

**MVC VALLEY DIVISIONAL**

Dubuque, IA

Dubuque Soccer Complex

Host: Dubuque Wahlert High School

Thursday, October 17, 2024

**MEET OFFICIALS**

Meet Director:

Tom English

Timing:

B&amp;W Racing Services

**OFFICIAL MEET REPORT**

printed: 10/17/2024 5:48 PM

**Race #1**  
**Girls Fr-So & JV Fr-So****Final Results****TEAM SCORING SUMMARY****Fr-So**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	20	1-2-3-5-9(11)(14)	1:44:46	20:58	1:24.9
2 Cedar Falls	35	4-6-7-8-10(12)(13)	1:47:55	21:35	0:38.2
3 Wahlert Dubuque	97	16-18-19-20-24	1:53:53	22:47	1:21.9
4 Prairie Cedar Rapids	105	15-17-22-25-26(28)(30)	1:56:43	23:21	2:45.3
5 Dubuque Hempstead	136	21-23-27-29-36	2:08:26	25:42	7:15.0
6 Cedar Rapids Jefferson	165	31-32-33-34-35(37)(38)	2:21:36	28:20	2:55.5
DNP Cedar Rapids Washington					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 RILEY-POMA, Brooklyn	SO	Iowa City City High	1	20:16.4	---	6:31.1	4:03.3
2 LEMAN, Camille	FR	Iowa City City High	2	20:38.2	21.8	6:38.1	4:07.6
3 SHERBURNE, Lucy	SO	Iowa City City High	3	20:42.2	25.8	6:39.4	4:08.4
4 SEARFOSS, Ainsley	FR	Cedar Falls	4	21:15.7	59.3	6:50.2	4:15.1
5 LECLAIR, Nadia	FR	Iowa City City High	5	21:28.2	1:11.8	6:54.2	4:17.6
6 MCNALLY, Emerlyn	FR	Cedar Falls	6	21:28.7	1:12.3	6:54.4	4:17.7
7 WENZEL, Alexa	SO	Cedar Falls	7	21:37.8	1:21.4	6:57.3	4:19.5
8 FREIBERG, Leah	FR	Cedar Falls	8	21:38.9	1:22.5	6:57.6	4:19.8
9 ROMERO, Ella	SO	Iowa City City High	9	21:41.2	1:24.8	6:58.4	4:20.2
10 HANNAM, Jenna	FR	Cedar Falls	10	21:53.9	1:37.5	7:02.5	4:22.8
11 GALLUZZO, Lucia	FR	Iowa City City High	(11)	21:54.6	1:38.2	7:02.7	4:22.9
12 VERDUGHT, Maggie	SO	Cedar Falls	(12)	21:58.1	1:41.7	7:03.8	4:23.6
13 FRERICHS, Alison	SO	Cedar Falls	(13)	21:59.5	1:43.1	7:04.3	4:23.9
14 WILLARD, Martha	SO	Iowa City City High	(14)	21:59.8	1:43.4	7:04.4	4:23.9
15 COUSIN, June	SO	Cedar Falls	-	22:14.2	1:57.8	7:09.0	4:26.8
16 SICKELS, Jaelyn	FR	Prairie Cedar Rapid	15	22:15.9	1:59.5	7:09.5	4:27.2
17 BURKE, Grace	FR	Wahlert Dubuque	16	22:17.1	2:00.7	7:09.9	4:27.4
18 VAN VOORST, Addy	SO	Prairie Cedar Rapid	17	22:24.7	2:08.3	7:12.4	4:28.9
19 DWYER, Scarlett	SO	Cedar Rapids Wash	-	22:27.1	2:10.7	7:13.1	4:29.4
20 THIELEN, Claire	SO	Wahlert Dubuque	18	22:27.5	2:11.1	7:13.3	4:29.5
21 BECHTEL, Amelie	FR	Iowa City City High	-	22:28.4	2:12.0	7:13.6	4:29.7
22 FITZGERALD, Madelyn	FR	Iowa City City High	-	22:33.0	2:15.6	7:15.0	4:30.6
23 UNSEN, Mallory	SO	Wahlert Dubuque	19	22:40.8	2:24.4	7:17.5	4:32.2
24 SPRAGG, Nadia	SO	Iowa City City High	-	22:44.7	2:28.3	7:18.8	4:32.9
25 KLEIN, Addison	SO	Iowa City City High	-	22:47.6	2:31.2	7:19.7	4:33.5
26 BELKEN, Tessa	FR	Wahlert Dubuque	20	22:48.0	2:30.6	7:19.9	4:33.6
27 TINK, Esther	FR	Cedar Falls	-	22:50.2	2:33.8	7:20.6	4:34.0
28 HOUSELOG, Stella	FR	Dubuque Hempstea	21	22:53.1	2:36.7	7:21.5	4:34.6
29 PENG, Helen	FR	Cedar Falls	-	23:00.1	2:43.7	7:23.8	4:36.0
30 TERRILL, Amelia	FR	Iowa City City High	-	23:07.4	2:51.0	7:26.1	4:37.5
31 FAUL, Ella	SO	Prairie Cedar Rapid	22	23:10.6	2:54.2	7:27.1	4:38.1
32 ROGERS, Avery	SO	Cedar Falls	-	23:12.3	2:55.9	7:27.7	4:38.5
33 BELLMAN, Rebecca	FR	Dubuque Hempstea	23	23:29.3	3:12.9	7:33.1	4:41.8
34 SWITZER, Cadia	SO	Cedar Falls	-	23:29.5	3:13.1	7:33.2	4:41.9

