

2023 CASCADE INVITATIONAL

Cascade, IA
 Fillmore Fairways Golf Course
 Weather: Sunny, SSE 5-10mph, 42% & 75
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Carrie Viel
Meet Referee:
 Terry Fisher
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING
OFFICIAL MEET REPORT
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Race #1
MS Boys 2-Mile

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Anamosa	22	1-5-7-9(13)(14)	55:06	13:47	2:17.6
2 Regina	56	3-16-18-19(20)(21)	58:57	14:45	1:28.6
3 Cascade	73	2-22-24-25	59:28	14:52	2:25.8
4 Tipton	75*	6-15-26-28(31)(32)	1:01:26	15:22	1:57.3
5 Maquoketa	75*	8-10-27-30(34)(40)	1:02:00	15:30	2:25.9
6 Beckman Catholic	85	4-11-29-41	1:07:43	16:56	8:38.6
7 West Delaware	100	12-17-35-36(37)(39)	1:07:22	16:51	4:24.3
8 Monticello	136	23-33-38-42(43)	1:15:45	18:57	8:17.0

***Tiebreakers**

Tipton	6	15	26	28	31	Maquoketa
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INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 WEERS, Nolan	8	Anamosa	1	12:17.3	6:08.6	3:49.0
2 BENTON, Hayden	8	Jesup	-	12:57.4	6:28.7	4:01.4
3 LYNCH, Cody	8	Cascade	2	13:09.6	6:34.8	4:05.2
4 WELTER, Andrew	7	Regina	3	13:42.7	6:51.3	4:15.5
5 SCHLARMANN, Nathan	8	Beckman Catholic	4	13:47.9	6:53.9	4:17.1
6 KEISTER, Callan	7	Anamosa	5	13:54.7	6:57.3	4:19.2
7 MCGEE, Sylis	8	Tipton	6	14:17.0	7:08.5	4:26.1
8 APPELHANS, Garrett	8	Anamosa	7	14:18.8	7:09.4	4:26.7
9 GERARDY, Brenden	7	Maquoketa	8	14:23.2	7:11.6	4:28.1
10 GREVE, Henry	8	Prince of Peace Cat	-	14:27.3	7:13.7	4:29.3
11 BURRELL, Jackson	8	Anamosa	9	14:34.8	7:17.4	4:31.7
12 WIEBENGA, Thomas	8	Maquoketa	10	14:43.3	7:21.6	4:34.3
13 RENNER, Cooper	8	Jesup	-	14:44.7	7:22.3	4:34.7
14 MILBERT, Gavin	7	Beckman Catholic	11	14:46.8	7:23.4	4:35.4
15 URIBE, Brett	7	West Delaware	12	14:49.6	7:24.8	4:36.3
16 BUCK, Craig	8	Anamosa	(13)	14:51.0	7:25.5	4:36.7
17 LADUE, Gus	8	Anamosa	(14)	14:52.8	7:26.4	4:37.3
18 COSTELLO, Gabriel	8	Tipton	15	14:54.8	7:27.4	4:37.9
19 WADE, Ben	8	Regina	16	14:54.9	7:27.4	4:37.9
20 HEMANN, Nolan	7	West Delaware	17	15:05.4	7:32.7	4:41.2
21 LAUBSCHER, Colin	8	Regina	18	15:07.6	7:33.8	4:41.9
22 PRATT, Cristiano	7	Regina	19	15:11.3	7:35.6	4:43.0
23 DURNEY, William	7	Regina	(20)	15:13.0	7:36.5	4:43.5
24 LEEMAN, Drew	7	Regina	(21)	15:14.5	7:37.2	4:44.0
25 DRUMM, Carson	8	Cascade	22	15:14.8	7:37.4	4:44.1
26 KAEDING, Wyatt	8	Regina	-	15:21.5	7:40.7	4:46.2
27 WOLKEN, Henry	7	Monticello	23	15:21.8	7:40.9	4:46.3
28 MANTERNACH, Benton	7	Cascade	24	15:27.9	7:43.9	4:48.1
29 WILLIAMS, Caleb	8	Cascade	25	15:35.3	7:47.6	4:50.5
30 SMITH, Tristan	7	Anamosa	-	15:38.8	7:49.4	4:51.5

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Meet Referee:

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**Race #1
MS Boys 2-Mile****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
31 POLYAK, Nik	7	Regina	-	15:56.9	7:58.4	4:57.1
32 PLATTS, Bronin	8	Tipton	26	15:59.9	7:59.9	4:58.1
33 PIPER, Jack	8	Regina	-	16:01.0	8:00.5	4:58.4
34 BEARD, Logan	7	Regina	-	16:02.5	8:01.2	4:58.9
35 NOTZ, Bradyn	8	Maquoketa	27	16:04.4	8:02.2	4:59.5
36 HOFFMAN, Landon	8	Regina	-	16:05.1	8:02.5	4:59.7
37 BODECKER, Levi	7	Tipton	28	16:14.3	8:07.1	5:02.6
38 SCHILLING, Tony	8	Prince of Peace Cat	-	16:25.7	8:12.8	5:06.1
39 FRYE, Creighton	7	Beckman Catholic	29	16:41.7	8:20.8	5:11.1
40 STROYAN, Jacob	7	Maquoketa	30	16:49.0	8:24.5	5:13.3
41 HAMILTON, Jax	8	Tipton	(31)	16:54.8	8:27.4	5:15.1
42 REED, Tucker	8	Tipton	(32)	16:55.9	8:28.0	5:15.5
43 HOEGER, Henry	7	Monticello	33	16:58.9	8:29.4	5:16.4
44 LEGRAND, Gage	7	Wilton	-	17:40.6	8:50.3	5:29.4
45 CASTILLO-WHITMARSH, Ke	8	Maquoketa	(34)	17:53.0	8:56.5	5:33.2
46 BURGESS, Abel	7	Anamosa	-	17:56.0	8:58.0	5:34.1
47 DITTRICK, Nathan	7	West Delaware	35	18:12.9	9:06.4	5:39.4
48 CRIGGER, Truman	7	Regina	-	18:31.0	9:15.5	5:45.0
49 ROMAN, Aiden	7	Regina	-	18:41.3	9:20.6	5:48.2
50 RICH, James	7	West Delaware	36	19:13.9	9:36.9	5:58.3
51 CONLON, Ben	7	Regina	-	19:16.2	9:38.1	5:59.0
52 STICKNEY, Calvin	7	West Delaware	(37)	19:29.5	9:44.8	6:03.2
53 ROSE, Joshua	8	Anamosa	-	19:31.8	9:45.9	6:03.9
54 LEGRAND, Dallas	7	Wilton	-	19:41.1	9:50.5	6:06.8
55 HUBBARD, Seth	8	Monticello	38	19:44.9	9:52.4	6:08.0
56 TUCKER, Declan	7	West Delaware	(39)	19:57.7	9:58.8	6:11.9
57 BONNEY, Jasper	7	Maquoketa	(40)	21:17.8	10:38.9	6:36.8
58 RIEDESEL, Preston	7	Calamus-Wheatlan	-	21:42.4	10:51.2	6:44.5
59 WOODLAND, Levi	7	West Delaware	-	22:06.8	11:03.4	6:52.0
60 SAUNDERS, Gabriel	8	West Delaware	-	22:07.7	11:03.8	6:52.3
61 SCHUSTER, Roman	8	Beckman Catholic	41	22:26.4	11:13.2	6:58.1
62 SELLNER, Carter	8	Monticello	42	23:38.8	11:49.4	7:20.6
63 KEARNEY, Brevin	8	Monticello	(43)	27:25.1	13:42.6	8:30.9
-- LEWIS, Eugene	8	West Delaware	-		---	---
-- MORMANN, Ian	8	Beckman Catholic	-		---	---
-- GLAWATZ, Jensen	8	Monticello	-		---	---
-- BIGGART, Elliott	7	West Delaware	-		---	---
-- SMITH, Owen	8	Maquoketa Valley	-		---	---
-- LEWIS, William	8	West Delaware	-		---	---
-- STEINES, Calvin	8	Calamus-Wheatlan	-		---	---
-- ALOE, Isiah	7	Regina	-		---	---
-- LIVINGSTON, Henry	8	Maquoketa Valley	-		---	---

