

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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Race #1
Fr-So Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	62	3-6-7-22-24(25)(26)	1:53:08	22:38	1:25.7
2 Dubuque Senior	75	5-8-15-17-30(31)(48)	1:54:01	22:49	1:42.3
3 Iowa City Liberty	78	1-2-13-23-39(45)(63)	1:53:32	22:43	3:09.5
4 Wahler Dubuque	80	9-10-14-20-27(36)(49)	1:54:17	22:52	1:21.8
5 Dubuque Hempstead	93	4-11-12-16-50(54)(56)	1:56:05	23:13	3:59.3
6 Cedar Falls	141	18-21-29-33-40(41)(44)	1:58:41	23:45	1:34.1
7 Linn-Mar Marion	204	19-32-35-51-67(69)(71)	2:06:16	25:16	5:40.3
8 Cedar Rapids Washington	222	37-38-43-47-57(58)(59)	2:06:26	25:18	2:36.5
9 Prairie Cedar Rapids	236	28-34-42-62-70	2:10:16	26:04	6:29.0
10 Cedar Rapids Kennedy	290	46-52-61-65-66(74)(75)	2:16:08	27:14	3:13.2
11 Xavier Cedar Rapids	300	53-55-60-64-68(72)(73)	2:18:12	27:39	2:11.9

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 MAHER, Carleigh	SO	Iowa City Liberty	1	21:21.6	6:52.1	4:16.3
2 EIDE, Peyton	SO	Iowa City Liberty	2	21:45.8	6:59.8	4:21.1
3 RILEY-POMA, Brooklyn	FR	Iowa City City High	3	22:02.2	7:05.1	4:24.4
4 STEVENSON, Eva	SO	Dubuque Hempstea	4	22:06.3	7:06.4	4:25.2
5 WEBER, Stella	SO	Dubuque Senior	5	22:07.7	7:06.9	4:25.5
6 ROMERO, Ella	FR	Iowa City City High	6	22:08.2	7:07.1	4:25.6
7 ASKLOF, Elizabeth	SO	Iowa City City High	7	22:09.8	7:07.6	4:25.9
8 WULLWEBER, Braelley	SO	Dubuque Senior	8	22:12.9	7:08.6	4:26.6
9 BORMANN, Maya	FR	Wahler Dubuque	9	22:19.2	7:10.6	4:27.8
10 BELLINI, Olivia	SO	Wahler Dubuque	10	22:19.4	7:10.7	4:27.9
11 HART, Maria	SO	Dubuque Hempstea	11	22:28.3	7:13.5	4:29.6
12 DRISCOLL, Gracie	FR	Dubuque Hempstea	12	22:30.0	7:14.1	4:30.0
13 BRUBAKER, Ashlyn	FR	Iowa City Liberty	13	22:30.2	7:14.1	4:30.0
14 BERNING, Willa	FR	Wahler Dubuque	14	22:49.6	7:20.4	4:33.9
15 CHRISTENSEN, Halia	SO	Dubuque Senior	15	22:50.8	7:20.8	4:34.2
16 RENNE, Jillian	SO	Dubuque Hempstea	16	22:54.4	7:21.9	4:34.9
17 HOLDENER, Audrey	FR	Dubuque Senior	17	22:59.1	7:23.4	4:35.8
18 VERDUGHT, Maggie	FR	Cedar Falls	18	22:59.4	7:23.5	4:35.9
19 ADAMSON, Chloe	FR	Linn-Mar Marion	19	23:06.1	7:25.7	4:37.2
20 ROHNER, Ella	FR	Wahler Dubuque	20	23:07.7	7:26.2	4:37.5
21 BRODAHL, Anna	SO	Cedar Falls	21	23:10.9	7:27.2	4:38.2
22 SPRAGG, Nadia	FR	Iowa City City High	22	23:19.8	7:30.1	4:39.9
23 BROWN, Nora	SO	Iowa City Liberty	23	23:23.1	7:31.2	4:40.6
24 KLEIN, Addison	FR	Iowa City City High	24	23:27.9	7:32.7	4:41.6
25 SCHULTZ, Willow	FR	Iowa City City High	(25)	23:32.0	7:34.0	4:42.4
26 BHANDARY-NARAYANAN,	SO	Iowa City City High	(26)	23:32.4	7:34.1	4:42.5
27 UNSEN, Mallory	FR	Wahler Dubuque	27	23:41.0	7:36.9	4:44.2
28 ROE, Anika	FR	Prairie Cedar Rapid	28	23:48.6	7:39.4	4:45.7
29 SCHMITZ, Evelyn	FR	Cedar Falls	29	23:49.3	7:39.6	4:45.9
30 HESSELMAN, Grace	SO	Dubuque Senior	30	23:49.9	7:39.8	4:46.0

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**Race #1
Fr-So Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
31 WILLARD, Martha	FR	Iowa City City High	-	23:50.0	7:39.8	4:46.0
32 SCHULTES, Addi	SO	Iowa City City High	-	23:50.1	7:39.8	4:46.0
33 EVANS, Jolie	FR	Iowa City City High	-	23:51.4	7:40.3	4:46.3
34 EIKAMP, Millie	FR	Dubuque Senior	(31)	23:54.2	7:41.1	4:46.8
35 WALRATH, Brooke	FR	Linn-Mar Marion	32	23:58.1	7:42.4	4:47.6
36 TOL, Prisha	SO	Cedar Falls	33	24:07.8	7:45.5	4:49.5
37 VAN VOORST, Addy	FR	Prairie Cedar Rapid	34	24:14.2	7:47.6	4:50.8
38 HAUGEN, Anika	SO	Linn-Mar Marion	35	24:14.4	7:47.6	4:50.9
39 KING, Claire	SO	Wahlert Dubuque	(36)	24:20.3	7:49.5	4:52.1
40 LAHART, Maya	FR	Cedar Rapids Wash	37	24:20.6	7:49.6	4:52.1
41 LAHART, Alanna	FR	Cedar Rapids Wash	38	24:30.8	7:52.9	4:54.2
42 MCDERMOTT, Raegan	FR	Iowa City Liberty	39	24:31.1	7:53.0	4:54.2
43 SWITZER, Cadia	FR	Cedar Falls	40	24:33.5	7:53.8	4:54.7
44 BLOUGH, Katie	FR	Cedar Falls	(41)	24:35.1	7:54.3	4:55.0
45 RAUSCH, Chloe	FR	Prairie Cedar Rapid	42	24:37.4	7:55.0	4:55.5
46 LINDWALL, Maya	FR	Cedar Rapids Wash	43	24:55.1	8:00.7	4:59.0
47 BAGAL, Mrunal	SO	Cedar Falls	(44)	24:58.4	8:01.8	4:59.7
48 WARBY, Claire	FR	Cedar Falls	-	25:01.1	8:02.6	5:00.2
49 RAUE, Kaitlyn	FR	Iowa City Liberty	(45)	25:04.6	8:03.8	5:00.9
50 MICHAEL, Reese	SO	Cedar Falls	-	25:11.6	8:06.0	5:02.3
51 PRUETT, Audrey	SO	Cedar Rapids Kenn	46	25:23.5	8:09.9	5:04.7
52 LEMKE, Lilly	FR	Cedar Rapids Wash	47	25:42.5	8:16.0	5:08.5
53 SPRAGUE, Chloe	FR	Dubuque Senior	(48)	26:00.2	8:21.7	5:12.0
54 THIELEN, Claire	FR	Wahlert Dubuque	(49)	26:03.4	8:22.7	5:12.7
55 GUNDERSON, Maddie	SO	Iowa City City High	-	26:03.8	8:22.8	5:12.8
56 MOOTZ, Jo	FR	Dubuque Hempstea	50	26:05.5	8:23.4	5:13.1
57 NORMAN, Gabby	SO	Dubuque Senior	-	26:05.9	8:23.5	5:13.2
58 TUTHILL, Lilyan	SO	Wahlert Dubuque	-	26:07.0	8:23.9	5:13.4
59 SCOTT, Ellie	SO	Linn-Mar Marion	51	26:10.9	8:25.1	5:14.2
60 CAMPBELL, Avery	FR	Cedar Rapids Kenn	52	26:19.5	8:27.9	5:15.9
61 JAEGER, Kambry	FR	Cedar Falls	-	26:22.6	8:28.8	5:16.5
62 CUSHMAN, Ellie	FR	Wahlert Dubuque	-	26:26.4	8:30.1	5:17.3
63 SWISHER, Cassie	FR	Iowa City City High	-	26:28.2	8:30.7	5:17.6
64 DAVID, Aadilyn	JR	Dubuque Senior	-	26:29.3	8:31.0	5:17.9
65 BOSTWICK, Ginny	FR	Xavier Cedar Rapid	53	26:40.8	8:34.7	5:20.2
66 GAMMAGE, Greta	SO	Dubuque Hempstea	(54)	26:50.1	8:37.7	5:22.0
67 PFAB, Hannah	FR	Xavier Cedar Rapid	55	26:54.2	8:39.0	5:22.8
68 BIRKENHOLTZ, Piper	SO	Dubuque Hempstea	(56)	26:54.9	8:39.3	5:23.0
69 LYTLE, Marley	SO	Cedar Rapids Wash	57	26:57.1	8:39.9	5:23.4
70 JENSEN, Alena	FR	Cedar Rapids Wash	(58)	26:58.0	8:40.2	5:23.6
71 ROLAND, Frances	FR	Cedar Rapids Wash	(59)	27:01.8	8:41.5	5:24.4
72 BAILEY, Harper	SO	Iowa City City High	-	27:06.7	8:43.0	5:25.3
73 DWYER, Scarlett	FR	Cedar Rapids Wash	-	27:08.9	8:43.7	5:25.8
74 ROZEBOOM, Lulu	SO	Xavier Cedar Rapid	60	27:09.2	8:43.8	5:25.8
75 PIERCE, Ellison	SO	Cedar Rapids Kenn	61	27:12.4	8:44.9	5:26.5
76 GREEN, Maddie	FR	Prairie Cedar Rapid	62	27:18.1	8:46.7	5:27.6

