

2025 RIVER VALLEY CONFERENCE XC MEET

Iowa City, IA
 Kickers Soccer Complex
 Host: River Valley Conference
 Tuesday, October 14, 2025

MEET OFFICIALS

Meet Director:
 Cascade High School
Timing:
 B&W Racing Services



OFFICIAL MEET REPORT
 printed: 10/14/2025 6:26 PM

Race #1
MS Girls 2 Miles

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 MS_Tipton ms	12	1-2-4-5(10)(24)	51:06	0:31.4
2 MS_Maquoketa	44	7-9-12-16(18)	54:36	1:03.3
3 MS_Regina	49	8-11-13-17(19)(21)	55:04	1:02.4
4 MS_Cascade	70	3-15-23-29(33)	57:02	2:37.0
5 MS_Mid-Prairie	80	6-22-25-27(31)(32)	57:41	2:05.0
6 MS_Anamosa	97	14-20-26-37(38)	1:01:48	4:28.7
7 MS_Monticello	127	28-30-34-35(36)	1:05:44	2:00.9
DNP MS_Beckman Catholic				
DNP MS_Durant				
DNP MS_West Liberty				
DNP MS_Bellevue				
DNP MS_Wilton				
DNP MS_Northeast Goose Lake				
DNP MS_Alburnett				

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 MILLER, Abigail	7	MS_Durant	-	12:11.6	---	6:07.6	3:48.6
2 MENTE, Avery	8	MS_Tipton ms	1	12:29.2	17.6	6:16.5	3:54.1
3 EVELAND, Tesla	8	MS_Tipton ms	2	12:36.7	25.1	6:20.3	3:56.5
4 TRUMM, Katelyn	8	MS_Cascade	3	12:51.5	39.9	6:27.7	4:01.1
5 FITZGERALD, Hallie	8	MS_Tipton ms	4	12:58.9	47.3	6:31.4	4:03.4
6 THOLEN, Ellie	8	MS_Tipton ms	5	13:00.6	49.0	6:32.3	4:03.9
7 FLEMING, Keilah	7	MS_Mid-Prairie	6	13:08.0	56.4	6:36.0	4:06.3
8 EGGERS, Briley	8	MS_Maquoketa	7	13:09.0	57.4	6:36.5	4:06.6
9 KAEDING, Tess	7	MS_Regina	8	13:14.9	1:03.3	6:39.4	4:08.4
10 HARDIN, Adalyn	8	MS_Maquoketa	9	13:24.7	1:13.1	6:44.4	4:11.5
11 WOMER, Rachel	7	MS_Beckman Cath	-	13:26.4	1:14.8	6:45.2	4:12.0
12 BOHLMANN, Callie	8	MS_Tipton ms	(10)	13:34.3	1:22.7	6:49.2	4:14.5
13 FOLEY, Julia	8	MS_Regina	11	13:40.2	1:28.6	6:52.2	4:16.3
14 WAGNER, Iris	8	MS_Maquoketa	12	13:49.6	1:38.0	6:56.9	4:19.3
15 FRAVEL, Willow	8	MS_Regina	13	13:51.0	1:39.4	6:57.6	4:19.7
16 MORMANN, Sophia	8	MS_Anamosa	14	13:54.4	1:42.8	6:59.3	4:20.8
17 KEDLEY, Addie	7	MS_Cascade	15	14:02.4	1:50.8	7:03.3	4:23.3
18 IRWIN, Natalie	8	MS_Maquoketa	16	14:12.3	2:00.7	7:08.3	4:26.3
19 TEAGLE, Jersey	8	MS_Regina	17	14:17.3	2:05.7	7:10.8	4:27.9
20 TAYLOR, Skylar	8	MS_Maquoketa	(18)	14:21.2	2:09.6	7:12.8	4:29.1
21 SCHWARTEN, Grace	8	MS_Beckman Cath	-	14:21.4	2:09.8	7:12.9	4:29.2
22 MCGRANE, Hannah	8	MS_Regina	(19)	14:23.4	2:11.8	7:13.9	4:29.8
23 DIGMANN, Rebecca	8	MS_Beckman Cath	-	14:24.5	2:12.9	7:14.4	4:30.2
24 BESLER, Emery	7	MS_Anamosa	20	14:32.7	2:21.1	7:18.5	4:32.7
25 KULLBOM, Avery	8	MS_Regina	(21)	14:34.2	2:22.6	7:19.3	4:33.2
26 BRENNEMAN, Keziah	8	MS_Mid-Prairie	22	14:35.8	2:24.2	7:20.1	4:33.7

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Race #1
MS Girls 2 Miles

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
27 BOFFELI, Lauren	8	MS_Cascade	23	14:39.6	2:28.0	7:22.0	4:34.9
28 EHLERS, Addyson	7	MS_Tipton ms	(24)	14:41.7	2:30.1	7:23.1	4:35.5
29 LITTON, Harper	7	MS_Regina	-	14:42.8	2:31.2	7:23.6	4:35.9
30 GONZALEZ, Natalie	7	MS_Mid-Prairie	25	14:43.5	2:31.9	7:24.0	4:36.1
31 POOLE, Gianna	7	MS_Anamosa	26	14:57.2	2:45.6	7:30.9	4:40.4
32 MANDERS, Camiel	7	MS_Bellevue	-	15:04.3	2:52.7	7:34.4	4:42.6
33 HATFIELD, Leah	7	MS_Regina	-	15:07.1	2:55.5	7:35.8	4:43.5
34 HUBER, Audrey	8	MS_Mid-Prairie	27	15:13.0	3:01.4	7:38.8	4:45.3
35 CHAPMAN, Peytonn	8	MS_Monticello	28	15:25.4	3:13.8	7:45.0	4:49.2
36 SUPPLE, Eloise	8	MS_Cascade	29	15:28.5	3:16.9	7:46.6	4:50.2
37 FOSTER, Rose	8	MS_Monticello	30	15:28.8	3:17.2	7:46.7	4:50.2
38 FAY, Chloe	8	MS_Mid-Prairie	(31)	15:29.3	3:17.7	7:47.0	4:50.4
39 LITTLE, Dani	7	MS_Tipton ms	-	15:31.9	3:20.3	7:48.3	4:51.2
40 GUSTAFSON, Willa	7	MS_Alburnett	-	15:37.7	3:26.1	7:51.2	4:53.0
41 BOORN, Kinley	8	MS_Wilton	-	15:38.6	3:27.0	7:51.7	4:53.3
42 MCCARTNEY, Mia	8	MS_Tipton ms	-	15:49.1	3:37.5	7:56.9	4:56.6
43 WATERS, Zoe	8	MS_Mid-Prairie	(32)	15:51.4	3:39.8	7:58.1	4:57.3
44 MOREAU, Brooklynn	7	MS_Regina	-	16:07.0	3:55.4	8:05.9	5:02.2
45 CUROE, Keira	7	MS_Cascade	(33)	16:09.1	3:57.5	8:07.0	5:02.8
46 DRISCOLL, Kaylee	7	MS_Tipton ms	-	16:09.4	3:57.8	8:07.1	5:02.9
47 WHITE, Lucy	8	MS_Regina	-	16:15.2	4:03.6	8:10.1	5:04.8
48 LAUBSCHER, Nora	8	MS_Regina	-	16:16.7	4:05.1	8:10.8	5:05.2
49 CARRANZA, Ariel	8	MS_Mid-Prairie	-	16:28.7	4:17.1	8:16.8	5:09.0
50 HALL, Rebecca	7	MS_West Liberty	-	16:36.2	4:24.6	8:20.6	5:11.3
51 BUSARD, Anna	8	MS_Regina	-	17:09.7	4:58.1	8:37.4	5:21.8
52 CONNER, Ada	7	MS_Monticello	34	17:22.7	5:11.1	8:44.0	5:25.8
53 RICHMAN, Leiton	7	MS_Durant	-	17:23.1	5:11.5	8:44.2	5:26.0
54 CUPPLES, Lily	7	MS_Monticello	35	17:26.3	5:14.7	8:45.8	5:27.0
55 LOENING, Annemarie	8	MS_Regina	-	17:31.3	5:19.7	8:48.3	5:28.5
56 HERMISTON, Piper	7	MS_Durant	-	17:34.6	5:23.0	8:49.9	5:29.6
57 FARROWE, Otilie	7	MS_Monticello	(36)	17:36.7	5:25.1	8:51.0	5:30.2
58 GUMPPER, Sarah	8	MS_Regina	-	18:02.2	5:50.6	9:03.8	5:38.2
59 LITTLE, Jasmine	8	MS_Tipton ms	-	18:02.9	5:51.3	9:04.2	5:38.4
60 STAAB, Joanna	8	MS_Regina	-	18:13.4	6:01.8	9:09.4	5:41.7
61 SUNDSTROM, Kaylin	7	MS_Anamosa	37	18:23.1	6:11.5	9:14.3	5:44.7
62 LANGE, Sophie	7	MS_Northeast Goo	-	18:34.7	6:23.1	9:20.2	5:48.3
63 KIMANI, Jasmine	7	MS_Regina	-	19:06.3	6:54.7	9:36.0	5:58.2
64 CRONK, Avonlea	8	MS_Regina	-	19:07.2	6:55.6	9:36.5	5:58.5
65 OWENS, Sarah	7	MS_Regina	-	19:17.7	7:06.1	9:41.8	6:01.8
66 LALAGA, Leilani	7	MS_Regina	-	19:53.7	7:42.1	9:59.8	6:13.0
67 O'CONNER, Claire	7	MS_Mid-Prairie	-	21:23.0	9:11.4	10:44.7	6:40.9
68 HERRICK, Chavah	8	MS_Anamosa	(38)	23:29.5	11:17.9	11:48.3	7:20.5
69 SHINGIRO, Olgan	7	MS_West Liberty	-	24:35.0	12:23.4	12:21.2	7:40.9