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Race #2
MS Girls 2-Mile

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Jesup	37	3-4-9-21(23)(28)	1:06:28	16:37	3:27.5
2 Maquoketa	48	2-5-12-29	1:07:07	16:47	6:11.2
3 Beckman Catholic	54	10-11-14-19(22)(26)	1:07:59	17:00	1:43.1
4 West Delaware	60	6-7-20-27(32)(33)	1:10:48	17:42	4:05.1
5 Maquoketa Valley	65	1-13-15-36	1:09:35	17:24	8:00.8
6 Tipton	66	8-16-18-24(30)(35)	1:10:19	17:35	2:56.6
7 Regina	107	17-25-31-34(37)(38)	1:19:19	19:50	3:53.3

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 BURBRIDGE, Audra	8	Maquoketa Valley	1	13:49.4	6:54.7	4:17.6
2 LYONS, Mary Grace	7	Monticello	-	14:07.7	7:03.8	4:23.3
3 HACKMAN, Natalie	8	Maquoketa	2	14:10.9	7:05.4	4:24.2
4 TOPPING, Addy	8	Cascade	-	14:52.1	7:26.0	4:37.0
5 COPP, Kennedy	8	Jesup	3	15:28.1	7:44.1	4:48.2
6 CONRAD, Carley	8	Cascade	-	15:43.2	7:51.6	4:52.9
7 GENGLER, Haley	8	Jesup	4	15:48.8	7:54.4	4:54.7
8 BUTTZ, Riley	8	Maquoketa	5	15:52.7	7:56.3	4:55.9
9 RUDEN, Maya	7	Prince of Peace Cat	-	15:53.1	7:56.5	4:56.0
10 BARDGETT, Jeanne	8	West Delaware	6	15:54.4	7:57.2	4:56.4
11 LYNCH, Berkley	7	West Delaware	7	16:01.5	8:00.7	4:58.6
12 NOARD, Lakyn	7	Tipton	8	16:08.7	8:04.3	5:00.8
13 DEVORE, Lena	7	Jesup	9	16:15.5	8:07.7	5:02.9
14 PITZ, Miya	8	Beckman Catholic	10	16:25.3	8:12.6	5:06.0
15 WOMER, Lillie	8	Beckman Catholic	11	16:34.6	8:17.3	5:08.9
16 PETERSEN, Emrie	7	Maquoketa	12	16:41.0	8:20.5	5:10.9
17 BUSH, Breanna	8	Maquoketa Valley	13	16:46.4	8:23.2	5:12.5
18 TRUMM, Vivian	7	Beckman Catholic	14	16:50.6	8:25.3	5:13.8
19 SALOW, Taylor	8	Maquoketa Valley	15	17:09.0	8:34.5	5:19.6
20 LLOYD, Mason	7	Anamosa	-	17:20.0	8:40.0	5:23.0
21 COSTELLO, Lucy	7	Tipton	16	17:22.8	8:41.4	5:23.8
22 WINDERS, Etta	8	Regina	17	17:37.5	8:48.7	5:28.4
23 DRISCOLL, Jacilynn	7	Tipton	18	17:42.2	8:51.1	5:29.9
24 BREHM, Eleanor	8	Beckman Catholic	19	18:08.3	9:04.1	5:38.0
25 SUNDSTROM, Kjersten	7	Anamosa	-	18:37.4	9:18.7	5:47.0
26 EMBREE, Hadley	8	Anamosa	-	18:43.8	9:21.9	5:49.0
27 MORMANN, Adrian	7	West Delaware	20	18:52.1	9:26.1	5:51.6
28 O'CONNOR, Serenity	8	Jesup	21	18:55.6	9:27.8	5:52.6
29 UNGS, Peyton	7	Beckman Catholic	(22)	18:59.3	9:29.6	5:53.8
30 GOMEZ, Mia	7	Monticello	-	19:01.9	9:30.9	5:54.6
31 REHMERT, Corrinne	7	Jesup	(23)	19:04.9	9:32.4	5:55.5
32 HINDERAKER, Tenley	7	Tipton	24	19:05.3	9:32.6	5:55.7
33 SMITH, Adeline	8	Regina	25	19:09.5	9:34.7	5:57.0
34 KONRARDY, Elyse	7	Beckman Catholic	(26)	19:14.0	9:37.0	5:58.4
35 RETH, Kaci	8	West Delaware	27	19:59.4	9:59.7	6:12.5

