



IOWA HIGH SCHOOL CROSS COUNTRY

Fort Dodge, IA

Lakeside Golf Course

10/28/2022 - 10/29/2022

Race #1

Class 4A Girls 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1 Johnston	107	1:33:59	18:48	
2 Valley West Des Moines	122	1:34:03	18:49	
3 Dallas Center-Grimes	126	1:34:37	18:56	
4 Pleasant Valley	131	1:35:04	19:01	
5 Dubuque Senior	182	1:35:57	19:12	
6 Dubuque Hempstead	185	1:35:29	19:06	
7 Ankeny	186	1:35:54	19:11	
8 Iowa City City High	195	1:36:13	19:15	
9 Ankeny Centennial	197	1:36:23	19:17	
10 Waukee	204	1:36:35	19:19	
11 Ames	215	1:36:49	19:22	
12 Indianola	266	1:37:41	19:33	
13 Waukee Northwest	292	1:38:40	19:44	
14 Cedar Falls	347	1:39:44	19:57	
15 Dowling Catholic West Des Moines	349	1:39:51	19:59	

SPLIT SCORING SUMMARY

1 MILE

UNOFFICIAL Standings	Score
1 Johnston	77
2 Dallas Center-Grimes	123
3 Valley West Des Moines	144
4 Iowa City City High	172
5 Dubuque Hempstead	187
6 Pleasant Valley	188
7 Indianola	189
8 Ames	199
9 Ankeny	207

UNOFFICIAL Standings			Score
10	Dubuque Senior		213
11	Waukee		215
12	Waukee Northwest		234
13	Ankeny Centennial		238
14	Cedar Falls		345
15	Dowling Catholic West Des Moines		349

2 MILE

UNOFFICIAL Standings			Score
1	Johnston		103
2	Valley West Des Moines		124
3	Dallas Center-Grimes		135
4	Pleasant Valley		138
5	Iowa City City High		186
6	Dubuque Hempstead		190
7	Ankeny Centennial		198
8	Ames		199
9	Ankeny		205
10	Dubuque Senior		206
11	Waukee		217
12	Indianola		228
13	Waukee Northwest		286
14	Cedar Falls		346
15	Dowling Catholic West Des Moines		373

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1 Addison Dorenkamp	SR	109	Valley West Des Moines	1	17:41.5	5:27.6 (2)	11:18.6 (1)
2 Olivia Verde	SR	88	Johnston	2	17:50.7	5:26.3 (1)	11:22.1 (2)
3 Keelee Leitzen	SR	54	Dubuque Hempstead	3	18:00.8	5:45.1 (6)	11:40.5 (4)
4 Nakia Olivierre	SO	116	Waterloo West	--	18:01.9	5:41.9 (4)	11:38.5 (3)
5 Drew Beason	JR	8	Ankeny	4	18:06.9	5:44.9 (5)	11:45.6 (7)
6 Piper Messerly	FR	34	Dallas Center-Grimes	5	18:10.9	5:45.5 (10)	11:42.9 (5)
7 Gracie Foster	SR	65	Indianola	6	18:17.1	5:48.7 (19)	11:48.7 (9)
8 Claire Helmers	JR	3	Ames	7	18:17.8	5:34.0 (3)	11:43.7 (6)
9 Anika Mohrhauser	JR	20	Ankeny Centennial	8	18:18.2	5:45.8 (11)	11:46.5 (8)
10 Leah Klapatauskas	SR	62	Dubuque Senior	9	18:20.9	5:45.1 (8)	11:49.2 (10)
11 Julia Gehl	SR	49	Dubuque Hempstead	10	18:21.1	5:45.8 (13)	11:50.3 (11)
12 Ani Wedemeyer	JR	76	Iowa City City High	11	18:21.6	5:46.2 (15)	11:51.1 (12)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
13 Camryn Sattler	SR	30	Clinton	--	18:22.3	5:45.1 (7)	11:53.6 (14)
14 Michelle McConkey	SO	122	Waukee	12	18:34.9	5:45.5 (9)	11:51.6 (13)
15 Klaire Lietz	JR	111	Valley West Des Moines	13	18:36.8	6:02.1 (47)	12:07.8 (27)
16 Claire Hoyer	JR	59	Dubuque Senior	14	18:41.5	5:51.1 (22)	12:04.8 (18)
17 Lillian Sundet	SR	130	Waukee Northwest	15	18:47.2	5:49.0 (20)	12:01.1 (16)
18 Emily Meyers	JR	35	Dallas Center-Grimes	16	18:47.8	5:51.5 (25)	12:06.1 (23)
19 Maddy Stevens	JR	38	Dallas Center-Grimes	17	18:49.1	5:51.3 (24)	12:07.2 (25)
20 Grace Beasley	FR	84	Johnston	18	18:50.1	5:47.4 (18)	12:07.6 (26)
21 Lauren Risdal	JR	5	Ames	19	18:50.4	5:46.0 (14)	11:57.7 (15)
22 Sydney Burrier	SO	120	Waukee	20	18:51.4	5:50.8 (21)	12:06.0 (22)
23 Grace Boleyn	JR	97	Pleasant Valley	21	18:51.9	5:55.7 (30)	12:05.4 (21)
24 Brynn Edgin	SO	99	Pleasant Valley	22	18:52.7	6:06.1 (60)	12:16.8 (30)
25 Marley Turk	JR	7	Ames	23	18:52.9	5:51.3 (23)	12:06.7 (24)
26 Nicole Peterson	JR	74	Iowa City City High	24	18:56.9	5:51.7 (26)	12:05.0 (20)
27 Ele Wharton	FR	89	Johnston	25	18:59.1	5:46.3 (16)	12:04.7 (17)
28 Vivian McCombs	FR	101	Pleasant Valley	26	19:02.3	5:59.0 (33)	12:13.9 (28)
29 Cohen Kooker	SR	110	Valley West Des Moines	27	19:03.1	5:45.8 (12)	12:05.0 (19)
30 Evie Henneberry	JR	50	Dubuque Hempstead	28	19:03.6	5:57.1 (31)	12:16.9 (31)
31 Jaylee Duncan	SO	98	Pleasant Valley	29	19:06.1	6:01.2 (45)	12:19.7 (34)
32 Payton Crabb	FR	85	Johnston	30	19:08.2	5:59.0 (34)	12:21.7 (38)
33 Emily Gorton	JR	58	Dubuque Senior	31	19:09.3	6:00.7 (42)	12:22.1 (39)
34 Alyx Woodley	SO	90	Johnston	32	19:10.7	5:47.0 (17)	12:14.0 (29)
35 Maddie Millage	FR	102	Pleasant Valley	33	19:11.0	6:07.3 (66)	12:25.5 (43)
36 Elena Gentry	SR	40	Des Moines Roosevelt	--	19:12.0	6:05.7 (58)	12:16.9 (32)
37 Hayden Beyer	SO	119	Waukee	34	19:13.2	5:54.9 (28)	12:20.4 (35)
38 Sophia Graber	JR	10	Ankeny	35	19:13.3	6:05.3 (55)	12:29.3 (53)
39 Bella Hodges	JR	18	Ankeny Centennial	36	19:14.2	5:57.6 (32)	12:20.6 (36)
40 Autumn Mills	JR	113	Valley West Des Moines	37	19:16.3	6:02.2 (49)	12:18.3 (33)
41 Abigail Burns	SO	70	Iowa City City High	38	19:16.7	5:53.0 (27)	12:22.4 (40)
42 Ainsley Kiene	SO	12	Ankeny	39	19:17.3	6:06.2 (62)	12:26.9 (45)
43 Meredith Gentry	SO	41	Des Moines Roosevelt	--	19:19.4	6:05.0 (53)	12:27.6 (48)
44 Addison Dooley	SO	33	Dallas Center-Grimes	40	19:20.6	6:00.4 (39)	12:27.5 (47)
45 Cora DenHartog	JR	16	Ankeny Centennial	41	19:22.1	6:09.1 (80)	12:28.5 (51)
46 Lexi Minard	SR	103	Pleasant Valley	42	19:22.4	6:00.9 (43)	12:21.5 (37)
47 Audrey Dummermuth	SO	86	Johnston	43	19:22.4	5:59.7 (36)	12:23.7 (41)
48 Kate Vogel	SO	115	Valley West Des Moines	44	19:24.5	6:12.4 (92)	12:36.9 (60)
49 Makenna Madetzke	SO	13	Ankeny	45	19:24.7	6:05.3 (54)	12:33.4 (56)
50 Josee Simonson	JR	28	Cedar Falls	46	19:25.2	6:05.6 (57)	12:30.5 (54)
51 Marissa Pewe	JR	87	Johnston	47	19:25.8	5:59.1 (35)	12:27.2 (46)
52 Abbey Angus	SR	32	Dallas Center-Grimes	48	19:28.6	6:00.5 (40)	12:27.8 (49)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
53 Hadley Erickson	FR	64	Indianola	49	19:28.7	6:02.1 (48)	12:24.9 (42)
54 Cori Mac	SR	78	Iowa City Liberty	--	19:29.2	5:55.2 (29)	12:26.4 (44)
55 Emily See	SR	22	Bettendorf	--	19:34.1	6:00.7 (41)	12:28.3 (50)
56 Marley McMahon	SO	112	Valley West Des Moines	50	19:36.6	6:02.7 (50)	12:35.0 (57)
57 Jordan Meyers	JR	36	Dallas Center-Grimes	51	19:38.5	6:06.5 (63)	12:35.5 (58)
58 Molly O'Halloran	JR	47	Dowling Catholic West Des Moines	52	19:38.9	6:08.0 (72)	12:42.8 (71)
59 Ellie Blevins	FR	15	Ankeny Centennial	53	19:39.8	6:08.4 (75)	12:40.7 (67)
60 Emma Chesterman	SO	57	Dubuque Senior	54	19:41.6	6:09.2 (81)	12:42.3 (69)
61 Nina Peterson	JR	75	Iowa City City High	55	19:42.0	6:05.8 (59)	12:36.6 (59)
62 Katelyn Pearson	FR	127	Waukee Northwest	56	19:42.8	6:00.4 (38)	12:37.1 (61)
63 Jordyn Brown	JR	63	Indianola	57	19:43.0	6:00.1 (37)	12:29.1 (52)
64 Dylan Moeller	JR	39	Davenport Central	--	19:43.9	6:01.1 (44)	12:30.6 (55)
65 Carryn Sattler	SO	31	Clinton	--	19:44.3	6:06.1 (61)	12:42.4 (70)
66 Keirra Hess	SR	104	Prairie Cedar Rapids	--	19:44.5	6:03.8 (51)	12:39.1 (63)
67 Maddie Schmitz	JR	37	Dallas Center-Grimes	58	19:46.5	6:11.6 (89)	12:43.8 (74)
68 Brogan Evans	SO	93	Mason City	--	19:47.0	6:07.3 (67)	12:37.7 (62)
69 Haley Hveem	JR	19	Ankeny Centennial	59	19:48.2	6:14.3 (101)	12:44.9 (77)
70 Allison Sheriff	FR	129	Waukee Northwest	60	19:49.6	6:01.9 (46)	12:41.8 (68)
71 Anna Becker	SR	23	Cedar Falls	61	19:50.1	6:07.5 (68)	12:39.5 (64)
72 Mallory Wurth	JR	123	Waukee	62	19:50.8	6:11.9 (91)	12:48.5 (85)
73 Susanna Olson	FR	81	Iowa City West	--	19:50.9	6:09.8 (84)	12:43.6 (73)
74 Lauren Jackson	JR	11	Ankeny	63	19:51.5	6:07.0 (64)	12:42.9 (72)
75 Hailey Kozloski	FR	92	Linn-Mar Marion	--	19:51.5	6:12.6 (94)	12:48.4 (84)
76 Julia Flick	JR	17	Ankeny Centennial	64	19:51.9	6:08.6 (77)	12:40.5 (65)
77 Emma Stanley	FR	6	Ames	65	19:52.1	6:07.9 (71)	12:40.7 (66)
78 Liv Hall	SR	43	Dowling Catholic West Des Moines	66	19:54.2	6:10.7 (87)	12:49.5 (87)
79 Ally Buck	SR	91	Linn-Mar Marion	--	19:54.9	6:12.5 (93)	12:48.2 (83)
80 Grace Hamann	FR	72	Iowa City City High	67	19:55.6	6:09.0 (79)	12:46.3 (80)
81 Paige Hoger	FR	68	Indianola	68	19:58.3	6:04.9 (52)	12:44.7 (75)
82 Maggie Henneberry	FR	51	Dubuque Hempstead	69	19:58.6	6:10.3 (86)	12:48.7 (86)
83 Avery Muller	SR	46	Dowling Catholic West Des Moines	70	19:58.7	6:07.1 (65)	12:44.8 (76)
84 Zoe Zylstra	JR	29	Cedar Falls	71	19:59.7	6:08.2 (73)	12:45.1 (78)
85 Kyra Zinn	JR	21	Ankeny Centennial	72	20:01.1	6:14.2 (100)	12:46.3 (81)
86 Gwen Briggs	SR	9	Ankeny	73	20:03.3	6:07.7 (70)	12:45.6 (79)
87 Nevaeh Kessler	SO	61	Dubuque Senior	74	20:03.3	6:13.2 (96)	12:59.5 (103)
88 Mylee Lange	JR	53	Dubuque Hempstead	75	20:04.5	6:09.3 (82)	12:49.6 (88)
89 Lydia Bennett	FR	117	Waukee	76	20:04.5	6:17.0 (107)	12:58.9 (101)
90 Sydney Berger	SR	118	Waukee	77	20:06.2	6:14.8 (103)	12:57.9 (98)
91 Ivy Glendening	SR	106	Southeast Polk	--	20:06.8	6:09.8 (85)	12:51.7 (91)
92 Arianna Horras	FR	44	Dowling Catholic West Des Moines	78	20:06.9	6:19.7 (112)	13:10.9 (117)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
93 Clara Olson	SO	126	Waukee Northwest	79	20:08.2	6:09.6 (83)	12:57.2 (96)
94 Emersyn Fonley	FR	25	Cedar Falls	80	20:10.0	6:20.3 (116)	12:58.7 (100)
95 Peyton Madison	SR	95	North Scott Eldridge	--	20:10.6	6:23.8 (125)	13:06.1 (113)
96 Natalie Leitzen	FR	55	Dubuque Hempstead	81	20:10.7	6:20.6 (117)	13:04.2 (112)
97 Finley Habgood	SR	125	Waukee Northwest	82	20:11.3	6:13.1 (95)	12:58.2 (99)
98 Braelyn Gifford	JR	42	Dowling Catholic West Des Moines	83	20:11.3	6:08.3 (74)	12:50.4 (90)
99 Jamison Reinders	SO	128	Waukee Northwest	84	20:11.4	6:08.7 (78)	12:57.8 (97)
100 Kate Van Waning	SO	83	Iowa City West	--	20:12.0	6:10.9 (88)	12:52.5 (92)
101 Selah Flanigan	SO	100	Pleasant Valley	85	20:12.4	6:13.8 (98)	12:50.2 (89)
102 Lilly Hoger	FR	67	Indianola	86	20:13.0	6:05.5 (56)	12:47.0 (82)
103 Alex Mackie	SR	108	Urbandale	--	20:13.8	6:11.8 (90)	12:56.4 (95)
104 Libby Hartz	SR	107	Southeast Polk	--	20:14.2	6:08.5 (76)	12:54.0 (93)
105 Kiara Hallett	SR	94	Muscatine	--	20:14.8	6:19.4 (110)	12:59.5 (102)
106 Lise Hoyer	FR	60	Dubuque Senior	87	20:16.7	6:19.0 (109)	13:02.5 (109)
107 Raegan Reuter	SO	114	Valley West Des Moines	88	20:16.8	6:19.4 (111)	13:01.1 (105)
108 Maddie Gallagher	SR	26	Cedar Falls	89	20:18.1	6:19.7 (113)	13:03.1 (111)
109 Claire Locher	SO	73	Iowa City City High	90	20:20.4	6:07.6 (69)	12:54.5 (94)
110 Emily Meyer	JR	27	Cedar Falls	91	20:26.8	6:13.4 (97)	13:13.1 (118)
111 Taylor LeBlanc	SR	121	Waukee	92	20:27.9	6:15.7 (105)	13:01.4 (106)
112 Leah Hartford	SO	66	Indianola	93	20:27.9	6:15.3 (104)	13:03.0 (110)
113 Elise Huegerich	SO	45	Dowling Catholic West Des Moines	94	20:28.6	6:20.1 (114)	13:10.7 (116)
114 Briel Bechen	SO	56	Dubuque Senior	95	20:29.8	6:14.1 (99)	13:02.4 (108)
115 Madeline Fischer	FR	71	Iowa City City High	96	20:32.1	6:16.4 (106)	13:02.3 (107)
116 Raegan Prendergast	SO	14	Ankeny	97	20:33.9	6:14.5 (102)	12:59.6 (104)
117 Hanna Johnson	SO	105	Sioux City North	--	20:44.7	6:21.0 (121)	13:07.4 (115)
118 Lexi Alliss	JR	124	Waukee Northwest	98	20:48.7	6:26.0 (127)	13:24.7 (125)
119 Ellie Hermiston	SR	52	Dubuque Hempstead	99	20:49.3	6:21.2 (123)	13:15.1 (119)
120 June Cousin	FR	24	Cedar Falls	100	20:49.8	6:21.0 (122)	13:06.9 (114)
121 Meredith Frandsen	SO	2	Ames	101	20:55.5	6:23.2 (124)	13:22.8 (123)
122 Mimi Marquardt	JR	79	Iowa City Liberty	--	20:55.7	6:20.8 (119)	13:15.5 (120)
123 Jasmin Luedtke	SR	96	Ottumwa	--	20:56.4	6:17.0 (108)	13:21.0 (121)
124 Abby Ziegert	SR	48	Dowling Catholic West Des Moines	102	21:00.7	6:20.2 (115)	13:22.4 (122)
125 Clara Welch	JR	80	Iowa City Liberty	--	21:08.3	6:20.6 (118)	13:24.0 (124)
126 Remy Sivertsen	SR	69	Indianola	103	21:09.3	6:25.9 (126)	13:26.3 (126)
127 Kalli Titus	JR	82	Iowa City West	--	21:10.6	6:27.9 (128)	13:36.2 (128)
128 Bridget Canton	SR	77	Iowa City Liberty	--	21:22.5	6:20.8 (120)	13:28.0 (127)
129 Ayak Akol	SO	1	Ames	104	21:30.5	6:28.3 (129)	13:36.5 (129)
130 Caroline Krug	FR	4	Ames	105	21:45.0	6:34.7 (130)	13:48.1 (130)

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

Final Standings		Score	Total	Avg.	Division
1	Dowling Catholic West Des Moines	72	1:19:24	15:53	
2	Cedar Falls	84	1:19:22	15:53	
3	Ankeny	102	1:19:22	15:53	
4	Cedar Rapids Kennedy	111	1:20:01	16:01	
5	Waukee Northwest	171	1:21:15	16:15	
6	Iowa City Liberty	183	1:21:25	16:17	
7	Dallas Center-Grimes	215	1:21:56	16:24	
8	Pleasant Valley	227	1:22:11	16:27	
9	Johnston	239*	1:22:25	16:29	
10	Urbandale	239*	1:22:16	16:28	
11	Valley West Des Moines	242	1:22:24	16:29	
12	Dubuque Hempstead	247	1:22:34	16:31	
13	Norwalk Community	250	1:22:29	16:30	
14	Ankeny Centennial	292	1:23:05	16:37	
15	Waukee	324	1:23:35	16:43	
16	Iowa City West	375	1:24:30	16:54	

