

Race #3**Girls Varsity Orange 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Total	Avg.	Division
1 Holmen	85	1:41:26	20:18	
2 North Scott Eldridge	118	1:43:30	20:42	
3 Iowa Falls-Alden/AGWSR	124	1:43:32	20:43	
4 Center Point-Urbana	145	1:45:00	21:00	
5 Clear Lake	148	1:44:06	20:50	
6 Bettendorf	181	1:46:35	21:19	
7 Austin	185	1:45:53	21:11	
8 Rochester Lourdes	194	1:47:16	21:28	
9 Assumption Davenport	199	1:46:56	21:24	
10 Cedar Rapids Washington	249	1:50:10	22:02	
11 Osage	282	1:50:54	22:11	
12 Wapsie Valley Fairbank	286	1:52:11	22:27	
13 Dike-New Hartford	320	1:53:57	22:48	
14 Montezuma	402	1:58:30	23:42	
15 Newton	412	2:01:38	24:20	
16 Collins-Maxwell	456	2:05:20	25:04	
17 BCLUW Conrad	466	2:06:05	25:13	
18 Bellevue	494	2:04:22	24:53	
19 Columbus Community Columbus Junction	548	2:09:17	25:52	
20 South Tama County Tama	554	2:11:56	26:24	
21 South Hamilton Jewell	562	2:15:44	27:09	

SPLIT SCORING SUMMARY**900M**

UNOFFICIAL Standings	Score
1 Center Point-Urbana	106
2 Holmen	108
3 Iowa Falls-Alden/AGWSR	126
4 North Scott Eldridge	147
5 Assumption Davenport	212
5 Rochester Lourdes	212
7 Bettendorf	217
8 Clear Lake	230
9 Wapsie Valley Fairbank	231
10 Dike-New Hartford	236
11 Osage	248
12 Cedar Rapids Washington	273
13 Austin	300

UNOFFICIAL Standings		Score
14	Newton	373
15	Montezuma	382
16	South Hamilton Jewell	416
17	BCLUW Conrad	420
18	Collins-Maxwell	504
19	Bellevue	507
20	South Tama County Tama	545
21	Columbus Community Columbus Junction	559

2K

UNOFFICIAL Standings		Score
1	Holmen	87
2	Center Point-Urbana	112
3	Iowa Falls-Alden/AGWSR	135
4	North Scott Eldridge	144
5	Bettendorf	180
6	Clear Lake	191
7	Assumption Davenport	199
7	Rochester Lourdes	199
9	Austin	210
10	Osage	264
11	Wapsie Valley Fairbank	266
12	Cedar Rapids Washington	270
13	Dike-New Hartford	292
14	Montezuma	391
15	Newton	396
16	BCLUW Conrad	449
17	Collins-Maxwell	499
18	Bellevue	502
19	South Hamilton Jewell	525
20	Columbus Community Columbus Junction	550
21	South Tama County Tama	552

4K

UNOFFICIAL Standings		Score
1	Holmen	85
2	Iowa Falls-Alden/AGWSR	124
3	Center Point-Urbana	126
4	North Scott Eldridge	128
5	Clear Lake	152
6	Austin	179
7	Bettendorf	185
8	Rochester Lourdes	201

UNOFFICIAL Standings		Score
9	Assumption Davenport	205
10	Cedar Rapids Washington	259
11	Osage	284
12	Wapsie Valley Fairbank	289
13	Dike-New Hartford	314
14	Montezuma	396
15	Newton	421
16	BCLUW Conrad	465
17	Collins-Maxwell	469
18	Bellevue	502
19	South Tama County Tama	548
20	Columbus Community Columbus Junction	562
21	South Hamilton Jewell	568

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	2k	4k	
1	Katelyn Johnston	Osage	1	18:38.87	3:07.09 (1)	7:09.93 (1)	15:04.13 (1)
2	Addison Doughan	Clear Lake	2	19:10.18	3:22.10 (5)	7:32.62 (4)	15:36.96 (3)
3	Nakia Ollivierre	Iowa Falls-Alden/AGWSR	3	19:11.28	3:12.63 (2)	7:16.10 (2)	15:34.46 (2)
4	Marissa Shute	Austin	4	19:15.66	3:24.32 (11)	7:36.07 (5)	15:39.03 (5)
5	Anabella Filips	Holmen	5	19:18.96	3:29.20 (15)	7:42.14 (11)	15:38.93 (4)
6	Kylie Daily	Davenport West	--	19:46.70	3:18.84 (3)	7:28.84 (3)	15:54.73 (6)
7	Makenna Hetrick	Cedar Rapids Washington	6	19:50.65	3:27.53 (12)	7:40.84 (7)	16:03.47 (8)
8	Anna Peikert	Rochester Lourdes	7	19:52.48	3:29.69 (16)	7:44.21 (12)	16:07.95 (10)
9	Emily See	Bettendorf	8	19:53.23	3:34.12 (25)	7:46.32 (16)	16:05.47 (9)
10	Sabrina Lechnir	Holmen	9	19:54.48	3:22.73 (6)	7:36.25 (6)	16:03.26 (7)
11	Peyton Madison	North Scott Eldridge	10	20:00.92	3:36.16 (29)	7:59.79 (28)	16:22.41 (17)
12	Teah Miller	Iowa Falls-Alden/AGWSR	11	20:06.06	3:24.20 (8)	7:46.57 (17)	16:17.63 (11)
13	Greenlee Smock	Lynnville-Sully	--	20:10.39	3:38.92 (34)	8:00.70 (29)	16:26.09 (18)
14	Emma Wilkerson	Center Point-Urbana	12	20:13.24	3:24.30 (10)	7:41.00 (10)	16:17.91 (12)
15	Bailey Boddicker	North Scott Eldridge	13	20:13.96	3:20.71 (4)	7:40.90 (9)	16:20.04 (15)
16	Annabelle Everding	Bettendorf	14	20:14.00	3:39.98 (37)	7:54.21 (22)	16:21.94 (16)
17	Abigail Oxentenko	Rochester Lourdes	15	20:16.01	3:29.88 (17)	7:45.24 (13)	16:19.51 (13)
18	Lily Miller	Center Point-Urbana	16	20:20.71	3:24.20 (9)	7:40.90 (8)	16:19.88 (14)
19	Demi Beaubien	Iowa Falls-Alden/AGWSR	17	20:28.71	3:32.99 (20)	7:54.09 (21)	16:28.06 (19)
20	Deni Katcher	Center Point-Urbana	18	20:29.32	3:33.53 (21)	7:53.95 (20)	16:28.62 (21)
21	Mariah Brooks	Rochester Lourdes	19	20:30.39	3:34.14 (26)	7:58.24 (26)	16:38.19 (23)
22	Sydney Valiska	Holmen	20	20:36.85	3:30.70 (19)	7:46.25 (15)	16:28.48 (20)
23	Brylee Bellis	Wapsie Valley Fairbank	21	20:37.85	3:33.72 (23)	7:55.07 (23)	16:37.27 (22)
24	Bailey Sommerville	Holmen	22	20:41.48	3:35.83 (28)	7:59.72 (27)	16:42.78 (26)
25	Ava Vandaele	Wapsie Valley Fairbank	23	20:44.31	3:34.02 (24)	7:55.14 (24)	16:40.53 (24)
26	Hadley Kruse	Newton	24	20:44.83	3:27.98 (13)	7:53.67 (19)	16:50.80 (28)
27	Lilian Nelson	Forest City	--	20:46.10	3:28.92 (14)	7:50.62 (18)	16:44.35 (27)

Athlete	Team	Score	Time	900m	2k	4k
28 Abby Harding	Iowa Falls-Alden/AGWSR	25	20:51.00	3:30.39 (18)	7:57.53 (25)	16:57.76 (29)
29 Kaitlyn Knoche	North Scott Eldridge	26	20:51.01	3:37.54 (33)	8:05.14 (33)	16:59.35 (30)
30 Emily McLaughlin	Clear Lake	27	20:51.21	3:45.96 (58)	8:15.79 (40)	17:03.90 (33)
31 Scarlett Byrnes	Osage	28	20:52.00	3:23.52 (7)	7:45.94 (14)	16:41.56 (25)
32 Jocelyn Williams	Holmen	29	20:54.00	3:44.76 (54)	8:14.34 (37)	17:07.58 (37)
33 Anna Feuerbach	Clear Lake	30	20:54.74	3:45.74 (57)	8:15.79 (41)	17:01.98 (31)
34 Molly Twitchell	Holmen	31	20:57.03	3:44.36 (53)	8:14.12 (36)	17:07.56 (36)
35 Emerson Quick	Assumption Davenport	32	20:58.19	3:36.84 (31)	8:01.34 (30)	17:03.69 (32)
36 Sydney Lewis	Austin	33	20:58.60	3:54.79 (81)	8:27.13 (58)	17:11.52 (40)
37 Hattie Hagedorn	North Scott Eldridge	34	21:10.74	3:42.35 (46)	8:17.93 (45)	17:10.54 (38)
38 Ella Riniker	North Scott Eldridge	35	21:12.72	3:43.33 (50)	8:15.92 (43)	17:11.26 (39)
39 Izzy Houts	Dike-New Hartford	36	21:13.41	3:33.53 (22)	8:03.33 (32)	17:06.99 (35)
40 Abby Kemp	BCLUW Conrad	37	21:13.64	3:35.10 (27)	8:07.68 (34)	17:11.66 (41)
41 Amelia Moore	Assumption Davenport	38	21:15.19	3:40.07 (38)	8:15.48 (38)	17:14.49 (43)
42 Maddy Martinez	Assumption Davenport	39	21:19.65	3:40.21 (39)	8:15.74 (39)	17:14.96 (44)
43 Jada Hoffman	Assumption Davenport	40	21:22.09	3:36.74 (30)	8:02.04 (31)	17:13.77 (42)
44 Kennah Block	Bettendorf	41	21:23.45	3:43.56 (51)	8:15.86 (42)	17:29.26 (48)
45 Sydney McCormick	Center Point-Urbana	42	21:24.42	3:37.00 (32)	8:08.52 (35)	17:06.08 (34)
46 Cassidy Shute	Austin	43	21:27.50	3:55.10 (84)	8:26.61 (55)	17:15.10 (45)
47 Alexis Hauge	Clear Lake	44	21:31.96	3:53.76 (76)	8:33.52 (65)	17:29.14 (47)
48 Rebekah Steinbron	Clear Lake	45	21:36.98	3:53.78 (77)	8:33.78 (67)	17:30.13 (50)
49 Kate Blodig	North Scott Eldridge	46	21:38.80	3:45.25 (56)	8:16.81 (44)	17:27.06 (46)
50 Grace Vortherms	Austin	47	21:38.99	3:54.91 (83)	8:27.25 (59)	17:29.63 (49)
51 Kate Muckler	Newton	48	21:52.21	3:41.20 (43)	8:20.34 (47)	17:41.40 (51)
52 Sage Slessor	Cedar Rapids Washington	49	21:59.42	3:43.33 (49)	8:23.07 (52)	17:47.77 (53)
53 Olivia Kahler	Assumption Davenport	50	22:00.42	3:58.71 (97)	8:46.60 (84)	18:07.25 (64)
54 Madison Hellman	Columbus Catholic Waterloo	--	22:01.06	3:44.24 (52)	8:22.14 (50)	17:53.24 (56)
55 Jazz Christensen	Nodaway Valley	--	22:01.84	3:49.26 (63)	8:29.13 (62)	18:00.22 (62)
56 Stella Ludwig	Columbus Catholic Waterloo	--	22:02.10	3:51.09 (67)	8:34.16 (68)	17:56.73 (58)
57 Jadalynn Daily	Davenport West	--	22:02.17	3:52.10 (69)	8:31.69 (64)	17:48.99 (54)
58 Micah Blevins	Marshalltown	--	22:04.09	3:40.96 (42)	8:21.30 (49)	17:51.03 (55)
59 Miller Heitmann	Marshalltown	--	22:13.49	3:41.57 (44)	8:26.73 (57)	18:10.63 (66)
60 Aubree Herrmann	Holmen	51	22:14.72	3:47.57 (60)	8:33.60 (66)	18:01.75 (63)
61 Elyse Folkerts	Dike-New Hartford	52	22:15.36	3:40.54 (40)	8:24.49 (53)	17:58.70 (60)
62 Destiny Borland	Bettendorf	53	22:17.11	3:46.87 (59)	8:19.96 (46)	17:59.10 (61)
63 Claire Erselius	Montezuma	54	22:23.12	3:47.64 (61)	8:38.37 (71)	18:15.92 (70)
64 Jadyne Heesch	Clear Lake	55	22:27.07	3:50.22 (65)	8:30.94 (63)	17:54.81 (57)
65 Lauren Englin	Clear Lake	56	22:31.24	4:04.80 (114)	8:59.04 (95)	18:28.28 (76)
66 Julia Paine	Center Point-Urbana	57	22:31.91	3:41.62 (45)	8:20.46 (48)	17:57.62 (59)
67 Lilly Wiese	Austin	58	22:32.14	3:55.89 (86)	8:40.47 (77)	18:15.92 (71)
68 Carly Porter	North Scott Eldridge	59	22:34.55	4:02.81 (109)	8:44.50 (82)	18:09.36 (65)
69 Kalia Stover	BCLUW Conrad	60	22:35.04	3:39.16 (35)	8:24.84 (54)	18:11.54 (67)
70 Allison Starbuck	Dike-New Hartford	61	22:38.99	3:40.68 (41)	8:27.31 (60)	18:13.67 (68)
71 Ava Graw	Cedar Rapids Washington	62	22:42.08	3:53.69 (74)	8:40.06 (75)	18:21.18 (74)
72 Sierra Schumacher	Cedar Rapids Washington	63	22:42.61	3:53.71 (75)	8:42.68 (81)	18:20.92 (73)

Athlete	Team	Score	Time	900m	2k	4k	
73	Triona Scott	Collins-Maxwell	64	22:46.49	3:51.35 (68)	8:40.89 (78)	18:28.77 (77)
74	Rowan Appel	Bettendorf	65	22:46.55	3:53.36 (73)	8:39.62 (72)	18:19.72 (72)
75	Ellen Cook	Montezuma	66	22:48.12	3:42.67 (48)	8:27.64 (61)	18:14.78 (69)
76	Lydia Bratrud	Clear Lake	--	22:52.19	4:05.06 (116)	8:59.04 (94)	18:39.32 (83)
77	McKenzie Schaefer	Bettendorf	67	22:53.00	3:53.22 (71)	8:39.92 (74)	18:31.07 (79)
78	Elizabeth Kielty	Iowa Falls-Alden/AGWSR	68	22:54.29	3:58.03 (94)	8:50.00 (87)	18:28.93 (78)
79	Maddy Hetrick	Cedar Rapids Washington	69	22:55.20	4:01.43 (103)	8:59.07 (96)	18:34.84 (82)
80	Jaylin May	Wapsie Valley Fairbank	70	22:56.60	3:49.03 (62)	8:41.54 (80)	18:32.45 (81)
81	Paige Doolittle	South Hamilton Jewell	71	23:00.83	3:50.01 (64)	8:37.20 (70)	18:32.40 (80)
82	Madison Johannes	Montezuma	72	23:01.16	3:55.49 (85)	8:40.32 (76)	18:23.99 (75)
83	Sheryl Wang	Holmen	--	23:02.41	3:45.11 (55)	8:22.62 (51)	18:41.57 (84)
84	Taylor Bembnister	Holmen	--	23:03.80	3:57.79 (93)	8:49.81 (86)	18:43.14 (85)
85	Greta Deick	Rochester Lourdes	73	23:05.26	3:52.59 (70)	8:39.62 (73)	18:45.06 (86)
86	Chloe Wierson	Collins-Maxwell	74	23:07.24	3:58.73 (98)	9:00.74 (102)	18:46.75 (88)
87	Macy Stierwalt	Bettendorf	75	23:10.54	3:54.51 (80)	8:49.62 (85)	18:45.90 (87)
88	Sophie Miller	Assumption Davenport	76	23:12.41	4:04.92 (115)	8:59.83 (100)	18:50.17 (91)
89	Kendall Power	Osage	77	23:13.36	3:54.23 (79)	8:54.32 (90)	18:53.71 (93)
90	Caitlyn Archer	Iowa Falls-Alden/AGWSR	78	23:14.52	3:59.69 (102)	9:00.32 (101)	18:50.38 (92)
91	Anna Nichols	North Scott Eldridge	--	23:21.30	3:54.20 (78)	8:46.38 (83)	18:53.83 (94)
92	Lanie Schlicksup	Assumption Davenport	79	23:22.12	4:04.64 (112)	8:59.63 (97)	18:50.17 (90)
93	Reese Brownlee	Clear Lake	--	23:27.55	4:02.25 (106)	8:58.79 (93)	19:14.90 (100)
94	Bella Bellanger	Rochester Lourdes	80	23:30.95	4:05.92 (118)	9:08.12 (105)	19:11.80 (99)
95	Audra Newman	Holmen	--	23:34.60	3:57.74 (91)	8:52.58 (89)	18:59.38 (96)
96	Grace Hingtgen	Bellevue	81	23:35.78	3:59.57 (101)	8:52.05 (88)	19:00.32 (97)
97	Kayla Heck	South Tama County Tama	82	23:39.12	3:51.02 (66)	8:41.44 (79)	18:47.52 (89)
98	Brooklyn Etringer	Wapsie Valley Fairbank	83	23:41.53	3:42.51 (47)	8:35.20 (69)	18:55.63 (95)
99	Rosie Wardell	Dike-New Hartford	84	23:48.15	3:53.24 (72)	8:56.97 (91)	19:06.60 (98)
100	Anna Schuster	Assumption Davenport	--	23:51.14	4:09.02 (125)	9:18.20 (119)	19:34.33 (107)
101	Sophie Stilwell	Cedar Rapids Washington	85	23:51.67	4:03.16 (110)	9:13.94 (107)	19:19.93 (102)
102	Bella Warm	North Scott Eldridge	--	23:53.67	4:09.28 (127)	9:17.29 (116)	19:33.84 (106)
103	Gable Hemann	Osage	86	23:59.78	3:57.11 (89)	8:59.81 (99)	19:29.03 (103)
104	Josey Syhlmann	Dike-New Hartford	87	24:00.66	3:57.30 (90)	8:59.65 (98)	19:15.88 (101)
105	Ashlyn Davis	Collins-Maxwell	88	24:05.89	4:15.04 (138)	9:24.27 (127)	19:36.34 (109)
106	Sylvia Tank	Bettendorf	--	24:08.69	4:04.64 (113)	9:14.90 (108)	19:33.67 (105)
107	Adelynn Wierck	Wapsie Valley Fairbank	89	24:09.83	4:09.39 (128)	9:19.42 (121)	19:43.70 (112)
108	Ava Hennessy	Osage	90	24:09.84	4:02.31 (107)	9:07.70 (104)	19:36.55 (110)
109	Annika Nelson	Iowa Falls-Alden/AGWSR	91	24:10.12	4:03.70 (111)	9:16.32 (112)	19:32.48 (104)
110	Gabby Hingtgen	Bellevue	92	24:10.39	4:08.01 (121)	9:20.74 (123)	19:44.81 (114)
111	Madison Bockenstedt	Center Point-Urbana	93	24:15.40	4:10.85 (129)	9:26.62 (128)	19:45.60 (116)
112	Sarah Tschantz 8	Collins-Maxwell	94	24:17.97	4:16.78 (142)	9:32.13 (132)	19:47.78 (117)
113	Claire Schaefer	Columbus Catholic Waterloo	--	24:19.01	4:06.82 (120)	9:16.66 (113)	19:34.40 (108)
114	Hanna Steffen	Dike-New Hartford	95	24:22.23	3:57.79 (92)	9:05.03 (103)	19:43.07 (111)
115	Naveiah Garza	Columbus Community Columbus Junction	96	24:23.81	3:58.12 (95)	8:57.30 (92)	20:02.85 (123)
116	Molly Dolan	Assumption Davenport	--	24:24.33	4:21.25 (150)	9:34.89 (134)	20:02.15 (121)
117	Delaney Dunne	Bellevue	97	24:25.10	4:08.13 (122)	9:20.92 (124)	19:45.06 (115)

Athlete	Team	Score	Time	900m	2k	4k
118 Maya Barnes	Wapsie Valley Fairbank	98	24:26.55	4:08.67 (124)	9:15.74 (111)	19:44.52 (113)
119 Melenna Sander	Wapsie Valley Fairbank	99	24:43.31	4:08.62 (123)	9:15.56 (110)	19:56.73 (120)
120 Quinn Yotter	Columbus Community Columbus Junction	100	24:46.38	4:01.47 (104)	9:18.53 (120)	20:02.78 (122)
121 Lydia Singleton	Montezuma	101	24:47.52	4:12.93 (135)	9:27.43 (129)	19:53.76 (118)
122 McKenna Miller	South Hamilton Jewell	102	24:51.31	3:56.81 (88)	9:11.22 (106)	20:04.24 (125)
123 Thalia Gallegos	Marshalltown	--	24:52.69	4:05.71 (117)	9:20.40 (122)	19:54.37 (119)
124 Paxton Panada	Newton	103	24:53.20	4:15.91 (140)	9:40.33 (138)	20:18.60 (129)
125 Mylie Howe	Osage	104	24:53.50	4:02.64 (108)	9:16.98 (114)	20:05.92 (126)
126 Autumn Elsbury	South Tama County Tama	105	24:54.81	4:14.51 (137)	9:34.19 (133)	20:15.67 (127)
127 Miranda Tyler	Dike-New Hartford	106	24:55.08	3:59.34 (99)	9:17.84 (118)	20:03.72 (124)
128 Maria Ounap	Cedar Rapids Washington	107	25:07.06	4:11.36 (131)	9:28.23 (130)	20:16.28 (128)
129 Vada Campbell	Iowa Falls-Alden/AGWSR	--	25:07.40	4:11.10 (130)	9:38.08 (135)	20:30.78 (137)
130 Rya McFarland	Cedar Rapids Washington	--	25:13.55	4:24.11 (155)	9:50.89 (146)	20:28.89 (134)
131 Sophie Wiklund	Davenport West	--	25:13.73	3:58.45 (96)	9:17.42 (117)	20:26.54 (131)
132 Lydia Kearney	Valley Lutheran	--	25:16.31	4:15.66 (139)	9:38.10 (136)	20:27.63 (132)
133 Louisa Klassan	Cedar Rapids Washington	--	25:19.84	4:11.64 (132)	9:29.62 (131)	20:30.07 (135)
134 Bella Winther	Newton	108	25:21.48	3:56.67 (87)	9:14.96 (109)	20:30.32 (136)
135 Mia Boulton	Montezuma	109	25:29.21	4:06.58 (119)	9:22.60 (125)	20:20.62 (130)
136 Drew Petersen	Dike-New Hartford	--	25:32.66	3:59.50 (100)	9:23.09 (126)	20:35.27 (138)
137 Jayden Buhr	Wapsie Valley Fairbank	--	25:36.48	4:02.22 (105)	9:17.12 (115)	20:28.35 (133)
138 Hannah Braet	Bellevue	110	25:42.72	4:12.65 (134)	9:38.84 (137)	20:42.25 (139)
139 Gabby Stauffer	Iowa Falls-Alden/AGWSR	--	25:43.07	4:28.05 (164)	10:07.60 (159)	21:11.64 (145)
140 Averí Sipes	Columbus Community Columbus Junction	111	25:49.89	4:26.60 (160)	10:01.30 (154)	21:00.86 (142)
141 Alivia Cline	Montezuma	112	25:56.56	4:20.68 (149)	9:49.48 (142)	20:51.89 (140)
142 Ashlyn Hyde	Wapsie Valley Fairbank	--	26:03.73	4:21.54 (152)	9:49.87 (144)	20:56.10 (141)
143 Kyla Oppold	Iowa Falls-Alden/AGWSR	--	26:05.09	4:16.49 (141)	9:47.89 (141)	21:04.22 (143)
144 Sophia Gentz	Center Point-Urbana	113	26:13.83	4:26.48 (159)	10:03.72 (157)	21:21.63 (147)
145 Jaedyn Berryman	Cedar Rapids Washington	--	26:14.94	4:17.13 (143)	9:53.95 (150)	21:13.10 (146)
146 Annika Nelson	Nodaway Valley	--	26:24.17	4:17.32 (144)	9:52.48 (148)	21:26.04 (150)
147 Kendelle Scheckel	Bellevue	114	26:27.10	4:12.51 (133)	9:43.98 (140)	21:25.68 (149)
148 Lilly Day	Nodaway Valley	--	26:28.35	4:22.99 (153)	10:02.69 (156)	21:40.87 (154)
149 Andrea Padilla	South Tama County Tama	115	26:29.86	4:18.35 (147)	9:50.25 (145)	21:08.74 (144)
150 Kimberly Gonzalez	Columbus Community Columbus Junction	116	26:32.80	4:35.20 (169)	9:59.90 (153)	21:29.86 (152)
151 Ashlee Eilander	Montezuma	117	26:40.54	4:19.87 (148)	9:49.79 (143)	21:27.42 (151)
152 Hope Kading	Nodaway Valley	--	26:41.68	4:23.69 (154)	10:07.68 (160)	21:47.62 (156)
153 Allison Gerhold	Center Point-Urbana	--	26:48.33	4:25.57 (158)	10:07.68 (161)	21:39.91 (153)
154 Alexa Thyer	Osage	118	26:50.28	4:09.06 (126)	9:40.98 (139)	21:23.50 (148)
155 Reese Espeseth	Rochester Lourdes	119	26:53.34	4:28.54 (165)	10:10.42 (163)	22:01.50 (160)
156 Leila Wedgwood	BCLUW Conrad	120	27:00.76	4:17.46 (145)	9:58.92 (152)	21:59.51 (158)
157 Alex Castanon	South Tama County Tama	121	27:05.60	4:25.40 (157)	10:07.08 (158)	21:42.58 (155)
158 Annaliese Arciniega	Osage	--	27:17.37	4:18.09 (146)	9:52.92 (149)	21:48.21 (157)
159 Abigail Rhomberg	Columbus Catholic Waterloo	--	27:20.63	4:21.30 (151)	10:01.92 (155)	22:01.31 (159)
160 Kayley Zanker	South Hamilton Jewell	122	27:23.04	4:27.98 (163)	10:13.34 (166)	22:15.70 (162)
161 izzy Morris	BCLUW Conrad	123	27:24.38	4:24.77 (156)	10:09.51 (162)	22:15.30 (161)
162 Abigail Lindeen	Rochester Lourdes	124	27:30.42	4:14.43 (136)	9:58.65 (151)	22:21.98 (164)

Athlete	Team	Score	Time	900m	2k	4k
163 Isabel Rendon	Columbus Community Columbus Junction	125	27:43.20	4:45.40 (174)	10:38.92 (170)	22:37.31 (165)
164 Devin Peterson	BCLUW Conrad	126	27:50.22	4:29.20 (167)	10:11.43 (164)	22:21.16 (163)
165 Allison Mourlam	Center Point-Urbana	--	28:09.68	4:33.58 (168)	10:32.79 (169)	22:41.02 (166)
166 Frannie Sosa	Columbus Community Columbus Junction	127	28:25.71	4:51.19 (178)	11:01.64 (173)	23:11.25 (168)
167 Bella Stotts	BCLUW Conrad	128	28:38.13	4:29.18 (166)	10:12.74 (165)	22:54.59 (167)
168 Jessie Hutchinson	Newton	129	28:46.10	4:37.73 (171)	10:43.52 (171)	23:27.73 (169)
169 Cameron Sharp	Newton	130	28:52.78	4:50.18 (176)	11:09.83 (177)	23:56.39 (171)
170 Maribel Castanon	South Tama County Tama	131	29:46.28	4:50.34 (177)	11:05.56 (175)	23:50.55 (170)
171 Alexa Alcalá	Columbus Community Columbus Junction	132	29:51.68	5:01.31 (180)	11:21.65 (179)	23:58.51 (172)
172 Bianca Seaton	South Hamilton Jewell	133	29:58.84	4:27.93 (162)	10:15.89 (167)	24:22.51 (173)
173 Karlie Hill	South Hamilton Jewell	134	30:29.03	4:37.68 (170)	11:04.32 (174)	24:22.55 (174)
174 Aryssa Hinderberger	Newton	135	30:39.67	4:50.01 (175)	11:15.21 (178)	24:41.51 (175)
175 Gianna Pitcherello	Collins-Maxwell	136	31:02.11	4:38.20 (172)	10:46.72 (172)	25:14.91 (176)
176 Haileah Eichenberger	Montezuma	--	32:38.98	4:52.19 (179)	11:08.65 (176)	25:45.83 (177)
177 Vivian Swenson	South Hamilton Jewell	137	33:31.65	4:38.22 (173)	11:39.94 (180)	26:39.27 (178)
178 Faith Ferry	Montezuma	--	36:57.81	6:03.07 (181)	13:53.37 (181)	29:58.29 (179)
Makenna Johannes	Montezuma	--	DNF	4:26.85 (161)	10:16.41 (168)	
Olivia Beaune	South Hamilton Jewell	--	DNF	3:39.63 (36)	9:51.67 (147)	
Kya McManus	Austin	--	DNF	3:54.89 (82)	8:26.67 (56)	17:46.98 (52)