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Race #2
MS Boys 2 Miles

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 MS_Monticello	54	3-8-18-25(31)(32)	50:40	2:13.0
2 MS_Beckman Catholic	60	2-14-15-29(33)(49)	51:03	2:28.0
3 MS_Wilton	70	1-17-22-30(51)(52)	51:03	3:00.0
4 MS_Alburnett	79	12-13-26-28(38)(39)	53:11	0:57.3
5 MS_Anamosa	90	5-19-20-46(47)(48)	52:59	2:25.3
6 MS_Mid-Prairie	93	6-23-24-40(42)(43)	53:13	2:07.9
7 MS_Tipton ms	94	11-21-27-35(50)(55)	53:46	1:22.3
8 MS_Northeast Goose Lake	112	4-10-45-53	55:47	4:49.7
9 MS_Regina	114	7-34-36-37(41)(44)	54:35	2:00.6
10 MS_Maquoketa	135	9-16-54-56(57)	59:32	4:46.0
DNP MS_Camanche				
DNP MS_Bellevue				
DNP MS_West Liberty				
DNP MS_Cascade				
DNP MS_Durant				

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 FIELDS, Noble	8	MS_Wilton	1	10:50.6	---	5:26.9	3:23.3
2 KRUSE, Theo	8	MS_Beckman Cath	2	11:21.2	30.6	5:42.3	3:32.9
3 MCDONALD, Victor	7	MS_Monticello	3	11:27.7	37.1	5:45.6	3:34.9
4 HEIER, Everett	8	MS_Northeast Goo	4	11:50.4	59.8	5:57.0	3:42.0
5 CALLAHAN, Tanner	8	MS_Cascade	-	11:57.2	1:06.6	6:00.4	3:44.1
6 DAWES, Trevor	7	MS_Anamosa	5	12:07.8	1:17.2	6:05.7	3:47.4
7 LOTHAMER, Jacob	8	MS_Mid-Prairie	6	12:12.1	1:21.5	6:07.9	3:48.8
8 PARKER, Everett	8	MS_Regina	7	12:12.2	1:21.6	6:07.9	3:48.8
9 MILLER, Charlie	8	MS_Bellevue	-	12:12.3	1:21.7	6:08.0	3:48.8
10 RANDALL, Noah	8	MS_Durant	-	12:13.6	1:23.0	6:08.6	3:49.3
11 FARROWE, Finn	8	MS_Monticello	8	12:23.5	1:32.9	6:13.6	3:52.3
12 BUTTZ, Kai	8	MS_Maquoketa	9	12:25.6	1:35.0	6:14.7	3:53.0
13 LANGE, Kaleb	8	MS_Northeast Goo	10	12:43.5	1:52.9	6:23.7	3:58.6
14 BECTHOLD, Carter	8	MS_Tipton ms	11	12:44.8	1:54.2	6:24.3	3:59.0
15 TRENKAMP, Rowan	8	MS_Bellevue	-	12:46.9	1:56.3	6:25.4	3:59.7
16 FORD, Easton	8	MS_Alburnett	12	12:49.7	1:59.1	6:26.8	4:00.5
17 SILVER, Jack	7	MS_Alburnett	13	12:50.3	1:59.7	6:27.1	4:00.7
18 HOEGER, Noah	8	MS_Beckman Cath	14	12:52.2	2:01.6	6:28.0	4:01.3
19 PITZ, Gordon	7	MS_Beckman Cath	15	13:00.4	2:09.8	6:32.2	4:03.9
20 PORTZ, Jace	8	MS_Maquoketa	16	13:00.7	2:10.1	6:32.3	4:04.0
21 CARPENTER, Cole	7	MS_Wilton	17	13:07.4	2:16.8	6:35.7	4:06.1
22 SACRO, Ethan	7	MS_Monticello	18	13:07.9	2:17.3	6:35.9	4:06.2
23 BIXLER, Jake	7	MS_Anamosa	19	13:08.7	2:18.1	6:36.3	4:06.5
24 ABELL, Malachi	7	MS_Anamosa	20	13:08.9	2:18.3	6:36.4	4:06.5
25 VIDAL, Angelo	7	MS_Tipton ms	21	13:09.7	2:19.1	6:36.8	4:06.8