***Tiebreakers**

Johnston	32	45	50	54	58	79	106
Urbandale	6	40	51	55	87	94	108

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Dowling Catholic West Des Moines	74
2	Dallas Center-Grimes	131
3	Cedar Falls	153
4	Waukee Northwest	156
5	Cedar Rapids Kennedy	161
6	Ankeny	178
7	Iowa City Liberty	188
8	Dubuque Hempstead	191
9	Valley West Des Moines	201
10	Johnston	254

UNOFFICIAL Standings**Score**

11	Pleasant Valley	259
12	Norwalk Community	287
13	Waukee	298
14	Urbandale	317
15	Iowa City West	339
16	Ankeny Centennial	346

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

1	Dowling Catholic West Des Moines	66
2	Cedar Falls	107
3	Cedar Rapids Kennedy	124
4	Ankeny	139
5	Waukee Northwest	183
6	Dallas Center-Grimes	189
7	Iowa City Liberty	190
8	Pleasant Valley	202
9	Valley West Des Moines	212
10	Dubuque Hempstead	234
11	Johnston	248
12	Norwalk Community	256
13	Urbandale	272
14	Ankeny Centennial	303
15	Waukee	317
16	Iowa City West	373

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Ethan Zuber	JR	140	Ankeny	1	15:07.7	4:50.2 (2) 9:51.7 (2)
2	Jaden Merrick	SO	154	Cedar Falls	2	15:13.4	4:50.0 (1) 9:51.4 (1)
3	Natneal Kifle	SR	230	Sioux City North	--	15:25.6	4:55.6 (5) 10:01.8 (3)
4	Jack Flori	JR	178	Dowling Catholic West Des Moines	3	15:33.8	4:55.9 (11) 10:03.1 (5)
5	Aj Schermerhorn	SR	145	Ankeny Centennial	4	15:37.3	4:56.2 (14) 10:02.8 (4)
6	Adam Gray	SO	158	Cedar Rapids Kennedy	5	15:39.0	4:55.8 (8) 10:03.1 (6)
7	Owen Marett	JR	174	Des Moines Roosevelt	--	15:41.9	4:55.9 (10) 10:06.4 (7)
8	Tommy Hensley	SR	235	Urbandale	6	15:43.8	4:55.6 (6) 10:09.4 (9)
9	Aidan Decker	SR	192	Iowa City Liberty	7	15:44.0	4:57.9 (22) 10:12.5 (12)
10	Joseph Lawry	JR	250	Waukee	8	15:44.6	4:56.0 (12) 10:10.3 (11)
11	Jake Bosch	SR	134	Ankeny	9	15:44.7	5:01.8 (42) 10:19.4 (29)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
12 Max DeRocher	SR	177	Dowling Catholic West Des Moines	10	15:45.0	4:55.8 (9)	10:06.4 (8)
13 Jacob Bruns	SR	156	Cedar Rapids Kennedy	11	15:46.9	5:01.3 (40)	10:14.1 (14)
14 Noah Buhrow	SR	216	Norwalk Community	12	15:48.4	4:59.8 (32)	10:13.9 (13)
15 Ike Smith	SO	138	Ankeny	13	15:49.4	5:01.9 (43)	10:19.5 (31)
16 Ahmed Aldamak	SR	149	Cedar Falls	14	15:54.1	4:56.6 (16)	10:16.8 (20)
17 Keegan Decker	FR	193	Iowa City Liberty	15	15:54.8	4:58.6 (25)	10:16.3 (19)
18 Henry McMahan	SR	159	Cedar Rapids Kennedy	16	15:56.3	4:58.5 (24)	10:15.2 (16)
19 Luke Hartman	SR	152	Cedar Falls	17	15:58.7	5:02.0 (44)	10:18.3 (25)
20 Matthew Bootman	SR	175	Dowling Catholic West Des Moines	18	16:00.6	4:59.8 (31)	10:14.7 (15)
21 Owen Wolfe	JR	181	Dowling Catholic West Des Moines	19	16:00.8	4:57.6 (21)	10:17.0 (21)
22 Jack Every	SR	165	Dallas Center-Grimes	20	16:02.1	4:56.5 (15)	10:17.8 (24)
23 Connor Martin	JR	153	Cedar Falls	21	16:02.8	5:02.5 (47)	10:19.2 (28)
24 Josh Mohan	JR	179	Dowling Catholic West Des Moines	22	16:03.0	4:56.7 (17)	10:18.6 (26)
25 Zack Janulewicz	JR	257	Waukee Northwest	23	16:03.0	4:59.1 (27)	10:17.3 (23)
26 Elias Arbuckle	JR	164	Dallas Center-Grimes	24	16:04.1	4:56.8 (18)	10:19.0 (27)
27 Carl Rekow	SR	227	Pleasant Valley	25	16:06.8	5:01.2 (38)	10:15.7 (18)
28 Tony Anania	JR	215	Norwalk Community	26	16:08.1	5:00.3 (34)	10:19.4 (30)
29 Joel Bloomer	SR	254	Waukee Northwest	27	16:09.9	4:58.4 (23)	10:21.1 (34)
30 John Maloney	SR	188	Dubuque Hempstead	28	16:10.1	4:51.2 (3)	10:10.1 (10)
31 Aidan Cooper	SR	255	Waukee Northwest	29	16:10.7	4:59.5 (30)	10:20.1 (32)
32 Bennett Allred	JR	229	Prairie Cedar Rapids	--	16:12.8	4:55.4 (4)	10:20.6 (33)
33 John Ferguson	JR	151	Cedar Falls	30	16:12.9	5:06.1 (63)	10:29.5 (43)
34 Kellen Tuyls	SO	260	Waukee Northwest	31	16:12.9	5:01.0 (37)	10:29.2 (42)
35 Jack Crossland	FR	205	Johnston	32	16:13.7	5:04.2 (54)	10:27.7 (39)
36 Charlie Driscoll	SR	182	Dubuque Hempstead	33	16:14.5	5:01.2 (39)	10:29.1 (41)
37 Jacob Forney	SR	243	Valley West Des Moines	34	16:14.7	4:59.5 (29)	10:22.3 (35)
38 Noah Gregoire	JR	194	Iowa City Liberty	35	16:15.7	4:57.1 (20)	10:17.2 (22)
39 Tate Brownsberger	JR	135	Ankeny	36	16:17.5	5:04.6 (56)	10:30.3 (44)
40 Evan McClinton	SR	244	Valley West Des Moines	37	16:17.6	4:56.0 (13)	10:15.5 (17)
41 Reece Murray	SR	161	Cedar Rapids Kennedy	38	16:17.7	4:58.9 (26)	10:28.3 (40)
42 Joe Knepp	SO	224	Pleasant Valley	39	16:19.0	5:04.9 (58)	10:27.6 (38)
43 Blake Smith	JR	239	Urbandale	40	16:19.1	5:03.5 (51)	10:30.7 (46)
44 Slader Buckheister	SO	157	Cedar Rapids Kennedy	41	16:21.0	5:12.4 (89)	10:38.6 (64)
45 Jonas VanDis	JR	253	Waukee	42	16:21.7	4:59.5 (28)	10:31.6 (48)
46 Nicholas Robie	JR	137	Ankeny	43	16:21.8	5:04.6 (55)	10:30.4 (45)
47 Moustafa Tiea	JR	202	Iowa City West	44	16:24.1	4:55.7 (7)	10:23.0 (36)
48 Garrett Ness	JR	206	Johnston	45	16:28.3	5:05.7 (61)	10:38.1 (63)
49 Cameron Gotto	JR	223	Pleasant Valley	46	16:28.4	5:06.6 (70)	10:34.6 (56)
50 Colin Mandernach	SO	167	Dallas Center-Grimes	47	16:28.5	5:00.7 (36)	10:32.1 (50)
51 Brennen Bhave	JR	132	Ames	--	16:29.5	5:12.4 (88)	10:37.1 (61)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
52 Jacob Madsen	JR	197	Iowa City Liberty	48	16:29.8	4:59.9 (33)	10:32.2 (51)
53 Jonathan Owen	JR	246	Valley West Des Moines	49	16:29.9	5:05.7 (62)	10:36.1 (59)
54 Jack Coen	SR	204	Johnston	50	16:30.5	5:03.4 (50)	10:31.9 (49)
55 Landon Hartley	SR	233	Urbandale	51	16:30.9	5:14.8 (103)	10:39.3 (66)
56 AJ Willey	SO	148	Bettendorf	--	16:31.7	5:05.5 (60)	10:37.4 (62)
57 Connor Schultz	JR	231	Sioux City North	--	16:32.5	4:57.0 (19)	10:25.0 (37)
58 Brandon Kass	JR	186	Dubuque Hempstead	52	16:33.8	5:04.8 (57)	10:35.4 (58)
59 Max Sorgenfrey	SR	228	Pleasant Valley	53	16:34.7	5:05.1 (59)	10:33.5 (53)
60 Owyn Noble	SR	191	Iowa City City High	--	16:34.7	5:04.1 (52)	10:36.7 (60)
61 Holden Schug	JR	210	Johnston	54	16:34.9	5:06.8 (72)	10:42.1 (72)
62 Sidney Shide	JR	238	Urbandale	55	16:35.0	5:14.7 (100)	10:47.3 (84)
63 Jack Cavan	SR	242	Valley West Des Moines	56	16:35.2	5:08.5 (75)	10:40.9 (67)
64 Kieran DeGroote	JR	150	Cedar Falls	57	16:37.3	5:08.7 (77)	10:38.7 (65)
65 Brayden Picken	SR	208	Johnston	58	16:37.5	5:02.8 (49)	10:32.9 (52)
66 Aj Angus	SR	163	Dallas Center-Grimes	59	16:37.5	5:00.4 (35)	10:31.1 (47)
67 John Moellers	JR	214	Marshalltown	--	16:37.6	5:12.2 (87)	10:43.4 (79)
68 Micah Fern	SO	183	Dubuque Hempstead	60	16:38.0	5:07.7 (74)	10:41.8 (70)
69 Zak Shlomi	SO	259	Waukee Northwest	61	16:38.2	5:06.4 (68)	10:41.9 (71)
70 Cohen Moll	SO	142	Ankeny Centennial	62	16:39.8	5:11.9 (86)	10:42.5 (74)
71 Nicholas Paulsen	SO	180	Dowling Catholic West Des Moines	63	16:40.4	5:08.7 (76)	10:43.2 (78)
72 Zack Stoermer	SR	172	Des Moines Abraham Lincoln	--	16:41.4	5:04.1 (53)	10:41.4 (68)
73 Jack Perry	JR	226	Pleasant Valley	64	16:41.6	5:06.3 (66)	10:34.6 (55)
74 Aj Acheson	SO	173	Des Moines Roosevelt	--	16:42.6	5:16.6 (112)	10:48.9 (87)
75 Cael Ramsey	SO	169	Dallas Center-Grimes	65	16:43.0	5:02.2 (45)	10:34.8 (57)
76 Brice McNeley	SR	232	Southeast Polk	--	16:44.9	5:11.6 (84)	10:48.4 (86)
77 Jackson Bergman	SR	241	Valley West Des Moines	66	16:45.6	5:02.7 (48)	10:34.1 (54)
78 Brendan Owens	SR	144	Ankeny Centennial	67	16:46.1	5:08.8 (78)	10:42.6 (75)
79 Teegan Kralik	SO	218	Norwalk Community	68	16:47.0	5:06.4 (67)	10:41.6 (69)
80 Grant Wallace	JR	221	Norwalk Community	69	16:47.6	5:15.0 (105)	10:49.8 (89)
81 Michael Lee	SR	200	Iowa City West	70	16:47.8	5:10.4 (80)	10:46.0 (81)
82 Jack Kirman	SO	189	Dubuque Senior	--	16:51.1	5:06.3 (65)	10:42.3 (73)
83 Isaiah Knight	JR	133	Ames	--	16:53.7	5:17.6 (120)	10:51.0 (96)
84 Kellan Croatt	JR	256	Waukee Northwest	71	16:54.1	5:06.2 (64)	10:43.0 (77)
85 Cade Benson	SR	199	Iowa City West	72	16:54.8	5:10.1 (79)	10:45.8 (80)
86 Abel Squires	SR	139	Ankeny	73	16:55.2	5:13.8 (96)	10:51.7 (99)
87 Zack Johnson	SR	185	Dubuque Hempstead	74	16:56.9	5:10.8 (81)	10:49.9 (90)
88 Sam Parker	SO	220	Norwalk Community	75	16:57.4	5:14.0 (97)	10:50.1 (93)
89 Brayden Vander Wilt	JR	147	Ankeny Centennial	76	16:58.4	5:15.1 (106)	10:51.0 (97)
90 JC Nuci	FR	171	Davenport North	--	16:59.3	5:16.5 (111)	11:00.6 (116)
91 Kamran Foad	FR	222	Pleasant Valley	77	17:00.0	5:13.5 (94)	10:51.2 (98)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
92 Preston Johnson	FR	213	Marshalltown	--	17:00.1	5:15.8 (108)	10:57.3 (107)
93 William Thompson	SR	198	Iowa City Liberty	78	17:00.7	5:18.7 (125)	10:58.5 (112)
94 Ben Neville	SR	207	Johnston	79	17:00.8	5:06.7 (71)	10:48.1 (85)
95 Sean Bendinger	JR	240	Valley West Des Moines	80	17:01.1	5:11.6 (85)	10:50.7 (94)
96 Riley Kuhn	SR	211	Linn-Mar Marion	--	17:01.6	5:11.0 (82)	10:50.9 (95)
97 Graham Ibeling	FR	166	Dallas Center-Grimes	81	17:01.8	5:02.3 (46)	10:42.9 (76)
98 Owen Leitzen	JR	187	Dubuque Hempstead	82	17:02.3	5:01.4 (41)	10:47.2 (83)
99 Davis Johnson	SO	141	Ankeny Centennial	83	17:02.8	5:17.4 (118)	10:53.3 (100)
100 Mark Nelson	JR	143	Ankeny Centennial	84	17:04.4	5:17.4 (117)	10:56.1 (103)
101 Reuben Schlaak	JR	162	Cedar Rapids Kennedy	85	17:04.8	5:17.8 (121)	10:57.5 (109)
102 Charlie Wiering	SO	155	Cedar Falls	86	17:05.6	5:14.0 (98)	10:57.6 (110)
103 Ashton Hensley	SO	234	Urbandale	87	17:06.7	5:14.9 (104)	10:56.6 (104)
104 Lincoln McMahan	SO	160	Cedar Rapids Kennedy	88	17:07.3	5:17.6 (119)	10:57.0 (105)
105 Dashiell Coyier	JR	248	Waukee	89	17:07.9	5:13.4 (93)	10:49.3 (88)
106 Corbin Oswald	JR	219	Norwalk Community	90	17:08.0	5:14.7 (101)	10:56.0 (102)
107 Sam Showers	JR	201	Iowa City West	91	17:09.1	5:16.9 (113)	11:01.2 (119)
108 Carter Hoskins	FR	249	Waukee	92	17:09.6	5:18.2 (123)	11:02.8 (122)
109 Ben Peterson	FR	251	Waukee	93	17:10.3	5:19.0 (127)	11:02.5 (121)
110 Drew Johnson	SR	236	Urbandale	94	17:10.9	5:15.5 (107)	10:59.5 (113)
111 Frank McEvoy	SR	245	Valley West Des Moines	95	17:11.2	5:11.4 (83)	10:50.1 (92)
112 Sean Thomas	JR	146	Ankeny Centennial	96	17:11.6	5:17.2 (115)	10:57.2 (106)
113 James Johnson	SR	212	Marshalltown	--	17:12.0	5:13.7 (95)	10:57.5 (108)
114 Jalen Taha	SR	252	Waukee	97	17:12.3	5:13.1 (91)	10:55.4 (101)
115 Brice Wahe	JR	203	Iowa City West	98	17:13.5	5:17.0 (114)	11:00.6 (117)
116 Zack Ryan	FR	170	Davenport Central	--	17:15.1	5:16.0 (109)	11:00.2 (115)
117 Henry Groos	JR	217	Norwalk Community	99	17:15.6	5:14.1 (99)	10:50.0 (91)
118 Aidan Farrell	SR	136	Ankeny	100	17:16.2	5:16.4 (110)	10:58.2 (111)
119 Hayden Johnsen	JR	196	Iowa City Liberty	101	17:20.2	5:18.5 (124)	10:59.9 (114)
120 Owen Line	SR	258	Waukee Northwest	102	17:20.8	5:18.1 (122)	11:04.4 (124)
121 Reed Robbins	SO	190	Indianola	--	17:25.2	5:14.7 (102)	11:02.1 (120)
122 Matthew Hanselman	SR	184	Dubuque Hempstead	103	17:27.5	5:07.5 (73)	11:03.0 (123)
123 Lars Hildebrand	FR	195	Iowa City Liberty	104	17:27.9	5:21.0 (129)	11:10.8 (127)
124 Erik Anderson	SR	131	Ames	--	17:29.0	5:17.2 (116)	11:01.1 (118)
125 Harry Abbott	SO	247	Waukee	105	17:32.8	5:18.8 (126)	11:08.2 (125)
126 Calahan Rourke	SR	209	Johnston	106	17:37.2	5:06.5 (69)	10:46.7 (82)
127 Alex Pries	SR	168	Dallas Center-Grimes	107	17:39.1	5:13.3 (92)	11:11.7 (128)
128 Gavin Moore	SR	237	Urbandale	108	17:49.7	5:27.0 (130)	11:25.9 (129)
129 Brody Burr	JR	176	Dowling Catholic West Des Moines	109	18:39.1	5:12.7 (90)	11:09.5 (126)
130 Tyler Nels	SR	225	Pleasant Valley	110	19:27.9	5:19.6 (128)	11:57.0 (130)

Race #3**Class 1A Girls 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings		Score	Total	Avg.	Division
1	Madrid	97	1:41:28	20:18	
2	South Winneshiek	123	1:44:13	20:51	
3	Beckman Catholic Dyersville	125	1:44:05	20:49	
4	Earlham	136	1:44:29	20:54	
5	ACGC	185	1:46:10	21:14	
6	Pekin	199	1:47:14	21:27	
7	St. Edmond Fort Dodge	205	1:47:42	21:33	
8	Regina Iowa City	211	1:47:40	21:32	
9	Martensdale-St. Marys	217	1:47:32	21:31	
10	North Linn Troy Mills	230	1:47:21	21:29	
11	Woodbine Community	233	1:48:38	21:44	
12	Treynor	240	1:48:41	21:45	
13	Hinton	250	1:49:14	21:51	
14	Grundy Center	282	1:50:56	22:12	
15	Collins-Maxwell	294	1:52:04	22:25	
16	AHSTW Avoca	341	1:53:19	22:40	

SPLIT SCORING SUMMARY**1 MILE**

UNOFFICIAL Standings		Score
1	Madrid	102
2	Beckman Catholic Dyersville	110
3	Earlham	141
4	ACGC	143
5	Martensdale-St. Marys	161
6	Regina Iowa City	163
7	Hinton	188
8	Pekin	194
9	North Linn Troy Mills	199
10	Treynor	228
11	Collins-Maxwell	249
12	Woodbine Community	260
13	Grundy Center	261
14	South Winneshiek	285

UNOFFICIAL Standings**Score**

15	St. Edmond Fort Dodge	294
16	AHSTW Avoca	370

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

1	Madrid	104
2	Beckman Catholic Dyersville	112
3	Earlham	136
4	South Winneshiek	138
5	ACGC	175
6	Regina Iowa City	199
7	Pekin	208
8	Martensdale-St. Marys	215
9	St. Edmond Fort Dodge	221
10	North Linn Troy Mills	229
11	Woodbine Community	231
12	Hinton	237
13	Treynor	246
14	Grundy Center	276
15	Collins-Maxwell	285
16	AHSTW Avoca	352

