

Iowa City West Invitational

Varsity Girls Ashton Cross Country Course - Iowa City, IA 10/1/2019 Partly Cloudy S 10MPH 84°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Cedar Rapids Prairie	2	3	5	19	20	22	23	= 49	1:43:44.4	20:44.9	1:19.2
2	Hempstead	4	8	10	12	16	24	34	= 50	1:44:49.5	20:57.9	0:53.1
3	Ankeny Centennial	6	7	9	11	21	26		= 54	1:45:12.9	21:02.6	0:38.1
4	North Scott	15	28	29	32	33	40	42	= 137	1:51:09.7	22:13.9	1:32.4
5	Cedar Rapids Washington	1	35	36	44	48	55	67	= 164	1:53:54.6	22:46.9	4:15.7
6	Iowa City Regina	17	30	39	41	43	57	59	= 170	1:54:04.2	22:48.8	2:17.7
7	Mount Vernon-Lisbon	13	14	38	50	60	61		= 175	1:55:36.5	23:07.3	4:26.6
8	Marion	25	27	45	47	49	52	58	= 193	1:56:00.0	23:12.0	2:30.0
9	Muscatine	18	51	54	56	62	64	65	= 241	2:02:50.2	24:34.0	5:20.1
10	Xavier	31	37	46	63	66			= 243	2:03:20.1	24:40.0	4:41.0
11	Des Moines East	53	68	69	70	71			= 331	2:31:01.6	30:12.3	7:42.5

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Mary Cline	JR	Cedar Rapids Washington	19:56.7	6:25
2	2	Gabby Cortez	SO	Cedar Rapids Prairie	20:03.7	6:27
3	3	Laurdyn Meyer	JR	Cedar Rapids Prairie	20:08.5	6:29
4	4	Hannah Brown	SR	Hempstead	20:24.7	6:34
5	5	Carli Reittinger	SR	Cedar Rapids Prairie	20:46.5	6:41
6	6	Rondi Quass	FR	Ankeny Centennial	20:47.1	6:41
7	7	Morgan Graybill	SR	Ankeny Centennial	20:56.5	6:44
8	8	Emma Holesinger	SR	Hempstead	20:56.7	6:44
9	9	Kierstan Fritz	SR	Ankeny Centennial	20:58.3	6:45
10	10	Shaelyn Hostager	SR	Hempstead	21:01.3	6:46
11	11	Jeanne Peters	SR	Ankeny Centennial	21:05.8	6:47
12	12	Kaylee Leicht	SR	Hempstead	21:09.1	6:48
13	13	Aubrey Frey	SR	Mount Vernon-Lisbon	21:10.6	6:49
14	14	Laura Swart	FR	Mount Vernon-Lisbon	21:16.5	6:51
15	15	Bailey Boddicker	FR	North Scott	21:17.4	6:51
16	16	Brooke O'Brein	FR	Hempstead	21:17.7	6:51
17	17	Annalee Bartles	JR	Iowa City Regina	21:20.6	6:52
18	18	Rylee Blake	SR	Muscatine	21:22.1	6:53
19	19	Grace Long	SO	Cedar Rapids Prairie	21:22.7	6:53
20	20	Lily Johannes	SO	Cedar Rapids Prairie	21:22.9	6:53
21	21	Katie Jensen	JR	Ankeny Centennial	21:25.2	6:54
22	22	Kendall White	JR	Cedar Rapids Prairie	21:29.2	6:55
23	23	Alyza Koppes	SO	Cedar Rapids Prairie	21:36.9	6:57
24	24	Audrey Franklin	JR	Hempstead	21:41.2	6:59
25	25	Peyton Steffen	SO	Marion	21:46.3	7:00
26	26	Kathryn Vorthmerms	JR	Ankeny Centennial	21:52.1	7:02
27	27	Corrina Dittmer	SR	Marion	21:54.6	7:03
28	28	Kaitlyn Knoche	FR	North Scott	22:06.8	7:07
29	29	Abbi Lafrenz	SR	North Scott	22:07.1	7:07
30	30	Mya Whitaker	FR	Iowa City Regina	22:15.9	7:10
31	31	Hannah Denman	SR	Xavier	22:23.3	7:12
32	32	Sadie West	JR	North Scott	22:48.8	7:21
33	33	Ava Garrard	SO	North Scott	22:49.8	7:21
34	34	Emily Richter	JR	Hempstead	22:51.3	7:21
35	35	Sage Slessor	FR	Cedar Rapids Washington	22:57.3	7:23
36	36	Libby Wickham	SO	Cedar Rapids Washington	22:58.2	7:24
37	37	Lizzy Schmitt	JR	Xavier	23:06.7	7:26
38	38	Laila Moellering	FR	Mount Vernon-Lisbon	23:08.8	7:27
39	39	Josie Voss	SO	Iowa City Regina	23:21.8	7:31
40	40	Emily Kundel	SR	North Scott	23:24.1	7:32
41	41	Josie Pursley	SO	Iowa City Regina	23:27.6	7:33
42	42	Zoe Warm	SR	North Scott	23:35.0	7:35
43	43	Kennedy Scott	SR	Iowa City Regina	23:38.3	7:37
44	44	Syd Mitvalsky	JR	Cedar Rapids Washington	23:50.1	7:40
45	45	Rebeckah Regennitter	FR	Marion	23:56.2	7:42
46	46	Megan Meyer	SR	Xavier	24:00.9	7:44
47	47	Addison Stearns	FR	Marion	24:06.7	7:46
48	48	Jojo Hayes	SR	Cedar Rapids Washington	24:12.4	7:47
49	49	Noelle Regennitter	FR	Marion	24:16.2	7:49
50	50	Sabrina Bleile	JR	Mount Vernon-Lisbon	24:23.4	7:51
51	51	Gwen Kuhl	JR	Muscatine	24:32.2	7:54
52	52	Hannah Brase	FR	Marion	24:42.4	7:57
53	53	Marissa Thompson	JR	Des Moines East	24:49.7	7:59
54	54	Lauren Dirth	SR	Muscatine	25:04.3	8:04
55	55	Ella Davis	JR	Cedar Rapids Washington	25:05.1	8:04
56	56	Molly Guerra	SO	Muscatine	25:09.4	8:06
57	57	Allison Hein	SO	Iowa City Regina	25:22.7	8:10
58	58	Leah Fitch	JR	Marion	25:25.2	8:11
59	59	Claire Gaarde	SR	Iowa City Regina	25:34.6	8:14
60	60	Grace Morningstar	SR	Mount Vernon-Lisbon	25:37.2	8:15
61	61	Emmaline Campbell	FR	Mount Vernon-Lisbon	25:47.9	8:18
62	62	Charlie Blazek	JR	Muscatine	26:42.2	8:36
63	63	Faith Karl	SO	Xavier	26:44.9	8:37

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Place	Score	Name	Year	School	Time	Pace	mpm
64	64	Abby Stambler	SO	Muscatine	26:56.3	8:40	
65	65	Ruve Roos	FR	Muscatine	26:56.6	8:40	
66	66	Hope Schulte	JR	Xavier	27:04.3	8:43	
67	67	Ellen Houtz	SR	Cedar Rapids Washington	27:32.2	8:52	
68	68	Rebecca Curtis	SR	Des Moines East	29:17.8	9:26	
69	69	Daniela Gama	SR	Des Moines East	31:50.2	10:15	
70	70	Paulina Hernandez	SR	Des Moines East	32:31.6	10:28	
71	71	Sabrina Vongphandy	SR	Des Moines East	32:32.2	10:28	

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Place	Name	Time	mpm					Place	Name	Time	mpm
1) Cedar Rapids Prairie				Score = 49							
2	Gabby Cortez, SO	20:03.7	6:27								
3	Laurdyn Meyer, JR	20:08.5	6:29								
5	Carli Reittinger, SR	20:46.5	6:41								
19	Grace Long, SO	21:22.7	6:53								
20	Lily Johannes, SO	21:22.9	6:53								
22	Kendall White, JR	21:29.2	6:55								
23	Alyza Koppes, SO	21:36.9	6:57								
2) Hempstead				Score = 50							
4	Hannah Brown, SR	20:24.7	6:34								
8	Emma Holesinger, SR	20:56.7	6:44								
10	Shaelyn Hostager, SR	21:01.3	6:46								
12	Kaylee Leicht, SR	21:09.1	6:48								
16	Brooke O'Brein, FR	21:17.7	6:51								
24	Audrey Franklin, JR	21:41.2	6:59								
34	Emily Richter, JR	22:51.3	7:21								
3) Ankeny Centennial				Score = 54							
6	Rondi Quass, FR	20:47.1	6:41								
7	Morgan Graybill, SR	20:56.5	6:44								
9	Kierstan Fritz, SR	20:58.3	6:45								
11	Jeanne Peters, SR	21:05.8	6:47								
21	Katie Jensen, JR	21:25.2	6:54								
26	Kathryn Vortherms, JR	21:52.1	7:02								
4) North Scott				Score = 137							
15	Bailey Boddicker, FR	21:17.4	6:51								
28	Kaitlyn Knoche, FR	22:06.8	7:07								
29	Abbi Lafrenz, SR	22:07.1	7:07								
32	Sadie West, JR	22:48.8	7:21								
33	Ava Garrard, SO	22:49.8	7:21								
40	Emily Kundel, SR	23:24.1	7:32								
42	Zoe Warm, SR	23:35.0	7:35								
5) Cedar Rapids Washington				Score = 164							
1	Mary Cline, JR	19:56.7	6:25								
35	Sage Slessor, FR	22:57.3	7:23								
36	Libby Wickham, SO	22:58.2	7:24								
44	Syd Mitvalsky, JR	23:50.1	7:40								
48	Jojo Hayes, SR	24:12.4	7:47								
55	Ella Davis, JR	25:05.1	8:04								
67	Ellen Houtz, SR	27:32.2	8:52								
6) Iowa City Regina				Score = 170							
17	Annalee Bartles, JR	21:20.6	6:52								
30	Mya Whitaker, FR	22:15.9	7:10								
39	Josie Voss, SO	23:21.8	7:31								
41	Josie Pursley, SO	23:27.6	7:33								
43	Kennedy Scott, SR	23:38.3	7:37								
57	Allison Hein, SO	25:22.7	8:10								
59	Claire Gaarde, SR	25:34.6	8:14								
7) Mount Vernon-Lisbon				Score = 175							
13	Aubrey Frey, SR	21:10.6	6:49								
14	Laura Swart, FR	21:16.5	6:51								
38	Laila Moellering, FR	23:08.8	7:27								
50	Sabrina Bleile, JR	24:23.4	7:51								
60	Grace Morningstar, SR	25:37.2	8:15								
61	Emmaline Campbell, FR	25:47.9	8:18								
8) Marion				Score = 193							
25	Peyton Steffen, SO	21:46.3	7:00								
27	Corrina Dittmer, SR	21:54.6	7:03								
45	Rebeckah Regennitter, FR	23:56.2	7:42								
47	Addison Stearns, FR	24:06.7	7:46								
49	Noelle Regennitter, FR	24:16.2	7:49								
52	Hannah Brase, FR	24:42.4	7:57								
58	Leah Fitch, JR	25:25.2	8:11								
9) Muscatine				Score = 241							
18	Rylee Blake, SR	21:22.1	6:53								
51	Gwen Kuhl, JR	24:32.2	7:54								
54	Lauren Dirth, SR	25:04.3	8:04								
56	Molly Guerra, SO	25:09.4	8:06								
62	Charlie Blazek, JR	26:42.2	8:36								
64	Abby Stambler, SO	26:56.3	8:40								
65	Ruve Roos, FR	26:56.6	8:40								
						10) Xavier					
						Score = 243					
						31	Hannah Denman, SR	22:23.3	7:12		
						37	Lizzy Schmitt, JR	23:06.7	7:26		
						46	Megan Meyer, SR	24:00.9	7:44		
						63	Faith Karl, SO	26:44.9	8:37		
						66	Hope Schulte, JR	27:04.3	8:43		
						11) Des Moines East					
						Score = 331					
						53	Marissa Thompson, JR	24:49.7	7:59		
						68	Rebecca Curtis, SR	29:17.8	9:26		
						69	Daniela Gama, SR	31:50.2	10:15		
						70	Paulina Hernandez, SR	32:31.6	10:28		
						71	Sabrina Vongphandy, SR	32:32.2	10:28		
Incomplete Teams:											