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**Race #1  
Girls Fr-So & JV Fr-So****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
35 SELL, Everlie	SO	Wahlert Dubuque	24	23:39.0	3:21.6	7:36.3	4:43.8
36 RAUSCH, Chloe	SO	Prairie Cedar Rapid	25	23:49.7	3:33.3	7:39.7	4:45.9
37 PLATTE, Anna	FR	Iowa City City High	-	23:59.9	3:43.5	7:43.0	4:48.0
38 WENZEL, Isabel	SO	Cedar Falls	-	24:00.7	3:44.3	7:43.2	4:48.1
39 SWISHER, Cassie	SO	Iowa City City High	-	24:10.1	3:53.7	7:46.3	4:50.0
40 EVANS, Jolie	SO	Iowa City City High	-	24:10.9	3:54.5	7:46.5	4:50.2
41 WARBY, Claire	SO	Cedar Falls	-	24:30.8	4:14.4	7:52.9	4:54.1
42 AYERS, Zelda	FR	Iowa City City High	-	24:31.9	4:15.5	7:53.3	4:54.4
43 CASTO, Amari	SO	Iowa City City High	-	24:32.7	4:16.3	7:53.5	4:54.5
44 WITTENKELLER, Nora	FR	Iowa City City High	-	24:46.4	4:30.0	7:57.9	4:57.3
45 HERRIG, Kelsey	FR	Iowa City City High	-	24:49.1	4:32.7	7:58.8	4:57.8
46 JENSEN, Alena	SO	Cedar Rapids Wash	-	24:53.0	4:35.6	8:00.0	4:58.6
47 TEDROW, Kelsee	FR	Prairie Cedar Rapid	26	25:01.2	4:44.8	8:02.7	5:00.2
48 HADZIC, Hana	FR	Iowa City City High	-	25:21.1	5:04.7	8:09.1	5:04.2
49 JAEGER, Kambry	SO	Cedar Falls	-	25:26.7	5:10.3	8:10.9	5:05.3
50 BECKER, Olivia	FR	Iowa City City High	-	25:42.2	5:25.8	8:15.9	5:08.4
51 KALLBACK, Josie	SO	Dubuque Hempstea	27	25:53.4	5:37.0	8:19.5	5:10.7
52 COOK-MCCORMICK, Ariann	FR	Prairie Cedar Rapid	(28)	25:55.3	5:38.9	8:20.1	5:11.1
53 KIEFFER, Kenzie	FR	Dubuque Hempstea	29	26:01.8	5:45.4	8:22.2	5:12.4
54 BLOCK, Piper	FR	Cedar Falls	-	26:05.7	5:49.3	8:23.4	5:13.1
55 GREEN, Maddie	SO	Prairie Cedar Rapid	(30)	26:19.1	6:02.7	8:27.7	5:15.8
56 ROLAND, Frances	SO	Cedar Rapids Wash	-	26:25.4	6:09.0	8:29.8	5:17.1
57 ROUSSI, Chancelline	SO	Cedar Rapids Jeffer	31	27:06.3	6:49.9	8:42.9	5:25.3
58 NACE, Avery	SO	Iowa City City High	-	27:29.0	7:11.6	8:50.2	5:29.8
59 MERCIL, Kate	FR	Cedar Rapids Jeffer	32	27:29.2	7:12.8	8:50.3	5:29.8
60 GARCIA, Ashlyn	SO	Cedar Rapids Jeffer	33	27:57.0	7:39.6	8:59.2	5:35.4
61 MOLS BERRY, Molly	FR	Iowa City City High	-	27:57.9	7:41.5	8:59.5	5:35.6
62 SANDERS, Curstin	SO	Cedar Rapids Jeffer	34	29:01.5	8:45.1	9:20.0	5:48.3
63 PHUKE, Aarya	SO	Cedar Falls	-	29:01.9	8:45.5	9:20.1	5:48.4
64 GERONZIN, Makayla	SO	Cedar Rapids Jeffer	35	30:01.8	9:45.4	9:39.3	6:00.3
65 DOLAN, Addilyn	SO	Dubuque Hempstea	36	30:08.1	9:51.7	9:41.4	6:01.6
66 CARPENTER, Ava	SO	Cedar Rapids Jeffer	(37)	30:34.0	10:16.6	9:49.7	6:06.8
67 DAWSON, Mackenzie	SO	Cedar Falls	-	30:56.8	10:40.4	9:57.0	6:11.3
68 SCHULTZ, Willow	SO	Iowa City City High	-	31:21.9	11:05.5	10:05.1	6:16.4
69 YOUNGKENT, Reese	FR	Cedar Falls	-	31:25.2	11:08.8	10:06.1	6:17.0
70 COINER, Adrianna	SO	Iowa City City High	-	32:34.9	12:18.5	10:28.6	6:31.0
71 WILLIAMS, Alijah	SO	Cedar Rapids Jeffer	(38)	33:25.3	13:08.9	10:44.8	6:41.1
72 NEAL, Vera	FR	Prairie Cedar Rapid	-	33:39.5	13:23.1	10:49.4	6:43.9