Race #4**Boys Varsity Orange 5000M****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Total	Avg.	Division
1 Bettendorf	111*	1:27:34	17:31	
2 Indianola	111*	1:27:23	17:29	
3 Center Point-Urbana	149	1:29:00	17:48	
4 South Tama County Tama	150	1:27:09	17:26	
5 Austin	213	1:29:42	17:57	
6 Bellevue	217	1:29:33	17:55	
7 Newton	226	1:30:25	18:05	
8 Clear Lake	241	1:30:30	18:06	
9 North Scott Eldridge	252	1:30:13	18:03	
10 Clayton Ridge Guttenberg	323	1:32:38	18:32	
11 Marshalltown	333	1:32:09	18:26	
12 Cedar Rapids Washington	378	1:33:38	18:44	
13 Columbus Community Columbus Junction	394	1:34:00	18:48	
14 Davenport West	398	1:33:37	18:44	
15 Rochester Lourdes	419	1:34:20	18:52	
16 Valley Lutheran	457	1:35:55	19:11	
17 Kasson-Mantorville/Triton	465	1:34:53	18:59	
18 BCLUW Conrad	491	1:37:12	19:27	
19 Holmen	501	1:37:08	19:26	
20 Columbus Catholic Waterloo	505	1:36:15	19:15	
21 Nodaway Valley	517	1:39:23	19:53	
22 South Hamilton Jewell	554	1:37:53	19:35	
23 Assumption Davenport	578	1:38:23	19:41	
24 Collins-Maxwell	588	1:43:54	20:47	
25 Dike-New Hartford	652	1:40:58	20:12	
26 Iowa Falls-Alden/AGWSR	658	1:42:56	20:36	
27 Montezuma	712	1:42:57	20:36	

***Tiebreakers**

Bettendorf 7 12 23 30 39 55 66

Indianola 9 11 14 28 49 57 73

SPLIT SCORING SUMMARY**900M**

UNOFFICIAL Standings	Score
1 Bettendorf	40
2 Indianola	132

UNOFFICIAL Standings		Score
3	Center Point-Urbana	177
4	South Tama County Tama	196
5	Austin	216
6	Newton	218
7	North Scott Eldridge	250
8	Valley Lutheran	281
9	Cedar Rapids Washington	288
10	Marshalltown	298
11	Davenport West	323
12	Columbus Community Columbus Junction	340
13	Clayton Ridge Guttenberg	357
14	Columbus Catholic Waterloo	385
15	Bellevue	389
16	Rochester Lourdes	395
17	Holmen	441
18	Nodaway Valley	444
19	BCLUW Conrad	452
20	Clear Lake	503
21	Kasson-Mantorville/Triton	505
22	Dike-New Hartford	512
23	Collins-Maxwell	551
24	South Hamilton Jewell	616
25	Montezuma	723
26	Assumption Davenport	755
27	Iowa Falls-Alden/AGWSR	787

2K

UNOFFICIAL Standings		Score
1	Bettendorf	61
2	Indianola	131
3	South Tama County Tama	146
4	Center Point-Urbana	148
5	Austin	219
6	Newton	245
7	North Scott Eldridge	250
8	Marshalltown	281
9	Bellevue	283
10	Davenport West	306
11	Clayton Ridge Guttenberg	351
12	Cedar Rapids Washington	352
13	Columbus Community Columbus Junction	380
14	Clear Lake	388
15	Valley Lutheran	393
16	Rochester Lourdes	398

UNOFFICIAL Standings		Score
17	Columbus Catholic Waterloo	431
18	Nodaway Valley	479
19	BCLUW Conrad	482
20	Kasson-Mantorville/Triton	488
21	Holmen	493
22	South Hamilton Jewell	565
23	Collins-Maxwell	566
24	Dike-New Hartford	570
25	Assumption Davenport	685
26	Montezuma	701
27	Iowa Falls-Alden/AGWSR	745

4K

UNOFFICIAL Standings		Score
1	Bettendorf	104
2	Indianola	112
3	South Tama County Tama	143
4	Center Point-Urbana	156
5	Newton	221
6	Bellevue	224
7	Austin	229
8	North Scott Eldridge	245
9	Clear Lake	267
10	Marshalltown	312
11	Clayton Ridge Guttenberg	351
12	Davenport West	359
13	Cedar Rapids Washington	376
14	Columbus Community Columbus Junction	394
15	Rochester Lourdes	412
16	Valley Lutheran	445
17	Kasson-Mantorville/Triton	456
18	Columbus Catholic Waterloo	489
19	BCLUW Conrad	497
20	Holmen	516
21	Nodaway Valley	524
22	South Hamilton Jewell	549
23	Collins-Maxwell	579
24	Assumption Davenport	601
25	Dike-New Hartford	643
26	Iowa Falls-Alden/AGWSR	686
27	Montezuma	700

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	2k	4k
1 Tommy Tynnismaa	South Tama County Tama	1	15:59.60	2:55.84 (6)	6:24.40 (4)	13:04.87 (1)
2 David Obst	Kasson-Mantorville/Triton	2	16:00.56	2:54.17 (4)	6:23.58 (2)	13:04.92 (2)
3 Nik Davis	North Scott Eldridge	3	16:32.41	2:48.15 (1)	6:17.10 (1)	13:15.91 (3)
4 Payton Griebel	Bellevue	4	16:40.72	2:51.27 (3)	6:23.78 (3)	13:26.60 (4)
5 James Brant	South Tama County Tama	5	16:48.13	2:56.10 (7)	6:31.24 (7)	13:36.70 (6)
6 Doug Berg	Nodaway Valley	6	16:51.30	2:55.49 (5)	6:30.68 (6)	13:34.68 (5)
7 Justin Rygh	Lake Mills	--	16:58.51	3:10.28 (66)	6:47.88 (23)	13:54.56 (11)
8 AJ Willey	Bettendorf	7	16:59.00	2:58.14 (9)	6:35.26 (8)	13:44.93 (8)
9 Keaton Reimer	Clayton Ridge Guttenberg	8	16:59.17	3:02.29 (24)	6:46.37 (21)	13:55.66 (13)
10 Reed Robbins	Indianola	9	16:59.64	3:00.48 (16)	6:40.70 (16)	13:53.11 (10)
11 Ethan Haus	Collins-Maxwell	10	17:02.24	3:00.58 (18)	6:36.28 (9)	13:44.86 (7)
12 Paxton Bloom	Indianola	11	17:10.83	3:01.21 (20)	6:41.40 (18)	13:55.61 (12)
13 Chase Wakefield	Bettendorf	12	17:13.03	2:51.10 (2)	6:25.17 (5)	13:52.50 (9)
14 Thomas Herrick	Austin	13	17:15.54	2:59.19 (12)	6:40.00 (13)	14:00.98 (17)
15 Kiefer Barnes	Indianola	14	17:19.77	3:00.90 (19)	6:41.28 (17)	13:57.56 (15)
16 Thomas Asmus	Austin	15	17:19.99	2:59.43 (13)	6:40.25 (15)	13:59.88 (16)
17 Aiden Onken	Bellevue	16	17:22.13	3:09.04 (60)	6:52.21 (33)	14:10.62 (23)
18 Adric Schmitz	Valley Lutheran	17	17:24.65	3:00.55 (17)	6:40.23 (14)	14:03.49 (19)
19 Antonieh Kopsa	Marshalltown	18	17:25.38	2:59.78 (15)	6:39.27 (10)	13:56.81 (14)
20 John Lorenz	Cedar Rapids Washington	19	17:25.43	3:03.83 (30)	6:45.93 (20)	14:06.56 (20)
21 Jack Crane	Clear Lake	20	17:27.24	3:11.45 (74)	6:54.63 (38)	14:12.80 (24)
22 Kriene Schneidermann	Cedar Rapids Washington	21	17:27.61	3:04.11 (31)	6:48.50 (24)	14:09.02 (21)
23 Yorty Hagedorn	North Scott Eldridge	22	17:28.86	2:59.68 (14)	6:41.88 (19)	14:03.21 (18)
24 Xavier Potts	Bettendorf	23	17:33.95	2:59.03 (10)	6:39.98 (12)	14:09.34 (22)
25 Cayle Estling	Center Point-Urbana	24	17:39.58	3:04.72 (36)	6:51.26 (28)	14:19.27 (27)
26 Brody Behrens	Center Point-Urbana	25	17:40.58	3:04.91 (37)	6:51.40 (30)	14:18.75 (26)
27 Casey Kirtz	Center Point-Urbana	26	17:40.77	3:02.73 (25)	6:46.82 (22)	14:21.61 (31)
28 Cayden McLeland	BCLUW Conrad	27	17:41.90	3:09.06 (61)	6:55.01 (40)	14:20.58 (29)
29 Hunter Seifrig	Indianola	28	17:41.96	3:04.30 (35)	6:51.20 (27)	14:20.77 (30)
30 Leo Friedman	Newton	29	17:42.23	3:08.43 (56)	6:56.63 (45)	14:18.58 (25)
31 Kaidan VanderWeele	Bettendorf	30	17:46.77	2:57.25 (8)	6:39.28 (11)	14:19.57 (28)
32 Braxten Rohrs	South Tama County Tama	31	17:47.45	3:08.43 (55)	6:51.91 (31)	14:24.75 (32)
33 Javin Doland	Newton	32	17:53.17	3:04.27 (34)	6:55.08 (41)	14:24.77 (33)
34 Braeden Bohannon	North Scott Eldridge	33	17:54.24	3:12.46 (78)	6:57.54 (48)	14:32.86 (37)
35 Damian Vergara	Columbus Community Columbus Junction	34	17:54.36	3:04.27 (33)	6:54.64 (39)	14:25.45 (34)
36 Justin Wagner	Kee Lansing	--	17:57.18	3:14.12 (87)	7:00.08 (54)	14:37.99 (43)
37 Gavin Moser	Clayton Ridge Guttenberg	35	17:58.14	3:03.27 (27)	6:49.34 (25)	14:35.69 (41)
38 Isaac Larson	Center Point-Urbana	36	17:58.83	3:12.57 (80)	7:07.31 (80)	14:38.93 (46)
39 Cayden White	BCLUW Conrad	37	17:59.70	3:09.06 (62)	6:58.38 (52)	14:38.72 (45)
40 Teegan Fuessley	Center Point-Urbana	38	17:59.80	3:05.87 (41)	6:57.23 (46)	14:34.17 (39)
41 Landon Potts	Bettendorf	39	18:01.07	3:07.42 (48)	6:57.25 (47)	14:35.48 (40)
42 Andrew Mixdorf	Clear Lake	40	18:01.70	3:21.76 (114)	7:16.29 (95)	14:48.89 (57)
43 Austin Lewis	Davenport West	41	18:02.17	3:07.93 (53)	6:52.61 (34)	14:28.62 (35)
44 Cooper Grimm	Center Point-Urbana	42	18:02.53	3:10.91 (71)	6:55.68 (43)	14:36.00 (42)
45 Leo Tolentino	Clear Lake	43	18:04.43	3:21.93 (115)	7:07.29 (78)	14:38.56 (44)

Athlete	Team	Score	Time	900m	2k	4k	
46	Carter Easton	Center Point-Urbana	44	18:04.76	3:05.03 (38)	6:51.39 (29)	14:33.56 (38)
47	Erik Flores	Clayton Ridge Guttenberg	45	18:06.40	3:11.87 (75)	7:06.43 (70)	14:50.49 (60)
48	Cade Rosenberger	South Tama County Tama	46	18:07.22	3:08.66 (59)	6:53.90 (36)	14:30.98 (36)
49	Gillie Suarez	Holmen	47	18:09.63	3:03.74 (29)	6:54.23 (37)	14:47.39 (54)
50	Joseph Garry	Austin	48	18:09.87	3:02.21 (23)	6:53.04 (35)	14:44.67 (52)
51	Nathan Epley	Indianola	49	18:10.33	3:06.39 (42)	7:00.97 (57)	14:44.49 (50)
52	Landon Menninga	Newton	50	18:11.44	3:01.39 (21)	6:51.92 (32)	14:39.61 (47)
53	Ben Steinbeck	Bellevue	51	18:12.11	3:16.58 (97)	7:06.56 (72)	14:50.09 (59)
54	Connor Kilburg	Bellevue	52	18:14.84	3:17.94 (101)	7:06.56 (73)	14:43.69 (48)
55	Dylan Whiteaker	Holmen	53	18:14.97	3:08.54 (58)	7:00.50 (55)	14:43.97 (49)
56	Presley Arnold	Newton	54	18:15.95	3:09.67 (64)	7:07.29 (77)	14:50.65 (63)
57	Noah Gehler	Bettendorf	55	18:17.38	3:07.44 (49)	6:58.19 (50)	14:49.22 (58)
58	James Johnson	Marshalltown	56	18:18.05	3:06.74 (44)	7:02.20 (61)	14:48.09 (55)
59	Sam Ross	Indianola	57	18:18.17	3:06.88 (45)	7:00.75 (56)	14:44.55 (51)
60	Noah Johnson	Rochester Lourdes	58	18:19.08	3:05.52 (40)	6:58.25 (51)	14:48.84 (56)
61	Bradley Jones	Center Point-Urbana	--	18:19.39	3:12.55 (79)	7:09.44 (87)	14:52.08 (64)
62	Isaac Dawson	Valley Lutheran	59	18:19.67	3:03.60 (28)	6:58.16 (49)	14:50.58 (62)
63	Dylan Rossow	Rochester Lourdes	60	18:21.11	3:11.92 (76)	7:02.13 (60)	14:53.74 (69)
64	Collin Buchli	Newton	61	18:21.70	3:09.81 (65)	7:07.30 (79)	14:50.51 (61)
65	Tim Hills-Carrier	Columbus Community Columbus Junction	62	18:22.33	3:08.44 (57)	7:04.18 (65)	14:53.04 (67)
66	Noah Sash	Austin	63	18:23.02	3:16.72 (98)	7:16.51 (96)	14:58.97 (74)
67	Patrick Trihey	Kasson-Mantorville/Triton	64	18:23.27	3:15.71 (94)	7:09.26 (85)	14:53.70 (68)
68	Landon Grove	South Hamilton Jewell	65	18:23.95	3:14.31 (88)	7:09.44 (86)	14:52.29 (65)
69	Zach VanWychen	Bettendorf	66	18:25.52	3:03.18 (26)	6:50.72 (26)	14:46.38 (53)
70	Barrett Jesina	South Tama County Tama	67	18:25.98	3:13.04 (81)	7:06.64 (74)	14:58.95 (73)
71	Marcus Skidmore	Clear Lake	68	18:27.62	3:23.69 (124)	7:22.87 (106)	15:10.08 (90)
72	Jase Beaubien	Iowa Falls-Alden/AGWSR	69	18:28.43	3:26.64 (138)	7:26.96 (112)	15:09.96 (89)
73	Owen Smith	Clear Lake	70	18:28.48	3:23.76 (126)	7:22.86 (105)	14:59.42 (77)
74	Shawn Olsen	Davenport West	71	18:29.49	3:05.36 (39)	6:56.36 (44)	14:52.74 (66)
75	Christian Buchli	Newton	72	18:32.62	3:10.28 (67)	7:07.42 (81)	14:58.52 (72)
76	Logan Piper	Indianola	73	18:33.40	3:06.50 (43)	7:01.40 (58)	15:06.42 (86)
77	Joseph Hilkin	Austin	74	18:33.53	3:15.11 (92)	7:08.52 (84)	15:01.29 (80)
78	Malachi Broers	Nodaway Valley	75	18:33.97	3:01.93 (22)	6:55.21 (42)	15:05.46 (84)
79	Tyler Nystel	Dike-New Hartford	76	18:35.08	3:11.29 (72)	7:07.08 (75)	15:04.85 (83)
80	Charlie Deick	Rochester Lourdes	77	18:36.65	3:13.54 (84)	7:07.15 (76)	14:57.24 (71)
81	Jaden Wright	Clear Lake	78	18:36.89	3:22.00 (116)	7:18.81 (100)	14:59.34 (76)
82	Jace Matern	Columbus Catholic Waterloo	79	18:37.17	3:07.02 (46)	7:03.60 (64)	14:59.02 (75)
83	Kaden Kopsa	South Tama County Tama	80	18:37.46	3:24.06 (127)	7:23.17 (107)	15:18.49 (93)
84	Noah Kjellberg	Indianola	--	18:37.76	3:12.31 (77)	7:11.73 (88)	15:09.12 (87)
85	John Moellers	Marshalltown	81	18:38.48	3:13.21 (82)	7:04.91 (67)	15:04.59 (82)
86	Jaycob McDanel	Davenport West	82	18:38.72	3:10.28 (68)	7:03.08 (62)	14:55.34 (70)
87	Jesus Murillo	Newton	83	18:40.08	3:07.75 (50)	7:01.80 (59)	15:00.24 (78)
88	Ryan Heden	Bettendorf	--	18:43.69	2:59.05 (11)	7:06.07 (69)	15:09.66 (88)
89	Eli Potter	South Hamilton Jewell	84	18:44.53	3:27.65 (144)	7:29.04 (116)	15:13.71 (91)
90	Caleb Rasmussen	Marshalltown	85	18:44.89	3:13.32 (83)	7:04.86 (66)	15:04.15 (81)

Athlete	Team	Score	Time	900m	2k	4k
91 Brock Hagedorn	Columbus Catholic Waterloo	86	18:45.46	3:10.35 (69)	7:06.45 (71)	15:00.99 (79)
92 Camden Kilker	Davenport West	87	18:49.40	3:08.05 (54)	6:59.77 (53)	15:06.05 (85)
93 Caleb Jones	Clear Lake	88	18:52.62	3:37.93 (189)	7:43.33 (146)	15:24.80 (97)
94 Will Cardo	Center Point-Urbana	--	18:55.22	3:20.10 (103)	7:20.30 (102)	15:19.83 (94)
95 Tyler Humiston	Columbus Community Columbus Junction	89	18:57.87	3:11.38 (73)	7:13.08 (91)	15:26.37 (98)
96 Holden Schirmer	South Tama County Tama	90	18:58.01	3:26.29 (137)	7:33.17 (126)	15:32.32 (102)
97 Matthew Simmons	North Scott Eldridge	91	18:58.22	3:23.51 (123)	7:28.39 (115)	15:29.44 (99)
98 Cade Morrison	Austin	92	18:58.73	3:14.40 (90)	7:08.52 (83)	15:14.16 (92)
99 Dale Greene	Marshalltown	93	19:01.69	3:16.84 (99)	7:12.75 (90)	15:21.52 (95)
100 Ben Meyer	Bellevue	94	19:02.88	3:31.33 (163)	7:31.21 (120)	15:32.39 (103)
101 Theodore Ahern	Columbus Catholic Waterloo	95	19:05.24	3:13.91 (85)	7:14.95 (93)	15:31.08 (101)
102 Lucas Burkamper	Cedar Rapids Washington	96	19:10.40	3:04.14 (32)	7:11.96 (89)	15:33.71 (104)
103 Caleb Rankin	Bettendorf	--	19:10.58	3:07.79 (52)	7:05.91 (68)	15:22.43 (96)
104 Hunter Miller	Iowa Falls-Alden/AGWSR	97	19:14.27	3:29.90 (158)	7:43.37 (147)	15:48.24 (120)
105 Carter Nunn	Marshalltown	98	19:15.39	3:15.39 (93)	7:22.06 (104)	15:36.00 (107)
106 Connor Lerch	Assumption Davenport	99	19:16.70	3:27.18 (141)	7:35.50 (133)	15:43.57 (115)
107 Bryan Tlatenchi	Columbus Community Columbus Junction	100	19:17.26	3:16.21 (96)	7:19.79 (101)	15:35.44 (106)
108 Ethan L'Heureux	Valley Lutheran	101	19:18.56	3:10.56 (70)	7:16.18 (94)	15:38.89 (108)
109 Jesus Tabora-Laura	Clayton Ridge Guttenberg	102	19:18.77	3:23.43 (122)	7:29.42 (118)	15:43.48 (114)
110 Alec Harris	North Scott Eldridge	103	19:18.98	3:24.84 (129)	7:28.11 (114)	15:34.50 (105)
111 Gabe Manders	Bellevue	104	19:19.49	3:31.28 (162)	7:35.28 (131)	15:56.23 (127)
112 Aiden Hippen	Clear Lake	--	19:20.14	3:37.75 (187)	7:43.70 (150)	15:41.67 (110)
113 Jonah Salow	Center Point-Urbana	--	19:21.16	3:20.45 (105)	7:21.14 (103)	15:29.72 (100)
114 Teddy Torborg	Rochester Lourdes	105	19:21.32	3:21.32 (112)	7:29.28 (117)	15:42.45 (112)
115 Kyle Dunne	Bellevue	106	19:23.92	3:30.83 (161)	7:35.37 (132)	15:55.90 (126)
116 John Murphy	Assumption Davenport	107	19:24.55	3:29.71 (156)	7:37.93 (135)	15:57.00 (128)
117 Cale Graff	South Tama County Tama	--	19:24.99	3:26.22 (136)	7:33.49 (129)	15:41.93 (111)
118 Grant Peterson	North Scott Eldridge	108	19:26.16	3:13.94 (86)	7:18.06 (98)	15:39.45 (109)
119 Cael Phillips	Columbus Community Columbus Junction	109	19:27.98	3:18.11 (102)	7:25.94 (110)	15:47.65 (118)
120 Jon Rosenow	Holmen	110	19:29.37	3:14.82 (91)	7:13.41 (92)	15:45.99 (117)
121 Kaden Guenther	Bellevue	--	19:30.87	3:31.42 (165)	7:35.76 (134)	16:02.93 (134)
122 Brody Westendorf	North Scott Eldridge	111	19:30.98	3:27.53 (143)	7:33.92 (130)	15:52.34 (124)
123 Bryce Petersen	Dike-New Hartford	112	19:31.26	3:15.90 (95)	7:18.06 (97)	15:43.93 (116)
124 Leo Christensen	Columbus Catholic Waterloo	113	19:33.72	3:07.14 (47)	7:03.46 (63)	15:43.13 (113)
125 Michael Lochner	Assumption Davenport	114	19:34.17	3:36.93 (186)	7:50.99 (163)	15:50.39 (122)
126 Hunter Lee	Collins-Maxwell	115	19:34.32	3:21.36 (113)	7:24.56 (109)	15:48.05 (119)
127 Lincoln Stover	BCLUW Conrad	116	19:35.37	3:20.83 (107)	7:26.82 (111)	15:58.67 (132)
128 Zach Carney	Davenport West	117	19:36.63	3:28.00 (146)	7:33.28 (127)	15:51.92 (123)
129 Aiden Marietta	Assumption Davenport	118	19:38.55	3:33.95 (175)	7:51.39 (166)	16:02.54 (133)
130 Max Nelson	Rochester Lourdes	119	19:41.08	3:21.32 (111)	7:29.55 (119)	16:04.57 (136)
131 Caleb Wilshusen	North Scott Eldridge	--	19:42.86	3:14.33 (89)	7:18.16 (99)	15:50.26 (121)
132 Isaiah Smith	Cedar Rapids Washington	120	19:43.64	3:21.04 (110)	7:31.26 (121)	15:58.39 (131)
133 Kalin Anderson	Kasson-Mantorville/Triton	121	19:46.26	3:25.98 (133)	7:41.83 (141)	16:03.73 (135)
134 Nick Foreman	Cedar Rapids Washington	122	19:50.65	3:20.38 (104)	7:32.65 (125)	16:05.23 (137)
135 Carson Wright	Marshalltown	123	19:50.80	3:27.11 (139)	7:43.62 (149)	16:13.15 (143)

Athlete	Team	Score	Time	900m	2k	4k
136 Bobby Tapper	South Hamilton Jewell	124	19:52.06	3:28.82 (148)	7:42.61 (142)	16:08.44 (140)
137 Noah Holt	Austin	125	19:53.39	3:20.78 (106)	7:23.46 (108)	15:55.69 (125)
138 Isaac Stanley	North Scott Eldridge	--	19:56.61	3:26.03 (135)	7:33.40 (128)	16:07.65 (139)
139 Tyler Cooper	Nodaway Valley	126	19:59.77	3:23.75 (125)	7:39.30 (138)	16:10.76 (141)
140 Gavin Strong	Montezuma	127	20:00.68	3:27.16 (140)	7:48.64 (159)	16:06.82 (138)
141 Jayden Ross	Montezuma	128	20:01.82	3:29.52 (154)	7:40.34 (139)	16:14.56 (144)
142 Cody Lange	Kasson-Mantorville/Triton	129	20:02.92	3:33.81 (174)	7:46.02 (153)	16:12.43 (142)
143 Jonas Hovland	Austin	--	20:02.95	3:25.98 (134)	7:43.43 (148)	16:18.00 (146)
144 Isaac Smith	Clear Lake	--	20:06.24	3:37.84 (188)	7:43.20 (145)	15:58.11 (130)
145 Oscar Alcala	Columbus Community Columbus Junction	130	20:11.49	3:32.17 (169)	7:51.49 (167)	16:28.20 (155)
146 Ben Pearson	Nodaway Valley	131	20:12.04	3:25.49 (131)	7:41.77 (140)	16:21.33 (149)
147 Jalen Hart	Columbus Catholic Waterloo	132	20:12.57	3:31.91 (166)	7:52.85 (173)	16:36.05 (162)
148 Jackson Patino	Clayton Ridge Guttenberg	133	20:14.78	3:25.70 (132)	7:42.85 (144)	16:26.02 (153)
149 Pete Coburn	South Hamilton Jewell	134	20:15.91	3:27.41 (142)	7:31.65 (122)	16:17.26 (145)
150 Trent Allen	Bettendorf	--	20:16.95	3:07.77 (51)	7:07.72 (82)	15:57.05 (129)
151 Micah Wilson	Valley Lutheran	135	20:17.96	3:30.74 (159)	7:49.35 (161)	16:20.91 (147)
152 Asher Wood	Newton	--	20:20.61	3:25.44 (130)	7:46.32 (154)	16:30.33 (157)
153 Alex Rees	Columbus Community Columbus Junction	136	20:20.63	3:31.96 (167)	7:51.71 (168)	16:25.20 (151)
154 Shayden Loger	Dike-New Hartford	137	20:21.56	3:17.31 (100)	7:26.98 (113)	16:24.22 (150)
155 Noah Bertram	Holmen	138	20:22.95	3:23.05 (120)	7:55.20 (174)	16:39.64 (165)
156 Isaiah Hill	Collins-Maxwell	139	20:26.41	3:22.70 (118)	7:45.20 (152)	16:29.65 (156)
157 Luke Jennings	Assumption Davenport	140	20:28.57	3:36.65 (184)	7:51.08 (164)	16:39.62 (164)
158 Aiden Erickson	Cedar Rapids Washington	141	20:28.66	3:34.75 (178)	7:52.54 (171)	16:41.87 (166)
159 Colton Benson	Montezuma	142	20:29.49	3:33.34 (172)	7:38.08 (136)	16:21.17 (148)
160 Silas Kimberley	Collins-Maxwell	143	20:31.08	3:29.52 (155)	7:47.12 (157)	16:34.62 (159)
161 Jack Erselius	Montezuma	144	20:33.06	3:28.25 (147)	7:46.72 (156)	16:35.96 (161)
162 Walker Laughridge	Valley Lutheran	145	20:33.75	3:23.12 (121)	7:42.72 (143)	16:27.45 (154)
163 Keller Wilson	Valley Lutheran	146	20:35.04	3:22.94 (119)	7:32.26 (123)	16:25.34 (152)
164 Laken Zanker	South Hamilton Jewell	147	20:36.35	3:32.08 (168)	7:52.65 (172)	16:38.84 (163)
165 Nate Meier	Clayton Ridge Guttenberg	148	20:36.87	3:29.10 (151)	7:48.76 (160)	16:52.74 (170)
166 Mason Gehrkling	Kasson-Mantorville/Triton	149	20:39.17	3:28.93 (149)	7:47.44 (158)	16:33.45 (158)
167 Kolt Morgan	Assumption Davenport	150	20:41.80	3:36.88 (185)	8:03.35 (181)	16:59.98 (175)
168 Kian Mcmenomy	Rochester Lourdes	151	20:48.67	3:33.22 (171)	8:00.46 (178)	16:58.04 (172)
169 Louis Dew	Cedar Rapids Washington	152	20:49.71	3:34.61 (177)	8:05.41 (182)	17:10.06 (181)
170 Brock Hanson	Holmen	153	20:50.31	3:44.92 (198)	8:18.61 (195)	17:03.26 (180)
171 Kyle Reisinger	Cedar Rapids Washington	--	20:50.97	3:20.90 (108)	7:32.43 (124)	16:35.40 (160)
172 Dane Petty	BCLUW Conrad	154	20:51.89	3:29.25 (153)	7:52.10 (169)	16:43.69 (167)
173 Martin Beisel	Iowa Falls-Alden/AGWSR	155	20:54.19	3:46.58 (200)	8:14.82 (190)	16:58.27 (173)
174 Jonah Woolery	Valley Lutheran	156	20:57.39	3:27.79 (145)	7:50.04 (162)	16:48.97 (169)
175 Carter Kemp	BCLUW Conrad	157	21:02.54	3:20.97 (109)	7:46.55 (155)	16:58.62 (174)
176 DW Beltz	Valley Lutheran	--	21:04.07	3:28.98 (150)	7:52.48 (170)	17:02.12 (176)
177 Colin Thoen	Kasson-Mantorville/Triton	158	21:04.46	3:35.17 (179)	8:02.42 (179)	17:10.98 (182)
178 Ben Bailey	South Hamilton Jewell	159	21:05.09	3:29.76 (157)	7:44.98 (151)	16:46.27 (168)
179 Rasmus Brandt	Dike-New Hartford	160	21:07.90	3:33.55 (173)	8:00.08 (176)	17:02.30 (177)
180 Wilken Kube	Iowa Falls-Alden/AGWSR	161	21:11.99	3:41.80 (195)	8:11.59 (186)	17:02.70 (178)

