30.91	23
24 Bunnell, Ellie	10	North Polk Alleman	21:31.22	24
25 Showman, Nora	10	Ballard	21:31.30	25
26 Hoffman, Kourtney	10	Carlisle	21:32.33	26
27 Georgick, Lydia	11	Adm Adel	21:34.77	27
28 Grundmeyer, Grace	11	Ballard	21:35.51	28
29 Harter, Autumn	11	Bondurant-Farrar	21:37.49	29
30 Dunn, Kaitlyn	9	Ballard	21:37.93	30
31 Weers, Stella	11	North Polk Alleman	21:51.01	31
32 Bond, Mya	12	North Polk Alleman	21:52.50	32
33 Klinkenborg, Madelyn	11	Bondurant-Farrar	22:02.24	33
34 Uthe, Clara	9	Adm Adel	22:02.29	34
35 Chesnut, Morgan	10	Boone	22:11.13	35
36 Dentino, Camryn	9	North Polk Alleman	22:20.07	36
37 Brosamle, Grace	12	Gilbert	22:22.97	37
38 Peters, Emma	12	Carlisle	22:27.39	38
39 Eighmy, Blythe	11	Carlisle	22:39.07	39
40 Wheeler, Alyssa	10	Carlisle	22:53.45	40
41 Beller, Lacey	11	Carlisle	23:02.82	41
42 Oatts, Anyah	10	Carlisle	23:10.91	42
43 Davis, Jordan	10	Bondurant-Farrar	23:15.85	43
44 Fiore, Addison	11	North Polk Alleman	23:30.08	44
45 Selby, Elin	9	Boone	23:37.78	45
46 Stover, Andi	10	Bondurant-Farrar	23:44.87	46
47 Smith, Natalie	11	Winterset	23:50.95	47
48 Morgan, Bryana	11	Boone	23:54.34	48
49 Wipperman, Caelyn	11	Bondurant-Farrar	23:57.92	49
50 Evans, Siena	12	Winterset	24:10.73	50
51 Guertin, Bethany	12	Bondurant-Farrar	24:13.10	51
52 Garlich, Julianne	12	Winterset	24:18.61	52

10/13/2025

....Event 3 Girls 5k Run CC VARSITY

53	Shoen, Brooklyn	9	Ballard	24:40.09	53
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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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1	Gilbert		64	1	9	15	18	21	22	37
	Total Time:	1:41:59.59								
	Average:	20:23.92								
2	Winterset		66	2	3	6	8	47	50	52
	Total Time:	1:41:55.95								
	Average:	20:23.19								
3	Ballard		85	5	11	16	25	28	30	53
	Total Time:	1:43:50.06								
	Average:	20:46.02								
4	Adm Adel		87	12	13	19	20	23	27	34
	Total Time:	1:44:42.75								
	Average:	20:56.55								
5	North Polk Alleman		108	4	17	24	31	32	36	44
	Total Time:	1:45:46.79								
	Average:	21:09.36								
6	Boone		152	10	14	35	45	48		
	Total Time:	1:50:30.12								
	Average:	22:06.03								
7	Bondurant-Farrar		158	7	29	33	43	46	49	51
	Total Time:	1:50:29.34								
	Average:	22:05.87								
8	Carlisle		184	26	38	39	40	41	42	
	Total Time:	1:52:35.06								
	Average:	22:31.02								

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 4 Boys 5k Run CC VARSITY**

Name	Year	School	Finals	Points
Results - Men				
1 Bleich, Logan	11	Gilbert	14:57.50	1
2 Tallman, Jacob	11	Gilbert	15:45.44	2
3 Squiers, Carson	12	Gilbert	15:47.65	3
4 Hanson, Ryler	10	Bondurant-Farrar	16:15.59	4
5 Landphair, Ty	12	Adm Adel	16:26.04	5
6 Sanger, Brady	12	Bondurant-Farrar	16:26.50	6
7 Ryan, Emrick	12	Gilbert	16:30.65	7
8 Streeter, Kael	12	Carlisle	16:34.75	8
9 Stevemer, Zach	9	Gilbert	16:36.26	9
10 Stensland, Preston	12	Gilbert	16:43.89	10
11 Lucht, Landon	12	Gilbert	16:51.60	11
12 Miller, Ty	11	Adm Adel	16:58.71	12
13 Marple, Max	11	Adm Adel	17:09.10	13
14 Taylor, John	11	Winterset	17:12.39	14
15 Collier, Andrew	9	Adm Adel	17:20.87	15
16 Rieck, Jack	12	Bondurant-Farrar	17:28.41	16
17 Bennett, Clark	10	Bondurant-Farrar	17:30.26	17
18 Schreiner, Owen	10	Carlisle	17:31.23	18
19 Welch-Groves, Braylon	10	Bondurant-Farrar	17:31.57	19
20 Saldana, Felipe	10	Carlisle	17:34.17	20
21 Leistikow, Jack	10	Adm Adel	17:43.62	21
22 Vance, Austin	10	Ballard	17:44.83	22
23 Fritz, Korben	Jr	Carlisle	17:48.71	23
24 Gibson, Grady	11	Bondurant-Farrar	17:51.08	24
25 Hall, Robbie	12	Adm Adel	17:55.92	25
26 Hermann, Graden	11	Ballard	17:56.10	26
27 Francois, Preston	11	Bondurant-Farrar	17:57.64	27
28 Subbert, Nick	12	Adm Adel	18:01.83	28
29 Myers, Dorian	12	Boone	18:03.29	29
30 Hensley, Abe	10	Winterset	18:04.06	30
31 Triplett, Liam	12	North Polk Alleman	18:04.87	31
32 Chisholm, Alex	9	North Polk Alleman	18:12.06	32
33 Hermon, Gabriel	10	Carlisle	18:15.63	33
34 Wolfe, Alexander	9	Winterset	18:18.00	34
35 Domino, Parker	11	Ballard	18:20.36	35
36 DeCleene, Judah	12	Carlisle	18:32.93	36
37 Reed, Owen	12	North Polk Alleman	18:34.81	37
38 Harrington, Nathan	12	North Polk Alleman	18:38.33	38
39 Ray, Mac	9	Carlisle	18:38.98	39
40 Bartleman, JJ	11	North Polk Alleman	18:45.55	40
41 Young, Daylan	9	Winterset	18:58.65	41
42 Lehman, Kam	11	Boone	19:01.32	42
43 Swisher, Isaac	11	Ballard	19:17.91	43
44 Hall, Luke	9	Winterset	19:18.98	44
45 Johnson, Ethan	9	Ballard	19:26.78	45
46 Reed, Ayden	11	North Polk Alleman	19:28.92	46
47 McIlravy, Mikhail	12	North Polk Alleman	19:29.67	47
48 Cook, Calvin	11	Boone	19:44.30	48
49 Moetsch, Lucas	9	Winterset	19:50.52	49
50 Davidson, Owen	10	Ballard	19:58.00	50
51 Hill, Owen	12	Boone	20:00.04	51
52 Cowman, Ethan	10	Winterset	20:27.38	52