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Noelle Steines	JR	285	Calamus-Wheatland	--	18:22.0	5:46.8 (2) 11:53.7 (1)
2	Meghan Wheatley	SR	362	North Linn Troy Mills	1	18:35.6	5:46.2 (1) 11:54.1 (2)
3	Alyssa Richman	JR	342	Manson Northwest Webster	--	18:53.2	5:56.2 (10) 12:11.2 (3)
4	Nora Peterson	JR	276	Alta-Aurelia	--	19:01.9	5:56.3 (11) 12:18.1 (8)
5	Madelyn Grothus	FR	338	Madrid	2	19:06.4	5:54.0 (4) 12:12.2 (4)
6	Katelyn Brandhorst	SO	336	Madrid	3	19:11.9	5:54.0 (3) 12:14.2 (5)
7	Hallie Kelchen	SO	286	Cascade Western Dubuque	--	19:18.2	5:54.2 (5) 12:15.3 (6)
8	Chloe Judisch	SR	385	South Central Calhoun	--	19:23.9	6:01.3 (16) 12:29.9 (11)
9	Kylie Rochholz	FR	367	Panorama Panora	--	19:24.7	5:54.4 (6) 12:16.3 (7)
10	Maria Kruse	SR	280	Beckman Catholic Dyersville	4	19:33.3	6:20.1 (39) 12:45.2 (18)
11	Ava Campbell	JR	262	ACGC	5	19:33.8	5:55.3 (8) 12:20.9 (9)
12	Karson Oberender	SO	349	Martensdale-St. Marys	6	19:40.7	5:56.5 (12) 12:34.7 (14)
13	Marie Yoder	FR	322	Hillcrest Academy	--	19:41.3	6:08.2 (19) 12:43.4 (17)
14	Taryn Burbridge	SO	343	Maquoketa Valley Delhi	--	19:42.5	5:57.1 (13) 12:31.7 (12)
15	Tyra Schupbach	SO	410	West Bend-Mallard	--	19:44.7	5:55.1 (7) 12:23.5 (10)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
16 Olivia Spurling	SR	306	Earlham	7	19:49.2	6:17.1 (32)	12:49.8 (21)
17 Chloe Glosser	SO	371	Pekin	8	19:54.4	5:59.9 (15)	12:32.7 (13)
18 Addison Voelker	FR	353	North Butler Greene	--	19:56.1	6:10.9 (22)	12:48.8 (20)
19 Claire Zweibohmer	SO	382	Riceville	--	20:02.4	6:14.4 (28)	12:46.2 (19)
20 Lauren Hillesland	SO	354	North Iowa Buffalo Center	--	20:03.2	6:10.0 (20)	12:38.3 (15)
21 Carly Henderson	SR	383	Riverside Oakland	--	20:09.2	6:11.9 (24)	13:00.6 (30)
22 Madison Sporrer	JR	333	Logan-Magnolia	--	20:10.6	5:57.6 (14)	12:41.0 (16)
23 Iris Garza	FR	299	Columbus Community Columbus Junction	--	20:11.2	6:14.6 (29)	13:00.3 (29)
24 Chloe Broer	SO	411	West Monona Onawa	--	20:14.5	6:10.6 (21)	12:54.6 (24)
25 Mackenzie Harger	SO	303	Earlham	9	20:15.8	6:17.0 (31)	12:58.5 (26)
26 Jacey Welbig	JR	365	North Union	--	20:16.6	6:19.0 (35)	13:04.2 (35)
27 Alexis Cummins	FR	364	North Union	--	20:16.8	6:12.9 (26)	12:58.1 (25)
28 Elizabeth Erickson	FR	298	Colo-Nesco	--	20:17.6	6:03.0 (17)	12:53.4 (23)
29 Madelyn Reiter	JR	284	Beckman Catholic Dyersville	10	20:17.9	6:20.6 (40)	13:03.6 (34)
30 Claire Rye	JR	290	Central Springs	--	20:19.9	6:19.2 (37)	13:01.8 (32)
31 Jayden Peters	FR	293	Collins-Maxwell	11	20:23.1	6:12.5 (25)	12:59.1 (27)
32 Lila Powers	SO	384	Saint Ansgar	--	20:26.0	6:21.8 (43)	13:11.9 (40)
33 Maddi Jansen	SO	389	South Winneshiek	12	20:27.0	6:47.4 (102)	13:23.9 (55)
34 Grace Storjohann	SO	320	Grundy Center	13	20:27.0	6:13.8 (27)	13:01.7 (31)
35 Allysen Johnsen	SO	332	Logan-Magnolia	--	20:27.8	6:07.6 (18)	13:02.7 (33)
36 Hannah Brandhorst	FR	335	Madrid	14	20:29.0	6:21.3 (42)	13:10.1 (37)
37 Julia Mertz	SR	281	Beckman Catholic Dyersville	15	20:29.9	6:19.1 (36)	12:50.8 (22)
38 Annie Hageman	FR	388	South Winneshiek	16	20:30.4	6:47.2 (99)	13:22.9 (49)
39 Addison Murdock	SR	416	Woodbine Community	17	20:31.4	6:23.9 (47)	13:10.9 (38)
40 Ava Franzen	FR	387	South Winneshiek	18	20:33.6	6:47.7 (103)	13:23.8 (53)
41 Kaleigh Harvey	JR	394	Southeast Warren Liberty Center	--	20:35.1	6:18.3 (34)	13:09.8 (36)
42 Becca Hofmann	SR	355	North Iowa Buffalo Center	--	20:35.8	6:26.0 (51)	13:20.0 (45)
43 Michaela Leiting	SR	399	St. Edmond Fort Dodge	19	20:36.4	6:36.8 (85)	13:27.7 (62)
44 Ellie Knox	JR	397	St. Edmond Fort Dodge	20	20:39.9	6:46.5 (98)	13:27.2 (61)
45 Kyra Peters	SR	328	Hinton	21	20:40.1	6:22.3 (44)	13:14.6 (41)
46 Hannah Wilson	JR	311	Fremont-Mills Tabor	--	20:45.8	6:26.4 (52)	13:21.7 (48)
47 Jaydin Dettman	SR	289	Central Elkader	--	20:46.0	6:23.2 (46)	13:23.4 (51)
48 Hannah Frank	JR	1119	Earlham	22	20:46.8	6:30.1 (73)	13:23.1 (50)
49 Hannah Landwehr	SR	398	St. Edmond Fort Dodge	23	20:47.2	6:46.1 (97)	13:29.5 (68)
50 Lydia Ives	SO	312	Grand View Christian School	--	20:48.3	6:27.2 (56)	13:23.9 (54)
51 Lauren Steigleder	SR	373	Pekin	24	20:50.3	6:17.8 (33)	13:16.1 (42)
52 Laicey Lutz	FR	366	Panorama Panora	--	20:51.7	6:27.1 (55)	13:20.7 (46)
53 Alli Clark	SR	377	Regina Iowa City	25	20:53.8	6:28.5 (64)	13:29.5 (69)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
54 Maria Dudzik	SR	279	Beckman Catholic Dyersville	26	20:54.5	6:20.7 (41)	13:11.1 (39)
55 Audrey Fariss	SR	370	Pekin	27	20:55.4	6:34.2 (78)	13:34.1 (76)
56 Maclaine German	SO	346	Martensdale-St. Marys	28	20:55.6	6:16.6 (30)	13:19.2 (44)
57 Tess Weiner	FR	352	Newman Catholic Mason City	--	20:56.6	6:27.0 (54)	13:27.0 (60)
58 Abbi Waskow	FR	301	Dunkerton	--	20:57.3	6:11.4 (23)	13:18.4 (43)
59 Addison Achenbach	FR	308	English Valleys North English	--	20:57.6	6:33.9 (77)	13:35.1 (79)
60 Cadence Petersen	FR	265	ACGC	29	20:58.3	6:26.9 (53)	13:24.6 (56)
61 Kadence Peters	SR	327	Hinton	30	20:59.0	6:28.6 (65)	13:30.9 (73)
62 Raegan Garrison	JR	331	IKM-Manning	--	21:00.1	6:29.2 (68)	13:30.1 (70)
63 Breyer Anderson	JR	275	Alta-Aurelia	--	21:00.4	6:25.4 (49)	13:25.2 (58)
64 Adyson Lapel	JR	415	Woodbine Community	31	21:00.4	6:27.7 (57)	13:21.1 (47)
65 Ady Mason	SO	395	Southeast Warren Liberty Center	--	21:00.9	6:19.8 (38)	13:27.7 (63)
66 Alaina Gourley	SO	300	Danville	--	21:01.0	6:22.4 (45)	13:28.8 (66)
67 Kadence Huck	JR	351	Nashua-Plainfield	--	21:01.7	5:55.6 (9)	12:59.1 (28)
68 Michelle Wilson	FR	310	Exira/Elk Horn-Kimballton	--	21:01.9	6:25.7 (50)	13:25.9 (59)
69 Adalyn Benson	JR	261	ACGC	32	21:02.6	6:24.8 (48)	13:25.1 (57)
70 Lydia Parlee	SO	313	Grand View Christian School	--	21:02.9	6:27.9 (59)	13:28.0 (64)
71 Hayden Coffman	SR	263	ACGC	33	21:06.0	6:29.8 (71)	13:30.2 (71)
72 Abby Kemp	JR	277	BCLUW Conrad	--	21:07.2	6:29.1 (67)	13:35.5 (80)
73 Addyson Schreck	JR	288	Central Decatur Leon	--	21:09.2	6:31.2 (74)	13:28.2 (65)
74 Mila Grothus	JR	339	Madrid	34	21:09.8	6:34.3 (79)	13:34.1 (77)
75 Josie Tieskoetter	SR	392	South Winneshiek	35	21:12.6	6:47.4 (101)	13:23.5 (52)
76 Aubrey Achenbach	FR	309	English Valleys North English	--	21:13.3	6:33.9 (76)	13:35.1 (78)
77 Cypress Erickson	SO	291	Collins-Maxwell	36	21:16.2	6:29.5 (70)	13:33.3 (75)
78 Cece Stanley	SO	307	Earlham	37	21:18.2	6:28.4 (63)	13:30.7 (72)
79 Olivia Norrish	JR	334	Lynnville-Sully	--	21:18.8	6:32.9 (75)	13:36.5 (81)
80 Keira Diehm	FR	321	Heartland Christian	--	21:19.4	6:29.3 (69)	13:40.8 (85)
81 Anne Miller	FR	405	Treynor	38	21:20.7	6:40.0 (91)	13:41.4 (86)
82 Ruby Greving	SO	380	Regina Iowa City	39	21:26.8	6:28.2 (62)	13:29.4 (67)
83 Laney Dole	SR	314	Grundy Center	40	21:28.6	6:30.1 (72)	13:38.6 (82)
84 Madeline Knispel	FR	403	Treynor	41	21:29.0	6:28.8 (66)	13:39.6 (83)
85 Izzy Kuboushek	JR	390	South Winneshiek	42	21:29.2	6:51.1 (108)	13:46.3 (88)
86 Bella Lamp	FR	269	AHSTW Avoca	43	21:30.0	6:34.6 (80)	13:40.5 (84)
87 Adelyn White	FR	341	Madrid	44	21:30.4	6:38.1 (87)	13:47.1 (89)
88 Emmerson Jedlicka	SO	363	North Mahaska New Sharon	--	21:31.2	6:41.0 (95)	13:47.7 (90)
89 Harper Erwin	SO	379	Regina Iowa City	45	21:38.0	6:28.1 (61)	13:32.9 (74)
90 Lilly Yochum	SO	409	Treynor	46	21:41.4	6:40.3 (93)	14:01.0 (98)
91 Peyton McMahon	SO	360	North Linn Troy Mills	47	21:47.0	6:36.2 (83)	13:53.2 (93)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
92 Mackenzie Bridgewater	JR	356	North Linn Troy Mills	48	21:47.3	6:38.6 (89)	14:02.2 (99)
93 Ellie Johnson	SO	381	Regina Iowa City	49	21:47.6	6:35.7 (82)	13:49.4 (92)
94 Triona Scott	SO	295	Collins-Maxwell	50	21:49.0	6:27.9 (60)	13:45.2 (87)
95 Karissa Wenthold	JR	393	South Winneshiek	51	21:51.8	6:49.4 (105)	13:49.2 (91)
96 Ellie Baker	JR	344	Martensdale-St. Marys	52	21:52.2	6:34.9 (81)	13:56.1 (95)
97 Caitlyn Bell	SO	375	Regina Iowa City	53	21:53.3	6:38.4 (88)	13:58.2 (97)
98 Taylor Leahy	FR	287	Central Decatur Leon	--	21:54.1	6:50.6 (107)	14:04.7 (100)
99 Izabelle Seda	FR	418	Woodbine Community	54	21:55.0	6:54.0 (116)	14:14.5 (106)
100 Ava Paulsen	SO	272	AHSTW Avoca	55	21:56.3	6:57.5 (121)	14:18.8 (110)
101 Ryleigh Thomas	JR	407	Treynor	56	21:56.9	6:40.4 (94)	13:54.5 (94)
102 Ava Lang	JR	325	Hinton	57	21:58.7	6:27.9 (58)	13:57.3 (96)
103 Lauren Ondrashek	FR	391	South Winneshiek	58	22:04.5	6:51.9 (109)	14:08.0 (104)
104 Alyssa Kulesa	SR	406	Treynor	59	22:12.7	6:40.1 (92)	14:06.5 (103)
105 Kaci Allen	SR	323	Hinton	60	22:15.5	6:37.3 (86)	14:06.2 (102)
106 Taylor Beckendorf	JR	330	IKM-Manning	--	22:18.3	6:48.3 (104)	14:18.4 (109)
107 Taylor Rodgers	JR	305	Earlham	61	22:18.6	6:49.4 (106)	14:18.2 (108)
108 Lucy Haughenbury	FR	358	North Linn Troy Mills	62	22:19.8	6:38.6 (90)	14:06.0 (101)
109 Autumn Elbert	JR	345	Martensdale-St. Marys	63	22:20.7	6:36.7 (84)	14:09.9 (105)
110 Mya Wilaby	SO	386	South Hardin	--	22:21.0	6:47.3 (100)	14:15.2 (107)
111 Rylie Knop	SR	268	AHSTW Avoca	64	22:24.1	6:57.7 (122)	14:25.8 (113)
112 Reagan Cogdill	JR	413	Woodbine Community	65	22:28.9	6:54.1 (117)	14:24.9 (112)
113 Kate Barry	FR	412	Woodbine Community	66	22:41.5	7:02.1 (127)	14:35.7 (117)
114 Abby Guise	SO	372	Pekin	67	22:42.3	7:01.5 (125)	14:37.7 (121)
115 Penelope Wearmouth	FR	350	Martensdale-St. Marys	68	22:42.5	7:03.6 (131)	14:47.8 (127)
116 Anna Lursen	SO	401	St. Edmond Fort Dodge	69	22:42.6	6:53.8 (114)	14:23.4 (111)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
117 Kennedy Recker	SR	283	Beckman Catholic Dyersville	70	22:48.5	6:44.0 (96)	14:28.0 (114)
118 Elsie Mausbach	SO	404	Treynor	71	22:50.3	7:01.6 (126)	14:44.0 (124)
119 Ava Hoover	FR	359	North Linn Troy Mills	72	22:51.0	6:53.4 (112)	14:31.2 (115)
120 Lexi Swearingen	SR	374	Pekin	73	22:51.6	6:52.5 (111)	14:37.6 (120)
121 Reese Lemberg	SR	400	St. Edmond Fort Dodge	74	22:55.5	7:01.5 (124)	14:35.3 (116)
122 Makenna Steinmeyer	FR	319	Grundy Center	75	22:56.9	6:56.2 (119)	14:36.4 (118)
123 Kate Hayes	JR	316	Grundy Center	76	22:58.7	7:07.8 (134)	14:44.3 (125)
124 Nina Smith		402	St. Edmond Fort Dodge	77	23:04.4	7:23.1 (144)	15:02.3 (136)
125 Karlee Lynch	SO	318	Grundy Center	78	23:04.5	6:52.0 (110)	14:41.6 (122)
126 Andyn White	JR	408	Treynor	79	23:04.6	6:59.1 (123)	14:36.7 (119)
127 Maryann Hart	JR	347	Martensdale-St. Marys	80	23:15.7	6:53.9 (115)	14:46.7 (126)
128 Ruby Eastman	SO	378	Regina Iowa City	81	23:19.8	6:55.3 (118)	14:49.8 (128)
129 Reese Regier	FR	329	Hinton	82	23:20.2	6:57.5 (120)	14:43.3 (123)
130 Emerson Lynch	SO	317	Grundy Center	83	23:20.7	7:03.6 (130)	14:51.6 (130)
131 Evelyn Geerdes	FR	315	Grundy Center	84	23:24.3	7:04.3 (132)	14:52.9 (131)
132 Breanna Drish	FR	368	Pekin	85	23:27.3	7:05.6 (133)	15:07.0 (138)
133 Emerson Van Meter	SR	266	ACGC	86	23:28.8	7:13.2 (139)	14:58.8 (134)
134 Cambree Earnest	FR	369	Pekin	87	23:35.2	7:09.1 (135)	15:06.8 (137)
135 Lily Conry	SR	302	Earlham	88	23:37.9	7:02.2 (128)	14:58.0 (133)
136 Makenna Paulsen	SO	273	AHSTW Avoca	89	23:42.5	7:13.1 (138)	15:01.4 (135)
137 Yana Lander	FR	270	AHSTW Avoca	90	23:45.8	7:20.4 (141)	15:15.5 (140)
138 Paige Van Meter	JR	267	ACGC	91	23:49.6	6:53.5 (113)	14:56.4 (132)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
139 Faith Boileau	SR	376	Regina Iowa City	92	23:51.2	7:02.7 (129)	14:51.2 (129)
140 Autumn Domeyer	FR	278	Beckman Catholic Dyersville	93	23:53.2	7:11.6 (137)	15:09.5 (139)
141 Darby Moore	SO	304	Earlham	94	23:59.6	7:19.4 (140)	15:20.6 (141)
142 Emmarae Ellis	JR	264	ACGC	95	24:11.1	7:34.5 (147)	15:43.4 (146)
143 Ella Langer	SR	271	AHSTW Avoca	96	24:11.6	7:20.8 (142)	15:33.2 (143)
144 Andee Barwin	SR	396	St. Edmond Fort Dodge	97	24:12.7	7:32.2 (145)	15:38.8 (144)
145 Chloe Wierson	SR	297	Collins-Maxwell	98	24:13.5	7:09.6 (136)	15:23.6 (142)
146 Sarah Tschantz 8	SR	296	Collins-Maxwell	99	24:21.3	7:34.2 (146)	15:40.1 (145)
147 Gretta Harper	FR	324	Hinton	100	25:10.0	7:40.3 (149)	16:06.2 (148)
148 Afton Morran	SO	326	Hinton	101	25:24.0	7:39.4 (148)	16:17.5 (150)
149 Hope Naber	SR	282	Beckman Catholic Dyersville	102	25:24.9	7:49.9 (155)	16:18.9 (151)
150 Preslei Pflug	JR	340	Madrid	103	25:28.8	7:49.7 (153)	16:15.4 (149)
151 Carly Ries	SO	361	North Linn Troy Mills	104	25:31.1	7:42.7 (151)	16:22.6 (153)
152 Elise Olson	JR	417	Woodbine Community	105	25:34.7	7:21.5 (143)	15:57.6 (147)
153 Riley Hogarth	SO	414	Woodbine Community	106	25:44.5	7:40.9 (150)	16:28.0 (155)
154 Makena Petersen	SO	274	AHSTW Avoca	107	25:50.8	7:49.8 (154)	16:22.2 (152)
155 Elizabeth Moore	FR	348	Martensdale-St. Marys	108	25:53.8	7:45.0 (152)	16:27.5 (154)
156 Alex Grimm	SR	337	Madrid	109	26:56.3	8:03.2 (156)	17:20.8 (156)
157 Erica Houge	SR	292	Collins-Maxwell	110	29:46.0	8:24.3 (157)	18:37.2 (157)
158 Gianna Pitcherello	JR	294	Collins-Maxwell	111	30:55.6	8:51.1 (158)	19:36.9 (158)

