



## State XC Districts 4A Girls

### MCC Course - Marshalltown, IA

Oct. 24, 2019

40s and Sunny  
Results by Cal Murdock

Use the Find option of your Web Browser to find the performance of a specific individual or team.

**Last updated Oct. 24, 2019 4:38 PM**

Qualifiers shown in red.

PLACE	TEAM	POINTS	PLACES	OF FINISHERS	AVG. TIME	SPREAD
1	Johnston	36	3	4 5 11 13 18 19	19:05.0	1:09.4
2	Indianola	81	2	15 16 17 31 39 60	19:58.5	2:54.2
3	Cedar Rapids Prairie	84	8	10 21 22 23 24 28	19:57.5	1:11.4
4	Iowa City Liberty	89	1	9 12 33 34 43 49	19:56.2	3:28.5
5	Ottumwa	111	6	14 26 29 36 47 53	20:28.3	2:24.2
6	Ankeny	158	20	25 35 38 40 41 42	21:07.9	1:19.7
7	Mason City	186	27	32 37 44 46 54 61	21:38.1	1:09.3
8	Marshalltown	201	7	45 48 50 51 55 56	21:39.2	3:10.0
9	Newton	264	30	52 57 62 63 65 67	23:10.7	3:24.8
10	Fort Dodge	315	58	59 64 66 68	25:11.2	5:03.9

Incomplete Teams:

Individuals

PLACE	FINISHER	TIME
1.	Johnston	
3	Bella Heikes, Jr	18:25.5
4	Aleah Tenpas, So	18:54.2
5	Samantha Strauss, Jr	19:02.7
11	Brooke McKee, Sr	19:27.7
13	Clara Toot, Sr	19:34.8
18	Faith Nead, So	20:13.8
19	Kaya Young, Sr	20:13.9
Total Time = 1:35:24.9		Total Places = 36
2.	Indianola	
2	Emily Naughton, Fr	18:20.9
15	Joey Werling, So	19:58.2
16	Bailey Blake, Sr	20:05.1
17	Ashley Rockhold, Sr	20:13.1
31	Katie Oneil, Fr	21:15.1
39	Hailey Seifrig, Jr	21:34.6
60	Rachel Engelhardt, Jr	23:50.1
Total Time = 1:39:52.4		Total Places = 81
3.	Cedar Rapids Prairie	
8	Gabby Cortez, So	19:15.7
10	Laurdyn Meyer, Jr	19:26.8
21	Grace Long, So	20:18.9
22	Carli Reittinger, Sr	20:18.9
23	Alyza Koppes, So	20:27.1
24	Kendall White, Jr	20:39.9
28	Lily Johannes, So	21:03.6
Total Time = 1:39:47.4		Total Places = 84
4.	Iowa City Liberty	
1	Ashlyn Keeney, So	17:58.4
9	McKenzie Logan, Jr	19:26.4
12	Camille Mac, Jr	19:31.0
33	Elizabeth Jaeger, So	21:18.2
34	Isabelle Woody, So	21:26.9
43	Carly Sulwer, So	22:02.6
49	Malia Taylor, Fr	22:16.8
Total Time = 1:39:40.9		Total Places = 89
5.	Ottumwa	
6	Alli Bookin-Nosbisch, Sr	19:07.7
14	Carollin Mellin, Sr	19:46.5

26 Meghan Coulter, Jr 20:50.5  
 29 Grace Bookin-Nosbisch, Sr 21:04.5  
 36 Isabelle Mellin, Jr 21:31.9  
 47 Sophia Ford, Jr 22:14.3  
 53 Lina Newland, So 22:32.6  
 Total Time = 1:42:21.1 Total Places = 111

6. Ankeny  
 20 Jenna Pitz, Fr 20:16.2  
 25 Marika Kisgen, Jr 20:41.4  
 35 Cierra Fillinger, Sr 21:31.5  
 38 Madeleine Murphy, Jr 21:34.3  
 40 Megan Bosch, Jr 21:35.8  
 41 Eva Van De Mortel, Jr 21:50.9  
 42 Paige Beason, Fr 21:52.9  
 Total Time = 1:45:39.2 Total Places = 158

7. Mason City  
 27 Hannah Thomas, Sr 21:01.4  
 32 Marcella Sierra, Jr 21:17.2  
 37 Brycelyn Hanson, Jr 21:33.5  
 44 Sami Miller, Sr 22:07.6  
 46 Gwen Sewell, Jr 22:10.7  
 54 Avery Thompson, So 22:46.4  
 61 Nora Suarez, Sr 24:26.8  
 Total Time = 1:48:10.4 Total Places = 186

8. Marshalltown  
 7 Phoebe Hermanson, So 19:10.7  
 45 Makenna Ainsworth, Jr 22:08.5  
 48 Rachel Smith, So 22:15.1  
 50 Odaly Flores, Jr 22:20.6  
 51 Kaci Uhde, Sr 22:20.7  
 55 Hannah Seltman, Fr 22:46.7  
 56 Jade Tejada, Sr 22:51.7  
 Total Time = 1:48:15.6 Total Places = 201

9. Newton  
 30 Ashay Malow, Jr 21:12.4  
 52 Kate Muckler, Fr 22:21.3  
 57 Morgan Stalzer, So 23:09.5  
 62 Kelsey Church, So 24:33.1  
 63 Tes Schuster, Sr 24:37.2  
 65 Jenna Smith, Sr 25:44.0  
 67 Willow Oswalt, Jr 26:18.0  
 Total Time = 1:55:53.5 Total Places = 264

