

**Luther All-American Invitational
Luther College
Decorah, IA
September 12, 2015**

Girls Team Results

Place	School	Total	Finishers offset scoring								Total Time	Average
1	La Crosse Central	78	2	3	15	28	30	57	59	1:40:50	20:10	
2	Dubuque Hempstead	112	6	14	22	34	36	42	71	1:42:58	20:36	
3	Lanesboro Fillmore Central	132	16	21	25	32	38	72	136	1:43:58	20:48	
4	Burnsville	181	8	12	13	46	102	116	123	1:44:53	20:59	
5	Charles City	186	5	27	45	51	58	112	117	1:45:15	21:03	
6	Decorah	199	19	23	29	41	87	90	124	1:45:56	21:12	
7	Westby	207	4	39	47	53	64	65	93	1:45:44	21:09	
8	Dubuque Senior	212	11	40	43	55	63	69	75	1:46:21	21:17	
9	Rochester Century	217	7	24	52	56	78	94	108	1:46:14	21:15	
10	La Crosse Aquinas	222	9	20	50	67	76	82	109	1:46:26	21:18	
11	Byron	277	18	26	60	81	92	115	118	1:48:18	21:40	
12	Onalaska	300	17	35	73	80	95	113	114	1:48:53	21:47	
13	Rochester John Marshall	335	1	61	66	97	110	128	133	1:48:31	21:43	
14	Cedar Rapids Xavier	340	10	70	85	86	89	96	99	1:50:06	22:02	
15	Champlin Park	363	33	37	49	119	125	129	130	1:51:52	22:23	
16	Iowa City Regina	381	44	79	83	84	91	106	107	1:51:40	22:20	
17	Platteville	401	48	54	98	100	101	104	111	1:52:17	22:28	
18	Crestwood	475	68	74	77	122	134	135	137	1:55:28	23:06	
19	Mason City	496	62	88	105	120	121	127	131	1:55:42	23:09	
20	Luther HS	570	31	126	132	140	141			2:01:54	24:23	
21	New Hampton	665	103	138	139	142	143	144	145	2:08:54	25:47	

Incomplete Teams: South Winneshiek, St. Charles

Girls Individual Results

Place	Name	Year	School	Pace	Ave Mile	Ave KM
1	Emma Christensen	SR	Rochester John Marshall	18:28.4	05:56.4	03:41.7
2	Brekke Sara	JR	La Crosse Central	19:11.6	06:10.3	03:50.3
3	Leinfelder Sophie	SO	La Crosse Central	19:25.6	06:14.8	03:53.1
4	Elena Schmidt	SO	Westby	19:38.4	06:18.9	03:55.7
5	McKayla Cole	JR	Charles City	19:41.0	06:19.7	03:56.2
6	Casey Nichols	SO	Dubuque Hempstead	19:49.6	06:22.5	03:57.9
7	Alyson Welch	SO	Rochester Century	19:53.3	06:23.7	03:58.7
8	Johanna Weber	SR	Burnsville	19:53.6	06:23.8	03:58.7
9	Ryanne Schneider	SO	La Crosse Aquinas	20:10.5	06:29.2	04:02.1
10	Shelbie Reicks	JR	South Winneshiek	20:10.6	06:29.3	04:02.1
11	Jenny Dickes	SR	Cedar Rapids Xavier	20:13.1	06:30.0	04:02.6
12	Lauren Miller	FR	Dubuque Senior	20:13.2	06:30.1	04:02.6
13	Kelly Koch	SO	Burnsville	20:14.3	06:30.4	04:02.9
14	Krista Holmstrom	JR	Burnsville	20:14.8	06:30.6	04:02.9
15	Kristan Brown	JR	Dubuque Hempstead	20:16.3	06:31.1	04:03.3
16	Felicity Taylor	SO	South Winneshiek	20:21.9	06:32.9	04:04.4