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**Race #2
MS Boys 2 Miles****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
26 CARPENTER, Cash	7	MS_Wilton	22	13:13.9	2:23.3	6:38.9	4:08.1
27 SWARTZENTRUBER, Leo	7	MS_Mid-Prairie	23	13:19.2	2:28.6	6:41.6	4:09.8
28 POLL, Berk	7	MS_Mid-Prairie	24	13:20.8	2:30.2	6:42.4	4:10.2
29 WEGNER, Graham	7	MS_Monticello	25	13:40.7	2:50.1	6:52.4	4:16.5
30 LYNN, Cruz	7	MS_Alburnett	26	13:43.3	2:52.7	6:53.7	4:17.3
31 JEFFRIES, Mason	7	MS_Tipton ms	27	13:44.4	2:53.8	6:54.3	4:17.6
32 BAXTER, Owen	7	MS_Alburnett	28	13:47.0	2:56.4	6:55.6	4:18.4
33 KNIPPER, Caleb	7	MS_Beckman Cath	29	13:49.2	2:58.6	6:56.7	4:19.1
34 MAROLF, Raylan	8	MS_Wilton	30	13:50.6	3:00.0	6:57.4	4:19.6
35 READE, Isaac	7	MS_Monticello	(31)	13:51.3	3:00.7	6:57.7	4:19.8
36 ALTHOFF, Higdon	7	MS_Monticello	(32)	13:52.2	3:01.6	6:58.2	4:20.1
37 CHERRYHOLMES, Gavin	7	MS_Beckman Cath	(33)	13:52.5	3:01.9	6:58.3	4:20.2
38 HINCKLEY, Andrew	8	MS_Regina	34	13:57.9	3:07.3	7:01.1	4:21.8
39 KNOX, Jaxson	7	MS_Tipton ms	35	14:07.1	3:16.5	7:05.7	4:24.7
40 JOHNSON, Charlie	8	MS_Regina	36	14:11.7	3:21.1	7:08.0	4:26.2
41 SHAHI, Satvik	8	MS_Regina	37	14:12.8	3:22.2	7:08.5	4:26.5
42 FRANK, Lincoln	7	MS_Alburnett	(38)	14:17.1	3:26.5	7:10.7	4:27.8
43 LARIMER, Dalton	8	MS_Alburnett	(39)	14:17.9	3:27.3	7:11.1	4:28.1
44 MARTINEZ, Jean	7	MS_West Liberty	-	14:19.2	3:28.6	7:11.8	4:28.5
45 LIDDELL, Josiah	7	MS_Mid-Prairie	40	14:20.0	3:29.4	7:12.2	4:28.8
46 BACON, Knox	7	MS_Monticello	-	14:20.0	3:29.4	7:12.2	4:28.8
47 BENNION, Donovan	8	MS_Regina	(41)	14:20.9	3:30.3	7:12.6	4:29.0
48 FELTES, Soloman	7	MS_Mid-Prairie	(42)	14:22.2	3:31.6	7:13.3	4:29.4
49 GRAVERT, Cody	7	MS_Camanche	-	14:25.8	3:35.2	7:15.1	4:30.6
50 RODGERS, Jackson	8	MS_Mid-Prairie	(43)	14:27.1	3:36.5	7:15.7	4:31.0
51 JENNINGS, Kellan	7	MS_Regina	(44)	14:30.3	3:39.7	7:17.3	4:32.0
52 DOTY, Kayden	8	MS_Northeast Goo	45	14:32.5	3:41.9	7:18.4	4:32.7
53 CULVER, Tripp	7	MS_Anamosa	46	14:33.1	3:42.5	7:18.7	4:32.8
54 ANDREESEN, Conner	7	MS_Anamosa	(47)	14:37.8	3:47.2	7:21.1	4:34.3
55 WEAVER, Aydin	7	MS_Anamosa	(48)	14:41.4	3:50.8	7:22.9	4:35.4
56 HOFFMAN, Isaak	7	MS_Regina	-	14:50.5	3:59.9	7:27.5	4:38.3
57 VELASCO VARGAS, Adrian	7	MS_West Liberty	-	14:51.1	4:00.5	7:27.8	4:38.5
58 KEISTER, Liam	7	MS_Anamosa	-	14:53.8	4:03.2	7:29.1	4:39.3
59 WEAVER, Bruce	7	MS_Anamosa	-	14:55.9	4:05.3	7:30.2	4:40.0
60 WILHELM, Henry	8	MS_Regina	-	14:56.1	4:05.5	7:30.3	4:40.0
61 KOPPE, Cade	8	MS_Alburnett	-	15:02.0	4:11.4	7:33.3	4:41.9
62 NAZARALA, Karim	8	MS_Mid-Prairie	-	15:02.8	4:12.2	7:33.7	4:42.1
63 KENT, Ollie	7	MS_Anamosa	-	15:10.8	4:20.2	7:37.7	4:44.6
64 JASPERING, Aven	8	MS_Mid-Prairie	-	15:11.4	4:20.8	7:38.0	4:44.8
65 OVERY, Jeremy	8	MS_Mid-Prairie	-	15:13.5	4:22.9	7:39.0	4:45.5
66 SALRIN, Nathan	8	MS_Beckman Cath	(49)	15:15.2	4:24.6	7:39.9	4:46.0
67 MILLER, Easton	8	MS_Mid-Prairie	-	15:15.2	4:24.6	7:39.9	4:46.0
68 MYERS, Eli	8	MS_Alburnett	-	15:16.5	4:25.9	7:40.6	4:46.4
69 FERRY, Vincent	7	MS_Monticello	-	15:17.4	4:26.8	7:41.0	4:46.7
70 TURNER, Manny	7	MS_Tipton ms	(50)	15:21.8	4:31.2	7:43.2	4:48.1
71 THOMAS, Paul	7	MS_Regina	-	15:26.1	4:35.5	7:45.4	4:49.4

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Race #2
MS Boys 2 Miles

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
72 EDWARDS, Kade	8	MS_Wilton	(51)	15:45.1	4:54.5	7:54.9	4:55.3
73 GROEN, Levi	8	MS_Alburnett	-	15:47.6	4:57.0	7:56.2	4:56.1
74 HUNT, Cole	7	MS_Alburnett	-	15:49.1	4:58.5	7:56.9	4:56.6
75 ANDERSON, Ricky	7	MS_Alburnett	-	15:56.2	5:05.6	8:00.5	4:58.8
76 POPEJOY, David	7	MS_Mid-Prairie	-	16:05.1	5:14.5	8:05.0	5:01.6
77 FRIEDERICK, Sven	7	MS_Monticello	-	16:14.3	5:23.7	8:09.6	5:04.5
78 BRAUN, Tim	7	MS_Beckman Cath	-	16:15.6	5:25.0	8:10.3	5:04.9
79 MARQUIS, Jordan	7	MS_Wilton	(52)	16:16.3	5:25.7	8:10.6	5:05.1
80 HARTZLER, Charlie	7	MS_Regina	-	16:20.6	5:30.0	8:12.8	5:06.4
81 SMITH, Bodin	8	MS_Monticello	-	16:20.8	5:30.2	8:12.9	5:06.5
82 CARSTENSEN, Dax	7	MS_Camanche	-	16:22.1	5:31.5	8:13.5	5:06.9
83 LUECK, Wyatt	8	MS_Beckman Cath	-	16:31.7	5:41.1	8:18.3	5:09.9
84 MOHLING, Nolan	8	MS_Mid-Prairie	-	16:35.6	5:45.0	8:20.3	5:11.1
85 MILLER, Bryce	7	MS_Mid-Prairie	-	16:39.4	5:48.8	8:22.2	5:12.3
86 HOUZENGA, Jaxson	7	MS_Northeast Goo	53	16:40.1	5:49.5	8:22.6	5:12.5
87 JOHNSON, Corey	8	MS_Maquoketa	54	16:53.9	6:03.3	8:29.5	5:16.8
88 WHITLATCH, Dylan	7	MS_Tipton ms	(55)	16:59.1	6:08.5	8:32.1	5:18.5
89 LECKBAND, Finn	8	MS_Regina	-	16:59.8	6:09.2	8:32.5	5:18.7
90 DETERMAN, Joel	7	MS_Camanche	-	17:05.8	6:15.2	8:35.5	5:20.6
91 YOUNG, Greg	7	MS_Maquoketa	56	17:11.6	6:21.0	8:38.4	5:22.4
92 SCHNEIDER, Victor	7	MS_Beckman Cath	-	17:22.6	6:32.0	8:43.9	5:25.8
93 MOORE, Cassidy	7	MS_Maquoketa	(57)	17:35.0	6:44.4	8:50.2	5:29.7
94 SEALE, Joshua	7	MS_Mid-Prairie	-	17:41.4	6:50.8	8:53.4	5:31.7
95 NISSLEY, Moses	7	MS_Tipton ms	-	17:44.5	6:53.9	8:54.9	5:32.7
96 WESTHOFF, Elijah	8	MS_Beckman Cath	-	17:46.5	6:55.9	8:55.9	5:33.3
97 HARTWIG, Luke	7	MS_Anamosa	-	18:26.7	7:36.1	9:16.1	5:45.8
98 DUDZIK, Jimmy	7	MS_Beckman Cath	-	18:50.9	8:00.3	9:28.3	5:53.4

