

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 3 Girls 5k Run CC Varsity

Name	Year	School	Avg Mile	Finals	Points
1 #363 Gehl, Julia	11	Dubuque Hempstead	5:48.7	18:03.26	1
2 #372 Leitzen, Keelee	11	Dubuque Hempstead	5:48.8	18:03.43	2
3 #379 O'Brien, Brooke	12	Dubuque Hempstead	5:55.5	18:24.43	3
4 #367 Henneberry, Evie	10	Dubuque Hempstead	6:02.2	18:45.24	4
5 #446 Klapatauskas, Leah	11	Dubuque Senior	6:04.6	18:52.68	5
6 #589 Wedemeyer, Ani	10	Iowa City City High	6:06.1	18:57.29	6
7 #763 Adamson, Rachel	12	Linn-Mar Marion	6:08.1	19:03.37	7
8 #142 Zylstra, Zoe	10	Cedar Falls	6:09.0	19:06.25	8
9 #437 Harms, Georgia	12	Dubuque Senior	6:13.5	19:20.38	9
10 #848 Hess, Keirra	11	CR Prairie	6:18.1	19:34.70	10
11 #440 Hoyer, Claire	10	Dubuque Senior	6:18.4	19:35.48	11
12 #505 Klein, Alyssa	11	Western Dub	6:18.8	19:36.77	12
13 #434 Gorton, Emily	10	Dubuque Senior	6:19.1	19:37.67	13
14 #384 Schlichte, Natalie	12	Dubuque Hempstead	6:19.8	19:39.94	14
15 #315 Hetrick, Makenna	11	Washington	6:20.0	19:40.33	15
16 #359 Dallal, Sophia	12	Dubuque Hempstead	6:21.1	19:43.85	16
17 #140 Swarts, Jaden	12	Cedar Falls	6:21.8	19:46.20	17
18 #354 Besler, Anna	12	Dubuque Hempstead	6:22.5	19:48.34	18
19 #428 Chesterman, Emma	9	Dubuque Senior	6:23.0	19:49.75	19
20 #767 Buck, Ally	11	Linn-Mar Marion	6:24.7	19:55.21	20
21 #443 Kessler, Nevaeh	9	Dubuque Senior	6:25.8	19:58.35	21
22 #361 Digman, Maddie	12	Dubuque Hempstead	6:25.8	19:58.43	22
23 #845 Divoky, Olivia	9	CR Prairie	6:26.4	20:00.25	22
24 #779 Northrup, Bethany	12	Linn-Mar Marion	6:26.5	20:00.64	23
25 #724 Van Waning, Kate	9	Iowa City West	6:26.9	20:02.06	24
26 #850 Hughes, Hannah	10	CR Prairie	6:28.0	20:05.46	25
27 #726 Wang, Cindy	11	Iowa City West	6:28.1	20:05.69	26
28 #719 Moniza, Gabby	11	Iowa City West	6:28.2	20:05.94	27
29 #129 Mandt, Rachel	12	Cedar Falls	6:28.3	20:06.41	28
30 #120 Gallagher, Maddie	11	Cedar Falls	6:28.7	20:07.62	29
31 #847 Hamilton, Karlee	11	CR Prairie	6:28.8	20:07.77	30
32 #569 Peterson, Nina	10	Iowa City City High	6:29.0	20:08.54	31
33 #725 Varga, Erinn	11	Iowa City West	6:29.8	20:10.83	32
34 #445 Kilgore, Julia	12	Dubuque Senior	6:30.4	20:12.73	33
35 #974 Arnold, Emma	12	Xavier Cedar Rapids	6:31.1	20:15.07	34
36 #449 Miller, Kaitlyn	11	Dubuque Senior	6:31.6	20:16.67	35
37 #915 Murphy, Lucy	9	Wahlert Dubuque	6:31.7	20:16.87	35
38 #977 Deegan, Mia	9	Xavier Cedar Rapids	6:31.7	20:16.88	36
39 #764 Beck, Jordyn	12	Linn-Mar Marion	6:31.8	20:17.24	37
40 #568 Peterson, Nicole	10	Iowa City City High	6:31.9	20:17.57	38
41 #786 Vezina, Abbey	12	Linn-Mar Marion	6:32.6	20:19.60	39
42 #840 Bishop, Chloe	9	CR Prairie	6:33.0	20:20.76	40
43 #663 Taylor, Malia	12	Iowa City Liberty	6:33.8	20:23.30	41
44 #559 Kuhlmann, Nina	10	Iowa City City High	6:35.0	20:27.21	42
45 #133 Scannell, Anna	12	Cedar Falls	6:35.4	20:28.32	43
46 #853 Keiper, Emma	12	CR Prairie	6:35.7	20:29.36	44
47 #260 Cogdill, Lillian	10	Kennedy	6:36.3	20:31.12	45
48 #426 Bechen, Briel	9	Dubuque Senior	6:36.5	20:31.64	46
49 #536 Anderson, Erin	12	Iowa City City High	6:36.5	20:31.71	46
50 #257 Bradley, Anabel	12	Kennedy	6:36.5	20:31.72	47
51 #905 Bellini, Olivia	9	Wahlert Dubuque	6:38.2	20:36.92	48
52 #649 Canton, Bridget	11	Iowa City Liberty	6:38.6	20:38.40	49

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 3 Girls 5k Run CC Varsity

53	#258	Brandt, Alyssa	11	Kennedy	6:39.4	20:40.76	50
54	#911	Graham, Lilian	10	Wahlert Dubuque	6:39.6	20:41.37	51
55	#654	Marquardt, Mimi	10	Iowa City Liberty	6:40.5	20:44.24	52
56	#652	Johnson, Madelyn	10	Iowa City Liberty	6:40.7	20:44.69	53
57	#841	Childers, Mackenzi	10	CR Prairie	6:41.1	20:45.93	54
58	#770	Domer, Addie	9	Linn-Mar Marion	6:42.0	20:48.69	55
59	#772	Egbert, Chloe	9	Linn-Mar Marion	6:42.0	20:48.79	56
60	#842	Christensen, Ava	11	CR Prairie	6:42.1	20:49.19	
61	#509	Meyers, Bella	10	Western Dub	6:42.4	20:50.12	57
62	#769	Dechant, Avery	9	Linn-Mar Marion	6:42.4	20:50.15	
63	#715	Emmad, Minou	12	Iowa City West	6:45.8	21:00.57	58
64	#135	Schreiber, Lainey	12	Cedar Falls	6:46.8	21:03.62	59
65	#538	Asklof, Elizabeth	9	Iowa City City High	6:48.5	21:08.92	60
66	#134	Schillinger, Ruby	10	Cedar Falls	6:48.5	21:08.96	61
67	#322	Slessor, Sage	12	Washington	6:50.1	21:13.99	62
68	#984	Maloney, Nora	11	Xavier Cedar Rapids	6:50.4	21:14.79	63
69	#777	Mauren, Gabby	10	Linn-Mar Marion	6:51.7	21:19.03	
70	#577	Lohero, Sophia	11	Iowa City City High	6:52.1	21:20.26	64
71	#563	Rocher, Claire	9	Iowa City City High	6:52.4	21:21.22	
72	#117	Dunning, Lucy	12	Cedar Falls	6:54.0	21:26.02	
73	#781	Paulson, Leah	9	Linn-Mar Marion	6:54.4	21:27.36	
74	#665	Welch, Clara	10	Iowa City Liberty	6:54.7	21:28.17	65
75	#658	Noel, Hailey	12	Iowa City Liberty	6:55.4	21:30.52	66
76	#105	Becker, Anna	11	Cedar Falls	6:55.7	21:31.33	
77	#262	Geater, Ramsay	9	Kennedy	6:56.2	21:32.98	67
78	#646	Adams, Emerson	9	Iowa City Liberty	6:56.5	21:33.78	68
79	#266	Kaiser, Maria	9	Kennedy	6:57.3	21:36.47	69
80	#311	Graw, Ava	9	Washington	6:58.4	21:39.72	70
81	#314	Hetrick, Maddy	9	Washington	7:00.2	21:45.46	71
82	#712	Clark, Violet	11	Iowa City West	7:01.2	21:48.63	72
83	#651	Estrada, Sam	12	Iowa City Liberty	7:04.0	21:57.29	
84	#321	Schumacher, Sierra	12	Washington	7:05.8	22:02.68	73
85	#650	Eide, Peyton	9	Iowa City Liberty	7:06.6	22:05.41	
86	#136	Simonson, Josee	10	Cedar Falls	7:09.3	22:13.75	
87	#324	Stilwell, Sophie	10	Washington	7:13.6	22:26.94	74
88	#946	Tudor, Adeline	9	Waterloo West	7:14.2	22:28.97	
89	#991	Richmond, Keira	10	Xavier Cedar Rapids	7:14.9	22:31.19	75
90	#721	Shim, Ijin	11	Iowa City West	7:17.6	22:39.57	76
91	#217	Fowler, Samantha	12	Jefferson	7:17.9	22:40.51	77
92	#263	Hallam, Grace	11	Kennedy	7:18.0	22:40.55	78
93	#507	Koetz, Paige	10	Western Dub	7:19.9	22:46.49	79
94	#985	Meyer, Jaclyn	12	Xavier Cedar Rapids	7:21.4	22:51.39	80
95	#229	Peterson, Thursday	10	Jefferson	7:25.3	23:03.47	81
96	#256	Arnold, Erin	9	Kennedy	7:26.2	23:06.13	82
97	#264	Hallam, Olivia	9	Kennedy	7:27.4	23:09.89	
98	#976	Cosgrove, Alma	12	Xavier Cedar Rapids	7:28.9	23:14.48	83
99	#987	Nguyen, Teresa	11	Xavier Cedar Rapids	7:29.2	23:15.46	84
100	#506	Koerperich, Carson	11	Western Dub	7:29.3	23:15.73	85
101	#921	Van Otterloo, Anna	12	Wahlert Dubuque	7:42.2	23:55.97	86
102	#320	Ounap, Maria	12	Washington	7:44.4	24:02.56	87
103	#316	Klassan, Louisa	12	Washington	7:45.3	24:05.59	
104	#216	Esqueda, Lizeth	10	Jefferson	7:46.6	24:09.68	88
105	#230	Thompson-Williams,	10	Jefferson	7:48.5	24:15.36	89
106	#917	Rivera, Ana	11	Wahlert Dubuque	7:50.3	24:20.98	90
107	#231	York, Emma	10	Jefferson	7:51.2	24:23.91	91