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Race #2
MS Girls 2-Mile

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
36 PINT, Brooklyn	7	Jesup	(28)	20:01.8	10:00.9	6:13.2
37 MENSCHING, Edynn	8	Jesup	-	20:05.5	10:02.7	6:14.4
38 NESBIT, Maddie	7	Jesup	-	20:11.1	10:05.5	6:16.1
39 GIBSON, Ella	8	Maquoketa	29	20:22.1	10:11.0	6:19.5
40 JEFFRIES, Averi	7	Tipton	(30)	20:47.2	10:23.6	6:27.3
41 O'ROURKE, Coroline	7	Regina	31	21:00.9	10:30.4	6:31.6
42 DUDZIK, Sara	7	Beckman Catholic	-	21:10.1	10:35.0	6:34.4
43 BRECKENFELDER, Emma	7	West Delaware	(32)	21:15.6	10:37.8	6:36.1
44 LESLIE, Aven	8	Prince of Peace Cat	-	21:23.0	10:41.5	6:38.4
45 MILLENKAMP, Emma	8	West Delaware	(33)	21:26.2	10:43.1	6:39.4
46 GOLDSMITH, Ciara	7	Regina	34	21:30.7	10:45.3	6:40.8
47 COSTELLO, Tessa	7	Tipton	(35)	21:38.4	10:49.2	6:43.2
48 GEISTKEMPER, Gabrielle	7	Beckman Catholic	-	21:40.9	10:50.4	6:44.0
49 REED, Rylee	8	Maquoketa Valley	36	21:50.1	10:55.0	6:46.9
50 KORDICK-WANEK, Dorie	8	Tipton	-	21:56.8	10:58.4	6:48.9
51 HARTZLER, Josie	8	Regina	(37)	22:03.0	11:01.5	6:50.8
52 KELLEY, Maddy	8	Wilton	-	22:19.7	11:09.8	6:56.0
53 HOUGH, Gwenyth	8	West Delaware	-	22:30.3	11:15.1	6:59.3
54 WELCHER, Kinley	8	West Delaware	-	22:37.3	11:18.6	7:01.5
55 SOKA, Lisa	8	Regina	(38)	25:11.0	12:35.5	7:49.3
-- HEYING, Lauren	8	Anamosa	-		---	---
-- AUDE, Kailey	7	Prince of Peace Cat	-		---	---
-- BROWN, Nayobie	8	Prince of Peace Cat	-		---	---
-- SPENCE, Camryn	7	Monticello	-		---	---
-- CASEY, Holly	8	Anamosa	-		---	---
-- FURRY, Ella	7	Anamosa	-		---	---
-- GORMAN, Emily	8	Anamosa	-		---	---
-- TENNEY, MJ	8	Maquoketa	-		---	---
-- ZOLLAR, Audrey	8	Anamosa	-		---	---
-- DOLAN, Ruby	8	West Delaware	-		---	---
-- KASS, Lily	8	West Delaware	-		---	---
-- GAY, Greta	7	Regina	-		---	---
-- CLOPTON, London	8	Maquoketa	-		---	---
-- DIHSON, Juliana	7	Maquoketa	-		---	---
-- NOVAK, Kaylin	8	Maquoketa	-		---	---

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KAUDER RACING

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Race #3
Boys 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Central DeWitt	46	3-5-8-9-21(22)(26)	1:30:16	18:04	1:18.2
2 Jesup	105	6-13-14-35-37(64)(69)	1:33:39	18:44	1:32.7
3 Tipton	128	1-16-17-45-49(54)(57)	1:33:55	18:47	2:47.3
4 Regina Iowa City	135	11-23-29-34-38(41)(48)	1:35:01	19:01	1:21.1
5 Wahlert Dubuque	168	4-12-43-50-59(60)(62)	1:36:33	19:19	3:11.4
6 Beckman Catholic Dyersvil	186	7-20-47-51-61(80)(85)	1:37:40	19:32	2:59.1
7 Benton Community	195	18-19-40-53-65(68)(74)	1:38:13	19:39	2:42.7
8 Monticello	209	15-33-42-52-67(78)(79)	1:38:53	19:47	2:57.8
9 Maquoketa Valley Delhi	212	2-25-36-55-94	1:43:41	20:45	10:24.5
10 Anamosa	270	24-32-46-82-86(88)(91)	1:43:29	20:42	4:04.1
11 Calamus-Wheatland	289	10-28-72-89-90(99)	1:47:32	21:31	6:17.0
12 Maquoketa	297*	39-58-63-66-71(73)(98)	1:44:01	20:49	1:55.4
13 Cascade Western Dubuque	297*	30-44-70-76-77(84)(96)	1:44:11	20:51	2:57.7
14 Prince of Peace Catholic Cl	346	27-56-81-87-95	1:52:55	22:35	8:43.9
15 Durant	374	31-75-83-92-93(97)	1:56:50	23:22	7:44.0

***Tiebreakers**

Maquoketa	39	58	63	66	71	73
Cascade Western Dubuque	30	44	70	76	77	84

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 BOHLMANN, Clay	JR	Tipton	1	17:10.5	5:31.3	3:26.1
2 SCHAUL, Matthew	JR	Maquoketa Valley D	2	17:17.1	5:33.5	3:27.4
3 OLSON, Caleb	JR	Central DeWitt	3	17:26.9	5:36.6	3:29.4
4 BROOKINS, Jayden	SO	Wahlert Dubuque	4	17:38.5	5:40.3	3:31.7
5 OLSON, Kyle	FR	Central DeWitt	5	17:54.6	5:45.5	3:34.9
6 PINT, Nathan	JR	Jesup	6	17:57.2	5:46.4	3:35.4
7 SCHLARMANN, Andrew	SO	Beckman Catholic	7	17:58.8	5:46.9	3:35.7
8 ZIMMER, Ben	SR	Central DeWitt	8	18:03.1	5:48.3	3:36.6
9 PETERSON, Keegan	JR	Central DeWitt	9	18:05.8	5:49.1	3:37.2
10 RIEDESEL, Logan	JR	Calamus-Wheatlan	10	18:07.7	5:49.7	3:37.5
11 WELTER, Samuel	JR	Regina Iowa City	11	18:10.4	5:50.6	3:38.1
12 SKINNER, Caleb	SR	Springville	-	18:17.4	5:52.9	3:39.5
13 POWERS, Kyle	JR	Wahlert Dubuque	12	18:22.3	5:54.4	3:40.4
14 NUEHRING, Karsten	JR	Jesup	13	18:23.2	5:54.7	3:40.6
15 NESBIT, Will	SO	Jesup	14	18:23.4	5:54.8	3:40.7
16 OSWALD, Alex	SR	Monticello	15	18:24.1	5:55.0	3:40.8
17 SHUMAKER, Andrew	SR	Tipton	16	18:29.1	5:56.6	3:41.8
18 BOHLMANN, Caleb	SO	Tipton	17	18:29.4	5:56.7	3:41.9
19 OLSON, Caleb	SO	Benton Community	18	18:30.6	5:57.1	3:42.1
20 MORRIS, Isaac	SR	Benton Community	19	18:40.5	6:00.3	3:44.1
21 SCHLARMANN, Jacob	SR	Beckman Catholic	20	18:43.4	6:01.2	3:44.7