2025 RIVER VALLEY CONFERENCE XC MEET

Iowa City, IA
Kickers Soccer Complex
Host: River Valley Conference
Tuesday, October 14, 2025

MEET OFFICIALS

Meet Director:
Cascade High School
Timing:
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Race #3
High School Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Spread
1 Mid-Prairie Wellman	45	2-7-10-12-14(17)(30)	1:45:00	1:50.1
2 Tipton	74	5-8-13-20-28(38)(47)	1:48:30	1:55.9
3 Monticello	79	1-6-22-23-27(36)(40)	1:47:59	3:22.5
4 Wilton	140	9-11-26-41-53(60)(73)	1:53:55	3:32.6
5 Alburnett	141	16-19-33-34-39(44)(51)	1:53:26	1:25.7
6 Cascade Western Dubuqu	174	3-24-43-49-55(56)	1:55:56	5:28.4
7 Anamosa	181	4-31-32-52-62(63)(64)	1:57:31	5:07.1
8 Northeast Goose Lake	188	18-29-37-45-59(74)	1:57:45	3:40.4
9 Regina Iowa City	219	21-35-48-57-58(61)(65)	2:01:02	3:21.3
10 Beckman Catholic Dyersvil	220	15-42-46-50-67(68)(69)	2:00:43	5:12.5
11 Bellevue	286	25-54-66-70-71(72)	2:09:53	4:58.7
DNP West Liberty				
DNP Maquoketa				
DNP Durant				
DNP Camanche				

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 HARDIN, Izzy	SR	Maquoketa	-	17:58.6	---	5:46.8	3:35.7
2 LYONS, Mary Grace	FR	Monticello	1	19:23.9	1:25.3	6:14.2	3:52.8
3 STUTZMAN, Brooklyn	JR	Mid-Prairie Wellma	2	19:43.3	1:44.7	6:20.5	3:56.7
4 KELCHEN, Hallie	SR	Cascade Western D	3	19:58.5	1:59.9	6:25.4	3:59.7
5 HOMAN, Delany	JR	Camanche	-	20:07.1	2:08.5	6:28.1	4:01.4
6 LLOYD, Mason	FR	Anamosa	4	20:50.8	2:52.2	6:42.2	4:10.2
7 HEIN, Ella	JR	Tipton	5	20:51.3	2:52.7	6:42.3	4:10.3
8 RIES, Peyton	JR	Monticello	6	20:57.8	2:59.2	6:44.4	4:11.6
9 BUTTZ, Riley	SO	Maquoketa	-	20:58.0	2:59.4	6:44.5	4:11.6
10 BROKAW, Tessa	SO	Mid-Prairie Wellma	7	20:58.6	3:00.0	6:44.7	4:11.7
11 BODECKER, Mya	JR	Tipton	8	21:06.5	3:07.9	6:47.2	4:13.3
12 GUERRA, Addison	JR	West Liberty	-	21:07.3	3:08.7	6:47.5	4:13.5
13 CUMMINGS, Audrey	SR	Wilton	9	21:17.8	3:19.2	6:50.9	4:15.6
14 HOSTETLER, Rachel	SO	Mid-Prairie Wellma	10	21:22.2	3:23.6	6:52.3	4:16.4
15 WAGAMAN, Natalie	FR	Wilton	11	21:22.3	3:23.7	6:52.3	4:16.5
16 WALLINGTON, Rebekah	SR	Mid-Prairie Wellma	12	21:22.4	3:23.8	6:52.3	4:16.5
17 COSTELLO, Lucy	FR	Tipton	13	21:30.9	3:32.3	6:55.1	4:18.2
18 RODGERS, Hannah	SR	Mid-Prairie Wellma	14	21:33.4	3:34.8	6:55.9	4:18.7
19 DOMEYER, Autumn	JR	Beckman Catholic	15	21:43.8	3:45.2	6:59.2	4:20.8
20 WICKMAN, Morgan	SO	Alburnett	16	21:52.5	3:53.9	7:02.0	4:22.5
21 POLL, Kyrie	JR	Mid-Prairie Wellma	(17)	22:01.9	4:03.3	7:05.0	4:24.4
22 CASELLAS, Jana	JR	Northeast Goose La	18	22:03.3	4:04.7	7:05.5	4:24.7
23 MCGRAW, Josie	SO	Alburnett	19	22:09.3	4:10.7	7:07.4	4:25.9
24 FITZGERALD, Alexa	JR	Tipton	20	22:13.9	4:15.3	7:08.9	4:26.8
25 ERWIN, Harper	SR	Regina Iowa City	21	22:21.0	4:22.4	7:11.2	4:28.2