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**Race #1**  
**Girls Fr-So & JV JV**

**Final Results**

**TEAM SCORING SUMMARY**

**JV**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	24	1-2-6-7-8(11)(12)	1:49:19	21:52	1:48.1
2 Cedar Falls	35	3-4-5-10-13(14)(16)	1:51:34	22:19	1:52.8
3 Dubuque Hempstead	78	9-15-17-18-19(20)(24)	1:58:00	23:36	1:24.8
4 Prairie Cedar Rapids	124	21-23-25-27-28	2:10:23	26:05	2:44.1
5 Cedar Rapids Jefferson	151	26-29-30-31-35(36)(39)	2:24:46	28:58	7:58.1
6 Waterloo West	158	22-32-33-34-37(38)	2:35:31	31:07	12:40.1
DNP Wahlert Dubuque					
DNP Cedar Rapids Washington					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 ASKLOF, Elizabeth	JR	Iowa City City High	1	20:44.7	28.3	6:40.2	4:08.9
2 BHANDARY-NARAYANAN,	JR	Iowa City City High	2	21:07.1	50.7	6:47.4	4:13.4
3 BERNARDY, Ashley	SR	Cedar Falls	3	21:23.2	1:06.8	6:52.6	4:16.6
4 HANSEN, Rylee	SR	Cedar Falls	4	22:06.1	1:49.7	7:06.4	4:25.2
5 CHARLTON, Alissa	JR	Cedar Falls	5	22:06.4	1:50.0	7:06.5	4:25.3
6 KUHLMANN, Nina	SR	Iowa City City High	6	22:22.5	2:06.1	7:11.6	4:28.5
7 ELLERMEIER, Katiya	JR	Iowa City City High	7	22:31.6	2:15.2	7:14.6	4:30.3
8 SCHNOEBELEN, Noelle	JR	Iowa City City High	8	22:32.8	2:16.4	7:15.0	4:30.5
9 HRUSKA, Bella	JR	Dubuque Hempstea	9	22:40.5	2:24.1	7:17.4	4:32.1
10 BARTELT, Olivia	SR	Cedar Falls	10	22:42.5	2:26.1	7:18.1	4:32.5
11 SCHULTES, Addi	JR	Iowa City City High	(11)	22:47.4	2:31.0	7:19.7	4:33.5
12 LECLAIR, Josephine	SR	Iowa City City High	(12)	23:01.9	2:45.5	7:24.3	4:36.4
13 ANTON, Ellie	SR	Cedar Falls	13	23:15.9	2:59.5	7:28.8	4:39.2
14 TOL, Prisha	JR	Cedar Falls	(14)	23:16.8	3:00.4	7:29.1	4:39.3
15 MCFADDEN, Hannah	SR	Dubuque Hempstea	15	23:17.8	3:01.4	7:29.4	4:39.6
16 CARTER, Olivia	SR	Cedar Falls	(16)	23:30.8	3:14.4	7:33.6	4:42.2
17 BRODAHL, Anna	JR	Cedar Falls	-	23:55.6	3:39.2	7:41.6	4:47.1
18 WELTER, Sophie	FR	Dubuque Hempstea	17	23:55.7	3:39.3	7:41.6	4:47.1
19 MICKELSON, Paris	SR	Dubuque Hempstea	18	24:00.6	3:44.2	7:43.2	4:48.1
20 DARST, Marie	JR	Cedar Falls	-	24:03.9	3:47.5	7:44.3	4:48.8
21 WESSELS, Jacie	SR	Cedar Falls	-	24:04.9	3:48.5	7:44.6	4:49.0
22 BIRKENHOLZ, Piper	JR	Dubuque Hempstea	19	24:05.3	3:48.9	7:44.7	4:49.0
23 GAMMAGE, Greta	JR	Dubuque Hempstea	(20)	24:05.6	3:49.2	7:44.8	4:49.1
24 HARRISON, Caitlyn	JR	Iowa City City High	-	24:10.0	3:52.6	7:46.2	4:50.0
25 MCNABB, Sophie	JR	Prairie Cedar Rapid	21	24:12.5	3:56.1	7:47.0	4:50.5
26 DIERKS, Catherine	SR	Cedar Falls	-	24:15.8	3:59.4	7:48.1	4:51.1
27 RICHMAN, Noe	SR	Iowa City City High	-	24:29.8	4:13.4	7:52.6	4:54.0
28 BLAKE, Natalie	SR	Cedar Falls	-	24:31.3	4:14.9	7:53.1	4:54.3
29 KEARNS, Kahlan	SR	Cedar Falls	-	24:44.4	4:28.0	7:57.3	4:56.9
30 HAMILTON, Cooper	JR	Iowa City City High	-	24:47.7	4:31.3	7:58.3	4:57.5
31 GALLUZZO, Joanna	SR	Iowa City City High	-	24:53.8	4:37.4	8:00.3	4:58.7
32 ZIEHR, Nora	SR	Iowa City City High	-	25:03.1	4:46.7	8:03.3	5:00.6

