

11th Heartland Cross Country Classic
Iowa State University
Ames, IA
Host Des Moines Roosevelt
September 17, 2016
Mid 60s and Sunny

4835 meters

Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Average Spread	
1	Johnston	38	2	4	7	11	14	87	90	18:19.2	0:45.2
2	Wayzata, KS	81	8	10	12	24	27	28	46	18:42.7	0:40.0
3	Iowa City West	104	5	6	25	32	36	77	97	18:44.7	1:07.5
4	Millard West, NE	126	3	13	16	41	53	68	83	18:54.2	1:33.9
5	Pleasant Valley	164	17	26	31	34	56	148	177	19:10.4	0:53.1
6	Iowa City City High	184	9	20	22	45	88	108	170	19:10.5	1:39.9
7	Ankeny Centennial	244	15	33	51	65	80	95	111	19:27.5	1:18.0
8	Linn-Mar	258	18	44	50	67	79	141	157	19:31.2	1:12.2
9	Dowling Catholic	269	42	47	49	61	70	81	109	19:36.6	0:30.2
10	Waukee	296	29	40	59	76	92	115	138	19:39.9	1:09.2
11	Bettendorf	300	21	43	63	82	91	122	155	19:40.2	1:23.4
12	Shawnee Miss Nw, KS	309	1	55	60	89	104	120		19:27.5	3:23.8
13*	Pella	398	35	73	78	105	107	124	137	20:03.2	1:20.8
14*	Gilbert	398	58	69	72	96	103	128	145	20:03.4	0:47.8
15	Ames	420	48	64	94	98	116	121	129	20:08.9	1:15.4
16	Southeast Polk	428	23	71	106	110	118	151	176	20:10.2	1:53.3
17	Valley	441	30	66	100	119	126	130	146	20:13.9	1:49.4
18	Shawnee Miss S, KS	496	54	75	86	113	168	169		20:29.8	2:22.8
19	Indianola	539	37	38	143	159	162	166	171	20:41.3	2:37.2
20	D M Roosevelt	545	84	99	114	117	131	133	140	20:38.4	0:57.2
21	C R Prairie	563	19	101	123	156	164	181		20:45.5	3:08.4
22	Dallas Center-Grimes	567	62	85	112	147	161	165	167	20:45.5	2:05.9
23	Fremont, NE	582	52	125	134	135	136	144		20:46.5	1:30.9
24	Marion	639	57	132	139	153	158	179	180	21:03.5	2:04.6
25	Omaha Marian, NE	640	93	102	142	149	154	160		21:00.4	1:18.5
26	Olathe Northwest, KS	674	39	127	150	175	183	187		21:28.8	3:47.1
27	Osage	734	74	152	163	172	173	182	186	21:40.2	2:35.3
28	Des Moines Hoover	909	174	178	184	185	188	189		23:32.6	3:02.9

Incomplete Teams: Roland-Story

Varsity Girls Individual Results

Place	Points	Finisher	Grade	Time	Team
1	1	Molly Born	Jr	17:09.4	Shawnee Miss Nw, KS
2	2	Jessica McKee	Jr	17:56.4	Johnston
3	3	Gabby McGinn	Jr	18:04.3	Millard West, NE
4	4	Emily Poss	Sr	18:04.9	Johnston
5	5	Gabby Skopec	Sr	18:06.0	Iowa City West

6	6	Bailey Nock	Jr	18:13.6	Iowa City West
7	7	Brooke McKee	Fr	18:18.3	Johnston
8	8	Jaycie Thomsen	Sr	18:22.3	Wayzata, KS
9	9	Mary Arch	Sr	18:30.6	Iowa City City High
10	10	Emma Atkinson	9	18:31.4	Wayzata, KS
11	11	Paige Horner	Fr	18:34.9	Johnston
12	12	Brooke Young	Jr	18:37.7	Wayzata, KS
13	13	Abby Heffner	So	18:39.1	Millard West, NE
14	14	Josie Hovey	So	18:41.5	Johnston
15	15	Emma Gordon	Jr	18:43.6	Ankeny Centennial
16	16	Kaitlynn Johnson	Sr	18:46.4	Millard West, NE
17	17	Mallory Lafever	So	18:47.5	Pleasant Valley
18	18	Maddie Mann	Sr	18:48.4	Linn-Mar
19	19	Hannah Frazee	Sr	18:49.4	C R Prairie
20	20	Anna Lindower	So	18:49.6	Iowa City City High
21	21	Ally Gallagher	Jr	18:50.7	Bettendorf
22	22	Emily Bywater	Sr	18:56.6	Iowa City City High
23	23	Sierra Mitchell	Sr	18:57.2	Southeast Polk
24	24	Annika Lerdall	Sr	18:59.4	Wayzata, KS
25	25	Claire Ronnebaum	Jr	18:59.7	Iowa City West
26	26	Maddie Minard	So	19:01.9	Pleasant Valley
27	27	Rhynn Paulsen	9	19:02.3	Wayzata, KS
28	28	Samantha Lettenberger	Sr	19:02.9	Wayzata, KS
29	29	Karson Foley	Jr	19:05.7	Waukee
30	30	Emily Ash	So	19:07.3	Valley
31	31	Addie Swanson	Sr	19:08.9	Pleasant Valley
32	32	Olivia Moore	Sr	19:10.7	Iowa City West
33	33	Ashley Arends	Sr	19:11.2	Ankeny Centennial
34	34	Abby Riley	So	19:12.7	Pleasant Valley
35	35	Tess Roorda	Sr	19:13.5	Pella
36	36	Jessie Skopec	Sr	19:13.5	Iowa City West
37	37	Jadyn Forbes	So	19:15.0	Indianola
38	38	Grace Berg	Jr	19:16.5	Indianola
39	39	Ashton Dain	Fr	19:16.8	Olathe Northwest, KS
40	40	Sydney Schafer	Fr	19:18.7	Waukee
41	41	Lauren Wilwerding	So	19:22.7	Millard West, NE
42	42	Kelsey Schweizer	So	19:22.9	Dowling Catholic
43	43	Trinity Borland	So	19:24.3	Bettendorf
44	44	Rachel Bohnenkamp	Jr	19:24.5	Linn-Mar
45	45	Kinsee Brands	Jr	19:25.0	Iowa City City High
46	46	Julia Beckman	So	19:27.7	Wayzata, KS
47	47	Kate Timboe	So	19:29.9	Dowling Catholic
48	48	Katelyn Moore	Sr	19:30.6	Ames
49	49	Molly Flood	Jr	19:32.4	Dowling Catholic
50	50	Abby Van Rheenen	Jr	19:32.7	Linn-Mar
51	51	Jeanne Peters	Fr	19:33.6	Ankeny Centennial
52		1b9eed0		19:34.2	
53	52	Vivian Sanchez	Sr	19:36.4	Fremont, NE

54	53	Katie McNulty	Fr	19:38.2	Millard West, NE
55	54	Karynn Carroll	Sr	19:39.6	Shawnee Miss S, KS
56	55	Riley Demo	So	19:40.4	Shawnee Miss Nw, KS
57	56	Chloe Greig	So	19:40.6	Pleasant Valley
58	57	Hallie Kephart	So	19:41.5	Marion
59	58	Maggie Pollard	Jr	19:42.5	Gilbert
60	59	Miranda Boyle	So	19:42.6	Waukee
61	60	Hannah Gruman	Sr	19:43.3	Shawnee Miss Nw, KS
62	61	Katelyn Reichart	Fr	19:44.4	Dowling Catholic
63	62	Brooke Kramer	Sr	19:44.7	Dallas Center-Grimes
64	63	Sydney Spranger	Jr	19:45.5	Bettendorf
65	64	Ryan Weiss	Sr	19:46.9	Ames
66	65	Jesslyn Gaumer	So	19:47.2	Ankeny Centennial
67	66	Helen Gould	So	19:48.3	Valley
68	67	Deanna Newhouse	Sr	19:49.6	Linn-Mar
69	68	Devyn McDonald	So	19:50.6	Millard West, NE
70	69	Carly Rahn	Sr	19:52.0	Gilbert
71	70	Elzerie VanDyke	Jr	19:53.1	Dowling Catholic
72	71	Paige Blackford	So	19:54.5	Southeast Polk
73	72	Emily Branson	Jr	19:54.9	Gilbert
74	73	Mikayla Kruse	So	19:55.0	Pella
75	74	Mia Knudsen	Fr	19:56.1	Osage
76	75	Bethany Ward	Jr	19:56.6	Shawnee Miss S, KS
77	76	Maggie Laird	Sr	19:57.4	Waukee
78	77	Deniz Ince	So	19:58.4	Iowa City West
79	78	Ciara Buchheit	Sr	19:59.6	Pella
80	79	Maddy Genskow	Sr	20:00.6	Linn-Mar
81	80	Megan Gray	Jr	20:01.6	Ankeny Centennial
82	81	Bella Heidesch	So	20:02.6	Dowling Catholic
83	82	Kiana Castro	Sr	20:06.0	Bettendorf
84	83	Camryn Larsen	Sr	20:06.6	Millard West, NE
85	84	Isabel Buchanan	Jr	20:07.7	D M Roosevelt
86	85	Kaitlyn Murano	Jr	20:08.4	Dallas Center-Grimes
87	86	Colleen Bontrager	Sr	20:08.9	Shawnee Miss S, KS
88	87	Clara Toot	Fr	20:09.7	Johnston
89	88	Annie Rummelhart	So	20:10.5	Iowa City City High
90	89	Camille Henderson	Sr	20:10.9	Shawnee Miss Nw, KS
91	90	Lauren Urban	So	20:11.2	Johnston
92	91	Jenna Nickles	Fr	20:14.1	Bettendorf
93	92	Isabelle Schafer	Fr	20:14.8	Waukee
94	93	Brooke Wigdahl	Fr	20:14.9	Omaha Marian, NE
95	94	Madeline Taylor	So	20:15.6	Ames
96	95	Jaedyn Birchmier	Jr	20:16.7	Ankeny Centennial
97	96	Livvy Hampton	Jr	20:17.3	Gilbert
98	97	Chloe Holt	So	20:23.0	Iowa City West
99	98	Eva Hill	So	20:25.5	Ames
100	99	Megan Fleming	So	20:25.8	D M Roosevelt
101	100	Blake Morrow	Fr	20:26.5	Valley

102	101	Alissa Neubauer	Jr	20:27.0	C R Prairie
103	102	Sarah Anderson	So	20:28.8	Omaha Marian, NE
104	103	Allison Weiler	Fr	20:30.3	Gilbert
105	104	Abby Winter	So	20:33.2	Shawnee Miss Nw, KS
106	105	Kelcey Blommers	Sr	20:33.5	Pella
107	106	Tarryn Hill	Fr	20:33.9	Southeast Polk
108	107	Caroline McMartin	Fr	20:34.2	Pella
109	108	Esti Brady	Fr	20:34.5	Iowa City City High
110	109	Sydnee Miller	So	20:34.6	Dowling Catholic
111	110	Chaybrin Olsen	Jr	20:34.8	Southeast Polk
112	111	Claire Wubben	Jr	20:36.1	Ankeny Centennial
113	112	Lexi Smith	Jr	20:37.1	Dallas Center-Grimes
114	113	Hannah Underwood	Sr	20:41.6	Shawnee Miss S, KS
115	114	Mae Murphy	Sr	20:45.6	D M Roosevelt
116	115	Odessa Neeley	Sr	20:45.6	Waukee
117	116	Camille Jackson	Fr	20:45.9	Ames
118	117	Sarah Schott	Jr	20:47.8	D M Roosevelt
119	118	Natalie Clement	Fr	20:50.5	Southeast Polk
120	119	Erin Lowe	So	20:50.5	Valley
121	120	Ashley Ard	Sr	20:52.0	Shawnee Miss Nw, KS
122	121	Katie Fukushima	Sr	20:52.6	Ames
123	122	Nyah Block	So	20:54.1	Bettendorf
124	123	Cayla Renwick	Sr	20:54.2	C R Prairie
125	124	Annika Pingel	Jr	20:54.2	Pella
126	125	Myia Johnson	Fr	20:55.3	Fremont, NE
127	126	Riley Bright	Sr	20:56.7	Valley
128	127	Amelia Sims	So	21:00.3	Olathe Northwest, KS
129	128	Kenzie Miller	Jr	21:00.7	Gilbert
130	129	Caitlyn Hanulikova	Fr	21:01.5	Ames
131	130	Ashley Tan	Fr	21:03.2	Valley
132	131	Solit Germano	Jr	21:04.8	D M Roosevelt
133	132	Kelsi Huhndorf	Jr	21:06.0	Marion
134	133	Zoe Fry	Fr	21:06.3	D M Roosevelt
135	134	Jahayra Alarcon	So	21:06.4	Fremont, NE
136	135	Elizabeth Krohn	Sr	21:06.9	Fremont, NE
137	136	Lindsay Seier	Sr	21:07.3	Fremont, NE
138	137	Hailey Kowzan	Fr	21:08.2	Pella
139	138	Lily Campbell	Jr	21:09.2	Waukee
140	139	Sydney Brase	Sr	21:10.7	Marion
141	140	Kiki Levy	Fr	21:12.3	D M Roosevelt
142	141	Jaclyn Simons	Sr	21:13.8	Linn-Mar
143	142	Claire Janecek	Sr	21:15.1	Omaha Marian, NE
144	143	Bailey Blake	Fr	21:15.9	Indianola
145	144	Karla Zavala	Jr	21:16.8	Fremont, NE
146	145	Justine Rosburg	Jr	21:18.8	Gilbert
147	146	Haley Losh	So	21:20.9	Valley
148	147	Grace Robbins	So	21:26.4	Dallas Center-Grimes
149	148	Kayci Gatlin	Fr	21:26.8	Pleasant Valley

150	149	Emily Evans	Sr	21:29.9	Omaha Marian, NE
151	150	Maleah Wardlock	Fr	21:30.3	Olathe Northwest, KS
152	151	Taylor Beyer	So	21:30.4	Southeast Polk
153	152	Breana Barker	Sr	21:30.5	Osage
154	153	Corrina Dittmer	Fr	21:33.0	Marion
155	154	Laura Tatten	Sr	21:33.3	Omaha Marian, NE
156	155	Tessa Wright	So	21:37.2	Bettendorf
157	156	Meghan Brune	Sr	21:38.9	C R Prairie
158	157	Maddie Block	Sr	21:41.4	Linn-Mar
159	158	Avery Manderscheid	So	21:46.0	Marion
160	159	Jensen Gebhart	Jr	21:46.8	Indianola
161	160	Juliet Kolterman	Sr	21:47.4	Omaha Marian, NE
162	161	Natalie Paulson	So	21:50.6	Dallas Center-Grimes
163	162	Allison Coffey	So	21:52.2	Indianola
164	163	Madi Johnson	Jr	21:53.1	Osage
165	164	Kirstin Skriver	Jr	21:57.8	C R Prairie
166	165	Sami Sterbenz	So	22:00.4	Dallas Center-Grimes
167	166	Katelyn Schulze	Sr	22:01.3	Indianola
168	167	Lara Kallem	Fr	22:02.0	Dallas Center-Grimes
169	168	Sara Schafer	Jr	22:02.3	Shawnee Miss S, KS
170	169	Alexis Appleman	Jr	22:06.2	Shawnee Miss S, KS
171	170	Mollie Hansen	Sr	22:12.1	Iowa City City High
172	171	Jacque McGinnis	Sr	22:22.9	Indianola
173	172	Emily Ross	Sr	22:29.8	Osage
174	173	Brooke Scharper	Jr	22:31.3	Osage
175	174	Lydia Swanson	So	22:31.4	Des Moines Hoover
176	175	Molly Biorkman	So	22:32.5	Olathe Northwest, KS
177	176	Rachel Larkins	Jr	22:32.8	Southeast Polk
178	177	Caroline Christopherson	So	22:38.0	Pleasant Valley
179	178	Katie Bickel	Sr	22:40.2	Des Moines Hoover
180	179	Bri Fentress	Fr	22:44.2	Marion
181	180	Mia Laube	Jr	22:46.2	Marion
182	181	Ashley Grady	Sr	22:48.5	C R Prairie
183	182	Makayla Mostek	Fr	22:51.5	Osage
184	183	Katie Andrew	Sr	23:03.9	Olathe Northwest, KS
185		Taryn Perry	Jr	23:11.3	Roland-Story
186	184	Shiggo Shadin	So	23:24.8	Des Moines Hoover
187	185	Taylan Olson	Jr	23:32.1	Des Moines Hoover
188	186	Maci Adams	So	24:18.1	Osage
189	187	Haylee Fisher	Jr	24:32.1	Olathe Northwest, KS
190	188	Rebekah Bourland	Jr	25:34.3	Des Moines Hoover
191	189	Naomi Bourland	Fr	30:00.3	Des Moines Hoover

