

Linn-Mar Invitational

Girls 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Linn-Mar	1	2	5	11	17	18	20	= 36	1:39:26.6	19:53.3	3:34.0
2	Hempstead	3	7	9	10	15	16	22	= 44	1:41:41.1	20:20.2	1:56.3
3	Cedar Rapids Kennedy	8	12	24	25	26	28	29	= 95	1:48:26.4	21:41.3	2:04.0
4	Cedar Rapids Washington	4	19	21	23	30	38	40	= 97	1:48:35.4	21:43.1	3:15.1
5	Xavier	6	14	27	31	34	35	36	= 112	1:51:23.7	22:16.7	4:43.1
6	Cedar Rapids Jefferson	13	32	33	37	39	41	42	= 154	1:59:24.1	23:52.8	3:47.7

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Micah Poellet	JR	Linn-Mar	18:06.2	5:50
2	2	Chloe Skidmore	JR	Linn-Mar	19:10.0	6:10
3	3	Hannah Brown	SR	Hempstead	19:31.8	6:17
4	4	Mary Cline	JR	Cedar Rapids Washington	19:40.1	6:20
5	5	Sarah Murphy	JR	Linn-Mar	19:44.6	6:21
6	6	Hannah Denman	SR	Xavier	19:54.3	6:24
7	7	Emma Holesinger	SR	Hempstead	20:02.2	6:27
8	8	Lauren Gray	JR	Cedar Rapids Kennedy	20:14.2	6:31
9	9	Kaylee Leicht	SR	Hempstead	20:14.6	6:31
10	10	Shaelyn Hostager	SR	Hempstead	20:24.4	6:34
11	11	Jordyn Beck	FR	Linn-Mar	20:45.7	6:41
12	12	Bethany Smeed	SO	Cedar Rapids Kennedy	21:19.6	6:52
13	13	Rachel Nagel	SR	Cedar Rapids Jefferson	21:26.7	6:54
14	14	Lizzy Schmitt	JR	Xavier	21:27.9	6:55
15	15	Brooke O'Brein	FR	Hempstead	21:28.1	6:55
16	16	Audrey Franklin	JR	Hempstead	21:32.3	6:56
17	17	Jamison Feldman	SR	Linn-Mar	21:40.1	6:58
18	18	Emily Schmidt	SO	Linn-Mar	21:40.1	6:58
19	19	Sage Slessor	FR	Cedar Rapids Washington	21:46.4	7:00
20	20	Abbey Vezina	FR	Linn-Mar	21:49.3	7:01
21	21	Maggie Gorman	SO	Cedar Rapids Washington	22:00.2	7:05
22		Jillian Christensen	SO	Linn-Mar	22:10.7	7:08
23	22	Emily Richter	JR	Hempstead	22:13.6	7:09
24	23	Syd Mitvalsky	JR	Cedar Rapids Washington	22:13.7	7:09
25	24	Kayleigh Duncan	SO	Cedar Rapids Kennedy	22:16.2	7:10
26	25	Anabel Bradley	FR	Cedar Rapids Kennedy	22:18.2	7:11
27	26	Emily Fusselman	SR	Cedar Rapids Kennedy	22:18.2	7:11
28		Natalie Schlichte	FR	Hempstead	22:23.8	7:13
29	27	Megan Meyer	SR	Xavier	22:26.9	7:14
30	28	Erica Schulte	JR	Cedar Rapids Kennedy	22:39.1	7:17
31	29	Sarah Grams	JR	Cedar Rapids Kennedy	22:49.5	7:21
32		Allison Post	SR	Linn-Mar	22:53.8	7:22
33	30	Jojo Hayes	SR	Cedar Rapids Washington	22:55.2	7:23
34	31	Nike Zillesen	JR	Xavier	22:57.1	7:23
35		Tiernan Sullivan	FR	Cedar Rapids Kennedy	23:07.7	7:27
36		Anna Besler	FR	Hempstead	23:18.6	7:30
37		Sadie Staker	SR	Linn-Mar	23:29.3	7:34
38		Olivia Genskow	SR	Linn-Mar	23:29.6	7:34
39		Jamie Weidemann	JR	Hempstead	23:36.8	7:36
40	32	Katrina Truitt	JR	Cedar Rapids Jefferson	23:41.8	7:38
41	33	Hannah Hoeger	JR	Cedar Rapids Jefferson	23:54.0	7:42
42		Micki Blean	SR	Hempstead	24:00.1	7:44
43		Ella Dorman	FR	Linn-Mar	24:06.1	7:45
44		Katelyn Bilders	SR	Linn-Mar	24:18.1	7:49
45		Sophie Wilbanks	SR	Linn-Mar	24:18.4	7:49
46		Madi Wells	FR	Linn-Mar	24:19.1	7:50
47		Trinity Kessler	SO	Hempstead	24:20.0	7:50
48		Sophia Dallal	FR	Hempstead	24:27.9	7:52
49		Maddie Digman	FR	Hempstead	24:28.0	7:52
50	34	Madelyn Dake	SO	Xavier	24:37.4	7:56
51		Kallie Kolthoff	JR	Cedar Rapids Kennedy	24:43.1	7:57
52	35	Rilee Lansing	SR	Xavier	24:44.8	7:58
53		Anna Gehl	SO	Hempstead	24:50.1	8:00
54		Riley Parker	FR	Cedar Rapids Kennedy	24:52.2	8:00
55	36	Ellie Tanko	SR	Xavier	24:57.8	8:02
56		Samantha Schmitt	SO	Hempstead	25:03.9	8:04
57		Kelsie Kolthoff	FR	Cedar Rapids Kennedy	25:07.0	8:05
58	37	Bella Dougherty	FR	Cedar Rapids Jefferson	25:07.2	8:05
59	38	Ella Davis	JR	Cedar Rapids Washington	25:10.4	8:06
60		Chloe Timmerman	JR	Hempstead	25:11.8	8:07
61	39	Isabelle Bushman	SR	Cedar Rapids Jefferson	25:14.3	8:07
62	40	Ellen Houtz	SR	Cedar Rapids Washington	25:19.1	8:09
63		Annabelle Hallam	SR	Cedar Rapids Kennedy	25:25.2	8:11
64		Anna Tarvestad	FR	Cedar Rapids Washington	25:28.9	8:12
65		Kamille Berns	SO	Hempstead	25:36.3	8:14
66		Elise Cagnard	SR	Linn-Mar	25:36.6	8:15
67		Lexi Newport	SO	Linn-Mar	25:39.0	8:15
68		Anna Huggins	SR	Linn-Mar	25:39.6	8:16

