

PAC XC Meet 2023 - 9/30/2023

Pocahontas, IA

Rankings

Event 3 Girls 5k Run CC High School

Name	Year	School	Finals	Points
1 #445 Richman, Alyssa	11	Manson North	18:19.89	1
2 #988 Schupbach, Tyra	10	West Bend-Mallard	18:30.10	
3 #365 Robertson, Taylor	12	Alta-Aurelia	20:32.58	
4 #532 Madsen, Marley	10	Sioux Centra	20:54.92	2
5 #471 Axman, Kristin	10	Pocahontas Area	20:59.13	3
6 #506 Vohs, Jaycie	12	Ridge View	21:06.75	4
7 #526 Bloom, Linnea	11	Sioux Centra	21:28.73	5
8 #438 Anderson, Raygin	10	Manson North	21:42.12	6
9 #503 Tesch, Addy	10	Ridge View	21:43.99	7
10 #565 Patterson, Breanne	11	South Centra	21:44.37	8
11 #563 McAlister, Brenna	11	South Centra	21:58.53	9
12 #463 Brabec, Marenl	10	Newell-Fonda	22:11.02	
13 #537 Wilkinson, Quinn	10	Sioux Centra	22:27.89	10
14 #528 Ehlers, Allison	12	Sioux Centra	22:44.17	11
15 #985 Fehr, Maddie	10	West Bend-Mallard	22:49.30	
16 #483 Stuchlik, Erin	10	Pocahontas Area	22:53.47	12
17 #502 Stowater, Madison	12	Ridge View	22:54.46	13
18 #389 Veit, Libbie	09	East Sac County	22:56.90	
19 #421 Thompson, Allyson	12	Emmetsburg	23:04.60	14
20 #505 Todd, Clara	09	Ridge View	23:20.33	15
21 #479 Point, Natalie	11	Pocahontas Area	23:20.88	16
22 #527 Christian, Nora	10	Sioux Centra	23:30.33	17
23 #410 Frields, Jenna	11	Emmetsburg	23:42.38	18
24 #501 Ruble, Regan	09	Ridge View	23:57.13	19
25 #948 Field, Katie	10	Southeast Valley	24:07.25	20
26 #366 Robertson, Tegan	09	Alta-Aurelia	24:12.22	
27 #474 Janssen, Delaney	10	Pocahontas Area	24:13.15	21
28 #419 Stearns, Anika	12	Emmetsburg	24:18.27	22
29 #437 Aljets, Amber	11	Manson North	24:23.02	23
30 #566 Potts, Samantha	12	South Centra	24:29.32	24
31 #525 Bloom, Karina	09	Sioux Centra	24:35.04	25
32 #464 Larsen, Greta	12	Newell-Fonda	24:45.54	
33 #569 Wheelock, Adlen	11	South Centra	24:49.85	26
34 #406 Berkland, Nadia	12	Emmetsburg	24:57.77	27
35 #568 Spencer, Lillie	09	South Centra	25:01.04	28
36 #485 Wolter, Sami	11	Pocahontas Area	25:06.23	29
37 #478 Mefferd, Khloe	10	Pocahontas Area	25:23.37	30
38 #439 Aquino, Bianca	10	Manson North	25:31.76	31
39 #950 Jones-Popp, Autumn	11	Southeast Valley	25:39.93	32
40 #558 Burley, Katie	10	South Centra	25:41.75	33
41 #954 Rees, Hailey	11	Southeast Valley	25:49.17	34
42 #358 Buckendahl, Lainey	10	Alta-Aurelia	25:49.83	
43 #414 Krause, Emma	11	Emmetsburg	26:24.42	35
44 #560 Janssen, McKinley	11	South Centra	26:27.25	36
45 #481 Sommerlot, Natalie	09	Pocahontas Area	26:41.90	37
46 #507 Vohs, Tiegan	09	Ridge View	26:47.71	38
47 #441 Niewoehner, Ella	11	Manson North	26:50.96	39
48 #987 Morey, Lilly	10	West Bend-Mallard	26:53.15	
49 #951 Parks, Chloe	12	Southeast Valley	27:15.87	40
50 #953 Peterson, Brooke	10	Southeast Valley	27:17.12	41
51 #413 Kaneer, Morgan	11	Emmetsburg	27:18.26	42
52 #500 Rojas, Xaria	11	Ridge View	27:39.82	43