2022 MVC Super Meet - 10/6/2022**Seminole Valley CC Course****Rankings****....Event 3 Girls 5k Run CC Varsity**

12	Wahlert Dubuque	310	35	48	51	86	90	92	
	Total Time:	1:49:52.11							
	Average:	21:58.43							
13	Epworth Western Dubuque	327	12	57	79	85	94	95	
	Total Time:	1:51:21.98							
	Average:	22:16.40							
14	Cedar Rapids Jefferson	426	77	81	88	89	91	93	96
	Total Time:	1:58:32.93							
	Average:	23:42.59							

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 4 Boys 5k Run CC Varsity

Name	Year	School	Avg Mile	Finals	Points
1 #643 Washburn, Ford	12	Iowa City City High	4:46.7	14:50.49	1
2 #303 Wilson, Miles	12	Kennedy	4:56.3	15:20.48	2
3 #523 Hammerand, Isaiah	12	Western Dub	5:00.5	15:33.41	3
4 #753 Tiewa, Moustafa	10	Iowa City West	5:00.8	15:34.45	4
5 #640 Thompson, Truman	12	Iowa City City High	5:01.0	15:35.11	5
6 #410 Maloney, John	11	Dubuque Hempstead	5:01.9	15:37.90	6
7 #186 Merrick, Jaden	9	Cedar Falls	5:04.9	15:47.30	7
8 #169 Hartman, Luke	11	Cedar Falls	5:06.2	15:51.16	8
9 #404 Kass, Caleb	12	Dubuque Hempstead	5:07.0	15:53.75	9
10 #675 Decker, Aidan	11	Iowa City Liberty	5:07.6	15:55.63	10
11 #639 Smith, Ammon	12	Iowa City City High	5:07.7	15:55.95	11
12 #600 Carey, Noah	12	Iowa City City High	5:07.9	15:56.37	12
13 #733 Cheney, Seth	12	Iowa City West	5:08.9	15:59.57	13
14 #289 McMahan, Henry	11	Kennedy	5:09.5	16:01.59	14
15 #886 Lee, Nick	10	CR Prairie	5:10.1	16:03.32	15
16 #154 Denholm, Gavin	12	Cedar Falls	5:12.7	16:11.26	16
17 #391 Driscoll, Charlie	11	Dubuque Hempstead	5:12.7	16:11.52	17
18 #280 Gray, Adam	9	Kennedy	5:12.9	16:12.13	18
19 #897 Sickels, Jaxon	12	CR Prairie	5:13.1	16:12.50	19
20 #150 Cryer, Colby	12	Cedar Falls	5:13.9	16:15.22	20
21 #874 Cooper, Zach	12	CR Prairie	5:14.7	16:17.54	21
22 #621 Marker, Braeden	12	Iowa City City High	5:14.9	16:18.21	22
23 #531 Nauman, Quentin	9	Western Dub	5:15.9	16:21.34	23
24 #681 Gregoire, Noah	10	Iowa City Liberty	5:16.0	16:21.60	24
25 #827 Steffen, Luke	12	Linn-Mar Marion	5:16.7	16:23.89	25
26 #174 Johnson, Colin	12	Cedar Falls	5:17.4	16:26.11	26
27 #273 Bruns, Jacob	11	Kennedy	5:17.7	16:26.81	27
28 #521 Fangmann, Derek	12	Western Dub	5:17.7	16:26.87	28
29 #292 Murray, Reece	11	Kennedy	5:17.7	16:26.97	29
30 #628 Noble, Owyn	11	Iowa City City High	5:18.2	16:28.62	30
31 #181 Martin, Connor	10	Cedar Falls	5:18.4	16:28.99	31
32 #925 Brookins, Jayden	9	Wahlert Dubuque	5:19.2	16:31.67	32
33 #742 Merril, Kai	10	Iowa City West	5:19.9	16:33.71	33
34 #878 Fauchier, Anson	12	CR Prairie	5:20.7	16:36.12	34
35 #160 Ferguson, John	10	Cedar Falls	5:20.9	16:37.00	35
36 #151 Cuhat, Pascal	12	Cedar Falls	5:21.1	16:37.55	
37 #402 Johnson, Zack	11	Dubuque Hempstead	5:21.4	16:38.30	36
38 #952 Berns, Presley	10	Waterloo West	5:23.4	16:44.61	37
39 #394 Fern, Micah	9	Dubuque Hempstead	5:23.5	16:44.90	38
40 #274 Buckheister, Slade	9	Kennedy	5:24.1	16:46.80	39
41 #798 Cozine, Ethan	12	Linn-Mar Marion	5:24.4	16:47.84	40
42 #629 Noreldaim, Ayman	12	Iowa City City High	5:25.0	16:49.45	41
43 #403 Kass, Brandon	10	Dubuque Hempstead	5:25.0	16:49.74	42
44 #481 Kirman, Jack	9	Dubuque Senior	5:26.0	16:52.68	43
45 #478 Howes, Robert	12	Dubuque Senior	5:26.3	16:53.58	44
46 #631 Palmer, Oliver	12	Iowa City City High	5:26.6	16:54.44	
47 #868 Allard, Harrison	12	CR Prairie	5:26.6	16:54.73	45
48 #809 Hanson, Owen	10	Linn-Mar Marion	5:27.0	16:55.80	46
49 #816 Kuhn, Riley	11	Linn-Mar Marion	5:27.0	16:55.93	47
50 #883 Kahler, Landon	11	CR Prairie	5:27.4	16:57.18	48
51 #599 Bywater, Adam	12	Iowa City City High	5:28.4	17:00.06	
52 #796 Boston, Ethan	10	Linn-Mar Marion	5:28.8	17:01.37	49

