



IOWA HIGH SCHOOL CROSS COUNTRY

Fort Dodge, IA

Lakeside Golf Course

10/28/2022 - 10/29/2022

Race #1

Class 1A Girls 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Earlham	101	1:42:27	20:30
2	South Winneshiek	116	1:43:29	20:42
3	Sibley-Ocheyedan	151*	1:43:22	20:41
4	Logan-Magnolia	151*	1:45:03	21:01
5	Hudson	176	1:46:40	21:20
6	Alta-Aurelia	178	1:45:40	21:08
7	St. Edmond Fort Dodge	196	1:47:11	21:27
8	North Linn Troy Mills	215	1:47:01	21:25
9	Pekin	245	1:49:38	21:56
10	Madrid	246	1:49:16	21:52
11	IKM-Manning	254	1:49:10	21:50
12	Woodbine Community	260	1:50:49	22:10
13	Regina Iowa City	268	1:49:51	21:59
14	Cascade Western Dubuque	269	1:50:25	22:05
15	North Iowa Buffalo Center	285	1:51:34	22:19
16	North Tama Traer	337	1:53:53	22:47

*Tiebreakers

Sibley-Ocheyedan 1 4 37 54 55 56 80

Logan-Magnolia 10 18 24 38 61 72 99

SPLIT SCORING SUMMARY

1 MILE

UNOFFICIAL Standings	Score	
1	Earlham	87
2	Logan-Magnolia	99
3	Sibley-Ocheyedan	115
4	Alta-Aurelia	132
5	Hudson	146
6	Pekin	215
7	North Linn Troy Mills	219

UNOFFICIAL Standings		Score
8	South Winneshiek	232
9	IKM-Manning	239
10	St. Edmond Fort Dodge	255
11	Madrid	262
12	Woodbine Community	274
12	Cascade Western Dubuque	274
14	Regina Iowa City	282
15	North Tama Traer	307
16	North Iowa Buffalo Center	337

2 MILE

UNOFFICIAL Standings		Score
1	Earlham	100
2	Logan-Magnolia	129
3	South Winneshiek	135
4	Alta-Aurelia	154
5	Sibley-Ocheyedan	158
6	Hudson	176
7	North Linn Troy Mills	212
8	St. Edmond Fort Dodge	218
9	Pekin	240
10	Madrid	252
11	IKM-Manning	258
12	Woodbine Community	261
13	Regina Iowa City	266
14	Cascade Western Dubuque	271
15	North Iowa Buffalo Center	304
16	North Tama Traer	329

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Noelle Steines	Calamus-Wheatland	--	18:39.45	6:05.55 (2)	12:16.40 (1)
2	Madison Brouwer	Sibley-Ocheyedan	1	18:42.12	6:05.63 (4)	12:16.86 (3)
3	Nora Peterson	Alta-Aurelia	2	19:02.80	6:06.15 (7)	12:20.36 (5)
4	Maddy Childs	Grandview Christian	--	19:06.90	6:05.70 (5)	12:16.47 (2)
5	Mackenzie Harger	Earlham	3	19:17.02	6:03.31 (1)	12:17.29 (4)
6	Madison Marco	Sibley-Ocheyedan	4	19:21.69	6:06.28 (8)	12:25.45 (8)
7	Alyssa Richman	Manson Northwest Webster	--	19:24.88	6:07.29 (14)	12:29.17 (9)
8	Meghan Wheatley	North Linn Troy Mills	5	19:26.05	6:06.82 (11)	12:24.49 (6)
9	Jolee Mesz	Lawton-Bronson	--	19:26.61	6:08.81 (17)	12:34.85 (12)
10	Kadence Huck	Nashua-Plainfield	--	19:27.07	6:07.12 (13)	12:29.23 (10)
11	Katelyn Brandhorst	Madrid	6	19:28.04	6:05.85 (6)	12:24.95 (7)

Athlete	Team	Score	Time	1 Mile	2 Mile	
12	Ava Campbell	ACGC	--	19:44.95	6:06.61 (10)	12:35.55 (13)
13	Billie Wagner	South Winneshiek	7	19:46.18	6:12.22 (24)	12:31.61 (11)
14	Addison Murdock	Woodbine Community	8	19:46.42	6:11.68 (22)	12:39.58 (14)
15	Hallie Kelchen	Cascade Western Dubuque	9	19:49.57	6:16.60 (28)	12:46.45 (20)
16	Madison Sporrer	Logan-Magnolia	10	19:50.84	6:06.53 (9)	12:40.13 (15)
17	Lauren Hillesland	North Iowa Buffalo Center	11	19:56.41	6:24.61 (36)	12:44.82 (17)
18	Tyra Schupbach	West Bend-Mallard	--	20:00.99	6:15.45 (27)	12:46.05 (19)
19	Greenlee Smock	Lynnvile-Sully	--	20:02.28	6:30.09 (48)	13:04.06 (29)
20	Rylee Dunkin	Twin Cedars Bussey	--	20:02.57	6:08.60 (15)	12:45.15 (18)
21	Anna Lursen	St. Edmond Fort Dodge	12	20:08.52	6:11.88 (23)	12:46.71 (22)
22	Olivia Spurling	Earlham	13	20:09.46	6:11.02 (20)	12:47.99 (24)
23	Stefi Beisswenger	Audubon	--	20:11.12	6:08.79 (16)	12:46.73 (23)
24	Alaina Gourley	Danville	--	20:14.87	6:06.85 (12)	12:41.33 (16)
25	Megan Hageman	South Winneshiek	14	20:18.18	6:40.24 (73)	13:07.95 (34)
26	Kayden Spencer	Ogden	--	20:20.08	6:31.59 (51)	13:09.91 (36)
27	Karson Oberender	Martensdale-St. Marys	--	20:22.22	6:14.24 (25)	13:00.83 (28)
28	Hunter Jones	North Cedar Stanwood	--	20:22.81	6:10.74 (19)	12:53.47 (25)
29	Jacey Welbig	North Union	--	20:26.40	6:24.98 (37)	13:10.18 (38)
30	Taryn Burbridge	Maquoketa Valley Delhi	--	20:27.44	6:09.90 (18)	12:56.36 (26)
31	Chloe Glosser	Pekin	15	20:28.86	6:19.79 (31)	13:05.54 (31)
32	Amanda Smith	Earlham	16	20:33.17	6:19.37 (30)	13:05.68 (32)
33	Hannah Frank	Earlham	17	20:34.74	6:28.73 (43)	13:10.04 (37)
34	Brylee Bellis	Wapsie Valley Fairbank	--	20:35.66	6:25.56 (40)	13:04.95 (30)
35	Chloe Broer	West Monona Onawa	--	20:38.41	6:21.85 (34)	13:08.55 (35)
36	Preslie Oswald	Manson Northwest Webster	--	20:40.32	6:16.68 (29)	13:07.24 (33)
37	Carly Henderson	Riverside Oakland	--	20:41.24	6:15.16 (26)	13:17.07 (43)
38	Allysen Johnsen	Logan-Magnolia	18	20:41.40	6:11.42 (21)	13:00.44 (27)
39	Linnea Bloom	Sioux Central Sioux Rapids	--	20:41.93	6:29.71 (46)	13:12.63 (39)
40	Emily White	Madrid	19	20:43.54	6:29.72 (47)	13:12.63 (40)
41	Becca Hofmann	North Iowa Buffalo Center	20	20:46.20	6:41.49 (80)	13:31.49 (54)
42	Michaela Leiting	St. Edmond Fort Dodge	21	20:47.75	6:29.51 (45)	13:24.29 (47)
43	Maddi Jansen	South Winneshiek	22	20:48.82	6:56.79 (107)	13:36.65 (62)
44	Abby Kemp	BCLUW Conrad	--	20:51.47	6:33.15 (54)	13:26.95 (49)
45	Eva Fleshner	Woodward-Granger	--	20:52.69	6:05.56 (3)	12:46.45 (21)
46	Desi Lang	Hudson	23	20:53.30	6:20.75 (32)	13:25.40 (48)
47	Haedyn Hall	Logan-Magnolia	24	20:53.72	6:25.32 (38)	13:23.55 (46)
48	Lauren Steigleder	Pekin	25	20:56.02	6:21.27 (33)	13:13.77 (41)
49	Grace Lidgett	North Tama Traer	26	20:56.97	6:28.94 (44)	13:29.02 (51)
50	Adyson Lapel	Woodbine Community	27	21:00.86	6:37.94 (63)	13:23.51 (45)
51	Claire Rye	Central Springs	--	21:01.02	6:41.42 (79)	13:31.55 (55)
52	Taylor Robertson	Alta-Aurelia	28	21:02.00	6:24.53 (35)	13:20.45 (44)
53	Josie Tieskoetter	South Winneshiek	29	21:03.22	6:46.79 (87)	13:36.52 (61)
54	Mary Fett	Panorama Panora	--	21:08.53	6:25.38 (39)	13:16.00 (42)
55	Bryn Collum	North Linn Troy Mills	30	21:09.24	6:41.16 (78)	13:38.35 (65)
56	Lilly Supple	Cascade Western Dubuque	31	21:09.79	6:34.32 (56)	13:29.65 (52)

Athlete		Team	Score	Time	1 Mile	2 Mile
57	Olivia Norrish	Lynnville-Sully	--	21:14.26	6:37.22 (62)	13:32.93 (59)
58	Jaycie Vohs	Ridge View	--	21:16.62	6:34.92 (59)	13:32.60 (57)
59	Breyer Anderson	Alta-Aurelia	32	21:17.39	6:26.02 (41)	13:27.65 (50)
60	Bailey Richardson	Riverside Oakland	--	21:17.83	6:34.43 (57)	13:32.85 (58)
61	Mya Whitaker	Regina Iowa City	33	21:18.32	6:35.18 (60)	13:37.09 (63)
62	Ella Steele	Hudson	34	21:20.54	6:38.51 (66)	13:38.07 (64)
63	Ellie Knox	St. Edmond Fort Dodge	35	21:21.44	6:47.45 (88)	13:48.17 (76)
64	Hannah Asche	Central Elkader	--	21:22.59	6:32.29 (53)	13:29.91 (53)
65	Mollie Hansen	Hudson	36	21:24.06	6:34.44 (58)	13:43.81 (70)
66	Bria Wasmund	Sibley-Ocheyedan	37	21:24.56	6:32.29 (52)	13:42.78 (69)
67	Mya Moss	Logan-Magnolia	38	21:27.06	6:28.19 (42)	13:32.29 (56)
68	Reese Duncan	St. Albert Council Bluffs	--	21:27.25	6:31.47 (50)	13:40.25 (66)
69	Taylor Beckendorf	IKM-Manning	39	21:29.10	6:47.77 (90)	13:55.66 (85)
70	Nicole Sherer	Woodbine Community	40	21:29.32	6:40.40 (75)	13:46.61 (73)
71	Savannah Schneider	Hudson	41	21:31.02	6:37.94 (64)	13:45.63 (72)
72	Kate Holton	Hudson	42	21:31.04	6:38.51 (67)	13:46.67 (74)
73	Reagan Garrison	IKM-Manning	43	21:31.20	6:45.47 (84)	13:50.29 (78)
74	Anna Dietzenbach	South Winneshiek	44	21:32.49	6:57.35 (109)	13:55.46 (84)
75	Jaydin Dettman	Central Elkader	--	21:33.64	6:38.63 (68)	13:42.57 (68)
76	Ruby Greving	Regina Iowa City	45	21:34.17	6:48.01 (92)	13:52.21 (80)
77	Karissa Wenthold	South Winneshiek	46	21:34.82	6:58.73 (110)	13:55.27 (83)
78	Hannah Wilson	Fremont-Mills Tabor	--	21:35.92	6:30.89 (49)	13:33.81 (60)
79	Hayden Berkland	Alta-Aurelia	47	21:37.86	6:35.52 (61)	13:44.27 (71)
80	Peyton McMahon	North Linn Troy Mills	48	21:37.93	6:44.25 (83)	13:48.79 (77)
81	Brooklyn Etringer	Wapsie Valley Fairbank	--	21:40.55	6:38.31 (65)	13:41.66 (67)
82	Hannah Landwehr	St. Edmond Fort Dodge	49	21:42.95	7:06.61 (121)	14:01.99 (95)
83	Emily Albertsen	IKM-Manning	50	21:43.87	6:40.40 (74)	13:47.89 (75)
84	Ruby Eastman	Regina Iowa City	51	21:45.07	6:48.23 (93)	13:54.23 (82)
85	Kamryn Sherwood	Danville	--	21:47.12	6:42.04 (81)	13:51.50 (79)
86	Carlie Jo Fusco	Durant	--	21:48.96	6:39.15 (70)	13:52.83 (81)
87	Lily Dixon	Earlham	52	21:52.23	6:40.66 (76)	13:56.16 (86)
88	Ella Willey	South Winneshiek	53	21:54.79	6:59.33 (111)	14:10.91 (102)
89	Olivia Hensch	Sibley-Ocheyedan	54	21:56.21	6:42.84 (82)	14:02.15 (96)
90	Alayna Wingate	Sibley-Ocheyedan	55	21:57.41	6:39.35 (71)	14:03.59 (98)
91	Cora Keehner	MFL MarMac	--	21:58.58	6:48.91 (94)	14:01.07 (93)
92	Macey Hoekstra	Sibley-Ocheyedan	56	21:59.04	6:45.87 (85)	14:09.91 (101)
93	Mila Grothus	Madrid	57	21:59.85	6:49.04 (95)	13:59.53 (90)
94	Audrey Fariss	Pekin	58	22:01.83	6:47.89 (91)	14:07.15 (99)
95	Kaleigh Harvey	Southeast Warren Liberty Center	--	22:04.00	6:39.02 (69)	13:56.62 (87)
96	Brooke Miller	Pekin	59	22:05.12	6:46.73 (86)	14:01.95 (94)
97	Steil Aly	North Mahaska New Sharon	--	22:05.69	6:49.88 (97)	13:59.28 (89)
98	Addyson Schreck	Central Decatur Leon	--	22:06.91	6:49.98 (98)	14:07.49 (100)
99	Julianna Stribe	IKM-Manning	60	22:07.19	6:39.87 (72)	14:00.69 (92)
100	Greylan Hornbeck	Logan-Magnolia	61	22:09.34	6:41.04 (77)	13:59.75 (91)
101	London Miller	Tripoli	--	22:15.90	6:50.28 (99)	14:02.57 (97)

Athlete	Team	Score	Time	1 Mile	2 Mile
102 Lauren Irlbeck	IKM-Manning	62	22:18.03	6:56.33 (105)	14:22.67 (109)
103 Vivian Zaruba	Lone Tree	--	22:19.01	6:33.33 (55)	13:58.76 (88)
104 Sofia Brown	Hudson	63	22:21.48	6:51.21 (101)	14:13.45 (103)
105 Taylor Jensen	Earlham	64	22:21.49	6:56.73 (106)	14:22.79 (110)
106 Mackenzie Bridgewater	North Linn Troy Mills	65	22:22.74	6:53.33 (104)	14:18.51 (106)
107 Grace Gaarde	Regina Iowa City	66	22:22.95	7:00.04 (113)	14:25.10 (111)
108 Carly Ries	North Linn Troy Mills	67	22:24.70	6:53.23 (103)	14:18.64 (107)
109 Jamie Jacobs	North Tama Traer	68	22:25.33	6:47.51 (89)	14:15.60 (105)
110 Brielle Engelmann	Alta-Aurelia	69	22:39.13	6:49.21 (96)	14:20.69 (108)
111 Madison Stille	South Hardin	--	22:42.23	6:51.71 (102)	14:14.69 (104)
112 Annie Trumm	Cascade Western Dubuque	70	22:43.63	6:57.03 (108)	14:25.38 (112)
113 Piper Steberg	Madrid	71	22:46.26	7:05.37 (118)	14:35.46 (117)
114 Jada Cohn	Logan-Magnolia	72	22:48.51	6:50.87 (100)	14:31.55 (114)
115 Faith Boileau	Regina Iowa City	73	22:50.22	7:05.43 (119)	14:36.54 (118)
116 Olivia Ketter	North Tama Traer	74	22:50.90	7:00.72 (114)	14:32.47 (115)
117 Delaney Kremer	Cascade Western Dubuque	75	22:51.51	7:13.99 (126)	14:46.35 (120)
118 Miriam Beenken	North Iowa Buffalo Center	76	22:54.27	7:15.51 (130)	14:56.64 (123)
119 Jasmine Oleson	Hudson	77	22:55.21	7:01.64 (115)	14:35.06 (116)
120 Cate Klitgaard	Regina Iowa City	78	22:57.88	6:59.67 (112)	14:30.05 (113)
121 Anna Kolacia	St. Edmond Fort Dodge	79	23:09.59	7:20.47 (131)	14:57.35 (125)
122 Teagan Henrichs	Sibley-Ocheyedan	80	23:16.87	7:04.73 (117)	14:46.31 (119)
123 Ava Meinders	North Iowa Buffalo Center	81	23:26.06	7:11.81 (123)	14:57.29 (124)
124 Ellie Johnson	Regina Iowa City	82	23:34.66	7:05.75 (120)	14:50.11 (121)
125 Ava Breakenridge	North Tama Traer	83	23:45.49	7:02.00 (116)	14:52.83 (122)
126 Ayda DeLaRosa	Cascade Western Dubuque	84	23:50.15	7:13.94 (125)	14:58.33 (126)
127 Grace Bower	Cascade Western Dubuque	85	23:52.17	7:14.06 (128)	14:58.39 (127)
128 Gabby Seda	North Tama Traer	86	23:53.68	7:14.05 (127)	15:16.61 (128)
129 Lilly Topping	Cascade Western Dubuque	87	24:01.73	7:20.99 (132)	15:17.31 (130)
130 Lexi Swearingen	Pekin	88	24:05.30	7:09.13 (122)	15:24.02 (134)
131 Reagan Cogdill	Woodbine Community	89	24:08.21	7:23.75 (134)	15:24.14 (135)
132 Abby Michael	North Linn Troy Mills	90	24:10.91	7:21.41 (133)	15:17.01 (129)
133 Joelle Arnts	Alta-Aurelia	91	24:13.45	7:15.51 (129)	15:18.05 (131)
134 Brooke Sylvester	Pekin	92	24:15.98	7:23.79 (135)	15:23.96 (133)
135 Skyler Havlik	Madrid	93	24:17.80	7:31.47 (142)	15:44.29 (143)
136 Klara Baker	St. Edmond Fort Dodge	94	24:19.19	7:27.32 (138)	15:28.03 (136)
137 Kaitlynn Spoelstra	IKM-Manning	95	24:20.06	7:12.63 (124)	15:20.81 (132)
138 Kylie Neligh	Woodbine Community	96	24:23.98	7:41.56 (146)	15:42.20 (140)
139 Elizabeth Beenken	North Iowa Buffalo Center	97	24:30.23	7:41.65 (147)	15:45.62 (144)
140 Carly Myers	North Linn Troy Mills	98	24:38.01	7:27.71 (140)	15:36.39 (138)
141 Cora Killpack	Logan-Magnolia	99	24:43.67	7:24.63 (136)	15:35.01 (137)
142 Renae Eubanks	Pekin	100	24:47.83	7:25.41 (137)	15:43.16 (141)
143 Andee Barwin	St. Edmond Fort Dodge	101	24:53.18	7:27.39 (139)	15:42.01 (139)
144 Katie Steward	Earlham	102	24:53.89	7:34.65 (145)	15:53.43 (147)
145 Bailey Steppuhn	Woodbine Community	103	25:01.14	7:27.85 (141)	15:44.03 (142)
146 Alex Grimm	Madrid	104	25:03.34	7:32.76 (143)	15:53.31 (146)