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Girls 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	Score	Name	Year	School	Time	Pace	mpm
69		Cate Tucker	SR	Xavier	25:42.9	8:17	
70		Emma Affeldt	FR	Linn-Mar	25:43.6	8:17	
71		Faith Karl	SO	Xavier	25:55.2	8:21	
72		Haley Hartshorne	JR	Linn-Mar	25:57.0	8:21	
73		Joyce Toingar	SO	Linn-Mar	25:58.5	8:22	
74		Marin Doyle	SR	Linn-Mar	25:58.7	8:22	
75	41	Megan Bumpus	FR	Cedar Rapids Jefferson	25:58.8	8:22	
76		Ellie Rockwell	JR	Cedar Rapids Washington	26:01.9	8:23	
77		Hope Schulte	JR	Xavier	26:05.9	8:24	
78		Ella Heim	JR	Hempstead	26:07.6	8:25	
79		Peyton Shock	SR	Linn-Mar	26:09.2	8:25	
80	42	Anna Deam	SO	Cedar Rapids Jefferson	26:10.3	8:25	
81		Francoise Swedi	JR	Cedar Rapids Washington	26:12.6	8:26	
82		Amelia Benham	JR	Hempstead	26:16.0	8:27	
83		Lexi Lonning	SR	Hempstead	26:17.0	8:28	
84		Grace Becker	JR	Hempstead	26:20.8	8:29	
85		Stacia Drey	JR	Linn-Mar	26:21.4	8:29	
86		Cecelia Darter	SO	Hempstead	26:21.4	8:29	
87		Alma Cosgrove	FR	Xavier	26:23.9	8:30	
88		Dani Sunseri	SO	Linn-Mar	26:24.6	8:30	
89		Makayla Poock	SR	Cedar Rapids Jefferson	26:25.3	8:30	
90		Aidrana Brandis	FR	Cedar Rapids Jefferson	26:25.4	8:30	
91		Grace Fox	SO	Cedar Rapids Washington	26:27.7	8:31	
92		Elizabeth Stone	SR	Cedar Rapids Kennedy	26:28.8	8:31	
93		Ava Kline	FR	Linn-Mar	26:29.6	8:32	
94		Claire Schadt	SR	Hempstead	26:30.3	8:32	
95		Claire Lahey	SO	Hempstead	26:33.0	8:33	
96		Paige Denman	FR	Xavier	26:34.3	8:33	
97		Madeline Winger	FR	Hempstead	26:41.7	8:36	
98		Danielle Oberfoell	SR	Xavier	27:18.3	8:47	
99		Julie Cagnard	JR	Linn-Mar	27:18.7	8:47	
100		Lexi O'Mara	SR	Hempstead	27:30.1	8:51	
101		Abby Kallaher	SR	Hempstead	27:30.4	8:51	
102		Sharini Rao	FR	Linn-Mar	27:38.4	8:54	
103		Allison Ehlinger	JR	Hempstead	27:38.9	8:54	
104		Taylor Troy	SO	Cedar Rapids Jefferson	27:40.2	8:54	
105		Avery Arens	JR	Xavier	27:48.9	8:57	
106		Ava Bergquist	SO	Hempstead	27:55.2	8:59	
107		Lily Brown	SO	Cedar Rapids Jefferson	28:00.3	9:01	
108		Amber Loney	JR	Hempstead	28:05.7	9:03	
109		Isabel Van Druten	FR	Linn-Mar	28:08.5	9:03	
110		Peyton Connolly	JR	Hempstead	28:21.3	9:08	
111		Kristin Urquhart	SR	Cedar Rapids Jefferson	28:21.9	9:08	
112		Lauren Gudenkauf	SR	Hempstead	28:26.5	9:09	
113		Emily Davisdon	FR	Hempstead	28:44.2	9:15	
114		Whitney Markham	JR	Cedar Rapids Kennedy	28:53.1	9:18	
115		Bailey Tonn	SR	Hempstead	28:56.7	9:19	
116		Victoria Larson	SR	Hempstead	29:01.0	9:20	
117		Leah Carson	SR	Cedar Rapids Washington	29:05.9	9:22	
118		Skylynn Redding	SR	Hempstead	29:53.3	9:37	
119		Jada Simmons	SO	Linn-Mar	30:12.8	9:43	
120		Kylie May	FR	Cedar Rapids Jefferson	30:21.0	9:46	
121		Lizzy Bushlack	SR	Linn-Mar	31:02.8	10:00	
122		Sarah Cunningham	SR	Xavier	32:21.5	10:25	
123		Maddie Serbousek	JR	Xavier	32:22.3	10:25	
124		Jennifer Villanueva	JR	Hempstead	33:12.3	10:41	
125		Haley Rindfleifch	JR	Hempstead	33:46.3	10:52	
126		Nadia Vang	JR	Hempstead	33:57.0	10:56	
127		Ava Blakey	JR	Cedar Rapids Jefferson	36:10.3	11:39	
128		Hailey Pint	SO	Linn-Mar	38:14.1	12:18	