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
26 GOMEZ, Mia	FR	Monticello	22	22:23.3	4:24.7	7:11.9	4:28.7
27 VERHAGEN, Emmy	JR	Monticello	23	22:26.9	4:28.3	7:13.1	4:29.4
28 TOPPING, Addy	SO	Cascade Western D	24	22:27.4	4:28.8	7:13.2	4:29.5
29 SCHECKEL, Kenzingten	SO	Bellevue	25	22:36.7	4:38.1	7:16.2	4:31.3
30 KELLEY, Addyson	SO	Wilton	26	22:45.9	4:47.3	7:19.2	4:33.2
31 SCHEMMEL, Leah	SR	Monticello	27	22:46.4	4:47.8	7:19.4	4:33.3
32 SEYDEL, Chloeie	SO	Tipton	28	22:47.2	4:48.6	7:19.6	4:33.4
33 HANSEN, Teryn	SR	Northeast Goose La	29	22:50.6	4:52.0	7:20.7	4:34.1
34 POLL, Nikkari	FR	Mid-Prairie Wellma	(30)	22:52.4	4:53.8	7:21.3	4:34.5
35 OLTMANNS, Lauren	JR	Anamosa	31	22:55.3	4:56.7	7:22.2	4:35.1
36 EBENSBERGER, Datonia	SO	Camanche	-	22:57.0	4:58.4	7:22.8	4:35.4
37 LADUE, Brylee	FR	Anamosa	32	22:59.6	5:01.0	7:23.6	4:35.9
38 CRIST, Esme	JR	Alburnett	33	22:59.6	5:01.0	7:23.6	4:35.9
39 KROHSE, Kaitlyn	SO	Alburnett	34	23:05.9	5:07.3	7:25.6	4:37.2
40 WINDERS, Etta	SO	Regina Iowa City	35	23:09.4	5:10.8	7:26.8	4:37.9
41 KEARNEY, Bri	SR	Monticello	(36)	23:12.6	5:14.0	7:27.8	4:38.5
42 SCHNEIDER, Eva	FR	Northeast Goose La	37	23:14.3	5:15.7	7:28.3	4:38.9
43 MENTE, Addison	SO	Tipton	(38)	23:16.5	5:17.9	7:29.0	4:39.3
44 MCGRAW, Carly	SR	Alburnett	39	23:18.2	5:19.6	7:29.6	4:39.6
45 IHNS, Charlotte	SO	Maquoketa	-	23:26.0	5:27.4	7:32.1	4:41.2
46 STADTMUELLER, Katie	JR	Monticello	(40)	23:35.5	5:36.9	7:35.1	4:43.1
47 COSS, Audra	SR	Wilton	41	23:38.1	5:39.5	7:36.0	4:43.6
48 CHIANG, Ella	JR	Mid-Prairie Wellma	-	23:43.0	5:44.4	7:37.6	4:44.6
49 TRUMM, Vivian	FR	Beckman Catholic	42	23:45.3	5:46.7	7:38.3	4:45.1
50 SUPPLE, Lilly	SR	Cascade Western D	43	23:47.0	5:48.4	7:38.8	4:45.4
51 FORD, Nora	SR	Alburnett	(44)	23:52.1	5:53.5	7:40.5	4:46.4
52 BLANCHARD, Claire	FR	Northeast Goose La	45	23:53.0	5:54.4	7:40.8	4:46.6
53 WOMER, Lillian (Lillie)	SO	Beckman Catholic	46	23:53.1	5:54.5	7:40.8	4:46.6
54 DEHR, Madelyn	JR	West Liberty	-	23:53.6	5:55.0	7:41.0	4:46.7
55 JEFFRIES, Averi	FR	Tipton	(47)	24:10.0	6:11.4	7:46.2	4:50.0
56 JOHNSON, Ellie	SR	Regina Iowa City	48	24:14.2	6:15.6	7:47.6	4:50.8
57 GREEN, Ella	FR	Cascade Western D	49	24:15.9	6:17.3	7:48.1	4:51.2
58 DRISCOLL, Jaclynne	FR	Tipton	-	24:18.8	6:20.2	7:49.1	4:51.8
59 PITZ, Miya	SO	Beckman Catholic	50	24:23.6	6:25.0	7:50.6	4:52.7
60 HEIN, Elise	JR	Durant	-	24:24.0	6:25.4	7:50.7	4:52.8
61 JANECEK, Averi	SO	Mid-Prairie Wellma	-	24:39.0	6:40.4	7:55.6	4:55.8
62 KELLEY, Leah	FR	Mid-Prairie Wellma	-	24:39.0	6:40.4	7:55.6	4:55.8
63 LANDA, Ingrid	SR	Alburnett	(51)	24:45.4	6:46.8	7:57.6	4:57.1
64 SUNDSTROM, Kjersten	FR	Anamosa	52	24:47.0	6:48.4	7:58.1	4:57.4
65 KELLEY, Madison	SO	Wilton	53	24:50.4	6:51.8	7:59.2	4:58.1
66 SCHECKEL, Makinley	SO	Bellevue	54	25:17.7	7:19.1	8:08.0	5:03.5
67 BOYLE, Sarah	SO	Cascade Western D	55	25:26.9	7:28.3	8:11.0	5:05.4
68 CONRAD, Carley	SO	Cascade Western D	(56)	25:27.2	7:28.6	8:11.1	5:05.4
69 O'ROURKE, Caroline	FR	Regina Iowa City	57	25:34.4	7:35.8	8:13.4	5:06.9
70 CONTRERAS, Sofia	FR	Regina Iowa City	58	25:42.3	7:43.7	8:15.9	5:08.5
71 BURKEN, Rieley	SR	Northeast Goose La	59	25:43.7	7:45.1	8:16.4	5:08.7

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Race #3
High School Girls 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
72 MCKITTRICK, Kiara	FR	Wilton	(60)	25:52.2	7:53.6	8:19.1	5:10.4
73 HARTZLER, Josie	SO	Regina Iowa City	(61)	25:57.7	7:59.1	8:20.9	5:11.5
74 MUELLER, Izzy	SO	Alburnett	-	25:57.7	7:59.1	8:20.9	5:11.5
75 GORMAN, Emily	SO	Anamosa	62	25:57.9	7:59.3	8:20.9	5:11.6
76 SUNDSTROM, Kathryne	JR	Anamosa	(63)	26:03.9	8:05.3	8:22.9	5:12.8
77 EMBREE, Hadley	SO	Anamosa	(64)	26:07.6	8:09.0	8:24.1	5:13.5
78 GOLDSMITH, Ciara	FR	Regina Iowa City	(65)	26:16.6	8:18.0	8:26.9	5:15.3
79 GONZALEZ, Angelly	SR	West Liberty	-	26:32.7	8:34.1	8:32.1	5:18.5
80 RICHARDSON, Jocelynn	JR	Durant	-	26:36.3	8:37.7	8:33.3	5:19.3
81 ISKE, Elle	SO	West Liberty	-	26:41.3	8:42.7	8:34.9	5:20.3
82 SAFLY, Alaina	SR	Mid-Prairie Wellma	-	26:44.0	8:45.4	8:35.8	5:20.8
83 SMITH, Adeline	SO	Regina Iowa City	-	26:47.4	8:48.8	8:36.8	5:21.5
84 LEIBFRIED, Bella	JR	Bellevue	66	26:49.6	8:51.0	8:37.6	5:21.9
85 MILLER, Stella	FR	Mid-Prairie Wellma	-	26:52.5	8:53.9	8:38.5	5:22.5
86 SCHNEIDER, Andrea	JR	Beckman Catholic	67	26:56.3	8:57.7	8:39.7	5:23.3
87 DUDZIK, Sara	FR	Beckman Catholic	(68)	26:57.0	8:58.4	8:39.9	5:23.4
88 STORBECK, Hannah	SR	Alburnett	-	26:59.8	9:01.2	8:40.8	5:24.0
89 KATRICHIS, Isabella	FR	Beckman Catholic	(69)	27:08.0	9:09.4	8:43.5	5:25.6
90 TROLL, Claire	FR	Regina Iowa City	-	27:08.5	9:09.9	8:43.6	5:25.7
91 KNIPPER, Allison	JR	Beckman Catholic	-	27:15.7	9:17.1	8:45.9	5:27.1
92 ZIMMERMAN, Ava	SR	Monticello	-	27:17.7	9:19.1	8:46.6	5:27.5
93 BEANBLOSSUM, Jasmine	FR	Monticello	-	27:22.2	9:23.6	8:48.0	5:28.4
94 RECKER, Zoe	JR	Beckman Catholic	-	27:29.1	9:30.5	8:50.3	5:29.8
95 DUESING, Melanie	FR	Bellevue	70	27:33.1	9:34.5	8:51.5	5:30.6
96 SPRANK, Brooke	FR	Bellevue	71	27:35.4	9:36.8	8:52.3	5:31.1
97 BOHL, Isabella	SO	Alburnett	-	27:36.6	9:38.0	8:52.7	5:31.3
98 GILCHRIST, Ella	SO	Alburnett	-	27:37.3	9:38.7	8:52.9	5:31.5
99 KONRARDY, Elyse	FR	Beckman Catholic	-	27:37.4	9:38.8	8:52.9	5:31.5
100 GAVIN, Betsy	SO	Regina Iowa City	-	27:47.0	9:48.4	8:56.0	5:33.4
101 ROBERTS, Ariani	FR	Bellevue	(72)	27:48.6	9:50.0	8:56.5	5:33.7
102 ONKEN, Lorelai	FR	Regina Iowa City	-	28:16.8	10:18.2	9:05.6	5:39.4
103 FOGG, Larkyn	JR	Tipton	-	28:21.3	10:22.7	9:07.0	5:40.3
104 SARAZIN, Jenna	FR	Alburnett	-	28:25.7	10:27.1	9:08.5	5:41.1
105 BESLER, Meghan	JR	Monticello	-	29:44.5	11:45.9	9:33.8	5:56.9
106 WUNDERLICH, Samantha	JR	Mid-Prairie Wellma	-	29:56.7	11:58.1	9:37.7	5:59.3
107 MILLER, Rylee	FR	Wilton	(73)	30:19.2	12:20.6	9:45.0	6:03.8
108 NELSON, Ella	JR	Maquoketa	-	30:26.3	12:27.7	9:47.2	6:05.3
109 LERMA, Delilah	FR	Durant	-	30:35.0	12:36.4	9:50.0	6:07.0
110 BESLER, Avary	JR	Anamosa	-	30:58.8	13:00.2	9:57.7	6:11.8
111 WHITSON, Leah	SR	Anamosa	-	30:58.9	13:00.3	9:57.7	6:11.8
112 FORT, Audrey	SR	Anamosa	-	30:59.0	13:00.4	9:57.7	6:11.8
113 ROSS, Paige	FR	Camanche	-	32:23.1	14:24.5	10:24.8	6:28.6
114 GEISTKEMPER, Gabrielle	FR	Beckman Catholic	-	32:27.0	14:28.4	10:26.0	6:29.4
115 WUNDERLICH, Gwen	SO	Mid-Prairie Wellma	-	32:51.7	14:53.1	10:34.0	6:34.3
116 SWIFT, Skyler	SO	Mid-Prairie Wellma	-	34:22.1	16:23.5	11:03.1	6:52.4
117 KROHSE, Abigail	SR	Alburnett	-	36:53.8	18:55.2	11:51.8	7:22.8