**MVC VALLEY DIVISIONAL**

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**Race #1**  
**Girls Fr-So & JV JV**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33	MATEL, Rachel	SR Iowa City City High	-	25:25.6	5:09.2	8:10.5	5:05.1
34	MEZA, Melissa	JR Cedar Falls	-	25:35.2	5:18.8	8:13.6	5:07.0
35	GERDES, Anna	SR Cedar Falls	-	25:38.6	5:22.2	8:14.7	5:07.7
36	BARTLETT, Emerson	JR Cedar Falls	-	25:38.6	5:22.2	8:14.7	5:07.7
37	KING, Clarie	JR Wahlert Dubuque	-	25:52.4	5:36.0	8:19.1	5:10.5
38	VODJOGBE, Debora	FR Waterloo West	22	25:52.9	5:36.5	8:19.3	5:10.6
39	BURESH, Melanie	SR Prairie Cedar Rapid	23	25:54.3	5:37.9	8:19.8	5:10.9
40	WEINMAN, Lola	SR Iowa City City High	-	25:59.6	5:43.2	8:21.5	5:11.9
41	MORRISON, Mady	JR Dubuque Hempstea	(24)	26:17.1	6:00.7	8:27.1	5:15.4
42	GOOD, Elise	SO Iowa City City High	-	26:17.9	6:01.5	8:27.3	5:15.6
43	TORREZ, Lyvia	JR Cedar Falls	-	26:18.8	6:02.4	8:27.6	5:15.7
44	HAZEN, Hope	SO Prairie Cedar Rapid	25	26:24.0	6:06.6	8:29.3	5:16.8
45	NOVAK, Sarah	JR Cedar Rapids Wash	-	26:32.6	6:16.2	8:32.1	5:18.5
46	CHERRY, Alex	SR Cedar Rapids Wash	-	26:35.2	6:18.8	8:32.9	5:19.0
47	LONG, Lydia	SR Cedar Rapids Jeffer	26	26:42.8	6:26.4	8:35.3	5:20.5
48	YOUNG, Lillie	SO Prairie Cedar Rapid	27	26:55.4	6:39.0	8:39.4	5:23.1
49	CUMMINGS, Riley	JR Prairie Cedar Rapid	28	26:56.6	6:40.2	8:39.8	5:23.3
50	YORK, Emma	SR Cedar Rapids Jeffer	29	26:57.3	6:40.9	8:40.0	5:23.5
51	MALKO, Rashele	JR Cedar Rapids Jeffer	30	26:58.8	6:42.4	8:40.5	5:23.7
52	BAILEY, Harper	JR Iowa City City High	-	27:24.4	7:08.0	8:48.7	5:28.9
53	FERN, Evelyn	SR Dubuque Hempstea	-	27:37.3	7:20.9	8:52.9	5:31.4
54	HOFFMAN, Maya	SR Iowa City City High	-	27:53.7	7:37.3	8:58.1	5:34.7
55	HAVERLAND, Lauren	SR Dubuque Hempstea	-	28:18.3	8:01.9	9:06.1	5:39.6
56	FERNANDES DE SOUZA, Ni	SR Iowa City City High	-	28:18.7	8:02.3	9:06.2	5:39.7
57	VIRTUE, Lydia	SR Wahlert Dubuque	-	28:23.5	8:07.1	9:07.7	5:40.7