Athlete	Team	Score	Time	1 Mile	2 Mile
147 Preslei Pflug	Madrid	105	25:29.24	7:32.86 (144)	15:52.98 (145)
148 Lainey Buckendahl	Alta-Aurelia	106	25:55.85	7:52.70 (149)	16:46.47 (148)
149 Maddie Snyder	IKM-Manning	107	26:13.96	7:51.69 (148)	16:49.71 (149)
150 Alyssa Olson	North Iowa Buffalo Center	108	26:37.67	8:14.74 (150)	17:03.31 (150)

Race #2
Class 1A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Regina Iowa City	102	1:26:54	17:23
2	ACGC	126	1:27:36	17:32
3	Woodbine Community	132	1:27:24	17:29
4	Bellevue	164	1:28:12	17:39
5	IKM-Manning	181	1:29:04	17:49
6	Ogden	190	1:29:28	17:54
7	St. Albert Council Bluffs	198	1:29:43	17:57
8	St. Edmond Fort Dodge	205	1:29:49	17:58
9	Cascade Western Dubuque	206	1:30:07	18:02
10	East Marshall LeGrand	218	1:30:40	18:08
11	Lake Mills	263	1:31:28	18:18
12	Madrid	283*	1:32:22	18:29
13	Clayton Ridge Guttenberg	283*	1:32:43	18:33
14	North Mahaska New Sharon	290	1:32:51	18:35
15	Sioux Central Sioux Rapids	311	1:33:15	18:39
16	North Linn Troy Mills	315	1:34:07	18:50

***Tiebreakers**

Madrid	4	14	80	92	93	100	103
Clayton Ridge Guttenberg	18	25	64	87	89	101	106

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings	Score	
1	Regina Iowa City	90
2	ACGC	112
3	St. Albert Council Bluffs	151
4	IKM-Manning	159
5	Woodbine Community	161
6	Bellevue	174
7	East Marshall LeGrand	208
8	St. Edmond Fort Dodge	237
9	Ogden	243
10	North Mahaska New Sharon	247
11	Cascade Western Dubuque	248
12	Lake Mills	259
13	Madrid	264

UNOFFICIAL Standings**Score**

14	Clayton Ridge Guttenberg	279
15	North Linn Troy Mills	300
16	Sioux Central Sioux Rapids	367

2 MILE**UNOFFICIAL Standings****Score**

1	Regina Iowa City	107
2	Woodbine Community	122
3	ACGC	124
4	Bellevue	157
5	IKM-Manning	166
6	St. Albert Council Bluffs	180
7	Ogden	213
8	St. Edmond Fort Dodge	215
9	East Marshall LeGrand	226
10	Cascade Western Dubuque	230
11	Lake Mills	258
12	Madrid	277
12	Clayton Ridge Guttenberg	277
14	North Mahaska New Sharon	285
15	North Linn Troy Mills	308
16	Sioux Central Sioux Rapids	326

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Landon Bendgen	Woodbine Community	1	15:58.11	5:08.34 (3)	10:25.09 (1)
2	Caden Keller	IKM-Manning	2	16:13.07	5:07.92 (1)	10:27.19 (2)
3	Payton Griebel	Bellevue	3	16:15.03	5:08.56 (5)	10:28.85 (3)
4	Patrick Heffernan	Boyer Valley Dunlap	--	16:21.63	5:08.14 (2)	10:31.18 (4)
5	Ethan Loutzenheiser	Madrid	4	16:23.12	5:08.62 (6)	10:32.83 (6)
6	Aidan O'Neil	Regina Iowa City	5	16:26.85	5:09.45 (7)	10:33.19 (7)
7	Justin Rygh	Lake Mills	6	16:32.41	5:15.20 (12)	10:43.57 (9)
8	Colin Lillie	St. Albert Council Bluffs	7	16:35.10	5:08.50 (4)	10:31.24 (5)
9	Jacob Schellhorn	MFL MarMac	--	16:37.18	5:10.44 (8)	10:44.04 (10)
10	Aaron Lursen	St. Edmond Fort Dodge	8	16:39.30	5:15.75 (14)	10:45.37 (11)
11	Ryan Kelly	Newman Catholic Mason City	--	16:42.68	5:14.84 (11)	10:47.65 (14)
12	Justin Reinhart	ACGC	9	16:43.45	5:11.56 (9)	10:42.01 (8)
13	Carson Van Sickle	Ogden	10	16:43.84	5:15.95 (15)	10:46.95 (13)
14	James Gruver	Lynnvile-Sully	--	16:49.29	5:17.17 (17)	10:55.90 (23)
15	Marcus Blount	Prince of Peace Catholic Clinton	--	16:50.35	5:18.13 (19)	10:50.33 (15)
16	Brady McWhirter	Pekin	--	16:50.40	5:16.77 (16)	10:46.31 (12)
17	Ben Byers	Sibley-Ocheyedan	--	16:52.35	5:20.08 (27)	10:55.17 (21)

Athlete	Team	Score	Time	1 Mile	2 Mile
18 Aiden Onken	Bellevue	11	16:53.63	5:29.14 (53)	11:00.49 (30)
19 Alejandro Bernal	Sibley-Ocheyedan	--	16:55.74	5:18.85 (22)	10:54.17 (18)
20 Owen Almelien	North Butler Greene	--	16:59.64	5:18.51 (21)	10:54.35 (19)
21 Andrew Mahaffey	ACGC	12	17:00.89	5:21.88 (31)	10:56.95 (24)
22 Adam Knepper	Cascade Western Dubuque	13	17:04.67	5:20.02 (26)	10:57.41 (25)
23 Clay Warson	Madrid	14	17:06.76	5:17.55 (18)	10:53.65 (17)
24 Doug Berg	Nodaway Valley	--	17:09.91	5:15.29 (13)	10:54.87 (20)
25 Gavin Grunhovd	North Iowa Buffalo Center	--	17:12.21	5:18.44 (20)	10:55.76 (22)
26 Kaden Galles	MMCRU	--	17:12.96	5:18.97 (23)	10:58.17 (27)
27 Joe Terrones	East Marshall LeGrand	15	17:14.60	5:13.46 (10)	10:52.41 (16)
28 Abdiaziz Ibrahim	Postville Community	--	17:15.15	5:22.94 (33)	11:00.23 (29)
29 Dan Maley	Regina Iowa City	16	17:18.76	5:19.54 (25)	10:57.71 (26)
30 Daniel Schoening	Ankeny Christian Academy	--	17:19.26	5:20.33 (28)	10:59.41 (28)
31 Gage Heyne	English Valleys North English	--	17:22.48	5:21.07 (29)	11:07.33 (31)
32 Joe Maley	Regina Iowa City	17	17:25.04	5:19.54 (24)	11:09.00 (34)
33 Keaton Reimer	Clayton Ridge Guttenberg	18	17:25.51	5:28.16 (49)	11:09.44 (35)
34 Payton Van Sickle	Ogden	19	17:26.55	5:30.64 (60)	11:14.29 (39)
35 Ronan Jimenez	Southeast Warren Liberty Center	--	17:28.15	5:32.88 (74)	11:21.11 (54)
36 Gunner Wagner	Woodbine Community	20	17:28.91	5:26.58 (43)	11:08.63 (33)
37 Owen Wise	St. Albert Council Bluffs	21	17:31.31	5:26.44 (42)	11:11.42 (37)
38 Isaac Swenson	Belmond-Klemme	--	17:31.99	5:30.32 (58)	11:18.70 (45)
39 Reed Hinners	IKM-Manning	22	17:33.59	5:27.92 (48)	11:20.35 (52)
40 Adric Schmitz	Valley Lutheran	--	17:34.26	5:23.90 (34)	11:07.74 (32)
41 Ben Steinbeck	Bellevue	23	17:34.39	5:29.90 (56)	11:09.64 (36)
42 Matthew Schaul	Maquoketa Valley Delhi	--	17:34.94	5:30.95 (61)	11:20.22 (51)
43 Kohlby Newsom	Winfield-Mt. Union	--	17:36.16	5:26.00 (38)	11:17.86 (43)
44 Lane Vennink	Woodbine Community	24	17:36.81	5:32.46 (70)	11:19.74 (48)
45 Justin Wagner	Kee Lansing	--	17:37.51	5:25.40 (35)	11:19.20 (46)
46 Gavin Moser	Clayton Ridge Guttenberg	25	17:37.67	5:25.74 (37)	11:20.02 (50)
47 Max Nadeau	Cascade Western Dubuque	26	17:37.95	5:32.62 (71)	11:20.91 (53)
48 Ethan Haus	Collins-Maxwell	--	17:38.96	5:32.02 (68)	11:14.09 (38)
49 Damian Vergara	Columbus Community Columbus Junction	--	17:39.20	5:27.16 (45)	11:17.43 (42)
50 Noah Valenzuela	East Buchanan Winthrop	--	17:40.63	5:21.07 (30)	11:15.97 (41)
51 Kaleb Grant	East Marshall LeGrand	27	17:40.72	5:34.14 (80)	11:24.01 (61)
52 Rylan Jimenez	Southeast Warren Liberty Center	--	17:43.87	5:33.12 (75)	11:22.41 (57)
53 Henry Bottorff	Regina Iowa City	28	17:44.83	5:26.20 (40)	11:19.90 (49)
54 Caleb Bildstein	North Linn Troy Mills	29	17:45.53	5:26.34 (41)	11:19.52 (47)
55 Matt Richardson	Baxter	--	17:46.50	5:22.74 (32)	11:15.25 (40)
56 Cayden McLeland	BCLUW Conrad	--	17:47.79	5:32.67 (73)	11:23.82 (60)
57 Zach Morningstar	Lynnvile-Sully	--	17:49.51	5:37.32 (86)	11:24.45 (62)
58 Mason McCready	Riverside Oakland	--	17:49.60	5:33.18 (76)	11:25.25 (64)
59 Noah Kading	ACGC	30	17:49.63	5:25.46 (36)	11:18.37 (44)
60 Asher DeBoef	North Mahaska New Sharon	31	17:52.17	5:27.23 (46)	11:26.37 (65)
61 Carson Maly	Earlham	--	17:55.14	5:32.02 (67)	11:24.88 (63)
62 Lane Sams	IKM-Manning	32	17:55.41	5:27.48 (47)	11:21.67 (55)

Athlete	Team	Score	Time	1 Mile	2 Mile	
63	Thomas Tremel	Woodbine Community	33	17:55.47	5:35.12 (82)	11:23.71 (59)
64	Knute Rogne	Lake Mills	34	17:55.51	5:29.58 (55)	11:22.21 (56)
65	Parker Heisterkamp	St. Albert Council Bluffs	35	17:57.37	5:31.27 (63)	11:28.03 (68)
66	Riordan Smith	Regina Iowa City	36	17:57.70	5:32.08 (69)	11:32.44 (75)
67	Tyconder Ellis	ACGC	37	17:59.15	5:37.99 (87)	11:36.99 (81)
68	Tyson McDole	Lamoni	--	18:00.36	5:33.19 (77)	11:27.49 (67)
69	Gavin Sloss	ACGC	38	18:02.19	5:30.64 (59)	11:31.07 (73)
70	Sam Mericle	St. Edmond Fort Dodge	39	18:02.50	5:28.56 (51)	11:23.38 (58)
71	Gavin Swift	Bishop Garrigan Algona	--	18:02.54	5:28.98 (52)	11:32.53 (76)
72	Bo Arrasmith	ACGC	40	18:02.57	5:31.74 (65)	11:31.28 (74)
73	Liam Shannon	St. Edmond Fort Dodge	41	18:02.76	5:38.19 (88)	11:39.16 (88)
74	Lance Bunde	ACGC	42	18:03.34	5:32.66 (72)	11:33.49 (77)
75	Braden Sonksen	Alta-Aurelia	--	18:04.62	5:31.12 (62)	11:33.55 (78)
76	Lane Cook	Cascade Western Dubuque	43	18:05.05	5:39.56 (91)	11:38.81 (87)
77	Brayden Veiseth	North Mahaska New Sharon	44	18:05.12	5:26.94 (44)	11:31.01 (72)
78	Evan Robertson	Springville	--	18:06.62	5:28.30 (50)	11:30.24 (70)
79	Zach Sypersma	Hinton	--	18:07.30	5:36.30 (84)	11:37.57 (83)
80	Jack Christian	Sioux Central Sioux Rapids	45	18:07.63	5:50.84 (113)	11:48.21 (99)
81	Jordan King	Ogden	46	18:08.42	5:44.72 (102)	11:47.49 (97)
82	Lane Moline	Manson Northwest Webster	--	18:10.19	5:31.96 (66)	11:33.85 (79)
83	Patrick Slifer	East Marshall LeGrand	47	18:12.67	5:26.00 (39)	11:29.77 (69)
84	Jacob Driskill	East Union Afton	--	18:14.88	5:43.41 (97)	11:42.49 (90)
85	Samuel Welter	Regina Iowa City	48	18:18.03	5:31.50 (64)	11:35.81 (80)
86	Levi Russo	Ogden	49	18:18.31	5:50.00 (111)	11:48.79 (101)
87	Ben Gehl	Cascade Western Dubuque	50	18:19.02	5:42.63 (96)	11:43.53 (93)
88	Leighton Sippel	Sioux Central Sioux Rapids	51	18:19.73	5:50.79 (112)	11:48.39 (100)
89	Anthony Valles	St. Edmond Fort Dodge	52	18:21.18	5:45.42 (103)	11:45.47 (94)
90	Sean McGee	Tri-Center Neola	--	18:22.59	5:36.76 (85)	11:42.85 (91)
91	Nathan Johnson	IKM-Manning	53	18:23.21	5:33.45 (78)	11:30.51 (71)
92	Adam Barry	Woodbine Community	54	18:23.76	5:38.65 (89)	11:37.03 (82)
93	Blake Tiemeyer	Earlham	--	18:25.22	5:33.70 (79)	11:38.73 (86)
94	Joey Ringo	Newman Catholic Mason City	--	18:25.43	5:29.52 (54)	11:27.33 (66)
95	Levi Benesh	North Linn Troy Mills	55	18:28.04	5:40.25 (92)	11:43.41 (92)
96	Theo Moseman	Lawton-Bronson	--	18:28.56	5:44.24 (99)	11:47.43 (96)
97	Colin Olney	Regina Iowa City	56	18:29.87	5:35.60 (83)	11:38.35 (84)
98	Gavin Andersen	Heartland Christian	--	18:30.59	5:38.66 (90)	11:47.87 (98)
99	Brayden Kramber	Sioux Central Sioux Rapids	57	18:30.81	5:49.60 (109)	11:49.29 (102)
100	Nate Sampson	North Mahaska New Sharon	58	18:31.83	5:40.37 (93)	11:46.83 (95)
101	Adam Denny	St. Albert Council Bluffs	59	18:33.97	5:29.96 (57)	11:38.43 (85)
102	Connor Kilburg	Bellevue	60	18:36.10	5:34.34 (81)	11:39.83 (89)
103	Brock Curtis	East Marshall LeGrand	61	18:37.41	5:44.58 (101)	11:57.49 (106)
104	Landon Thomsen	North Linn Troy Mills	62	18:39.43	5:47.60 (107)	12:01.05 (107)
105	Kade Van Roekel	Lake Mills	63	18:39.96	5:47.74 (108)	11:56.47 (105)
106	Erik Flores	Clayton Ridge Guttenberg	64	18:43.03	5:40.85 (95)	11:52.41 (103)
107	Thomas Cosgrove	St. Edmond Fort Dodge	65	18:43.11	5:56.23 (130)	12:07.53 (112)