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Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Cedar Rapids Prairie	1	2	12	27	39	61	63	= 81	1:26:00.9	17:12.2	1:43.8
2	Johnston JV	9	13	18	21	24	25	42	= 85	1:27:01.3	17:24.3	0:43.4
3	Iowa City West	4	11	14	29	32	40	45	= 90	1:27:00.5	17:24.1	1:09.7
4	Cedar Rapids Washington	3	10	16	22	60	71		= 111	1:27:46.3	17:33.3	2:17.3
5	Ankeny Centennial	5	8	19	41	51	52	67	= 124	1:27:58.1	17:35.6	1:32.6
6	Bettendorf	7	15	34	46	49	50	57	= 151	1:28:55.0	17:47.0	1:23.1
7	North Scott	17	36	37	44	47	53	64	= 181	1:30:05.1	18:01.0	0:54.1
8	Mount Vernon-Lisbon	26	30	35	43	55	66	72	= 189	1:30:27.1	18:05.4	0:46.1
9	Marion	28	31	33	38	65	74	78	= 195	1:30:53.5	18:10.7	1:16.5
10	Muscatine	20	48	54	59	75	81		= 256	1:33:17.4	18:39.5	2:17.9
11	Xavier	6	68	70	73	76	79	88	= 293	1:35:11.3	19:02.3	3:01.7
12	Des Moines East	23	56	69	77	82	83		= 307	1:36:38.2	19:19.6	3:13.7
13	Iowa City Regina	58	62	80	84	85	86	87	= 369	1:40:52.6	20:10.5	2:35.5

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Jack Pendergast	SR	Cedar Rapids Prairie	16:22.3	5:16
2	2	Hunter Kalous	JR	Cedar Rapids Prairie	16:33.4	5:20
3	3	Lewis Kleman	SR	Cedar Rapids Washington	16:40.9	5:22
4	4	Nicolo Schianchi	SO	Iowa City West	16:45.2	5:24
5	5	Gabriel Vicker	JR	Ankeny Centennial	16:52.0	5:26
6	6	Jack Renning	SR	Xavier	16:52.9	5:26
7	7	Kyler Castro	SR	Bettendorf	16:56.9	5:27
8	8	Connor Cunningham	JR	Ankeny Centennial	16:59.4	5:28
9	9	Hunter Briggs	SR	Johnston JV	17:00.3	5:28
10	10	Max Locher	SR	Cedar Rapids Washington	17:07.4	5:31
11	11	Alex McKane	SO	Iowa City West	17:08.0	5:31
12	12	Carlo Dannenfelser	SR	Cedar Rapids Prairie	17:10.1	5:32
13	13	Nathan Tegeler	SR	Johnston JV	17:10.3	5:32
14	14	Ken Wilbur	SR	Iowa City West	17:19.7	5:35
15	15	Nick Moore	JR	Bettendorf	17:21.9	5:35
16	16	Ethan Stout	JR	Cedar Rapids Washington	17:22.1	5:35
17	17	Owen West	JR	North Scott	17:25.0	5:36
18	18	Nathan Kellar	JR	Johnston JV	17:30.4	5:38
19	19	Nate Jones	JR	Ankeny Centennial	17:33.7	5:39
20	20	Sam Gordon	SO	Muscatine	17:35.2	5:40
21	21	Carter Eckhoff	SO	Johnston JV	17:36.6	5:40
22	22	Lukas Engledow	JR	Cedar Rapids Washington	17:37.6	5:40
23	23	Andres Cruz-Castro	SO	Des Moines East	17:42.3	5:42
24	24	Carson Stanley	JR	Johnston JV	17:43.7	5:42
25	25	Drew Schmidt	SR	Johnston JV	17:45.7	5:43
26	26	Zach Fall	FR	Mount Vernon-Lisbon	17:47.2	5:43
27	27	Andrew Bickford	JR	Cedar Rapids Prairie	17:48.9	5:44
28	28	Shane Erb	SO	Marion	17:50.9	5:45
29	29	Raymond Yang	SR	Iowa City West	17:52.6	5:45
30	30	Kaleb Brand	SR	Mount Vernon-Lisbon	17:53.6	5:46
31	31	Jedidiah Osgood	FR	Marion	17:54.9	5:46
32	32	Mohan Kumar	JR	Iowa City West	17:54.9	5:46
33	33	Tanner Shindelar	JR	Marion	17:55.6	5:46
34	34	Layton Pribyl	JR	Bettendorf	17:57.7	5:47
35	35	Eli Dickson	FR	Mount Vernon-Lisbon	18:02.2	5:48
36	36	Ethan Jost	JR	North Scott	18:03.1	5:49
37	37	Luke Crawford	SO	North Scott	18:03.8	5:49
38	38	Gaven Hiler	SR	Marion	18:04.9	5:49
39	39	McKade Adams	SR	Cedar Rapids Prairie	18:06.2	5:50
40	40	Caden Noeller	SO	Iowa City West	18:07.8	5:50
41	41	Ryan Bybee	JR	Ankeny Centennial	18:08.4	5:50
42	42	Malachi Thompson	SR	Johnston JV	18:09.6	5:51
43	43	Riley Dolan	SR	Mount Vernon-Lisbon	18:10.9	5:51
44	44	Chase Porter	JR	North Scott	18:14.2	5:52
45	45	Seth Cheney	FR	Iowa City West	18:17.5	5:53
46	46	Ethan Cole	FR	Bettendorf	18:18.6	5:54
47	47	Will Dowda	JR	North Scott	18:19.1	5:54
48	48	Eli Roeth	SR	Muscatine	18:19.7	5:54
49	49	Aaron Roehr	SR	Bettendorf	18:20.0	5:54
50	50	Thomas Hughes	SO	Bettendorf	18:21.6	5:55
51	51	Kade Christensen	JR	Ankeny Centennial	18:24.6	5:56
52	52	Cooper Majors	SO	Ankeny Centennial	18:28.4	5:57
53	53	Colin Rettig	FR	North Scott	18:31.1	5:58
54	54	Dawson Sweat	SR	Muscatine	18:32.4	5:58
55	55	Quincy Happel	SO	Mount Vernon-Lisbon	18:33.3	5:58
56	56	Ryan Trujillo	FR	Des Moines East	18:41.7	6:01
57	57	Carter Wolf	JR	Bettendorf	18:49.2	6:03
58	58	Joe Maley	FR	Iowa City Regina	18:56.9	6:06
59	59	Trevor Diedrichs	JR	Muscatine	18:56.9	6:06
60	60	Britt Edwards	SR	Cedar Rapids Washington	18:58.3	6:06
61	61	Jaxon Sickels	FR	Cedar Rapids Prairie	18:58.8	6:07

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Place	Score	Name	Year	School	Time	Pace mpm
62	62	Ethan Boileau	SR	Iowa City Regina	18:59.4	6:07
63	63	Anthony Lee	SO	Cedar Rapids Prairie	19:02.6	6:08
64	64	Tyson Haedt	SO	North Scott	19:04.9	6:09
65	65	Blake Roling	SO	Marion	19:07.3	6:09
66	66	Jack Ossenkop	SR	Mount Vernon-Lisbon	19:08.7	6:10
67	67	Joe Guddall	JR	Ankeny Centennial	19:15.4	6:12
68	68	Collin Musick	SR	Xavier	19:21.9	6:14
69	69	Jose Dominguez	SR	Des Moines East	19:23.2	6:14
70	70	Randall Kinner	SO	Xavier	19:25.6	6:15
71	71	Finn Deboom	SO	Cedar Rapids Washington	19:31.6	6:17
72	72	Jayden Meeker	JR	Mount Vernon-Lisbon	19:36.3	6:19
73	73	Bryor Hansel	JR	Xavier	19:36.3	6:19
74	74	Nicholas Verduzco	SO	Marion	19:41.6	6:20
75	75	Aidan Daufeldt	JR	Muscatine	19:53.1	6:24
76	76	Brady Horstmann	SO	Xavier	19:54.6	6:25
77	77	Andrew Lamb	SR	Des Moines East	19:55.0	6:25
78	78	Cole Hemann	SR	Marion	19:58.9	6:26
79	79	John Trotta	JR	Xavier	20:06.8	6:28
80	80	Andrew Miller	SR	Iowa City Regina	20:18.2	6:32
81	81	Joel Larue	JR	Muscatine	20:53.1	6:43
82	82	Xander Wallace	SR	Des Moines East	20:56.0	6:44
83	83	Cosmas Nyaiika	SR	Des Moines East	21:05.3	6:47
84	84	Evan Lacina	FR	Iowa City Regina	21:05.8	6:47
85	85	Nick Kratz	JR	Iowa City Regina	21:32.4	6:56
86	86	Adam Boblenz	SO	Iowa City Regina	21:37.5	6:58
87	87	Nicholas Abusada	JR	Iowa City Regina	21:40.1	6:58
88	88	Blake Bohon	JR	Xavier	23:03.7	7:25