Linn-Mar Invitational

Girls 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	Name	Time	mpm	Place	Name	Time	mpm
1) Linn-Mar				3) Cedar Rapids Kennedy			
		Score =	36			Score =	95
1	Micah Poellet, JR	18:06.2	5:50	8	Lauren Gray, JR	20:14.2	6:31
2	Chloe Skidmore, JR	19:10.0	6:10	12	Bethany Smeed, SO	21:19.6	6:52
5	Sarah Murphy, JR	19:44.6	6:21	24	Kayleigh Duncan, SO	22:16.2	7:10
11	Jordyn Beck, FR	20:45.7	6:41	25	Anabel Bradley, FR	22:18.2	7:11
17	Jamison Feldman, SR	21:40.1	6:58	26	Emily Fusselman, SR	22:18.2	7:11
18	Emily Schmidt, SO	21:40.1	6:58	28	Erica Schulte, JR	22:39.1	7:17
20	Abbey Vezina, FR	21:49.3	7:01	29	Sarah Grams, JR	22:49.5	7:21
	Jillian Christensen, SO	22:10.7	7:08		Tiernan Sullivan, FR	23:07.7	7:27
	Allison Post, SR	22:53.8	7:22		Kallie Kolthoff, JR	24:43.1	7:57
	Sadie Staker, SR	23:29.3	7:34		Riley Parker, FR	24:52.2	8:00
	Olivia Genskow, SR	23:29.6	7:34		Kelsie Kolthoff, FR	25:07.0	8:05
	Ella Dorman, FR	24:06.1	7:45		Annabelle Hallam, SR	25:25.2	8:11
	Katelyn Eilders, SR	24:18.1	7:49		Elizabeth Stone, SR	26:28.8	8:31
	Sophie Wilbanks, SR	24:18.4	7:49		Whitney Markham, JR	28:53.1	9:18
	Madi Wells, FR	24:19.1	7:50	4) Cedar Rapids Washington			
	Elise Cagnard, SR	25:36.6	8:15			Score =	97
	Lexi Newport, SO	25:39.0	8:15	4	Mary Cline, JR	19:40.1	6:20
	Anna Huggins, SR	25:39.6	8:16	19	Sage Slessor, FR	21:46.4	7:00
	Emma Affeldt, FR	25:43.6	8:17	21	Maggie Gorman, SO	22:00.2	7:05
	Haley Hartshorne, JR	25:57.0	8:21	23	Syd Mitvalsky, JR	22:13.7	7:09
	Joyce Toingar, SO	25:58.5	8:22	30	Jojo Hayes, SR	22:55.2	7:23
	Marin Doyle, SR	25:58.7	8:22	38	Ella Davis, JR	25:10.4	8:06
	Peyton Shock, SR	26:09.2	8:25	40	Ellen Houtz, SR	25:19.1	8:09
	Stacia Drey, JR	26:21.4	8:29		Anna Tarvestad, FR	25:28.9	8:12
	Dani Sunseri, SO	26:24.6	8:30		Ellie Rockwell, JR	26:01.9	8:23
	Ava Kline, FR	26:29.6	8:32		Francoise Swedi, JR	26:12.6	8:26
	Julie Cagnard, JR	27:18.7	8:47		Grace Fox, SO	26:27.7	8:31
	Sharini Rao, FR	27:38.4	8:54		Leah Carson, SR	29:05.9	9:22
	Isabel Van Druten, FR	28:08.5	9:03	5) Xavier			
	Jada Simmons, SO	30:12.8	9:43			Score =	112
	Lizzy Bushlack, SR	31:02.8	10:00	6	Hannah Denman, SR	19:54.3	6:24
	Hailey Pint, SO	38:14.1	12:18	14	Lizzy Schmitt, JR	21:27.9	6:55
2) Hempstead				27	Megan Meyer, SR	22:26.9	7:14
		Score =	44	31	Nike Zillesen, JR	22:57.1	7:23