Athlete	Team	Score	Time	1 Mile	2 Mile
108 Jude Benbow	Ogden	66	18:50.67	5:49.80 (110)	12:01.27 (108)
109 Ben Meyer	Bellevue	67	18:52.01	5:47.30 (106)	12:02.11 (109)
110 Chandler Curtis	East Marshall LeGrand	68	18:53.79	5:56.02 (129)	12:19.54 (126)
111 Gabe Manders	Bellevue	69	18:53.97	5:47.10 (105)	12:06.35 (111)
112 Ty Pflughaupt	North Linn Troy Mills	70	18:54.81	5:40.63 (94)	11:55.67 (104)
113 Lane Harmon	North Mahaska New Sharon	71	18:55.36	5:51.24 (115)	12:13.43 (119)
114 Kasche Huehn	IKM-Manning	72	18:58.55	5:45.72 (104)	12:05.43 (110)
115 Cale Hungerford	East Marshall LeGrand	73	18:58.96	5:52.92 (120)	12:13.85 (122)
116 Andrew Kaalberg	Cascade Western Dubuque	74	18:59.58	5:55.95 (127)	12:19.62 (127)
117 Abe Polzien	IKM-Manning	75	19:01.12	5:54.30 (122)	12:08.27 (115)
118 Gabriel Barajas	St. Albert Council Bluffs	76	19:04.42	5:43.73 (98)	12:07.83 (113)
119 Joshua Hoffman	Sioux Central Sioux Rapids	77	19:04.60	5:55.05 (126)	12:11.75 (117)
120 Hayden Thompson	Lake Mills	78	19:08.22	5:52.06 (118)	12:10.81 (116)
121 Camden Morris	IKM-Manning	79	19:09.98	5:54.30 (123)	12:08.07 (114)
122 Blake Renze	Madrid	80	19:11.32	5:53.18 (121)	12:14.23 (123)
123 Ethan Wernimont	Sioux Central Sioux Rapids	81	19:11.60	5:51.62 (117)	12:12.95 (118)
124 Stephen Brandenburg	Lake Mills	82	19:11.77	5:52.60 (119)	12:15.31 (124)
125 Carter Rial	St. Edmond Fort Dodge	83	19:14.44	5:56.82 (131)	12:20.23 (128)
126 Xander Johnson	Woodbine Community	84	19:17.55	6:13.30 (144)	12:41.05 (138)
127 Parker Trusler	Ogden	85	19:19.31	6:04.74 (138)	12:27.87 (133)
128 Ben Yang	North Mahaska New Sharon	86	19:26.48	5:51.20 (114)	12:13.71 (121)
129 Jackson Patino	Clayton Ridge Guttenberg	87	19:27.15	5:54.99 (125)	12:18.33 (125)
130 Joe Hughes	St. Albert Council Bluffs	88	19:28.39	5:44.37 (100)	12:13.44 (120)
131 Jesus Tabora-Lara	Clayton Ridge Guttenberg	89	19:29.61	6:03.10 (137)	12:20.67 (129)
132 Andy Knockel	North Mahaska New Sharon	90	19:37.91	5:51.62 (116)	12:21.83 (130)
133 Brady Van Sickle	Ogden	91	19:47.95	6:01.94 (134)	12:57.05 (144)
134 Brody Buck	Madrid	92	19:49.72	5:56.02 (128)	12:27.21 (132)
135 Jacob White	Madrid	93	19:50.24	5:54.38 (124)	12:26.03 (131)
136 Nathaniel Manternach	Cascade Western Dubuque	94	19:51.78	5:58.34 (132)	12:31.91 (134)
137 Trey Burgermeyer	Woodbine Community	95	19:54.38	6:13.04 (143)	12:42.89 (139)
138 Brady Smith	St. Albert Council Bluffs	96	19:58.87	6:05.25 (142)	12:39.61 (135)
139 Kaden Guenther	Bellevue	97	19:59.42	5:59.11 (133)	12:40.26 (136)
140 Nathan Kueny	Sioux Central Sioux Rapids	98	20:05.18	6:05.08 (140)	12:40.33 (137)
141 Carter Folkers	North Linn Troy Mills	99	20:18.99	6:18.33 (150)	13:04.77 (147)
142 Colton Kniffen	Madrid	100	20:19.82	6:17.33 (149)	12:59.48 (145)
143 Nate Meier	Clayton Ridge Guttenberg	101	20:22.12	6:04.90 (139)	12:52.35 (142)
144 Trenten Topping	Cascade Western Dubuque	102	20:23.40	6:02.12 (135)	12:44.47 (140)
145 Cavin Pehl	Madrid	103	20:24.13	6:16.65 (148)	13:05.09 (148)
146 Alex Kueny	Sioux Central Sioux Rapids	104	20:26.89	6:05.22 (141)	12:48.85 (141)
147 Lucas Oldenkamp	Lake Mills	105	20:37.06	6:02.38 (136)	12:53.95 (143)
148 Colton Hoeger	Clayton Ridge Guttenberg	106	20:49.31	6:14.60 (147)	13:04.06 (146)
149 Sawyer Long	North Linn Troy Mills	107	20:51.27	6:18.71 (151)	13:15.55 (149)
150 Thomas Knobbe	St. Edmond Fort Dodge	108	20:53.98	6:33.16 (153)	13:29.41 (152)
151 Carter Brummel	East Marshall LeGrand	109	20:55.85	6:14.35 (146)	13:26.94 (151)
152 Alejandro Vazquez-Perez	Lake Mills	110	21:20.55	6:13.64 (145)	13:26.61 (150)

Athlete	Team	Score	Time	1 Mile	2 Mile
153 Clay Thompson	North Mahaska New Sharon	111	21:27.78	6:23.92 (152)	13:32.97 (153)
154 Luke Barth	North Linn Troy Mills	112	21:32.42	6:34.08 (154)	13:37.87 (154)

Race #3
Class 1A Boys Wheelchair 5000M

FINAL RESULTS

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile
1 Eli Johnson	Bedford	--	23:41.08	6:59.90 (1)	15:24.76 (1)

Race #4
Class 2A Girls 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Van Meter	111	1:41:44	20:21
2	Williamsburg	113	1:42:32	20:31
3	Monticello	145	1:43:23	20:41
4	Beckman Catholic Dyersville	154	1:43:53	20:47
5	Mid-Prairie Wellman	157	1:42:37	20:32
6	Tipton	179	1:44:59	21:00
7	Denver	193	1:45:28	21:06
8	New Hampton	231	1:49:24	21:53
9	Cherokee Washington	235	1:46:49	21:22
10	Pella Christian	241	1:48:05	21:37
11	Clarinda	243	1:47:57	21:36
12	Unity Christian Orange City	249	1:47:10	21:26
13	Albia	250	1:46:48	21:22
14	Des Moines Christian	270	1:47:19	21:28
15	GLR-CL	296	1:50:56	22:12

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings	Score	
1	Van Meter	80
2	Monticello	103
3	Williamsburg	117
4	Tipton	202
5	Beckman Catholic Dyersville	206
6	Denver	207
7	New Hampton	217
8	Cherokee Washington	219
9	Clarinda	230
10	Mid-Prairie Wellman	234
11	Albia	247
12	Unity Christian Orange City	249
13	GLR-CL	254
14	Pella Christian	264
15	Des Moines Christian	270

2 MILE

UNOFFICIAL Standings	Score
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UNOFFICIAL Standings		Score
1	Williamsburg	111
2	Van Meter	113
3	Monticello	119
4	Mid-Prairie Wellman	156
5	Beckman Catholic Dyersville	171
6	Denver	199
7	Tipton	214
8	New Hampton	221
8	Albia	221
10	Cherokee Washington	236
11	Clarinda	242
12	Pella Christian	249
13	Unity Christian Orange City	258
14	GLR-CL	276
15	Des Moines Christian	279

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Danielle Hostetler	Mid-Prairie Wellman	1	18:41.64	5:54.22 (1)	12:02.03 (1)
2	Katelyn Johnston	Osage	--	19:01.70	5:55.99 (2)	12:13.04 (2)
3	Clare Kelly	Van Meter	2	19:05.90	5:56.76 (3)	12:15.55 (3)
4	Mackenzie Wilson	Jesup	--	19:14.07	6:02.14 (6)	12:22.42 (6)
5	Hillary Trainor	Sumner-Fredericksburg	--	19:19.51	6:01.84 (5)	12:20.60 (5)
6	Mayson Hartley	Clarinda	3	19:21.18	5:57.16 (4)	12:18.59 (4)
7	Kinze Shea	Crestwood Cresco	--	19:28.82	6:04.44 (9)	12:30.66 (8)
8	Campbelle Kolbet	New Hampton	4	19:33.05	6:05.12 (12)	12:30.40 (7)
9	Katelyn Krieger	Spirit Lake	--	19:36.97	6:05.22 (13)	12:32.97 (11)
10	Julia Mertz	Beckman Catholic Dyersville	5	19:45.84	6:09.46 (18)	12:34.66 (12)
11	Zada Buchholtz	Williamsburg	6	19:46.34	6:08.22 (16)	12:40.73 (14)
12	McKenna Montgomery	Albia	7	19:47.13	6:08.77 (17)	12:41.00 (15)
13	Maryn Frein	Okoboji Milford	--	19:47.98	6:04.61 (10)	12:32.85 (10)
14	Katie Young	Unity Christian Orange City	8	19:49.94	6:09.87 (19)	12:42.76 (16)
15	Emma Althoff	Monticello	9	19:51.13	6:04.18 (8)	12:40.02 (13)
16	Abby Fleming	Mid-Prairie Wellman	10	19:51.84	6:20.37 (38)	12:49.88 (18)
17	Bailey Vos	Pella Christian	11	20:02.10	6:23.86 (42)	12:52.91 (19)
18	Emma McCoy	Van Meter	12	20:03.23	6:17.42 (26)	13:01.66 (27)
19	Mary Kelly	Van Meter	13	20:12.59	6:02.14 (7)	12:44.35 (17)
20	Chloe Judisch	South Central Calhoun	--	20:15.88	6:19.99 (35)	12:57.03 (21)
21	Raenna Henke	Clarinda	14	20:17.40	6:19.85 (33)	13:07.04 (34)
22	Rachel Putze	Kingsley-Pierson/Woodbury Central	--	20:21.87	6:08.16 (15)	12:55.29 (20)
23	Joslyn Terpstra	Pella Christian	15	20:22.59	6:27.34 (49)	13:14.32 (41)
24	Tegan Dungey	New Hampton	16	20:22.68	6:19.17 (31)	12:58.29 (23)
25	Marisa Kehoe	Monticello	17	20:23.06	6:20.81 (40)	13:00.08 (24)

	Athlete	Team	Score	Time	1 Mile	2 Mile
26	Natalie Nosbisch	New Hampton	18	20:23.40	6:11.37 (22)	12:57.36 (22)
27	Madelyn Reiter	Beckman Catholic Dyersville	19	20:24.69	6:24.08 (43)	13:06.38 (32)
28	Mary Schriever	GLR-CL	20	20:25.91	6:10.07 (21)	13:00.54 (25)
29	Maelyn Parsons	Williamsburg	21	20:27.25	6:26.07 (46)	13:07.15 (35)
30	Scarlett Byrnes	Osage	--	20:29.04	6:15.90 (25)	13:02.20 (28)
31	Macey Marovets	Williamsburg	22	20:29.26	6:30.07 (61)	13:16.74 (44)
32	Braelyn Meyer	North Fayette Valley	--	20:32.91	6:19.99 (34)	13:10.59 (36)
33	Alivia Edens	Tipton	23	20:35.32	6:20.35 (37)	13:01.04 (26)
34	Lilian Nelson	Forest City	--	20:36.95	6:10.03 (20)	13:03.02 (29)
35	Analise DeWitt	Williamsburg	24	20:42.50	6:17.56 (28)	13:06.46 (33)
36	Leah Koehler	Monticello	25	20:43.02	6:17.43 (27)	13:05.12 (30)
37	Alyssa Kulesa	Treynor	--	20:44.02	6:29.59 (58)	13:21.19 (50)
38	Ava Remley	Anamosa	--	20:45.15	6:19.43 (32)	13:05.80 (31)
39	Brooklyn Fryar	Van Meter	26	20:45.47	6:18.97 (29)	13:15.19 (43)
40	Kyrin DeGroot	Western Christian Hull	--	20:48.24	6:29.63 (59)	13:22.10 (52)
41	Amilia Condon	Union La Porte City	--	20:51.17	6:20.71 (39)	13:11.28 (37)
42	Claire Montgomery	Tipton	27	20:51.84	6:35.32 (83)	13:38.93 (84)
43	Abby Knepper	Beckman Catholic Dyersville	28	20:53.10	6:25.30 (44)	13:17.51 (46)
44	Phoebe Shetler	Mid-Prairie Wellman	29	20:53.49	6:42.26 (99)	13:22.10 (51)
45	Hailey Egbert	Shenandoah	--	20:56.32	6:26.28 (48)	13:15.05 (42)
46	Megan Courtright	Cherokee Washington	30	20:56.40	6:19.07 (30)	13:20.78 (49)
47	Audra Coss	Wilton	--	20:57.87	6:13.82 (23)	13:12.44 (39)
48	Anna Mulert	Denver	31	20:58.65	6:34.86 (81)	13:34.68 (76)
49	Iris Melody	South Central Calhoun	--	20:58.88	6:35.40 (84)	13:20.54 (48)
50	Reeve Ristau	Denver	32	21:00.11	6:22.44 (41)	13:16.78 (45)
51	Laura Owen	Tipton	33	21:00.66	6:28.52 (53)	13:24.04 (55)
52	Riley Lubeck	Cherokee Washington	34	21:01.00	6:31.05 (66)	13:25.46 (60)
53	Avery Major	Albia	35	21:02.41	6:33.90 (77)	13:32.62 (72)
54	Maria Kruse	Beckman Catholic Dyersville	36	21:02.62	6:42.78 (102)	13:34.94 (77)
55	Grace Woodall	Cherokee Washington	37	21:02.72	6:30.59 (64)	13:26.61 (61)
56	Laci Even	Denver	38	21:03.23	6:28.42 (51)	13:31.92 (69)
57	Cenady Soenksen	Northeast Goose Lake	--	21:03.49	6:35.08 (82)	13:27.42 (63)
58	Afton Schlumbolm	GLR-CL	39	21:03.69	6:28.85 (55)	13:25.26 (58)
59	Jaselyn Anderson	Estherville Lincoln Central	--	21:06.03	6:30.33 (62)	13:24.76 (57)
60	Ashlyn Hoffman	Williamsburg	40	21:06.65	6:26.09 (47)	13:23.86 (53)
61	Tori Yunggebauer	Williamsburg	41	21:07.23	6:31.89 (71)	13:33.14 (74)
62	Tessa Erzen	Des Moines Christian	42	21:09.53	6:28.51 (52)	13:30.14 (65)
63	Ava Capron	Monticello	43	21:09.62	6:30.99 (65)	13:33.14 (73)
64	Addie Nerem	Tipton	44	21:11.27	6:34.86 (80)	13:36.04 (79)
65	Claire Truesdell	Roland-Story Story City	--	21:11.43	6:29.63 (60)	13:24.62 (56)
66	Lauren Youngblut	Union La Porte City	--	21:11.58	6:15.50 (24)	13:11.28 (38)
67	Avery Trunkhill	Denver	45	21:12.24	6:31.77 (70)	13:30.61 (66)
68	Jaclyn Holmes	Pella Christian	46	21:12.47	6:29.51 (57)	13:27.03 (62)
69	Hailey Homan	Denver	47	21:13.11	6:33.26 (76)	13:23.97 (54)
70	Madison Shimp	Des Moines Christian	48	21:13.21	6:33.18 (75)	13:32.18 (70)

Athlete	Team	Score	Time	1 Mile	2 Mile	
71	Jaidyn De Jong	Unity Christian Orange City	49	21:13.23	6:31.37 (68)	13:34.48 (75)
72	Lexi Landis	GLR-CL	50	21:13.50	6:29.25 (56)	13:27.77 (64)
73	Halle Recker	Monticello	51	21:15.84	6:20.21 (36)	13:19.08 (47)
74	Grace Storjohann	GCGR Grundy Center	--	21:19.27	6:41.62 (97)	13:36.57 (81)
75	Abi Teeter	PCM Monroe	--	21:19.32	6:34.00 (78)	13:38.05 (83)
76	Mack Walter	Tipton	52	21:19.80	6:30.59 (63)	13:36.30 (80)
77	Olivia Hoogland	Unity Christian Orange City	53	21:21.30	6:37.22 (89)	13:40.26 (88)
78	Lilly Irwin	Underwood	--	21:22.41	6:25.54 (45)	13:25.26 (59)
79	Kristin Axman	Pocahontas Area	--	21:23.46	6:28.73 (54)	13:31.36 (68)
80	Sophia Pothoven	Des Moines Christian	54	21:27.25	6:43.18 (105)	13:50.89 (95)
81	Chloe Klabo	Tipton	55	21:27.49	6:35.98 (87)	13:39.69 (85)
82	Dessa Poll	Mid-Prairie Wellman	56	21:27.71	6:56.12 (114)	13:52.20 (97)
83	Maya Hunter	Clarinda	57	21:30.17	6:27.46 (50)	13:31.28 (67)
84	Olivia Halfpap	Van Meter	58	21:36.74	6:32.86 (73)	13:39.93 (87)
85	Abby Klompier	Unity Christian Orange City	59	21:38.68	6:41.28 (96)	13:48.95 (92)
86	Lizzy McCann	Van Meter	60	21:40.69	6:31.51 (69)	13:39.69 (86)
87	Greta Sieren	Mid-Prairie Wellman	61	21:41.51	6:42.12 (98)	13:32.30 (71)
88	Reagan Zimmer	Des Moines Christian	62	21:43.30	6:40.90 (95)	13:44.26 (90)
89	Izzy Houts	Dike-New Hartford	--	21:43.46	6:32.86 (74)	13:37.32 (82)
90	Coryn Wallick	Tipton	63	21:44.70	6:35.91 (86)	13:41.55 (89)
91	Meryl Casady	Des Moines Christian	64	21:45.44	6:54.53 (112)	13:59.14 (104)
92	Ella Simonsen	Cherokee Washington	65	21:45.64	6:38.50 (91)	13:49.73 (93)
93	Maria Dudzik	Beckman Catholic Dyersville	66	21:46.12	6:49.06 (108)	13:52.11 (96)
94	Serene Thompson	Albia	67	21:46.46	6:31.25 (67)	13:14.26 (40)
95	Karston Nebel	Davis County Bloomfield	--	21:52.20	6:34.52 (79)	13:48.22 (91)
96	Ella Jicinsky	Des Moines Christian	68	21:53.30	6:35.44 (85)	13:53.27 (99)
97	Gretchyn Fairlie	Camanche	--	21:54.28	6:54.48 (111)	14:00.52 (105)
98	Addie Thompson	West Marshall State Center	--	21:54.64	6:39.66 (92)	13:35.72 (78)
99	Madison Hellman	Columbus Catholic Waterloo	--	21:55.99	6:40.43 (94)	13:57.26 (101)
100	Ava Bilden	North Fayette Valley	--	21:56.76	6:38.36 (90)	13:50.07 (94)
101	McKenna Benson	Cherokee Washington	69	22:02.85	6:36.42 (88)	13:52.52 (98)
102	Lily Buckingham	Albia	70	22:05.15	6:42.84 (103)	13:55.87 (100)
103	Olivia Sheffield	Albia	71	22:06.77	6:45.85 (107)	14:07.17 (106)
104	Gabby Grove	Des Moines Christian	72	22:10.36	6:42.66 (101)	13:57.82 (103)
105	Reagan McMenomy	Williamsburg	73	22:20.18	6:32.20 (72)	13:57.39 (102)
106	Tabitha Evans	Mid-Prairie Wellman	74	22:29.22	6:56.94 (116)	14:12.61 (108)
107	Abryl Mongan	Cherokee Washington	75	22:34.02	6:42.60 (100)	14:11.26 (107)
108	Juliana Brown	Albia	76	22:38.97	6:50.14 (109)	14:24.57 (110)
109	Aubrey Decker	Denver	77	22:39.02	6:40.38 (93)	14:15.34 (109)
110	Amara Jones	Mid-Prairie Wellman	78	22:44.83	7:17.81 (132)	14:40.80 (118)
111	Amelia Hesse	Clarinda	79	23:01.34	6:56.70 (115)	14:37.69 (115)
112	Megan Te Krony	Unity Christian Orange City	80	23:06.45	6:55.86 (113)	14:34.40 (113)
113	Emily Hendricks	Monticello	81	23:06.81	6:58.32 (119)	14:40.23 (117)
114	Mikayla Vollink	Unity Christian Orange City	82	23:09.88	6:59.30 (121)	14:33.63 (112)
115	Elizabeth Hoogland	Unity Christian Orange City	83	23:12.29	6:43.16 (104)	14:26.50 (111)