17	Bruly Alex	SO	La Crosse Central	20:22.7	06:33.1	04:04.5
18	Leah Ruen	JR	Lanesboro Fillmore Central	20:23.8	06:33.5	04:04.8
19	Mackenzie Davis	SR	Onalaska	20:25.2	06:33.9	04:05.0
20	Hannah Higgins	FR	Byron	20:26.3	06:34.3	04:05.3
21	Josephine Berlage	JR	Decorah	20:29.4	06:35.3	04:05.9
22	Caroline Gundersen	SO	La Crosse Aquinas	20:30.9	06:35.8	04:06.2
23	Emily Snyder	FR	Lanesboro Fillmore Central	20:32.9	06:36.4	04:06.6
24	Josie Kriener	JR	South Winneshiek	20:36.1	06:37.4	04:07.2
25	Heather Hostager	SO	Dubuque Hempstead	20:37.6	06:37.9	04:07.5
26	Katie Nimrod	SO	Decorah	20:38.6	06:38.2	04:07.7
27	Kaitlin Miller	FR	Rochester Century	20:43.4	06:39.8	04:08.7
28	Kiera Olson	JR	Lanesboro Fillmore Central	20:44.0	06:40.0	04:08.8
29	Lauren Nepstad	8	Byron	20:50.6	06:42.1	04:10.1
30	Whitney Martin	FR	Charles City	20:52.4	06:42.7	04:10.5
31	Nelson Lilly	JR	La Crosse Central	20:53.8	06:43.2	04:10.8
32	Jenna Galligan	SO	Decorah	20:54.5	06:43.4	04:10.9
33	Nelson Violet	JR	La Crosse Central	20:55.8	06:43.8	04:11.2
34	Alivia Fuhrman	SR	Luther HS	21:00.7	06:45.3	04:12.1
35	Maddie Smith	FR	Lanesboro Fillmore Central	21:02.7	06:46.0	04:12.5
36	Diana Glebova	JR	Champlin Park	21:04.5	06:46.6	04:12.9
37	Heidi Welu	JR	Dubuque Hempstead	21:04.8	06:46.7	04:12.9
38	Brianna Cochlin	SR	Onalaska	21:06.3	06:47.2	04:13.3
39	Brenna Fransen	JR	Dubuque Hempstead	21:09.8	06:48.3	04:13.9
40	Jena Wachowiak	JR	Champlin Park	21:10.7	06:48.6	04:14.1
41	Bailey Ruen	SO	Lanesboro Fillmore Central	21:13.9	06:49.6	04:14.8
42	Abbey Wedwick	SO	Westby	21:14.1	06:49.7	04:14.8
43	Victoria Healey	JR	Dubuque Senior	21:15.8	06:50.2	04:15.2
44	Katie Perez	SR	Decorah	21:16.3	06:50.4	04:15.3
45	Emily Buchheit	JR	Dubuque Hempstead	21:20.8	06:51.8	04:16.2
46	MacKenzie Gaherty	SO	Dubuque Senior	21:21.9	06:52.2	04:16.4
47	Molly Blondin	FR	Iowa City Regina	21:22.6	06:52.4	04:16.5
48	Alysha Bilharz	JR	Charles City	21:23.2	06:52.6	04:16.6
49	Mari Belina	SO	Burnsville	21:23.3	06:52.6	04:16.7
50	Sydney Sherry	SO	Westby	21:23.3	06:52.6	04:16.7
51	Brelynn Updike	JR	Platteville	21:23.9	06:52.8	04:16.8
52	Sarina Lindell	SO	Champlin Park	21:24.5	06:53.0	04:16.9
53	Maya Walters	SR	La Crosse Aquinas	21:24.7	06:53.1	04:16.9
54	Sarah Turpen	JR	Charles City	21:32.6	06:55.6	04:18.5
55	Meredith Targonski	JR	Rochester Century	21:34.7	06:56.3	04:18.9
56	Julianne Call	SO	Westby	21:36.0	06:56.7	04:19.2
57	Morgan Wehnke	SO	Platteville	21:39.0	06:57.7	04:19.8
58	Kate Tonn	FR	Dubuque Senior	21:39.5	06:57.8	04:19.9
59	Arianna Werts	FR	Rochester Century	21:39.8	06:57.9	04:19.9
60	Pinkowski Jane	FR	La Crosse Central	21:43.5	06:59.1	04:20.7
61	Bailey Mitchell	JR	Charles City	21:45.5	06:59.8	04:21.1
62	Klingelhofer Ally	JR	La Crosse Central	21:46.8	07:00.2	04:21.4
63	Annika Johnson	8	Byron	21:46.8	07:00.2	04:21.4
64	Rachel Tomasek	JR	Rochester John Marshall	21:47.5	07:00.4	04:21.5