Race #4
Class 1A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Lake Mills	111	1:25:39	17:08	
2	ACGC	137	1:26:38	17:20	
3	Woodbine Community	147	1:26:40	17:20	
4	Grundy Center	153	1:26:54	17:23	
5	Danville	176	1:28:16	17:40	
6	Regina Iowa City	179	1:28:58	17:48	
7	Earlham	186	1:28:54	17:47	
8	Madrid	220	1:28:44	17:45	
9	Ankeny Christian Academy	232	1:29:38	17:56	
10	Pekin	233	1:29:38	17:56	
11	St. Albert Council Bluffs	242	1:30:02	18:01	
12	Maquoketa Valley Delhi	244	1:30:06	18:02	
13	Ogden	255	1:30:06	18:02	
14	Beckman Catholic Dyersville	312	1:32:40	18:32	
15	St. Edmond Fort Dodge	329	1:33:42	18:45	
16	Sibley-Ocheyedan	337	1:32:36	18:32	

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Lake Mills	115
2	ACGC	129
3	Grundy Center	151
3	Woodbine Community	151
5	Regina Iowa City	179
6	Danville	191
7	Pekin	193
8	Madrid	202
9	St. Albert Council Bluffs	205
10	Maquoketa Valley Delhi	215
11	Earlham	229
12	Ogden	246
13	Ankeny Christian Academy	260
14	Sibley-Ocheyedan	328

UNOFFICIAL Standings**Score**

15	Beckman Catholic Dyersville
16	St. Edmond Fort Dodge

347
368

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

1	Lake Mills
2	ACGC
3	Woodbine Community
4	Grundy Center
5	Regina Iowa City
6	Danville
7	Earlham
8	Madrid
9	Pekin
10	Maquoketa Valley Delhi
10	St. Albert Council Bluffs
12	Ankeny Christian Academy
13	Ogden
14	Beckman Catholic Dyersville
15	Sibley-Ocheyedan
16	St. Edmond Fort Dodge

111
142
143
152
174
177
184
216
221
232
232
241
251
328
345
349

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Landon Bendgen	SR 567	Woodbine Community	1	15:55.3	4:59.4 (1)	10:13.1 (1)
2	Emerson Vokes	SO 476	Grundy Center	2	16:02.5	4:59.4 (2)	10:13.1 (2)
3	Aidan Shannon	SR 564	Wapsie Valley Fairbank	--	16:09.3	4:59.6 (3)	10:13.2 (3)
4	Andrew Mahaffey	SR 424	ACGC	3	16:10.1	5:01.8 (11)	10:21.3 (4)
5	Lincoln Bainbridge	SO 562	Van Buren County	--	16:13.0	5:00.5 (9)	10:23.5 (6)
6	Justin Rygh	SR 484	Lake Mills	4	16:14.9	5:01.9 (12)	10:24.2 (8)
7	Matthew Schaul	JR 501	Maquoketa Valley Delhi	5	16:16.8	5:00.5 (7)	10:21.6 (5)
8	Clay Warson	SR 496	Madrid	6	16:25.1	4:59.6 (4)	10:24.3 (9)
9	Gage Heyne	JR 466	English Valleys North English	--	16:25.6	5:11.4 (30)	10:33.6 (13)
10	Brady McWhirter	JR 522	Pekin	7	16:26.5	5:00.5 (8)	10:24.1 (7)
11	Ethan Loutzenheiser	SR 493	Madrid	8	16:27.8	5:01.7 (10)	10:32.8 (12)
12	Gavin Grunhovd	JR 508	North Iowa Buffalo Center	--	16:30.5	5:00.2 (6)	10:24.6 (10)
13	Ben Byers	SO 538	Sibley-Ocheyedan	9	16:31.4	5:09.9 (24)	10:39.9 (17)
14	Anthony Valles	SO 559	St. Edmond Fort Dodge	10	16:35.5	5:08.2 (16)	10:38.3 (15)
15	Carson Van Sickle	SR 517	Ogden	11	16:36.0	5:00.0 (5)	10:29.0 (11)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
16 Payton Griebel	SR	444	Bellevue	--	16:42.5	5:07.3 (15)	10:42.2 (19)
17 Gunner Wagner	JR	572	Woodbine Community	12	16:42.8	5:11.2 (29)	10:39.6 (16)
18 Daniel Schoening	SR	433	Ankeny Christian Academy	13	16:50.7	5:09.4 (21)	10:45.2 (21)
19 Kohlby Newsom	JR	565	Winfield-Mt. Union	--	16:54.8	5:09.5 (22)	10:48.0 (24)
20 Jackson Shacklett	JR	453	Danville	14	16:55.6	5:10.7 (26)	10:41.8 (18)
21 Andrew Schlarmann	SO	442	Beckman Catholic Dyersville	15	16:56.7	5:22.9 (45)	10:56.3 (34)
22 Kaden Galles	SR	505	MMCRU	--	16:57.8	5:08.8 (17)	10:42.8 (20)
23 Kaden Lynch	SR	473	Grundy Center	16	16:59.9	5:06.8 (14)	10:35.2 (14)
24 Kade Van Roekel	JR	487	Lake Mills	17	17:00.5	5:11.1 (28)	10:46.3 (22)
25 Parker Heisterkamp	JR	548	St. Albert Council Bluffs	18	17:01.9	5:10.0 (25)	10:48.0 (25)
26 Cayden White	JR	436	BCLUW Conrad	--	17:03.3	5:08.9 (19)	10:53.0 (30)
27 Knute Rogne	SO	483	Lake Mills	19	17:03.8	5:11.0 (27)	10:46.3 (23)
28 Carter Fesler	SR	450	Danville	20	17:04.1	5:09.1 (20)	10:50.6 (29)
29 Noah Valenzuela	SR	464	East Buchanan Winthrop	--	17:04.7	5:08.8 (18)	10:49.4 (27)
30 Matt Richardson	JR	435	Baxter	--	17:05.6	5:06.5 (13)	10:50.4 (28)
31 Alex Davis	SO	427	Ankeny Christian Academy	21	17:06.0	5:09.7 (23)	10:48.5 (26)
32 Noah Poldberg	JR	518	Panorama Panora	--	17:06.8	5:15.8 (34)	10:56.5 (35)
33 Lance Bunde	SR	420	ACGC	22	17:12.9	5:19.7 (41)	11:03.7 (37)
34 Max Handorf	FR	434	Baxter	--	17:13.4	5:16.9 (37)	10:54.6 (31)
35 Aidan Brady	SO	563	Wapsie Valley Fairbank	--	17:14.5	5:16.4 (36)	10:55.3 (32)
36 Dane Gorham	FR	445	Boyer Valley Dunlap	--	17:17.0	5:17.4 (38)	11:05.3 (40)
37 Hayden Thompson	SO	486	Lake Mills	23	17:17.1	5:22.1 (44)	11:08.0 (42)
38 Justin Wagner	SO	480	Kee Lansing	--	17:18.6	5:11.7 (31)	10:55.8 (33)
39 Gavin Sloss	JR	425	ACGC	24	17:21.9	5:15.5 (33)	11:04.1 (38)
40 Dawson Braet	FR	457	Earlham	25	17:22.2	5:31.1 (79)	11:15.5 (50)
41 Brody Henderson	SO	535	Riverside Oakland	--	17:23.3	5:26.2 (54)	11:14.2 (47)
42 Jace Matern	JR	448	Columbus Catholic Waterloo	--	17:23.4	5:23.5 (47)	11:10.8 (44)
43 Owen Wise	SR	553	St. Albert Council Bluffs	26	17:26.5	5:13.6 (32)	11:00.3 (36)
44 George Livingston	SR	499	Maquoketa Valley Delhi	27	17:27.0	5:23.8 (48)	11:13.9 (46)
45 Brayden Veiseth	SR	509	North Mahaska New Sharon	--	17:28.2	5:15.8 (35)	11:05.1 (39)
46 Christian Choate	SR	502	Martensdale-St. Marys	--	17:29.9	5:20.0 (42)	11:05.8 (41)
47 Mason McCready	SR	537	Riverside Oakland	--	17:31.4	5:26.2 (55)	11:14.3 (48)
48 Brennan Boden	JR	561	Tri-Center Neola	--	17:33.8	5:31.3 (80)	11:18.9 (60)
49 Jacob Lauderville	SO	426	Alta-Aurelia	--	17:37.1	5:29.2 (70)	11:13.3 (45)
50 Donovan Braet	SO	458	Earlham	28	17:38.9	5:27.3 (63)	11:16.7 (53)
51 Isaac Shinn	SO	454	Danville	29	17:39.3	5:27.7 (65)	11:16.4 (51)
52 Jacob Schlarmann	SR	443	Beckman Catholic Dyersville	30	17:40.9	5:32.2 (82)	11:24.8 (68)
53 Colin Olney	SR	529	Regina Iowa City	31	17:42.3	5:26.8 (59)	11:18.5 (59)
54 Jacob Driskill	SR	465	East Union Afton	--	17:43.6	5:28.7 (69)	11:22.8 (66)
55 Jaedon Wolver	SR	525	Pekin	32	17:44.4	5:21.2 (43)	11:19.4 (61)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
56	Howie O'Rourke	SO	530 Regina Iowa City	33	17:44.5	5:28.1 (66)	11:18.3 (58)
57	Logan Riedesel	JR	446 Calamus-Wheatland	--	17:45.5	5:19.4 (40)	11:09.0 (43)
58	Tyler Venenga	SR	475 Grundy Center	34	17:46.0	5:23.5 (46)	11:17.1 (55)
59	Thomas Tremel	SR	571 Woodbine Community	35	17:46.2	5:26.9 (60)	11:17.9 (57)
60	Adam Barry	JR	566 Woodbine Community	36	17:47.7	5:24.5 (50)	11:16.9 (54)
61	Ambrose Nuxoll	SR	528 Regina Iowa City	37	17:48.3	5:27.2 (62)	11:17.8 (56)
62	Riordan Smith	SR	531 Regina Iowa City	38	17:48.7	5:28.5 (68)	11:21.7 (65)
63	Noah Kading	JR	422 ACGC	39	17:50.0	5:24.0 (49)	11:19.7 (62)
64	Dawson Henderson	SO	536 Riverside Oakland	--	17:52.9	5:26.3 (56)	11:20.5 (63)
65	Evan White	SO	534 Regina Iowa City	40	17:53.4	5:29.6 (71)	11:20.9 (64)
66	Matt Takacs	SR	532 Regina Iowa City	41	17:54.5	5:32.5 (84)	11:26.7 (72)
67	Samuel Welter	JR	533 Regina Iowa City	42	17:54.8	5:19.1 (39)	11:15.4 (49)
68	David Nichols	FR	461 Earlham	43	17:55.1	5:39.4 (101)	11:32.8 (82)
69	Hendrick Lowry	JR	489 Lynnville-Sully	--	17:55.8	5:30.1 (74)	11:25.2 (70)
70	Carson Maly	JR	459 Earlham	44	17:55.9	5:25.9 (52)	11:16.7 (52)
71	Jude Benbow	JR	511 Ogden	45	17:55.9	5:26.7 (58)	11:24.0 (67)
72	Kurt Kuhnen	JR	526 Pleasantville	--	17:59.1	5:31.8 (81)	11:31.8 (79)
73	Blake Tiemeyer	JR	463 Earlham	46	18:01.1	5:30.5 (77)	11:26.4 (71)
74	Noah Horn	SO	451 Danville	47	18:01.8	5:38.0 (95)	11:32.3 (80)
75	Stephen Brandenburg	SO	481 Lake Mills	48	18:02.2	5:28.5 (67)	11:27.7 (74)
76	Tate Fever	SO	421 ACGC	49	18:02.2	5:37.5 (91)	11:40.4 (91)
77	Brayden Davie	SO	471 Grundy Center	50	18:02.4	5:35.8 (87)	11:33.4 (83)
78	Isaiah Wheeldon	FR	503 Martensdale-St. Marys	--	18:02.5	5:30.8 (78)	11:27.1 (73)
79	Sullivan Dirks	SR	472 Grundy Center	51	18:03.1	5:39.0 (98)	11:38.7 (87)
80	Lucas Braun	JR	504 MMCRU	--	18:03.1	5:26.1 (53)	11:28.2 (75)
81	Liam Shannon	JR	558 St. Edmond Fort Dodge	52	18:03.8	5:39.1 (100)	11:42.9 (94)
82	Brady Van Sickle	JR	516 Ogden	53	18:05.4	5:40.4 (103)	11:39.0 (89)
83	Gavyn Morphew	SR	510 North Union	--	18:08.1	5:26.5 (57)	11:30.7 (78)
84	Ezra Almelien	FR	507 North Butler Greene	--	18:08.6	5:37.7 (92)	11:39.0 (88)
85	Mason Dahlstrom	FR	519 Pekin	54	18:08.7	5:27.1 (61)	11:30.3 (77)
86	Kenyon Baker	SO	497 Maquoketa Valley Delhi	55	18:09.8	5:25.2 (51)	11:24.8 (69)
87	Abe Conway	SR	546 South Winneshiek	--	18:11.3	5:39.0 (99)	11:39.6 (90)
88	Bo Arrasmith	SR	419 ACGC	56	18:12.5	5:29.7 (73)	11:34.1 (84)
89	Jacob Boswell	JR	547 St. Albert Council Bluffs	57	18:15.5	5:30.2 (76)	11:32.8 (81)
90	Joey Mazzella	FR	550 St. Albert Council Bluffs	58	18:15.9	5:30.2 (75)	11:38.2 (85)
91	Lane Sams	SR	479 IKM-Manning	--	18:16.3	5:27.6 (64)	11:30.2 (76)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
92 Gavin Ryner	JR	447	Central Springs	--	18:17.0	5:47.0 (112)	11:43.6 (96)
93 Preston Kent	FR	423	ACGC	59	18:18.1	5:38.3 (96)	11:41.3 (92)
94 Blake Renze	JR	495	Madrid	60	18:21.8	5:37.9 (94)	11:41.8 (93)
95 Arion Rave	JR	500	Maquoketa Valley Delhi	61	18:22.8	5:32.4 (83)	11:43.4 (95)
96 Morgan Cipale	SR	469	Grand View Christian School	--	18:23.6	5:34.5 (85)	11:46.7 (99)
97 Cole Millikin	SO	523	Pekin	62	18:25.5	5:42.9 (106)	11:50.0 (102)
98 Evan Estrada	JR	569	Woodbine Community	63	18:27.3	5:47.6 (114)	11:51.1 (104)
99 George Vargas	SR	478	Hartley-Melvin-Sanborn	--	18:31.4	5:37.7 (93)	11:44.4 (97)
100 Thomas Hurst	JR	430	Ankeny Christian Academy	64	18:32.0	5:52.2 (125)	12:02.0 (112)
101 Luke Reitsma	SO	432	Ankeny Christian Academy	65	18:33.1	5:48.9 (117)	11:58.9 (108)
102 Damian Vergara	SR	449	Columbus Community Columbus Junction	--	18:33.4	5:29.6 (72)	11:38.4 (86)
103 Tony Racine	SR	467	Essex	--	18:34.3	5:35.2 (86)	11:49.1 (101)
104 Nick Powell	JR	452	Danville	66	18:35.1	5:45.3 (108)	11:54.6 (106)
105 Cale Reiter	JR	542	Sibley-Ocheyedan	67	18:35.4	5:48.9 (116)	12:01.2 (111)
106 Thomas Cosgrove	SR	555	St. Edmond Fort Dodge	68	18:35.8	5:54.8 (133)	12:04.7 (119)
107 Landon Nehring	SR	431	Ankeny Christian Academy	69	18:36.1	5:53.0 (127)	12:05.6 (121)
108 Adam Henrich	JR	506	Newman Catholic Mason City	--	18:38.0	5:38.8 (97)	11:48.4 (100)
109 Colton Alberts	FR	488	Lynnville-Sully	--	18:38.6	5:40.4 (104)	11:45.4 (98)
110 Brody Buck	JR	491	Madrid	70	18:38.6	5:44.1 (107)	11:56.1 (107)
111 Trey Burgmeyer	SR	568	Woodbine Community	71	18:39.7	5:41.3 (105)	11:50.1 (103)
112 Caden Lerdal	JR	514	Ogden	72	18:42.2	5:47.1 (113)	12:02.6 (115)
113 Cayden Fry	SO	428	Ankeny Christian Academy	73	18:45.1	5:50.3 (123)	12:00.3 (110)
114 Sage Seeger	SR	515	Ogden	74	18:46.0	5:49.8 (120)	12:02.3 (113)
115 Thomas Bergstrom	FR	513	Ogden	75	18:48.6	5:54.6 (131)	12:09.4 (124)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
116 Caleb Berberich	FR	490	Madrid	76	18:50.0	5:47.8 (115)	12:03.1 (116)
117 Kacey Renneker	FR	485	Lake Mills	77	18:52.0	5:46.7 (110)	12:04.8 (120)
118 Lane Fariss	FR	520	Pekin	78	18:52.9	5:40.3 (102)	11:59.6 (109)
119 Talan Whaley	SR	456	Danville	79	18:53.0	5:46.5 (109)	12:04.5 (118)
120 Zachary Gardner	FR	429	Ankeny Christian Academy	80	18:55.7	5:53.4 (128)	12:08.1 (123)
121 Cooper Michael	SR	460	Earlham	81	18:56.8	5:46.8 (111)	12:03.8 (117)
122 Carter Buttry	FR	545	Sidney	--	18:59.9	5:36.8 (89)	11:54.4 (105)
123 David Poppen	JR	541	Sibley-Ocheyedan	82	19:00.6	5:50.0 (122)	12:13.2 (128)
124 Jackson Walter	FR	552	St. Albert Council Bluffs	83	19:01.4	5:49.1 (118)	12:16.0 (130)
125 Danny Dudzik	SO	437	Beckman Catholic Dyersville	84	19:01.6	5:54.5 (130)	12:12.3 (126)
126 Xander Johnson	JR	570	Woodbine Community	85	19:02.4	5:55.8 (136)	12:14.5 (129)
127 Adam Gaul	SO	438	Beckman Catholic Dyersville	86	19:03.3	5:54.0 (129)	12:07.8 (122)
128 Jordan Benjamin	SO	512	Ogden	87	19:04.7	5:50.0 (121)	12:02.6 (114)
129 Cole Dykstra	JR	540	Sibley-Ocheyedan	88	19:07.8	5:52.6 (126)	12:21.2 (132)
130 Cody Dorscher	JR	470	Griswold	--	19:14.0	5:37.4 (90)	12:13.2 (127)
131 Blake Petersen	JR	462	Earlham	89	19:14.1	5:55.0 (134)	12:28.7 (134)
132 Royce Peterson	FR	482	Lake Mills	90	19:17.9	6:03.1 (139)	12:30.0 (135)
133 Aiden De Zeeuw	SR	539	Sibley-Ocheyedan	91	19:20.0	5:51.2 (124)	12:17.8 (131)
134 Ben Guise	SR	521	Pekin	92	19:24.7	5:55.5 (135)	12:27.7 (133)
135 Milton Burkhart	JR	468	Grand View Christian School	--	19:33.1	5:36.1 (88)	12:10.1 (125)
136 Carter Vos	SO	543	Sibley-Ocheyedan	93	19:40.7	6:03.8 (140)	12:34.1 (136)
137 Ryan Greve	FR	527	Prince of Peace Catholic Clinton	--	19:46.5	5:49.4 (119)	12:35.1 (137)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
138 Brady Smith	SO	551	St. Albert Council Bluffs	94	19:47.3	5:58.4 (137)	12:36.5 (138)
139 Yaley Trevor	SO	455	Danville	95	19:48.3	6:01.5 (138)	12:36.9 (139)
140 Brady Eike	JR	498	Maquoketa Valley Delhi	96	19:49.2	6:11.0 (142)	12:50.6 (141)
141 Cole Luensmann	SO	440	Beckman Catholic Dyersville	97	19:57.2	6:12.2 (144)	12:54.7 (143)
142 Thomas Knobbe	SO	556	St. Edmond Fort Dodge	98	20:00.7	6:14.4 (147)	12:54.5 (142)
143 Brayden Wallis	JR	477	Grundy Center	99	20:16.8	5:54.7 (132)	12:43.5 (140)
144 Dylan Sobaski	JR	524	Pekin	100	20:22.7	6:09.0 (141)	13:08.1 (147)
145 Jonah Carlson	SO	554	St. Edmond Fort Dodge	101	20:25.5	6:24.9 (151)	13:06.3 (146)
146 Cavin Pehl	SO	494	Madrid	102	20:34.9	6:12.3 (146)	13:00.7 (144)
147 Andrew Salrin	SR	441	Beckman Catholic Dyersville	103	20:35.1	6:12.2 (145)	13:01.3 (145)
148 Steffen Goerd	FR	439	Beckman Catholic Dyersville	104	20:43.1	6:12.0 (143)	13:11.4 (149)
149 Erik Larson	FR	557	St. Edmond Fort Dodge	105	20:48.3	6:21.4 (150)	13:22.7 (150)
150 Dalton Oltman	FR	474	Grundy Center	106	20:50.2	6:18.5 (149)	13:09.7 (148)
151 Ben Krohn	FR	549	St. Albert Council Bluffs	107	21:20.4	6:16.6 (148)	13:29.6 (151)
152 Tate Lawson	JR	492	Madrid	108	22:35.6	6:46.9 (152)	14:19.1 (152)
153 Abram Ribbens		560	St. Edmond Fort Dodge	109	22:50.0	6:59.1 (153)	14:43.8 (153)