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Race #1
Fr-So Girls 5K
Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
77 SCHMITZ, Stella	FR	Cedar Falls	-	27:23.5	8:48.5	5:28.7
78 PULS, Sofia	FR	Cedar Falls	-	27:24.5	8:48.8	5:28.9
79 RUPP, Leona	FR	Iowa City Liberty	(63)	27:31.6	8:51.1	5:30.3
80 TIAN, Melissa	FR	Iowa City Liberty	-	27:33.6	8:51.7	5:30.7
81 HARBIN, Robin	SO	Dubuque Hempstea	-	27:40.1	8:53.8	5:32.0
82 GOOD, Elise	FR	Iowa City City High	-	27:41.3	8:54.2	5:32.3
83 MEZA, Melissa	SO	Cedar Falls	-	27:50.9	8:57.3	5:34.2
84 MORRISON, Mady	SO	Dubuque Hempstea	-	28:01.1	9:00.5	5:36.2
85 SWEET, Khloe	FR	Dubuque Senior	-	28:07.4	9:02.5	5:37.5
86 NEAL, Ruby	FR	Dubuque Senior	-	28:13.6	9:04.6	5:38.7
87 MCMORRIS, Larkin	SO	Iowa City Liberty	-	28:19.9	9:06.6	5:40.0
88 BARTLETT, Emerson	SO	Cedar Falls	-	28:29.3	9:09.6	5:41.9
89 GARBES, Dotti	FR	Xavier Cedar Rapid	64	28:35.0	9:11.4	5:43.0
90 CHITTENDEN, Ryan	SO	Cedar Rapids Kenn	65	28:36.2	9:11.8	5:43.2
91 BRUNS, Julia	SO	Cedar Rapids Kenn	66	28:36.6	9:12.0	5:43.3
92 JANKUNAS, Indre	FR	Cedar Falls	-	28:38.9	9:12.7	5:43.8
93 MCDERMOTT, Addy	SO	Linn-Mar Marion	67	28:46.4	9:15.1	5:45.3
94 NOVAK, Sarah	SO	Cedar Rapids Wash	-	28:48.8	9:15.9	5:45.8
95 PHUKE, Aarya	FR	Cedar Falls	-	28:48.8	9:15.9	5:45.8
96 SELL, Everlie	FR	Wahlert Dubuque	-	28:49.8	9:16.2	5:46.0
97 GUNN, Sara	SO	Dubuque Senior	-	28:52.6	9:17.1	5:46.5
98 DEWULF, Makayla	SO	Xavier Cedar Rapid	68	28:52.7	9:17.1	5:46.5
99 DILLION, Charlotte	FR	Iowa City Liberty	-	29:01.3	9:19.9	5:48.3
100 SWARTS, Maya	FR	Cedar Falls	-	29:06.3	9:21.5	5:49.2
101 FAYED, Jana	FR	Linn-Mar Marion	(69)	29:23.3	9:27.0	5:52.6
102 NELSON, Bella	FR	Iowa City Liberty	-	29:25.9	9:27.8	5:53.2
103 DEGNER, Liz	SO	Iowa City City High	-	29:38.1	9:31.7	5:55.6
104 DOLAN, Addilyn	FR	Dubuque Hempstea	-	29:48.1	9:34.9	5:57.6
105 JANDA, Mia	FR	Cedar Rapids Jeffer	-	30:08.5	9:41.5	6:01.7
106 YOUNG, Lillie	FR	Prairie Cedar Rapid	70	30:17.6	9:44.4	6:03.5
107 SOJKA, Anna	SO	Linn-Mar Marion	(71)	30:25.4	9:46.9	6:05.1
108 THURM, Leah	SO	Xavier Cedar Rapid	(72)	30:52.5	9:55.6	6:10.5
109 ADAMS, Keara	SO	Xavier Cedar Rapid	(73)	30:53.1	9:55.8	6:10.6
110 CASTO, Amari	FR	Iowa City City High	-	31:15.4	10:03.0	6:15.1
111 LANGERMAN, Kayla	SO	Cedar Rapids Kenn	(74)	31:35.8	10:09.6	6:19.2
112 BODJONA, Mazama	SO	Cedar Rapids Jeffer	-	31:44.6	10:12.4	6:20.9
113 AYALA, Haylie	FR	Cedar Rapids Kenn	(75)	31:47.6	10:13.4	6:21.5
114 RUNDE, Breanna	SO	Dubuque Hempstea	-	31:47.7	10:13.4	6:21.5
115 WILLENBORG, Kayley	SO	Xavier Cedar Rapid	-	31:58.0	10:16.7	6:23.6
116 CEARLOCK, Annebelle	SO	Wahlert Dubuque	-	32:03.2	10:18.4	6:24.6
117 NACE, Avery	FR	Iowa City City High	-	32:29.5	10:26.8	6:29.9
118 VOGL, Kasey	SO	Xavier Cedar Rapid	-	33:06.9	10:38.9	6:37.4
119 MUTUALE, Sara	SO	Cedar Rapids Wash	-	34:12.5	11:00.0	6:50.5
120 BUDEDERI, Josephine	SO	Cedar Rapids Jeffer	-	34:24.1	11:03.7	6:52.8
121 BOYLE, Allison	SO	Cedar Rapids Wash	-	34:32.8	11:06.5	6:54.6
122 JOHNSON, Lindsey	SO	Cedar Falls	-	35:05.4	11:17.0	7:01.1

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Race #2
Fr-So Boys 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	20	1-2-3-6-8(16)(27)	1:29:36	17:56	0:25.7
2 Iowa City West	77	5-7-14-25-26(35)(38)	1:32:29	18:30	0:52.6
3 Iowa City City High	86	11-15-17-19-24(28)(43)	1:33:03	18:37	0:34.1
4 Prairie Cedar Rapids	116	4-18-22-33-39(61)(64)	1:34:24	18:53	1:36.7
5 Dubuque Senior	124	13-20-29-30-32(34)(36)	1:34:32	18:55	0:45.1
6 Iowa City Liberty	127	9-12-23-37-46(57)(58)	1:34:56	19:00	1:40.5
7 Linn-Mar Marion	187	10-40-44-45-48(49)(50)	1:37:41	19:33	1:45.1
8 Cedar Rapids Kennedy	223	31-42-47-51-52(53)(74)	1:39:23	19:53	1:14.7
9 Dubuque Hempstead	232	21-41-54-56-60(63)(65)	1:40:07	20:02	1:48.4
10 Cedar Rapids Washington	341	55-62-71-75-78(80)	1:50:02	22:01	3:05.9
11 Wahlert Dubuque	348	59-66-67-77-79	1:50:33	22:07	2:59.0
12 Cedar Rapids Jefferson	371	69-70-72-76-84	1:58:07	23:38	4:57.6
13 Xavier Cedar Rapids	387	68-73-81-82-83	2:00:11	24:03	4:52.8

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 HOYER, Brennen	SO	Cedar Falls	1	17:42.6	5:41.7	3:32.5
2 WILLIAMS, Dominic	FR	Cedar Falls	2	17:45.5	5:42.6	3:33.1
3 MANDT, James	SO	Cedar Falls	3	17:54.7	5:45.6	3:34.9
4 MCMANUS, Ethan	SO	Prairie Cedar Rapid	4	17:58.1	5:46.6	3:35.6
5 WEHRLE, Colin	FR	Iowa City West	5	18:04.4	5:48.7	3:36.9
6 MARTIN, Gaige	SO	Cedar Falls	6	18:04.8	5:48.8	3:37.0
7 KOTEV, Venelin	SO	Iowa City West	7	18:07.4	5:49.6	3:37.5
8 MYERS, Porter	FR	Cedar Falls	8	18:08.2	5:49.9	3:37.6
9 HILDEBRAND, Lars	FR	Iowa City Liberty	9	18:15.7	5:52.3	3:39.1
10 KNAPP, Josh	SO	Linn-Mar Marion	10	18:19.6	5:53.6	3:39.9
11 PALMBERG, Emmett	FR	Iowa City City High	11	18:19.6	5:53.6	3:39.9
12 FINCH, Colin	FR	Iowa City Liberty	12	18:23.3	5:54.8	3:40.7
13 ANDERSON, Owen	FR	Dubuque Senior	13	18:24.8	5:55.2	3:40.9
14 TONG, Thomas	SO	Iowa City West	14	18:25.9	5:55.6	3:41.2
15 VANDE BERG, Henry	FR	Iowa City City High	15	18:30.3	5:57.0	3:42.1
16 KIES, Ryne	FR	Cedar Falls	(16)	18:33.2	5:57.9	3:42.6
17 LEHMAN, Jack	SO	Iowa City City High	17	18:33.9	5:58.2	3:42.8
18 LANGE, Sammy	FR	Prairie Cedar Rapid	18	18:43.3	6:01.2	3:44.7
19 ARNOLD, Malcolm	FR	Iowa City City High	19	18:45.5	6:01.9	3:45.1
20 HESSELMAN, Cody	FR	Dubuque Senior	20	18:49.8	6:03.3	3:46.0
21 ELLERBACH, Ben	FR	Dubuque Hempstea	21	18:50.0	6:03.3	3:46.0
22 WIETHORN, Dillon	SO	Prairie Cedar Rapid	22	18:51.5	6:03.8	3:46.3
23 CHO, Tayson	FR	Iowa City Liberty	23	18:53.1	6:04.3	3:46.6
24 EDWARDS, Jack	SO	Iowa City City High	24	18:53.7	6:04.5	3:46.7
25 NEUKIRCH, Maddux	FR	Iowa City West	25	18:54.5	6:04.8	3:46.9
26 OLALLEYE, Oluwadara	FR	Iowa City West	26	18:57.0	6:05.6	3:47.4
27 CLAUSEN, Nicholas	SO	Cedar Falls	(27)	18:57.2	6:05.6	3:47.4

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
28	MACGILLIVRAY, Lynden	SO Iowa City City High	(28)	18:57.4	6:05.7	3:47.5
29	MCKEE, Ethan	SO Cedar Falls	-	18:59.9	6:06.5	3:48.0
30	WESTHOFF, Jace	SO Cedar Falls	-	19:00.6	6:06.7	3:48.1
31	FREUND, Colton	SO Dubuque Senior	29	19:03.5	6:07.7	3:48.7
32	KROGER, Graden	SO Dubuque Senior	30	19:03.9	6:07.8	3:48.8
33	PENN, Noah	SO Cedar Rapids Kenn	31	19:04.3	6:07.9	3:48.8
34	HAUG, Mathew	FR Dubuque Senior	32	19:09.8	6:09.7	3:50.0
35	KREMER, Will	SO Cedar Falls	-	19:13.2	6:10.8	3:50.6
36	JACOBSEN, Ethan	FR Cedar Falls	-	19:16.0	6:11.7	3:51.2
37	VALDE, Eric	SO Prairie Cedar Rapid	33	19:16.2	6:11.7	3:51.2
38	NEAHAUS, Eli	FR Dubuque Senior	(34)	19:17.3	6:12.1	3:51.5
39	EASTVOLD, Jack	SO Iowa City West	(35)	19:19.5	6:12.8	3:51.9
40	SCHAEFER, Ben	SO Dubuque Senior	(36)	19:24.5	6:14.4	3:52.9
41	ROACH, Elijah	SO Dubuque Senior	-	19:24.9	6:14.6	3:53.0
42	VIDAL, Julius	SO Iowa City Liberty	37	19:27.5	6:15.4	3:53.5
43	LAWLER, Henry	FR Iowa City West	(38)	19:27.7	6:15.5	3:53.5
44	KRAMBEER, Jacob	SO Prairie Cedar Rapid	39	19:34.8	6:17.7	3:54.9
45	ADAMS, Cooper	FR Linn-Mar Marion	40	19:34.9	6:17.8	3:55.0
46	AHRENS, Brody	FR Cedar Falls	-	19:40.1	6:19.4	3:56.0
47	ARLING, Grant	FR Dubuque Senior	-	19:40.4	6:19.5	3:56.1
48	FRY, William	SO Dubuque Senior	-	19:44.9	6:21.0	3:57.0
49	MALONEY, Henry	FR Dubuque Hempstea	41	19:47.7	6:21.9	3:57.5
50	ALI, Arefat	FR Cedar Rapids Kenn	42	19:48.1	6:22.0	3:57.6
51	RICHMAN, Sam	FR Iowa City City High	(43)	19:49.1	6:22.3	3:57.8
52	KALAVAR, Advait	FR Linn-Mar Marion	44	19:49.2	6:22.4	3:57.8
53	ZYLSTRA, Parker	FR Cedar Falls	-	19:50.3	6:22.7	3:58.1
54	HOLTEN, Parker	SO Linn-Mar Marion	45	19:52.0	6:23.3	3:58.4
55	LIEU, Samuel	FR Iowa City Liberty	46	19:56.1	6:24.6	3:59.2
56	WHITE, Ethan	SO Cedar Rapids Kenn	47	19:56.8	6:24.8	3:59.4
57	BRUZEK, Zach	FR Iowa City West	-	20:02.7	6:26.7	4:00.5
58	CAULK, Mose	FR Iowa City City High	-	20:04.0	6:27.1	4:00.8
59	BUDZINSKI, Nick	FR Linn-Mar Marion	48	20:04.7	6:27.3	4:00.9
60	HOKE, Robbie	SO Linn-Mar Marion	(49)	20:05.2	6:27.5	4:01.0
61	LINDSAY, Chris	FR Linn-Mar Marion	(50)	20:06.0	6:27.8	4:01.2
62	HISCOCK, Thomas	FR Linn-Mar Marion	-	20:10.0	6:29.1	4:02.0
63	PRESSLER, Lars	FR Iowa City West	-	20:13.9	6:30.3	4:02.8
64	CAVANAUGH, Sam	SO Dubuque Senior	-	20:14.1	6:30.4	4:02.8
65	COGDILL, Neil	FR Cedar Rapids Kenn	51	20:14.3	6:30.4	4:02.8
66	WUNDERLICH, Cameron	SO Cedar Falls	-	20:15.4	6:30.8	4:03.1
67	ZACHAR, Anthony	SO Cedar Rapids Kenn	52	20:19.0	6:31.9	4:03.8
68	TOBIN, Beckett	FR Iowa City City High	-	20:20.6	6:32.5	4:04.1
69	PITCHER, Maddox	FR Cedar Rapids Kenn	(53)	20:20.6	6:32.5	4:04.1
70	FRISVOLD, Dylan	FR Iowa City West	-	20:20.8	6:32.5	4:04.2
71	CLAASSEN, John	SO Cedar Falls	-	20:23.8	6:33.5	4:04.7
72	SCHULTZ, Charles	SO Dubuque Hempstea	54	20:24.1	6:33.6	4:04.8
73	SUCHOMEL, Silas	FR Iowa City City High	-	20:24.3	6:33.7	4:04.9