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Race #3
High School Girls 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
118 CUDNEY, Lilly	SR	Northeast Goose La	(74)	38:37.6	20:39.0	12:25.2	7:43.5

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Race #4
High School Boys 5K

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Beckman Catholic Dyersvil	70	2-9-10-18-31(42)(56)	1:29:30	1:20.9
2 Tipton	88	4-11-12-29-32(47)(50)	1:30:05	1:14.9
3 Anamosa	98	7-8-15-20-48(64)(74)	1:30:46	1:31.7
4 Monticello	117	5-14-26-28-44(45)(46)	1:31:16	1:34.1
5 Alburnett	131	6-16-19-39-51(65)(66)	1:31:43	1:43.3
6 West Liberty	137	3-17-22-41-54(70)(72)	1:31:54	2:01.8
7 Regina Iowa City	152	23-27-33-34-35(36)(38)	1:32:53	0:12.1
8 Mid-Prairie Wellman	154	1-24-25-43-61(67)(71)	1:32:42	2:40.1
9 Bellevue	241	21-52-53-55-60(69)(76)	1:35:50	1:20.8
10 Maquoketa	287	30-37-59-75-86	1:43:37	6:50.7
11 Wilton	302	13-58-73-78-80(84)	1:43:07	4:57.0
12 Durant	319	49-62-63-68-77(81)(82)	1:41:07	3:05.0
13 Northeast Goose Lake	344	40-57-79-83-85(87)(88)	1:50:25	5:57.1
DNP Cascade Western Dubuqu				
DNP Camanche				

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 SWARTZENTRUBER, Max	JR	Mid-Prairie Wellma	1	17:03.0	---	5:28.9	3:24.6
2 SCHLARMANN, Andrew	SR	Beckman Catholic	2	17:11.0	8.0	5:31.5	3:26.2
3 MERAZ, Carlos	SO	West Liberty	3	17:13.5	10.5	5:32.3	3:26.7
4 BOHLMANN, Caleb	SR	Tipton	4	17:18.2	15.2	5:33.8	3:27.6
5 ALTHOFF, Aedan	SR	Monticello	5	17:23.2	20.2	5:35.4	3:28.6
6 GUSTAFSON, Hayden	SR	Alburnett	6	17:28.6	25.6	5:37.2	3:29.7
7 WEERS, Nolan	SO	Anamosa	7	17:38.7	35.7	5:40.4	3:31.7
8 BURRELL, Jackson	SO	Anamosa	8	17:40.5	37.5	5:41.0	3:32.1
9 DUDZIK, Danny	SR	Beckman Catholic	9	17:47.1	44.1	5:43.1	3:33.4
10 GOERDT, Steffen	JR	Beckman Catholic	10	17:48.9	45.9	5:43.7	3:33.8
11 GIESE, Everett	SR	Tipton	11	17:49.6	46.6	5:43.9	3:33.9
12 MILLER, Cyson	FR	Tipton	12	17:52.2	49.2	5:44.8	3:34.4
13 ALDLFINGER, Liam	SR	Wilton	13	17:53.1	50.1	5:45.0	3:34.6
14 ARRIAGA-RANGEL, Alan	JR	Monticello	14	17:53.8	50.8	5:45.3	3:34.8
15 LASACK, Parker	JR	Anamosa	15	17:56.9	53.9	5:46.3	3:35.4
16 OSSMAN, Logan	SR	Alburnett	16	17:59.6	56.6	5:47.1	3:35.9
17 DAVIS, Carter	JR	Camanche	-	18:04.9	1:01.9	5:48.8	3:37.0
18 JUAREZ, Jonathan	JR	West Liberty	17	18:09.5	1:06.5	5:50.3	3:37.9
19 SCHLARMANN, Nathan	SO	Beckman Catholic	18	18:10.7	1:07.7	5:50.7	3:38.1
20 ELLIS, Cashton	FR	Alburnett	19	18:17.0	1:14.0	5:52.7	3:39.4
21 APPELHANS, Garrett	SO	Anamosa	20	18:18.9	1:15.9	5:53.3	3:39.8
22 SULLIVAN, Brody	JR	Bellevue	21	18:20.2	1:17.2	5:53.8	3:40.0
23 MAURER, Maddex	FR	West Liberty	22	18:25.2	1:22.2	5:55.4	3:41.0
24 DANIEL, Corbin	JR	Regina Iowa City	23	18:27.8	1:24.8	5:56.2	3:41.6
25 BROKAW, Luke	SR	Mid-Prairie Wellma	24	18:29.2	1:26.2	5:56.7	3:41.8

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Timing:
 B&W Racing Services