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4835 meters

Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Average Spread	
1	St Thomas Aquinas, Ks	107	3	9	29	31	35	48	55	15:40.1	0:53.2
2	Edina, KS	108	2	7	22	25	52	54	63	15:36.7	1:13.1
3	Fremont, NE	130	6	21	26	28	49	50	66	15:46.0	0:52.4
4	Dowling Catholic	165	8	23	30	46	58	69	77	15:53.6	0:57.8
5	Pleasant Valley	199	4	38	45	47	65	74	95	15:59.9	1:13.9
6	Valley	214	16	20	43	53	82	98	152	16:03.3	0:56.8
7	Dubuque Hempstead	223	18	34	37	59	75	128	144	16:06.7	0:51.7
8	C R Prairie	251	32	33	51	67	68	106	112	16:12.0	0:30.3
9	Millard West, NE	270	15	41	56	61	97	100		16:13.3	1:07.7
10	S F Roosevelt, SD	306	10	24	57	105	110	136	172	16:13.8	1:18.8
11	Linn-Mar	317	5	14	92	99	107	122		16:12.4	1:29.6
12	Waukee	328	12	36	76	86	118	129	141	16:18.8	1:19.9
13	Iowa City City High	335	39	44	79	80	93	116	132	16:23.3	0:37.1
14	Johnston	340	1	70	78	90	101	120	134	16:15.4	1:50.2
15	Omaha Central, NE	359	13	71	73	81	121	140	169	16:24.1	1:23.0
16	Iowa City West	361	27	42	60	109	123	127	133	16:24.8	1:09.4
17	Marion	446	11	19	125	142	149	168	174	16:33.2	1:47.6
18	Gilbert	488	72	94	103	108	111	115	117	16:42.4	0:20.3
19	Pella	540	40	85	130	137	148	182	191	16:50.7	1:15.2
20	Indianola	541	89	91	102	104	155			16:51.1	0:50.5
21	Ankeny Centennial	554	17	83	143	145	166	175	205	16:53.1	2:02.2
22	Ames	622	84	96	113	153	176	178	186	17:06.5	1:21.3
23	Shawnee Miss Nw, KS	635	64	87	150	161	173			17:08.5	1:27.3
24	Shawnee Miss S, KS	651	62	131	138	156	164	180		17:09.0	1:16.9
25	Olathe Northwest, KS	697	88	114	135	179	181	183	185	17:26.6	1:51.7
26	D M Roosevelt	720	119	139	151	154	157	159	163	17:16.4	0:35.5
27**	C R Washington	759	124	126	160	165	184	187	192	17:34.5	1:37.1
28	Bettendorf	808	147	158	162	170	171	177	188	17:35.5	0:30.4
29	Roland-Story	895	146	167	190	195	197	198	200	18:37.5	2:22.4
30	Des Moines Hoover	982	189	193	196	201	203			20:11.2	2:52.8
31	Des Moines North	1005	194	199	202	204	206			22:10.6	7:30.3

** C R Washington did not run their full varsity team in this meet.

Varsity Boys Individual Results

Place	Points	Finisher	Grade	Time	Team
1	1	Patrick Bose	Sr	14:54.7	Johnston

2	2	Patrick Roos	Sr	15:00.9	Edina, KS
3	3	Will Cole	Sr	15:08.2	St Thomas Aquinas, KS
4	4	Nicholas Yanek	Jr	15:11.2	Pleasant Valley
5	5	Ryan Murphy	Sr	15:17.7	Linn-Mar
6	6	Jose Gonzalez	So	15:19.4	Fremont, NE
7	7	Zachary Miller	Sr	15:20.0	Edina, KS
8	8	Matthew Carmody	Jr	15:21.5	Dowling Catholic
9	9	Alex Gill	Sr	15:23.6	St Thomas Aquinas, KS
10	10	Seth Iverson	Sr	15:29.3	S F Roosevelt, SD
11	11	Jeremy Fopma	Jr	15:31.6	Marion
12	12	Jackson Lewis	Sr	15:32.6	Waukee
13	13	Alex Tollinger	Sr	15:32.8	Omaha Central, NE
14	14	Dalton Gosch	Sr	15:34.0	Linn-Mar
15	15	John Quigley	Jr	15:36.4	Millard West, NE
16	16	Kirk Trevor	Sr	15:36.7	Valley
17	17	Camden Cox	Jr	15:37.9	Ankeny Centennial
18	18	Addison Kalb	Jr	15:39.5	Dubuque Hempstead
19	19	Myles Bach	Jr	15:39.6	Marion
20	20	Moise Habineza	Jr	15:39.6	Valley
21	21	Sage Reiger	Sr	15:40.2	Fremont, NE
22	22	Maxwell Manley	So	15:42.1	Edina, KS
23	23	Jack Fink	Sr	15:44.1	Dowling Catholic
24	24	Thane Hein	Sr	15:46.3	S F Roosevelt, SD
25	25	Thomas Schauerman	Sr	15:46.4	Edina, KS
26	26	Preston Decker	Sr	15:46.7	Fremont, NE
27	27	Kolby Greiner	Fr	15:49.6	Iowa City West
28	28	Jack Schulz	Sr	15:51.6	Fremont, NE
29	29	Andrew LeBourveau	Jr	15:52.6	St Thomas Aquinas, KS
30	30	Matt Fraizer	Sr	15:52.6	Dowling Catholic
31	31	Jacob Cofer	Jr	15:54.5	St Thomas Aquinas, KS
32	32	Cam Steffens	Sr	15:56.0	C R Prairie
33	33	Max Laue	Jr	15:58.2	C R Prairie
34	34	Ben Hermiston	So	16:01.1	Dubuque Hempstead
35	35	David McCanna	Jr	16:01.4	St Thomas Aquinas, KS
36	36	Nathan Sanders	Sr	16:01.6	Waukee
37	37	Adam Mueller	Sr	16:01.6	Dubuque Hempstead
38	38	Konnor Sommer	Jr	16:02.2	Pleasant Valley
39	39	Matthew Dodge	Sr	16:02.6	Iowa City City High
40	40	Blaise Winegardner	Jr	16:03.4	Pella
41	41	Jeremy Hacker	Sr	16:06.2	Millard West, NE
42	42	Ali Ali	Jr	16:06.9	Iowa City West
43	43	Armitage Evan	So	16:08.6	Valley
44	44	Michael Berg	Sr	16:09.2	Iowa City City High
45	45	Mark Conway	Sr	16:09.5	Pleasant Valley
46	46	Kevin Conner	So	16:10.5	Dowling Catholic
47	47	Gavin Smith	So	16:11.1	Pleasant Valley
48	48	Danny Grasing	Sr	16:11.3	St Thomas Aquinas, KS
49	49	Jake Weston	Sr	16:11.8	Fremont, NE

50	50	C J Martinez	Jr	16:12.5	Fremont, NE
51	51	Robert Laue	Jr	16:13.7	C R Prairie
52	52	Owen Smalley	Sr	16:13.9	Edina, KS
53	53	Day Collin	Sr	16:18.1	Valley
54	54	Louis Lefebvre	Sr	16:18.4	Edina, KS
55	55	Luke Lee	Jr	16:18.8	St Thomas Aquinas, KS
56	56	Mason McDonald	So	16:18.9	Millard West, NE
57	57	Blake Chesley	Sr	16:19.2	S F Roosevelt, SD
58	58	Thomas Bussey	Jr	16:19.3	Dowling Catholic
59	59	David Holesinger	So	16:19.7	Dubuque Hempstead
60	60	Andrew Murley	Jr	16:20.3	Iowa City West
61	61	Sam Harter	Sr	16:20.6	Millard West, NE
62	62	Mitch Brock	Sr	16:21.2	Shawnee Miss S, KS
63	63	Maxwell Kuhs	Sr	16:22.1	Edina, KS
64	64	Michael Scott	Jr	16:22.9	Shawnee Miss Nw, KS
65	65	Parker Huhn	So	16:25.1	Pleasant Valley
66	66	Brock Hegarty	Sr	16:25.4	Fremont, NE
67	67	Luke Huedepohl	Sr	16:25.7	C R Prairie
68	68	Elijah Vlasek	Jr	16:26.2	C R Prairie
69	69	Niall Moore	Jr	16:26.4	Dowling Catholic
70	70	Tom Altier	Jr	16:27.3	Johnston
71	71	Ethan Kilton	So	16:28.8	Omaha Central, NE
72	72	Nathan Patel	Fr	16:29.4	Gilbert
73	73	Nick Larson	So	16:30.0	Omaha Central, NE
74	74	Ben Gorman	Sr	16:30.5	Pleasant Valley
75	75	Joey Schultz	Sr	16:31.2	Dubuque Hempstead
76	76	Tyler Loecke	So	16:31.3	Waukee
77	77	Sam Hall	Fr	16:31.4	Dowling Catholic
78	78	Luke Perman	So	16:32.0	Johnston
79	79	Michael Taylor	Sr	16:32.1	Iowa City City High
80	80	Quenton Max	Jr	16:32.6	Iowa City City High
81	81	Akol Malong	Sr	16:33.2	Omaha Central, NE
82	82	Salas Richard	So	16:33.5	Valley
83	83	Jonah Vicker	So	16:34.8	Ankeny Centennial
84	84	Garang Akok	So	16:35.6	Ames
85	85	Nick Bernhagen	Sr	16:35.6	Pella
86	86	Travis Loecke	So	16:35.7	Waukee
87	87	James Lang	Sr	16:36.2	Shawnee Miss Nw, KS
88	88	Trey Seaba	Sr	16:36.4	Olathe Northwest, KS
89	89	Eric Baldus	So	16:37.5	Indianola
90	90	Aidan MacGregor	So	16:37.8	Johnston
91	91	Dudley Yeoman	Sr	16:38.6	Indianola
92	92	Carter Lorenz	Sr	16:38.7	Linn-Mar
93	93	Caden Turnbough	Fr	16:39.7	Iowa City City High
94	94	John Ockey	So	16:40.0	Gilbert
95	95	Ian Aplington	Sr	16:40.4	Pleasant Valley
96	96	Kear Kear	Jr	16:43.0	Ames
97	97	Derek Moore	Jr	16:44.0	Millard West, NE

98	98	Williams Ryan	Sr	16:44.1	Valley
99	99	Grant Chlystun	Jr	16:44.4	Linn-Mar
100	100	Andrew Dubas	Sr	16:44.5	Millard West, NE
101	101	Joe Schaefer	So	16:44.9	Johnston
102	102	Gabe Pottebaum	Jr	16:45.3	Indianola
103	103	Calvin Stewart	Jr	16:45.4	Gilbert
104	104	Nathan Magalhaes	Sr	16:45.8	Indianola
105	105	Isaiah Lee	Jr	16:46.0	S F Roosevelt, SD
106	106	Mike Jasa	Jr	16:46.2	C R Prairie
107	107	Brycen Snell	Jr	16:47.2	Linn-Mar
108	108	Rees Tyler	Fr	16:47.5	Gilbert
109	109	Derek Nugent	Jr	16:47.9	Iowa City West
110	110	Colin Ferri	So	16:48.1	S F Roosevelt, SD
111	111	Griffin Ruba	Fr	16:49.7	Gilbert
112	112	Matt Lorenz	Sr	16:50.2	C R Prairie
113	113	Tyler Carney	Jr	16:50.5	Ames
114	114	Ivan Kamanisky	So	16:50.5	Olathe Northwest, KS
115	115	Jason Taylor	Jr	16:50.9	Gilbert
116	116	Lucas Firmstone	Jr	16:51.2	Iowa City City High
117	117	Hank Powers	So	16:51.4	Gilbert
118	118	Kevin Kato	Sr	16:52.5	Waukee
119	119	Matt Voss	Sr	16:53.3	D M Roosevelt
120	120	Riley Chartier	Sr	16:55.7	Johnston
121	121	Max Donahue	So	16:55.7	Omaha Central, NE
122	122	Sam Vezina	Fr	16:58.1	Linn-Mar
123	123	Nathan Abramoff	Jr	16:59.0	Iowa City West
124	124	Sam McDermott	Sr	16:59.3	C R Washington
125	125	Gavin Hiler	Fr	17:02.6	Marion
126	126	Paul Schneidermann	So	17:04.0	C R Washington
127	127	Kyle Sulwer	So	17:04.0	Iowa City West
128	128	Nick Torrey	So	17:04.9	Dubuque Hempstead
129	129	Carsen Kurth	Sr	17:05.0	Waukee
130	130	Isaac Vos	Sr	17:05.1	Pella
131	131	Cullom Stapp	Jr	17:06.0	Shawnee Miss S, KS
132	132	Oliver Shabani	So	17:07.8	Iowa City City High
133	133	Ethan Trepka	So	17:07.9	Iowa City West
134	134	Waleed Yual	Jr	17:08.8	Johnston
135	135	Adam Osvig	Sr	17:09.1	Olathe Northwest, KS
136	136	Davis Johnson	Sr	17:10.1	S F Roosevelt, SD
137	137	Joshua Van Dusseldorp	Sr	17:10.6	Pella
138	138	Mason Vick	Fr	17:11.2	Shawnee Miss S, KS
139	139	Ben Russell	So	17:11.9	D M Roosevelt
140	140	Joe Mayberger	So	17:12.1	Omaha Central, NE
141	141	Moe Smith	So	17:12.8	Waukee
142	142	Harrison Vanderlinden	So	17:12.9	Marion
143	143	Jayden Oshirak	Jr	17:15.9	Ankeny Centennial
144	144	Nolan Welbes	Jr	17:16.7	Dubuque Hempstead
145	145	Alex Patkin	So	17:16.8	Ankeny Centennial