65	Diedre Beavers	JR	Mason City	21:48.6	07:00.8	04:21.7
66	Ava Frye	SO	Dubuque Senior	21:50.1	07:01.3	04:22.0
67	Ryla Vatland	SO	Westby	21:52.4	07:02.0	04:22.5
68	Sierra Cade	FR	Westby	21:53.1	07:02.2	04:22.6
69	Megan McDevitt	JR	Rochester John Marshall	21:56.4	07:03.3	04:23.3
70	Lexi Harwick	FR	La Crosse Aquinas	21:57.6	07:03.6	04:23.5
71	Lydia Beran	SR	Crestwood	22:00.6	07:04.6	04:24.1
72	Mia Rampton	SO	Dubuque Senior	22:01.4	07:04.9	04:24.3
73	Megan Lenss	JR	Cedar Rapids Xavier	22:02.1	07:05.1	04:24.4
74	Elli Saddler	SR	Dubuque Hempstead	22:02.5	07:05.2	04:24.5
75	Ashley Miner	SO	Lanesboro Fillmore Central	22:05.1	07:06.1	04:25.0
76	Katherine Carlisle	SR	Onalaska	22:05.9	07:06.3	04:25.2
77	Hope Dohlman	FR	Crestwood	22:08.5	07:07.2	04:25.7
78	Tori Willis	JR	Dubuque Senior	22:14.9	07:09.2	04:27.0
79	Rae Ann Klimesh	SR	South Winneshiek	22:20.8	07:11.1	04:28.2
80	Shelby Thicke	FR	La Crosse Aquinas	22:21.8	07:11.4	04:28.4
81	Gretchen Vandervort	SR	Crestwood	22:22.1	07:11.5	04:28.4
82	Martha Burket	SO	Rochester Century	22:22.8	07:11.8	04:28.6
83	Mary Graff	FR	Iowa City Regina	22:25.1	07:12.5	04:29.0
84	Jennifer Zimmer	SR	Onalaska	22:27.2	07:13.2	04:29.4
85	Justine Schneider	SR	Byron	22:29.3	07:13.9	04:29.9
86	Mara Anderson	SR	La Crosse Aquinas	22:33.8	07:15.3	04:30.8
87	Elizabeth Klesner	JR	Iowa City Regina	22:34.9	07:15.7	04:31.0
88	Sara Brulage	JR	Iowa City Regina	22:35.3	07:15.8	04:31.0
89	Kiana Stanek	JR	Cedar Rapids Xavier	22:36.0	07:16.0	04:31.2
90	Annie Sigmon	JR	Cedar Rapids Xavier	22:36.0	07:16.0	04:31.2
91	Morgan Minear	JR	Decorah	22:36.5	07:16.2	04:31.3
92	Julia Dunlavey	JR	Mason City	22:36.6	07:16.2	04:31.3
93	Abigail Tanko	JR	Cedar Rapids Xavier	22:38.2	07:16.7	04:31.6
94	Shania Kelly	JR	Decorah	22:38.9	07:16.9	04:31.8
95	Evelyn Daood	JR	St. Charles	22:40.9	07:17.6	04:32.2
96	Natalie Shank	SO	Iowa City Regina	22:42.2	07:18.0	04:32.4
97	Abbi Barstad	SO	Byron	22:44.2	07:18.6	04:32.8
98	Erinn Sebion	FR	Westby	22:46.2	07:19.3	04:33.2
99	Sydney Hollman	JR	Rochester Century	22:48.0	07:19.9	04:33.6
100	Abbie Giunta	FR	Onalaska	22:48.5	07:20.0	04:33.7