3	Hannah Brown, SR	19:31.8	6:17	34	Madelyn Dake, SO	24:37.4	7:56
7	Emma Holesinger, SR	20:02.2	6:27	35	Rilee Lansing, SR	24:44.8	7:58
9	Kaylee Leicht, SR	20:14.6	6:31	36	Ellie Tanko, SR	24:57.8	8:02
10	Shaelyn Hostager, SR	20:24.4	6:34		Cate Tucker, SR	25:42.9	8:17
15	Brooke O'Brein, FR	21:28.1	6:55		Faith Karl, SO	25:55.2	8:21
16	Audrey Franklin, JR	21:32.3	6:56		Hope Schulte, JR	26:05.9	8:24
22	Emily Richter, JR	22:13.6	7:09		Alma Cosgrove, FR	26:23.9	8:30
	Natalie Schlichte, FR	22:23.8	7:13		Paige Denman, FR	26:34.3	8:33
	Anna Besler, FR	23:18.6	7:30		Danielle Oberfoell, SR	27:18.3	8:47
	Jamie Weidemann, JR	23:36.8	7:36		Avery Arens, JR	27:48.9	8:57
	Micki Blean, SR	24:00.1	7:44		Sarah Cunningham, SR	32:21.5	10:25
	Trinity Kessler, SO	24:20.0	7:50		Maddie Serbousek, JR	32:22.3	10:25
	Sophia Dallal, FR	24:27.9	7:52	6) Cedar Rapids Jefferson			
	Maddie Digman, FR	24:28.0	7:52			Score =	154
	Anna Gehl, SO	24:50.1	8:00	13	Rachel Nagel, SR	21:26.7	6:54
	Samantha Schmitt, SO	25:03.9	8:04	32	Katrina Truitt, JR	23:41.8	7:38
	Chloe Timmerman, JR	25:11.8	8:07	33	Hannah Hoeger, JR	23:54.0	7:42
	Kamille Berns, SO	25:36.3	8:14	37	Bella Dougherty, FR	25:07.2	8:05
	Ella Heim, JR	26:07.6	8:25	39	Isabelle Bushman, SR	25:14.3	8:07
	Amelia Benham, JR	26:16.0	8:27	41	Megan Bumpus, FR	25:58.8	8:22
	Lexi Lonning, SR	26:17.0	8:28	42	Anna Deam, SO	26:10.3	8:25
	Grace Becker, JR	26:20.8	8:29		Makayla Poock, SR	26:25.3	8:30
	Cecelia Darter, SO	26:21.4	8:29		Aidrana Brandis, FR	26:25.4	8:30
	Claire Schadl, SR	26:30.3	8:32		Taylor Troy, SO	27:40.2	8:54
	Claire Lahey, SO	26:33.0	8:33		Lily Brown, SO	28:00.3	9:01
	Madeline Winger, FR	26:41.7	8:36		Kristin Urquhart, SR	28:21.9	9:08
	Lexi O'Mara, SR	27:30.1	8:51		Kylie May, FR	30:21.0	9:46
	Abby Kallaher, SR	27:30.4	8:51		Ava Blakey, JR	36:10.3	11:39
	Allison Ehlinger, JR	27:38.9	8:54	Incomplete Teams:			
	Ava Bergquist, SO	27:55.2	8:59				
	Amber Loney, JR	28:05.7	9:03				
	Peyton Connolly, JR	28:21.3	9:08				
	Lauren Gudenkauf, SR	28:26.5	9:09				
	Emily Davidson, FR	28:44.2	9:15				
	Bailey Tonn, SR	28:56.7	9:19				
	Victoria Larson, SR	29:01.0	9:20				
	Skylynn Redding, SR	29:53.3	9:37				
	Jennifer Villanueva, JR	33:12.3	10:41				
	Haley Rindfleifch, JR	33:46.3	10:52				
	Nadia Vang, JR	33:57.0	10:56				