Athlete	Team	Score	Time	1 Mile	2 Mile
116 Karis Fikkert	Pella Christian	84	23:13.35	6:59.74 (122)	14:49.90 (120)
117 Katy Roose	Pella Christian	85	23:14.17	7:01.30 (124)	14:51.21 (121)
118 Julia Letsche	Cherokee Washington	86	23:17.35	6:44.69 (106)	14:35.93 (114)
119 Meredith Van Wyk	Pella Christian	87	23:22.97	6:58.18 (118)	14:42.82 (119)
120 Amelia Boender	Pella Christian	88	23:27.84	7:01.44 (125)	14:56.39 (122)
121 Avery McIntosh	Denver	89	23:36.83	6:51.36 (110)	14:39.38 (116)
122 Richlyn Muff	Clarinda	90	23:46.34	7:12.20 (130)	15:00.16 (125)
123 Hannah Anderson	GLR-CL	91	23:52.39	7:00.65 (123)	15:04.49 (126)
124 Ella Knutson	New Hampton	92	23:58.16	6:58.64 (120)	14:57.08 (123)
125 Leah Schemmel	Monticello	93	24:02.99	7:19.28 (134)	15:19.75 (130)
126 Taylor Rasmussen	Clarinda	94	24:05.88	7:18.98 (133)	15:18.52 (129)
127 Makenna Cronin	Albia	95	24:11.04	7:08.38 (127)	15:12.82 (127)
128 Kadence Boender	GLR-CL	96	24:19.59	7:08.74 (128)	15:16.13 (128)
129 Molly Konechne	GLR-CL	97	24:21.51	6:58.18 (117)	14:58.40 (124)
130 Addison Moore	Clarinda	98	24:22.96	7:12.34 (131)	15:21.45 (131)
131 Bella Bruins	Van Meter	99	24:47.48	7:07.45 (126)	15:28.93 (132)
132 Ellie Recker	Beckman Catholic Dyersville	100	24:57.38	7:36.67 (136)	15:52.63 (134)
133 Catherine Pethoud	New Hampton	101	25:06.51	7:11.82 (129)	15:44.82 (133)
134 Ashlynn Davis	GLR-CL	102	25:26.79	7:20.00 (135)	16:11.11 (135)
135 Bailey Cox	New Hampton	103	25:36.08	7:43.38 (137)	16:17.41 (137)
136 Jordan Thier	Beckman Catholic Dyersville	104	25:47.87	7:55.89 (139)	16:16.51 (136)
137 Kandice Eggerichs	New Hampton	105	29:06.81	7:44.80 (138)	18:14.87 (138)
Madison Stille	South Hardin	--	DNF	6:06.53 (14)	
Bria Wasmund	Sibley-Ocheyedan	--	DNF	10:36.20 (140)	
Clare Wright	Jesup	--	DNF	6:05.04 (11)	12:31.80 (9)

Race #5
Class 2A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Des Moines Christian	75	1:23:47	16:46
2	Okoboji Milford	99	1:25:25	17:05
3	Tipton	120	1:26:11	17:15
4	Waukon	127	1:26:47	17:22
5	Oelwein	138	1:27:01	17:25
6	Mediapolis	191	1:28:01	17:37
7	Pella Christian	209	1:28:37	17:44
8	Denver	224	1:29:05	17:49
9	Garner-Hayfield-Ventura	226	1:29:15	17:51
10	Unity Christian Orange City	234	1:29:16	17:52
11	Danville/New London	245	1:29:25	17:53
12	Clarinda	274	1:30:27	18:06
13	Mid-Prairie Wellman	279	1:30:35	18:07
14	Chariton	317	1:31:44	18:21
15	Forest City	329	1:31:54	18:23

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings	Score	
1	Okoboji Milford	90
2	Des Moines Christian	92
3	Tipton	114
4	Oelwein	116
5	Waukon	125
6	Danville/New London	153
7	Mediapolis	195
8	Garner-Hayfield-Ventura	200
9	Chariton	251
10	Unity Christian Orange City	256
11	Denver	263
12	Pella Christian	284
13	Clarinda	285
14	Forest City	320
15	Mid-Prairie Wellman	351

2 MILE

UNOFFICIAL Standings	Score
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UNOFFICIAL Standings		Score
1	Des Moines Christian	82
2	Okoboji Milford	105
3	Tipton	123
4	Oelwein	127
5	Waukon	132
6	Mediapolis	183
7	Danville/New London	197
8	Garner-Hayfield-Ventura	217
9	Denver	225
10	Unity Christian Orange City	229
11	Pella Christian	244
12	Clarinda	280
13	Mid-Prairie Wellman	286
14	Chariton	325
15	Forest City	342

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Aaron Fynaardt	Des Moines Christian	1	15:50.62	4:55.85 (1)	10:07.76 (1)
2	Caleb Ten Pasa	Des Moines Christian	2	16:06.33	5:01.29 (2)	10:16.47 (2)
3	Evan Osler	Okoboji Milford	3	16:18.10	5:04.96 (5)	10:28.78 (5)
4	Charlie Sieck	Starmont West Central	--	16:24.88	5:07.34 (8)	10:29.03 (6)
5	AJ Bonnesen	Danville/New London	4	16:29.37	5:04.20 (3)	10:28.46 (3)
6	Solomon Zaugg	Mediapolis	5	16:30.81	5:09.85 (11)	10:28.58 (4)
7	Clay Bohlmann	Tipton	6	16:35.87	5:04.33 (4)	10:32.71 (7)
8	Kaden Van Wyngarden	Pella Christian	7	16:36.27	5:12.93 (16)	10:44.31 (12)
9	Treyton Schaapherder	Clarinda	8	16:41.92	5:13.64 (19)	10:45.47 (13)
10	Chesney Capron	Monticello	--	16:42.79	5:14.21 (22)	10:38.98 (8)
11	Conall Sauser	Oelwein	9	16:45.28	5:06.94 (7)	10:41.89 (9)
12	Trigg Heimdal	Okoboji Milford	10	16:45.38	5:07.73 (9)	10:42.87 (10)
13	Owen Schmidgall	Mediapolis	11	16:45.83	5:15.89 (25)	10:47.32 (16)
14	Ty Nichols	Tipton	12	16:45.87	5:17.29 (26)	10:48.82 (19)
15	Emerson Vokes	GCGR Grundy Center	--	16:45.99	5:11.87 (14)	10:43.83 (11)
16	Mason Maiers	Interstate 35 Truro	--	16:55.29	5:12.80 (15)	10:46.77 (14)
17	Kyle Wagoner	Clarinda	13	16:58.43	5:10.93 (12)	10:48.72 (18)
18	Connor Hammitt	Garner-Hayfield-Ventura	14	17:00.62	5:06.87 (6)	10:47.19 (15)
19	Collin Houg	Des Moines Christian	15	17:03.67	5:15.16 (24)	10:50.96 (21)
20	Emmett Swartzentruber	Mid-Prairie Wellman	16	17:05.64	5:32.03 (64)	11:06.60 (32)
21	Lane Henrichs	GLR-CL	--	17:07.04	5:11.15 (13)	10:48.58 (17)
22	Shea Keister	Anamosa	--	17:12.20	5:22.65 (33)	11:06.67 (33)
23	Jacob Sullivan	Oelwein	17	17:12.28	5:19.66 (28)	11:02.54 (27)
24	Dylan Jones	Okoboji Milford	18	17:13.55	5:13.60 (18)	10:50.32 (20)
25	Skyler Dugan	Waukon	19	17:14.19	5:21.59 (32)	11:04.05 (30)

	Athlete	Team	Score	Time	1 Mile	2 Mile
26	Jack McPartland	Des Moines Christian	20	17:15.57	5:28.04 (53)	11:08.74 (36)
27	Parker Duitsman	Estherville Lincoln Central	--	17:15.92	5:13.89 (20)	10:56.13 (22)
28	Isaac Reisinger	Waukon	21	17:16.61	5:24.36 (39)	11:04.80 (31)
29	Ray Gearhart	Oelwein	22	17:17.64	5:08.51 (10)	10:57.43 (23)
30	Maxson Fogg	Tipton	23	17:18.79	5:20.09 (29)	11:02.90 (28)
31	Brandon Hughes	Spirit Lake	--	17:19.30	5:13.46 (17)	11:01.46 (26)
32	Seth Countryman	Anamosa	--	17:19.95	5:23.75 (37)	11:09.80 (39)
33	Caleb Bohlmann	Tipton	24	17:21.44	5:20.42 (30)	11:03.79 (29)
34	Wyatt Gulla	Waukon	25	17:21.92	5:23.20 (36)	11:09.22 (37)
35	Nathan Pint	Jesup	--	17:22.77	5:14.34 (23)	11:00.74 (25)
36	Benjamin Driscoll	Oelwein	26	17:24.56	5:28.43 (54)	11:08.48 (35)
37	Drew Sandven	Okoboji Milford	27	17:24.85	5:31.30 (63)	11:21.34 (60)
38	Nathan O'Neill	Waukon	28	17:25.06	5:21.24 (31)	11:10.17 (40)
39	Ben Gosselink	Pella Christian	29	17:25.54	5:33.13 (72)	11:17.34 (51)
40	Rylan Martin	Darville/New London	30	17:27.41	5:14.08 (21)	10:58.09 (24)
41	Preston Yutzy	Mid-Prairie Wellman	31	17:27.51	5:37.33 (93)	11:18.46 (56)
42	Daylen Mulder	Unity Christian Orange City	32	17:27.54	5:25.07 (42)	11:13.58 (43)
43	Jack Mulert	Denver	33	17:28.03	5:36.38 (86)	11:15.86 (48)
44	Connor Cahoon	Waukon	34	17:29.03	5:24.35 (38)	11:09.73 (38)
45	Jonathon Breems	Unity Christian Orange City	35	17:29.10	5:24.87 (41)	11:07.95 (34)
46	Neal Pinter	Denver	36	17:29.86	5:32.93 (70)	11:17.74 (53)
47	Curren Johnson	Des Moines Christian	37	17:30.48	5:27.29 (49)	11:15.40 (46)
48	Jeff Campbell	Mediapolis	38	17:30.93	5:27.11 (48)	11:14.74 (45)
49	Logan Rosas	Mediapolis	39	17:31.29	5:26.91 (46)	11:14.68 (44)
50	Peyton Anderson	New Hampton	--	17:32.70	5:27.87 (52)	11:16.52 (49)
51	Austin Vander Werf	Interstate 35 Truro	--	17:33.49	5:32.36 (66)	11:16.90 (50)
52	Drake Weland	Eagle Grove	--	17:40.82	5:33.08 (71)	11:21.74 (61)
53	Ethan Wynia	Unity Christian Orange City	40	17:41.88	5:36.45 (87)	11:24.26 (64)
54	Akron Jostand	Okoboji Milford	41	17:42.13	5:19.65 (27)	11:12.78 (42)
55	Zach Flatebo	Garner-Hayfield-Ventura	42	17:42.35	5:26.00 (44)	11:11.81 (41)
56	Jack Gummert	Des Moines Christian	43	17:42.81	5:36.99 (91)	11:30.15 (73)
57	Parker Engel	East Sac County	--	17:43.78	5:27.05 (47)	11:17.35 (52)
58	Oscar Hanson	Southeast Valley Gowrie	--	17:44.60	5:27.38 (50)	11:18.10 (55)
59	Maxwell Schwandt	Denver	44	17:48.74	5:33.91 (77)	11:19.42 (57)
60	Lincoln Bainbridge	Van Buren County	--	17:49.86	5:25.55 (43)	11:22.25 (62)
61	Tysen DeVries	Pella Christian	45	17:51.40	5:34.82 (81)	11:30.92 (75)
62	Connor Dixson	Chariton	46	17:54.30	5:28.79 (57)	11:25.55 (66)
63	Christian Hesse	Okoboji Milford	47	17:54.47	5:32.30 (65)	11:26.84 (68)
64	Josh Hagenberg	Des Moines Christian	48	17:54.54	5:38.45 (100)	11:27.64 (70)
65	Josh Keenan	Waukon	49	17:55.36	5:23.18 (35)	11:15.86 (47)
66	Kaden Lynch	GCGR Grundy Center	--	17:58.55	5:22.86 (34)	11:18.02 (54)
67	Luka Hulse	Van Meter	--	18:00.70	5:34.20 (79)	11:32.04 (76)
68	Scylar Schulze	Garner-Hayfield-Ventura	50	18:01.13	5:28.61 (55)	11:29.36 (71)
69	Talan LaFrentz	Denver	51	18:02.14	5:28.62 (56)	11:27.04 (69)
70	Stephen Schreurs	Unity Christian Orange City	52	18:02.19	5:35.32 (83)	11:30.22 (74)

Athlete	Team	Score	Time	1 Mile	2 Mile	
71	Noah DeWeerd	Western Christian Hull	--	18:06.19	5:27.55 (51)	11:23.32 (63)
72	Blane Wallace	Chariton	53	18:08.29	5:29.27 (60)	11:26.44 (67)
73	Parker Sharp	Forest City	54	18:08.39	5:35.29 (82)	11:39.04 (84)
74	Brody Deerberg	Tipton	55	18:08.65	5:32.71 (68)	11:39.61 (86)
75	Jackson Shacklett	Danville/New London	56	18:08.68	5:26.19 (45)	11:21.08 (59)
76	Bronson Buitenwerf	Garner-Hayfield-Ventura	57	18:10.08	5:36.77 (88)	11:40.32 (87)
77	Ethan Bertram	Forest City	58	18:11.57	5:39.54 (102)	11:42.79 (95)
78	Landon Sporrer	East Sac County	--	18:13.32	5:37.94 (97)	11:41.24 (91)
79	Nate Keenan	Waukon	59	18:13.92	5:24.37 (40)	11:20.24 (58)
80	Trevor Baas	Denver	60	18:15.42	5:34.27 (80)	11:29.81 (72)
81	Dominic Bigalk	Crestwood Cresco	--	18:15.89	5:29.72 (61)	11:35.52 (79)
82	Sawyer Meinders	Pella Christian	61	18:16.97	5:48.73 (120)	11:41.50 (92)
83	Mason Yochum	Treynor	--	18:17.68	5:33.39 (73)	11:35.76 (80)
84	Blake Creed	Mid-Prairie Wellman	62	18:18.60	5:37.33 (92)	11:25.21 (65)
85	Jonah Pringnitz	Garner-Hayfield-Ventura	63	18:20.26	5:36.13 (85)	11:38.30 (82)
86	Caleb Schunk	Oelwein	64	18:20.40	5:29.21 (59)	11:36.34 (81)
87	Cooper Nuss	Southeast Valley Gowrie	--	18:23.16	5:34.19 (78)	11:35.07 (78)
88	Gabe Driscoll	Oelwein	65	18:23.47	5:43.18 (108)	11:48.49 (99)
89	Alex Lihs	Clarinda	66	18:24.94	5:37.36 (94)	11:40.80 (89)
90	Shaun Oosterheert	Pella Christian	67	18:25.85	5:44.55 (110)	11:49.58 (103)
91	David Crabb	Chariton	68	18:26.44	5:32.84 (69)	11:44.08 (96)
92	Bradley Hobbs	Chariton	69	18:28.23	5:33.51 (75)	11:49.05 (101)
93	Jayden Herrmann	Denver	70	18:29.57	5:45.01 (112)	11:48.69 (100)
94	Ethan Johnson	Forest City	71	18:29.91	5:31.10 (62)	11:39.24 (85)
95	Carson Strukel	Forest City	72	18:30.00	5:48.05 (117)	11:54.22 (106)
96	Sam Seddon	Eddyville-Blakesburg-Fremont	--	18:30.44	5:29.13 (58)	11:32.81 (77)
97	Deacon Branderhorst	Pella Christian	73	18:30.68	5:42.93 (107)	11:45.39 (97)
98	Josiah Welch	Forest City	74	18:33.99	5:38.33 (99)	11:47.12 (98)
99	Lane Scholten	Unity Christian Orange City	75	18:34.50	5:38.69 (101)	11:42.54 (94)
100	Dakota Hesseltine	Okoboji Milford	76	18:37.54	5:37.60 (96)	11:40.80 (90)
101	Noah Hinote	Greene County	--	18:37.67	5:33.51 (74)	11:38.30 (83)
102	Cauy Garrett	Danville/New London	77	18:38.48	5:33.63 (76)	11:42.40 (93)
103	Sam Meester	West Lyon Inwood	--	18:39.68	5:37.50 (95)	11:49.46 (102)
104	Talan Whaley	Danville/New London	78	18:40.21	5:32.42 (67)	11:40.46 (88)
105	Jadyn Welch	Forest City	79	18:40.49	5:38.04 (98)	11:50.22 (104)
106	Ben Reyes	Interstate 35 Truro	--	18:42.87	5:35.96 (84)	11:55.56 (107)
107	Gabe Swales	Denver	80	18:44.98	5:44.79 (111)	11:53.40 (105)
108	Brent Crabb	Chariton	81	18:45.95	5:36.90 (89)	11:56.06 (108)
109	Shinn Isaac	Danville/New London	82	18:47.41	5:46.03 (114)	11:57.37 (110)
110	Jesse Stultz	Mid-Prairie Wellman	83	18:47.80	5:51.85 (121)	12:08.47 (119)
111	Jett Kamberling	Tipton	84	18:50.39	5:40.38 (103)	11:59.91 (111)
112	Iain Monroe	Unity Christian Orange City	85	18:53.40	5:46.09 (115)	12:05.74 (116)
113	Carter Fesler	Danville/New London	86	18:55.29	5:36.98 (90)	12:00.17 (112)
114	Daniel Rodgers	Mid-Prairie Wellman	87	18:55.38	5:59.31 (124)	12:10.68 (123)
115	Nathan Wallington	Mid-Prairie Wellman	88	18:58.74	5:41.10 (105)	11:56.59 (109)