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Race #3
Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
22 LINDNER, Elston	SR	Central DeWitt	21	18:45.0	6:01.7	3:45.0
23 FREEMAN, Brady	SR	Central DeWitt	(22)	18:51.4	6:03.8	3:46.3
24 O'ROURKE, Howie	SO	Regina Iowa City	23	18:51.7	6:03.9	3:46.3
25 REISS, Carver	JR	Anamosa	24	18:53.4	6:04.4	3:46.7
26 LIVINGSTON, George	SR	Maquoketa Valley D	25	19:00.2	6:06.6	3:48.0
27 PETSCHKE, Parker	JR	Central DeWitt	(26)	19:00.2	6:06.6	3:48.0
28 RUDEN, Tate	JR	Prince of Peace Cat	27	19:02.8	6:07.4	3:48.5
29 MOHR, Mason	SO	Calamus-Wheatlan	28	19:04.5	6:08.0	3:48.9
30 NUXOLL, Ambrose	SR	Regina Iowa City	29	19:06.5	6:08.6	3:49.3
31 COOK, Lane	JR	Cascade Western D	30	19:10.2	6:09.8	3:50.0
32 STARR, Race	JR	Durant	31	19:10.9	6:10.1	3:50.2
33 TROESTER, Jack	SR	Anamosa	32	19:12.9	6:10.7	3:50.6
34 SCHNOOR, Mace	SO	Monticello	33	19:16.6	6:11.9	3:51.3
35 OLNEY, Colin	SR	Regina Iowa City	34	19:20.8	6:13.2	3:52.1
36 NOLAN, Tyler	SR	Jesup	35	19:25.4	6:14.7	3:53.1
37 BAKER, Kenyon	SO	Maquoketa Valley D	36	19:27.1	6:15.3	3:53.4
38 GONZALEZ, Ayden	SR	Jesup	37	19:29.8	6:16.1	3:54.0
39 TAKACS, Matt	SR	Regina Iowa City	38	19:31.5	6:16.7	3:54.3
40 JORGENSEN, Corbin	JR	Central DeWitt	-	19:31.9	6:16.8	3:54.4
41 NOTZ, Max	SO	Maquoketa	39	19:33.2	6:17.2	3:54.6
42 LANGE, Luke	JR	Benton Community	40	19:35.0	6:17.8	3:55.0
43 WHITE, Evan	SO	Regina Iowa City	(41)	19:36.0	6:18.1	3:55.2
44 BERTLING, Rylan	SO	Monticello	42	19:37.7	6:18.7	3:55.5
45 STECHER, Jack	JR	Central City	-	19:39.7	6:19.3	3:55.9
46 KLAPATAUSKAS, Nick	JR	Wahlert Dubuque	43	19:43.1	6:20.4	3:56.6
47 KAALBERG, Andrew	JR	Cascade Western D	44	19:44.9	6:21.0	3:57.0
48 KAMBERLING, Jett	SO	Tipton	45	19:48.1	6:22.0	3:57.6
49 KEISTER, Braeden	JR	Anamosa	46	19:52.6	6:23.5	3:58.5
50 DUDZIK, Danny	SO	Beckman Catholic	47	19:53.5	6:23.8	3:58.7
51 ZIDARICH, Ryan	SO	Central DeWitt	-	19:56.3	6:24.6	3:59.2
52 SMITH, Conall	SO	Regina Iowa City	(48)	19:57.2	6:25.0	3:59.4
53 HAGEN, Zander	JR	Tipton	49	19:57.8	6:25.1	3:59.5
54 CONNELLY, Niles	FR	Wahlert Dubuque	50	19:58.8	6:25.4	3:59.7
55 GAUL, Adam	SO	Beckman Catholic	51	20:06.1	6:27.8	4:01.2
56 ARRIAGA-RANGEL, Alan	FR	Monticello	52	20:12.1	6:29.7	4:02.4
57 RICKLEFS, Marcus	SR	Benton Community	53	20:13.4	6:30.2	4:02.7
58 BUTLER, Zach	JR	Tipton	(54)	20:14.7	6:30.6	4:02.9
59 RAVE, Arion	JR	Maquoketa Valley D	55	20:15.0	6:30.7	4:03.0
60 WARREN, Quinn	SR	Regina Iowa City	-	20:30.3	6:35.6	4:06.1
61 GREVE, Ryan	FR	Prince of Peace Cat	56	20:31.6	6:36.0	4:06.3
62 EDWARDS, Rylan	JR	Central DeWitt	-	20:33.7	6:36.7	4:06.7
63 SMITH, Riordan	SR	Regina Iowa City	-	20:34.5	6:36.9	4:06.9
64 BOLDT, Owen	JR	Tipton	(57)	20:37.2	6:37.8	4:07.4
65 DEFOREST, Connor	SO	Maquoketa	58	20:39.4	6:38.5	4:07.9
66 DARDIS, Lincon	JR	Regina Iowa City	-	20:40.5	6:38.8	4:08.1
67 KENNEDY, Sam	JR	Wahlert Dubuque	59	20:49.9	6:41.9	4:10.0

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Race #3
Boys 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
68	SCHRACK, Eden	SR Wahlerl Dubuque	(60)	20:52.7	6:42.8	4:10.5
69	GOERDT, Steffen	FR Beckman Catholic	61	20:57.9	6:44.4	4:11.6
70	FREUND, Walter	JR Wahlerl Dubuque	(62)	20:58.3	6:44.6	4:11.6
71	NEWLIN, Sullivan	SR Wahlerl Dubuque	-	20:59.9	6:45.1	4:12.0
72	NABB, Jacob	JR Maquoketa	63	21:01.8	6:45.7	4:12.3
73	O'CONNOR, Vince	FR Jesup	(64)	21:06.5	6:47.2	4:13.3
74	STRAUB, Slayton	SR Springville	-	21:09.1	6:48.0	4:13.8
75	HERRERA-SINNWELL, Emili	SR Regina Iowa City	-	21:12.3	6:49.1	4:14.5
76	SADLER, Jonathon	FR Benton Community	65	21:13.2	6:49.4	4:14.6
77	WILLMS, Carter	FR Midland Wyoming	-	21:13.2	6:49.4	4:14.6
78	SMITH, Mason	SO Maquoketa	66	21:18.1	6:51.0	4:15.6
79	WOLBERS, Gavin	FR Wahlerl Dubuque	-	21:20.8	6:51.8	4:16.1
80	KIBURZ, Royce	JR Monticello	67	21:21.8	6:52.2	4:16.4
81	REINERS, Colin	SO Benton Community	(68)	21:22.2	6:52.3	4:16.4
82	ANDREASEN, Jaxon	FR Jesup	(69)	21:23.3	6:52.6	4:16.6
83	DOLPHIN, Bradley	SO Cascade Western D	70	21:23.5	6:52.7	4:16.7
84	FREUND, Duncan	SO Wahlerl Dubuque	-	21:23.8	6:52.8	4:16.7
85	BOBLENZ, Will	SR Regina Iowa City	-	21:26.3	6:53.6	4:17.3
86	OLSEEN, Bryce	SO Tipton	-	21:26.3	6:53.6	4:17.3
87	CHRISMAN, Grant	SR Springville	-	21:27.3	6:53.9	4:17.5
88	DOWNEY, Breckin	SR Maquoketa	71	21:28.6	6:54.3	4:17.7
89	OLNEY, Brendan	SO Regina Iowa City	-	21:33.9	6:56.0	4:18.8
90	RICKERTSEN, Alex	SO Calamus-Wheatlan	72	21:34.5	6:56.2	4:18.9
91	ARMBRUSTER, Jace	SR Maquoketa	(73)	21:35.4	6:56.5	4:19.1
92	ARAIZA, Brian	FR Benton Community	(74)	21:39.8	6:57.9	4:20.0
93	WILLIAMS, Nolan	SO Durant	75	21:40.1	6:58.0	4:20.0
94	NELSON, Sam	JR Wahlerl Dubuque	-	21:44.2	6:59.3	4:20.8
95	MANTERNACH, Nathaniel	SR Cascade Western D	76	21:44.3	6:59.4	4:20.9
96	POLYAK, Joe	SR Regina Iowa City	-	21:47.6	7:00.5	4:21.5
97	PICKART, Noah	SO Benton Community	-	21:48.3	7:00.7	4:21.6
98	MITCHELL, Parker	JR Benton Community	-	21:48.6	7:00.8	4:21.7
99	HEFFERMAN, Kendrick	SO Tipton	-	21:55.8	7:03.1	4:23.2
100	GLICK, Carson	SR Tipton	-	21:57.1	7:03.5	4:23.4
101	KLAPATAUSKAS, Jon	FR Wahlerl Dubuque	-	21:59.6	7:04.3	4:23.9
102	ARAIZA, Luis	JR Benton Community	-	22:07.5	7:06.8	4:25.5
103	VEGA-VEGA, Giovanni	SR Cascade Western D	77	22:07.9	7:06.9	4:25.6
104	GASSMAN, Grant	SO Monticello	(78)	22:10.8	7:07.9	4:26.1
105	RULEY, Jayson	JR Midland Wyoming	-	22:11.8	7:08.2	4:26.4
106	AUER, JP	FR Wahlerl Dubuque	-	22:11.8	7:08.2	4:26.4
107	SCHRADER, Nicholas	FR Monticello	(79)	22:13.6	7:08.8	4:26.7
108	SALRIN, Andrew	SR Beckman Catholic	(80)	22:14.4	7:09.0	4:26.9
109	FUELING, Camden	SO Jesup	-	22:15.8	7:09.5	4:27.1
110	LESLIE, Tyler	FR Prince of Peace Cat	81	22:24.9	7:12.4	4:29.0
111	KINRADE, Liam	FR Central DeWitt	-	22:27.8	7:13.4	4:29.6
112	LOENING, Hugh	FR Regina Iowa City	-	22:31.5	7:14.6	4:30.3
113	SUNDSTROM, Kristofer	SO Anamosa	82	22:32.0	7:14.7	4:30.4