146	146	Dakota Rusher	Sr	17:17.6	Roland-Story
147	147	Jackson Stamper	Jr	17:18.0	Bettendorf
148	148	Nicholas Swanson	Sr	17:18.5	Pella
149	149	Nick Ward	Sr	17:19.2	Marion
150	150	Luke Sabus	Jr	17:19.9	Shawnee Miss Nw, KS
151	151	Mahmoud Ali	Jr	17:21.4	D M Roosevelt
152	152	Worlie Samuel	Jr	17:22.6	Valley
153	153	Caleb Kong	So	17:26.1	Ames
154	154	Cole Johnson	So	17:26.4	D M Roosevelt
155	155	Jeb Borgmeyer	Fr	17:28.0	Indianola
156	156	Jonas Price	Sr	17:28.2	Shawnee Miss S, KS
157	157	Ethan Shaffer	Sr	17:28.8	D M Roosevelt
158	158	Joey Parker	Jr	17:28.8	Bettendorf
159	159	Festo Iranezeyeye	Fr	17:30.0	D M Roosevelt
160	160	Max Locher	Fr	17:32.9	C R Washington
161	161	Gavin Benoit	Jr	17:33.2	Shawnee Miss Nw, KS
162	162	Donnie Klutho	Sr	17:36.8	Bettendorf
163	163	Harrison Cota-Prentice	So	17:37.7	D M Roosevelt
164	164	Ben Stophel	Sr	17:38.1	Shawnee Miss S, KS
165	165	Josiah Lydon	Sr	17:39.7	C R Washington
166	166	Juan Portal-Figueroa	Jr	17:40.0	Ankeny Centennial
167	167	Grady Dowling	So	17:41.8	Roland-Story
168	168	Matthew Brase	So	17:43.3	Marion
169	169	Calvin DePriest	Sr	17:44.1	Omaha Central, NE
170	170	James Baker	So	17:45.4	Bettendorf
171	171	Kyler Castro	Fr	17:48.3	Bettendorf
172	172	Jayden Slaba	Jr	17:49.0	S F Roosevelt, SD
173	173	Noah Gruman	So	17:50.2	Shawnee Miss Nw, KS
174	174	Cole Hemann	Fr	17:53.1	Marion
175	175	Curt Peters	Jr	17:53.4	Ankeny Centennial
176	176	Alden Johnson	Sr	17:56.9	Ames
177	177	Ian Silva	So	17:59.4	Bettendorf
178	178	Brian Todey	Sr	18:01.3	Ames
179	179	Bradley Davis	Jr	18:08.7	Olathe Northwest, KS
180	180	Mason Fitzmaurice	So	18:10.5	Shawnee Miss S, KS
181	181	Cory Zinc	So	18:28.1	Olathe Northwest, KS
182	182	Gavin Tierney	So	18:28.7	Pella
183	183	Max Sahhar	So	18:31.1	Olathe Northwest, KS
184	184	Campbell Mitvalsky	Fr	18:36.3	C R Washington
185	185	Henry Basile	Jr	18:36.9	Olathe Northwest, KS
186	186	Ryan Smith	So	18:37.7	Ames
187	187	Alex Karamitros	Sr	18:39.2	C R Washington
188	188	Dylan Canas	Sr	18:43.0	Bettendorf
189	189	Joel Jackson	Jr	18:53.2	Des Moines Hoover
190	190	Marcus Thomas	Jr	18:58.3	Roland-Story
191	191	Thomas Gauley	Jr	18:59.9	Pella
192	192	Onel Valdez	Sr	19:07.4	C R Washington
193	193	Brice Rhodes	So	19:15.0	Des Moines Hoover

194	194	Meshach Zarwie	Sr	19:27.5	Des Moines North
195	195	Eric Dowe	So	19:29.5	Roland-Story
196	196	Josh Caramenatte	So	19:32.8	Des Moines Hoover
197	197	Max Halstead	Jr	19:39.9	Roland-Story
198	198	Blake Sievers	Jr	19:47.3	Roland-Story
199	199	Jesus Juarez	So	19:58.1	Des Moines North
200	200	Blake Lebeck	Fr	20:10.0	Roland-Story
201	201	Ferdinand Aloba	Fr	21:28.8	Des Moines Hoover
202	202	Ludwig Little		21:31.0	Des Moines North
203	203	Trevor Jackson	Fr	21:46.0	Des Moines Hoover
204	204	Nathaniel Routh	So	22:58.5	Des Moines North
205	205	Ahren Davis	Jr	24:29.0	Ankeny Centennial
206	206	Parker Swigert	So	26:57.7	Des Moines North

11th Heartland Cross Country Classic
Iowa State University
Ames, IA
Host Des Moines Roosevelt
September 17, 2016
Mid 60s and Sunny

4835 meters

Junior Varsity Girls Team Results

Place	Team	Points	Places of Finishers (offset scoring)								Average Spread	
1	S F Roosevelt, SD	58	3	4	7	20	24	43	51	20:07.2	0:55.6	
2	Wayzata, KS	62	1	5	8	11	37			20:03.3	1:47.4	
3	Shawnee Miss Nw, KS	93	2	6	17	23	45	57	58	20:20.9	1:50.4	
4	Dowling Catholic	94	10	14	16	26	28	30	31	20:24.4	0:43.4	
5	Johnston	103	12	13	22	27	29	33	38	20:28.9	0:46.6	
6	Iowa City City High	151	15	21	34	40	41	42	47	20:47.7	0:55.3	
7	Waukee	199	18	19	25	64	73	81	94	21:00.9	1:36.9	
8	Ankeny Centennial	284	46	53	55	62	68	70	75	21:34.5	0:25.8	
9	Bettendorf	334	56	61	65	67	85	98	104	21:48.5	0:51.0	
10	Valley	343	39	69	71	78	86	113	119	21:53.3	1:17.5	
11	Gilbert	357	50	54	60	83	110	125	137	21:59.8	1:40.2	
12	Iowa City West	377	35	76	77	93	96	112	122	22:06.5	1:39.9	
13	C R Prairie	386	36	52	79	105	114	117	124	22:10.5	2:07.9	
14	Omaha Marian, NE	401	32	74	87	100	108	121	127	22:14.7	2:03.0	
15	D M Roosevelt	405	48	59	90	97	111	123	130	22:15.9	1:43.7	
16	Ames	425	63	84	88	89	101	109	115	22:21.4	1:09.9	
17	Pella	432	49	72	102	103	106	129	133	22:23.2	1:33.6	
18	Linn-Mar	435	44	66	91	116	118	120	126	22:25.4	1:58.9	
19	Dallas Center-Grimes	518	9	99	134	136	140	145	147	23:21.3	4:51.9	
20	Indianola	546	80	82	107	138	139	142	151	23:26.2	2:31.4	
21	Marion	659	95	131	132	149	152	154		24:41.7	4:10.7	
22	Roland-Story	661	92	128	143	148	150	156	157	24:44.8	3:45.5	
23	Osage	719	135	141	144	146	153	155		25:33.1	2:30.5	

Incomplete Teams: Des Moines North

Junior Varsity Girls Individual Results

Place	Points	Finisher	Grade	Time	Team
1	1	Lauren McCollor	8	19:18.2	Wayzata, KS
2	2	Gracie Goodpaster	Fr	19:32.9	Shawnee Miss Nw, KS
3	3	Jadalynd Fenderson	So	19:45.8	S F Roosevelt, SD
4	4	Danielle Howard	So	19:49.6	S F Roosevelt, SD
5	5	Libby Johnson	Sr	19:49.6	Wayzata, KS
6	6	Sarah Scott	Sr	19:53.2	Shawnee Miss Nw, KS
7	7	Jessalyn Ketcham	Sr	19:53.8	S F Roosevelt, SD
8	8	Mara McCollor	So	19:57.7	Wayzata, KS
9	9	Sydney Smith	Fr	20:01.8	Dallas Center-Grimes
10	10	Megan Szalay	Fr	20:05.3	Dowling Catholic

11	11	Carmen Rottinghaus	Jr	20:05.3	Wayzata, KS
12	12	Taryn Swaim	Jr	20:05.6	Johnston
13	13	Mackenzie Laughlin	Jr	20:06.0	Johnston
14	14	Janey Meilander	So	20:10.5	Dowling Catholic
15	15	Gabriel McCormick	Jr	20:14.2	Iowa City City High
16	16	Caroline Fink	So	20:14.2	Dowling Catholic
17	17	Kiara Stamati	Fr	20:21.3	Shawnee Miss Nw, KS
18	18	Megan Groathouse	So	20:21.3	Waukee
19	19	Lauren Gosch	So	20:23.7	Waukee
20	20	Kylie Werner	Sr	20:25.3	S F Roosevelt, SD
21	21	Isabel Jones	So	20:26.4	Iowa City City High
22	22	Kendall Nead	Fr	20:33.0	Johnston
23	23	Amy Kowalczewski	Fr	20:33.7	Shawnee Miss Nw, KS
24	24	Laramie Giles	Sr	20:41.4	S F Roosevelt, SD
25	25	Ally Schafer	Fr	20:41.6	Waukee
26	26	Jillian Jaeger	Sr	20:43.0	Dowling Catholic
27	27	Lily Dunley-Williamson	So	20:47.7	Johnston
28	28	Mary Noel Kelly	So	20:48.7	Dowling Catholic
29	29	Lindsey Batkiewicz	So	20:52.1	Johnston
30	30	Harriet Hubbell	Sr	20:52.2	Dowling Catholic
31	31	Alexis Riesberg	So	20:54.0	Dowling Catholic
32	32	Tatum Lundgren	Fr	20:58.3	Omaha Marian, NE
33	33	Maggie Hapgood	Fr	20:58.9	Johnston
34	34	Aly Hecker	So	20:59.4	Iowa City City High
35	35	Emma Durian	So	21:02.8	Iowa City West
36	36	Eady Forrest	So	21:04.0	C R Prairie
37	37	Anna Healy	Jr	21:05.6	Wayzata, KS
38	38	Kate Hapgood	So	21:07.3	Johnston
39	39	AnnaLyn Poulsen	Fr	21:07.8	Valley
40	40	Celeste Chadwick	Sr	21:08.9	Iowa City City High
41	41	Phoebe Chapnick-Sorokin	So	21:09.4	Iowa City City High
42		Kaya Young	Fr	21:09.5	Johnston
43	42	Amelia Morrow	Jr	21:13.4	Iowa City City High
44		Grace Chickering	Fr	21:14.2	Johnston
45	43	Maddison Howard	Fr	21:16.5	S F Roosevelt, SD
46		Peyton McClure	Jr	21:18.0	Johnston
47	44	Hanna Saville	Sr	21:19.3	Linn-Mar
48	45	Catie Wood	Fr	21:23.3	Shawnee Miss Nw, KS
49	46	Morgan Gjerde	Sr	21:23.3	Ankeny Centennial
50	47	Addy Smith	Jr	21:23.5	Iowa City City High
51	48	Anna Gilbreath	Fr	21:23.7	D M Roosevelt
52	49	Whitley Poulter	Fr	21:24.2	Pella
53	50	Cara Heuer	Fr	21:25.2	Gilbert
54	51	Lydia Pearson	Jr	21:25.9	S F Roosevelt, SD
55	52	Megan Grimm	Jr	21:29.9	C R Prairie
56	53	Kelsey Lyons	Jr	21:31.1	Ankeny Centennial
57	54	Hannah Thatcher	So	21:31.3	Gilbert
58	55	Abby Smith	Sr	21:32.7	Ankeny Centennial

59	56	Maggie Dixon	Fr	21:33.7	Bettendorf
60	57	Sydney VanHorn	Fr	21:33.9	Shawnee Miss Nw, KS
61	58	Hadley Sayers	Jr	21:34.3	Shawnee Miss Nw, KS
62	59	Rebecca Osthus	Sr	21:35.0	D M Roosevelt
63	60	Rachel Sents	Fr	21:35.1	Gilbert
64	61	Layken Bytnar	Fr	21:35.9	Bettendorf
65	62	Megan Smoldt	So	21:36.3	Ankeny Centennial
66	63	Emma Cardenas	So	21:37.6	Ames
67		Julia Viet	Fr	21:38.9	Iowa City City High
68	64	Paige Christensen	Fr	21:39.3	Waukee
69	65	Lexie Williams	Fr	21:40.8	Bettendorf
70		Alyssa Bierwagen	Sr	21:42.6	S F Roosevelt, SD
71	66	Emma Kelley	So	21:44.3	Linn-Mar
72	67	Peyton Bytnar	Fr	21:47.3	Bettendorf
73	68	Kate Hoogensen	Fr	21:49.1	Ankeny Centennial
74	69	Cassie Larick	So	21:50.5	Valley
75	70	Brianna Smith	So	21:51.6	Ankeny Centennial
76	71	Katie Wyatt	So	21:52.0	Valley
77		Anika Schmitt	Jr	21:54.7	Johnston
78	72	Tirzah Wittenberg	Fr	21:55.6	Pella
79	73	Ashley Sjurson	Sr	21:58.2	Waukee
80		Rachel Strang	Jr	21:59.9	Iowa City City High
81	74	Julia Hingorani	Jr	22:01.5	Omaha Marian, NE
82	75	Ella McLaughlin	Fr	22:02.7	Ankeny Centennial
83		Elizabeth Fjelstad	Jr	22:03.0	Johnston
84		Lindsey Parrott	Jr	22:03.6	Iowa City City High
85		Morgan Carey	So	22:04.0	Iowa City City High
86		Hannah Nelson	Fr	22:04.2	Ankeny Centennial
87	76	Sarah Hamed	Fr	22:05.1	Iowa City West
88		Emma Peck	Jr	22:05.2	Ankeny Centennial
89		Naomi Meurice	So	22:06.1	Iowa City City High
90		Sophie Trom	Fr	22:06.4	Iowa City City High
91		Mary Bounds	Fr	22:07.0	Iowa City City High
92		Kaedyn Chamberlain	Sr	22:07.2	S F Roosevelt, SD
93		Alyssa Weber	Sr	22:07.4	Dowling Catholic
94	77	Sarah Longmire	Sr	22:07.7	Iowa City West
95		Chloe Frazier	Jr	22:09.3	Ankeny Centennial
96	78	Emma Degen	Sr	22:10.6	Valley
97	79	Morgan Erickson	Jr	22:10.9	C R Prairie
98		Katie Carpenter	Sr	22:15.1	Dowling Catholic
99	80	Ashley Rockhold	Fr	22:16.1	Indianola
100		Grace Parrott	Fr	22:16.9	Iowa City City High
101		Kira Ward	Sr	22:17.1	S F Roosevelt, SD
102	81	Madison Banwart	Jr	22:18.7	Waukee
103		Alexis Schweizer	So	22:19.9	Dowling Catholic
104	82	Maddie Nichols	Sr	22:20.0	Indianola
105	83	Lydia Bern-Schweinger	Fr	22:21.9	Gilbert
106		Brittany Hegstad	Sr	22:22.8	Ankeny Centennial

