

Mount Vernon-Lisbon Invitational

Girls 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	School	1	2	3	4	5	6	7	Total	TTL Time	Ave Time	Spread
1	Hempstead	4	5	6	14	24	25	34	= 53	1:46:36.4	21:19.3	2:24.3
2	North Scott	12	15	16	18	23	28	29	= 84	1:51:02.8	22:12.6	0:44.5
3	Center Point-Urbana	3	7	17	30	47	54	63	= 104	1:50:57.2	22:11.4	4:24.2
4	Mount Vernon-Lisbon	8	9	20	32	37	42	44	= 106	1:53:28.0	22:41.6	2:07.0
5	Marion	10	13	26	39	40	52	53	= 128	1:54:41.0	22:56.2	2:03.6
6	Benton Community	11	19	22	31	56	66	72	= 139	1:55:51.8	23:10.4	3:29.4
7	Ames	1	33	38	41	43	45	48	= 156	1:54:10.5	22:50.1	5:51.1
8	Springville-Central City	2	27	49	50	51	55		= 179	1:56:24.0	23:16.8	5:55.0
9	Davenport North	35	36	60	68	71	73	77	= 270	2:07:02.9	25:24.6	3:34.3
10	Vinton-Shellsburg	57	58	59	62	67	79	81	= 303	2:10:14.7	26:02.9	0:59.2
11	North Cedar	21	46	76	83	85	86	88	= 311	2:16:24.9	27:17.0	9:04.4
12	West Delaware	61	64	65	69	70	74	75	= 329	2:13:04.5	26:36.9	0:38.1
13	Louisa Muscatine	78	80	82	84	87			= 411	2:32:27.1	30:29.4	7:03.3

Incomplete Teams: Calamus Wheatland, West Liberty

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Camille Jackson	SR	Ames	18:25.6	5:56
2	2	Emily Staal	SR	Springville-Central City	19:00.6	6:07
3	3	Adrianna Katcher	JR	Center Point-Urbana	20:11.5	6:30
4	4	Emma Holesinger	SR	Hempstead	20:25.6	6:34
5	5	Shaelyn Hostager	SR	Hempstead	20:31.4	6:36
6	6	Hannah Brown	SR	Hempstead	20:48.6	6:42
7		Jimena Fierro	SR	West Liberty	20:50.9	6:43
8	7	Kay Fett	SO	Center Point-Urbana	21:02.0	6:46
9	8	Laura Swart	FR	Mount Vernon-Lisbon	21:48.0	7:01
10	9	Aubrey Frey	SR	Mount Vernon-Lisbon	21:51.5	7:02
11	10	Peyton Steffen	SO	Marion	21:53.4	7:03
12	11	Hailee Ricklefs	JR	Benton Community	21:59.9	7:05
13	12	Grace Sindt	JR	North Scott	21:59.9	7:05
14	13	Corrina Dittmer	SR	Marion	22:00.7	7:05
15	14	Kaylee Leicht	SR	Hempstead	22:00.8	7:05
16	15	Kaitlyn Knoche	FR	North Scott	22:01.7	7:05
17	16	Bailey Boddicker	FR	North Scott	22:01.7	7:05
18	17	Kora Katcher	FR	Center Point-Urbana	22:05.1	7:07
19	18	Abbi Lafrenz	SR	North Scott	22:15.1	7:10
20	19	Lauren Woeste	SR	Benton Community	22:31.6	7:15
21	20	Caroline See	SR	Mount Vernon-Lisbon	22:35.7	7:16
22	21	Kiley Chapman	JR	North Cedar	22:39.9	7:18
23	22	Jaden Thys	JR	Benton Community	22:43.5	7:19
24	23	Ava Garrard	SO	North Scott	22:44.4	7:19
25	24	Brooke O'Brein	FR	Hempstead	22:50.0	7:21
26		Annmarie Erikson	SR	West Liberty	22:50.0	7:21
27	25	Audrey Franklin	JR	Hempstead	22:50.1	7:21
28	26	Hannah Brase	FR	Marion	22:53.2	7:22
29	27	Katie Flitsch	SO	Springville-Central City	22:55.3	7:23
30	28	Zoe Warm	SR	North Scott	22:58.5	7:24
31	29	Emily Kundel	SR	North Scott	23:01.5	7:25
32	30	Madi VanVors	SR	Center Point-Urbana	23:02.8	7:25
33	31	Abby Rinderknecht	SO	Benton Community	23:07.6	7:27
34		Megan Smith	JR	North Scott	23:10.7	7:28
35	32	Alice Conroy	JR	Mount Vernon-Lisbon	23:17.7	7:30
36	33	Sydney Turk	FR	Ames	23:28.3	7:33
37	34	Emily Richter	JR	Hempstead	23:28.4	7:33
38	35	Lindsay Knight	SO	Davenport North	23:29.7	7:34
39		Bella Warm	FR	North Scott	23:39.5	7:37
40		Natalie Schlichte	FR	Hempstead	23:45.5	7:39
41		Hattie Hagedorn	FR	North Scott	23:49.0	7:40
42	36	Kayla Overton	SO	Davenport North	23:51.6	7:41
43	37	Kennedy Hunter	FR	Mount Vernon-Lisbon	23:55.1	7:42
44	38	Serena Cross	JR	Ames	23:55.4	7:42
45	39	Noelle Regenitter	FR	Marion	23:56.8	7:42
46	40	Rebeckah Regenitter	FR	Marion	23:56.9	7:42
47	41	Nyadio Chan	SO	Ames	24:04.5	7:45
48		Claire Paulson	SR	Hempstead	24:06.3	7:46
49	42	Nadia Telecky	SO	Mount Vernon-Lisbon	24:06.7	7:46
50		Anna Nichols	FR	North Scott	24:13.9	7:48
51	43	Claire Galvin	SO	Ames	24:16.7	7:49
52	44	Ella Wischmeyer	SR	Mount Vernon-Lisbon	24:20.0	7:50
53	45	Kiah Synder	SO	Ames	24:20.7	7:50
54		Sadie West	JR	North Scott	24:21.1	7:50
55		Anna Besler	FR	Hempstead	24:26.1	7:52
56	46	Hunter Jones	FR	North Cedar	24:26.3	7:52
57		Laila Moellering	FR	Mount Vernon-Lisbon	24:33.0	7:54
58	47	Laine Hadsall	FR	Center Point-Urbana	24:35.8	7:55
59	48	Kaitlyn Goodman	SR	Ames	24:38.8	7:56
60		Jamie Weidemann	JR	Hempstead	24:41.6	7:57
61	49	Liz Stejskal	JR	Springville-Central City	24:42.6	7:57