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Race #3
Boys 5K

Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
114 SCHUETT, Mason	FR	Durant	83	22:39.9	7:17.2	4:32.0
115 TOPPING, Trenten	JR	Cascade Western D	(84)	22:43.3	7:18.3	4:32.6
116 WILLIAMS, Luke	FR	Beckman Catholic	(85)	22:55.7	7:22.3	4:35.1
117 FITZPATRICK, William	SO	Wahlert Dubuque	-	22:56.4	7:22.6	4:35.3
118 EMBREE, Griffin	SO	Anamosa	86	22:57.5	7:22.9	4:35.5
119 JIRAK, Oaklan	FR	Wilton	-	23:08.7	7:26.5	4:37.7
120 ADAMS, Parker	FR	Prince of Peace Cat	87	23:08.7	7:26.5	4:37.7
121 KINRADE, Elias	FR	Central DeWitt	-	23:17.9	7:29.5	4:39.6
122 ALDELFINGER, Liam	SO	Wilton	-	23:23.0	7:31.1	4:40.6
123 REITER, Levi	FR	Beckman Catholic	-	23:38.1	7:36.0	4:43.6
124 SCHWAKE, Ethan	FR	Benton Community	-	23:55.9	7:41.7	4:47.2
125 TALAVERA, Mario	SR	Benton Community	-	23:56.1	7:41.8	4:47.2
126 SPANGLER, Isaac	SO	Tipton	-	24:03.2	7:44.0	4:48.6
127 STEINLAGE, Thomas	SR	Anamosa	(88)	24:03.9	7:44.3	4:48.8
128 MCDONALD, Dalton	SR	Tipton	-	24:09.1	7:45.9	4:49.8
129 RICKELS, Emmit	FR	Monticello	-	24:09.3	7:46.0	4:49.8
130 DOMEYER, Parker	JR	Beckman Catholic	-	24:17.3	7:48.6	4:51.5
131 LUENSMANN, Cole	SO	Beckman Catholic	-	24:18.6	7:49.0	4:51.7
132 DUNN, David	FR	Calamus-Wheatlan	89	24:20.7	7:49.7	4:52.1
133 SANDS, Kaiser	JR	Calamus-Wheatlan	90	24:24.6	7:50.9	4:52.9
134 CONN, Landon	SO	Springville	-	24:27.1	7:51.7	4:53.4
135 WHITE, Riley	SR	Beckman Catholic	-	24:27.8	7:52.0	4:53.6
136 HARTMANN, Michael	FR	Wahlert Dubuque	-	24:34.1	7:54.0	4:54.8
137 WOOD, Brady	FR	Tipton	-	24:41.5	7:56.4	4:56.3
138 LARSON, Nick	FR	Regina Iowa City	-	24:45.1	7:57.5	4:57.0
139 MEYER, Wesley	JR	Anamosa	(91)	24:53.2	8:00.1	4:58.6
140 SCHMIDT, Zander	SR	Jesup	-	24:54.2	8:00.4	4:58.8
141 SADLER, David	SO	Jesup	-	24:56.8	8:01.3	4:59.4
142 OIEN, Briggs	SO	Wilton	-	25:04.6	8:03.8	5:00.9
143 HARTUNG, Grayson	JR	Wilton	-	25:09.0	8:05.2	5:01.8
144 PFEIFLE, Sam	FR	Central DeWitt	-	25:30.5	8:12.1	5:06.1
145 KUNDE, Brandon	FR	Monticello	-	25:32.5	8:12.7	5:06.5
146 GLEITER, Brady	JR	Jesup	-	25:35.3	8:13.7	5:07.1
147 WELTER, Ben	SO	Monticello	-	25:35.8	8:13.8	5:07.1
148 DUDZIK, Tommy	FR	Beckman Catholic	-	25:38.3	8:14.6	5:07.7
149 KRAUS, Gabe	FR	Monticello	-	25:48.6	8:17.9	5:09.7
150 WOODWARD, Parker	JR	Jesup	-	26:13.2	8:25.8	5:14.6
151 RICHARDSON, William	SR	Durant	92	26:24.1	8:29.3	5:16.8
152 CAMERON, Peyton	SO	Jesup	-	26:53.6	8:38.8	5:22.7
153 RICHMAN, Royce	SO	Durant	93	26:54.8	8:39.2	5:23.0
154 MCCARRAHER, Ethan	JR	Beckman Catholic	-	27:30.9	8:50.8	5:30.2
155 SCHWANDT, Jayden	FR	Maquoketa Valley D	94	27:41.5	8:54.2	5:32.3
156 DARSIDAN, Liam	JR	Prince of Peace Cat	95	27:46.6	8:55.9	5:33.3
157 KOPECKY, Jackson	SO	Regina Iowa City	-	27:50.4	8:57.1	5:34.1
158 HARTBECKE, Jaren	SR	Cascade Western D	(96)	27:55.8	8:58.8	5:35.1
159 SIEVERS, Matthew	FR	Durant	(97)	28:05.0	9:01.8	5:37.0