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) Cedar Rapids Prairie				9) Marion			
		Score = 81				Score = 195	
1	Jack Pendergast, SR	16:22.3	5:16	28	Shane Erb, SO	17:50.9	5:45
2	Hunter Kalous, JR	16:33.4	5:20	31	Jedidiah Osgood, FR	17:54.9	5:46
12	Carlo Dannenfelser, SR	17:10.1	5:32	33	Tanner Shindelar, JR	17:55.6	5:46
27	Andrew Bickford, JR	17:48.9	5:44	38	Gaven Hiler, SR	18:04.9	5:49
39	McKade Adams, SR	18:06.2	5:50	65	Blake Roling, SO	19:07.3	6:09
61	Jaxon Sickels, FR	18:58.8	6:07	74	Nicholas Verduzco, SO	19:41.6	6:20
63	Anthony Lee, SO	19:02.6	6:08	78	Cole Hemann, SR	19:58.9	6:26
2) Johnston JV				10) Muscatine			
		Score = 85				Score = 256	
9	Hunter Briggs, SR	17:00.3	5:28	20	Sam Gordon, SO	17:35.2	5:40
13	Nathan Tegeler, SR	17:10.3	5:32	48	Eli Roeth, SR	18:19.7	5:54
18	Nathan Kellar, JR	17:30.4	5:38	54	Dawson Sweat, SR	18:32.4	5:58
21	Carter Eckhoff, SO	17:36.6	5:40	59	Trevor Diedrichs, JR	18:56.9	6:06
24	Carson Stanley, JR	17:43.7	5:42	75	Aidan Daufeldt, JR	19:53.1	6:24
25	Drew Schmidt, SR	17:45.7	5:43	81	Joel Larue, JR	20:53.1	6:43
42	Malachi Thompson, SR	18:09.6	5:51	11) Xavier			
3) Iowa City West						Score = 293	
		Score = 90		6	Jack Renning, SR	16:52.9	5:26
4	Nicolo Schianchi, SO	16:45.2	5:24	68	Collin Musick, SR	19:21.9	6:14
11	Alex McKane, SO	17:08.0	5:31	70	Randall Kinner, SO	19:25.6	6:15
14	Ken Wilbur, SR	17:19.7	5:35	73	Bryor Hansel, JR	19:36.3	6:19
29	Raymond Yang, SR	17:52.6	5:45	76	Brady Horstmann, SO	19:54.6	6:25
32	Mohan Kumar, JR	17:54.9	5:46	79	John Trotta, JR	20:06.8	6:28
40	Caden Noeller, SO	18:07.8	5:50	88	Blake Bohon, JR	23:03.7	7:25
45	Seth Cheney, FR	18:17.5	5:53	12) Des Moines East			
4) Cedar Rapids Washington						Score = 307	
		Score = 111		23	Andres Cruz-Castro, SO	17:42.3	5:42
3	Lewis Kleman, SR	16:40.9	5:22	56	Ryan Trujillo, FR	18:41.7	6:01
10	Max Locher, SR	17:07.4	5:31	69	Jose Dominguez, SR	19:23.2	6:14
16	Ethan Stout, JR	17:22.1	5:35	77	Andrew Lamb, SR	19:55.0	6:25
22	Lukas Engledow, JR	17:37.6	5:40	82	Xander Wallace, SR	20:56.0	6:44
60	Britt Edwards, SR	18:58.3	6:06	83	Cosmas Nyaika, SR	21:05.3	6:47
71	Finn Deboom, SO	19:31.6	6:17	13) Iowa City Regina			
5) Ankeny Centennial						Score = 369	
		Score = 124		58	Joe Maley, FR	18:56.9	6:06
5	Gabriel Vicker, JR	16:52.0	5:26	62	Ethan Boileau, SR	18:59.4	6:07
8	Connor Cunningham, JR	16:59.4	5:28	80	Andrew Miller, SR	20:18.2	6:32
19	Nate Jones, JR	17:33.7	5:39	84	Evan Lacina, FR	21:05.8	6:47
41	Ryan Bybee, JR	18:08.4	5:50	85	Nick Kratz, JR	21:32.4	6:56
51	Kade Christensen, JR	18:24.6	5:56	86	Adam Boblenz, SO	21:37.5	6:58
52	Cooper Majors, SO	18:28.4	5:57	87	Nicholas Abusada, JR	21:40.1	6:58
67	Joe Guddall, JR	19:15.4	6:12	Incomplete Teams:			
6) Bettendorf							
		Score = 151					
7	Kyler Castro, SR	16:56.9	5:27				
15	Nick Moore, JR	17:21.9	5:35				
34	Layton Pribyl, JR	17:57.7	5:47				
46	Ethan Cole, FR	18:18.6	5:54				
49	Aaron Roehr, SR	18:20.0	5:54				
50	Thomas Hughes, SO	18:21.6	5:55				
57	Carter Wolf, JR	18:49.2	6:03				
7) North Scott							
		Score = 181					
17	Owen West, JR	17:25.0	5:36				
36	Ethan Jost, JR	18:03.1	5:49				
37	Luke Crawford, SO	18:03.8	5:49				
44	Chase Porter, JR	18:14.2	5:52				
47	Will Dowda, JR	18:19.1	5:54				
53	Colin Rettig, FR	18:31.1	5:58				
64	Tyson Haedt, SO	19:04.9	6:09				
8) Mount Vernon-Lisbon							
		Score = 189					
26	Zach Fall, FR	17:47.2	5:43				
30	Kaleb Brand, SR	17:53.6	5:46				
35	Eli Dickson, FR	18:02.2	5:48				
43	Riley Dolan, SR	18:10.9	5:51				
55	Quincy Happel, SO	18:33.3	5:58				
66	Jack Ossenkop, SR	19:08.7	6:10				
72	Jayden Meeker, JR	19:36.3	6:19				

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Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Ankeny Centennial	2	3	4	5	6	8	9	= 20	1:52:18.3	22:27.7	0:38.0
2	Bettendorf JV	1	7	11	12	14	20	21	= 45	1:54:45.7	22:57.1	2:16.5
3	North Scott	10	13	19	26	30	32	38	= 98	2:01:55.1	24:23.0	2:51.6
4	Hempstead	15	16	22	23	24	34	37	= 100	2:02:49.4	24:33.9	0:57.2
5	Mount Vernon-Lisbon	18	25	31	35	43	45	46	= 152	2:08:05.0	25:37.0	2:22.4
6	Cedar Rapids Prairie	27	28	39	40	47	48	49	= 181	2:11:25.7	26:17.1	1:47.8
7	Xavier	17	29	42	56	57	59	60	= 201	2:14:30.8	26:54.2	4:45.6
8	Cedar Rapids Washington	33	41	52	61	63			= 250	2:21:35.7	28:19.1	4:43.8
9	Marion	36	50	51	54	64			= 255	2:22:53.9	28:34.8	6:02.1
10	Muscatine	44	53	55	58	62	67	70	= 272	2:23:16.5	28:39.3	3:30.5
11	Des Moines East	65	66	68	69	71			= 339	2:53:45.1	34:45.0	2:42.1

Incomplete Teams: Iowa City Regina

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Ashlynn Whitcanack	SO	Bettendorf JV	21:35.9	6:57
2	2	Kate Hoogensen	SR	Ankeny Centennial	21:59.7	7:05
3	3	Grace Meador	JR	Ankeny Centennial	22:31.5	7:15
4	4	MacIe Langstraat	JR	Ankeny Centennial	22:33.4	7:16
5	5	Camden Hershberger	FR	Ankeny Centennial	22:36.0	7:16
6	6	Hannah Nelson	SR	Ankeny Centennial	22:37.7	7:17
7	7	Amanda Scott	SO	Bettendorf JV	22:43.7	7:19
8	8	Allison Su	JR	Ankeny Centennial	22:48.1	7:20
9	9	Kendall Jorgensen	SO	Ankeny Centennial	22:59.4	7:24
10	10	Grace Sindt	JR	North Scott	23:03.0	7:25
11	11	Peyton Bytnar	SR	Bettendorf JV	23:09.9	7:27
12		Eliana Fritz	FR	Ankeny Centennial	23:12.3	7:28
13	12	Klara Skogman	FR	Bettendorf JV	23:23.7	7:32
14	13	Megan Smith	JR	North Scott	23:28.0	7:33
15		Claire Anonson	SO	Ankeny Centennial	23:39.2	7:37
16		Taysia Bettis	SO	Ankeny Centennial	23:40.6	7:37
17		Celesta Cox	SR	Ankeny Centennial	23:49.0	7:40
18	14	Stephanie Rice	JR	Bettendorf JV	23:52.4	7:41
19	15	Natalie Schlichte	FR	Hempstead	23:58.9	7:43
20	16	Jamie Weidemann	JR	Hempstead	24:04.6	7:45
21	17	Mary Clare Bean	SO	Xavier	24:12.0	7:47
22	18	Emma Bock	SR	Mount Vernon-Lisbon	24:18.9	7:50
23	19	Bella Warm	FR	North Scott	24:21.7	7:50
24	20	Audrey Scarlett	FR	Bettendorf JV	24:24.5	7:51
25	21	Madison Foht	SR	Bettendorf JV	24:25.7	7:52
26		Izzy Appel	SO	Bettendorf JV	24:26.1	7:52
27		Kate McAleer	SO	Bettendorf JV	24:37.4	7:56
28		Kristine Elias	FR	Bettendorf JV	24:40.9	7:57
29	22	Trinity Kessler	SO	Hempstead	24:54.5	8:01
30	23	Anna Besler	FR	Hempstead	24:55.3	8:01
31	24	Maddie Digma	FR	Hempstead	24:56.1	8:02
32	25	Alice Conroy	JR	Mount Vernon-Lisbon	24:58.8	8:02
33		Cailyn Wright	JR	Ankeny Centennial	24:59.5	8:03
34		Julianne Stevens	SO	Ankeny Centennial	25:01.2	8:03
35		MacI Banyas	JR	Ankeny Centennial	25:06.6	8:05
36		Emma Arends	SR	Ankeny Centennial	25:07.3	8:05
37	26	Anna Nichols	FR	North Scott	25:07.9	8:05
38		Faye Blackman	SR	Bettendorf JV	25:15.5	8:08
39		Alyssa Newton	SR	Bettendorf JV	25:28.2	8:12
40	27	Julianne Hodges	JR	Cedar Rapids Prairie	25:31.0	8:13
41		Delaney Ward	SO	Bettendorf JV	25:36.2	8:14
42		Lily Teagarden	SR	Bettendorf JV	25:44.5	8:17
43	28	Emilee Horak	JR	Cedar Rapids Prairie	25:47.7	8:18
44		Savannah Klingensmith	SO	Ankeny Centennial	25:51.3	8:19
45	29	Rilee Lansing	SR	Xavier	25:52.3	8:20
46	30	Hattie Hagedorn	FR	North Scott	25:54.5	8:20
47	31	Annie Leopold	SR	Mount Vernon-Lisbon	25:55.7	8:21
48		Eva Rasmer	SR	Bettendorf JV	25:56.3	8:21
49	32	Glory Hansel	JR	North Scott	25:57.9	8:21
50		Jenny Hag	SR	Ankeny Centennial	26:02.0	8:23
51	33	Ellie Rockwell	JR	Cedar Rapids Washington	26:07.2	8:24
52	34	Amelia Benham	JR	Hempstead	26:08.1	8:25
53	35	Karly Connolly	SR	Mount Vernon-Lisbon	26:10.3	8:25
54	36	Ella Bartels	SO	Marion	26:12.4	8:26
55		Lexie Gunn	SO	Ankeny Centennial	26:12.7	8:26
56	37	Samantha Schmitt	SO	Hempstead	26:15.1	8:27
57	38	Natalie Naber	FR	North Scott	26:20.3	8:29
58	39	Natalie Bennett	JR	Cedar Rapids Prairie	26:20.9	8:29
59	40	Hannah Roe	SO	Cedar Rapids Prairie	26:27.2	8:31
60		Emmersen Haugland	JR	Bettendorf JV	26:28.8	8:31
61		Raina Paeper	JR	Ankeny Centennial	26:30.8	8:32
62	41	Sophia Davis	JR	Cedar Rapids Washington	26:31.5	8:32
63		Ceci Rasmer	SO	Bettendorf JV	26:32.2	8:32