Athlete	Team	Score	Time	1 Mile	2 Mile
116 Silas Gann	Forest City	89	19:00.83	5:47.57 (116)	12:07.65 (118)
117 Rylan Henke	Clarinda	90	19:01.50	5:52.45 (122)	12:09.70 (121)
118 Ezra Landman	Unity Christian Orange City	91	19:02.91	5:44.43 (109)	12:03.87 (114)
119 Dreavin Shenefield	Chariton	92	19:06.08	5:40.88 (104)	12:09.37 (120)
120 Paxton Bouma	Pella Christian	93	19:08.33	5:48.05 (118)	12:06.07 (117)
121 Garrett Heller	Garner-Hayfield-Ventura	94	19:10.11	5:42.72 (106)	12:04.62 (115)
122 Andrew Shumaker	Tipton	95	19:14.70	5:45.65 (113)	12:03.58 (113)
123 Jordan Stock	Mid-Prairie Wellman	96	19:15.51	5:48.35 (119)	12:10.02 (122)
124 Grant Barr	Clarinda	97	19:19.66	5:52.46 (123)	12:11.02 (124)
125 Tyler Bratkowski	Mediapolis	98	19:41.24	6:07.19 (129)	12:33.19 (126)
126 Caleb Good	Garner-Hayfield-Ventura	99	19:51.77	6:01.43 (125)	12:37.25 (127)
127 Ben Rice	Mediapolis	100	19:58.41	6:02.91 (126)	12:32.57 (125)
128 Keshawn Williams	Oelwein	101	20:06.73	6:08.33 (130)	12:49.91 (128)
129 Samuel Kerns	Chariton	102	20:08.75	6:13.21 (131)	12:56.15 (129)
130 Forrest Eberly	Clarinda	103	20:23.34	6:05.76 (127)	12:57.34 (130)
131 Jonah Norton	Clarinda	104	20:39.58	6:06.01 (128)	13:01.29 (131)
132 Mak Kennedy	Mediapolis	105	21:36.85	6:38.39 (132)	13:52.38 (132)

Race #6
Class 3A Girls 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Pella	91	1:39:45	19:57	
2	Ballard	127	1:38:31	19:43	
3	Solon	128	1:40:41	20:09	
4	Mount Vernon-Lisbon	129	1:40:41	20:09	
5	ADM Adel	138	1:40:39	20:08	
6	Washington	190	1:43:00	20:36	
7	Clear Lake	212	1:43:51	20:47	
8	Glenwood	218	1:43:41	20:45	
9	Clear Creek-Amana	223	1:43:55	20:47	
10	Center Point-Urbana	229	1:44:31	20:55	
11	Bishop Heelan Catholic Sioux City	257	1:45:00	21:00	
12	Gilbert	261	1:45:00	21:00	
13	Carlisle	264	1:45:15	21:03	
14	Harlan	272	1:45:07	21:02	
15	Moc-Floyd Valley	286	1:45:41	21:09	

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Pella	93
2	Solon	100
3	Mount Vernon-Lisbon	116
4	Ballard	123
5	ADM Adel	165
6	Washington	198
7	Glenwood	206
8	Clear Creek-Amana	213
9	Clear Lake	229
10	Carlisle	236
11	Center Point-Urbana	242
12	Harlan	258
13	Moc-Floyd Valley	303
13	Gilbert	303
15	Bishop Heelan Catholic Sioux City	367

2 MILE

UNOFFICIAL Standings		Score
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UNOFFICIAL Standings		Score
1	Pella	86
2	Solon	122
3	Mount Vernon-Lisbon	127
4	Ballard	132
5	ADM Adel	150
6	Glenwood	192
7	Washington	204
8	Clear Lake	212
8	Clear Creek-Amana	212
10	Center Point-Urbana	237
11	Carlisle	265
12	Harlan	284
13	Moc-Floyd Valley	285
14	Bishop Heelan Catholic Sioux City	293
15	Gilbert	303

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Paityn Noe	Ballard	1	16:48.58	5:14.96 (1)	10:44.78 (1)
2	Kayla Young	Solon	2	18:24.13	5:47.37 (5)	11:49.45 (4)
3	Lourdes Mason	Mount Vernon-Lisbon	3	18:27.32	5:47.30 (3)	11:41.51 (2)
4	Geneva Timmerman	ADM Adel	4	18:40.31	5:39.20 (2)	11:47.57 (3)
5	Marissa Ferebee	Pella	5	18:50.29	5:47.36 (4)	11:53.77 (5)
6	Lindsey Sonderman	Harlan	6	19:10.04	5:47.68 (6)	12:07.11 (6)
7	Iris Dahl	Washington	7	19:20.71	5:52.94 (9)	12:14.49 (8)
8	Avery Rump	Fort Madison	--	19:23.08	5:52.74 (8)	12:14.42 (7)
9	Ava Rush	Atlantic	--	19:26.78	6:00.18 (19)	12:25.66 (14)
10	Nakia Ollivierre	Iowa Falls-Alden/AGWSR	--	19:27.45	5:51.50 (7)	12:22.85 (10)
11	Annika Larson	Ballard	8	19:31.87	5:53.00 (10)	12:21.31 (9)
12	Haley James	ADM Adel	9	19:33.13	5:58.32 (16)	12:27.97 (15)
13	Haidyn Barker	Clear Creek-Amana	10	19:33.61	5:56.29 (14)	12:23.52 (11)
14	Emma Wilkerson	Center Point-Urbana	11	19:35.00	5:55.60 (12)	12:23.73 (12)
15	Claire Pellett	Atlantic	--	19:38.96	6:01.57 (20)	12:36.03 (22)
16	Lola Mendlik	Denison Community	--	19:39.56	5:56.88 (15)	12:28.06 (16)
17	Autumn Blink	Pella	12	19:43.69	6:02.15 (21)	12:28.23 (17)
18	Madelyn Berglund	Glenwood	13	19:44.68	6:02.15 (22)	12:32.39 (19)
19	Maya Bergstrom	Carlisle	14	19:51.61	5:58.72 (17)	12:33.57 (20)
20	Addison Doughan	Clear Lake	15	19:56.15	5:55.02 (11)	12:24.93 (13)
21	Peyton Morey	Spencer	--	20:02.91	5:55.66 (13)	12:29.81 (18)
22	Alyssa Klein	Epworth Western Dubuque	--	20:03.00	6:02.28 (23)	12:38.88 (24)
23	Lucy Murphy	Wahlert Dubuque	--	20:03.56	6:07.77 (33)	12:46.57 (30)
24	Avelyn Vance	Ballard	16	20:05.21	6:08.27 (36)	12:44.97 (27)
25	Marie Daggett	Carlisle	17	20:05.65	5:58.91 (18)	12:33.73 (21)

Athlete	Team	Score	Time	1 Mile	2 Mile	
26	Emrie Johnson	Mount Vernon-Lisbon	18	20:10.97	6:04.60 (26)	12:37.92 (23)
27	Liza Schaffer	North Polk Alleman	--	20:13.57	6:06.63 (30)	12:44.65 (26)
28	Lily Miller	Center Point-Urbana	19	20:14.38	6:11.04 (42)	12:47.55 (31)
29	Raegan Snieder	Pella	20	20:14.73	6:16.68 (66)	12:56.15 (41)
30	Jaida Lyons	Benton Community	--	20:17.79	6:02.32 (24)	12:40.87 (25)
31	Brynn Malo	Humboldt	--	20:18.74	6:14.27 (51)	12:56.72 (43)
32	Tierney Carter	Oskaloosa	--	20:19.15	6:06.38 (29)	12:49.93 (37)
33	Brooklyn Stanley	Bishop Heelan Catholic Sioux City	21	20:19.89	6:23.95 (87)	13:11.57 (69)
34	Moriah Knapp	Algona	--	20:20.03	6:06.37 (28)	12:46.35 (29)
35	Lizzie Neumann	Pella	22	20:20.41	6:06.10 (27)	12:45.83 (28)
36	Mary Fiala	Solon	23	20:20.81	6:08.10 (34)	12:47.71 (32)
37	Elyse Zwart	Boyden-Hull	--	20:21.14	6:07.14 (32)	12:49.29 (36)
38	Clare Stahr	Gilbert	24	20:21.40	6:09.94 (40)	12:55.84 (40)
39	Lilian Graham	Wahlert Dubuque	--	20:21.87	6:08.39 (37)	12:49.03 (35)
40	Sydney Dee	Solon	25	20:26.27	6:06.90 (31)	12:48.46 (33)
41	Deni Katcher	Center Point-Urbana	26	20:27.78	6:10.60 (41)	12:50.45 (38)
42	Edith Dawson	Mount Vernon-Lisbon	27	20:27.93	6:26.93 (96)	13:09.74 (64)
43	Ava Richardson	Ballard	28	20:28.17	6:13.55 (47)	12:59.24 (45)
44	Biyanca Dokter	Moc-Floyd Valley	29	20:28.95	6:16.73 (67)	13:07.87 (61)
45	Marie Dea	Kuemper Catholic Carroll	--	20:29.68	6:11.18 (43)	12:56.39 (42)
46	Emily McLaughlin	Clear Lake	30	20:31.52	6:15.15 (56)	13:05.47 (54)
47	Emma Arnold	Xavier Cedar Rapids	--	20:32.01	6:02.94 (25)	12:59.05 (44)
48	Lauren Hughes	Glenwood	31	20:34.30	6:15.75 (60)	12:59.72 (46)
49	Macy Schroeder	Pella	32	20:35.23	6:08.80 (38)	12:48.90 (34)
50	Quincy Griffis	Washington	33	20:36.16	6:13.54 (46)	13:01.40 (48)
51	Anna Feuerbach	Clear Lake	34	20:36.50	6:15.55 (59)	13:05.38 (53)
52	Hadley Kruse	Newton	--	20:38.02	6:08.21 (35)	12:55.63 (39)
53	Kiersten Swart	Mount Vernon-Lisbon	35	20:38.09	6:14.07 (49)	13:01.80 (49)
54	Lydia Maas	Hampton-Dumont-CAL	--	20:38.15	6:15.03 (55)	13:02.40 (50)
55	Hannah Desmarais	ADM Adel	36	20:41.34	6:18.27 (75)	13:10.33 (65)
56	Teah Miller	Iowa Falls-Alden/AGWSR	--	20:41.69	6:15.50 (58)	13:01.33 (47)
57	Paige Mattes	ADM Adel	37	20:42.16	6:17.55 (71)	13:08.60 (62)
58	Mara Duster	Solon	38	20:42.86	6:14.08 (50)	13:04.74 (51)
59	Sara Kinzenbaw	Clear Creek-Amana	39	20:43.93	6:17.05 (68)	13:07.24 (58)
60	Gracie Federspiel	Solon	40	20:46.50	6:13.43 (45)	13:11.32 (67)
61	Jenna Gessert	Harlan	41	20:49.06	6:22.90 (83)	13:15.46 (75)
62	Lilah Takes	Wahlert Dubuque	--	20:49.60	6:12.90 (44)	13:05.38 (52)
63	Breckyn Petersen	Glenwood	42	20:49.66	6:16.48 (63)	13:06.12 (55)
64	Kendra Zeutenhorst	Sioux Center	--	20:52.71	6:17.83 (72)	13:11.27 (66)
65	Kiera Rogers	Clear Creek-Amana	43	20:52.79	6:17.14 (69)	13:06.76 (56)
66	Makenzie DeRocher	LeMars	--	20:53.80	6:19.62 (79)	13:20.01 (83)
67	Emerson Quick	Assumption Davenport	--	20:54.25	6:17.84 (73)	13:13.73 (72)
68	Alyvia Anderson	Washington	44	20:54.38	6:23.32 (84)	13:15.26 (74)
69	Mya Bond	North Polk Alleman	--	20:55.60	6:18.10 (74)	13:19.93 (82)
70	Bella Meyers	Epworth Western Dubuque	--	20:55.78	6:13.75 (48)	13:12.11 (70)

Athlete	Team	Score	Time	1 Mile	2 Mile	
71	Aryana Dokter	Moc-Floyd Valley	45	20:55.88	6:16.10 (62)	13:07.75 (60)
72	Sydney Bochmann	Waverly-Shell Rock	--	20:56.07	6:09.16 (39)	13:07.67 (59)
73	Hailey Bock	Mount Vernon-Lisbon	46	20:56.21	6:14.77 (53)	13:06.83 (57)
74	Lauren Horak	Washington	47	20:58.55	6:23.95 (86)	13:20.43 (84)
75	Keira Andersen	Gilbert	48	20:59.43	6:28.80 (106)	13:29.88 (100)
76	Sophia Boonstra	Pella	49	21:00.38	6:15.85 (61)	13:09.60 (63)
77	Grace Roerig	Bishop Heelan Catholic Sioux City	50	21:00.44	6:30.02 (113)	13:22.47 (86)
78	Brylee Schechinger	Harlan	51	21:00.46	6:16.59 (65)	13:13.51 (71)
79	Gracelyn Martens Sinn	ADM Adel	52	21:01.20	6:23.71 (85)	13:17.34 (78)
80	Kira Barker	Clear Creek-Amana	53	21:01.86	6:17.14 (70)	13:16.24 (77)
81	Rebekah Steinbron	Clear Lake	54	21:03.29	6:24.35 (89)	13:18.57 (81)
82	Anna Quillin	Solon	55	21:04.57	6:18.80 (76)	13:18.11 (80)
83	Morgan Sutton	Winterset	--	21:05.49	6:16.56 (64)	13:17.54 (79)
84	Delaney Saulsbury	Bishop Heelan Catholic Sioux City	56	21:07.10	6:28.75 (105)	13:27.01 (91)
85	Belle Berg	Atlantic	--	21:07.41	6:19.04 (78)	13:15.53 (76)
86	Claire Grandgenett	Gilbert	57	21:08.24	6:28.74 (104)	13:29.52 (98)
87	Riley Gach	Carlisle	58	21:08.60	6:18.93 (77)	13:25.15 (90)
88	Angeline Anderson	Washington	59	21:09.31	6:24.43 (90)	13:27.60 (93)
89	Jacie Trine	Pella	60	21:10.26	6:14.91 (54)	13:14.74 (73)
90	Ellie Ritz	Bishop Heelan Catholic Sioux City	61	21:10.36	6:30.16 (114)	13:27.22 (92)
91	Elin Van Der Werff	Moc-Floyd Valley	62	21:11.36	6:21.92 (82)	13:24.56 (87)
92	Laura Swart	Mount Vernon-Lisbon	63	21:11.69	6:15.29 (57)	13:11.53 (68)
93	Nora Kalvik	Gilbert	64	21:12.16	6:28.86 (107)	13:29.95 (101)
94	Haylee Hughes	Glenwood	65	21:14.36	6:20.32 (80)	13:21.37 (85)
95	Teagan Tracy	Moc-Floyd Valley	66	21:15.48	6:29.58 (111)	13:28.18 (96)
96	Brooklyn Schultz	Glenwood	67	21:17.47	6:26.35 (93)	13:25.14 (89)
97	Abby Patel	Gilbert	68	21:17.97	6:27.40 (99)	13:29.57 (99)
98	Maddie Demke	Bishop Heelan Catholic Sioux City	69	21:21.41	6:29.90 (112)	13:28.05 (95)
99	Addison Rump	Fort Madison	--	21:25.35	6:24.13 (88)	13:28.84 (97)
100	Scarlett Walsh	Bishop Heelan Catholic Sioux City	70	21:28.53	6:30.17 (115)	13:31.14 (102)
101	Isabella Lujan	Washington	71	21:31.58	6:24.51 (91)	13:33.73 (105)
102	Gabi Moehlman	Mount Vernon-Lisbon	72	21:35.07	6:32.40 (118)	13:46.02 (119)
103	Sarah Thatcher	Gilbert	73	21:36.21	6:27.64 (101)	13:35.57 (106)
104	Brynn Wilson	Ballard	74	21:36.48	6:26.85 (95)	13:42.05 (111)
105	Kendall Hinrichsen	Washington	75	21:38.01	6:21.30 (81)	13:32.73 (104)
106	Ashlyn Williams	Solon	76	21:41.42	6:14.53 (52)	13:24.98 (88)
107	Sydney McCormick	Center Point-Urbana	77	21:42.42	6:30.90 (116)	13:44.62 (115)
108	Harper Tecklenburg	Clear Creek-Amana	78	21:42.45	6:27.26 (98)	13:41.35 (110)
109	Lauren Englin	Clear Lake	79	21:42.79	6:35.18 (122)	13:44.52 (114)
110	Emily Schechinger	Harlan	80	21:44.07	6:28.50 (102)	13:45.74 (118)
111	Emerson Griffin	Glenwood	81	21:44.67	6:26.35 (94)	13:32.02 (103)
112	Hannah McGraw	Carlisle	82	21:47.18	6:25.37 (92)	13:35.97 (107)
113	Mackealin Sutton	ADM Adel	83	21:47.89	6:29.47 (110)	13:41.19 (109)
114	Olivia Bahrke	Moc-Floyd Valley	84	21:48.89	6:35.70 (123)	13:47.32 (121)
115	McKenzie Dee	Ballard	85	21:49.04	6:29.08 (108)	13:40.34 (108)