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Rankings

Event 4 Boys 5k Run CC High School

Name	Year	School	Finals	Points
1 #396 Engel, Parker	12	East Sac County	16:10.72	1
2 #390 Aragon, Isaiah	12	East Sac County	16:50.13	2
3 #403 Sporrer, Landon	10	East Sac County	17:19.88	3
4 #381 Luanderville, Jaco	10	Alta-Aurelia	17:24.12	4
5 #577 Potts, Redge	11	South Centra	17:24.67	5
6 #457 Oswald, Thatcher	10	Manson North	17:26.78	6
7 #395 Engel, Owen	10	East Sac County	17:43.48	7
8 #551 Sippel, Leighton	11	Sioux Centra	17:44.46	8
9 #965 Hanson, Oscar	11	Southeast Valley	17:47.29	9
10 #571 Blair, Tristan	12	South Centra	17:49.10	10
11 #555 Wernimont, Lucos	09	Sioux Centra	17:51.76	11
12 #447 Anderson, Tysin	11	Manson North	17:54.76	12
13 #461 Widlund, Carson	12	Manson North	18:14.11	13
14 #514 Hanson, Odin	10	Ridge View	18:28.52	14
15 #544 Kramber, Brayden	12	Sioux Centra	18:28.86	15
16 #588 Thielen, Joe	10	South Centra	18:35.75	16
17 #543 Hoffman, Joshua	11	Sioux Centra	18:38.16	17
18 #391 Aragon, Riley	10	East Sac County	18:48.19	18
19 #999 Hoepfner, Jack	10	Manson North	18:55.72	19
20 #541 Christian, Jack	10	Sioux Centra	19:06.49	20
21 #591 Nuss, Owen	09	Southeast Valley	19:15.07	21
22 #572 Burley, Nathan	12	South Centra	19:19.07	22
23 #958 Akins, Lincoln	10	Southeast Valley	19:21.31	23
24 #554 Wernimont, Ethan	12	Sioux Centra	19:28.51	24
25 #509 Bisenius, Brody	11	Ridge View	19:43.42	25
26 #450 Eldridge, Owen	12	Manson North	19:48.27	26
27 #459 Proctor, Brody	12	Manson North	19:50.38	27
28 #556 Withers, Taylon	10	Sioux Centra	19:52.91	28
29 #996 Barnes, Mason	12	Alta-Aurelia	19:55.59	29
30 #557 Wood, Kurtis	12	Sioux Centra	19:56.23	
31 #963 Ferry, Carter	12	Southeast Valley	19:56.52	30
32 #519 Peterson, Landyn	09	Ridge View	20:00.83	31
33 #573 Evans, Landen	11	South Centra	20:10.42	32
34 #989 Bindel, Silas	11	West Bend-Mallard	20:12.55	
35 #990 Forsythe, Grayden	11	West Bend-Mallard	20:44.24	
36 #382 Miller, Angus	11	Alta-Aurelia	20:45.34	33
37 #512 Forristal, Matthew	12	Ridge View	20:45.96	34
38 #998 Huisenga, Drew	09	Alta-Aurelia	20:48.57	35
39 #491 Shearer, Justin	09	Pocahontas Area	20:51.07	
40 #522 Werner, Tristan	10	Ridge View	20:54.46	36
41 #976 Smith, Grant	12	Southeast Valley	20:57.52	37
42 #398 Hemer, Xander	10	East Sac County	20:59.42	38
43 #977 Steadman, Dreyvon	11	Southeast Valley	21:03.67	39
44 #583 Stickrod, Hayden	09	South Centra	21:09.46	40
45 #575 Hammen, Kayden	11	South Centra	21:10.59	41
46 #393 Clair, Ryan	10	East Sac County	21:14.13	42
47 #435 Borchers, Zach	12	Graettinger-	21:22.98	
48 #590 Lundgren, Cole	10	Southeast Valley	21:27.62	43
49 #960 Augustine, Kyeo	10	Southeast Valley	21:27.68	
50 #574 Greene, Derek	10	South Centra	21:27.70	
51 #997 Buckendahl, Parker	12	Alta-Aurelia	21:31.14	44
52 #547 Nelson, Andrew	10	Sioux Centra	21:39.64	

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....Event 4 Boys 5k Run CC High School

5	Southeast Valley	120	9	21	23	30	37	39	43
	Total Time:	1:37:17.71							
	Average:	19:27.55							
6	Ridge View	140	14	25	31	34	36	48	49
	Total Time:	1:39:53.19							
	Average:	19:58.64							
7	Alta-Aurelia	145	4	29	33	35	44	45	51
	Total Time:	1:40:24.76							
	Average:	20:04.96							
8	Newell-Fonda	250	46	47	50	53	54		
	Total Time:	2:07:46.61							
	Average:	25:33.33							