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
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 Host: Cedar Falls
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Race #2
Fr-So Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
74 REILLY, Hayden	FR	Cedar Rapids Wash	55	20:24.7	6:33.8	4:04.9
75 HACKETT, Leo	SO	Linn-Mar Marion	-	20:26.0	6:34.2	4:05.2
76 FROISTAD, Talon	FR	Dubuque Hempstea	56	20:26.2	6:34.3	4:05.2
77 MAYHEW, Preston	FR	Iowa City City High	-	20:28.2	6:34.9	4:05.6
78 DETWEILER, Jonah	FR	Linn-Mar Marion	-	20:29.5	6:35.3	4:05.9
79 PETERSEN, Trevor	SO	Iowa City Liberty	(57)	20:31.0	6:35.8	4:06.2
80 SQUIRES, Yuma	SO	Iowa City Liberty	(58)	20:31.0	6:35.8	4:06.2
81 TEMPEL, Alex	SO	Linn-Mar Marion	-	20:32.7	6:36.4	4:06.5
82 FAGAN, Jack	SO	Linn-Mar Marion	-	20:34.7	6:37.0	4:06.9
83 WOODS, Liam	SO	Cedar Falls	-	20:34.7	6:37.0	4:06.9
84 AVILA, Rodrigo	FR	Cedar Falls	-	20:34.9	6:37.1	4:07.0
85 KLAPATAUSKAS, Jon	FR	Wahlert Dubuque	59	20:35.7	6:37.3	4:07.1
86 BACKES, Logan	FR	Cedar Falls	-	20:36.0	6:37.4	4:07.2
87 WALLACE, Landon	FR	Cedar Falls	-	20:37.0	6:37.7	4:07.4
88 HUERGA GALAN, Pablo	SO	Dubuque Hempstea	60	20:38.4	6:38.2	4:07.7
89 MCDONALD, Shea	SO	Dubuque Senior	-	20:38.6	6:38.2	4:07.7
90 SEAMANS, Mike	FR	Prairie Cedar Rapid	(61)	20:38.9	6:38.3	4:07.8
91 SCHOLTEN, Regan	FR	Cedar Falls	-	20:39.6	6:38.6	4:07.9
92 DEW, Owen	FR	Cedar Rapids Wash	62	20:39.8	6:38.6	4:07.9
93 BLOCK, Parker	FR	Dubuque Senior	-	20:40.7	6:38.9	4:08.1
94 GOLDSMITH, Sam	FR	Dubuque Hempstea	(63)	20:45.1	6:40.3	4:09.0
95 HANSEN, Cole	SO	Cedar Falls	-	20:46.7	6:40.9	4:09.3
96 LORENZ, Quinn	SO	Linn-Mar Marion	-	20:47.8	6:41.2	4:09.5
97 CLARK, Liam	FR	Prairie Cedar Rapid	(64)	20:50.7	6:42.1	4:10.1
98 ARLING, Henry	SO	Dubuque Senior	-	20:52.9	6:42.8	4:10.6
99 SILVIA, Ian	FR	Dubuque Senior	-	20:54.6	6:43.4	4:10.9
100 GOLLINCK, Silas	SO	Iowa City City High	-	20:55.6	6:43.7	4:11.1
101 ELSHIEKH, Ahmad	FR	Linn-Mar Marion	-	21:02.6	6:46.0	4:12.5
102 SELL, Maxwell	FR	Cedar Falls	-	21:05.8	6:47.0	4:13.2
103 BENSON, Drew	FR	Iowa City West	-	21:06.9	6:47.3	4:13.4
104 BLANCHARD, Aaron	FR	Dubuque Hempstea	(65)	21:07.6	6:47.6	4:13.5
105 STEWART, Turner	FR	Cedar Falls	-	21:10.4	6:48.5	4:14.1
106 PARR, Jackson	FR	Linn-Mar Marion	-	21:10.6	6:48.5	4:14.1
107 HICKEY, Paxton	SO	Dubuque Hempstea	-	21:10.6	6:48.6	4:14.1
108 VENKATESAN, Siddharth	SO	Iowa City West	-	21:12.4	6:49.1	4:14.5
109 LEE, Ethan	SO	Iowa City West	-	21:14.5	6:49.8	4:14.9
110 AUER, JP	FR	Wahlert Dubuque	66	21:15.9	6:50.2	4:15.2
111 CORREA LEIBFRIED, Lucas	SO	Iowa City West	-	21:16.2	6:50.4	4:15.2
112 BROTZMAN, Gavan	FR	Dubuque Hempstea	-	21:17.1	6:50.6	4:15.4
113 KLINKENBERG, Caleb	SO	Linn-Mar Marion	-	21:17.3	6:50.7	4:15.4
114 PETTIT, Brayden	FR	Linn-Mar Marion	-	21:18.8	6:51.2	4:15.8
115 REISCH, Royal	FR	Dubuque Senior	-	21:20.5	6:51.7	4:16.1
116 DONALD, Ben	FR	Iowa City West	-	21:21.1	6:51.9	4:16.2
117 WENDLING, Colin	FR	Linn-Mar Marion	-	21:21.7	6:52.1	4:16.3
118 SCHLITZ, Joe	FR	Iowa City City High	-	21:25.1	6:53.2	4:17.0
119 ROUSE, Samuel	FR	Cedar Falls	-	21:25.4	6:53.3	4:17.1

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Race #2
Fr-So Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
120 SCHOL, Caleb	FR	Dubuque Senior	-	21:26.6	6:53.7	4:17.3
121 CALLAHAN, Will	FR	Dubuque Hempstea	-	21:30.5	6:54.9	4:18.1
122 BEALS, Bronson	SO	Linn-Mar Marion	-	21:37.6	6:57.2	4:19.5
123 FITZPATRICK, William	SO	Wahlert Dubuque	67	21:41.3	6:58.4	4:20.2
124 DAKE, Joe	SO	Xavier Cedar Rapid	68	21:56.8	7:03.4	4:23.4
125 HOFFMAN, Joey	FR	Dubuque Senior	-	21:58.4	7:03.9	4:23.7
126 WHITTAKER, David	FR	Iowa City City High	-	22:05.7	7:06.3	4:25.1
127 SPRIGGS, Mason	FR	Dubuque Hempstea	-	22:07.9	7:07.0	4:25.6
128 STARK, Harrison	SO	Prairie Cedar Rapid	-	22:09.5	7:07.5	4:25.9
129 DENHAM, Mathew	FR	Dubuque Senior	-	22:17.4	7:10.0	4:27.5
130 LEYSER, Gustavo	FR	Iowa City City High	-	22:17.5	7:10.1	4:27.5
131 GASS, Brandon	FR	Cedar Rapids Jeffer	69	22:26.2	7:12.8	4:29.2
132 POWERS, Fynn	FR	Cedar Falls	-	22:27.5	7:13.3	4:29.5
133 STEPHENS, Max	FR	Iowa City West	-	22:27.8	7:13.4	4:29.6
134 SCHILLING, Jack	SO	Cedar Rapids Jeffer	70	22:29.3	7:13.8	4:29.9
135 REISINGER, Nicholas	FR	Cedar Rapids Wash	71	22:29.5	7:13.9	4:29.9
136 GARTELOS, Nikolia	FR	Iowa City City High	-	22:30.1	7:14.1	4:30.0
137 DONOVAN, Alex	FR	Iowa City City High	-	22:30.4	7:14.2	4:30.1
138 WAECHTER, Charlie	SO	Cedar Rapids Jeffer	72	22:32.1	7:14.8	4:30.4
139 TIMMER HACKERT, Henry	SO	Iowa City West	-	22:32.8	7:15.0	4:30.6
140 NAPOLI, Joey	FR	Iowa City City High	-	22:33.0	7:15.0	4:30.6
141 SCHEBEL, Max	SO	Iowa City West	-	22:34.8	7:15.6	4:31.0
142 MARTINO, Gus	FR	Xavier Cedar Rapid	73	22:36.1	7:16.0	4:31.2
143 MESCH, Greyson	FR	Cedar Rapids Kenn	(74)	22:36.2	7:16.1	4:31.2
144 NEWT, Walker	FR	Dubuque Senior	-	22:37.9	7:16.6	4:31.6
145 HOLLINGER, Benjamin	SO	Prairie Cedar Rapid	-	22:41.3	7:17.7	4:32.3
146 SNYDER, Owen	SO	Linn-Mar Marion	-	22:42.1	7:18.0	4:32.4
147 MISIAGBECKLER, Pierce	FR	Dubuque Hempstea	-	22:44.2	7:18.6	4:32.8
148 WELBES, Parker	SO	Dubuque Hempstea	-	22:50.6	7:20.7	4:34.1
149 GIANNAKOUROS, Paul	FR	Dubuque Hempstea	-	22:53.6	7:21.6	4:34.7
150 ACKLEY, Hayden	SO	Linn-Mar Marion	-	22:54.4	7:21.9	4:34.9
151 APPLEBY-SPARROW, Henr	SO	Cedar Rapids Wash	75	22:57.1	7:22.8	4:35.4
152 DRALLE, Owen	SO	Cedar Falls	-	23:00.4	7:23.8	4:36.1
153 OTIS, Jayden	FR	Iowa City West	-	23:07.9	7:26.3	4:37.6
154 BENEKE, Jacob	FR	Iowa City West	-	23:08.0	7:26.3	4:37.6
155 DERHAMMER, Parker	FR	Cedar Rapids Kenn	-	23:11.6	7:27.4	4:38.3
156 EIRP, Ian	FR	Cedar Rapids Jeffer	76	23:15.2	7:28.6	4:39.0
157 HARTMANN, Michael	FR	Wahlert Dubuque	77	23:25.5	7:31.9	4:41.1
158 SCHULTE, Josh	FR	Dubuque Senior	-	23:26.3	7:32.2	4:41.3
159 MESSENGER, Caden	SO	Cedar Rapids Wash	78	23:30.5	7:33.5	4:42.1
160 NEWLIN, Finnegan	FR	Wahlert Dubuque	79	23:34.6	7:34.9	4:42.9
161 BUSCHE, Cooper	SO	Iowa City Liberty	-	23:35.6	7:35.2	4:43.1
162 MYROM, Matthew	FR	Linn-Mar Marion	-	23:36.5	7:35.5	4:43.3
163 DELOACH, Devin	FR	Linn-Mar Marion	-	23:36.8	7:35.5	4:43.3
164 KOLDER, Joel	FR	Cedar Rapids Wash	(80)	23:37.3	7:35.7	4:43.4
165 ALLRED, Theo	FR	Iowa City City High	-	23:46.3	7:38.6	4:45.3

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Race #2
Fr-So Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
166 LAURITSEN, Clayton	FR	Cedar Falls	-	23:50.9	7:40.1	4:46.2
167 WADE, Brycen	FR	Xavier Cedar Rapid	81	23:51.7	7:40.4	4:46.3
168 ALLRED, Wilson	FR	Prairie Cedar Rapid	-	23:53.7	7:41.0	4:46.7
169 ROSEMEYER, Brody	FR	Dubuque Hempstea	-	23:57.7	7:42.3	4:47.5
170 CHRIST, Ben	FR	Cedar Falls	-	24:03.3	7:44.1	4:48.6
171 HANDY, Orion	SO	Dubuque Hempstea	-	24:14.9	7:47.8	4:51.0
172 HOOVER, George	SO	Iowa City Liberty	-	24:27.7	7:51.9	4:53.5
173 RUNDE, Devin	FR	Dubuque Hempstea	-	24:54.9	8:00.7	4:59.0
174 PERREAULT, Nathaniel	FR	Xavier Cedar Rapid	82	24:56.1	8:01.0	4:59.2
175 BEAVER, Blake	FR	Cedar Rapids Kenn	-	24:57.0	8:01.3	4:59.4
176 TIMMERMAN, Ty	FR	Cedar Falls	-	25:13.6	8:06.7	5:02.7
177 LAWSON, Jay	SO	Cedar Falls	-	25:26.4	8:10.8	5:05.3
178 SCHMITZ, Joel	SO	Cedar Falls	-	25:26.9	8:10.9	5:05.4
179 BENNETT, Jesse	FR	Dubuque Hempstea	-	25:33.9	8:13.2	5:06.8
180 MORTON, Jasper	FR	Iowa City City High	-	26:16.3	8:26.8	5:15.2
181 HLUBEK, Owen	SO	Xavier Cedar Rapid	83	26:49.6	8:37.6	5:21.9
182 IANNONE, Rowan	FR	Iowa City Liberty	-	26:52.1	8:38.3	5:22.4
183 MILLER, Evan	FR	Iowa City Liberty	-	26:58.0	8:40.2	5:23.6
184 COLESON, Sebastian	FR	Cedar Rapids Jeffer	84	27:23.8	8:48.5	5:28.7
185 RUMSEY, Caleb	SO	Cedar Falls	-	27:52.3	8:57.7	5:34.5
186 WALSWORTH, William	FR	Cedar Falls	-	28:17.3	9:05.7	5:39.4
187 BERGER, Luke	SO	Cedar Falls	-	28:28.3	9:09.3	5:41.7
188 ASLAM, Suhaib	FR	Cedar Falls	-	32:33.7	10:28.2	6:30.7
189 LENA, Alex	FR	Cedar Falls	-	32:34.6	10:28.5	6:30.9