Athlete	Team	Score	Time	1 Mile	2 Mile
116 Ashleigh Jochum	Bishop Heelan Catholic Sioux City	86	21:49.43	6:28.60 (103)	13:27.67 (94)
117 Rachel Haverdink	Moc-Floyd Valley	87	21:52.34	6:33.63 (119)	13:43.88 (113)
118 Ryley Nebel	Glenwood	88	21:53.85	6:29.26 (109)	13:47.49 (122)
119 Jadyne Heesch	Clear Lake	89	21:55.56	6:36.30 (124)	13:43.49 (112)
120 Sarah May	Moc-Floyd Valley	90	21:56.57	6:33.63 (120)	13:45.71 (117)
121 Abby McGuire	Gilbert	91	22:08.32	6:27.60 (100)	13:54.06 (123)
122 Alaina Nelson	ADM Adel	92	22:11.13	6:51.40 (132)	14:07.15 (128)
123 Corrine Mccord	Sioux Center	--	22:11.99	6:27.01 (97)	13:46.56 (120)
124 Kira Fisk	Carlisle	93	22:21.52	6:44.78 (130)	14:05.93 (127)
125 Kayla Anderson	Harlan	94	22:22.83	6:32.14 (117)	14:01.09 (124)
126 Raegan Loewe	Ballard	95	22:25.93	6:46.10 (131)	14:13.79 (130)
127 Julia Paine	Center Point-Urbana	96	22:30.60	6:43.92 (129)	14:12.81 (129)
128 Eva Leighton-Dick	Clear Creek-Amana	97	22:38.87	6:36.32 (125)	14:03.47 (126)
129 Riley Sievers	Carlisle	98	22:53.22	6:42.26 (128)	14:37.49 (133)
130 Taylor Bieker	Harlan	99	23:24.13	6:37.33 (127)	14:27.13 (131)
131 Lily Schechinger	Harlan	100	23:32.81	6:52.82 (133)	14:36.27 (132)
132 Sophia Carney	Carlisle	101	23:38.06	7:17.69 (134)	15:00.81 (134)
133 Alexis Hauge	Clear Lake	102	24:10.37	6:36.54 (126)	13:44.78 (116)
134 Sophia Gentz	Center Point-Urbana	103	24:28.65	7:28.42 (135)	15:34.26 (135)
135 Madison Bockenstedt	Center Point-Urbana	104	26:00.44	7:47.79 (136)	16:20.56 (136)
Raegan Wyant	Clear Creek-Amana	--	DNF	6:34.48 (121)	14:02.37 (125)

Race #7
Class 3A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Pella	79	1:22:32	16:31
2	Marion	115	1:24:00	16:48
3	North Polk Alleman	123	1:24:04	16:49
4	Carlisle	134	1:25:14	17:03
5	Winterset	141	1:24:51	16:59
6	Glenwood	154	1:25:14	17:03
7	Gilbert	186	1:25:41	17:09
8	Moc-Floyd Valley	212*	1:26:42	17:21
9	Mount Vernon-Lisbon	212*	1:26:37	17:20
10	Epworth Western Dubuque	231	1:26:27	17:18
11	Solon	259	1:27:42	17:33
12	ADM Adel	264	1:27:44	17:33
13	Lewis Central	277	1:27:37	17:32
14	Clear Creek-Amana	300	1:28:24	17:41
15	Fort Madison	375	1:30:34	18:07

***Tiebreakers**

Moc-Floyd Valley	15	29	44	60	64	74	78
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Mount Vernon-Lisbon	11	38	47	48	68	81	100
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SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings	Score	
1	Marion	94
2	Pella	105
3	Winterset	133
4	Glenwood	136
5	Gilbert	146
6	North Polk Alleman	154
7	Epworth Western Dubuque	172
8	Carlisle	174
9	Solon	238
10	Mount Vernon-Lisbon	252
11	Lewis Central	271
12	Moc-Floyd Valley	288
13	Clear Creek-Amana	291
14	ADM Adel	317

UNOFFICIAL Standings**Score**

15	Fort Madison	384
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2 MILE**UNOFFICIAL Standings****Score**

1	Pella	93
2	Marion	97
3	North Polk Alleman	129
4	Winterset	143
5	Glenwood	149
6	Carlisle	151
7	Gilbert	157
8	Epworth Western Dubuque	207
9	Mount Vernon-Lisbon	228
10	Moc-Floyd Valley	233
11	Solon	257
12	Lewis Central	282
13	ADM Adel	283
14	Clear Creek-Amana	302
15	Fort Madison	399

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Ethan Eichhorn	Lewis Central	1	15:32.43	4:48.22 (2)	9:51.31 (2)
2	Jedidiah Osgood	Marion	2	15:34.17	4:48.16 (1)	9:50.70 (1)
3	Isaiah Hammerand	Epworth Western Dubuque	3	15:49.10	4:48.30 (3)	9:53.53 (3)
4	Zach Spora	North Polk Alleman	4	15:51.24	4:57.08 (8)	10:11.79 (7)
5	William Wadsley	Gilbert	5	15:52.45	4:57.48 (10)	10:11.21 (5)
6	Canaan Dunham	Pella	6	16:00.62	4:57.02 (7)	10:10.78 (4)
7	Tommy Tynismaa	South Tama County Tama	--	16:04.90	5:02.02 (15)	10:17.10 (9)
8	Chase Lauman	Pella	7	16:08.77	4:56.85 (6)	10:11.27 (6)
9	Nathan VanderWaal	Pella	8	16:09.33	4:58.52 (11)	10:20.15 (12)
10	Bryant Keller	Glenwood	9	16:09.37	4:56.59 (4)	10:13.54 (8)
11	Mason Back	Winterset	10	16:13.90	4:57.18 (9)	10:19.63 (10)
12	Luiz Martinez	Storm Lake	--	16:21.24	5:03.68 (20)	10:24.82 (13)
13	Micah Rees	Washington	--	16:26.82	5:01.06 (13)	10:19.63 (11)
14	Grady Olberding	Mount Vernon-Lisbon	11	16:28.29	5:03.02 (18)	10:27.46 (15)
15	Max Spora	North Polk Alleman	12	16:33.18	5:06.31 (34)	10:38.93 (25)
16	Kade Diercks	Lewis Central	13	16:41.65	4:56.77 (5)	10:27.06 (14)
17	Alik McClravy	North Polk Alleman	14	16:42.42	5:05.55 (29)	10:36.54 (22)
18	Trevor Mirande	Moc-Floyd Valley	15	16:44.52	5:00.78 (12)	10:29.98 (16)
19	Joel Ramirez-Parra	Storm Lake	--	16:44.85	5:04.47 (23)	10:35.30 (20)
20	Kael Streeter	Carlisle	16	16:46.62	5:05.73 (31)	10:34.65 (18)

Athlete		Team	Score	Time	1 Mile	2 Mile
21	Eli Page	Vinton-Shellsburg	--	16:49.06	5:14.54 (58)	10:46.50 (34)
22	Brick Kabela	Solon	17	16:49.15	5:03.92 (22)	10:33.69 (17)
23	Andrew Smith	Glenwood	18	16:49.54	5:02.21 (16)	10:38.09 (24)
24	Cooper Cook	Marion	19	16:51.09	5:05.30 (27)	10:35.18 (19)
25	Sam Hensley	Winterset	20	16:52.03	5:04.90 (25)	10:39.53 (27)
26	Jakob Regennitter	Marion	21	16:52.78	5:03.40 (19)	10:36.60 (23)
27	Ethan Easter	Winterset	22	16:54.70	5:05.30 (28)	10:39.32 (26)
28	Quentin Nauman	Epworth Western Dubuque	23	16:57.19	5:08.86 (39)	10:46.50 (35)
29	Torin Timmerman	ADM Adel	24	16:58.12	5:02.68 (17)	10:35.96 (21)
30	Brock Hilsman	Clear Creek-Amana	25	16:59.10	5:07.12 (35)	10:44.17 (32)
31	Chase Gach	Carlisle	26	17:00.30	5:05.87 (32)	10:43.66 (31)
32	Kamden Brown	Carlisle	27	17:01.18	5:05.67 (30)	10:41.88 (30)
33	Ryan Stundahl	Algona	--	17:04.98	5:04.84 (24)	10:47.79 (36)
34	Devon Browne	Pella	28	17:05.72	5:17.28 (72)	10:58.82 (59)
35	Richard Gonzalez	Denison Community	--	17:06.06	5:16.26 (66)	10:58.12 (56)
36	Isaiah Hulshof	Moc-Floyd Valley	29	17:07.41	5:01.26 (14)	10:40.57 (28)
37	Noah Schuknecht	Pella	30	17:07.51	5:12.86 (52)	10:48.82 (38)
38	Easton VanDenBerg	Sioux Center	--	17:07.84	5:03.86 (21)	10:44.86 (33)
39	Ryan North	Kuemper Catholic Carroll	--	17:08.54	5:14.62 (59)	10:53.43 (44)
40	Michael Yeomans	Solon	31	17:09.09	5:15.00 (62)	10:52.48 (43)
41	Brody Roth	Carlisle	32	17:11.93	5:24.77 (96)	10:58.82 (58)
42	Logan Howard	Carlisle	33	17:13.09	5:15.41 (63)	10:57.36 (54)
43	Jack Crane	Clear Lake	--	17:13.93	5:08.66 (38)	10:48.04 (37)
44	Trace Obbink	LeMars	--	17:14.95	5:10.87 (44)	10:49.37 (39)
45	Preston Stensland	Gilbert	34	17:15.69	5:09.90 (41)	10:53.78 (45)
46	Caleb Olson	Central DeWitt	--	17:17.66	5:13.50 (54)	10:55.68 (49)
47	Jacob Greving	Kuemper Catholic Carroll	--	17:18.90	5:16.38 (67)	10:56.50 (51)
48	Jayden Brookins	Wahlert Dubuque	--	17:19.30	5:14.89 (61)	10:58.52 (57)
49	Liam Hays	Glenwood	35	17:19.31	5:10.48 (42)	10:51.38 (41)
50	Chris Oberbroeckling	Marion	36	17:20.05	5:11.25 (46)	10:54.67 (47)
51	Jordan Fischer	Marion	37	17:21.62	5:05.30 (26)	10:41.36 (29)
52	Klayten Perreault	Mount Vernon-Lisbon	38	17:21.92	5:19.95 (79)	11:02.00 (66)
53	Carson Squiers	Gilbert	39	17:22.03	5:13.24 (53)	10:57.08 (53)
54	Austin Stierman	North Polk Alleman	40	17:22.23	5:16.56 (68)	10:55.30 (48)
55	Cooper Vande Voort	Pella	41	17:22.24	5:15.98 (65)	11:00.67 (63)
56	Kevin Coots	Glenwood	42	17:23.30	5:11.51 (48)	10:55.98 (50)
57	Collin Kessler	Winterset	43	17:23.97	5:12.26 (50)	10:57.02 (52)
58	Ian Van Der Werff	Moc-Floyd Valley	44	17:24.44	5:32.02 (117)	11:09.06 (80)
59	Jacob Shottenkirk	Fort Madison	45	17:25.37	5:24.91 (97)	11:05.82 (76)
60	Eli Cowman	Winterset	46	17:26.21	5:16.82 (70)	11:03.58 (68)
61	Ben Carthey	Mount Pleasant	--	17:26.72	5:07.28 (36)	10:57.88 (55)
62	Wesley Sadler	Mount Vernon-Lisbon	47	17:27.23	5:20.46 (82)	11:04.98 (73)
63	Dawson Scheil	Mount Vernon-Lisbon	48	17:28.77	5:20.91 (85)	11:04.85 (71)
64	Elijah Blix	Vinton-Shellsburg	--	17:31.01	5:14.20 (55)	10:53.96 (46)
65	Zack Neumann	Pella	49	17:31.95	5:15.86 (64)	10:59.53 (61)

Athlete	Team	Score	Time	1 Mile	2 Mile	
66	Preston Slayman	Glenwood	50	17:32.48	5:17.60 (73)	11:04.60 (70)
67	Harrison Kraehling	Gilbert	51	17:33.17	5:14.30 (57)	10:59.15 (60)
68	Harrison Desmarais	ADM Adel	52	17:33.35	5:29.72 (113)	11:17.50 (87)
69	Ethan Stierman	North Polk Alleman	53	17:33.99	5:17.02 (71)	11:00.14 (62)
70	Derek Fangmann	Epworth Western Dubuque	54	17:34.11	5:10.68 (43)	10:49.85 (40)
71	Nick Williams	Charles City	--	17:34.87	5:11.31 (47)	11:04.92 (72)
72	Xander Graeser	Charles City	--	17:35.49	5:08.38 (37)	11:05.59 (75)
73	Ezra DeCleene	Carlisle	55	17:35.74	5:20.28 (80)	11:07.58 (79)
74	Hunter Landphair	ADM Adel	56	17:37.28	5:27.56 (108)	11:10.21 (81)
75	Zain Mueller	Gilbert	57	17:37.46	5:06.25 (33)	10:52.16 (42)
76	Emmett Barber	Gilbert	58	17:37.72	5:14.76 (60)	11:00.74 (64)
77	Jackson Griffin	Glenwood	59	17:38.15	5:19.28 (78)	11:05.32 (74)
78	Caleb Hoins	Waverly-Shell Rock	--	17:38.98	5:09.44 (40)	11:02.19 (67)
79	James Brant	South Tama County Tama	--	17:40.63	5:11.51 (49)	11:00.80 (65)
80	Micah Schmidt	Moc-Floyd Valley	60	17:41.27	5:27.42 (107)	11:16.23 (85)
81	Thomas Stiltner	Clear Creek-Amana	61	17:41.45	5:21.89 (88)	11:18.85 (94)
82	Jamie Hayes	Clear Creek-Amana	62	17:42.01	5:24.97 (99)	11:18.52 (92)
83	Isaac Chapman	ADM Adel	63	17:43.53	5:29.72 (114)	11:18.66 (93)
84	Micah DeYoung	Moc-Floyd Valley	64	17:43.77	5:31.62 (116)	11:20.30 (98)
85	Tyler Alderton	Washington	--	17:45.15	5:12.74 (51)	11:07.46 (78)
86	Drew Meyer	Epworth Western Dubuque	65	17:46.17	5:14.20 (56)	11:11.54 (82)
87	Grant Bumsted	Solon	66	17:47.35	5:17.66 (74)	11:07.13 (77)
88	Nolan Guzman	Fort Madison	67	17:50.02	5:25.85 (102)	11:20.60 (100)
89	Seamus O'Connor	Mount Vernon-Lisbon	68	17:50.60	5:21.13 (86)	11:15.56 (84)
90	Keegan Holdmeyer	ADM Adel	69	17:51.11	5:29.38 (112)	11:19.30 (96)
91	Nolan Mandernach	North Polk Alleman	70	17:53.99	5:26.68 (106)	11:23.17 (104)
92	Dillon Anderson	Glenwood	71	17:55.03	5:17.90 (75)	11:13.28 (83)
93	Lawsin Sinnwell	Solon	72	17:57.68	5:23.59 (93)	11:24.85 (106)
94	Evan Burg	Solon	73	17:58.28	5:20.41 (81)	11:19.15 (95)
95	Nathan Anderson	Moc-Floyd Valley	74	17:58.32	5:34.82 (124)	11:28.36 (108)
96	Carter Holland	Nevada	--	17:58.35	5:11.13 (45)	11:04.48 (69)
97	Peyton Stadler	Clear Creek-Amana	75	17:58.65	5:21.49 (87)	11:18.26 (89)
98	Isaac Rankin	Knoxville	--	18:00.65	5:28.92 (110)	11:17.10 (86)
99	Hubie Chaplin	ADM Adel	76	18:01.46	5:20.60 (83)	11:20.66 (101)
100	Isaac Sorensen	Clear Creek-Amana	77	18:02.02	5:20.66 (84)	11:18.52 (91)
101	Thatcher Doughan	Moc-Floyd Valley	78	18:02.79	5:35.48 (125)	11:30.22 (111)
102	Sam Peters	ADM Adel	79	18:02.99	5:24.97 (100)	11:21.68 (102)
103	Devon Fields	Atlantic	--	18:03.97	5:24.31 (95)	11:24.23 (105)
104	Marshall Arkfeld	Lewis Central	80	18:06.24	5:26.25 (104)	11:25.60 (107)
105	Zach Fall	Mount Vernon-Lisbon	81	18:08.30	5:22.72 (89)	11:19.62 (97)
106	Luke Heithoff	Winterset	82	18:08.88	5:29.38 (111)	11:30.86 (113)
107	Riley Tripp	Fort Madison	83	18:10.48	5:26.45 (105)	11:30.42 (112)
108	Kyle Powers	Wahlert Dubuque	--	18:15.80	5:18.16 (76)	11:22.69 (103)
109	Nolan Weber	Gilbert	84	18:17.97	5:16.76 (69)	11:17.88 (88)
110	Zach Streeter	Carlisle	85	18:18.25	5:23.71 (94)	11:31.06 (114)