Results

53	Johnson, Wyatt	12	Boone	20:54.62	53
54	Chesnut, Samuel	11	Boone	21:01.39	54
55	Lampe, Pearson	11	Boone	22:16.53	55

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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1	Gilbert	22	1	2	3	7	9	10	11
	Total Time:	1:19:37.50							
	Average:	15:55.50							
2	Bondurant-Farrar	62	4	6	16	17	19	24	27
	Total Time:	1:25:12.33							
	Average:	17:02.47							
3	Adm Adel	66	5	12	13	15	21	25	28
	Total Time:	1:25:38.34							
	Average:	17:07.67							
4	Carlisle	102	8	18	20	23	33	36	39
	Total Time:	1:27:44.49							
	Average:	17:32.90							
5	Winterset	163	14	30	34	41	44	49	52
	Total Time:	1:31:52.08							
	Average:	18:22.42							
6	Ballard	171	22	26	35	43	45	50	
	Total Time:	1:32:45.98							
	Average:	18:33.20							
7	North Polk Alleman	178	31	32	37	38	40	46	47
	Total Time:	1:32:15.62							
	Average:	18:27.13							
8	Boone	223	29	42	48	51	53	54	55
	Total Time:	1:37:43.57							
	Average:	19:32.72							

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 5 Girls 5k Run CC JUNIOR VARSITY**

Name	Year School	Finals	Points
Results - Women			
1 Volesky, Katelyn	9 North Polk Alleman	21:49.31	1
2 Haaland, Hannah	12 North Polk Alleman	21:51.27	2
3 Kraehling, Lucy	11 Gilbert	21:57.92	3
4 Sage, Sydney	10 Ballard	22:02.71	4
5 Hermann, Kya	11 Ballard	22:25.62	5
6 Just, Isabel	9 Gilbert	22:31.29	6
7 Volesky, Brooklyn	11 North Polk Alleman	22:32.19	7
8 Powers, Huxley	9 North Polk Alleman	22:49.75	8
9 Mattes, Karley	11 Adm Adel	22:51.09	9
10 Thomas, Anna	10 Gilbert	22:51.43	10
11 Keys, Lexie	9 North Polk Alleman	23:05.18	11
12 Mueller, Raya	12 Gilbert	23:06.04	12
13 Williams, Alexa	11 Adm Adel	23:08.50	13
14 Lenaghan, Avery	11 Adm Adel	23:08.58	14
15 Gibson, Ella	12 Carlisle	23:39.67	
16 Grandgenett, Allie	11 Gilbert	23:43.57	15
17 Growdon, Hattie	9 North Polk Alleman	23:56.76	16
18 Black, Jane	11 Gilbert	24:03.12	17
19 Woods, Mollie	9 North Polk Alleman	24:04.46	18
20 McCoid, Leila	9 North Polk Alleman	24:04.59	
21 Kruse, Natalie	12 Ballard	24:05.26	19
22 Miller, Rhyen	12 Adm Adel	24:12.56	20
23 Melody, Kate	12 Gilbert	24:14.40	21
24 Georgick, Danielle	11 Adm Adel	24:15.97	22
25 Lentsch, Caitlin	11 North Polk Alleman	24:21.86	
26 Flower, Natasha	12 Gilbert	24:21.99	
27 VanLoo, Emefa	10 Ballard	24:24.03	23
28 Morse, Brecken	12 Adm Adel	24:29.33	24
29 Bauer, Isabella	12 North Polk Alleman	24:32.70	
30 Ellingson, Claire	9 Gilbert	24:37.11	
31 Freeman, Alyvia	12 Carlisle	24:39.41	
32 Manock, Jocelyn	12 North Polk Alleman	24:41.59	
33 Iddings, Bree	11 Gilbert	24:51.91	
34 Lewis, Cambrie	11 North Polk Alleman	24:55.98	
35 Hawthorne, Ayala	11 Winterset	24:58.93	25
36 Jensen, Taya	10 Bondurant-Farrar	25:01.33	26
37 Craven, Mackenzie	12 Winterset	25:10.80	27
38 Haaland, Hayley	10 North Polk Alleman	25:14.77	
39 Dinsdale, Laney	9 Gilbert	25:15.19	
40 Janssen, Natalie	11 Carlisle	25:16.05	
41 Dunbar, Ariana	9 Gilbert	25:17.04	
42 Soupier, Elizabeth	9 Gilbert	25:21.99	
43 Johnson, Paige	9 Adm Adel	25:25.25	28
44 Campbell, Laney	9 Adm Adel	25:40.03	
45 Lucht, Addy	9 Gilbert	25:42.35	
46 Montag, Grace	11 Adm Adel	25:44.77	
47 Chu, Charis	9 Gilbert	25:54.45	
48 McDonald, Vivienne	9 Winterset	25:56.66	29
49 Petsche, Penelope	11 Winterset	26:01.23	30
50 Manock, Jenna	12 North Polk Alleman	26:09.05	
51 Barbier, Jayden	9 Gilbert	26:12.20	
52 Gudenkauf, Alyvia	11 North Polk Alleman	26:17.41	