Athlete	Team	Score	Time	900m	2k	4k
181 Shane Bahns	Assumption Davenport	162	21:12.48	3:47.57 (202)	8:19.96 (199)	17:21.52 (189)
182 Andrew Grousky	Rochester Lourdes	163	21:12.57	3:33.11 (170)	8:00.23 (177)	17:03.10 (179)
183 Alex Ewoldt	Davenport West	164	21:17.70	3:24.26 (128)	7:39.24 (137)	16:56.75 (171)
184 Ben Eagle	Kasson-Mantorville/Triton	165	21:18.76	3:35.17 (180)	8:02.88 (180)	17:17.14 (185)
185 Dustin Albright	Holmen	166	21:19.27	3:36.11 (183)	8:08.73 (185)	17:20.75 (187)
186 Caleb Paulsen	Dike-New Hartford	167	21:22.00	3:22.63 (117)	7:51.15 (165)	17:11.14 (183)
187 Adam Troyanek	Holmen	168	21:22.53	3:35.66 (182)	8:05.51 (183)	17:20.87 (188)
188 Cade Smith	Cedar Rapids Washington	--	21:25.11	3:34.47 (176)	8:06.00 (184)	17:15.20 (184)
189 Joshua Almanza	Columbus Community Columbus Junction	--	21:26.61	3:41.38 (194)	8:13.23 (188)	17:21.94 (190)
190 Colton Fink	South Hamilton Jewell	169	21:37.70	3:41.31 (193)	8:13.37 (189)	17:27.67 (191)
191 Finn O'Neill	Dike-New Hartford	170	21:39.30	3:49.54 (203)	8:24.92 (201)	17:31.18 (192)
192 Owen Putman	Bellevue	--	21:42.98	3:42.55 (196)	8:19.00 (197)	17:33.20 (193)
193 Brendan Jones	Kee Lansing	--	21:45.29	3:31.37 (164)	7:57.58 (175)	17:19.72 (186)
194 Ezra Neumann	Holmen	--	21:50.65	3:44.25 (197)	8:18.45 (194)	17:53.68 (196)
195 Bryson Stockman	Montezuma	171	21:51.16	3:40.63 (191)	8:18.02 (193)	17:33.41 (194)
196 Mitch Manders	Bellevue	--	21:55.91	3:45.30 (199)	8:19.15 (198)	17:44.24 (195)
197 Skye Mossman	BCLUW Conrad	172	22:00.57	3:55.96 (209)	8:44.65 (202)	17:53.85 (197)
198 Peter Minard	Columbus Catholic Waterloo	173	22:07.23	3:35.36 (181)	8:15.16 (191)	17:57.48 (198)
199 Carl Kordick	Davenport West	174	22:10.78	3:40.75 (192)	8:24.26 (200)	18:16.82 (201)
200 Ethan Swaney	Holmen	--	22:15.01	3:38.64 (190)	8:18.80 (196)	18:02.89 (200)
201 Jacob Castell	BCLUW Conrad	175	22:15.31	3:30.77 (160)	8:12.72 (187)	17:58.28 (199)
202 Jeremiah Steggall	Valley Lutheran	--	22:38.71	3:09.26 (63)	9:02.71 (209)	18:36.65 (203)
203 Paul Murty	BCLUW Conrad	--	22:48.20	3:51.46 (204)	8:46.05 (204)	18:25.51 (202)
204 Noah Williams	Assumption Davenport	--	22:59.98	3:53.29 (206)	8:50.17 (206)	18:44.03 (204)
205 Aaron Blackburn	Iowa Falls-Alden/AGWSR	176	23:06.86	4:00.62 (211)	9:02.61 (208)	19:10.65 (208)
206 Eric Wennes	Iowa Falls-Alden/AGWSR	177	23:29.81	3:46.61 (201)	8:45.84 (203)	18:53.24 (206)
207 Kohen Holland	Montezuma	178	23:38.86	3:56.55 (210)	8:48.69 (205)	18:58.86 (207)
208 Jack Jensen	Nodaway Valley	179	23:45.05	4:01.40 (212)	9:05.38 (213)	19:11.69 (209)
209 Zach Morris	BCLUW Conrad	--	23:57.96	3:29.12 (152)	8:16.86 (192)	18:52.75 (205)
210 Trey Druvenga	Dike-New Hartford	180	24:07.55	4:03.55 (215)	9:04.24 (212)	19:25.54 (210)
211 Rush L'Heureux	Dike-New Hartford	--	24:40.16	3:54.20 (207)	8:52.41 (207)	19:53.45 (211)
212 Lucas Ragsdale	Dike-New Hartford	--	25:01.19	4:03.04 (214)	9:17.00 (214)	20:24.93 (214)
213 Colton Donaldson	BCLUW Conrad	--	25:08.27	3:52.05 (205)	9:02.91 (210)	19:59.46 (212)
214 Kerrick Truong	Davenport West	--	25:26.65	4:02.85 (213)	9:28.85 (215)	20:16.66 (213)
215 Jacob White	Dike-New Hartford	--	25:53.81	3:54.51 (208)	9:03.89 (211)	20:43.89 (215)
216 Kaleb Ruiz-Genovese	Collins-Maxwell	181	26:19.15	4:04.35 (216)	9:38.71 (216)	21:21.87 (216)
217 Landon LaBarge	Nodaway Valley	182	31:01.41	5:12.56 (217)	11:07.76 (217)	24:38.61 (217)

Race #5
Girls JV 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Johnston	36	1:47:36	21:32	
2	Dubuque Hempstead	38	1:47:36	21:32	
3	Valley West Des Moines	60	1:49:47	21:58	
4	Linn-Mar Marion	137	1:54:39	22:56	
5	Cedar Falls	139	1:54:04	22:49	
6	Solon	237	2:00:34	24:07	
7	Norwalk Community	266	2:02:49	24:34	
8	Holmen	267	2:02:45	24:33	
9	Kasson-Mantorville/Triton	272	2:02:26	24:30	
10	Denver	281	2:03:26	24:42	
11	Sioux City North	315*	2:05:23	25:05	
12	Waverly-Shell Rock	315*	2:05:28	25:06	
13	Bettendorf	320	2:05:56	25:12	
14	Bloomington Jefferson	328	2:06:43	25:21	
15	Williamsburg	416	2:13:08	26:38	
16	Mid-Prairie Wellman	469	2:19:16	27:52	
17	Clayton Ridge Guttenberg	493	2:17:23	27:29	
18	Dike-New Hartford	505	2:17:01	27:25	

***Tiebreakers**

Sioux City North	47	57	69	70	72	85	101
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Waverly-Shell Rock	28	59	62	78	88	102	103
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SPLIT SCORING SUMMARY
900M

UNOFFICIAL Standings		Score
1	Johnston	40
2	Dubuque Hempstead	45
3	Valley West Des Moines	57
4	Cedar Falls	115
5	Linn-Mar Marion	160
6	Solon	200
7	Norwalk Community	221
8	Holmen	259
9	Waverly-Shell Rock	302
10	Kasson-Mantorville/Triton	330
11	Denver	337

UNOFFICIAL Standings		Score
12	Sioux City North	343
13	Bloomington Jefferson	354
14	Bettendorf	377
15	Clayton Ridge Guttenberg	395
16	Williamsburg	408
17	Dike-New Hartford	476
18	Waterloo West	528
19	Mid-Prairie Wellman	582

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UNOFFICIAL Standings		Score
1	Johnston	35
2	Dubuque Hempstead	37
3	Valley West Des Moines	58
4	Cedar Falls	124
5	Linn-Mar Marion	141
6	Solon	210
7	Holmen	242
8	Norwalk Community	255
9	Sioux City North	300
10	Kasson-Mantorville/Triton	302
11	Denver	321
12	Waverly-Shell Rock	325
13	Bloomington Jefferson	346
14	Bettendorf	354
15	Williamsburg	421
16	Clayton Ridge Guttenberg	442
17	Dike-New Hartford	472
18	Mid-Prairie Wellman	542
18	Waterloo West	542

4K

UNOFFICIAL Standings		Score
1	Dubuque Hempstead	35
2	Johnston	37
3	Valley West Des Moines	60
4	Linn-Mar Marion	136
5	Cedar Falls	137
6	Solon	226
7	Holmen	263
8	Norwalk Community	277
9	Kasson-Mantorville/Triton	287
10	Denver	288

UNOFFICIAL Standings		Score
11	Sioux City North	315
12	Waverly-Shell Rock	322
13	Bettendorf	332
14	Bloomington Jefferson	333
15	Williamsburg	416
16	Mid-Prairie Wellman	483
17	Clayton Ridge Guttenberg	490
18	Dike-New Hartford	504

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	k	4k	
1	Mylee Lange	Dubuque Hempstead	1	20:51.54	3:28.87 (1)	7:56.92 (1)	16:51.08 (1)
2	Aubrey Schlichte	Dubuque Hempstead	2	21:07.78	3:29.08 (2)	7:57.38 (2)	17:01.68 (2)
3	Lexie Wisham	Johnston	3	21:11.40	3:40.68 (10)	8:10.24 (6)	17:07.02 (3)
4	Olivia Fehn	Johnston	4	21:13.63	3:37.45 (5)	8:10.18 (5)	17:13.26 (5)
5	Ellie Hermiston	Dubuque Hempstead	5	21:14.59	3:35.57 (3)	8:09.15 (3)	17:09.76 (4)
6	Kate Vogel	Valley West Des Moines	6	21:15.72	3:47.71 (18)	8:21.71 (12)	17:19.23 (7)
7	Grace Collins	Johnston	7	21:18.49	3:36.79 (4)	8:09.43 (4)	17:14.66 (6)
8	Kate Rastetter	Johnston	8	21:38.14	3:38.62 (8)	8:11.18 (7)	17:29.36 (9)
9	Lainey Schreiber	Cedar Falls	9	21:41.71	3:39.42 (9)	8:16.96 (9)	17:24.23 (8)
10	Raneen Rheem	Valley West Des Moines	10	21:55.77	3:38.34 (7)	8:16.99 (10)	17:51.02 (12)
11	Kathryn Schultz	Valley West Des Moines	11	22:01.38	3:42.63 (11)	8:17.04 (11)	17:32.97 (10)
12	Hannah McFadden	Dubuque Hempstead	12	22:02.46	3:48.70 (23)	8:27.00 (16)	17:47.41 (11)
13	Audrina Jones	Valley West Des Moines	13	22:09.74	3:47.48 (16)	8:27.08 (17)	17:51.16 (13)
14	Sidny Pohlman	Johnston	14	22:13.92	3:46.07 (13)	8:25.17 (13)	17:53.95 (14)
15	Chloe Kozloski	Linn-Mar Marion	15	22:14.35	3:42.70 (12)	8:25.20 (14)	18:05.15 (19)
16	Lauren Lashier	Johnston	16	22:14.68	3:55.61 (38)	8:41.22 (30)	18:00.95 (16)
17	Anna Buchholz	Linn-Mar Marion	17	22:17.82	3:49.24 (25)	8:31.66 (20)	17:56.55 (15)
18	Kourtney Berns	Dubuque Hempstead	18	22:19.43	3:48.00 (20)	8:26.94 (15)	18:02.85 (17)
19	MaKenna Teel	Johnston	19	22:22.71	3:49.24 (24)	8:33.04 (23)	18:08.18 (22)
20	Chloe Liang	Johnston	--	22:23.66	3:49.87 (29)	8:37.29 (25)	18:06.93 (21)
21	Cece Thompson	Valley West Des Moines	20	22:24.10	3:47.71 (17)	8:30.76 (18)	18:12.18 (23)
22	Lauren Schultz	Valley West Des Moines	21	22:29.03	3:38.17 (6)	8:14.17 (8)	18:03.18 (18)
23	Evelynne Gauthier	Valley West Des Moines	22	22:30.96	3:48.42 (22)	8:32.07 (21)	18:19.82 (25)
24	Anika Haugen	Linn-Mar Marion	23	22:32.58	3:49.75 (28)	8:31.54 (19)	18:05.97 (20)
25	Mia Duckett	Solon	24	22:34.77	3:50.93 (32)	8:40.29 (27)	18:20.71 (26)
26	Isabel Brauhn	Dubuque Hempstead	25	22:36.45	3:48.32 (21)	8:33.85 (24)	18:21.72 (27)
27	Maria Wilcox	Johnston	--	22:36.51	3:54.09 (36)	8:48.10 (37)	18:28.47 (31)
28	Ella Welch	Pleasant Valley	--	22:37.62	4:04.63 (67)	8:47.22 (33)	18:19.17 (24)
29	Anna Brodahl	Cedar Falls	26	22:40.89	3:47.15 (15)	8:32.46 (22)	18:22.43 (28)
30	Payton Paul	Pleasant Valley	--	22:46.85	4:01.57 (61)	8:47.30 (34)	18:25.42 (30)
31	Ashley Arbuckle	Johnston	--	22:50.43	3:49.63 (27)	8:41.16 (29)	18:37.96 (34)
32	Sydney Schneider	Johnston	--	22:50.53	4:09.44 (88)	9:11.54 (68)	18:43.24 (41)

Athlete	Team	Score	Time	900m	k	4k	
33	Lauren Gehl	Dubuque Hempstead	27	22:51.90	3:57.58 (43)	8:51.78 (46)	18:34.54 (33)
34	Adali Borglum	Waverly-Shell Rock	28	22:52.96	3:57.25 (41)	8:51.45 (45)	18:34.33 (32)
35	Abby Sheerin	De Soto	--	22:53.79	3:58.75 (48)	8:48.64 (39)	18:23.46 (29)
36	Paige Peterson	Johnston	--	22:54.58	4:01.05 (58)	8:53.80 (48)	18:38.90 (36)
37	Breka Trapp	Linn-Mar Marion	29	23:01.85	3:53.34 (35)	8:42.90 (32)	18:41.79 (39)
38	Jocelyn Marquez	De Soto	--	23:03.03	3:59.13 (50)	8:49.78 (42)	18:38.15 (35)
39	Delaney Dewild	Solon	30	23:06.76	3:50.86 (31)	8:40.33 (28)	18:41.01 (37)
40	Lily Cooper	Denver	31	23:08.38	4:03.53 (65)	9:02.38 (58)	18:52.43 (48)
41	Lindsey Stabenow	Cedar Falls	32	23:08.68	3:57.89 (46)	8:49.58 (40)	18:54.65 (50)
42	Alyse Williamschen	Kasson-Mantorville/Triton	33	23:09.54	4:05.41 (68)	8:59.30 (54)	18:46.00 (43)
43	Zoe Hulseberg	Williamsburg	34	23:10.73	3:54.23 (37)	8:48.00 (36)	18:41.81 (40)
44	Marie Darst	Cedar Falls	35	23:12.36	4:00.42 (56)	8:51.01 (43)	18:46.24 (44)
45	Lydia Cross	De Soto	--	23:17.27	3:59.48 (53)	8:56.37 (51)	18:47.69 (46)
46	Ainsley Brown	Valley West Des Moines	--	23:18.93	3:58.78 (49)	8:51.20 (44)	18:51.82 (47)
47	Naomi Wedan	Holmen	36	23:19.24	4:08.06 (78)	9:00.62 (56)	18:53.76 (49)
48	Natalie Blake	Cedar Falls	37	23:19.69	3:50.27 (30)	8:48.40 (38)	18:45.89 (42)
49	Cortlynn Jackson	Johnston	--	23:21.53	3:46.52 (14)	8:39.04 (26)	18:41.22 (38)
50	Olivia Carter	Cedar Falls	38	23:26.11	4:00.18 (55)	9:04.38 (60)	19:03.30 (53)
51	Rubie Pohlman	Johnston	--	23:26.98	3:52.71 (33)	8:47.95 (35)	19:00.56 (51)
52	Emily Davisdon	Dubuque Hempstead	--	23:30.17	4:08.22 (80)	9:10.02 (65)	19:03.11 (52)
53	Tatum Bremner	Johnston	--	23:31.38	3:49.56 (26)	8:42.90 (31)	18:46.78 (45)
54	Jillian Renne	Dubuque Hempstead	--	23:31.98	3:57.51 (42)	9:02.48 (59)	19:06.37 (55)
55	Lyla Bailey	Kasson-Mantorville/Triton	39	23:32.52	4:09.47 (89)	9:09.68 (63)	19:15.99 (61)
56	Ailey Freeman	De Soto	--	23:33.19	4:21.30 (126)	9:32.81 (108)	19:23.88 (66)
57	Cassidy Dillon	Kasson-Mantorville/Triton	40	23:33.69	4:07.50 (75)	9:09.60 (62)	19:15.65 (59)
58	Ellie Anton	Cedar Falls	41	23:33.73	4:00.00 (54)	8:54.96 (49)	19:03.54 (54)
59	Macy Miller	Johnston	--	23:34.98	4:01.35 (60)	8:58.90 (53)	19:07.87 (57)
60	Kristin Rutz	Johnston	--	23:46.48	4:09.04 (85)	9:11.72 (69)	19:19.90 (64)
61	Amelia Holter	Johnston	--	23:49.91	4:07.22 (73)	9:09.93 (64)	19:16.61 (62)
62	Zoey Drey	Valley West Des Moines	--	23:51.05	4:09.32 (86)	9:17.55 (77)	19:13.92 (58)
63	Kaiya Kralik	Norwalk Community	42	23:53.37	3:56.41 (39)	8:58.78 (52)	19:15.80 (60)
64	Catherine Dierks	Cedar Falls	--	23:54.58	3:53.01 (34)	8:53.68 (47)	19:18.26 (63)
65	Kaitlyn Raue	Bettendorf	43	23:57.51	4:16.52 (111)	9:22.15 (86)	19:34.72 (70)
66	Megan Anton	Cedar Falls	--	23:59.22	3:57.63 (44)	8:49.78 (41)	19:07.29 (56)
67	Abby Stoczynski	Holmen	44	23:59.74	4:11.41 (93)	9:17.38 (76)	19:33.84 (69)
68	Alison Wagner	Kee Lansing	--	24:00.44	4:04.63 (66)	9:13.86 (70)	19:39.54 (72)
69	Temperance Borey	Johnston	--	24:01.29	4:11.27 (92)	9:15.53 (72)	19:26.46 (67)
70	Addie Tims	Valley West Des Moines	--	24:05.95	4:15.68 (108)	9:28.32 (99)	19:45.47 (80)
71	Hennessy LaMere	Holmen	45	24:10.74	3:57.70 (45)	8:59.76 (55)	19:22.47 (65)
72	Haley Lalk	Denver	46	24:11.58	4:13.57 (102)	9:26.49 (96)	19:40.50 (73)
73	Aliyah Ayers	Sioux City North	47	24:11.72	4:18.14 (115)	9:18.80 (79)	19:42.14 (74)
74	Taylor Chapman	Valley West Des Moines	--	24:11.87	4:08.53 (81)	9:17.24 (75)	19:46.76 (82)
75	Lauren Knutson	Bloomington Jefferson	48	24:13.10	4:16.12 (110)	9:30.46 (105)	19:43.27 (78)
76	Ella Hertz	Cedar Falls	--	24:13.66	3:59.20 (51)	9:02.26 (57)	19:31.76 (68)
77	Carissa Stockel	Dubuque Hempstead	--	24:14.45	4:08.55 (82)	9:14.08 (71)	19:35.72 (71)

Athlete	Team	Score	Time	900m	k	4k	
78	Kaitlyn Rosenboom	Johnston	--	24:16.88	4:11.90 (97)	9:23.21 (90)	19:42.54 (76)
79	Abbie Moss	Mount Vernon-Lisbon	--	24:20.97	3:47.93 (19)	8:55.59 (50)	19:47.23 (83)
80	Alisa Pajazetovic	Waterloo West	--	24:24.15	4:20.04 (122)	9:32.94 (109)	19:59.41 (88)
81	Mia Gavin	Norwalk Community	49	24:24.75	4:08.97 (84)	9:29.76 (102)	20:06.96 (94)
82	Avery Berte	Cedar Falls	--	24:25.52	4:07.96 (76)	9:22.02 (85)	19:59.95 (89)
83	Ruby Kettunen	Bloomington Jefferson	50	24:26.88	4:12.18 (99)	9:23.32 (91)	19:43.06 (77)
84	Addi Robinson	Norwalk Community	51	24:28.48	3:58.28 (47)	9:10.78 (67)	19:43.29 (79)
85	Kate Richards	Solon	52	24:29.82	4:03.46 (64)	9:15.70 (74)	19:42.44 (75)
86	Katelyn Orr	Linn-Mar Marion	53	24:32.07	4:19.50 (120)	9:26.53 (97)	19:46.24 (81)
87	Ava Thompson	Johnston	--	24:34.38	4:01.03 (57)	9:09.34 (61)	19:53.58 (85)
88	Emara Perreault	Mount Vernon-Lisbon	--	24:35.49	4:13.89 (103)	9:30.40 (104)	20:06.80 (93)
89	Paige Westbrook	Denver	54	24:39.23	4:25.92 (135)	9:40.30 (120)	20:02.91 (91)
90	Ava Duncan	North Scott Eldridge	--	24:39.76	4:08.03 (77)	9:22.23 (87)	19:59.30 (87)
91	Frankie Hassler	Valley West Des Moines	--	24:40.66	4:09.35 (87)	9:18.46 (78)	19:51.96 (84)
92	Molly Woods	Bloomington Jefferson	55	24:41.69	4:07.45 (74)	9:26.06 (95)	20:09.14 (96)
93	Paige Mook	Bettendorf	56	24:44.87	4:21.77 (128)	9:32.40 (106)	20:12.45 (99)
94	Abby Hall	Sioux City North	57	24:46.91	4:13.90 (104)	9:21.96 (84)	19:57.82 (86)
95	Grace Swales	Denver	58	24:48.04	4:24.84 (132)	9:46.73 (125)	20:12.85 (100)
96	Annmarie Scott	Johnston	--	24:55.01	4:11.55 (95)	9:28.78 (101)	20:05.02 (92)
97	Jillian Maiers	Dubuque Hempstead	--	24:56.21	4:08.93 (83)	9:22.90 (89)	20:10.36 (97)
98	Lindee Rohne	Waverly-Shell Rock	59	24:57.94	4:18.75 (118)	9:44.40 (123)	20:20.93 (106)
99	Ella Seeley	Norwalk Community	60	24:58.91	4:15.53 (107)	9:42.84 (121)	20:26.30 (110)
100	Kinsley Theobald	Johnston	--	24:59.80	4:11.60 (96)	9:24.70 (93)	20:25.92 (109)
101	Izzy Korthuis	Holmen	61	24:59.93	4:20.60 (124)	9:38.90 (116)	20:15.49 (102)
102	Jaide Bittinger	Waverly-Shell Rock	62	25:00.08	4:02.88 (62)	9:22.63 (88)	20:02.39 (90)
103	Addison Burden	Solon	63	25:01.15	4:03.35 (63)	9:15.54 (73)	20:08.93 (95)
104	Emerson Sup	Norwalk Community	64	25:02.87	4:05.53 (69)	9:21.51 (82)	20:11.93 (98)
105	Maria Hart	Dubuque Hempstead	--	25:03.74	4:29.48 (145)	9:56.54 (134)	20:34.76 (116)
106	Leah Wilson	Assumption Davenport	--	25:04.20	4:29.55 (147)	9:54.38 (132)	20:33.10 (114)
107	Quinn Pohlman	Johnston	--	25:05.71	4:08.18 (79)	9:26.98 (98)	20:14.41 (101)
108	Kenzie McConville	Norwalk Community	65	25:08.30	4:06.91 (71)	9:30.34 (103)	20:25.85 (108)
109	Kenley Gelhaus	Cedar Falls	--	25:12.22	4:17.39 (113)	9:36.28 (112)	20:34.18 (115)
110	Addison Winters	Kee Lansing	--	25:13.17	3:59.22 (52)	9:10.52 (66)	20:16.03 (103)
111	Eleanor Sinclair	Williamsburg	66	25:13.58	4:06.18 (70)	9:24.70 (92)	20:18.73 (104)
112	Audrey Scarlett	Bettendorf	67	25:16.20	4:24.86 (133)	9:45.44 (124)	20:20.79 (105)
113	Joli Sinnwell	Solon	68	25:20.88	4:13.43 (101)	9:34.20 (111)	20:24.89 (107)
114	Marcella Palmer	Sioux City North	69	25:21.71	4:36.28 (180)	10:05.14 (153)	20:54.66 (124)
115	Lilly Wilford	Sioux City North	70	25:21.90	4:18.89 (119)	9:39.96 (119)	20:27.12 (111)
116	Eve Stevenson	Dubuque Hempstead	--	25:23.98	4:32.34 (163)	10:00.94 (142)	20:49.97 (119)
117	Rachel Richter	Dubuque Hempstead	--	25:24.22	4:33.47 (166)	9:56.66 (135)	20:38.56 (117)
118	Mallory Bryan	Johnston	--	25:30.29	4:11.50 (94)	9:25.28 (94)	20:52.27 (121)
119	Amelia Bryant	Cedar Falls	--	25:34.20	4:17.39 (112)	9:37.45 (114)	20:30.49 (113)
120	Abigail Grabow	Bloomington Jefferson	71	25:34.36	4:36.37 (182)	10:13.22 (162)	20:50.32 (120)
121	Robin Harbin	Dubuque Hempstead	--	25:35.96	4:33.19 (165)	10:04.78 (151)	21:00.68 (130)
122	Elise Garay	Sioux City North	72	25:40.03	4:18.00 (114)	9:19.39 (81)	20:54.22 (123)

