
 Missouri Valley Conference Cross Country Meet
 Logan/Missouri Valley Country Club, Missouri Valley, IA
 October 14, 2023 - 5K

GIRLS TEAM RESULTS

1.	47	Ahstw	(22:13.86	1:51:09.30	2:09.
=====						
1	5	Ava Paulsen 10		21:23.64		
2	6	Bella Lamp 9		21:32.21		
3	7	Rylie Knop 12		21:38.83		
4	14	Kenna Paulsen 10		23:01.81		
5	15	Yana Lander 9		23:32.81		
6	(16)	Ella Langer 12		23:57.67		
7	(19)	Kena Petersen 10		25:05.34		
2.	51	Riveride Community School Di	(22:35.08	1:52:55.40	4:43.
=====						
1	2	Carly Henderson 11		20:32.39		
2	4	Bailey Richardson 10		21:20.11		
3	8	Elly Henderson 11		21:43.79		
4	17	Danika Feigenbutz 10		24:02.98		
5	20	Becca Cody 12		25:16.13		
3.	52	Woodbine	(22:13.23	1:51:06.16	3:48.
=====						
1	1	Adyson Lapel 11		20:30.60		
2	10	Reagan Cogdill 11		21:53.25		
3	11	Izabelle Seda 9		21:56.46		
4	12	Kate Barry 9		22:26.38		
5	18	Elise Olson 11		24:19.47		
6	(21)	Riley Hogarth 9		25:40.81		
7	(24)	Adalynn Coenen 10		31:00.57		
4.	70	Heartland Christian School	(23:36.09	1:58:00.48	5:31.
=====						
1	3	Keira Diehm 9		21:05.59		
2	9	Grace Steinmetz 11		21:52.16		
3	13	Chloe Ferneau 12		22:27.91		
4	22	Noel Cramer 11		25:57.41		
5	23	Naomi Ferneau 10		26:37.41		



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GIRLS VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Madison Sporrer	11	Logan-Magnolia	19:35.7	6:19
2	Raegan Garrison	10	Ikm-Manning	20:10.0	6:30
3	Adyson Lapel	11	Woodbine	20:30.6	6:37
4	Carly Henderson	11	Riveride Community School Di	20:32.4	6:37
5	Lilly Yochum	10	Treynor	20:39.2	6:39
6	Keira Diehm	9	Heartland Christian School	21:05.6	6:48
7	Bailey Richardson	10	Riveride Community School Di	21:20.2	6:53
8	Ava Paulsen	10	Ahstw	21:23.7	6:54
9	Bella Lamp	9	Ahstw	21:32.3	6:56
10	Rylie Knop	12	Ahstw	21:38.9	6:59
11	Elly Henderson	11	Riveride Community School Di	21:43.8	7:00
12	Grace Steinmetz	11	Heartland Christian School	21:52.2	7:03
13	Reagan Cogdill	11	Woodbine	21:53.3	7:03
14	Izabelle Seda	9	Woodbine	21:56.5	7:04
15	Ryleigh Thomas	11	Treynor	21:58.9	7:05
16	Taylor Beckendorf	10	Ikm-Manning	22:09.6	7:08
17	Emily Albertsen	10	Ikm-Manning	22:15.3	7:10
18	Bella Boruff	12	Missouri Valley	22:21.8	7:12
19	Mykah Robbins	9	Logan-Magnolia	22:22.8	7:13
20	Kate Barry	9	Woodbine	22:26.4	7:14
21	Chloe Ferneau	12	Heartland Christian School	22:28.0	7:14
22	Kenna Paulsen	10	Ahstw	23:01.9	7:25
23	Yana Lander	9	Ahstw	23:32.9	7:35
24	Elsie Mausbach	10	Treynor	23:40.2	7:38
25	Ella Langer	12	Ahstw	23:57.7	7:43
26	Danika Feigenbutz	10	Riveride Community School Di	24:03.0	7:45
27	Elise Olson	11	Woodbine	24:19.5	7:50
28	Emma Reginato	12	Ikm-Manning	24:35.3	7:55
29	Ava Rowe	11	Logan-Magnolia	24:52.3	8:01
30	Kena Petersen	10	Ahstw	25:05.4	8:05
31	Becca Cody	12	Riveride Community School Di	25:16.2	8:08
32	Riley Hogarth	9	Woodbine	25:40.9	8:16
33	Addison Saar	9	Treynor	25:46.1	8:18
34	Noel Cramer	11	Heartland Christian School	25:57.5	8:22
35	Josie Millikan	10	Griswold School	26:15.3	8:28
36	Naomi Ferneau	10	Heartland Christian School	26:37.5	8:35
37	Lynnai Shada	9	Missouri Valley	28:35.5	9:13
38	Adalynn Coenen	10	Woodbine	31:00.6	9:59