1	North Polk Alleman	29	1	2	7	8	11	16	18
	Total Time: 1:52:07.70								
	Average: 22:25.54								
2	Gilbert	46	3	6	10	12	15	17	21
	Total Time: 1:54:10.25								
	Average: 22:50.05								
3	Adm Adel	78	9	13	14	20	22	24	28
	Total Time: 1:57:36.70								
	Average: 23:31.34								
4	Ballard	82	4	5	19	23	31		
	Total Time: 2:00:22.79								
	Average: 24:04.56								
5	Winterset	145	25	27	29	30	34	35	38
	Total Time: 2:10:44.63								
	Average: 26:08.93								
6	Bondurant-Farrar	164	26	32	33	36	37		
	Total Time: 2:20:22.29								
	Average: 28:04.46								

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 6 Boys 5k Run CC JUNIOR VARSITY**

Name	Year	School	Finals	Points
Results - Men				
1 Holdmeyer, Dain	10	Adm Adel	18:04.23	1
2 Hall, Drew	11	Adm Adel	18:11.89	2
3 Fuller, Nic	12	Adm Adel	18:14.53	3
4 Kaptur, Cole	12	Gilbert	18:18.51	4
5 Soupir, William	12	Gilbert	18:28.87	5
6 Kuennen, Sam	11	Gilbert	18:30.09	6
7 Royer, Owen	12	Adm Adel	18:35.11	7
8 Wallace, Adrian	11	Gilbert	18:41.17	8
9 Hill, Drew	10	Bondurant-Farrar	18:41.44	9
10 Shipley, Peyton	11	North Polk Alleman	18:42.00	10
11 Martinek, Jordan	11	Gilbert	18:43.65	11
12 Fowle, Evan	10	North Polk Alleman	18:47.40	12
13 Catron, Casey	10	Adm Adel	18:47.45	13
14 Ochalla, Matthew	10	Gilbert	18:49.61	14
15 McCaughey, Jack	10	Gilbert	18:51.37	15
16 Newman, Evan	11	Ballard	18:51.70	16
17 Walstrom, Torren	12	Carlisle	18:55.80	17
18 Behr III, Mark	12	Adm Adel	18:59.92	18
19 Whipps, Braylon	9	Adm Adel	19:00.41	19
20 Horgen, Owen	10	Adm Adel	19:01.07	
21 Holland, Keaton	10	Adm Adel	19:06.05	
22 Schwertfeger, Trey	9	Adm Adel	19:14.19	
23 Hensley, Jud	10	Winterset	19:26.84	20
24 DeCleene, Justus	10	Carlisle	19:27.11	21
25 Congdon, Emerson	12	Gilbert	19:29.55	
26 DeMoss, Wyatt	11	Bondurant-Farrar	19:31.07	22
27 Hummel, Braxton	10	Carlisle	19:31.63	23
28 Schreiner, David	10	Carlisle	19:31.96	24
29 Fletchall, Lincoln	11	North Polk Alleman	19:32.20	25
30 Black, Caleb	9	Gilbert	19:32.21	
31 Peterson, Owen	10	Carlisle	19:32.94	26
32 Twedt, Chase	12	North Polk Alleman	19:33.47	27
33 Bjork, Drew	9	Adm Adel	19:33.87	
34 Hatfield, Judson	10	Gilbert	19:34.76	
35 Flemmer, Avery	11	North Polk Alleman	19:39.00	28
36 Barry, Quinn	10	Carlisle	19:39.84	29
37 Harper, Adrian	9	Bondurant-Farrar	19:40.50	30
38 May, Daniel	12	Gilbert	19:40.58	
39 Elliott, Mason	9	Bondurant-Farrar	19:40.64	31
40 Lascio, Jonathan	9	Gilbert	19:43.66	
41 Harvey, Jackson	10	Bondurant-Farrar	19:48.31	32
42 Foster, Dawson	9	Adm Adel	19:49.23	
43 Jones, Jude	11	Ballard	19:50.39	33
44 Hoff, Andre	11	Bondurant-Farrar	19:52.19	34
45 Truitt, Will	10	Adm Adel	19:52.21	
46 Friedman, Chase	11	North Polk Alleman	19:55.79	35
47 Scholten, Evan	11	North Polk Alleman	19:58.07	36
48 Chrisco, Phoenix	11	North Polk Alleman	19:59.72	
49 Berg, Mason	9	Carlisle	20:00.23	37
50 MacLean, Will	11	North Polk Alleman	20:03.11	
51 Murley, Finn	11	Bondurant-Farrar	20:03.58	38
52 Ellerbusch, Jarrod	Fr	Adm Adel	20:05.82	