Athlete	Team	Score	Time	900m	k	4k
123 Olivia Lair	Kasson-Mantorville/Triton	73	25:40.65	4:31.83 (159)	10:10.30 (160)	21:15.57 (143)
124 Campbell Dopler	Bettendorf	74	25:45.54	4:28.97 (141)	10:01.71 (145)	20:57.33 (128)
125 Grace Yetley	Solon	75	25:45.56	4:18.21 (116)	9:50.10 (128)	20:56.56 (125)
126 Ahana Devadas	Johnston	--	25:46.04	4:12.30 (100)	9:32.56 (107)	20:43.57 (118)
127 Anna Rafayelyan	Davenport West	--	25:47.96	4:39.19 (193)	9:55.60 (133)	20:29.96 (112)
128 Hannah Rodgers	Mid-Prairie Wellman	76	25:49.44	4:46.97 (210)	10:21.84 (186)	21:01.46 (132)
129 Mac Tyrrell	Valley West Des Moines	--	25:50.79	4:19.63 (121)	9:38.05 (115)	20:54.10 (122)
130 Mary Rolfstad	Assumption Davenport	--	25:52.12	4:30.91 (153)	10:02.05 (147)	21:02.47 (133)
131 kali Miller	Mid-Prairie Wellman	77	25:53.02	4:50.93 (221)	10:38.79 (201)	21:17.40 (145)
132 Sydney Block	Dubuque Hempstead	--	25:55.42	4:33.61 (167)	9:57.52 (137)	20:57.15 (126)
133 Darby Moore	Earlham	--	26:02.58	4:31.45 (156)	9:59.08 (139)	21:15.07 (141)
134 Annabelle Rohret	Cedar Falls	--	26:02.87	4:14.81 (105)	9:37.26 (113)	21:07.18 (135)
135 Taylor Brown	Johnston	--	26:04.84	4:22.12 (129)	9:51.14 (130)	20:59.44 (129)
136 Abby Harris	Johnston	--	26:05.47	4:30.40 (152)	10:14.32 (166)	21:20.72 (147)
137 Jenna Keller	Waverly-Shell Rock	78	26:07.04	4:29.06 (143)	9:56.78 (136)	21:13.88 (139)
138 Ava Norem	Norwalk Community	79	26:09.06	4:20.25 (123)	9:49.76 (127)	21:05.82 (134)
139 Kilee Gutierrez	Bettendorf	80	26:11.41	4:28.91 (139)	10:01.68 (144)	21:22.62 (149)
140 Katie Steward	Earlham	--	26:11.45	4:31.26 (155)	9:59.34 (141)	21:15.10 (142)
141 Ava Werner	Holmen	81	26:14.72	4:01.24 (59)	9:19.02 (80)	21:00.80 (131)
142 Kailey Waterbeck	Johnston	--	26:15.55	4:12.11 (98)	9:33.06 (110)	21:16.57 (144)
143 Mirium Rulaphaugh	Wapsie Valley Fairbank	--	26:17.73	4:34.31 (169)	10:14.55 (168)	21:28.72 (152)
144 Madi Wells	Linn-Mar Marion	82	26:19.81	4:40.31 (196)	10:23.31 (189)	21:20.49 (146)
145 Anna Tryon	Bettendorf	83	26:20.61	4:28.91 (140)	10:01.72 (146)	21:22.53 (148)
146 Lilly Houtakker	Solon	84	26:22.36	4:29.50 (146)	10:20.52 (181)	21:38.59 (163)
147 Cora Smith	Mount Vernon-Lisbon	--	26:23.00	4:15.75 (109)	9:59.22 (140)	21:41.72 (167)
148 Tayler Schueth	Sioux City North	85	26:23.93	4:30.35 (151)	10:01.00 (143)	21:08.06 (136)
149 Mia Owens	Valley West Des Moines	--	26:24.56	4:14.86 (106)	9:44.16 (122)	21:10.97 (137)
150 Lauren Crowe	Valley West Des Moines	--	26:25.25	4:31.94 (160)	10:03.44 (149)	21:34.88 (156)
151 Hannah Budke	Cedar Falls	--	26:27.24	4:18.46 (117)	9:48.50 (126)	21:14.47 (140)
152 Daisy Dicksonn	Clayton Ridge Guttenberg	86	26:28.30	3:57.23 (40)	9:21.58 (83)	20:57.26 (127)
153 Berkley Klaehn	Kasson-Mantorville/Triton	87	26:28.98	4:31.80 (158)	10:10.45 (161)	21:29.68 (154)
154 Hannah Schnell	Waverly-Shell Rock	88	26:29.98	4:49.55 (216)	10:31.10 (196)	21:37.98 (161)
155 Eleanor Dickson	Clayton Ridge Guttenberg	89	26:33.55	4:07.07 (72)	9:38.98 (117)	21:22.74 (150)
156 Alaina Saffly	Mid-Prairie Wellman	90	26:33.63	4:47.25 (212)	10:20.93 (182)	21:25.53 (151)
157 Brynn Epperly	Mount Vernon-Lisbon	--	26:34.12	4:36.33 (181)	10:22.16 (187)	21:41.77 (168)
158 Morgan Haas	Holmen	91	26:35.33	4:27.68 (136)	10:04.12 (150)	21:36.52 (158)
159 Adriana Castellano	Valley West Des Moines	--	26:35.55	4:22.52 (130)	10:03.33 (148)	21:33.38 (155)
160 Maddie Bowers	Dubuque Hempstead	--	26:36.51	4:33.68 (168)	9:58.50 (138)	21:39.99 (165)
161 Maryn Laures	Denver	92	26:38.04	4:25.59 (134)	9:50.64 (129)	21:29.35 (153)
162 Anya Rivera	Williamsburg	93	26:38.52	4:43.03 (201)	10:35.44 (198)	21:40.90 (166)
163 Jozie Collins	Holmen	94	26:41.87	4:37.83 (188)	10:20.17 (179)	21:36.52 (159)
164 Kaylee Spurbeck	Johnston	--	26:43.18	4:11.20 (91)	9:28.41 (100)	21:13.62 (138)
165 Madisen Theel	Dike-New Hartford	95	26:45.85	4:35.50 (175)	10:09.66 (158)	21:38.12 (162)
166 Georgia Havlicek	Solon	--	26:46.32	4:21.75 (127)	10:08.42 (156)	21:45.22 (170)
167 Alli Steffen	Dike-New Hartford	96	26:47.29	4:35.08 (172)	10:13.24 (163)	21:39.45 (164)

Athlete	Team	Score	Time	900m	k	4k
168 Kayla Klingenberg	Dike-New Hartford	97	26:53.24	4:42.02 (200)	10:13.29 (164)	21:44.63 (169)
169 Lana Burr	Kasson-Mantorville/Triton	98	26:54.33	4:35.44 (174)	10:16.52 (173)	21:47.23 (173)
170 Bella Kinley	Valley West Des Moines	--	26:56.33	4:34.63 (170)	10:15.55 (171)	21:45.31 (171)
171 Ashlyn Henkes	Kee Lansing	--	26:57.33	4:32.29 (162)	10:08.40 (155)	21:35.54 (157)
172 Sara Marchi	Onalaska	--	27:00.27	4:36.23 (179)	10:20.24 (180)	21:48.66 (175)
173 Laura Azuela	North Scott Eldridge	--	27:00.67	4:54.70 (230)	10:59.39 (222)	22:12.95 (187)
174 Taylor Hogan	Solon	--	27:01.07	4:28.66 (137)	10:08.48 (157)	21:48.50 (174)
175 Brianna Dotzler	Cedar Falls	--	27:01.90	4:29.39 (144)	10:13.81 (165)	21:57.73 (178)
176 Allysa Sadewasser	Clayton Ridge Guttenberg	99	27:03.03	4:31.55 (157)	10:16.99 (175)	21:57.15 (177)
177 Gretchen Oltrogge	Denver	100	27:04.53	4:46.03 (206)	10:39.92 (203)	22:01.34 (179)
178 Austin Franck	Wapsie Valley Fairbank	--	27:05.22	4:29.89 (150)	10:14.89 (169)	22:04.34 (183)
179 Simret Kifle	Sioux City North	101	27:08.03	4:36.12 (178)	10:16.74 (174)	21:45.83 (172)
180 Gemma Beam	Waverly-Shell Rock	102	27:12.59	4:37.97 (189)	10:24.42 (192)	22:02.26 (180)
181 Anna Tyler	Dubuque Hempstead	--	27:17.13	4:50.62 (220)	10:45.11 (207)	22:15.76 (189)
182 Hailey Mizer	Davenport West	--	27:21.55	4:46.83 (209)	10:40.22 (204)	22:16.46 (190)
183 Abbie Preston	Newton	--	27:22.04	4:09.89 (90)	9:39.90 (118)	21:37.76 (160)
184 Sasha Nanaziashvili	Valley West Des Moines	--	27:22.45	4:36.51 (184)	10:21.20 (184)	22:02.68 (182)
185 Julia Garcia	Waverly-Shell Rock	103	27:23.15	4:53.04 (228)	10:50.97 (213)	22:20.05 (195)
186 Ella McVietty	Holmen	--	27:25.61	4:35.93 (176)	10:19.90 (178)	22:11.30 (186)
187 Paris Mickelson	Dubuque Hempstead	--	27:26.10	4:38.67 (191)	10:15.56 (172)	21:50.44 (176)
188 Lyla Robinson	Valley West Des Moines	--	27:27.25	4:36.49 (183)	10:21.07 (183)	22:02.66 (181)
189 Alexis Gielau	Waverly-Shell Rock	--	27:28.36	4:38.79 (192)	10:25.83 (193)	22:17.68 (192)
190 Aubrie Tejada	Marshalltown	--	27:28.61	4:58.06 (231)	11:08.99 (230)	22:43.77 (201)
191 Sophia Miles	Solon	--	27:33.78	4:29.76 (149)	10:18.42 (176)	22:08.05 (184)
192 Elle Guenther	Valley West Des Moines	--	27:34.46	4:34.73 (171)	10:21.32 (185)	22:18.62 (193)
193 Olivia Bonnema	Solon	--	27:39.63	4:29.06 (142)	10:19.12 (177)	22:19.60 (194)
194 Sophia Goyette	Holmen	--	27:42.03	4:37.69 (187)	10:30.15 (195)	22:16.79 (191)
195 Celia DiNitto	Johnston	--	27:44.29	4:28.71 (138)	10:10.07 (159)	22:09.80 (185)
196 Camille Rice	Bloomington Jefferson	104	27:46.52	4:29.72 (148)	9:54.12 (131)	22:13.81 (188)
197 Emerson Bartlett	Cedar Falls	--	27:48.57	4:39.86 (194)	10:22.62 (188)	22:28.13 (196)
198 Anjali Tripathy	Valley West Des Moines	--	27:51.59	4:32.72 (164)	10:27.93 (194)	22:37.16 (198)
199 Lily Bergman	Denver	105	27:53.13	4:31.99 (161)	10:24.02 (191)	22:37.30 (199)
200 Quinn Remrey	Assumption Davenport	--	28:04.78	4:52.26 (227)	10:53.90 (217)	23:00.71 (208)
201 Hailey Gaul	Clayton Ridge Guttenberg	106	28:05.09	4:46.73 (208)	10:40.26 (205)	22:49.42 (204)
202 Mia Huntington	Dike-New Hartford	107	28:06.91	4:35.22 (173)	10:15.44 (170)	22:31.16 (197)
203 JoLee Steinecke	North Scott Eldridge	--	28:09.55	4:31.10 (154)	10:14.40 (167)	22:46.86 (203)
204 Paityn Jennings	Mid-Prairie Wellman	108	28:14.49	4:51.02 (223)	10:50.20 (212)	23:04.00 (209)
205 Kaitlyn Snow	Williamsburg	109	28:15.00	4:49.85 (219)	10:49.76 (210)	22:46.25 (202)
206 Michelle Darcon	Waterloo West	--	28:17.49	4:45.75 (204)	10:54.76 (218)	23:00.41 (207)
207 Joy Eilderts	Dike-New Hartford	110	28:27.26	4:47.04 (211)	10:35.30 (197)	22:57.43 (205)
208 Natalie Folkerts	Dike-New Hartford	111	28:27.28	4:36.00 (177)	10:35.63 (199)	22:57.71 (206)
209 Hannah Kendall	Cedar Falls	--	28:32.17	4:46.15 (207)	10:39.22 (202)	23:06.64 (210)
210 Hannah Funk	Cedar Falls	--	28:33.90	4:58.73 (232)	11:11.43 (231)	23:22.68 (215)
211 Elle Smith	Cedar Falls	--	28:34.83	4:49.85 (218)	10:55.94 (220)	23:14.85 (213)
212 Adie Craig	Assumption Davenport	--	28:37.84	4:52.03 (225)	10:57.48 (221)	23:08.10 (211)

Athlete	Team	Score	Time	900m	k	4k
213 Megan Groth	Waverly-Shell Rock	--	28:38.70	4:38.11 (190)	10:23.50 (190)	22:39.34 (200)
214 Payton Hunter	Norwalk Community	--	28:40.56	4:45.96 (205)	10:49.11 (209)	23:12.06 (212)
215 Lidia Sotillari	Davenport West	--	28:43.26	4:59.41 (233)	11:08.65 (229)	23:25.49 (219)
216 Maren Denison	Cedar Falls	--	28:47.33	4:21.12 (125)	10:07.97 (154)	23:24.27 (216)
217 Macy Matthias	Denver	--	28:49.34	4:45.19 (202)	10:51.92 (214)	23:16.21 (214)
218 Addy McDermott	Linn-Mar Marion	112	28:50.01	5:00.30 (235)	11:15.03 (232)	23:27.20 (221)
219 Kendall McDonough	Johnston	--	28:50.08	5:03.09 (239)	11:19.45 (236)	23:26.12 (220)
220 Nevaeh Hendon	Cedar Falls	--	29:02.88	5:01.20 (236)	11:05.39 (226)	23:30.01 (222)
221 Mollie Schaefer	Clayton Ridge Guttenberg	113	29:12.85	4:48.21 (215)	10:52.86 (215)	24:07.47 (229)
222 Lauren Henneberry	Dubuque Hempstead	--	29:15.59	4:48.14 (214)	10:54.76 (219)	23:24.34 (217)
223 Emma Oleson	Sioux City North	--	29:22.99	5:02.48 (238)	11:19.33 (234)	23:35.85 (223)
224 Melina Brandon	Dubuque Hempstead	--	29:27.41	4:47.39 (213)	10:45.87 (208)	23:24.50 (218)
225 Bailey Kestel	Waterloo West	--	29:32.59	4:37.08 (186)	10:44.06 (206)	24:07.33 (228)
226 Abby Elsamiller	Waverly-Shell Rock	--	29:33.86	4:36.84 (185)	10:38.48 (200)	23:57.13 (226)
227 Jayne Terwilliger	Earlham	--	29:47.38	4:41.74 (198)	10:53.08 (216)	23:51.76 (225)
228 Cady Campbell	Williamsburg	114	29:49.94	4:40.55 (197)	11:04.87 (224)	23:59.31 (227)
229 MaryClaire McCarter	Dike-New Hartford	115	29:51.26	4:40.26 (195)	10:50.14 (211)	23:49.91 (224)
230 Lillian Kast	Onalaska	--	29:52.62	4:52.03 (226)	11:18.68 (233)	24:23.97 (232)
231 Grace Morley	Dubuque Hempstead	--	30:04.47	4:51.02 (224)	11:07.79 (228)	24:14.43 (230)
232 Brynlee Schwanke	Kasson-Mantorville/Triton	116	30:11.37	4:49.73 (217)	11:05.83 (227)	24:21.93 (231)
233 Sawyer Heidemann	Waverly-Shell Rock	--	30:30.97	5:02.13 (237)	11:24.82 (238)	24:52.99 (237)
234 Alexandra Bylund	Valley West Des Moines	--	30:35.01	5:03.12 (240)	11:38.86 (239)	24:48.88 (235)
235 Morgan Strief	Bettendorf	117	30:37.64	5:11.63 (246)	11:54.03 (245)	24:52.91 (236)
236 Vivienne Andersen	Valley West Des Moines	--	30:48.52	4:45.44 (203)	11:04.99 (225)	24:38.62 (233)
237 Megan Griffith	Dike-New Hartford	--	30:57.12	4:53.08 (229)	11:19.40 (235)	24:44.94 (234)
238 Stefani Gutierrez	Marshalltown	--	30:58.29	5:08.86 (244)	11:50.54 (244)	24:56.71 (238)
239 Breanna Runde	Dubuque Hempstead	--	31:05.53	5:15.70 (253)	11:57.79 (246)	25:30.07 (243)
240 Anastasia Zipse	Kee Lansing	--	31:13.08	5:17.20 (254)	11:50.21 (243)	25:10.70 (239)
241 Reagan Alexander	Waverly-Shell Rock	--	31:33.07	5:07.15 (242)	11:41.18 (240)	25:16.45 (241)
242 Scarlett MisiagBeckler	Dubuque Hempstead	--	31:42.88	5:15.49 (251)	11:57.84 (247)	25:29.78 (242)
243 Lauren Whitaker	Norwalk Community	--	31:46.27	5:05.81 (241)	12:16.55 (251)	26:05.36 (245)
244 Rachel Eckhoff	Regina Iowa City	--	31:52.02	4:59.55 (234)	11:48.27 (242)	25:45.75 (244)
245 Megan Arjes	Waverly-Shell Rock	--	32:03.75	5:07.15 (243)	11:41.21 (241)	25:16.17 (240)
246 Abby Rudrud	Onalaska	--	32:11.14	4:50.93 (222)	11:22.28 (237)	26:14.43 (247)
247 Megan Gonnerman	Cedar Falls	--	32:37.87	5:13.69 (248)	12:02.33 (248)	26:17.69 (248)
248 Ema Miller	Mid-Prairie Wellman	118	32:44.70	5:32.65 (256)	12:23.09 (253)	26:11.36 (246)
249 Abigail Chyma	South Tama County Tama	--	32:45.27	5:34.64 (257)	12:40.15 (256)	26:58.52 (250)
250 Jayden Creighton-Lovel	Davenport West	--	33:04.55	5:15.66 (252)	12:20.23 (252)	27:01.97 (251)
251 Sydney Hansal	Waverly-Shell Rock	--	33:45.56	5:13.80 (249)	12:08.35 (249)	26:55.27 (249)
252 Alexis Dirksen	Newton	--	33:53.01	5:09.09 (245)	12:28.35 (255)	27:36.01 (254)
253 Sophia Kizzier	Dubuque Hempstead	--	33:59.52	6:08.25 (267)	13:22.47 (260)	27:40.08 (255)
254 Averie Freeman	Waverly-Shell Rock	--	34:16.97	5:14.64 (250)	12:25.75 (254)	27:26.96 (253)
255 Hinckley Simon	Clayton Ridge Guttenberg	119	34:23.23	5:38.51 (258)	13:17.60 (259)	28:35.58 (258)
256 Elle Schipper	BCLUW Conrad	--	34:25.02	5:45.96 (260)	13:27.38 (261)	28:33.17 (257)
257 Paige Koehn	Cedar Falls	--	34:41.03	5:13.12 (247)	12:13.77 (250)	27:44.32 (256)

Athlete	Team	Score	Time	900m	k	4k
258 Kiersten Christiansen	Dike-New Hartford	--	34:45.10	4:41.81 (199)	11:03.77 (223)	27:06.00 (252)
259 Raygan Meehan	Dubuque Hempstead	--	36:02.17	6:08.58 (268)	13:30.78 (262)	29:19.30 (260)
260 Ella Hansel	Waverly-Shell Rock	--	36:02.81	5:50.93 (262)	13:37.46 (264)	29:09.15 (259)
261 Malea Gonnerman	Denver	--	36:48.37	5:54.45 (264)	13:37.84 (265)	29:31.16 (261)
262 Josie McMeen	Williamsburg	120	37:37.64	5:52.08 (263)	13:15.18 (258)	29:35.99 (262)
263 Mia Monique Zazueta	Marshalltown	--	38:20.28	6:09.33 (269)	14:29.32 (269)	30:56.10 (263)
264 Macie Johnson	Waverly-Shell Rock	--	38:31.41	5:50.79 (261)	13:46.32 (266)	31:21.41 (264)
265 Betsy Malecha	Bloomington Jefferson	121	38:43.24	5:57.78 (265)	14:06.89 (267)	31:24.04 (265)
266 Cassidy Taylor	Waterloo West	--	39:00.76	5:27.96 (255)	13:34.35 (263)	31:41.57 (266)
267 Tamika Rodenborn	Newton	--	39:09.39	6:17.37 (270)	14:54.11 (270)	31:48.09 (268)
268 Adrienne Caster	BCLUW Conrad	--	39:17.14	6:07.76 (266)	14:28.31 (268)	31:46.87 (267)
Gwendolyn Chinn	Kasson-Mantorville/Triton	--	DNF	5:42.12 (259)	12:55.65 (257)	
Gabby Baumhover	Waverly-Shell Rock	--	DNF	4:24.65 (131)	10:04.82 (152)	
Reagan Westphal	Waterloo West	--	DNF	6:27.57 (271)	16:17.97 (271)	

Race #6
Boys JV 5000M

FINAL RESULTS

TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Johnston	22	1:27:16	17:28
2	Cedar Falls	54	1:28:51	17:47
3	Norwalk Community	106	1:30:53	18:11
4	Iowa City West	129	1:32:13	18:27
5	Dubuque Hempstead	137	1:32:25	18:29
6	Urbandale	164	1:33:05	18:37
7	Linn-Mar Marion	178	1:33:54	18:47
8	Valley West Des Moines	182	1:33:37	18:44
9	Sioux City North	243	1:35:28	19:06
10	Mount Vernon-Lisbon	334	1:38:07	19:38
11	Denver	355	1:38:34	19:43
12	Solon	372	1:39:12	19:51
13	Center Point-Urbana	439	1:41:25	20:17
14	Bettendorf	468	1:42:33	20:31
15	Marshalltown	475	1:42:43	20:33
16	Mid-Prairie Wellman	500	1:44:28	20:54
17	North Scott Eldridge	514	1:43:53	20:47
18	Newton	554	1:46:16	21:16
19	Williamsburg	562	1:46:03	21:13
20	Bloomington Jefferson	606	1:48:47	21:46
21	South Hamilton Jewell	627	1:49:29	21:54
22	South Tama County Tama	677	1:52:34	22:31
23	Waverly-Shell Rock	696	1:53:55	22:47
24	Columbus Catholic Waterloo	704	1:56:39	23:20
25	Kasson-Mantorville/Triton	730	1:57:36	23:32

SPLIT SCORING SUMMARY

900M

UNOFFICIAL Standings	Score	
1	Johnston	24
2	Cedar Falls	89
3	Iowa City West	110
4	Valley West Des Moines	131
5	Linn-Mar Marion	139
5	Urbandale	139
7	Dubuque Hempstead	168
8	Norwalk Community	188
9	Sioux City North	237

UNOFFICIAL Standings		Score
10	Solon	244
11	Denver	376
12	Center Point-Urbana	405
13	Bettendorf	410
14	Marshalltown	450
15	Mount Vernon-Lisbon	477
16	Newton	518
17	Mid-Prairie Wellman	521
18	Bloomington Jefferson	610
19	North Scott Eldridge	627
19	South Hamilton Jewell	627
21	Waverly-Shell Rock	637
22	Columbus Catholic Waterloo	641
23	South Tama County Tama	682
24	Williamsburg	686
25	Clayton Ridge Guttenberg	736
26	Kasson-Mantorville/Triton	788

2K

UNOFFICIAL Standings		Score
1	Johnston	19
2	Cedar Falls	73
3	Iowa City West	125
4	Urbandale	134
5	Norwalk Community	152
6	Linn-Mar Marion	160
7	Valley West Des Moines	162
8	Dubuque Hempstead	170
9	Sioux City North	203
10	Solon	305
11	Denver	345
12	Center Point-Urbana	401
13	Mount Vernon-Lisbon	419
14	Bettendorf	446
15	Marshalltown	462
16	Mid-Prairie Wellman	527
17	Newton	546
18	North Scott Eldridge	592
19	Bloomington Jefferson	631
20	South Hamilton Jewell	632
21	Williamsburg	633
22	South Tama County Tama	646
23	Columbus Catholic Waterloo	682
24	Waverly-Shell Rock	684

UNOFFICIAL Standings**Score**

25	Kasson-Mantorville/Triton	763
25	Clayton Ridge Guttenberg	763

4K**UNOFFICIAL Standings****Score**

1	Johnston	24
2	Cedar Falls	57
3	Norwalk Community	105
4	Iowa City West	128
5	Dubuque Hempstead	139
6	Urbandale	150
7	Linn-Mar Marion	178
8	Valley West Des Moines	181
9	Sioux City North	246
10	Denver	340
11	Mount Vernon-Lisbon	351
12	Solon	362
13	Center Point-Urbana	425
14	Marshalltown	465
15	Bettendorf	489
16	Mid-Prairie Wellman	512
17	North Scott Eldridge	533
18	Newton	564
19	Williamsburg	565
20	Bloomington Jefferson	621
21	South Hamilton Jewell	634
22	South Tama County Tama	659
23	Waverly-Shell Rock	701
24	Columbus Catholic Waterloo	712
25	Kasson-Mantorville/Triton	739

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	2k	4k
1 Calahan Rourke	Johnston	1	17:07.98	2:59.11 (10)	6:43.18 (5)	13:56.61 (1)
2 Charlie Wiering	Cedar Falls	2	17:17.29	3:05.50 (30)	6:54.84 (20)	14:02.82 (4)
3 Owen Martin	Johnston	3	17:17.91	2:56.88 (1)	6:40.43 (3)	14:01.09 (2)
4 Ethan Franklin	Norwalk Community	4	17:21.48	3:05.22 (28)	6:50.39 (13)	14:02.82 (3)
5 Noah Reese	Johnston	5	17:33.26	2:58.78 (8)	6:47.04 (10)	14:21.81 (11)
6 Ben Neville	Johnston	6	17:36.66	3:04.10 (24)	6:52.57 (17)	14:17.66 (7)
7 Jack Meyer	Johnston	7	17:39.38	2:57.09 (4)	6:39.75 (1)	14:11.68 (6)
8 Brayden Frey	Cedar Falls	8	17:41.26	2:58.61 (7)	6:40.06 (2)	14:11.17 (5)
9 Vince Frederiksen	Cedar Falls	9	17:41.44	3:05.04 (27)	6:54.68 (19)	14:26.10 (14)

Athlete	Team	Score	Time	900m	2k	4k	
10	Logan Brustkern	Johnston	10	17:44.19	2:59.57 (11)	6:46.31 (7)	14:20.97 (9)
11	Grant Tack	Johnston	11	17:46.57	2:56.90 (2)	6:40.67 (4)	14:19.91 (8)
12	Coen Gibson	Johnston	--	17:46.89	2:58.92 (9)	6:43.49 (6)	14:21.50 (10)
13	Aj Mosqueda	Norwalk Community	12	17:50.44	3:03.37 (20)	6:50.37 (12)	14:22.40 (12)
14	Carter Gearhart	Johnston	--	17:56.87	3:05.97 (32)	6:55.72 (23)	14:32.38 (18)
15	Sam Showers	Iowa City West	13	17:57.10	3:02.46 (19)	6:51.75 (14)	14:25.93 (13)
16	Sean Bendinger	Valley West Des Moines	14	17:57.19	3:02.41 (18)	6:52.30 (16)	14:30.53 (17)
17	Jack Brooks	Johnston	--	18:00.39	3:04.50 (26)	6:55.24 (21)	14:32.61 (19)
18	Tay Ohr-Rottler	Johnston	--	18:00.43	3:03.82 (21)	6:52.17 (15)	14:26.52 (15)
19	Matthew Hanselman	Dubuque Hempstead	15	18:01.25	3:04.07 (23)	7:00.33 (31)	14:34.40 (20)
20	Alexander Baker	Urbandale	16	18:01.26	2:57.65 (6)	6:46.37 (8)	14:29.52 (16)
21	Kieran DeGroote	Cedar Falls	17	18:05.04	2:59.57 (12)	6:52.88 (18)	14:36.11 (21)
22	Collin O'Bryon	Cedar Falls	18	18:05.15	3:07.61 (34)	6:55.93 (25)	14:46.37 (26)
23	Gaige Martin	Cedar Falls	19	18:09.20	3:06.58 (33)	6:56.38 (27)	14:40.23 (22)
24	Jack Eastvold	Iowa City West	20	18:14.09	3:04.31 (25)	6:56.24 (26)	14:44.68 (24)
25	Buck Pattinson	Johnston	--	18:14.69	3:14.95 (71)	7:07.25 (40)	14:46.56 (27)
26	Gavin Boliver	Johnston	--	18:14.83	3:12.28 (50)	7:03.09 (33)	14:48.39 (30)
27	John Widtfelt	Johnston	--	18:15.35	3:05.67 (31)	6:56.38 (28)	14:42.06 (23)
28	Brice Wahe	Iowa City West	21	18:18.43	2:57.25 (5)	6:46.37 (9)	14:44.90 (25)
29	Don Agisha	Norwalk Community	22	18:20.29	3:11.36 (46)	7:05.53 (35)	14:58.16 (33)
30	Ben Herbst	Johnston	--	18:21.29	3:12.32 (51)	7:07.14 (38)	14:53.22 (31)
31	Aidan Fredericks	Johnston	--	18:23.39	3:14.86 (70)	7:14.89 (65)	15:00.66 (34)
32	Lane Wunderlich	Cedar Falls	23	18:23.73	3:05.25 (29)	6:55.92 (24)	14:46.58 (28)
33	Colin Henn	Dubuque Hempstead	24	18:24.10	3:14.29 (65)	7:14.72 (62)	14:55.65 (32)
34	Owen Leitzen	Dubuque Hempstead	25	18:24.15	3:01.80 (17)	6:57.94 (30)	14:47.80 (29)
35	Gavin Moore	Urbandale	26	18:24.55	3:12.79 (57)	7:08.42 (43)	15:02.12 (39)
36	Jamison Bice	Norwalk Community	27	18:25.81	3:13.08 (59)	7:09.97 (45)	15:00.76 (35)
37	Ashtin Duffy	Cedar Falls	--	18:29.16	3:11.14 (44)	7:11.32 (48)	15:01.54 (36)
38	Jake Gray	Cedar Falls	--	18:29.86	3:15.02 (72)	7:11.31 (47)	15:01.91 (38)
39	Connor Deahl	Linn-Mar Marion	28	18:31.74	3:12.65 (56)	7:12.47 (53)	15:05.45 (44)
40	Even Tesfaselassie	Sioux City North	29	18:35.85	3:12.00 (48)	7:06.59 (37)	15:04.77 (43)
41	Max Mills	Cedar Falls	--	18:36.83	3:10.26 (40)	7:10.59 (46)	15:01.72 (37)
42	Ashton Hensley	Urbandale	30	18:39.47	2:56.95 (3)	6:49.97 (11)	15:02.83 (41)
43	Grant MisiagBeckler	Dubuque Hempstead	31	18:40.47	3:15.84 (77)	7:07.66 (41)	15:02.78 (40)
44	Chase Kies	Cedar Falls	--	18:45.31	3:10.92 (42)	7:11.63 (50)	15:07.82 (46)
45	Logan Woolworth	Sioux City North	32	18:45.46	3:11.60 (47)	7:04.81 (34)	15:06.29 (45)
46	Kadon Harper	Linn-Mar Marion	33	18:46.85	2:59.97 (13)	6:56.81 (29)	15:04.12 (42)
47	Ethan McDermott	Valley West Des Moines	34	18:47.44	3:00.16 (15)	7:01.45 (32)	15:20.01 (55)
48	Will Grant	Linn-Mar Marion	35	18:47.96	3:00.07 (14)	6:55.26 (22)	15:09.37 (47)
49	Anel Vukovic	Iowa City West	36	18:49.94	3:08.41 (35)	7:11.44 (49)	15:19.68 (53)
50	Brian Ly	Johnston	--	18:50.25	3:15.63 (74)	7:13.44 (57)	15:12.65 (49)
51	Ben Meier	Valley West Des Moines	37	18:50.76	3:19.90 (98)	7:17.55 (73)	15:15.46 (50)
52	Brendan Bakker	Linn-Mar Marion	38	18:51.92	3:12.61 (55)	7:12.74 (54)	15:11.99 (48)
53	Logan Waters	Iowa City West	39	18:52.46	3:10.87 (41)	7:19.65 (79)	15:20.12 (56)
54	Teague Krob	Mount Vernon-Lisbon	40	18:53.11	3:25.92 (134)	7:29.29 (100)	15:23.36 (64)

