

**Luther College All-American Invitational**

**Luther College**

**Decorah, IA**

**September 14, 2019**

**Varsity Girls Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	Onalaska	73	4-5-19-20-25(33)(36)	1:38:40	19:44	1:32.5
2	Dubuque Senior	75	2-3-15-27-28(40)(53)	1:37:57	19:36	2:04.0
3	Hempstead	135	11-13-22-42-47(65)(95)	1:42:02	20:25	1:28.8
4	CR Prairie	142	6-16-31-44-45(60)(86)	1:42:14	20:27	1:51.3
5	Bloomington Jefferson	151	7-8-26-52-58(69)(82)	1:42:12	20:27	2:13.9
6	Linn-Mar	157	1-9-14-61-72(79)(168)	1:41:06	20:14	3:39.4
7	Oregon	227	21-35-38-63-70	1:45:34	21:07	1:39.5
8	Stewartville	273*	17-37-57-78-84(94)(171)	1:46:46	21:22	2:22.1
9	Decorah	273*	29-41-59-71-73(115)(155)	1:47:01	21:25	1:18.5
10	Champlin Park	321	18-39-80-85-99(147)(156)	1:47:59	21:36	2:44.9
11	Charles City	353	23-43-76-103-108(121)(122)	1:49:19	21:52	2:43.1
12	Regina	370	49-50-67-91-113(169)(176)	1:50:05	22:01	1:52.8
13	Mason City	379	24-66-77-88-124(132)(178)	1:49:59	22:00	3:09.9
14	Platteville	435	10-75-107-117-126(149)(158)	1:51:23	22:17	3:49.7
15	Chatfield	450	32-92-104-106-116(137)(143)	1:52:18	22:28	2:33.7
16	Crestwood	464	51-97-98-100-118(146)(170)	1:52:42	22:33	1:57.5
17	Xavier	472	30-68-101-109-164(173)(174)	1:53:01	22:37	4:06.8
18	La Crosse Central	473	48-55-112-128-130(131)	1:52:58	22:36	2:15.1
19	Austin	474	34-56-83-141-160(163)	1:52:36	22:32	3:35.7
20	Kee	475	12-89-93-136-145(161)	1:52:08	22:26	4:01.3
21	Waukon	518	54-110-111-114-129(139)(142)	1:54:22	22:53	1:58.6
22	Westby	553	74-87-120-134-138(150)	1:54:55	22:59	1:39.5
23	Rochester John Marshall	554	46-96-102-153-157(159)(162)	1:54:59	23:00	3:02.9
24	Osage	588	62-119-123-140-144(179)(181)	1:55:52	23:11	2:06.4
25	Aquinas	636	90-127-133-135-151(154)(165)	1:57:02	23:25	1:35.0
26	Lanesboro/Fillmore Central	652	81-105-148-152-166(167)(175)	1:58:05	23:37	2:48.4
27	New Hampton Comm	718	64-125-172-177-180(182)	2:04:02	24:49	5:10.9

**Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Micah Poellet	JR	Linn-Mar	1	18:14.4	---	05:51.9	03:38.9
2	Claire Edmondson	SR	Dubuque Senior	2	18:26.3	00:12.3	05:55.7	03:41.3
3	Lillian Schmidt	JR	Dubuque Senior	3	18:38.4	00:24.4	05:59.6	03:43.7
4	Amalia Malecek	JR	Onalaska	4	18:54.6	00:40.6	06:04.8	03:46.9
5	Lydia Malecek	JR	Onalaska	5	19:07.3	00:53.3	06:08.9	03:49.5
6	Gabby Cortez	SO	CR Prairie	6	19:19.5	01:05.5	06:12.8	03:51.9
7	Megan Lee	FR	Bloomington Jefferson	7	19:21.1	01:07.1	06:13.3	03:52.2
8	Megan Narveson	SR	Bloomington Jefferson	8	19:21.6	01:07.6	06:13.5	03:52.3
9	Chloe Skidmore	JR	Linn-Mar	9	19:27.0	01:13.0	06:15.2	03:53.4
10	Billie Wagner	FR	South Winneshiek	--	19:30.9	01:16.9	06:16.5	03:54.2
11	Brittani Meis	SR	Platteville	10	19:38.8	01:24.8	06:19.0	03:55.8
12	Hannah Brown	SR	Hempstead	11	19:45.0	01:31.0	06:21.0	03:57.0
13	Haley Meyer	SO	Kee	12	19:45.7	01:31.7	06:21.3	03:57.1
14	Emma Holesinger	SR	Hempstead	13	19:48.1	01:34.1	06:22.0	03:57.6

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15	Lilly Geelan	JR	Linn-Mar	14	19:51.3	01:37.3	06:23.0	03:58.2
16	Kate Miron	SR	Dubuque Senior	15	19:53.2	01:39.2	06:23.6	03:58.6
17	Laurdyn Meyer	JR	CR Prairie	16	19:54.6	01:40.6	06:24.1	03:58.9
18	Kailee Malone	SR	Stewartville	17	19:56.0	01:42.0	06:24.5	03:59.2
19	Abby Hibbs	7	Champlin Park	18	19:57.1	01:43.1	06:24.9	03:59.4
20	Jillian Lonning	SO	Onalaska	19	19:58.6	01:44.6	06:25.4	03:59.7
21	Jalyssa Blazek	SO	Turkey Valley Comm.	--	20:11.3	01:57.3	06:29.5	04:02.2
22	Ellie Smith	JR	Onalaska	20	20:12.2	01:58.2	06:29.8	04:02.4
23	Dasha Vorontsov	FR	Oregon	21	20:13.9	01:59.9	06:30.3	04:02.8
24	Kaylee Leicht	SR	Hempstead	22	20:14.9	02:00.9	06:30.6	04:03.0
25	Kiki Connell	JR	Charles City	23	20:15.6	02:01.6	06:30.9	04:03.1
26	Hannah Thomas	SR	Mason City	24	20:15.9	02:01.9	06:31.0	04:03.2
27	Zoie Dundon	SO	Burnsville	--	20:19.9	02:05.9	06:32.2	04:04.0
28	Carolyn Kearns	JR	Onalaska	25	20:27.1	02:13.1	06:34.6	04:05.4
29	Karley Thurston	SR	Bloomington Jefferson	26	20:28.5	02:14.5	06:35.0	04:05.7
30	Izzy Gorton	JR	Dubuque Senior	27	20:28.7	02:14.7	06:35.1	04:05.7
31	Josie Stackis	SR	Dubuque Senior	28	20:30.3	02:16.3	06:35.6	04:06.0
32	Rebecca Anderson	FR	Decorah	29	20:36.2	02:22.2	06:37.5	04:07.2
33	Hannah Denman	SR	Xavier	30	20:37.4	02:23.4	06:37.9	04:07.5
34	Alyza Koppes	SO	CR Prairie	31	20:38.2	02:24.2	06:38.1	04:07.6
35	Aletta Strande	FR	Chatfield	32	20:40.6	02:26.6	06:38.9	04:08.1
36	Rachel Hosch	JR	Onalaska	33	20:41.0	02:27.0	06:39.0	04:08.2
37	Nadia Vaughn	SO	Austin	34	20:44.0	02:30.0	06:40.0	04:08.8
38	Zoe Frank	SR	Oregon	35	20:44.9	02:30.9	06:40.3	04:09.0
39	Claudia Delgado	JR	Onalaska	36	20:50.7	02:36.7	06:42.2	04:10.1
40	Isabel Field	SR	Stewartville	37	20:52.1	02:38.1	06:42.6	04:10.4
41	Grace Riedl	SO	Oregon	38	20:54.3	02:40.3	06:43.3	04:10.8
42	Emily Lindell	SR	Champlin Park	39	20:55.0	02:41.0	06:43.5	04:11.0
43	Lucy Tompkins Garoutte	SO	Dubuque Senior	40	20:55.3	02:41.3	06:43.6	04:11.0
44	Leila Johnson	JR	Decorah	41	20:59.7	02:45.7	06:45.0	04:11.9
45	Brooke O'brein	FR	Hempstead	42	21:00.0	02:46.0	06:45.1	04:12.0
46	Rory Bickler	SR	Pacelli	--	21:06.8	02:52.8	06:47.3	04:13.4
47	Lydia Staudt	SO	Charles City	43	21:10.4	02:56.4	06:48.5	04:14.1
48	Grace Long	SO	CR Prairie	44	21:10.5	02:56.5	06:48.5	04:14.1
49	Lily Johannes	SO	CR Prairie	45	21:10.8	02:56.8	06:48.6	04:14.1
50	Greta Freed	JR	Rochester John Marshall	46	21:11.2	02:57.2	06:48.7	04:14.2
51	Audrey Franklin	JR	Hempstead	47	21:13.7	02:59.7	06:49.5	04:14.7
52	Jenna Hutschenreuter	FR	La Crosse Central	48	21:15.4	03:01.4	06:50.1	04:15.1
53	Josie Voss	SO	Regina	49	21:17.1	03:03.1	06:50.6	04:15.4
54	Annalee Bartles	JR	Regina	50	21:18.5	03:04.5	06:51.1	04:15.7
55	Olivia Ollendick	FR	Crestwood	51	21:20.0	03:06.0	06:51.6	04:16.0
56	Abby Tapajna	SO	Bloomington Jefferson	52	21:25.1	03:11.1	06:53.2	04:17.0
57	Lucia Nelson	JR	Dubuque Senior	53	21:27.3	03:13.3	06:53.9	04:17.5
58	Katelyn Benzing	SR	Waukon	54	21:31.8	03:17.8	06:55.3	04:18.3
59	Katie Christensen	FR	La Crosse Central	55	21:31.9	03:17.9	06:55.4	04:18.4
60	Marissa Shute	7	Austin	56	21:33.4	03:19.4	06:55.9	04:18.7

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61	Gracie Waltman	SR	Stewartville	57	21:34.6	03:20.6	06:56.3	04:18.9
62	Ella Graff	JR	Bloomington Jefferson	58	21:34.9	03:20.9	06:56.4	04:19.0
63	Meg Sessions	SR	Decorah	59	21:37.3	03:23.3	06:57.1	04:19.5
64	Hailey Cooper	JR	CR Prairie	60	21:37.8	03:23.8	06:57.3	04:19.6
65	Jamison Feldman	SR	Linn-Mar	61	21:39.3	03:25.3	06:57.8	04:19.8
66	Johnston Katelyn	FR	Osage	62	21:40.1	03:26.1	06:58.0	04:20.0
67	Julia Hutchinson	JR	Oregon	63	21:47.7	03:33.7	07:00.5	04:21.5
68	Lydia Gessner	SR	New Hampton Comm	64	21:48.2	03:34.2	07:00.6	04:21.6
69	Emily Richter	JR	Hempstead	65	21:50.6	03:36.6	07:01.4	04:22.1
70	Sami Miller	SR	Mason City	66	21:50.7	03:36.7	07:01.4	04:22.1
71	Mya Whitaker	FR	Regina	67	21:51.4	03:37.4	07:01.7	04:22.3
72	Elizabeth Schmitt	JR	Xavier	68	21:52.5	03:38.5	07:02.0	04:22.5
73	Bella Thurston	FR	Bloomington Jefferson	69	21:53.3	03:39.3	07:02.3	04:22.6
74	Clara Hughes	JR	Oregon	70	21:53.3	03:39.3	07:02.3	04:22.7
75	Annette Leschensky	SR	Decorah	71	21:53.3	03:39.3	07:02.3	04:22.7
76	Abbey Vezina	FR	Linn-Mar	72	21:53.7	03:39.7	07:02.4	04:22.7
77	Kalea Oftedahl	SR	Decorah	73	21:54.6	03:40.6	07:02.7	04:22.9
78	Jaycie Byrne	JR	Turkey Valley Comm.	--	21:57.5	03:43.5	07:03.6	04:23.5
79	Meghan Nelson	FR	Westby	74	22:00.4	03:46.4	07:04.5	04:24.1
80	Harmony Bell	JR	Platteville	75	22:00.5	03:46.5	07:04.6	04:24.1
81	Mackenzy Bilharz	SR	Charles City	76	22:01.5	03:47.5	07:04.9	04:24.3
82	Marcella Sierra	JR	Mason City	77	22:02.9	03:48.9	07:05.3	04:24.6
83	Gloria Nelson	SR	Stewartville	78	22:05.2	03:51.2	07:06.1	04:25.0
84	Emily Schmidt	SO	Linn-Mar	79	22:06.4	03:52.4	07:06.5	04:25.3
85	Callista Lamott	JR	Champlin Park	80	22:06.9	03:52.9	07:06.6	04:25.4
86	Brielle Ruen	SO	Lanesboro/Fillmore Central	81	22:08.1	03:54.1	07:07.0	04:25.6
87	Erin Drewitz	JR	Bloomington Jefferson	82	22:10.3	03:56.3	07:07.7	04:26.1
88	Cassidy Shute	FR	Austin	83	22:13.8	03:59.8	07:08.9	04:26.8
89	Olivia Field	SO	Stewartville	84	22:18.1	04:04.1	07:10.2	04:27.6
90	Atley Schreiner	JR	Champlin Park	85	22:18.1	04:04.1	07:10.2	04:27.6
91	Lindsey Barnes	JR	CR Prairie	86	22:20.2	04:06.2	07:10.9	04:28.0
92	Audra Johnson		Westby	87	22:20.7	04:06.7	07:11.1	04:28.1
93	Brycelyn Hason	JR	Mason City	88	22:23.3	04:09.3	07:11.9	04:28.6
94	Alison Wagner	FR	Kee	89	22:26.5	04:12.5	07:12.9	04:29.3
95	Andrea White	SO	Aquinas	90	22:26.5	04:12.5	07:13.0	04:29.3
96	Kennedy Scott	SR	Regina	91	22:27.8	04:13.8	07:13.4	04:29.5
97	Tessa McMahon	SO	Chatfield	92	22:32.7	04:18.7	07:15.0	04:30.5
98	Rachel Walleser	SR	Kee	93	22:33.4	04:19.4	07:15.2	04:30.7
99	Alison Graff	FR	Stewartville	94	22:35.0	04:21.0	07:15.7	04:31.0
100	Natalie Schlichte	FR	Hempstead	95	22:37.9	04:23.9	07:16.6	04:31.6
101	Caitlin Graves	JR	Rochester John Marshall	96	22:38.4	04:24.4	07:16.8	04:31.7
102	Rachel Steffen	SR	Crestwood	97	22:38.6	04:24.6	07:16.8	04:31.7
103	Kendal Slavin	SO	Crestwood	98	22:39.6	04:25.6	07:17.1	04:31.9
104	Maggie Grossman	JR	Champlin Park	99	22:42.0	04:28.0	07:17.9	04:32.4
105	Kyleigh Foster	SO	Crestwood	100	22:46.1	04:32.1	07:19.2	04:33.2
106	Megan Meyer	SR	Xavier	101	22:47.7	04:33.7	07:19.8	04:33.5

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107	Lydia Bergerson	SR	Rochester John Marshall	102	22:50.4	04:36.4	07:20.6	04:34.1
108	Monika Kacprzak	JR	Charles City	103	22:52.3	04:38.3	07:21.2	04:34.4
109	Abbi Gillespie	SO	Chatfield	104	22:54.6	04:40.6	07:22.0	04:34.9
110	Adeline Miner	FR	Lanesboro/Fillmore Central	105	22:55.1	04:41.1	07:22.1	04:35.0
111	Beatrice Martin	SR	Chatfield	106	22:55.2	04:41.2	07:22.2	04:35.0
112	Alexis Thompson	SR	Platteville	107	22:58.3	04:44.3	07:23.2	04:35.6
113	Brianna Ross	JR	Charles City	108	22:58.6	04:44.6	07:23.3	04:35.7
114	Nike Zillessen	JR	Xavier	109	22:58.8	04:44.8	07:23.3	04:35.8
115	Maddy Waters	JR	Waukon	110	23:01.0	04:47.0	07:24.0	04:36.2
116	Bailey Shafer	JR	Waukon	111	23:05.8	04:51.8	07:25.6	04:37.2
117	Taryn Winga	FR	La Crosse Central	112	23:09.4	04:55.4	07:26.7	04:37.9
118	Josie Pursley	SO	Regina	113	23:09.9	04:55.9	07:26.9	04:38.0
119	Ellec Armstead	SR	Waukon	114	23:12.4	04:58.4	07:27.7	04:38.5
120	Sam See	JR	Decorah	115	23:13.4	04:59.4	07:28.0	04:38.7
121	Belle Carr	8	Chatfield	116	23:14.2	05:00.2	07:28.3	04:38.8
122	Asha Ali	SR	Burnsville	--	23:14.8	05:00.8	07:28.5	04:38.9
123	Abigail Goomey	SO	Platteville	117	23:17.0	05:03.0	07:29.2	04:39.4
124	Libby Labosky	SR	Crestwood	118	23:17.4	05:03.4	07:29.3	04:39.5
125	Clare Huisman	SR	Osage	119	23:19.2	05:05.2	07:29.9	04:39.8
126	Denali Huebner		Westby	120	23:21.3	05:07.3	07:30.6	04:40.3
127	Lydia Thompson	JR	Charles City	121	23:22.1	05:08.1	07:30.8	04:40.4
128	Ingrid Hernandez	SR	Charles City	122	23:25.0	05:11.0	07:31.8	04:41.0
129	Makayla Mostek	SR	Osage	123	23:25.7	05:11.7	07:32.0	04:41.1
130	Avery Thompson	SO	Mason City	124	23:25.8	05:11.8	07:32.0	04:41.1
131	Ali Russler	FR	New Hampton Comm	125	23:27.8	05:13.8	07:32.7	04:41.6
132	Kasey Hammill	SO	Platteville	126	23:28.5	05:14.5	07:32.9	04:41.7
133	Sara Gyllander	FR	Aquinas	127	23:29.3	05:15.3	07:33.1	04:41.9
134	Edna Winga	JR	La Crosse Central	128	23:30.1	05:16.1	07:33.4	04:42.0
135	Madelyn Helgerson	SO	Waukon	129	23:30.3	05:16.3	07:33.5	04:42.1
136	Lilith Wehrs	SO	La Crosse Central	130	23:30.4	05:16.4	07:33.5	04:42.1
137	Jada Johnson	SO	La Crosse Central	131	23:30.5	05:16.5	07:33.5	04:42.1
138	Izabele Jaime	JR	Mason City	132	23:30.9	05:16.9	07:33.7	04:42.2
139	Grace Gyllander	JR	Aquinas	133	23:31.6	05:17.6	07:33.9	04:42.3
140	Ellen Johnson	JR	Westby	134	23:32.2	05:18.2	07:34.1	04:42.4
141	Naomi Koch	FR	Aquinas	135	23:32.4	05:18.4	07:34.1	04:42.5
142	Reagan Mudderma	SO	Kee	136	23:35.3	05:21.3	07:35.0	04:43.0
143	Katelyn Dornack	SO	Chatfield	137	23:36.4	05:22.4	07:35.4	04:43.3
144	Aubrey Jothen		Westby	138	23:39.8	05:25.8	07:36.5	04:44.0
145	Annika Headington	JR	Waukon	139	23:39.8	05:25.8	07:36.5	04:44.0
146	Talia Stangel	SO	Osage	140	23:39.9	05:25.9	07:36.5	04:44.0
147	Ruby Kvam	FR	Austin	141	23:44.4	05:30.4	07:38.0	04:44.9
148	Regan Griffith	JR	Waukon	142	23:44.9	05:30.9	07:38.2	04:45.0
149	Kaylee Maker	SR	Chatfield	143	23:45.3	05:31.3	07:38.3	04:45.0
150	Alexa Thyer	FR	Osage	144	23:46.5	05:32.5	07:38.7	04:45.3
151	Makayla Peters	SR	Kee	145	23:47.0	05:33.0	07:38.8	04:45.4
152	Mattie Slavin	SR	Crestwood	146	23:49.2	05:35.2	07:39.5	04:45.8