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 6 Boys 5k Run CC JUNIOR VARSITY**

53 Peterson, Aksel	11 Ballard	20:09.55	39
54 Clemens, Westin	10 Winterset	20:10.81	40
55 Barbier, Jack	9 Gilbert	20:11.23	
56 Wilkins, Langston	9 Adm Adel	20:11.83	
57 Richardson, Cohen	9 North Polk Alleman	20:14.49	
58 Schrock, Isaac	10 Adm Adel	20:17.31	
59 Weeks, Alex	11 Ballard	20:17.44	41
60 Hoben, Jacob	12 Adm Adel	20:21.20	
61 Dority, Noah	10 North Polk Alleman	20:21.89	
62 Taylor, Hunter	10 Winterset	20:22.18	42
63 Bailey, Jaidan	11 Bondurant-Farrar	20:28.98	
64 Abild, Ben	10 Winterset	20:34.86	43
65 Sylte, Henrik	9 Gilbert	20:35.19	
66 Nelson, Kody	11 Winterset	20:44.85	44
67 Grant, Brendan	11 North Polk Alleman	20:49.56	
68 Allen, Christian	9 Adm Adel	20:53.42	
69 Savage, Clark	10 Gilbert	20:54.25	
70 Barber, Will	9 Bondurant-Farrar	20:56.08	
71 Poss, Jack	9 Gilbert	20:57.37	
72 Wirtz, Elijah	11 Bondurant-Farrar	21:01.19	
73 Wood Ohmeaus, Khaos	9 Winterset	21:07.59	45
74 Melody, Matt	10 Gilbert	21:08.81	
75 Mezger, Vince	12 Carlisle	21:15.40	
76 Reiter, Brett	9 Bondurant-Farrar	21:17.92	
77 Moeller, Logan	10 Winterset	21:20.02	46
78 McDonald, Sawyer	9 Winterset	21:21.28	
79 DeBoef, Lincoln	9 Adm Adel	21:24.06	
80 Wunder, Nash	9 Ballard	21:24.65	47
81 Muir, Xavier	9 Carlisle	21:33.27	
82 Deardorff, Dyson	9 Adm Adel	21:37.08	
83 Ward, Ethan	11 Boone	21:42.52	48
84 Booton, Max	11 Winterset	21:45.83	
85 Bailey, Micah	12 Bondurant-Farrar	21:48.59	
86 Uthe, Urban	10 Adm Adel	21:48.86	
87 Rychnovsky, Harris	9 Adm Adel	21:49.86	
88 Hall, Cash	9 Carlisle	21:53.81	
89 Hochstetler, Moses	12 Winterset	22:06.34	
90 DeVore, Ben	11 Winterset	22:07.75	
91 Hogan, Evan	10 North Polk Alleman	22:14.49	
92 Nugent, Henry	10 Adm Adel	22:15.62	
93 Hall, Nile	9 Adm Adel	22:20.22	
94 Johnsen, Jack	11 Ballard	22:21.38	49
95 Beers, Trystan	10 North Polk Alleman	22:22.52	
96 Woolridge, Aiden	9 Ballard	22:26.58	50
97 Sotamayer, Santiago	11 Ballard	22:28.92	
98 Pick, Jaxson	11 Ballard	22:32.68	
99 Morehead, Brennon	12 North Polk Alleman	22:35.97	
100 Wonderlin, Blake	10 Bondurant-Farrar	22:45.14	
101 Wermager, Matt	11 Carlisle	22:45.26	
102 Nuzum, Calvin	9 Carlisle	22:54.57	
103 Bartlett, Caleb	9 Boone	22:55.15	51
104 Clark, Max	10 Boone	22:56.77	52
105 Allen, Griffin	11 Winterset	23:07.36	
106 Norkuziev, Umid	11 Winterset	23:08.94	
107 Spencer, Lee	10 Bondurant-Farrar	23:09.67	

Results

108	Donner, Oscar	9	North Polk Alleman	23:13.24	
109	Throop, Max	11	Bondurant-Farrar	23:14.63	
110	Clayton, Charles	10	Carlisle	23:30.44	
111	Call, Samuel	9	Ballard	23:32.30	
112	Griffith, Sam	12	Bondurant-Farrar	23:34.47	
113	Johnson, Torren	9	Bondurant-Farrar	23:34.76	
114	Kreymborg, Daniel	9	Gilbert	23:35.02	
115	Sines, Jack	9	Gilbert	23:37.85	
116	Congdon, Elliott	9	Gilbert	23:39.46	
117	Kruger, Kaden	9	Gilbert	23:40.34	
118	Rutledge, Wes	12	North Polk Alleman	23:53.59	
119	George, Lincoln	10	Boone	23:59.89	53
120	Russell, Blake	9	Gilbert	24:02.69	
121	Schiaffino, Chris	12	Carlisle	24:29.25	
122	Buttery, Estan	11	Gilbert	24:39.75	
123	Bowman, Nathan	11	Winterset	24:41.03	
124	Eggleston, Cade	9	Adm Adel	25:06.60	
125	Mumm, Clay	9	Carlisle	25:09.26	
126	Francis, Jaxon	10	Boone	25:55.51	54
127	Westendorf, Donny	12	Adm Adel	25:57.24	
128	Lehman, Gavin	10	North Polk Alleman	26:16.76	
129	Bell, Austin	9	Gilbert	26:18.05	
130	Dahlstrom, Elijah	10	Gilbert	26:26.60	
131	Hawthorne, Eli	9	Winterset	26:51.90	
132	Falke, Max	11	Winterset	27:37.85	
133	Griffith, Jonah	11	Bondurant-Farrar	27:53.63	
134	Kromoredjo, Bryce	11	Winterset	31:56.52	