Athlete	Team	Score	Time	900m	2k	4k
55 Logan Kessler	Norwalk Community	41	18:54.18	3:19.03 (94)	7:24.01 (89)	15:19.70 (54)
56 Brendon Zheng	Dubuque Hempstead	42	18:54.25	3:13.71 (61)	7:17.32 (72)	15:22.14 (63)
57 Maxwell Bruss	Iowa City West	43	18:54.34	3:13.64 (60)	7:15.59 (67)	15:17.15 (52)
58 Andrew Maitre	Johnston	--	18:54.38	3:18.07 (89)	7:20.25 (81)	15:21.30 (61)
59 Tristan Cerney	Linn-Mar Marion	44	18:54.86	3:12.09 (49)	7:13.31 (55)	15:21.91 (62)
60 Cooper Smith	Urbandale	45	18:58.95	3:09.40 (38)	7:07.90 (42)	15:20.59 (57)
61 Luka Flores	Norwalk Community	46	18:59.87	3:18.86 (92)	7:25.84 (96)	15:35.10 (76)
62 William Giles	Urbandale	47	19:00.01	3:14.83 (69)	7:15.66 (68)	15:17.03 (51)
63 Mason Stevermer	Valley West Des Moines	48	19:00.47	3:22.31 (115)	7:23.36 (87)	15:20.92 (59)
64 Owen Kouba	Valley West Des Moines	49	19:00.51	3:12.56 (54)	7:13.36 (56)	15:20.83 (58)
65 Merhawe Reda	Sioux City North	50	19:00.69	3:10.99 (43)	7:11.98 (52)	15:27.76 (69)
66 Arthur Chen	Johnston	--	19:00.90	3:17.11 (85)	7:14.77 (63)	15:30.16 (71)
67 Kenny Uitermarkt	Urbandale	51	19:01.27	3:19.45 (96)	7:24.51 (92)	15:27.65 (68)
68 Carter Streasick	Valley West Des Moines	52	19:02.15	3:12.45 (52)	7:16.25 (69)	15:25.54 (66)
69 Ben Cheese	Johnston	--	19:03.49	3:14.43 (67)	7:13.64 (58)	15:31.70 (73)
70 Landon Batchelor	Center Point-Urbana	53	19:05.28	3:22.00 (113)	7:24.01 (90)	15:26.08 (67)
71 Nolan Reese	Cedar Falls	--	19:06.38	3:14.43 (66)	7:18.39 (76)	15:34.24 (74)
72 Cohen Breitbach	Dubuque Hempstead	54	19:06.94	3:21.11 (104)	7:21.48 (84)	15:35.08 (75)
73 Porter Kimble	Urbandale	55	19:07.30	3:21.91 (111)	7:25.24 (93)	15:30.66 (72)
74 Jason Waterman	Denver	56	19:09.50	3:17.62 (86)	7:17.81 (74)	15:21.25 (60)
75 William Pease	Cedar Falls	--	19:12.70	3:14.76 (68)	7:14.87 (64)	15:24.25 (65)
76 Cassandro Chan	Iowa City West	57	19:14.64	3:13.78 (62)	7:15.42 (66)	15:36.42 (77)
77 Griffin Adamson	Linn-Mar Marion	58	19:14.78	3:15.89 (79)	7:18.37 (75)	15:36.86 (78)
78 Willie Zhao	Johnston	--	19:17.67	3:12.91 (58)	7:14.63 (61)	15:38.34 (80)
79 Eli Hughes	Bettendorf	59	19:17.68	3:23.60 (120)	7:34.21 (108)	15:46.73 (93)
80 Karsten Ghabel	Iowa City West	--	19:20.45	3:16.92 (83)	7:19.77 (80)	15:30.04 (70)
81 Jake Stanner	Dubuque Hempstead	60	19:20.46	3:14.04 (63)	7:19.19 (78)	15:42.56 (85)
82 Brody Speidel	Mount Vernon-Lisbon	61	19:23.38	3:27.14 (141)	7:32.28 (106)	15:44.08 (88)
83 Matthew Hawkinson	Sioux City North	62	19:23.78	3:16.19 (81)	7:13.72 (59)	15:37.07 (79)
84 Nate Shafer	Solon	63	19:24.08	3:16.01 (80)	7:21.38 (83)	15:41.92 (84)
85 Carson Tracy	Johnston	--	19:24.09	3:17.76 (87)	7:31.29 (104)	15:41.53 (83)
86 Lucas Tentinger	Linn-Mar Marion	64	19:25.08	3:33.09 (168)	7:36.57 (120)	15:45.98 (90)
87 Samuel McAlister	Johnston	--	19:25.31	3:24.00 (124)	7:36.37 (118)	15:40.42 (82)
88 Din Terzic	Urbandale	--	19:28.24	3:21.33 (107)	7:27.78 (98)	15:44.06 (87)
89 Jacob Donaldson	Mid-Prairie Wellman	65	19:31.89	3:23.65 (121)	7:39.71 (128)	16:00.21 (107)
90 Cash Luneckas	Mount Vernon-Lisbon	66	19:31.93	3:39.00 (208)	7:46.38 (145)	15:50.41 (100)
91 Payton Mergen	Urbandale	--	19:33.40	3:19.54 (97)	7:25.34 (94)	15:47.29 (94)
92 Greyson Veiseth	Cedar Falls	--	19:34.89	3:11.29 (45)	7:11.76 (51)	15:46.66 (92)
93 Elliot Liesland	Valley West Des Moines	67	19:35.11	3:01.38 (16)	7:07.20 (39)	15:43.12 (86)
94 Ben Duckett	Solon	68	19:35.33	3:12.51 (53)	7:21.66 (86)	15:52.31 (101)
95 Andrew Stultz	Mid-Prairie Wellman	69	19:36.33	3:36.54 (188)	7:50.55 (161)	15:59.73 (105)
96 Johnny Reynolds	Valley West Des Moines	--	19:36.39	3:24.91 (128)	7:37.93 (123)	15:56.03 (103)
97 Micah Waddell	Linn-Mar Marion	--	19:39.23	3:15.39 (73)	7:18.86 (77)	15:46.35 (91)
98 Davian Greenstreet	Sioux City North	70	19:41.62	3:22.47 (117)	7:25.60 (95)	15:54.98 (102)
99 Carson Fenster	Norwalk Community	71	19:43.03	3:22.07 (114)	7:30.05 (103)	15:49.82 (99)

Athlete	Team	Score	Time	900m	2k	4k
100 Tate Whittaker-Smith	Linn-Mar Marion	--	19:43.61	3:09.23 (36)	7:16.39 (70)	15:48.81 (96)
101 Parker Holten	Linn-Mar Marion	--	19:43.92	3:30.42 (164)	7:37.13 (121)	16:01.24 (108)
102 Harrison Bice	Norwalk Community	--	19:44.48	3:37.43 (195)	7:52.48 (170)	16:05.83 (111)
103 Myles Matthias	Denver	72	19:44.68	3:30.28 (162)	7:44.03 (139)	16:04.02 (110)
104 Vincent Scherr	Dubuque Hempstead	--	19:46.71	3:09.35 (37)	7:14.09 (60)	15:49.57 (98)
105 Conner Clinton	Denver	73	19:47.52	3:17.86 (88)	7:20.63 (82)	15:48.84 (97)
106 Ritvik Gupta	Johnston	--	19:47.60	3:17.06 (84)	7:24.50 (91)	15:44.60 (89)
107 Grant Pautsch	Denver	74	19:49.14	3:24.80 (127)	7:38.47 (124)	16:00.02 (106)
108 Peyton Groteluschen	Valley West Des Moines	--	19:49.83	3:24.14 (125)	7:35.97 (115)	16:09.11 (115)
109 Tyler Bailey	Cedar Falls	--	19:49.93	3:04.05 (22)	7:06.40 (36)	15:47.55 (95)
110 Evan Siskow	Urbandale	--	19:51.45	3:25.78 (133)	7:40.57 (129)	16:10.17 (116)
111 Brendan Bewyer	Urbandale	--	19:52.27	3:33.70 (172)	7:45.85 (142)	16:12.84 (121)
112 Hogan Fuessel	Cedar Falls	--	19:53.79	3:16.24 (82)	7:29.68 (101)	16:02.48 (109)
113 Anyaar Mayom	Johnston	--	19:54.01	3:15.86 (78)	7:09.69 (44)	15:38.62 (81)
114 Spencer Michels	Solon	75	19:54.59	3:19.26 (95)	7:29.68 (102)	16:08.71 (114)
115 Lance Zabel	Newton	76	19:56.90	3:23.69 (122)	7:41.55 (132)	16:12.30 (120)
116 Jacob Johnson	Dubuque Hempstead	--	19:59.54	3:29.37 (158)	7:47.78 (150)	16:19.26 (131)
117 Andrew Bogue	Johnston	--	20:00.10	3:18.65 (91)	7:17.23 (71)	15:59.10 (104)
118 Hayden Henneberry	Solon	77	20:00.37	3:14.08 (64)	7:23.75 (88)	16:07.75 (112)
119 Benjamin Hames	Sioux City North	78	20:01.44	3:21.59 (109)	7:28.99 (99)	16:08.71 (113)
120 Braden Stewart	Cedar Falls	--	20:01.79	3:25.50 (131)	7:42.85 (137)	16:12.28 (119)
121 Sawyer Feldman	Mount Vernon-Lisbon	79	20:01.99	3:35.29 (185)	7:52.73 (173)	16:24.21 (141)
122 Garrett Even	Denver	80	20:02.69	3:25.01 (129)	7:36.31 (117)	16:17.17 (128)
123 Landen Chen	Valley West Des Moines	--	20:02.92	3:28.05 (145)	7:47.98 (153)	16:14.15 (124)
124 Jace Westhoff	Cedar Falls	--	20:03.06	3:28.52 (149)	7:46.05 (144)	16:16.80 (127)
125 Ben Sholes	Center Point-Urbana	81	20:03.18	3:34.47 (181)	7:47.52 (149)	16:13.24 (122)
126 Quinn Lorenz	Linn-Mar Marion	--	20:03.43	3:42.68 (237)	8:02.16 (198)	16:23.41 (139)
127 Hayden Steele	Norwalk Community	--	20:04.01	3:29.46 (159)	7:51.05 (164)	16:20.81 (133)
128 Logan Plourde	Norwalk Community	--	20:04.67	3:38.51 (205)	7:57.71 (184)	16:23.13 (137)
129 Adrian Gonzalez	Marshalltown	82	20:05.21	3:22.40 (116)	7:38.52 (125)	16:13.94 (123)
130 Chase Colton	Johnston	--	20:06.34	3:21.44 (108)	7:47.09 (148)	16:27.74 (147)
131 Carlos Morales	Linn-Mar Marion	--	20:06.87	3:33.82 (174)	7:45.97 (143)	16:20.88 (134)
132 Reed Swartz	Marshalltown	83	20:07.33	3:25.99 (135)	7:44.28 (140)	16:23.85 (140)
133 Lane Osterloh	Norwalk Community	--	20:07.85	3:38.15 (201)	7:57.46 (183)	16:22.59 (135)
134 Elias Lightfoot	Bettendorf	84	20:10.23	3:20.38 (100)	7:39.46 (127)	16:26.39 (144)
135 Gavin VanBrocklin	Cedar Falls	--	20:10.35	3:22.66 (118)	7:36.49 (119)	16:11.31 (117)
136 Thiago Bedal	Linn-Mar Marion	--	20:11.76	3:38.06 (200)	7:52.55 (171)	16:27.21 (146)
137 Mitchell Doepke	Denver	85	20:11.92	3:33.54 (170)	7:47.87 (152)	16:17.81 (130)
138 Tyler Moody	Cedar Falls	--	20:12.52	3:15.65 (75)	7:26.80 (97)	16:11.38 (118)
139 James Porter	Bettendorf	86	20:13.48	3:23.93 (123)	7:37.85 (122)	16:24.42 (143)
140 Cole Walter	Newton	87	20:13.61	3:38.23 (204)	8:09.02 (217)	16:33.96 (158)
141 Eli Heckert	Norwalk Community	--	20:15.14	3:37.50 (197)	7:53.35 (175)	16:17.20 (129)
142 Garrett Rohden	Johnston	--	20:15.85	3:44.06 (250)	8:04.85 (208)	16:34.66 (159)
143 Isaiah Mayfield	Cedar Falls	--	20:16.15	3:28.48 (148)	7:42.07 (133)	16:19.59 (132)
144 Cayden Scheil	Mount Vernon-Lisbon	88	20:16.45	3:28.92 (154)	7:49.80 (156)	16:24.37 (142)

Athlete	Team	Score	Time	900m	2k	4k
145 James Mandt	Cedar Falls	--	20:16.70	3:25.47 (130)	7:42.27 (135)	16:29.27 (150)
146 Camden Lyons	Solon	89	20:16.95	3:10.15 (39)	7:21.49 (85)	16:15.49 (126)
147 Ben White	Linn-Mar Marion	--	20:17.33	3:40.90 (224)	7:50.80 (163)	16:27.18 (145)
148 Kaden Meader	Mid-Prairie Wellman	90	20:17.57	3:38.60 (206)	8:02.73 (202)	16:40.36 (171)
149 Nik Hudak	Urbandale	--	20:18.76	3:21.32 (106)	7:35.63 (114)	16:22.75 (136)
150 Mitch Driscoll	Johnston	--	20:19.95	3:33.59 (171)	7:52.09 (168)	16:30.32 (153)
151 Eli McGee	Johnston	--	20:21.05	3:43.83 (245)	8:04.61 (207)	16:35.39 (162)
152 Jace Arends	Cedar Falls	--	20:22.24	3:30.16 (161)	7:47.02 (147)	16:33.42 (156)
153 Gene Warby	Cedar Falls	--	20:23.02	3:39.19 (210)	8:12.44 (231)	16:42.75 (175)
154 Leo Hackett	Linn-Mar Marion	--	20:23.32	3:34.08 (178)	7:50.37 (159)	16:31.96 (154)
155 Luke Wagner	Johnston	--	20:23.49	3:28.15 (146)	7:45.21 (141)	16:29.57 (151)
156 Ruhan Gupta	Johnston	--	20:24.00	3:20.32 (99)	7:34.27 (109)	16:14.50 (125)
157 Connor McMann	North Scott Eldridge	91	20:24.36	3:43.20 (240)	8:09.89 (220)	16:48.63 (182)
158 Carter Klein	Bloomington Jefferson	92	20:25.59	3:37.80 (199)	8:01.27 (196)	16:36.75 (164)
159 Jacob Drieier	Center Point-Urbana	93	20:25.64	3:26.74 (138)	7:41.51 (131)	16:28.92 (148)
160 Bassil Elshiekh	Linn-Mar Marion	--	20:25.77	3:41.13 (227)	7:58.25 (188)	16:38.11 (166)
161 Ethan Mckee	Cedar Falls	--	20:27.13	3:28.59 (151)	7:42.53 (136)	16:29.62 (152)
162 Aidan Kittle	Valley West Des Moines	--	20:27.30	3:34.45 (180)	7:51.58 (167)	16:32.55 (155)
163 Will Kremer	Cedar Falls	--	20:27.59	3:29.11 (156)	7:43.07 (138)	16:33.59 (157)
164 Ian Meyer	Marshalltown	94	20:28.53	3:31.94 (167)	7:55.29 (177)	16:28.99 (149)
165 Hayes Arwine	Williamsburg	95	20:28.69	3:52.15 (281)	8:16.09 (247)	16:48.70 (183)
166 Nolan Kent	Williamsburg	96	20:30.27	3:41.06 (226)	8:04.27 (206)	16:45.02 (177)
167 Alex Argotsinger	Urbandale	--	20:30.82	3:21.96 (112)	7:34.79 (111)	16:36.40 (163)
168 Gabriel King	Valley West Des Moines	--	20:32.22	3:23.39 (119)	7:35.58 (113)	16:23.39 (138)
169 Talan Stradt	Linn-Mar Marion	--	20:32.66	3:41.39 (231)	7:59.00 (192)	16:38.41 (169)
170 Trent Oyen	Onalaska	--	20:34.16	3:34.33 (179)	7:52.55 (172)	16:37.36 (165)
171 Aiden Lange	Dubuque Hempstead	--	20:35.53	3:18.93 (93)	7:34.27 (110)	16:46.73 (179)
172 Lewis Sutton	Solon	97	20:36.11	3:21.23 (105)	7:42.09 (134)	16:34.80 (161)
173 Essey Reda	Sioux City North	98	20:36.42	3:35.88 (186)	7:52.79 (174)	16:38.25 (167)
174 Luke Simmons	North Scott Eldridge	99	20:37.14	3:43.43 (242)	8:14.53 (243)	16:49.50 (186)
175 Mateo Holcomb	Urbandale	--	20:37.60	3:37.50 (196)	7:56.07 (179)	16:42.32 (174)
176 Brayden Beck	Center Point-Urbana	100	20:39.25	3:18.11 (90)	7:32.27 (105)	16:39.00 (170)
177 Alex Carrera	South Tama County Tama	101	20:39.41	3:43.43 (241)	8:09.19 (219)	16:48.82 (184)
178 Carson Wirtz	Cedar Falls	--	20:41.74	3:33.84 (175)	7:57.10 (181)	16:48.16 (181)
179 Jacob Steege	Denver	102	20:41.83	3:37.15 (193)	8:03.05 (204)	16:53.25 (190)
180 Josh Rabenhorst	Denver	--	20:42.32	3:40.33 (215)	8:03.89 (205)	16:59.57 (198)
181 Peter LaMasters	Valley West Des Moines	--	20:42.58	3:25.52 (132)	7:49.42 (154)	16:46.94 (180)
182 Adam Blakeman	Columbus Catholic Waterloo	103	20:45.16	3:20.83 (102)	7:39.13 (126)	16:38.32 (168)
183 Eli Ralston	South Hamilton Jewell	104	20:45.33	3:28.85 (153)	7:47.78 (151)	16:41.83 (173)
184 Oliver Olsen	North Scott Eldridge	105	20:45.63	3:46.33 (261)	8:14.01 (240)	16:58.24 (194)
185 Jimmy Wood	Linn-Mar Marion	--	20:47.13	3:36.42 (187)	7:51.51 (165)	16:53.36 (191)
186 Evan Felton	Linn-Mar Marion	--	20:48.85	3:30.40 (163)	7:50.23 (157)	16:44.62 (176)
187 Ben Barker	Iowa City West	--	20:49.60	3:33.23 (169)	7:59.99 (194)	17:00.14 (199)
188 Will Scott	Dubuque Hempstead	--	20:50.33	3:21.77 (110)	7:41.30 (130)	16:52.31 (188)
189 Paul Ode	Iowa City West	--	20:50.37	3:21.09 (103)	7:33.80 (107)	16:34.66 (160)

Athlete	Team	Score	Time	900m	2k	4k
190 Henry Wiering	Cedar Falls	--	20:51.17	3:30.87 (165)	7:54.61 (176)	16:58.59 (195)
191 Jon Hudak	Urbandale	--	20:51.62	3:28.76 (152)	7:58.82 (190)	17:00.28 (200)
192 Zach Ung	Norwalk Community	--	20:53.61	3:27.07 (140)	7:36.09 (116)	16:46.59 (178)
193 Charles Schultz	Dubuque Hempstead	--	20:53.95	3:49.48 (272)	8:20.35 (253)	17:04.29 (206)
194 Mason Schaack	North Scott Eldridge	106	20:54.31	3:46.99 (265)	8:15.74 (246)	16:59.20 (197)
195 Brett Schindler	Onalaska	--	20:54.67	3:33.96 (176)	7:58.02 (185)	16:57.09 (193)
196 Charles Gilbertson	Marshalltown	107	20:54.82	3:28.94 (155)	7:46.88 (146)	16:40.59 (172)
197 Blake Glennon	Johnston	--	20:55.09	3:34.57 (182)	7:58.04 (186)	16:50.88 (187)
198 Alton Ladd	Valley West Des Moines	--	20:57.50	3:39.89 (212)	8:12.25 (229)	17:09.63 (215)
199 Evan Kluesner	Urbandale	--	20:57.73	3:34.99 (184)	7:55.83 (178)	17:05.71 (208)
200 Tyson Hathaway	Valley West Des Moines	--	20:57.87	3:28.22 (147)	7:51.57 (166)	16:49.40 (185)
201 Trevor Huegerich	Cedar Falls	--	20:57.91	3:37.08 (192)	8:02.45 (199)	16:55.10 (192)
202 Brandon McLaughlin	Valley West Des Moines	--	20:58.03	3:37.80 (198)	7:56.16 (180)	16:53.20 (189)
203 Ben Couvillon	Johnston	--	20:58.59	3:41.18 (228)	7:58.44 (189)	16:58.83 (196)
204 Joseph Olson	Sioux City North	--	21:00.56	3:40.55 (220)	8:11.45 (226)	17:20.34 (228)
205 Caden Mai	Solon	108	21:00.92	3:41.74 (232)	8:10.43 (222)	17:03.86 (204)
206 Gavin Haroldson	Sioux City North	--	21:01.06	3:40.01 (213)	8:05.29 (209)	17:13.03 (219)
207 Connor Doyle	Cedar Falls	--	21:02.81	3:38.95 (207)	8:06.39 (211)	17:14.65 (221)
208 Carson Anton	Cedar Falls	--	21:05.19	3:39.68 (211)	8:05.35 (210)	17:01.73 (202)
209 Larson De Boer	Urbandale	--	21:06.39	3:29.32 (157)	7:57.12 (182)	17:06.16 (209)
210 Isaac Benscooter	Marshalltown	109	21:06.56	3:43.92 (248)	8:20.87 (254)	17:12.70 (218)
211 Carson Gibbs	South Hamilton Jewell	110	21:07.29	3:41.97 (233)	8:11.40 (225)	17:12.44 (217)
212 Mason Roberts	Valley West Des Moines	--	21:07.76	3:41.01 (225)	8:03.05 (203)	17:01.50 (201)
213 Max Donaldson	Cedar Falls	--	21:07.85	3:34.05 (177)	8:02.70 (201)	17:11.08 (216)
214 Charlie Pettit	Solon	--	21:07.93	3:42.40 (236)	8:09.99 (221)	17:04.52 (207)
215 Asif Ali	Iowa City West	--	21:09.66	3:44.11 (251)	8:14.39 (241)	17:15.79 (222)
216 Sean Kelley	Dubuque Hempstead	--	21:09.85	3:31.73 (166)	8:02.51 (200)	17:06.93 (211)
217 Parthiv Rengarajan	Valley West Des Moines	--	21:11.04	3:45.65 (256)	8:18.23 (250)	17:09.47 (214)
218 Philip Lueth	Bloomington Jefferson	111	21:11.22	3:26.22 (137)	7:58.24 (187)	17:16.66 (224)
219 Will Gerhold	Center Point-Urbana	112	21:11.40	3:26.95 (139)	7:50.61 (162)	17:06.54 (210)
220 Zach McMann	North Scott Eldridge	113	21:11.50	3:46.22 (260)	8:19.71 (251)	17:15.98 (223)
221 Will Wolf	Cedar Falls	--	21:12.25	3:33.77 (173)	8:00.25 (195)	17:08.13 (212)
222 Michael Brandl	Kasson-Mantorville/Triton	114	21:12.72	3:50.99 (274)	8:17.93 (248)	17:08.30 (213)
223 Carl Stockert	Bloomington Jefferson	115	21:12.81	3:40.64 (221)	8:13.94 (239)	17:13.69 (220)
224 Aiden Bridges	Waverly-Shell Rock	116	21:14.15	3:38.20 (203)	8:13.85 (238)	17:18.56 (226)
225 Josiah Hale	Solon	--	21:14.93	3:28.55 (150)	7:50.55 (160)	17:04.01 (205)
226 Nile Busch	Williamsburg	117	21:16.97	3:45.12 (255)	8:14.47 (242)	17:03.61 (203)
227 Jett Didelot	Dubuque Hempstead	--	21:18.81	3:58.80 (322)	8:35.35 (286)	17:21.12 (229)
228 James Frohlich	Bettendorf	118	21:20.17	3:40.10 (214)	8:13.37 (235)	17:35.69 (243)
229 Carson Snyder	Marshalltown	119	21:20.81	3:40.43 (218)	8:14.80 (244)	17:19.69 (227)
230 Rene Meza	Solon	--	21:20.92	3:56.18 (309)	8:35.09 (284)	17:35.79 (244)
231 Jackson Warren	Norwalk Community	--	21:26.20	3:27.65 (144)	7:52.35 (169)	17:27.84 (235)
232 Colten Hoeger	Clayton Ridge Guttenberg	--	21:27.25	3:44.58 (252)	8:23.63 (261)	17:31.73 (238)
233 Drew Kehoe	Norwalk Community	--	21:27.83	3:49.05 (270)	8:26.05 (264)	17:21.70 (230)
234 Ian Ressler	Solon	--	21:28.99	3:56.02 (308)	8:35.42 (288)	17:41.32 (252)

Athlete	Team	Score	Time	900m	2k	4k
235 Finn O'Hara	Urbandale	--	21:29.20	3:57.44 (316)	8:40.33 (293)	17:32.34 (239)
236 Sam Sparks	Urbandale	--	21:29.85	3:41.29 (230)	8:12.11 (228)	17:23.69 (232)
237 Jett Jansen	Marshalltown	120	21:30.74	3:43.85 (246)	8:09.08 (218)	17:18.19 (225)
238 Noah Baxa	Bettendorf	121	21:30.93	3:38.15 (202)	8:08.08 (213)	17:30.77 (237)
239 Hudson Nunnelley	Williamsburg	122	21:33.37	3:53.98 (292)	8:25.77 (263)	17:25.45 (234)
240 Jacob Wheeler	Marshalltown	--	21:34.72	3:54.52 (297)	8:35.01 (283)	17:37.20 (248)
241 Ethan Guild	Urbandale	--	21:36.97	3:41.27 (229)	8:12.27 (230)	17:23.76 (233)
242 Braulio Esteves	Bettendorf	123	21:37.13	3:37.15 (194)	8:08.90 (216)	17:35.81 (245)
243 Isaac Larson	Valley West Des Moines	--	21:37.76	3:45.89 (258)	8:18.07 (249)	17:28.36 (236)
244 Maximo Zuniga	Columbus Catholic Waterloo	124	21:39.95	3:48.91 (269)	8:26.37 (265)	17:41.49 (253)
245 Kenny Skinner Havens	Newton	125	21:40.19	3:27.37 (142)	7:59.13 (193)	17:32.95 (240)
246 Lucas Bantz	Marshalltown	--	21:41.77	3:34.80 (183)	8:12.03 (227)	17:37.45 (249)
247 Henry Zou	Johnston	--	21:44.86	3:51.59 (278)	8:31.79 (277)	17:42.33 (254)
248 Joel Lewis	Newton	126	21:46.12	3:27.47 (143)	7:58.99 (191)	17:33.07 (241)
249 Jacob Alger	Mount Vernon-Lisbon	127	21:47.13	3:47.46 (266)	8:24.61 (262)	17:38.06 (251)
250 Michael Westendorf	Johnston	--	21:49.63	3:46.62 (263)	8:30.52 (273)	17:36.87 (246)
251 Andrew Croft	Valley West Des Moines	--	21:50.33	3:40.41 (217)	8:15.45 (245)	17:37.71 (250)
252 Jovanie Perez	South Tama County Tama	128	21:50.77	3:43.90 (247)	8:13.01 (233)	17:35.34 (242)
253 Liam Woods	Cedar Falls	--	21:50.86	3:49.17 (271)	8:31.93 (278)	17:49.01 (261)
254 Dagen Henzen	Denver	--	21:54.60	3:54.02 (293)	8:31.29 (274)	17:47.44 (260)
255 Isaac Copeland	North Scott Eldridge	129	21:56.43	3:40.38 (216)	8:07.76 (212)	17:37.15 (247)
256 Max Vilar	Dubuque Hempstead	--	21:56.86	3:53.51 (288)	8:29.61 (271)	17:55.03 (264)
257 Cole Schott	Urbandale	--	21:57.52	3:57.23 (314)	8:40.91 (295)	17:50.60 (262)
258 Jack Fagan	Linn-Mar Marion	--	21:58.20	3:44.62 (253)	8:21.40 (255)	17:46.05 (257)
259 Zach Torson	Linn-Mar Marion	--	21:58.23	4:03.37 (337)	8:42.73 (301)	17:56.11 (267)
260 Carter Halvorson	Cedar Falls	--	22:00.97	3:29.58 (160)	8:10.99 (223)	17:45.91 (256)
261 Karter Holdridge	Bettendorf	130	22:01.30	3:26.06 (136)	8:08.54 (215)	17:54.84 (263)
262 Henrey Malcom	Dubuque Hempstead	--	22:01.93	3:46.83 (264)	8:28.89 (270)	17:58.20 (270)
263 Finn Schaefer	Wapsie Valley Fairbank	--	22:02.79	3:51.68 (279)	8:20.23 (252)	17:47.09 (259)
264 Brevin Kinard	Cedar Falls	--	22:04.05	3:42.19 (235)	8:13.75 (237)	17:46.48 (258)
265 Paxton Hickey	Dubuque Hempstead	--	22:04.79	3:55.97 (307)	8:33.10 (280)	17:56.37 (268)
266 Nathan Tischer	Johnston	--	22:04.86	3:37.03 (191)	8:01.43 (197)	17:45.63 (255)
267 Nick Kongable	Center Point-Urbana	131	22:08.27	3:56.86 (312)	8:33.59 (281)	17:55.41 (265)
268 Brody Hawk	Williamsburg	132	22:13.70	3:54.47 (296)	8:27.55 (269)	17:55.97 (266)
269 Ethan Backes	Clayton Ridge Guttenberg	--	22:14.32	3:45.09 (254)	8:31.33 (275)	18:12.47 (280)
270 Conall Smith	Regina Iowa City	--	22:14.52	3:52.99 (285)	8:32.56 (279)	18:03.40 (273)
271 Ethan Melloy	Solon	--	22:15.07	3:55.90 (305)	8:35.75 (289)	17:56.86 (269)
272 Wouter Reuling	Waverly-Shell Rock	133	22:17.17	3:42.96 (239)	8:22.61 (258)	18:05.95 (275)
273 Sam Fink	South Hamilton Jewell	134	22:18.30	3:48.21 (267)	8:30.39 (272)	18:06.75 (277)
274 Eli Hutchison	Valley West Des Moines	--	22:20.13	4:03.05 (336)	8:49.06 (314)	18:06.68 (276)
275 Adrian Sanchez	Mid-Prairie Wellman	135	22:21.93	3:43.78 (244)	8:22.81 (260)	18:01.57 (272)
276 Elliot Walz	Sioux City North	--	22:23.09	3:57.14 (313)	8:41.73 (299)	18:00.94 (271)
277 Alex Cullum	Bettendorf	--	22:24.09	3:53.56 (290)	8:43.38 (302)	18:23.13 (287)
278 Braydon Baker	Solon	--	22:24.17	3:56.39 (311)	8:35.36 (287)	18:08.95 (278)
279 Brody Cash	Solon	--	22:24.77	3:55.66 (303)	8:35.29 (285)	18:13.52 (282)