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Race #4
High School Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
26 STULTZ, Jesse	SR	Mid-Prairie Wellma	25	18:29.5	1:26.5	5:56.8	3:41.9
27 SCHRADER, Nicholas	JR	Monticello	26	18:30.3	1:27.3	5:57.0	3:42.1
28 LOENING, Hugh	JR	Regina Iowa City	27	18:30.5	1:27.5	5:57.1	3:42.1
29 MCDONALD, Bryce	SO	Monticello	28	18:30.8	1:27.8	5:57.2	3:42.2
30 MCGEE, Sylis	SO	Tipton	29	18:31.2	1:28.2	5:57.3	3:42.2
31 MACHAEL, Gavin	SO	Maquoketa	30	18:31.8	1:28.8	5:57.5	3:42.4
32 GAUL, Adam	SR	Beckman Catholic	31	18:31.9	1:28.9	5:57.5	3:42.4
33 COSTELLO, Gabriel	SO	Tipton	32	18:33.1	1:30.1	5:57.9	3:42.6
34 POLYAK, Nik	FR	Regina Iowa City	33	18:35.3	1:32.3	5:58.6	3:43.1
35 PRATT, Cristiano	FR	Regina Iowa City	34	18:39.5	1:36.5	6:00.0	3:43.9
36 ZAHASKY, Huck	SO	Regina Iowa City	35	18:39.9	1:36.9	6:00.1	3:44.0
37 WHITE, Evan	SR	Regina Iowa City	(36)	18:40.4	1:37.4	6:00.3	3:44.1
38 GERARDY, Brenden	FR	Maquoketa	37	18:43.7	1:40.7	6:01.3	3:44.7
39 KAEDING, Wyatt	SO	Regina Iowa City	(38)	18:43.9	1:40.9	6:01.4	3:44.8
40 FRANCK, Collin	SR	Alburnett	39	18:45.2	1:42.2	6:01.8	3:45.0
41 LANGE, Kellan	SO	Northeast Goose La	40	18:46.1	1:43.1	6:02.1	3:45.2
42 RANGEL, Ivan	SR	West Liberty	41	18:49.9	1:46.9	6:03.3	3:46.0
43 LUENSMANN, Cole	SR	Beckman Catholic	(42)	18:52.3	1:49.3	6:04.1	3:46.5
44 WATERS, Reece	JR	Mid-Prairie Wellma	43	18:56.5	1:53.5	6:05.4	3:47.3
45 BURKLE, Mac	SO	Monticello	44	18:57.3	1:54.3	6:05.7	3:47.5
46 SCHNOOR, Mace	SR	Monticello	(45)	18:57.8	1:54.8	6:05.9	3:47.6
47 GASSMAN, Grant	SR	Monticello	(46)	19:02.9	1:59.9	6:07.5	3:48.6
48 HEFFERNAN, Kendrick	SR	Tipton	(47)	19:05.1	2:02.1	6:08.2	3:49.0
49 OLNEY, Brendan	SR	Regina Iowa City	-	19:08.7	2:05.7	6:09.4	3:49.7
50 KAEDING, Jack	JR	Regina Iowa City	-	19:08.9	2:05.9	6:09.4	3:49.8
51 SCHAUF, Landry	FR	Monticello	-	19:09.2	2:06.2	6:09.5	3:49.8
52 SUNDSTROM, Kristofer	SR	Anamosa	48	19:10.4	2:07.4	6:09.9	3:50.1
53 MOSIER, Brayden	SO	Durant	49	19:10.6	2:07.6	6:10.0	3:50.1
54 PLATTS, Bronin	SO	Tipton	(50)	19:10.7	2:07.7	6:10.0	3:50.1
55 FORD, Anson	JR	Alburnett	51	19:11.9	2:08.9	6:10.4	3:50.4
56 KILBURG, Connor	SR	Bellevue	52	19:12.4	2:09.4	6:10.5	3:50.5
57 STARK, Ayden	JR	Bellevue	53	19:14.0	2:11.0	6:11.1	3:50.8
58 GONZALEZ, Damian	SO	West Liberty	54	19:15.3	2:12.3	6:11.5	3:51.1
59 EICHHORN, Liam	SO	Bellevue	55	19:22.4	2:19.4	6:13.8	3:52.5
60 BODECKER, Levi	FR	Tipton	-	19:23.9	2:20.9	6:14.2	3:52.8
61 ENGLER, Brenndan	SR	Beckman Catholic	(56)	19:24.6	2:21.6	6:14.5	3:52.9
62 SEEMANN, Trenton	JR	Monticello	-	19:25.1	2:22.1	6:14.6	3:53.0
63 LAUBSCHER, Colin	SO	Regina Iowa City	-	19:36.3	2:33.3	6:18.2	3:55.3
64 KRAUS, Gabe	JR	Monticello	-	19:37.4	2:34.4	6:18.6	3:55.5
65 SWANTON, David	JR	Northeast Goose La	57	19:38.9	2:35.9	6:19.1	3:55.8
66 MCKITTRICK, James	JR	Wilton	58	19:39.0	2:36.0	6:19.1	3:55.8
67 WIEBENGA, Thomas	SO	Maquoketa	59	19:39.5	2:36.5	6:19.3	3:55.9
68 GRIEBEL, Anderson	JR	Bellevue	60	19:41.0	2:38.0	6:19.7	3:56.2
69 MANTERNACH, Benton	FR	Cascade Western D	-	19:42.5	2:39.5	6:20.2	3:56.5
70 PICKARD, Jonathon	JR	Mid-Prairie Wellma	61	19:43.1	2:40.1	6:20.4	3:56.6
71 BUESING, Hunter	FR	Durant	62	19:45.6	2:42.6	6:21.2	3:57.1

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
72 RICHMAN, Royce	SR	Durant	63	19:48.2	2:45.2	6:22.1	3:57.6
73 RICKELS, Emmitt	JR	Monticello	-	19:52.9	2:49.9	6:23.6	3:58.6
74 HUERTA-VAZQUEZ, Nelson	SO	Anamosa	(64)	19:54.3	2:51.3	6:24.0	3:58.9
75 PINO, Mateo	SO	Alburnett	(65)	19:55.8	2:52.8	6:24.5	3:59.2
76 BOHL, Henry	SO	Alburnett	(66)	19:56.0	2:53.0	6:24.6	3:59.2
77 WILLIAMS, Luke	JR	Beckman Catholic	-	19:57.4	2:54.4	6:25.0	3:59.5
78 BROKAW, Griffin	JR	Monticello	-	19:58.5	2:55.5	6:25.4	3:59.7
79 LOTHAMER, Ben	JR	Mid-Prairie Wellma	(67)	20:03.6	3:00.6	6:27.0	4:00.7
80 WILLIAMS, Nolan	SR	Durant	68	20:06.5	3:03.5	6:27.9	4:01.3
81 BRAET, Davis	FR	Bellevue	(69)	20:06.6	3:03.6	6:28.0	4:01.3
82 NICHOLSON, Andre	SO	West Liberty	(70)	20:06.8	3:03.8	6:28.0	4:01.4
83 DAMSCHEN, Archie	FR	Mid-Prairie Wellma	(71)	20:08.9	3:05.9	6:28.7	4:01.8
84 KLINE, Mason	SO	Tipton	-	20:10.6	3:07.6	6:29.3	4:02.1
85 BRECEDA RODRIGUEZ, Di	FR	West Liberty	(72)	20:11.6	3:08.6	6:29.6	4:02.3
86 HUBER, Tyson	SO	Mid-Prairie Wellma	-	20:13.3	3:10.3	6:30.1	4:02.7
87 KASKA, Dawson	JR	Wilton	73	20:15.6	3:12.6	6:30.9	4:03.1
88 MARQUEZ, Alex	FR	Camanche	-	20:16.5	3:13.5	6:31.2	4:03.3
89 LADUE, Gus	SO	Anamosa	(74)	20:18.1	3:15.1	6:31.7	4:03.6
90 GUSTAFSON, Carl	JR	Mid-Prairie Wellma	-	20:25.9	3:22.9	6:34.2	4:05.2
91 SPANGLER, Isaac	SR	Tipton	-	20:30.5	3:27.5	6:35.7	4:06.1
92 MEIER, Caleb	JR	Tipton	-	20:33.8	3:30.8	6:36.7	4:06.8
93 EMBREE, Griffin	SR	Anamosa	-	20:36.8	3:33.8	6:37.7	4:07.4
94 DAMSCHEN, Cayce	SO	Mid-Prairie Wellma	-	20:39.7	3:36.7	6:38.6	4:07.9
95 ARAGON, Isaac	JR	West Liberty	-	20:42.9	3:39.9	6:39.6	4:08.6
96 RAUCH, Gage	SR	Alburnett	-	20:49.1	3:46.1	6:41.6	4:09.8
97 BEANBLOSSOM, Matthew	JR	Monticello	-	20:49.3	3:46.3	6:41.7	4:09.9
98 DUDZIK, Tommy	JR	Beckman Catholic	-	20:50.9	3:47.9	6:42.2	4:10.2
99 ROMAN, Aidan	FR	Regina Iowa City	-	20:54.9	3:51.9	6:43.5	4:11.0
100 CRIGGER, Truman	FR	Regina Iowa City	-	21:05.9	4:02.9	6:47.0	4:13.2
101 HAMILTON, Jax	SO	Tipton	-	21:06.4	4:03.4	6:47.2	4:13.3
102 CARNEY, Kasen	FR	Tipton	-	21:10.2	4:07.2	6:48.4	4:14.0
103 BONNEY, Jasper	FR	Maquoketa	75	21:19.2	4:16.2	6:51.3	4:15.8
104 BONEFAS, Cade	FR	Alburnett	-	21:19.3	4:16.3	6:51.4	4:15.9
105 KLINGMAN, Luke	JR	Regina Iowa City	-	21:24.1	4:21.1	6:52.9	4:16.8
106 CUTTER, Samuel	FR	Regina Iowa City	-	21:24.5	4:21.5	6:53.0	4:16.9
107 HOUGH, Landon	FR	Mid-Prairie Wellma	-	21:35.6	4:32.6	6:56.6	4:19.1
108 ERNST, Brayden	FR	Bellevue	(76)	21:38.0	4:35.0	6:57.4	4:19.6
109 JUAREZ, Xiovanni	SO	West Liberty	-	21:38.9	4:35.9	6:57.7	4:19.8
110 MROZEK, Erik	SO	Alburnett	-	21:41.7	4:38.7	6:58.6	4:20.3
111 SCOTT, Brady	SR	Alburnett	-	21:43.3	4:40.3	6:59.1	4:20.7
112 GUSTAFSON, Eli	FR	Alburnett	-	21:43.9	4:40.9	6:59.3	4:20.8
113 BROH, Sylvanus	SO	Regina Iowa City	-	21:51.5	4:48.5	7:01.7	4:22.3
114 ZIRBEL, Eli	SR	Alburnett	-	22:03.6	5:00.6	7:05.6	4:24.7
115 HEATH, Wesley	SR	West Liberty	-	22:04.5	5:01.5	7:05.9	4:24.9
116 SCHUETT, Mason	JR	Durant	77	22:15.6	5:12.6	7:09.5	4:27.1
117 KEARNEY, Brevyn	SO	Monticello	-	22:24.0	5:21.0	7:12.2	4:28.8