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BOYS TEAM RESULTS

1.	32	Woodbine	(17:24.95	1:27:04.79	2:47.
=====						
1	1	Landon Bendgen 12		15:35.67		
2	2	Gunner Wagner 11		16:56.97		
3	8	Adam Barry 11		17:53.49		
4	10	Thomas Tremel 12		18:15.68		
5	11	Evan Estrada 11		18:22.98		
6	(14)	Trey Burgmeyer 12		18:43.19		
7	(22)	Xander Johnson 11		19:35.92		
2.	47	Missouri Valley	(18:07.44	1:30:37.23	1:00.
=====						
1	6	Aidan Rangel 11		17:38.92		
2	7	Jacob Hoden 12		17:48.03		
3	9	Adam Meadows 11		17:56.74		
4	12	Garrett Thacker 9		18:34.05		
5	13	Gavin Thacker 11		18:39.49		
6	(21)	Jackson Harrison 12		19:31.68		
7	(27)	Xavier Rangel 11		19:56.73		
3.	63	Riveride Community School Di	(18:34.66	1:32:53.31	4:22.
=====						
1	3	Mason McCreedy 12		17:11.47		
2	4	Brody Henderson 10		17:11.67		
3	5	Dawson Henderson 10		17:28.65		
4	20	Owen Fenner 9		19:27.22		
5	31	James McCreedy 9		21:34.30		
6	(36)	Aj Kremkoski 10		22:22.33		
4.	102	Griswold School	(19:41.98	1:38:29.90	2:51.
=====						
1	15	Holden Jensen 11		18:55.79		
2	17	Brayden Lockwood 10		19:05.88		
3	18	Cody Dorscher 11		19:14.06		
4	19	Nollan Smith 10		19:26.62		
5	33	Hogan Hook 11		21:47.55		
5.	117	Ikm-Manning	(19:42.69	1:38:33.49	1:08.
=====						
1	16	Abe Polzien 11		19:05.72		
2	23	Josiah Conner 11		19:37.20		
3	24	Hunter Julin 10		19:41.01		
4	26	Isaac Blankman 10		19:54.90		
5	28	Nathanael Conner 10		20:14.66		
6	(35)	Chas Muhlbauer 9		22:18.06		
6.	150	Heartland Christian School	(21:12.12	1:46:00.61	2:05.
=====						
1	25	Brady Dingus 11		19:53.68		
2	29	Malachi Gray 9		20:56.47		
3	30	Elijah Lewis 12		21:25.64		
4	32	Michael Holtmyer 10		21:45.86		
5	34	Apollos Lickliter 10		21:58.96		