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 4 Boys 5k Run CC Varsity

53	#529 Meyer, Drew	12 Western Dub	5:29.2	17:02.65	50
54	#752 Stong, Robert	11 Iowa City West	5:30.4	17:06.24	51
55	#340 Lorenz, John	12 Washington	5:31.9	17:10.94	52
56	#251 Sanders, Curtis	11 Jefferson	5:33.1	17:14.72	53
57	#899 Stegemoller, Tyler	10 CR Prairie	5:33.2	17:15.13	54
58	#747 Polgreen, Andrew	12 Iowa City West	5:33.3	17:15.38	55
59	#968 Ritter, Ben	10 Waterloo West	5:33.9	17:17.13	56
60	#686 Kinzer, Nathan	12 Iowa City Liberty	5:34.0	17:17.57	57
61	#400 Houselog, Will	10 Dubuque Hempstead	5:34.2	17:18.30	58
62	#870 Allred, Bennett	10 CR Prairie	5:34.8	17:20.05	
63	#792 Banowetz, Joey	12 Linn-Mar Marion	5:35.3	17:21.70	59
64	#417 Spahn, Devin	12 Dubuque Hempstead	5:35.5	17:22.33	
65	#484 Lueken, Calvin	10 Dubuque Senior	5:36.0	17:23.88	60
66	#813 Hummer, Paxton	12 Linn-Mar Marion	5:36.3	17:24.57	61
67	#734 Dickens, James	12 Iowa City West	5:36.4	17:24.90	62
68	#729 Benson, Cade	11 Iowa City West	5:36.4	17:25.16	63
69	#298 Schlaak, Reuben	10 Kennedy	5:36.9	17:26.69	64
70	#957 Harn, Ryan	11 Waterloo West	5:37.8	17:29.30	65
71	#1022 Masonovic, Denis	11 Dubuque Hempstead	5:38.0	17:30.14	
72	#706 Thompson, Maxwell	12 Iowa City Liberty	5:38.1	17:30.15	66
73	#934 Powers, Kyle	10 Wahlert Dubuque	5:39.5	17:34.74	67
74	#890 Mulford, Carter	10 CR Prairie	5:39.9	17:35.79	
75	#392 Duehr, Kyle	11 Dubuque Hempstead	5:40.2	17:36.72	
76	#345 Schneidermann, Kri	11 Washington	5:41.9	17:42.25	68
77	#493 Rowe, Jacob	10 Dubuque Senior	5:42.0	17:42.27	69
78	#530 Meyer, Levi	12 Western Dub	5:44.8	17:51.02	70
79	#955 Gonzalez, Yairh	10 Waterloo West	5:45.8	17:54.14	71
80	#964 Nystrom, Braden	12 Waterloo West	5:46.4	17:56.10	72
81	#666 Abel, Owen	12 Iowa City Liberty	5:46.4	17:56.18	73
82	#492 Rothert, Danny	10 Dubuque Senior	5:48.6	18:03.05	74
83	#687 Klein, Braxton	10 Iowa City Liberty	5:48.8	18:03.62	75
84	#707 Thompson, Will	11 Iowa City Liberty	5:49.0	18:04.29	76
85	#677 Fowler, Thomas	10 Iowa City Liberty	5:49.1	18:04.39	
86	#1001 Camacho, Marcus	11 Xavier Cedar Rapids	5:49.2	18:04.67	77
87	#799 Crandall, Ezra	11 Linn-Mar Marion	5:51.5	18:12.05	
88	#924 Auer, Gabriel	12 Wahlert Dubuque	5:52.0	18:13.35	78
89	#533 Staner, Brody	10 Western Dub	5:52.3	18:14.51	79
90	#971 Wendland, Josiah	11 Waterloo West	5:52.5	18:15.11	80
91	#930 Klapatauskas, Nick	10 Wahlert Dubuque	5:54.8	18:22.08	81
92	#498 Weber, Sam	11 Dubuque Senior	5:56.5	18:27.51	82
93	#1014 Renze, Abraham	9 Xavier Cedar Rapids	6:01.3	18:42.29	83
94	#956 Gustafson, Zephani	12 Waterloo West	6:02.0	18:44.51	84
95	#516 Blair, Thomas	12 Western Dub	6:04.2	18:51.34	85
96	#1008 Lang, Dylan	9 Xavier Cedar Rapids	6:04.7	18:53.05	86
97	#236 Bompemo, Benjamin	12 Jefferson	6:04.8	18:53.17	87
98	#525 Kremers, Preston	10 Western Dub	6:05.9	18:56.72	
99	#343 Reisinger, Kyle	11 Washington	6:07.2	19:00.76	88
100	#329 Burkamper, Lucas	10 Washington	6:08.0	19:03.32	89
101	#528 Messer, Coy	10 Western Dub	6:08.1	19:03.46	
102	#248 Mubengwa, Olivier	12 Jefferson	6:09.4	19:07.58	90
103	#246 Meier, Kinnick	11 Jefferson	6:10.9	19:12.19	91
104	#524 Hoover, Jimmy	10 Western Dub	6:13.2	19:19.32	
105	#933 Newlin, Sullivan	11 Wahlert Dubuque	6:13.4	19:20.06	92
106	#349 Stewart, Rolend	11 Washington	6:14.6	19:23.58	93
107	#1007 Karl, Will	12 Xavier Cedar Rapids	6:15.4	19:26.11	94

2022 MVC Super Meet - 10/6/2022**Seminole Valley CC Course****Rankings****....Event 4 Boys 5k Run CC Varsity**

12	Wahlert Dubuque	350	32	67	78	81	92	98	
	Total Time:	1:30:01.90							
	Average:	18:00.38							
13	Cedar Rapids Washington	390	52	68	88	89	93	95	100
	Total Time:	1:32:20.85							
	Average:	18:28.17							
14	Cedar Rapids Jefferson	417	53	87	90	91	96	99	101
	Total Time:	1:33:56.44							
	Average:	18:47.29							
15	Xavier Cedar Rapids	437	77	83	86	94	97	102	103
	Total Time:	1:34:38.57							
	Average:	18:55.72							

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 5 Girls 5k Run CC Junior Varsity

Name	Year	School	Avg Mile	Finals	Points
1 #369 Hermiston, Ellie	11	Dubuque Hempstead	6:40.2	20:43.24	1
2 #353 Berns, Kourtney	11	Dubuque Hempstead	6:48.2	21:07.98	2
3 #364 Gehl, Lauren	11	Dubuque Hempstead	6:56.1	21:32.73	3
4 #783 Scott, Zoe	10	Linn-Mar Marion	6:57.5	21:36.95	4
5 #723 Titus, Kalli	10	Iowa City West	6:58.2	21:39.28	5
6 #357 Brauhn, Isabel	11	Dubuque Hempstead	6:59.6	21:43.59	6
7 #785 Trapp, Breka	11	Linn-Mar Marion	7:00.1	21:44.95	7
8 #558 Kuhlmann, Natalie	12	Iowa City City High	7:00.6	21:46.55	8
9 #771 Dorman, Ella	12	Linn-Mar Marion	7:00.7	21:46.86	9
10 #580 Schultes, Avery	12	Iowa City City High	7:02.2	21:51.72	10
11 #447 Krapfl, Lily	12	Dubuque Senior	7:10.0	22:15.81	11
12 #360 Davidson, Emily	12	Dubuque Hempstead	7:11.8	22:21.31	12
13 #585 Stumbo, Sophie	12	Iowa City City High	7:13.1	22:25.56	13
14 #587 Torkelson, Nina	11	Iowa City City High	7:13.8	22:27.50	14
15 #453 Norman, Elise	12	Dubuque Senior	7:14.7	22:30.43	15
16 #139 Stabenow, Lindsey	12	Cedar Falls	7:16.7	22:36.63	16
17 #717 Hong, Tina	10	Iowa City West	7:17.6	22:39.41	17
18 #591 Wilkes, Sydney	12	Iowa City City High	7:18.0	22:40.59	18
19 #435 Gunn, Ella	12	Dubuque Senior	7:18.9	22:43.34	19
20 #102 Anton, Megan	12	Cedar Falls	7:20.6	22:48.76	20
21 #560 Laux, Anastacia	12	Iowa City City High	7:21.4	22:51.39	21
22 #573 Pugh, Mary Cate	12	Iowa City City High	7:21.5	22:51.62	22
23 #859 Mallicoat, Megan	11	CR Prairie	7:23.3	22:57.12	23
24 #430 Cook, Alli	11	Dubuque Senior	7:27.5	23:10.34	24
25 #838 Allard, Tori	11	CR Prairie	7:29.3	23:15.76	25
26 #439 Hoefflin, Roz	11	Dubuque Senior	7:29.9	23:17.59	26
27 #386 Stockel, Carissa	12	Dubuque Hempstead	7:30.2	23:18.65	27
28 #586 Thompson, Lucy	11	Iowa City City High	7:32.0	23:24.08	
29 #125 Hertz, Ella	12	Cedar Falls	7:32.3	23:25.22	28
30 #784 Sourwine, Rita	11	Linn-Mar Marion	7:33.2	23:27.85	29
31 #458 Wagner, Clara	11	Dubuque Senior	7:33.7	23:29.46	30
32 #433 Donovan, Ella	11	Dubuque Senior	7:34.1	23:30.76	31
33 #545 Chandler, Tehya	12	Iowa City City High	7:35.3	23:34.48	
34 #716 Hendrickson, Ivy	10	Iowa City West	7:35.6	23:35.49	32
35 #583 Skay, Bella	12	Iowa City City High	7:38.1	23:43.15	
36 #774 Havener, Maya	11	Linn-Mar Marion	7:39.1	23:46.15	33
37 #918 Steffen, Rylee	11	Wahlert Dubuque	7:39.6	23:47.92	34
38 #381 Richter, Rachel	11	Dubuque Hempstead	7:40.5	23:50.46	35
39 #862 Nove, Ella	11	CR Prairie	7:41.0	23:52.12	36
40 #457 Sullivan, Maggie	12	Dubuque Senior	7:41.1	23:52.58	
41 #455 Poppen, Ava	11	Dubuque Senior	7:42.2	23:55.92	
42 #720 Olivo, Sophia	10	Iowa City West	7:43.7	24:00.40	37
43 #109 Bryant, Amelia	11	Cedar Falls	7:44.0	24:01.42	38
44 #450 Montgomery, London	11	Dubuque Senior	7:44.1	24:01.91	
45 #993 Schmit, Elena	11	Xavier Cedar Rapids	7:44.8	24:04.04	39
46 #986 Neal, Annabelle	11	Xavier Cedar Rapids	7:46.1	24:08.07	40
47 #978 Denman, Paige	12	Xavier Cedar Rapids	7:47.2	24:11.26	41
48 #267 Kolthoff, Kelsie	12	Kennedy	7:48.4	24:15.09	
49 #867 Steen, Denise	11	CR Prairie	7:48.9	24:16.73	42
50 #552 Gidal, Jennie	12	Iowa City City High	7:50.3	24:21.17	
51 #355 Block, Sydney	12	Dubuque Hempstead	7:50.5	24:21.58	
52 #856 Larsen, Haley	11	CR Prairie	7:53.0	24:29.42	43

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 5 Girls 5k Run CC Junior Varsity