Linn-Mar Invitational

Boys 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Hempstead	2	4	6	7	8	10	11	= 27	1:21:39.9	16:20.0	0:56.3
2	Cedar Rapids Kennedy	1	14	18	19	22	29	31	= 74	1:23:54.6	16:46.9	1:42.9
3	Cedar Rapids Washington	3	5	13	21	37	38	39	= 79	1:25:44.5	17:08.9	3:01.2
4	Linn-Mar	15	16	20	23	24	26	27	= 98	1:25:42.8	17:08.6	0:22.6
5	Cedar Rapids Jefferson	12	17	25	28	30	32	33	= 112	1:26:14.9	17:15.0	0:53.0
6	Xavier	9	34	35	36	40	41	42	= 154	1:32:57.7	18:35.5	3:12.1

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Jacob Green	SR	Cedar Rapids Kennedy	15:34.3	5:01
2	2	Ryan Winger	JR	Hempstead	15:42.7	5:03
3	3	Lewis Kleman	SR	Cedar Rapids Washington	16:03.1	5:10
4	4	Mason Suarez	JR	Hempstead	16:13.9	5:13
5	5	Max Locher	SR	Cedar Rapids Washington	16:27.2	5:18
6	6	Matthew Jungk	SR	Hempstead	16:31.0	5:19
7	7	Derek Leicht	SO	Hempstead	16:33.4	5:20
8	8	Owen Maloney	JR	Hempstead	16:39.0	5:22
9	9	Jack Renning	SR	Xavier	16:44.8	5:23
10	10	Marcus Leitzen	SO	Hempstead	16:48.2	5:25
11	11	Brady Blean	SO	Hempstead	16:49.7	5:25
12	12	Gavin Hall	SO	Cedar Rapids Jefferson	16:49.7	5:25
13	13	Ethan Stout	JR	Cedar Rapids Washington	16:52.9	5:26
14	14	Levi Sullivan	SR	Cedar Rapids Kennedy	16:55.0	5:27
15	15	Cadin Evans	SR	Linn-Mar	16:56.3	5:27
16	16	Miles Matson	SO	Linn-Mar	16:57.3	5:27
17	17	Lukas Lamparek	JR	Cedar Rapids Jefferson	16:59.1	5:28
18		Jacob Westermeyer	SR	Hempstead	17:01.8	5:29
19	18	Lucas Middlekauff	SR	Cedar Rapids Kennedy	17:02.7	5:29
20	19	Kayde Bowers	SR	Cedar Rapids Kennedy	17:05.4	5:30
21		Carter Welbes	SR	Hempstead	17:06.7	5:30
22	20	Zion Rios	SR	Linn-Mar	17:12.4	5:32
23		Josh Davis	JR	Hempstead	17:14.8	5:33
24	21	Lukas Engledow	JR	Cedar Rapids Washington	17:17.1	5:34
25	22	Kenzie Reed	FR	Cedar Rapids Kennedy	17:17.2	5:34
26	23	Hayden Kuhn	SO	Linn-Mar	17:18.0	5:34
27	24	Joey Banowetz	FR	Linn-Mar	17:18.9	5:34
28	25	Zac Goodall	SR	Cedar Rapids Jefferson	17:19.6	5:35
29	26	Kaden Walker	SO	Linn-Mar	17:20.0	5:35
30	27	Tyler Tiefel	FR	Linn-Mar	17:22.8	5:36
31	28	Brandon Cano	SR	Cedar Rapids Jefferson	17:23.7	5:36
32		Jacob Derr	JR	Linn-Mar	17:24.1	5:36
33		George Holesinger	SO	Hempstead	17:30.6	5:38
34		Ethan Harthun	SR	Linn-Mar	17:33.3	5:39
35	29	Miles Wilson	FR	Cedar Rapids Kennedy	17:38.6	5:41
36	30	Andrew French	SR	Cedar Rapids Jefferson	17:42.8	5:42
37	31	Jack Schissel	SO	Cedar Rapids Kennedy	17:44.9	5:43
38		Carson Burns	SO	Linn-Mar	17:45.3	5:43
39		Matthew Hand	SR	Cedar Rapids Kennedy	17:46.6	5:43
40		Justin Schultz	SR	Hempstead	17:53.2	5:45
41	32	Xander Scaglione	JR	Cedar Rapids Jefferson	17:58.0	5:47
42		Ethan Cozine	FR	Linn-Mar	17:58.2	5:47
43	33	Brendan Suter	SR	Cedar Rapids Jefferson	18:01.2	5:48
44		Caleb Brown	SO	Linn-Mar	18:04.0	5:49
45		Jaxson Hornett	SR	Cedar Rapids Kennedy	18:04.7	5:49
46		Andrew Johnson	JR	Hempstead	18:10.6	5:51
47		Dylan Sines	JR	Cedar Rapids Kennedy	18:12.6	5:52
48		Caleb Kass	FR	Hempstead	18:15.7	5:53
49	34	Randall Kinner	SO	Xavier	18:30.5	5:57
50		Zach Egger	SO	Cedar Rapids Jefferson	18:38.0	6:00
51		Sam Jahnke	JR	Cedar Rapids Jefferson	18:38.4	6:00
52		Tate Billmeyer	SR	Hempstead	18:39.3	6:00
53		Scott Hostager	SR	Hempstead	18:44.2	6:02
54	35	Bryor Hansel	JR	Xavier	18:45.2	6:02
55		Jonathon O'Brien	SO	Hempstead	18:45.9	6:02
56		Adam Haut	SR	Cedar Rapids Jefferson	18:50.0	6:04
57		Adam Riffel	SR	Hempstead	18:50.0	6:04
58		Gavin Smith	SO	Cedar Rapids Kennedy	18:52.3	6:04
59		Thomas Gilkes	JR	Linn-Mar	18:53.5	6:05
60		Blake Pettit	SO	Linn-Mar	18:53.7	6:05
61		Eli Guerrero	FR	Linn-Mar	18:54.0	6:05
62		Cael Abrams	JR	Cedar Rapids Jefferson	18:54.9	6:05
63	36	John Trotta	JR	Xavier	19:00.3	6:07
64	37	Kobe Chindlund	JR	Cedar Rapids Washington	19:04.3	6:08
65		Jacob Horton	FR	Cedar Rapids Kennedy	19:06.3	6:09
66	38	Britt Edwards	SR	Cedar Rapids Washington	19:07.1	6:09
67		Sean McGrath	SR	Hempstead	19:08.3	6:10
68		Alex Riniker	SO	Hempstead	19:18.1	6:13