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Boys Team Results

Place	School	Total	Finishers offset scoring							Total Time	Average
1	Rochester Century	58	1	5	7	16	29	31	32	1:24:45	16:57
2	Onalaska	120	8	10	20	28	54	68	69	1:27:38	17:32
3	Platteville	137	3	4	27	36	67	84	101	1:27:21	17:29
4	La Crosse Central	145	2	18	35	42	48	56	99	1:27:44	17:33
5	Mason City	169	12	17	34	43	63	71	102	1:29:07	17:50
6	La Crosse Aquinas	179	9	30	39	44	57	59	116	1:29:09	17:50
7	Cedar Rapids Xavier	182	11	14	46	51	60	90	93	1:29:33	17:55
8	Champlin Park	215	24	38	40	52	61	82	98	1:30:13	18:03
9	Charles City	250	15	33	50	73	79	109	124	1:31:09	18:14
10	Decorah	252	45	47	49	53	58	64	72	1:31:10	18:14
11	Westby	257	6	13	70	83	85	91	92	1:31:22	18:17
12	Rochester John Marshall	290	22	26	55	76	111			1:32:25	18:29
13	Iowa City Regina	291	23	25	41	94	108	110	112	1:32:25	18:29
14	Crestwood	389	19	62	81	113	114	125	127	1:35:30	19:06
15	New Hampton	410	21	74	80	117	118	126	133	1:35:57	19:12
16	Byron	411	65	77	78	86	105	119	122	1:35:43	19:09
17	Luther HS	432	66	87	88	95	96	106		1:35:55	19:11
18	St. Charles	477	37	97	100	120	123	132		1:37:47	19:34
19	Lanesboro Fillmore Central	540	89	103	104	115	129	134		1:40:18	20:04
20	Chatfield	561	75	107	121	128	130	131	135	1:41:30	20:18

Boys Individual Results

Place	Name	Year	School	Time	Ave Mile	Ave KM
1	Seth Massot	SR	Rochester Century	16:04.1	05:10.0	03:12.8
2	Sam Pinkowski	JR	La Crosse Central	16:24.0	05:16.4	03:16.8
3	Vince Momot	SR	Platteville	16:28.7	05:17.9	03:17.7
4	Dan Iselin	JR	Platteville	16:41.2	05:21.9	03:20.2
5	Matt Ryan	SR	Rochester Century	16:41.9	05:22.1	03:20.4
6	Spencer Oftedahl	SR	Westby	16:52.1	05:25.4	03:22.4
7	Antonio Judson Red Elk	JR	Rochester Century	16:54.6	05:26.2	03:22.9
8	Nick Victor	JR	Onalaska	16:59.5	05:27.8	03:23.9
9	Zachary Phillips	SR	La Crosse Aquinas	17:04.6	05:29.5	03:24.9
10	Isaiah Sample	SR	Onalaska	17:13.3	05:32.2	03:26.7
11	Jonathan Francois	SR	Cedar Rapids Xavier	17:16.5	05:33.3	03:27.3
12	Jack Phillips	SO	Mason City	17:17.9	05:33.7	03:27.6
13	Hayden Fredrickson	SO	Westby	17:20.7	05:34.6	03:28.1
14	Steven Culpepper	SR	Cedar Rapids Xavier	17:22.5	05:35.2	03:28.5
15	Jonathan Zander	SR	Charles City	17:24.3	05:35.8	03:28.8
16	Zeke Green	JR	Rochester Century	17:25.0	05:36.0	03:29.0
17	Thomas Rowe	JR	Mason City	17:25.4	05:36.1	03:29.1
18	Chad Richter	SO	La Crosse Central	17:26.9	05:36.6	03:29.4