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Race #3
Varsity Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Dubuque Senior	40	2-5-10-11-12(13)(31)	1:38:10	19:38	1:07.4
2 Dubuque Hempstead	52	1-4-6-19-22(34)(51)	1:38:26	19:42	1:56.6
3 Iowa City City High	82	3-8-15-26-30(44)(50)	1:40:40	20:08	1:56.8
4 Cedar Falls	103	9-17-21-24-32(40)(52)	1:42:05	20:25	1:10.2
5 Linn-Mar Marion	153*	18-23-27-42-43(48)(54)	1:44:26	20:54	1:06.2
6 Iowa City West	153*	7-29-37-39-41(53)(62)	1:44:23	20:53	1:37.5
7 Prairie Cedar Rapids	163	16-20-35-45-47(58)(61)	1:45:01	21:01	1:30.6
8 Iowa City Liberty	180	14-33-38-46-49(55)(57)	1:45:53	21:11	1:37.4
9 Cedar Rapids Kennedy	243	28-36-56-60-63(64)(65)	1:49:43	21:57	2:18.2
10 Xavier Cedar Rapids	287	25-59-66-68-69	1:56:36	23:20	4:23.6
11 Cedar Rapids Jefferson	353	67-70-71-72-73(74)(75)	2:08:03	25:37	1:51.7

***Tiebreakers**

Linn-Mar Marion	18	23	27	42	43	48
Iowa City West	7	29	37	39	41	53

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 LEITZEN, Keelee	SR	Dubuque Hempstea	1	18:37.5	5:59.3	3:43.5
2 OLIVIERRE, Nakia	SO	Waterloo West	-	18:48.5	6:02.8	3:45.7
3 KLAPATAUSKAS, Leah	SR	Dubuque Senior	2	18:55.4	6:05.1	3:47.1
4 WEDEMEYER, Ani	JR	Iowa City City High	3	18:58.7	6:06.1	3:47.7
5 GEHL, Julia	SR	Dubuque Hempstea	4	19:12.4	6:10.5	3:50.5
6 HOYER, Claire	JR	Dubuque Senior	5	19:20.3	6:13.1	3:52.0
7 HENNEBERRY, Evie	JR	Dubuque Hempstea	6	19:36.2	6:18.2	3:55.2
8 VAN WANING, Kate	SO	Iowa City West	7	19:41.2	6:19.8	3:56.2
9 MURPHY, Lucy	SO	Wahlert Dubuque	-	19:43.8	6:20.6	3:56.8
10 BURNS, Abigail	SO	Iowa City City High	8	19:46.8	6:21.6	3:57.4
11 SIMONSON, Josee	JR	Cedar Falls	9	19:47.1	6:21.7	3:57.4
12 BECHEN, Briel	SO	Dubuque Senior	10	19:55.0	6:24.2	3:59.0
13 CHESTERMAN, Emma	SO	Dubuque Senior	11	19:55.9	6:24.5	3:59.2
14 GORTON, Emily	JR	Dubuque Senior	12	20:02.7	6:26.7	4:00.5
15 KESSLER, Nevaeh	SO	Dubuque Senior	(13)	20:05.4	6:27.6	4:01.1
16 MAC, Cori	SR	Iowa City Liberty	14	20:10.7	6:29.3	4:02.1
17 PETERSON, Nicole	JR	Iowa City City High	15	20:12.0	6:29.7	4:02.4
18 HESS, Keirra	SR	Prairie Cedar Rapid	16	20:13.6	6:30.2	4:02.7
19 BECKER, Anna	SR	Cedar Falls	17	20:13.9	6:30.3	4:02.8
20 KOZLOSKI, Hailey	FR	Linn-Mar Marion	18	20:17.6	6:31.5	4:03.5
21 LEVAKE, Haddie	SO	Cedar Rapids Wash	-	20:20.6	6:32.5	4:04.1
22 LANGE, Mylee	JR	Dubuque Hempstea	19	20:25.5	6:34.0	4:05.1
23 CHRISTENSEN, Ava	SR	Prairie Cedar Rapid	20	20:26.3	6:34.3	4:05.3
24 GALLAGHER, Maddie	SR	Cedar Falls	21	20:29.0	6:35.2	4:05.8
25 HENNEBERRY, Maggie	FR	Dubuque Hempstea	22	20:34.0	6:36.8	4:06.8
26 BUCK, Ally	SR	Linn-Mar Marion	23	20:37.1	6:37.8	4:07.4

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Race #3
Varsity Girls 5K
Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
27 MEYER, Emily	JR	Cedar Falls	24	20:37.5	6:37.9	4:07.5
28 DEEGAN, Mia	SO	Xavier Cedar Rapid	25	20:41.2	6:39.1	4:08.2
29 HAMANN, Grace	FR	Iowa City City High	26	20:46.2	6:40.7	4:09.2
30 EGBERT, Chloe	SO	Linn-Mar Marion	27	20:46.3	6:40.7	4:09.3
31 BRANDT, Alyssa	SR	Cedar Rapids Kenn	28	20:49.9	6:41.9	4:10.0
32 WANG, Cindy	SR	Iowa City West	29	20:55.5	6:43.7	4:11.1
33 LOCHER, Claire	SO	Iowa City City High	30	20:55.5	6:43.7	4:11.1
34 MILLER, Kaitlyn	SR	Dubuque Senior	(31)	20:56.7	6:44.1	4:11.3
35 FONLEY, Emersyn	FR	Cedar Falls	32	20:57.3	6:44.3	4:11.5
36 MARQUARDT, Mimi	JR	Iowa City Liberty	33	20:57.6	6:44.4	4:11.5
37 LEITZEN, Natalie	FR	Dubuque Hempstea	(34)	20:59.3	6:44.9	4:11.9
38 HUGHES, Hannah	JR	Prairie Cedar Rapid	35	21:02.8	6:46.0	4:12.6
39 HETRICK, Makenna	SR	Cedar Rapids Wash	-	21:05.9	6:47.0	4:13.2
40 HOYER, Lise	FR	Dubuque Senior	-	21:08.7	6:47.9	4:13.7
41 COGDILL, Lillian	JR	Cedar Rapids Kenn	36	21:09.0	6:48.0	4:13.8
42 TITUS, Kalli	JR	Iowa City West	37	21:11.5	6:48.8	4:14.3
43 WELCH, Clara	JR	Iowa City Liberty	38	21:13.0	6:49.3	4:14.6
44 OLSON, Susanna	FR	Iowa City West	39	21:15.7	6:50.2	4:15.1
45 ZYLSTRA, Zoe	JR	Cedar Falls	(40)	21:16.1	6:50.3	4:15.2
46 VARGA, Erinn	SR	Iowa City West	41	21:18.6	6:51.1	4:15.7
47 MAUREN, Gabby	JR	Linn-Mar Marion	42	21:21.0	6:51.9	4:16.2
48 DOMER, Addie	SO	Linn-Mar Marion	43	21:23.7	6:52.7	4:16.7
49 FISCHER, Madeline	FR	Iowa City City High	(44)	21:25.9	6:53.5	4:17.2
50 HAMILTON, Karlee	SR	Prairie Cedar Rapid	45	21:34.1	6:56.1	4:18.8
51 CANTON, Bridget	SR	Iowa City Liberty	46	21:43.4	6:59.1	4:20.7
52 REITTINGER, Catie	SR	Prairie Cedar Rapid	47	21:44.2	6:59.4	4:20.8
53 SHAFFER, Payzlee	FR	Linn-Mar Marion	(48)	21:47.7	7:00.5	4:21.5
54 JOHNSON, Madelyn	JR	Iowa City Liberty	49	21:48.0	7:00.6	4:21.6
55 PETERSON, Nina	JR	Iowa City City High	(50)	21:52.5	7:02.0	4:22.5
56 SCHLICHTTE, Aubrey	JR	Dubuque Hempstea	(51)	21:54.6	7:02.7	4:22.9
57 COUSIN, June	FR	Cedar Falls	(52)	21:55.3	7:02.9	4:23.1
58 GEHL, Lauren	SR	Dubuque Hempstea	-	21:58.0	7:03.8	4:23.6
59 MONIZA, Gabrielle	SR	Iowa City West	(53)	21:58.7	7:04.0	4:23.7
60 DECHANT, Avery	SO	Linn-Mar Marion	(54)	21:59.7	7:04.3	4:23.9
61 ADAMS, Emerson	SO	Iowa City Liberty	(55)	22:03.1	7:05.4	4:24.6
62 COLE, Bella	FR	Linn-Mar Marion	-	22:04.4	7:05.8	4:24.9
63 MANTHE, Emma	FR	Cedar Rapids Kenn	56	22:06.1	7:06.4	4:25.2
64 MEYER, Aubrey	JR	Iowa City Liberty	(57)	22:08.6	7:07.2	4:25.7
65 BISHOP, Chloe	SO	Prairie Cedar Rapid	(58)	22:14.8	7:09.2	4:27.0
66 LINDEMAN, Olivia	FR	Linn-Mar Marion	-	22:16.7	7:09.8	4:27.3
67 MUSICK, Sofia	FR	Xavier Cedar Rapid	59	22:20.3	7:10.9	4:28.0
68 PAULSON, Leah	SO	Linn-Mar Marion	-	22:22.4	7:11.6	4:28.5
69 GEATER, Ramsay	SO	Cedar Rapids Kenn	60	22:29.3	7:13.8	4:29.9
70 MCNABB, Sophie	SO	Prairie Cedar Rapid	(61)	22:36.7	7:16.2	4:31.3
71 CLARK, Violet	SR	Iowa City West	(62)	22:43.6	7:18.5	4:32.7
72 ARNOLD, Erin	SO	Cedar Rapids Kenn	63	23:08.1	7:26.3	4:37.6

2023 MVC SUPER MEET

Cedar Falls, IA

Birdsall Park

Weather: Sunny, WNW 20-30pmh, 23% & 71

Host: Cedar Falls

Thursday, October 05, 2023

MEET OFFICIALS**Meet Director:**

Troy Becker

Meet Referee:

Kevin Long

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #3
Varsity Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
73 ROSE, Stella	SO	Prairie Cedar Rapid	-	23:08.1	7:26.3	4:37.6
74 KAISER, Maria	SO	Cedar Rapids Kenn	(64)	23:13.4	7:28.0	4:38.7
75 FORD, Eva	SR	Cedar Rapids Kenn	(65)	23:21.8	7:30.7	4:40.4
76 HETRICK, Maddy	SO	Cedar Rapids Wash	-	23:37.9	7:35.9	4:43.6
77 HERTING, Macie	SO	Xavier Cedar Rapid	66	23:47.8	7:39.1	4:45.6
78 HALLAM, Olivia	SO	Cedar Rapids Kenn	-	24:05.2	7:44.7	4:49.0
79 EGGER, Christina	SR	Cedar Rapids Jeffer	67	24:41.2	7:56.3	4:56.2
80 BRUNS, Grace	JR	Xavier Cedar Rapid	68	24:42.0	7:56.5	4:56.4
81 ARENS, Ella	FR	Xavier Cedar Rapid	69	25:04.8	8:03.8	5:01.0
82 KUUNDU, Himidi	JR	Cedar Rapids Jeffer	70	25:27.7	8:11.2	5:05.5
83 NICKELL, Ryiah	JR	Cedar Rapids Jeffer	71	25:38.0	8:14.5	5:07.6
84 LONG, Lydia	JR	Cedar Rapids Jeffer	72	25:43.3	8:16.2	5:08.6
85 STOCK, Reagan	SR	Cedar Rapids Wash	-	25:46.7	8:17.3	5:09.3
86 KEVITT, Sophia	JR	Cedar Rapids Jeffer	73	26:32.9	8:32.2	5:18.6
87 ESQUEDA, Lizeth	JR	Cedar Rapids Jeffer	(74)	26:43.1	8:35.5	5:20.6
88 PETERSON, Thursday	JR	Cedar Rapids Jeffer	(75)	26:43.5	8:35.6	5:20.7