107		Anna Denniston	Jr	22:24.4	Iowa City City High
108	84	Chloe Wilson	Fr	22:24.6	Ames
109	85	Vilma Rumestad	Jr	22:24.7	Bettendorf
110	86	Elsa Wright	Sr	22:25.2	Valley
111	87	Sarah Englert	Sr	22:26.1	Omaha Marian, NE
112		Allyson Steinmetz	Sr	22:26.9	Shawnee Miss Nw, KS
113	88	Claire Gilbert	Jr	22:27.3	Ames
114		Emily Erickson	Jr	22:27.8	Dowling Catholic
115		Shantal Hernandez	So	22:28.7	Ankeny Centennial
116		Katherine Srail	Jr	22:28.7	Johnston
117		Emma Arends	Fr	22:29.1	Ankeny Centennial
118	89	Lauren Cassaidy	Jr	22:29.6	Ames
119	90	Kaylee Reininga	Fr	22:30.2	D M Roosevelt
120		Alexis Jacobs	Sr	22:30.5	Ankeny Centennial
121	91	Genskow Olivia	Fr	22:30.5	Linn-Mar
122		Andrea Goodman	Jr	22:30.9	Dowling Catholic
123		Mara Timmerman	So	22:33.0	Dowling Catholic
124	92	Kaitlyn Kilstofte	Fr	22:33.9	Roland-Story
125	93	Annika Jensen	Sr	22:34.2	Iowa City West
126	94	Frances Loeffelholz	Fr	22:35.4	Waukee
127		Alaina Johannes	So	22:35.8	Waukee
128	95	Karlee Walker	Fr	22:39.4	Marion
129		Jessica Thomas	So	22:42.5	Dowling Catholic
130	96	Elisa Abram	Sr	22:42.6	Iowa City West
131	97	Ingrid Collet	So	22:43.2	D M Roosevelt
132	98	Julia Krist	Jr	22:45.6	Bettendorf
133	99	Grace Kruse	Jr	22:46.1	Dallas Center-Grimes
134	100	Jorden Paule	Jr	22:46.2	Omaha Marian, NE
135		Peyton Arnold	Sr	22:46.9	Ankeny Centennial
136	101	Beriah Forney	Sr	22:47.5	Ames
137	102	Erica Bossard	Jr	22:47.5	Pella
138		Kenzie Hunt	So	22:48.3	Waukee
139		Hailey Russell	So	22:48.7	Johnston
140	103	Naomi Tripp	Jr	22:50.8	Pella
141	104	Madison Foht	Fr	22:51.7	Bettendorf
142		Calissa Weers	So	22:53.7	Waukee
143		Clare Muckler	So	22:54.0	Iowa City City High
144		Amanda Mackey	Sr	22:54.0	Johnston
145		Lottie Gidal	So	22:55.2	Iowa City City High
146	105	Anna Boller	Fr	22:55.4	C R Prairie
147	106	Erica Halstead	Jr	22:57.7	Pella
148		Sarah Shadle	Sr	22:57.8	Dowling Catholic
149	107	Addison Smith	Fr	23:00.3	Indianola
150	108	Abby Elkins	Fr	23:01.2	Omaha Marian, NE
151		Maya Olson	Sr	23:01.6	Waukee
152		Jayden Bohnsack	Jr	23:02.6	Johnston
153		Haven Lackey	So	23:03.7	Waukee
154	109	Kaitlyn Goodman	Fr	23:04.9	Ames

155	110	Eleanor Lopez	Fr	23:05.4	Gilbert
156		Anna Swanson	Sr	23:06.0	Iowa City City High
157	111	Calla Lloyd	Sr	23:07.4	D M Roosevelt
158	112	Emma Gehlbach	So	23:08.5	Iowa City West
159	113	Claire Sattler	So	23:09.7	Valley
160	114	Anna Alldredge	So	23:11.9	C R Prairie
161	115	Jane Joiner	Sr	23:12.8	Ames
162		Annie Flood	Fr	23:12.8	Dowling Catholic
163		Lizbeth Clark	Fr	23:13.9	Waukee
164		Laurel McGonegle	Jr	23:14.2	Dowling Catholic
165	116	Aj Kendrick	So	23:14.4	Linn-Mar
166	117	Samantha Forrest	Fr	23:15.2	C R Prairie
167		Eily Mickelson	So	23:15.5	Ames
168	118	Cagnard Elise	Fr	23:18.2	Linn-Mar
169		Maura Small	Jr	23:19.6	Dowling Catholic
170		Megan Kavlock	Jr	23:19.7	Dowling Catholic
171	119	Liz Osborn	Sr	23:20.2	Valley
172		Faith Weis	Fr	23:21.9	Bettendorf
173		Zoe Allert	So	23:22.0	Bettendorf
174		Susan Sullivan	Jr	23:22.4	Johnston
175		Mekhia Hillgren	So	23:22.6	Valley
176		Sylvia Gidal	Fr	23:23.0	Iowa City City High
177		Molly Lunn	Fr	23:23.1	Johnston
178		Emma Doyle	Fr	23:23.2	Bettendorf
179		Emily Caskey	Sr	23:23.5	Valley
180		Hayley Palensky	Sr	23:23.9	Ames
181		Bailey Dennis	Fr	23:24.3	Ankeny Centennial
182		Kalista Socarras	Jr	23:24.9	Valley
183	120	Eilders Katelyn	Fr	23:25.8	Linn-Mar
184	121	Carina Welker	Sr	23:26.8	Omaha Marian, NE
185		Anna Robben	So	23:28.1	Ankeny Centennial
186	122	Valerie Welch	Sr	23:28.4	Iowa City West
187		Katherine Currier	So	23:30.9	Johnston
188		Katie Simon	Fr	23:31.6	Waukee
189		Sonja Barrett	Jr	23:31.8	Waukee
190		Allyson Goodman	Sr	23:32.7	Ames
191	123	Beyonce Karlstad	So	23:33.3	D M Roosevelt
192	124	Cairo Dinicola	Sr	23:33.3	C R Prairie
193		Taylor Siebert	Fr	23:33.4	Johnston
194		Lauren McTernan	So	23:33.4	Ankeny Centennial
195		Makenzie Campbell	Fr	23:34.6	Valley
196		Meredith Long	Jr	23:34.8	Ankeny Centennial
197		Jocelyn Coady	Jr	23:34.9	Waukee
198		Cate Freeman	Sr	23:35.2	Dowling Catholic
199		Audrey Adamson	So	23:35.3	Waukee
200	125	Tate Powers	Sr	23:35.5	Gilbert
201	126	Staker Sadie	Fr	23:35.7	Linn-Mar
202		Susan Alverio	Jr	23:36.8	Dowling Catholic

203		Samantha Nowotny	Jr	23:37.1	Iowa City West
204		Sadie Brocka	So	23:37.3	Johnston
205		Carly Boss	So	23:38.8	Waukee
206		Kara Grady	Sr	23:39.7	C R Prairie
207		Ally Hicks	Sr	23:40.0	Linn-Mar
208		Libby Blosser	Fr	23:40.1	Valley
209		Kiki Bennett	Jr	23:41.1	Ankeny Centennial
210	127	Chloe Eminger	Fr	23:41.3	Omaha Marian, NE
211	128	Kaitlyn Strobl	So	23:42.9	Roland-Story
212		Katie Lajoie	Jr	23:43.1	Ankeny Centennial
213		Morgan Mitchell	Sr	23:43.6	Waukee
214		Colleen Sully	Fr	23:48.4	Omaha Marian, NE
215		Rylee Johnson	So	23:48.8	Waukee
216		Anne Teeling	Sr	23:49.2	Dowling Catholic
217		Emma Clanin	Jr	23:49.3	Linn-Mar
218		Julia Reichart	Sr	23:49.3	Dowling Catholic
219		Sophie Finken	Fr	23:50.1	Waukee
220		Abby Heston	Sr	23:51.1	Ankeny Centennial
221		Emily Melvin	So	23:51.3	Ankeny Centennial
222		Kira Wilson	So	23:51.3	Ankeny Centennial
223		Anna Brooks	Fr	23:51.5	Waukee
224		Olivia Denkinger	Sr	23:52.0	Dowling Catholic
225		Casey Monson	Fr	23:54.1	Johnston
226	129	Jacey Davis	Sr	23:54.3	Pella
227	130	Stella Murphy	Jr	23:54.4	D M Roosevelt
228		Taylor Hatch	Jr	23:55.3	Waukee
229		Azzurra Martini-Rideout	Fr	23:55.4	Iowa City City High
230	131	Morgan Ashley	So	23:55.5	Marion
231		Danielle Nichols	Jr	23:57.0	Valley
232		Faith Skinner	Fr	23:57.9	Valley
233		Kirby Marie Power	Jr	23:59.1	Dowling Catholic
234		Katelyn Cullins	Jr	23:59.6	Ankeny Centennial
235		Madison Temple	Fr	24:01.1	Bettendorf
236		Olivia Magneson	Fr	24:01.6	Dowling Catholic
237		Kelly Williams	Fr	24:04.1	Omaha Marian, NE
238		Shaye Coughlin	Jr	24:04.4	Waukee
239		Nicole Marlett	Sr	24:04.8	Valley
240		Kylie Eischen	Fr	24:06.2	Waukee
241	132	Kelsi Tidwell	Sr	24:07.0	Marion
242		Ellie Wilson	Fr	24:11.1	Ankeny Centennial
243		Elizabeth Ash	Sr	24:11.4	Valley
244		Bihotza James	Jr	24:12.7	Iowa City City High
245		Taylor Jones	Sr	24:13.4	Valley
246		NEta Friedberg	Sr	24:13.8	Ames
247		Sidney Epp	Sr	24:15.3	Ankeny Centennial
248		Grace Meter	Fr	24:17.1	Ankeny Centennial
249		Sydney Fellows	Fr	24:17.2	Iowa City City High
250		Michelle Jennings	Sr	24:17.6	Iowa City City High

251		Mackenzie Rice	So	24:17.7	Bettendorf
252		Kelly Flynn	Sr	24:17.9	Dowling Catholic
253		Victoria Booth	Jr	24:18.4	C R Prairie
254		Victoria Kyveryga	Fr	24:19.6	Ames
255	133	Ellie Roorda	Fr	24:19.8	Pella
256		Lily Fiihr	Fr	24:20.5	D M Roosevelt
257		Jadon Haynes	Sr	24:21.5	Waukee
258	134	Alissa Albright	Jr	24:22.2	Dallas Center-Grimes
259		Hanna Burmeister	Sr	24:22.4	Waukee
260		Cassidy Beamer	Sr	24:22.8	Valley
261		Megan Anderson	Sr	24:23.1	Omaha Marian, NE
262		Erin Stender	Sr	24:23.4	Waukee
263		Naomi Bratsch-Prince	Sr	24:24.0	Ames
264		Macy Thonen	Sr	24:25.0	Omaha Marian, NE
265		Savannah Tiffany	Fr	24:28.6	Waukee
266	135	Ella Dralle	Sr	24:30.1	Osage
267		Crystal Peterson	Sr	24:31.0	Linn-Mar
268		Muriel Brown	Fr	24:31.8	Iowa City City High
269		Olivia Decker	Fr	24:32.0	Waukee
270		Sophia Smith	Sr	24:32.2	C R Prairie
271		Scott Rebekah	Fr	24:32.9	Linn-Mar
272		Mai Hoang	So	24:34.9	Iowa City City High
273		Grace Frommelt	Fr	24:36.0	Bettendorf
274		Asha Irani	Sr	24:36.1	Iowa City West
275		Natalie Lloyd	So	24:38.7	Johnston
276		Jordan Welp	Sr	24:38.8	Ames
277		Andrea Myers	Jr	24:39.1	C R Prairie
278		Anastasia Mwenemkamba	So	24:39.8	Iowa City City High
279		Katie Uitenbroek	So	24:39.8	Johnston
280		Riley Kuennen	So	24:40.2	Valley
281		Peyton Staab	Sr	24:40.3	C R Prairie
282	136	Shelby Freestone	Sr	24:42.7	Dallas Center-Grimes
283		Elizabeth Thilges	Jr	24:43.6	Dowling Catholic
284		Lilah Fidler	Jr	24:43.8	Valley
285	137	Yetta Duster	So	24:45.5	Gilbert
286		Megan Weis	Fr	24:45.8	Valley
287		Peyton Steva	So	24:46.2	Iowa City West
288		Ella Slade	So	24:46.5	Ames
289		Katie Overholt	So	24:46.9	Waukee
290	138	Terrill Hagener	Fr	24:47.1	Indianola
291	139	McCuen Kristen	Fr	24:47.5	Indianola
292		Simone Willis	Fr	24:48.0	Iowa City West
293		Anna Nulty	Sr	24:48.5	Omaha Marian, NE
294		Ellen Lloyd	Sr	24:49.0	Dowling Catholic
295		Megan Fear	Fr	24:49.6	C R Prairie
296		Madeline McGarry	Sr	24:50.4	Ames
297		Grace Kaufman	Fr	24:52.1	C R Prairie
298	140	Anna Liska	Sr	24:53.7	Dallas Center-Grimes

299		McCaughey Kylie	Fr	24:54.1	Linn-Mar
300		Taylor Richards	Sr	24:54.2	D M Roosevelt
301		Sophia Kuhlmann	Jr	24:54.5	Ames
302		Judith Franke	Jr	24:54.7	Ames
303		Maya Chadwick	Fr	24:54.8	Iowa City City High
304		Elizabeth Day	Jr	24:54.9	Valley
305		Brittany Van Donselaar	So	24:55.6	Pella
306		Grace Campidilli	Jr	24:56.9	Johnston
307		Sloane Wilhelm	So	24:57.1	Johnston
308		Eileen Moran	Sr	24:58.0	Johnston
309		Alex Marsh	Fr	24:58.2	Iowa City City High
310		Doyle Marin	Fr	24:58.3	Linn-Mar
311		Beth Uthoff	Jr	24:58.8	C R Prairie
312		Avery Smith	So	24:59.6	C R Prairie
313		Maddie Gibson	Jr	25:00.1	Waukee
314		Liza Sarsfield	So	25:01.5	Iowa City City High
315		Taylor Cannon	Jr	25:03.3	Gilbert
316		Kaylee Butler	Sr	25:04.2	Pella
317		Elaina Borg	Jr	25:05.6	Gilbert
318		Ella Hennager	So	25:05.7	Iowa City City High
319		Hannah Walker	Fr	25:05.8	Valley
320		Ally Babcock	Sr	25:06.0	Gilbert
321		Madison Moody	Sr	25:07.7	Gilbert
322		Rachel Aksamit	Jr	25:07.7	Valley
323		Abbie Nunnikhoven	So	25:08.1	Pella
324		Meredith Bourgeois	Jr	25:08.2	C R Prairie
325		Gabrielle Lorenz	So	25:08.7	Ames
326		Gracie Smith	Jr	25:10.0	Waukee
327		Ida Sandholdt	Sr	25:11.4	Ames
328		MacKenzie Kort	So	25:13.7	Valley
329		Elizabeth Andrews	Fr	25:14.4	Ames
330		Caroline Brosnahan	Sr	25:15.0	Dowling Catholic
331		Grace Worlie	Sr	25:15.3	Valley
332		Lourdes Kouba	Fr	25:16.4	Ames
333		Caroline Guge	Fr	25:16.5	Valley
334		Michelle Baldrige	Sr	25:16.8	Ames
335	141	Tayler Adams	Sr	25:18.3	Osage
336		Nicole Miller	Sr	25:19.0	C R Prairie
337		Amanda Gantt	So	25:19.1	Waukee
338		Bella Anania	So	25:19.1	Waukee
339		Drew Damhorst	So	25:19.7	Iowa City City High
340	142	Sarah Jordan	Jr	25:19.7	Indianola
341		Allison Ohringer	So	25:20.5	Valley
342	143	Emma Auld	So	25:21.7	Roland-Story
343		Charisma Mendez	Jr	25:22.5	Valley
344		Marion Cagnard	Sr	25:22.9	Linn-Mar
345		Emma Bolles	Jr	25:22.9	Waukee
346		Harper Maddie	Sr	25:23.0	Linn-Mar