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153	Annie Miller	SR	Champlin Park	147	23:56.7	05:42.7	07:41.9	04:47.3
154	Abbey McAleer	JR	Burnsville	--	23:59.8	05:45.8	07:43.0	04:48.0
155	Morgan Pickett	SO	Lanesboro/Fillmore Central	148	24:00.8	05:46.8	07:43.2	04:48.1
156	Leah Hammill	SO	Platteville	149	24:01.0	05:47.0	07:43.3	04:48.2
157	Montana Lindahl	FR	Westby	150	24:01.4	05:47.4	07:43.4	04:48.3
158	Bella Timm	FR	Aquinas	151	24:01.5	05:47.5	07:43.5	04:48.3
159	Kelly Ristau	JR	Lanesboro/Fillmore Central	152	24:03.9	05:49.9	07:44.3	04:48.8
160	Taylor Adams	FR	Rochester John Marshall	153	24:05.1	05:51.1	07:44.6	04:49.0
161	Lilly Gyllander	JR	Aquinas	154	24:06.6	05:52.6	07:45.1	04:49.3
162	Shayla Betts	SR	Decorah	155	24:09.5	05:55.5	07:46.1	04:49.9
163	Elise Oldroyd	FR	Champlin Park	156	24:09.5	05:55.5	07:46.1	04:49.9
164	Holland Tanner	SR	Rochester John Marshall	157	24:14.1	06:00.1	07:47.5	04:50.8
165	Morgan Mumm	SR	Platteville	158	24:15.5	06:01.5	07:48.0	04:51.1
166	Caroline Soltis	SR	Rochester John Marshall	159	24:19.2	06:05.2	07:49.2	04:51.8
167	Lillyan Weise	8	Austin	160	24:19.6	06:05.6	07:49.3	04:51.9
168	Alaina Bakewell	FR	Kee	161	24:31.9	06:17.9	07:53.3	04:54.4
169	Alexandra Frei	FR	Rochester John Marshall	162	24:32.7	06:18.7	07:53.5	04:54.5
170	Grace Vortherms	8	Austin	163	24:38.8	06:24.8	07:55.5	04:55.7
171	Madelyn Dake	SO	Xavier	164	24:44.2	06:30.2	07:57.2	04:56.8
172	Gretta Gyllander	FR	Aquinas	165	24:46.1	06:32.1	07:57.8	04:57.2
173	Lauren Brogle	8	Lanesboro/Fillmore Central	166	24:56.5	06:42.5	08:01.2	04:59.3
174	Alida Berg	SR	Lanesboro/Fillmore Central	167	24:56.9	06:42.9	08:01.3	04:59.4
175	Katelyn Eilders	SR	Linn-Mar	168	24:57.7	06:43.7	08:01.6	04:59.5
176	Alex Spies	SO	Regina	169	25:00.2	06:46.2	08:02.4	05:00.0
177	Madison Brace	SR	Crestwood	170	25:02.6	06:48.6	08:03.1	05:00.5
178	Kendahl Lewis	FR	Pacelli	--	25:04.3	06:50.3	08:03.7	05:00.9
179	Abby Christopherson	FR	Pacelli	--	25:05.0	06:51.0	08:03.9	05:01.0
180	Ana Walters	JR	Stewartville	171	25:07.3	06:53.3	08:04.6	05:01.4
181	Grace Burrett	JR	New Hampton Comm	172	25:12.4	06:58.4	08:06.3	05:02.5
182	Faith Karl	SO	Xavier	173	25:13.4	06:59.4	08:06.6	05:02.7
183	Hope Schulte	JR	Xavier	174	25:17.6	07:03.6	08:08.0	05:03.5
184	Grace Springer	SR	Lanesboro/Fillmore Central	175	25:27.2	07:13.2	08:11.1	05:05.4
185	Allison Hein	SO	Regina	176	25:40.1	07:26.1	08:15.2	05:08.0
186	Campbellle Kolbet	FR	New Hampton Comm	177	26:34.3	08:20.3	08:32.6	05:18.9
187	Gwen Sewell	JR	Mason City	178	26:34.8	08:20.8	08:32.8	05:18.9
188	Natalie Shoars	FR	Osage	179	26:46.8	08:32.8	08:36.6	05:21.3
189	Riley Shatek	SR	New Hampton Comm	180	26:59.1	08:45.1	08:40.6	05:23.8
190	Elizabeth Hinders	FR	Osage	181	27:15.6	09:01.6	08:45.9	05:27.1
191	Catherine Pethoud	FR	New Hampton Comm	182	29:16.1	11:02.1	09:24.6	05:51.2

**Luther College All-American Invitational**

**Luther College**

**Decorah, IA**

**September 14, 2019**

**Varsity Boys Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	Bloomington Jefferson	107	1-14-25-30-37(55)(83)	1:24:34	16:55	1:41.1
2	Iowa City High	117	18-19-22-26-32(35)(36)	1:25:40	17:08	0:23.1
3	Linn-Mar	122	4-15-31-34-38(42)(48)	1:25:25	17:05	1:02.0
4	Iowa City - Liberty	129	11-12-21-39-46(74)(79)	1:25:44	17:09	0:54.1
5	Onalaska	140	5-9-29-33-64(149)(151)	1:25:50	17:10	1:26.5
6	CR Prairie	163	7-10-43-50-53(112)(138)	1:26:22	17:17	1:15.7
7	Rochester Century	215	16-27-56-57-59(61)(99)	1:28:00	17:36	1:01.2
8	Decorah	223	2-41-45-54-81(82)(97)	1:27:27	17:30	1:59.6
9	Champlin Park	235	3-23-60-65-84(86)(106)	1:27:45	17:33	1:59.1
10	Aquinas	281	20-28-68-77-88(93)(110)	1:28:59	17:48	1:17.2
11	Rochester John Marshall	325	6-44-80-95-100(143)(163)	1:29:22	17:53	1:58.4
12	Burnsville	348	8-40-91-104-105(119)	1:29:40	17:56	1:59.1
13	Mason City	410	17-76-89-111-117(118)(127)	1:31:01	18:13	1:50.8
14	South Winneshiek	441	63-67-71-96-144	1:31:58	18:24	1:25.0
15	Crestwood	466	49-72-73-135-137(162)(178)	1:32:08	18:26	1:21.5
16	Academy Of Holy Angels	473	13-62-120-131-147(150)(170)	1:32:04	18:25	2:36.5
17	La Crosse Central	491	24-70-128-130-139(171)(175)	1:32:29	18:30	2:01.3
18	Austin	502	51-85-121-122-123(124)(157)	1:32:34	18:31	1:04.9
19	Stewartville	516	75-78-102-113-148(152)(156)	1:33:20	18:40	1:26.8
20	Charles City	518	52-101-103-129-133(145)(146)	1:32:57	18:36	1:17.5
21	Platteville	573	58-115-116-126-158(166)(167)	1:34:17	18:52	1:57.6
22	Chatfield	586	90-107-108-140-141(159)(168)	1:34:10	18:50	0:54.4
23	Regina	590	66-94-109-160-161(169)(176)	1:35:04	19:01	1:54.5
24	Waukon	608	69-87-125-153-174	1:35:48	19:10	2:45.7
25	Westby	691	114-132-136-154-155(164)(165)	1:36:18	19:16	0:58.3
26	Osage	738	47-142-177-185-187(190)	1:43:21	20:41	5:03.4
27	Lanesboro/Fillmore Central	758	98-134-172-173-181(182)(184)	1:40:58	20:12	3:12.4
28	New Hampton Comm	820	92-179-180-183-186(188)(189)	1:45:56	21:12	4:09.3

**Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Colden Longley	SR	Bloomington Jefferson	1	15:44.4	---	05:03.7	03:08.9
2	Brady Hogan	JR	Decorah	2	16:15.9	00:31.9	05:13.8	03:15.2
3	Connor Preston	SR	Champlin Park	3	16:17.6	00:33.6	05:14.3	03:15.5
4	Dylan Dolezal	SR	Linn-Mar	4	16:24.2	00:40.2	05:16.4	03:16.8
5	Aidan Robinson	SR	Onalaska	5	16:32.5	00:48.5	05:19.1	03:18.5
6	Meti Omod	SR	Rochester John Marshall	6	16:33.2	00:49.2	05:19.4	03:18.6
7	Andrew Bickford	JR	CR Prairie	7	16:33.9	00:49.9	05:19.6	03:18.8
8	Matthew Krzmarzick	JR	Burnsville	8	16:36.6	00:52.6	05:20.4	03:19.3
9	Tyler Lee	SO	Onalaska	9	16:38.2	00:54.2	05:20.9	03:19.6
10	Hunter Kalous	JR	CR Prairie	10	16:39.2	00:55.2	05:21.3	03:19.8
11	Jack Kinzer	JR	Iowa City - Liberty	11	16:41.0	00:57.0	05:21.9	03:20.2
12	Bowen Gryp	JR	Iowa City - Liberty	12	16:49.5	01:05.5	05:24.6	03:21.9
13	Jack Peschel	SR	Academy Of Holy Angels	13	16:49.9	01:05.9	05:24.7	03:22.0

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14	Joe Gathje	JR	Bloomington Jefferson	14	16:51.6	01:07.6	05:25.3	03:22.3
15	Tryton Harper	SR	Linn-Mar	15	16:52.7	01:08.7	05:25.6	03:22.5
16	Seth Hill	JR	Rochester Century	16	16:55.0	01:11.0	05:26.3	03:23.0
17	Christian Rodriguez	JR	Mason City	17	16:56.1	01:12.1	05:26.7	03:23.2
18	Truman Thompson	FR	Iowa City High	18	16:57.1	01:13.1	05:27.0	03:23.4
19	Lance Smith	JR	Iowa City High	19	16:58.5	01:14.5	05:27.5	03:23.7
20	Mitch Ellis	JR	Aquinas	20	17:02.7	01:18.7	05:28.8	03:24.5
21	Peter Woodward	SR	Iowa City - Liberty	21	17:08.8	01:24.8	05:30.8	03:25.7
22	Evan McElory	JR	Iowa City High	22	17:09.1	01:25.1	05:30.9	03:25.8
23	Dontae Johnson	SR	Champlin Park	23	17:11.7	01:27.7	05:31.7	03:26.3
24	Wesley Barnhart	FR	La Crosse Central	24	17:12.5	01:28.5	05:32.0	03:26.5
25	Mason Young	SO	Bloomington Jefferson	25	17:13.8	01:29.8	05:32.4	03:26.7
26	Parker Max	SO	Iowa City High	26	17:15.2	01:31.2	05:32.8	03:27.0
27	Carter Poncelet	SO	Rochester Century	27	17:17.7	01:33.7	05:33.7	03:27.5
28	Zachary Degroot	SR	Aquinas	28	17:18.5	01:34.5	05:33.9	03:27.7
29	Austin Oyen	SO	Onalaska	29	17:18.8	01:34.8	05:34.0	03:27.8
30	Timothy Lueth	SR	Bloomington Jefferson	30	17:18.9	01:34.9	05:34.0	03:27.8
31	Zion Rios	SR	Linn-Mar	31	17:19.6	01:35.6	05:34.3	03:27.9
32	Elliot Dunnwald	SO	Iowa City High	32	17:20.2	01:36.2	05:34.4	03:28.0
33	Jacob Oyen	JR	Onalaska	33	17:21.1	01:37.1	05:34.7	03:28.2
34	Jacob Derr	JR	Linn-Mar	34	17:22.3	01:38.3	05:35.1	03:28.5
35	Mitchell Wilkes	SR	Iowa City High	35	17:23.1	01:39.1	05:35.4	03:28.6
36	Joe Fischer	JR	Iowa City High	36	17:24.6	01:40.6	05:35.9	03:28.9
37	Zach Studdiford	SO	Bloomington Jefferson	37	17:25.4	01:41.4	05:36.1	03:29.1
38	Miles Matson	SO	Linn-Mar	38	17:26.1	01:42.1	05:36.3	03:29.2
39	Caleb Schillinger	JR	Iowa City - Liberty	39	17:29.0	01:45.0	05:37.3	03:29.8
40	Bereket Wondimu	SR	Burnsville	40	17:29.2	01:45.2	05:37.3	03:29.8
41	Spencer Peterson	SR	Decorah	41	17:30.2	01:46.2	05:37.7	03:30.0
42	Cadin Evans	SR	Linn-Mar	42	17:31.4	01:47.4	05:38.1	03:30.3
43	Bryson Canton	SO	CR Prairie	43	17:33.6	01:49.6	05:38.8	03:30.7
44	Peter Dahlen	JR	Rochester John Marshall	44	17:34.7	01:50.7	05:39.1	03:30.9
45	Noah Lovelace	JR	Decorah	45	17:34.9	01:50.9	05:39.2	03:31.0
46	Christian Montover	SO	Iowa City - Liberty	46	17:35.1	01:51.1	05:39.2	03:31.0
47	Caleb Sledd	SR	Osage	47	17:37.8	01:53.8	05:40.1	03:31.5
48	Hayden Kuhn	SO	Linn-Mar	48	17:38.3	01:54.3	05:40.3	03:31.6
49	Bryden Juelsguard	SR	Crestwood	49	17:44.7	02:00.7	05:42.3	03:32.9
50	Riley Wheeler	SR	CR Prairie	50	17:45.8	02:01.8	05:42.7	03:33.2
51	Jackson Marsh	JR	Austin	51	17:46.1	02:02.1	05:42.8	03:33.2
52	Jacob Vais	SO	Charles City	52	17:47.1	02:03.1	05:43.1	03:33.4
53	Ty Costigan	JR	CR Prairie	53	17:49.5	02:05.5	05:43.9	03:33.9
54	Pat Bockman	SR	Decorah	54	17:50.0	02:06.0	05:44.0	03:34.0
55	Zachary Skinner	JR	Bloomington Jefferson	55	17:52.2	02:08.2	05:44.8	03:34.4
56	Silas Green	JR	Rochester Century	56	17:54.6	02:10.6	05:45.5	03:34.9
57	Benjamin Larson	SR	Rochester Century	57	17:55.8	02:11.8	05:45.9	03:35.1
58	John Wells	JR	Platteville	58	17:56.1	02:12.1	05:46.0	03:35.2
59	Eric Welch	SR	Rochester Century	59	17:56.1	02:12.1	05:46.0	03:35.2

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60	Ethan Ibarra	FR	Champlin Park	60	17:56.6	02:12.6	05:46.2	03:35.3
61	Ryan Horton	JR	Rochester Century	61	17:57.0	02:13.0	05:46.3	03:35.4
62	Jake Bennett	JR	Academy Of Holy Angels	62	17:57.2	02:13.2	05:46.4	03:35.4
63	Emmett Schwartzhoff	SR	South Winneshiek	63	17:57.9	02:13.9	05:46.6	03:35.6
64	Damon Zielke	SR	Onalaska	64	17:58.9	02:14.9	05:46.9	03:35.8
65	Mark Scheller	SR	Champlin Park	65	18:02.0	02:18.0	05:47.9	03:36.4
66	Joe Maley	FR	Regina	66	18:04.2	02:20.2	05:48.6	03:36.8
67	Chance Adam	SO	South Winneshiek	67	18:04.2	02:20.2	05:48.6	03:36.8
68	Alec Taylor	SO	Aquinas	68	18:05.0	02:21.0	05:48.9	03:37.0
69	Logan Houg	SR	Waukon	69	18:05.2	02:21.2	05:48.9	03:37.0
70	Preston Graul	JR	La Crosse Central	70	18:05.5	02:21.5	05:49.0	03:37.1
71	Jamison Meyer	JR	South Winneshiek	71	18:05.5	02:21.5	05:49.0	03:37.1
72	Justin Nibaur	JR	Crestwood	72	18:06.1	02:22.1	05:49.2	03:37.2
73	Ethan Govern	SO	Crestwood	73	18:06.5	02:22.5	05:49.3	03:37.3
74	Logan Nelson	SO	Iowa City - Liberty	74	18:08.9	02:24.9	05:50.1	03:37.8
75	Jakob Ratelle	JR	Stewartville	75	18:10.3	02:26.3	05:50.6	03:38.0
76	Miguel Jaime	SR	Mason City	76	18:12.2	02:28.2	05:51.2	03:38.4
77	Nick Drye	SO	Aquinas	77	18:12.3	02:28.3	05:51.2	03:38.4
78	Scott Boelman	JR	Stewartville	78	18:14.2	02:30.2	05:51.8	03:38.8
79	Gavin Keeney	SO	Iowa City - Liberty	79	18:15.2	02:31.2	05:52.1	03:39.0
80	Garrett Eick	SO	Rochester John Marshall	80	18:15.4	02:31.4	05:52.2	03:39.1
81	Willem Hawley	SR	Decorah	81	18:15.5	02:31.5	05:52.2	03:39.1
82	Joseph Seo	SR	Decorah	82	18:15.9	02:31.9	05:52.3	03:39.2
83	Ian Klein	8	Bloomington Jefferson	83	18:16.6	02:32.6	05:52.6	03:39.3
84	Jack Nightingale	SR	Champlin Park	84	18:16.7	02:32.7	05:52.6	03:39.3
85	Alex Petrik	JR	Austin	85	18:17.9	02:33.9	05:53.0	03:39.6
86	Zac Oldroyd	SR	Champlin Park	86	18:18.7	02:34.7	05:53.3	03:39.7
87	Nathan O'Neill	FR	Waukon	87	18:18.8	02:34.8	05:53.3	03:39.8
88	Ethan Nott	SR	Aquinas	88	18:19.9	02:35.9	05:53.7	03:40.0
89	Kevin Carney	FR	Mason City	89	18:23.0	02:39.0	05:54.6	03:40.6
90	Treyton Lanning	FR	Chatfield	90	18:23.0	02:39.0	05:54.7	03:40.6
91	Zachary Friedman	SO	Burnsville	91	18:23.3	02:39.3	05:54.8	03:40.7
92	Dylan Usher	SO	New Hampton Comm	92	18:25.2	02:41.2	05:55.3	03:41.0
93	Teddy Uehling	JR	Aquinas	93	18:25.5	02:41.5	05:55.5	03:41.1
94	Dan Maley	FR	Regina	94	18:26.2	02:42.2	05:55.7	03:41.2
95	Stephen Akin	SR	Rochester John Marshall	95	18:27.2	02:43.2	05:56.0	03:41.4
96	Isaiah Kruckman	SO	South Winneshiek	96	18:27.7	02:43.7	05:56.1	03:41.5
97	Samuel Robinson	SR	Decorah	97	18:28.8	02:44.8	05:56.5	03:41.7
98	Carson Ruen	SO	Lanesboro/Fillmore Central	98	18:31.3	02:47.3	05:57.3	03:42.3
99	Luke Attlesey	SO	Rochester Century	99	18:31.6	02:47.6	05:57.4	03:42.3
100	Jonathan Devlin	SR	Rochester John Marshall	100	18:31.6	02:47.6	05:57.4	03:42.3
101	Alex Bauer	JR	Charles City	101	18:31.8	02:47.8	05:57.5	03:42.4
102	Caleb Goff	FR	Stewartville	102	18:34.6	02:50.6	05:58.4	03:42.9
103	Luke Smith	JR	Charles City	103	18:35.0	02:51.0	05:58.5	03:43.0
104	Jake Schouten	SR	Burnsville	104	18:35.6	02:51.6	05:58.7	03:43.1
105	Everette Sandbo	SO	Burnsville	105	18:35.6	02:51.6	05:58.7	03:43.1