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Place	Score	Name	Year	School	Time	Pace mpm
62	50	Isabel Guerero	FR	Springville-Central City	24:49.8	8:00
63		Sabrina Bleile	JR	Mount Vernon-Lisbon	24:51.8	8:00
64		Glory Hansel	JR	North Scott	24:54.4	8:01
65	51	Carrie Staal	SO	Springville-Central City	24:55.7	8:01
66		Micki Blean	SR	Hempstead	24:59.0	8:02
67	52	Leah Fitch	JR	Marion	25:02.9	8:04
68	53	Addison Stearns	FR	Marion	25:04.4	8:04
69	54	Alivia Sweeney	FR	Center Point-Urbana	25:13.3	8:07
70		Mia O'Connor-Walker	FR	Ames	25:13.5	8:07
71	55	Caydenze Shultz	SO	Springville-Central City	25:14.3	8:07
72		Daniela Adams-Valenzuela	JR	Ames	25:15.1	8:08
73		Payton Stewart	FR	Ames	25:15.7	8:08
74		Natalie Naber	FR	North Scott	25:23.0	8:10
75		Elsie Rieck	JR	North Scott	25:29.1	8:12
76	56	Gwen King	FR	Benton Community	25:29.3	8:12
77		Trinity Kessler	SO	Hempstead	25:31.7	8:13
78		Maddie Digman	FR	Hempstead	25:39.6	8:16
79	57	Charlee Johnson	SO	Vinton-Shellsburg	25:40.6	8:16
80		Ella Bartels	SO	Marion	25:42.6	8:16
81	58	Aspen Ahrenholz	FR	Vinton-Shellsburg	25:45.7	8:18
82	59	Sophia Dilley	JR	Vinton-Shellsburg	25:48.3	8:18
83		Claire Gaffney	FR	Mount Vernon-Lisbon	25:49.3	8:19
84	60	Tateum Park	SR	Davenport North	25:50.3	8:19
85		Ella Fortmann	SO	Marion	25:54.2	8:20
86		Jennie Hilton	SO	Marion	26:03.5	8:23
87		Karly Connolly	SR	Mount Vernon-Lisbon	26:12.8	8:26
88		Caitlyn Hanulikova	SR	Ames	26:15.7	8:27
89		Brenna Bullock	SR	North Scott	26:19.3	8:28
90	61	Grace Millenkamp	SO	West Delaware	26:19.6	8:28
91		Sophia Dallal	FR	Hempstead	26:19.7	8:28
92	62	Ellery Johnson	FR	Vinton-Shellsburg	26:20.4	8:29
93		Annie Leopold	SR	Mount Vernon-Lisbon	26:21.6	8:29
94	63	Ryley Goebel	FR	Center Point-Urbana	26:22.1	8:29
95	64	Brooke Lewin	FR	West Delaware	26:26.5	8:31
96	65	Brigid McMahon	JR	West Delaware	26:30.0	8:32
97		Samantha Schmitt	SO	Hempstead	26:30.7	8:32
98	66	Raynee Lagrange	SO	Benton Community	26:32.0	8:32
99		Lily Booth	SO	Mount Vernon-Lisbon	26:36.5	8:34
100		Anna Gehl	SO	Hempstead	26:37.6	8:34
101	67	Molly Haisman	FR	Vinton-Shellsburg	26:39.8	8:35
102		Tori Oelrich	FR	Mount Vernon-Lisbon	26:42.0	8:36
103		Elizabeth Barns	FR	Mount Vernon-Lisbon	26:43.4	8:36
104	68	MacKenzie Kaperka	JR	Davenport North	26:47.4	8:37
105		Addisen Santee	SR	Mount Vernon-Lisbon	26:48.6	8:38
106	69	Faith Litterer	FR	West Delaware	26:50.8	8:38
107	70	Jadyn Werner	JR	West Delaware	26:57.7	8:41
108		Chloe Timmerman	JR	Hempstead	27:00.3	8:42
109	71	Jordan Snarr	SO	Davenport North	27:04.0	8:43
110		Ella Heim	JR	Hempstead	27:04.1	8:43
111		Leah Taylor	SO	Center Point-Urbana	27:05.7	8:43
112		Claire Schadl	SR	Hempstead	27:05.7	8:43
113	72	Katelyn Buscher	JR	Benton Community	27:07.1	8:44
114		Lexi Lonning	SR	Hempstead	27:07.7	8:44
115		Megan Gorkow	SR	Benton Community	27:08.4	8:44
116		Grace Becker	JR	Hempstead	27:09.0	8:44
117		Madelyn Wolf	FR	Benton Community	27:09.3	8:44
118		Ranae Hasselbusch	SR	Mount Vernon-Lisbon	27:09.5	8:44
119	73	Ashton Snarr	SR	Davenport North	27:10.5	8:45
120	74	Gracie Weeks	SR	West Delaware	27:16.6	8:47
121		Emmaline Campbell	FR	Mount Vernon-Lisbon	27:18.0	8:47
122		Kambree Hultquist	SO	Mount Vernon-Lisbon	27:18.5	8:47
123		Emily Poag	SO	Ames	27:19.6	8:48
124		Kamille Berns	SO	Hempstead	27:21.4	8:48
125		Hanna Knudtson	JR	Center Point-Urbana	27:26.5	8:50
126	75	Katie McGrane	JR	West Delaware	27:27.7	8:50
127		Emily Onken	SO	Hempstead	27:29.6	8:51
128	76	Rhyann Hoefler	SO	North Cedar	27:30.4	8:51
129		Becky Wright	JR	Center Point-Urbana	27:33.8	8:52
130		Abby Kayser	JR	North Scott	27:34.9	8:53
131		Emma Desmet	SO	Center Point-Urbana	27:35.4	8:53
132	77	Jenna Buck	FR	Davenport North	27:35.5	8:53
133		Jenna Short	FR	Center Point-Urbana	27:35.5	8:53
134		Gabi Witte	SO	Center Point-Urbana	27:40.1	8:54
135		Julie Eikenberry	FR	Center Point-Urbana	27:41.0	8:55
136		Faith Rich	FR	West Delaware	27:42.9	8:55
137		Faith Maue	SO	Center Point-Urbana	27:43.5	8:55
138		Paige Beck	SR	Mount Vernon-Lisbon	27:43.7	8:55
139		Jasmine Tran	SO	West Delaware	27:48.9	8:57

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Place	Score	Name	Year	School	Time	Pace mpm
140		Delaynee Slouha	FR	Benton Community	27:50.0	8:58
141		Aundrea Crain	JR	North Scott	28:03.5	9:02
142		Lauren Paine	SO	Center Point-Urbana	28:07.4	9:03
143		Quinlan Denes	SO	Mount Vernon-Lisbon	28:10.1	9:04
144		Molly Schlitter	SO	Marion	28:11.4	9:04
145	78	Abby Kemper	SO	Louisa Muscatine	28:12.4	9:05
146		Hope Hansel	FR	North Scott	28:14.1	9:05
147		Nina Gonzalez	FR	Calamus Wheatland	28:14.5	9:05
148		Cecelia Darter	SO	Hempstead	28:15.4	9:06
149		Jaden St. John	SR	Benton Community	28:15.7	9:06
150		Hannah Axline	SR	West Delaware	28:19.1	9:07
151	79	Bailey Weeks	SO	Vinton-Shellsburg	28:20.3	9:07
152		Olivia Price	JR	Benton Community	28:21.7	9:08
153		Madeline Winger	FR	Hempstead	28:25.4	9:09
154		Megan Sherman	JR	Center Point-Urbana	28:27.6	9:10
155		Ryley Hoffman	SR	Mount Vernon-Lisbon	28:29.1	9:10
156		Molly Dunne	SO	Marion	28:31.8	9:11
157	80	Mae Cox	JR	Louisa Muscatine	28:40.9	9:14
158		Amelia Benham	JR	Hempstead	28:41.5	9:14
159		Shannon Beck	SR	Mount Vernon-Lisbon	28:43.0	9:15
160	81	Lydia Radeke	JR	Vinton-Shellsburg	28:43.3	9:15
161		Jessica Crawford	SO	Benton Community	28:43.9	9:15
162		Claire Lahey	SO	Hempstead	28:47.3	9:16
163		Nicole Duncalf	SR	Benton Community	28:50.3	9:17
164		Maddison Hofmann	SR	North Scott	28:57.7	9:19
165		Reagan Dolan	SR	West Delaware	28:57.9	9:19
166	82	Raegan Downing	JR	Louisa Muscatine	28:58.1	9:19
167		Makayla Gasper	SO	West Delaware	29:08.6	9:23
168		McKenna Santee	JR	North Scott	29:13.5	9:24
169		Chloe Brabant	SR	North Scott	29:18.1	9:26
170		Lizzy Niehaus	JR	Mount Vernon-Lisbon	29:25.5	9:28
171		Amber Loney	JR	Hempstead	29:37.3	9:32
172		Hannah Heiderscheit	FR	Center Point-Urbana	29:37.9	9:32
173		Eva Martinez	SO	Davenport North	29:41.4	9:33
174		Marin Smith	FR	North Scott	29:46.4	9:35
175		Emily Davison	FR	Hempstead	29:46.8	9:35
176		Bailey Tonn	SR	Hempstead	29:57.3	9:38
177		Abby Kallaher	SR	Hempstead	29:58.4	9:39
178		Allison Ehlinger	JR	Hempstead	29:58.4	9:39
179		Cayleigh Painter	SO	West Delaware	30:01.6	9:40
180		Hadley Anderson	SR	Mount Vernon-Lisbon	30:01.8	9:40
181	83	Sarah Redhage	FR	North Cedar	30:04.0	9:41
182		Sophia Gentz	FR	Center Point-Urbana	30:06.3	9:41
183		Ava Bergquist	SO	Hempstead	30:19.0	9:45
184		Sydney Parks	JR	Mount Vernon-Lisbon	30:24.7	9:47
185		Devynn Johnson	SO	North Scott	30:24.7	9:47
186		Leah Kortenkamp	JR	Center Point-Urbana	30:26.6	9:48
187		Katelin Ante	SO	West Delaware	30:27.8	9:48
188		Trinity Lagrange	SO	Benton Community	30:39.8	9:52
189		Baylee Schoenfelder	SR	Benton Community	30:44.3	9:54
190		Peyton Connolly	JR	Hempstead	30:46.3	9:54
191		Annabelle Newton	FR	Vinton-Shellsburg	30:49.6	9:55
192		Lauren Gudenkauf	SR	Hempstead	30:51.5	9:56
193		Lauren Kephart	JR	Mount Vernon-Lisbon	30:55.6	9:57
194		Emily Bahns	FR	North Scott	30:55.7	9:57
195		Isabelle Willey	SR	West Delaware	31:13.0	10:03
196		Elizabeth Olsen	FR	Davenport North	31:17.5	10:04
197	84	Brelynn Randall	SO	Louisa Muscatine	31:20.1	10:05
198		Sierra Yarolem	SO	Davenport North	31:24.6	10:07
199		Emma Schwake	FR	Benton Community	31:29.5	10:08
200		Gabby Schuman	SR	West Delaware	31:42.6	10:12
201	85	Jilliet Spahr	FR	North Cedar	31:44.3	10:13
202		MacY Eskelsen	SO	Mount Vernon-Lisbon	31:45.8	10:13
203		Alexis McTaggart	SO	West Delaware	31:51.0	10:15
204		Makenna McManemy	SR	Benton Community	32:19.7	10:24
205	86	Karly Cerdá	JR	North Cedar	32:25.1	10:26
206		Bailey Wuestenberg	JR	North Scott	32:30.0	10:28
207		Keara Emerson	FR	West Delaware	32:58.5	10:37
208		Destiny Lindsey	FR	Benton Community	32:58.7	10:37
209		Sylvie Mersch	FR	West Delaware	33:09.4	10:40
210		Maja Gusick	FR	Center Point-Urbana	33:21.0	10:44
211		Shae Hansen	JR	Center Point-Urbana	33:22.1	10:44
212		Caylie Cruise	SR	Benton Community	33:50.8	10:54
213		Paige Hanson	SR	Hempstead	33:58.6	10:56
214		Nadia Vang	JR	Hempstead	34:04.0	10:58
215		Clarie Bennet	JR	Hempstead	34:18.3	11:02
216		Emilee Mitchell	SO	North Scott	34:33.0	11:07
217		Nicole Hasselbusch	FR	Mount Vernon-Lisbon	34:40.8	11:10