Linn-Mar Invitational

Boys 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	Score	Name	Year	School	Time	Pace	mpm
69		Adam Curtis	SR	Hempstead	19:18.9	6:13	
70		Haji Ali	SR	Cedar Rapids Kennedy	19:22.7	6:14	
71		Adam Lange	JR	Hempstead	19:29.2	6:16	
72		Jack Goudy	JR	Cedar Rapids Jefferson	19:31.8	6:17	
73		Jackson Bradley	JR	Hempstead	19:32.1	6:17	
74		Braden Jordam	FR	Cedar Rapids Kennedy	19:35.7	6:18	
75		Grant Nelson	FR	Hempstead	19:36.4	6:19	
76		Will Pitz	FR	Hempstead	19:38.7	6:19	
77		Grant Misiag-Beckler	FR	Hempstead	19:40.3	6:20	
78		Ryan Christenson	SR	Linn-Mar	19:40.6	6:20	
79		Connor Deahl	FR	Linn-Mar	19:40.8	6:20	
80		Drake Beauregard	SR	Cedar Rapids Kennedy	19:42.1	6:20	
81		Sean Kelly	FR	Hempstead	19:42.4	6:21	
82	39	Seamus Thompson	SR	Cedar Rapids Washington	19:46.2	6:22	
83		Lucas McCarley	SO	Cedar Rapids Washington	19:53.6	6:24	
84		Campbell Mitvalsky	SR	Cedar Rapids Washington	19:56.6	6:25	
85	40	Lucas Lowder	JR	Xavier	19:56.9	6:25	
86		Cole Kaufmann	JR	Hempstead	19:58.0	6:26	
87		Cale Hansen	SO	Cedar Rapids Kennedy	20:00.6	6:26	
88		Joshua Link	SO	Cedar Rapids Kennedy	20:02.7	6:27	
89		Kyan Stricker	SO	Cedar Rapids Kennedy	20:02.7	6:27	
90		Carter Ohl	FR	Linn-Mar	20:07.8	6:29	
91		John Lorenz	FR	Cedar Rapids Washington	20:08.8	6:29	
92	41	Brady Horstmann	SO	Xavier	20:09.4	6:29	
93		Gabe Solis	JR	Hempstead	20:10.0	6:29	
94		Jeffrey Abraham	SR	Cedar Rapids Washington	20:10.3	6:30	
95		Sam Riffel	SO	Hempstead	20:14.2	6:31	
96		Jonah Hallam	SO	Cedar Rapids Kennedy	20:17.8	6:32	
97		Joe Oleson	SO	Cedar Rapids Kennedy	20:19.2	6:32	
98	42	Will Karl	FR	Xavier	20:20.1	6:33	
99		Aiden McDermott	SO	Linn-Mar	20:22.1	6:33	
100		Zach Bautista	SO	Linn-Mar	20:22.8	6:34	
101		Nathan Groezinger	FR	Linn-Mar	20:23.3	6:34	
102		Kadon Harper	FR	Linn-Mar	20:23.6	6:34	
103		Jackson Kilburg	JR	Xavier	20:24.2	6:34	
104		Cesar Campa	JR	Hempstead	20:32.9	6:37	
105		Dylan Falck	SR	Cedar Rapids Kennedy	20:39.0	6:39	
106		Joe Foreman	JR	Cedar Rapids Washington	20:39.1	6:39	
107		Reid Post	FR	Linn-Mar	20:41.0	6:39	
108		Ryan McCaffery	SO	Cedar Rapids Washington	20:42.1	6:40	
109		Kaden Fields	JR	Cedar Rapids Washington	20:47.9	6:42	
110		Max Breitbach	SR	Hempstead	20:48.3	6:42	
111		Justin Mootz	SO	Hempstead	20:58.8	6:45	
112		Emmanuel Amegandin	SR	Cedar Rapids Jefferson	20:59.0	6:45	
113		Ethan Wise	JR	Linn-Mar	20:59.1	6:45	
114		Luke Kotz	JR	Hempstead	21:00.3	6:46	
115		Jake Conlon	SO	Hempstead	21:00.4	6:46	
116		Ryan Skogerboe	SO	Linn-Mar	21:01.2	6:46	
117		Drew Jensen	SR	Cedar Rapids Kennedy	21:07.9	6:48	
118		Perry Lindeman	JR	Cedar Rapids Washington	21:08.6	6:48	
119		Tristan Steichen	FR	Cedar Rapids Kennedy	21:10.7	6:49	
120		Bryce Grissom	SO	Cedar Rapids Jefferson	21:10.8	6:49	
121		Jack Rogers	SO	Cedar Rapids Washington	21:12.1	6:49	
122		Jacobi Butler	JR	Cedar Rapids Washington	21:23.7	6:53	
123		Paxton Hummer	FR	Linn-Mar	21:35.1	6:57	
124		Quinn Cohen	SO	Cedar Rapids Jefferson	21:37.8	6:58	
125		Carter Tredway	SR	Cedar Rapids Jefferson	21:41.2	6:59	
126		Zach Smith	SO	Cedar Rapids Jefferson	21:42.7	6:59	
127		Derek Anthony	SR	Cedar Rapids Jefferson	21:44.4	7:00	
128		Sam Firzlaff	SO	Hempstead	21:45.1	7:00	
129		Damien Foster	JR	Cedar Rapids Jefferson	21:47.1	7:01	
130		Jimmy Driskell	SR	Cedar Rapids Jefferson	21:47.4	7:01	
131		Blake Kellison	JR	Xavier	21:49.6	7:02	
132		Hank Esker	JR	Xavier	21:50.7	7:02	
133		Liam Kettelkamp	JR	Xavier	21:57.0	7:04	
134		Nick Henry	FR	Cedar Rapids Jefferson	21:57.6	7:04	
135		Devin Tigges	JR	Hempstead	22:01.6	7:05	
136		Ian Lucas	FR	Cedar Rapids Washington	22:04.8	7:06	
137		Kameron Sanders	SR	Hempstead	22:13.7	7:09	
138		Tate Kuennen	SO	Cedar Rapids Jefferson	22:13.9	7:09	
139		Isaac Tominsky	JR	Cedar Rapids Washington	22:15.4	7:10	
140		Caden Schroeder	SO	Cedar Rapids Jefferson	22:20.9	7:12	
141		Alex Maldonado	SR	Cedar Rapids Jefferson	22:21.7	7:12	
142		Sean Aschenbrenner	FR	Cedar Rapids Jefferson	22:22.8	7:12	
143		Nick O'Toole	SR	Linn-Mar	22:31.1	7:15	
144		Evan Strand	FR	Linn-Mar	22:42.8	7:19	
145		Henry Malcom	FR	Hempstead	22:44.9	7:19	
146		Julius Rukundo	SR	Cedar Rapids Jefferson	22:45.4	7:19	