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Place	Score	Name	Year	School	Time	Pace mpm
64		Brianna Hynick	FR	Ankeny Centennial	26:33.8	8:33
65	42	Madelyn Dake	SO	Xavier	26:35.1	8:33
66	43	Claire Gaffney	FR	Mount Vernon-Lisbon	26:41.3	8:35
67	44	Nariah Einfeldt	SO	Muscatine	26:43.6	8:36
68		Ellie Wilson	SR	Ankeny Centennial	26:45.5	8:37
69		Elsie Rieck	JR	North Scott	26:48.0	8:38
70	45	Addisen Santee	SR	Mount Vernon-Lisbon	26:53.4	8:39
71	46	Ranae Hasselbusch	SR	Mount Vernon-Lisbon	26:56.3	8:40
72		Charlie Brink	FR	Ankeny Centennial	26:59.8	8:41
73		Ava Birchmier	FR	Ankeny Centennial	26:59.9	8:41
74		Chloe Timmerman	JR	Hempstead	27:02.1	8:42
75		Kristin Boyler	SR	Bettendorf JV	27:02.1	8:42
76		Lily Booth	SO	Mount Vernon-Lisbon	27:07.7	8:44
77		Madeline Winger	FR	Hempstead	27:12.2	8:45
78		Laurn Woerdeman	SR	Ankeny Centennial	27:13.0	8:46
79		Kamille Berns	SO	Hempstead	27:18.1	8:47
80	47	Katelyn Leitheiser	SO	Cedar Rapids Prairie	27:18.8	8:47
81		Olivia Bert	SR	Bettendorf JV	27:20.5	8:48
82	48	Marisa Kelsey	SO	Cedar Rapids Prairie	27:23.1	8:49
83		Tori Oelrich	FR	Mount Vernon-Lisbon	27:40.7	8:55
84	49	Taylor Kenny	SR	Cedar Rapids Prairie	27:42.3	8:55
85		Anna Boller	SR	Cedar Rapids Prairie	27:43.3	8:55
86	50	Molly Dunne	SO	Marion	27:45.1	8:56
87		Josie Dalton	JR	Cedar Rapids Prairie	27:46.5	8:56
88	51	Molly Schlitter	SO	Marion	28:00.9	9:01
89	52	Anna Tarvestad	FR	Cedar Rapids Washington	28:02.5	9:02
90		Emily Onken	SO	Hempstead	28:03.1	9:02
91		Ava Bergquist	SO	Hempstead	28:11.5	9:04
92		Madalyn Champion	SO	Bettendorf JV	28:13.0	9:05
93		Brenna Bullock	SR	North Scott	28:15.5	9:06
94		Miranda Pierce	SR	Ankeny Centennial	28:15.7	9:06
95		Abby Matney	SR	Ankeny Centennial	28:16.2	9:06
96		Olivia Vincent	SR	Bettendorf JV	28:18.0	9:07
97		Audrey Sellon	FR	Cedar Rapids Prairie	28:18.7	9:07
98	53	Leah Roberson	FR	Muscatine	28:19.2	9:07
99		Kambree Hultquist	SO	Mount Vernon-Lisbon	28:33.1	9:11
100		Paige Beck	SR	Mount Vernon-Lisbon	28:34.6	9:12
101		Lexi Lonning	SR	Hempstead	28:37.5	9:13
102	54	Ella Fortmann	SO	Marion	28:41.0	9:14
103		Ava Hagedorn	FR	North Scott	28:44.0	9:15
104	55	Rebekah Brunson	JR	Muscatine	28:47.9	9:16
105	56	Alma Cosgrove	FR	Xavier	28:53.9	9:18
106	57	Paige Denman	FR	Xavier	28:57.6	9:19
107		Amukta Gantalamohini	JR	Ankeny Centennial	28:58.0	9:19
108		Elizabeth Barns	FR	Mount Vernon-Lisbon	29:00.1	9:20
109		Ryley Hoffman	SR	Mount Vernon-Lisbon	29:01.6	9:21
110		Sydney Madison	JR	Ankeny Centennial	29:03.1	9:21
111		Natalia Portal-Figueroa	JR	Ankeny Centennial	29:05.2	9:22
112	58	Kiera Kreuzenstein	SO	Muscatine	29:11.7	9:24
113		Abby Kayser	JR	North Scott	29:15.7	9:25
114		Megan Fear	SR	Cedar Rapids Prairie	29:17.1	9:26
115	59	Avery Arens	JR	Xavier	29:20.4	9:27
116		Cecelia Darter	SO	Hempstead	29:21.5	9:27
117		Anna Gehl	SO	Hempstead	29:22.4	9:27
118		Quinlan Denes	SO	Mount Vernon-Lisbon	29:22.6	9:27
119	60	Danielle Oberfoell	SR	Xavier	29:25.7	9:28
120		Shannon Beck	SR	Mount Vernon-Lisbon	29:31.7	9:30
121		Ella Kane	SR	Xavier	29:36.3	9:32
122		Claire Schadl	SR	Hempstead	29:42.0	9:34
123		Bailey Tonn	SR	Hempstead	29:46.9	9:35
124		Grace Becker	JR	Hempstead	29:47.9	9:35
125		MacY Denbeste	SR	Ankeny Centennial	29:52.6	9:37
126		Katelin Meier	SR	Ankeny Centennial	29:52.8	9:37
127		Gabby Manion	SR	Bettendorf JV	29:54.3	9:38
128		Allison Ehlinger	JR	Hempstead	29:54.7	9:38
129		Abby Kallaher	SR	Hempstead	29:55.0	9:38
130		Ashlynn Sherwood	SR	Ankeny Centennial	29:56.1	9:38
131		Rachel Lapacznek	SR	Bettendorf JV	29:57.6	9:39
132		Athena Nelson	SO	North Scott	29:59.9	9:39
133	61	Francoise Swedi	JR	Cedar Rapids Washington	30:03.5	9:40
134		Claire Lahey	SO	Hempstead	30:04.4	9:41
135		Victoria Larson	SR	Hempstead	30:05.1	9:41
136		Emily Devereux	SO	Ankeny Centennial	30:07.9	9:42
137	62	Lennon Ruffner	FR	Muscatine	30:14.0	9:44
138		Chloe Brabant	SR	North Scott	30:19.9	9:46
139		Greta Solbrig	SR	Bettendorf JV	30:21.5	9:46
140		Emily Bahns	FR	North Scott	30:22.6	9:47
141		Ally Greving	SO	Iowa City Regina	30:29.3	9:49

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Place	Score	Name	Year	School	Time	Pace mpm
142		Marin Smith	FR	North Scott	30:29.5	9:49
143		Alexa Joss	SO	Iowa City Regina	30:42.9	9:53
144	63	Grace Fox	SO	Cedar Rapids Washington	30:51.1	9:56
145		Lexi Wentink	SO	Bettendorf JV	31:07.8	10:01
146		Lizzy Niehaus	JR	Mount Vernon-Lisbon	31:15.6	10:04
147		Hadley Anderson	SR	Mount Vernon-Lisbon	31:20.2	10:05
148		Jenna McClain	FR	Ankeny Centennial	31:21.2	10:05
149		Laura Bostwick	SO	Xavier	31:25.9	10:07
150		MacY Eskelsen	SO	Mount Vernon-Lisbon	31:34.1	10:10
151		Paige Hanson	SR	Hempstead	31:34.2	10:10
152		Mikayla Sash	SR	Ankeny Centennial	31:37.7	10:11
153		Clarisse Roscio	SO	Bettendorf JV	31:51.1	10:15
154		Amber Loney	JR	Hempstead	31:57.5	10:17
155		Maddie Serbousek	JR	Xavier	31:58.5	10:18
156		Callie Kyte	SR	Cedar Rapids Prairie	32:00.3	10:18
157		Hope Hansel	FR	North Scott	32:02.6	10:19
158		McKenna Santee	JR	North Scott	32:03.0	10:19
159		Aundrea Crain	JR	North Scott	32:03.5	10:19
160		Gillian Borden	SR	Bettendorf JV	32:11.1	10:22
161		Sydney Strief	SO	Bettendorf JV	32:11.2	10:22
162	64	Jennie Hilton	SO	Marion	32:14.5	10:23
163		Bailey Wuestenberg	JR	North Scott	32:17.2	10:24
164		Sam Greving	SR	Iowa City Regina	32:18.1	10:24
165		Katey Harrison	JR	Bettendorf JV	32:21.9	10:25
166		Lizzie Murcia	SO	Bettendorf JV	32:22.5	10:25
167		Amanda Jefferson	SO	Bettendorf JV	32:23.5	10:26
168		Anna Lenig	FR	Ankeny Centennial	32:58.3	10:37
169		Amanda Warren	SR	Ankeny Centennial	33:01.7	10:38
170		Mathilde Damgaard	SR	Bettendorf JV	33:07.3	10:40
171		Mallory Leazer	SR	Ankeny Centennial	33:17.1	10:43
172		Abby Housker	JR	Ankeny Centennial	33:20.6	10:44
173		Stefanie Lewis	FR	Cedar Rapids Prairie	33:21.7	10:44
174		Emily Rotert	SO	Ankeny Centennial	33:23.3	10:45
175		Mena Wagner	SO	Bettendorf JV	33:24.4	10:45
176		MacTe Zimmerman	SO	Bettendorf JV	33:26.4	10:46
177		Olivia Schaeffer	JR	Ankeny Centennial	33:34.9	10:49
178		Abby Johnson	SR	Cedar Rapids Prairie	33:36.3	10:49
179		Olivia Sanders	FR	Ankeny Centennial	33:36.3	10:49
180		Paige Johnson	FR	Bettendorf JV	33:37.5	10:49
181		Chloe Amaya	FR	Ankeny Centennial	33:37.6	10:49
182		Devynn Johnson	SO	North Scott	33:38.3	10:50
183		Grace Gainer	SR	North Scott	33:41.5	10:51
184		Maddy White	SO	Bettendorf JV	33:45.3	10:52
185	65	Jamie Gomez	SO	Des Moines East	33:49.9	10:53
186	66	Jadira Gomez-Torres	SO	Des Moines East	33:55.3	10:55
187	67	Hailee Diaz	FR	Muscatine	34:00.3	10:57
188	68	Mayela Chavez	SR	Des Moines East	34:28.3	11:06
189		Madeline Nugent	SO	Iowa City Regina	34:30.2	11:06
190		Haley Brouillet	SR	Ankeny Centennial	34:42.9	11:10
191		Sarah Cunningham	SR	Xavier	34:57.5	11:15
192	69	Priscilla MacIas	SR	Des Moines East	34:59.7	11:16
193		Sophia Hazelett	SR	Bettendorf JV	35:05.0	11:18
194		Skylynn Redding	SR	Hempstead	35:11.2	11:20
195		Ava Young	SR	Bettendorf JV	35:40.1	11:29
196		Reagan Light	SR	Mount Vernon-Lisbon	35:45.6	11:31
197		Lauren Kephart	JR	Mount Vernon-Lisbon	35:54.6	11:33
198	70	Bosena Smith	SO	Muscatine	36:03.5	11:36
199		Alexandra Heston	SR	Ankeny Centennial	36:15.0	11:40
200	71	Sarah Landon	SR	Des Moines East	36:31.9	11:46
201		Faith Weis	SR	Bettendorf JV	36:38.5	11:48
202		Jennifer Villanueva	JR	Hempstead	37:11.3	11:58
203		Hailey Duerkson	SR	Cedar Rapids Prairie	37:34.9	12:06
204		Erin Peck	SO	North Scott	37:53.0	12:12
205		Haley Rindfleifch	JR	Hempstead	38:02.9	12:15
206		Emilee Mitchell	SO	North Scott	38:32.1	12:24
207		Kaitlyn Gammon	SR	Cedar Rapids Prairie	38:33.5	12:25
208		Nicole Hasselbusch	FR	Mount Vernon-Lisbon	38:47.0	12:29
209		Juliana Schadel	SR	North Scott	39:55.9	12:51
210		Elizabeth Ernst	SO	Ankeny Centennial	41:15.1	13:17
211		Emma Calabro	FR	Ankeny Centennial	41:30.0	13:21
212		Abby Stegemoller	SR	Cedar Rapids Prairie	41:58.5	13:31
213		Addie Brooks	SR	Ankeny Centennial	43:03.6	13:52