53	#544	Buchanan, Wendy	12	Iowa City City High	7:54.2	24:33.07	
54	#914	Munshower, Alison	11	Wahlert Dubuque	7:54.5	24:34.12	44
55	#865	Shelangoski, Maya	12	CR Prairie	7:56.2	24:39.26	45
56	#860	Mcclure, Isabelle	11	CR Prairie	7:57.5	24:43.26	46
57	#839	Baustian, Mackenzi	11	CR Prairie	7:58.1	24:45.38	
58	#844	Dighton, Kelsey	11	CR Prairie	7:58.3	24:45.75	
59	#713	Dickens, Annie	10	Iowa City West	7:58.5	24:46.37	47
60	#356	Bowers, Maddie	12	Dubuque Hempstead	7:59.5	24:49.73	
61	#996	Stephenson, Ellie	9	Xavier Cedar Rapids	8:00.3	24:51.97	48
62	#994	Schwendeman, Gwen	10	Xavier Cedar Rapids	8:00.8	24:53.74	49
63	#116	Dotzler, Brianna	11	Cedar Falls	8:01.9	24:57.03	50
64	#992	Rozeboom, Lulu	9	Xavier Cedar Rapids	8:03.0	25:00.55	51
65	#1024	Orszula, Yaya	11	Iowa City West	8:03.1	25:00.65	52
66	#323	Stilwell, Frannie	10	Washington	8:04.1	25:03.77	
67	#787	Wells, Madi	12	Linn-Mar Marion	8:05.3	25:07.71	53
68	#846	Gammon, Hailey	11	CR Prairie	8:05.4	25:07.88	
69	#979	Francois, Marie	9	Xavier Cedar Rapids	8:05.7	25:08.75	54
70	#110	Budke, Hannah	12	Cedar Falls	8:05.7	25:08.77	55
71	#866	Siech, Ashley	12	CR Prairie	8:07.2	25:13.66	
72	#981	Kane, Emily	12	Xavier Cedar Rapids	8:11.5	25:26.99	
73	#114	Denison, Maren	12	Cedar Falls	8:14.0	25:34.75	56
74	#975	Carter, Sophia	10	Xavier Cedar Rapids	8:24.0	26:05.88	
75	#307	Appleby-Sparrow, L	11	Washington	8:30.4	26:25.49	
76	#325	Stock, Reagan	11	Washington	8:31.2	26:28.00	
77	#907	Cox, Ashlin	11	Wahlert Dubuque	8:33.6	26:35.71	57
78	#714	Dupuich, Kate	10	Iowa City West	8:35.0	26:39.97	58
79	#387	Tyler, Anna	11	Dubuque Hempstead	8:36.8	26:45.53	
80	#123	Halvorson, Emma	11	Cedar Falls	8:39.0	26:52.27	
81	#368	Henneberry, Lauren	11	Dubuque Hempstead	8:43.5	27:06.45	
82	#782	Rao, Sharini	12	Linn-Mar Marion	8:43.7	27:06.83	59
83	#913	Manternach, Tatum	12	Wahlert Dubuque	8:47.7	27:19.22	60
84	#849	Hess, Rowan	11	CR Prairie	8:49.8	27:25.86	
85	#923	Zhang, Grace	11	Wahlert Dubuque	8:55.8	27:44.41	61
86	#226	Miles, Ava	12	Jefferson	9:11.4	28:33.02	62
87	#972	Adams, Keara	9	Xavier Cedar Rapids	9:26.5	29:20.06	
88	#553	Gilchrist, Ada	11	Iowa City City High	9:27.3	29:22.28	
89	#119	Gabel, Josie	9	Cedar Falls	9:29.4	29:28.94	
90	#432	Daughetee, Ellie	9	Dubuque Senior	9:30.7	29:32.90	
91	#221	Kracht, Alexia	10	Jefferson	9:32.0	29:37.06	63
92	#223	Luckett, Skye	10	Jefferson	9:33.5	29:41.74	64
93	#943	Pajic, Emra	10	Waterloo West	9:35.9	29:49.22	
94	#218	Gonpue, Gift	12	Jefferson	9:41.7	30:07.24	65
95	#948	Williams, Belle	11	Waterloo West	9:43.8	30:13.64	
96	#269	Martin, Natalie	12	Kennedy	9:44.7	30:16.42	
97	#122	Gonnerman, Megan	10	Cedar Falls	9:46.8	30:23.00	
98	#370	Kizzier, Sophia	10	Dubuque Hempstead	9:48.9	30:29.49	
99	#504	Kelchen, Teagan	10	Western Dub	9:51.0	30:36.18	
100	#224	McDonald, Desiree	12	Jefferson	9:51.8	30:38.63	66
101	#581	Seabold, Yamro	12	Iowa City City High	9:52.8	30:41.61	
102	#512	Pitz, Cambrie	10	Western Dub	9:53.5	30:43.83	
103	#441	Hulsizer, Carli	9	Dubuque Senior	9:55.7	30:50.49	
104	#988	Oehler, Lucy	10	Xavier Cedar Rapids	9:56.2	30:52.14	
105	#128	Koehn, Paige	11	Cedar Falls	10:02.6	31:12.21	
106	#999	Willenborg, Kayley	9	Xavier Cedar Rapids	10:03.4	31:14.48	
107	#982	Kettmann, Claire	10	Xavier Cedar Rapids	10:09.7	31:34.27	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 6 Boys 5k Run CC Junior Varsity

Name	Year	School	Avg Mile	Finals	Points
1 #642 VanderLinden, Owen	12	Iowa City City High	5:32.7	17:13.46	1
2 #149 Considine, Jack	11	Cedar Falls	5:33.7	17:16.75	2
3 #396 Hanselman, Matthew	11	Dubuque Hempstead	5:37.3	17:27.90	3
4 #162 Frey, Brayden	11	Cedar Falls	5:38.3	17:30.90	4
5 #593 Ackerman, Jonas	12	Iowa City City High	5:38.7	17:32.21	5
6 #760 Waters, Logan	11	Iowa City West	5:39.4	17:34.19	6
7 #211 Wunderlich, Lane	12	Cedar Falls	5:40.3	17:37.24	7
8 #810 Harper, Kadon	12	Linn-Mar Marion	5:40.7	17:38.29	8
9 #757 Van Waning, Mason	12	Iowa City West	5:41.6	17:41.25	9
10 #153 DeJong, Rentse	11	Cedar Falls	5:42.2	17:43.06	10
11 #807 Grant, Will	12	Linn-Mar Marion	5:43.3	17:46.37	11
12 #1025 Reyes, Michael		CR Prairie	5:43.9	17:48.32	12
13 #806 Gorsich, Nicholas	12	Linn-Mar Marion	5:44.6	17:50.42	13
14 #192 Pease, William	11	Cedar Falls	5:46.7	17:56.88	14
15 #735 Dong, Andrew	11	Iowa City West	5:47.9	18:00.70	15
16 #797 Cerney, Tristan	9	Linn-Mar Marion	5:47.9	18:00.85	16
17 #824 Morrissey, Graedyn	11	Linn-Mar Marion	5:48.9	18:03.97	17
18 #278 Geater, Crew	11	Kennedy	5:49.1	18:04.36	18
19 #791 Bakker, Brendan	11	Linn-Mar Marion	5:49.7	18:06.20	19
20 #891 Petersen, Kurtis	12	CR Prairie	5:51.0	18:10.52	20
21 #873 Benesh, Julien	11	CR Prairie	5:51.8	18:12.76	21
22 #682 Johnson, Maddux	11	Iowa City Liberty	5:51.9	18:13.14	22
23 #609 Garfinkel, Iain	12	Iowa City City High	5:52.5	18:14.95	23
24 #412 MisiagBeckler, Gra	12	Dubuque Hempstead	5:53.8	18:18.94	24
25 #645 Zawojewski, Rhys	12	Iowa City City High	5:54.2	18:20.32	25
26 #602 Degner, Jack	11	Iowa City City High	5:55.1	18:23.23	26
27 #969 Steele, Gunner	10	Waterloo West	5:55.4	18:24.13	27
28 #636 Schaeckenbach, Mat	12	Iowa City City High	5:55.7	18:24.86	28
29 #832 Waddell, Micah	12	Linn-Mar Marion	5:57.0	18:29.05	29
30 #790 Adamson, Griffin	10	Linn-Mar Marion	5:57.0	18:29.07	
31 #300 Volden, Alexander	11	Kennedy	5:58.2	18:32.69	30
32 #794 Bedal, Thiago	11	Linn-Mar Marion	5:58.7	18:34.34	
33 #603 Dickson, Will	12	Iowa City City High	5:58.9	18:35.01	31
34 #814 Kaalberg, Alex	12	Linn-Mar Marion	6:01.0	18:41.59	
35 #673 Coohy, Iben	11	Iowa City Liberty	6:01.3	18:42.41	32
36 #189 O'Bryon, Collin	11	Cedar Falls	6:01.8	18:43.96	33
37 #959 Kerkove, Caleb	11	Waterloo West	6:02.9	18:47.32	34
38 #903 Yoder, Chase	12	CR Prairie	6:03.0	18:47.66	35
39 #638 Seamans, Hal	12	Iowa City City High	6:04.0	18:50.66	
40 #202 VanBrocklin, Gavin	11	Cedar Falls	6:05.1	18:54.32	36
41 #282 Hodgins, Christian	11	Kennedy	6:05.2	18:54.64	37
42 #833 Wesselink, Kaleb	11	Linn-Mar Marion	6:05.3	18:54.92	
43 #422 Vize, Joe	12	Dubuque Hempstead	6:05.7	18:55.96	38
44 #163 Fuessel, Hogan	12	Cedar Falls	6:06.2	18:57.73	
45 #299 Sweeney, Collin	11	Kennedy	6:06.6	18:59.00	39
46 #963 Nordman, Chase	11	Waterloo West	6:06.7	18:59.06	40
47 #900 Steinbrech, Sean	11	CR Prairie	6:06.9	18:59.81	41
48 #290 McMahan, Jonah	11	Kennedy	6:07.2	19:00.79	42
49 #465 Branscomb, Charlie	11	Dubuque Senior	6:07.4	19:01.48	43
50 #188 Moody, Tyler	11	Cedar Falls	6:07.6	19:01.84	
51 #834 White, Ben	11	Linn-Mar Marion	6:08.3	19:04.09	
52 #823 Morales, Carlos	11	Linn-Mar Marion	6:09.4	19:07.42	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 6 Boys 5k Run CC Junior Varsity