Race #5**Class 1A Boys Wheelchair 5000M****FINAL RESULTS****INDIVIDUAL RESULTS**

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1 Eli Johnson	SO	573	Bedford	--	28:08.6	8:13.2 (1)	18:06.0 (1)

Race #6**Class 2A Girls 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings		Score	Total	Avg.	Division
1	Des Moines Christian	101	1:40:46	20:10	
2	Van Meter	110	1:40:52	20:11	
3	Monticello	119	1:41:35	20:19	
4	Mid-Prairie Wellman	122	1:41:03	20:13	
5	Forest City	152	1:42:37	20:32	
6	Unity Christian Orange City	176	1:43:23	20:41	
7	Jesup	186	1:42:39	20:32	
8	Denver	202	1:44:35	20:55	
9	Albia	211	1:44:00	20:48	
10	Williamsburg	225	1:45:19	21:04	
11	Tipton	231	1:45:43	21:09	
12	Okoboji Milford	261	1:46:48	21:22	
13	Hudson	324*	1:49:18	21:52	
14	Clarinda	324*	1:49:23	21:53	
15	GLR-CL	345	1:50:21	22:05	

***Tiebreakers**

Hudson	24	72	73	77	78	91	103
Clarinda	5	47	85	92	95	96	100

SPLIT SCORING SUMMARY**1 MILE**

UNOFFICIAL Standings		Score
1	Van Meter	76
2	Monticello	104
3	Forest City	137
4	Des Moines Christian	152
5	Tipton	166
6	Unity Christian Orange City	169
7	Jesup	190
8	Mid-Prairie Wellman	230
9	Williamsburg	231
10	Denver	234
11	Okoboji Milford	236

UNOFFICIAL Standings**Score**

11	Hudson	236
13	Albia	245
14	Clarinda	317
15	GLR-CL	363

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

1	Des Moines Christian	100
2	Van Meter	107
3	Monticello	109
4	Mid-Prairie Wellman	143
5	Forest City	166
6	Unity Christian Orange City	177
7	Jesup	189
8	Denver	200
9	Williamsburg	205
10	Tipton	222
11	Albia	223
12	Okoboji Milford	251
13	Hudson	301
14	Clarinda	325
15	GLR-CL	358

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Hillary Trainor	SR 677	Sumner-Fredericksburg	--	18:09.5	5:46.0 (1)	11:38.3 (1)
2	McKenna Montgomery	SO 578	Albia	1	18:35.7	5:46.4 (3)	11:58.1 (2)
3	Mackenzie Wilson	JR 639	Jesup	2	18:38.7	5:47.0 (4)	12:00.8 (4)
4	Clare Wright	SR 640	Jesup	3	18:46.2	5:47.2 (5)	12:01.0 (5)
5	Danielle Hostetler	SR 642	Mid-Prairie Wellman	4	18:55.3	5:54.1 (8)	12:00.2 (3)
6	Lauren Krogmann	FR 676	Starmont West Central	--	18:57.8	5:54.5 (11)	12:10.9 (8)
7	Raenna Henke	JR 588	Clarinda	5	19:00.3	5:46.3 (2)	12:01.9 (6)
8	Hailey Egbert	JR 673	Shenandoah	--	19:05.0	5:51.9 (6)	12:10.1 (7)
9	Kinze Shea	SR 593	Crestwood Cresco	--	19:07.5	5:56.5 (12)	12:16.4 (12)
10	Scarlett Byrnes	SO 665	Osage	--	19:08.9	5:53.9 (7)	12:14.4 (10)
11	Amilia Condon	JR 685	Union La Porte City	--	19:19.2	5:54.1 (10)	12:13.5 (9)
12	Katie Young	SO 692	Unity Christian Orange City	6	19:24.4	6:03.8 (17)	12:25.0 (13)
13	Laura Streck	FR 699	Van Meter	7	19:31.1	5:54.1 (9)	12:15.1 (11)
14	Bethany Warren	JR 616	Forest City	8	19:35.0	6:03.2 (16)	12:36.8 (15)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
15	Mary Schriever	SR 626	GLR-CL	9	19:39.3	6:09.6 (22)	12:41.3 (19)
16	Marisa Kehoe	SR 649	Monticello	10	19:43.5	6:09.6 (23)	12:40.2 (17)
17	Stella Pothoven	FR 607	Des Moines Christian	11	19:44.9	6:06.8 (20)	12:40.3 (18)
18	Emma McCoy	JR 698	Van Meter	12	19:45.5	5:57.3 (13)	12:41.8 (20)
19	Izzy Houts	SR 610	Dike-New Hartford	--	19:46.4	6:03.0 (15)	12:32.4 (14)
20	Meryl Casady	SO 603	Des Moines Christian	13	19:51.2	6:22.1 (48)	12:44.8 (21)
21	Taitlin Koch	SR 703	West Central Valley Stuart	--	19:53.1	6:11.8 (30)	12:46.6 (25)
22	Brooklyn Fryar	SR 693	Van Meter	14	19:55.7	6:04.2 (18)	12:47.9 (27)
23	Sienna Stec	FR 608	Des Moines Christian	15	19:57.1	6:19.1 (46)	12:45.4 (22)
24	Avery Trunkhill	SO 601	Denver	16	20:01.2	6:14.2 (32)	12:48.8 (28)
25	Maryn Frein	SR 660	Okoboji Milford	17	20:02.0	6:09.0 (21)	12:45.8 (23)
26	Jordyn Bergman	FR 635	Jesup	18	20:07.9	6:04.7 (19)	12:46.5 (24)
27	Peyton Ries	FR 653	Monticello	19	20:08.8	6:10.0 (24)	12:50.6 (30)
28	Olivia Hoogland	SR 690	Unity Christian Orange City	20	20:10.8	6:11.2 (28)	12:47.4 (26)
29	Carmen Sharp	FR 615	Forest City	21	20:11.0	6:15.9 (41)	13:00.1 (37)
30	Olivia Halfpap	SO 694	Van Meter	22	20:11.9	6:14.2 (33)	12:57.5 (33)
31	Bailey Vos	SO 669	Pella Christian	--	20:15.1	5:58.3 (14)	12:39.0 (16)
32	Laney Peter	JR 592	Crestwood Cresco	--	20:16.9	6:15.2 (37)	12:57.8 (34)
33	Ava Remley	SO 581	Anamosa	--	20:16.9	6:11.6 (29)	12:49.8 (29)
34	Leah Koehler	JR 650	Monticello	23	20:20.7	6:11.0 (27)	12:56.2 (32)
35	Mollie Hansen	SO 628	Hudson	24	20:23.9	6:10.4 (26)	12:55.6 (31)
36	Jaycie Vohs	SR 670	Ridge View	--	20:24.3	6:14.9 (35)	12:58.2 (35)
37	Brooklyn Stutzman	FR 647	Mid-Prairie Wellman	25	20:25.0	6:39.9 (91)	13:18.0 (55)
38	Liston Addison	JR 686	Unity Christian Orange City	26	20:25.1	6:14.3 (34)	13:01.4 (38)
39	Rachel Putze	SO 702	WC-KP	--	20:25.1	6:13.2 (31)	12:59.5 (36)
40	Kyrin De Groot	JR 705	Western Christian Hull	--	20:28.5	6:23.3 (51)	13:11.7 (46)
41	Reagan Zimmer	JR 609	Des Moines Christian	27	20:30.0	6:30.5 (67)	13:16.7 (53)
42	Ava Capron	JR 648	Monticello	28	20:30.5	6:15.2 (38)	13:04.2 (40)
43	Abby Fleming	SR 641	Mid-Prairie Wellman	29	20:31.7	6:38.7 (89)	13:24.3 (64)
44	Laura Owen	JR 684	Tipton	30	20:31.9	6:15.0 (36)	13:03.1 (39)
45	Greta Sieren	SR 646	Mid-Prairie Wellman	31	20:32.8	6:33.9 (71)	13:07.3 (43)
46	Kaitlyn Kipp	FR 656	Notre Dame / West Burlington	--	20:33.6	6:10.1 (25)	13:04.2 (41)
47	Reeve Ristau	JR 599	Denver	32	20:34.2	6:16.5 (42)	13:05.9 (42)
48	Addie Thompson	SO 704	West Marshall State Center	--	20:35.9	6:29.5 (63)	13:17.3 (54)
49	Delany Homan	FR 582	Camanche	--	20:36.1	6:15.4 (39)	13:08.0 (44)
50	Lauryn Kilstofte	SR 671	Roland-Story Story City	--	20:36.8	6:30.1 (65)	13:13.4 (47)
51	Kendal Landstrum	FR 643	Mid-Prairie Wellman	33	20:37.3	6:41.9 (98)	13:25.7 (68)
52	Ashlynn Sauser	FR 657	Oelwein	--	20:37.3	6:17.6 (43)	13:08.6 (45)
53	Phoebe Shetler	SR 645	Mid-Prairie Wellman	34	20:39.3	6:40.2 (92)	13:20.7 (58)
54	Olivia Primrose	JR 700	Vinton-Shellsburg	--	20:41.1	6:22.6 (49)	13:13.8 (48)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile	
55	Sophia Pothoven	SR	606	Des Moines Christian	35	20:42.6	6:30.5 (66)	13:14.5 (49)
56	Ashlyn Hoffman	SO	710	Williamsburg	36	20:43.8	6:31.1 (68)	13:20.1 (57)
57	Zoey Holmes	SR	614	Forest City	37	20:46.9	6:26.1 (53)	13:24.5 (65)
58	Sophie Glaser	FR	655	New Hampton	--	20:49.2	6:19.1 (45)	13:15.4 (51)
59	Claire Weaver	FR	617	Forest City	38	20:50.0	6:26.7 (56)	13:21.3 (59)
60	Linnea Bloom	JR	674	Sioux Central Sioux Rapids	--	20:50.5	6:33.6 (70)	13:21.6 (60)
61	Halle Recker	SO	652	Monticello	39	20:51.2	6:22.9 (50)	13:15.3 (50)
62	Karston Nebel	SR	595	Davis County Bloomfield	--	20:51.9	6:34.5 (76)	13:25.4 (67)
63	Serene Thompson	JR	580	Albia	40	20:52.5	6:38.0 (85)	13:25.4 (66)
64	Edie Axmear	FR	707	Williamsburg	41	20:54.1	6:29.7 (64)	13:15.6 (52)
65	Zada Buchholtz	SR	708	Williamsburg	42	20:57.3	6:38.2 (87)	13:20.0 (56)
66	Megan Courtright	SR	583	Cherokee Washington	--	21:02.0	6:28.1 (58)	13:23.7 (63)
67	Alivia Edens	SR	678	Tipton	43	21:02.7	6:21.5 (47)	13:22.9 (61)
68	Avery Major	SR	576	Albia	44	21:03.5	6:34.0 (72)	13:31.9 (71)
69	Ari Valverde	SO	602	Denver	45	21:03.9	6:37.9 (84)	13:28.0 (69)
70	Mia Kurth	SR	701	Waukon	--	21:04.8	6:36.7 (81)	13:34.3 (74)
71	Makenna Capper	FR	709	Williamsburg	46	21:08.6	6:33.1 (69)	13:29.0 (70)
72	Marley Madsen	SO	675	Sioux Central Sioux Rapids	--	21:10.0	6:41.7 (97)	13:42.3 (84)
73	Jaclyn Holmes	SR	668	Pella Christian	--	21:10.5	6:35.3 (77)	13:39.1 (81)
74	Elaina Hesse	FR	589	Clarinda	47	21:11.6	6:34.1 (74)	13:39.1 (82)
75	Emilie Weaver	SR	618	Forest City	48	21:13.3	6:26.4 (55)	13:43.2 (85)
76	Adison Frerichs	SR	661	Okoboji Milford	49	21:14.2	6:19.1 (44)	13:23.5 (62)
77	Karli Hines	JR	681	Tipton	50	21:14.9	6:29.0 (62)	13:34.9 (76)
78	Kallee Nebel	SO	594	Davis County Bloomfield	--	21:19.1	6:39.8 (90)	13:43.5 (88)
79	Lila Milani	FR	667	PCM Monroe	--	21:20.2	6:42.1 (99)	13:51.7 (93)
80	Ella Hein	FR	680	Tipton	51	21:20.9	6:28.8 (60)	13:37.0 (80)
81	Claire Truesdell	JR	672	Roland-Story Story City	--	21:21.3	6:36.3 (79)	13:35.7 (78)
82	Marli DeGraaf	FR	659	Okoboji Milford	52	21:22.7	6:34.4 (75)	13:35.5 (77)
83	Hailey Homan	JR	597	Denver	53	21:24.5	6:49.9 (113)	13:43.4 (86)
84	Charlotte Erzen	SO	604	Des Moines Christian	54	21:26.0	6:38.5 (88)	13:44.5 (90)
85	Lizzy McCann	SO	697	Van Meter	55	21:27.5	6:26.0 (52)	13:33.9 (73)
86	Aubrey Decker	SR	596	Denver	56	21:31.1	6:38.0 (86)	13:41.9 (83)
87	Tatum Dunlavy	SR	611	Estherville Lincoln Central	--	21:31.5	6:28.7 (59)	13:36.1 (79)
88	Addie Nerem	SR	683	Tipton	57	21:31.8	6:28.9 (61)	13:44.1 (89)
89	Abby Klompfen	JR	691	Unity Christian Orange City	58	21:33.5	6:43.5 (102)	13:52.3 (95)
90	Juliana Brown	SR	574	Albia	59	21:33.7	6:49.4 (111)	13:56.7 (98)
91	Katelyn Knoll	SR	619	Garner-Hayfield-Ventura	--	21:33.9	6:26.8 (57)	13:34.8 (75)
92	Reagan McMenemy	SR	711	Williamsburg	60	21:34.5	6:34.0 (73)	13:43.4 (87)
93	Annika Poll	SR	644	Mid-Prairie Wellman	61	21:34.7	6:49.0 (110)	13:52.3 (96)
94	Audra Coss	SO	713	Wilton	--	21:36.0	6:15.7 (40)	13:32.3 (72)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
95 Sophie Sanderson	SO	600	Denver	62	21:38.5	6:50.3 (115)	14:01.0 (105)
96 Ella Jicinsky	SR	605	Des Moines Christian	63	21:42.8	6:41.6 (95)	13:52.2 (94)
97 Chloe Klabo	SR	682	Tipton	64	21:44.8	6:37.5 (82)	13:45.9 (92)
98 Kendall Power	SO	666	Osage	--	21:45.9	6:44.7 (106)	13:58.6 (99)
99 Lilly Cooper	JR	598	Denver	65	21:48.2	6:50.3 (116)	14:03.4 (108)
100 Elizabeth Hoogland	JR	689	Unity Christian Orange City	66	21:48.8	6:36.5 (80)	13:59.0 (101)
101 Addyson Wilkie	FR	584	Cherokee Washington	--	21:52.7	6:40.4 (93)	13:58.7 (100)
102 Olivia Sheffield	JR	579	Albia	67	21:54.4	6:49.5 (112)	14:06.9 (109)
103 Norah Danbom	SO	658	Okoboji Milford	68	21:56.3	6:44.9 (107)	14:00.2 (104)
104 Millie McAninch	FR	577	Albia	69	21:57.1	6:42.9 (101)	13:59.3 (102)
105 Lexi Landis	SR	625	GLR-CL	70	21:58.1	6:44.4 (104)	14:02.0 (106)
106 Alexa Fitzgerald	FR	679	Tipton	71	21:58.2	6:37.8 (83)	13:54.1 (97)
107 Desi Lang	SO	631	Hudson	72	22:00.4	6:26.3 (54)	13:45.7 (91)
108 Reese Hansen	FR	629	Hudson	73	22:06.1	6:35.8 (78)	13:59.7 (103)
109 Anya Rivera	SO	712	Williamsburg	74	22:11.0	6:54.4 (119)	14:09.5 (111)
110 Addison Johnson	JR	662	Okoboji Milford	75	22:12.7	6:48.4 (109)	14:09.9 (112)
111 Lillyona Abernathy	JR	706	Williamsburg	76	22:16.7	6:54.4 (120)	14:15.1 (114)
112 Savannah Schneider	SR	632	Hudson	77	22:23.6	6:41.4 (94)	14:07.6 (110)
113 Ella Steele	SO	633	Hudson	78	22:23.7	6:47.2 (108)	14:11.8 (113)
114 Kaitlin Kunde	JR	651	Monticello	79	22:24.1	6:44.4 (105)	14:03.2 (107)
115 Maia Forsberg	FR	637	Jesup	80	22:29.3	6:53.3 (118)	14:17.8 (116)
116 Lily Miller	SR	663	Okoboji Milford	81	22:32.0	6:51.2 (117)	14:22.9 (119)
117 Macy Hyer	FR	695	Van Meter	82	22:34.6	6:42.9 (100)	14:22.4 (118)
118 Mckenna Albert	SR	634	Jesup	83	22:36.2	6:57.9 (124)	14:23.9 (120)
119 Grace Pausley	SR	664	Okoboji Milford	84	22:40.7	6:57.4 (122)	14:28.2 (121)
120 Alexa Barnes	FR	585	Clarinda	85	22:43.5	6:54.9 (121)	14:28.6 (122)
121 Lily Buckingham	JR	575	Albia	86	22:44.7	6:50.0 (114)	14:15.9 (115)
122 Elsa Kurrle	FR	624	GLR-CL	87	22:47.9	7:06.3 (126)	14:44.7 (126)
123 Emmy Verhagen	FR	654	Monticello	88	22:49.8	6:41.7 (96)	14:21.4 (117)
124 Molly Konechne	SO	623	GLR-CL	89	22:53.4	7:07.5 (130)	14:39.4 (125)
125 Hannah Anderson	SR	620	GLR-CL	90	23:01.8	7:07.0 (128)	14:53.7 (130)
126 Kate Holton	SO	630	Hudson	91	23:09.7	6:57.9 (125)	14:45.3 (127)
127 Riley King	SO	590	Clarinda	92	23:09.7	6:57.6 (123)	14:35.0 (123)
128 Ashlee Aukes	FR	612	Forest City	93	23:11.1	7:06.5 (127)	14:58.6 (131)
129 Laynie Madden	SR	696	Van Meter	94	23:13.3	6:43.6 (103)	14:36.0 (124)
130 Kylar Downey	FR	586	Clarinda	95	23:17.0	7:08.4 (131)	14:52.5 (129)
131 Richlyn Muff	SO	591	Clarinda	96	23:24.9	7:07.0 (129)	14:51.1 (128)
132 Kadence Driesen	SR	688	Unity Christian Orange City	97	23:33.3	7:13.4 (137)	15:02.7 (132)
133 Ashlynn Davis	SR	621	GLR-CL	98	23:35.7	7:08.6 (132)	15:10.1 (136)
134 Lydia Wehrspann	SR	638	Jesup	99	23:35.9	7:09.5 (134)	15:05.4 (135)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
135 Kambry Gordon	SO	587	Clarinda	100	23:44.2	7:14.7 (138)	15:04.6 (133)
136 Madison Bosma	SR	687	Unity Christian Orange City	101	23:51.4	7:10.2 (135)	15:05.3 (134)
137 Ella Devore	FR	636	Jesup	102	23:52.2	7:18.1 (139)	15:18.0 (138)
138 Sofia Brown	SR	627	Hudson	103	23:54.2	7:11.7 (136)	15:15.2 (137)
139 Taylor Gassman	SR	613	Forest City	104	24:12.1	7:09.1 (133)	15:21.4 (139)
140 Ella Jager	SR	622	GLR-CL	105	24:37.1	7:18.9 (140)	15:27.6 (140)