Athlete	Team	Score	Time	900m	2k	4k
280 Vincent Sacco	Cedar Falls	--	22:27.96	3:55.17 (301)	8:46.65 (307)	18:13.03 (281)
281 Koen Krambeck	North Scott Eldridge	136	22:32.26	4:01.85 (332)	8:44.93 (305)	18:19.08 (286)
282 Brendan Olney	Regina Iowa City	--	22:32.74	3:55.90 (306)	8:58.80 (324)	18:37.61 (303)
283 Sam Strawn	Norwalk Community	--	22:33.55	3:57.33 (315)	8:44.91 (304)	18:38.79 (305)
284 Lane Tarbill	South Hamilton Jewell	137	22:34.13	3:45.77 (257)	8:26.89 (266)	18:17.70 (283)
285 Grady Klingeman	Regina Iowa City	--	22:34.28	4:02.09 (333)	9:01.37 (331)	18:34.83 (301)
286 Daniel Bonilla	Urbandale	--	22:35.48	3:57.77 (318)	8:50.47 (317)	18:38.42 (304)
287 Kager Kremer	Marshalltown	--	22:35.73	3:46.55 (262)	8:31.67 (276)	18:23.37 (288)
288 Phillip Myli	South Tama County Tama	138	22:35.84	3:42.75 (238)	8:08.20 (214)	17:23.37 (231)
289 Nathan Cole	Bloomington Jefferson	139	22:36.29	3:54.40 (294)	8:39.40 (291)	18:18.85 (285)
290 Joe Rabenhorst	Denver	--	22:37.20	3:55.03 (300)	8:48.07 (310)	18:32.02 (296)
291 Jacob Smith	Newton	140	22:38.48	3:56.30 (310)	8:51.86 (318)	18:32.46 (297)
292 Sawyer Hough	Mid-Prairie Wellman	141	22:40.14	3:40.76 (222)	8:11.19 (224)	18:05.93 (274)
293 Arseni Ceban	Johnston	--	22:40.24	4:01.12 (330)	8:50.28 (316)	18:27.33 (291)
294 Donovan Mathis	Johnston	--	22:43.40	4:00.40 (326)	8:57.78 (323)	18:24.92 (289)
295 Brayden Moore	South Hamilton Jewell	142	22:43.52	3:54.87 (298)	8:34.17 (282)	18:29.56 (292)
296 Carson McConkey	Norwalk Community	--	22:44.35	3:58.22 (320)	8:53.44 (320)	18:39.38 (307)
297 Jackson Herring	Cedar Falls	--	22:46.84	3:51.47 (276)	8:41.49 (297)	18:30.05 (293)
298 Myles Goldman	Marshalltown	--	22:47.30	4:10.24 (366)	9:05.23 (338)	18:40.81 (309)
299 Drew Tjaden	Cedar Falls	--	22:47.58	3:51.35 (275)	8:42.09 (300)	18:30.64 (294)
300 Andrew Hughes	Cedar Falls	--	22:48.09	3:53.93 (291)	8:48.15 (312)	18:32.82 (298)
301 Tsion Bird	Waverly-Shell Rock	143	22:48.21	3:50.88 (273)	8:37.47 (290)	18:09.47 (279)
302 John Holland	Cedar Falls	--	22:51.47	3:58.01 (319)	8:49.14 (315)	18:33.68 (299)
303 Truitt Nelson	Kasson-Mantorville/Triton	144	22:53.69	4:06.45 (350)	9:01.82 (333)	18:34.25 (300)
304 Levi Kramer	Dubuque Hempstead	--	22:54.67	4:05.48 (345)	9:04.88 (337)	18:45.47 (313)
305 Henry Benton	Valley West Des Moines	--	22:57.30	3:43.71 (243)	8:27.30 (268)	18:24.94 (290)
306 Jack Szymczyk	Johnston	--	23:02.24	3:53.04 (286)	8:45.15 (306)	18:36.10 (302)
307 Aidan Seeks	Cedar Falls	--	23:05.43	3:55.62 (302)	8:48.15 (311)	18:40.31 (308)
308 Josiah Swales	Denver	--	23:07.76	4:10.38 (367)	9:02.72 (335)	18:46.36 (314)
309 P.J. Carey	Williamsburg	145	23:08.40	4:07.01 (353)	9:01.39 (332)	18:41.65 (310)
310 Tyler Gregory	Solon	--	23:08.60	4:11.30 (372)	9:18.16 (357)	19:04.34 (323)
311 Kaden Badura	Waverly-Shell Rock	146	23:10.19	3:42.12 (234)	8:21.46 (256)	18:31.60 (295)
312 Kael McDaniel	Urbandale	--	23:10.88	3:57.70 (317)	9:00.11 (326)	19:15.56 (335)
313 Thomas Gibson	Iowa City West	--	23:11.22	3:36.98 (190)	8:13.21 (234)	18:18.38 (284)
314 Owen Dralle	Cedar Falls	--	23:11.25	3:51.89 (280)	8:40.41 (294)	18:44.63 (311)
315 Mayan Madit	Valley West Des Moines	--	23:12.60	4:00.12 (324)	9:01.09 (329)	19:03.76 (322)
316 Zach Post	Center Point-Urbana	147	23:13.06	4:05.30 (342)	9:02.24 (334)	18:39.00 (306)
317 Hayden Wildman	Linn-Mar Marion	--	23:18.07	4:04.85 (340)	9:06.59 (341)	18:58.06 (317)
318 Mason Stucky	Kasson-Mantorville/Triton	148	23:18.95	3:59.44 (323)	8:53.96 (321)	18:49.34 (315)
319 Isaiah Wagner	Kee Lansing	--	23:19.77	4:17.58 (381)	9:37.33 (379)	19:21.71 (345)
320 Connor Abeln	Bloomington Jefferson	149	23:20.48	4:05.41 (344)	9:20.82 (361)	19:16.48 (336)
321 Gabe Keagle	Cedar Falls	--	23:20.53	3:51.54 (277)	8:46.77 (308)	19:00.10 (318)
322 Gavin Ridge	Onalaska	--	23:24.68	3:48.33 (268)	8:41.66 (298)	19:02.89 (320)
323 Walker Taylor	Cedar Falls	--	23:25.82	3:52.66 (284)	8:44.43 (303)	18:45.35 (312)
324 Ethan Ressler	Solon	--	23:27.80	4:11.04 (371)	9:19.85 (358)	19:09.73 (327)

Athlete	Team	Score	Time	900m	2k	4k
325 Carson Colton	Johnston	--	23:28.10	4:10.38 (368)	9:15.93 (354)	19:14.58 (334)
326 Alex Christ	Cedar Falls	--	23:28.60	3:40.52 (219)	8:13.48 (236)	18:57.21 (316)
327 Luke Gragg	Johnston	--	23:30.15	4:09.38 (364)	9:05.71 (339)	19:06.03 (324)
328 Cormac Wilson	Iowa City West	--	23:32.47	3:43.94 (249)	8:39.53 (292)	19:09.01 (326)
329 Colin Cummins	Newton	150	23:32.94	4:07.17 (354)	9:09.33 (345)	19:12.29 (330)
330 Jacob Berumez	Columbus Catholic Waterloo	151	23:34.83	3:39.07 (209)	8:26.91 (267)	19:14.04 (333)
331 Grant Porter	North Scott Eldridge	--	23:35.50	4:02.67 (335)	8:56.28 (322)	19:13.51 (331)
332 Symer Garcia	North Scott Eldridge	--	23:35.62	4:07.24 (355)	9:09.01 (344)	19:18.14 (340)
333 Owen Zirkelbach	Mid-Prairie Wellman	152	23:36.16	4:14.23 (376)	9:20.29 (359)	19:17.96 (339)
334 Ben Tentinger	Linn-Mar Marion	--	23:36.41	4:08.53 (361)	9:15.10 (352)	19:18.40 (341)
335 Jonathan Kramer	Johnston	--	23:37.23	4:02.09 (334)	9:06.37 (340)	19:18.45 (342)
336 Alex Castillo	Mid-Prairie Wellman	153	23:38.13	3:40.80 (223)	8:22.77 (259)	19:17.93 (338)
337 Carter Verthein	Kee Lansing	--	23:39.14	4:07.41 (358)	9:10.48 (346)	19:13.97 (332)
338 Britten Brandt	South Tama County Tama	154	23:39.14	3:52.24 (282)	8:47.71 (309)	19:01.18 (319)
339 Grant Guiter	Johnston	--	23:39.47	4:00.39 (325)	9:00.23 (327)	19:03.45 (321)
340 Carlos Guzman	Urbandale	--	23:40.43	4:06.21 (347)	9:01.30 (330)	19:08.42 (325)
341 Gustavo Perez-Espina	North Scott Eldridge	--	23:44.25	4:09.05 (363)	9:15.88 (353)	19:29.63 (346)
342 Youssef Bouguerra	Johnston	--	23:44.43	4:00.54 (327)	9:00.52 (328)	19:16.86 (337)
343 Hector Ortiz Martin	Iowa City West	--	23:45.13	4:05.41 (343)	9:21.17 (362)	19:18.94 (343)
344 Bronson Beals	Linn-Mar Marion	--	23:45.48	4:16.67 (378)	9:17.70 (356)	19:19.90 (344)
345 Kasey Thiese	Clayton Ridge Guttenberg	--	23:46.03	3:53.13 (287)	8:48.79 (313)	19:11.47 (328)
346 Emmett Beach	South Hamilton Jewell	155	23:46.85	3:53.53 (289)	8:41.17 (296)	19:12.05 (329)
347 Rayden Hill	South Tama County Tama	156	23:48.61	4:10.43 (369)	9:14.46 (349)	19:31.13 (348)
348 Xander Peterson	Denver	--	23:49.08	4:24.61 (398)	9:38.89 (382)	19:30.08 (347)
349 Gentry Swarts	Newton	157	23:52.84	4:17.81 (383)	9:26.05 (369)	19:35.96 (351)
350 Cooper Stein	Valley West Des Moines	--	23:57.30	4:19.62 (386)	9:29.67 (374)	19:43.39 (352)
351 Maddox Wajda	Valley West Des Moines	--	24:03.71	4:14.77 (377)	9:24.70 (368)	19:33.15 (350)
352 Cole Hansen	Cedar Falls	--	24:06.74	4:01.17 (331)	9:07.64 (343)	19:31.81 (349)
353 Shreyas Shrestha	Johnston	--	24:09.16	4:25.08 (399)	9:50.37 (390)	20:07.51 (360)
354 Owen Errthum	Dubuque Hempstead	--	24:20.22	4:17.20 (379)	9:38.09 (380)	20:00.52 (356)
355 Kyran Stanfield	Marshalltown	--	24:20.90	3:52.31 (283)	8:53.13 (319)	19:55.93 (354)
356 Rauf Dadabaev	Norwalk Community	--	24:22.81	4:04.64 (339)	9:21.83 (365)	20:12.36 (363)
357 Andy Britt	Waverly-Shell Rock	158	24:24.85	3:58.66 (321)	9:06.74 (342)	20:03.01 (358)
358 McCoy Mdravy	Waverly-Shell Rock	159	24:26.63	4:01.08 (329)	9:28.14 (373)	20:02.51 (357)
359 Hayden Ackley	Linn-Mar Marion	--	24:30.37	4:05.91 (346)	9:12.12 (348)	19:46.48 (353)
360 Nick Berumez	Columbus Catholic Waterloo	160	24:38.66	4:07.31 (356)	9:20.57 (360)	19:58.04 (355)
361 Nick Halverson	Kasson-Mantorville/Triton	161	24:40.78	4:08.93 (362)	9:14.97 (351)	20:13.48 (365)
362 Evzen Meza	Solon	--	24:42.27	4:12.59 (374)	9:26.81 (371)	20:06.01 (359)
363 Mitchell Baughman	Valley West Des Moines	--	24:44.79	4:20.30 (387)	9:36.55 (376)	20:09.10 (362)
364 Jacob Thomas	Valley West Des Moines	--	24:48.71	4:22.03 (391)	9:41.24 (386)	20:17.40 (368)
365 Benjamin Nimaja	Sioux City North	--	24:49.38	4:06.82 (352)	9:17.38 (355)	20:16.44 (367)
366 Ryley Gerst	Waverly-Shell Rock	162	24:51.24	3:54.45 (295)	9:27.80 (372)	20:18.41 (370)
367 Jacob Kramer	Solon	--	24:54.40	4:12.37 (373)	9:22.27 (366)	20:13.72 (366)
368 Mueller Leland	Clayton Ridge Guttenberg	--	24:54.97	4:18.54 (384)	9:30.33 (375)	20:17.70 (369)
369 Logan Nissen	Center Point-Urbana	--	25:00.54	4:25.76 (401)	9:53.66 (394)	20:26.94 (372)

Athlete	Team	Score	Time	900m	2k	4k
370 Thomas Tong	Iowa City West	--	25:08.42	4:04.92 (341)	9:21.37 (363)	20:21.41 (371)
371 Blake Schimonitz	Valley West Des Moines	--	25:09.06	4:21.42 (389)	9:41.49 (387)	20:40.56 (376)
372 Robert Lee	Wapsie Valley Fairbank	--	25:10.93	4:25.43 (400)	10:01.49 (397)	20:46.70 (381)
373 Elijah Eike	Wapsie Valley Fairbank	--	25:11.12	4:22.95 (394)	9:44.60 (388)	20:31.58 (374)
374 Ryan Gaines	Cedar Falls	--	25:11.58	3:54.94 (299)	9:03.62 (336)	20:08.02 (361)
375 Ethan Comer	Newton	--	25:15.64	4:17.75 (382)	9:36.87 (378)	20:27.08 (373)
376 Nathan Leemhuis	Linn-Mar Marion	--	25:18.56	4:08.42 (360)	9:14.79 (350)	20:35.12 (375)
377 Ben Tokheim	Johnston	--	25:20.02	4:29.06 (406)	10:03.23 (399)	20:52.93 (384)
378 Parker Welbes	Dubuque Hempstead	--	25:22.99	4:36.03 (411)	10:03.49 (400)	20:43.11 (379)
379 Aiden Quam	Dubuque Hempstead	--	25:23.22	4:06.28 (348)	9:24.46 (367)	20:42.83 (378)
380 Owen Snyder	Linn-Mar Marion	--	25:28.08	4:03.51 (338)	9:10.96 (347)	20:12.59 (364)
381 Chase Voss	Kasson-Mantorville/Triton	163	25:29.14	4:20.70 (388)	9:39.74 (385)	20:42.76 (377)
382 Tyson Kaas	Bloomington Jefferson	164	25:31.94	4:18.63 (385)	9:54.96 (395)	20:53.12 (385)
383 Zane Schmitz	Valley Lutheran	--	25:36.37	4:25.99 (403)	9:50.60 (391)	20:58.82 (386)
384 Matthew Groeneveld	Cedar Falls	--	25:39.98	3:55.73 (304)	8:59.68 (325)	20:49.77 (382)
385 Madden Kane	Wapsie Valley Fairbank	--	25:42.86	4:23.02 (395)	9:48.38 (389)	20:44.56 (380)
386 Charles Lindstrom	Bloomington Jefferson	165	25:53.05	4:17.37 (380)	9:39.51 (384)	20:52.70 (383)
387 Luke Berger	Cedar Falls	--	25:56.02	4:21.70 (390)	9:52.61 (392)	21:02.71 (387)
388 Louis Minard	Columbus Catholic Waterloo	166	26:00.09	4:07.31 (357)	9:26.75 (370)	21:03.53 (388)
389 Owen Rekers	Solon	--	26:08.90	4:28.38 (405)	10:10.17 (404)	21:26.24 (393)
390 Luke Kleinmeyer	Williamsburg	167	26:10.23	4:31.55 (407)	10:20.89 (405)	21:27.76 (395)
391 Brooks Ohme	Bloomington Jefferson	--	26:12.93	4:33.33 (409)	10:22.93 (406)	21:25.35 (391)
392 Logan Brus	North Scott Eldridge	--	26:20.12	4:06.61 (351)	10:04.56 (401)	21:05.05 (389)
393 Matthew Hammerand	Urbandale	--	26:30.38	4:06.28 (349)	9:52.65 (393)	21:40.21 (397)
394 Owen Powell	North Scott Eldridge	--	26:36.03	4:10.13 (365)	9:39.09 (383)	21:27.74 (394)
395 Jay Lawson	Cedar Falls	--	26:37.32	4:23.44 (396)	10:09.91 (403)	21:26.19 (392)
396 Elijah Bond	BCLUW Conrad	--	26:42.52	4:00.68 (328)	9:36.81 (377)	21:22.28 (390)
397 Jonathan Mcloughin	Bloomington Jefferson	--	26:49.26	4:13.78 (375)	10:00.43 (396)	21:37.56 (396)
398 Ryne Copple	Norwalk Community	--	26:59.60	4:22.78 (393)	10:09.77 (402)	21:51.27 (398)
399 Alex Henning	Columbus Catholic Waterloo	168	27:42.44	4:24.45 (397)	10:34.15 (409)	22:45.42 (400)
400 Jackson Mraz	Waverly-Shell Rock	--	27:57.43	4:41.30 (413)	10:34.94 (410)	22:33.37 (399)
401 Sam Biles	Linn-Mar Marion	--	28:04.87	4:34.95 (410)	10:39.67 (411)	23:09.09 (404)
402 James Foo	Johnston	--	28:21.87	4:47.20 (415)	11:06.10 (415)	23:19.61 (405)
403 Justin Leemhuis	Linn-Mar Marion	--	28:22.81	4:39.61 (412)	10:32.88 (407)	22:59.90 (401)
404 Zachary Pikus	Bloomington Jefferson	--	28:23.44	4:43.20 (414)	10:53.33 (412)	23:05.48 (403)
405 Evan Reschly	Mid-Prairie Wellman	--	28:25.20	5:23.58 (420)	11:28.97 (419)	23:34.71 (407)
406 Carter Enos	Norwalk Community	--	28:38.00	4:22.29 (392)	10:01.97 (398)	23:05.27 (402)
407 Matthew Bradley	Marshalltown	--	28:42.02	4:31.90 (408)	10:57.91 (414)	23:34.66 (406)
408 Tucker Wedgwood	BCLUW Conrad	--	29:05.41	4:26.63 (404)	10:56.29 (413)	23:42.44 (408)
409 Darwin Shollenbarger	Denver	--	29:19.71	4:50.02 (416)	11:15.07 (416)	23:42.84 (409)
410 Cullen Santjer	Kasson-Mantorville/Triton	169	29:26.99	4:25.81 (402)	10:33.93 (408)	24:35.18 (411)
411 Michael Devalk	Solon	--	29:50.99	4:55.32 (418)	11:21.70 (417)	24:18.61 (410)
412 Orion Handy	Dubuque Hempstead	--	29:59.86	5:12.21 (419)	11:21.89 (418)	24:43.69 (412)
413 Owen Weber	Valley Lutheran	--	34:07.67	4:50.86 (417)	12:19.86 (420)	28:30.13 (413)
414 Nick Satterthwaite	Denver	--	34:18.60	6:03.29 (421)	13:36.15 (421)	28:31.14 (414)

Athlete	Team	Score	Time	900m	2k	4k
Danyal Mueh	Regina Iowa City	--	DNF	4:10.52 (370)	9:21.53 (364)	
Dawson Dufloth	North Scott Eldridge	--	DNF	3:45.98 (259)	8:21.85 (257)	
Caden Beland	Cedar Falls	--	DNF	3:36.58 (189)	8:12.76 (232)	
Kai Merrill	Iowa City West	--	DNF	3:15.83 (76)	7:50.27 (158)	
Adam Embrock	Sioux City North	--	DNF	3:24.23 (126)	7:49.48 (155)	
Alex Kaalberg	Linn-Mar Marion	--	DNF	3:20.55 (101)	7:35.29 (112)	
Blake Ihde	Clayton Ridge Guttenberg	--	DNF	4:08.32 (359)	9:38.52 (381)	

Race #7
Girls Varsity Gray 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Dubuque Hempstead	83	1:34:43	18:57
2	Pleasant Valley	92	1:36:03	19:13
3	Valley West Des Moines	129	1:37:02	19:25
4	Johnston	130	1:36:48	19:22
5	Bloomington Jefferson	224	1:39:35	19:55
6	Cedar Falls	241	1:41:19	20:16
7	De Soto	244	1:41:24	20:17
8	Solon	251	1:40:56	20:12
9	Mount Vernon-Lisbon	258	1:41:06	20:14
10	Linn-Mar Marion	260	1:41:45	20:21
11	Mid-Prairie Wellman	272	1:41:26	20:18
12	Denver	315	1:43:23	20:41
13	Earlham	338	1:44:07	20:50
14	Spencer	372	1:45:09	21:02
15	Iowa City Liberty	403	1:46:12	21:15
16	Sibley-Ocheyedan	431	1:46:57	21:24
17	Williamsburg	448	1:47:11	21:27
18	Sioux City North	464	1:47:57	21:36
19	Norwalk Community	506	1:49:01	21:49
20	Waverly-Shell Rock	509	1:48:57	21:48
21	Onalaska	529	1:51:10	22:14
22	Regina Iowa City	550	1:50:41	22:09

SPLIT SCORING SUMMARY
900M

UNOFFICIAL Standings	Score	
1	Valley West Des Moines	71
1	Dubuque Hempstead	71
3	Pleasant Valley	94
4	Johnston	126
5	Mount Vernon-Lisbon	211
6	Solon	237
7	De Soto	243
8	Cedar Falls	253
9	Bloomington Jefferson	286
10	Earlham	306
11	Onalaska	325
12	Spencer	326

UNOFFICIAL Standings		Score
13	Linn-Mar Marion	358
14	Sibley-Ocheyedan	369
15	Denver	372
16	Williamsburg	414
17	Waverly-Shell Rock	460
18	Mid-Prairie Wellman	475
19	Iowa City Liberty	491
20	Sioux City North	512
21	Norwalk Community	519
22	Regina Iowa City	575

2K

UNOFFICIAL Standings		Score
1	Pleasant Valley	75
2	Dubuque Hempstead	76
3	Valley West Des Moines	97
4	Johnston	143
5	De Soto	236
6	Mount Vernon-Lisbon	240
7	Solon	263
8	Bloomington Jefferson	270
9	Cedar Falls	271
10	Linn-Mar Marion	277
11	Earlham	325
12	Spencer	351
13	Denver	359
14	Mid-Prairie Wellman	361
15	Sibley-Ocheyedan	421
15	Williamsburg	421
17	Iowa City Liberty	443
18	Onalaska	449
19	Sioux City North	460
20	Waverly-Shell Rock	488
21	Norwalk Community	528
22	Regina Iowa City	553

4K

UNOFFICIAL Standings		Score
1	Dubuque Hempstead	90
2	Pleasant Valley	94
3	Valley West Des Moines	117
4	Johnston	126
5	Bloomington Jefferson	232

UNOFFICIAL Standings		Score
6	De Soto	235
7	Solon	247
8	Cedar Falls	250
9	Mount Vernon-Lisbon	254
10	Linn-Mar Marion	255
11	Mid-Prairie Wellman	274
12	Earlham	332
13	Denver	341
14	Spencer	369
15	Iowa City Liberty	418
16	Sibley-Ocheyedan	432
16	Williamsburg	432
18	Sioux City North	455
19	Norwalk Community	509
20	Waverly-Shell Rock	518
20	Onalaska	518
22	Regina Iowa City	550

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	2k	4k	
1	Addison Dorenkamp	Valley West Des Moines	1	17:40.92	3:02.08 (1)	6:48.45 (1)	14:18.97 (1)
2	Megan Lee	Bloomington Jefferson	2	17:47.42	3:06.81 (2)	6:59.15 (2)	14:26.09 (2)
3	Olivia Verde	Johnston	3	18:02.32	3:10.63 (3)	7:02.96 (3)	14:42.92 (4)
4	Danielle Hostetler	Mid-Prairie Wellman	4	18:11.19	3:20.88 (12)	7:11.60 (7)	14:48.92 (5)
5	Grace Boleyn	Pleasant Valley	5	18:15.28	3:21.37 (13)	7:12.03 (10)	14:49.23 (6)
6	Lourdes Mason	Mount Vernon-Lisbon	6	18:19.19	3:14.52 (8)	7:06.07 (4)	14:39.73 (3)
7	Julia Gehl	Dubuque Hempstead	7	18:22.41	3:14.24 (5)	7:11.25 (5)	14:50.54 (7)
8	Brooke O'Brien	Dubuque Hempstead	8	18:40.53	3:23.29 (19)	7:25.62 (16)	15:16.04 (13)
9	Lydia Sommer	Pleasant Valley	9	18:41.39	3:14.43 (6)	7:11.25 (6)	15:06.83 (8)
10	Kayla Young	Solon	10	18:41.88	3:22.59 (16)	7:24.62 (14)	15:15.92 (12)
11	Alyx Woodley	Johnston	11	18:46.21	3:12.60 (4)	7:12.07 (11)	15:09.71 (9)
12	Keelee Leitzen	Dubuque Hempstead	12	18:46.99	3:14.55 (9)	7:11.72 (9)	15:14.92 (11)
13	Madison Brouwer	Sibley-Ocheyedan	13	18:47.99	3:19.26 (11)	7:14.06 (12)	15:13.60 (10)
14	Evie Henneberry	Dubuque Hempstead	14	18:49.37	3:23.01 (17)	7:25.62 (15)	15:17.87 (14)
15	Breelie Mauro	Norwalk Community	15	19:06.03	3:24.23 (23)	7:27.14 (20)	15:31.06 (15)
16	Peyton Morey	Spencer	16	19:18.90	3:22.02 (14)	7:27.30 (21)	15:39.67 (16)
17	Rachel Adamson	Linn-Mar Marion	17	19:22.72	3:28.47 (35)	7:35.17 (29)	15:43.84 (20)
18	Brooke Bundt	De Soto	18	19:23.32	3:27.11 (26)	7:34.66 (26)	15:42.55 (19)
19	Zoe Zylstra	Cedar Falls	19	19:23.82	3:22.38 (15)	7:26.33 (17)	15:42.32 (18)
20	Cohen Kooker	Valley West Des Moines	20	19:26.15	3:17.17 (10)	7:21.01 (13)	15:41.47 (17)
21	Laura Swart	Mount Vernon-Lisbon	21	19:30.96	3:23.31 (20)	7:30.19 (22)	15:53.73 (22)
22	Addison Gillespie	De Soto	22	19:34.61	3:31.63 (52)	7:41.49 (34)	15:59.64 (26)
23	Elizabeth Jordan	Sioux City North	23	19:35.83	3:29.48 (45)	7:34.40 (25)	15:44.66 (21)