53	#625	Mhooon-Lopez, Edgar	11	Iowa City City High	6:09.5	19:07.90	
54	#418	Stanner, Jake	12	Dubuque Hempstead	6:09.8	19:08.79	44
55	#678	Gage, Luke	12	Iowa City Liberty	6:10.1	19:09.81	45
56	#667	Allgood, Lucia	11	Iowa City Liberty	6:12.3	19:16.44	46
57	#296	Roelofs, Regan	11	Kennedy	6:12.3	19:16.46	47
58	#198	Stewart, Braden	11	Cedar Falls	6:12.4	19:16.79	
59	#837	Wood, Jimmy	11	Linn-Mar Marion	6:12.7	19:17.67	
60	#804	Fairley, Creighton	12	Linn-Mar Marion	6:13.1	19:18.89	
61	#702	Sharif, Sahir	11	Iowa City Liberty	6:13.8	19:21.34	48
62	#208	Wirtz, Carson	12	Cedar Falls	6:15.0	19:24.91	
63	#144	Arends, Jace	11	Cedar Falls	6:15.1	19:25.18	
64	#416	Scott, Will	11	Dubuque Hempstead	6:16.3	19:28.89	49
65	#949	Adams, Tyrell	11	Waterloo West	6:16.7	19:30.25	50
66	#401	Johnson, Jacob	12	Dubuque Hempstead	6:17.5	19:32.72	51
67	#283	Horton, Jacob	12	Kennedy	6:18.1	19:34.65	52
68	#958	Heuthorst, Connor	11	Waterloo West	6:18.6	19:36.18	53
69	#896	Schwarz, Dylan	12	CR Prairie	6:19.1	19:37.58	54
70	#191	Patterson, Mikolai	11	Cedar Falls	6:20.0	19:40.63	
71	#693	Nelson, Gavin	11	Iowa City Liberty	6:20.2	19:41.17	55
72	#175	Keagle, Gabe	11	Cedar Falls	6:20.3	19:41.35	
73	#872	Benesh, Go	12	CR Prairie	6:20.7	19:42.79	56
74	#711	Welch, Timothy	12	Iowa City Liberty	6:21.3	19:44.45	57
75	#155	Donaldson, Max	11	Cedar Falls	6:21.9	19:46.23	
76	#960	Knight, James	9	Waterloo West	6:22.4	19:48.03	58
77	#618	Locher, Luke	11	Iowa City City High	6:23.3	19:50.64	
78	#473	Graham, Nic	12	Dubuque Senior	6:24.1	19:53.22	59
79	#801	Decklever, Hudson	11	Linn-Mar Marion	6:24.5	19:54.35	
80	#684	Kaczka, Andrew	12	Iowa City Liberty	6:24.6	19:54.72	
81	#894	Reu, Noah	12	CR Prairie	6:24.8	19:55.29	
82	#172	Huegerich, Trevor	11	Cedar Falls	6:24.8	19:55.32	
83	#519	Doyle, Jackson	12	Western Dub	6:24.9	19:55.64	
84	#209	Wolf, Will	12	Cedar Falls	6:25.8	19:58.52	
85	#488	Nielsen, Alex	11	Dubuque Senior	6:26.4	20:00.35	60
86	#515	Bedtka, Tyler	11	Western Dub	6:26.5	20:00.83	
87	#306	Ziegler, Aidan	11	Kennedy	6:29.4	20:09.74	
88	#207	Wiering, Henry	11	Cedar Falls	6:30.1	20:11.74	
89	#285	Johnson, Torrey	11	Kennedy	6:30.3	20:12.43	
90	#728	Barker, Ben	11	Iowa City West	6:31.2	20:15.17	61
91	#167	Halvorson, Carter	11	Cedar Falls	6:31.4	20:16.04	
92	#494	Ruppel, Teddy	10	Dubuque Senior	6:31.6	20:16.61	62
93	#617	Lewis, Elliott	12	Iowa City City High	6:31.7	20:16.71	
94	#683	Johnston, Payton	12	Iowa City Liberty	6:31.7	20:16.78	
95	#967	Ramirez, Christian	12	Waterloo West	6:32.0	20:17.77	63
96	#954	Fuller, Brayden	9	Waterloo West	6:32.6	20:19.56	
97	#156	Doyle, Connor	12	Cedar Falls	6:32.9	20:20.71	
98	#286	Knipfer, Ben	11	Kennedy	6:33.0	20:20.87	
99	#884	Koch, Weston	11	CR Prairie	6:33.2	20:21.45	
100	#1002	Dake, Joe	9	Xavier Cedar Rapids	6:34.4	20:25.32	64
101	#330	Burkamper, Nick	12	Washington	6:34.7	20:26.10	65
102	#616	Leapold, Brom	12	Iowa City City High	6:35.9	20:29.97	
103	#527	Lucius, Jamarious	11	Western Dub	6:36.1	20:30.38	
104	#352	Wittnebel, Alex	12	Washington	6:36.4	20:31.45	66
105	#146	Beland, Caden	11	Cedar Falls	6:36.9	20:33.13	
106	#344	Rogahn, Connor	11	Washington	6:37.2	20:33.85	67
107	#743	Ode, Paul	12	Iowa City West	6:38.8	20:38.88	68

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 6 Boys 5k Run CC Junior Varsity

108	#594	Ayers, Jack	12	Iowa City City High	6:39.1	20:39.73	
109	#965	Odekirk, Logan	11	Waterloo West	6:39.3	20:40.51	
110	#497	Sprank, Monte	11	Dubuque Senior	6:39.4	20:40.76	69
111	#962	Lund, Sam	12	Waterloo West	6:40.7	20:44.83	
112	#597	Bright, Truman	11	Iowa City City High	6:41.6	20:47.57	
113	#276	Dolphin, Lucas	12	Kennedy	6:42.0	20:48.87	
114	#692	Munson, Josh	12	Iowa City Liberty	6:42.6	20:50.83	
115	#409	Malcom, Henrey	12	Dubuque Hempstead	6:44.2	20:55.57	70
116	#295	Pruett, Cole	11	Kennedy	6:45.6	21:00.16	
117	#700	Rees, Micah	11	Iowa City Liberty	6:45.9	21:01.00	
118	#745	Ortiz Martin, Hect	11	Iowa City West	6:46.3	21:02.28	71
119	#613	Hagedorn, Sam	12	Iowa City City High	6:47.5	21:05.82	
120	#405	Kelley, Sean	12	Dubuque Hempstead	6:49.4	21:11.73	
121	#177	Kinard, Brevin	12	Cedar Falls	6:51.1	21:17.05	
122	#486	Maus, Isaac	11	Dubuque Senior	6:51.5	21:18.41	72
123	#836	Wildman, Hayden	11	Linn-Mar Marion	6:57.4	21:36.78	
124	#518	Casey, Nathan	12	Western Dub	6:58.3	21:39.56	
125	#701	Schultz, Adam	11	Iowa City Liberty	7:00.2	21:45.46	
126	#170	Herring, Jackson	11	Cedar Falls	7:02.8	21:53.54	
127	#953	Dunn, Michael	12	Waterloo West	7:03.5	21:55.63	
128	#194	Sacco, Vincent	11	Cedar Falls	7:04.0	21:57.10	
129	#232	Amegandjin, Yao	12	Jefferson	7:04.3	21:58.22	
130	#334	Eilers, Colton	11	Washington	7:05.4	22:01.61	73
131	#1006	Huiskamp, David	11	Xavier Cedar Rapids	7:09.3	22:13.54	74
132	#818	Leemhuis, Nathan	12	Linn-Mar Marion	7:09.3	22:13.69	
133	#341	McSpadden, Ryan	12	Washington	7:12.4	22:23.21	75
134	#970	Taylor, Kale	12	Waterloo West	7:13.5	22:26.63	
135	#164	Gaines, Ryan	12	Cedar Falls	7:14.1	22:28.53	
136	#350	Tominsky, Evan	11	Washington	7:16.0	22:34.56	76
137	#242	Harms, Nick	11	Jefferson	7:24.2	22:59.86	
138	#703	Smith, Jacob	11	Iowa City Liberty	7:24.5	23:00.92	
139	#606	Eltayib, Faris	12	Iowa City City High	7:24.6	23:01.23	
140	#612	Guetzko, Lu	12	Iowa City City High	7:32.2	23:24.79	
141	#961	Kuykendall, Nasir	10	Waterloo West	7:35.7	23:35.81	
142	#1011	Pacha, Blaise	10	Xavier Cedar Rapids	7:37.1	23:40.14	77
143	#1017	White, Constantine	11	Xavier Cedar Rapids	7:40.1	23:49.28	78
144	#245	Jackson, Tyreek	11	Jefferson	7:41.4	23:53.23	
145	#1004	Hartogh, Jeffry	10	Xavier Cedar Rapids	7:45.7	24:06.74	79
146	#1015	Selensky, Nate	11	Xavier Cedar Rapids	7:50.9	24:22.93	80
147	#1009	Le, James	12	Xavier Cedar Rapids	7:53.3	24:30.45	81
148	#393	Errthum, Owen	11	Dubuque Hempstead	7:53.9	24:32.09	
149	#1013	Premkumar, Brendon	10	Xavier Cedar Rapids	7:54.7	24:34.76	
150	#1005	Hlubek, Owen	9	Xavier Cedar Rapids	7:57.7	24:44.05	
151	#413	Quam, Aiden	11	Dubuque Hempstead	7:57.7	24:44.11	
152	#817	Leemhuis, Justin	11	Linn-Mar Marion	8:50.1	27:26.76	
153	#1003	Giese, Sam	9	Xavier Cedar Rapids	9:07.4	28:20.52	
154	#627	Nguyen, Richie	12	Iowa City City High	9:19.7	28:58.90	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 1 Girls 5k Run CC Freshmen/Sophomore