Athlete	Team	Score	Time	1 Mile	2 Mile
111 Levi Meyer	Epworth Western Dubuque	86	18:20.08	5:23.15 (91)	11:28.48 (109)
112 Logan Kafer	Clear Creek-Amana	87	18:21.72	5:32.36 (118)	11:33.11 (116)
113 Peyton Lambert	Fort Madison	88	18:28.03	5:25.93 (103)	11:31.56 (115)
114 Richard Selken	Lewis Central	89	18:33.94	5:30.19 (115)	11:42.26 (119)
115 Evan Janzen	Sergeant Bluff-Luton	--	18:35.50	5:18.88 (77)	11:29.46 (110)
116 Camden Lyons	Solon	90	18:36.25	5:32.94 (123)	11:45.63 (123)
117 Jarred Regennitter	Marion	91	18:37.75	5:24.91 (98)	11:38.54 (117)
118 Mason McLey	Fort Madison	92	18:39.80	5:25.53 (101)	11:38.65 (118)
119 Jace Fopma	Marion	93	18:41.08	5:32.36 (119)	11:45.33 (122)
120 Asher Rodenburg	Lewis Central	94	18:42.47	5:32.76 (122)	11:43.39 (120)
121 Wyatt Applegarth	Solon	95	18:50.39	5:32.44 (120)	11:44.59 (121)
122 Brody Staner	Epworth Western Dubuque	96	18:53.00	5:28.16 (109)	11:46.23 (124)
123 Grant Aspengren	North Polk Alleman	97	19:09.49	5:23.35 (92)	11:20.48 (99)
124 Cameron Kimm	Clear Creek-Amana	98	19:12.52	5:32.56 (121)	11:47.79 (125)
125 Castille Johnstun	Fort Madison	99	19:17.27	5:49.87 (131)	12:22.35 (131)
126 Junior Krob	Mount Vernon-Lisbon	100	19:22.99	5:22.78 (90)	11:18.32 (90)
127 Drew White	Lewis Central	101	19:27.04	5:39.78 (127)	12:11.38 (127)
128 Cameron Shutwell	Fort Madison	102	19:32.45	5:49.60 (130)	12:16.17 (128)
129 Liam Sutton	Winterset	103	19:33.49	5:37.48 (126)	12:08.85 (126)
130 Jaxon Brewer	Lewis Central	104	19:42.52	5:44.26 (128)	12:18.71 (130)
131 Thomas Blair	Epworth Western Dubuque	105	19:49.42	5:44.83 (129)	12:18.46 (129)

Race #8
Class 4A Girls 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Dubuque Hempstead	60	1:33:39	18:44	
2	Johnston	105	1:36:05	19:13	
3	Dubuque Senior	135	1:37:58	19:36	
4	Ankeny Centennial	151	1:37:25	19:29	
5	Valley West Des Moines	192	1:38:54	19:47	
6	Pleasant Valley	196	1:39:07	19:50	
7	Ankeny	200	1:39:39	19:56	
8	Waukee	210	1:40:09	20:02	
9	Ames	211	1:38:54	19:47	
10	Dowling Catholic West Des Moines	216	1:40:15	20:03	
11	Des Moines Roosevelt	222	1:39:01	19:49	
12	Linn-Mar Marion	273	1:41:33	20:19	
13	Cedar Falls	283	1:41:54	20:23	
14	Southeast Polk	306	1:42:49	20:34	
15	Iowa City City High	328	1:43:17	20:40	

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Dubuque Hempstead	71
2	Johnston	100
3	Des Moines Roosevelt	146
4	Pleasant Valley	153
5	Dubuque Senior	169
6	Valley West Des Moines	185
7	Ankeny Centennial	193
8	Ames	198
9	Linn-Mar Marion	225
10	Dowling Catholic West Des Moines	226
11	Waukee	234
12	Iowa City City High	254
13	Southeast Polk	293
14	Cedar Falls	306
15	Ankeny	340

2 MILE

UNOFFICIAL Standings		Score
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UNOFFICIAL Standings		Score
1	Dubuque Hempstead	67
2	Johnston	102
3	Pleasant Valley	137
4	Dubuque Senior	155
5	Des Moines Roosevelt	164
6	Ankeny Centennial	166
7	Valley West Des Moines	194
8	Ames	208
9	Waukee	220
10	Dowling Catholic West Des Moines	235
11	Linn-Mar Marion	260
12	Ankeny	264
13	Cedar Falls	297
14	Southeast Polk	311
15	Iowa City City High	318

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Adrienne Buettner-Cable	Des Moines Roosevelt	1	17:41.24	5:23.14 (1)	11:06.15 (1)
2	Olivia Verde	Johnston	2	18:01.57	5:32.39 (3)	11:34.54 (3)
3	Julia Gehl	Dubuque Hempstead	3	18:03.20	5:39.17 (6)	11:35.87 (4)
4	Addison Dorenkamp	Valley West Des Moines	4	18:07.97	5:24.36 (2)	11:26.55 (2)
5	Rondi Quass	Ankeny Centennial	5	18:15.69	5:44.67 (12)	11:37.72 (7)
6	Abi Hahn	Des Moines Roosevelt	6	18:21.87	5:39.29 (7)	11:35.87 (5)
7	Claire Helmers	Ames	7	18:22.05	5:37.11 (4)	11:36.37 (6)
8	Keelee Leitzen	Dubuque Hempstead	8	18:30.59	5:39.55 (8)	11:41.01 (9)
9	Marley Turk	Ames	9	18:32.41	5:40.05 (9)	11:39.14 (8)
10	Brooke O'Brien	Dubuque Hempstead	10	18:34.67	5:48.48 (18)	11:53.98 (15)
11	Dylan Moeller	Davenport Central	--	18:40.60	5:45.31 (15)	11:48.65 (10)
12	Alyx Woodley	Johnston	11	18:41.98	5:37.51 (5)	11:49.78 (11)
13	Leah Klapatauskas	Dubuque Senior	12	18:42.05	5:49.02 (21)	11:56.67 (17)
14	Grace Boleyn	Pleasant Valley	13	18:44.79	5:47.99 (17)	11:53.76 (14)
15	Drew Beason	Ankeny	14	18:48.64	5:46.45 (16)	11:56.67 (18)
16	Anika Mohrhauser	Ankeny Centennial	15	18:52.50	5:44.79 (14)	11:52.43 (12)
17	Lydia Sommer	Pleasant Valley	16	19:01.77	5:44.73 (13)	11:53.51 (13)
18	Evie Henneberry	Dubuque Hempstead	17	19:03.34	5:49.00 (20)	12:00.66 (19)
19	Rachel Adamson	Linn-Mar Marion	18	19:14.17	5:43.35 (10)	11:56.10 (16)
20	Liv Hall	Dowling Catholic West Des Moines	19	19:15.02	5:55.81 (33)	12:13.37 (22)
21	Taylor Barbour	Southeast Polk	20	19:21.50	5:43.63 (11)	12:06.37 (20)
22	Bella Hodges	Ankeny Centennial	21	19:26.36	5:54.03 (28)	12:21.68 (27)
23	Natalie Schlichte	Dubuque Hempstead	22	19:26.77	5:50.04 (22)	12:15.23 (23)
24	Zoe Zylstra	Cedar Falls	23	19:27.23	5:48.74 (19)	12:11.69 (21)
25	Breelie Mauro	Norwalk Community	--	19:36.20	5:53.25 (26)	12:24.26 (31)

Athlete	Team	Score	Time	1 Mile	2 Mile	
26	Lexi Minard	Pleasant Valley	24	19:37.71	5:56.67 (38)	12:19.87 (26)
27	Ani Wedemeyer	Iowa City City High	25	19:38.50	5:56.73 (39)	12:25.81 (32)
28	Audrey Dummermuth	Johnston	26	19:38.53	5:52.95 (25)	12:23.03 (28)
29	Georgia Harms	Dubuque Senior	27	19:38.75	5:59.99 (49)	12:16.72 (24)
30	Michelle McConkey	Waukee	28	19:38.86	5:56.47 (36)	12:31.21 (40)
31	Gracie Foster	Indianola	--	19:41.05	5:52.89 (24)	12:19.00 (25)
32	Sophia Huber	Urbandale	--	19:41.94	5:57.71 (41)	12:27.56 (34)
33	Abigail Wharton	Johnston	29	19:43.82	6:02.80 (59)	12:32.96 (42)
34	Emma Chesterman	Dubuque Senior	30	19:47.48	6:06.91 (75)	12:38.87 (53)
35	Marley McMahon	Valley West Des Moines	31	19:48.17	6:06.57 (71)	12:38.81 (52)
36	Lillian Sundet	Waukee Northwest	--	19:49.77	5:55.41 (32)	12:26.96 (33)
37	Claire Hoyer	Dubuque Senior	32	19:53.52	5:58.33 (44)	12:34.27 (44)
38	Paige Beason	Ankeny	33	19:55.54	6:12.33 (88)	12:44.77 (66)
39	Emily Gorton	Dubuque Senior	34	19:55.93	5:58.09 (43)	12:34.94 (46)
40	Audra Mulholland	Mason City	--	19:56.72	5:51.90 (23)	12:23.80 (30)
41	Coco Kooker	Valley West Des Moines	35	19:56.78	5:56.21 (35)	12:23.41 (29)
42	Sally Gaskell	Dowling Catholic West Des Moines	36	19:57.06	5:55.99 (34)	12:30.79 (39)
43	Keirra Hess	Prairie Cedar Rapids	--	19:58.32	5:54.75 (30)	12:34.05 (43)
44	Micah Fitzgerald	Johnston	37	19:58.43	5:55.09 (31)	12:29.51 (35)
45	Reagan Prendergast	Ankeny	38	19:59.08	6:12.83 (91)	12:44.71 (65)
46	Hayden Beyer	Waukee	39	19:59.67	5:59.51 (47)	12:34.67 (45)
47	Lauryn Frerichs	Dowling Catholic West Des Moines	40	20:00.56	6:05.08 (64)	12:43.67 (62)
48	Kylie Daily	Davenport West	--	20:00.60	5:56.53 (37)	12:29.94 (36)
49	Arianna Jackson	Des Moines Roosevelt	41	20:03.19	5:54.09 (29)	12:31.46 (41)
50	Bella Webb	Waukee	42	20:03.41	5:58.73 (45)	12:37.87 (49)
51	Brylee Moyer	Ankeny	43	20:04.44	6:12.69 (90)	12:44.89 (67)
52	Maggie Burry	Johnston	44	20:04.56	6:01.50 (54)	12:36.00 (47)
53	Elizabeth Jordan	Sioux City North	--	20:05.87	6:04.94 (63)	12:39.75 (56)
54	Maddie Digman	Dubuque Hempstead	45	20:06.17	6:00.98 (52)	12:38.52 (50)
55	Libby Hartz	Southeast Polk	46	20:08.64	6:06.39 (70)	12:44.11 (63)
56	Makenna Hetrick	Cedar Rapids Washington	--	20:09.06	6:06.83 (74)	12:45.52 (69)
57	Cora DenHartog	Ankeny Centennial	47	20:10.63	6:15.49 (101)	12:53.63 (75)
58	Sydney Burrier	Waukee	48	20:10.73	6:08.92 (79)	12:43.45 (61)
59	Jordyn Beck	Linn-Mar Marion	49	20:11.19	6:01.10 (53)	12:42.14 (59)
60	Jaylee Duncan	Pleasant Valley	50	20:11.40	6:00.05 (50)	12:38.55 (51)
61	Nevaeh Kessler	Dubuque Senior	51	20:14.11	6:11.41 (83)	12:47.40 (71)
62	Ally Buck	Linn-Mar Marion	52	20:14.61	6:02.34 (58)	12:44.18 (64)
63	Olivia Divoky	Prairie Cedar Rapids	--	20:14.72	6:07.09 (76)	12:43.06 (60)
64	Mallory Wurth	Waukee	53	20:16.05	6:10.43 (80)	12:55.51 (77)
65	Avery Muller	Dowling Catholic West Des Moines	54	20:16.07	6:05.72 (67)	12:50.63 (74)
66	Finley Habgood	Waukee Northwest	--	20:16.28	5:58.91 (46)	12:40.36 (57)
67	Jaden Swarts	Cedar Falls	55	20:16.64	5:57.89 (42)	12:39.05 (54)
68	Lauren Risdal	Ames	56	20:18.62	5:53.33 (27)	12:37.29 (48)
69	Maddy Stevens	Dallas Center-Grimes	--	20:19.05	6:01.76 (55)	12:48.38 (73)
70	Kaitlyn Miller	Dubuque Senior	57	20:19.39	6:00.66 (51)	12:41.52 (58)

Athlete	Team	Score	Time	1 Mile	2 Mile	
71	Raegan Reuter	Valley West Des Moines	58	20:19.84	5:59.67 (48)	12:45.49 (68)
72	Norah Seeley	Urbandale	--	20:20.35	5:57.71 (40)	12:30.69 (38)
73	Krissy Spear	Johnston	59	20:21.67	6:05.86 (68)	12:47.12 (70)
74	Sophia Dallal	Dubuque Hempstead	60	20:23.96	6:03.84 (60)	12:47.52 (72)
75	Maddie Gallagher	Cedar Falls	61	20:27.37	6:17.31 (107)	12:57.59 (81)
76	Iris Wedemeyer	Iowa City City High	62	20:32.60	6:04.56 (61)	12:56.36 (78)
77	Peyton Madison	North Scott Eldridge	--	20:38.29	6:17.03 (106)	13:06.88 (90)
78	Anja Peck	Ankeny Centennial	63	20:39.37	6:12.05 (86)	12:55.43 (76)
79	Autumn Mills	Valley West Des Moines	64	20:40.60	6:06.57 (72)	12:57.35 (80)
80	Klaire Lietz	Valley West Des Moines	65	20:42.00	6:06.73 (73)	12:57.80 (82)
81	Cali Trygstad	Valley West Des Moines	66	20:42.86	6:06.27 (69)	13:00.69 (84)
82	Abby Ziegert	Dowling Catholic West Des Moines	67	20:45.74	6:12.49 (89)	13:05.83 (89)
83	Emily See	Bettendorf	--	20:47.84	6:16.69 (104)	13:04.73 (86)
84	Ivy Glendening	Southeast Polk	68	20:49.11	6:12.05 (87)	13:05.75 (88)
85	Payton Stewart	Ames	69	20:49.81	6:17.93 (110)	13:10.66 (97)
86	Kaitlyn Knoche	North Scott Eldridge	--	20:49.90	6:13.79 (95)	13:08.49 (95)
87	Sydney Turk	Ames	70	20:50.44	6:11.91 (85)	13:07.57 (93)
88	Rachel Mandt	Cedar Falls	71	20:50.74	6:14.59 (98)	13:11.69 (100)
89	Sophia Graber	Ankeny	72	20:51.21	6:21.49 (116)	13:16.83 (105)
90	Anna Scannell	Cedar Falls	73	20:51.72	6:15.17 (99)	13:12.96 (101)
91	Gwen Briggs	Ankeny	74	20:53.11	6:21.87 (118)	13:16.42 (104)
92	Bethany Northrup	Linn-Mar Marion	75	20:53.33	6:02.00 (57)	13:02.86 (85)
93	Elena Gentry	Des Moines Roosevelt	76	20:54.02	6:01.88 (56)	12:30.28 (37)
94	Nicole Peterson	Iowa City City High	77	20:56.58	6:04.74 (62)	12:57.21 (79)
95	Meredith Frandsen	Ames	78	20:57.44	6:21.73 (117)	13:18.83 (108)
96	Chloe Egbert	Linn-Mar Marion	79	20:59.65	6:13.03 (93)	13:07.02 (92)
97	Jenna Francois	Southeast Polk	80	21:00.55	6:07.25 (77)	13:04.87 (87)
98	Nina Kuhlmann	Iowa City City High	81	21:04.24	6:16.96 (105)	13:18.31 (106)
99	Elise Huegerich	Dowling Catholic West Des Moines	82	21:04.25	6:12.83 (92)	13:09.15 (96)
100	Abigail Burns	Iowa City City High	83	21:04.58	6:22.25 (119)	13:18.46 (107)
101	Abbey Vezina	Linn-Mar Marion	84	21:08.39	6:14.07 (96)	13:15.78 (103)
102	Nina Peterson	Iowa City City High	85	21:09.30	6:05.16 (66)	13:06.92 (91)
103	Annabelle Everding	Bettendorf	--	21:10.56	6:16.43 (103)	12:59.48 (83)
104	Kylee Patterson	Ankeny Centennial	86	21:11.58	6:16.21 (102)	13:11.08 (98)
105	Emily Naughton	Indianola	--	21:12.64	6:15.39 (100)	13:12.97 (102)
106	Meredith Schultz	Dowling Catholic West Des Moines	87	21:12.72	6:08.91 (78)	13:07.92 (94)
107	Josee Simonson	Cedar Falls	88	21:13.57	6:17.73 (109)	13:24.92 (112)
108	Addie Domer	Linn-Mar Marion	89	21:14.58	6:14.19 (97)	13:11.47 (99)
109	Emma Baumgart	Waukee	90	21:16.68	6:18.67 (112)	13:19.39 (109)
110	Anna Barry	Waukee	91	21:18.81	6:21.41 (114)	13:20.54 (110)
111	Carli Bennett	Southeast Polk	92	21:28.79	6:17.41 (108)	13:30.05 (117)
112	Gretchen Highberger	Pleasant Valley	93	21:30.79	6:21.41 (115)	13:29.02 (116)
113	Alyssa Bartlett	Southeast Polk	94	21:33.86	6:20.17 (113)	13:31.24 (118)
114	Anna Becker	Cedar Falls	95	21:44.96	6:17.98 (111)	13:27.65 (115)
115	Erin Anderson	Iowa City City High	96	21:49.68	6:11.07 (81)	13:21.47 (111)