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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1	Adm Adel	26	1	2	3	7	13	18	19
	Total Time:	1:31:53.21							
	Average:	18:22.65							
2	Gilbert	34	4	5	6	8	11	14	15
	Total Time:	1:32:42.29							
	Average:	18:32.46							
3	North Polk Alleman	102	10	12	25	27	28	35	36
	Total Time:	1:36:14.07							
	Average:	19:14.82							
4	Carlisle	111	17	21	23	24	26	29	37
	Total Time:	1:36:59.44							
	Average:	19:23.89							
5	Bondurant-Farrar	124	9	22	30	31	32	34	38
	Total Time:	1:37:21.96							
	Average:	19:28.40							

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 6 Boys 5k Run CC JUNIOR VARSITY**

6 Ballard	176	16	33	39	41	47	49	50
Total Time:	1:40:33.73							
Average:	20:06.75							
7 Winterset	189	20	40	42	43	44	45	46
Total Time:	1:41:19.54							
Average:	20:15.91							
8 Boone	258	48	51	52	53	54		
Total Time:	1:57:29.84							
Average:	23:29.97							

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 1 Girls 3200 Meter Run CC MIDDLE SCHOOL**

Name	Year School	Finals	Points
Results - Women			
1 Minnich, Eva	8 Ms_winterset ms	12:51.20	1
2 Timmerman, Alida	8 Ms_adel-Deso	13:15.28	2
3 Bell, Brooke	8 Ms_north Polk	13:35.71	3
4 Sosby, Samantha	7 Ms_north Polk	13:40.34	4
5 Jacobus, Madelyn	8 Ms_north Polk	13:46.38	5
6 Anderson, Harper	8 Ms_north Polk	13:48.56	6
7 Smith, Tenley	8 Ms_winterset ms	13:53.37	7
8 Keys, Isabella	8 Ms_north Polk	14:03.31	8
9 Behr, Meigan	8 Ms_adel-Deso	14:06.17	9
10 Shelman, Kaiya	7 Ms_adel-Deso	14:07.70	10
11 Van Cannon, Lily	8 Ms_ballard	14:12.44	11
12 Simpson, Abby	7 Ms_bondurant	14:18.70	12
13 Burns, Ashlyn	8 Ms_adel-Deso	14:20.92	13
14 Menke, Clara	7 Ms_north Polk	14:21.26	14
15 Schwertfeger, Charlee	7 Ms_adel-Deso	14:26.99	15
16 Chesnut, Chloe	7 Ms_boone	14:28.21	16
17 Whipps, Kylie	8 Ms_adel-Deso	14:31.83	17
18 Magedanz, Natalie	7 Ms_adel-Deso	14:34.31	18
19 Lincoln, Rowan	7 Ms_north Polk	14:36.69	19
20 Howie, Elliotte	7 Ms_bondurant	14:38.66	20
21 O'Shea, Taylor	7 Ms_ballard	14:42.47	21
22 Hainlain, Paxton	8 Ms_bondurant	14:45.06	22
23 Seagren, Macy	7 Ms_adel-Deso	14:45.11	
24 Leistikow, Gabby	7 Ms_adel-Deso	14:50.21	
25 Quaynor, Tyra	8 Ms_bondurant	14:51.28	23
26 Esdohr, Cedar	7 Ms_north Polk	14:58.52	
27 Sands, McKenzie	8 Ms_north Polk	15:00.67	
28 Gage, Autry	7 Ms_adel-Deso	15:06.99	
29 Brown, Willow	7 Ms_gilbert ms	15:07.46	24
30 Callan, Cameron	7 Ms_north Polk	15:10.68	
31 Dentino, Brooklyn	7 Ms_north Polk	15:14.36	
32 Shivers, Karley	8 Ms_bondurant	15:15.96	25
33 Noble, Vivi	8 Ms_carlisle	15:17.28	26
34 Colvin, Vera	7 Ms_ballard	15:20.68	27
35 Sheridan, Aubrey	8 Ms_winterset ms	15:22.75	28
36 Higgins, Elaina	8 Ms_north Polk	15:24.91	
37 Skadburg, Evie	8 Ms_adel-Deso	15:25.10	
38 Warner, Phoebe	7 Ms_carlisle	15:25.40	29
39 Ostergaard, Clara	7 Ms_carlisle	15:28.59	30
40 Colebank, Lyrica	8 Ms_boone	15:32.35	31
41 Sulllivan, Emerie	7 Ms_winterset ms	15:34.17	32
42 Burke, Lydia	8 Ms_winterset ms	15:42.13	33
43 Diaconu Voinea, Elina	7 Ms_gilbert ms	15:45.61	34
44 Ocheltree, Kinnick	7 Ms_north Polk	15:53.22	
45 Pelton, Hannah	7 Ms_adel-Deso	15:55.03	
46 Roberts, Harper	7 Ms_ballard	16:00.53	35
47 Dove, Nelle	7 Ms_ballard	16:03.19	36
48 Cortner, Shealey	7 Ms_winterset ms	16:04.86	37
49 Reis, Teagan	8 Ms_north Polk	16:07.18	
50 Holdmeyer, Zaida	7 Ms_adel-Deso	16:08.00	
51 Benge, Norah	7 Ms_winterset ms	16:09.95	38
52 Devine, Kennedy	7 Ms_north Polk	16:11.53	