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106	Blake Olson	JR	Champlin Park	106	18:36.1	02:52.1	05:58.9	03:43.2
107	Alex Wright	JR	Chatfield	107	18:36.3	02:52.3	05:58.9	03:43.3
108	Brady Woltz	SR	Chatfield	108	18:37.8	02:53.8	05:59.4	03:43.5
109	Ethan Boileau	SR	Regina	109	18:38.0	02:54.0	05:59.5	03:43.6
110	Ryan Conzemius	JR	Aquinas	110	18:40.0	02:56.0	06:00.1	03:44.0
111	Trevor Torkelson	JR	Mason City	111	18:42.7	02:58.7	06:01.0	03:44.5
112	Michael Guckenberger	JR	CR Prairie	112	18:43.4	02:59.4	06:01.2	03:44.7
113	Isaiah Fitzgerald	SO	Stewartville	113	18:43.6	02:59.6	06:01.3	03:44.7
114	Taylor Thunstedt		Westby	114	18:44.5	03:00.5	06:01.6	03:44.9
115	Cal Udelhofen	SR	Platteville	115	18:45.6	03:01.6	06:01.9	03:45.1
116	Sam Kronick	SR	Platteville	116	18:46.0	03:02.0	06:02.0	03:45.2
117	David Johnson	SR	Mason City	117	18:46.9	03:02.9	06:02.3	03:45.4
118	Claudio Mateo	JR	Mason City	118	18:47.2	03:03.2	06:02.4	03:45.4
119	Ruben Ramirez	JR	Burnsville	119	18:48.4	03:04.4	06:02.8	03:45.7
120	William Eikens	SR	Academy Of Holy Angels	120	18:48.8	03:04.8	06:02.9	03:45.7
121	Kyle Mayer	SO	Austin	121	18:48.9	03:04.9	06:03.0	03:45.8
122	Andrew Neitzell	SR	Austin	122	18:49.6	03:05.6	06:03.2	03:45.9
123	Nickolas Whalen	SR	Austin	123	18:51.0	03:07.0	06:03.6	03:46.2
124	Thomas Herrick	FR	Austin	124	18:52.3	03:08.3	06:04.1	03:46.5
125	Zach Davison	SR	Waukon	125	18:52.3	03:08.3	06:04.1	03:46.5
126	Quinn Wright	FR	Platteville	126	18:55.1	03:11.1	06:05.0	03:47.0
127	Luke Mulholland	SR	Mason City	127	18:55.6	03:11.6	06:05.1	03:47.1
128	Max Olson	SO	La Crosse Central	128	18:57.9	03:13.9	06:05.9	03:47.6
129	Phillip Bachman	SR	Charles City	129	18:58.3	03:14.3	06:06.0	03:47.6
130	Ben Flatten	JR	La Crosse Central	130	18:59.3	03:15.3	06:06.3	03:47.8
131	Jacob Vogt	JR	Academy Of Holy Angels	131	19:01.4	03:17.4	06:07.0	03:48.3
132	Brendan Griffin	SR	Westby	132	19:03.4	03:19.4	06:07.6	03:48.7
133	Zack Graeser	JR	Charles City	133	19:04.5	03:20.5	06:08.0	03:48.9
134	Riley Serfling	SO	Lanesboro/Fillmore Central	134	19:04.5	03:20.5	06:08.0	03:48.9
135	Natheniel Bigalk	SO	Crestwood	135	19:04.8	03:20.8	06:08.1	03:48.9
136	Evan Peterson	SR	Westby	136	19:04.9	03:20.9	06:08.1	03:49.0
137	Ethan Mast	SO	Crestwood	137	19:06.2	03:22.2	06:08.5	03:49.2
138	Zach Cooper	FR	CR Prairie	138	19:06.2	03:22.2	06:08.5	03:49.2
139	Jayden Lewis	JR	Pacelli	--	19:11.0	03:27.0	06:10.1	03:50.2
140	Jacob San Miguel	SO	La Crosse Central	139	19:13.8	03:29.8	06:11.0	03:50.7
141	Evan Wright	JR	Chatfield	140	19:15.0	03:31.0	06:11.4	03:51.0
142	Logan Thompson	SO	Chatfield	141	19:17.4	03:33.4	06:12.1	03:51.5
143	Keagan Hennessey	FR	Osage	142	19:20.3	03:36.3	06:13.1	03:52.0
144	Nick Wiest	JR	Rochester John Marshall	143	19:21.5	03:37.5	06:13.4	03:52.3
145	Toby Conway	JR	South Winneshiek	144	19:22.9	03:38.9	06:13.9	03:52.6
146	Jared Johnson	SO	Charles City	145	19:25.3	03:41.3	06:14.7	03:53.1
147	Bronson Forsyth	SR	Charles City	146	19:26.3	03:42.3	06:15.0	03:53.3
148	Liam Sheeley	JR	Academy Of Holy Angels	147	19:26.3	03:42.3	06:15.0	03:53.3
149	Chase Neubauer	SO	Stewartville	148	19:37.1	03:53.1	06:18.5	03:55.4
150	Jesse DeChambeau	SO	Onalaska	149	19:38.7	03:54.7	06:19.0	03:55.7
151	Jack Schutz	SR	Academy Of Holy Angels	150	19:38.7	03:54.7	06:19.0	03:55.7

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152	Parker Lorenz	JR	Onalaska	151	19:38.8	03:54.8	06:19.0	03:55.8
153	Preston Sires	SO	Stewartville	152	19:39.6	03:55.6	06:19.3	03:55.9
154	Ryan Lubahn	JR	Waukon	153	19:40.7	03:56.7	06:19.6	03:56.1
155	Blake Hanson	FR	Westby	154	19:42.2	03:58.2	06:20.1	03:56.4
156	Cooper Lipski	SR	Westby	155	19:42.8	03:58.8	06:20.3	03:56.5
157	Christopher Remling	JR	Stewartville	156	19:45.2	04:01.2	06:21.1	03:57.0
158	Joseph Garry	FR	Austin	157	19:53.1	04:09.1	06:23.6	03:58.6
159	Casen Udelhofen	FR	Platteville	158	19:53.6	04:09.6	06:23.8	03:58.7
160	Colby Aarhus	SR	Chatfield	159	19:53.6	04:09.6	06:23.8	03:58.7
161	Andrew Miller	SR	Regina	160	19:57.2	04:13.2	06:24.9	03:59.4
162	Adam Boblenz	SO	Regina	161	19:58.7	04:14.7	06:25.4	03:59.7
163	Caleb Shea	SR	Crestwood	162	20:10.7	04:26.7	06:29.3	04:02.1
164	Adam Peterson	SR	Rochester John Marshall	163	20:13.1	04:29.1	06:30.1	04:02.6
165	Jhett Sherry	SO	Westby	164	20:14.2	04:30.2	06:30.4	04:02.8
166	Eli Larrington	SO	Westby	165	20:14.9	04:30.9	06:30.6	04:03.0
167	Chris Wagner	JR	Kee	--	20:16.0	04:32.0	06:31.0	04:03.2
168	Caleb Wright	JR	Platteville	166	20:16.7	04:32.7	06:31.2	04:03.3
169	Erik Grabandt	FR	Platteville	167	20:17.1	04:33.1	06:31.3	04:03.4
170	Gabe Erding	FR	Chatfield	168	20:22.0	04:38.0	06:32.9	04:04.4
171	Evan Lacina	FR	Regina	169	20:36.6	04:52.6	06:37.6	04:07.3
172	Finn Olson	SR	Academy Of Holy Angels	170	20:41.4	04:57.4	06:39.1	04:08.3
173	Collin Erickson	FR	La Crosse Central	171	20:44.6	05:00.6	06:40.2	04:08.9
174	Nicholas Weist	8	Lanesboro/Fillmore Central	172	20:48.7	05:04.7	06:41.5	04:09.7
175	Kaleb Arndt	SO	Lanesboro/Fillmore Central	173	20:49.6	05:05.6	06:41.8	04:09.9
176	Aidan Jones	JR	Waukon	174	20:50.8	05:06.8	06:42.2	04:10.2
177	Aiden Hutschenreuter	SO	La Crosse Central	175	21:02.2	05:18.2	06:45.8	04:12.4
178	Nicholas Abusada	JR	Regina	176	21:05.8	05:21.8	06:47.0	04:13.2
179	Ashton Sonberg	FR	Osage	177	21:10.5	05:26.5	06:48.5	04:14.1
180	Matthew Slifka	SR	Crestwood	178	21:13.0	05:29.0	06:49.3	04:14.6
181	Hayden Hauser	FR	New Hampton Comm	179	21:17.3	05:33.3	06:50.7	04:15.5
182	Kaiser Croell	SO	New Hampton Comm	180	21:42.8	05:58.8	06:58.9	04:20.5
183	Qwinton Tripp	8	Lanesboro/Fillmore Central	181	21:43.7	05:59.7	06:59.2	04:20.7
184	Tate Pieper	SO	Lanesboro/Fillmore Central	182	21:51.0	06:07.0	07:01.5	04:22.2
185	Lance Reicks	SO	New Hampton Comm	183	21:55.8	06:11.8	07:03.1	04:23.1
186	Ben Erickson	SO	Lanesboro/Fillmore Central	184	22:04.3	06:20.3	07:05.8	04:24.8
187	Mathew Johnson	SO	Osage	185	22:31.4	06:47.4	07:14.5	04:30.3
188	Preston Trower	SO	New Hampton Comm	186	22:34.4	06:50.4	07:15.5	04:30.9
189	Skyler Wright	SO	Osage	187	22:41.1	06:57.1	07:17.6	04:32.2
190	Jacob Hidding	SO	New Hampton Comm	188	22:42.0	06:58.0	07:17.9	04:32.4
191	Blake Klingfus	SO	Pacelli	--	24:34.4	08:50.4	07:54.1	04:54.9
192	Ashton McShane	JR	New Hampton Comm	189	25:52.3	10:08.3	08:19.1	05:10.5
193	Carson Nasstrom	FR	Osage	190	28:34.7	12:50.7	09:11.3	05:42.9

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**Junior Varsity Girls Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	Dubuque Senior	24	1-3-4-5-11(13)(21)	1:48:15	21:39	1:08.6
2	Bloomington Jefferson	79	2-7-8-30-32(68)(78)	1:51:30	22:18	2:06.8
3	Decorah	111	15-22-23-24-27(36)(43)	1:53:58	22:48	0:22.3
4	Onalaska	119	6-9-10-14-80(110)(127)	1:53:50	22:46	3:30.0
5	CR Prairie	157	12-28-33-35-49(52)(56)	1:56:21	23:17	1:41.0
6	Hempstead	167	17-25-39-40-46(51)(60)	1:56:53	23:23	1:21.2
7	Charles City	183	20-31-37-45-50(57)(72)	1:57:23	23:29	1:25.4
8	Oregon	298	18-34-67-89-90(94)(108)	2:02:26	24:30	3:13.6
9	South Winneshiek	304	16-26-70-79-113(119)(120)	2:02:30	24:30	4:20.4
10	Platteville	306	41-54-61-73-77(81)(96)	2:02:36	24:32	1:21.9
11	Champlin Park	307	29-53-58-82-85(95)(132)	2:02:31	24:31	2:26.5
12	La Crosse Central	313	19-38-59-92-105(114)(118)	2:02:42	24:33	3:42.4
13	Rochester John Marshall	321	47-63-64-71-76(84)(87)	2:03:26	24:42	1:11.6
14	Waukon	391	55-65-74-97-100(102)	2:06:08	25:14	1:55.7
15	Chatfield	436	66-69-75-98-128	2:09:54	25:59	4:12.6
16	Crestwood	441	42-88-101-103-107(115)(122)	2:08:09	25:38	2:30.6
17	Linn-Mar	446	62-83-93-99-109(111)(126)	2:08:35	25:43	2:04.3
18	Mason City	483	44-86-112-116-125	2:11:21	26:17	4:15.9
19	Burnsville	535	48-106-121-129-131(134)(135)	2:16:07	27:14	5:16.5
20	Lanesboro/Fillmore Central	572	91-104-123-124-130(133)	2:16:55	27:23	3:21.1
21	Osage	667	117-136-137-138-139	2:43:01	32:37	9:06.4

**Junior Varsity Girls Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Caylie Kosanke	SO	Dubuque Senior	1	21:06.1	---	06:47.1	04:13.2
2	Maren Myers	8	Bloomington Jefferson	2	21:09.4	00:03.4	06:48.2	04:13.9
3	Elyza Hoffman	JR	Dubuque Senior	3	21:33.1	00:27.1	06:55.8	04:18.6
4	Elise Hallstoos	SO	Dubuque Senior	4	21:37.2	00:31.2	06:57.1	04:19.4
5	Grace Ries	SR	Dubuque Senior	5	21:43.5	00:37.5	06:59.1	04:20.7
6	Jenny Harding	SR	Onalaska	6	21:50.9	00:44.9	07:01.5	04:22.2
7	Jamie Drewitz	8	Bloomington Jefferson	7	21:54.2	00:48.2	07:02.5	04:22.8
8	Lexi Lewis	7	Pacelli	--	21:54.7	00:48.7	07:02.7	04:22.9
9	Caroline Hemann	FR	Bloomington Jefferson	8	22:00.6	00:54.6	07:04.6	04:24.1
10	Ali Thomas	FR	Onalaska	9	22:04.0	00:58.0	07:05.7	04:24.8
11	Caitlin Caretta	SR	Onalaska	10	22:07.5	01:01.5	07:06.8	04:25.5
12	Kirsten Koopal	7	Pacelli	--	22:07.6	01:01.6	07:06.9	04:25.5
13	Eva Wood	JR	Dubuque Senior	11	22:14.7	01:08.7	07:09.1	04:26.9
14	Emma Keiper	FR	CR Prairie	12	22:19.8	01:13.8	07:10.8	04:27.9
15	Kes Whalen	SR	Dubuque Senior	13	22:20.4	01:14.4	07:11.0	04:28.1
16	Falyn Stalnaker	SO	Onalaska	14	22:26.6	01:20.6	07:13.0	04:29.3
17	Brielle Buresh	SO	Decorah	15	22:34.7	01:28.7	07:15.6	04:30.9
18	Megan Hageman	FR	South Winneshiek	16	22:34.7	01:28.7	07:15.6	04:30.9
19	Anna Besler	FR	Hempstead	17	22:35.0	01:29.0	07:15.7	04:31.0
20	Bella Murphy	SO	Oregon	18	22:35.3	01:29.3	07:15.8	04:31.1

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21	Emilia Veum	FR	La Crosse Central	19	22:35.8	01:29.8	07:15.9	04:31.1
22	Mindi Neve	SR	Charles City	20	22:36.0	01:30.0	07:16.0	04:31.2
23	Julia Kilgore	FR	Dubuque Senior	21	22:36.6	01:30.6	07:16.2	04:31.3
24	Julianne Caceres	SO	Dubuque Senior	--	22:37.8	01:31.8	07:16.6	04:31.6
25	Amy Jensen	FR	Decorah	22	22:48.3	01:42.3	07:20.0	04:33.7
26	Britta Swanson	SR	Decorah	23	22:48.7	01:42.7	07:20.1	04:33.7
27	Annalise Skrade	FR	Decorah	24	22:49.0	01:43.0	07:20.2	04:33.8
28	Jaime Weidemann	JR	Hempstead	25	22:53.2	01:47.2	07:21.5	04:34.6
29	Eryn Sabelka	SO	South Winneshiek	26	22:56.8	01:50.8	07:22.7	04:35.4
30	Fiona Buresh	JR	Decorah	27	22:57.0	01:51.0	07:22.7	04:35.4
31	Jessa Day	JR	CR Prairie	28	23:04.5	01:58.5	07:25.2	04:36.9
32	Greta Bahe	SR	Champlin Park	29	23:06.6	02:00.6	07:25.8	04:37.3
33	Molly Woods	FR	Bloomington Jefferson	30	23:09.0	02:03.0	07:26.6	04:37.8
34	Selah Opp	SR	Charles City	31	23:14.8	02:08.8	07:28.5	04:39.0
35	Carmen Brewers	FR	Bloomington Jefferson	32	23:16.2	02:10.2	07:28.9	04:39.2
36	Natalie Bennett	JR	CR Prairie	33	23:23.4	02:17.4	07:31.2	04:40.7
37	Amelia Hermanson	SO	Oregon	34	23:23.9	02:17.9	07:31.4	04:40.8
38	Lily Balayti	SO	Dubuque Senior	--	23:28.7	02:22.7	07:32.9	04:41.7
39	Anna Eckert	JR	CR Prairie	35	23:32.4	02:26.4	07:34.1	04:42.5
40	Madison Tollefson	FR	Decorah	36	23:33.8	02:27.8	07:34.6	04:42.7
41	Estella Brown	FR	Dubuque Senior	--	23:34.9	02:28.9	07:34.9	04:43.0
42	Lauren Schmitt	JR	Austin	--	23:36.6	02:30.6	07:35.5	04:43.3
43	Rylie Patrie	JR	Charles City	37	23:37.9	02:31.9	07:35.9	04:43.6
44	Santanna Carranza	FR	La Crosse Central	38	23:39.1	02:33.1	07:36.3	04:43.8
45	Evelyn Jenkins	JR	Dubuque Senior	--	23:40.8	02:34.8	07:36.8	04:44.2
46	Trinity Kessler	SO	Hempstead	39	23:41.6	02:35.6	07:37.1	04:44.3
47	Claire Paulson	SR	Hempstead	40	23:47.0	02:41.0	07:38.8	04:45.4
48	Paige Kerkenbusch	FR	Platteville	41	23:48.4	02:42.4	07:39.3	04:45.7
49	Tara Koshatka	FR	Crestwood	42	23:49.2	02:43.2	07:39.5	04:45.8
50	Brooke Courtney	SR	Decorah	43	23:51.4	02:45.4	07:40.2	04:46.3
51	Madisyn Heller	JR	Mason City	44	23:52.0	02:46.0	07:40.4	04:46.4
52	Libbie McKeag	JR	Charles City	45	23:53.1	02:47.1	07:40.8	04:46.6
53	Mairi Sessions	FR	Decorah	--	23:54.6	02:48.6	07:41.3	04:46.9
54	Sophia Dallal	FR	Hempstead	46	23:56.2	02:50.2	07:41.8	04:47.2
55	Kaylee Rauchwarter	SR	Rochester John Marshall	47	23:57.9	02:51.9	07:42.3	04:47.6
56	Darrian Gardner	SO	Burnsville	48	24:00.6	02:54.6	07:43.2	04:48.1
57	Julianne Hodges	JR	CR Prairie	49	24:00.7	02:54.7	07:43.2	04:48.1
58	Liz Fiser	SR	Charles City	50	24:01.3	02:55.3	07:43.4	04:48.3
59	Mya Numedahl	JR	Decorah	--	24:03.8	02:57.8	07:44.2	04:48.8
60	Maddie Digman	FR	Hempstead	51	24:04.2	02:58.2	07:44.4	04:48.8
61	Chiara Loesche	JR	CR Prairie	52	24:05.0	02:59.0	07:44.6	04:49.0
62	Cassidy Tanner	JR	Champlin Park	53	24:05.8	02:59.8	07:44.9	04:49.1
63	Mattie Scheckles	SR	Dubuque Senior	--	24:09.1	03:03.1	07:45.9	04:49.8
64	Sara Langmeier	SR	Platteville	54	24:12.6	03:06.6	07:47.1	04:50.5
65	Cambree Kruse	SO	Turkey Valley Comm.	--	24:13.3	03:07.3	07:47.3	04:50.7
66	Hannah Teslow	SO	Waukon	55	24:14.3	03:08.3	07:47.6	04:50.9

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67	Emilee Horak	JR	CR Prairie	56	24:15.6	03:09.6	07:48.0	04:51.1
68	Kaylin Patten	FR	Charles City	57	24:18.4	03:12.4	07:48.9	04:51.7
69	Melina Ung	FR	Champlin Park	58	24:18.6	03:12.6	07:49.0	04:51.7
70	Julia Poelma	JR	La Crosse Central	59	24:18.7	03:12.7	07:49.0	04:51.7
71	Abby Hallverson	SO	Decorah	--	24:20.7	03:14.7	07:49.7	04:52.1
72	Hannah Roe	SO	CR Prairie	--	24:21.4	03:15.4	07:49.9	04:52.3
73	Maddox Kalous	FR	CR Prairie	--	24:24.7	03:18.7	07:50.9	04:52.9
74	Maggie Kane	JR	Decorah	--	24:25.7	03:19.7	07:51.3	04:53.1
75	Samantha Schmitt	SO	Hempstead	60	24:26.2	03:20.2	07:51.4	04:53.2
76	Mia Bernhardt	SR	Platteville	61	24:26.2	03:20.2	07:51.4	04:53.2
77	Rachel Bower	JR	Decorah	--	24:26.3	03:20.3	07:51.5	04:53.2
78	Ramsey Zilka	FR	Decorah	--	24:28.9	03:22.9	07:52.3	04:53.8
79	Morgan Brauer	JR	Decorah	--	24:29.4	03:23.4	07:52.5	04:53.9
80	Anna Haber	FR	Dubuque Senior	--	24:31.1	03:25.1	07:53.0	04:54.2
81	Anna Gehl	SO	Hempstead	--	24:31.5	03:25.5	07:53.1	04:54.3
82	Mika Ndikumana	JR	Linn-Mar	62	24:34.4	03:28.4	07:54.1	04:54.9
83	Evelyn Wertzberger	SO	Dubuque Senior	--	24:41.3	03:35.3	07:56.3	04:56.3
84	Ellen Rooney	FR	Decorah	--	24:41.4	03:35.4	07:56.3	04:56.3
85	Halle Squires	FR	Rochester John Marshall	63	24:41.9	03:35.9	07:56.5	04:56.4
86	Sophie Gilbertson	FR	Rochester John Marshall	64	24:42.3	03:36.3	07:56.6	04:56.5
87	Skylar Garrett	JR	Waukon	65	24:43.0	03:37.0	07:56.8	04:56.6
88	Chloe Timmerman	JR	Hempstead	--	24:43.9	03:37.9	07:57.1	04:56.8
89	Kaylie Doherty	FR	Stewartville	--	24:49.0	03:43.0	07:58.8	04:57.8
90	Anna Kivimagi	SO	Chatfield	66	24:50.0	03:44.0	07:59.1	04:58.0
91	Abby Manicor	FR	Oregon	67	24:50.3	03:44.3	07:59.2	04:58.0
92	Elena Coarasa	SO	Bloomington Jefferson	68	24:50.7	03:44.7	07:59.3	04:58.1
93	Savannah Thompson	FR	Chatfield	69	24:50.7	03:44.7	07:59.3	04:58.1
94	Ella Willie	FR	South Winneshiek	70	24:51.0	03:45.0	07:59.4	04:58.2
95	Hailey Bower	FR	Decorah	--	24:52.8	03:46.8	08:00.0	04:58.6
96	Josie Duccini	JR	Dubuque Senior	--	24:53.2	03:47.2	08:00.1	04:58.6
97	Samantha Padrnos	SO	Rochester John Marshall	71	24:53.8	03:47.8	08:00.3	04:58.7
98	Makenna Schmiedel	SR	Charles City	72	24:54.0	03:48.0	08:00.4	04:58.8
99	Cali Rampton	JR	Dubuque Senior	--	24:56.6	03:50.6	08:01.2	04:59.3
100	Alli Bird	FR	Platteville	73	24:58.0	03:52.0	08:01.7	04:59.6
101	Samantha Forrest	SR	CR Prairie	--	25:00.0	03:54.0	08:02.3	05:00.0
102	Anna Cook	SO	Dubuque Senior	--	25:00.7	03:54.7	08:02.5	05:00.1
103	Paige Hansmeier	FR	Waukon	74	25:00.7	03:54.7	08:02.5	05:00.1
104	Reagan Whalen	JR	Dubuque Senior	--	25:05.9	03:59.9	08:04.2	05:01.2
105	Lillian Hanson	FR	Chatfield	75	25:08.3	04:02.3	08:05.0	05:01.7
106	Madison Thompson	SO	Rochester John Marshall	76	25:09.5	04:03.5	08:05.3	05:01.9
107	Meagan Hall	FR	Platteville	77	25:10.3	04:04.3	08:05.6	05:02.0
108	Ruby Kettunen	FR	Bloomington Jefferson	78	25:10.9	04:04.9	08:05.8	05:02.2
109	Emily Onken	SO	Hempstead	--	25:11.2	04:05.2	08:05.9	05:02.2
110	Katelyn Leitheiser	SO	CR Prairie	--	25:11.6	04:05.6	08:06.0	05:02.3
111	Elizabeth Bagniefski	FR	Aquinas	--	25:12.3	04:06.3	08:06.3	05:02.5
112	Emma Houdek	JR	South Winneshiek	79	25:12.4	04:06.4	08:06.3	05:02.5