PAC XC Meet 2023 - 9/30/2023**Pocahontas, IA****Rankings****Event 2 Girls 3200 Meter Run CC Middle School**

Name	Year	School	Finals	Points
1 #420 Swift, Julia	08	Emmetsburg	14:07.14	1
2 #355 Anderson, Bree	08	Alta-Aurelia	15:21.50	2
3 #947 Davis, Goldie	07	Southeast Valley	15:22.83	
4 #361 Langschwager, Addi	07	Alta-Aurelia	15:24.06	3
5 #992 Dreith, Dani	08	Pocahontas Area	15:30.45	4
6 #496 Hansen, Taylor	08	Ridge View	15:32.60	5
7 #533 Sangwin, Violet	08	Sioux Centra	16:01.86	
8 #444 Oswald, Hayden	07	Manson North	16:14.91	6
9 #493 Chavez, Destiny	08	Ridge View	16:20.80	7
10 #504 Tesch, Cora	08	Ridge View	16:22.40	8
11 #993 Hamilton, Elliott	07	Pocahontas Area	16:27.49	9
12 #475 Kakacek, Ava	07	Pocahontas Area	16:29.78	10
13 #407 Biddle, Abby	07	Emmetsburg	17:01.89	11
14 #443 Nora, Nelson	07	Manson North	17:06.16	12
15 #368 Wilkinson, Jade	08	Alta-Aurelia	17:12.53	13
16 #356 Binder, Olivia	08	Alta-Aurelia	17:35.22	14
17 #440 Hildreth, Kate	07	Manson North	17:45.23	15
18 #492 Brown, Hannah	08	Ridge View	18:03.39	16
19 #482 Storms, Sawyer	07	Pocahontas Area	18:04.44	17
20 #446 Stopczynski, Eliza	08	Manson North	18:18.40	18
21 #991 Gerdes, Jady	08	Pocahontas Area	18:28.41	19
22 #412 Johnson, Makayla	8	Emmetsburg	18:29.84	20
23 #477 Maske, Hannah	07	Pocahontas Area	18:35.40	21
24 #535 Thomsen, Maia	07	Sioux Centra	18:45.26	
25 #360 Ferussca, Eden	08	Alta-Aurelia	19:04.71	22
26 #359 Buckendahl, Meleig	08	Alta-Aurelia	19:05.63	23
27 #497 Hein, Taylour	07	Ridge View	19:23.68	24
28 #473 Duitscher, Ashlyn	08	Pocahontas Area	19:42.24	25
29 #357 Brock, Bryndalyn	08	Alta-Aurelia	19:45.83	26
30 #362 Maldonado, Abree	08	Alta-Aurelia	20:01.69	
31 #442 Niewoehner, Lydia	07	Manson North	20:06.48	27
32 #418 Rouse, Lauren	8	Emmetsburg	20:48.31	28
33 #494 Forristal, Izzy	07	Ridge View	21:26.74	29
34 #417 Sikora, Keely	07	Emmetsburg	21:42.05	30
35 #432 Ellis, Victoria	8	Graettinger-	22:14.07	
36 #411 Heim, Mya	8	Emmetsburg	22:24.72	31
37 #472 Dejager, Katona	07	Pocahontas Area	22:33.20	
38 #476 Kelso, Kylie	08	Pocahontas Area	22:44.76	
39 #433 Malm, Magnolia	08	Graettinger-	22:45.78	
40 #484 Wolter, Ellie	08	Pocahontas Area	23:00.59	
41 #946 Cristensen, Amelia	08	Southeast Valley	29:26.66	
42 #364 Reeves, Hayden	07	Alta-Aurelia	29:50.75	
43 #429 Chapin, Charlotte	07	Graettinger-	32:49.88	

PAC XC Meet 2023 - 9/30/2023**Pocahontas, IA****Rankings****Event 1 Boys 3200 Meter Run CC Middle School**