19	Michael Mashek	JR	Crestwood	17:27.6	05:36.8	03:29.5
20	Nate Simon	SR	Onalaska	17:27.7	05:36.9	03:29.5
21	Jake Usher	JR	New Hampton	17:29.6	05:37.5	03:29.9
22	Kevin Andrews	SR	Rochester John Marshall	17:32.5	05:38.4	03:30.5
23	Emilio Tovar	SR	Iowa City Regina	17:33.2	05:38.6	03:30.6
24	Connor Janostin	SO	Champlin Park	17:33.5	05:38.7	03:30.7
25	Nate Green	SO	Iowa City Regina	17:35.3	05:39.3	03:31.0
26	Mitch Olson	SO	Rochester John Marshall	17:36.1	05:39.6	03:31.2
27	Jace Serres	FR	Platteville	17:36.1	05:39.6	03:31.2
28	Jackson Clements	JR	Onalaska	17:37.5	05:40.0	03:31.5
29	Colin Weber	SR	Rochester Century	17:39.2	05:40.6	03:31.8
30	Ryan Scheidt	JR	La Crosse Aquinas	17:40.1	05:40.9	03:32.0
31	Andrew Schweyen	SR	Rochester Century	17:40.8	05:41.1	03:32.2
32	Mark Lucivansky	SR	Rochester Century	17:40.8	05:41.1	03:32.2
33	Gavin Connell	SO	Charles City	17:42.1	05:41.5	03:32.4
34	John Kraft	SR	Mason City	17:42.7	05:41.7	03:32.5
35	Jett Mickelson	SO	La Crosse Central	17:44.9	05:42.4	03:33.0
36	Blake Julius	SR	Platteville	17:50.4	05:44.2	03:34.1
37	Chris Majerus	JR	St. Charles	17:52.3	05:44.8	03:34.5
38	Ian Ivens	JR	Champlin Park	17:52.8	05:44.9	03:34.6
39	Jeremiah Degroot	SO	La Crosse Aquinas	17:54.5	05:45.5	03:34.9
40	Michael Volk	SR	Champlin Park	17:55.3	05:45.8	03:35.1
41	Nathan Meyer	SO	Iowa City Regina	17:57.4	05:46.4	03:35.5
42	Ben Patschull	SR	La Crosse Central	17:58.8	05:46.9	03:35.8
43	Kyle Younker	JR	Mason City	17:59.1	05:47.0	03:35.8
44	Rory Campbell	SO	La Crosse Aquinas	18:00.3	05:47.4	03:36.1
45	Richard Weis	JR	Decorah	18:02.7	05:48.1	03:36.5
46	John Pape	SO	Cedar Rapids Xavier	18:05.0	05:48.9	03:37.0
47	Andrew Kephart	SO	Decorah	18:07.4	05:49.6	03:37.5
48	Jack Richter	SO	La Crosse Central	18:08.9	05:50.1	03:37.8
49	Andrew Larson	SR	Decorah	18:10.2	05:50.5	03:38.0
50	Adam Stewart	JR	Charles City	18:10.8	05:50.7	03:38.2
51	Nicholas Lyon	SR	Cedar Rapids Xavier	18:13.1	05:51.5	03:38.6
52	Luke Crandall	JR	Champlin Park	18:14.8	05:52.0	03:38.9
53	Tim Meyer	SR	Decorah	18:19.9	05:53.7	03:40.0
54	AJ Irvin	FR	Onalaska	18:19.9	05:53.7	03:40.0
55	Sam Sonnabend	JR	Rochester John Marshall	18:21.5	05:54.2	03:40.3
56	Zach Dickmeyer	JR	La Crosse Central	18:25.4	05:55.4	03:41.1
57	Andy Goldsmith	SO	La Crosse Aquinas	18:29.1	05:56.6	03:41.8
58	Trevor Phillips	SR	Decorah	18:30.0	05:56.9	03:42.0
59	Ethan Gregg	FR	La Crosse Aquinas	18:35.5	05:58.7	03:43.1
60	Grayson Walther	FR	Cedar Rapids Xavier	18:35.9	05:58.8	03:43.2
61	Michael Urvig	JR	Champlin Park	18:36.2	05:58.9	03:43.2
62	Nathan Martinek	FR	Crestwood	18:41.1	06:00.5	03:44.2
63	Jacob Lang	SO	Mason City	18:41.4	06:00.6	03:44.3
64	Bryce Hosting	SR	Decorah	18:42.5	06:00.9	03:44.5
65	Nate Peterson	SR	Byron	18:43.8	06:01.3	03:44.7
66	Ian Timm	JR	Luther HS	18:44.1	06:01.4	03:44.8