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113	Lily Smith	SR	Decorah	--	25:13.2	04:07.2	08:06.6	05:02.6
114	Marisa Kelsey	SO	CR Prairie	--	25:13.3	04:07.3	08:06.6	05:02.6
115	Lexi Schuster	JR	Dubuque Senior	--	25:18.2	04:12.2	08:08.1	05:03.6
116	Brooke Visker	SR	Onalaska	80	25:20.8	04:14.8	08:09.0	05:04.1
117	Maggie Sullivan	FR	Dubuque Senior	--	25:21.6	04:15.6	08:09.2	05:04.3
118	Grace Deis	SR	Platteville	81	25:23.0	04:17.0	08:09.7	05:04.6
119	Claire Eckenrod	FR	Charles City	--	25:23.7	04:17.7	08:09.9	05:04.7
120	Kamille Berns	SO	Hempstead	--	25:26.1	04:20.1	08:10.7	05:05.2
121	Cieyana Carter	SO	Champlin Park	82	25:26.4	04:20.4	08:10.8	05:05.3
122	Josie Winn	JR	Linn-Mar	83	25:26.6	04:20.6	08:10.8	05:05.3
123	Annika Kjer	FR	Rochester John Marshall	84	25:32.8	04:26.8	08:12.9	05:06.6
124	Gabrielle Wahl	FR	Champlin Park	85	25:33.0	04:27.0	08:12.9	05:06.6
125	Cecelia Darter	SO	Hempstead	--	25:33.2	04:27.2	08:13.0	05:06.6
126	Kendra Whelen	FR	Mason City	86	25:33.7	04:27.7	08:13.1	05:06.7
127	Sydney Kuester	FR	Rochester John Marshall	87	25:34.3	04:28.3	08:13.3	05:06.8
128	Kelsey Stortz	SR	Crestwood	88	25:34.8	04:28.8	08:13.5	05:07.0
129	Maya Bruening	FR	Charles City	--	25:39.0	04:33.0	08:14.8	05:07.8
130	Ashlyn Hoeft	SO	Charles City	--	25:40.6	04:34.6	08:15.3	05:08.1
131	Claire Lahey	SO	Hempstead	--	25:41.0	04:35.0	08:15.5	05:08.2
132	Astrid Hernandez	SR	Charles City	--	25:42.2	04:36.2	08:15.9	05:08.4
133	Tatyana Klahn	SO	Oregon	89	25:47.4	04:41.4	08:17.6	05:09.5
134	Sarah Adams	SR	Oregon	90	25:48.9	04:42.9	08:18.0	05:09.8
135	Nora Rein	SR	Lanesboro/Fillmore Central	91	25:49.3	04:43.3	08:18.2	05:09.8
136	Emma Ehlers	SR	La Crosse Central	92	25:50.1	04:44.1	08:18.4	05:10.0
137	Joyce Toingar	SO	Linn-Mar	93	25:51.8	04:45.8	08:19.0	05:10.4
138	Cailyn Thomas	SO	Oregon	94	25:52.2	04:46.2	08:19.1	05:10.4
139	Abbie Larrington	SR	Westby	--	25:53.7	04:47.7	08:19.6	05:10.7
140	Alexa Phillips	FR	Champlin Park	95	25:54.9	04:48.9	08:19.9	05:11.0
141	Cady Peterson	JR	Decorah	--	25:55.3	04:49.3	08:20.1	05:11.1
142	Olivia Hoelzle	JR	Rochester John Marshall	--	25:55.7	04:49.7	08:20.2	05:11.1
143	Gabby Poller	SR	Platteville	96	25:56.8	04:50.8	08:20.6	05:11.3
144	Mya Kilker	JR	CR Prairie	--	25:58.6	04:52.6	08:21.1	05:11.7
145	Meridian Snitker	SO	Waukon	97	25:59.9	04:53.9	08:21.5	05:12.0
146	Sierra Kruger	JR	Decorah	--	26:00.2	04:54.2	08:21.7	05:12.0
147	Micha Weber	JR	Austin	--	26:00.9	04:54.9	08:21.9	05:12.2
148	Alissa Frank	FR	Chatfield	98	26:01.7	04:55.7	08:22.1	05:12.3
149	Makenna Eadie	SO	CR Prairie	--	26:02.7	04:56.7	08:22.5	05:12.5
150	Rachel Marweg	JR	Platteville	--	26:03.2	04:57.2	08:22.6	05:12.6
151	Haley Hartshorne	JR	Linn-Mar	99	26:03.7	04:57.7	08:22.8	05:12.7
152	Grace Thompson	JR	Decorah	--	26:05.2	04:59.2	08:23.3	05:13.0
153	Paige Denman	FR	Xavier	--	26:06.7	05:00.7	08:23.7	05:13.3
154	Kilee Flockhart	SO	CR Prairie	--	26:07.4	05:01.4	08:24.0	05:13.5
155	Georgia Harms	FR	Dubuque Senior	--	26:08.0	05:02.0	08:24.1	05:13.6
156	Anna Boller	SR	CR Prairie	--	26:08.6	05:02.6	08:24.3	05:13.7
157	Olivia Byrnes	JR	Waukon	100	26:10.0	05:04.0	08:24.8	05:14.0
158	Krista Riley	SR	Crestwood	101	26:10.6	05:04.6	08:25.0	05:14.1

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159	Bri Poller	SR	Platteville	--	26:10.7	05:04.7	08:25.0	05:14.1
160	Taylor Kenny	SR	CR Prairie	--	26:11.4	05:05.4	08:25.3	05:14.3
161	Hailey Bechtel	SO	Waukon	102	26:12.0	05:06.0	08:25.4	05:14.4
162	Madeline Winger	FR	Hempstead	--	26:13.0	05:07.0	08:25.8	05:14.6
163	Cameron Moellers	FR	Crestwood	103	26:14.1	05:08.1	08:26.1	05:14.8
164	Macayla Brogle	SO	Lanesboro/Fillmore Central	104	26:15.7	05:09.7	08:26.6	05:15.1
165	Abbey Sasse	JR	Platteville	--	26:16.9	05:10.9	08:27.0	05:15.4
166	Julia Phillips	FR	Decorah	--	26:17.4	05:11.4	08:27.2	05:15.5
167	Aubrey Strittmater	JR	La Crosse Central	105	26:18.1	05:12.1	08:27.4	05:15.6
168	Fatima Garza Ramon	SR	Burnsville	106	26:19.3	05:13.3	08:27.8	05:15.8
169	Isabella Lehmkuhl	SR	Crestwood	107	26:19.8	05:13.8	08:27.9	05:15.9
170	Clara Rooney	SO	Decorah	--	26:21.4	05:15.4	08:28.5	05:16.3
171	Sylvia Sandhorst	FR	Decorah	--	26:23.0	05:17.0	08:29.0	05:16.6
172	Grace Stombaugh	FR	Platteville	--	26:25.8	05:19.8	08:29.9	05:17.2
173	Claire Schadl	SR	Hempstead	--	26:27.2	05:21.2	08:30.3	05:17.4
174	Megan Roe	FR	Decorah	--	26:28.5	05:22.5	08:30.8	05:17.7
175	Kelly Ahrens	SR	Decorah	--	26:28.7	05:22.7	08:30.8	05:17.7
176	Katie Valkosky	SR	Decorah	--	26:29.5	05:23.5	08:31.1	05:17.9
177	Anja Madsen	JR	Decorah	--	26:30.5	05:24.5	08:31.4	05:18.1
178	Maggie Wagner	SO	Bloomington Jefferson	--	26:31.1	05:25.1	08:31.6	05:18.2
179	Hailey Leutenegger	SO	Oregon	108	26:32.4	05:26.4	08:32.0	05:18.5
180	Ava Kline	FR	Linn-Mar	109	26:38.6	05:32.6	08:34.0	05:19.7
181	Michaela Schwickerath	SO	New Hampton Comm	--	26:41.3	05:35.3	08:34.9	05:20.3
182	Olivia Mettille	JR	Decorah	--	26:41.5	05:35.5	08:34.9	05:20.3
183	Kassey Kakac	FR	Charles City	--	26:42.0	05:36.0	08:35.1	05:20.4
184	Delaney Ruzicka	FR	Charles City	--	26:42.4	05:36.4	08:35.2	05:20.5
185	Lauren Ecklund	JR	Onalaska	110	26:42.5	05:36.5	08:35.3	05:20.5
186	Lexie Engen	SO	Decorah	--	26:42.8	05:36.8	08:35.3	05:20.5
187	Danielle Sunseri	SO	Linn-Mar	111	26:43.3	05:37.3	08:35.5	05:20.7
188	Anya Lovstuen	SO	Decorah	--	26:43.4	05:37.4	08:35.6	05:20.7
189	Addilyn Zimmerle	SO	Mason City	112	26:45.0	05:39.0	08:36.1	05:21.0
190	Olivia Cox	7	Rochester John Marshall	--	26:46.7	05:40.7	08:36.6	05:21.3
191	Adelle Holder	SR	Platteville	--	26:53.6	05:47.6	08:38.8	05:22.7
192	Quinn Kruckman	FR	South Winneshiek	113	26:55.1	05:49.1	08:39.3	05:23.0
193	Kiera Derr	8	Rochester John Marshall	--	26:55.8	05:49.8	08:39.5	05:23.2
194	Kiersten Freed	JR	Platteville	--	26:56.4	05:50.4	08:39.7	05:23.3
195	Macey Heath	SR	La Crosse Central	114	26:57.2	05:51.2	08:40.0	05:23.4
196	Gillian Anderson	JR	Charles City	--	26:57.6	05:51.6	08:40.1	05:23.5
197	Audrey Sellon	FR	CR Prairie	--	26:58.5	05:52.5	08:40.4	05:23.7
198	Melody Berg	SR	Westby	--	26:58.9	05:52.9	08:40.5	05:23.8
199	Bree Rogne	FR	Crestwood	115	26:59.1	05:53.1	08:40.6	05:23.8
200	Gloria Outhouse-Sieling	FR	Oregon	--	26:59.2	05:53.2	08:40.6	05:23.8
201	Isabella Monarch	SO	Mason City	116	27:02.1	05:56.1	08:41.6	05:24.4
202	Nasvy Cibrian	SO	Osage	117	27:02.1	05:56.1	08:41.6	05:24.4
203	Makayla Kramer	SO	La Crosse Central	118	27:02.4	05:56.4	08:41.7	05:24.5
204	Dyllon Lohmann	SO	Stewartville	--	27:03.0	05:57.0	08:41.8	05:24.6

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205	Ally Greving	SO	Regina	--	27:03.3	05:57.3	08:41.9	05:24.6
206	Grace Ivens	FR	La Crosse Central	--	27:04.2	05:58.2	08:42.2	05:24.8
207	Emily Davisdon	FR	Hempstead	--	27:08.8	06:02.8	08:43.7	05:25.8
208	Leah Cullen	SR	South Winneshiek	119	27:16.5	06:10.5	08:46.2	05:27.3
209	Emily Kray	FR	South Winneshiek	120	27:16.5	06:10.5	08:46.2	05:27.3
210	Awran Fidow	JR	Burnsville	121	27:21.9	06:15.9	08:47.9	05:28.4
211	Cloey Usher	FR	Charles City	--	27:23.0	06:17.0	08:48.3	05:28.6
212	Kiley Kusick	SR	Austin	--	27:31.8	06:25.8	08:51.1	05:30.3
213	Alexa Joss	SO	Regina	--	27:36.3	06:30.3	08:52.6	05:31.2
214	Haley Schutte	FR	Crestwood	122	27:37.4	06:31.4	08:52.9	05:31.5
215	Jenna Lundtvedt	JR	Decorah	--	27:38.0	06:32.0	08:53.1	05:31.6
216	Evelyn Weisenstine	JR	CR Prairie	--	27:38.1	06:32.1	08:53.1	05:31.6
217	Aliyah Ortiola	SO	Charles City	--	27:38.9	06:32.9	08:53.4	05:31.8
218	Morgan Klingelhofer	JR	La Crosse Central	--	27:40.4	06:34.4	08:53.9	05:32.1
219	Mai Gjere	SR	Lanesboro/Fillmore Central	123	27:40.9	06:34.9	08:54.0	05:32.2
220	Abby Kallaher	SR	Hempstead	--	27:41.1	06:35.1	08:54.1	05:32.2
221	Ashley Bjork	FR	Decorah	--	27:41.4	06:35.4	08:54.2	05:32.3
222	Kylee Uchytil	SO	CR Prairie	--	27:43.2	06:37.2	08:54.8	05:32.6
223	Abby Johnson	SR	CR Prairie	--	27:44.4	06:38.4	08:55.2	05:32.9
224	Delaynee Frey	SR	Decorah	--	27:44.8	06:38.8	08:55.3	05:32.9
225	Cora Syverson	JR	Decorah	--	27:45.2	06:39.2	08:55.4	05:33.0
226	Peyton Connolly	JR	Hempstead	--	27:46.4	06:40.4	08:55.8	05:33.3
227	Sofie Grouws	JR	Decorah	--	27:50.4	06:44.4	08:57.1	05:34.1
228	Kaia Kempf	SO	CR Prairie	--	27:50.7	06:44.7	08:57.2	05:34.1
229	Karen Henriquez	SO	Decorah	--	27:52.0	06:46.0	08:57.6	05:34.4
230	Hailey Elsbernd	SO	Turkey Valley Comm.	--	27:58.2	06:52.2	08:59.6	05:35.6
231	Emily Mason	FR	Lanesboro/Fillmore Central	124	27:58.3	06:52.3	08:59.6	05:35.7
232	Katlin Born	SR	Crestwood	--	27:59.3	06:53.3	08:59.9	05:35.8
233	Mya Sullivan	SR	Decorah	--	27:59.7	06:53.7	09:00.1	05:35.9
234	Grace Neal	FR	Decorah	--	28:00.6	06:54.6	09:00.4	05:36.1
235	Britta Baldus	FR	Oregon	--	28:01.6	06:55.6	09:00.7	05:36.3
236	Mariah Clay	JR	Dubuque Senior	--	28:02.9	06:56.9	09:01.1	05:36.6
237	Delaney Keenan	SO	CR Prairie	--	28:03.9	06:57.9	09:01.4	05:36.8
238	Tara Backhaus	SO	Mason City	125	28:07.9	07:01.9	09:02.7	05:37.6
239	Hannah Crouch	FR	Crestwood	--	28:08.4	07:02.4	09:02.9	05:37.7
240	Abby Moen	JR	Decorah	--	28:09.8	07:03.8	09:03.3	05:38.0
241	Sharini Rao	FR	Linn-Mar	126	28:13.9	07:07.9	09:04.6	05:38.8
242	Katie Arlt	SO	La Crosse Central	--	28:16.6	07:10.6	09:05.5	05:39.3
243	Lexie Stammeyer	SO	Decorah	--	28:16.9	07:10.9	09:05.6	05:39.4
244	Stefanie Lewis	FR	CR Prairie	--	28:20.8	07:14.8	09:06.9	05:40.1
245	Ava Bergquist	SO	Hempstead	--	28:22.7	07:16.7	09:07.5	05:40.5
246	Asha Merritt	JR	Decorah	--	28:26.6	07:20.6	09:08.7	05:41.3
247	Kalle Pluemer	SR	Platteville	--	28:28.6	07:22.6	09:09.4	05:41.7
248	Paige Oenning	FR	Rochester John Marshall	--	28:28.9	07:22.9	09:09.5	05:41.8
249	Keira Roth	FR	Rochester John Marshall	--	28:29.9	07:23.9	09:09.8	05:42.0
250	Sydney Caruso	FR	Austin	--	28:31.5	07:25.5	09:10.3	05:42.3

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251	Victoria Larson	SR	Hempstead	--	28:37.5	07:31.5	09:12.2	05:43.5
252	Mercer Phlegar	SR	Onalaska	127	28:50.2	07:44.2	09:16.3	05:46.0
253	Lynn Hoeft	SR	Charles City	--	28:51.5	07:45.5	09:16.7	05:46.3
254	Bailey Cox	FR	New Hampton Comm	--	28:54.2	07:48.2	09:17.6	05:46.8
255	Lauren Gudenkauf	SR	Hempstead	--	28:56.4	07:50.4	09:18.3	05:47.3
256	Sophia Christman	FR	Decorah	--	29:01.9	07:55.9	09:20.1	05:48.4
257	Elizabeth Schieffelbein	FR	Chatfield	128	29:02.5	07:56.5	09:20.3	05:48.5
258	Hannah DeVore	FR	Charles City	--	29:07.6	08:01.6	09:21.9	05:49.5
259	Katie Struzyk	SR	Burnsville	129	29:08.2	08:02.2	09:22.1	05:49.6
260	Sophie Pieper	SR	Lanesboro/Fillmore Central	130	29:10.4	08:04.4	09:22.8	05:50.1
261	Callie Kyte	SR	CR Prairie	--	29:11.9	08:05.9	09:23.3	05:50.4
262	Sophia Marschall	JR	Rochester John Marshall	--	29:14.4	08:08.4	09:24.1	05:50.9
263	Savannah Christenson	SR	Burnsville	131	29:17.1	08:11.1	09:25.0	05:51.4
264	Aubrey Swenson	SR	Platteville	--	29:18.0	08:12.0	09:25.3	05:51.6
265	Brea Schad	SO	Rochester John Marshall	--	29:18.3	08:12.3	09:25.3	05:51.6
266	Ashley Ferrie	JR	Crestwood	--	29:22.0	08:16.0	09:26.5	05:52.4
267	Miriam Shepard	SO	La Crosse Central	--	29:32.5	08:26.5	09:29.9	05:54.5
268	Yareli Verona	FR	South Winneshiek	--	29:35.3	08:29.3	09:30.8	05:55.0
269	Karissa Cotant	JR	Crestwood	--	29:36.1	08:30.1	09:31.1	05:55.2
270	Maura Wahl	FR	Champlin Park	132	29:38.9	08:32.9	09:32.0	05:55.8
271	Jenna Sadler	SO	South Winneshiek	--	29:42.9	08:36.9	09:33.3	05:56.6
272	Emily Usher	FR	Charles City	--	29:44.0	08:38.0	09:33.6	05:56.8
273	Emma Pennekamp	SO	Platteville	--	29:46.3	08:40.3	09:34.4	05:57.3
274	Sam Greving	SR	Regina	--	29:46.7	08:40.7	09:34.5	05:57.3
275	Grace Dowling	FR	Lanesboro/Fillmore Central	133	29:58.2	08:52.2	09:38.2	05:59.6
276	Claire Ivens	SR	La Crosse Central	--	30:11.2	09:05.2	09:42.4	06:02.2
277	Lily Krapfl	FR	Dubuque Senior	--	30:23.8	09:17.8	09:46.4	06:04.7
278	Katelyn Cross	FR	Charles City	--	30:33.3	09:27.3	09:49.5	06:06.6
279	Kortni O'Connell	FR	Decorah	--	30:41.1	09:35.1	09:52.0	06:08.2
280	Christine Benedict	SR	Dubuque Senior	--	30:45.4	09:39.4	09:53.4	06:09.1
281	Neha Nanda	FR	Pacelli	--	30:47.3	09:41.3	09:54.0	06:09.5
282	Ellen Horvat	SO	Pacelli	--	30:49.8	09:43.8	09:54.8	06:09.9
283	Cecelia Maguire	SO	Champlin Park	--	30:51.3	09:45.3	09:55.3	06:10.2
284	Alanna Moe	FR	Burnsville	134	30:52.8	09:46.8	09:55.7	06:10.5
285	Ashleigh Lueder	SR	Rochester John Marshall	--	30:54.7	09:48.7	09:56.4	06:10.9
286	Lily Hoefflin	SO	Dubuque Senior	--	30:55.6	09:49.6	09:56.6	06:11.1
287	Grace Wu	FR	Dubuque Senior	--	30:59.4	09:53.4	09:57.9	06:11.9
288	Gabriella Dokken	SR	Rochester John Marshall	--	31:02.9	09:56.9	09:59.0	06:12.6
289	Jayden Rudroden	JR	Crestwood	--	31:04.7	09:58.7	09:59.6	06:12.9
290	Grace Herrig	SO	Dubuque Senior	--	31:08.0	10:02.0	10:00.6	06:13.6
291	Sara Gasbarri	JR	Decorah	--	31:09.4	10:03.4	10:01.1	06:13.9
292	Saida Abdirahman	JR	Burnsville	135	31:15.6	10:09.6	10:03.1	06:15.1
293	Ella Runestad	SR	Decorah	--	31:23.0	10:17.0	10:05.4	06:16.6
294	Ali Griffen	FR	Charles City	--	31:24.5	10:18.5	10:05.9	06:16.9
295	Khiya Rath	FR	Burnsville	--	31:28.6	10:22.6	10:07.2	06:17.7
296	Anna Wynohrad	FR	Osage	136	31:28.6	10:22.6	10:07.2	06:17.7