Athlete	Team	Score	Time	900m	2k	4k	
24	Lexi Minard	Pleasant Valley	24	19:36.15	3:24.30 (24)	7:26.33 (18)	15:56.71 (25)
25	Mackenzie Harger	Earlham	25	19:40.73	3:29.52 (46)	7:34.76 (27)	15:54.69 (23)
26	Jaylee Duncan	Pleasant Valley	26	19:42.44	3:23.10 (18)	7:26.83 (19)	16:11.26 (31)
27	Avery Trunkhill	Denver	27	19:44.39	3:29.03 (39)	7:40.68 (33)	16:01.75 (29)
28	Sophia Foad	Pleasant Valley	28	19:46.84	3:28.12 (34)	7:34.26 (24)	15:55.68 (24)
29	Madison Marco	Sibley-Ocheyedan	29	19:48.13	3:24.20 (22)	7:32.00 (23)	16:00.90 (27)
30	Abby Fleming	Mid-Prairie Wellman	30	19:51.12	3:46.61 (123)	8:02.55 (79)	16:14.71 (38)
31	Autumn Mills	Valley West Des Moines	31	19:51.87	3:27.79 (29)	7:44.17 (37)	16:01.09 (28)
32	Audrey Dummermuth	Johnston	32	19:53.03	3:30.04 (47)	7:47.43 (42)	16:11.50 (32)
33	Sophie Landrum	De Soto	33	19:56.19	3:27.27 (27)	7:38.03 (31)	16:06.76 (30)
34	Emrie Johnson	Mount Vernon-Lisbon	34	19:56.74	3:27.86 (30)	7:42.56 (36)	16:11.66 (33)
35	Caroline Hemann	Bloomington Jefferson	35	19:57.08	3:35.85 (70)	7:59.15 (68)	16:16.80 (44)
36	Josie Case	Pleasant Valley	36	19:59.63	3:29.38 (42)	7:39.83 (32)	16:12.08 (34)
37	Jaden Swarts	Cedar Falls	37	20:00.29	3:29.29 (41)	7:42.25 (35)	16:14.50 (37)
38	Raegan Reuter	Valley West Des Moines	38	20:01.22	3:28.05 (32)	7:44.25 (38)	16:13.54 (36)
39	Cali Trygstad	Valley West Des Moines	39	20:01.64	3:27.70 (28)	7:44.25 (39)	16:13.21 (35)
40	Ally Buck	Linn-Mar Marion	40	20:02.31	3:36.13 (72)	7:50.29 (49)	16:16.30 (43)
41	Micah Fitzgerald	Johnston	41	20:02.51	3:27.87 (31)	7:47.55 (43)	16:15.48 (40)
42	Natalie Schlichte	Dubuque Hempstead	42	20:03.24	3:23.55 (21)	7:35.49 (30)	16:18.62 (45)
43	Morgan Sullivan	Johnston	43	20:03.44	3:29.43 (43)	7:47.86 (44)	16:15.93 (42)
44	Olivia Spurling	Earlham	44	20:05.86	3:28.61 (36)	7:34.94 (28)	16:14.80 (39)
45	Maggie Burry	Johnston	45	20:06.75	3:32.68 (57)	7:49.24 (47)	16:15.81 (41)
46	Phoebe Shetler	Mid-Prairie Wellman	46	20:11.11	3:44.11 (101)	8:00.24 (74)	16:23.47 (50)
47	Maddie Digman	Dubuque Hempstead	47	20:11.66	3:29.45 (44)	7:47.14 (41)	16:19.98 (48)
48	Marissa Pewe	Johnston	48	20:12.18	3:36.25 (75)	7:53.84 (61)	16:23.73 (51)
49	Zada Buchholtz	Williamsburg	49	20:13.09	3:33.41 (62)	7:52.76 (56)	16:19.30 (46)
50	Jordyn Beck	Linn-Mar Marion	50	20:14.12	3:36.42 (76)	7:50.41 (51)	16:21.60 (49)
51	Krissy Spear	Johnston	--	20:15.31	3:32.16 (54)	7:48.76 (46)	16:24.72 (52)
52	Vivian Krhin	Bloomington Jefferson	51	20:16.05	3:37.35 (80)	7:59.42 (70)	16:29.97 (55)
53	Anna Besler	Dubuque Hempstead	52	20:16.49	3:30.20 (48)	7:47.11 (40)	16:19.73 (47)
54	Jamie Drewitz	Bloomington Jefferson	53	20:21.30	3:35.90 (71)	7:59.36 (69)	16:29.73 (54)
55	Maddie Gallagher	Cedar Falls	54	20:21.88	3:38.90 (88)	8:00.66 (76)	16:27.86 (53)
56	Gracie Federspiel	Solon	55	20:22.49	3:32.52 (56)	7:58.12 (66)	16:38.52 (57)
57	Sydney Dee	Solon	56	20:27.02	3:33.25 (61)	7:58.45 (67)	16:38.64 (58)
58	Mary Fiala	Solon	57	20:29.08	3:30.42 (49)	7:52.36 (55)	16:36.30 (56)
59	Sophia Dallal	Dubuque Hempstead	--	20:32.44	3:32.34 (55)	7:50.41 (50)	16:39.51 (59)
60	Amanda Smith	Earlham	58	20:35.94	3:36.44 (77)	7:56.13 (63)	16:42.13 (62)
61	Sydney Bochmann	Waverly-Shell Rock	59	20:37.53	3:28.87 (38)	7:49.66 (48)	16:47.29 (65)
62	Malia Taylor	Iowa City Liberty	60	20:44.08	3:38.57 (86)	8:06.82 (85)	16:53.45 (69)
63	Alexandra Thomas	Onalaska	61	20:44.10	3:28.80 (37)	7:51.72 (53)	16:42.48 (63)
64	Ivy Hamilton	Spencer	62	20:44.97	3:33.18 (59)	7:53.16 (59)	16:41.55 (61)
65	Brynn Edgin	Pleasant Valley	63	20:45.17	3:45.46 (114)	8:15.72 (97)	17:03.48 (82)
66	Klaire Lietz	Valley West Des Moines	64	20:45.46	3:28.05 (33)	7:48.24 (45)	16:49.09 (66)
67	Rachel Mandt	Cedar Falls	65	20:45.88	3:35.48 (69)	8:03.92 (82)	16:59.78 (76)
68	Caitlin Reiter	Pleasant Valley	--	20:45.93	3:40.07 (91)	8:00.06 (72)	16:40.96 (60)

Athlete	Team	Score	Time	900m	2k	4k	
69	Josee Simonson	Cedar Falls	66	20:46.96	3:35.48 (68)	8:04.06 (83)	16:59.83 (77)
70	Anna Scannell	Cedar Falls	67	20:47.04	3:36.16 (73)	8:03.92 (81)	17:00.04 (78)
71	Jayna Lamping	Johnston	--	20:47.66	3:38.15 (85)	8:00.39 (75)	16:51.23 (67)
72	Reeve Ristau	Denver	68	20:47.88	3:32.71 (58)	7:56.77 (64)	16:53.22 (68)
73	Hailey Homan	Denver	69	20:48.43	3:43.42 (99)	8:13.48 (93)	17:01.82 (80)
74	Bria Martell	Pleasant Valley	--	20:49.83	3:44.17 (103)	8:09.74 (88)	16:57.04 (73)
75	Emma Morey	Spencer	70	20:50.38	3:33.53 (63)	7:53.60 (60)	16:54.60 (71)
76	Bethany Northrup	Linn-Mar Marion	71	20:54.24	3:36.62 (78)	7:50.66 (52)	16:44.85 (64)
77	Laci Even	Denver	72	20:54.90	3:44.97 (108)	8:18.82 (101)	17:09.63 (90)
78	Ashlyn Williams	Solon	73	20:55.03	3:33.88 (66)	8:00.98 (77)	16:54.04 (70)
79	Gretchen Highberger	Pleasant Valley	--	20:56.25	3:36.20 (74)	8:00.06 (73)	16:56.03 (72)
80	Mya Whitaker	Regina Iowa City	74	20:56.59	3:30.86 (50)	7:57.36 (65)	16:57.62 (74)
81	Marley McMahon	Valley West Des Moines	75	20:57.13	3:26.95 (25)	7:52.97 (57)	17:04.61 (85)
82	Hope Marriott	De Soto	76	20:58.07	3:31.77 (53)	7:54.96 (62)	17:00.32 (79)
83	Tori Yunggebauer	Williamsburg	77	21:01.49	3:39.81 (89)	8:10.46 (90)	17:04.75 (86)
84	Amanda Overton	Valley West Des Moines	--	21:03.53	3:33.70 (65)	7:59.88 (71)	17:02.99 (81)
85	Cori Mac	Iowa City Liberty	78	21:06.49	3:40.49 (93)	8:10.83 (91)	17:06.77 (88)
86	Anna Mulert	Denver	79	21:06.74	3:45.11 (111)	8:19.68 (105)	17:24.86 (98)
87	Mikayla Carkhuff	Onalaska	80	21:09.02	3:29.17 (40)	7:51.80 (54)	16:58.40 (75)
88	Hanna Johnson	Sioux City North	81	21:10.10	3:41.13 (94)	8:08.13 (86)	17:03.77 (83)
89	Finley Hancock	Valley West Des Moines	--	21:11.02	3:31.07 (51)	7:52.97 (58)	17:04.40 (84)
90	Chloe Egbert	Linn-Mar Marion	82	21:11.43	3:47.22 (124)	8:20.22 (107)	17:09.41 (89)
91	Maren Myers	Bloomington Jefferson	83	21:12.67	3:37.61 (81)	8:03.30 (80)	17:05.13 (87)
92	Ruby Schillinger	Cedar Falls	84	21:13.03	3:45.09 (110)	8:24.08 (114)	17:25.40 (100)
93	Mara Duster	Solon	85	21:14.61	3:36.88 (79)	8:05.19 (84)	17:13.96 (92)
94	Greta Sieren	Mid-Prairie Wellman	86	21:20.96	3:52.92 (143)	8:21.84 (109)	17:12.78 (91)
95	Mimi Marquardt	Iowa City Liberty	87	21:23.88	3:46.56 (121)	8:19.20 (103)	17:24.81 (96)
96	Madelyn Johnson	Iowa City Liberty	88	21:27.61	3:45.84 (118)	8:19.46 (104)	17:30.93 (104)
97	Ruby Greving	Regina Iowa City	89	21:29.73	3:50.27 (133)	8:24.79 (117)	17:31.82 (105)
98	Bridget Canton	Iowa City Liberty	90	21:29.86	3:46.57 (122)	8:19.02 (102)	17:24.81 (97)
99	Reagan McMenomy	Williamsburg	91	21:30.19	3:33.60 (64)	8:01.61 (78)	17:15.60 (93)
100	Carmen Brewers	Bloomington Jefferson	92	21:30.52	3:39.93 (90)	8:13.92 (96)	17:23.52 (95)
101	Hannah Frank	Earlham	93	21:30.62	3:44.62 (106)	8:22.56 (111)	17:25.33 (99)
102	Sophie Sanderson	Denver	94	21:31.26	3:59.46 (156)	8:39.46 (141)	17:42.82 (118)
103	Isabelle Butler	De Soto	95	21:31.62	3:42.88 (96)	8:13.80 (95)	17:18.74 (94)
104	Gabby Mauren	Linn-Mar Marion	96	21:37.30	3:50.59 (138)	8:24.42 (116)	17:35.71 (108)
105	Hailey Bock	Mount Vernon-Lisbon	97	21:37.57	3:43.00 (97)	8:20.09 (106)	17:25.96 (101)
106	Anna Becker	Cedar Falls	--	21:38.63	3:37.91 (82)	8:09.02 (87)	17:26.27 (102)
107	Ella Sheeley	Solon	98	21:38.65	3:45.77 (117)	8:18.23 (99)	17:32.53 (106)
108	Emma Smith	Waverly-Shell Rock	99	21:39.35	3:40.28 (92)	8:18.39 (100)	17:35.90 (109)
109	Gabi Moehlman	Mount Vernon-Lisbon	100	21:41.47	3:53.27 (144)	8:38.76 (138)	17:46.80 (123)
110	JosylN Vogt	Sioux City North	101	21:41.49	3:45.56 (116)	8:13.54 (94)	17:37.87 (110)
111	Keagan Anderson	Onalaska	102	21:43.80	3:37.92 (83)	8:21.33 (108)	17:41.27 (113)
112	Clara Welch	Iowa City Liberty	103	21:46.48	3:56.78 (151)	8:39.31 (140)	17:42.82 (117)
113	Ashlyn Hoffman	Williamsburg	104	21:48.18	3:38.62 (87)	8:11.57 (92)	17:30.67 (103)

Athlete	Team	Score	Time	900m	2k	4k
114 Adalyn Schoelerman	Spencer	105	21:51.25	3:45.11 (112)	8:24.92 (118)	17:42.27 (114)
115 Dessa Poll	Mid-Prairie Wellman	106	21:51.28	4:02.39 (163)	8:40.43 (148)	17:42.32 (115)
116 Ramey Dahlquist	Waverly-Shell Rock	107	21:52.54	3:48.95 (127)	8:33.28 (127)	17:47.90 (125)
117 Maeve Krogmann	Mount Vernon-Lisbon	108	21:53.34	3:49.82 (129)	8:32.90 (125)	17:52.54 (128)
118 Leah Paulson	Linn-Mar Marion	109	21:53.70	3:50.92 (139)	8:25.24 (120)	17:44.20 (121)
119 Edith Dawson	Mount Vernon-Lisbon	110	21:54.16	3:50.52 (136)	8:32.48 (124)	17:51.44 (127)
120 Sophia Stahle	Solon	--	21:54.34	3:50.34 (135)	8:34.84 (132)	18:00.11 (131)
121 Kiersten Swart	Mount Vernon-Lisbon	--	21:54.79	3:34.21 (67)	8:10.44 (89)	17:39.63 (112)
122 Liliana Marcou	Bloomington Jefferson	111	21:56.03	3:46.14 (120)	8:23.00 (112)	17:43.64 (120)
123 Aubrey Decker	Denver	112	21:57.15	3:41.29 (95)	8:16.07 (98)	17:43.61 (119)
124 Ruby Eastman	Regina Iowa City	113	21:57.94	3:50.29 (134)	8:25.17 (119)	17:46.66 (122)
125 Hailey Noel	Iowa City Liberty	114	22:00.81	3:54.09 (146)	8:39.83 (143)	17:56.57 (130)
126 Maya Butler	Norwalk Community	115	22:04.11	3:43.28 (98)	8:22.56 (110)	17:47.85 (124)
127 Jaily Kent	Waverly-Shell Rock	116	22:04.70	3:49.80 (128)	8:33.77 (130)	17:48.56 (126)
128 Ivy Reschly	Mid-Prairie Wellman	117	22:04.94	3:56.83 (152)	8:33.02 (126)	17:42.32 (116)
129 Addie Domer	Linn-Mar Marion	--	22:11.80	3:50.22 (132)	8:23.05 (113)	17:38.57 (111)
130 Lily Dixon	Earlham	118	22:13.19	3:33.23 (60)	8:25.72 (121)	18:11.62 (134)
131 Lucy Dunning	Cedar Falls	--	22:15.43	3:45.49 (115)	8:24.16 (115)	17:53.64 (129)
132 Sam Estrada	Iowa City Liberty	--	22:21.32	3:54.13 (147)	8:40.09 (144)	18:11.60 (133)
133 Addison Wyman	Spencer	119	22:22.74	3:52.85 (142)	8:43.72 (151)	18:13.17 (135)
134 Brooke Seeley	Norwalk Community	120	22:23.10	3:59.03 (155)	8:50.08 (156)	18:18.82 (138)
135 Macey Hoekstra	Sibley-Ocheyedan	121	22:23.36	3:44.71 (107)	8:38.87 (139)	18:19.36 (140)
136 Taylor Jensen	Earlham	122	22:25.60	3:48.88 (126)	8:38.73 (137)	18:11.43 (132)
137 Tabitha Evans	Mid-Prairie Wellman	123	22:31.76	3:56.60 (149)	8:33.48 (129)	17:33.46 (107)
138 Zoe Scott	Linn-Mar Marion	--	22:32.05	4:02.20 (162)	8:50.37 (157)	18:17.22 (137)
139 Sara Beckwith	Norwalk Community	124	22:34.78	3:58.63 (153)	8:46.78 (153)	18:17.20 (136)
140 Aliza Edwards	Spencer	125	22:35.98	3:50.57 (137)	8:28.15 (122)	18:20.44 (143)
141 Kerrigan Lyons	Solon	--	22:36.22	3:50.01 (130)	8:35.02 (133)	18:21.56 (146)
142 Alexandria Palmer	Spencer	126	22:37.08	3:52.06 (140)	8:40.37 (147)	18:26.27 (148)
143 Natalie Bemer	Williamsburg	127	22:37.67	3:55.33 (148)	8:40.37 (146)	18:23.44 (147)
144 Brenna Bodensteiner	Waverly-Shell Rock	128	22:42.03	3:46.00 (119)	8:33.28 (128)	18:19.03 (139)
145 Ali Gonzalez	Sioux City North	129	22:44.22	4:01.54 (157)	8:52.80 (161)	18:27.83 (149)
146 Katelyn Cook	Sioux City North	130	22:45.10	4:02.74 (165)	8:46.68 (152)	18:20.15 (141)
147 Mary Matthiesen	Spencer	--	22:45.11	3:44.41 (105)	8:38.27 (135)	18:20.39 (142)
148 Saddle Kahley	Spencer	--	22:45.15	3:45.04 (109)	8:38.27 (136)	18:20.60 (144)
149 Avery McIntosh	Denver	--	22:45.32	3:45.34 (113)	8:29.13 (123)	18:31.57 (150)
150 Katie Christenson	Linn-Mar Marion	--	22:46.41	4:02.13 (161)	8:50.70 (158)	18:20.88 (145)
151 Peyton Eide	Iowa City Liberty	--	22:48.14	4:02.95 (167)	9:02.95 (170)	18:40.68 (156)
152 Olivia Hensch	Sibley-Ocheyedan	131	22:48.52	3:48.35 (125)	8:40.24 (145)	18:36.00 (153)
153 Amara Jones	Mid-Prairie Wellman	--	22:49.32	4:08.67 (185)	8:56.86 (164)	18:33.79 (152)
154 Quinn Tice	Norwalk Community	132	22:52.27	3:58.70 (154)	8:53.27 (162)	18:40.92 (157)
155 Grace Gaarde	Regina Iowa City	133	22:52.84	4:05.01 (171)	8:57.13 (165)	18:37.73 (154)
156 Jenna Rohne	Waverly-Shell Rock	134	22:54.02	3:50.08 (131)	8:35.49 (134)	18:32.18 (151)
157 Kaylee Olson	Sioux City North	135	23:00.65	4:02.83 (166)	8:55.29 (163)	18:40.31 (155)
158 Kennedy Robbins	Norwalk Community	136	23:08.26	4:01.59 (158)	9:01.61 (168)	18:57.35 (168)

Athlete	Team	Score	Time	900m	2k	4k
159 Teagan Henrichs	Sibley-Ocheyedan	137	23:08.96	3:52.52 (141)	8:47.86 (154)	18:48.44 (161)
160 Ashlyn Brown	Norwalk Community	138	23:11.29	4:01.61 (159)	9:01.67 (169)	18:53.04 (165)
161 Andie Davitt	Norwalk Community	--	23:12.63	4:04.56 (168)	9:06.59 (173)	18:56.74 (166)
162 Grace Fiala	Solon	--	23:13.70			
163 Anna Vavricek	Mount Vernon-Lisbon	--	23:13.98	4:02.48 (164)	8:58.39 (167)	18:56.90 (167)
164 Annika Poll	Mid-Prairie Wellman	--	23:14.08	3:56.69 (150)	8:43.30 (150)	18:45.68 (159)
165 Alli Neilson	Onalaska	139	23:18.36	3:44.11 (102)	8:39.83 (142)	18:42.28 (158)
166 Rylie Metz	Williamsburg	140	23:19.49	4:06.00 (173)	9:06.24 (172)	18:50.32 (164)
167 Cate Klitgaard	Regina Iowa City	141	23:23.32	4:04.80 (169)	8:52.23 (160)	18:50.20 (163)
168 Mari Stevenson	Williamsburg	142	23:31.14	4:06.02 (174)	9:07.25 (174)	19:07.24 (169)
169 Ellie Johnson	Regina Iowa City	143	23:32.18	4:07.80 (183)	9:12.22 (180)	19:07.62 (170)
170 Cece Jerome	Waverly-Shell Rock	144	23:43.06	3:53.85 (145)	8:41.06 (149)	18:46.78 (160)
171 Emily Meyer	Cedar Falls	--	23:44.02	3:44.36 (104)	8:48.41 (155)	19:11.44 (172)
172 Keira Sickels	Regina Iowa City	145	23:45.74	4:07.70 (180)	9:11.96 (178)	19:21.02 (174)
173 Tayler Long	Williamsburg	--	23:46.64	4:06.14 (175)	9:06.24 (171)	18:49.43 (162)
174 Ava Dunkin	Denver	--	23:47.09	4:01.92 (160)	8:58.33 (166)	19:09.21 (171)
175 Arcenia Burrack	Sioux City North	146	23:47.61	4:05.62 (172)	9:11.74 (177)	19:21.61 (176)
176 Ava Haldin	Spencer	--	23:49.85	4:07.71 (181)	9:10.00 (175)	19:21.42 (175)
177 Faith Boileau	Regina Iowa City	--	23:54.23	4:07.78 (182)	9:12.00 (179)	19:20.95 (173)
178 Addie Clark	Mount Vernon-Lisbon	--	23:57.92	4:04.80 (170)	9:10.63 (176)	19:32.06 (177)
179 Lily Kingsley	Norwalk Community	--	24:09.41	4:07.24 (176)	9:12.72 (181)	19:37.82 (178)
180 Eva Dryer	Onalaska	147	24:14.53	3:43.49 (100)	8:51.07 (159)	19:37.92 (179)
181 Aynur Lopez-Serrano	Onalaska	148	24:15.69	4:07.54 (178)	9:16.09 (184)	19:44.42 (180)
182 Maria Banados-Aranda	Onalaska	149	24:33.00	4:07.56 (179)	9:16.01 (183)	19:44.51 (181)
183 Mia Tice	Norwalk Community	--	24:52.66	4:08.81 (186)	9:24.15 (185)	20:01.46 (182)
184 Melia Pursley	Regina Iowa City	--	25:47.63	4:25.87 (187)	9:55.70 (187)	20:56.86 (183)
185 Addison Hoff	Onalaska	--	26:00.75	4:07.42 (177)	9:15.83 (182)	21:12.61 (184)
186 Lydia Hartman	Onalaska	--	28:14.33	4:07.89 (184)	9:55.64 (186)	22:54.55 (185)
Greta Bergman	Valley West Des Moines	--	DNF	3:14.50 (7)	7:11.65 (8)	
Alara Running	Onalaska	--	DNF	3:37.94 (84)	8:34.47 (131)	

Race #8
Boys Varsity Gray 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Total	Avg.	Division
1	Norwalk Community	95	1:20:36	16:08
2	Johnston	136	1:21:08	16:14
3	Cedar Falls	158	1:21:44	16:21
4	Waukee Northwest	165	1:22:03	16:25
5	Bloomington Jefferson	171	1:22:02	16:25
6	Valley West Des Moines	175	1:21:56	16:24
7	Dubuque Hempstead	185	1:22:04	16:25
8	Urbandale	201	1:22:40	16:32
9	Sioux City North	213	1:22:09	16:26
10	De Soto	241	1:23:15	16:39
11	Wisconsin Lutheran	246	1:23:23	16:41
12	Onalaska	277	1:22:54	16:35
13	Iowa City West	334	1:25:01	17:01
14	Mount Vernon-Lisbon	362	1:25:20	17:04
15	Linn-Mar Marion	416	1:26:19	17:16
16	Iowa City Liberty	423	1:26:58	17:24
17	Regina Iowa City	458	1:27:32	17:31
18	Solon	461	1:27:19	17:28
19	Denver	513	1:28:23	17:41
20	Mid-Prairie Wellman	551	1:28:58	17:48
21	Waverly-Shell Rock	590	1:30:34	18:07
22	Williamsburg	652	1:31:59	18:24
23	Spencer	725	1:34:06	18:50
24	Earlham	748	1:36:25	19:17

SPLIT SCORING SUMMARY
900M

UNOFFICIAL Standings	Score	
1	Johnston	104
2	Cedar Falls	122
3	Norwalk Community	129
4	Waukee Northwest	144
5	Valley West Des Moines	146
6	Dubuque Hempstead	157
7	Urbandale	174
8	Iowa City West	222
9	De Soto	249
10	Bloomington Jefferson	268

UNOFFICIAL Standings		Score
11	Sioux City North	274
12	Regina Iowa City	279
13	Linn-Mar Marion	288
14	Onalaska	294
15	Wisconsin Lutheran	370
16	Iowa City Liberty	426
17	Solon	477
18	Mount Vernon-Lisbon	517
19	Waverly-Shell Rock	603
20	Denver	611
21	Spencer	673
22	Mid-Prairie Wellman	701
23	Williamsburg	711
24	Earlham	736

2K

UNOFFICIAL Standings		Score
1	Johnston	104
2	Cedar Falls	115
3	Waukee Northwest	122
4	Norwalk Community	127
5	Dubuque Hempstead	158
6	Valley West Des Moines	169
7	Urbandale	222
8	Sioux City North	252
9	Bloomington Jefferson	253
9	Iowa City West	253
11	De Soto	269
12	Wisconsin Lutheran	297
13	Onalaska	300
14	Linn-Mar Marion	354
15	Regina Iowa City	409
16	Iowa City Liberty	434
17	Solon	461
18	Mount Vernon-Lisbon	472
19	Denver	572
20	Waverly-Shell Rock	578
21	Mid-Prairie Wellman	620
22	Williamsburg	679
23	Spencer	724
24	Earlham	731

4K

UNOFFICIAL Standings		Score
1	Norwalk Community	87
2	Johnston	130
3	Waukee Northwest	146
4	Cedar Falls	164
5	Valley West Des Moines	171
6	Bloomington Jefferson	182
7	Dubuque Hempstead	200
8	Urbandale	222
9	Sioux City North	234
10	Wisconsin Lutheran	237
11	De Soto	251
12	Onalaska	283
13	Iowa City West	301
14	Linn-Mar Marion	379
15	Mount Vernon-Lisbon	388
16	Iowa City Liberty	433
17	Solon	475
18	Regina Iowa City	476
19	Denver	539
20	Mid-Prairie Wellman	547
21	Waverly-Shell Rock	590
22	Williamsburg	632
23	Spencer	732
24	Earlham	741

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	900m	2k	4k	
1	Manny Putz	Onalaska	1	14:50.65	2:37.79 (1)	5:45.47 (1)	11:58.92 (1)
2	Jaxson Plumb	Johnston	2	15:15.71	2:43.46 (3)	5:57.79 (3)	12:22.99 (2)
3	Gabe Nash	Sioux City North	3	15:24.41	2:50.69 (29)	6:07.06 (12)	12:26.44 (3)
4	John Maloney	Dubuque Hempstead	4	15:37.81	2:44.29 (7)	6:01.25 (6)	12:37.52 (5)
5	Adam Lueth	Bloomington Jefferson	5	15:40.15	2:46.00 (13)	6:06.80 (11)	12:44.25 (7)
6	Natneal Kifle	Sioux City North	6	15:43.34	2:43.14 (2)	5:56.29 (2)	12:29.60 (4)
7	Donovan Card	Norwalk Community	7	15:46.15	2:49.07 (21)	6:11.72 (19)	12:50.34 (10)
8	Jaden Merrick	Cedar Falls	8	15:47.60	2:44.54 (8)	6:02.70 (7)	12:43.59 (6)
9	Evan McClinton	Valley West Des Moines	9	15:47.61	2:46.07 (14)	6:10.34 (16)	12:50.76 (11)
10	Caleb Kass	Dubuque Hempstead	10	15:52.01	2:45.20 (12)	6:06.80 (10)	12:46.90 (9)
11	Jackson Bergman	Valley West Des Moines	11	15:53.82	2:45.18 (11)	6:06.21 (9)	12:46.71 (8)
12	Joshua Fullmer	De Soto	12	15:54.76	2:47.92 (20)	6:12.64 (21)	12:53.62 (13)
13	Aiden Cooper	Waukee Northwest	13	16:00.59	2:45.06 (10)	6:07.92 (14)	12:52.97 (12)
14	Luke Hartman	Cedar Falls	14	16:02.46	2:47.80 (19)	6:10.10 (15)	12:56.59 (15)
15	Aiden O'Neil	Regina Iowa City	15	16:03.64	2:44.76 (9)	6:07.32 (13)	12:56.44 (14)
16	Tommy Hensley	Urbandale	16	16:04.71	2:43.96 (6)	6:03.91 (8)	12:56.93 (16)