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Race #3
Boys 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
160 BECKER, Nathan	SO	Benton Community	-	28:09.9	9:03.4	5:38.0
161 COOK, Alec	SO	Cascade Western D	-	28:16.7	9:05.6	5:39.3
162 HELLE, Zach	JR	Beckman Catholic	-	28:31.3	9:10.2	5:42.3
163 GEISTKEMPER, Isaac	FR	Beckman Catholic	-	28:34.6	9:11.3	5:42.9
164 SIMMONS, Kyle	SO	Maquoketa	(98)	28:42.1	9:13.7	5:44.4
165 WILL, Dalton	FR	Calamus-Wheatlan	(99)	28:59.4	9:19.3	5:47.9
166 WHITAKER, Eli	JR	Regina Iowa City	-	29:18.2	9:25.3	5:51.6
167 HINES, Andrew	SO	Benton Community	-	29:39.0	9:32.0	5:55.8
168 HERRICK, Malachi	FR	Anamosa	-	30:11.6	9:42.5	6:02.3
169 ROBERTS, James	SR	Beckman Catholic	-	30:43.5	9:52.8	6:08.7
170 BEANBLOSSOM, Matthew	FR	Monticello	-	30:46.8	9:53.8	6:09.3
171 LEWIS, Isaac	FR	Central DeWitt	-	31:28.8	10:07.3	6:17.8
-- AVIANEDA, Jose	FR	Anamosa	-		---	---
-- COUNTRYMAN, Seth	JR	Anamosa	-		---	---
-- HOLLETT, Skylar	SR	Anamosa	-		---	---
-- HUERTA, Bryan	FR	Anamosa	-		---	---
-- LASACK, Parker	FR	Anamosa	-		---	---
-- CORDES, Creston	SR	Springville	-		---	---
-- DERRICK, Noah	FR	Springville	-		---	---
-- NICODEMUS, Jeremey	SO	Springville	-		---	---
-- STAMP, Jack	JR	Springville	-		---	---
-- TAUBE, Tyler	FR	Springville	-		---	---
-- DIERICKX, Clayton	SO	Durant	-		---	---
-- JOHNSON, Noah	FR	Tipton	-		---	---
-- DUFFE, Deacon	SR	Wilton	-		---	---
-- FARNSWORTH, Will	SR	Regina Iowa City	-		---	---
-- MORONEY, Nick	JR	Wahlert Dubuque	-		---	---
-- SULLIVAN, Newlin	FR	Wahlert Dubuque	-		---	---
-- VAN OTTERLOO, Josh	SO	Wahlert Dubuque	-		---	---
-- FELDMANN, Payton	SR	Cascade Western D	-		---	---
-- RIEDESEL, Jackson	SR	Calamus-Wheatlan	-		---	---
-- YADDOF, Aidan	SO	Calamus-Wheatlan	-		---	---
-- ALTHOFF, Aedan	SO	Monticello	-		---	---
-- BOHLKEN, Brennan	JR	Monticello	-		---	---
-- SMITH, River	JR	Monticello	-		---	---

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KAUDER RACING

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Race #4
Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Monticello	73	9-11-16-17-20(31)(37)	1:49:57	22:00	1:01.0
2 Tipton	81	5-7-21-23-25(28)(32)	1:50:04	22:01	2:25.1
3 Beckman Catholic Dyersvil	92	10-13-14-15-40(46)(57)	1:52:02	22:25	3:19.5
4 Regina Iowa City	126	18-22-27-29-30(34)(43)	1:55:14	23:03	1:17.0
5 Jesup	131	1-2-36-44-48(50)(54)	1:55:29	23:06	6:26.7
6 Wahlert Dubuque	136	4-26-33-35-38(41)(42)	1:56:04	23:13	4:16.2
7 Benton Community	179	6-19-47-51-56(58)(63)	2:03:24	24:41	7:11.4
8 Cascade Western Dubuqu	187	3-24-49-52-59	2:04:45	24:57	8:10.1
9 Maquoketa	242	8-39-62-64-69	2:20:15	28:03	12:58.5
10 Maquoketa Valley Delhi	245	12-45-55-65-68	2:19:04	27:49	12:14.9
11 Durant	307	53-60-61-66-67	2:25:54	29:11	3:48.2

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 WRIGHT, Clare	SR	Jesup	1	19:46.9	6:21.6	3:57.4
2 WILSON, Mackenzie	JR	Jesup	2	20:04.0	6:27.1	4:00.8
3 KELCHEN, Hallie	SO	Cascade Western D	3	20:17.9	6:31.6	4:03.6
4 MURPHY, Lucy	SO	Wahlert Dubuque	4	20:26.7	6:34.4	4:05.3
5 EDENS, Alivia	SR	Tipton	5	20:34.1	6:36.8	4:06.8
6 LYONS, Jaida	SR	Benton Community	6	20:36.8	6:37.7	4:07.4
7 OWEN, Laura	JR	Tipton	7	21:08.8	6:47.9	4:13.7
8 HARDIN, Izzy	SO	Maquoketa	8	21:22.8	6:52.5	4:16.6
9 KOEHLER, Leah	JR	Monticello	9	21:30.6	6:55.0	4:18.1
10 DUDZIK, Maria	SR	Beckman Catholic	10	21:34.3	6:56.2	4:18.8
11 KEHOE, Marisa	SR	Monticello	11	21:39.6	6:57.9	4:19.9
12 BURBRIDGE, Taryn	SO	Maquoketa Valley D	12	21:40.2	6:58.1	4:20.0
13 MERTZ, Julia	SR	Beckman Catholic	13	21:49.8	7:01.1	4:21.9
14 KRUSE, Maria	SR	Beckman Catholic	14	21:50.2	7:01.3	4:22.0
15 REITER, Madelyn	JR	Beckman Catholic	15	21:54.1	7:02.5	4:22.8
16 RIES, Peyton	FR	Monticello	16	22:02.2	7:05.1	4:24.4
17 CAPRON, Ava	JR	Monticello	17	22:13.1	7:08.6	4:26.6
18 COSS, Audra	SO	Wilton	-	22:13.9	7:08.9	4:26.8
19 CLARK, Alli	SR	Regina Iowa City	18	22:23.6	7:12.0	4:28.7
20 KAUDER, Kyra	FR	Benton Community	19	22:23.9	7:12.1	4:28.8
21 RECKER, Halle	SO	Monticello	20	22:31.5	7:14.5	4:30.3
22 HEIN, Ella	FR	Tipton	21	22:37.0	7:16.3	4:31.4
23 ERWIN, Harper	SO	Regina Iowa City	22	22:39.1	7:17.0	4:31.8
24 APPLEBY, Adalyn	JR	Central DeWitt	-	22:43.7	7:18.5	4:32.7
25 KLABO, Chloe	SR	Tipton	23	22:44.6	7:18.8	4:32.9
26 MERRITT, Addison	FR	Springville	-	22:46.8	7:19.5	4:33.3
27 SUPPLE, Lilly	SO	Cascade Western D	24	22:58.3	7:23.2	4:35.7
28 NEREM, Addie	SR	Tipton	25	22:59.1	7:23.4	4:35.8
29 BORMANN, Maya	FR	Wahlert Dubuque	26	22:59.9	7:23.7	4:36.0
30 JOHNSON, Ellie	SO	Regina Iowa City	27	23:00.9	7:24.0	4:36.2