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) Ankeny Centennial				2) Bettendorf JV			
		Score = 20				Score = 45	
2	Kate Hoogensen, SR	21:59.7	7:05	1	Ashlynn Whitcanack, SO	21:35.9	6:57
3	Grace Meador, JR	22:31.5	7:15	7	Amanda Scott, SO	22:43.7	7:19
4	MacIe Langstraat, JR	22:33.4	7:16	11	Peyton Bytnar, SR	23:09.9	7:27
5	Camden Hershberger, FR	22:36.0	7:16	12	Klara Skogman, FR	23:23.7	7:32
6	Hannah Nelson, SR	22:37.7	7:17	14	Stephanie Rice, JR	23:52.4	7:41
8	Allison Su, JR	22:48.1	7:20	20	Audrey Scarlett, FR	24:24.5	7:51
9	Kendall Jorgensen, SO	22:59.4	7:24	21	Madison Foht, SR	24:25.7	7:52
	Eliana Fritz, FR	23:12.3	7:28		Izzy Appel, SO	24:26.1	7:52
	Claire Anonson, SO	23:39.2	7:37		Kate McAleer, SO	24:37.4	7:56
	Taysia Bettis, SO	23:40.6	7:37		Kristine Elias, FR	24:40.9	7:57
	Celesta Cox, SR	23:49.0	7:40		Faye Blackman, SR	25:15.5	8:08
	Cailyn Wright, JR	24:59.5	8:03		Alyssa Newton, SR	25:28.2	8:12
	Julianne Stevens, SO	25:01.2	8:03		Delaney Ward, SO	25:36.2	8:14
	MacI Banyas, JR	25:06.6	8:05		Lily Teagarden, SR	25:44.5	8:17
	Emma Arends, SR	25:07.3	8:05		Eva Rasmer, SR	25:56.3	8:21
	Savannah Klingensmith, SO	25:51.3	8:19		Emmersen Haugland, JR	26:28.8	8:31
	Jenny Hagg, SR	26:02.0	8:23		Ceci Rasmer, SO	26:32.2	8:32
	Lexie Gunn, SO	26:12.7	8:26		Kristin Boyler, SR	27:02.1	8:42
	Raina Paeper, JR	26:30.8	8:32		Olivia Bert, SR	27:20.5	8:48
	Brianna Hynick, FR	26:33.8	8:33		Madalyn Champion, SO	28:13.0	9:05
	Ellie Wilson, SR	26:45.5	8:37		Olivia Vincent, SR	28:18.0	9:07
	Charlie Brink, FR	26:59.8	8:41		Gabby Manion, SR	29:54.3	9:38
	Ava Birchmier, FR	26:59.9	8:41		Rachel Lapaczzonek, SR	29:57.6	9:39
	Lauryn Woerdeman, SR	27:13.0	8:46		Greta Solbrig, SR	30:21.5	9:46
	Miranda Pierce, SR	28:15.7	9:06		Lexi Wentink, SO	31:07.8	10:01
	Abby Matney, SR	28:16.2	9:06		Clarisse Roscio, SO	31:51.1	10:15
	Amukta Gantalamohini, JR	28:58.0	9:19		Gillian Borden, SR	32:11.1	10:22
	Sydney Madison, JR	29:03.1	9:21		Sydney Strief, SO	32:11.2	10:22
	Natalia Portal-Figueroa, JR	29:05.2	9:22		Katey Harrison, JR	32:21.9	10:25
	MacY Denbeste, SR	29:52.6	9:37		Lizzie Murcia, SO	32:22.5	10:25
	Katelin Meier, SR	29:52.8	9:37		Amanda Jefferson, SO	32:23.5	10:26
	Ashlynn Sherwood, SR	29:56.1	9:38		Mathilde Damgaard, SR	33:07.3	10:40
	Emily Devereux, SO	30:07.9	9:42		Mena Wagner, SO	33:24.4	10:45
	Jenna McClain, FR	31:21.2	10:05		MacIe Zimmerman, SO	33:26.4	10:46
	Mikayla Sash, SR	31:37.7	10:11		Paige Johnson, FR	33:37.5	10:49
	Anna Lenig, FR	32:58.3	10:37		Maddy White, SO	33:45.3	10:52
	Amanda Warren, SR	33:01.7	10:38		Sophia Hazelett, SR	35:05.0	11:18
	Mallory Leazer, SR	33:17.1	10:43		Ava Young, SR	35:40.1	11:29
	Abby Housker, JR	33:20.6	10:44		Faith Weis, SR	36:38.5	11:48
	Emily Rotert, SO	33:23.3	10:45				
	Olivia Schaeffer, JR	33:34.9	10:49	3) North Scott			
	Olivia Sanders, FR	33:36.3	10:49			Score = 98	
	Chloe Amaya, FR	33:37.6	10:49	10	Grace Sindt, JR	23:03.0	7:25
	Haley Brouillet, SR	34:42.9	11:10	13	Megan Smith, JR	23:28.0	7:33
	Alexandra Heston, SR	36:15.0	11:40	19	Bella Warm, FR	24:21.7	7:50
	Elizabeth Ernst, SO	41:15.1	13:17	26	Anna Nichols, FR	25:07.9	8:05
	Emma Calabro, FR	41:30.0	13:21	30	Hattie Hagedorn, FR	25:54.5	8:20
	Addie Brooks, SR	43:03.6	13:52	32	Glory Hansel, JR	25:57.9	8:21
				38	Natalie Naber, FR	26:20.3	8:29
					Elsie Rieck, JR	26:48.0	8:38
					Brenna Bullock, SR	28:15.5	9:06
					Ava Hagedorn, FR	28:44.0	9:15
					Abby Kayser, JR	29:15.7	9:25
					Athena Nelson, SO	29:59.9	9:39
					Chloe Brabant, FR	30:19.9	9:46
					Emily Bahns, FR	30:22.6	9:47
					Marin Smith, FR	30:29.5	9:49
					Hope Hansel, FR	32:02.6	10:19
					McKenna Santee, JR	32:03.0	10:19
					Aundrea Crain, JR	32:03.5	10:19
					Bailey Wuestenberg, JR	32:17.2	10:24
					Devynn Johnson, SO	33:38.3	10:50
					Grace Gainer, SR	33:41.5	10:51
					Erin Peck, SO	37:53.0	12:12
					Emilee Mitchell, SO	38:32.1	12:24
					Juliana Schadel, SR	39:55.9	12:51

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Place	Name	Time	mpm	Place	Name	Time	mpm
4) Hempstead				7) Xavier			
Score = 100				Score = 201			
15	Natalie Schlichte, FR	23:58.9	7:43	17	Mary Clare Bean, SO	24:12.0	7:47
16	Jamie Weidemann, JR	24:04.6	7:45	29	Rilee Lansing, SR	25:52.3	8:20
22	Trinity Kessler, SO	24:54.5	8:01	42	Madelyn Dake, SO	26:35.1	8:33
23	Anna Besler, FR	24:55.3	8:01	56	Alma Cosgrove, FR	28:53.9	9:18
24	Maddie Digman, FR	24:56.1	8:02	57	Paige Denman, FR	28:57.6	9:19
34	Amelia Benham, JR	26:08.1	8:25	59	Avery Arens, JR	29:20.4	9:27
37	Samantha Schmitt, SO	26:15.1	8:27	60	Danielle Oberfoell, SR	29:25.7	9:28
	Chloe Timmerman, JR	27:02.1	8:42		Ella Kane, SR	29:36.3	9:32
	Madeline Winger, FR	27:12.2	8:45		Laura Bostwick, SO	31:25.9	10:07
	Kamille Berns, SO	27:18.1	8:47		Maddie Serbousek, JR	31:58.5	10:18
	Emily Onken, SO	28:03.1	9:02		Sarah Cunningham, SR	34:57.5	11:15
	Ava Bergquist, SO	28:11.5	9:04				
	Lexi Lonning, SR	28:37.5	9:13	8) Cedar Rapids Washington			
	Cecelia Darter, SO	29:21.5	9:27	Score = 250			
	Anna Gehl, SO	29:22.4	9:27	33	Ellie Rockwell, JR	26:07.2	8:24
	Claire Schadl, SR	29:42.0	9:34	41	Sophia Davis, JR	26:31.5	8:32
	Bailey Tonn, SR	29:46.9	9:35	52	Anna Tarvestad, FR	28:02.5	9:02
	Grace Becker, JR	29:47.9	9:35	61	Francoise Swedi, JR	30:03.5	9:40
	Allison Ehlinger, JR	29:54.7	9:38	63	Grace Fox, SO	30:51.1	9:56
	Abby Kallaher, SR	29:55.0	9:38	9) Marion			
	Claire Lahey, SO	30:04.4	9:41	Score = 255			
	Victoria Larson, SR	30:05.1	9:41	36	Ella Bartels, SO	26:12.4	8:26
	Paige Hanson, SR	31:34.2	10:10	50	Molly Dunne, SO	27:45.1	8:56
	Amber Loney, JR	31:57.5	10:17	51	Molly Schlitter, SO	28:00.9	9:01
	Skylynn Redding, SR	35:11.2	11:20	54	Ella Fortmann, SO	28:41.0	9:14
	Jennifer Villanueva, JR	37:11.3	11:58	64	Jennie Hilton, SO	32:14.5	10:23
	Haley Rindfleifch, JR	38:02.9	12:15	10) Muscatine			
5) Mount Vernon-Lisbon				Score = 272			
Score = 152				44	Nariah Einfeldt, SO	26:43.6	8:36
18	Emma Bock, SR	24:18.9	7:50	53	Leah Roberson, FR	28:19.2	9:07
25	Alice Conroy, JR	24:58.8	8:02	55	Rebekah Brunson, JR	28:47.9	9:16
31	Annie Leopold, SR	25:55.7	8:21	58	Kiera Kreuzenstein, SO	29:11.7	9:24
35	Karly Connolly, SR	26:10.3	8:25	62	Lennon Ruffner, FR	30:14.0	9:44
43	Claire Gaffney, FR	26:41.3	8:35	67	Hailee Diaz, FR	34:00.3	10:57
45	Addisen Santee, SR	26:53.4	8:39	70	Bosena Smith, SO	36:03.5	11:36
46	Ranae Hasselbusch, SR	26:56.3	8:40	11) Des Moines East			
	Lily Booth, SO	27:07.7	8:44	Score = 339			
	Tori Oelrich, FR	27:40.7	8:55	65	Jamie Gomez, SO	33:49.9	10:53
	Kambree Hultquist, SO	28:33.1	9:11	66	Jadira Gomez-Torres, SO	33:55.3	10:55
	Paige Beck, SR	28:34.6	9:12	68	Mayela Chavez, SR	34:28.3	11:06
	Elizabeth Barns, FR	29:00.1	9:20	69	Priscilla MacTas, SR	34:59.7	11:16
	Ryley Hoffman, SR	29:01.6	9:21	71	Sarah Landon, SR	36:31.9	11:46
	Quinlan Denes, SO	29:22.6	9:27	Incomplete Teams:			
	Shannon Beck, SR	29:31.7	9:30	Iowa City Regina			
	Lizzy Niehaus, JR	31:15.6	10:04	141	Ally Greving, SO	30:29.3	9:49
	Hadley Anderson, SR	31:20.2	10:05	143	Alexa Joss, SO	30:42.9	9:53
	Macy Eskelsen, SO	31:34.1	10:10	164	Sam Greving, SR	32:18.1	10:24
	Reagan Light, SR	35:45.6	11:31	189	Madeline Nugent, SO	34:30.2	11:06
	Lauren Kephart, JR	35:54.6	11:33				
	Nicole Hasselbusch, FR	38:47.0	12:29				
6) Cedar Rapids Prairie				Score = 181			
27	Julianne Hodges, JR	25:31.0	8:13				
28	Emilee Horak, JR	25:47.7	8:18				
39	Natalie Bennett, JR	26:20.9	8:29				
40	Hannah Roe, SO	26:27.2	8:31				
47	Katelyn Leitheiser, SO	27:18.8	8:47				
48	Marisa Kelsey, SO	27:23.1	8:49				
49	Taylor Kenny, SR	27:42.3	8:55				
	Anna Boller, SR	27:43.3	8:55				
	Josie Dalton, JR	27:46.5	8:56				
	Audrey Sellon, FR	28:18.7	9:07				
	Megan Fear, SR	29:17.1	9:26				
	Callie Kyte, SR	32:00.3	10:18				
	Stefanie Lewis, FR	33:21.7	10:44				
	Abby Johnson, SR	33:36.3	10:49				
	Hailey Duerkson, SR	37:34.9	12:06				
	Kaitlyn Gammon, SR	38:33.5	12:25				
	Abby Stegemoller, SR	41:58.5	13:31				