Race #7**Class 2A Boys 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings		Score	Total	Avg.	Division
1	Des Moines Christian	63	1:22:42	16:33	
2	Okoboji Milford	129	1:24:35	16:55	
3	Unity Christian Orange City	130	1:25:22	17:05	
4	Waukon	149	1:25:47	17:10	
5	Chariton	156	1:25:50	17:10	
6	Mediapolis	167	1:26:11	17:15	
7	Vinton-Shellsburg	189	1:26:19	17:16	
8	Forest City	221	1:27:05	17:25	
9	East Sac County	229	1:27:53	17:35	
10	Mid-Prairie Wellman	231	1:27:15	17:27	
11	Spirit Lake	258*	1:28:22	17:41	
12	Garner-Hayfield-Ventura	258*	1:28:30	17:42	
13	Oelwein	262	1:28:35	17:43	
14	Pella Christian	293	1:29:17	17:52	
15	Anamosa	320	1:29:44	17:57	

***Tiebreakers**

Spirit Lake	6	25	72	76	79	84	102
Garner-Hayfield-Ventura	9	42	61	63	83	90	99

SPLIT SCORING SUMMARY**1 MILE**

UNOFFICIAL Standings		Score
1	Des Moines Christian	95
2	Okoboji Milford	111
3	Unity Christian Orange City	128
4	Waukon	142
5	Chariton	144
6	East Sac County	188
6	Mediapolis	188
8	Vinton-Shellsburg	194
9	Garner-Hayfield-Ventura	235
10	Oelwein	236
11	Spirit Lake	240

UNOFFICIAL Standings			Score
12	Forest City		253
13	Anamosa		270
14	Pella Christian		313
15	Mid-Prairie Wellman		322

2 MILE

UNOFFICIAL Standings			Score
1	Des Moines Christian		74
2	Unity Christian Orange City		130
3	Okoboji Milford		133
4	Waukon		147
5	Mediapolis		148
6	Chariton		164
7	Vinton-Shellsburg		191
8	East Sac County		209
9	Forest City		236
10	Oelwein		245
11	Garner-Hayfield-Ventura		250
12	Spirit Lake		251
13	Mid-Prairie Wellman		266
14	Pella Christian		298
15	Anamosa		308

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Emmett Swartzentruber	JR	777	Mid-Prairie Wellman	1	15:51.0	5:09.2 (18) 10:15.0 (1)
2	Neal Pinter	SR	731	Denver	--	15:53.9	5:01.4 (2) 10:16.8 (3)
3	Evan Osler	JR	795	Okoboji Milford	2	15:55.1	5:02.0 (5) 10:17.4 (4)
4	Collin Houg	SR	734	Des Moines Christian	3	15:58.3	5:01.4 (1) 10:18.2 (5)
5	Kyle Wagoner	JR	728	Clarinda	--	15:59.6	5:02.0 (6) 10:19.2 (6)
6	Alex Torres	SO	835	Vinton-Shellsburg	4	16:12.6	5:05.2 (12) 10:22.4 (7)
7	Caleb Ten Pas	SO	738	Des Moines Christian	5	16:16.1	5:01.6 (4) 10:15.6 (2)
8	Brandon Hughes	JR	814	Spirit Lake	6	16:19.5	5:02.3 (7) 10:25.2 (8)
9	Owen Schmidgall	SR	769	Mediapolis	7	16:22.3	5:11.5 (22) 10:29.2 (10)
10	Jack McPartland	SR	735	Des Moines Christian	8	16:25.0	5:08.9 (17) 10:29.5 (11)
11	Austin Vander Werf	SR	763	Interstate 35 Truro	--	16:31.3	5:11.0 (21) 10:33.7 (16)
12	Clay Bohlmann	JR	820	Tipton	--	16:35.3	5:02.5 (8) 10:32.5 (15)
13	Zach Flatebo	JR	758	Garner-Hayfield-Ventura	9	16:35.5	5:06.7 (14) 10:31.7 (14)
14	Nathan Pint	JR	765	Jesup	--	16:36.8	5:03.4 (9) 10:31.6 (13)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
15 Conall Sauser	JR	787	Oelwein	10	16:39.3	5:04.4 (11)	10:41.7 (19)
16 Nathan Ahern	JR	729	Crestwood Cresco	--	16:40.3	5:17.0 (35)	10:53.1 (31)
17 Akron Jostand	SR	792	Okoboji Milford	11	16:40.6	5:12.4 (25)	10:42.2 (20)
18 Isaiah Aragon	SR	741	East Sac County	12	16:41.0	5:08.8 (16)	10:40.9 (18)
19 Eli Page	SR	833	Vinton-Shellsburg	13	16:44.6	5:12.8 (27)	10:43.7 (22)
20 Parker Engel	SR	744	East Sac County	14	16:44.8	5:08.7 (15)	10:40.3 (17)
21 David Crabb	SR	722	Chariton	15	16:46.3	5:13.1 (28)	10:50.7 (27)
22 Skyler Dugan	SR	837	Waukon	16	16:48.5	5:04.4 (10)	10:43.2 (21)
23 Jacob Schellhorn	JR	773	MFL MarMac	--	16:51.6	5:06.2 (13)	10:46.4 (24)
24 Logan Rosas	SR	768	Mediapolis	17	16:53.9	5:18.8 (43)	10:49.9 (25)
25 Daylen Mulder	SR	822	Unity Christian Orange City	18	16:54.7	5:10.0 (20)	10:51.0 (28)
26 Josh Hagenberg	JR	733	Des Moines Christian	19	16:55.3	5:18.6 (41)	10:51.8 (29)
27 Tyler Rozenboom	JR	823	Unity Christian Orange City	20	16:57.5	5:12.0 (24)	10:50.6 (26)
28 Treyton Schaapherder	SR	727	Clarinda	--	16:58.8	5:01.5 (3)	10:30.9 (12)
29 Wyatt Gulla	SR	838	Waukon	21	17:00.1	5:13.9 (29)	10:45.3 (23)
30 Kaleb Grant	SR	739	East Marshall LeGrand	--	17:00.6	5:21.0 (55)	10:56.9 (37)
31 Ethan Wynia	JR	827	Unity Christian Orange City	22	17:00.8	5:17.7 (39)	10:55.0 (34)
32 Myles Matthias	SO	730	Denver	--	17:01.9	5:14.7 (31)	10:53.5 (32)
33 Will Schmidgall	FR	770	Mediapolis	23	17:01.9	5:20.9 (53)	10:57.0 (38)
34 Isaac Reisinger	JR	842	Waukon	24	17:01.9	5:17.4 (37)	10:53.7 (33)
35 Dietrich Dirks	JR	812	Spirit Lake	25	17:03.3	5:15.1 (32)	10:53.1 (30)
36 Luka Hulse	JR	828	Van Meter	--	17:03.5	5:20.9 (54)	10:58.5 (40)
37 Parker Duitsman	SR	748	Estherville Lincoln Central	--	17:03.9	5:09.3 (19)	10:55.9 (35)
38 Lane Larson	JR	794	Okoboji Milford	26	17:04.5	5:16.8 (34)	10:59.2 (41)
39 Preston Yutzy	JR	780	Mid-Prairie Wellman	27	17:06.0	5:32.9 (98)	11:09.2 (67)
40 Jack Gummert	SR	732	Des Moines Christian	28	17:06.9	5:25.6 (74)	11:06.3 (61)
41 Caleb Huff	JR	807	Sheldon Community	--	17:10.0	5:24.2 (69)	11:04.2 (53)
42 Cody Dixson	FR	723	Chariton	29	17:10.2	5:19.6 (47)	11:00.2 (42)
43 Sawyer Meinders	SO	804	Pella Christian	30	17:10.6	5:22.7 (61)	10:56.3 (36)
44 Brayden Kramber	SR	809	Sioux Central Sioux Rapids	--	17:10.9	5:19.5 (45)	10:57.9 (39)
45 Brandon Leppert	SO	840	Waukon	31	17:11.1	5:23.7 (67)	11:06.0 (59)
46 Stephen Schreurs	SR	826	Unity Christian Orange City	32	17:11.2	5:20.2 (51)	11:01.7 (45)
47 Emmanuel Grass	FR	805	Red Oak	--	17:12.0	5:19.1 (44)	11:02.6 (51)
48 Josiah Sisler	FR	737	Des Moines Christian	33	17:12.5	5:26.0 (79)	11:04.5 (54)
49 Caleb Bohlmann	SO	819	Tipton	--	17:12.6	5:17.5 (38)	11:02.5 (50)
50 Solomon Zaugg	SR	772	Mediapolis	34	17:13.0	5:11.8 (23)	10:29.1 (9)
51 Cooper Lenz	FR	740	East Marshall LeGrand	--	17:14.4	5:21.4 (57)	11:01.9 (46)
52 Brent Crabb	SO	1118	Chariton	35	17:16.7	5:16.8 (33)	11:02.1 (48)
53 Trigg Heimdal	JR	791	Okoboji Milford	36	17:16.8	5:12.6 (26)	11:00.8 (43)
54 Connor Dixson	SR	724	Chariton	37	17:17.4	5:19.5 (46)	11:06.1 (60)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
55	Ezra Landman	SR	821	Unity Christian Orange City	38	17:17.6	5:19.7 (48) 11:02.0 (47)
56	Silas Gann	SO	753	Forest City	39	17:18.1	5:18.5 (40) 11:03.3 (52)
57	Aedan Althoff	SO	781	Monticello	--	17:18.3	5:25.1 (71) 11:05.6 (57)
58	Lucas Anderson	FR	721	Chariton	40	17:18.8	5:18.8 (42) 11:06.0 (58)
59	Keagan Albertson	FR	749	Forest City	41	17:19.2	5:25.2 (73) 11:08.3 (65)
60	Nile Busch	SO	843	Williamsburg	--	17:19.8	5:23.7 (66) 11:08.0 (64)
61	Connor Hammitt	SR	760	Garner-Hayfield-Ventura	42	17:22.3	5:13.9 (30) 11:02.4 (49)
62	Garrett Pumphrey	FR	747	Eddyville-Blakesburg-Fremont	--	17:22.4	5:26.9 (83) 11:10.6 (72)
63	Alex Oswald	SR	782	Monticello	--	17:22.4	5:19.9 (50) 11:05.6 (56)
64	Karsten Nuehring	JR	764	Jesup	--	17:23.9	5:26.3 (80) 11:09.4 (69)
65	Benjamin Driscoll	SR	785	Oelwein	43	17:24.3	5:22.3 (60) 11:01.5 (44)
66	Ethan Bertram	SO	751	Forest City	44	17:25.3	5:25.7 (76) 11:08.5 (66)
67	Jack Blais	SO	830	Vinton-Shellsburg	45	17:26.2	5:22.9 (62) 11:07.7 (63)
68	Landon Sporrer	SO	746	East Sac County	46	17:26.8	5:17.3 (36) 11:05.0 (55)
69	Caleb Schunk	JR	788	Oelwein	47	17:28.5	5:20.3 (52) 11:06.9 (62)
70	Cooper Blaser	FR	752	Forest City	48	17:30.1	5:28.2 (87) 11:16.1 (79)
71	Grant Gayther	FR	754	Forest City	49	17:31.7	5:28.0 (86) 11:16.3 (80)
72	Braeden Keister	JR	716	Anamosa	50	17:31.9	5:23.0 (63) 11:14.4 (76)
73	Daunta Berg	FR	750	Forest City	51	17:33.6	5:30.3 (94) 11:21.3 (85)
74	Aldin Swanson	SR	834	Vinton-Shellsburg	52	17:35.2	5:23.1 (64) 11:09.4 (70)
75	Ben Nyberg	JR	736	Des Moines Christian	53	17:36.6	5:26.7 (82) 11:11.6 (73)
76	Drew Sandven	SR	796	Okoboji Milford	54	17:37.3	5:25.1 (72) 11:19.8 (84)
77	Carver Reiss	JR	719	Anamosa	55	17:37.6	5:21.0 (56) 11:15.5 (78)
78	Lucos Wernimont	FR	810	Sioux Central Sioux Rapids	--	17:38.8	5:23.1 (65) 11:13.4 (74)
79	Deacon Branderhorst	JR	800	Pella Christian	56	17:40.7	5:23.8 (68) 11:13.6 (75)
80	Evan Voga	JR	806	Roland-Story Story City	--	17:40.8	5:25.7 (77) 11:10.0 (71)
81	Caleb Helgerson	JR	839	Waukon	57	17:45.0	5:22.2 (59) 11:15.0 (77)
82	Redge Potts	JR	811	South Central Calhoun	--	17:45.6	5:32.5 (96) 11:18.8 (83)
83	Lane Scholten	JR	824	Unity Christian Orange City	58	17:45.8	5:25.8 (78) 11:21.6 (86)
84	Tysen DeVries	SR	801	Pella Christian	59	17:49.0	5:28.4 (89) 11:24.9 (90)
85	Wes Hulseberg	SR	844	Williamsburg	--	17:55.7	5:24.7 (70) 11:09.2 (68)
86	Jayse Yoder	JR	779	Mid-Prairie Wellman	60	17:57.7	5:38.9 (104) 11:33.5 (96)
87	Caleb Good	JR	759	Garner-Hayfield-Ventura	61	17:58.3	5:27.4 (85) 11:17.8 (82)
88	Holden Reynolds	FR	755	Forest City	62	17:59.2	5:30.0 (93) 11:27.7 (91)
89	Jonah Pringnitz	SO	762	Garner-Hayfield-Ventura	63	17:59.4	5:29.4 (90) 11:24.8 (89)
90	Bradley Hobbs	SR	725	Chariton	64	17:59.7	5:25.6 (75) 11:29.0 (92)
91	Owen Engel	SO	743	East Sac County	65	17:59.9	5:27.2 (84) 11:23.9 (87)
92	Paxton Bouma	SO	799	Pella Christian	66	18:02.7	5:32.7 (97) 11:32.1 (94)
93	Jack Troester	SR	720	Anamosa	67	18:02.9	5:29.6 (92) 11:33.2 (95)
94	Connor Cahoon	SR	836	Waukon	68	18:03.5	5:26.7 (81) 11:24.3 (88)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
95 Maxon Swartzentruber	FR	778	Mid-Prairie Wellman	69	18:03.9	5:39.7 (107)	11:33.9 (97)
96 Seth Countryman	JR	714	Anamosa	70	18:04.6	5:21.5 (58)	11:17.2 (81)
97 Colton O'Neill	SO	841	Waukon	71	18:09.0	5:31.3 (95)	11:37.2 (100)
98 Riley Sorenson	SR	815	Spirit Lake	72	18:11.5	5:29.6 (91)	11:29.4 (93)
99 Eli Schreurs	SO	825	Unity Christian Orange City	73	18:13.0	5:33.7 (99)	11:36.8 (99)
100 Jesse Stultz	SO	776	Mid-Prairie Wellman	74	18:16.4	5:42.6 (112)	11:42.2 (105)
101 Coby DeRaad	SO	797	PCM Monroe	--	18:16.8	5:35.8 (101)	11:39.9 (102)
102 Zachary Dickenson	SO	831	Vinton-Shellsburg	75	18:19.5	5:39.1 (106)	11:45.8 (106)
103 Carter Trautman	SO	817	Spirit Lake	76	18:20.1	5:34.0 (100)	11:39.1 (101)
104 Keshawn Williams	SO	789	Oelwein	77	18:24.3	5:39.0 (105)	11:42.1 (104)
105 Parker Lasack	FR	717	Anamosa	78	18:26.1	5:40.9 (109)	11:47.3 (107)
106 Eric Fechter	SR	813	Spirit Lake	79	18:27.5	5:38.2 (102)	11:54.2 (109)
107 Elijah Graves	SO	790	Okoboji Milford	80	18:29.8	5:28.3 (88)	11:40.9 (103)
108 Zach Klopping	JR	832	Vinton-Shellsburg	81	18:33.7	5:41.7 (111)	11:48.7 (108)
109 Shaun Bos	SR	798	Pella Christian	82	18:34.0	5:59.6 (124)	12:09.7 (120)
110 Tyler Englin	SR	757	Garner-Hayfield-Ventura	83	18:34.1	5:41.6 (110)	11:59.8 (114)
111 Keegan Vandehoef	FR	818	Spirit Lake	84	18:35.5	5:40.1 (108)	11:55.5 (111)
112 Landon Dowd	SO	784	Oelwein	85	18:37.8	5:47.0 (115)	11:56.9 (112)
113 Simon Wendel	SO	771	Mediapolis	86	18:39.2	5:52.4 (118)	12:01.1 (116)
114 Daniel Rodgers	SR	775	Mid-Prairie Wellman	87	18:39.9	6:01.6 (125)	12:01.7 (117)
115 Gabe Driscoll	SO	786	Oelwein	88	18:42.1	5:38.8 (103)	11:55.0 (110)
116 Jacob Donaldson	SR	774	Mid-Prairie Wellman	89	18:51.3	5:58.3 (123)	12:11.2 (121)
117 Ty Heller	SO	761	Garner-Hayfield-Ventura	90	18:57.6	5:43.4 (114)	11:59.6 (113)
118 Michael Wassenaar	JR	808	Sheldon Community	--	18:58.5	5:19.9 (49)	11:35.2 (98)
119 Eli Hoksbergen	JR	803	Pella Christian	91	18:59.1	5:50.8 (117)	12:05.0 (118)
120 Riley Aragon	SO	742	East Sac County	92	18:59.9	5:42.8 (113)	12:00.5 (115)
121 Dreavin Shenefield	SR	726	Chariton	93	19:07.6	5:47.7 (116)	12:07.5 (119)
122 Leif Allen	FR	829	Vinton-Shellsburg	94	19:08.7	5:54.7 (120)	12:18.3 (122)
123 Mason Lindeen	FR	767	Mediapolis	95	19:08.7	5:56.8 (122)	12:20.1 (123)
124 Ray Kaiser	SO	793	Okoboji Milford	96	19:28.8	5:55.7 (121)	12:26.1 (124)
125 Logan Gallaher	SO	802	Pella Christian	97	19:46.5	6:03.1 (127)	12:39.2 (126)
126 Grant Kennedy	SO	766	Mediapolis	98	19:50.6	6:08.0 (129)	12:47.5 (129)
127 Gavin Chambers	SR	756	Garner-Hayfield-Ventura	99	19:57.5	6:06.0 (128)	12:38.6 (125)
128 Konner Barat-Klimesh	SR	783	Oelwein	100	19:59.1	5:54.2 (119)	12:39.9 (127)
129 Xander Hemer	SO	745	East Sac County	101	20:00.4	6:03.0 (126)	12:44.2 (128)
130 Oliver Thompson	FR	816	Spirit Lake	102	20:01.1	6:12.8 (130)	12:53.6 (130)
131 Griffin Embree	SO	715	Anamosa	103	22:03.8	6:32.9 (132)	14:02.3 (131)
132 Wesley Meyer	JR	718	Anamosa	104	22:33.2	6:32.7 (131)	14:04.2 (132)