Name	Year	School	Avg Mile	Finals	Points
1 #371 Lange, Mylee	10	Dubuque Hempstead	6:28.9	20:08.21	1
2 #383 Schlichte, Aubrey	10	Dubuque Hempstead	6:30.3	20:12.37	2
3 #861 McNabb, Sophie	9	CR Prairie	6:56.8	21:34.71	3
4 #776 Kozloski, Chloe	9	Linn-Mar Marion	6:58.2	21:39.12	4
5 #374 McFadden, Hannah	10	Dubuque Hempstead	6:59.0	21:41.69	5
6 #460 White, Dempsey	9	Dubuque Senior	7:06.0	22:03.36	6
7 #108 Brodahl, Anna	9	Cedar Falls	7:08.0	22:09.74	7
8 #766 Buchholz, Anna	10	Linn-Mar Marion	7:09.0	22:12.83	8
9 #461 Wullweber, Braeley	9	Dubuque Senior	7:10.3	22:16.73	9
10 #773 Haugen, Anika	9	Linn-Mar Marion	7:10.7	22:17.97	10
11 #864 Rose, Stella	9	CR Prairie	7:15.8	22:33.98	11
12 #579 Schultes, Addi	9	Iowa City City High	7:16.1	22:34.93	12
13 #101 Anton, Ellie	10	Cedar Falls	7:16.4	22:35.86	13
14 #768 Christenson, Katie	10	Linn-Mar Marion	7:17.0	22:37.70	14
15 #113 Darst, Marie	9	Cedar Falls	7:20.0	22:46.93	15
16 #584 Stelpflug, Annabel	9	Iowa City City High	7:21.7	22:52.06	16
17 #130 Meyer, Emily	10	Cedar Falls	7:23.0	22:56.36	17
18 #373 Maiers, Jillian	10	Dubuque Hempstead	7:26.4	23:06.84	18
19 #380 Renne, Jillian	10	Dubuque Hempstead	7:27.3	23:09.52	19
20 #548 Ellermeier, Katiya	9	Iowa City City High	7:29.8	23:17.32	20
21 #561 LeClair, Josie	10	Iowa City City High	7:31.1	23:21.31	21
22 #366 Hart, Maria	9	Dubuque Hempstead	7:32.4	23:25.45	22
23 #912 King, Claire	9	Wahlert Dubuque	7:34.4	23:31.72	23
24 #780 Orr, Katelyn	10	Linn-Mar Marion	7:36.3	23:37.38	24
25 #438 Hesselman, Grace	9	Dubuque Senior	7:36.3	23:37.42	25
26 #788 Wilson, Gabby	9	Linn-Mar Marion	7:38.2	23:43.52	26
27 #444 Kilgore, Audrey	10	Dubuque Senior	7:38.9	23:45.71	27
28 #385 Stevenson, Eve	9	Dubuque Hempstead	7:39.4	23:47.32	28
29 #106 Berte, Avery	10	Cedar Falls	7:39.5	23:47.56	29
30 #592 Ziehr, Nora	10	Iowa City City High	7:45.2	24:05.25	30
31 #661 Riehl, Avery	10	Iowa City Liberty	7:48.8	24:16.22	31
32 #564 Matel, Rachel	10	Iowa City City High	7:48.8	24:16.43	32
33 #655 McDonald, Elaina	10	Iowa City Liberty	7:49.7	24:19.10	33
34 #500 Brunsman, Katy	9	Western Dub	7:50.0	24:19.95	
35 #648 Brown, Nora	9	Iowa City Liberty	7:50.6	24:21.97	34
36 #131 Michael, Reese	9	Cedar Falls	7:51.0	24:23.36	35
37 #541 Bhandary-Narayanan	9	Iowa City City High	7:54.2	24:33.29	36
38 #582 Simmons, Tommy Jun	10	Iowa City City High	7:56.3	24:39.71	
39 #454 Norman, Gabby	9	Dubuque Senior	7:57.6	24:43.79	37
40 #657 Meyer, Aubrey	10	Iowa City Liberty	7:57.7	24:43.89	38
41 #854 Kwilose, Sarah	10	CR Prairie	7:59.4	24:49.44	39
42 #132 Rohret, Annabelle	9	Cedar Falls	7:59.7	24:50.19	40
43 #851 Hunt, Lauren	10	CR Prairie	7:59.8	24:50.58	41
44 #271 Pruettt, Audrey	9	Kennedy	8:00.3	24:51.96	
45 #121 Gelhaus, Kenley	9	Cedar Falls	8:00.5	24:52.75	
46 #555 Harrison, Caitlyn	9	Iowa City City High	8:02.6	24:59.21	
47 #103 Bagal, Mrunal	9	Cedar Falls	8:05.2	25:07.26	
48 #858 Mahoney, Emma	10	CR Prairie	8:05.5	25:08.35	42
49 #365 Harbin, Robin	9	Dubuque Hempstead	8:09.9	25:21.87	
50 #112 Cuhat, Isabelle	10	Cedar Falls	8:10.3	25:23.08	
51 #551 Galluzzo, Joanna	10	Iowa City City High	8:10.4	25:23.33	
52 #554 Gugliuzza, Elizabe	9	Iowa City City High	8:12.7	25:30.53	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