347		Katelin Edwardson	So	25:23.0	Ames
348		Georgia Corbin	Fr	25:23.5	Iowa City City High
349		Jessica Bigelow	Sr	25:24.7	Johnston
350		Emma Aanestadt	Jr	25:24.7	Bettendorf
351	144	Clare Huisman	Fr	25:25.4	Osage
352		Payton Caldbeck	So	25:25.5	Valley
353		Shelbie Brotherson	Sr	25:25.6	Johnston
354		O'Shea Jensen	So	25:26.7	Linn-Mar
355		Meghan Mather	So	25:26.9	Linn-Mar
356		Grace Lee	Jr	25:27.3	Ames
357		JoJo Miller	Fr	25:28.1	C R Prairie
358		Val Flores	So	25:28.4	Valley
359		Nova Meurice	Sr	25:28.9	Iowa City City High
360	145	Ashley Perkins	So	25:30.7	Dallas Center-Grimes
361	146	Sammi Scharper	So	25:30.9	Osage
362		Jacy Lehman	So	25:31.2	Ames
363		Aubryn Kaine	Fr	25:31.4	Iowa City City High
364		Kailee Allen	Jr	25:31.5	Waukee
365		Emma Sunderman	Jr	25:33.2	Bettendorf
366		Rita Nisius	Jr	25:34.5	Ankeny Centennial
367		Mariah Smith	Jr	25:36.0	Ankeny Centennial
368		Kyliegh Cowles	Sr	25:36.6	Ames
369		Wenjing Jiang	Fr	25:37.8	Valley
370		Ana Johnson	So	25:38.8	Valley
371		Megan Solberg	So	25:39.4	Johnston
372		Lauren Niehm	Sr	25:39.5	Ames
373		Hannah Goode	So	25:40.0	Ankeny Centennial
374		AnneMarie Derouin	Sr	25:40.9	Valley
375		Katie Redden	So	25:41.8	C R Prairie
376		Amanda Stallman	So	25:42.2	C R Prairie
377	147	Morgan Feller-Gomis	Jr	25:44.5	Dallas Center-Grimes
378		Sasha Hentzen	So	25:44.9	Valley
379	148	Angela Harestad	So	25:45.7	Roland-Story
380		Emma Cooper	So	25:48.8	Iowa City City High
381		Grace Recker	Sr	25:49.3	Dowling Catholic
382		Isabel Ahmann	Fr	25:50.2	Dowling Catholic
383		Sarah Amro	Fr	25:51.1	Valley
384		Sophie Hixson	Fr	25:51.4	Valley
385		Adelade Nason	Fr	25:51.5	Ames
386		Haley Yoder	Fr	25:52.5	Ames
387		Katherine Greening	So	25:53.3	Dowling Catholic
388		Molly McNeal	Fr	25:53.8	Dowling Catholic
389		Saye Traore	Fr	25:53.9	Iowa City City High
390		Eva Long	Jr	25:54.0	Ankeny Centennial
391	149	Eva Dolan	Sr	25:56.1	Marion
392		Kaitlyn Akers	Fr	25:56.8	Ames
393		Delaney McMahan	So	25:57.0	Iowa City City High
394		Lexi Montgomery	Sr	25:57.0	Ankeny Centennial

395		Ingrid Martinez	Fr	25:57.1	Waukee
396		Allison Andreasen	Jr	25:58.2	Johnston
397		Sloan Speten	Jr	25:58.3	Waukee
398		Lucy McGehee	Sr	25:58.9	Iowa City City High
399		Shock Peyton	Fr	25:59.1	Linn-Mar
400		Bella Lopez	Fr	26:01.0	Dowling Catholic
401		Hanna Carlson	So	26:01.9	Dallas Center-Grimes
402		Emma Frazier	Jr	26:05.7	Ankeny Centennial
403		Libby Storts	Jr	26:09.3	Waukee
404		Arin Johnson	Jr	26:16.0	Valley
405		Rachel Forney	So	26:16.7	Valley
406		Kaitlyn Heims	Sr	26:17.2	Waukee
407	150	Grace Teig	So	26:19.4	Roland-Story
408		Josie Meyer	Fr	26:22.5	Bettendorf
409		Sydney Wepler	Jr	26:23.3	Pella
410		Haley Deurksen	Fr	26:23.4	C R Prairie
411		Ragen Brotherson	Fr	26:23.8	Johnston
412		Caitlin Alexander	So	26:25.4	Dallas Center-Grimes
413		Katherine Van Arnum	So	26:27.8	Valley
414		Caroline Ash	Fr	26:28.3	Valley
415		Erin Pint	Jr	26:29.0	Linn-Mar
416		Lauren Weisshaar	Sr	26:29.1	Valley
417		Isabel Hansen	Fr	26:31.2	Iowa City City High
418		Faith Bonilla	Fr	26:33.2	Bettendorf
419	151	Eva Gabel	Fr	26:34.3	Indianola
420		Naomi Tan	Jr	26:38.9	Valley
421		Ellie Mesman	Sr	26:42.5	Waukee
422		Emma Beuter	Sr	26:43.4	Ankeny Centennial
423		Lydia Linch	So	26:45.2	Ames
424		Inti Becic	Jr	26:45.3	D M Roosevelt
425		Anna Baumann	Jr	26:46.0	Des Moines North
426		Sarah Perry	Jr	26:47.1	Valley
427		Emi Smith	Sr	26:48.3	D M Roosevelt
428		Hattie Stenberg	Jr	26:49.8	Ames
429	152	Miracle Waters	Sr	26:50.1	Marion
430		Abby Johnson	Fr	26:51.6	C R Prairie
431		Jackie Hernandez	Fr	26:53.3	C R Prairie
432		Tala Salti	Sr	26:54.9	Ames
433		Lisa Reed	Jr	26:55.8	C R Prairie
434		Lexi Hankenson	Fr	26:58.8	D M Roosevelt
435	153	Jenna Plotzke	So	27:00.6	Osage
436		Hannah Wuebker	Sr	27:00.9	Dallas Center-Grimes
437		Mallory Vroegh	Jr	27:01.3	Dallas Center-Grimes
438		Frances DeArmond	So	27:03.7	Pella
439		Ashley White	Sr	27:04.2	Waukee
440	154	Brenna Johnson	Sr	27:04.6	Marion
441		Amy Canon	Sr	27:06.0	Ames
442		Jordyn Anglea	Jr	27:06.1	Valley

443	155	Gabby Schwarting	Jr	27:06.8	Osage
444		Kara Dieke	So	27:08.1	Waukee
445		Sarah May	Jr	27:09.1	Ames
446		Eva Rasmer	Fr	27:12.4	Bettendorf
447		Alicia Rinke	Jr	27:12.8	C R Prairie
448		Fiorella Meyer	So	27:13.3	Ames
449		Wendy Jiang	So	27:13.6	Ames
450		Lauren Hartlieb	Sr	27:16.2	Dowling Catholic
451		Lauren Burrough	Sr	27:16.3	Gilbert
452		Samantha Ehler	Fr	27:16.4	C R Prairie
453		Tatum Jones	Sr	27:16.6	Valley
454		Teresa Pelzer	Jr	27:18.0	Ames
455		Erica Lack	Sr	27:18.1	Valley
456		Janaya Battles	Fr	27:18.6	Gilbert
457		Rayanne Dally	Jr	27:22.0	D M Roosevelt
458		Anna Finch	So	27:23.1	Waukee
459		Rockie Greenslade	Fr	27:23.2	Dowling Catholic
460		Oliva Oppedal	Jr	27:26.7	Ames
461		Kira Simmons	So	27:27.3	Ames
462		Marissa Fouraker	Jr	27:29.1	Ankeny Centennial
463		Shelby Johnson	Sr	27:29.7	Dallas Center-Grimes
464		Lexie Rivett	Sr	27:29.9	Johnston
465		Ashley Henriquez	Fr	27:31.2	D M Roosevelt
466		Sophie Hall	Jr	27:32.0	D M Roosevelt
467		Sofie Lie	Sr	27:33.8	Iowa City City High
468		Dancile Ntihinwayo	Sr	27:34.2	Iowa City City High
469		Danielle Baltimore	So	27:38.3	Gilbert
470		Grace Fisher	Sr	27:39.3	Pella
471		Laura Meloy	So	27:40.7	Bettendorf
472		Madilyn Brace	Sr	27:43.5	D M Roosevelt
473		Tori Buckler	Jr	27:44.7	Pella
474		Elena Lyons-Macatee	Sr	27:44.8	Iowa City City High
475		Rachel Chun	Sr	27:46.6	Ames
476		Emily Rolands	Fr	27:47.7	Indianola
477		Charlotte Lenkaitis	Sr	27:48.7	Ames
478		Taylor Junck	Sr	27:50.4	Ames
479		Easter Juma	So	27:52.8	Gilbert
480		Samantha Whitcomb	Sr	27:53.1	Valley
481		Ella Mueller	So	27:53.1	Gilbert
482		Salena Bantz	Sr	27:53.2	Valley
483		Chloe Lambert	Sr	27:53.8	Pella
484		Vera Mae Snodgress	Fr	28:01.7	Des Moines North
485		Isabelle Kussatz	Jr	28:07.0	Bettendorf
486		Nawal Awan	So	28:11.1	Waukee
487		Nicole Cho	Jr	28:14.1	Ames
488		Emma Hansen	Fr	28:24.6	Iowa City City High
489		Anna Johnston	Fr	28:31.0	Waukee
490		Ana Hernandez	Sr	28:33.2	Waukee

491		Laura Kerton	So	28:35.7	Ames
492	156	Ashley Webb	Jr	28:37.8	Roland-Story
493		Kathryn Rozanek	Jr	28:38.9	Valley
494		Samantha Auer	Jr	28:45.0	Valley
495		Hannah Myli	So	28:47.7	D M Roosevelt
496		Riley Bartlett	So	28:47.8	Valley
497		Tifany Chu	Sr	28:51.9	Ames
498		Alyssa Perales	So	28:53.2	Bettendorf
499		Yan Chen	Jr	28:55.0	Iowa City City High
500		Brynn Cunningham	Sr	28:56.6	Dowling Catholic
501	157	Josie Thomas	Fr	28:58.7	Roland-Story
502		Taylor Caffrey	Jr	28:58.8	Johnston
503		Kaitlyn Gammon	Fr	29:00.5	C R Prairie
504		Riley Hibbs	So	29:01.0	D M Roosevelt
505		Erin Cruise	Fr	29:02.6	Bettendorf
506		Ava Logsdan	Jr	29:04.3	Dowling Catholic
507		Sophie Streichert	Jr	29:08.2	Pella
508		Amanda Jorgensen	So	29:12.9	D M Roosevelt
509		Grace Koehler	Sr	29:13.2	Ames
510		Maya Durham	So	29:16.9	Iowa City City High
511		Kali Velman	Sr	29:20.5	D M Roosevelt
512		Betsy Dryer	Jr	29:22.5	Dowling Catholic
513		Abby Dowd	Sr	29:27.5	Dowling Catholic
514		Nyah Taylor-Butcher	So	29:38.6	Iowa City City High
515		Mary Beth Westercamp	Fr	29:44.2	Dowling Catholic
516		Kimberly Hendrian	Jr	29:45.4	Roland-Story
517		Marissa Bixby	Jr	29:45.8	C R Prairie
518		Kendyl Kern	So	29:49.8	Indianola
519		Jameson Reineke	Jr	29:51.8	Iowa City City High
520		Maya Bake	So	29:52.4	Bettendorf
521		Tessa Miller	Fr	29:52.7	Iowa City West
522		Leanna Tanner	Fr	29:53.9	D M Roosevelt
523		Cora Johnson	So	29:54.4	D M Roosevelt
524		Lillian Montabon	So	29:58.5	Ames
525		Nisha Barnhill	Jr	30:01.9	D M Roosevelt
526		Angela Zheng	So	30:06.8	Ames
527		Olivia Galyon	Jr	30:13.3	Ames
528		Josie Taylor	So	30:17.1	Ames
529		Achala Thippeswam	Sr	30:19.5	Ames
530		Elizabeth Jackson	Sr	30:21.4	Ames
531		Bethany Van Dusseldorp	So	30:27.3	Pella
532		Jayda Allen	Fr	30:29.3	Valley
533		Carli Harris	So	30:32.8	D M Roosevelt
534		Madeline Cook	Sr	30:34.6	Waukee
535		Suchaeta Hegde	Sr	30:40.1	Waukee
536		Cecily Vance	Sr	30:51.5	Iowa City West
537		Megan Bunce	Jr	30:52.7	Linn-Mar
538		Serena Collins	Jr	30:54.9	Iowa City City High

539	Morgan Hoffman	So	30:56.1	Bettendorf
540	Abigail Ray	Fr	31:02.0	C R Prairie
541	Hailey Darr	Fr	31:10.4	Indianola
542	Michelyn Cornelius	Sr	31:14.9	Gilbert
543	Aspen Holm	So	31:24.4	Ames
544	Mary Horton	Fr	31:38.2	Ames
545	Kristina Issak	Sr	31:38.8	Waukee
546	Rebecca Cohen	Fr	32:01.8	Ames
547	Maggie Staudacher	Fr	32:13.1	Indianola
548	Brianna Van Donselaar	Sr	32:31.8	Pella
549	Emma Hartwig	Jr	32:37.4	Iowa City City High
550	Allison Laud	So	32:50.3	C R Prairie
551	Zoey Ross	So	32:52.5	Dallas Center-Grimes
552	Grace Hartwig	Sr	33:17.5	Iowa City City High
553	Caitlyn Malloy	Sr	33:33.6	D M Roosevelt
554	Jane Bettis	So	34:19.3	Ames
555	D'Nel Vandenberg	Jr	34:19.4	Ames
556	Kayla Hefley	So	34:48.4	Iowa City City High
557	Claire Kelly	Jr	35:04.6	Iowa City City High
558	Maddie Ekdorn	Jr	35:14.8	Dallas Center-Grimes
559	Arie Sirotiak	Jr	35:34.4	Ames
560	Emily Helmer	Jr	36:15.5	Ames
561	Kira Davis	So	37:00.9	Ames
562	Bariture Ibaakee	Fr	37:23.5	Des Moines North
563	Amber Mohmand	Jr	38:50.3	Ames
564	Binh Nguyen	Jr	43:31.9	Iowa City City High