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297	Anna Willman	8	Rochester John Marshall	--	31:31.8	10:25.8	10:08.3	06:18.4
298	Cassie Sobolik	FR	Crestwood	--	31:38.8	10:32.8	10:10.5	06:19.7
299	Paige Hanson	SR	Hempstead	--	31:44.0	10:38.0	10:12.2	06:20.8
300	Anna Herbrechtsmeyer	FR	Charles City	--	31:53.2	10:47.2	10:15.2	06:22.6
301	Reign Vallebo	FR	Charles City	--	31:53.4	10:47.4	10:15.2	06:22.7
302	Jennifer Villanueva	JR	Hempstead	--	31:59.6	10:53.6	10:17.2	06:23.9
303	Bridget Gustafson	SO	CR Prairie	--	32:08.7	11:02.7	10:20.2	06:25.7
304	Lydia Wilson	JR	La Crosse Central	--	32:15.2	11:09.2	10:22.2	06:27.0
305	Nadia Vang	JR	Hempstead	--	32:20.0	11:14.0	10:23.8	06:28.0
306	Sue Meier	FR	Osage	137	32:26.6	11:20.6	10:25.9	06:29.3
307	Haley Rindfleifch	JR	Hempstead	--	32:47.1	11:41.1	10:32.5	06:33.4
308	Maria Astillero	JR	Decorah	--	33:05.6	11:59.6	10:38.4	06:37.1
309	Jaylyn Brewer	FR	Charles City	--	33:06.0	12:00.0	10:38.6	06:37.2
310	Cameron Ollendick	SR	Crestwood	--	33:18.7	12:12.7	10:42.7	06:39.7
311	Clarie Bennet	JR	Hempstead	--	33:21.7	12:15.7	10:43.6	06:40.3
312	Katya Baldwin	SR	Decorah	--	33:28.8	12:22.8	10:45.9	06:41.7
313	Suheyla Sheikhbrahim	JR	Rochester John Marshall	--	34:12.5	13:06.5	11:00.0	06:50.5
314	Jordan Allen	SR	CR Prairie	--	35:44.7	14:38.7	11:29.6	07:08.9
315	Sahra Jilaow	JR	Rochester John Marshall	--	35:49.0	14:43.0	11:31.0	07:09.8
316	Mary Miller	JR	Osage	138	35:55.3	14:49.3	11:33.0	07:11.1
317	Makayla Eagan	SR	Osage	139	36:08.5	15:02.5	11:37.2	07:13.7
318	Brinn Lahr	SO	Charles City	--	36:24.1	15:18.1	11:42.3	07:16.8
319	Anna Krumwiede	FR	Charles City	--	38:33.3	17:27.3	12:23.8	07:42.6
320	Abby Stegemoller	JR	CR Prairie	--	39:06.7	18:00.7	12:34.6	07:49.3

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**Junior Varsity Boys Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	Iowa City High	27	1-2-7-8-9(11)(16)	1:28:41	17:45	0:27.4
2	Linn-Mar	49	3-5-10-13-18(23)(44)	1:29:40	17:56	0:40.2
3	Rochester Century	113	14-19-21-26-33(36)(37)	1:32:13	18:27	0:36.0
4	Decorah	123	6-27-29-30-31(57)(59)	1:32:21	18:29	0:52.9
5	CR Prairie	131	4-20-25-39-43(45)(61)	1:32:29	18:30	1:16.8
6	Iowa City - Liberty	141	15-22-28-34-42(46)(50)	1:32:57	18:36	0:48.5
7	Champlin Park	188	17-32-41-47-51(53)(85)	1:34:13	18:51	1:05.7
8	Austin	286	24-56-60-72-74(77)(83)	1:37:04	19:25	1:27.6
9	Mason City	305	35-62-65-67-76(80)(87)	1:37:13	19:27	1:15.5
10	Charles City	319	40-55-64-78-82(94)(101)	1:38:31	19:43	1:31.4
11	Onalaska	334	48-54-66-70-96(111)(132)	1:38:47	19:46	1:50.1
12	Rochester John Marshall	388	12-52-104-107-113(117)(120)	1:41:41	20:21	3:42.5
13	Bloomington Jefferson	422	38-49-100-110-125(136)(137)	1:42:48	20:34	3:20.0
14	Crestwood	426	58-84-92-93-99(112)(126)	1:42:44	20:33	1:40.0
15	Aquinas	433	69-88-90-91-95(122)(123)	1:43:07	20:38	1:10.0
16	South Winneshiek	451	73-75-79-97-127(130)(152)	1:43:29	20:42	2:22.4
17	Stewartville	470	63-81-86-98-142(147)(149)	1:44:29	20:54	3:34.4
18	Platteville	557	106-108-109-116-118(121)(124)	1:47:52	21:35	0:28.0
19	Westby	578	68-105-133-134-138(144)	1:48:50	21:46	3:13.4
20	Burnsville	605	71-103-139-141-151(157)(158)	1:50:53	22:11	4:11.8
21	Regina	632	89-114-128-148-153(154)(155)	1:53:08	22:38	4:04.9
22	Waukon	640	102-129-131-135-143(145)(146)	1:51:49	22:22	2:03.7
23	Chatfield	680	115-119-140-150-156	1:57:02	23:25	4:51.8

**Junior Varsity Boys Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Lohman Provorse	SO	Iowa City High	1	17:27.1	---	05:36.7	03:29.4
2	Ford Washburn	FR	Iowa City High	2	17:37.6	00:10.6	05:40.0	03:31.5
3	Carson Burns	SO	Linn-Mar	3	17:39.0	00:12.0	05:40.5	03:31.8
4	Jake Opitz	JR	CR Prairie	4	17:40.6	00:13.6	05:41.0	03:32.1
5	Tyler Tiefel	FR	Linn-Mar	5	17:40.6	00:13.6	05:41.0	03:32.1
6	Izaak Eichinger	SO	Decorah	6	17:48.6	00:21.6	05:43.6	03:33.7
7	Matt Schaeckenbach	FR	Iowa City High	7	17:50.0	00:23.0	05:44.0	03:34.0
8	Andre Miller	JR	Iowa City High	8	17:51.3	00:24.3	05:44.5	03:34.2
9	Sullivan Hall	SO	Iowa City High	9	17:54.4	00:27.4	05:45.5	03:34.9
10	Ethan Harthun	SR	Linn-Mar	10	17:58.8	00:31.8	05:46.9	03:35.7
11	Eduardo Garces	JR	Iowa City High	11	17:59.5	00:32.5	05:47.1	03:35.9
12	Ogden Sikel	SR	Rochester John Marshall	12	18:00.7	00:33.7	05:47.5	03:36.1
13	Kaden Walker	SO	Linn-Mar	13	18:02.5	00:35.5	05:48.1	03:36.5
14	Joshua Brunholzl	JR	Rochester Century	14	18:08.1	00:41.1	05:49.9	03:37.6
15	Jordan Robinson	SO	Iowa City - Liberty	15	18:08.9	00:41.9	05:50.1	03:37.8
16	Noah Weaver	SR	Iowa City High	16	18:09.3	00:42.3	05:50.3	03:37.9
17	Garrett Doty	SO	Champlin Park	17	18:10.8	00:43.8	05:50.7	03:38.1
18	Braeden Marker	FR	Iowa City High	--	18:13.4	00:46.4	05:51.6	03:38.7

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19	Luke Steffen	FR	Linn-Mar	18	18:19.1	00:52.1	05:53.4	03:39.8
20	Aidan Austin	JR	Rochester Century	19	18:20.1	00:53.1	05:53.7	03:40.0
21	Joel Kelsey	SR	CR Prairie	20	18:26.6	00:59.6	05:55.8	03:41.3
22	Cardon Leske	JR	Rochester Century	21	18:27.5	01:00.5	05:56.1	03:41.5
23	Luke Thompson	SO	Iowa City - Liberty	22	18:27.8	01:00.8	05:56.2	03:41.5
24	Ethan Cozine	FR	Linn-Mar	23	18:28.8	01:01.8	05:56.5	03:41.7
25	Ryan Ott	FR	Iowa City High	--	18:28.9	01:01.9	05:56.5	03:41.8
26	Blake Petrik	JR	Austin	24	18:29.1	01:02.1	05:56.6	03:41.8
27	Carson Frazee	SR	CR Prairie	25	18:32.3	01:05.3	05:57.6	03:42.4
28	Ian Thompson	JR	Rochester Century	26	18:33.2	01:06.2	05:57.9	03:42.6
29	August Witt	SO	Decorah	27	18:34.3	01:07.3	05:58.3	03:42.9
30	Boden Bisgard	FR	Iowa City - Liberty	28	18:36.8	01:09.8	05:59.1	03:43.4
31	Hogan Smith	SO	Decorah	29	18:37.6	01:10.6	05:59.4	03:43.5
32	Larson Shockey	SO	Decorah	30	18:38.7	01:11.7	05:59.7	03:43.7
33	Arlo Hayes	SO	Decorah	31	18:41.5	01:14.5	06:00.6	03:44.3
34	Donovan Durand	JR	Champlin Park	32	18:42.8	01:15.8	06:01.0	03:44.6
35	Warsame Abdi	JR	Rochester Century	33	18:44.1	01:17.1	06:01.4	03:44.8
36	Ethan Keeney	SO	Iowa City - Liberty	34	18:45.8	01:18.8	06:02.0	03:45.1
37	Breyden Christiansen	SO	Mason City	35	18:46.4	01:19.4	06:02.2	03:45.3
38	Ben Ritz	SR	Rochester Century	36	18:47.8	01:20.8	06:02.6	03:45.5
39	Nick Gunter	SR	Rochester Century	37	18:48.2	01:21.2	06:02.8	03:45.6
40	Clayton Carlson	SO	Bloomington Jefferson	38	18:48.9	01:21.9	06:03.0	03:45.8
41	Eli Copeland	SO	CR Prairie	39	18:51.9	01:24.9	06:03.9	03:46.4
42	Carter Jack	JR	Rochester Century	--	18:52.7	01:25.7	06:04.2	03:46.5
43	Satchel Cochran	SR	Iowa City High	--	18:54.9	01:27.9	06:04.9	03:47.0
44	Hayden Pleggenkuhle	SR	Charles City	40	18:55.2	01:28.2	06:05.0	03:47.0
45	Grayson Holtz	SO	Champlin Park	41	18:55.8	01:28.8	06:05.2	03:47.2
46	Spencer Knight	JR	Iowa City - Liberty	42	18:57.3	01:30.3	06:05.7	03:47.4
47	Jaxon Sickles	FR	CR Prairie	43	18:57.3	01:30.3	06:05.7	03:47.4
48	Hayden Beerends	JR	Iowa City High	--	18:57.6	01:30.6	06:05.8	03:47.5
49	Joey Banowetz	FR	Linn-Mar	44	18:58.2	01:31.2	06:06.0	03:47.6
50	James Guenther	SR	Rochester Century	--	18:59.5	01:32.5	06:06.4	03:47.9
51	Harrison Allard	FR	CR Prairie	45	18:59.6	01:32.6	06:06.4	03:47.9
52	Gavin Hayes	JR	Iowa City - Liberty	46	19:05.2	01:38.2	06:08.2	03:49.0
53	Ryan Ohm	FR	Rochester Century	--	19:06.7	01:39.7	06:08.7	03:49.3
54	Ayman Noreldaim	FR	Iowa City High	--	19:06.7	01:39.7	06:08.7	03:49.3
55	Jonah Brixius	JR	Champlin Park	47	19:07.1	01:40.1	06:08.8	03:49.4
56	Caleb Brown	SO	Linn-Mar	--	19:08.0	01:41.0	06:09.1	03:49.6
57	Nick Rudrude	FR	Onalaska	48	19:08.5	01:41.5	06:09.3	03:49.7
58	Garrett Pavelko	SR	Rochester Century	--	19:09.4	01:42.4	06:09.6	03:49.9
59	Adam Lueth	FR	Bloomington Jefferson	49	19:10.3	01:43.3	06:09.9	03:50.0
60	Jack Abel	SO	Iowa City - Liberty	50	19:11.0	01:44.0	06:10.1	03:50.2
61	Eli Guerrero	FR	Linn-Mar	--	19:11.6	01:44.6	06:10.3	03:50.3
62	Kyle Ostendorf	JR	Champlin Park	51	19:16.4	01:49.4	06:11.8	03:51.3
63	Matthew Duncan	FR	Rochester John Marshall	52	19:18.8	01:51.8	06:12.6	03:51.8
64	Joseph Eisenberg	SR	Champlin Park	53	19:19.7	01:52.7	06:12.9	03:51.9

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65	Thomas Gilkes	JR	Linn-Mar	--	19:20.4	01:53.4	06:13.1	03:52.1
66	Moses Tull	JR	Onalaska	54	19:20.7	01:53.7	06:13.2	03:52.1
67	Clayton Rand	SO	Charles City	55	19:21.7	01:54.7	06:13.5	03:52.3
68	Kaden Murley	SO	Austin	56	19:22.6	01:55.6	06:13.8	03:52.5
69	Sebastian Loria-Eivins	JR	Iowa City High	--	19:22.8	01:55.8	06:13.9	03:52.6
70	Isaac Miller	FR	Iowa City High	--	19:22.9	01:55.9	06:13.9	03:52.6
71	Zachary Garwood	SR	Decorah	57	19:23.3	01:56.3	06:14.0	03:52.6
72	Carter Fousek	SO	Crestwood	58	19:23.6	01:56.6	06:14.1	03:52.7
73	Drew Berns	SO	Decorah	59	19:23.8	01:56.8	06:14.2	03:52.8
74	Thomas Walker	SR	Austin	60	19:24.1	01:57.1	06:14.3	03:52.8
75	Max Quanrud	SO	CR Prairie	61	19:24.4	01:57.4	06:14.4	03:52.9
76	Sawyer Berg	JR	Mason City	62	19:25.4	01:58.4	06:14.7	03:53.1
77	Jadon Ratelle	FR	Stewartville	63	19:26.6	01:59.6	06:15.1	03:53.3
78	Sam Ross	JR	Iowa City - Liberty	--	19:27.0	02:00.0	06:15.2	03:53.4
79	Tyler Eggers	FR	Charles City	64	19:28.0	02:01.0	06:15.5	03:53.6
80	Caleb Currier	JR	Mason City	65	19:28.4	02:01.4	06:15.7	03:53.7
81	Jeremiah Pruessner	SO	Iowa City High	--	19:28.9	02:01.9	06:15.8	03:53.8
82	David Olson	JR	Decorah	--	19:29.1	02:02.1	06:15.9	03:53.8
83	Sam Conway	SR	Onalaska	66	19:29.3	02:02.3	06:16.0	03:53.8
84	Blake Pettit	SO	Linn-Mar	--	19:29.3	02:02.3	06:16.0	03:53.9
85	Juma Amisi	SO	Iowa City High	--	19:29.6	02:02.6	06:16.1	03:53.9
86	Kale DiMarco	FR	Mason City	67	19:30.8	02:03.8	06:16.4	03:54.1
87	Jorge Boland	JR	CR Prairie	--	19:31.3	02:04.3	06:16.6	03:54.2
88	Manuel Chavez	SR	Westby	68	19:31.8	02:04.8	06:16.8	03:54.4
89	Kelby Anderson	SR	Iowa City High	--	19:35.0	02:08.0	06:17.8	03:55.0
90	Nathan Rudd	SO	CR Prairie	--	19:37.3	02:10.3	06:18.5	03:55.4
91	Owen VanderLinden	FR	Iowa City High	--	19:39.9	02:12.9	06:19.4	03:56.0
92	Evan Rowley	FR	Decorah	--	19:42.8	02:15.8	06:20.3	03:56.5
93	Jacob Kruse	JR	CR Prairie	--	19:45.6	02:18.6	06:21.2	03:57.1
94	Andrew Kaczka	FR	Iowa City - Liberty	--	19:45.6	02:18.6	06:21.2	03:57.1
95	Jonathan Horton	JR	Rochester Century	--	19:46.2	02:19.2	06:21.4	03:57.2
96	Connor Deahl	FR	Linn-Mar	--	19:46.6	02:19.6	06:21.5	03:57.3
97	Ben Swift	SO	Aquinas	69	19:47.5	02:20.5	06:21.8	03:57.5
98	Riley Wellendorf	SR	Onalaska	70	19:49.4	02:22.4	06:22.4	03:57.9
99	Jack Cochran	FR	Iowa City High	--	19:49.4	02:22.4	06:22.4	03:57.9
100	Brian Chhuoy	SO	Burnsville	71	19:50.7	02:23.7	06:22.8	03:58.1
101	Aaron Knoll	SR	Austin	72	19:51.3	02:24.3	06:23.0	03:58.2
102	Hunter Wagner	FR	South Winneshiek	73	19:52.1	02:25.1	06:23.3	03:58.4
103	Nathan Kinzer	FR	Iowa City - Liberty	--	19:54.6	02:27.6	06:24.1	03:58.9
104	Riley Ferguson	8	Austin	74	19:56.6	02:29.6	06:24.7	03:59.3
105	Noah Carey	FR	Iowa City High	--	19:56.9	02:29.9	06:24.8	03:59.4
106	Maxwell Thompson	FR	Iowa City - Liberty	--	19:58.6	02:31.6	06:25.4	03:59.7
107	Omar Flores	FR	South Winneshiek	75	19:59.7	02:32.7	06:25.8	03:59.9
108	AJ Seamans	SR	Iowa City High	--	20:00.0	02:33.0	06:25.8	04:00.0
109	Tate Schissel	JR	Decorah	--	20:00.2	02:33.2	06:25.9	04:00.0
110	Jake Magner	FR	Decorah	--	20:00.3	02:33.3	06:25.9	04:00.0