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Meet Referee:

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**Race #4
Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
31 HINES, Karli	JR	Tipton	(28)	23:07.1	7:26.0	4:37.4
32 EASTMAN, Ruby	SO	Regina Iowa City	29	23:29.9	7:33.3	4:42.0
33 BOILEAU, Faith	SR	Regina Iowa City	30	23:40.6	7:36.8	4:44.1
34 VERHAGEN, Emmy	FR	Monticello	(31)	23:44.6	7:38.0	4:44.9
35 FITZGERALD, Alexa	FR	Tipton	(32)	23:45.8	7:38.4	4:45.1
36 BELLINI, Olivia	SO	Wahlert Dubuque	33	23:54.7	7:41.3	4:46.9
37 SICKELS, Keira	SR	Regina Iowa City	(34)	23:56.7	7:42.0	4:47.3
38 GRAHAM, Lilly	JR	Wahlert Dubuque	35	23:59.8	7:42.9	4:47.9
39 ALBERT, Mckenna	SR	Jesup	36	24:08.3	7:45.7	4:49.7
40 KUNDE, Kaitlin	JR	Monticello	(37)	24:23.7	7:50.6	4:52.7
41 ROHNER, Ella	FR	Wahlert Dubuque	38	24:42.8	7:56.8	4:56.6
42 HINDERAKER, Rebecca	SR	Tipton	-	24:42.9	7:56.8	4:56.6
43 FOGG, Koda	JR	Tipton	-	24:50.6	7:59.3	4:58.1
44 SIMMONS, Ali	SR	Maquoketa	39	24:52.2	7:59.8	4:58.4
45 DOMEYER, Autumn	FR	Beckman Catholic	40	24:53.8	8:00.3	4:58.7
46 KING, Claire	SO	Wahlert Dubuque	(41)	24:54.2	8:00.4	4:58.8
47 UNSEN, Mallory	FR	Wahlert Dubuque	(42)	24:54.4	8:00.5	4:58.9
48 BERNING, Willa	FR	Wahlert Dubuque	-	24:55.8	8:00.9	4:59.1
49 WILTJEN, Ava	JR	Regina Iowa City	(43)	25:03.7	8:03.5	5:00.7
50 KEARNEY, Bri	SO	Monticello	-	25:08.3	8:05.0	5:01.6
51 NEBERGALL, Tatum	JR	Tipton	-	25:10.9	8:05.8	5:02.2
52 MUNSHOWER, Alison	SR	Wahlert Dubuque	-	25:11.0	8:05.8	5:02.2
53 FORSSBERG, Maia	FR	Jesup	44	25:16.3	8:07.5	5:03.3
54 IMLER, Isabel	SR	Maquoketa Valley D	45	25:24.7	8:10.2	5:04.9
55 RECKER, Kennedy	SR	Beckman Catholic	(46)	25:40.0	8:15.2	5:08.0
56 STADTMUELLER, Katie	FR	Monticello	-	25:43.8	8:16.4	5:08.7
57 SCHEMMELE, Leah	SO	Monticello	-	25:48.1	8:17.8	5:09.6
58 DEMOSS, Layna	FR	Benton Community	47	25:57.5	8:20.8	5:11.5
59 THOLEN, Addi	SR	Tipton	-	26:03.6	8:22.8	5:12.7
60 THIELEN, Claire	FR	Wahlert Dubuque	-	26:12.4	8:25.6	5:14.5
61 WEHRSPANN, Lydia	SR	Jesup	48	26:13.5	8:25.9	5:14.7
62 KLITGAARD, Cate	SR	Regina Iowa City	-	26:15.0	8:26.4	5:15.0
63 MCDERMOTT, Shelby	SO	Cascade Western D	49	26:16.3	8:26.8	5:15.3
64 DEVORE, Ella	FR	Jesup	(50)	26:16.7	8:27.0	5:15.3
65 FORT, Audrey	SO	Anamosa	-	26:25.2	8:29.7	5:17.0
66 SUEPPEL, Gabby	SR	Regina Iowa City	-	26:30.3	8:31.3	5:18.1
67 WOLF, Lizzy	SO	Benton Community	51	26:37.5	8:33.7	5:19.5
68 WETHAL, Grace	JR	Wahlert Dubuque	-	26:43.1	8:35.4	5:20.6
69 TRUMM, Annie	SO	Cascade Western D	52	26:43.8	8:35.7	5:20.8
70 GENTILE, Isabella	SR	Calamus-Wheatlan	-	26:47.1	8:36.7	5:21.4
71 TUTHILL, Lilyan	SO	Wahlert Dubuque	-	26:47.6	8:36.9	5:21.5
72 EUSON, Grace	SO	Durant	53	26:48.8	8:37.3	5:21.7
73 PETERS, Hailee	FR	Central DeWitt	-	27:17.1	8:46.4	5:27.4
74 STEJSKAL, Abi	JR	Springville	-	27:17.9	8:46.6	5:27.6
75 HAMILTON, Saidee	JR	Tipton	-	27:19.7	8:47.2	5:27.9
76 DEVORE, Lizzy	FR	Jesup	(54)	27:20.9	8:47.6	5:28.2

2023 CASCADE INVITATIONAL

Cascade, IA
 Fillmore Fairways Golf Course
 Weather: Sunny, SSE 5-10mph, 42% & 75
 Thursday, September 14, 2023