11th Heartland Cross Country Classic

Iowa State University

Ames, IA

Host Des Moines Roosevelt

September 17, 2016

Mid 60s and Sunny

4835 meters

Junior Varsity Boys Team Results

Place	Team	Points	Places of Finishers (offset scoring)							Average Spread	
1	Edina, KS	19	1	3	4	5	6	7	10	16:31.9	0:23.9
2	Dowling Catholic	92	8	16	17	22	29	41	42	17:01.7	0:31.3
3	Valley	102	2	9	20	31	40	48	72	16:59.3	0:58.5
4	Waukee	128	12	18	19	32	47	53	54	17:08.4	0:34.4
5	Johnston	139	21	23	27	33	35	38	50	17:14.3	0:13.5
6	Iowa City West	206	24	25	39	55	63	67	71	17:24.5	0:33.1
7	Iowa City City High	216	14	45	49	51	57	66	69	17:23.2	0:32.6
8	C R Prairie	219	11	13	56	62	77	78	79	17:24.4	1:18.4
9	Ames	291	34	43	58	73	83	85	99	17:41.4	0:50.8
10	Shawnee Miss Nw, KS	315	44	46	64	65	96	113	130	17:45.7	0:57.1
11	Linn-Mar	320	15	68	74	81	82	97	100	17:50.5	1:10.8
12	Des Moines Lincoln	332	26	37	52	95	122	134	143	17:54.0	1:50.1
13	Gilbert	349	28	61	70	84	106	117	119	17:54.2	1:21.3
14	C R Washington	398	59	60	80	90	109	137	139	18:05.8	1:03.3
15	Ankeny Centennial	418	36	76	91	103	112	121	132	18:12.8	1:22.0
16	Bettendorf	473	75	86	101	104	107	127	135	18:24.0	0:32.1
17	D M Roosevelt	483	87	88	98	102	108	110	111	18:23.9	0:24.7
18	Marion	522	92	93	94	118	125	126	129	18:37.3	0:49.9
19	Pella	533	30	120	124	128	131	133	136	18:48.5	2:05.9
20	Indianola	539	89	105	114	115	116	123	138	18:40.6	0:35.0
21	Roland-Story	712	140	141	142	144	145	146	147	20:14.0	0:55.4

Incomplete Teams: St Thomas Aquinas, KS; S F Roosevelt, SD

Junior Varsity Boys Individual Results

Place	Points	Finisher	Grade	Time	Team
1	1	George Nowak	Jr	16:16.0	Edina, KS
2		Ethan Marshall	So	16:16.2	St Thomas Aquinas, KS
3	2	Johnson Nicholas	Jr	16:26.2	Valley
4	3	Samuel Elliott	Jr	16:31.1	Edina, KS
5		Luke Godard	So	16:34.6	St Thomas Aquinas, KS
6	4	Willem Gokemeijer	So	16:35.8	Edina, KS
7	5	Bradley Squarek	So	16:36.6	Edina, KS
8	6	Lucas Selman	So	16:39.8	Edina, KS
9	7	Owen Gage	Jr	16:41.1	Edina, KS
10	8	Will Ode	Fr	16:43.1	Dowling Catholic
11	9	Owen Carter	Fr	16:44.3	Valley
12	10	Benjamin Passolt	Jr	16:44.7	Edina, KS

13		John Horan	Sr	16:45.6	Edina, KS
14		Tyler Masuda	Jr	16:47.1	Edina, KS
15	11	Ben Habel	Sr	16:49.3	C R Prairie
16	12	Josh Andrews	Sr	16:52.7	Waukee
17		Mark Ellenberger	Jr	16:53.0	Edina, KS
18	13	Jack Pendergast	Fr	16:53.0	C R Prairie
19		Michael Chamberlain	So	16:54.6	Edina, KS
20	14	Robbie Strang	Jr	17:00.0	Iowa City City High
21	15	Johnny Sietz	Jr	17:00.3	Linn-Mar
22	16	Zach Fry	Fr	17:00.5	Dowling Catholic
23	17	Duncan Kyhl	Jr	17:01.0	Dowling Catholic
24	18	Danny Haisch	So	17:02.3	Waukee
25	19	Izaak Dixon	Sr	17:02.6	Waukee
26	20	Weisshaar Jacob	Jr	17:05.1	Valley
27	21	Aaron Koopal	Jr	17:07.9	Johnston
28	22	Matthew Berns	Sr	17:09.4	Dowling Catholic
29	23	Matt Dolde	Sr	17:09.5	Johnston
30	24	Peter Woodward	Fr	17:11.4	Iowa City West
31	25	Logan Stuart	Jr	17:11.4	Iowa City West
32	26	Andrew Klein	Fr	17:12.6	Des Moines Lincoln
33	27	Bonj Doyo	Jr	17:13.7	Johnston
34	28	Will Greder	Jr	17:14.3	Gilbert
35	29	Drew Brase	So	17:14.3	Dowling Catholic
36	30	Micah Hammann	Sr	17:15.3	Pella
37	31	Both Yuet	Jr	17:16.2	Valley
38	32	Ian Buske	So	17:17.2	Waukee
39	33	Cade Meyer	So	17:18.9	Johnston
40	34	Ean Warrick	So	17:21.3	Ames
41	35	Justin Gard	Sr	17:21.4	Johnston
42	36	Matt Hines	Jr	17:22.3	Ankeny Centennial
43	37	Dylan Veigulis	So	17:22.8	Des Moines Lincoln
44	38	Evan Schmidt	Jr	17:23.2	Johnston
45	39	Andrew Rompot	Jr	17:23.8	Iowa City West
46		Parker Zak	Jr	17:24.2	Edina, KS
47	40	Smeins Jack	Fr	17:24.7	Valley
48	41	Michael Ode	Sr	17:25.7	Dowling Catholic
49	42	John Clingan	Sr	17:25.7	Dowling Catholic
50	43	Preston Witte	So	17:26.5	Ames
51	44	Eric Maxon	Jr	17:26.8	Shawnee Miss Nw, KS
52	45	Jp Rethwisch	Jr	17:26.8	Iowa City City High
53	46	Ben Harrell	So	17:27.0	Shawnee Miss Nw, KS
54	47	Jackson Smith	Fr	17:27.0	Waukee
55	48	Fix Ross	Jr	17:27.0	Valley
56	49	Max Swain	Jr	17:27.4	Iowa City City High
57	50	Jack Bender	Sr	17:27.5	Johnston
58		Benjamin Elliott	Jr	17:27.6	Edina, KS
59		Jake Miller	So	17:27.8	Dowling Catholic
60		Ben Lunn	Jr	17:28.6	Johnston

61	51	Jonathan Brown	So	17:28.9	Iowa City City High
62	52	Barry Bartlett	Jr	17:29.0	Des Moines Lincoln
63	53	Evian Peterson	Jr	17:29.6	Waukee
64		Asher Heuss	So	17:29.8	Johnston
65		Karson Kleve	Fr	17:30.1	Johnston
66	54	Gus Muenzenmay	Sr	17:30.9	Waukee
67		Kiernan Adair	So	17:30.9	Johnston
68	55	Micah Bailey	So	17:31.0	Iowa City West
69	56	Carlo Dannenfelser	Fr	17:31.1	C R Prairie
70		Augustus Hubbell	9	17:32.0	Edina, KS
71		Jimmy Le	Jr	17:32.4	Johnston
72	57	Nolan Cochran	Jr	17:32.5	Iowa City City High
73		Max Oberman	Sr	17:32.7	Waukee
74	58	Colin Imhoff	So	17:34.4	Ames
75		Cole Willey	Jr	17:38.4	Dowling Catholic
76	59	Patrick Gorman	Sr	17:38.8	C R Washington
77	60	Lewis Kleman	Fr	17:38.9	C R Washington
78		Shane McCullum	Jr	17:38.9	Dowling Catholic
79		Luke Bazan	Fr	17:38.9	Waukee
80		Henric Krause	Jr	17:39.7	Johnston
81	61	Zane Miller	Jr	17:40.2	Gilbert
82	62	Blake Stewart	So	17:41.0	C R Prairie
83		Ben Kinman	So	17:41.8	Johnston
84		Hunter Briggs	Fr	17:42.2	Johnston
85		Russell Gokemeijer	9	17:42.9	Edina, KS
86		Noah Smith	So	17:44.5	Dowling Catholic
87	63	Micah Smith	Jr	17:44.5	Iowa City West
88	64	Spencer Kaleko	So	17:44.9	Shawnee Miss Nw, KS
89	65	Ryder Jarrett	Fr	17:45.6	Shawnee Miss Nw, KS
90	66	Matt Taylor	Fr	17:46.1	Iowa City City High
91	67	Will Conrad	Fr	17:46.3	Iowa City West
92	68	Cooper Sanor	Jr	17:46.6	Linn-Mar
93	69	Owen Jones	Fr	17:47.5	Iowa City City High
94	70	Joe Gibbons	Sr	17:47.7	Gilbert
95	71	Ethan Goers	So	17:48.0	Iowa City West
96		Ben Gardner	Sr	17:48.5	Johnston
97		Owen Ness	So	17:49.5	Johnston
98		Ryan Modlin	Sr	17:49.6	Waukee
99	72	Sandor Andrew	Jr	17:50.0	Valley
100		Logan Swaim	Jr	17:50.2	Johnston
101		Lucas Jessen	So	17:50.9	Edina, KS
102		Carsten Thompson	Jr	17:50.9	Johnston
103		Edward Dowling	Fr	17:51.0	Iowa City West
104		Joey Dohrmann	Sr	17:51.4	Dowling Catholic
105		Carlos Quijano	Jr	17:51.8	Dowling Catholic
106		Augie Muenzenmay	So	17:52.0	Waukee
107	73	Eric Hall-Floden	Sr	17:52.4	Ames
108		Nathan Caspar	Jr	17:52.6	Edina, KS

109		Matt Knox	Sr	17:53.8	S F Roosevelt, SD
110		Jarren Lucas	Sr	17:54.3	Iowa City City High
111		Chen-You Wu	Fr	17:54.6	Iowa City West
112		Jared Tegeler	Jr	17:56.5	Johnston
113		Matthew Bishop	Jr	17:57.3	Dowling Catholic
114		Riley Snyder	So	17:58.2	Iowa City West
115		Ian Prescott	Fr	17:58.5	Iowa City West
116		Bernhard Joseph	Sr	18:00.3	Valley
117		Jordan Swanson	So	18:00.5	Waukee
118		Isaac Miller	Jr	18:02.1	Iowa City West
119		Cade Simpson	So	18:02.9	Waukee
120		Drew Schmidt	Fr	18:03.0	Johnston
121		Lukas Anson	Fr	18:03.5	Iowa City West
122	74	Ben Digman	Sr	18:04.3	Linn-Mar
123		Charles Maxwell	So	18:05.7	Iowa City City High
124	75	Brendan Scott	So	18:06.4	Bettendorf
125		Yersin Grant	Sr	18:06.8	Valley
126	76	Joel Hyler	Jr	18:07.1	Ankeny Centennial
127	77	Mason Johnson	Jr	18:07.6	C R Prairie
128	78	McKade Adams	Fr	18:07.7	C R Prairie
129		Joel Woodsmall	Sr	18:07.9	Johnston
130	79	Chandler Frieden	Jr	18:08.3	C R Prairie
131	80	Bryan Ennis	So	18:09.4	C R Washington
132	81	Ethan Schmidt	Jr	18:09.8	Linn-Mar
133		Anders Carlson	Jr	18:09.9	Edina, KS
134		John Momberg	Jr	18:10.9	Iowa City City High
135	82	Tye Skilang	So	18:11.1	Linn-Mar
136		Ethan Hartle	So	18:11.4	Johnston
137		Leonard Chen	9	18:11.4	Edina, KS
138		Luke Mohan	Sr	18:12.0	Dowling Catholic
139	83	Aken Dut	Sr	18:12.0	Ames
140		Brandon Vu	Jr	18:12.9	Johnston
141	84	Michael Gustafson	Fr	18:13.2	Gilbert
142	85	Carter Robinson	So	18:13.4	Ames
143	86	Jonny Swarm	Fr	18:13.5	Bettendorf
144		Nathan Tegeler	Fr	18:14.0	Johnston
145		Jason White	Fr	18:14.1	Johnston
146	87	Avery Bandstra	Jr	18:14.1	D M Roosevelt
147	88	Noah Keith	Jr	18:14.2	D M Roosevelt
148		Ace Holst	So	18:14.7	Iowa City West
149		Grant Shaw	So	18:15.3	Waukee
150		John Muckler	Jr	18:15.6	Iowa City City High
151	89	Thomas Naughton	Jr	18:16.0	Indianola
152		Jonah Magnuson	So	18:16.1	Dowling Catholic
153		Ken Wilbur	Fr	18:16.4	Iowa City West
154		Arnold Jacob	Fr	18:16.6	Valley
155		Robert Wise	Jr	18:17.1	Iowa City West
156		Mitchell Wilkes	Fr	18:18.7	Iowa City City High

157		Aidan Cunningham	So	18:19.2	Dowling Catholic
158	90	Caleb Kleman	Jr	18:19.4	C R Washington
159	91	Connor Neils	Jr	18:19.9	Ankeny Centennial
160		Gabriel Weigel	Jr	18:20.0	Iowa City City High
161		Horak Garrett	Jr	18:20.1	Valley
162	92	Elias Calore	Sr	18:20.1	Marion
163		Jackson Marshall	So	18:20.8	Johnston
164	93	Matthew Schuttloffel	Sr	18:21.1	Marion
165	94	Will Hernandez	So	18:22.1	Marion
166		Ivan Badovinac	Fr	18:22.6	Iowa City West
167	95	Cole Rand	Jr	18:22.8	Des Moines Lincoln
168		Margulies Graham	Fr	18:23.2	Valley
169	96	Juan Pablo Ramirez	Jr	18:23.8	Shawnee Miss Nw, KS
170		Dahlen Grant	So	18:23.8	Valley
171	97	Daniel Medin	So	18:23.9	Linn-Mar
172	98	Kevin Stenstrom	Jr	18:24.1	D M Roosevelt
173	99	Ryan Mills	Jr	18:24.6	Ames
174		Noah Kabat	Fr	18:24.6	Iowa City City High
175	100	Max Colton	So	18:25.9	Linn-Mar
176	101	Thomas Crowley	Sr	18:27.8	Bettendorf
177	102	Rowen Abbas	Fr	18:27.9	D M Roosevelt
178		Michael Boyle	Sr	18:28.1	Waukee
179		Blake Wheeler	Jr	18:29.0	C R Prairie
180		Kyle Goodell	Sr	18:29.4	Linn-Mar
181		Hutchinson Spencer	Sr	18:29.5	Valley
182		Zack Johnson	Jr	18:29.6	C R Prairie
183		Blake Krapfl	Sr	18:29.8	C R Prairie
184	103	Nick Sash	So	18:30.3	Ankeny Centennial
185		Jordan Goreth	Sr	18:31.8	Johnston
186		Cameron Campbell	So	18:32.6	Ames
187		Ling Alex	Fr	18:32.6	Valley
188		Alexander Berryhill	Jr	18:32.8	Ames
189		Ahren Reitsma	Jr	18:32.9	Waukee
190	104	Nick Ratigan	Jr	18:33.7	Bettendorf
191		Raymond Yang	Fr	18:33.7	Iowa City West
192		Soto Jacob	Fr	18:34.6	Valley
193	105	Owen Fix	Fr	18:35.1	Indianola
194		Thomas Digmann	So	18:35.4	Linn-Mar
195	106	Matt Ockey	Fr	18:35.6	Gilbert
196		James Orr	Jr	18:36.8	Linn-Mar
197		Connor O'Leary	Sr	18:37.7	Waukee
198	107	Kyle Huesmann	Jr	18:38.5	Bettendorf
199		Cadin Evans	Fr	18:38.7	Linn-Mar
200	108	Anil Siddiqi	So	18:38.8	D M Roosevelt
201		Josh Marckmann	Jr	18:40.7	Johnston
202	109	Josh Sauer	Sr	18:42.1	C R Washington
203		Michael Schmitz	So	18:42.7	Johnston
204		Sam Schmitz	Fr	18:43.1	Johnston