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BOYS VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Landon Bendgen	12	Woodbine	15:35.7	5:02
2	Gunner Wagner	11	Woodbine	16:57.0	5:28
3	Mason McCreedy	12	Riveride Community School Di	17:11.5	5:32
4	Brody Henderson	10	Riveride Community School Di	17:11.7	5:32
5	Dawson Henderson	10	Riveride Community School Di	17:28.7	5:38
6	Aidan Rangel	11	Missouri Valley	17:39.0	5:41
7	Jacob Hoden	12	Missouri Valley	17:48.1	5:44
8	Adam Barry	11	Woodbine	17:53.5	5:46
9	Adam Meadows	11	Missouri Valley	17:56.8	5:47
10	Thomas Tremel	12	Woodbine	18:15.7	5:53
11	Jeyden Farr	10	Treynor	18:22.6	5:55
12	Evan Estrada	11	Woodbine	18:23.0	5:56
13	Meyrick Seymour	9	Logan-Magnolia	18:34.0	5:59
14	Garrett Thacker	9	Missouri Valley	18:34.1	5:59
15	Gavin Thacker	11	Missouri Valley	18:39.5	6:01
16	Trey Burgmeyer	12	Woodbine	18:43.2	6:02
17	Holden Jensen	11	Griswold School	18:55.8	6:06
18	Wyatt Hawkins	11	Logan-Magnolia	18:57.4	6:07
19	Caleb Hatch	12	Ahstw	19:00.3	6:08
20	Walter Seipold	11	East Mills High School	19:03.0	6:08
21	Abe Polzien	11	Ikm-Manning	19:05.8	6:09
22	Brayden Lockwood	10	Griswold School	19:05.9	6:09
23	Caden Geraghty	11	Ahstw	19:06.6	6:10
24	Cody Dorscher	11	Griswold School	19:14.1	6:12
25	Nollan Smith	10	Griswold School	19:26.7	6:16
26	Owen Fenner	9	Riveride Community School Di	19:27.3	6:16
27	Jackson Harrison	12	Missouri Valley	19:31.7	6:18
28	Xander Johnson	11	Woodbine	19:36.0	6:19
29	Josiah Conner	11	Ikm-Manning	19:37.2	6:19
30	Lyrick Stueve	12	Logan-Magnolia	19:39.5	6:20
31	Hunter Julin	10	Ikm-Manning	19:41.1	6:21
32	Jack Carley	12	Treynor	19:47.8	6:23
33	Brady Dingus	11	Heartland Christian School	19:53.7	6:25
34	Isaac Blankman	10	Ikm-Manning	19:54.9	6:25
35	Xavier Rangel	11	Missouri Valley	19:56.8	6:26
36	Jacob Barry	12	West Harrison	20:09.0	6:30
37	Nathanael Conner	10	Ikm-Manning	20:14.7	6:31
38	Cooper Stearns	11	East Mills High School	20:38.5	6:39
39	Malachi Gray	9	Heartland Christian School	20:56.5	6:45
40	Elijah Lewis	12	Heartland Christian School	21:25.7	6:54
41	James McCreedy	9	Riveride Community School Di	21:34.3	6:57
42	Michael Holtmyer	10	Heartland Christian School	21:45.9	7:01
43	Hogan Hook	11	Griswold School	21:47.6	7:01
44	Apollos Licklitter	10	Heartland Christian School	21:59.0	7:05
45	Chas Muhlbauer	9	Ikm-Manning	22:18.1	7:11
46	Aj Kremkoski	10	Riveride Community School Di	22:22.4	7:13

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2023 Missouri Valley Cross Country Invitational - Girls JV Results Results

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GIRLS JUNIOR VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Valerie Rodriguez	9	Woodbine	29:12.4	9:25

Results provided by Precision Race Results



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2023 Missouri Valley Cross Country Invitational - Boys JV Results Results

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BOYS JUNIOR VARSITY RACE

Place	Name	Year	Team	Time	Pace
1	Keaton Voster	10	Missouri Valley	19:58.2	6:26
2	Owen Wingert	11	Woodbine	20:12.1	6:31
3	Wyatt Coenen	11	Woodbine	20:30.6	6:37
4	Leo Sullivan	11	Woodbine	20:34.4	6:38
5	Gute Owen	9	Missouri Valley	20:42.8	6:40
6	Tristan Vendemark	9	Woodbine	20:56.5	6:45
7	Merrick Stribe	9	Ikm-Manning	21:31.2	6:56
8	Matthew Cliffe	9	Missouri Valley	21:38.1	6:58
9	Dom Lary	10	Woodbine	23:04.7	7:26

Results provided by Precision Race Results



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