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111	Lane Kruger	SO	Mason City	76	20:01.8	02:34.8	06:26.4	04:00.4
112	Ryan Christenson	SR	Linn-Mar	--	20:07.4	02:40.4	06:28.2	04:01.5
113	Thomas McMillan	SR	Iowa City High	--	20:08.0	02:41.0	06:28.4	04:01.6
114	Romey Angerer	JR	Iowa City High	--	20:10.3	02:43.3	06:29.1	04:02.0
115	Jaro Barthmann	JR	Austin	77	20:13.1	02:46.1	06:30.1	04:02.6
116	Mike Rew	FR	Iowa City High	--	20:14.5	02:47.5	06:30.5	04:02.9
117	Atticas Ojile	SR	Iowa City High	--	20:14.6	02:47.6	06:30.5	04:02.9
118	Nathan Alldredge	SO	CR Prairie	--	20:15.6	02:48.6	06:30.9	04:03.1
119	Eric Colony	SO	Iowa City - Liberty	--	20:16.5	02:49.5	06:31.1	04:03.3
120	Drew Staudt	JR	Charles City	78	20:19.0	02:52.0	06:32.0	04:03.8
121	Brady Hook	SO	Decorah	--	20:20.1	02:53.1	06:32.3	04:04.0
122	Michael Reyes	FR	CR Prairie	--	20:20.5	02:53.5	06:32.4	04:04.1
123	Ryan Skogerboe	SO	Linn-Mar	--	20:20.7	02:53.7	06:32.5	04:04.1
124	Ethan Maldonado	SO	South Winneshiek	79	20:21.3	02:54.3	06:32.7	04:04.2
125	Eddie Callanan	SR	Mason City	80	20:22.3	02:55.3	06:33.0	04:04.4
126	Luis Abreu	JR	Iowa City High	--	20:22.7	02:55.7	06:33.1	04:04.5
127	Tyler Harvey	JR	CR Prairie	--	20:23.7	02:56.7	06:33.5	04:04.7
128	Reese Hermanson	SR	CR Prairie	--	20:24.0	02:57.0	06:33.6	04:04.8
129	Pit Werde	SO	Iowa City High	--	20:24.3	02:57.3	06:33.6	04:04.8
130	Payton Richard	SR	Rochester Century	--	20:24.9	02:57.9	06:33.9	04:05.0
131	Ben Hagen	FR	Stewartville	81	20:25.5	02:58.5	06:34.0	04:05.1
132	Brayden Ehlers	JR	CR Prairie	--	20:26.1	02:59.1	06:34.2	04:05.2
133	Dawson Hinders	SR	Charles City	82	20:26.5	02:59.5	06:34.4	04:05.3
134	Jordan Schroeder	SR	CR Prairie	--	20:26.8	02:59.8	06:34.5	04:05.4
135	Rhys Zawojewski	FR	Iowa City High	--	20:27.3	03:00.3	06:34.6	04:05.5
136	Nash Wertz	SO	CR Prairie	--	20:27.6	03:00.6	06:34.7	04:05.5
137	Jacob Ziegler	SR	Austin	83	20:28.3	03:01.3	06:34.9	04:05.6
138	Max Wilson	FR	Decorah	--	20:28.9	03:01.9	06:35.1	04:05.8
139	Zach Bautista	SO	Linn-Mar	--	20:30.6	03:03.6	06:35.7	04:06.1
140	Caleb Kammerer	SO	Crestwood	84	20:31.6	03:04.6	06:36.0	04:06.3
141	Evan Gustafson	SO	Champlin Park	85	20:32.9	03:05.9	06:36.4	04:06.6
142	Jack Sellers	FR	Stewartville	86	20:33.4	03:06.4	06:36.6	04:06.7
143	Will Dickson	FR	Iowa City High	--	20:33.9	03:06.9	06:36.7	04:06.8
144	Carter Ohl	FR	Linn-Mar	--	20:35.8	03:08.8	06:37.3	04:07.1
145	Luke Fingerson	JR	Rochester Century	--	20:37.0	03:10.0	06:37.7	04:07.4
146	Bryan Folkert	JR	Rochester Century	--	20:37.2	03:10.2	06:37.8	04:07.4
147	Brian Bocanegra	SO	Mason City	87	20:38.1	03:11.1	06:38.1	04:07.6
148	Max Byington	SO	Aquinas	88	20:41.0	03:14.0	06:39.0	04:08.2
149	Daneil Schwarz	FR	Mason City	--	20:42.6	03:15.6	06:39.5	04:08.5
150	Oisin Leopold	SR	Iowa City High	--	20:43.8	03:16.8	06:39.9	04:08.7
151	Nathan Groezinger	FR	Linn-Mar	--	20:43.8	03:16.8	06:39.9	04:08.7
152	Jacob Barnett	SO	Regina	89	20:46.9	03:19.9	06:40.9	04:09.4
153	Nicholas Rowley	SO	Decorah	--	20:47.6	03:20.6	06:41.1	04:09.5
154	Sean Honse	JR	Champlin Park	--	20:48.1	03:21.1	06:41.3	04:09.6
155	Dane Cole	SO	Decorah	--	20:48.5	03:21.5	06:41.4	04:09.7
156	Andrew Alberts	JR	Austin	--	20:48.7	03:21.7	06:41.5	04:09.7

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157	Whit Jury	FR	Iowa City High	--	20:49.4	03:22.4	06:41.7	04:09.9
158	Noah Arlt	JR	Aquinas	90	20:49.5	03:22.5	06:41.8	04:09.9
159	Paxton Hummer	FR	Linn-Mar	--	20:49.7	03:22.7	06:41.8	04:09.9
160	Isaac Franzen	SR	Turkey Valley Comm.	--	20:51.0	03:24.0	06:42.2	04:10.2
161	Iain Garfinkel	FR	Iowa City High	--	20:51.4	03:24.4	06:42.4	04:10.3
162	Ben Barrett	SO	Aquinas	91	20:51.5	03:24.5	06:42.4	04:10.3
163	Casey Brickley	FR	Decorah	--	20:51.8	03:24.8	06:42.5	04:10.4
164	Cade Olson	FR	Decorah	--	20:52.5	03:25.5	06:42.7	04:10.5
165	Luke Stortz	FR	Crestwood	92	20:52.6	03:25.6	06:42.8	04:10.5
166	David Meinecke	SR	Crestwood	93	20:52.8	03:25.8	06:42.8	04:10.5
167	Austin Richardson	SR	Mason City	--	20:53.1	03:26.1	06:42.9	04:10.6
168	Michael Reh	JR	Charles City	94	20:53.9	03:26.9	06:43.2	04:10.8
169	Drew White	SO	Decorah	--	20:54.5	03:27.5	06:43.4	04:10.9
170	Jake Schefers	JR	Rochester Century	--	20:55.8	03:28.8	06:43.8	04:11.2
171	Timothy Welch	FR	Iowa City - Liberty	--	20:56.0	03:29.0	06:43.8	04:11.2
172	James Groux	JR	Decorah	--	20:56.4	03:29.4	06:44.0	04:11.3
173	Casey Roney	FR	Decorah	--	20:56.6	03:29.6	06:44.0	04:11.3
174	Jonathan Kamba	SO	Iowa City - Liberty	--	20:57.0	03:30.0	06:44.2	04:11.4
175	Oliver Thrush	FR	Aquinas	95	20:57.5	03:30.5	06:44.3	04:11.5
176	Carter Gage	SO	Iowa City - Liberty	--	20:58.3	03:31.3	06:44.6	04:11.6
177	Daniel Wagner	SO	Kee	--	20:58.3	03:31.3	06:44.6	04:11.6
178	Kyle Boone	SR	Onalaska	96	20:58.5	03:31.5	06:44.7	04:11.7
179	Gabe Sadler	SR	South Winneshiek	97	21:01.2	03:34.2	06:45.5	04:12.2
180	Matt Rew	SR	Iowa City High	--	21:01.6	03:34.6	06:45.6	04:12.3
181	Joshua Levering	FR	CR Prairie	--	21:01.9	03:34.9	06:45.7	04:12.4
182	Josh Yetter	JR	Stewartville	98	21:02.6	03:35.6	06:46.0	04:12.5
183	Tyler Crow	SO	Rochester Century	--	21:03.4	03:36.4	06:46.2	04:12.7
184	Jeremy Andera	SO	Crestwood	99	21:03.5	03:36.5	06:46.3	04:12.7
185	Nathan Cole	FR	Bloomington Jefferson	100	21:04.0	03:37.0	06:46.4	04:12.8
186	Raymond Zhang	SR	Rochester Century	--	21:06.4	03:39.4	06:47.2	04:13.3
187	Adam Dettmer	SR	Mason City	--	21:06.6	03:39.6	06:47.2	04:13.3
188	Sincere Collins	SO	Charles City	101	21:08.5	03:41.5	06:47.9	04:13.7
189	Aiden McDermott	SO	Linn-Mar	--	21:09.7	03:42.7	06:48.2	04:13.9
190	Ben Horwitz	SO	Iowa City High	--	21:10.6	03:43.6	06:48.5	04:14.1
191	Logan Delaney	SO	Waukon	102	21:11.0	03:44.0	06:48.7	04:14.2
192	Will Arling	JR	Iowa City High	--	21:12.1	03:45.1	06:49.0	04:14.4
193	Kadon Harper	FR	Linn-Mar	--	21:12.3	03:45.3	06:49.1	04:14.5
194	Max Deeter	SR	Charles City	--	21:12.7	03:45.7	06:49.2	04:14.5
195	Liban Ali		Burnsville	103	21:13.7	03:46.7	06:49.5	04:14.7
196	Edgar Aguilar	SO	Decorah	--	21:13.7	03:46.7	06:49.5	04:14.7
197	Kyle Pido	SO	Rochester John Marshall	104	21:14.4	03:47.4	06:49.8	04:14.9
198	Ryan Carter	SR	Iowa City High	--	21:14.6	03:47.6	06:49.8	04:14.9
199	Darin Rude	JR	Decorah	--	21:15.0	03:48.0	06:50.0	04:15.0
200	Victor Merritt	FR	Decorah	--	21:16.6	03:49.6	06:50.5	04:15.3
201	Bailey Olson	JR	Westby	105	21:17.4	03:50.4	06:50.7	04:15.5
202	Damien Garrett	FR	Iowa City - Liberty	--	21:18.5	03:51.5	06:51.1	04:15.7

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203	Josiah Carr	JR	Charles City	--	21:18.7	03:51.7	06:51.1	04:15.7
204	Luke Nadolny	JR	Rochester Century	--	21:19.8	03:52.8	06:51.5	04:16.0
205	Jack Stange	JR	Platteville	106	21:20.4	03:53.4	06:51.7	04:16.1
206	Daniel Hollinger	JR	CR Prairie	--	21:20.6	03:53.6	06:51.7	04:16.1
207	Ethan TerHark	JR	Mason City	--	21:22.0	03:55.0	06:52.2	04:16.4
208	Anders Haglund	FR	Charles City	--	21:23.3	03:56.3	06:52.6	04:16.7
209	Gabe Wood	FR	La Crosse Central	--	21:23.5	03:56.5	06:52.7	04:16.7
210	Griffin Franksain	SO	Charles City	--	21:23.6	03:56.6	06:52.7	04:16.7
211	Ethan Shellhart	SR	Rochester John Marshall	107	21:23.9	03:56.9	06:52.8	04:16.8
212	Zaden Brunette	JR	Platteville	108	21:24.7	03:57.7	06:53.1	04:16.9
213	Go Benesh	FR	CR Prairie	--	21:24.7	03:57.7	06:53.1	04:16.9
214	Lukas Neureiter	FR	Rochester Century	--	21:26.4	03:59.4	06:53.6	04:17.3
215	Isaac Roberts	SR	Decorah	--	21:27.0	04:00.0	06:53.8	04:17.4
216	Jaden Frantz	FR	Iowa City - Liberty	--	21:29.0	04:02.0	06:54.4	04:17.8
217	Conner Cook	SR	Decorah	--	21:29.7	04:02.7	06:54.7	04:17.9
218	Luke Gottshall	SR	Platteville	109	21:31.6	04:04.6	06:55.3	04:18.3
219	Corbin Clasen	FR	CR Prairie	--	21:32.3	04:05.3	06:55.5	04:18.5
220	Braiden Petrick	FR	CR Prairie	--	21:33.7	04:06.7	06:56.0	04:18.7
221	Brett Ehler	SO	CR Prairie	--	21:34.6	04:07.6	06:56.3	04:18.9
222	Miles Bassett	7	Bloomington Jefferson	110	21:35.2	04:08.2	06:56.4	04:19.0
223	Carson Nagy	JR	Onalaska	111	21:37.0	04:10.0	06:57.0	04:19.4
224	Nate Dietzenbach	FR	Crestwood	112	21:37.4	04:10.4	06:57.2	04:19.5
225	Zach Whittlesey	FR	CR Prairie	--	21:38.4	04:11.4	06:57.5	04:19.7
226	Hal Seamans	FR	Iowa City High	--	21:41.6	04:14.6	06:58.5	04:20.3
227	Karter Einck	SO	Decorah	--	21:42.0	04:15.0	06:58.6	04:20.4
228	Luke Gage	FR	Iowa City - Liberty	--	21:42.7	04:15.7	06:58.9	04:20.5
229	Peter Jones	SO	Rochester John Marshall	113	21:43.1	04:16.1	06:59.0	04:20.6
230	Henry May	SR	Regina	114	21:45.4	04:18.4	06:59.7	04:21.1
231	Colton Guenther	FR	Chatfield	115	21:46.5	04:19.5	07:00.1	04:21.3
232	Caycey Gillen	JR	Platteville	116	21:46.7	04:19.7	07:00.1	04:21.3
233	Michah Hanson	FR	Rochester John Marshall	117	21:46.9	04:19.9	07:00.2	04:21.4
234	Michael Mattson	JR	Kee	--	21:47.1	04:20.1	07:00.3	04:21.4
235	Anthony McWilliams	SO	Platteville	118	21:48.4	04:21.4	07:00.7	04:21.7
236	Sam Miron	SO	Chatfield	119	21:49.6	04:22.6	07:01.1	04:21.9
237	Jackson Berry	JR	Austin	--	21:50.8	04:23.8	07:01.5	04:22.1
238	Owen Henning	SR	Decorah	--	21:51.2	04:24.2	07:01.6	04:22.2
239	Mason Holmen	SR	Charles City	--	21:52.3	04:25.3	07:02.0	04:22.5
240	Alexander Führer	SO	Rochester John Marshall	120	21:53.0	04:26.0	07:02.2	04:22.6
241	Shannon Gill-Mast	SR	Platteville	121	21:53.2	04:26.2	07:02.3	04:22.6
242	Nick Lawrynk	JR	Aquinas	122	21:54.3	04:27.3	07:02.6	04:22.9
243	Jacob Kumoto	FR	Linn-Mar	--	21:55.7	04:28.7	07:03.1	04:23.1
244	Joseph Hilkin	FR	Austin	--	21:56.3	04:29.3	07:03.2	04:23.3
245	Ethan Olsen	FR	Mason City	--	21:56.7	04:29.7	07:03.4	04:23.3
246	Dale Schwamman	SO	Turkey Valley Comm.	--	21:56.9	04:29.9	07:03.4	04:23.4
247	Lucas Scheidel	SR	Turkey Valley Comm.	--	21:57.4	04:30.4	07:03.6	04:23.5
248	Cameron Kakac	JR	Charles City	--	21:58.0	04:31.0	07:03.8	04:23.6

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249	Joey Endrizzi	SO Aquinas	123	21:58.7	04:31.7	07:04.0	04:23.7
250	Ethan Wise	JR Linn-Mar	--	21:59.2	04:32.2	07:04.2	04:23.8
251	Mic Frommelt	SR Platteville	124	22:02.3	04:35.3	07:05.2	04:24.4
252	Carter Prull	SO CR Prairie	--	22:02.4	04:35.4	07:05.2	04:24.5
253	Tyler Irwin	JR Decorah	--	22:03.5	04:36.5	07:05.5	04:24.7
254	Brock Taylor	FR Decorah	--	22:04.4	04:37.4	07:05.8	04:24.9
255	Demetrius Ramirez	SR Iowa City High	--	22:05.1	04:38.1	07:06.1	04:25.0
256	Andy Castillo	JR CR Prairie	--	22:08.6	04:41.6	07:07.2	04:25.7
257	Tahm Loyd	SR Bloomington Jefferson	125	22:08.9	04:41.9	07:07.3	04:25.8
258	Jack Staben	SR Austin	--	22:10.4	04:43.4	07:07.8	04:26.1
259	Logan Cory	SR Rochester Century	--	22:12.2	04:45.2	07:08.3	04:26.4
260	Daniel Lares	SR Crestwood	126	22:12.7	04:45.7	07:08.5	04:26.5
261	Luke Davis	SR South Winneshiek	127	22:14.4	04:47.4	07:09.1	04:26.9
262	Isaiah Bahls	JR Mason City	--	22:14.6	04:47.6	07:09.1	04:26.9
263	William Hoeltzle	JR Lanesboro/Fillmore Central	--	22:14.9	04:47.9	07:09.2	04:27.0
264	Josh Burmeister	JR Lanesboro/Fillmore Central	--	22:15.1	04:48.1	07:09.3	04:27.0
265	Jack Keating	JR Regina	128	22:18.5	04:51.5	07:10.4	04:27.7
266	Arrick Rinke	SR CR Prairie	--	22:19.0	04:52.0	07:10.5	04:27.8
267	Connor Stegen	JR Waukon	129	22:20.3	04:53.3	07:11.0	04:28.1
268	Connor Frana	SO South Winneshiek	130	22:20.6	04:53.6	07:11.0	04:28.1
269	Michael Smith	SR Waukon	131	22:21.1	04:54.1	07:11.2	04:28.2
270	Jack Anderson	FR Iowa City - Liberty	--	22:21.1	04:54.1	07:11.2	04:28.2
271	Reid Post	FR Linn-Mar	--	22:21.6	04:54.6	07:11.4	04:28.3
272	Brahaim Rios	SR Charles City	--	22:22.6	04:55.6	07:11.7	04:28.5
273	William Reiter	FR Rochester John Marshall	--	22:23.1	04:56.1	07:11.9	04:28.6
274	Jose? Agudo	JR Decorah	--	22:23.5	04:56.5	07:12.0	04:28.7
275	Ben Stange	FR Platteville	--	22:23.9	04:56.9	07:12.1	04:28.8
276	Keaton Houser	SO CR Prairie	--	22:24.1	04:57.1	07:12.2	04:28.8
277	Evan Strand	FR Linn-Mar	--	22:28.4	05:01.4	07:13.5	04:29.7
278	Samuel Oelfke	FR Austin	--	22:30.5	05:03.5	07:14.2	04:30.1
279	Jermaine Dizon	SO Charles City	--	22:30.9	05:03.9	07:14.3	04:30.2
280	Adrian Huang	SO Decorah	--	22:31.3	05:04.3	07:14.5	04:30.2
281	Ethan Boswell	JR Onalaska	132	22:33.9	05:06.9	07:15.3	04:30.8
282	Brody Hirsch	FR Mason City	--	22:34.1	05:07.1	07:15.4	04:30.8
283	Aiden Roemig	SO CR Prairie	--	22:34.2	05:07.2	07:15.4	04:30.8
284	Alexander Younk	FR Rochester John Marshall	--	22:34.7	05:07.7	07:15.6	04:30.9
285	Rex Huinker	SR Decorah	--	22:35.0	05:08.0	07:15.7	04:31.0
286	Dustin Kenyon	SO Westby	133	22:35.6	05:08.6	07:15.9	04:31.1
287	Isaac Sutter	SO Rochester Century	--	22:35.9	05:08.9	07:16.0	04:31.2
288	Matthew Fjellman	SO Champlin Park	--	22:38.9	05:11.9	07:16.9	04:31.8
289	Kaleb Cotton	SO Charles City	--	22:39.8	05:12.8	07:17.2	04:31.9
290	Levi Hamilton	JR Westby	134	22:40.0	05:13.0	07:17.3	04:32.0
291	Ethan Long	SO Iowa City - Liberty	--	22:41.2	05:14.2	07:17.7	04:32.2
292	Cael Rethwisch	FR Waukon	135	22:42.0	05:15.0	07:17.9	04:32.4
293	Kyle McDowell	JR Iowa City High	--	22:42.3	05:15.3	07:18.0	04:32.5
294	Ben Hellman	SO CR Prairie	--	22:43.0	05:16.0	07:18.2	04:32.6