Race #8**Class 3A Girls 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Total	Avg.	Division
1	Pella	80	1:37:50	19:34
2	Mount Vernon-Lisbon	129	1:39:59	20:00
3	Gilbert	142	1:39:59	20:00
4	Sioux Center	155	1:40:04	20:01
5	Glenwood	172	1:40:52	20:11
6	Ballard	176	1:40:51	20:11
7	Marion	208	1:41:47	20:22
8	Solon	209*	1:42:01	20:25
9	Clear Lake	209*	1:41:51	20:23
10	Bishop Heelan Catholic Sioux City	225	1:42:33	20:31
11	Decorah	235	1:42:40	20:32
12	ADM Adel	250	1:43:28	20:42
13	Lewis Central	253	1:43:46	20:46
14	Harlan	276	1:43:40	20:44
15	Clear Creek-Amana	332	1:45:21	21:05

***Tiebreakers**

Solon	12	28	31	60	78	80	86
Clear Lake	9	18	37	72	73	88	99

SPLIT SCORING SUMMARY**1 MILE**

UNOFFICIAL Standings	Score	
1	Pella	83
2	Gilbert	102
3	Mount Vernon-Lisbon	112
4	Ballard	162
4	Sioux Center	162
6	Glenwood	190
7	Solon	196
8	Harlan	213
9	Decorah	217
10	Bishop Heelan Catholic Sioux City	218
11	Clear Lake	239

UNOFFICIAL Standings**Score**

12	ADM Adel	246
13	Lewis Central	291
14	Marion	311
15	Clear Creek-Amana	319

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

1	Pella	77
2	Mount Vernon-Lisbon	109
3	Gilbert	134
4	Glenwood	167
5	Ballard	171
6	Sioux Center	172
7	Solon	209
8	Clear Lake	217
9	Decorah	224
10	Marion	231
10	Bishop Heelan Catholic Sioux City	231
12	ADM Adel	248
13	Lewis Central	266
14	Harlan	268
15	Clear Creek-Amana	339

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
1	Marissa Ferebee	SO 958	Pella	1	18:38.6	5:41.2 (2)	11:49.2 (1)
2	Lindsey Sonderman	JR 924	Harlan	2	18:42.1	5:40.1 (1)	11:54.4 (2)
3	Audrina Jones	FR 963	Sioux Center	3	18:53.8	5:54.0 (8)	12:13.3 (9)
4	Avery Rump	SO 901	Fort Madison	--	18:54.0	5:45.2 (5)	12:03.5 (3)
5	Iris Dahl	SO 978	Washington	--	18:57.5	5:44.8 (4)	12:06.1 (4)
6	Addison Dabroski	SO 937	Marion	4	19:03.3	5:57.6 (15)	12:18.0 (10)
7	Avelyn Vance	SR 858	Ballard	5	19:04.0	5:55.2 (9)	12:09.8 (6)
8	Grace Berglund	FR 910	Glenwood	6	19:08.3	5:53.1 (7)	12:11.2 (8)
9	Amelia Roe	SO 893	Decorah	7	19:09.4	5:42.0 (3)	12:11.0 (7)
10	Emee Dani	FR 905	Gilbert	8	19:13.3	5:45.3 (6)	12:09.5 (5)
11	Tierney Carter	SO 953	Oskaloosa	--	19:14.1	5:59.6 (20)	12:23.6 (16)
12	Claire Pellett	SR 852	Atlantic	--	19:16.8	5:55.6 (10)	12:21.5 (13)
13	Grace Estling	FR 874	Center Point-Urbana	--	19:22.0	5:57.6 (14)	12:22.2 (15)
14	Lucy Murphy	SO 977	Wahlert Dubuque	--	19:22.3	5:56.8 (11)	12:19.6 (12)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
15	Anna Feuerbach	SR 886	Clear Lake	9	19:22.5	6:06.7 (36)	12:26.4 (17)
16	Delayna Reese	FR 930	Lewis Central	10	19:24.4	6:05.4 (31)	12:31.7 (22)
17	Autumn Blink	SR 955	Pella	11	19:30.5	5:59.2 (19)	12:27.9 (19)
18	Sydney Dee	JR 969	Solon	12	19:31.4	6:07.5 (40)	12:32.3 (23)
19	Emma Wilkerson	SR 875	Center Point-Urbana	--	19:35.7	5:57.7 (16)	12:27.2 (18)
20	Emrie Johnson	JR 945	Mount Vernon-Lisbon	13	19:37.9	6:00.3 (23)	12:30.8 (20)
21	Clare Stahr	SR 909	Gilbert	14	19:39.5	6:00.0 (21)	12:38.3 (26)
22	Kolby Oldenkamp	SO 965	Sioux Center	15	19:40.3	6:16.5 (70)	12:54.7 (52)
23	Eastin Whisner	FR 951	Mount Vernon-Lisbon	16	19:42.3	6:00.4 (24)	12:34.8 (25)
24	Morgan Sutton	SR 982	Winterset	--	19:42.3	6:07.8 (42)	12:42.5 (32)
25	Raegan Snieder	JR 961	Pella	17	19:43.4	6:06.1 (34)	12:38.5 (27)
26	Brynn Kartman	FR 981	West Delaware Manchester	--	19:44.5	6:06.0 (33)	12:45.9 (38)
27	Izzy Hardin	SO 935	Maquoketa	--	19:46.4	6:11.2 (49)	12:46.3 (39)
28	Peyton Morey	JR 976	Spencer	--	19:47.2	6:03.9 (27)	12:44.5 (35)
29	Addison Doughan	JR 884	Clear Lake	18	19:48.0	5:57.1 (12)	12:21.7 (14)
30	Ruth Dunham	FR 957	Pella	19	19:48.1	5:58.8 (18)	12:34.3 (24)
31	Kiersten Swart	SO 950	Mount Vernon-Lisbon	20	19:48.6	5:58.7 (17)	12:19.1 (11)
32	Brynn Wilson	JR 859	Ballard	21	19:52.5	6:06.3 (35)	12:42.0 (30)
33	Marie Daggett	SR 873	Carlisle	--	19:53.5	6:05.9 (32)	12:31.2 (21)
34	Lola Mendlik	JR 897	Denison-Schleswig	--	19:55.4	6:04.3 (28)	12:43.1 (33)
35	Sarah May	JR 944	Moc-Floyd Valley	--	19:55.7	6:11.8 (52)	12:48.0 (43)
36	Marie Dea	SR 927	Kuemper Catholic Carroll	--	19:57.5	6:04.9 (29)	12:41.6 (29)
37	Madelyn Hoss	FR 929	Lewis Central	22	19:57.8	6:07.1 (38)	12:45.5 (36)
38	Addison Bertrand	SO 861	Bishop Heelan Catholic Sioux City	23	19:58.5	6:08.3 (43)	12:47.3 (41)
39	Evelyn Moeller	FR 946	Mount Vernon-Lisbon	24	19:59.5	6:03.4 (26)	12:40.8 (28)
40	Allie Eggleston	FR 847	ADM Adel	25	19:59.7	6:04.9 (30)	12:43.7 (34)
41	Annika Larson	JR 855	Ballard	26	20:02.0	6:02.2 (25)	12:42.3 (31)
42	Sydney Bochmann	SR 979	Waverly-Shell Rock	--	20:03.0	6:06.9 (37)	12:46.5 (40)
43	Scarlett Walsh	SR 867	Bishop Heelan Catholic Sioux City	27	20:04.3	6:08.4 (44)	12:49.1 (45)
44	Falyn Svalstad	FR 975	Solon	28	20:04.5	6:10.9 (47)	12:49.0 (44)
45	Maggie Danilson	SO 906	Gilbert	29	20:04.6	6:14.6 (60)	12:47.7 (42)
46	Mia Deegan	SO 983	Xavier Cedar Rapids	--	20:05.6	6:14.9 (64)	12:54.1 (50)
47	Breckyn Petersen	JR 916	Glenwood	30	20:06.3	6:11.4 (50)	12:53.4 (49)
48	Anna Quillin	SR 972	Solon	31	20:07.8	6:11.0 (48)	12:53.0 (48)
49	Macy Schroeder	SR 960	Pella	32	20:08.8	6:14.0 (59)	12:51.3 (46)
50	Lizzie Neumann	SO 959	Pella	33	20:10.0	6:16.8 (71)	12:56.1 (56)
51	Callie Hales	FR 907	Gilbert	34	20:10.1	6:11.7 (51)	12:52.1 (47)
52	Brooklyn Stanley	SR 866	Bishop Heelan Catholic Sioux City	35	20:10.8	6:12.7 (55)	12:58.6 (58)
53	Elsie Brenneman	FR 956	Pella	36	20:12.4	6:16.9 (72)	12:56.3 (57)
54	Rebekah Steinbron	JR 889	Clear Lake	37	20:14.8	6:15.7 (67)	12:55.2 (53)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
55 Ava Bussey	JR	928	Lewis Central	38	20:15.4	6:20.2 (78)	13:05.4 (68)
56 AudryElla Meyer	JR	940	Marion	39	20:15.9	6:23.4 (88)	13:01.1 (61)
57 Lydia Maas	SR	917	Hampton-Dumont-CAL	--	20:16.2	6:21.0 (81)	13:05.1 (67)
58 Maya Bergstrom	SR	872	Carlisle	--	20:17.5	5:57.3 (13)	12:45.7 (37)
59 Mya Romero	SR	966	Sioux Center	40	20:19.0	6:10.4 (45)	12:56.0 (55)
60 Alexa Tremblay	JR	898	Denison-Schleswig	--	20:19.4	6:07.3 (39)	12:55.5 (54)
61 Lauren Hughes	SR	914	Glenwood	41	20:20.8	6:10.9 (46)	12:54.5 (51)
62 Corrine Mccord	JR	964	Sioux Center	42	20:21.3	6:11.9 (53)	12:59.0 (59)
63 Emmalyn Thomas	FR	870	Boone	--	20:27.8	6:15.0 (65)	13:03.4 (65)
64 Kaylee Chesnut	JR	869	Boone	--	20:28.3	6:14.8 (63)	13:03.3 (64)
65 Ava Richardson	JR	857	Ballard	43	20:30.3	6:14.6 (62)	13:10.1 (72)
66 Carley Seeley	SR	900	Fairfield	--	20:31.0	6:28.3 (100)	13:16.2 (83)
67 Jaida Lyons	SR	860	Benton Community	--	20:32.1	6:17.5 (73)	13:03.5 (66)
68 Kira Barker	JR	876	Clear Creek-Amana	44	20:32.2	6:16.3 (68)	13:06.2 (69)
69 Natalie Anderson	FR	943	Moc-Floyd Valley	--	20:32.8	6:12.6 (54)	13:00.5 (60)
70 Brylee Schechinger	JR	921	Harlan	45	20:33.5	6:13.7 (56)	13:08.8 (71)
71 Brynn Malo	SO	925	Humboldt	--	20:34.1	6:13.9 (58)	13:02.3 (62)
72 Madelyn Berglund	JR	911	Glenwood	46	20:34.8	6:24.4 (92)	13:11.6 (74)
73 Elyse Zwart	JR	871	Boyden-Hull	--	20:37.1	6:14.6 (61)	13:02.9 (63)
74 Kendall Orozco	SR	942	Marion	47	20:39.5	6:34.6 (117)	13:19.4 (90)
75 Mya Bond	SO	952	North Polk Alleman	--	20:40.9	6:20.7 (80)	13:16.7 (84)
76 Hannah Desmarais	JR	846	ADM Adel	48	20:41.0	6:26.2 (96)	13:17.2 (85)
77 Caitlin Hebel	SO	913	Glenwood	49	20:41.2	6:24.5 (93)	13:11.8 (76)
78 Kate Nelson	FR	980	Waverly-Shell Rock	--	20:41.4	6:23.9 (90)	13:14.8 (81)
79 Kyra Cordes	JR	936	Marion	50	20:43.5	6:34.0 (112)	13:19.7 (91)
80 Brinlee Courtney	FR	891	Decorah	51	20:43.7	6:15.3 (66)	13:10.5 (73)
81 Danielle Losen	SR	892	Decorah	52	20:45.0	6:25.0 (94)	13:15.8 (82)
82 Emmalee Wells-Stout	JR	954	Oskaloosa	--	20:47.8	6:13.9 (57)	13:07.0 (70)
83 Allie Anderson	FR	918	Harlan	53	20:48.3	6:18.3 (75)	13:14.7 (80)
84 Paige Mattes	SR	848	ADM Adel	54	20:48.4	6:16.3 (69)	13:11.6 (75)
85 Kendra Zeutenhorst	SR	968	Sioux Center	55	20:49.3	6:19.6 (77)	13:17.8 (86)
86 Paetyn Wiegand	SR	902	Fort Madison	--	20:49.6	6:24.1 (91)	13:19.7 (92)
87 Abbie Moss	JR	947	Mount Vernon-Lisbon	56	20:50.0	6:21.0 (83)	13:13.4 (77)
88 Abby Patel	JR	908	Gilbert	57	20:50.6	6:23.7 (89)	13:22.1 (93)
89 Dani Rieks	FR	926	Iowa Falls-Alden	--	20:51.9	6:07.6 (41)	13:13.5 (78)
90 Addy Bjork	FR	845	ADM Adel	58	20:54.3	6:19.5 (76)	13:14.4 (79)
91 Sophia Bleich	JR	904	Gilbert	59	20:54.8	6:20.6 (79)	13:18.8 (88)
92 Ella Sheeley	JR	974	Solon	60	20:58.8	6:26.7 (98)	13:28.6 (99)
93 Amelia Wadsworth	JR	896	Decorah	61	20:59.5	6:17.7 (74)	13:19.2 (89)
94 Sara Kinzenbaw	JR	877	Clear Creek-Amana	62	21:00.5	6:23.4 (87)	13:18.4 (87)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
95 Kadence Whitmer	FR	881	Clear Creek-Amana	63	21:01.3	6:32.1 (104)	13:31.9 (104)
96 Grace Brynsaas	SR	890	Decorah	64	21:01.6	6:25.7 (95)	13:22.8 (94)
97 Cora Shirley-Brown	FR	850	ADM Adel	65	21:03.9	6:31.5 (103)	13:33.4 (105)
98 Maddie Demke	SR	862	Bishop Heelan Catholic Sioux City	66	21:04.0	6:21.6 (84)	13:24.0 (97)
99 Ana Simon	SO	894	Decorah	67	21:04.3	6:29.4 (102)	13:27.8 (98)
100 Elise Moore	SO	941	Marion	68	21:04.3	6:34.6 (118)	13:23.7 (95)
101 Molly Isakson	FR	962	Sioux Center	69	21:04.6	6:26.3 (97)	13:23.7 (96)
102 Katelyn Harms	FR	912	Glenwood	70	21:04.9	6:34.2 (113)	13:36.8 (110)
103 Olivia Volkmann	FR	895	Decorah	71	21:05.5	6:29.3 (101)	13:29.2 (100)
104 Reese Brownlee	JR	883	Clear Lake	72	21:10.7	6:35.3 (119)	13:40.6 (114)
105 Saylor Schmitt	FR	888	Clear Lake	73	21:14.6	6:34.2 (114)	13:40.1 (113)
106 Ashleigh Jochum	SO	863	Bishop Heelan Catholic Sioux City	74	21:15.0	6:33.4 (108)	13:35.2 (107)
107 Lorelei Smith	FR	899	Epworth Western Dubuque	--	21:15.9	6:28.3 (99)	13:30.1 (101)
108 Alena Dietz	JR	938	Marion	75	21:16.4	6:36.1 (122)	13:36.1 (109)
109 Rose Pisarik	FR	948	Mount Vernon-Lisbon	76	21:16.8	6:36.0 (121)	13:35.9 (108)
110 Cora Smith	SO	949	Mount Vernon-Lisbon	77	21:17.2	6:35.6 (120)	13:35.0 (106)
111 Ava Rolwes	FR	973	Solon	78	21:17.8	6:23.1 (86)	13:31.6 (103)
112 Sienna Stitner	FR	879	Clear Creek-Amana	79	21:20.0	6:33.1 (107)	13:42.7 (118)
113 Gracie Federspiel	SR	970	Solon	80	21:20.5	6:21.0 (82)	13:30.7 (102)
114 Kya Hermann	FR	854	Ballard	81	21:21.4	6:34.6 (116)	13:39.4 (112)
115 Kylee Wielenga	FR	967	Sioux Center	82	21:22.2	6:34.6 (115)	13:42.1 (116)
116 Grace Roerig	SO	865	Bishop Heelan Catholic Sioux City	83	21:26.5	6:33.9 (111)	13:41.3 (115)
117 Harper Tecklenburg	JR	880	Clear Creek-Amana	84	21:27.0	6:32.8 (106)	13:42.3 (117)
118 Taylor Bieker	SR	920	Harlan	85	21:32.7	6:22.9 (85)	13:38.2 (111)
119 Rose McAtee	JR	971	Solon	86	21:34.7	6:37.2 (123)	13:49.1 (119)
120 Laura Fitch	JR	939	Marion	87	21:44.5	6:38.5 (125)	13:56.9 (121)
121 Lauren Englin	SO	885	Clear Lake	88	21:52.8	6:41.2 (127)	13:59.5 (122)
122 Raya Miller	FR	856	Ballard	89	22:00.6	6:33.8 (110)	13:56.8 (120)
123 Tyler Tingley	JR	933	Lewis Central	90	22:02.1	6:44.6 (130)	14:02.5 (124)
124 Emily Schechinger	SR	922	Harlan	91	22:02.8	6:32.3 (105)	14:03.1 (125)
125 Kiera Rogers	SR	878	Clear Creek-Amana	92	22:04.9	6:33.6 (109)	13:59.8 (123)
126 Kate Strohmeier	FR	932	Lewis Central	93	22:05.6	6:45.8 (133)	14:05.2 (128)
127 Haley Nelson	SO	849	ADM Adel	94	22:10.5	6:42.9 (128)	14:03.9 (126)
128 Naomi Kieffer	JR	864	Bishop Heelan Catholic Sioux City	95	22:15.5	6:37.6 (124)	14:05.8 (129)
129 Grace Grundmeyer	FR	853	Ballard	96	22:25.5	6:45.5 (131)	14:20.7 (132)
130 Alexa Williams	FR	851	ADM Adel	97	22:26.7	6:40.8 (126)	14:04.9 (127)
131 Megan Hughes	FR	915	Glenwood	98	22:30.3	6:43.1 (129)	14:14.9 (130)
132 Alexis Hauge	SR	887	Clear Lake	99	22:37.6	6:52.5 (134)	14:22.2 (133)
133 Lauren Watson	FR	868	Bondurant-Farrar	--	22:55.4	6:45.7 (132)	14:20.6 (131)
134 Lily Schechinger	SO	923	Harlan	100	23:06.5	7:00.0 (136)	14:51.1 (134)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
135 Olivia Wait	SO	934	Lewis Central	101	23:15.3	7:02.9 (137)	14:52.6 (135)
136 Raegan Wyant	JR	882	Clear Creek-Amana	102	23:27.6	7:04.3 (138)	14:58.6 (137)
137 Kayla Anderson	JR	919	Harlan	103	23:36.4	6:59.9 (135)	14:56.5 (136)
138 Sydney Skokan	SO	931	Lewis Central	104	25:15.0	7:19.0 (139)	15:55.3 (138)
Keira Andersen	SO	903	Gilbert	--	DNF	6:00.0 (22)	