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Place	Score	Name	Year	School	Time	Pace mpm
218		Macie Putz	SO	West Delaware	34:45.6	11:11
219		Maddelin Meeker	FR	Davenport North	35:04.6	11:17
220	87	Sage Vansickle	FR	Louisa Muscatine	35:15.7	11:21
221		Haley Rindfleifch	JR	Hempstead	35:28.1	11:25
222		Jennifer Villanueva	JR	Hempstead	35:33.4	11:27
223		Erin Peck	SO	North Scott	35:39.9	11:29
224		Aria Goodin	FR	Davenport North	35:42.1	11:29
225	88	Fiona Raney	SR	North Cedar	36:15.6	11:40
226		Jenny Le	SO	Davenport North	36:42.2	11:49
227		Emma Bopp	JR	Calamus Wheatland	36:55.2	11:53
228		Allison Mullen	SO	West Delaware	36:58.7	11:54
229		Sylvia Vaupel	FR	Center Point-Urbana	37:04.9	11:56

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Place	Name	Time	mpm	Place	Name	Time	mpm	
1) Hempstead		Score = 53		3) Center Point-Urbana		Score = 104		
4	Emma Holesinger, SR	20:25.6	6:34	3	Adrianna Katcher, JR	20:11.5	6:30	
5	Shaelyn Hostager, SR	20:31.4	6:36	7	Kay Fett, SO	21:02.0	6:46	
6	Hannah Brown, SR	20:48.6	6:42	17	Kora Katcher, FR	22:05.1	7:07	
14	Kaylee Leicht, SR	22:00.8	7:05	30	Madi VanVors, SR	23:02.8	7:25	
24	Brooke O'Brein, FR	22:50.0	7:21	47	Laine Hadsall, FR	24:35.8	7:55	
25	Audrey Franklin, JR	22:50.1	7:21	54	Alivia Sweeney, FR	25:13.3	8:07	
34	Emily Richter, JR	23:28.4	7:33	63	Ryley Goebel, FR	26:22.1	8:29	
	Natalie Schlichte, FR	23:45.5	7:39		Leah Taylor, SO	27:05.7	8:43	
	Claire Paulson, SR	24:06.3	7:46		Hanna Knudtson, JR	27:26.5	8:50	
	Anna Besler, FR	24:26.1	7:52		Becky Wright, JR	27:33.8	8:52	
	Jamie Weidemann, JR	24:41.6	7:57		Emma Desmet, SO	27:35.4	8:53	
	Micki Blean, SR	24:59.0	8:02		Jenna Short, FR	27:35.5	8:53	
	Trinity Kessler, SO	25:31.7	8:13		Gabi Witte, SO	27:40.1	8:54	
	Maddie Digman, FR	25:39.6	8:16		Julie Eikenberry, FR	27:41.0	8:55	
	Sophia Dallal, FR	26:19.7	8:28		Faith Maue, SO	27:43.5	8:55	
	Samantha Schmitt, SO	26:30.7	8:32		Lauren Paine, SO	28:07.4	9:03	
	Anna Gehl, SO	26:37.6	8:34		Megan Sherman, JR	28:27.6	9:10	
	Chloe Timmerman, JR	27:00.3	8:42		Hannah Heiderscheit, FR	29:37.9	9:32	
	Ella Heim, JR	27:04.1	8:43		Sophia Gentz, FR	30:06.3	9:41	
	Claire Schadl, SR	27:05.7	8:43		Leah Kortenkamp, JR	30:26.6	9:48	
	Lexi Lonning, SR	27:07.7	8:44		Maja Gusick, FR	33:21.0	10:44	
	Grace Becker, JR	27:09.0	8:44		Shae Hansen, JR	33:22.1	10:44	
	Kamille Berns, SO	27:21.4	8:48		Sylvia Vaupel, FR	37:04.9	11:56	
	Emily Onken, SO	27:29.6	8:51					
	Cecelia Darter, SO	28:15.4	9:06					
	Madeline Winger, FR	28:25.4	9:09	4) Mount Vernon-Lisbon		Score = 106		
	Amelia Benham, JR	28:41.5	9:14	8	Laura Swart, FR	21:48.0	7:01	
	Claire Lahey, SO	28:47.3	9:16	9	Aubrey Frey, SR	21:51.5	7:02	
	Amber Loney, JR	29:37.3	9:32	20	Caroline See, SR	22:35.7	7:16	
	Emily Davison, FR	29:46.8	9:35	32	Alice Conroy, JR	23:17.7	7:30	
	Bailey Tonn, SR	29:57.3	9:38	37	Kennedy Hunter, FR	23:55.1	7:42	
	Abby Kallaher, SR	29:58.4	9:39	42	Nadia Telecky, SO	24:06.7	7:46	
	Allison Ehlinger, JR	29:58.4	9:39	44	Ella Wischmeyer, SR	24:20.0	7:50	
	Ava Bergquist, SO	30:19.0	9:45		Laila Moellering, FR	24:33.0	7:54	
	Peyton Connolly, JR	30:46.3	9:54		Sabrina Bleile, JR	24:51.8	8:00	
	Lauren Gudenkauf, SR	30:51.5	9:56		Claire Gaffney, FR	25:49.3	8:19	
	Paige Hanson, SR	33:58.6	10:56		Karly Connolly, SR	26:12.8	8:26	
	Nadia Vang, JR	34:04.0	10:58		Annie Leopold, SR	26:21.6	8:29	
	Clairie Bennet, JR	34:18.3	11:02		Lily Booth, SO	26:36.5	8:34	
	Haley Rindfleifch, JR	35:28.1	11:25		Tori Oelrich, FR	26:42.0	8:36	
	Jennifer Villanueva, JR	35:33.4	11:27		Elizabeth Barns, FR	26:43.4	8:36	
2) North Scott		Score = 84				Addisen Santee, SR	26:48.6	8:38
12	Grace Sindt, JR	21:59.9	7:05		Ranae Hasselbusch, SR	27:09.5	8:44	
15	Kaitlyn Knoche, FR	22:01.7	7:05		Emmaline Campbell, FR	27:18.0	8:47	
16	Bailey Boddicker, FR	22:01.7	7:05		Kambree Hultquist, SO	27:18.5	8:47	
18	Abbi Lafrenz, SR	22:15.1	7:10		Paige Beck, SR	27:43.7	8:55	
23	Ava Garrard, SO	22:44.4	7:19		Quinlan Denes, SO	28:10.1	9:04	
28	Zoe Warm, SR	22:58.5	7:24		Ryley Hoffman, SR	28:29.1	9:10	
29	Emily Kundel, SR	23:01.5	7:25		Shannon Beck, SR	28:43.0	9:15	
	Megan Smith, JR	23:10.7	7:28		Lizzy Niehaus, JR	29:25.5	9:28	
	Bella Warm, FR	23:39.5	7:37		Hadley Anderson, SR	30:01.8	9:40	
	Hattie Hagedorn, FR	23:49.0	7:40		Sydney Parks, JR	30:24.7	9:47	
	Anna Nichols, FR	24:13.9	7:48		Lauren Kephart, JR	30:55.6	9:57	
	Sadie West, JR	24:21.1	7:50		MacY Eskelsen, SO	31:45.8	10:13	
	Glory Hansel, JR	24:54.4	8:01		Nicole Hasselbusch, FR	34:40.8	11:10	
	Natalie Naber, FR	25:23.0	8:10					
	Elsie Rieck, JR	25:29.1	8:12	5) Marion		Score = 128		
	Brenna Bullock, SR	26:19.3	8:28	10	Peyton Steffen, SO	21:53.4	7:03	
	Abby Kayser, JR	27:34.9	8:53	13	Corrina Dittmer, SR	22:00.7	7:05	
	Aundrea Crain, JR	28:03.5	9:02	26	Hannah Brase, FR	22:53.2	7:22	
	Hope Hansel, FR	28:14.1	9:05	39	Noelle Regenitter, FR	23:56.8	7:42	
	Maddison Hofmann, SR	28:57.7	9:19	40	Rebeckah Regenitter, FR	23:56.9	7:42	
	McKenna Santee, JR	29:13.5	9:24	52	Leah Fitch, JR	25:02.9	8:04	
	Chloe Brabant, SR	29:18.1	9:26	53	Addison Stearns, FR	25:04.4	8:04	
	Marin Smith, FR	29:46.4	9:35		Ella Bartels, SO	25:42.6	8:16	
	Devynn Johnson, SO	30:24.7	9:47		Ella Fortmann, SO	25:54.2	8:20	
	Emily Bahns, FR	30:55.7	9:57		Jennie Hilton, SO	26:03.5	8:23	
	Bailey Wuestenberg, JR	32:30.0	10:28		Molly Schlitter, SO	28:11.4	9:04	
	Emilee Mitchell, SO	34:33.0	11:07		Molly Dunne, SO	28:31.8	9:11	
	Erin Peck, SO	35:39.9	11:29					