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 1 Girls 3200 Meter Run CC MIDDLE SCHOOL**

53	Skinner, Emily	8 Ms_boone	16:14.72	39
54	Evans, Heidi	7 Ms_ballard	16:17.71	40
55	Crowell, Vivian	7 Ms_adel-Deso	16:21.48	
56	McCaughey, Emerson	7 Ms_gilbert ms	16:23.41	41
57	Hope, Hadley	7 Ms_winterset ms	16:24.64	
58	Kaltenheuser, Addison	7 Ms_ballard	16:34.78	42
59	DeCleene, Eve	8 Ms_carlisle	16:36.03	43
60	Thorsbakken, Tricia	8 Ms_bondurant	16:37.04	44
61	Hatfield, Greta	8 Ms_gilbert ms	16:40.70	45
62	Macasa, Aaliyah	7 Ms_boone	16:45.58	46
63	Irvin, Addison	7 Ms_adel-Deso	16:55.95	
64	Hoffmann, Adelyn	7 Ms_north Polk	16:56.25	
65	Allsup, Brookelyn	8 Ms_adel-Deso	16:56.51	
66	Rhoads, Haleigh	7 Ms_winterset ms	16:59.37	
67	Murray, Arianna	8 Ms_bondurant	16:59.98	47
68	Everson, Hadley	7 Ms_adel-Deso	17:02.18	
69	Szurek, Morgan	7 Ms_bondurant	17:05.46	
70	Steinbert, McKyla	7 Ms_adel-Deso	17:08.21	
71	Murley, Ainsley	8 Ms_bondurant	17:08.97	
72	Delp, Juliette	7 Ms_adel-Deso	17:08.99	
73	Wenndt, Maysen	7 Ms_adel-Deso	17:10.40	
74	Franks, Tinley	7 Ms_ballard	17:15.26	
75	Erickson, Lauren	8 Ms_boone	17:16.49	48
76	Clark, Emersyn	8 Ms_north Polk	17:19.10	
77	Lyons, Lydia	8 Ms_north Polk	17:21.06	
78	Johnson, Elisia	7 Ms_winterset ms	17:25.43	
79	Reid, Logyne	7 Ms_ballard	17:26.00	
80	Haines, Kenzie	7 Ms_ballard	17:27.63	
81	Jones, Addilyn	7 Ms_ballard	17:30.46	
82	Blickley, Autumn	7 Ms_north Polk	17:33.55	
83	Carney, Maddie	7 Ms_carlisle	17:35.06	49
84	Miner, Olivia	8 Ms_north Polk	17:42.84	
85	Haywood, Harper	8 Ms_north Polk	17:43.67	
86	Clayton, Alice	8 Ms_carlisle	17:44.69	50
87	Erickson, Aubrey	8 Ms_boone	17:46.77	51
88	Boock, Keslee	7 Ms_ballard	17:48.13	
89	Chapman, Harper	7 Ms_adel-Deso	17:52.16	
90	Duckwitz-Nilles, Raeah	8 Ms_gilbert ms	17:54.42	52
91	Roeder, Finley	8 Ms_bondurant	17:54.76	
92	Garlich, Charlotte	7 Ms_winterset ms	18:00.60	
93	Khamphaphongvixay, Arwen	7 Ms_bondurant	18:21.32	
94	Wears, Aubrey	7 Ms_bondurant	18:22.90	
95	Guertin, Megan	7 Ms_bondurant	18:23.30	
96	Winter, Cece	7 Ms_north Polk	18:32.81	
97	Schieffer, Hannah	8 Ms_ballard	18:44.89	
98	Brelsford, Finley	7 Ms_adel-Deso	18:56.40	
99	Tucker, Paige	8 Ms_boone	19:01.23	53
100	Miller, Drea	7 Ms_north Polk	19:01.34	
101	Huff, Alli	7 Ms_carlisle	20:07.46	54
102	Drinnin, Beatrice	7 Ms_north Polk	20:12.65	
103	Russenberger, Claire	7 Ms_adel-Deso	20:20.87	
104	Onken, Eloise	7 Ms_ballard	20:22.87	
105	Aulwes, Natalie	8 Ms_bondurant	21:15.37	
106	De Bruin, Natalie	7 Ms_gilbert ms	21:24.85	55
107	Toot, Natalie	7 Ms_gilbert ms	21:30.93	56

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 1 Girls 3200 Meter Run CC MIDDLE SCHOOL**

108 Deatsch, Abby	7 Ms_carlisle	21:56.85
109 Jackson, Amirah	8 Ms_bondurant	22:09.71
110 Richardson, Violet	7 Ms_ballard	22:18.99
111 Matthews, Sophia	7 Ms_gilbert ms	22:31.96
112 Weigel, Mia	7 Ms_boone	22:35.16
113 Lima, Ana	7 Ms_north Polk	24:30.73
114 Davis, Skyler	7 Ms_carlisle	26:39.26