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295	Colin Alt	SR	Bloomington Jefferson	136	22:43.2	05:16.2	07:18.3	04:32.6
296	Zach Tapajna	7	Bloomington Jefferson	137	22:44.5	05:17.5	07:18.7	04:32.9
297	Andy Role	SR	Westby	138	22:45.2	05:18.2	07:18.9	04:33.0
298	Noah Deis	FR	Platteville	--	22:46.2	05:19.2	07:19.3	04:33.2
299	Matthew Gerner	SR	Burnsville	139	22:47.6	05:20.6	07:19.7	04:33.5
300	Lance Gustafson	SR	CR Prairie	--	22:49.9	05:22.9	07:20.5	04:34.0
301	Konnor Kivimagi	JR	Chatfield	140	22:50.1	05:23.1	07:20.5	04:34.0
302	Tommy Le	SO	Iowa City High	--	22:50.3	05:23.3	07:20.6	04:34.1
303	Elliot Sinnwell	SR	Charles City	--	22:52.4	05:25.4	07:21.3	04:34.5
304	Andrew Horman	SO	Aquinas	--	22:53.1	05:26.1	07:21.5	04:34.6
305	Nicholas Sanders	SR	Rochester Century	--	22:53.6	05:26.6	07:21.7	04:34.7
306	Hunter Krizan	JR	Rochester Century	--	22:53.8	05:26.8	07:21.7	04:34.8
307	Gabriel Janssen	JR	Rochester John Marshall	--	22:54.4	05:27.4	07:21.9	04:34.9
308	Ryan Boon	SO	Onalaska	--	22:54.7	05:27.7	07:22.0	04:34.9
309	Zack Quade	SR	Charles City	--	22:54.8	05:27.8	07:22.1	04:35.0
310	Isaiah Siegal	SO	Onalaska	--	22:55.1	05:28.1	07:22.1	04:35.0
311	Henry Cooper	SO	Iowa City High	--	22:56.3	05:29.3	07:22.5	04:35.3
312	Sean Forner	SO	Iowa City High	--	22:56.9	05:29.9	07:22.7	04:35.4
313	Mansfield Yiu	SO	Burnsville	141	22:58.6	05:31.6	07:23.3	04:35.7
314	Dylan Yennie	SO	Stewartville	142	23:00.9	05:33.9	07:24.0	04:36.2
315	Patrick Sarsfield	SO	Iowa City High	--	23:01.7	05:34.7	07:24.3	04:36.3
316	Noah Schulenburg	FR	Platteville	--	23:03.1	05:36.1	07:24.7	04:36.6
317	Nick Dietzenbach	SO	Crestwood	--	23:09.0	05:42.0	07:26.6	04:37.8
318	Daniel Wells	FR	Platteville	--	23:09.2	05:42.2	07:26.7	04:37.8
319	Ben Schmitt	FR	Rochester John Marshall	--	23:11.1	05:44.1	07:27.3	04:38.2
320	Hunter O'Neill	SO	Waukon	143	23:14.7	05:47.7	07:28.4	04:38.9
321	Avery Leis	SO	Westby	144	23:15.5	05:48.5	07:28.7	04:39.1
322	Douglas Lee	FR	Rochester Century	--	23:15.6	05:48.6	07:28.7	04:39.1
323	Clay Schemmel	JR	Crestwood	--	23:15.9	05:48.9	07:28.8	04:39.2
324	Simon Bowman	FR	Onalaska	--	23:18.0	05:51.0	07:29.5	04:39.6
325	Ryder Bergstrom	FR	Austin	--	23:18.6	05:51.6	07:29.7	04:39.7
326	Matthew Grush	SO	Austin	--	23:19.0	05:52.0	07:29.8	04:39.8
327	August Davison	SR	Mason City	--	23:21.6	05:54.6	07:30.7	04:40.3
328	Landon Schemmel	SO	Crestwood	--	23:22.5	05:55.5	07:31.0	04:40.5
329	Weston Cory	FR	Rochester Century	--	23:23.6	05:56.6	07:31.3	04:40.7
330	Hunter Sullivan	SO	Charles City	--	23:24.4	05:57.4	07:31.6	04:40.9
331	James VanderVelden	FR	Waukon	145	23:24.8	05:57.8	07:31.7	04:40.9
332	Josh Keenan	FR	Waukon	146	23:25.0	05:58.0	07:31.8	04:41.0
333	Micah Bornitz	FR	Onalaska	--	23:25.2	05:58.2	07:31.8	04:41.0
334	Jackson Struhar	FR	Stewartville	147	23:25.4	05:58.4	07:31.9	04:41.1
335	Seth Lumley	SR	Austin	--	23:25.5	05:58.5	07:31.9	04:41.1
336	Peter Chen	JR	Regina	148	23:25.6	05:58.6	07:31.9	04:41.1
337	Luka Jones	JR	Linn-Mar	--	23:25.7	05:58.7	07:32.0	04:41.1
338	Andrew Cargin	SO	Iowa City - Liberty	--	23:25.9	05:58.9	07:32.0	04:41.2
339	Nick Cassady	SR	CR Prairie	--	23:26.7	05:59.7	07:32.3	04:41.3
340	Austin Humphrey	JR	CR Prairie	--	23:27.2	06:00.2	07:32.5	04:41.4

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341	Gordon Remling	FR	Stewartville	149	23:27.2	06:00.2	07:32.5	04:41.4
342	Peter Haug	SR	Rochester John Marshall	--	23:29.7	06:02.7	07:33.2	04:41.9
343	Ethan Casey	8	Rochester Century	--	23:29.7	06:02.7	07:33.3	04:41.9
344	Cal Henk	FR	Iowa City - Liberty	--	23:30.0	06:03.0	07:33.4	04:42.0
345	Jared Peterson	JR	Lanesboro/Fillmore Central	--	23:30.3	06:03.3	07:33.5	04:42.1
346	Thomas Foster	JR	Decorah	--	23:30.9	06:03.9	07:33.7	04:42.2
347	Paydon Meyer	SO	CR Prairie	--	23:31.0	06:04.0	07:33.7	04:42.2
348	Luke Walter	JR	Decorah	--	23:31.5	06:04.5	07:33.8	04:42.3
349	Grant Simmons	SO	Bloomington Jefferson	--	23:33.0	06:06.0	07:34.3	04:42.6
350	Benson Newhouse	FR	Decorah	--	23:35.5	06:08.5	07:35.1	04:43.1
351	Archer Jovaag	FR	Austin	--	23:39.2	06:12.2	07:36.3	04:43.8
352	Noah Kleven	FR	Onalaska	--	23:44.7	06:17.7	07:38.1	04:44.9
353	Domanick Henry	FR	Crestwood	--	23:44.7	06:17.7	07:38.1	04:44.9
354	Andrew Curran	JR	Rochester John Marshall	--	23:45.9	06:18.9	07:38.5	04:45.2
355	Luke Freimuth	SO	Rochester Century	--	23:49.2	06:22.2	07:39.5	04:45.8
356	Adam Kurdi	SO	Bloomington Jefferson	--	23:51.2	06:24.2	07:40.2	04:46.2
357	Wyatt Jones	SO	CR Prairie	--	23:51.5	06:24.5	07:40.3	04:46.3
358	Braxton Wold	FR	CR Prairie	--	23:52.4	06:25.4	07:40.6	04:46.5
359	Jerry Jerabek	SO	Rochester Century	--	23:53.6	06:26.6	07:41.0	04:46.7
360	Noah Reu	FR	CR Prairie	--	23:56.7	06:29.7	07:41.9	04:47.3
361	Brennan Hill	SO	Chatfield	150	23:57.4	06:30.4	07:42.2	04:47.5
362	Simon Mumford	SO	Decorah	--	24:00.2	06:33.2	07:43.1	04:48.0
363	Carson Merritt	FR	Decorah	--	24:01.7	06:34.7	07:43.6	04:48.3
364	Charles McQuire	FR	Burnsville	151	24:02.4	06:35.4	07:43.8	04:48.5
365	Jack Ayers	FR	Iowa City High	--	24:02.4	06:35.4	07:43.8	04:48.5
366	Nolan Niemann	SO	La Crosse Central	--	24:03.8	06:36.8	07:44.2	04:48.7
367	Sam Jack	FR	Rochester Century	--	24:05.3	06:38.3	07:44.7	04:49.0
368	Zach Fare	SO	CR Prairie	--	24:08.3	06:41.3	07:45.7	04:49.7
369	Joel Glascock	JR	Rochester John Marshall	--	24:13.4	06:46.4	07:47.3	04:50.7
370	Dillon Schwarz	FR	Platteville	--	24:15.4	06:48.4	07:48.0	04:51.1
371	Grant Boyce	JR	Rochester John Marshall	--	24:16.9	06:49.9	07:48.4	04:51.4
372	Miles Zhang	FR	Platteville	--	24:17.8	06:50.8	07:48.7	04:51.6
373	Noah Tapscott	JR	Decorah	--	24:18.3	06:51.3	07:48.9	04:51.6
374	Drake Loeschen	FR	Mason City	--	24:18.4	06:51.4	07:48.9	04:51.7
375	Alexander Egoccid	FR	Iowa City High	--	24:25.1	06:58.1	07:51.1	04:53.0
376	Gavin Flint	SR	Rochester John Marshall	--	24:26.8	06:59.8	07:51.6	04:53.3
377	Noah Swenson	FR	Rochester Century	--	24:26.8	06:59.8	07:51.6	04:53.4
378	Parker Coffman	SR	CR Prairie	--	24:26.8	06:59.8	07:51.6	04:53.4
379	Cade Morrison	8	Austin	--	24:27.8	07:00.8	07:51.9	04:53.5
380	Elliot Anderson	SO	Rochester John Marshall	--	24:28.8	07:01.8	07:52.3	04:53.8
381	Cole Borowiak	8	Bloomington Jefferson	--	24:29.1	07:02.1	07:52.4	04:53.8
382	Nathan Nelson	FR	Rochester Century	--	24:30.1	07:03.1	07:52.7	04:54.0
383	Micah Waddell	FR	Linn-Mar	--	24:37.8	07:10.8	07:55.2	04:55.6
384	Dawson Wentholt	FR	South Winneshiek	152	24:38.2	07:11.2	07:55.3	04:55.6
385	Nate Keenan	FR	Waukon	--	24:39.8	07:12.8	07:55.8	04:56.0
386	Zachary Razidlo	8	Rochester Century	--	24:41.6	07:14.6	07:56.4	04:56.3

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387	Aiden Sellon	FR	CR Prairie	--	24:41.8	07:14.8	07:56.4	04:56.3
388	Breyer Ellison	FR	Charles City	--	24:41.8	07:14.8	07:56.5	04:56.4
389	Jakob Sindlinger	SO	Charles City	--	24:48.6	07:21.6	07:58.6	04:57.7
390	John Sibuma	SR	Charles City	--	24:50.8	07:23.8	07:59.4	04:58.2
391	Jack Meyer	JR	Regina	153	24:51.8	07:24.8	07:59.6	04:58.3
392	Henry Briest	SO	Bloomington Jefferson	--	24:53.1	07:26.1	08:00.1	04:58.6
393	Whitaker Kelly	FR	Rochester Century	--	24:55.5	07:28.5	08:00.8	04:59.1
394	Asher Flint	FR	Rochester John Marshall	--	25:06.2	07:39.2	08:04.3	05:01.2
395	Fernando Ramos	FR	Platteville	--	25:08.3	07:41.3	08:05.0	05:01.6
396	Austin Jentz	SR	Platteville	--	25:13.8	07:46.8	08:06.7	05:02.8
397	Jackson Cook	SO	Charles City	--	25:26.0	07:59.0	08:10.7	05:05.2
398	Jack Kelly	SO	Regina	154	25:32.9	08:05.9	08:12.9	05:06.6
399	Dane Christians	SO	Regina	155	25:39.9	08:12.9	08:15.1	05:08.0
400	Henry Schoon	SO	Iowa City High	--	25:41.7	08:14.7	08:15.7	05:08.3
401	Derek Loeschen	FR	Mason City	--	25:42.6	08:15.6	08:16.0	05:08.5
402	Nicholas Roney	SR	Charles City	--	25:44.1	08:17.1	08:16.5	05:08.8
403	Mattias Dyrud	SO	Bloomington Jefferson	--	25:51.5	08:24.5	08:18.9	05:10.3
404	Cyrus Emami-Ahari	FR	Mason City	--	25:51.7	08:24.7	08:18.9	05:10.3
405	Hassan Kieta	SO	Iowa City High	--	25:53.0	08:26.0	08:19.4	05:10.6
406	Samuel Lagerlund	SO	Rochester Century	--	25:58.1	08:31.1	08:21.0	05:11.6
407	Chase Olsen	JR	Mason City	--	25:59.2	08:32.2	08:21.3	05:11.8
408	Isaac Guenther	SO	Rochester Century	--	26:05.0	08:38.0	08:23.2	05:13.0
409	Gabriel Marschall	SR	Rochester John Marshall	--	26:05.0	08:38.0	08:23.2	05:13.0
410	Chase Adam	FR	South Winneshiek	--	26:05.7	08:38.7	08:23.4	05:13.1
411	Lawson Brown	JR	Crestwood	--	26:18.9	08:51.9	08:27.7	05:15.8
412	Judson Bell	SO	Lanesboro/Fillmore Central	--	26:29.7	09:02.7	08:31.1	05:17.9
413	Charlie Anderson	SR	Onalaska	--	26:30.0	09:03.0	08:31.2	05:18.0
414	Caden Sadler	JR	Iowa City - Liberty	--	26:33.9	09:06.9	08:32.5	05:18.8
415	Colten Knight	FR	Crestwood	--	26:36.7	09:09.7	08:33.4	05:19.3
416	Chase Collins	FR	Austin	--	26:36.9	09:09.9	08:33.5	05:19.4
417	Lynn Borgen	FR	Chatfield	156	26:38.2	09:11.2	08:33.9	05:19.6
418	Gavin Reinhart	SO	Aquinas	--	26:43.6	09:16.6	08:35.6	05:20.7
419	Zachary Mosier	FR	Iowa City - Liberty	--	26:56.7	09:29.7	08:39.8	05:23.3
420	Carter Cahoy	FR	New Hampton Comm	--	26:57.6	09:30.6	08:40.1	05:23.5
421	Drake Mitchell	SO	Rochester John Marshall	--	26:59.4	09:32.4	08:40.7	05:23.9
422	Brom Leapold	FR	Iowa City High	--	27:09.8	09:42.8	08:44.0	05:25.9
423	Christian Howe	SO	Charles City	--	27:15.2	09:48.2	08:45.8	05:27.0
424	Deepanshu Dabas	JR	Kee	--	27:15.5	09:48.5	08:45.9	05:27.1
425	Ephraim Marth	SO	Charles City	--	27:23.7	09:56.7	08:48.5	05:28.7
426	Bo Andrews	FR	CR Prairie	--	27:25.2	09:58.2	08:49.0	05:29.0
427	Brennan Ferrer	SR	Charles City	--	27:33.2	10:06.2	08:51.6	05:30.6
428	Kyle Day	JR	Rochester John Marshall	--	27:58.5	10:31.5	08:59.7	05:35.7
429	Riley Gunderson	JR	Rochester John Marshall	--	27:59.8	10:32.8	09:00.1	05:35.9
430	Evan Wilkens		Burnsville	157	28:10.9	10:43.9	09:03.7	05:38.2
431	Moises Castro	SR	New Hampton Comm	--	28:22.7	10:55.7	09:07.5	05:40.5
432	Matthew Swenson	FR	Rochester Century	--	29:11.0	11:44.0	09:23.0	05:50.2

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433	Gray Christians	SO	Regina	--	29:17.0	11:50.0	09:24.9	05:51.4
434	Jack Sindlinger	SR	Charles City	--	29:17.8	11:50.8	09:25.2	05:51.5
435	Jake Frahm	FR	New Hampton Comm	--	29:21.4	11:54.4	09:26.3	05:52.3
436	Matt Egle	FR	Rochester John Marshall	--	29:23.2	11:56.2	09:26.9	05:52.6
437	Carter Hoffman	FR	Austin	--	29:27.0	12:00.0	09:28.2	05:53.4
438	Zeki Eldadah	FR	Mason City	--	30:10.7	12:43.7	09:42.2	06:02.1
439	Zach Olsen	FR	Rochester John Marshall	--	30:41.9	13:14.9	09:52.2	06:08.4
440	Jacob Sherer	SR	Platteville	--	34:09.0	16:42.0	10:58.8	06:49.8
441	Kendrik Johnson	FR	Burnsville	158	38:47.5	21:20.5	12:28.4	07:45.5
442	Christian Hughes	SO	Charles City	--	42:01.9	24:34.9	13:30.9	08:24.4

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**Middle School Girls Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	MS_Decorah	32	4-5-6-8-9(11)(13)	1:12:29	14:30	0:35.5
2	CR Prairie	39	1-2-10-12-14(38)(39)	1:11:01	14:13	2:10.9
3	Crestwood	95	3-16-21-24-31(32)(34)	1:18:32	15:43	3:05.2
4	Waukon	99	7-17-22-26-27	1:19:05	15:49	2:01.9
5	South Winneshiek	112	15-19-23-25-30(33)(35)	1:20:25	16:05	1:40.2
6	Stewartville	131	18-20-28-29-36(37)	1:22:45	16:33	2:36.0

**Middle School Girls Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Keirra Hess	8	CR Prairie	1	13:00.4	---	06:32.1	04:03.9
2	Bridget Canton	8	CR Prairie	2	13:06.8	00:06.8	06:35.3	04:05.9
3	Kaelyn Ambuehl	8	Burnsville	--	13:35.1	00:35.1	06:49.6	04:14.7
4	Laney Peter	7	Crestwood	3	13:57.8	00:57.8	07:01.0	04:21.8
5	Brynn Storhoff	8	MS_Decorah	4	14:13.8	01:13.8	07:09.0	04:26.8
6	Danielle Losen	8	MS_Decorah	5	14:23.1	01:23.1	07:13.7	04:29.7
7	Kathryn Kelly	8	MS_Decorah	6	14:24.1	01:24.1	07:14.2	04:30.0
8	Mia Kurth		Waukon	7	14:28.1	01:28.1	07:16.2	04:31.3
9	Kira Theng	8	Burnsville	--	14:29.2	01:29.2	07:16.7	04:31.6
10	Charli Oeltjen	7	Chatfield	--	14:35.9	01:35.9	07:20.1	04:33.7
11	Claire Schutte	8	MS_Decorah	8	14:38.4	01:38.4	07:21.4	04:34.5
12	Joselyn Wilson	8	Chatfield	--	14:41.3	01:41.3	07:22.8	04:35.4
13	Ellie Grossman	8	Champlin Park	--	14:41.4	01:41.4	07:22.9	04:35.4
14	Taylor Ries	7	New Hampton Comm	--	14:41.9	01:41.9	07:23.1	04:35.6
15	Amelia Wadsworth	7	MS_Decorah	9	14:49.3	01:49.3	07:26.8	04:37.9
16	Tori Allard	8	CR Prairie	10	14:49.5	01:49.5	07:27.0	04:38.0
17	Eleyna Hook	8	MS_Decorah	11	14:52.9	01:52.9	07:28.6	04:39.0
18	Josie Koppes	8	CR Prairie	12	14:52.9	01:52.9	07:28.7	04:39.0
19	Naomi Simon	8	MS_Decorah	13	14:57.8	01:57.8	07:31.1	04:40.5
20	Zoey Skriver	8	CR Prairie	14	15:11.3	02:11.3	07:37.9	04:44.8
21	Josie Tieskoetter		South Winneshiek	15	15:16.0	02:16.0	07:40.3	04:46.2
22	Lizzy Fredericks	7	Pacelli	--	15:19.7	02:19.7	07:42.1	04:47.4
23	Elsa Johnson	7	MS_Decorah	--	15:26.3	02:26.3	07:45.4	04:49.4
24	Erica Ollendick	7	Crestwood	16	15:34.6	02:34.6	07:49.6	04:52.0
25	Breckan Stewart		Waukon	17	15:35.1	02:35.1	07:49.9	04:52.2
26	Norah Campbell	7	Stewartville	18	15:36.2	02:36.2	07:50.4	04:52.5
27	Josie Tollefsrud		South Winneshiek	19	15:39.4	02:39.4	07:52.0	04:53.5
28	Megan Myhrvold	8	Stewartville	20	15:40.7	02:40.7	07:52.7	04:54.0
29	Cloey Horns	8	Crestwood	21	15:40.8	02:40.8	07:52.7	04:54.0
30	Abbie Valkosky	8	MS_Decorah	--	15:41.8	02:41.8	07:53.3	04:54.3
31	Lydia Lindell	8	Champlin Park	--	15:48.9	02:48.9	07:56.8	04:56.5
32	Addison Lukes-Smith	7	MS_Decorah	--	15:53.4	02:53.4	07:59.1	04:57.9
33	Evon Leitz	8	MS_Decorah	--	15:53.8	02:53.8	07:59.3	04:58.1
34	McKenzie Riley	7	MS_Decorah	--	15:58.5	02:58.5	08:01.6	04:59.5
35	Faith Cooper		Waukon	22	16:08.1	03:08.1	08:06.5	05:02.5