Mount Vernon-Lisbon Invitational

Girls 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Name	Time	mpm	Place	Name	Time	mpm
6)	Benton Community	Score = 139		12)	West Delaware	Score = 329	
11	Hailee Ricklefs, JR	21:59.9	7:05	61	Grace Millenkamp, SO	26:19.6	8:28
19	Lauren Woeste, SR	22:31.6	7:15	64	Brooke Lewin, FR	26:26.5	8:31
22	Jaden Thys, JR	22:43.5	7:19	65	Brigid McMahon, JR	26:30.0	8:32
31	Abby Rinderknecht, SO	23:07.6	7:27	69	Faith Litterer, FR	26:50.8	8:38
56	Gwen King, FR	25:29.3	8:12	70	Jadyn Werner, JR	26:57.7	8:41
66	Raynee Lagrange, SO	26:32.0	8:32	74	Gracie Weeks, SR	27:16.6	8:47
72	Katelyn Buscher, JR	27:07.1	8:44	75	Katie McGrane, JR	27:27.7	8:50
	Megan Gorkow, SR	27:08.4	8:44		Faith Rich, FR	27:42.9	8:55
	Madelyn Wolf, FR	27:09.3	8:44		Jasmine Tran, SO	27:48.9	8:57
	Delaynee Slouha, FR	27:50.0	8:58		Hannah Axline, SR	28:19.1	9:07
	Jaden St. John, SR	28:15.7	9:06		Reagan Dolan, SR	28:57.9	9:19
	Olivia Price, JR	28:21.7	9:08		Makayla Gasper, SO	29:08.6	9:23
	Jessica Crawford, SO	28:43.9	9:15		Cayleigh Painter, SO	30:01.6	9:40
	Nicole Duncalf, SR	28:50.3	9:17		Katelin Ante, SO	30:27.8	9:48
	Trinity Lagrange, SO	30:39.8	9:52		Isabelle Willey, SR	31:13.0	10:03
	Baylee Schoenfelder, SR	30:44.3	9:54		Gabby Schuman, SR	31:42.6	10:12
	Emma Schwake, FR	31:29.5	10:08		Alexis McTaggart, SO	31:51.0	10:15
	Makenna McManemy, SR	32:19.7	10:24		Keara Emerson, FR	32:58.5	10:37
	Destiny Lindsey, FR	32:58.7	10:37		Sylvie Mersch, FR	33:09.4	10:40
	Caylie Cruise, SR	33:50.8	10:54		Macie Putz, SO	34:45.6	11:11
					Allison Mullen, SO	36:58.7	11:54
7)	Ames	Score = 156					
1	Camille Jackson, SR	18:25.6	5:56				
33	Sydney Turk, FR	23:28.3	7:33				
38	Serena Cross, JR	23:55.4	7:42				
41	Nyadio Chan, SO	24:04.5	7:45				
43	Claire Galvin, SO	24:16.7	7:49				
45	Kiah Synder, SO	24:20.7	7:50				
48	Kaitlyn Goodman, SR	24:38.8	7:56				
	Mia O'Connor-Walker, FR	25:13.5	8:07				
	Daniela Adams-Valenzuela, JR	25:15.1	8:08				
	Payton Stewart, FR	25:15.7	8:08				
	Caitlyn Hanulikova, SR	26:15.7	8:27				
	Emily Poag, SO	27:19.6	8:48				
8)	Springville-Central City	Score = 179					
2	Emily Staal, SR	19:00.6	6:07				
27	Katie Flitsch, SO	22:55.3	7:23				
49	Liz Stejskal, JR	24:42.6	7:57				
50	Isabel Guerero, FR	24:49.8	8:00				
51	Carrie Staal, SO	24:55.7	8:01				
55	Caydenze Shultz, SO	25:14.3	8:07				
9)	Davenport North	Score = 270					
35	Lindsay Knight, SO	23:29.7	7:34				
36	Kayla Overton, SO	23:51.6	7:41				
60	Tateum Park, SR	25:50.3	8:19				
68	MacKenzie Kaperka, JR	26:47.4	8:37				
71	Jordan Snarr, SO	27:04.0	8:43				
73	Ashton Snarr, SR	27:10.5	8:45				
77	Jenna Buck, FR	27:35.5	8:53				
	Eva Martinez, SO	29:41.4	9:33				
	Elizabeth Olsen, FR	31:17.5	10:04				
	Sierra Yarolem, SO	31:24.6	10:07				
	Maddelin Meeker, FR	35:04.6	11:17				
	Aria Goodin, FR	35:42.1	11:29				
	Jenny Le, SO	36:42.2	11:49				
10)	Vinton-Shellsburg	Score = 303					
57	Charlee Johnson, SO	25:40.6	8:16				
58	Aspen Ahrenholz, FR	25:45.7	8:18				
59	Sophia Dilley, JR	25:48.3	8:18				
62	Ellery Johnson, FR	26:20.4	8:29				
67	Molly Haisman, FR	26:39.8	8:35				
79	Bailey Weeks, SO	28:20.3	9:07				
81	Lydia Radeke, JR	28:43.3	9:15				
	Annabelle Newton, FR	30:49.6	9:55				
11)	North Cedar	Score = 311					
21	Kiley Chapman, JR	22:39.9	7:18				
46	Hunter Jones, FR	24:26.3	7:52				
76	Rhyam Hoefler, SO	27:30.4	8:51				
83	Sarah Redhage, FR	30:04.0	9:41				
85	Jilliet Spahr, FR	31:44.3	10:13				
86	Karly Cerdas, JR	32:25.1	10:26				
88	Fiona Raney, SR	36:15.6	11:40				

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	School	1	2	3	4	5	6	7	Total	TTL	Time	Ave Time	Spread
1	Hempstead	1	4	5	10	12	14	17	= 32	1:26:33.0	17:18.6	1:11.2	
2	Marion	13	15	18	19	23	30	35	= 88	1:30:55.4	18:11.1	0:54.7	
3	Ames	2	6	21	33	36	45	52	= 98	1:30:55.8	18:11.2	2:09.5	
4	Center Point-Urbana	3	8	11	42	50	65	67	= 114	1:31:23.8	18:16.8	2:45.8	
5	Mount Vernon-Lisbon	20	22	25	29	31	40	46	= 127	1:33:32.9	18:42.6	0:30.6	
6	North Scott	9	26	28	32	38	43	49	= 133	1:33:20.8	18:40.2	1:29.4	
7	Calamus Wheatland	7	16	39	48	88			= 198	1:40:19.9	20:04.0	8:25.7	
8	Benton Community	27	47	51	54	56	64	66	= 235	1:38:55.6	19:47.1	1:43.2	
9	West Delaware	34	37	44	60	61	62	63	= 236	1:39:17.8	19:51.6	1:47.2	
10	Davenport North	24	53	57	73	80	82	84	= 287	1:44:56.8	20:59.4	4:51.9	
11	Vinton-Shellsburg	41	58	59	72	74	77	85	= 304	1:44:40.4	20:56.1	2:57.6	
12	Springville-Central City	68	69	70	78	89			= 374	1:54:16.1	22:51.2	4:49.2	
13	North Cedar	71	75	76	79	81	90	94	= 382	1:54:02.8	22:48.6	1:56.1	
14	Louisa Muscatine	55	83	86	87	91	92	93	= 402	2:03:58.0	24:47.6	7:40.3	