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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Race #4
Varsity Boys 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Rapids Kennedy	40	1-3-7-12-17(49)(50)	1:22:10	16:26	0:45.5
2 Cedar Falls	62	5-6-13-18-20(22)(32)	1:23:05	16:37	0:42.5
3 Iowa City Liberty	96	8-9-11-14-54(57)(74)	1:24:13	16:51	1:20.2
4 Dubuque Hempstead	120	2-24-28-30-36(55)(66)	1:24:41	16:57	1:11.3
5 Prairie Cedar Rapids	134	10-25-26-34-39(44)(45)	1:25:26	17:06	0:35.8
6 Iowa City City High	149	16-21-35-37-40(42)(53)	1:25:38	17:08	0:30.0
7 Dubuque Senior	153	15-23-31-41-43(58)(64)	1:25:47	17:10	0:36.5
8 Iowa City West	186	4-29-46-51-56(62)(63)	1:26:22	17:17	1:35.3
9 Linn-Mar Marlon	197	27-33-38-47-52(67)(68)	1:26:55	17:23	0:36.8
10 Wahlert Dubuque	311	19-61-72-76-83(89)	1:32:36	18:32	2:54.4
11 Waterloo West	326	48-60-70-71-77(78)	1:32:18	18:28	1:31.3
12 Cedar Rapids Jefferson	363	59-69-73-80-82(85)(88)	1:34:26	18:54	1:41.8
13 Cedar Rapids Washington	384	65-75-79-81-84(87)(91)	1:36:09	19:14	1:45.4
14 Xavier Cedar Rapids	455	86-90-92-93-94(95)	1:44:43	20:57	1:12.7

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 GRAY, Adam	SO	Cedar Rapids Kenn	1	16:04.4	5:10.1	3:12.9
2 MALONEY, John	SR	Dubuque Hempstea	2	16:05.4	5:10.4	3:13.1
3 BRUNS, Jacob	SR	Cedar Rapids Kenn	3	16:08.7	5:11.5	3:13.7
4 TIEA, Moustafa	JR	Iowa City West	4	16:10.6	5:12.1	3:14.1
5 ALDAMAK, Ahmed	SR	Cedar Falls	5	16:13.4	5:13.0	3:14.7
6 HARTMAN, Luke	SR	Cedar Falls	6	16:14.7	5:13.4	3:14.9
7 MCMAHAN, Henry	SR	Cedar Rapids Kenn	7	16:20.3	5:15.2	3:16.1
8 DECKER, Aidan	SR	Iowa City Liberty	8	16:24.6	5:16.6	3:16.9
9 DECKER, Keegan	FR	Iowa City Liberty	9	16:30.7	5:18.5	3:18.1
10 ALLRED, Bennett	JR	Prairie Cedar Rapid	10	16:43.0	5:22.5	3:20.6
11 MADSEN, Jacob	JR	Iowa City Liberty	11	16:44.4	5:22.9	3:20.9
12 MURRAY, Reece	SR	Cedar Rapids Kenn	12	16:46.3	5:23.5	3:21.2
13 MARTIN, Connor	JR	Cedar Falls	13	16:46.6	5:23.7	3:21.3
14 GREGOIRE, Noah	JR	Iowa City Liberty	14	16:48.4	5:24.2	3:21.7
15 LUEKEN, Calvin	JR	Dubuque Senior	15	16:49.0	5:24.4	3:21.8
16 NOBLE, Owyn	SR	Iowa City City High	16	16:49.0	5:24.4	3:21.8
17 BUCKHEISTER, Slader	SO	Cedar Rapids Kenn	17	16:49.8	5:24.7	3:21.9
18 FERGUSON, John	JR	Cedar Falls	18	16:53.7	5:25.9	3:22.7
19 BROOKINS, Jayden	SO	Wahlert Dubuque	19	16:54.3	5:26.1	3:22.9
20 DEGROOTE, Kieran	JR	Cedar Falls	20	16:55.8	5:26.6	3:23.2
21 MCROBERTS, Linus	SO	Iowa City City High	21	16:58.5	5:27.5	3:23.7
22 WIERING, Charlie	SO	Cedar Falls	(22)	17:01.4	5:28.4	3:24.3
23 KIRMAN, Jack	SO	Dubuque Senior	23	17:01.6	5:28.5	3:24.3
24 FERN, Micah	SO	Dubuque Hempstea	24	17:02.1	5:28.6	3:24.4
25 LEE, Nick	JR	Prairie Cedar Rapid	25	17:04.5	5:29.4	3:24.9
26 STEGEMOLLER, Tyler	JR	Prairie Cedar Rapid	26	17:07.4	5:30.3	3:25.5

2023 MVC SUPER MEET

Cedar Falls, IA

Birdsall Park

Weather: Sunny, WNW 20-30pmh, 23% & 71

Host: Cedar Falls

Thursday, October 05, 2023

MEET OFFICIALS**Meet Director:**

Troy Becker

Meet Referee:

Kevin Long

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #4
Varsity Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
27 CHENEY, Ethan	SO	Linn-Mar Marion	27	17:07.4	5:30.4	3:25.5
28 JOHNSON, Zack	SR	Dubuque Hempstea	28	17:07.8	5:30.5	3:25.6
29 BENSON, Cade	SR	Iowa City West	29	17:07.9	5:30.5	3:25.6
30 KASS, Brandon	JR	Dubuque Hempstea	30	17:08.4	5:30.6	3:25.7
31 ROTHERT, Danny	JR	Dubuque Senior	31	17:08.5	5:30.7	3:25.7
32 FREY, Brayden	SR	Cedar Falls	(32)	17:11.1	5:31.5	3:26.2
33 KUHN, Riley	SR	Linn-Mar Marion	33	17:11.2	5:31.6	3:26.2
34 MULFORD, Carter	JR	Prairie Cedar Rapid	34	17:12.5	5:32.0	3:26.5
35 MCDOWELL, Max	SO	Iowa City City High	35	17:13.7	5:32.4	3:26.7
36 LEITZEN, Owen	JR	Dubuque Hempstea	36	17:16.7	5:33.3	3:27.3
37 KARR, George	JR	Iowa City City High	37	17:17.3	5:33.5	3:27.5
38 BOSTON, Ethan	JR	Linn-Mar Marion	38	17:18.4	5:33.9	3:27.7
39 JOHNSON, Kyle	SO	Prairie Cedar Rapid	39	17:18.8	5:34.0	3:27.7
40 BAILEY, Tyler	SR	Cedar Falls	-	17:18.9	5:34.0	3:27.8
41 RANDALL, David	FR	Iowa City City High	40	17:18.9	5:34.0	3:27.8
42 KROGER, Liam	SO	Dubuque Senior	41	17:21.7	5:35.0	3:28.3
43 SCHAEFER, Adam	JR	Iowa City City High	(42)	17:22.5	5:35.2	3:28.5
44 HAUG, Jacob	JR	Dubuque Senior	43	17:25.5	5:36.1	3:29.1
45 CARRIZALES, Cole	FR	Prairie Cedar Rapid	(44)	17:26.2	5:36.4	3:29.2
46 NOVE, Carson	JR	Prairie Cedar Rapid	(45)	17:33.1	5:38.6	3:30.6
47 LEE, Michael	SR	Iowa City West	46	17:33.7	5:38.8	3:30.7
48 HANSON, Owen	JR	Linn-Mar Marion	47	17:33.8	5:38.8	3:30.7
49 RITTER, Ben	JR	Waterloo West	48	17:41.0	5:41.2	3:32.2
50 MCMAHAN, Lincoln	SO	Cedar Rapids Kenn	(49)	17:41.9	5:41.4	3:32.4
51 NOVE, Mason	FR	Prairie Cedar Rapid	-	17:42.2	5:41.5	3:32.4
52 SCHLAAK, Reuben	JR	Cedar Rapids Kenn	(50)	17:42.5	5:41.6	3:32.5
53 WAHE, Brice	JR	Iowa City West	51	17:43.5	5:42.0	3:32.7
54 BAKKER, Brendan	SR	Linn-Mar Marion	52	17:44.2	5:42.2	3:32.8
55 KARR, William	JR	Iowa City City High	(53)	17:44.7	5:42.3	3:32.9
56 JOHNSEN, Hayden	JR	Iowa City Liberty	54	17:44.8	5:42.4	3:32.9
57 HANSELMAN, Matthew	SR	Dubuque Hempstea	(55)	17:45.1	5:42.5	3:33.0
58 SHOWERS, Sam	JR	Iowa City West	56	17:45.8	5:42.7	3:33.1
59 THOMPSON, Will	SR	Iowa City Liberty	(57)	17:45.9	5:42.7	3:33.2
60 NORELDAIM, Mustafa	JR	Iowa City City High	-	17:46.8	5:43.0	3:33.3
61 PROSTTMANN, Jarris	SO	Iowa City City High	-	17:47.2	5:43.1	3:33.4
62 BROCK, Beckett	FR	Dubuque Senior	(58)	17:53.3	5:45.1	3:34.7
63 CAREY, Will	FR	Iowa City City High	-	18:02.1	5:47.9	3:36.4
64 SANDERS, Curtis	SR	Cedar Rapids Jeffer	59	18:02.8	5:48.2	3:36.6
65 BERNS, Presley	JR	Waterloo West	60	18:04.3	5:48.6	3:36.9
66 POWERS, Kyle	JR	Wahlert Dubuque	61	18:04.9	5:48.8	3:37.0
67 STONG, Robert	SR	Iowa City West	(62)	18:07.3	5:49.6	3:37.5
68 BRUSS, Maxwell	JR	Iowa City West	(63)	18:07.8	5:49.7	3:37.5
69 KINKAID, Finn	JR	Dubuque Senior	(64)	18:10.8	5:50.7	3:38.2
70 SCHNEIDERMANN, Kriene	SR	Cedar Rapids Wash	65	18:13.3	5:51.5	3:38.7
71 HOUSELOG, Will	JR	Dubuque Hempstea	(66)	18:19.2	5:53.4	3:39.8
72 KENNEDY, Will	FR	Linn-Mar Marion	(67)	18:21.2	5:54.1	3:40.2