10. Fort Dodge  
 58 Alexis Read, Jr 23:17.6  
 59 Piera McBride, Jr 23:31.0  
 64 Isabel Beekman, Jr 24:43.2  
 66 Olivia Hamlow, Fr 26:02.7  
 68 Catherine Daniel, Fr 28:21.4  
 Total Time = 2:05:55.9 Total Places = 315  
 Top

1 1 Ashlyn Keeney, So 17:58.4 Iowa City Liberty  
 2 2 Emily Naughton, Fr 18:20.9 Indianola  
 3 3 Bella Heikes, Jr 18:25.5 Johnston  
 4 4 Aleah Tenpas, So 18:54.2 Johnston  
 5 5 Samantha Strauss, Jr 19:02.7 Johnston  
 6 6 Alli Bookin-Nosbisch, Sr 19:07.7 Ottumwa  
 7 7 Phoebe Hermanson, So 19:10.7 Marshalltown  
 8 8 Gabby Cortez, So 19:15.7 Cedar Rapids Prairie  
 9 9 McKenzie Logan, Jr 19:26.4 Iowa City Liberty  
 10 10 Laurdyn Meyer, Jr 19:26.8 Cedar Rapids Prairie  
 11 11 Brooke McKee, Sr 19:27.7 Johnston  
 12 12 Camille Mac, Jr 19:31.0 Iowa City Liberty  
 13 13 Clara Toot, Sr 19:34.8 Johnston  
 14 14 Carollin Mellin, Sr 19:46.5 Ottumwa  
 15 15 Joey Werling, So 19:58.2 Indianola  
 16 16 Bailey Blake, Sr 20:05.1 Indianola  
 17 17 Ashley Rockhold, Sr 20:13.1 Indianola  
 18 18 Faith Nead, So 20:13.8 Johnston  
 19 19 Kaya Young, Sr 20:13.9 Johnston  
 20 20 Jenna Pitz, Fr 20:16.2 Ankeny  
 21 21 Grace Long, So 20:18.9 Cedar Rapids Prairie  
 22 22 Carli Reittinger, Sr 20:18.9 Cedar Rapids Prairie  
 23 23 Alyza Koppes, So 20:27.1 Cedar Rapids Prairie  
 24 24 Kendall White, Jr 20:39.9 Cedar Rapids Prairie  
 25 25 Marika Kisgen, Jr 20:41.4 Ankeny  
 26 26 Meghan Coulter, Jr 20:50.5 Ottumwa  
 27 27 Hannah Thomas, Sr 21:01.4 Mason City  
 28 28 Lily Johannes, So 21:03.6 Cedar Rapids Prairie  
 29 29 Grace Bookin-Nosbisch, Sr 21:04.5 Ottumwa  
 30 30 Ashay Malow, Jr 21:12.4 Newton  
 31 31 Katie Oneil, Fr 21:15.1 Indianola  
 32 32 Marcella Sierra, Jr 21:17.2 Mason City  
 33 33 Elizabeth Jaeger, So 21:18.2 Iowa City Liberty  
 34 34 Isabelle Woody, So 21:26.9 Iowa City Liberty  
 35 35 Cierra Fillinger, Sr 21:31.5 Ankeny  
 36 36 Isabelle Mellin, Jr 21:31.9 Ottumwa  
 37 37 Brycelyn Hanson, Jr 21:33.5 Mason City  
 38 38 Madeleine Murphy, Jr 21:34.3 Ankeny  
 39 39 Hailey Seifrig, Jr 21:34.6 Indianola  
 40 40 Megan Bosch, Jr 21:35.8 Ankeny

41	41	Eva Van De Mortel, Jr	21:50.9	Ankeny
42	42	Paige Beason, Fr	21:52.9	Ankeny
43	43	Carly Sulwer, So	22:02.6	Iowa City Liberty
44	44	Sami Miller, Sr	22:07.6	Mason City
45	45	Makenna Ainsworth, Jr	22:08.5	Marshalltown
46	46	Gwen Sewell, Jr	22:10.7	Mason City
47	47	Sophia Ford, Jr	22:14.3	Ottumwa
48	48	Rachel Smith, So	22:15.1	Marshalltown
49	49	Malia Taylor, Fr	22:16.8	Iowa City Liberty
50	50	Odaly Flores, Jr	22:20.6	Marshalltown
51	51	Kaci Uhde, Sr	22:20.7	Marshalltown
52	52	Kate Muckler, Fr	22:21.3	Newton
53	53	Lina Newland, So	22:32.6	Ottumwa
54	54	Avery Thompson, So	22:46.4	Mason City
55	55	Hannah Seltman, Fr	22:46.7	Marshalltown
56	56	Jade Tejada, Sr	22:51.7	Marshalltown
57	57	Morgan Stalzer, So	23:09.5	Newton
58	58	Alexis Read, Jr	23:17.6	Fort Dodge
59	59	Piera McBride, Jr	23:31.0	Fort Dodge
60	60	Rachel Engelhardt, Jr	23:50.1	Indianola
61	61	Nora Suarez, Sr	24:26.8	Mason City
62	62	Kelsey Church, So	24:33.1	Newton
63	63	Tes Schuster, Sr	24:37.2	Newton
64	64	Isabel Beekman, Jr	24:43.2	Fort Dodge
65	65	Jenna Smith, Sr	25:44.0	Newton
66	66	Olivia Hamlow, Fr	26:02.7	Fort Dodge
67	67	Willow Oswalt, Jr	26:18.0	Newton
68	68	Catherine Daniel, Fr	28:21.4	Fort Dodge

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