Linn-Mar Invitational

Boys 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	Score	Name	Year	School	Time	Pace mpm
147		Quinn Laurent	SO	Xavier	22:49.2	7:21
148		Dylan Cherry	SR	Cedar Rapids Washington	22:51.8	7:22
149		Boris Miller	JR	Hempstead	22:57.0	7:23
150		Luka Jones	JR	Linn-Mar	22:57.8	7:23
151		Jaydon Vaughn	JR	Hempstead	22:58.9	7:24
152		Lucas Dolphin	FR	Cedar Rapids Kennedy	22:59.6	7:24
153		Maxx Novak	SO	Cedar Rapids Kennedy	23:10.0	7:27
154		Trent Vos	SO	Cedar Rapids Jefferson	23:34.9	7:35
155		Matthew Gearhart	JR	Cedar Rapids Washington	23:41.8	7:38
156		Jakeese Wilks	SR	Cedar Rapids Washington	23:42.3	7:38
157		Jonathan Range	JR	Cedar Rapids Jefferson	23:55.0	7:42
158		Ethan Kelley	SO	Hempstead	23:59.1	7:43
159		Ryan Zuercher	SO	Cedar Rapids Jefferson	23:59.2	7:43
160		Taye Fields	SO	Cedar Rapids Washington	24:00.2	7:44
161		Micah Waddell	FR	Linn-Mar	24:01.3	7:44
162		Lars Andersland	SR	Cedar Rapids Washington	24:04.3	7:45
163		Caden Hecker	JR	Cedar Rapids Washington	24:05.2	7:45
164		Devon Meyer	SO	Cedar Rapids Jefferson	24:24.5	7:51
165		Sharik Khan	SR	Hempstead	24:45.6	7:58
166		Sam Hearnden	SR	Hempstead	24:51.8	8:00
167		Devin Miell	JR	Linn-Mar	24:59.0	8:02
168		James Le	FR	Xavier	25:03.5	8:04
169		Christian Everson	FR	Cedar Rapids Kennedy	25:07.0	8:05
170		Joel Dillman	SO	Cedar Rapids Kennedy	25:08.1	8:05
171		Jackson Berry	FR	Cedar Rapids Kennedy	25:09.0	8:06
172		Cameron Smeby	SO	Cedar Rapids Washington	25:57.9	8:21
173		Jeremi Bazan	JR	Cedar Rapids Jefferson	26:08.8	8:25
174		Asle Hagen	SO	Cedar Rapids Washington	27:17.0	8:47
175		Connor Luensman	FR	Cedar Rapids Jefferson	28:05.1	9:02
176		Ewan Greear	JR	Cedar Rapids Jefferson	28:10.6	9:04
177		Justin Cano	JR	Cedar Rapids Jefferson	29:26.1	9:28
178		Andrew McCormick	JR	Hempstead	39:40.2	12:46

Boys 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

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Linn-Mar Invitational

Boys 5K Lowe Park - Marion, IA 9/7/2019 Mostly Cloudy, Calm & 61°

Place	Name	Time	mpm	Place	Name	Time	mpm
5) Cedar Rapids Jefferson		Score = 112					
12	Gavin Hall, SO	16:49.7	5:25				
17	Lukas Lamparek, JR	16:59.1	5:28				
25	Zac Goodall, SR	17:19.6	5:35				
28	Brandon Cano, SR	17:23.7	5:36				
30	Andrew French, SR	17:42.8	5:42				
32	Xander Scaglione, JR	17:58.0	5:47				
33	Brendan Suter, SR	18:01.2	5:48				
	Zach Egger, SO	18:38.0	6:00				
	Sam Jahnke, JR	18:38.4	6:00				
	Adam Haut, SR	18:50.0	6:04				
	Cael Abrams, JR	18:54.9	6:05				
	Jack Goudy, JR	19:31.8	6:17				
	Emmanuel Amegandin, SR	20:59.0	6:45				
	Bryce Grissom, SO	21:10.8	6:49				
	Quinn Cohen, SO	21:37.8	6:58				
	Carter Tredway, SR	21:41.2	6:59				
	Zach Smith, SO	21:42.7	6:59				
	Derek Anthony, SR	21:44.4	7:00				
	Damien Foster, JR	21:47.1	7:01				
	Jimmy Driskell, SR	21:47.4	7:01				
	Nick Henry, FR	21:57.6	7:04				
	Tate Kuennen, SO	22:13.9	7:09				
	Caden Schroeder, SO	22:20.9	7:12				
	Alex Maldonado, SR	22:21.7	7:12				
	Sean Aschenbrenner, FR	22:22.8	7:12				
	Julius Rukundo, SR	22:45.4	7:19				
	Trent Vos, SO	23:34.9	7:35				
	Jonathan Range, JR	23:55.0	7:42				
	Ryan Zuercher, SO	23:59.2	7:43				
	Devon Meyer, SO	24:24.5	7:51				
	Jeremi Bazan, JR	26:08.8	8:25				
	Connor Luensman, FR	28:05.1	9:02				
	Ewan Greear, JR	28:10.6	9:04				
	Justin Cano, JR	29:26.1	9:28				
6) Xavier		Score = 154					
9	Jack Renning, SR	16:44.8	5:23				
34	Randall Kinner, SO	18:30.5	5:57				
35	Bryor Hansel, JR	18:45.2	6:02				
36	John Trotta, JR	19:00.3	6:07				
40	Lucas Lowder, JR	19:56.9	6:25				
41	Brady Horstmann, SO	20:09.4	6:29				
42	Will Karl, FR	20:20.1	6:33				
	Jackson Kilburg, JR	20:24.2	6:34				
	Blake Kellison, JR	21:49.6	7:02				
	Hank Esker, JR	21:50.7	7:02				
	Liam Kettelkamp, JR	21:57.0	7:04				
	Quinn Laurent, SO	22:49.2	7:21				
	James Le, FR	25:03.5	8:04				