Incomplete Teams: West Liberty

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Ryan Winger	JR	Hempstead	16:31.4	5:19
2	2	Noah Kohut-Jackson	SR	Ames	16:54.7	5:27
3	3	Luke Post	JR	Center Point-Urbana	17:03.8	5:30
4	4	Mason Suarez	JR	Hempstead	17:17.1	5:34
5	5	Derek Leicht	SO	Hempstead	17:22.0	5:35
6	6	Benett Ryken	JR	Ames	17:22.6	5:36
7	7	Chase Knoche	JR	Calamus Wheatland	17:25.7	5:37
8	8	Eli Larson	SO	Center Point-Urbana	17:32.2	5:39
9	9	Owen West	JR	North Scott	17:39.3	5:41
10	10	Brady Blean	SO	Hempstead	17:39.9	5:41
11	11	Mason Bach	JR	Center Point-Urbana	17:42.3	5:42
12	12	Owen Maloney	JR	Hempstead	17:42.6	5:42
13	13	Shane Erb	SO	Marion	17:44.1	5:42
14	14	Marcus Leitzen	SO	Hempstead	17:47.4	5:44
15	15	Jedidiah Osgood	FR	Marion	17:59.2	5:47
16	16	Chandler Gannon	SR	Calamus Wheatland	18:09.5	5:51
17	17	Carter Welbes	SR	Hempstead	18:11.7	5:51
18	18	Jakob Regenitter	FR	Marion	18:15.8	5:53
19	19	Tanner Shindelar	JR	Marion	18:17.6	5:53
20		Josh Davis	JR	Hempstead	18:22.8	5:55
21		Ashton Burroughs	SO	West Liberty	18:23.8	5:55
22		George Holesinger	SO	Hempstead	18:26.2	5:56
23	20	Kaleb Brand	SR	Mount Vernon-Lisbon	18:27.4	5:56
24	21	Akol Atack	JR	Ames	18:33.0	5:58
25		Matthew Jungk	SR	Hempstead	18:33.7	5:58
26	22	Zach Fall	FR	Mount Vernon-Lisbon	18:34.1	5:59
27	23	Reid Coates	SR	Marion	18:38.8	6:00
28	24	Aiden Bowser	SO	Davenport North	18:39.7	6:00
29	25	Eli Dickson	FR	Mount Vernon-Lisbon	18:41.1	6:01
30	26	Luke Crawford	SO	North Scott	18:42.7	6:01
31	27	Trey Schulte	FR	Benton Community	18:44.6	6:02
32	28	Chase Porter	JR	North Scott	18:50.0	6:04
33	29	Quincy Happel	SO	Mount Vernon-Lisbon	18:52.4	6:04
34	30	Gaven Hiler	SR	Marion	18:53.9	6:05
35		Justin Schultz	SR	Hempstead	18:55.9	6:06
36	31	Riley Dolan	SR	Mount Vernon-Lisbon	18:58.0	6:06
37	32	Colin Rettig	FR	North Scott	19:00.0	6:07
38	33	Dominick Arce-Matos	JR	Ames	19:01.4	6:07
39		Andrew Johnson	JR	Hempstead	19:02.0	6:08
40	34	Nathan Goranson	SR	West Delaware	19:03.5	6:08
41	35	Blake Roling	SO	Marion	19:04.0	6:08
42	36	Leyton Wahl	SO	Ames	19:04.2	6:08
43	37	Blake Smith	JR	West Delaware	19:05.7	6:09
44	38	Will Dowda	JR	North Scott	19:08.7	6:10
45	39	Brett McCartt	SR	Calamus Wheatland	19:09.7	6:10
46	40	Ashton Hunt	JR	Mount Vernon-Lisbon	19:12.9	6:11
47	41	Cameron Karr	SR	Vinton-Shellsburg	19:13.1	6:11
48	42	Abe Larson	SR	Center Point-Urbana	19:16.0	6:12
49		Caleb Kass	FR	Hempstead	19:18.2	6:13
50	43	Ethan Jost	JR	North Scott	19:22.9	6:14
51	44	Andrew Salas	JR	West Delaware	19:29.1	6:16
52	45	Charles Arroyo	JR	Ames	19:34.4	6:18
53	46	Jack Ossenkop	SR	Mount Vernon-Lisbon	19:36.1	6:19
54	47	Drew Lange	SR	Benton Community	19:37.8	6:19
55		Adam Riffel	SR	Hempstead	19:41.4	6:20
56	48	Seth Beuthien	JR	Calamus Wheatland	19:43.7	6:21
57		Jayden Meeker	JR	Mount Vernon-Lisbon	19:45.4	6:22
58		Jensen Meeker	FR	Mount Vernon-Lisbon	19:46.3	6:22
59		Ryne Moeller	FR	Mount Vernon-Lisbon	19:46.5	6:22
60	49	Chris Tague	SR	North Scott	19:48.9	6:23

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Score	Name	Year	School	Time	Pace mpm
61	50	Cole Whitehead	JR	Center Point-Urbana	19:49.6	6:23
62	51	Craig Morris	SR	Benton Community	19:52.4	6:24
63	52	Charles Orngard	SO	Ames	19:52.5	6:24
64		Sean McGrath	SR	Hempstead	19:56.7	6:25
65		Tyson Haedt	SO	North Scott	19:59.4	6:26
66		Bryce Golden	SR	North Scott	20:00.8	6:26
67	53	Luke Haugen	SO	Davenport North	20:01.2	6:27
68		Cael Straley	SO	North Scott	20:01.6	6:27
69		Chris Oberbrockling	FR	Marion	20:01.6	6:27
70		Scott Hostager	SR	Hempstead	20:10.1	6:30
71		Tate Billmeyer	SR	Hempstead	20:12.4	6:30
72	54	Gage Offill	FR	Benton Community	20:12.9	6:30
73	55	Paul Hoopes	JR	Louisa Muscatine	20:13.5	6:31
74		Jarred Regenitter	FR	Marion	20:19.9	6:33
75		Alex Riniker	SO	Hempstead	20:20.7	6:33
76		Kode Banwart	SR	Mount Vernon-Lisbon	20:24.1	6:34
77	56	Brady Osborn	SO	Benton Community	20:27.8	6:35
78		Jake Blowers	SR	North Scott	20:29.8	6:36
79		Alex Fencel	SO	Mount Vernon-Lisbon	20:30.4	6:36
80		Cole Hemann	SR	Marion	20:32.4	6:37
81		Adam Curtis	SR	Hempstead	20:33.9	6:37
82	57	Chris Molis	SR	Davenport North	20:38.7	6:39
83	58	Elijah Blix	FR	Vinton-Shellsburg	20:40.3	6:39
84	59	Philip Kalina	JR	Vinton-Shellsburg	20:41.7	6:40
85		Kolby Volesky	SR	Mount Vernon-Lisbon	20:43.4	6:40
86		Nicholas Verduzco	SO	Marion	20:44.4	6:41
87	60	Jesse Thurn	SO	West Delaware	20:49.0	6:42
88	61	Jacob Wenger	JR	West Delaware	20:50.6	6:43
89		Caleb Dausener	FR	Mount Vernon-Lisbon	20:50.8	6:43
90		Nikolas Davis	FR	North Scott	20:51.1	6:43
91	62	Matthew Mensen	JR	West Delaware	20:51.8	6:43
92	63	Tyger Vaske	JR	West Delaware	20:53.7	6:44
93	64	Tristan West	SO	Benton Community	20:59.6	6:45
94	65	Robbie Dillon	SO	Center Point-Urbana	21:00.5	6:46
95	66	Nicson Franck	JR	Benton Community	21:06.7	6:48
96	67	Jonah Salow	FR	Center Point-Urbana	21:06.8	6:48
97		Eliot Sharp	SO	Marion	21:07.4	6:48
98		Grant Misiag-Beckler	FR	Hempstead	21:07.6	6:48
99		Owen Sadler	SO	Benton Community	21:15.9	6:51
100		Gabe Solis	JR	Hempstead	21:19.4	6:52
101		Brady Elbe	JR	North Scott	21:23.6	6:53
102		Micah Knapp	FR	Mount Vernon-Lisbon	21:24.6	6:53
103		Jackson Bradley	JR	Hempstead	21:24.7	6:54
104		Juan Mendoza	JR	Mount Vernon-Lisbon	21:25.1	6:54
105	68	Evan Robertson	FR	Springville-Central City	21:31.4	6:56
106		Grant Nelson	FR	Hempstead	21:31.5	6:56
107		Sean Kelly	FR	Hempstead	21:31.6	6:56
108		Devin Spahn	FR	Hempstead	21:31.8	6:56
109		Ty Fall	SR	Mount Vernon-Lisbon	21:32.8	6:56
110		Dylan Winkler	FR	Mount Vernon-Lisbon	21:32.9	6:56
111	69	Tryston Engen	JR	Springville-Central City	21:33.7	6:56
112	70	Luke Frosch	JR	Springville-Central City	21:34.5	6:57
113		Chandler Hebert	SR	Center Point-Urbana	21:35.5	6:57
114	71	Samuel Choate	SO	North Cedar	21:35.5	6:57
115		Ryan Lange	SO	Benton Community	21:35.6	6:57
116		Jj Eilers	JR	Center Point-Urbana	21:36.4	6:57
117		Sam Riffel	SO	Hempstead	21:37.5	6:58
118		Jace Fopma	FR	Marion	21:39.2	6:58
119		Aden Grudzinski	SO	Mount Vernon-Lisbon	21:39.9	6:58
120		Henry Streuber	SO	Mount Vernon-Lisbon	21:41.1	6:59
121		Ericson Morris	SO	Mount Vernon-Lisbon	21:49.8	7:02
122		Cole Kaufmann	JR	Hempstead	21:49.9	7:02
123		Luke Kotz	JR	Hempstead	21:52.8	7:03
124		Connor McMann	FR	North Scott	21:53.6	7:03
125	72	Merritt Bodeker	FR	Vinton-Shellsburg	21:54.6	7:03
126		Max Breitbach	SR	Hempstead	21:55.5	7:03
127		Kevin Martinez	JR	West Liberty	21:58.4	7:04
128		Nolan Mensen	FR	West Delaware	21:59.0	7:05
129		Jacob Russell	SO	Mount Vernon-Lisbon	22:00.7	7:05
130		Nick Post	SO	Center Point-Urbana	22:03.0	7:06
131		Nicholas Stocks	JR	West Delaware	22:05.2	7:07
132	73	Joe Jackson	SR	Davenport North	22:05.7	7:07
133		Ethan Stanerson	FR	Mount Vernon-Lisbon	22:09.9	7:08
134	74	Preston Tippie	JR	Vinton-Shellsburg	22:10.7	7:08
135		Dylan Dufloth	SO	North Scott	22:14.4	7:10
136		Gunnar Lacy	JR	Marion	22:26.8	7:13
137		Bentley Fletcher	SO	West Delaware	22:29.3	7:14
138		Luke Bullock	SO	North Scott	22:30.1	7:15