205		Aaron McCrary	Jr	18:43.1	Waukee
206	110	Austin Quinn	So	18:43.2	D M Roosevelt
207	111	Ibrahim Bashey	Jr	18:43.4	D M Roosevelt
208		Tameron Paulson	Jr	18:43.7	Ames
209		Sam Gingrich	Jr	18:44.0	Linn-Mar
210	112	Noah Wright	Jr	18:44.2	Ankeny Centennial
211		Paxson Picken	Fr	18:44.2	Johnston
212		Moritz Jackson	Sr	18:44.3	Valley
213		Nate Stenberg	So	18:45.2	D M Roosevelt
214		Cary Smith	So	18:46.2	Ames
215		Levi McDonald	Jr	18:46.7	D M Roosevelt
216		Josh Meyer	Fr	18:47.3	Johnston
217		Scott Laubengayer	Sr	18:47.5	Linn-Mar
218		Ander Tebbutt	Jr	18:47.8	Ames
219	113	Ivan Noble	So	18:48.4	Shawnee Miss Nw, KS
220		Riley DeJohn	Fr	18:48.7	Waukee
221		Jacob Greenlee	Fr	18:49.3	Iowa City West
222	114	Isaac Stich	Sr	18:49.8	Indianola
223		Andrew Janni	Jr	18:49.9	Johnston
224		Gabe Rummel	So	18:50.2	C R Prairie
225		Noah Keller	So	18:50.2	Linn-Mar
226	115	Andrew West	Fr	18:50.7	Indianola
227		Mills Sterling	Fr	18:50.9	Valley
228	116	Jacey Storm	Sr	18:51.0	Indianola
229		Daniel Neese	So	18:51.2	Iowa City West
230	117	Carter Weary	So	18:51.2	Gilbert
231		Till Schaeffeler	Jr	18:52.1	Dowling Catholic
232	118	Connor Bjornsen	Jr	18:52.9	Marion
233		Jack Nauman	Jr	18:52.9	Linn-Mar
234		Codel Carsen	Fr	18:53.6	Valley
235		Spence Benjamin	Jr	18:54.0	Valley
236		Paul Johnson	Fr	18:54.1	Dowling Catholic
237		Jack Ballard	Sr	18:54.2	Iowa City City High
238	119	Tristan Popillion	So	18:54.5	Gilbert
239		Le Tom	Sr	18:54.6	Valley
240		Dain Tack	So	18:54.7	Johnston
241		Chambers Michael	So	18:55.7	Valley
242		Mark Steffen	So	18:56.7	Gilbert
243		Tyson Shock	Jr	18:56.8	Linn-Mar
244		Isaac Littler	Jr	18:57.3	Linn-Mar
245		Noah Weaver	Fr	18:57.4	Iowa City City High
246		Emi Bergman-Corbet	Sr	19:00.0	Iowa City City High
247		Michael Frazier	Fr	19:00.9	Dowling Catholic
248		Joel Kelsey	Fr	19:01.1	C R Prairie
249		Mitch Hanson	Jr	19:01.5	Johnston
250		Ethan Robus	Fr	19:01.7	Waukee
251		Tyler Rodriguez	So	19:01.9	Waukee
252	120	A J. Furr	Fr	19:02.2	Pella

253		Maclain Bremner	So	19:02.5	Johnston
254		Sam Ross	Jr	19:02.5	Iowa City West
255	121	Treyton Hveem	Fr	19:02.7	Ankeny Centennial
256	122	Gage Simmer	So	19:02.7	Des Moines Lincoln
257	123	Seth Bickham	Sr	19:03.0	Indianola
258		Jacob Wenck	Jr	19:03.6	Iowa City West
259		Ryan Neubauer	Fr	19:03.9	C R Prairie
260		Adam Jackson	Jr	19:04.2	Dowling Catholic
261		Kaleb Cook	Jr	19:04.4	Linn-Mar
262		Prajapati Aryan	So	19:04.8	Valley
263		Brandon Latting	Fr	19:05.1	Dowling Catholic
264		Cinnamon Nicholas	Jr	19:05.1	Valley
265		Tysen Skopec	Fr	19:05.9	Iowa City West
266		Drew Ginger	So	19:07.2	Linn-Mar
267		Colin LaBrie	So	19:07.4	Dowling Catholic
268		Lance Hickson	Fr	19:08.2	Linn-Mar
269	124	Thomas Gaul	Fr	19:08.3	Pella
270	125	Brady Johnson	Fr	19:10.0	Marion
271	126	Mason Daubs	Sr	19:10.2	Marion
272		Collin Farr	Jr	19:12.5	C R Prairie
273		Will Martin	Jr	19:13.3	Iowa City City High
274		Michael Biertzer	Fr	19:14.0	Linn-Mar
275		Gallman-Ringing Sheild	Jr	19:14.8	Iowa City West
276		Eli Frantzen	So	19:14.9	D M Roosevelt
277	127	Tyger Callahan	So	19:15.3	Bettendorf
278	128	Mason Johnston	Fr	19:15.4	Pella
279		Conner Gansen	Fr	19:15.9	Linn-Mar
280	129	Peter Ward	Sr	19:16.3	Marion
281		Stephen Shuka	Sr	19:16.5	Gilbert
282		Adam Pottebaum	So	19:16.7	Johnston
283		Niland Connor	Fr	19:17.2	Valley
284		Osman Salama	Fr	19:17.2	Iowa City West
285		Kelby Anderson	Fr	19:17.6	Iowa City City High
286		Tim Schuttloffel	So	19:18.6	Marion
287		Joe Bussey	Fr	19:18.6	Dowling Catholic
288	130	Will Gross	Jr	19:20.1	Shawnee Miss Nw, KS
289		Jacob Eckert	So	19:20.1	S F Roosevelt, SD
290		Jack Gustafson	Fr	19:20.4	Gilbert
291		Daniel Fu	So	19:20.7	Johnston
292		Ryland Welch	Fr	19:21.1	Waukee
293	131	Benjamin Lauritsen	Sr	19:21.2	Pella
294	132	Cade Cunningham	So	19:21.8	Ankeny Centennial
295		Sam Izaak	So	19:21.9	Waukee
296		Donnelly Ryan	Jr	19:22.2	Valley
297		James Bernard	Jr	19:22.5	Gilbert
298		Caleb Morgan	Sr	19:24.0	Iowa City City High
299	133	James Gaul	Sr	19:24.3	Pella
300		Julian DeBrower	Jr	19:24.7	Linn-Mar

301		Daniel Ordaz	So	19:25.1	Dowling Catholic
302		Thomas Duong	Fr	19:25.1	Iowa City West
303	134	Michael Spoonholtz	So	19:25.4	Des Moines Lincoln
304		Lucas Bleye	So	19:26.6	Ames
305		Tim Simmons	So	19:27.9	Iowa City City High
306		Jonathan Shilyansky	Fr	19:28.3	Iowa City West
307		Warden Thomas	Sr	19:28.4	Valley
308		Samuel Volkmer	Sr	19:28.8	Dowling Catholic
309		Thomas McMillian	Fr	19:29.4	Iowa City City High
310		Ryan O'Halloran	Fr	19:29.9	Dowling Catholic
311		Charlie Wingert	Sr	19:30.1	Dowling Catholic
312		Josh Fletcher	So	19:30.2	Iowa City City High
313		Tadeas Diress	So	19:31.5	Ames
314		Briggs Noble	Jr	19:31.8	Valley
315	135	Ben Curry	Jr	19:33.5	Bettendorf
316		Tom Bush	So	19:33.6	C R Prairie
317		Brandon Berner	Jr	19:35.4	Iowa City West
318		Jake Voss	Fr	19:36.1	Linn-Mar
319		Griffin Rhode	Fr	19:37.8	Dowling Catholic
320		Joe Schuessler	Fr	19:38.4	Iowa City City High
321	136	Nick Singer	Fr	19:38.8	Pella
322		Eric Doorn	Fr	19:39.6	Iowa City West
323		Dean Wortman	Jr	19:40.0	Iowa City City High
324		Andrew Grandgenett	Sr	19:40.7	Ames
325		Nate Williams	Jr	19:41.1	Ankeny Centennial
326		Ben Lyons	So	19:41.1	Ankeny Centennial
327		Michael Holm	Jr	19:41.7	Ames
328	137	Caleb Sauer	Sr	19:41.8	C R Washington
329		Ryan Hynick	Fr	19:43.7	Iowa City City High
330		McKillip Colin	So	19:44.1	Valley
331		Quinn Swaim	Jr	19:44.1	Johnston
332	138	Adam Dunn	Sr	19:44.1	Indianola
333		Ethan D'Allessandro	Fr	19:44.6	Iowa City West
334		Dylan Baltazor	Fr	19:45.1	Bettendorf
335		Anders Lie	So	19:45.3	Iowa City City High
336		Danny Lasky	Jr	19:45.3	Dowling Catholic
337	139	Quintin Gay	So	19:46.0	C R Washington
338		Forrest LaPrade	So	19:46.6	D M Roosevelt
339		Jordan Buma	So	19:46.8	Pella
340	140	Nick Thiel	So	19:47.2	Roland-Story
341		Jacob Fisher	So	19:48.0	Iowa City West
342		Bailey Reiseck	So	19:48.2	C R Prairie
343		Marcus Brooks	So	19:49.2	Bettendorf
344		Jack Lin	So	19:49.9	C R Washington
345	141	Dylan Ihle	Fr	19:50.6	Roland-Story
346		Oberender Daniel	Fr	19:50.8	Valley
347		Colin Recker	Fr	19:51.1	Dowling Catholic
348		Noah Stevens	Sr	19:51.9	Ames

349	Jake Dieleman	So	19:52.4	Johnston
350	Lars Elsbernd	Jr	19:52.6	D M Roosevelt
351	Griffen Vogelgesang	Fr	19:53.3	Iowa City City High
352	Shane Esposito	So	19:54.1	D M Roosevelt
353	Xavier Leonard	Sr	19:54.6	Johnston
354	Daniel Vargas	Jr	19:55.4	Shawnee Miss Nw, KS
355	Gus Mote	Sr	19:55.8	Dowling Catholic
356	Connor Gilbreath	Sr	19:57.9	D M Roosevelt
357	Nate Wilson	So	19:59.3	Waukee
358	Will Keck	Fr	19:59.4	Waukee
359	Josh Davis	So	19:59.6	Johnston
360	Max Balbach	Jr	20:00.5	Johnston
361	Cooper Cary	Jr	20:00.9	D M Roosevelt
362	Issac Holtz	Fr	20:02.2	Waukee
363	Harrison Yoder	So	20:02.7	Ames
364	Joey Sullivan	Jr	20:03.4	Linn-Mar
365	Paul Cornell	Fr	20:04.3	Iowa City City High
366	Mustafa Omar	Fr	20:05.5	Valley
367	Nathan Greer	So	20:05.9	Waukee
368	Jacob Denny	So	20:06.5	Ames
369	Christian Graber	Jr	20:07.4	Gilbert
370	Gould Thomas	Sr	20:07.4	Valley
371	Windust Jacob	So	20:07.6	Valley
372	Keegan Turnbough	Sr	20:07.7	Iowa City City High
373	Thomas Bejarno	Sr	20:08.6	Dowling Catholic
374	Ryan Cynar	So	20:09.0	Iowa City City High
375	Givant Noah	Sr	20:09.0	Valley
376	Will Morlock	Fr	20:09.4	Johnston
377	Dyer Jarabek	Fr	20:10.5	Dowling Catholic
378	Malachi Thompson	Fr	20:10.8	Johnston
379	Orion Staskal	Jr	20:10.9	Iowa City West
380	Johnson Jack	Jr	20:11.3	Valley
381	Blake Oshel	Jr	20:11.5	C R Prairie
382	Noah Barker	So	20:11.8	Ames
383	Ben Kock	Fr	20:12.4	Waukee
384	Aaron Taylor	Fr	20:12.7	Bettendorf
385	Rabi Alaya	Fr	20:13.1	Iowa City West
386	Luke Hillsman	Fr	20:13.5	Dowling Catholic
387	Jared Staskal	Fr	20:13.8	Iowa City West
388	Nick Moon	So	20:14.3	Iowa City West
389	Kittle Vitali	Fr	20:15.4	Valley
390	Eli Anderson	So	20:15.6	Iowa City City High
391	Ollie Morelli	So	20:17.0	Iowa City City High
392	Jack Romp	Sr	20:17.4	D M Roosevelt
393	Andrew Greene	So	20:17.6	Ames
394	Abe Brink	Fr	20:17.8	Ankeny Centennial
395	Abbott LaPrade	Sr	20:17.8	D M Roosevelt
396	Alex Brown	Sr	20:18.2	Linn-Mar

397		Keegan Sotelo	So	20:19.0	Iowa City City High
398		Gaunt David	Fr	20:19.7	Valley
399		Ayi Ajavon	Fr	20:19.8	Iowa City West
400		Collin Cincola	Fr	20:19.9	Bettendorf
401		Spencer Dunham	So	20:20.1	Waukee
402	142	Seth Halleland	Fr	20:21.0	Roland-Story
403		Tanchinh Zachary	Sr	20:21.4	Valley
404		Kacar Alda	Sr	20:23.4	Valley
405		Atticus Ojile	Fr	20:23.7	Iowa City City High
406		Troy Miller	So	20:23.8	Pella
407		Daniel Brown	Fr	20:24.0	Iowa City City High
408		Ethan Scheck	So	20:24.5	Dowling Catholic
409		Owen Millers	Jr	20:24.7	Iowa City West
410		Cole Gansen	Fr	20:24.7	Linn-Mar
411	143	Coby Konkol	So	20:25.3	Des Moines Lincoln
412		Jens Rasmussen	So	20:25.4	Johnston
413		Jason Zheng	Jr	20:25.5	Ames
414		Brody Greenwood	So	20:25.7	Indianola
415		Jack Savage	So	20:25.8	Dowling Catholic
416		Will Johnston	So	20:25.8	Gilbert
417		Hixson Samuel	Sr	20:26.2	Valley
418		Gage Schmidt	Jr	20:27.3	Johnston
419		Jack O'Halloran	Sr	20:28.3	Dowling Catholic
420	144	Will Larson	Jr	20:28.5	Roland-Story
421		Jonah Brook	Jr	20:28.9	Iowa City City High
422		Aiden Foell	Fr	20:28.9	Waukee
423		Eric Schmitt	Fr	20:29.7	Johnston
424		Brayden Beinhart	Fr	20:29.7	Indianola
425		Ian Hillier	Jr	20:30.3	Ames
426		Brandon Spinner	So	20:31.0	Marion
427		Aiden Palmer	So	20:33.8	D M Roosevelt
428		Younes Rouabhi	So	20:33.9	Iowa City City High
429		Zach Schmidt	Jr	20:33.9	C R Prairie
430		Tim Trana	Sr	20:34.3	Iowa City City High
431		Aaron Roehr	Fr	20:37.7	Bettendorf
432		Ryan Jasper	Fr	20:39.2	Des Moines Lincoln
433		Layne Turner	So	20:39.8	Linn-Mar
434		Gray Barrett	Jr	20:40.0	Dowling Catholic
435		Miles Combs	Fr	20:40.3	Indianola
436		Noah Nanke	Fr	20:41.5	C R Washington
437	145	Taylor Hink	Fr	20:42.5	Roland-Story
438		Logan Bouschlicher	So	20:42.9	C R Washington
439		David Goodburn	Jr	20:43.4	Johnston
440		Danny Rompot	Fr	20:43.9	Iowa City West
441		Joseph Seymour	So	20:44.0	Dowling Catholic
442		Jonathan Moore	So	20:44.2	Johnston
443		Noah Miller	So	20:44.8	Waukee
444		Kyle Schmidt	Jr	20:47.4	Johnston