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Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Johnston JV	1	2	3	5	7	8	10	= 18	1:29:58.5	17:59.7	0:36.3
2	Iowa City West	4	6	11	14	15	22	26	= 50	1:32:34.1	18:30.8	0:46.1
3	Bettendorf	12	16	21	23	24	44	51	= 96	1:35:33.4	19:06.7	0:34.5
4	Ankeny Centennial	9	19	27	31	32	33	41	= 118	1:35:54.8	19:11.0	1:15.6
5	Mount Vernon-Lisbon	13	20	25	35	37	43	47	= 130	1:36:37.0	19:19.4	0:55.0
6	Cedar Rapids Prairie	17	18	28	52	54	56	57	= 169	1:38:42.2	19:44.4	1:30.3
7	Cedar Rapids Washington	29	30	36	42	53	62	65	= 190	1:38:57.4	19:47.5	1:05.0
8	North Scott	34	39	40	50	55	58	66	= 218	1:40:00.0	20:00.0	0:56.7
9	Marion	38	48	49	59	64	69	74	= 258	1:41:41.5	20:20.3	1:22.1
10	Muscatine	45	46	63	68	71	72	75	= 293	1:43:46.4	20:45.3	1:28.9
11	Des Moines East	60	61	73	78	79	83	85	= 351	1:47:01.9	21:24.4	1:18.1
12	Xavier	67	76	77	81	82	87	89	= 383	1:49:45.2	21:57.0	1:25.9
13	Iowa City Regina	70	80	84	86	88	90	91	= 408	1:54:05.4	22:49.1	2:44.4

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace	mpm
1	1	Matt Borgmeier	JR	Johnston JV	17:38.9	5:41	
2	2	Aidan O'Connor	FR	Johnston JV	17:55.7	5:46	
3	3	Jared Meyer	SO	Johnston JV	17:58.5	5:47	
4	4	Alex Wang	JR	Iowa City West	18:04.6	5:49	
5	5	Will Morlock	SR	Johnston JV	18:10.2	5:51	
6	6	Julian Wemmie	SR	Iowa City West	18:13.4	5:52	
7	7	Josh Meyer	SR	Johnston JV	18:15.2	5:52	
8	8	Charlie Pattinson	SR	Johnston JV	18:16.6	5:53	
9	9	Nate Burns	JR	Ankeny Centennial	18:18.4	5:54	
10	10	Jonah Frey	FR	Johnston JV	18:22.9	5:55	
11		Zach Harvey	JR	Johnston JV	18:31.6	5:58	
12	11	Tosh Klever	JR	Iowa City West	18:35.0	5:59	
13		Stephen Beaman	SO	Johnston JV	18:39.8	6:00	
14		Matthew Kliegl	SR	Johnston JV	18:42.4	6:01	
15	12	Jonny Swarm	SR	Bettendorf	18:43.8	6:02	
16		Alex Wear	FR	Johnston JV	18:43.9	6:02	
17		Noah Madison	SO	Johnston JV	18:44.6	6:02	
18	13	Kode Banwart	SR	Mount Vernon-Lisbon	18:46.2	6:03	
19		Joe Kerber	SO	Johnston JV	18:46.3	6:03	
20		Jake Sterling	SR	Johnston JV	18:49.7	6:04	
21	14	Sebastian Cochran	JR	Iowa City West	18:50.4	6:04	
22	15	Riley Bridges	SR	Iowa City West	18:50.8	6:04	
23		Michael Pfister	SO	Johnston JV	18:54.0	6:05	
24		Konrad Rohlf	SO	Johnston JV	18:54.4	6:05	
25	16	Xavier Potts	FR	Bettendorf	19:02.5	6:08	
26	17	Harrison Allard	FR	Cedar Rapids Prairie	19:04.5	6:08	
27	18	Anson Fourcier	FR	Cedar Rapids Prairie	19:07.4	6:09	
28		Jake Wagner	SO	Johnston JV	19:07.9	6:09	
29	19	Ryland Kramer	SR	Ankeny Centennial	19:08.4	6:10	
30	20	Ashton Hunt	JR	Mount Vernon-Lisbon	19:10.4	6:10	
31	21	Trey Miller	JR	Bettendorf	19:11.6	6:11	
32	22	Carlo Tran	FR	Iowa City West	19:12.3	6:11	
33		Cooper Vercauteren	FR	Johnston JV	19:17.2	6:12	
34	23	Jackson Stradt	SO	Bettendorf	19:17.3	6:12	
35	24	Walter Blackman	SO	Bettendorf	19:18.3	6:13	
36	25	Kolby Volesky	SR	Mount Vernon-Lisbon	19:19.3	6:13	
37	26	Jack Gray	SR	Iowa City West	19:19.5	6:13	
38	27	Abe Brink	SR	Ankeny Centennial	19:22.7	6:14	
39	28	Michael Guckenberger	JR	Cedar Rapids Prairie	19:24.2	6:15	
40		Ayden Lyon	SO	Johnston JV	19:25.5	6:15	
41	29	Kobe Chindlund	JR	Cedar Rapids Washington	19:26.9	6:16	
42		Ethan Holter	SO	Johnston JV	19:27.4	6:16	
43		Drew Peterson	JR	Iowa City West	19:27.7	6:16	
44	30	Sam Arkenberg	JR	Cedar Rapids Washington	19:28.6	6:16	
45	31	Cameron Larson	SO	Ankeny Centennial	19:31.2	6:17	
46		Jamison Cunningham	JR	Johnston JV	19:32.9	6:18	
47	32	Andrew Stapleton	JR	Ankeny Centennial	19:34.0	6:18	
48	33	Noah Segar	SO	Ankeny Centennial	19:37.9	6:19	
49	34	Chris Tague	SR	North Scott	19:38.7	6:19	
50	35	Jensen Meeker	FR	Mount Vernon-Lisbon	19:39.9	6:20	
51	36	Seamus Thompson	SR	Cedar Rapids Washington	19:40.4	6:20	
52		Ike Taylor	SO	Iowa City West	19:40.6	6:20	
53	37	Alex Fencl	SO	Mount Vernon-Lisbon	19:41.2	6:20	
54	38	Reid Coates	SR	Marion	19:42.0	6:20	
55	39	Cael Straley	SO	North Scott	19:43.8	6:21	
56	40	Bryce Golden	SR	North Scott	19:48.3	6:22	
57	41	Kade Van Meeteren	SR	Ankeny Centennial	19:48.4	6:23	
58	42	Lucas McCarley	SO	Cedar Rapids Washington	19:49.6	6:23	
59		Riley Oshirak	SR	Ankeny Centennial	19:51.6	6:24	
60	43	Ryne Moeller	FR	Mount Vernon-Lisbon	19:53.9	6:24	
61	44	Keaton Weaver	FR	Bettendorf	19:55.2	6:25	