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Score	Name	Year	School	Time	Pace mpm
139		Caleb Wilshusen	FR	North Scott	22:30.7	7:15
140		Devin Tigges	JR	Hempstead	22:32.4	7:15
141		Keagan Jarchow	JR	Mount Vernon-Lisbon	22:32.7	7:15
142		Kaleb Hilton	JR	Marion	22:35.0	7:16
143	75	David Redhage	JR	North Cedar	22:36.2	7:17
144		Cesar Campa	JR	Hempstead	22:46.6	7:20
145		Ethan Kelley	SO	Hempstead	22:46.7	7:20
146		Jacob Johnson	FR	Hempstead	22:49.4	7:21
147		Sam Firzlaff	SO	Hempstead	22:50.1	7:21
148		Mitch Mess	SO	North Scott	22:50.5	7:21
149		Kaiden Power	FR	North Scott	22:51.3	7:21
150	76	Chance Cinkovich	SR	North Cedar	22:55.8	7:23
151		Blake Cook	JR	West Delaware	22:58.0	7:24
152		Ethan Hoefer	SO	West Delaware	22:58.9	7:24
153		Kyan Ross	FR	Marion	22:59.7	7:24
154		Ross Willerth	SO	North Scott	22:59.9	7:24
155		Owen Hansen	JR	Center Point-Urbana	23:00.6	7:24
156		Chase Klett	FR	Center Point-Urbana	23:01.5	7:25
157		Liam Easton	SR	Center Point-Urbana	23:01.6	7:25
158		Jake Conlon	SO	Hempstead	23:01.8	7:25
159		Ben Nydegger	FR	Mount Vernon-Lisbon	23:02.7	7:25
160		Brady Ellis	JR	Benton Community	23:04.3	7:26
161	77	Reid Hermanson	FR	Vinton-Shellsburg	23:08.8	7:27
162		Spencer Schnell	JR	Center Point-Urbana	23:10.7	7:28
163		Calvin Mongold	SR	Center Point-Urbana	23:15.8	7:29
164	78	Adrian Banowetz	JR	Springville-Central City	23:16.0	7:29
165		Mason Herrington	FR	North Scott	23:19.4	7:30
166	79	Milo Easterly	JR	North Cedar	23:23.8	7:32
167		Landon Powers	SO	West Delaware	23:25.0	7:32
168		Nathan Elbe	FR	North Scott	23:25.1	7:32
169		Alec Harris	FR	North Scott	23:26.0	7:33
170		Boris Miller	JR	Hempstead	23:30.6	7:34
171		Evan Woods	SR	West Delaware	23:30.9	7:34
172	80	Nathan Moss	SR	Davenport North	23:31.6	7:34
173	81	Jacob Spahr	JR	North Cedar	23:31.6	7:34
174		Isaac Lueckenotto	SO	Benton Community	23:31.6	7:34
175		Ryan Sloan	JR	Marion	23:32.2	7:35
176		Joe Skaala	FR	North Scott	23:34.3	7:35
177		Jacob Northway	SO	Marion	23:37.9	7:36
178		Luke Trca	SO	Marion	23:39.7	7:37
179		Brady Moulds	JR	West Delaware	23:41.0	7:37
180		Reily Dolan	JR	West Delaware	23:41.6	7:38
181		Nolan Blodig	JR	North Scott	23:43.1	7:38
182		Ryan Doty	SO	North Scott	23:43.6	7:38
183		Jacob Cannon	FR	Mount Vernon-Lisbon	23:48.0	7:40
184		Cruz Timmerman	FR	West Delaware	23:48.9	7:40
185		Adam Vig	JR	Mount Vernon-Lisbon	23:49.1	7:40
186		Lincoln Holub	SO	Mount Vernon-Lisbon	23:50.4	7:40
187		Ryan Mentzer	SR	North Scott	23:50.6	7:40
188	82	Ethan Jackson	SO	Davenport North	23:53.9	7:42
189		Jake Skaala	SO	North Scott	23:58.6	7:43
190		Eben Ellis	JR	Benton Community	23:59.0	7:43
191		Bryton Grimm	FR	Benton Community	24:05.7	7:45
192		Isaac Simmons	SO	North Scott	24:14.4	7:48
193		Austin Lee	SO	North Scott	24:15.0	7:48
194	83	Kellan Walsh	FR	Louisa Muscatine	24:15.5	7:48
195		Christopher Sherman	FR	Center Point-Urbana	24:17.1	7:49
196		Johnny Broulik	FR	Mount Vernon-Lisbon	24:20.3	7:50
197	84	Nick Nguyen	SR	Davenport North	24:20.6	7:50
198		Brandon Schultz	FR	Benton Community	24:20.9	7:50
199		Trevor Fernau	JR	Mount Vernon-Lisbon	24:21.4	7:50
200		Kasey Fisher	FR	West Delaware	24:25.5	7:52
201		Andrew Borrett	SR	Center Point-Urbana	24:27.2	7:52
202		Jaren Jones	SR	Benton Community	24:31.4	7:54
203		Logan Soedt	SO	North Scott	24:32.5	7:54
204		Samuel Gentz	SO	Center Point-Urbana	24:34.1	7:54
205		Daniel Knapp	FR	Marion	24:40.7	7:57
206		Owen Miller	SR	Center Point-Urbana	24:40.8	7:57
207	85	Ian Allsup	FR	Vinton-Shellsburg	24:50.0	8:00
208		Josh Nemitz	SR	Center Point-Urbana	24:55.5	8:01
209		Cole Townsend	JR	Mount Vernon-Lisbon	24:59.1	8:03
210		Keaton Crabtree	SR	Center Point-Urbana	25:01.1	8:03
211		Henrey Malcom	FR	Hempstead	25:08.8	8:06
212		Evan Wahlstrom	FR	Marion	25:10.2	8:06
213		Isaac Allsup	JR	Vinton-Shellsburg	25:19.1	8:09
214		Gage Tompkins	SO	Davenport North	25:21.8	8:10
215		Jaydon Vaughn	JR	Hempstead	25:24.5	8:11
216		John Glab	SO	Hempstead	25:38.9	8:15