Race #9
Class 3A Boys 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Gilbert	57	1:20:56	16:12	
2	Pella	63	1:20:38	16:08	
3	Lewis Central	100	1:22:21	16:29	
4	Carlisle	144	1:23:49	16:46	
5	Washington	186	1:24:32	16:55	
6	Winterset	196	1:24:59	17:00	
7	Solon	215	1:25:15	17:03	
8	Mount Vernon-Lisbon	223	1:25:10	17:02	
9	Clear Creek-Amana	229	1:25:47	17:10	
10	Glenwood	241	1:25:20	17:04	
11	South Tama County Tama	249	1:25:22	17:05	
12	Moc-Floyd Valley	259	1:26:16	17:16	
13	ADM Adel	266	1:26:27	17:18	
14	Central DeWitt	297	1:26:58	17:24	
15	Sioux Center	357	1:27:48	17:34	

SPLIT SCORING SUMMARY
1 MILE

UNOFFICIAL Standings		Score
1	Gilbert	68
2	Pella	79
3	Lewis Central	108
4	Carlisle	141
5	Washington	160
6	Winterset	177
7	Glenwood	188
8	Mount Vernon-Lisbon	214
9	Clear Creek-Amana	225
10	South Tama County Tama	243
11	Solon	289
12	Central DeWitt	290
13	Moc-Floyd Valley	313
14	ADM Adel	344
15	Sioux Center	345

2 MILE

UNOFFICIAL Standings		Score
1	Gilbert	58
2	Pella	77
3	Lewis Central	109
4	Carlisle	129
5	Washington	162
6	Winterset	194
7	Mount Vernon-Lisbon	215
8	Glenwood	235
9	Solon	237
10	South Tama County Tama	243
11	Clear Creek-Amana	264
12	Moc-Floyd Valley	274
13	ADM Adel	278
14	Central DeWitt	303
15	Sioux Center	372

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile	
1	Canaan Dunham	SO	1070	Pella	1	15:18.5	4:47.7 (3)	9:50.7 (2)
2	Ethan Eichhorn	SR	1045	Lewis Central	2	15:25.5	4:47.7 (2)	9:50.6 (1)
3	Nathan Vander Waal	SR	1075	Pella	3	15:39.8	4:54.5 (9)	10:08.7 (7)
4	Micah Rees	SR	1104	Washington	4	15:47.9	4:47.5 (1)	9:54.0 (3)
5	Andrew Smith	SR	1030	Glenwood	5	15:51.2	4:54.0 (4)	10:08.4 (4)
6	Quentin Nauman	SO	1016	Epworth Western Dubuque	--	15:52.5	5:00.1 (12)	10:18.2 (10)
7	Tommy Tynismaa	SR	1096	South Tama County Tama	6	15:53.2	4:54.3 (5)	10:08.6 (5)
8	Logan Bleich	FR	1019	Gilbert	7	15:55.6	4:54.3 (6)	10:08.7 (6)
9	Jacob Tallman	FR	1024	Gilbert	8	15:59.5	5:01.6 (14)	10:18.6 (11)
10	Bryant Keller	SR	1026	Glenwood	9	16:05.0	4:54.3 (7)	10:14.3 (9)
11	Devon Browne	JR	1069	Pella	10	16:06.7	4:54.3 (8)	10:11.1 (8)
12	Carson Squiers	SO	1022	Gilbert	11	16:09.3	5:01.8 (15)	10:19.9 (13)
13	Alik McIlravy	SR	1067	North Polk Alleman	--	16:10.0	5:02.0 (16)	10:18.9 (12)
14	Grady Olberding	JR	1060	Mount Vernon-Lisbon	12	16:10.7	5:01.0 (13)	10:20.0 (14)
15	Emmett Barber	JR	1018	Gilbert	13	16:18.5	5:02.4 (18)	10:20.9 (16)
16	Collin Kessler	JR	1116	Winterset	14	16:19.0	5:02.1 (17)	10:20.0 (15)
17	Kevin Coots	SO	1041	Lewis Central	15	16:22.1	4:54.6 (10)	10:26.8 (17)
18	Brick Kabela	SR	1087	Solon	16	16:25.2	5:14.0 (48)	10:33.9 (21)
19	Ezra DeCleene	SR	993	Carlisle	17	16:27.1	5:10.7 (31)	10:38.0 (26)
20	Zain Mueller	SR	1021	Gilbert	18	16:32.7	5:05.3 (23)	10:27.6 (18)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile	
21	Kade Diercks	SR	1044	Lewis Central	19	16:33.5	4:55.6 (11)	10:29.3 (19)
22	Kael Streeter	SO	997	Carlisle	20	16:33.7	5:07.4 (26)	10:35.5 (24)
23	Mason Gaulke	SO	1072	Pella	21	16:37.5	5:12.3 (37)	10:44.3 (34)
24	Joel Ramirez-Parra	SO	1099	Storm Lake	--	16:39.0	5:13.2 (40)	10:43.4 (29)
25	Nick Williams	JR	1007	Charles City	--	16:39.3	5:08.9 (28)	10:42.3 (28)
26	Kamden Brown	JR	992	Carlisle	22	16:40.8	5:05.3 (24)	10:30.8 (20)
27	Cooper Cook	SR	1047	Marion	--	16:41.6	5:03.6 (20)	10:34.5 (22)
28	Luiz Martinez	SR	1098	Storm Lake	--	16:42.8	5:03.7 (21)	10:36.8 (25)
29	Brody Roth	SR	996	Carlisle	23	16:43.5	5:21.0 (79)	10:50.3 (47)
30	Brock Hilsman	JR	1009	Clear Creek-Amana	24	16:44.7	5:13.2 (39)	10:44.2 (33)
31	Dawson Scheil	SO	1063	Mount Vernon-Lisbon	25	16:46.4	5:03.8 (22)	10:34.7 (23)
32	James Brant	SR	1091	South Tama County Tama	26	16:47.3	5:09.7 (29)	10:41.3 (27)
33	Austin Soldwisch	JR	1108	Waverly-Shell Rock	--	16:47.8	5:13.1 (38)	10:46.0 (36)
34	Jacob Shottenkirk	JR	1017	Fort Madison	--	16:49.5	5:19.4 (69)	10:48.2 (40)
35	Liam Crites	SO	1034	Grinnell	--	16:52.6	5:15.7 (55)	10:49.9 (44)
36	Ryan North	SR	1037	Kuemper Catholic Carroll	--	16:53.1	5:16.6 (57)	10:47.1 (37)
37	Isaac Hummel	FR	1053	Moc-Floyd Valley	27	16:53.6	5:21.3 (81)	10:55.5 (58)
38	Grant Zilka	JR	1015	Decorah	--	16:53.8	5:11.9 (35)	10:44.0 (31)
39	Stephen Gaul	SR	1071	Pella	28	16:55.1	5:13.8 (46)	10:51.9 (50)
40	Richard Selken	JR	1046	Lewis Central	29	16:56.5	5:14.9 (54)	10:51.3 (49)
41	Andrew Rees	SO	1103	Washington	30	16:56.8	5:13.4 (42)	10:47.9 (39)
42	Sam Hensley	SR	1114	Winterset	31	16:57.4	5:10.9 (32)	10:47.7 (38)
43	Cadel Conner	SO	1033	Grinnell	--	16:57.5	5:20.4 (75)	10:51.2 (48)
44	Trace Obbink	SR	1039	LeMars	--	16:57.9	5:08.4 (27)	10:44.2 (32)
45	Preston Stensland	SO	1023	Gilbert	32	16:59.6	5:13.2 (41)	10:50.3 (46)
46	Jacob Greving	SR	1036	Kuemper Catholic Carroll	--	17:01.2	5:19.4 (70)	10:53.3 (53)
47	Gavin Day	JR	1113	Winterset	33	17:01.8	5:14.1 (49)	10:53.5 (54)
48	Tyler Alderton	JR	1101	Washington	34	17:02.5	5:14.0 (47)	10:49.7 (43)
49	Jase Turnis	JR	1109	West Delaware Manchester	--	17:02.5	5:25.4 (101)	11:03.1 (73)
50	Jayden Brookins	SO	1100	Wahlert Dubuque	--	17:02.9	5:12.0 (36)	10:49.5 (42)
51	Marshall Arkfeld	JR	1040	Lewis Central	35	17:03.1	5:17.4 (60)	10:56.2 (60)
52	Kyle Olson	FR	1002	Central DeWitt	36	17:03.1	5:07.0 (25)	10:43.5 (30)
53	Caleb Olson	JR	1001	Central DeWitt	37	17:03.4	5:14.3 (50)	11:00.9 (69)
54	Maverick Mixan	SR	1029	Glenwood	38	17:04.3	5:16.4 (56)	10:55.0 (57)
55	Nolan McCusker	SO	1097	Spencer	--	17:04.6	5:13.5 (43)	10:53.1 (52)
56	Harrison Kraehling	SR	1020	Gilbert	39	17:04.7	5:14.7 (52)	10:54.0 (56)
57	Michael Yeomans	SR	1090	Solon	40	17:05.2	5:21.4 (83)	11:00.3 (66)
58	Shay Holdmeyer	JR	986	ADM Adel	41	17:05.3	5:23.4 (96)	10:59.2 (64)
59	Ian Van Der Werff	JR	1056	Moc-Floyd Valley	42	17:05.9	5:27.5 (108)	11:02.5 (72)
60	Klayten Perreault	SR	1061	Mount Vernon-Lisbon	43	17:06.1	5:20.9 (78)	10:59.8 (65)

Athlete		Yr.	#	Team	Score	Time	1 Mile	2 Mile
61	Torin Timmerman	JR	990	ADM Adel	44	17:08.1	5:10.4 (30)	10:44.4 (35)
62	Javin Doland	JR	1065	Newton	--	17:09.0	5:24.4 (99)	10:58.4 (62)
63	Hunter Landphair	SR	987	ADM Adel	45	17:10.9	5:24.5 (100)	11:01.9 (71)
64	Thomas Stiltner	SR	1013	Clear Creek-Amana	46	17:11.1	5:13.6 (44)	11:00.6 (67)
65	Isaac Sorensen	JR	1012	Clear Creek-Amana	47	17:11.2	5:19.8 (72)	11:07.8 (88)
66	Jamie Hayes	SR	1008	Clear Creek-Amana	48	17:11.3	5:22.0 (87)	11:07.7 (87)
67	Bennett Kautz	SO	1049	Marion	--	17:11.3	5:11.6 (34)	10:49.9 (45)
68	Lane Schrock	SR	1105	Washington	49	17:12.5	5:17.4 (61)	10:58.0 (61)
69	Trevor Mirande	JR	1054	Moc-Floyd Valley	50	17:12.9	5:02.7 (19)	10:48.9 (41)
70	Evan Burg	JR	1086	Solon	51	17:13.4	5:23.1 (94)	11:05.9 (79)
71	Grant Bumsted	SR	1085	Solon	52	17:14.0	5:21.7 (86)	11:07.6 (86)
72	Noah Schuknecht	SO	1074	Pella	53	17:15.1	5:14.7 (53)	10:53.8 (55)
73	Cade Rosenberger	SR	1094	South Tama County Tama	54	17:15.1	5:18.0 (64)	10:58.4 (63)
74	Keegan Peterson	JR	1003	Central DeWitt	55	17:15.4	5:17.9 (63)	11:03.5 (75)
75	Spencer Michels	SO	1088	Solon	56	17:16.7	5:22.4 (90)	11:00.8 (68)
76	Logan Foltz	SR	1079	Sioux Center	57	17:17.8	5:22.6 (91)	11:09.4 (94)
77	Cole Hotopp	JR	1115	Winterset	58	17:19.2	5:21.4 (84)	11:06.7 (82)
78	Aren Hellbusch	JR	1073	Pella	59	17:20.7	5:17.5 (62)	11:07.2 (85)
79	Ben Strohbehn	JR	1117	Winterset	60	17:20.8	5:21.1 (80)	11:06.1 (80)
80	Eli Cowman	SR	1112	Winterset	61	17:21.5	5:17.1 (59)	11:05.6 (77)
81	Joshua Lancaster	SR	995	Carlisle	62	17:23.1	5:23.4 (97)	11:01.3 (70)
82	Will Roach	SR	1068	Oskaloosa	--	17:25.3	5:20.1 (74)	11:08.3 (92)
83	Jordan Fischer	SR	1048	Marion	--	17:25.8	5:11.4 (33)	10:55.5 (59)
84	Landon Menninga	SR	1066	Newton	--	17:26.1	5:18.7 (66)	11:05.9 (78)
85	Micah Schmidt	JR	1055	Moc-Floyd Valley	63	17:27.5	5:24.0 (98)	11:11.3 (99)
86	Logan Kafer	SR	1010	Clear Creek-Amana	64	17:27.8	5:18.9 (67)	11:06.2 (81)
87	Noah Hinote	JR	1032	Greene County	--	17:27.9	5:18.9 (68)	11:10.1 (95)
88	Xander Graeser	JR	1006	Charles City	--	17:29.0	5:14.5 (51)	11:07.0 (83)
89	Brian Rohde	JR	1064	Nevada	--	17:29.1	5:23.3 (95)	11:08.2 (91)
90	Robbie Hall	SO	985	ADM Adel	65	17:29.1	5:29.5 (113)	11:13.3 (100)
91	Jackson Cox	JR	1043	Lewis Central	66	17:29.5	5:23.0 (93)	11:11.0 (96)
92	Hudson Vonk	SR	1082	Sioux Center	67	17:29.9	5:21.4 (82)	11:11.0 (97)
93	Seamus O'Connor	JR	1059	Mount Vernon-Lisbon	68	17:31.6	5:20.6 (77)	11:07.1 (84)
94	Sawyer Tschantz	SO	1107	Washington	69	17:32.1	5:18.5 (65)	11:03.8 (76)
95	Talan Walstrom	JR	998	Carlisle	70	17:32.7	5:17.0 (58)	11:03.5 (74)
96	Isaac Chapman	JR	984	ADM Adel	71	17:33.4	5:30.1 (116)	11:16.3 (107)
97	Micah VandeVegte	JR	1081	Sioux Center	72	17:33.7	5:25.4 (102)	11:14.5 (102)
98	Nicholas Schieltz	SO	1011	Clear Creek-Amana	73	17:33.8	5:22.1 (88)	11:08.0 (89)
99	Collin Bumsted	SR	1084	Solon	74	17:34.0	5:22.2 (89)	11:08.8 (93)
100	Wesley Sadler	JR	1062	Mount Vernon-Lisbon	75	17:34.7	5:25.7 (103)	11:14.1 (101)

Athlete	Yr.	#	Team	Score	Time	1 Mile	2 Mile
101 Caden Kooiker	FR	1080	Sioux Center	76	17:35.5	5:21.6 (85)	11:11.0 (98)
102 Thatcher Doughan	SO	1051	Moc-Floyd Valley	77	17:36.1	5:29.1 (112)	11:15.8 (104)
103 Bennett Whetstone	SR	991	Atlantic	--	17:37.5	5:31.8 (123)	11:26.8 (122)
104 Sawyer Feldman	SO	1058	Mount Vernon-Lisbon	78	17:37.6	5:26.6 (105)	11:16.0 (106)
105 Lawsin Sinnwell	SR	1089	Solon	79	17:39.6	5:30.0 (115)	11:17.8 (108)
106 Braxten Rohrs	SR	1093	South Tama County Tama	80	17:42.1	5:28.8 (110)	11:22.7 (113)
107 Gerrit Hulstein	JR	1052	Moc-Floyd Valley	81	17:42.2	5:29.8 (114)	11:15.8 (105)
108 Brady Freeman	SR	999	Central DeWitt	82	17:43.2	5:31.4 (119)	11:24.3 (114)
109 Holden Schirmer	SR	1095	South Tama County Tama	83	17:43.9	5:31.8 (121)	11:25.7 (120)
110 Yonas Andemichael	JR	1076	Perry	--	17:46.0	5:22.8 (92)	11:15.7 (103)
111 Kael Malichky	SR	1102	Washington	84	17:47.3	5:27.5 (107)	11:19.8 (110)
112 Kellen Dean	SR	1078	Sioux Center	85	17:50.5	5:27.1 (106)	11:21.0 (111)
113 Isaac Rankin	SO	1035	Knoxville	--	17:51.1	5:20.0 (73)	11:08.2 (90)
114 Andrew Shepherd	SR	1106	Washington	86	17:51.4	5:19.6 (71)	11:18.1 (109)
115 Elston Lindner	SR	1000	Central DeWitt	87	17:52.0	5:31.8 (122)	11:24.6 (115)
116 Barrett Jesina	SO	1092	South Tama County Tama	88	17:52.5	5:28.8 (111)	11:21.9 (112)
117 Chase Gach	SR	994	Carlisle	89	17:55.2	5:13.7 (45)	10:52.3 (51)
118 Ben Zimmer	SR	1005	Central DeWitt	90	17:55.3	5:31.5 (120)	11:24.6 (116)
119 Adam Wilke	SO	1004	Central DeWitt	91	17:57.8	5:31.9 (124)	11:25.1 (119)
120 Bryce Keller	SO	1027	Glenwood	92	18:00.3	5:28.3 (109)	11:25.1 (118)
121 Nathan Anderson	JR	1050	Moc-Floyd Valley	93	18:03.7	5:32.5 (126)	11:28.1 (124)
122 Karson Work	FR	1083	Sioux Center	94	18:06.3	5:32.5 (125)	11:30.5 (125)
123 Haidyn Cox	SR	1042	Lewis Central	95	18:07.2	5:35.5 (127)	11:27.6 (123)
124 Sam Peters	SR	989	ADM Adel	96	18:11.1	5:30.7 (118)	11:25.9 (121)
125 Liam Hays	SR	1025	Glenwood	97	18:18.9	5:20.6 (76)	11:24.6 (117)
126 Jackson VanHorn	SO	1014	Clear Creek-Amana	98	18:31.6	5:35.7 (128)	11:48.5 (128)
127 Nicholas Dahm	SR	1077	Sioux Center	99	18:33.8	5:40.2 (130)	11:53.0 (130)
128 Ethan West	SR	1031	Glenwood	100	18:36.6	5:30.5 (117)	11:46.1 (127)
129 Bodhi Langille	FR	1028	Glenwood	101	18:39.6	5:44.4 (132)	11:56.5 (131)
130 Colin Allen	JR	1111	Winterset	102	18:42.3	5:42.1 (131)	11:58.0 (132)
131 Chasen Caskey	FR	1057	Mount Vernon-Lisbon	103	18:42.7	5:26.3 (104)	11:32.3 (126)
132 Max Marple	JR	988	ADM Adel	104	18:46.5	5:37.8 (129)	11:52.3 (129)
133 Zach Wenger	SR	1110	West Delaware Manchester	--	20:34.4	6:25.9 (133)	13:18.1 (133)