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
118 LEGRAND, Dallas	FR	Wilton	78	22:29.0	5:26.0	7:13.8	4:29.8
119 MCGRAW, Cam	SR	Alburnett	-	22:32.3	5:29.3	7:14.8	4:30.5
120 WILLIAMS, Caleb	SO	Cascade Western D	-	22:39.9	5:36.9	7:17.3	4:32.0
121 CULL, Ethan	SR	Alburnett	-	22:48.0	5:45.0	7:19.9	4:33.6
122 STANLEY-JONES, Oliver	JR	Alburnett	-	22:48.0	5:45.0	7:19.9	4:33.6
123 KLEINSCHMIDT, Jackson	SO	Northeast Goose La	79	22:48.4	5:45.4	7:20.0	4:33.7
124 DERKSEN, Romann	SO	Wilton	80	22:50.1	5:47.1	7:20.5	4:34.0
125 FELTES, Oliver	FR	Mid-Prairie Wellma	-	22:52.3	5:49.3	7:21.3	4:34.5
126 HOFFMAN, Landon	SO	Regina Iowa City	-	22:58.8	5:55.8	7:23.3	4:35.8
127 OLINGER, Wyatt	JR	Alburnett	-	23:14.2	6:11.2	7:28.3	4:38.8
128 SHOEMAKER, Wesley	JR	Durant	(81)	23:24.5	6:21.5	7:31.6	4:40.9
129 ELIZONDO, Cameron	SR	West Liberty	-	23:26.1	6:23.1	7:32.1	4:41.2
130 VAN GORP, Jackson	FR	Bellevue	-	23:26.2	6:23.2	7:32.2	4:41.2
131 MCCARRAHER, Ethan	SR	Beckman Catholic	-	23:27.5	6:24.5	7:32.6	4:41.5
132 WETHINGTON, Cory	SO	Durant	(82)	23:29.9	6:26.9	7:33.3	4:42.0
133 SCOTT, Jackson	FR	Alburnett	-	23:59.6	6:56.6	7:42.9	4:47.9
134 ADAM, Andrew	FR	Mid-Prairie Wellma	-	24:02.8	6:59.8	7:43.9	4:48.6
135 MOESTCHEN, Eli	SO	Monticello	-	24:16.1	7:13.1	7:48.2	4:51.2
136 KROYMAN, Mathias	JR	Northeast Goose La	83	24:28.4	7:25.4	7:52.2	4:53.7
137 CRIST, Julius	FR	Alburnett	-	24:29.7	7:26.7	7:52.6	4:53.9
138 LEGRAND, Gage	FR	Wilton	(84)	24:39.5	7:36.5	7:55.7	4:55.9
139 MIDDENDORP, Ashton	SO	Northeast Goose La	85	24:43.2	7:40.2	7:56.9	4:56.6
140 MALAGON, Gabriel	JR	West Liberty	-	24:48.4	7:45.4	7:58.6	4:57.7
141 NISSLEY, Jaxon	FR	Tipton	-	25:09.2	8:06.2	8:05.3	5:01.8
142 MCCONNELL, Shawn	SO	Tipton	-	25:20.9	8:17.9	8:09.0	5:04.2
143 BOWLING, Jayden	SO	Maquoketa	86	25:22.5	8:19.5	8:09.5	5:04.5
144 HERRICK, Malachi	JR	Anamosa	-	25:44.8	8:41.8	8:16.7	5:09.0
145 LANDA, Gabe	FR	Northeast Goose La	(87)	25:54.1	8:51.1	8:19.7	5:10.8
146 GARCIA, Damian	FR	Mid-Prairie Wellma	-	25:55.8	8:52.8	8:20.3	5:11.2
147 BENNETT, Connor	FR	Alburnett	-	26:23.5	9:20.5	8:29.2	5:16.7
148 RENTERIA, Christian	JR	West Liberty	-	26:24.8	9:21.8	8:29.6	5:17.0
149 SCHMITZ, Jacob	SO	Tipton	-	26:27.7	9:24.7	8:30.5	5:17.5
150 COLCORD, Evan	FR	Tipton	-	26:28.5	9:25.5	8:30.8	5:17.7
151 GOMEZ-VELASQUEZ, Chris	SR	West Liberty	-	26:38.6	9:35.6	8:34.0	5:19.7
152 THARP, Ben	SR	West Liberty	-	27:43.5	10:40.5	8:54.9	5:32.7
153 STEINES, Troy	FR	Bellevue	-	28:40.3	11:37.3	9:13.2	5:44.1
154 HOUZENGA, Julian	SO	Northeast Goose La	(88)	29:32.9	12:29.9	9:30.1	5:54.6
155 SCHUSTER, Roman	SO	Beckman Catholic	-	31:30.8	14:27.8	10:08.0	6:18.2
156 WELCH, Shane	SO	Northeast Goose La	-	32:41.3	15:38.3	10:30.6	6:32.3