....Event 1 Girls 5k Run CC Freshmen/Sophomore

53	#565	Michael, Elim	10	Iowa City City High	8:14.3	25:35.51	
54	#499	Adamson, Julia	10	Western Dub	8:14.8	25:37.06	
55	#647	Ahmed, Issma	9	Iowa City Liberty	8:15.5	25:39.25	43
56	#549	Eltayib, Amal	9	Iowa City City High	8:15.8	25:40.41	
57	#662	Sabin, Ashley	9	Iowa City Liberty	8:19.1	25:50.45	44
58	#104	Bartlett, Emerson	9	Cedar Falls	8:19.6	25:51.96	
59	#659	Prahm, Alana	10	Iowa City Liberty	8:20.4	25:54.43	45
60	#459	Wersinger, Kiera	9	Dubuque Senior	8:20.8	25:55.72	46
61	#910	Fazio, Drennan	9	Wahlert Dubuque	8:21.8	25:58.82	47
62	#906	Cearlock, Annebell	9	Wahlert Dubuque	8:29.9	26:24.19	48
63	#376	Mickelson, Paris	10	Dubuque Hempstead	8:31.0	26:27.51	
64	#575	Rantanen, Lillian	9	Iowa City City High	8:32.6	26:32.47	
65	#920	Tuthill, Lilyan	9	Wahlert Dubuque	8:41.1	26:58.98	49
66	#118	Funk, Hannah	9	Cedar Falls	8:43.6	27:06.69	
67	#513	Schlueter, Naomi	9	Western Dub	8:44.0	27:07.91	
68	#127	Kendall, Hannah	10	Cedar Falls	8:45.2	27:11.64	
69	#228	Nickell, Ryiah	10	Jefferson	8:45.6	27:12.74	
70	#855	Larsen, Emily	9	CR Prairie	8:46.8	27:16.71	50
71	#501	Castro, Rachel	10	Western Dub	8:47.1	27:17.51	
72	#656	McMorris, Larkin	9	Iowa City Liberty	8:47.4	27:18.28	
73	#310	Cruse, Grace	10	Washington	8:48.9	27:23.09	51
74	#916	Portzen, Payton	10	Wahlert Dubuque	8:53.2	27:36.34	52
75	#319	Novak, Sarah	9	Washington	8:54.8	27:41.47	53
76	#259	Chittenden, Ryan	9	Kennedy	8:55.2	27:42.60	
77	#562	Leman, Liv	10	Iowa City City High	8:55.8	27:44.52	
78	#313	Helldt, Samantha	10	Washington	8:56.9	27:47.84	54
79	#576	Richman, Noe	10	Iowa City City High	8:59.6	27:56.27	
80	#557	Jensen, Kayden	10	Iowa City City High	9:00.7	27:59.72	
81	#137	Smith, Elle	9	Cedar Falls	9:07.2	28:19.94	
82	#124	Hendon, Nevaeh	10	Cedar Falls	9:07.8	28:21.79	
83	#556	Hoffman, Maya	10	Iowa City City High	9:09.6	28:27.33	
84	#317	Lytle, Marley	9	Washington	9:10.1	28:29.02	55
85	#765	Brooks, Addie	10	Linn-Mar Marion	9:12.8	28:37.49	56
86	#225	Meyer, Brie	10	Jefferson	9:14.3	28:41.92	
87	#448	Lemm, Alyvia	9	Dubuque Senior	9:15.4	28:45.32	57
88	#309	Cherry, Alex	10	Washington	9:16.8	28:49.72	58
89	#566	Naso, Ania	10	Iowa City City High	9:18.8	28:55.86	
90	#425	Anderson, Lilly	10	Dubuque Senior	9:20.1	29:00.04	
91	#436	Gunn, Sara	9	Dubuque Senior	9:23.6	29:10.76	
92	#227	Morris, Noel	10	Jefferson	9:23.6	29:10.90	
93	#378	Morley, Grace	10	Dubuque Hempstead	9:24.1	29:12.37	
94	#778	McDermott, Addy	9	Linn-Mar Marion	9:30.4	29:32.17	
95	#539	Bailey, Harper	9	Iowa City City High	9:33.4	29:41.40	
96	#382	Runde, Breanna	9	Dubuque Hempstead	9:49.9	30:32.47	
97	#377	MisiagBeckler, Sca	10	Dubuque Hempstead	9:50.5	30:34.35	
98	#857	Lyon, Rachael	10	CR Prairie	10:37.2	32:59.66	59
99	#214	Calderon, Abigail	10	Jefferson	10:45.8	33:26.28	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

Event 2 Boys 5k Run CC Freshmen/Sophomore

Name	Year	School	Avg Mile	Finals	Points
1 #206 Wiering, Charlie	9	Cedar Falls	5:36.5	17:25.32	1
2 #614 Karr, George	10	Iowa City City High	5:37.7	17:28.92	2
3 #152 DeGroote, Kieran	10	Cedar Falls	5:37.7	17:28.93	3
4 #748 Rastogi, Praneel	9	Iowa City West	5:40.1	17:36.63	4
5 #750 Showers, Sam	10	Iowa City West	5:40.6	17:38.13	5
6 #644 Yoder, Seth	10	Iowa City City High	5:41.2	17:39.89	6
7 #739 Kotev, Venelin	9	Iowa City West	5:44.7	17:50.88	7
8 #408 Leitzen, Owen	10	Dubuque Hempstead	5:44.8	17:51.05	8
9 #637 Schaefer, Adam	10	Iowa City City High	5:44.9	17:51.54	9
10 #759 Wahe, Brice	10	Iowa City West	5:46.0	17:54.77	10
11 #187 Mills, Max	10	Cedar Falls	5:47.6	17:59.97	11
12 #888 Mai, Easton	10	CR Prairie	5:48.9	18:03.81	12
13 #165 Gray, Jake	10	Cedar Falls	5:49.2	18:04.80	13
14 #182 Martin, Gaige	9	Cedar Falls	5:49.7	18:06.32	14
15 #694 O'Toole, Finn	9	Iowa City Liberty	5:50.3	18:08.24	15
16 #414 Scherr, Vincent	10	Dubuque Hempstead	5:50.4	18:08.43	16
17 #291 McMahan, Lincoln	9	Kennedy	5:50.6	18:09.19	17
18 #756 Tong, Thomas	9	Iowa City West	5:50.8	18:09.83	18
19 #889 McManus, Ethan	9	CR Prairie	5:51.6	18:12.39	19
20 #882 Johnson, Kyle	9	CR Prairie	5:51.8	18:12.77	20
21 #727 Ali, Asif	9	Iowa City West	5:52.6	18:15.50	21
22 #397 Henn, Colin	9	Dubuque Hempstead	5:53.1	18:17.05	22
23 #610 Gluba, Brady	10	Iowa City City High	5:53.5	18:18.22	23
24 #596 Beerends, Dylan	10	Iowa City City High	5:53.9	18:19.43	24
25 #158 Duffy, Ashtin	10	Cedar Falls	5:56.4	18:27.01	25
26 #176 Kies, Chase	10	Cedar Falls	5:57.2	18:29.54	26
27 #736 Eastvold, Jack	9	Iowa City West	5:57.9	18:31.88	27
28 #284 Ispentchian, Zacha	10	Kennedy	5:58.6	18:34.00	28
29 #203 Veiseth, Greyson	10	Cedar Falls	5:58.7	18:34.16	
30 #635 Renaud, Henri	10	Iowa City City High	5:59.9	18:38.13	29
31 #887 Leis, Brayden	10	CR Prairie	6:00.6	18:40.34	30
32 #424 Zheng, Brendon	10	Dubuque Hempstead	6:00.9	18:41.11	31
33 #275 Dewalle, Madden	9	Kennedy	6:01.6	18:43.43	32
34 #480 Kinkaid, Finn	10	Dubuque Senior	6:01.9	18:44.21	33
35 #732 Chan, Cassandro	10	Iowa City West	6:02.3	18:45.56	
36 #624 McRoberts, Linus	9	Iowa City City High	6:02.7	18:46.60	34
37 #623 McDowell, Max	9	Iowa City City High	6:02.8	18:46.98	
38 #904 Younger, Cole	10	CR Prairie	6:03.5	18:49.17	35
39 #821 Mayla, Bhargava	10	Linn-Mar Marion	6:03.7	18:49.83	36
40 #902 Wiethorn, Dillon	9	CR Prairie	6:06.3	18:58.00	37
41 #389 Breitbart, Cohen	10	Dubuque Hempstead	6:06.6	18:58.83	38
42 #812 Holten, Parker	9	Linn-Mar Marion	6:07.0	19:00.16	39
43 #180 Mandt, James	9	Cedar Falls	6:07.3	19:01.04	
44 #466 Cavanaugh, Sam	9	Dubuque Senior	6:07.9	19:03.04	40
45 #730 Bruss, Maxwell	10	Iowa City West	6:08.5	19:04.66	
46 #297 Scheckel, Ryker	9	Kennedy	6:09.0	19:06.17	41
47 #462 Arling, Henry	9	Dubuque Senior	6:09.1	19:06.50	42
48 #633 Prosttmann, Jarris	9	Iowa City City High	6:09.2	19:06.87	
49 #407 Lange, Aiden	10	Dubuque Hempstead	6:09.7	19:08.46	43
50 #705 Strathman, Peter	10	Iowa City Liberty	6:10.0	19:09.54	44
51 #830 Tentinger, Lucas	10	Linn-Mar Marion	6:10.7	19:11.49	45
52 #495 Schaefer, Ben	9	Dubuque Senior	6:11.7	19:14.63	46

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 2 Boys 5k Run CC Freshmen/Sophomore