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

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Race #4
Varsity Boys 5K
Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
73 HOHMANN, Ben	SO	Dubuque Senior	-	18:23.3	5:54.7	3:40.6
74 HENN, Colin	SO	Dubuque Hempstea	-	18:24.4	5:55.1	3:40.9
75 CRANDALL, Ezra	SR	Linn-Mar Marion	(68)	18:24.7	5:55.2	3:40.9
76 TRAVAGIAKIS, Rexton	FR	Cedar Rapids Jeffer	69	18:28.0	5:56.3	3:41.6
77 HARN, Ryan	SR	Waterloo West	70	18:30.9	5:57.2	3:42.2
78 WHITE, Benjamin	SR	Linn-Mar Marion	-	18:32.2	5:57.6	3:42.4
79 MAI, Easton	JR	Prairie Cedar Rapid	-	18:39.8	6:00.0	3:43.9
80 KERKOVE, Caleb	SR	Waterloo West	71	18:49.2	6:03.1	3:45.8
81 KLAPATAUSKAS, Nick	JR	Wahlert Dubuque	72	18:50.4	6:03.5	3:46.1
82 DAVIS, Caden	SR	Cedar Rapids Jeffer	73	18:52.6	6:04.2	3:46.5
83 JOHNSON, Maddux	SR	Iowa City Liberty	(74)	18:53.7	6:04.5	3:46.7
84 BURKAMPER, Lucas	JR	Cedar Rapids Wash	75	18:57.1	6:05.6	3:47.4
85 CONNELLY, Niles	FR	Wahlert Dubuque	76	18:57.7	6:05.8	3:47.5
86 FULLER, Brayden	SO	Waterloo West	77	19:12.3	6:10.5	3:50.5
87 HEUTHORST, Connor	SR	Waterloo West	(78)	19:13.1	6:10.8	3:50.6
88 SMITH, Isaiah	SR	Cedar Rapids Wash	79	19:17.1	6:12.0	3:51.4
89 ZHENG, Brendon	JR	Dubuque Hempstea	-	19:17.1	6:12.1	3:51.4
90 KRAMPITZ, Carl	JR	Cedar Rapids Jeffer	80	19:17.3	6:12.1	3:51.5
91 DEW, Louis	JR	Cedar Rapids Wash	81	19:42.6	6:20.3	3:56.5
92 MITTELSTEADT, Jonathan	SO	Cedar Rapids Jeffer	82	19:44.6	6:20.9	3:56.9
93 NEWLIN, Sullivan	SR	Wahlert Dubuque	83	19:48.7	6:22.2	3:57.7
94 REISINGER, Kyle	SR	Cedar Rapids Wash	84	19:58.7	6:25.4	3:59.7
95 ASCHENBRENNER, Alec	JR	Cedar Rapids Jeffer	(85)	20:09.6	6:28.9	4:01.9
96 EDWARDS, Julius	FR	Xavier Cedar Rapid	86	20:26.5	6:34.4	4:05.3
97 DAMISCH, Austin	SO	Cedar Rapids Wash	(87)	20:36.2	6:37.5	4:07.2
98 ARMON, Malachi	SO	Cedar Rapids Jeffer	(88)	20:44.1	6:40.0	4:08.8
99 KENNEDY, Sam	JR	Wahlert Dubuque	(89)	20:45.8	6:40.6	4:09.1
100 LAMMERS, Jack	FR	Xavier Cedar Rapid	90	20:47.2	6:41.0	4:09.4
101 HANNA, Laird	SO	Cedar Rapids Wash	(91)	20:47.7	6:41.2	4:09.5
102 CRIPE, Brady	FR	Xavier Cedar Rapid	92	20:50.3	6:42.0	4:10.1
103 RENZE, Abe	SO	Xavier Cedar Rapid	93	20:59.8	6:45.1	4:11.9
104 WRIGHT, Roman	SO	Cedar Rapids Jeffer	-	21:00.6	6:45.3	4:12.1
105 HARTOGH, Jeffrey	JR	Xavier Cedar Rapid	94	21:39.2	6:57.7	4:19.8
106 PACHA, Blaise	JR	Xavier Cedar Rapid	(95)	23:30.5	7:33.5	4:42.1

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING
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Race #5
JV Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	54	2-4-7-9-32(39)(46)	1:52:07	22:26	2:34.7
2 Dubuque Hempstead	61	1-3-15-18-24(30)(43)	1:51:59	22:24	2:23.3
3 Cedar Falls	75	6-12-14-21-22(25)(27)	1:53:26	22:42	0:56.7
4 Dubuque Senior	113	5-11-26-33-38(51)(63)	1:57:01	23:25	2:35.7
5 Linn-Mar Marion	116	8-13-17-37-41(68)(73)	1:57:01	23:25	2:37.2
6 Prairie Cedar Rapids	153	19-20-29-40-45(49)(50)	1:59:57	24:00	2:02.6
7 Iowa City Liberty	173	16-28-31-44-54(57)(77)	2:02:02	24:25	3:37.9
8 Wahlert Dubuque	189	10-35-42-47-55	2:03:49	24:46	4:25.2
9 Iowa City West	198	23-34-36-52-53(59)(65)	2:03:43	24:45	2:35.6
10 Waterloo West	306	48-56-62-69-71(78)	2:18:14	27:39	4:12.9
11 Xavier Cedar Rapids	325	60-61-64-66-74(75)	2:22:53	28:35	5:44.6
12 Cedar Rapids Washington	343	58-67-70-72-76	2:27:46	29:34	6:26.0

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 HERMISTON, Ellie	SR	Dubuque Hempstea	1	21:05.4	6:46.9	4:13.1
2 KUHLMANN, Nina	JR	Iowa City City High	2	21:33.9	6:56.0	4:18.8
3 CURRY, Mya	SR	Dubuque Hempstea	3	21:49.0	7:00.9	4:21.8
4 LECLAIR, Josephine	JR	Iowa City City High	4	21:52.0	7:01.9	4:22.4
5 HOFFLIN, Roz	SR	Dubuque Senior	5	22:05.1	7:06.1	4:25.0
6 BERNARDY, Ashley	JR	Cedar Falls	6	22:11.1	7:08.0	4:26.2
7 ROMERO, Sophia	SR	Iowa City City High	7	22:15.4	7:09.4	4:27.1
8 BUCHHOLZ, Anna	JR	Linn-Mar Marion	8	22:16.6	7:09.8	4:27.3
9 MICHAEL, Elim	JR	Iowa City City High	9	22:17.1	7:09.9	4:27.4
10 GRAHAM, Lilly	JR	Wahlert Dubuque	10	22:24.2	7:12.2	4:28.8
11 KILGORE, Audrey	JR	Dubuque Senior	11	22:25.4	7:12.6	4:29.1
12 WENZEL, Isabel	FR	Cedar Falls	12	22:28.9	7:13.7	4:29.8
13 SCOTT, Zoe	JR	Linn-Mar Marion	13	22:29.3	7:13.8	4:29.8
14 WENZEL, Alexa	FR	Cedar Falls	14	22:30.3	7:14.2	4:30.0
15 MCFADDEN, Hannah	JR	Dubuque Hempstea	15	22:37.1	7:16.4	4:31.4
16 BECKER, Marissa	JR	Iowa City Liberty	16	22:45.3	7:19.0	4:33.0
17 TRAPP, Breka	SR	Linn-Mar Marion	17	22:52.2	7:21.2	4:34.4
18 BRAUHN, Isabel	SR	Dubuque Hempstea	18	22:58.6	7:23.3	4:35.7
19 HUNT, Lauren	JR	Prairie Cedar Rapid	19	23:04.2	7:25.1	4:36.8
20 CHILDERS, Mackenzie	JR	Prairie Cedar Rapid	20	23:06.9	7:25.9	4:37.4
21 DARST, Marie	SO	Cedar Falls	21	23:07.4	7:26.1	4:37.5
22 BARTELT, Olivia	JR	Cedar Falls	22	23:07.7	7:26.2	4:37.5
23 SHIM, Ijin	SR	Iowa City West	23	23:21.3	7:30.6	4:40.2
24 MAIERS, Jillian	JR	Dubuque Hempstea	24	23:28.6	7:32.9	4:41.7
25 DIERKS, Catherine	JR	Cedar Falls	(25)	23:30.8	7:33.6	4:42.1
26 JORGENSON, Ella	JR	Dubuque Senior	26	23:38.9	7:36.2	4:43.8
27 HENDON, Nevaeh	JR	Cedar Falls	(27)	23:42.6	7:37.4	4:44.5
28 BLAKE, Natalie	JR	Cedar Falls	-	23:43.0	7:37.5	4:44.6
29 MCDONALD, Elaina	JR	Iowa City Liberty	28	23:48.5	7:39.3	4:45.7

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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Race #5
JV Girls 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
30 STEEN, Denise	SR	Prairie Cedar Rapid	29	23:51.4	7:40.3	4:46.3
31 ANTON, Ellie	JR	Cedar Falls	-	23:55.2	7:41.5	4:47.0
32 BERNS, Kourtney	SR	Dubuque Hempstea	(30)	23:59.5	7:42.8	4:47.9
33 RIEHL, Avery	JR	Iowa City Liberty	31	23:59.8	7:42.9	4:47.9
34 TORKELSON, Nina	SR	Iowa City City High	32	24:08.6	7:45.8	4:49.7
35 DONOVAN, Ella	SR	Dubuque Senior	33	24:10.6	7:46.4	4:50.1
36 ORSZULA, Yaya	SR	Iowa City West	34	24:12.3	7:47.0	4:50.5
37 MUNSHOWER, Alison	SR	Wahlert Dubuque	35	24:20.7	7:49.6	4:52.1
38 HENDRICKSON, Ivy	JR	Iowa City West	36	24:24.0	7:50.7	4:52.8
39 SOURWINE, Rita	SR	Linn-Mar Marion	37	24:28.8	7:52.3	4:53.7
40 COOK, Alli	SR	Dubuque Senior	38	24:40.8	7:56.1	4:56.2
41 HAAS, Joelle	SR	Iowa City City High	(39)	24:47.2	7:58.2	4:57.4
42 ALLARD, Tori	SR	Prairie Cedar Rapid	40	24:47.2	7:58.2	4:57.4
43 ORR, Katelyn	JR	Linn-Mar Marion	41	24:53.8	8:00.3	4:58.7
44 DEHN, Anna	SR	Wahlert Dubuque	42	24:55.1	8:00.7	4:59.0
45 RICHTER, Rachel	SR	Dubuque Hempstea	(43)	24:56.3	8:01.1	4:59.3
46 WESSELS, Jacie	JR	Cedar Falls	-	25:01.1	8:02.7	5:00.2
47 HANSEN, Rylee	JR	Cedar Falls	-	25:03.5	8:03.4	5:00.7
48 VOGTS, Lilly	JR	Iowa City Liberty	44	25:04.7	8:03.8	5:00.9
49 BAUSTIAN, Mackenzie	SR	Prairie Cedar Rapid	45	25:06.8	8:04.5	5:01.3
50 ZIEHR, Nora	JR	Iowa City City High	(46)	25:13.2	8:06.5	5:02.6
51 WETHAL, Grace	JR	Wahlert Dubuque	47	25:19.7	8:08.6	5:03.9
52 KEARNS, Kahlan	JR	Cedar Falls	-	25:20.0	8:08.7	5:04.0
53 PAJAZETOVIC, Alisa	SO	Waterloo West	48	25:20.6	8:08.9	5:04.1
54 OPITZ, Brittney	SR	Prairie Cedar Rapid	(49)	25:25.9	8:10.6	5:05.2
55 LARSEN, Haley	SR	Prairie Cedar Rapid	(50)	25:30.7	8:12.2	5:06.1
56 CARBER, Delaney	SR	Dubuque Senior	(51)	25:35.4	8:13.7	5:07.1
57 NOVE, Ella	SR	Prairie Cedar Rapid	-	25:39.3	8:14.9	5:07.9
58 GERDES, Anna	JR	Cedar Falls	-	25:40.3	8:15.3	5:08.0
59 FORTE, Angelina	SR	Iowa City West	52	25:48.2	8:17.8	5:09.6
60 OLIVO, Sophia	JR	Iowa City West	53	25:56.8	8:20.6	5:11.4
61 BRYANT, Amelia	SR	Cedar Falls	-	26:08.7	8:24.4	5:13.7
62 REYES, Genesis	JR	Iowa City Liberty	54	26:23.1	8:29.0	5:16.6
63 HALVORSEN, Emma	SR	Cedar Falls	-	26:28.1	8:30.6	5:17.6
64 BREWER, Ava	SR	Iowa City City High	-	26:33.3	8:32.3	5:18.6
65 GAMMON, Hailey	SR	Prairie Cedar Rapid	-	26:35.7	8:33.1	5:19.1
66 MICKELSON, Paris	JR	Dubuque Hempstea	-	26:36.3	8:33.3	5:19.2
67 ZHANG, Grace	SR	Wahlert Dubuque	55	26:49.4	8:37.5	5:21.9
68 LITTLE, Amira	SO	Waterloo West	56	26:52.6	8:38.5	5:22.5
69 TIAN, Melinda	FR	Iowa City Liberty	(57)	26:54.8	8:39.2	5:23.0
70 MCFARLAND, Rya	SR	Cedar Rapids Wash	58	26:56.0	8:39.6	5:23.2
71 DUPUICH, Kate	JR	Iowa City West	(59)	26:56.9	8:39.9	5:23.4
72 O'BRIEN, Ciara	JR	Xavier Cedar Rapid	60	26:58.9	8:40.5	5:23.8
73 CARTER, Sophia	JR	Xavier Cedar Rapid	61	27:00.6	8:41.1	5:24.1
74 DALLAL, Abby	JR	Dubuque Hempstea	-	27:22.5	8:48.1	5:28.5
75 MARLIN, Grace	JR	Waterloo West	62	27:27.0	8:49.6	5:29.4