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Score	Name	Year	School	Time	Pace mpm
217	86	Christian James	FR	Louisa Muscatine	25:43.8	8:17
218		Sam Hearden	SR	Hempstead	25:45.1	8:17
219		Pj Recker	SO	West Delaware	25:45.7	8:18
220		Griffin Coates	FR	Marion	25:46.5	8:18
221	87	Eddie Wilhelme	SR	Louisa Muscatine	25:51.4	8:19
222	88	Jacob Weih	FR	Calamus Wheatland	25:51.4	8:19
223		Shawn Kundel	SO	North Scott	25:57.8	8:21
224		Carson Less	FR	West Delaware	25:59.4	8:22
225		Sharik Khan	SR	Hempstead	26:06.4	8:24
226		Dalton Morrow	SO	Davenport North	26:14.8	8:27
227	89	Matt Uhlenkamp	JR	Springville-Central City	26:20.6	8:29
228		Ben Johnson	SO	Mount Vernon-Lisbon	26:28.6	8:31
229		Logan Moss	SO	Davenport North	26:30.0	8:32
230		Ashton Slaton	FR	Vinton-Shellsburg	26:38.8	8:35
231		Kory Sweeny	SO	Davenport North	26:43.4	8:36
232		Cameron Naaktgeboren	SR	Center Point-Urbana	26:44.4	8:36
233		John Hiser	SO	Davenport North	27:07.4	8:44
234		Nathan Riche	FR	Mount Vernon-Lisbon	27:08.7	8:44
235		Jonah George	SR	Center Point-Urbana	27:35.8	8:53
236		Soren Hanson	SO	Center Point-Urbana	27:39.8	8:54
237	90	Marshall Vanoort	SO	North Cedar	27:53.8	8:59
238	91	Zach Robertson	SO	Louisa Muscatine	27:53.8	8:59
239	92	Owen Schreiner	SO	Louisa Muscatine	27:59.4	9:01
240	93	Jacob Back	SO	Louisa Muscatine	28:00.6	9:01
241		Kaiden Shannon	SO	Mount Vernon-Lisbon	28:01.0	9:01
242		Ian Vrba	FR	Vinton-Shellsburg	28:08.6	9:03
243		Jackson Kleinmeyer	FR	Benton Community	28:12.1	9:05
244	94	Leighton Tjaden	SO	North Cedar	28:17.0	9:06
245		Ethan Farber	SR	North Scott	28:34.5	9:12
246		Cody Johnston	SR	North Scott	29:03.2	9:21
247		Matt Mize	SO	North Scott	29:03.8	9:21
248		Matthew Tijerina	SO	Mount Vernon-Lisbon	29:11.8	9:24
249		Joseph Miller	SR	Benton Community	29:32.1	9:30
250		Michael Holtz	SR	Center Point-Urbana	30:28.8	9:49
251		Anthony Carter	SO	North Scott	30:29.7	9:49
252		Ryan Spahr	SR	North Cedar	30:33.8	9:50
253		Sage Holmes	JR	Vinton-Shellsburg	30:42.7	9:53
254		Jarret Claeys	SO	North Scott	30:54.3	9:57
255		Elias Colsch	JR	Vinton-Shellsburg	31:17.1	10:04
256		Ben Hofmann	FR	North Scott	32:05.3	10:20
257		Anthony Hilton	SR	Vinton-Shellsburg	34:36.5	11:08
258		Ian Sallee	FR	Vinton-Shellsburg	35:38.3	11:28
259		Evan Lawrence	SO	Louisa Muscatine	35:55.6	11:34
260		Andrew McCormick	JR	Hempstead	41:29.2	13:21

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Name	Time	mpm	Place	Name	Time	mpm
1)	Hempstead	Score =	32	4)	Center Point-Urbana	Score =	114
1	Ryan Winger, JR	16:31.4	5:19	3	Luke Post, JR	17:03.8	5:30
4	Mason Suarez, JR	17:17.1	5:34	8	Eli Larson, SO	17:32.2	5:39
5	Derek Leicht, SO	17:22.0	5:35	11	Mason Bach, JR	17:42.3	5:42
10	Brady Blean, SO	17:39.9	5:41	42	Abe Larson, SR	19:16.0	6:12
12	Owen Maloney, JR	17:42.6	5:42	50	Cole Whitehead, JR	19:49.6	6:23
14	Marcus Leitzen, SO	17:47.4	5:44	65	Robbie Dillon, SO	21:00.5	6:46
17	Carter Welbes, SR	18:11.7	5:51	67	Jonah Salow, FR	21:06.8	6:48
	Josh Davis, JR	18:22.8	5:55		Chandler Hebert, SR	21:35.5	6:57
	George Holesinger, SO	18:26.2	5:56		Jj Eilers, JR	21:36.4	6:57
	Matthew Jungk, SR	18:33.7	5:58		Nick Post, SO	22:03.0	7:06
	Justin Schultz, SR	18:55.9	6:06		Owen Hansen, JR	23:00.6	7:24
	Andrew Johnson, JR	19:02.0	6:08		Chase Klett, FR	23:01.5	7:25
	Caleb Kass, FR	19:18.2	6:13		Liam Easton, SR	23:01.6	7:25
	Adam Riffel, SR	19:41.4	6:20		Spencer Schnell, JR	23:10.7	7:28
	Sean McGrath, SR	19:56.7	6:25		Calvin Mongold, SR	23:15.8	7:29
	Scott Hostager, SR	20:10.1	6:30		Christopher Sherman, FR	24:17.1	7:49
	Tate Billmeyer, SR	20:12.4	6:30		Andrew Borrett, SR	24:27.2	7:52
	Alex Riniker, SO	20:20.7	6:33		Samuel Gentz, SO	24:34.1	7:54
	Adam Curtis, SR	20:33.9	6:37		Owen Miller, SR	24:40.8	7:57
	Grant Misiag-Beckler, FR	21:07.6	6:48		Josh Nemitz, SR	24:55.5	8:01
	Gabe Solis, JR	21:19.4	6:52		Keaton Crabtree, SR	25:01.1	8:03
	Jackson Bradley, JR	21:24.7	6:54		Cameron Naaktgeboren, SR	26:44.4	8:36
	Grant Nelson, FR	21:31.5	6:56		Jonah George, SR	27:35.8	8:53
	Sean Kelly, FR	21:31.6	6:56		Soren Hanson, SO	27:39.8	8:54
	Devin Spahn, FR	21:31.8	6:56		Michael Holtz, SR	30:28.8	9:49
	Sam Riffel, SO	21:37.5	6:58				
	Cole Kaufmann, JR	21:49.9	7:02				
	Luke Kotz, JR	21:52.8	7:03	5)	Mount Vernon-Lisbon	Score =	127
	Max Breitbach, SR	21:55.5	7:03	20	Kaleb Brand, SR	18:27.4	5:56
	Devin Tigges, JR	22:32.4	7:15	22	Zach Fall, FR	18:34.1	5:59
	Cesar Campa, JR	22:46.6	7:20	25	Eli Dickson, FR	18:41.1	6:01
	Ethan Kelley, SO	22:46.7	7:20	29	Quincy Happel, SO	18:52.4	6:04
	Jacob Johnson, FR	22:49.4	7:21	31	Riley Dolan, SR	18:58.0	6:06
	Sam Firzlaff, SO	22:50.1	7:21	40	Ashton Hunt, JR	19:12.9	6:11
	Jake Conlon, SO	23:01.8	7:25	46	Jack Ossenkop, SR	19:36.1	6:19
	Boris Miller, JR	23:30.6	7:34		Jayden Meeker, JR	19:45.4	6:22
	Henrey Malcom, FR	25:08.8	8:06		Jensen Meeker, FR	19:46.3	6:22
	Jaydon Vaughn, JR	25:24.5	8:11		Ryne Moeller, FR	19:46.5	6:22
	John Glab, SO	25:38.9	8:15		Kode Banwart, SR	20:24.1	6:34
	Sam Hearden, SR	25:45.1	8:17		Alex Fencl, SO	20:30.4	6:36
	Sharik Khan, SR	26:06.4	8:24		Kolby Volesky, SR	20:43.4	6:40
	Andrew McCormick, JR	41:29.2	13:21		Caleb Dausener, FR	20:50.8	6:43
2)	Marion	Score =	88		Micah Knapp, FR	21:24.6	6:53
13	Shane Erb, SO	17:44.1	5:42		Juan Mendoza, JR	21:25.1	6:54
15	Jedidiah Osgood, FR	17:59.2	5:47		Ty Fall, SR	21:32.8	6:56
18	Jakob Regennitter, FR	18:15.8	5:53		Dylan Winkler, FR	21:32.9	6:56
19	Tanner Shindeler, JR	18:17.6	5:53		Aden Grudzinski, SO	21:39.9	6:58
23	Reid Coates, SR	18:38.8	6:00		Henry Streuber, SO	21:41.1	6:59
30	Gaven Hiler, SR	18:53.9	6:05		Ericson Morris, SO	21:49.8	7:02
35	Blake Roling, SO	19:04.0	6:08		Jacob Russell, SO	22:00.7	7:05
	Chris Oberbrockling, FR	20:01.6	6:27		Ethan Stanerson, FR	22:09.9	7:08
	Jarred Regennitter, FR	20:19.9	6:33		Keagan Jarchow, JR	22:32.7	7:15
	Cole Hemann, SR	20:32.4	6:37		Ben Nydegger, FR	23:02.7	7:25
	Nicholas Verduzco, SO	20:44.4	6:41		Jacob Cannon, FR	23:48.0	7:40
	Eliot Sharp, SO	21:07.4	6:48		Adam Vig, JR	23:49.1	7:40
	Jace Fopma, FR	21:39.2	6:58		Lincoln Holub, SO	23:50.4	7:40
	Gunnar Lacy, JR	22:26.8	7:13		Johnny Broulik, FR	24:20.3	7:50
	Kaleb Hilton, JR	22:35.0	7:16		Trevor Fernau, JR	24:21.4	7:50
	Kyan Ross, FR	22:59.7	7:24		Cole Townsend, JR	24:59.1	8:03
	Ryan Sloan, JR	23:32.2	7:35		Ben Johnson, SO	26:28.6	8:31
	Jacob Northway, SO	23:37.9	7:36		Nathan Ricke, FR	27:08.7	8:44
	Luke Trca, SO	23:39.7	7:37		Kaiden Shannon, SO	28:01.0	9:01
	Daniel Knapp, FR	24:40.7	7:57		Matthew Tijerina, SO	29:11.8	9:24
	Evan Wahlstrom, FR	25:10.2	8:06				
	Griffin Coates, FR	25:46.5	8:18				
3)	Ames	Score =	98				
2	Noah Kohut-Jackson, SR	16:54.7	5:27				
6	Benett Ryken, JR	17:22.6	5:36				
21	Akol Atack, JR	18:33.0	5:58				
33	Dominick Arce-Matos, JR	19:01.4	6:07				
36	Leyton Wahl, SO	19:04.2	6:08				
45	Charles Arroyo, JR	19:34.4	6:18				
52	Charles Orngard, SO	19:52.5	6:24				