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36	Jaidyn Duvel	7	MS_Decorah	--	16:09.6	03:09.6	08:07.2	05:03.0
37	Isabella Kuboushek		South Winneshiek	23	16:11.1	03:11.1	08:08.0	05:03.5
38	Lily Sandhorst	7	MS_Decorah	--	16:13.1	03:13.1	08:09.0	05:04.1
39	Elise Church	8	Crestwood	24	16:15.7	03:15.7	08:10.3	05:04.9
40	Grace Brynsaas	8	MS_Decorah	--	16:20.9	03:20.9	08:12.9	05:06.5
41	Karissa Wenthold		South Winneshiek	25	16:22.3	03:22.3	08:13.6	05:07.0
42	Mikael Havens		Waukon	26	16:23.7	03:23.7	08:14.3	05:07.4
43	Marianna Miron	8	Chatfield	--	16:26.8	03:26.8	08:15.9	05:08.4
44	Olivia Marti		Waukon	27	16:29.9	03:29.9	08:17.4	05:09.3
45	Leah Suhr	7	MS_Decorah	--	16:34.9	03:34.9	08:19.9	05:10.9
46	Delaney Sanford	7	Stewartville	28	16:35.6	03:35.6	08:20.3	05:11.1
47	Natalie Goodner	7	MS_Decorah	--	16:35.8	03:35.8	08:20.4	05:11.2
48	Aubrey Frisch	7	Stewartville	29	16:39.7	03:39.7	08:22.3	05:12.4
49	Skyler Cole	8	MS_Decorah	--	16:39.8	03:39.8	08:22.4	05:12.4
50	Grace Blikre	7	MS_Decorah	--	16:50.6	03:50.6	08:27.8	05:15.8
51	Julia Carnessi		South Winneshiek	30	16:56.1	03:56.1	08:30.6	05:17.5
52	Addie Isaacson	8	Crestwood	31	17:03.0	04:03.0	08:34.0	05:19.7
53	Heidi Mahr	8	Crestwood	32	17:03.3	04:03.3	08:34.2	05:19.8
54	Ivey Franzen		South Winneshiek	33	17:03.9	04:03.9	08:34.5	05:20.0
55	Blair Cummings	7	Crestwood	34	17:10.1	04:10.1	08:37.6	05:21.9
56	Lillian Lewis	7	Chatfield	--	17:16.8	04:16.8	08:41.0	05:24.0
57	Abby Wagner		South Winneshiek	35	17:23.8	04:23.8	08:44.5	05:26.2
58	Lanie Monk	7	MS_Decorah	--	17:24.5	04:24.5	08:44.9	05:26.4
59	Katie Shimek		South Winneshiek	--	17:24.6	04:24.6	08:44.9	05:26.4
60	Ella Bergan	7	Crestwood	--	17:48.8	04:48.8	08:57.1	05:34.0
61	Mati Henry	7	Crestwood	--	17:50.9	04:50.9	08:58.1	05:34.7
62	Emma Brunton	8	MS_Platteville	--	17:58.0	04:58.0	09:01.7	05:36.9
63	Zoey Dreckman	7	New Hampton Comm	--	17:59.0	04:59.0	09:02.2	05:37.2
64	Emily Bohlken	8	MS_Platteville	--	18:01.1	05:01.1	09:03.3	05:37.8
65	Lindsey Rentz	8	Stewartville	36	18:12.1	05:12.1	09:08.8	05:41.3
66	Emma-Bailey Mullinix	8	Stewartville	37	18:19.5	05:19.5	09:12.5	05:43.6
67	Miriam Laabs	8	Burnsville	--	18:21.3	05:21.3	09:13.4	05:44.1
68	Jenna Lemke	8	MS_Decorah	--	18:48.1	05:48.1	09:26.9	05:52.5
69	Kinsey White	7	MS_Decorah	--	18:54.7	05:54.7	09:30.2	05:54.6
70	Eily Hegdahl	8	MS_Decorah	--	18:57.8	05:57.8	09:31.7	05:55.5
71	Kathleen Delphay	8	MS_Decorah	--	19:31.7	06:31.7	09:48.8	06:06.1
72	Hailey Wood	8	MS_Decorah	--	20:10.6	07:10.6	10:08.3	06:18.3
73	Heidi Sankot	7	CR Prairie	38	20:14.8	07:14.8	10:10.4	06:19.6
74	Brianna Bistricky	7	CR Prairie	39	20:15.2	07:15.2	10:10.6	06:19.7
75	Morgan Burch	8	CR Prairie	--	20:17.3	07:17.3	10:11.7	06:20.4
76	alayna Kuennen	8	Turkey Valley Comm.	--	20:19.9	07:19.9	10:13.0	06:21.2
77	Courtney Tyson	8	MS_Platteville	--	20:35.1	07:35.1	10:20.6	06:26.0
78	Elliana Brodbeck	7	MS_Decorah	--	20:47.1	07:47.1	10:26.6	06:29.7
79	Kathy Sitan	7	MS_Decorah	--	20:50.9	07:50.9	10:28.6	06:30.9
80	Korey Hrdlicka	7	Crestwood	--	20:53.7	07:53.7	10:30.0	06:31.8
81	Madison Foley		South Winneshiek	--	21:48.7	08:48.7	10:57.6	06:49.0

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82	Elizabeth Chadwick	7	Rochester John Marshall	--	22:04.7	09:04.7	11:05.6	06:53.9
83	Gwenyth Thompson	7	MS_Decorah	--	22:36.3	09:36.3	11:21.5	07:03.8
84	Shelby Jochola	7	MS_Decorah	--	26:05.1	13:05.1	13:06.5	08:09.1
85	Olivia Stevenson	7	Crestwood	--	26:22.1	13:22.1	13:15.0	08:14.4

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**Middle School Boys Team Results**

Place	Team	Points	Places of Finishers	Total	Average	Spread
1	MS_Decorah	68	8-10-15-17-18(26)(28)	1:05:44	13:09	0:47.3
2	CR Prairie	74	4-12-14-20-24(39)(42)	1:06:22	13:17	1:08.4
3	Rochester Century	89	6-7-9-11-56(57)(59)	1:06:24	13:17	2:56.2
4	Stewartville	94	3-5-13-32-41(45)(50)	1:07:17	13:28	2:25.3
5	MS_Platteville	115	2-16-23-27-47(53)(54)	1:08:28	13:42	2:44.1
6	Waukon	150	22-25-29-36-38(40)(43)	1:10:06	14:02	0:57.9
7	Rochester John Marshall	156	19-21-30-34-52(55)(60)	1:10:33	14:07	1:44.8
8	New Hampton Comm	178	1-33-44-49-51(64)	1:11:52	14:23	3:01.0
9	Chatfield	239	35-37-48-58-61	1:17:17	15:28	2:54.4
10	South Winneshiek	267	31-46-62-63-65	1:22:52	16:35	4:14.9

**Middle School Boys Individual Results**

Place	Athlete	Grade	Team	Points	Time	Back	Pace/M	Pace/Km
1	Caleb Ibarra	7	Champlin Park	--	12:09.9	---	06:06.7	03:48.1
2	Cam McMorris	8	New Hampton Comm	1	12:13.1	00:04.1	06:08.3	03:49.1
3	Zade Plumb	8	MS_Platteville	2	12:23.9	00:14.9	06:13.8	03:52.5
4	Nathan Jeche	8	Stewartville	3	12:29.0	00:20.0	06:16.4	03:54.0
5	Kurtis Petersen	8	CR Prairie	4	12:33.1	00:24.1	06:18.4	03:55.3
6	Josh Langseth	7	Stewartville	5	12:34.9	00:25.9	06:19.3	03:55.9
7	Gabriel Lovric	8	Rochester Century	6	12:36.0	00:27.0	06:19.9	03:56.2
8	Caleb Bancroft	7	Rochester Century	7	12:36.9	00:27.9	06:20.3	03:56.5
9	Quinn Hess	8	Burnsville	--	12:38.1	00:29.1	06:20.9	03:56.9
10	Grant Zilka	7	MS_Decorah	8	12:39.8	00:30.8	06:21.8	03:57.4
11	Alexander Calvert	7	Rochester Century	9	12:40.0	00:31.0	06:21.9	03:57.5
12	Henry Weis	8	MS_Decorah	10	12:46.2	00:37.2	06:25.0	03:59.4
13	Dominic Bigalk	8	Crestwood	--	12:56.4	00:47.4	06:30.1	04:02.6
14	Aaron Dong	8	Rochester Century	11	12:58.5	00:49.5	06:31.2	04:03.3
15	Charlie Hibbs	8	Champlin Park	--	13:11.1	01:02.1	06:37.5	04:07.2
16	Bennett Allred	7	CR Prairie	12	13:15.6	01:06.6	06:39.8	04:08.6
17	Reed Neubauer	8	Stewartville	13	13:16.4	01:07.4	06:40.2	04:08.9
18	Julien Benesh	8	CR Prairie	14	13:20.7	01:11.7	06:42.3	04:10.2
19	LaQuin Reynolds-Dunlap	8	MS_Decorah	15	13:23.5	01:14.5	06:43.7	04:11.1
20	Andrew Donner	7	MS_Platteville	16	13:25.9	01:16.9	06:44.9	04:11.8
21	Andrew Frederick	8	Pacelli	--	13:26.9	01:17.9	06:45.4	04:12.1
22	Aidan Nalaem-Carlson	8	MS_Decorah	17	13:27.1	01:18.1	06:45.5	04:12.2
23	Isaac Knaack	8	MS_Decorah	18	13:27.1	01:18.1	06:45.6	04:12.2
24	Louis Schoeberl	7	Rochester John Marshall	19	13:29.5	01:20.5	06:46.7	04:12.9
25	Trevor Leitheiser	8	CR Prairie	20	13:31.0	01:22.0	06:47.5	04:13.4
26	Philip Dahlen	8	Rochester John Marshall	21	13:31.1	01:22.1	06:47.6	04:13.5
27	Calvin Chhuoy	8	Burnsville	--	13:32.6	01:23.6	06:48.3	04:13.9
28	Ethan Gibbs		Waukon	22	13:33.9	01:24.9	06:49.0	04:14.3
29	Brian Richter	8	MS_Platteville	23	13:40.4	01:31.4	06:52.2	04:16.4
30	Nate Roberts	8	CR Prairie	24	13:41.5	01:32.5	06:52.8	04:16.7
31	Cashton Lloyd		Waukon	25	13:44.5	01:35.5	06:54.3	04:17.6

**Luther College All-American Invitational**

**Luther College**

**Decorah, IA**

**September 14, 2019**

32	Landyn Hook	7	MS_Decorah	26	13:44.8	01:35.8	06:54.5	04:17.7
33	Grayson Bickler		Pacelli	--	13:45.2	01:36.2	06:54.6	04:17.9
34	Marcus Sponsler	8	MS_Platteville	27	13:49.9	01:40.9	06:57.0	04:19.3
35	Travis Nordheim	8	MS_Decorah	28	13:51.6	01:42.6	06:57.8	04:19.8
36	Caleb Helgerson		Waukon	29	13:53.2	01:44.2	06:58.7	04:20.4
37	Max Nguyen	7	Rochester John Marshall	30	13:56.7	01:47.7	07:00.4	04:21.5
38	Aiden Feickert		South Winneshiek	31	14:01.3	01:52.3	07:02.7	04:22.9
39	Logan Johnson	8	Stewartville	32	14:02.1	01:53.1	07:03.1	04:23.1
40	Davis Coppola	7	MS_Decorah	--	14:05.5	01:56.5	07:04.8	04:24.2
41	Landon Bruess	8	New Hampton Comm	33	14:09.3	02:00.3	07:06.7	04:25.4
42	Joe Stammeyer	8	MS_Decorah	--	14:15.8	02:06.8	07:10.0	04:27.4
43	Caden Branum	8	MS_Decorah	--	14:18.7	02:09.7	07:11.5	04:28.3
44	Noah Stanslaski	8	Rochester John Marshall	34	14:20.9	02:11.9	07:12.6	04:29.0
45	Nick Long	8	Chatfield	35	14:21.6	02:12.6	07:12.9	04:29.2
46	Kaedyn Anderson		Waukon	36	14:22.4	02:13.4	07:13.3	04:29.5
47	Grayson Fister	7	Chatfield	37	14:26.7	02:17.7	07:15.5	04:30.8
48	Elan Rowley	7	MS_Decorah	--	14:31.1	02:22.1	07:17.7	04:32.2
49	Grant Remington	7	MS_Decorah	--	14:31.5	02:22.5	07:17.9	04:32.3
50	Caleb Perkins		Waukon	38	14:31.8	02:22.8	07:18.1	04:32.4
51	Lukas Arendt	8	MS_Decorah	--	14:36.7	02:27.7	07:20.5	04:33.9
52	Marcus Camacho	8	CR Prairie	39	14:39.9	02:30.9	07:22.1	04:34.9
53	Brooks Moser	7	Crestwood	--	14:50.2	02:41.2	07:27.3	04:38.2
54	Skyler Dugan		Waukon	40	14:51.7	02:42.7	07:28.1	04:38.7
55	Jayden Higgins	8	Stewartville	41	14:54.3	02:45.3	07:29.4	04:39.4
56	Easton Mai	7	CR Prairie	42	14:55.3	02:46.3	07:29.9	04:39.8
57	Tristian Dundee		Waukon	43	14:55.9	02:46.9	07:30.2	04:39.9
58	Calyb Zeien	7	New Hampton Comm	44	15:04.6	02:55.6	07:34.5	04:42.7
59	Riley Schild	8	Stewartville	45	15:06.1	02:57.1	07:35.3	04:43.1
60	Kaden Barton		South Winneshiek	46	15:07.3	02:58.3	07:35.9	04:43.5
61	Jonah Vorwald	7	MS_Platteville	47	15:07.9	02:58.9	07:36.2	04:43.7
62	Aiden Johnsrud	7	Chatfield	48	15:08.5	02:59.5	07:36.5	04:43.9
63	Creed Monroe	8	MS_Decorah	--	15:08.6	02:59.6	07:36.6	04:43.9
64	Isaac Reisinger		Waukon	--	15:08.6	02:59.6	07:36.6	04:43.9
65	Lucas Hanson	8	Turkey Valley Comm.	--	15:09.3	03:00.3	07:36.9	04:44.1
66	Carter Broughton	8	New Hampton Comm	49	15:10.8	03:01.8	07:37.6	04:44.6
67	Ezra Vorwick	7	MS_Decorah	--	15:11.4	03:02.4	07:38.0	04:44.8
68	Garrett Norton	8	Stewartville	50	15:11.9	03:02.9	07:38.2	04:44.9
69	Carter Newbrough	8	New Hampton Comm	51	15:14.0	03:05.0	07:39.3	04:45.6
70	James Ostman	8	Rochester John Marshall	52	15:14.2	03:05.2	07:39.4	04:45.7
71	Lucas Taber	7	MS_Platteville	53	15:15.4	03:06.4	07:40.0	04:46.1
72	Alex McGohan	8	MS_Decorah	--	15:18.0	03:09.0	07:41.3	04:46.9
73	Bradley Alldredge	8	CR Prairie	--	15:19.1	03:10.1	07:41.8	04:47.2
74	Caleb Digman	7	MS_Platteville	54	15:21.3	03:12.3	07:42.9	04:47.9
75	Nathaniel Nigbur	7	Rochester John Marshall	55	15:25.7	03:16.7	07:45.1	04:49.3
76	Max Oftedahl	8	Rochester Century	56	15:32.2	03:23.2	07:48.4	04:51.3
77	luke Langreck	8	Turkey Valley Comm.	--	15:35.1	03:26.1	07:49.9	04:52.2

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78	Spencer Lewis	7	CR Prairie	--	15:44.1	03:35.1	07:54.4	04:55.0
79	Pryson Rasmussen		Waukon	--	15:47.9	03:38.9	07:56.3	04:56.2
80	Landen Leibfried	7	MS_Platteville	--	15:50.3	03:41.3	07:57.5	04:57.0
81	Talan Fauver	7	Stewartville	--	15:51.3	03:42.3	07:58.0	04:57.3
82	Brayden Leis	7	CR Prairie	--	15:53.0	03:44.0	07:58.9	04:57.8
83	Owen Knipper	7	CR Prairie	--	15:53.0	03:44.0	07:58.9	04:57.8
84	Daniel Lovric	7	Rochester Century	57	16:01.3	03:52.3	08:03.0	05:00.4
85	Sam Brace	8	Crestwood	--	16:01.3	03:52.3	08:03.1	05:00.4
86	Kory Aarhus	8	Chatfield	58	16:03.6	03:54.6	08:04.2	05:01.1
87	Wyatt Grubbs	8	Rochester Century	59	16:09.1	04:00.0	08:07.0	05:02.8
88	Liam Chamberlain	7	MS_Decorah	--	16:09.9	04:00.9	08:07.3	05:03.1
89	Ismail Dahir	7	Burnsville	--	16:12.7	04:03.7	08:08.8	05:04.0
90	James Price	8	Rochester John Marshall	60	16:15.8	04:06.8	08:10.3	05:04.9
91	Jack Klingfus	8	Pacelli	--	16:18.0	04:09.0	08:11.4	05:05.6
92	Konrad Osborne	7	MS_Platteville	--	16:19.8	04:10.8	08:12.3	05:06.2
93	Caleb Cutter	7	CR Prairie	--	16:24.1	04:15.1	08:14.5	05:07.5
94	Sawyer Roth	8	MS_Platteville	--	16:25.5	04:16.5	08:15.2	05:08.0
95	Ethan Lewey		Waukon	--	16:36.8	04:27.8	08:20.9	05:11.5
96	Andrew Olson	7	MS_Decorah	--	16:38.6	04:29.6	08:21.8	05:12.0
97	Andy Kruger	7	MS_Decorah	--	16:58.7	04:49.7	08:31.9	05:18.3
98	Luke Picker	8	Stewartville	--	17:12.9	05:03.9	08:39.0	05:22.8
99	Bjorn Guzman	8	Chatfield	61	17:15.9	05:06.9	08:40.5	05:23.7
100	Dominic Fansler	8	MS_Platteville	--	17:16.0	05:07.0	08:40.6	05:23.7
101	Montana Jump-Gerleman	8	MS_Decorah	--	17:16.2	05:07.2	08:40.7	05:23.8
102	Karter Halverson	8	MS_Platteville	--	17:19.2	05:10.2	08:42.2	05:24.7
103	Matthew Praska	7	Crestwood	--	17:21.0	05:12.0	08:43.1	05:25.3
104	Will Siegl-Gesin	8	MS_Platteville	--	17:24.9	05:15.9	08:45.0	05:26.5
105	Aiden Rothmeyer		South Winneshiek	62	17:31.3	05:22.3	08:48.3	05:28.5
106	Cassen Womack	8	MS_Platteville	--	17:32.9	05:23.9	08:49.1	05:29.0
107	Zeke Schwartz	7	MS_Platteville	--	17:39.3	05:30.3	08:52.3	05:31.0
108	Nat Roberts	8	MS_Decorah	--	17:40.9	05:31.9	08:53.1	05:31.5
109	Beau Newhouse	7	MS_Decorah	--	17:45.9	05:36.9	08:55.6	05:33.1
110	Abe Conway		South Winneshiek	63	17:55.6	05:46.6	09:00.5	05:36.1
111	Landon Marr	7	New Hampton Comm	64	18:00.3	05:51.3	09:02.8	05:37.6
112	Tennyson Fuhrer	7	Rochester John Marshall	--	18:10.6	06:01.6	09:08.0	05:40.8
113	Max Moonen		South Winneshiek	65	18:16.2	06:07.2	09:10.8	05:42.5
114	Bode Balk	8	Turkey Valley Comm.	--	18:34.9	06:25.9	09:20.2	05:48.4
115	Garrett Willie	7	MS_Decorah	--	18:48.2	06:39.2	09:26.9	05:52.6
116	Memphis Miller		Waukon	--	18:53.4	06:44.4	09:29.5	05:54.2
117	Caiden Bruns	7	MS_Decorah	--	19:26.8	07:17.8	09:46.3	06:04.6
118	Nic Rohou	8	MS_Platteville	--	20:03.6	07:54.6	10:04.8	06:16.1
119	William Kundert	7	Stewartville	--	20:38.5	08:29.5	10:22.3	06:27.0
120	Drew DeSmidt	7	CR Prairie	--	20:56.7	08:47.7	10:31.5	06:32.7
121	Bryce Elsbernd	7	MS_Decorah	--	24:35.9	12:26.9	12:21.6	07:41.2