Athlete	Team	Score	Time	900m	2k	4k	
17	Silas Ebeling	Wisconsin Lutheran	17	16:05.01	2:52.70 (48)	6:20.43 (34)	13:09.30 (22)
18	Aidan Decker	Iowa City Liberty	18	16:06.87	2:56.24 (81)	6:22.89 (47)	13:09.80 (25)
19	Noah Buhrow	Norwalk Community	19	16:07.69	2:50.33 (26)	6:19.12 (27)	13:09.05 (20)
20	Luke Swarts	De Soto	20	16:08.04	2:49.30 (22)	6:17.68 (25)	13:09.52 (24)
21	Grady Olberding	Mount Vernon-Lisbon	21	16:11.32	2:54.29 (59)	6:21.51 (40)	13:09.33 (23)
22	Jack Brown	Norwalk Community	22	16:13.13	2:49.35 (23)	6:11.79 (20)	13:03.40 (17)
23	Will Chase	Norwalk Community	23	16:13.21	2:50.68 (28)	6:19.64 (30)	13:08.98 (19)
24	Teegan Kralik	Norwalk Community	24	16:14.88	2:50.94 (31)	6:19.75 (31)	13:09.16 (21)
25	Blake Burnstad	Onalaska	25	16:15.48	2:54.22 (57)	6:24.78 (55)	13:18.00 (34)
26	Blake Smith	Urbandale	26	16:17.23	2:51.25 (32)	6:21.00 (36)	13:17.51 (31)
27	Aidan O'Connor	Johnston	27	16:17.86	2:46.56 (15)	6:10.51 (18)	13:12.23 (28)
28	Joel Bloomer	Waukee Northwest	28	16:18.18	2:51.46 (35)	6:18.52 (26)	13:10.59 (26)
29	Ethan Smith	Urbandale	29	16:21.74	2:51.25 (33)	6:20.88 (35)	13:17.53 (32)
30	Jacob Forney	Valley West Des Moines	30	16:22.33	2:50.90 (30)	6:20.04 (33)	13:11.67 (27)
31	Brayden Picken	Johnston	31	16:26.89	2:52.26 (45)	6:21.26 (38)	13:19.85 (37)
32	Drew Lehman	Waukee Northwest	32	16:26.93	2:52.21 (44)	6:21.13 (37)	13:17.18 (30)
33	Noah Gregoire	Iowa City Liberty	33	16:31.51	2:55.54 (69)	6:26.49 (56)	13:27.04 (47)
34	Zack Johnson	Dubuque Hempstead	34	16:31.78	2:51.86 (40)	6:22.89 (48)	13:22.27 (39)
35	Colby Cryer	Cedar Falls	35	16:33.21	2:53.59 (52)	6:21.28 (39)	13:20.06 (38)
36	Connor Jacober	De Soto	36	16:33.36	2:52.21 (43)	6:23.10 (49)	13:24.89 (41)
37	Holden Schug	Johnston	37	16:33.40	2:52.66 (47)	6:21.84 (41)	13:27.04 (46)
38	Zach Tapajna	Bloomington Jefferson	38	16:33.92	2:56.83 (85)	6:30.22 (68)	13:27.77 (49)
39	Carson Lane	Johnston	39	16:34.00	2:43.56 (4)	6:00.24 (4)	13:05.86 (18)
40	Patrick Altstatt	Bloomington Jefferson	40	16:34.32	2:51.51 (36)	6:23.78 (50)	13:24.82 (40)
41	Alexander Altstatt	Bloomington Jefferson	41	16:34.83	2:59.31 (99)	6:31.59 (72)	13:25.03 (42)
42	Brick Kabela	Solon	42	16:35.96	2:53.59 (53)	6:17.64 (24)	13:16.22 (29)
43	Zack Janulewicz	Waukee Northwest	43	16:36.86	2:51.65 (38)	6:19.53 (28)	13:19.29 (35)
44	Jacob Alejandro	Wisconsin Lutheran	44	16:37.19	2:53.50 (51)	6:22.76 (44)	13:17.84 (33)
45	Arlo White	Onalaska	45	16:37.55	2:54.08 (56)	6:24.69 (54)	13:28.99 (51)
46	Beshanena Gutema	Sioux City North	46	16:38.42	2:52.11 (42)	6:22.83 (46)	13:32.39 (55)
47	Ian Klein	Bloomington Jefferson	47	16:38.59	2:56.29 (82)	6:29.17 (63)	13:26.02 (44)
48	Nick Wendl	Wisconsin Lutheran	48	16:38.60	3:01.56 (117)	6:32.86 (81)	13:28.81 (50)
49	Kal Hoppe	Waukee Northwest	49	16:39.70	2:46.84 (17)	6:10.45 (17)	13:25.60 (43)
50	Pascal Cuhat	Cedar Falls	50	16:39.85	2:57.43 (88)	6:28.38 (57)	13:29.98 (52)
51	Connor Martin	Cedar Falls	51	16:40.01	2:57.83 (92)	6:28.81 (62)	13:30.21 (53)
52	Seth Cheney	Iowa City West	52	16:44.69	2:46.65 (16)	6:17.41 (23)	13:27.68 (48)
53	Jack Coen	Johnston	53	16:45.38	2:55.07 (62)	6:28.43 (59)	13:26.37 (45)
54	Moustafa Tiaa	Iowa City West	54	16:46.94	2:43.75 (5)	6:00.44 (5)	13:19.57 (36)
55	Colin Johnson	Cedar Falls	55	16:49.28	2:49.54 (25)	6:19.95 (32)	13:37.36 (58)
56	Micah Fern	Dubuque Hempstead	56	16:49.69	2:56.20 (78)	6:31.22 (70)	13:37.74 (59)
57	Vance Krudwig	De Soto	57	16:50.55	2:52.30 (46)	6:24.45 (53)	13:34.57 (57)
58	Michael Lee	Iowa City West	58	16:52.60	2:55.61 (70)	6:29.45 (65)	13:34.01 (56)
59	Junior Krob	Mount Vernon-Lisbon	59	16:52.92	3:01.72 (118)	6:46.34 (115)	13:50.07 (77)
60	Alex Wear	Johnston	60	16:53.86	2:51.60 (37)	6:22.39 (42)	13:44.30 (62)
61	Luke Steffen	Linn-Mar Marion	61	16:54.54	2:50.40 (27)	6:22.64 (43)	13:31.48 (54)

Athlete	Team	Score	Time	900m	2k	4k	
62	Jonathan Owen	Valley West Des Moines	62	16:55.85	2:51.88 (41)	6:24.23 (52)	13:42.94 (60)
63	Jack Cavan	Valley West Des Moines	63	16:56.02	2:53.36 (50)	6:28.75 (61)	13:46.48 (67)
64	Sidney Shide	Urbandale	64	16:56.98	2:58.98 (96)	6:37.53 (89)	13:48.47 (73)
65	Joey Merrill	Wisconsin Lutheran	65	16:57.48	2:59.52 (101)	6:35.10 (86)	13:45.73 (66)
66	Andrew Donoho	Urbandale	66	16:58.37	2:57.34 (87)	6:32.06 (76)	13:48.94 (74)
67	Kellen Tuyls	Waukee Northwest	67	16:59.86	2:56.76 (84)	6:31.99 (74)	13:49.57 (76)
68	Michael Yeomans	Solon	68	16:59.90	3:01.25 (115)	6:42.73 (105)	13:56.86 (86)
69	Miles Bassett	Bloomington Jefferson	69	17:00.11	3:00.18 (106)	6:33.31 (83)	13:44.23 (61)
70	Caleb Hoins	Waverly-Shell Rock	70	17:01.13	2:56.22 (80)	6:29.39 (64)	13:47.98 (72)
71	Alejandro Bernal	Sibley-Ocheyedan	--	17:02.78	2:55.65 (71)	6:31.22 (71)	13:55.90 (83)
72	Jonah Frey	Johnston	--	17:03.18	2:53.85 (55)	6:24.18 (51)	13:44.74 (63)
73	Garrett Ness	Johnston	--	17:03.74	2:55.19 (64)	6:30.69 (69)	13:45.59 (65)
74	Tony Anania	Norwalk Community	71	17:03.90	2:51.34 (34)	6:22.81 (45)	13:46.85 (68)
75	Quincy Kehoe	Wisconsin Lutheran	72	17:04.09	2:56.83 (86)	6:29.85 (67)	13:47.63 (70)
76	Emmett Swartzentruber	Mid-Prairie Wellman	73	17:04.89	3:11.08 (167)	6:49.85 (137)	13:54.14 (82)
77	Raul Gomez	Sioux City North	74	17:06.41	3:01.11 (114)	6:41.18 (100)	13:50.93 (78)
78	Joe Maley	Regina Iowa City	75	17:08.03	2:51.83 (39)	6:29.60 (66)	13:57.82 (88)
79	Klayten Perreault	Mount Vernon-Lisbon	76	17:08.74	3:07.26 (151)	6:49.00 (131)	13:58.69 (89)
80	John Ferguson	Cedar Falls	77	17:09.44	2:57.53 (89)	6:28.38 (58)	13:45.54 (64)
81	Forrest Noeske	Bloomington Jefferson	78	17:10.41	2:59.50 (100)	6:42.09 (103)	14:00.00 (93)
82	Jonathan Squires	Cedar Falls	--	17:10.63	2:54.27 (58)	6:28.64 (60)	13:49.06 (75)
83	Logan Young	Bloomington Jefferson	--	17:10.92	2:54.41 (60)	6:32.19 (77)	13:51.52 (79)
84	Aidan Limback	Valley West Des Moines	79	17:10.98	3:00.36 (108)	6:40.97 (99)	13:52.03 (80)
85	Ethan Cozine	Linn-Mar Marion	80	17:11.52	2:55.23 (65)	6:33.46 (84)	13:52.67 (81)
86	Devin Spahn	Dubuque Hempstead	81	17:12.07	3:02.76 (122)	6:43.96 (108)	14:01.32 (95)
87	Neal Pinter	Denver	82	17:12.19	3:06.58 (148)	6:47.76 (124)	14:04.48 (101)
88	Andrew Polgreen	Iowa City West	83	17:14.23	2:55.86 (74)	6:35.17 (87)	13:56.75 (85)
89	Steven Kling	Sioux City North	84	17:15.63	3:08.92 (157)	6:51.55 (145)	14:05.00 (105)
90	Evan Leggett	Urbandale	85	17:15.91	2:53.07 (49)	6:32.52 (79)	13:59.77 (91)
91	Ethan Boston	Linn-Mar Marion	86	17:19.05	3:02.24 (119)	6:40.21 (94)	14:00.99 (94)
92	Cade Benson	Iowa City West	87	17:21.73	2:55.75 (72)	6:35.20 (88)	13:56.16 (84)
93	Jack Mulert	Denver	88	17:22.57	3:05.87 (141)	6:46.97 (120)	14:02.18 (98)
94	Grant Wallace	Norwalk Community	89	17:22.85	3:02.83 (125)	6:45.70 (114)	14:06.87 (110)
95	Maxwell Schwandt	Denver	90	17:23.26	3:06.67 (149)	6:47.77 (125)	14:04.88 (103)
96	Will Houselog	Dubuque Hempstead	91	17:23.30	3:00.27 (107)	6:43.89 (106)	13:59.96 (92)
97	Nick Rudrud	Onalaska	92	17:23.60	2:58.84 (95)	6:41.24 (101)	13:58.81 (90)
98	Paxton Hummer	Linn-Mar Marion	93	17:24.60	2:57.79 (91)	6:40.51 (95)	14:03.10 (99)
99	Ben Byers	Sibley-Ocheyedan	--	17:25.35	3:00.74 (110)	6:44.03 (109)	14:03.17 (100)
100	Jack Considine	Cedar Falls	--	17:26.05	3:01.02 (113)	6:39.72 (93)	14:01.71 (96)
101	Ben Hanson	Norwalk Community	--	17:27.06	2:55.93 (75)	6:40.65 (98)	14:22.50 (127)
102	Will Johnson	Valley West Des Moines	94	17:27.37	3:00.53 (109)	6:45.01 (113)	14:15.61 (120)
103	Drew Johnson	Urbandale	95	17:28.08	2:53.78 (54)	6:32.72 (80)	14:05.37 (106)
104	Riley Kuhn	Linn-Mar Marion	96	17:28.41	3:00.11 (105)	6:40.57 (96)	14:05.37 (107)
105	Wes Hulseberg	Williamsburg	97	17:28.49	3:05.73 (139)	6:46.52 (117)	13:56.98 (87)
106	Denis Masonivic	Dubuque Hempstead	98	17:28.82	3:04.72 (135)	6:48.03 (127)	14:08.93 (112)

Athlete	Team	Score	Time	900m	2k	4k	
107	Kellan Croatt	Waukee Northwest	99	17:29.15	2:56.21 (79)	6:31.99 (75)	14:06.85 (109)
108	Blake Creed	Mid-Prairie Wellman	100	17:29.83	3:12.55 (179)	6:53.25 (148)	14:04.53 (102)
109	Owen Woods	Bloomington Jefferson	--	17:30.48	3:00.88 (112)	6:42.14 (104)	14:04.95 (104)
110	Owen Hanson	Linn-Mar Marion	101	17:31.18	2:55.35 (66)	6:33.09 (82)	14:02.04 (97)
111	Will Johnson	Urbandale	--	17:31.77	3:00.74 (111)	6:46.95 (119)	14:09.99 (113)
112	Daniel Webster	Norwalk Community	--	17:32.07	3:04.07 (134)	6:49.07 (132)	14:12.31 (114)
113	Sam Parker	Norwalk Community	--	17:32.40	3:05.80 (140)	6:50.91 (141)	14:12.97 (115)
114	Zach Fall	Mount Vernon-Lisbon	102	17:33.05	3:03.06 (128)	6:48.61 (129)	14:16.29 (121)
115	Joey Banowetz	Linn-Mar Marion	103	17:33.23	2:56.00 (76)	6:38.69 (92)	14:05.63 (108)
116	Wesley Sadler	Mount Vernon-Lisbon	104	17:33.28	3:07.63 (154)	6:49.83 (136)	14:07.15 (111)
117	Dawson Scheil	Mount Vernon-Lisbon	105	17:34.14	3:07.52 (152)	6:49.90 (138)	14:14.07 (118)
118	Ezra Crandall	Linn-Mar Marion	--	17:36.07	2:55.40 (67)	6:32.49 (78)	13:47.44 (69)
119	Caden Kueker	Waverly-Shell Rock	106	17:38.06	3:02.78 (123)	6:44.30 (110)	14:13.74 (116)
120	Praneel Rastogi	Iowa City West	107	17:38.65	2:58.70 (94)	6:41.35 (102)	14:13.83 (117)
121	Abubekar Kumbi	Sioux City North	108	17:41.24	3:02.92 (126)	6:49.62 (134)	14:15.45 (119)
122	Connor Schultz	Sioux City North	109	17:41.40	3:02.47 (121)	6:46.40 (116)	14:16.50 (123)
123	Lawsin Sinwell	Solon	110	17:42.43	3:03.32 (131)	6:50.66 (140)	14:27.05 (135)
124	Preston Yutzy	Mid-Prairie Wellman	111	17:43.07	3:12.62 (180)	6:53.19 (147)	14:17.47 (124)
125	Kyle Duehr	Dubuque Hempstead	--	17:43.46	3:04.96 (136)	6:49.37 (133)	14:16.43 (122)
126	Venelin Kotev	Iowa City West	112	17:44.22	2:59.83 (103)	6:44.89 (112)	14:22.88 (128)
127	Grant Bumsted	Solon	113	17:45.09	3:02.38 (120)	6:47.96 (126)	14:26.11 (132)
128	Ryan Topolski	Onalaska	114	17:46.34	2:59.85 (104)	6:44.89 (111)	14:18.94 (125)
129	Austin Jones	Waukee Northwest	--	17:47.15	2:56.45 (83)	6:31.93 (73)	13:47.91 (71)
130	Seamus O'Connor	Mount Vernon-Lisbon	115	17:47.84	3:07.96 (155)	6:51.43 (144)	14:23.44 (130)
131	Lyndon Budimlija	De Soto	116	17:47.92	3:06.32 (144)	6:52.30 (146)	14:24.97 (131)
132	Cael Klinkenborg	Waukee Northwest	--	17:51.64	2:59.10 (97)	6:47.58 (122)	14:26.40 (133)
133	Blake Tiemeyer	Earlham	117	17:53.48	2:59.55 (102)	6:43.92 (107)	14:23.04 (129)
134	Alex Wilford	Sioux City North	--	17:58.25	3:03.25 (129)	6:47.34 (121)	14:27.89 (136)
135	Samuel Welter	Regina Iowa City	118	17:58.68	2:58.26 (93)	6:49.69 (135)	14:33.24 (140)
136	Nathan Kinzer	Iowa City Liberty	119	17:59.19	2:55.75 (73)	6:34.03 (85)	14:22.32 (126)
137	Amos Ebeling	Wisconsin Lutheran	120	17:59.36	3:11.71 (170)	7:01.07 (159)	14:31.88 (139)
138	Owen Abel	Iowa City Liberty	121	18:00.65	3:02.78 (124)	6:55.27 (151)	14:34.93 (143)
139	Nathan Wallington	Mid-Prairie Wellman	122	18:01.59	3:13.05 (183)	6:54.28 (149)	14:30.22 (138)
140	James Dickens	Iowa City West	--	18:02.13	2:55.54 (68)	6:40.58 (97)	14:26.84 (134)
141	Robert Stong	Iowa City West	--	18:04.36	2:56.03 (77)	6:38.14 (91)	14:29.89 (137)
142	Nicholas Gorsich	Linn-Mar Marion	--	18:05.60	3:03.53 (132)	6:48.61 (128)	14:34.58 (142)
143	Nate Hammerand	Urbandale	--	18:06.01	3:08.99 (158)	6:57.89 (154)	14:41.84 (147)
144	Henry Bottorff	Regina Iowa City	123	18:06.80	2:57.65 (90)	6:47.72 (123)	14:33.57 (141)
145	Kiefer Schultz	Sioux City North	--	18:07.10	3:11.30 (168)	7:03.51 (164)	14:43.72 (149)
146	Talan LaFrentz	Denver	124	18:09.78	3:07.00 (150)	6:50.91 (142)	14:39.83 (145)
147	Sarang Kothari	Waukee Northwest	--	18:11.98	2:59.17 (98)	6:46.92 (118)	14:36.85 (144)
148	Tyler McMullin	Williamsburg	125	18:12.57	3:16.35 (196)	7:06.97 (178)	14:43.90 (150)
149	Marshall Meyer	Waverly-Shell Rock	126	18:12.59	3:10.49 (165)	7:01.01 (158)	14:48.19 (154)
150	Riordan Smith	Regina Iowa City	127	18:13.88	3:05.94 (142)	6:58.16 (156)	14:54.92 (164)
151	Henry Strauss	Johnston	--	18:14.86	2:54.60 (61)	6:37.73 (90)	14:43.30 (148)

Athlete	Team	Score	Time	900m	2k	4k	
152	Evan Burg	Solon	128	18:14.88	3:03.58 (133)	6:51.27 (143)	14:48.66 (155)
153	Gabe Swales	Denver	129	18:14.90	3:12.62 (181)	7:06.52 (176)	14:53.35 (161)
154	Noah Fullhart	Spencer	130	18:15.49	3:06.18 (143)	7:03.13 (162)	14:52.20 (158)
155	Levi Orman	Valley West Des Moines	--	18:17.21	3:01.42 (116)	6:48.67 (130)	14:40.27 (146)
156	Devin Busch	Williamsburg	131	18:17.57	3:12.30 (174)	7:01.93 (161)	14:44.09 (151)
157	Maxwell Thompson	Iowa City Liberty	132	18:19.31	3:03.31 (130)	6:55.30 (152)	14:47.19 (153)
158	Sean Miller	Wisconsin Lutheran	133	18:22.54	3:12.34 (175)	7:05.17 (173)	14:53.72 (162)
159	Wyatt Applegarth	Solon	134	18:23.39	3:13.56 (186)	7:07.30 (181)	14:52.81 (159)
160	Jayden Herrmann	Denver	135	18:24.75	3:16.82 (199)	7:12.47 (190)	14:54.90 (163)
161	Connor Sweeney	Bloomington Jefferson	--	18:25.37	3:08.36 (156)	7:05.09 (172)	14:50.94 (156)
162	Hank Wang	Wisconsin Lutheran	--	18:26.53	3:11.73 (171)	7:03.55 (165)	14:56.33 (166)
163	Austin Soldwisch	Waverly-Shell Rock	136	18:27.00	3:13.07 (184)	7:06.45 (175)	14:56.42 (167)
164	Ethan Enslin	Wisconsin Lutheran	--	18:27.54	3:12.04 (173)	7:04.33 (169)	14:51.40 (157)
165	Thomas Fowler	Iowa City Liberty	137	18:27.76	3:06.55 (147)	6:58.63 (157)	14:59.28 (171)
166	Ben Hsieh	Onalaska	138	18:28.14	3:06.51 (146)	7:04.24 (168)	14:58.55 (170)
167	Colin Olney	Regina Iowa City	139	18:30.08	3:10.94 (166)	7:03.21 (163)	14:57.71 (168)
168	Jerome Hollingsworth	Spencer	140	18:31.10	3:15.39 (193)	7:15.50 (193)	15:02.75 (177)
169	Braxton Klein	Iowa City Liberty	141	18:32.47	3:09.84 (162)	7:06.84 (177)	15:00.62 (173)
170	Matt Takacs	Regina Iowa City	142	18:32.47	3:14.43 (189)	7:07.36 (183)	14:59.61 (172)
171	Tristan Freeman	Solon	143	18:34.44	3:15.69 (194)	7:07.30 (180)	14:56.07 (165)
172	Landon Hartley	Urbandale	--	18:34.58	3:09.16 (159)	6:58.09 (155)	14:58.46 (169)
173	Sam Rich	Williamsburg	144	18:34.84	3:16.55 (197)	7:08.06 (187)	15:01.44 (174)
174	Frank McEvoy	Valley West Des Moines	--	18:37.56	3:05.71 (138)	6:57.31 (153)	14:53.23 (160)
175	Daniel Rodgers	Mid-Prairie Wellman	145	18:38.14	3:23.10 (210)	7:21.14 (199)	15:02.26 (175)
176	Henry Schapekahm	Wisconsin Lutheran	--	18:38.16	3:11.59 (169)	7:04.01 (166)	15:03.34 (178)
177	Jordan Stock	Mid-Prairie Wellman	146	18:38.27	3:13.23 (185)	7:04.77 (171)	15:02.47 (176)
178	Jesse Stultz	Mid-Prairie Wellman	147	18:40.20	3:15.13 (191)	7:16.07 (195)	15:07.27 (179)
179	Ryne Moeller	Mount Vernon-Lisbon	--	18:41.56	3:17.33 (201)	7:21.78 (201)	15:17.84 (184)
180	Graham Vavricek	Mount Vernon-Lisbon	--	18:51.22	3:17.43 (202)	7:21.76 (200)	15:18.97 (185)
181	Ethan Larson	Denver	148	18:52.83	3:12.48 (178)	7:07.70 (184)	15:07.72 (180)
182	Luebke Nathan	Onalaska	149	18:54.74	3:05.36 (137)	7:01.53 (160)	15:09.62 (181)
183	Collin Bumsted	Solon	--	18:55.80	3:14.22 (188)	7:08.81 (188)	15:11.03 (182)
184	Sergio Tello	Spencer	150	18:58.76	3:10.47 (164)	7:14.41 (191)	15:29.84 (191)
185	Jace Fullhart	Spencer	151	18:59.01	3:07.61 (153)	7:06.98 (179)	15:16.84 (183)
186	Micah Knapp	Mount Vernon-Lisbon	--	18:59.57	3:12.39 (176)	7:04.17 (167)	14:46.04 (152)
187	Mason Pauley	Solon	--	19:02.83	3:16.26 (195)	7:14.77 (192)	15:26.14 (189)
188	Carson Haase	Denver	--	19:03.17	3:11.97 (172)	7:05.42 (174)	15:25.41 (188)
189	Sean Gomez	Denver	--	19:06.70	3:12.98 (182)	7:07.33 (182)	15:19.48 (186)
190	Will Thompson	Iowa City Liberty	--	19:14.01	3:09.44 (160)	7:07.70 (185)	15:19.88 (187)
191	Gavin Barry	Waverly-Shell Rock	152	19:14.62	3:17.05 (200)	7:28.89 (204)	15:53.45 (203)
192	Dan Maley	Regina Iowa City	--	19:16.99	2:55.07 (63)	6:50.16 (139)	15:28.28 (190)
193	Colin Knudsen	Waverly-Shell Rock	153	19:17.18	3:13.89 (187)	7:20.06 (198)	15:38.09 (194)
194	Noah Goeken	Spencer	154	19:21.26	3:15.30 (192)	7:17.13 (196)	15:44.99 (199)
195	Jarett Clayton	Denver	--	19:21.77	3:10.42 (163)	7:11.53 (189)	15:31.81 (193)
196	Luke Brokaw	Mid-Prairie Wellman	--	19:23.09	3:26.31 (218)	7:33.04 (208)	15:39.17 (195)

Athlete	Team	Score	Time	900m	2k	4k
197 Thomas Flynn	Mid-Prairie Wellman	--	19:23.59	3:23.62 (211)	7:27.15 (203)	15:47.54 (201)
198 Nathan Schadler	Solon	--	19:24.53	3:14.47 (190)	7:17.91 (197)	15:40.46 (197)
199 Crew Klingner	Williamsburg	155	19:25.20	3:21.06 (208)	7:29.63 (206)	15:46.89 (200)
200 Cole Flickinger	Earlham	156	19:27.99	3:17.71 (203)	7:24.49 (202)	15:42.45 (198)
201 Mason Van Waning	Iowa City West	--	19:29.05	3:02.97 (127)	6:54.71 (150)	15:30.67 (192)
202 Mose Yoder	Mid-Prairie Wellman	--	19:29.49	3:26.08 (217)	7:33.12 (209)	15:47.99 (202)
203 Luke Archer	Onalaska	--	19:32.87	3:20.78 (206)	7:30.20 (207)	16:02.26 (207)
204 Bryce Buchanan	Onalaska	--	19:34.11	3:22.12 (209)	7:43.67 (219)	16:02.35 (208)
205 Tyler Johnson	Earlham	157	19:37.02	3:24.95 (215)	7:40.13 (213)	15:55.95 (205)
206 Payton Harger	Earlham	158	19:37.61	3:24.04 (214)	7:39.01 (211)	15:55.79 (204)
207 Finn O'Toole	Iowa City Liberty	--	19:38.77	3:12.46 (177)	7:15.81 (194)	15:40.25 (196)
208 Luke Marriott	De Soto	159	19:43.30	3:20.97 (207)	7:41.47 (217)	16:06.13 (211)
209 Maddux Johnson	Iowa City Liberty	--	19:46.06	3:09.74 (161)	7:07.99 (186)	15:56.75 (206)
210 Donovan Braet	Earlham	160	19:48.00	3:26.73 (221)	7:40.64 (214)	16:04.67 (209)
211 Matias Dahl	Onalaska	--	19:57.25	3:06.51 (145)	7:04.43 (170)	16:04.82 (210)
212 Blake Petersen	Earlham	161	20:00.61	3:26.69 (220)	7:40.96 (216)	16:18.36 (214)
213 Alex Baldwin	Spencer	162	20:03.39	3:16.77 (198)	7:34.48 (210)	16:15.78 (213)
214 Carson Krogman	Spencer	163	20:10.88	3:23.85 (212)	7:40.69 (215)	16:18.39 (215)
215 Finn Brummel	Williamsburg	164	20:13.46	3:20.73 (205)	7:29.51 (205)	16:13.09 (212)
216 Devon Rees	Spencer	--	20:19.21	3:23.87 (213)	7:39.29 (212)	16:20.14 (216)
217 Lincon Dardis	Regina Iowa City	--	20:41.64	3:25.77 (216)	7:44.80 (220)	16:38.03 (217)
218 Cooper Michael	Earlham	165	21:17.66	3:26.66 (219)	7:54.05 (221)	17:14.10 (218)
219 Cooper Ridder	Waverly-Shell Rock	166	21:24.94	3:34.80 (223)	8:03.43 (223)	17:21.48 (220)
220 Howie O'Rourke	Regina Iowa City	--	21:27.12	3:27.23 (222)	7:55.91 (222)	17:18.51 (219)
Charlie Driscoll	Dubuque Hempstead	--	DNF	2:49.54 (24)	6:19.57 (29)	
Gavin Denholm	Cedar Falls	--	DNF	2:47.05 (18)	6:14.46 (22)	
Calvin Seeman	Williamsburg	--	DNF	3:20.55 (204)	7:41.54 (218)	