445	Alex Hong	Jr	20:49.4	Dowling Catholic
446	Joe Hurd	So	20:50.0	Ames
447	John Geerdes	So	20:51.2	Iowa City City High
448	Michael Bonin	Sr	20:51.9	Bettendorf
449	Kyle Geerts	Fr	20:51.9	Johnston
450	Romain Obame Ndo	Sr	20:52.7	Ames
451	Jack McKinney	Fr	20:52.8	Waukee
452	Evan Newcomb	So	20:53.9	Johnston
453	Will Greteman	Fr	20:55.9	Waukee
454	Kellen Cosgrove	Jr	20:56.3	Dowling Catholic
455	Colin Smith	Jr	20:56.3	Waukee
456	Zachariah Moore	So	20:56.7	C R Washington
457	Carter Lundgren	Sr	20:56.8	Johnston
458	Sam Tomek	Sr	20:57.3	Iowa City City High
459	Isaiah Kelley	Fr	20:57.8	Linn-Mar
460	Overton Samuel	Fr	20:58.0	Valley
461	Zach Abbey	Fr	20:58.6	Johnston
462	Joshua Gartin	So	21:00.2	Ames
463	Keaton Schulte	So	21:01.6	Dowling Catholic
464	Tyler Potter	Jr	21:01.9	Dowling Catholic
465	Murphy Carl	Fr	21:02.0	Valley
466	Connor Schroeder	Fr	21:02.4	Ames
467	Gage Christiansen	So	21:03.7	Gilbert
468	Niland Patrick	Fr	21:05.0	Valley
469	Omari Masimbuko	Sr	21:05.8	Iowa City West
470	Matt Wichhart	So	21:07.2	Iowa City West
471	Kaden Schilling	So	21:08.0	C R Prairie
472	Jacob Schwarzenbach	Jr	21:08.2	Johnston
473	Jake Sharaffudin	So	21:08.5	Iowa City West
474	Jake Sterling	Fr	21:09.1	Johnston
475	Cole Huedepohl	So	21:09.7	C R Prairie
476	Charlie Pattinson	Fr	21:10.6	Johnston
477	Grant Anderson	Fr	21:11.1	Iowa City West
478	Nick Waddell	Jr	21:11.8	Ankeny Centennial
479	Greg Eckley	Sr	21:12.5	D M Roosevelt
480	Matthew Roberts	Sr	21:13.0	Ames
481	Teegon Slaughter	So	21:13.3	Marion
482	Arvid Gustafsen	So	21:13.5	Iowa City City High
483	Schaeuble Jack	Fr	21:13.6	Valley
484	Sam Olson	Jr	21:14.0	C R Prairie
485	Cole Frazee	Fr	21:15.2	C R Prairie
486	Connor Hayes	Fr	21:15.3	Iowa City West
487	Zach Rinke	So	21:15.7	Dowling Catholic
488	Michael Neppi	Fr	21:16.0	Ames
489	Jacob Bouska	Fr	21:16.4	Iowa City City High
490	Hunter Johnson	Jr	21:17.3	Marion
491	Sean Chi	Jr	21:18.0	Iowa City West
492	Josh Dostal	Jr	21:18.8	Johnston

493		Lee William	Fr	21:19.2	Valley
494		Zechariah Schrauben	So	21:19.7	Pella
495		Harrison Eckard-Garrett	Fr	21:19.8	D M Roosevelt
496		Bashar Eid	Fr	21:22.6	D M Roosevelt
497		Carter Moseley	So	21:23.6	Waukee
498		Cameron Tritle	Jr	21:23.8	Ames
499		Caleb Nostrala	Fr	21:24.0	Indianola
500		Jordan Roozenboom	Fr	21:24.0	Pella
501		Riley Peters	So	21:24.2	Pella
502		Brandon Crow	Sr	21:25.6	Gilbert
503		Alexander Kovar	Fr	21:26.0	Ames
504		Jonah Larrison	So	21:26.2	Waukee
505		Caleb Devick	Sr	21:26.7	Ames
506	146	Colby Martin	So	21:26.7	Roland-Story
507		JaRon Jenkins	Fr	21:27.6	C R Prairie
508		Austen Mattingly	Fr	21:28.2	Iowa City West
509		Cole Quint	Jr	21:28.3	Marion
510		Kevin Chen	So	21:28.7	Iowa City West
511		Max Stark	Jr	21:29.9	C R Washington
512	147	Eli Ruben	So	21:30.5	Roland-Story
513		Josh Larreau	Fr	21:30.7	Waukee
514		Nolan Jackson	Fr	21:30.8	Roland-Story
515		Oliver Clanin	Fr	21:30.9	Linn-Mar
516		Drake Sanchez	Jr	21:31.1	Bettendorf
517		Umble Jake	Fr	21:31.4	Valley
518		Carson Frazee	Fr	21:31.6	C R Prairie
519		Burger Garrett	So	21:32.0	Valley
520		Eppert Jordan	Fr	21:32.5	Valley
521		Matthew Probst	Fr	21:35.0	Dowling Catholic
522		Nick Hall	Jr	21:35.4	Dowling Catholic
523		Bunn Hans	Fr	21:37.0	Valley
524		Grant Roszhart	Sr	21:37.2	Waukee
525		Bierma Isaac	Fr	21:38.6	Valley
526		Erik Johnson	So	21:39.4	Ames
527		Connor Wilson	Fr	21:41.1	Ankeny Centennial
528		Colin Lacey	Sr	21:42.3	Dowling Catholic
529		Cody Frost	Jr	21:42.3	Marion
530		Mason Thomas	So	21:42.6	Roland-Story
531		Alex Sharp	Jr	21:43.7	Gilbert
532		Ama Basan	So	21:43.8	Iowa City City High
533		Trevor Lynch	Sr	21:45.9	Dowling Catholic
534		Coby Wills	Sr	21:48.0	Linn-Mar
535		Dylan Myers	So	21:48.2	C R Prairie
536		David Hebrink	So	21:50.3	C R Washington
537		Ryan Carter	Fr	21:51.3	Iowa City City High
538		Owen Kraus	So	21:54.2	Iowa City City High
539		Thomas DeLay	Jr	21:54.8	Ames
540		Stanley Liu	Fr	21:54.8	Linn-Mar

541	Tony Morphew	So	21:55.3	Iowa City City High
542	Trajan Wells	Sr	21:55.8	Iowa City City High
543	Theo Housker	Fr	21:56.0	Ankeny Centennial
544	Liam Struck	So	21:57.8	Ames
545	Oscar Rodriguez	Jr	21:58.1	Ames
546	Seth Moore	So	21:59.9	Roland-Story
547	Andrew Ryan	So	22:00.8	Dowling Catholic
548	Carson Ehrenberg	Jr	22:01.7	Roland-Story
549	Jordan Schroeder	Fr	22:02.6	C R Prairie
550	William Zheng	Fr	22:03.7	Ames
551	Reese Hermanson	Fr	22:04.2	C R Prairie
552	Matthew Thompson	So	22:04.7	Pella
553	Carson Campbell	Jr	22:05.0	Ames
554	Chris Hartley	Sr	22:05.1	Johnston
555	Eric Paskach	Fr	22:05.7	Ames
556	Bram Janvrin	So	22:05.8	Gilbert
557	Joseph Kramer	Sr	22:06.1	Dowling Catholic
558	Harmon Steen	So	22:06.1	Marion
559	Blake Keasler	Fr	22:07.7	Iowa City City High
560	Cole Hillier	So	22:08.4	Ames
561	Jacob Peters	So	22:08.9	Ames
562	Sam Miller	Fr	22:10.5	Linn-Mar
563	Drew Wilson	Sr	22:12.9	Gilbert
564	Elijah Shelby	Jr	22:12.9	Linn-Mar
565	Dylan Scharnau	Fr	22:13.5	Linn-Mar
566	Matthew Kliegl	Fr	22:14.1	Johnston
567	Bronson Gloeckner	Jr	22:14.4	Linn-Mar
568	Thomas Peyton	Jr	22:23.6	Marion
569	Zach Rastetter	Jr	22:25.1	Gilbert
570	Nicholas Seabold	So	22:25.2	Iowa City City High
571	Evan Uhlmeier	So	22:25.7	Ames
572	Brenden Hinspeter	Fr	22:26.1	Waukee
573	Daniel Hansen	Jr	22:26.6	Linn-Mar
574	Hunter Booth	Jr	22:26.9	C R Prairie
575	Noah Krull	So	22:27.4	Roland-Story
576	Cullen McDermott	Fr	22:27.5	Bettendorf
577	Yasar Hassan	So	22:28.4	Iowa City City High
578	Franklin Horbuckle	Fr	22:29.4	Iowa City City High
579	Josiah Trost	Sr	22:30.7	Johnston
580	Cole Barrett	Fr	22:32.4	Waukee
581	Elmin Didic	Fr	22:32.5	Waukee
582	Kyle Gobin	Fr	22:32.7	Johnston
583	Nate Hochstetler	Jr	22:32.7	Gilbert
584	Connor Huseman	Fr	22:33.5	C R Prairie
585	Anthony Trujillo	Fr	22:33.7	Iowa City City High
586	Liam Barron	Fr	22:34.9	Iowa City City High
587	James Howard	So	22:37.2	Indianola
588	Leonardo Andreani	Jr	22:38.6	C R Prairie

589	Cole Johnson	So	22:40.0	Johnston
590	Logan White	Fr	22:42.9	Pella
591	Wyatt Origer	So	22:47.2	Roland-Story
592	Gabe Nady	Fr	22:49.3	Roland-Story
593	Nick Cassady	Fr	22:49.5	C R Prairie
594	Will Myers	Sr	22:51.2	Dowling Catholic
595	Arrick Rinke	Fr	22:51.4	C R Prairie
596	Miles Henrichs	Sr	22:55.5	Iowa City City High
597	Wyatt Kacmarynski	Fr	22:55.5	Johnston
598	Elliot Tomek	Fr	22:58.6	Iowa City City High
599	Ryan Hearn	So	23:04.8	Linn-Mar
600	Nick O'Toole	Fr	23:07.2	Linn-Mar
601	Alonso Franco	Jr	23:08.9	Dowling Catholic
602	Noah Gilkes	So	23:11.2	Linn-Mar
603	Nelson Gredell	Jr	23:11.3	Iowa City City High
604	Evan Dosedel	Sr	23:15.3	Waukee
605	Harper Sullivan	So	23:17.3	Ames
606	Joe Vavra	Fr	23:18.1	C R Prairie
607	Kenny McAleer	Fr	23:19.9	Waukee
608	Adithya Somisetty	Jr	23:21.0	Johnston
609	Calvin Chadima	So	23:23.0	C R Prairie
610	Parker Murphy	Jr	23:23.2	Johnston
611	Will Fagerland	Sr	23:30.3	Dowling Catholic
612	Nathan Cremers	Sr	23:31.6	Iowa City City High
613	Petr Karpov	So	23:31.7	Ames
614	Aj Seamans	Fr	23:35.9	Iowa City City High
615	Nolan Thompson	Fr	23:37.0	Linn-Mar
616	Luke Haverdink	Fr	23:38.1	Gilbert
617	Nathan Herreweyers	Sr	23:39.0	Iowa City City High
618	Macalister Downing	Jr	23:39.5	Des Moines Lincoln
619	Ethan Nady	Fr	23:41.2	Roland-Story
620	Charles Keitges	Fr	23:45.2	Ames
621	Will Lane	So	23:49.6	Waukee
622	Jacob Knox	Fr	23:50.7	Johnston
623	Matthew Horvath	Fr	23:50.8	Dowling Catholic
624	Adam Eichorn	So	23:54.3	Ames
625	Sam Sirna	Fr	23:56.0	Roland-Story
626	Joel Neppl	So	23:56.9	Ames
627	Tyler Blakely	Jr	23:57.2	Dowling Catholic
628	Nathan Bui	Jr	23:59.0	D M Roosevelt
629	Casey Shanaberger	So	24:01.3	Dowling Catholic
630	Tommy Stevens	Fr	24:03.3	Iowa City West
631	Brian Altfillisch	Fr	24:17.3	C R Washington
632	Newton Beckett	Fr	24:19.4	Valley
633	Wyatt Kelp	Fr	24:24.4	Pella
634	Timothy Bettcher	Jr	24:42.0	Des Moines Lincoln
635	Zeke McCarty	Fr	24:42.1	Gilbert
636	Gabe Reitano	Fr	24:43.4	Roland-Story

637	Tyler Thomsen	Fr	24:46.2	Bettendorf
638	Tanner Drabek	Jr	24:52.7	D M Roosevelt
639	Philip Rocca	So	24:54.7	Iowa City City High
640	Ryan Derrick	Fr	24:58.1	Waukee
641	Anthony Arroyo	So	25:00.4	D M Roosevelt
642	Austin Jones	Fr	25:10.4	C R Prairie
643	Gajin Kim	Jr	25:13.4	Ames
644	Dalton Cale	Fr	25:13.9	Dowling Catholic
645	James Hecht	So	25:27.7	Linn-Mar
646	Tanner Hartshorn	So	25:29.9	Johnston
647	George Long	Jr	25:31.5	Dowling Catholic
648	Keltic Erwin-Johnson	Fr	25:33.1	Indianola
649	Dawson Craig	So	25:35.8	Johnston
650	Alexander Jordan	So	25:52.7	Valley
651	Breiner Gerald	So	25:59.8	Valley
652	Tom Nahas	Jr	26:05.5	Dowling Catholic
653	Andy Nguyen	Fr	26:06.6	Johnston
654	Byron Nelson	So	26:08.7	C R Prairie
655	Marco Orozco	So	26:08.7	D M Roosevelt
656	Dakota Huddleston	Fr	26:13.7	Pella
657	Caleb Moorman	Fr	26:17.6	Johnston
658	Trevor Imm	Jr	26:26.4	Waukee
659	Duncan Shay	Jr	26:28.5	D M Roosevelt
660	Hewitt Thomas	So	26:58.7	Valley
661	Antonio Ramirez	So	27:13.5	Des Moines Lincoln
662	Chase O'Connell	Fr	27:16.1	Johnston
663	Alex Nahnsen	So	27:29.4	Johnston
664	Will Burch	Fr	27:57.2	Johnston
665	Max Crooks	So	29:24.1	Johnston
666	Marcus Msuya	So	30:28.6	Indianola
667	Liam Sweeney	Jr	30:36.9	Dowling Catholic
668	Daniel Young	Jr	30:37.0	Des Moines Lincoln
669	Dylan McKinley	Fr	30:51.6	Roland-Story
670	Saber Cory	Jr	30:54.4	Roland-Story
671	Dan Crowley	So	38:00.0	Indianola
672	Sam Dolde	Fr	39:40.0	Johnston