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Women

1 Ms_north Polk	26	3	4	5	6	8	14	19
Total Time: 1:08:54.30								
Average: 13:46.86								
2 Ms_adel-Desoto-Minburn	49	2	9	10	13	15	17	18
Total Time: 1:10:17.06								
Average: 14:03.42								
3 Ms_winterset ms	101	1	7	28	32	33	37	38
Total Time: 1:13:23.62								
Average: 14:40.73								
4 Ms_bondurant-Farrar ms	102	12	20	22	23	25	44	47
Total Time: 1:13:49.66								
Average: 14:45.94								
5 Ms_ballard	130	11	21	27	35	36	40	42
Total Time: 1:16:19.31								
Average: 15:15.87								
6 Ms_carlisle	177	26	29	30	43	49	50	54
Total Time: 1:20:22.36								
Average: 16:04.48								
7 Ms_boone	180	16	31	39	46	48	51	53
Total Time: 1:20:17.35								
Average: 16:03.47								
8 Ms_gilbert ms	196	24	34	41	45	52	55	56
Total Time: 1:21:51.60								
Average: 16:22.32								

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****Event 2 Boys 3200 Meter Run CC MIDDLE SCHOOL**

Name	Year School	Finals	Points
Results - Men			
1 Parsons, Harper	8 Ms_bondurant	11:25.58	1
2 Rojero, Jayden	8 Ms_adel-Deso	11:45.59	2
3 Nobiling, Keltyn	8 Ms_ballard	11:48.26	3
4 Humphreys, Colin	8 Ms_bondurant	11:49.47	4
5 Keys, Coleman	7 Ms_north Polk	12:12.46	5
6 Holland, Lewis	7 Ms_adel-Deso	12:15.08	6
7 Taylor, Kameron	8 Ms_winterset ms	12:15.51	7
8 Rieck, Eli	8 Ms_bondurant	12:16.07	8
9 Book, Finnegan	7 Ms_adel-Deso	12:17.59	9
10 Storm, Max	8 Ms_adel-Deso	12:19.82	10
11 Hilbert, Gus	7 Ms_winterset ms	12:20.82	11
12 Hamilton, Max	8 Ms_ballard	12:26.83	12
13 Ryan, Kaden	8 Ms_north Polk	12:28.66	13
14 Gibson, Drew	7 Ms_north Polk	12:39.51	14
15 McKilligan, Atesh	8 Ms_gilbert ms	12:40.67	15
16 Seifert, Nico	8 Ms_adel-Deso	12:41.54	16
17 McPherson, Evan	7 Ms_ballard	12:42.17	17
18 Anthofer, Maxwell	7 Ms_north Polk	12:45.39	18
19 Holland, Sullivan	8 Ms_adel-Deso	12:49.33	19
20 Iddings, Michael	8 Ms_gilbert ms	12:56.40	20
21 Noring, Jake	8 Ms_adel-Deso	12:58.21	21
22 Back, Marshall	7 Ms_winterset ms	12:59.07	22
23 Evers, Penn	8 Ms_ballard	13:03.60	23
24 Trampel, Winston	8 Ms_gilbert ms	13:04.12	24
25 Berry, Jaxson	7 Ms_winterset ms	13:07.72	25
26 Stockstrom, Colby	8 Ms_north Polk	13:10.09	26
27 Dalton, Elliot	7 Ms_ballard	13:14.10	27
28 Minear, Treyton	8 Ms_carlisle	13:22.50	28
29 Miller, Andrew	8 Ms_adel-Deso	13:23.91	
30 Conn, Oliver	8 Ms_bondurant	13:24.44	29
31 Joiner, Jason	8 Ms_adel-Deso	13:27.71	
32 Wonderlin, Owen	8 Ms_bondurant	13:33.32	30
33 Flinn, Graham	7 Ms_bondurant	13:33.84	31
34 Heasley, Mason	8 Ms_adel-Deso	13:34.25	
35 Hermesen, Evan	8 Ms_gilbert ms	13:34.31	32
36 Kline, James	8 Ms_north Polk	13:34.57	33
37 Ellingson, Jack	7 Ms_gilbert ms	13:35.33	34
38 Hansen, Andrew	8 Ms_gilbert ms	13:35.73	35
39 Barber, Jace	8 Ms_gilbert ms	13:37.24	36
40 Reed, Linken	8 Ms_winterset ms	13:37.33	37
41 Ollendike, Landon	8 Ms_north Polk	13:44.03	38
42 Charlson, Lincoln	7 Ms_gilbert ms	13:44.30	
43 Funkhouser, Judah	7 Ms_gilbert ms	13:44.60	
44 Shonka, Liercen	7 Ms_bondurant	13:51.14	39
45 Wineinger, Rhodes	7 Ms_north Polk	13:53.17	
46 Haselhoff, William	7 Ms_bondurant	13:54.77	
47 Adkins, Jordan	8 Ms_bondurant	13:55.44	
48 Growdon, Leo	7 Ms_north Polk	13:56.91	
49 Myers, Jonathon	8 Ms_boone	13:57.90	40
50 Comstock, Corwin	8 Ms_north Polk	13:58.73	
51 Korreect, Andrew	8 Ms_gilbert ms	13:59.45	
52 Wilson, Dane	7 Ms_ballard	14:00.06	41

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 2 Boys 3200 Meter Run CC MIDDLE SCHOOL**