MEET OFFICIALS

Meet Director:
 Carrie Viel
Meet Referee:
 Terry Fisher
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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**Race #4
Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
77 BARBER, Delaney	JR	Central DeWitt	-	27:33.8	8:51.7	5:30.7
78 BUSH, McKenna	JR	Maquoketa Valley D	55	27:35.3	8:52.2	5:31.0
79 HAGEN, Zoey	JR	Tipton	-	27:39.5	8:53.6	5:31.9
80 DEHN, Anna	SR	Wahlert Dubuque	-	27:40.5	8:53.9	5:32.1
81 BRANDT, Ali	JR	Regina Iowa City	-	27:41.3	8:54.2	5:32.3
82 FRESE, Libi	FR	Benton Community	56	27:48.1	8:56.4	5:33.6
83 YOUNGBLUT, Peyton	JR	Jesup	-	27:54.2	8:58.3	5:34.8
84 MOLONY, Katie	SR	Regina Iowa City	-	27:57.8	8:59.5	5:35.6
85 NESBIT, Olivia	JR	Jesup	-	27:58.7	8:59.8	5:35.7
86 NABER, Hope	SR	Beckman Catholic	(57)	28:00.5	9:00.3	5:36.1
87 WELTE, Alex	SO	Benton Community	(58)	28:12.2	9:04.1	5:38.4
88 PURSLEY, Melia	JR	Regina Iowa City	-	28:15.9	9:05.3	5:39.2
89 NOONAN, Hanna	FR	Cascade Western D	59	28:27.9	9:09.2	5:41.6
90 PRITCHARD, Chloe	FR	Regina Iowa City	-	28:28.9	9:09.5	5:41.8
91 LERMA, Rebekah	FR	Durant	60	28:33.0	9:10.8	5:42.6
92 CUSHMAN, Ellie	FR	Wahlert Dubuque	-	28:36.9	9:12.0	5:43.4
93 SELL, Everlie	FR	Wahlert Dubuque	-	28:42.2	9:13.7	5:44.4
94 CEARLOCK, Annebelle	SO	Wahlert Dubuque	-	28:50.3	9:16.4	5:46.1
95 BERRY, Mia	JR	Durant	61	29:17.9	9:25.2	5:51.6
96 MENSCHING, Cece	SO	Jesup	-	29:31.2	9:29.5	5:54.2
97 NELSON, Evelyn	JR	Maquoketa	62	29:37.8	9:31.6	5:55.6
98 PHILLIPS, Mary	SR	Benton Community	(63)	29:43.2	9:33.4	5:56.6
99 BOBLENZ, Becca	FR	Regina Iowa City	-	29:48.7	9:35.1	5:57.7
100 ZALBA, Amaia	JR	Jesup	-	29:54.9	9:37.1	5:59.0
101 MCDERMOTT, Olivia	SR	Maquoketa	64	30:01.3	9:39.2	6:00.2
102 PRITCHARD, Emily	SO	Regina Iowa City	-	30:06.6	9:40.9	6:01.3
103 GILROY, Madison	SR	Central DeWitt	-	30:09.0	9:41.7	6:01.8
104 KOHAGEN, Laney	FR	Jesup	-	30:11.2	9:42.4	6:02.2
105 RECKER, Avery	SO	Regina Iowa City	-	30:23.0	9:46.2	6:04.6
106 HANSEN, Lizzie	FR	Springville	-	30:28.7	9:48.0	6:05.7
107 FLANNAGAN, Haydin	FR	Maquoketa Valley D	65	30:28.8	9:48.0	6:05.7
108 HEIN, Elise	FR	Durant	66	30:36.8	9:50.6	6:07.3
109 RICHARDSON, Jocelynn	FR	Durant	67	30:37.0	9:50.6	6:07.4
110 SUNDSTROM, Kathryne	FR	Anamosa	-	30:41.4	9:52.1	6:08.3
111 GAHAN, Morgan	SR	Regina Iowa City	-	30:48.8	9:54.4	6:09.7
112 SCHNEIDER, Andrea	FR	Beckman Catholic	-	30:52.0	9:55.5	6:10.4
113 REA, Mallory	SR	Beckman Catholic	-	31:14.8	10:02.8	6:14.9
114 KRAMER, McKenna	SR	Benton Community	-	32:00.8	10:17.6	6:24.1
115 WEHRSPANN, Marta	FR	Jesup	-	32:22.2	10:24.5	6:28.4
116 MCGRANE, Catalina	FR	Beckman Catholic	-	32:25.6	10:25.6	6:29.1
117 BEHN, Sage	JR	Jesup	-	32:28.1	10:26.4	6:29.6
118 TIERNEY, Abby	SO	Regina Iowa City	-	32:31.2	10:27.4	6:30.2
119 GREBNER, Marie	JR	Beckman Catholic	-	32:47.8	10:32.7	6:33.6
120 GOEDKEN, Chloe	JR	Beckman Catholic	-	32:51.7	10:34.0	6:34.3
121 ECKHOFF, Rachel	SR	Regina Iowa City	-	32:55.2	10:35.1	6:35.0
122 GOERDT, Alyssa	SR	Beckman Catholic	-	32:56.3	10:35.5	6:35.3

2023 CASCADE INVITATIONAL

Cascade, IA

Fillmore Fairways Golf Course

Weather: Sunny, SSE 5-10mph, 42% & 75

Thursday, September 14, 2023

MEET OFFICIALS**Meet Director:**

Carrie Viel

Meet Referee:

Terry Fisher

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

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**Race #4
Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
123 HOGAN, Allison	SR	Maquoketa Valley D	68	33:55.1	10:54.4	6:47.0
124 CHRISTENSEN, Skylar	FR	Monticello	-	34:18.0	11:01.7	6:51.6
125 NELSON, Ella	FR	Maquoketa	69	34:21.2	11:02.8	6:52.2
126 WHITSON, Emma	SR	Anamosa	-	34:41.6	11:09.3	6:56.3
127 DEMOSS, Jessa	SR	Benton Community	-	34:47.1	11:11.1	6:57.4
128 GLAWE, Ana	JR	Benton Community	-	35:51.1	11:31.7	7:10.2
129 RICKELS, Miranda	SR	Calamus-Wheatlan	-	36:49.4	11:50.4	7:21.9
130 KANE, Kelly	SR	Jesup	-	40:01.8	12:52.3	8:00.3
-- BITTER, Sophie	SR	Wahlert Dubuque	-		---	---
-- BROPHY, Bree	JR	Anamosa	-		---	---
-- HELGENS, Caejyn	JR	Anamosa	-		---	---
-- HERRICK, Mickala	SR	Anamosa	-		---	---
-- HEYING, Brooke	SO	Anamosa	-		---	---
-- OLTMANNNS, Lauren	FR	Anamosa	-		---	---
-- REMLEY, Ava	SO	Anamosa	-		---	---
-- UTHOFF, Rheagyn	SO	Anamosa	-		---	---
-- WHITSON, Leah	SO	Anamosa	-		---	---
-- MOORE, Kennedy	SR	Springville	-		---	---
-- MEINCKE, Emma	JR	Durant	-		---	---
-- BODECKER, Mya	FR	Tipton	-		---	---
-- CUMMINGS, Audrey	SO	Wilton	-		---	---
-- BELL, Caitlyn	SO	Regina Iowa City	-		---	---
-- GREVING, Ruby	SO	Regina Iowa City	-		---	---
-- PAYTON, Sophie	SO	Maquoketa	-		---	---
-- STEFFEN, Rylee	SR	Wahlert Dubuque	-		---	---
-- ZHANG, Grace	SR	Wahlert Dubuque	-		---	---
-- BERGMAN, Jordyn	FR	Jesup	-		---	---
-- KOHAGEN, Scout	SR	Jesup	-		---	---
-- SCHUG, Kaitlyn	SR	Jesup	-		---	---
-- SCHUTTE, Karlie	JR	Jesup	-		---	---
-- DUNNE, Rylie	JR	Central DeWitt	-		---	---
-- MCAVAN, Nora	JR	Central DeWitt	-		---	---
-- RHEINGANS, Tori	SR	Central DeWitt	-		---	---
-- JONES, Abbie	JR	Benton Community	-		---	---
-- WRIGHT, Sarah	JR	Benton Community	-		---	---
-- GASSMAN, Taylor	SR	Monticello	-		---	---
-- STADTMUELLER, Jessica	JR	Monticello	-		---	---
-- VERHAGEN, Lauren	SR	Monticello	-		---	---