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Name	Time	mpm	Place	Name	Time	mpm
6)	North Scott		Score = 133	9)	West Delaware		Score = 236
9	Owen West, JR	17:39.3	5:41	34	Nathan Goranson, SR	19:03.5	6:08
26	Luke Crawford, SO	18:42.7	6:01	37	Blake Smith, JR	19:05.7	6:09
28	Chase Porter, JR	18:50.0	6:04	44	Andrew Salas, JR	19:29.1	6:16
32	Colin Rettig, FR	19:00.0	6:07	60	Jesse Thurn, SO	20:49.0	6:42
38	Will Dowda, JR	19:08.7	6:10	61	Jacob Wenger, JR	20:50.6	6:43
43	Ethan Jost, JR	19:22.9	6:14	62	Matthew Mensen, JR	20:51.8	6:43
49	Chris Tague, SR	19:48.9	6:23	63	Tyger Vaske, JR	20:53.7	6:44
	Tyson Haedt, SO	19:59.4	6:26		Nolan Mensen, FR	21:59.0	7:05
	Bryce Golden, SR	20:00.8	6:26		Nicholas Stocks, JR	22:05.2	7:07
	Cael Straley, SO	20:01.6	6:27		Bentley Fletcher, SO	22:29.3	7:14
	Jake Blowers, SR	20:29.8	6:36		Blake Cook, JR	22:58.0	7:24
	Nikolas Davis, FR	20:51.1	6:43		Ethan Hoefer, SO	22:58.9	7:24
	Brady Elbe, JR	21:23.6	6:53		Landon Powers, SO	23:25.0	7:32
	Connor McMann, FR	21:53.6	7:03		Evan Woods, SR	23:30.9	7:34
	Dylan Dufloth, SO	22:14.4	7:10		Brady Moulds, JR	23:41.0	7:37
	Luke Bullock, SO	22:30.1	7:15		Reily Dolan, JR	23:41.6	7:38
	Caleb Wilshusen, FR	22:30.7	7:15		Cruz Timmerman, FR	23:48.9	7:40
	Mitch Mess, SO	22:50.5	7:21		Kasey Fisher, FR	24:25.5	7:52
	Kaiden Power, FR	22:51.3	7:21		Pj Recker, SO	25:45.7	8:18
	Ross Willerth, SO	22:59.9	7:24		Carson Less, FR	25:59.4	8:22
	Mason Herrington, FR	23:19.4	7:30				
	Nathan Elbe, FR	23:25.1	7:32				
	Alec Harris, FR	23:26.0	7:33				
	Joe Skaala, FR	23:34.3	7:35				
	Nolan Blodig, JR	23:43.1	7:38				
	Ryan Doty, SO	23:43.6	7:38				
	Ryan Mentzer, SR	23:50.6	7:40				
	Jake Skaala, SO	23:58.6	7:43				
	Isaac Simmons, SO	24:14.4	7:48				
	Austin Lee, SO	24:15.0	7:48				
	Logan Soedt, SO	24:32.5	7:54				
	Shawn Kundel, SO	25:57.8	8:21				
	Ethan Farber, SR	28:34.5	9:12				
	Cody Johnston, SR	29:03.2	9:21				
	Matt Mize, SO	29:03.8	9:21				
	Anthony Carter, SO	30:29.7	9:49				
	Jarret Claeys, SO	30:54.3	9:57				
	Ben Hofmann, FR	32:05.3	10:20				
7)	Calamus Wheatland		Score = 198				
7	Chase Knoche, JR	17:25.7	5:37				
16	Chandler Gannon, SR	18:09.5	5:51				
39	Brett McCartt, SR	19:09.7	6:10				
48	Seth Beuthien, JR	19:43.7	6:21				
88	Jacob Weih, FR	25:51.4	8:19				
8)	Benton Community		Score = 235				
27	Trey Schulte, FR	18:44.6	6:02				
47	Drew Lange, SR	19:37.8	6:19				
51	Craig Morris, SR	19:52.4	6:24				
54	Gage Offill, FR	20:12.9	6:30				
56	Brady Osborn, SO	20:27.8	6:35				
64	Tristan West, SO	20:59.6	6:45				
66	Nicson Franck, JR	21:06.7	6:48				
	Owen Sadler, SO	21:15.9	6:51				
	Ryan Lange, SO	21:35.6	6:57				
	Brady Ellis, JR	23:04.3	7:26				
	Isaac Lueckenotto, SO	23:31.6	7:34				
	Eben Ellis, JR	23:59.0	7:43				
	Bryton Grimm, FR	24:05.7	7:45				
	Brandon Schultz, FR	24:20.9	7:50				
	Jaren Jones, SR	24:31.4	7:54				
	Jackson Kleinmeyer, FR	28:12.1	9:05				
	Joseph Miller, SR	29:32.1	9:30				
12)	Springville-Central City		Score = 374				
68	Evan Robertson, FR	21:31.4	6:56				
69	Tryston Engen, JR	21:33.7	6:56				
70	Luke Frosch, JR	21:34.5	6:57				
78	Adrian Banowetz, JR	23:16.0	7:29				
89	Matt Uhlenkamp, JR	26:20.6	8:29				
13)	North Cedar		Score = 382				
71	Samuel Choate, SO	21:35.5	6:57				
75	David Redhage, JR	22:36.2	7:17				
76	Chance Cinkovich, SR	22:55.8	7:23				
79	Milo Easterly, JR	23:23.8	7:32				
81	Jacob Spahr, JR	23:31.6	7:34				
90	Marshall Vanoort, SO	27:53.8	8:59				
94	Leighton Tjaden, SO	28:17.0	9:06				
	Ryan Spahr, SR	30:33.8	9:50				
14)	Louisa Muscatine		Score = 402				
55	Paul Hoopes, JR	20:13.5	6:31				
83	Kellan Walsh, FR	24:15.5	7:48				
86	Christian James, FR	25:43.8	8:17				
87	Eddie Wilhelm, SR	25:51.4	8:19				
91	Zach Robertson, SO	27:53.8	8:59				
92	Owen Schreiner, SO	27:59.4	9:01				
93	Jacob Back, SO	28:00.6	9:01				
	Evan Lawrence, SO	35:55.6	11:34				

Mount Vernon-Lisbon Invitational

Boys 5K Mount Vernon, IA 8/27/2019 Sunny, Wind W 10-20mph & 76°

Place	Name	Time	mpm	Place	Name	Time	mpm
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Incomplete Teams:

West Liberty

21	Ashton Burroughs, SO	18:23.8	5:55
127	Kevin Martinez, JR	21:58.4	7:04