Name	Year	School	Finals	Points
1 #576 Judisch, Cole	08	South Centra	12:27.09	1
2 #523 Witzke, Talan	08	Ridge View	13:00.72	2
3 #511 Dutler, Tyler	08	Ridge View	13:29.17	3
4 #458 Poutre, Rowan	8	Manson North	13:37.75	4
5 #957 Akins, August	07	Southeast Valley	13:44.47	5
6 #462 Widlund, Kyle	08	Manson North	13:45.06	6
7 #404 Ulmer, Jacob	07	East Sac County	13:55.15	
8 #513 Hanson, Ian	08	Ridge View	14:07.65	7
9 #553 Smith, Weston	07	Sioux Centra	14:08.36	8
10 #455 Meyer, Logan	8	Manson North	14:12.35	9
11 #585 Thielen, Brent	07	South Centra	14:19.60	10
12 #449 Brown, Mason	07	Manson North	14:26.51	11
13 #424 Fox, Jacob	8	Emmetsburg	14:27.45	
14 #488 Krug, Tucker	07	Pocahontas Area	14:41.28	
15 #380 Langschwager, Laet	08	Alta-Aurelia	14:45.16	12
16 #456 Nelson, David	8	Manson North	14:53.38	13
17 #454 Messerly, Brady	07	Manson North	15:02.07	14
18 #995 Barajas, Abraham	08	Alta-Aurelia	15:16.32	15
19 #538 Baines, Rowan	08	Sioux Centra	15:19.39	16
20 #545 Kruse, Titus	08	Sioux Centra	15:20.53	17
21 #581 Reece, Jaden	07	South Centra	15:25.47	18
22 #518 Nedved, Leo	07	Ridge View	15:28.95	19
23 #540 Block, Brennen	07	Sioux Centra	15:36.04	20
24 #384 Stowe, Skylar	08	Alta-Aurelia	15:37.49	21
25 #374 Garcia, Jose	08	Alta-Aurelia	15:51.08	22
26 #394 Engel, Oliver	07	East Sac County	15:58.74	
27 #515 Heitman, Carter	08	Ridge View	16:06.33	23
28 #490 Peterson, Paul	08	Pocahontas Area	16:06.78	
29 #582 Spencer, Declan	07	South Centra	16:19.36	24
30 #964 Gano, Carter	08	Southeast Valley	16:19.59	25
31 #376 Hansen, Raymond	07	Alta-Aurelia	16:27.35	26
32 #978 Stevens, Trennis	08	Southeast Valley	17:02.28	27
33 #984 Wilson, Jaxon	07	Southeast Valley	17:12.49	28
34 #392 Bachman, Quinten	07	East Sac County	17:32.34	
35 #580 Ramthun, Kaden	07	South Centra	17:37.46	29
36 #371 Bartz, John	08	Alta-Aurelia	17:38.54	30
37 #983 Wicklein, Jake	07	Southeast Valley	17:41.59	31
38 #399 Johnson, Evan	07	East Sac County	17:51.78	
39 #539 Balder, Michael	07	Sioux Centra	17:55.45	32
40 #548 Nelson, Isaac	07	Sioux Centra	18:00.26	33
41 #966 Judson, Max	07	Southeast Valley	19:00.35	34
42 #379 Kueny, Eric	08	Alta-Aurelia	19:23.26	35
43 #973 Newell, Mason	07	Southeast Valley	19:24.85	36
44 #587 Wiley, Gabe	07	South Centra	19:34.11	37
45 #578 Potts, Reuben	07	South Centra	19:36.93	38
46 #486 Beschorner, Braylo	07	Pocahontas Area	20:28.98	
47 #428 Reedy, Walter	07	Emmetsburg	20:44.02	
48 #959 Andrews, Chris	07	Southeast Valley	20:51.15	
49 #970 Lau-Smith, Caleb	08	Southeast Valley	22:07.60	
50 #426 Hill, Liam	07	Emmetsburg	23:29.80	
51 #460 Waller, Jerrod	07	Manson North	24:06.23	39

PAC XC Meet 2023 - 9/30/2023

Pocahontas, IA

Rankings

....Event 1 Boys 3200 Meter Run CC Middle School

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Manson Northwest Webster Total Time: 1:10:55.05 Average: 14:11.01	43	4	6	9	11	13	14	39		
2	Ridge View Total Time: 1:12:12.82 Average: 14:26.57	54	2	3	7	19	23				
3	South Central Calhoun Total Time: 1:16:08.98 Average: 15:13.80	82	1	10	18	24	29	37	38		
4	Sioux Central-Sioux Rapid Total Time: 1:18:19.77 Average: 15:39.96	93	8	16	17	20	32	33			
5	Alta-Aurelia Total Time: 1:17:57.40 Average: 15:35.48	96	12	15	21	22	26	30	35		
6	Southeast Valley Total Time: 1:22:00.42 Average: 16:24.09	116	5	25	27	28	31	34	36		