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Place	Score	Name	Year	School	Time	Pace mpm
62		Parker Lundberg	FR	Ankeny Centennial	19:56.2	6:25
63		Josh Corrigan	SO	Johnston JV	19:56.7	6:25
64	45	Lukkarinen Ryan	SR	Muscatine	19:58.6	6:26
65		Jackson Harris	SR	Ankeny Centennial	20:01.0	6:27
66	46	Shiloh Morter	FR	Muscatine	20:04.7	6:28
67	47	Aden Grudzinski	SO	Mount Vernon-Lisbon	20:04.8	6:28
68	48	Chris Oberbrockling	FR	Marion	20:05.6	6:28
69		Abdul Wahab Muhammed	JR	Iowa City West	20:06.7	6:28
70		Joel Kellar	JR	Johnston JV	20:06.9	6:28
71		Carter Hall	SO	Mount Vernon-Lisbon	20:08.4	6:29
72		Ty Fall	SR	Mount Vernon-Lisbon	20:08.9	6:29
73		Joel McCleary	SO	Ankeny Centennial	20:09.4	6:29
74	49	Jarred Regennitter	FR	Marion	20:10.0	6:29
75		Luke Auderer	FR	Ankeny Centennial	20:10.6	6:30
76	50	Dylan Duflath	SO	North Scott	20:13.8	6:31
77		Logan Becker	SO	Johnston JV	20:14.2	6:31
78		Curren Johnson	FR	Johnston JV	20:15.0	6:31
79		Juan Mendoza	JR	Mount Vernon-Lisbon	20:16.7	6:32
80		Eli Erickson	SO	Johnston JV	20:20.8	6:33
81		Marek Ghabel	JR	Iowa City West	20:21.2	6:33
82	51	Conner Good	JR	Bettendorf	20:21.8	6:33
83		Dom Tornabane	FR	Johnston JV	20:22.0	6:33
84		Calvin Greene	JR	Iowa City West	20:22.4	6:33
85		Coen Gibson	FR	Johnston JV	20:23.0	6:34
86		Ty Rounds	SO	Ankeny Centennial	20:24.4	6:34
87		Micah Knapp	FR	Mount Vernon-Lisbon	20:25.8	6:35
88		Ethan Hauschildt	JR	Ankeny Centennial	20:29.9	6:36
89		Bennett Blakeslee	FR	Ankeny Centennial	20:30.0	6:36
90		Clay Bopp	SO	Iowa City West	20:30.3	6:36
91		Thomas Pierce	SO	Iowa City West	20:30.7	6:36
92		Isaac Kronberg	SO	Johnston JV	20:30.8	6:36
93	52	Michael Reyes	FR	Cedar Rapids Prairie	20:31.5	6:36
94	53	Jeffrey Abraham	SR	Cedar Rapids Washington	20:31.9	6:37
95		Cullen McDermott	SR	Bettendorf	20:32.4	6:37
96		Caleb Dausener	FR	Mount Vernon-Lisbon	20:33.0	6:37
97		Simone Maggio	SR	Bettendorf	20:34.4	6:37
98	54	Reese Hermanson	SR	Cedar Rapids Prairie	20:34.7	6:37
99	55	Jake Blowers	SR	North Scott	20:35.5	6:38
100		Peter Dengler	SR	Ankeny Centennial	20:37.5	6:38
101	56	Luka Elges	SR	Cedar Rapids Prairie	20:38.5	6:39
102	57	Nathan Alldredge	SO	Cedar Rapids Prairie	20:39.3	6:39
103	58	Nikolas Davis	FR	North Scott	20:39.5	6:39
104	59	Jace Fopma	FR	Marion	20:39.9	6:39
105		Joel Nelson	SO	Ankeny Centennial	20:40.3	6:39
106		Jacob Russell	SO	Mount Vernon-Lisbon	20:41.4	6:40
107		Caden Miller	FR	Ankeny Centennial	20:41.9	6:40
108		Connor Wilson	SR	Ankeny Centennial	20:42.5	6:40
109		Ethan Ver Helst	SO	Ankeny Centennial	20:42.6	6:40
110		Caden Templeman	FR	Johnston JV	20:42.6	6:40
111		Isaac Liao	SR	Iowa City West	20:42.7	6:40
112		John Young	FR	Ankeny Centennial	20:43.9	6:40
113	60	Kade Dolphin	SR	Des Moines East	20:44.2	6:40
114		Tyler Hannon	SO	Johnston JV	20:44.6	6:41
115		Zach Corsbie	SO	Johnston JV	20:48.2	6:42
116		Braden Miller	SO	Ankeny Centennial	20:48.5	6:42
117		London Hershberger	SO	Ankeny Centennial	20:49.0	6:42
118		Brogan Heefner	SR	Cedar Rapids Prairie	20:49.5	6:42
119		Graham Randell	SO	Ankeny Centennial	20:51.2	6:43
120	61	Zach Wallace	SR	Des Moines East	20:51.6	6:43
121	62	Perry Lindeman	JR	Cedar Rapids Washington	20:54.8	6:44
122		Henry Streuber	SO	Mount Vernon-Lisbon	20:56.4	6:44
123	63	Reece Eberhard	FR	Muscatine	20:56.5	6:44
124	64	Jacob Northway	SO	Marion	21:04.0	6:47
125		Niko Kenyon	SR	Bettendorf	21:05.0	6:47
126		Jorge Boland	JR	Cedar Rapids Prairie	21:05.8	6:47
127		Alexander Nelson	SR	Iowa City West	21:06.7	6:48
128		Dylan Schwarz	FR	Cedar Rapids Prairie	21:06.7	6:48
129		Derek Marsh	SO	Johnston JV	21:08.2	6:48
130	65	Jack Rogers	SO	Cedar Rapids Washington	21:08.7	6:48
131	66	Alec Harris	FR	North Scott	21:09.0	6:48
132		James Dickens	FR	Iowa City West	21:09.8	6:49
133		Carson Frazee	SR	Cedar Rapids Prairie	21:10.3	6:49
134		Luke Wiley	SO	Bettendorf	21:11.0	6:49
135		Gavin Mally	SO	Johnston JV	21:11.7	6:49
136	67	Will Karl	FR	Xavier	21:11.7	6:49
137		Zachary Zinn	SO	Ankeny Centennial	21:12.0	6:49
138		Ryan Harris	JR	Bettendorf	21:13.9	6:50
139		Brett Ehler	SO	Cedar Rapids Prairie	21:17.0	6:51

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Place	Score	Name	Year	School	Time	Pace mpm
140		Robert Schwan	SO	Bettendorf	21:17.5	6:51
141		Keegan Smith	JR	Ankeny Centennial	21:18.3	6:51
142	68	Noah Steffen	SO	Muscatine	21:19.2	6:52
143		Joey Koehler	SO	Johnston JV	21:22.6	6:53
144	69	Gunnar Lacy	JR	Marion	21:22.8	6:53
145		Dylan Winkler	FR	Mount Vernon-Lisbon	21:24.2	6:53
146		Trent Allen	FR	Bettendorf	21:24.2	6:53
147		Jordan Schroeder	SR	Cedar Rapids Prairie	21:25.6	6:54
148	70	Jacob Barnett	SO	Iowa City Regina	21:25.8	6:54
149	71	Julien Galloway	FR	Muscatine	21:27.5	6:54
150		Caleb Wilshusen	FR	North Scott	21:27.6	6:54
151		Joe Foreman	JR	Cedar Rapids Washington	21:27.8	6:55
152		Tyler Hurd	SO	Bettendorf	21:28.7	6:55
153		Paxton Bagby	SO	Bettendorf	21:29.0	6:55
154		Nick Cox	FR	Ankeny Centennial	21:30.0	6:55
155		Zach Abbey	SR	Johnston JV	21:30.4	6:55
156		Preston Van Blair	JR	Ankeny Centennial	21:30.6	6:55
157		Campbell Mitvalsky	SR	Cedar Rapids Washington	21:31.0	6:56
158	72	Nathan Sharar	FR	Muscatine	21:32.6	6:56
159		James Frohlich	FR	Bettendorf	21:33.6	6:56
160		Will Blackmore	SO	Ankeny Centennial	21:33.6	6:56
161		Matthew He	SO	Johnston JV	21:34.5	6:57
162		Mason Herrington	FR	North Scott	21:34.7	6:57
163		Jack Compton	FR	Ankeny Centennial	21:35.9	6:57
164	73	Brady Gordon	SO	Des Moines East	21:36.5	6:57
165	74	Eliot Sharp	SO	Marion	21:37.6	6:58
166		Daniel Hughes	JR	Cedar Rapids Washington	21:37.7	6:58
167		Kaiden Power	FR	North Scott	21:37.8	6:58
168	75	Nichols Isaac	SR	Muscatine	21:38.5	6:58
169		Noah Gossman	FR	Ankeny Centennial	21:39.5	6:58
170		Inesh Gogineni	SO	Johnston JV	21:40.0	6:58
171		Will Upper	FR	Johnston JV	21:40.0	6:58
172		Paxton Foor	JR	Muscatine	21:40.4	6:59
173		Hudson Jaques	FR	Johnston JV	21:40.5	6:59
174		Keegan Strub	FR	Johnston JV	21:41.0	6:59
175	76	Lucas Lowder	JR	Xavier	21:42.2	6:59
176	77	Alec Battien	FR	Xavier	21:42.3	6:59
177	78	Christian Roberts	SR	Des Moines East	21:47.4	7:01
178		Austin Beam	SO	Ankeny Centennial	21:48.0	7:01
179		Cameron Bunch	SR	Marion	21:48.9	7:01
180		Keagan Jarchow	JR	Mount Vernon-Lisbon	21:49.9	7:02
181		Ryan Vig	FR	Mount Vernon-Lisbon	21:51.0	7:02
182		Ben Nydegger	FR	Mount Vernon-Lisbon	21:51.3	7:02
183		Logan Keenan	JR	Ankeny Centennial	21:51.4	7:02
184		Brad Vu	SR	Johnston JV	21:52.4	7:02
185		Cameron Capalbo	FR	Johnston JV	21:52.7	7:03
186		Roman Keahna-Harris	SO	Ankeny Centennial	21:52.7	7:03
187		Jon Hight	FR	Muscatine	21:52.9	7:03
188		Luke Bullock	SO	North Scott	21:53.6	7:03
189		Jacobi Butler	JR	Cedar Rapids Washington	21:53.6	7:03
190		Jonah Sterling	SO	Johnston JV	21:57.2	7:04
191		Charlie Hoffman	SO	Ankeny Centennial	21:58.0	7:04
192		Grant Harris	FR	Ankeny Centennial	21:58.5	7:04
193		Chris Pigge	JR	Iowa City West	22:02.0	7:06
194	79	Symon Yates	SO	Des Moines East	22:02.3	7:06
195		Gabe Hadley	FR	Ankeny Centennial	22:02.6	7:06
196		Kyle Geerts	SR	Johnston JV	22:02.6	7:06
197		Mitch Mess	SO	North Scott	22:03.3	7:06
198		John Lorenz	FR	Cedar Rapids Washington	22:04.8	7:06
199		Kyle Goban	SR	Johnston JV	22:07.4	7:07
200		Daniel Hollinger	JR	Cedar Rapids Prairie	22:08.0	7:07
201		Andrew Smith	FR	Ankeny Centennial	22:08.5	7:08
202		Nathan Fageroos	FR	Johnston JV	22:09.6	7:08
203		Paul Ode	FR	Iowa City West	22:10.9	7:08
204		Sai Khu Htoo	SR	Cedar Rapids Washington	22:11.7	7:09
205		Finley Bagby	SO	Bettendorf	22:12.2	7:09
206		Krystof Doubeck	SR	Cedar Rapids Washington	22:13.0	7:09
207		Nathan Waters	JR	Johnston JV	22:13.6	7:09
208		Ericson Morris	SO	Mount Vernon-Lisbon	22:14.6	7:10
209		Luke Amspauh	JR	Johnston JV	22:14.9	7:10
210		Jack Lacey	SO	Ankeny Centennial	22:16.0	7:10
211		Ian Lucas	FR	Cedar Rapids Washington	22:16.6	7:10
212		Avery Carlson	SO	Ankeny Centennial	22:17.4	7:10
213		Connor McMann	FR	North Scott	22:18.5	7:11
214		August Cowie	FR	Ankeny Centennial	22:19.2	7:11
215		Ben Herbst	FR	Johnston JV	22:20.6	7:12
216		Brandon Ness	SO	Johnston JV	22:21.7	7:12
217	80	Henry May	SR	Iowa City Regina	22:27.7	7:14