67	Calvin Wernimont	FR	Platteville	18:44.5	06:01.6	03:44.9
68	Conor Birdsong	JR	Onalaska	18:45.5	06:01.9	03:45.1
69	Spencer Runde	SR	Onalaska	18:46.2	06:02.1	03:45.2
70	John Lucas	SO	Westby	18:47.7	06:02.6	03:45.5
71	Michael Rowe	FR	Mason City	18:48.4	06:02.8	03:45.7
72	Tyler Vandelune	SO	Decorah	18:48.6	06:02.9	03:45.7
73	Tyson Stromer	SR	Charles City	18:49.7	06:03.2	03:45.9
74	Nolan Usher	FR	New Hampton	18:50.8	06:03.6	03:46.2
75	Dillon Nolan	SO	Chatfield	18:51.4	06:03.8	03:46.3
76	Caleb Feda	FR	Rochester John Marshall	18:53.0	06:04.3	03:46.6
77	Cam Slowinski	SR	Byron	18:57.0	06:05.6	03:47.4
78	Miles Clopton	SO	Byron	19:01.8	06:07.1	03:48.4
79	Malik Knighten	JR	Charles City	19:02.0	06:07.2	03:48.4
80	Zach Heying	JR	New Hampton	19:02.4	06:07.3	03:48.5
81	Ryan Steffen	SO	Crestwood	19:03.0	06:07.5	03:48.6
82	Jacob Vanhoutan	SR	Champlin Park	19:07.5	06:09.0	03:49.5
83	Griffin Thurin	SR	Westby	19:09.7	06:09.7	03:49.9
84	Tyler Moss	FR	Platteville	19:11.0	06:10.1	03:50.2
85	Kyle Hansen	JR	Westby	19:12.0	06:10.4	03:50.4
86	Aren Jorgensen	SO	Byron	19:12.8	06:10.7	03:50.6
87	Brad Kirsch	SR	Luther HS	19:13.5	06:10.9	03:50.7
88	Jacob Wintrone	JR	Luther HS	19:14.2	06:11.1	03:50.8
89	Nathan Eversole	SR	Lanesboro Fillmore Central	19:15.2	06:11.4	03:51.0
90	Ryer Barnes	JR	Cedar Rapids Xavier	19:15.8	06:11.6	03:51.2
91	Alexander Adam	SR	Westby	19:17.0	06:12.0	03:51.4
92	Joe Call	SR	Westby	19:17.8	06:12.3	03:51.5
93	Jospeh Sciezinski	SO	Cedar Rapids Xavier	19:17.8	06:12.3	03:51.6
94	Nick Schnoeblen	SR	Iowa City Regina	19:18.7	06:12.6	03:51.7
95	Jesse Hackbarth	JR	Luther HS	19:19.0	06:12.7	03:51.8
96	Quaid Handy	FR	Luther HS	19:23.8	06:14.2	03:52.8
97	Axel Daood	FR	St. Charles	19:25.8	06:14.8	03:53.2
98	Aaron Kloeppner	SR	Champlin Park	19:31.0	06:16.5	03:54.2
99	Andrew Hansen	SR	La Crosse Central	19:32.7	06:17.1	03:54.5
100	Tyler Fynboh	SO	St. Charles	19:38.1	06:18.8	03:55.6