Incomplete Teams:

Linn-Mar Invitational

MS Girls Lowe Park - Marion, IA 9/7/2019 Overcast, Calm & 56°

Place	Score	Name	Year	School	Time	Pace	mpm
1	1	Lucy Haars	8th	Linn-Mar MS	13:21.3	7:10	
2	2	Ally Buck	8th	Linn-Mar MS	13:36.0	7:18	
3	3	Gabby Mauren	7th	Linn-Mar MS	14:08.7	7:35	
4	4	Emrie Johnson	7th	Linn-Mar MS	14:12.3	7:37	
5	5	Katie Christenson	7th	Linn-Mar MS	14:30.8	7:47	
6	6	Jasmijn Van Druten	7th	Linn-Mar MS	14:35.6	7:50	
7		Molly Newton	7th	Linn-Mar MS	14:57.8	8:02	
8		Tova Beech	7th	Linn-Mar MS	15:58.4	8:34	
9		Chelsea Clark	7th	Linn-Mar MS	16:01.6	8:36	
10		Addison Brooks	7th	Linn-Mar MS	16:12.6	8:42	
11		Elly Hoffman	7th	Linn-Mar MS	16:37.4	8:55	
12		Libby Richard	7th	Linn-Mar MS	16:43.6	8:58	
13		Avari Hofer	7th	Linn-Mar MS	17:10.9	9:13	
14		Morgan Rupp	7th	Linn-Mar MS	17:37.8	9:27	
15		Anna Tedrow	8th	Linn-Mar MS	17:40.7	9:29	
16		Anna Esch	8th	Linn-Mar MS	17:53.1	9:36	
17		Rilynn Dolezal	7th	Linn-Mar MS	18:05.0	9:42	
18		Gigi Wright	7th	Linn-Mar MS	20:00.2	10:44	
19		Sydney Gallaway	7th	Linn-Mar MS	20:01.0	10:44	

Linn-Mar Invitational

MS Boys Lowe Park - Marion, IA 9/7/2019 Overcast, Calm & 56°

Place	Score	Name	Year	School	Time	Pace	mpm
1	1	Graedyn Morrissey	8th	Linn-Mar MS	11:51.1	6:21	
2	2	Brendan Bakker	8th	Linn-Mar MS	11:55.5	6:24	
3	3	Owen Hanson	7th	Linn-Mar MS	12:01.1	6:27	
4	4	Tate Whittaker-Smith	8th	Linn-Mar MS	12:30.9	6:43	
5	5	Jackson Anderson	8th	Linn-Mar MS	12:33.6	6:44	
6	6	Landon Lukes	7th	Linn-Mar MS	12:39.9	6:48	
7		Colin Taylor	8th	Linn-Mar MS	12:44.5	6:50	
8		Payson Nietert	7th	Linn-Mar MS	13:01.9	6:59	
9		Hudson Decklever	8th	Linn-Mar MS	13:08.0	7:03	
10		Austin Schornhorst	7th	Linn-Mar MS	13:32.0	7:16	
11		Ezra Crandall	8th	Linn-Mar MS	13:43.6	7:22	
12		Jude Crandall	7th	Linn-Mar MS	13:53.4	7:27	
13		Cooper Tentinger	7th	Linn-Mar MS	13:54.7	7:28	
14		Tate Merrill	7th	Linn-Mar MS	14:05.1	7:33	
15		Clayton Meeker	7th	Linn-Mar MS	14:23.3	7:43	
16		Carlos Morales	8th	Linn-Mar MS	15:13.9	8:10	
17		Jonathan Banowetz	8th	Linn-Mar MS	15:15.8	8:11	
18		Hayden Palmer	7th	Linn-Mar MS	15:47.7	8:28	
19		Lucas Tentinger	7th	Linn-Mar MS	16:04.7	8:37	
20		Hayden Depuydt	7th	Linn-Mar MS	16:07.3	8:39	
21		Hayden Wildman	8th	Linn-Mar MS	16:20.9	8:46	
22		William Redington	7th	Linn-Mar MS	16:30.5	8:51	
23		Ashwini Chandak	7th	Linn-Mar MS	17:09.6	9:12	
24		Ben Tentinger	7th	Linn-Mar MS	17:57.6	9:38	
25		Griffin Adamson	7th	Linn-Mar MS	18:33.1	9:57	
26		Asher Roby	7th	Linn-Mar MS	18:35.1	9:58	
27		Freddy Hoffman	7th	Linn-Mar MS	19:57.7	10:42	