53	#294 Penn, Noah	9 Kennedy	6:12.4	19:16.98	47
54	#293 Pattridge, Grant	9 Kennedy	6:15.0	19:24.94	48
55	#881 Hynek, John	10 CR Prairie	6:15.6	19:26.71	49
56	#467 Christensen, Gabe	9 Dubuque Senior	6:16.4	19:29.18	50
57	#491 Roach, Elijah	9 Dubuque Senior	6:16.4	19:29.30	51
58	#471 Freund, Colton	9 Dubuque Senior	6:16.4	19:29.39	52
59	#630 Noreldaim, Mustafa	10 Iowa City City High	6:17.2	19:31.77	
60	#205 Westhoff, Jace	9 Cedar Falls	6:17.6	19:32.95	
61	#740 Lee, Ethan	9 Iowa City West	6:18.0	19:34.13	
62	#615 Karr, William	10 Iowa City City High	6:19.6	19:39.21	
63	#619 MacGillivray, Lynd	9 Iowa City City High	6:19.7	19:39.60	
64	#598 Byler, Ephram	10 Iowa City City High	6:20.8	19:43.12	
65	#178 Kremer, Will	9 Cedar Falls	6:21.7	19:45.63	
66	#472 Fry, William	9 Dubuque Senior	6:22.1	19:46.98	
67	#204 Warby, Gene	10 Cedar Falls	6:22.2	19:47.18	
68	#626 Morton, Noam	10 Iowa City City High	6:22.4	19:48.06	
69	#741 Lee, Michael	11 Iowa City West	6:23.1	19:50.07	
70	#183 Mayfield, Isaiah	10 Cedar Falls	6:23.3	19:50.71	
71	#185 Mckee, Ethan	9 Cedar Falls	6:24.7	19:55.14	
72	#333 Dew, Louis	10 Washington	6:25.6	19:57.75	53
73	#335 Erickson, Aiden	9 Washington	6:25.7	19:58.18	54
74	#696 Pavolvec, Evan	10 Iowa City Liberty	6:26.4	20:00.22	55
75	#820 Lorenz, Quinn	9 Linn-Mar Marion	6:26.6	20:01.06	56
76	#808 Hackett, Leo	9 Linn-Mar Marion	6:27.4	20:03.35	57
77	#247 Mittelsteadt, Jona	9 Jefferson	6:28.1	20:05.50	58
78	#828 Stradt, Talan	10 Linn-Mar Marion	6:29.0	20:08.56	59
79	#347 Smith, Cade	10 Washington	6:29.6	20:10.20	60
80	#802 Elshiekh, Bassil	10 Linn-Mar Marion	6:29.7	20:10.50	61
81	#871 Armstrong, Braylon	9 CR Prairie	6:30.1	20:11.76	
82	#805 Felton, Evan	10 Linn-Mar Marion	6:30.2	20:12.17	
83	#305 Zachar, Anthony	9 Kennedy	6:30.5	20:13.15	62
84	#811 Hoke, Robbie	9 Linn-Mar Marion	6:31.5	20:16.15	
85	#928 Freund, Walter	10 Wahlert Dubuque	6:32.1	20:17.94	63
86	#676 Dorman, Riley	10 Iowa City Liberty	6:32.1	20:18.18	64
87	#737 Ghabel, Karsten	10 Iowa City West	6:32.1	20:18.21	
88	#210 Woods, Liam	9 Cedar Falls	6:32.9	20:20.49	
89	#671 Brown, Russell	10 Iowa City Liberty	6:33.5	20:22.55	65
90	#470 Foht, Derek	10 Dubuque Senior	6:33.6	20:22.71	
91	#825 Person, Tyler	10 Linn-Mar Marion	6:33.6	20:22.73	
92	#304 Wilson, Tanner	10 Kennedy	6:33.8	20:23.49	
93	#927 Freund, Duncan	9 Wahlert Dubuque	6:34.0	20:24.02	66
94	#710 Vidal, Julius	9 Iowa City Liberty	6:34.3	20:24.83	67
95	#281 Hall, Sintayehu	10 Kennedy	6:34.6	20:25.92	
96	#929 Kennedy, Sam	10 Wahlert Dubuque	6:36.4	20:31.39	68
97	#926 Fitzpatrick, Willi	9 Wahlert Dubuque	6:37.3	20:34.13	69
98	#601 Clark, Braden	10 Iowa City City High	6:37.4	20:34.58	
99	#487 McDonald, Shea	9 Dubuque Senior	6:38.2	20:37.16	
100	#679 Gatts, Eli	9 Iowa City Liberty	6:38.4	20:37.68	70
101	#532 Pace, Kolt	9 Western Dub	6:38.8	20:38.95	
102	#415 Schultz, Charles	9 Dubuque Hempstead	6:38.9	20:39.26	71
103	#421 Vilar, Max	10 Dubuque Hempstead	6:41.1	20:46.07	
104	#327 Appleby-Sparrow, H	9 Washington	6:41.1	20:46.15	72
105	#483 Liddle, Mason	10 Dubuque Senior	6:41.6	20:47.55	
106	#605 Edwards, Jack	9 Iowa City City High	6:42.2	20:49.60	
107	#708 Tucker, Sebastian	9 Iowa City Liberty	6:43.5	20:53.37	

2022 MVC Super Meet - 10/6/2022

Seminole Valley CC Course

Rankings

...Event 2 Boys 5k Run CC Freshmen/Sophomore

108	#803	Fagan, Jack	9	Linn-Mar Marion	6:44.2	20:55.69	
109	#390	Didelot, Jett	10	Dubuque Hempstead	6:44.8	20:57.47	
110	#301	White, Ethan	9	Kennedy	6:47.1	21:04.65	
111	#936	Van Otterloo, Josh	9	Wahlert Dubuque	6:47.5	21:05.78	73
112	#302	Wilson, Bryce	9	Kennedy	6:49.5	21:12.05	
113	#831	Torson, Zach	9	Linn-Mar Marion	6:50.3	21:14.70	
114	#877	Endicott, Joseph	10	CR Prairie	6:51.0	21:16.79	
115	#250	Pritchard, Blake	9	Jefferson	6:51.1	21:17.13	74
116	#880	Hollinger, Benjami	9	CR Prairie	6:51.2	21:17.43	
117	#819	Limbert, Brady	9	Linn-Mar Marion	6:51.4	21:18.16	
118	#489	Noel, Finnigan	10	Dubuque Senior	6:52.2	21:20.38	
119	#464	Block, Preston	10	Dubuque Senior	6:54.4	21:27.27	
120	#200	Tjaden, Drew	10	Cedar Falls	6:54.5	21:27.56	
121	#789	Ackley, Hayden	9	Linn-Mar Marion	6:54.7	21:28.33	
122	#749	Schebel, Max	9	Iowa City West	6:54.9	21:29.03	
123	#689	McDermott, Ryan	10	Iowa City Liberty	6:55.4	21:30.47	
124	#698	Petersen, Trevor	9	Iowa City Liberty	6:56.5	21:33.91	
125	#704	Squires, Yuma	9	Iowa City Liberty	6:56.8	21:34.81	
126	#398	Hickey, Paxton	9	Dubuque Hempstead	6:57.8	21:38.03	
127	#826	Snyder, Owen	9	Linn-Mar Marion	6:58.2	21:39.23	
128	#233	Armon, Malachi	9	Jefferson	7:00.5	21:46.33	75
129	#608	Foster, Eli	10	Iowa City City High	7:00.8	21:47.16	
130	#171	Holland, John	10	Cedar Falls	7:01.1	21:48.24	
131	#892	Rairdin, Travis	9	CR Prairie	7:01.2	21:48.41	
132	#338	Hanna, Laird	9	Washington	7:01.4	21:49.05	76
133	#762	Wilson, Cormac	10	Iowa City West	7:01.5	21:49.56	
134	#535	Zimmerman, Charlie	9	Western Dub	7:01.9	21:50.70	
135	#761	Westegard, Sid	10	Iowa City West	7:04.0	21:57.21	
136	#332	Damisch, Austin	9	Washington	7:04.6	21:59.15	77
137	#744	Olson, Brady	10	Iowa City West	7:06.7	22:05.44	
138	#895	Rodemeyer, Isaac	10	CR Prairie	7:06.9	22:06.25	
139	#173	Hughes, Andrew	10	Cedar Falls	7:09.7	22:15.03	
140	#490	Reinert, Sebastian	10	Dubuque Senior	7:10.9	22:18.66	
141	#326	Andrews, Cameron	10	Washington	7:11.7	22:21.09	78
142	#342	Messenger, Caden	9	Washington	7:15.1	22:31.52	
143	#931	Moroney, Nick	10	Wahlert Dubuque	7:15.4	22:32.54	79
144	#829	Tentingier, Ben	10	Linn-Mar Marion	7:15.5	22:32.82	
145	#670	Blackwell, Isaac	9	Iowa City Liberty	7:15.8	22:33.77	
146	#793	Beals, Bronson	9	Linn-Mar Marion	7:18.3	22:41.76	
147	#148	Christ, Alex	10	Cedar Falls	7:19.1	22:44.15	
148	#604	Dixon, Jacob	10	Iowa City City High	7:20.3	22:47.95	
149	#166	Groeneveld, Matthe	10	Cedar Falls	7:20.9	22:49.73	
150	#685	Kaczka, Ben	10	Iowa City Liberty	7:21.7	22:52.06	
151	#255	Waechter, Charlie	9	Jefferson	7:21.8	22:52.48	80
152	#668	Anderson, Austin	10	Iowa City Liberty	7:22.1	22:53.41	
153	#932	Nelson, Sam	10	Wahlert Dubuque	7:23.4	22:57.37	81
154	#168	Hansen, Cole	9	Cedar Falls	7:24.3	23:00.18	
155	#674	Dallner, Connor	10	Iowa City Liberty	7:25.7	23:04.53	
156	#249	Pilkington, Cale	10	Jefferson	7:30.4	23:19.34	82
157	#196	Seeks, Aidan	10	Cedar Falls	7:30.8	23:20.47	
158	#632	Parandkar, Arav	10	Iowa City City High	7:31.2	23:21.70	
159	#688	Kopecky, Regan	9	Iowa City Liberty	7:32.2	23:24.69	
160	#607	Elwer, Mark	9	Iowa City City High	7:32.6	23:26.11	
161	#272	Bloise, Nick	9	Kennedy	7:33.3	23:28.32	
162	#288	Mclaughlin, Owen	9	Kennedy	7:37.5	23:41.20	

