

Rolling Valley Conference XC Championships - 10/2/2023
 Woodbine Golf Course
 Woodbine, Iowa

Event 3 Boys 5k Run CC Varsity

| Name | Year School | Finals | Points |
|--|--------------------|----------|--------|
| Rolling Valley Conference Results 5000 Run | | | |
| 1 Bendgen, Landon | 12 V-Woodbine | 16:53.31 | 1 |
| 2 Wagner, Gunner | 11 V-Woodbine | 18:05.79 | 2 |
| 3 Gorham, Dane | 09 V-Boyer Valley | 18:11.64 | |
| 4 Barry, Adam | 11 V-Woodbine | 19:25.39 | 3 |
| 5 Rasmussen, Austin | 10 V-Exira-Ehk | 19:48.28 | |
| 6 Tremel, Thomas | 12 V-Woodbine | 20:14.13 | 4 |
| 7 Burgmeyer, Trey | 12 V-Woodbine | 20:20.07 | 5 |
| 8 Cook, Landon | 10 V-Coon Rapids B | 20:53.03 | |
| 9 Estrada, Evan | 11 V-Woodbine | 21:09.21 | 6 |
| 10 Johnson, Xander | 11 V-Woodbine | 21:15.31 | 7 |
| 11 Barry, Jacob | 12 V-West Harrison | 22:14.89 | |
| 12 Wiemann, Carter | 10 V-Exira-Ehk | 24:26.55 | |
| 13 Riggerberg, Calum | 09 V-Boyer Valley | 25:09.40 | |
| 14 Freet, Sean | 11 V-West Harrison | 25:27.22 | |
| 15 Hilgenberg, Kellen | 09 V-Coon Rapids B | 25:29.68 | |
| 16 Baker, Jace | 09 V-Coon Rapids B | 25:52.49 | |
| 17 Kraft, James | 12 V-West Harrison | 27:31.50 | |
| 18 Baggett, Ben | 10 V-Exira-Ehk | 28:15.00 | |
| 19 Harris, Fred | 09 V-Exira-Ehk | 32:21.64 | |
| 20 McCurdy, Dustin | 09 V-Cam | 33:14.43 | |

Team Scores

| Rank Team | Total | 1 | 2 | 3 | 4 | 5 | *6 | *7 | *8 | *9 |
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Rolling Valley Conference Results 5000 Run

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|--------------|------------|---|---|---|---|---|---|---|
| 1 V-Woodbine | 15 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Total Time: | 1:34:58.69 | | | | | | | |
| Average: | 18:59.74 | | | | | | | |