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Race #5
JV Girls 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
76 EDMONDS, Matiana	SR	Dubuque Senior	(63)	27:32.0	8:51.2	5:30.4
77 OEHLER, Lucy	JR	Xavier Cedar Rapid	64	27:37.0	8:52.8	5:31.4
78 ZIPSE, Anastasia	SR	Prairie Cedar Rapid	-	27:52.2	8:57.7	5:34.4
79 DICKENS, Annie	JR	Iowa City West	(65)	28:00.7	9:00.4	5:36.1
80 MORLEY, Grace	JR	Dubuque Hempstea	-	28:03.0	9:01.1	5:36.6
81 HOFFMAN, Maya	JR	Iowa City City High	-	28:05.9	9:02.1	5:37.2
82 RICHMAN, Noe	JR	Iowa City City High	-	28:07.6	9:02.6	5:37.5
83 MARTIN, Natalie	SR	Cedar Rapids Kenn	-	28:10.2	9:03.5	5:38.0
84 ANDERSON, Lilly	JR	Dubuque Senior	-	28:17.8	9:05.9	5:39.6
85 SANDERS, Curstin	FR	Cedar Rapids Jeffer	-	28:22.0	9:07.3	5:40.4
86 DOTZLER, Brianna	SR	Cedar Falls	-	28:25.8	9:08.5	5:41.2
87 GILCHRIST, Ada	SR	Iowa City City High	-	28:29.3	9:09.6	5:41.9
88 HONG, Tina	JR	Iowa City West	-	28:30.6	9:10.0	5:42.1
89 LINN, Ava	JR	Xavier Cedar Rapid	66	28:33.3	9:10.9	5:42.6
90 APPLEBY-SPARROW, Lydia	SR	Cedar Rapids Wash	67	28:38.4	9:12.5	5:43.7
91 KOPPE, Mya	JR	Linn-Mar Marion	(68)	28:49.2	9:16.0	5:45.8
92 FERN, Evelyn	JR	Dubuque Hempstea	-	28:55.4	9:18.0	5:47.1
93 BRANDON, Melina	SR	Dubuque Hempstea	-	28:56.6	9:18.4	5:47.3
94 ENGUIDANOS FAET, Julia		Cedar Rapids Kenn	-	28:58.6	9:19.0	5:47.7
95 WHITTEMORE, Ellyn	SO	Waterloo West	69	28:59.9	9:19.5	5:48.0
96 STILWELL, Frannie	JR	Cedar Rapids Wash	70	29:12.0	9:23.3	5:50.4
97 CALHOUN, Rachel		Iowa City West	-	29:33.1	9:30.1	5:54.6
98 KESTEL, Bailey	JR	Waterloo West	71	29:33.5	9:30.3	5:54.7
99 CHERRY, Alex	JR	Cedar Rapids Wash	72	29:37.4	9:31.5	5:55.5
100 BROOKS, Addie	JR	Linn-Mar Marion	(73)	29:44.1	9:33.6	5:56.8
101 CALDERON, Abigail	JR	Cedar Rapids Jeffer	-	30:39.5	9:51.5	6:07.9
102 PRICE, Quinn	SR	Iowa City City High	-	31:17.6	10:03.7	6:15.5
103 HANSELMAN, Alice	SR	Dubuque Hempstea	-	32:40.4	10:30.3	6:32.1
104 TICHY, Emma	JR	Xavier Cedar Rapid	74	32:43.5	10:31.3	6:32.7
105 KLUESNER, Catey	JR	Xavier Cedar Rapid	(75)	32:45.4	10:32.0	6:33.1
106 FRIGERIO, Chiara	SR	Cedar Rapids Wash	76	33:22.0	10:43.7	6:40.4
107 ZUERCHER, Caitlin	JR	Cedar Rapids Jeffer	-	33:37.5	10:48.7	6:43.5
108 KOEHN, Paige	SR	Cedar Falls	-	33:52.6	10:53.5	6:46.5
109 NASO, Ania	JR	Iowa City City High	-	34:02.1	10:56.6	6:48.4
110 GONNERMAN, Megan	JR	Cedar Falls	-	34:11.0	10:59.5	6:50.2
111 HELLWIG, Georgia	SR	Iowa City City High	-	34:13.0	11:00.1	6:50.6
112 SCHEPANSKI, Tasha	JR	Iowa City Liberty	(77)	35:07.1	11:17.5	7:01.4
113 MEEHAN, Raygan	JR	Dubuque Hempstea	-	36:31.2	11:44.5	7:18.2
114 DUNN, Ruth	SR	Waterloo West	(78)	39:01.0	12:32.7	7:48.2
115 POWERS, Evelyn	SR	Iowa City City High	-	47:27.5	15:15.6	9:29.5

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 Thursday, October 05, 2023

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Meet Director:
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Meet Referee:
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Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING
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Race #6
JV Boys 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	31*	3-5-6-7-10(13)(26)	1:30:02	18:01	0:44.4
2 Cedar Falls	31*	1-2-4-9-15(18)(23)	1:29:11	17:51	1:42.3
3 Linn-Mar Marion	92	11-14-16-24-27(30)(31)	1:33:49	18:46	0:33.8
4 Cedar Rapids Kennedy	110	8-12-21-33-36(39)(52)	1:34:27	18:54	1:16.7
5 Iowa City West	166	20-25-32-40-49(69)(74)	1:36:58	19:24	1:15.0
6 Prairie Cedar Rapids	169	17-29-34-44-45(53)(73)	1:37:00	19:24	1:12.9
7 Dubuque Senior	192	19-22-47-50-54(64)(67)	1:38:13	19:39	1:25.8
8 Iowa City Liberty	241	28-42-55-56-60(62)(66)	1:40:18	20:04	1:34.6
9 Dubuque Hempstead	258	35-46-51-61-65(68)(78)	1:40:54	20:11	1:29.2
10 Wahlert Dubuque	271	43-48-58-59-63(82)	1:41:53	20:23	0:48.8
11 Waterloo West	274	37-38-57-70-72(79)(80)	1:42:15	20:27	1:52.8
12 Cedar Rapids Washington	340	41-71-75-76-77(81)	1:48:01	21:37	3:21.7

***Tiebreakers**

Iowa City City High	3	5	6	7	10	13
Cedar Falls	1	2	4	9	15	18

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1	CONSIDINE, Jack	SR Cedar Falls	1	16:57.4	5:27.1	3:23.5
2	O'HAIR, Sam	SR Cedar Falls	2	17:35.8	5:39.5	3:31.2
3	PLATTE, Ben	SR Iowa City City High	3	17:36.5	5:39.7	3:31.3
4	FREDERIKSEN, Vince	SR Cedar Falls	4	17:39.5	5:40.7	3:31.9
5	DEGNER, Jack	SR Iowa City City High	5	17:50.5	5:44.2	3:34.1
6	BYLER, Ephram	JR Iowa City City High	6	18:06.7	5:49.4	3:37.3
7	YODER, Seth	JR Iowa City City High	7	18:07.4	5:49.6	3:37.5
8	GEATER, Crew	SR Cedar Rapids Kenn	8	18:15.0	5:52.1	3:39.0
9	KIES, Chase	JR Cedar Falls	9	18:18.5	5:53.2	3:39.7
10	BEERENDS, Dylan	JR Iowa City City High	10	18:20.9	5:54.0	3:40.2
11	DECKLEVER, Hudson	SR Linn-Mar Marion	11	18:28.8	5:56.5	3:41.7
12	VOLDEN, Alexander	SR Cedar Rapids Kenn	12	18:34.0	5:58.2	3:42.8
13	GLUBA, Brady	JR Iowa City City High	(13)	18:35.2	5:58.6	3:43.0
14	ADAMSON, Griffin	JR Linn-Mar Marion	14	18:36.3	5:58.9	3:43.3
15	VANBROCKLIN, Gavin	SR Cedar Falls	15	18:39.6	6:00.0	3:43.9
16	PERSON, Tyler	JR Linn-Mar Marion	16	18:40.9	6:00.4	3:44.2
17	YOUNGER, Cole	JR Prairie Cedar Rapid	17	18:45.2	6:01.8	3:45.0
18	MOODY, Tyler	SR Cedar Falls	(18)	18:50.2	6:03.4	3:46.0
19	HALLSTOOS, Joplin	SR Dubuque Senior	19	18:51.1	6:03.7	3:46.2
20	WATERS, Logan	SR Iowa City West	20	18:52.8	6:04.2	3:46.5
21	MCMAHAN, Jonah	SR Cedar Rapids Kenn	21	18:53.6	6:04.5	3:46.7
22	LIDDLE, Mason	JR Dubuque Senior	22	18:54.4	6:04.7	3:46.9
23	VEISETH, Greyson	JR Cedar Falls	(23)	18:57.9	6:05.9	3:47.6
24	MAYLA, Bhargava	JR Linn-Mar Marion	24	19:00.2	6:06.6	3:48.0

2023 MVC SUPER MEET

Cedar Falls, IA

Birdsall Park

Weather: Sunny, WNW 20-30pmh, 23% & 71

Host: Cedar Falls

Thursday, October 05, 2023

MEET OFFICIALS**Meet Director:**

Troy Becker

Meet Referee:

Kevin Long

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #6
JV Boys 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
25 CHAN, Casandro	JR	Iowa City West	25	19:01.0	6:06.9	3:48.2
26 HOSIER, Timmy	JR	Iowa City City High	(26)	19:01.2	6:06.9	3:48.2
27 HARTWIG, Theo	JR	Linn-Mar Marion	27	19:02.5	6:07.3	3:48.5
28 SHARIF, Sahir	SR	Iowa City Liberty	28	19:03.5	6:07.7	3:48.7
29 LEIS, Brayden	JR	Prairie Cedar Rapid	29	19:04.6	6:08.0	3:48.9
30 HALVORSON, Carter	SR	Cedar Falls	-	19:05.1	6:08.2	3:49.0
31 FALK, Zach	JR	Iowa City City High	-	19:05.8	6:08.4	3:49.2
32 TENTINGER, Lucas	JR	Linn-Mar Marion	(30)	19:06.1	6:08.5	3:49.2
33 DUFFY, Ashtin	JR	Cedar Falls	-	19:06.7	6:08.7	3:49.3
34 BEDAL, Thiago	SR	Linn-Mar Marion	(31)	19:07.2	6:08.9	3:49.4
35 SACCO, Vincent	SR	Cedar Falls	-	19:08.0	6:09.1	3:49.6
36 MILLS, Max	JR	Cedar Falls	-	19:08.9	6:09.4	3:49.8
37 OLSON, Brady	JR	Iowa City West	32	19:09.1	6:09.5	3:49.8
38 RENAUD, Henri	JR	Iowa City City High	-	19:09.2	6:09.5	3:49.8
39 STRADT, Talan	JR	Linn-Mar Marion	-	19:09.5	6:09.6	3:49.9
40 HALL, Sintayehu	JR	Cedar Rapids Kenn	33	19:12.3	6:10.5	3:50.4
41 PETERSEN, Kurtis	SR	Prairie Cedar Rapid	34	19:14.0	6:11.0	3:50.8
42 KEAGLE, Gabe	SR	Cedar Falls	-	19:14.9	6:11.3	3:51.0
43 LANGE, Aiden	JR	Dubuque Hempstea	35	19:18.6	6:12.5	3:51.7
44 WAWERU, David	JR	Cedar Rapids Kenn	36	19:31.7	6:16.7	3:54.3
45 STEELE, Gunner	JR	Waterloo West	37	19:34.8	6:17.7	3:54.9
46 CLAYTON, Cameron	SR	Cedar Falls	-	19:35.2	6:17.9	3:55.0
47 FELTON, Evan	JR	Linn-Mar Marion	-	19:35.9	6:18.1	3:55.2
48 MCGRANE, Liam	JR	Cedar Falls	-	19:37.1	6:18.5	3:55.4
49 CORDELL, Kayson	FR	Waterloo West	38	19:41.8	6:20.0	3:56.4
50 HODGINS, Christian	SR	Cedar Rapids Kenn	(39)	19:41.9	6:20.0	3:56.4
51 MERRIL, Kai	JR	Iowa City West	40	19:46.8	6:21.6	3:57.3
52 SMITH, Cade	JR	Cedar Rapids Wash	41	19:48.2	6:22.1	3:57.6
53 DONALDSON, Max	SR	Cedar Falls	-	19:51.4	6:23.1	3:58.3
54 DORMAN, Riley	JR	Iowa City Liberty	42	19:57.0	6:24.9	3:59.4
55 FREUND, Duncan	SO	Wahlert Dubuque	43	19:57.4	6:25.0	3:59.5
56 ENDICOTT, Joseph	JR	Prairie Cedar Rapid	44	19:57.5	6:25.0	3:59.5
57 HYNEK, John	JR	Prairie Cedar Rapid	45	19:58.0	6:25.2	3:59.6
58 WOOD, James	SO	Linn-Mar Marion	-	19:58.3	6:25.3	3:59.7
59 LOEFFELHOLZ, Ty	JR	Dubuque Hempstea	46	19:59.0	6:25.5	3:59.8
60 REINERT, Sebastian	JR	Dubuque Senior	47	20:02.5	6:26.7	4:00.5
61 SCHRACK, Eden	SR	Wahlert Dubuque	48	20:03.1	6:26.8	4:00.6
62 TRESSLER, Jamison	JR	Cedar Falls	-	20:07.2	6:28.1	4:01.4
63 GHABEL, Karsten	JR	Iowa City West	49	20:07.7	6:28.3	4:01.5
64 RUPPEL, Teddy	JR	Dubuque Senior	50	20:08.0	6:28.4	4:01.6
65 DIDELOT, Jett	JR	Dubuque Hempstea	51	20:09.3	6:28.8	4:01.9
66 WILSON, Tanner	JR	Cedar Rapids Kenn	(52)	20:10.5	6:29.2	4:02.1
67 STEWART, Braden	SR	Cedar Falls	-	20:11.6	6:29.6	4:02.3
68 ALLDREDGE, Bradley	SR	Prairie Cedar Rapid	(53)	20:14.7	6:30.6	4:02.9
69 MORALES, Carlos	SR	Linn-Mar Marion	-	20:15.5	6:30.8	4:03.1
70 WHITTAKER-SMITH, Tate	SR	Linn-Mar Marion	-	20:16.5	6:31.2	4:03.3