Athlete	Team	Score	Time	1 Mile	2 Mile
116 Jacie Mitchell	Southeast Polk	97	21:52.80	6:36.01 (123)	13:52.34 (122)
117 Merin Crowder	Davenport Central	--	21:56.61	6:24.69 (121)	13:38.01 (119)
118 Meredith Gentry	Des Moines Roosevelt	98	21:59.74	6:11.34 (82)	13:26.68 (114)
119 Cameron Moon	Ames	99	22:05.19	6:27.22 (122)	13:47.27 (120)
120 Alex Gloviak	Ankeny	100	22:25.06	6:23.53 (120)	13:47.57 (121)
121 Hope Reagen	Des Moines Roosevelt	101	23:05.57	6:39.05 (124)	14:28.55 (123)
Ada Bogdanski	Des Moines Roosevelt	--	DNF	6:40.13 (125)	14:29.62 (124)
Josie Case	Pleasant Valley	--	DQ	6:13.38 (94)	13:26.61 (113)
Julia Flick	Ankeny Centennial	--	DNF	6:11.85 (84)	
Sophia Foad	Pleasant Valley	--	DQ	6:05.08 (65)	12:39.51 (55)

Race #9
Class 4A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Dowling Catholic West Des Moines	51	1:18:46	15:46	
2	Johnston	124	1:21:36	16:20	
3	Ankeny	158	1:22:34	16:31	
4	Norwalk Community	178	1:22:56	16:36	
5	Cedar Falls	179	1:22:57	16:36	
6	Valley West Des Moines	189	1:23:24	16:41	
7	Iowa City City High	195	1:22:40	16:32	
8	Cedar Rapids Kennedy	201	1:23:11	16:39	
9	Pleasant Valley	207	1:22:53	16:35	
10	Southeast Polk	216	1:23:36	16:44	
11	Waukee Northwest	228	1:24:16	16:52	
12	Dubuque Hempstead	245	1:24:13	16:51	
13	Sioux City North	251	1:24:10	16:50	
14	Prairie Cedar Rapids	285	1:25:18	17:04	
15	Urbandale	307	1:25:35	17:07	

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Dowling Catholic West Des Moines	68
2	Johnston	137
3	Iowa City City High	141
4	Norwalk Community	146
5	Valley West Des Moines	161
6	Ankeny	180
7	Waukee Northwest	189
8	Dubuque Hempstead	204
9	Sioux City North	209
10	Cedar Falls	216
11	Pleasant Valley	224
12	Cedar Rapids Kennedy	232
13	Southeast Polk	271
14	Urbandale	329
15	Prairie Cedar Rapids	336

2 MILE

UNOFFICIAL Standings		Score
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UNOFFICIAL Standings		Score
1	Dowling Catholic West Des Moines	63
2	Johnston	148
3	Ankeny	170
3	Norwalk Community	170
5	Cedar Falls	177
6	Valley West Des Moines	179
7	Iowa City City High	181
8	Dubuque Hempstead	183
9	Pleasant Valley	184
10	Cedar Rapids Kennedy	212
11	Waukee Northwest	229
12	Southeast Polk	236
13	Sioux City North	242
14	Prairie Cedar Rapids	314
15	Urbandale	325

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	1 Mile	2 Mile	
1	Jackson Heidesch	Dowling Catholic West Des Moines	1	14:56.66	4:54.05 (3)	9:50.31 (2)
2	Ford Washburn	Iowa City City High	2	15:15.51	4:54.23 (4)	9:50.25 (1)
3	Jaxson Plumb	Johnston	3	15:30.43	4:53.97 (2)	9:55.04 (4)
4	Jacob Mumey	Pleasant Valley	4	15:31.99	4:54.39 (7)	9:58.22 (7)
5	Flynn Milligan	Dowling Catholic West Des Moines	5	15:35.74	4:55.01 (13)	10:01.40 (10)
6	Carson Owens	Southeast Polk	6	15:39.18	4:54.39 (6)	9:55.81 (6)
7	Miles Wilson	Cedar Rapids Kennedy	7	15:41.52	4:54.39 (5)	9:55.40 (5)
8	Gabe Nash	Sioux City North	8	15:43.92	4:56.29 (21)	9:54.13 (3)
9	Jack Flori	Dowling Catholic West Des Moines	9	15:47.82	4:54.58 (10)	10:01.86 (11)
10	John Maloney	Dubuque Hempstead	10	15:55.20	4:55.45 (15)	10:01.14 (8)
11	Ethan Zuber	Ankeny	11	15:58.28	4:54.57 (9)	10:05.30 (13)
12	Aj Schermerhorn	Ankeny Centennial	--	15:59.52	4:59.70 (37)	10:09.14 (18)
13	Luke Knepp	Pleasant Valley	12	16:00.46	5:02.47 (59)	10:07.97 (15)
14	Max DeRocher	Dowling Catholic West Des Moines	13	16:01.09	4:56.13 (20)	10:08.21 (16)
15	Donovan Card	Norwalk Community	14	16:07.34	4:56.35 (23)	10:16.06 (23)
16	Luke Hartman	Cedar Falls	15	16:12.63	5:00.88 (47)	10:17.14 (24)
17	Natneal Kifle	Sioux City North	16	16:13.93	4:54.65 (11)	10:01.39 (9)
18	Jaden Merrick	Cedar Falls	17	16:14.52	4:53.87 (1)	10:09.64 (19)
19	Levi Hill	Ankeny	18	16:18.64	4:54.57 (8)	10:14.41 (22)
20	Carson Lane	Johnston	19	16:20.24	4:55.98 (19)	10:05.75 (14)
21	Jackson Bergman	Valley West Des Moines	20	16:20.39	4:54.95 (12)	10:04.76 (12)
22	Ammon Smith	Iowa City City High	21	16:22.31	4:56.35 (22)	10:17.91 (25)
23	Evan McClinton	Valley West Des Moines	22	16:23.02	4:55.13 (14)	10:11.44 (20)
24	Aidan Decker	Iowa City Liberty	--	16:23.67	5:00.98 (48)	10:21.56 (29)
25	Owen Wolfe	Dowling Catholic West Des Moines	23	16:24.34	4:57.18 (26)	10:20.04 (27)

Athlete	Team	Score	Time	1 Mile	2 Mile	
26	Noah Buhrow	Norwalk Community	24	16:25.67	5:00.20 (41)	10:23.89 (33)
27	Aidan O'Connor	Johnston	25	16:26.65	4:56.91 (24)	10:21.16 (28)
28	Garrett Weber	Waukee	--	16:27.03	5:02.03 (58)	10:28.47 (47)
29	Jack Every	Dallas Center-Grimes	--	16:27.15	4:55.97 (18)	10:19.52 (26)
30	Brice McNeley	Southeast Polk	26	16:27.54	5:01.84 (56)	10:24.56 (36)
31	Aidan Cooper	Waukee Northwest	27	16:28.11	4:57.68 (28)	10:22.83 (32)
32	Noah Gregoire	Iowa City Liberty	--	16:29.74	5:01.43 (51)	10:22.35 (31)
33	Owen Marett	Des Moines Roosevelt	--	16:31.33	5:05.30 (70)	10:27.36 (42)
34	Adam Gray	Cedar Rapids Kennedy	28	16:31.74	4:59.42 (36)	10:25.32 (37)
35	Caleb Kass	Dubuque Hempstead	29	16:32.94	4:55.79 (17)	10:12.44 (21)
36	Drew Lehman	Waukee Northwest	30	16:33.58	4:58.12 (30)	10:24.48 (35)
37	Nick Lee	Prairie Cedar Rapids	31	16:33.85	5:00.58 (44)	10:25.98 (39)
38	Tommy Hensley	Urbandale	32	16:35.37	4:58.96 (33)	10:26.51 (40)
39	Jacob Forney	Valley West Des Moines	33	16:35.39	4:57.60 (27)	10:24.20 (34)
40	Bruce Johnson	Southeast Polk	34	16:36.07	5:01.69 (55)	10:27.82 (43)
41	Henry McMahan	Cedar Rapids Kennedy	35	16:36.48	4:58.12 (29)	10:21.57 (30)
42	Joel Bloomer	Waukee Northwest	36	16:37.74	5:00.66 (46)	10:26.98 (41)
43	Brayden Picken	Johnston	37	16:37.91	5:06.15 (75)	10:36.72 (61)
44	Abel Squires	Ankeny	38	16:37.96	5:04.84 (68)	10:32.39 (54)
45	Zach Cooper	Prairie Cedar Rapids	39	16:39.28	5:10.38 (95)	10:43.76 (76)
46	Holden Schug	Johnston	40	16:39.85	5:06.33 (77)	10:37.08 (62)
47	Ahmed Aldamak	Ames	--	16:39.86	5:05.19 (69)	10:33.06 (55)
48	Will Chase	Norwalk Community	41	16:40.12	5:00.02 (38)	10:28.27 (45)
49	Noah Carey	Iowa City City High	42	16:41.17	5:01.17 (49)	10:30.10 (51)
50	Gavin Denholm	Cedar Falls	43	16:41.83	5:02.66 (60)	10:25.59 (38)
51	Moustafa Tiea	Iowa City West	--	16:43.55	4:55.54 (16)	10:08.93 (17)
52	Zack Janulewicz	Waukee Northwest	44	16:44.58	5:00.49 (43)	10:31.21 (53)
53	Jake Bosch	Ankeny	45	16:49.11	5:01.95 (57)	10:28.62 (48)
54	Tate Brownsberger	Ankeny	46	16:49.40	5:04.73 (67)	10:34.94 (57)
55	Jonathan Owen	Valley West Des Moines	47	16:49.63	4:58.44 (32)	10:30.88 (52)
56	Jack Brown	Norwalk Community	48	16:49.66	4:56.95 (25)	10:28.33 (46)
57	Jaxon Sickels	Prairie Cedar Rapids	49	16:51.38	5:06.85 (80)	10:42.97 (73)
58	Colin Johnson	Cedar Falls	50	16:51.80	5:03.77 (66)	10:34.86 (56)
59	Teegan Kralik	Norwalk Community	51	16:52.57	5:00.14 (40)	10:29.50 (49)
60	Matthew Bootman	Dowling Catholic West Des Moines	52	16:52.63	5:00.34 (42)	10:29.66 (50)
61	Will Beaumont	Des Moines Roosevelt	--	16:54.16	5:07.27 (81)	10:47.23 (84)
62	Charlie Driscoll	Dubuque Hempstead	53	16:55.47	5:03.25 (62)	10:35.64 (59)
63	John Ferguson	Cedar Falls	54	16:55.59	5:09.00 (88)	10:40.49 (69)
64	Nick Klocke	Dowling Catholic West Des Moines	55	16:56.04	5:10.78 (96)	10:43.26 (75)
65	Ike Smith	Ankeny	56	16:56.28	5:06.35 (78)	10:44.16 (77)
66	Max Sorgenfrey	Pleasant Valley	57	16:56.90	5:03.61 (64)	10:39.66 (66)
67	Ethan Smith	Urbandale	58	16:57.25	5:08.36 (86)	10:42.26 (72)
68	Blake Smith	Urbandale	59	16:58.75	5:06.16 (76)	10:41.20 (70)
69	Seth Cheney	Iowa City West	--	17:00.37	5:00.08 (39)	10:38.52 (63)
70	Zachary Lenkaitis	Ames	--	17:00.95	5:01.63 (54)	10:39.90 (67)

Athlete	Team	Score	Time	1 Mile	2 Mile	
71	Colby Cryer	Cedar Falls	60	17:01.14	5:07.31 (82)	10:42.97 (74)
72	Jack Coen	Johnston	61	17:02.35	5:03.41 (63)	10:45.82 (81)
73	Owyn Noble	Iowa City City High	62	17:03.67	5:01.45 (52)	10:39.52 (64)
74	Beshanena Gutema	Sioux City North	63	17:03.99	5:00.58 (45)	10:46.40 (82)
75	Aj Acheson	Des Moines Roosevelt	--	17:04.31	5:16.27 (108)	10:53.88 (91)
76	Carl Rekow	Pleasant Valley	64	17:04.99	5:07.97 (85)	10:45.20 (80)
77	Luke Steffen	Linn-Mar Marion	--	17:06.07	5:05.89 (72)	10:46.55 (83)
78	Jacob Bruns	Cedar Rapids Kennedy	65	17:07.38	5:14.81 (105)	10:49.43 (87)
79	Aj Angus	Dallas Center-Grimes	--	17:07.75	4:59.23 (34)	10:36.62 (60)
80	Reece Murray	Cedar Rapids Kennedy	66	17:13.18	5:09.92 (93)	10:52.18 (90)
81	Aidan Limback	Valley West Des Moines	67	17:14.69	5:10.82 (97)	10:51.20 (89)
82	Nik Davis	North Scott Eldridge	--	17:15.95	4:58.18 (31)	10:40.37 (68)
83	Ayman Noreldaim	Iowa City City High	68	17:17.07	5:03.61 (65)	10:41.94 (71)
84	Rylan Althof	Southeast Polk	69	17:17.38	5:14.54 (102)	10:57.41 (96)
85	Cameron Gotto	Pleasant Valley	70	17:18.21	5:09.79 (92)	10:50.70 (88)
86	Andrew Miller	Pleasant Valley	71	17:18.86	5:01.63 (53)	10:27.95 (44)
87	Braeden Marker	Iowa City City High	72	17:19.99	5:09.74 (91)	10:56.67 (94)
88	Andrew Donoho	Urbandale	73	17:20.82	5:07.73 (83)	10:58.60 (97)
89	Brandon Kass	Dubuque Hempstead	74	17:21.17	5:14.54 (103)	10:55.15 (93)
90	Tony Anania	Norwalk Community	75	17:21.71	5:12.01 (100)	10:59.97 (99)
91	Bennett Allred	Prairie Cedar Rapids	76	17:21.77	5:09.26 (89)	10:44.66 (79)
92	Connor Schultz	Sioux City North	77	17:22.23	5:03.11 (61)	10:48.44 (86)
93	Ben Hanson	Norwalk Community	78	17:22.72	5:11.15 (98)	11:00.24 (100)
94	AJ Willey	Bettendorf	--	17:25.13	5:11.21 (99)	11:00.70 (101)
95	Zack Johnson	Dubuque Hempstead	79	17:27.30	5:06.03 (74)	10:39.58 (65)
96	Jonah Frey	Johnston	80	17:34.43	5:01.29 (50)	10:48.26 (85)
97	Luke Bartlett	Southeast Polk	81	17:35.20	5:14.73 (104)	10:59.17 (98)
98	Connor Martin	Cedar Falls	82	17:35.58	5:09.32 (90)	10:57.04 (95)
99	Slader Buckheister	Cedar Rapids Kennedy	83	17:38.59	5:17.91 (112)	11:01.74 (103)
100	Aydin McNeley	Southeast Polk	84	17:40.36	5:16.41 (110)	11:08.86 (109)
101	Sidney Shide	Urbandale	85	17:42.80	5:18.61 (114)	11:08.68 (108)
102	Chase Wakefield	Bettendorf	--	17:43.56	5:07.85 (84)	11:29.47 (119)
103	Jack Cavan	Valley West Des Moines	86	17:44.03	5:13.10 (101)	11:04.82 (106)
104	Raul Gomez	Sioux City North	87	17:45.87	5:15.92 (107)	11:04.26 (105)
105	Will Johnson	Valley West Des Moines	88	17:46.87	5:15.44 (106)	11:10.12 (111)
106	Will Houselog	Dubuque Hempstead	89	17:47.57	5:23.45 (118)	11:11.24 (112)
107	Anson Fauchier	Prairie Cedar Rapids	90	17:50.98	5:10.18 (94)	11:01.88 (104)
108	Kellen Tuyls	Waukee Northwest	91	17:51.76	5:21.95 (117)	11:10.12 (110)
109	Steven Kling	Sioux City North	92	17:54.84	5:25.03 (120)	11:17.82 (117)
110	Jack Perry	Pleasant Valley	93	17:56.93	5:20.17 (116)	11:13.40 (113)
111	Jess Cornick	Mason City	--	17:57.97	5:08.60 (87)	10:54.55 (92)
112	Reuben Schlaak	Cedar Rapids Kennedy	94	17:59.18	5:18.29 (113)	11:14.26 (114)
113	Aidan Farrell	Ankeny	95	18:04.22	5:06.35 (79)	10:44.48 (78)
114	Kal Hoppe	Waukee Northwest	96	18:13.20	5:05.65 (71)	11:07.88 (107)
115	Brock Johnson	Southeast Polk	97	18:19.09	5:16.59 (111)	11:21.95 (118)

Athlete	Team	Score	Time	1 Mile	2 Mile
116 Cael Klinkenborg	Waukee Northwest	98	18:24.92	5:25.97 (122)	11:30.75 (120)
117 Truman Thompson	Iowa City City High	99	18:34.73	4:59.34 (35)	11:00.76 (102)
118 Evan Leggett	Urbandale	100	18:35.90	5:25.75 (121)	11:37.70 (121)
119 Nate Hammerand	Urbandale	101	18:43.84	5:31.32 (123)	11:43.85 (123)
Harrison Allard	Prairie Cedar Rapids	--	DNF	5:23.63 (119)	11:41.00 (122)
Abubekar Kumbi	Sioux City North	--	DNF	5:19.58 (115)	11:17.43 (116)
Landon Kahler	Prairie Cedar Rapids	--	DNF	5:16.27 (109)	11:16.56 (115)
Micah Fern	Dubuque Hempstead	--	DNF	5:05.89 (73)	10:35.56 (58)