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Place	Score	Name	Year	School	Time	Pace mpm
218		Logan Soedt	SO	North Scott	22:28.4	7:14
219	81	Aidan Bostwick	SR	Xavier	22:31.3	7:15
220		Kyle Melcher	FR	Ankeny Centennial	22:34.5	7:16
221		Ryan Doty	SO	North Scott	22:36.3	7:17
222	82	Hank Esker	JR	Xavier	22:37.7	7:17
223		Austin Lee	SO	North Scott	22:38.6	7:17
224		Zigament Ben	SR	Muscatine	22:42.7	7:19
225		Matthew Monsivais	SO	Ankeny Centennial	22:45.6	7:20
226		Luke Thompson	FR	Ankeny Centennial	22:47.4	7:20
227		Callan Mefford	SO	Ankeny Centennial	22:48.8	7:21
228		Ryan Mentzer	SR	North Scott	22:49.3	7:21
229	83	Hayden Young	SO	Des Moines East	22:50.8	7:21
230		Iahn Shim	SO	Iowa City West	22:51.3	7:21
231		Lincoln Holub	SO	Mount Vernon-Lisbon	22:51.5	7:21
232		Arrick Rinke	SR	Cedar Rapids Prairie	22:51.9	7:22
233		Ben Hanson	FR	Johnston JV	22:52.5	7:22
234		Isaac Simmons	SO	North Scott	22:54.3	7:22
235		Theo Housker	SR	Ankeny Centennial	22:54.5	7:22
236		Ben Johnson	SO	Mount Vernon-Lisbon	22:55.2	7:23
237		Kellen Jones	SO	Ankeny Centennial	22:58.5	7:24
238	84	Peter Chen	JR	Iowa City Regina	22:58.9	7:24
239	85	Isaiah Loaisiga	SO	Des Moines East	22:59.2	7:24
240		Cody Vansylalom	JR	Des Moines East	22:59.5	7:24
241		Go Benesh	FR	Cedar Rapids Prairie	23:00.0	7:24
242		Colin Howard	FR	Muscatine	23:00.9	7:24
243		Chase Colton	FR	Johnston JV	23:01.2	7:25
244		Ethan Sherwood	JR	Johnston JV	23:01.3	7:25
245		Andrew Ritchie	SR	Johnston JV	23:01.8	7:25
246	86	Jack Keating	JR	Iowa City Regina	23:02.8	7:25
247		Austin Foor	FR	Muscatine	23:03.3	7:25
248		Silas Hoffman	SO	Muscatine	23:07.5	7:27
249		Alex Wittnebel	FR	Cedar Rapids Washington	23:09.8	7:27
250		Landon Castle	FR	Muscatine	23:11.2	7:28
251		Nick Lueder	FR	Des Moines East	23:12.8	7:28
252		James Clark	SO	Johnston JV	23:16.0	7:29
253		Bongain Mazibo	JR	Iowa City West	23:21.9	7:31
254		Ryan Sloan	JR	Marion	23:22.3	7:31
255		Tyler Millard	FR	Ankeny Centennial	23:22.7	7:31
256		Austin Humphrey	JR	Cedar Rapids Prairie	23:25.4	7:32
257		Kyan Ross	FR	Marion	23:26.2	7:33
258		Ross Willerth	SO	North Scott	23:26.3	7:33
259		Jacob Cuppy	SR	Ankeny Centennial	23:26.3	7:33
260		Tom Giampolo	SR	Johnston JV	23:26.5	7:33
261		Luke Trca	SO	Marion	23:27.3	7:33
262		Jean-Paul Kahiku	SO	Cedar Rapids Washington	23:28.5	7:33
263		Jack Bierbaum	SO	Cedar Rapids Washington	23:30.8	7:34
264		Zach Fare	SO	Cedar Rapids Prairie	23:31.3	7:34
265		Nathan Berg	SO	Bettendorf	23:33.0	7:35
266		Karson Lee	SR	Johnston JV	23:33.2	7:35
267		Kalvin Loss	SR	Cedar Rapids Washington	23:33.4	7:35
268	87	Blake Kellison	JR	Xavier	23:33.6	7:35
269		Kaleb Hilton	JR	Marion	23:34.6	7:35
270		Adam Vig	JR	Mount Vernon-Lisbon	23:34.9	7:35
271		Chris Caruthers	SR	Iowa City West	23:35.5	7:36
272		Nick Cassady	SR	Cedar Rapids Prairie	23:35.8	7:36
273		Johnny Broulik	FR	Mount Vernon-Lisbon	23:37.9	7:36
274		Anyaar Mayom	FR	Johnston JV	23:41.9	7:38
275		Allen Liao	SR	Iowa City West	23:42.9	7:38
276		Wyatt Kacmarynski	SR	Johnston JV	23:47.6	7:40
277		Luke Lacey	SR	Ankeny Centennial	23:48.3	7:40
278		Simon Janelle	SO	Ankeny Centennial	23:50.0	7:40
279		Parker Coffman	SR	Cedar Rapids Prairie	23:51.4	7:41
280		Levin Manley	JR	Johnston JV	23:59.5	7:43
281		Noah Rue	FR	Cedar Rapids Prairie	24:00.9	7:44
282		Joe Skaala	FR	North Scott	24:02.0	7:44
283		Brady Carr	FR	Ankeny Centennial	24:05.8	7:45
284		Cole Townsend	JR	Mount Vernon-Lisbon	24:07.9	7:46
285		Jacob Cannon	FR	Mount Vernon-Lisbon	24:10.2	7:47
286		Carter Prull	SO	Cedar Rapids Prairie	24:10.2	7:47
287	88	Jack Meyer	JR	Iowa City Regina	24:10.2	7:47
288		Nathan Elbe	FR	North Scott	24:10.8	7:47
289		Nathan Ricke	FR	Mount Vernon-Lisbon	24:11.7	7:47
290	89	Quinn Laurent	SO	Xavier	24:17.9	7:49
291		Evan Egglund	SO	Ankeny Centennial	24:21.2	7:50
292		Kalvin Bell	FR	Cedar Rapids Washington	24:27.7	7:52
293		Andrew Polgreen	FR	Iowa City West	24:28.8	7:53
294		Evan Wahlstrom	FR	Marion	24:28.9	7:53
295		Xander Poock	FR	Johnston JV	24:30.6	7:53

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Place	Score	Name	Year	School	Time	Pace ppm
296		Tyler Thomsen	SR	Bettendorf	24:32.2	7:54
297		Keegan Overton	SO	Ankeny Centennial	24:37.0	7:55
298		Owen Fiedorowicz	SO	Iowa City West	24:47.2	7:59
299		Aidan Sellon	FR	Cedar Rapids Prairie	24:53.4	8:01
300		Rohan Devadas	FR	Johnston JV	24:55.7	8:01
301		Cameron Smeby	SO	Cedar Rapids Washington	24:58.2	8:02
302		Hoffman Seth	SR	Muscatine	24:59.7	8:03
303		Nolan Blodig	JR	North Scott	25:04.9	8:04
304		Ben Tokheim	FR	Johnston JV	25:11.4	8:06
305		Vibu Gantalamohini	FR	Ankeny Centennial	25:13.9	8:07
306		Carter Winterlin	SR	North Scott	25:16.3	8:08
307		Jon Duncan	SO	Bettendorf	25:18.4	8:09
308		Caleb Fuller	JR	Des Moines East	25:19.5	8:09
309		Alex Berkenbosh	SO	Bettendorf	25:23.2	8:10
310		Thomas Yang	SO	Des Moines East	25:28.5	8:12
311		Adam Loos	FR	Ankeny Centennial	25:33.0	8:13
312		Patrick Mooney	SO	Bettendorf	25:33.9	8:14
313		Wyatt Jones	SO	Cedar Rapids Prairie	25:34.7	8:14
314		John Keiper	SR	Cedar Rapids Prairie	25:37.8	8:15
315		Logan Adamson	JR	Bettendorf	25:41.3	8:16
316		Nick Kieffer	JR	Bettendorf	25:41.8	8:16
317		Griffin Coates	FR	Marion	25:43.3	8:17
318		James Le	FR	Xavier	25:48.3	8:18
319		Jason Johnson	FR	Ankeny Centennial	25:51.3	8:19
320		Noah Schafer	FR	Ankeny Centennial	25:57.7	8:21
321		Colin Yuska	SO	Johnston JV	25:58.9	8:22
322		Joe Devereux	JR	Ankeny Centennial	26:08.0	8:25
323		Charles Duffy	JR	Iowa City West	26:12.8	8:26
324		Kaden Ingram	JR	Ankeny Centennial	26:14.4	8:27
325		Aidan Fredericks	FR	Johnston JV	26:20.7	8:29
326		Preston Martens	SO	Bettendorf	26:25.4	8:30
327		Eli Chow	SO	Johnston JV	26:35.6	8:34
328		Adam Ehler	SO	Johnston JV	26:38.2	8:34
329	90	Dane Christians	SO	Iowa City Regina	26:44.7	8:36
330		Jake Hitchcock	SO	Johnston JV	26:59.5	8:41
331	91	Jack Kelly	SO	Iowa City Regina	27:06.8	8:44
332		Peter Evans	SO	Bettendorf	27:17.0	8:47
333		Shawn Kundel	SO	North Scott	27:22.7	8:49
334		Zachary Clark	FR	Ankeny Centennial	27:31.6	8:52
335		Daniel Knapp	FR	Marion	27:50.5	8:58
336		Blake Elgin	SR	North Scott	27:54.4	8:59
337		Anthony Carter	SO	North Scott	28:01.8	9:01
338		Tyler Moore	FR	Johnston JV	28:02.6	9:02
339		Jonathan Stanley	FR	Johnston JV	28:02.9	9:02
340		Matt Mize	SO	North Scott	28:06.2	9:03
341		Andrew Wempen	SO	Ankeny Centennial	28:07.5	9:03
342		Ethan Farber	SR	North Scott	28:16.7	9:06
343		Luke Wedemeyer	FR	Johnston JV	28:31.2	9:11
344		William Wagner	SR	Des Moines East	28:39.7	9:14
345		Andrew Wedemeyer	JR	Johnston JV	28:46.3	9:16
346		Collin Cincola	SR	Bettendorf	29:03.8	9:21
347		Carlos Pena	SR	Des Moines East	29:05.4	9:22
348		Erik Whittaker	FR	Iowa City West	29:42.7	9:34
349		Kunal Singhal	SO	Johnston JV	29:57.9	9:39
350		Jake Skaala	SO	North Scott	29:59.3	9:39
351		Jarret Claeys	SO	North Scott	30:08.9	9:42
352		Brandon Lampe	FR	Johnston JV	31:06.5	10:01
353		Cody Johnston	SR	North Scott	31:08.0	10:01
354		Eli Karnavas	JR	Bettendorf	31:51.2	10:15
355		Matthew Tijerina	SO	Mount Vernon-Lisbon	31:55.9	10:17
356		Dalton Johnson	SO	Johnston JV	32:02.7	10:19
357		Jonathan Carrick	JR	Cedar Rapids Washington	32:56.9	10:36
358		Gracin Morrow	FR	Marion	33:27.0	10:46
359		Isaiah Fisher	SO	Des Moines East	35:27.7	11:25
360		Sam Wagner	FR	Des Moines East	36:00.0	11:35
361		Isaac Young	JR	Iowa City West	36:47.9	11:51
362		Sam Dolde	SR	Johnston JV	38:51.4	12:30