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JV Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
71 NOEL, Finnigan	JR	Dubuque Senior	54	20:16.9	6:31.3	4:03.4
72 SCHEPANSKI, Tyler	JR	Iowa City Liberty	55	20:17.5	6:31.5	4:03.5
73 KAMPHAUGH, Ethan	JR	Linn-Mar Marion	-	20:19.6	6:32.1	4:03.9
74 SCHEPANSKI, Trevor	JR	Iowa City Liberty	56	20:22.1	6:32.9	4:04.4
75 ARENDS, Jace	SR	Cedar Falls	-	20:22.4	6:33.1	4:04.5
76 SLJIVO, Tarik	SO	Waterloo West	57	20:22.8	6:33.2	4:04.6
77 ISPENTCHIAN, Zachary	JR	Cedar Rapids Kenn	-	20:27.6	6:34.7	4:05.5
78 MORONEY, Nick	JR	Wahlert Dubuque	58	20:28.9	6:35.1	4:05.8
79 MORENO, Pablo	SR	Cedar Falls	-	20:32.0	6:36.1	4:06.4
80 GAHN, Owen	JR	Iowa City City High	-	20:32.5	6:36.3	4:06.5
81 REESE, Nolan	SR	Cedar Falls	-	20:34.1	6:36.8	4:06.8
82 KOEPNICK, Dylan	JR	Linn-Mar Marion	-	20:37.4	6:37.8	4:07.5
83 FREUND, Walter	JR	Wahlert Dubuque	59	20:37.6	6:37.9	4:07.5
84 REES, Micah	SR	Iowa City Liberty	60	20:38.1	6:38.1	4:07.6
85 SCOTT, Will	SR	Dubuque Hempstea	61	20:39.2	6:38.5	4:07.8
86 MAYFIELD, Isaiah	JR	Cedar Falls	-	20:39.8	6:38.6	4:08.0
87 ZIEGLER, Aidan	SR	Cedar Rapids Kenn	-	20:40.3	6:38.8	4:08.0
88 BALMER, Nolan	JR	Iowa City City High	-	20:40.7	6:38.9	4:08.1
89 PAVLOVEC, Evan	JR	Iowa City Liberty	(62)	20:44.8	6:40.2	4:08.9
90 NELSON, Sam	JR	Wahlert Dubuque	63	20:46.2	6:40.7	4:09.2
91 BLOCK, Preston	JR	Dubuque Senior	(64)	20:46.6	6:40.8	4:09.3
92 KRAMER, Levi	SR	Dubuque Hempstea	65	20:47.7	6:41.2	4:09.5
93 DEAL, Austin	SR	Cedar Rapids Jeffer	-	20:56.8	6:44.1	4:11.4
94 NELSON, Gavin	SR	Iowa City Liberty	(66)	20:56.9	6:44.1	4:11.4
95 LANE, Heath	SR	Iowa City Liberty	-	20:58.5	6:44.7	4:11.7
96 SPRANK, Monte	SR	Dubuque Senior	(67)	20:59.3	6:44.9	4:11.8
97 BENNETT, Josh	SR	Dubuque Hempstea	(68)	21:00.2	6:45.2	4:12.0
98 WILSON, Cormac	JR	Iowa City West	(69)	21:04.9	6:46.7	4:13.0
99 ANDERSEN, Caleb	JR	Waterloo West	70	21:07.5	6:47.5	4:13.5
100 NIELSEN, Alex	SR	Dubuque Senior	-	21:07.7	6:47.6	4:13.5
101 WARBY, Gene	JR	Cedar Falls	-	21:08.9	6:48.0	4:13.8
102 ROGAHN, Connor	SR	Cedar Rapids Wash	71	21:09.2	6:48.1	4:13.8
103 KOSIKAS, Bradyn	JR	Linn-Mar Marion	-	21:10.7	6:48.6	4:14.1
104 FOHT, Derek	JR	Dubuque Senior	-	21:14.4	6:49.7	4:14.9
105 DIXON, Jacob	JR	Iowa City City High	-	21:23.0	6:52.5	4:16.6
106 MINEART, Ramsey	SO	Waterloo West	72	21:27.5	6:54.0	4:17.5
107 PRUETT, Cole	SR	Cedar Rapids Kenn	-	21:27.6	6:54.0	4:17.5
108 WARDEN, Alex	SR	Prairie Cedar Rapid	(73)	21:28.4	6:54.3	4:17.7
109 GESELL, Kyle	JR	Iowa City Liberty	-	21:30.3	6:54.9	4:18.1
110 YANG, Richard	JR	Iowa City West	(74)	21:30.5	6:54.9	4:18.1
111 KOZELSKY, Nathan	SR	Cedar Rapids Wash	75	21:32.4	6:55.5	4:18.5
112 HUEGERICH, Trevor	SR	Cedar Falls	-	21:39.5	6:57.8	4:19.9
113 COOHEY, Iben	SR	Iowa City Liberty	-	21:43.8	6:59.2	4:20.7
114 BROWN, Russell	JR	Iowa City Liberty	-	21:44.2	6:59.3	4:20.8
115 ANDERSON, Austin	JR	Iowa City Liberty	-	21:44.4	6:59.4	4:20.9
116 BIMSON, Cameron	JR	Cedar Rapids Kenn	-	21:46.4	7:00.1	4:21.3

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

printed: 10/5/2023 6:20 PM

Race #6
JV Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
117 TIGARDOUN, Daniel	JR	Iowa City West	-	21:55.4	7:02.9	4:23.1
118 SEEKS, Aidan	JR	Cedar Falls	-	21:55.8	7:03.1	4:23.2
119 PICKAR, Carter	SR	Cedar Falls	-	22:09.9	7:07.6	4:26.0
120 DALLNER, Connor	JR	Iowa City Liberty	-	22:15.7	7:09.5	4:27.1
121 CAMARA, Mandjou	SR	Cedar Rapids Wash	76	22:21.0	7:11.2	4:28.2
122 MUNSON, Ben	SR	Iowa City Liberty	-	22:23.0	7:11.8	4:28.6
123 ELSHIEKH, Bassil	JR	Linn-Mar Marion	-	22:33.8	7:15.3	4:30.7
124 HOLLAND, John	JR	Cedar Falls	-	22:34.2	7:15.4	4:30.8
125 GROENEVELD, Matthew	JR	Cedar Falls	-	22:44.2	7:18.6	4:32.8
126 REISING, Levi	JR	Dubuque Senior	-	22:47.2	7:19.6	4:33.4
127 KMETZ, Adam	JR	Linn-Mar Marion	-	22:50.0	7:20.5	4:34.0
128 MCDERMOTT, Ryan	JR	Iowa City Liberty	-	22:56.0	7:22.4	4:35.2
129 HERRING, Jackson	SR	Cedar Falls	-	23:06.4	7:25.8	4:37.3
130 MCCLOE, Kaden	JR	Linn-Mar Marion	-	23:08.5	7:26.4	4:37.7
131 ANDREWS, Cameron	JR	Cedar Rapids Wash	77	23:09.9	7:26.9	4:38.0
132 ALLGOOD, Lucia	SR	Iowa City Liberty	-	23:12.0	7:27.6	4:38.4
133 O'BRYON, Collin	SR	Cedar Falls	-	23:19.9	7:30.1	4:40.0
134 WILDMAN, Hayden	SR	Linn-Mar Marion	-	23:20.5	7:30.3	4:40.1
135 AJAVON, Amakoe	JR	Iowa City Liberty	-	23:30.1	7:33.4	4:42.0
136 CORMIER, Isaac	SR	Linn-Mar Marion	-	23:31.9	7:34.0	4:42.4
137 HOCKETT, Ashton	JR	Dubuque Hempstea	(78)	23:44.2	7:37.9	4:44.8
138 MEIER, Kinnick	SR	Cedar Rapids Jeffer	-	23:51.9	7:40.4	4:46.4
139 TENTINGER, Ben	JR	Linn-Mar Marion	-	23:59.6	7:42.9	4:47.9
140 ERRTHUM, Owen	SR	Dubuque Hempstea	-	24:00.8	7:43.3	4:48.2
141 SCHNECK-DEHECK, Brenn	FR	Waterloo West	(79)	24:01.7	7:43.6	4:48.3
142 LEEMHUIS, Justin	SR	Linn-Mar Marion	-	24:15.6	7:48.0	4:51.1
143 HARMON, Connor	JR	Iowa City City High	-	24:19.0	7:49.1	4:51.8
144 MAY, Owen	JR	Dubuque Senior	-	24:25.9	7:51.4	4:53.2
145 REYNOLDS, Hunter	SR	Linn-Mar Marion	-	24:28.5	7:52.2	4:53.7
146 PYDIPALLI, Piyush	JR	Iowa City Liberty	-	24:30.3	7:52.8	4:54.1
147 TIGGES, Riley	SR	Dubuque Hempstea	-	24:39.5	7:55.7	4:55.9
148 STOLLENWERK, Quincy	FR	Waterloo West	(80)	24:48.6	7:58.6	4:57.7
149 PREMKUMAR, Brendon	JR	Xavier Cedar Rapid	-	25:05.1	8:03.9	5:01.0
150 RODEMEYER, Izaak	JR	Prairie Cedar Rapid	-	25:17.4	8:07.9	5:03.5
151 JEBE, Gavin	JR	Waterloo West	-	25:25.3	8:10.4	5:05.1
152 BILES, Sam	JR	Linn-Mar Marion	-	25:26.2	8:10.7	5:05.2
153 PAREDES RUIZ, Angel	SR	Iowa City Liberty	-	26:44.1	8:35.8	5:20.8
154 SCHULTZ, Adam	SR	Iowa City Liberty	-	28:09.1	9:03.1	5:37.8
155 PELZEL, Asa	JR	Iowa City Liberty	-	29:27.8	9:28.4	5:53.5
156 MONTOVER, Philip	JR	Iowa City Liberty	-	31:28.9	10:07.3	6:17.8
157 PEDRON, Jack	JR	Cedar Rapids Wash	(81)	36:30.4	11:44.3	7:18.1
158 BAHL, Luke	FR	Wahlert Dubuque	(82)	38:33.7	12:23.9	7:42.7