53	Schmidt, Ryker	7	Ms_north Polk	14:01.34	
54	Canuso, Liam	7	Ms_gilbert ms	14:02.11	
55	Fleming, Bennett	8	Ms_bondurant	14:04.01	
56	Scanlan, Nick	7	Ms_adel-Deso	14:09.92	
57	Navrkal, Jude	8	Ms_north Polk	14:10.33	
58	West, Gavin	7	Ms_bondurant	14:11.60	
59	Kruse, Lincoln	8	Ms_winterset ms	14:13.92	42
60	Shaw, Emerson	7	Ms_gilbert ms	14:14.22	
61	Mueggenberg, Drew	8	Ms_north Polk	14:17.37	
62	Deardorff, Renaud	7	Ms_adel-Deso	14:18.42	
63	Dirks, Logan	7	Ms_north Polk	14:18.90	
64	Brand, Aiden	7	Ms_bondurant	14:23.37	
65	Mathes, Gavin	8	Ms_north Polk	14:25.37	
66	Saldana-Valdez, Alex	8	Ms_carlisle	14:26.15	43
67	Edsen, Dominic	8	Ms_north Polk	14:26.22	
68	Schelling, Grayson	7	Ms_north Polk	14:26.42	
69	Kidd, Logan	7	Ms_north Polk	14:27.89	
70	Johnson, Emmett	7	Ms_ballard	14:28.56	44
71	Hoppestad, Nolan	7	Ms_adel-Deso	14:31.76	
72	Thomas, Lance	7	Ms_ballard	14:33.66	
73	Watson, Madden	8	Ms_bondurant	14:34.09	
74	Martinek, Allen	8	Ms_gilbert ms	14:35.55	
75	Schleisman, Parker	8	Ms_north Polk	14:41.01	
76	Jensen, Evan	7	Ms_winterset ms	14:42.37	45
77	Schwarte, William	7	Ms_adel-Deso	14:43.83	
78	Anderson, Milo	7	Ms_gilbert ms	14:44.90	
79	Messer, Hudson	7	Ms_adel-Deso	14:45.24	
80	White, Elijah	8	Ms_gilbert ms	14:46.14	
81	Evans, Hunter	8	Ms_ballard	14:52.90	
82	Hoffman, Leo	7	Ms_ballard	14:53.37	
83	Crandall, Payce	8	Ms_boone	14:54.02	46
84	Maffin, Owen	8	Ms_adel-Deso	14:54.67	
85	Shipley, Dawson	8	Ms_north Polk	14:56.22	
86	Hay, Micah	7	Ms_boone	14:57.77	47
87	Cathcart, Mason	8	Ms_north Polk	14:59.26	
88	Todd, Tucker	7	Ms_adel-Deso	14:59.63	
89	Dass, Owen	8	Ms_ballard	15:00.08	
90	Adams, Fletcher	7	Ms_adel-Deso	15:07.03	
91	Davies, Collin	8	Ms_gilbert ms	15:09.86	
92	Bacon, Charlie	8	Ms_north Polk	15:21.78	
93	Ludwig, Liam	8	Ms_north Polk	15:23.95	
94	Farley, Will	7	Ms_gilbert ms	15:32.21	
95	Goodenow, Henry	7	Ms_gilbert ms	15:39.76	
96	Shonka, Voeden	8	Ms_bondurant	15:48.36	
97	Hokel, Talon	7	Ms_adel-Deso	15:57.60	
98	Schmidt, Preston	7	Ms_north Polk	16:08.35	
99	Hazel, Cooper	7	Ms_north Polk	16:14.82	
100	Nutini, Grant	7	Ms_gilbert ms	16:20.93	
101	Dass, Will	8	Ms_ballard	16:21.04	
102	Wipperman, Reece	8	Ms_bondurant	16:59.62	
103	Scott, Owen	7	Ms_bondurant	17:01.15	
104	Malek, Blake	7	Ms_carlisle	17:01.86	48
105	Darby, Dalton	8	Ms_boone	17:02.16	49
106	Shuler, Callen	7	Ms_north Polk	17:05.27	
107	Schrock, Ethan	8	Ms_adel-Deso	17:14.72	

1	Ms_adel-Desoto-Minburn	43	2	6	9	10	16	19	21
	Total Time:	1:01:19.62							
	Average:	12:15.93							
2	Ms_bondurant-Farrar ms	72	1	4	8	29	30	31	39
	Total Time:	1:02:28.88							
	Average:	12:29.78							
3	Ms_north Polk	76	5	13	14	18	26	33	38
	Total Time:	1:03:16.11							
	Average:	12:39.23							
4	Ms_ballard	82	3	12	17	23	27	41	44
	Total Time:	1:03:14.96							
	Average:	12:39.00							
5	Ms_winterset ms	102	7	11	22	25	37	42	45
	Total Time:	1:04:20.45							
	Average:	12:52.09							
6	Ms_gilbert ms	125	15	20	24	32	34	35	36
	Total Time:	1:05:50.83							
	Average:	13:10.17							

RRC CONFERENCE CROSS COUNTRY MEET - 10/13/2025**10/13/2025****Results****....Event 2 Boys 3200 Meter Run CC MIDDLE SCHOOL**

7	Ms_carlisle	222	28	43	48	50	53		
	Total Time:	1:24:23.96							
	Average:	16:52.80							
8	Ms_boone	233	40	46	47	49	51	52	54
	Total Time:	1:19:40.76							
	Average:	15:56.16							