58	MEHMEDOVIC, Sejla	SR Cedar Falls	-	28:33.5	8:17.1	9:11.0	5:42.7
59	BODJONA, Mazama	JR Cedar Rapids Jeffer	31	29:26.5	9:10.1	9:28.0	5:53.3
60	TELLEZ-MARCELENO, Mar	JR Waterloo West	32	29:47.9	9:31.5	9:34.9	5:57.6
61	WAGENER, Lily	SO Dubuque Hempstea	-	29:49.5	9:33.1	9:35.4	5:57.9
62	AHMAD, Fatima	SR Iowa City City High	-	30:22.2	10:05.8	9:45.9	6:04.4
63	CEARLOCK, Annebelle	JR Wahlert Dubuque	-	30:28.4	10:12.0	9:47.9	6:05.7
64	KESTEL, Bailey	SR Waterloo West	33	30:28.6	10:12.2	9:48.0	6:05.7
65	EVANS, Halle	JR Waterloo West	34	30:48.3	10:31.9	9:54.3	6:09.7
66	GONNERMAN, Megan	SR Cedar Falls	-	30:55.6	10:39.2	9:56.6	6:11.1
67	WOLOTOH, Thierrina	SR Cedar Rapids Jeffer	35	34:40.8	14:24.4	11:09.0	6:56.1
68	BUEDERI, Josephine	JR Cedar Rapids Jeffer	(36)	34:55.0	14:37.6	11:13.6	6:59.0
69	HAMILTON, Maysa	SR Cedar Rapids Wash	-	35:23.4	15:07.0	11:22.7	7:04.7
70	MATIT, Agum	JR Waterloo West	37	38:32.9	18:16.5	12:23.7	7:42.6
71	1, Runner	JR Waterloo West	(38)	38:32.9	18:16.5	12:23.7	7:42.6
72	BOUKARI, Ilham	JR Cedar Rapids Jeffer	(39)	40:13.0	19:55.6	12:55.9	8:02.6

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 Timing:  
 B&W Racing Services



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**Race #2**  
**Boys Fr-So & JV Fr-So**

**Final Results**

**TEAM SCORING SUMMARY**

Fr-So

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	21	1-2-5-6-7(9)(13)	1:25:37	17:08	0:19.4
2 Cedar Falls	38	3-4-8-11-12(14)(15)	1:26:53	17:23	0:43.3
3 Prairie Cedar Rapids	88	10-16-18-21-23(24)(25)	1:31:36	18:20	1:20.2
4 Dubuque Hempstead	104	17-19-20-22-26(27)(29)	1:33:16	18:40	1:14.8
5 Wahlert Dubuque	156	28-30-31-33-34(36)(38)	1:42:30	20:30	1:07.3
6 Cedar Rapids Jefferson	199	32-35-41-45-46(47)(48)	1:50:50	22:10	2:24.3
7 Cedar Rapids Washington	201	37-39-40-42-43(44)(49)	1:51:10	22:14	1:01.9

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 MCROBERTS, Jasper	FR	Iowa City City High	1	16:58.4	9.5	5:27.4	3:23.7
2 EASTLUND, Leif	FR	Iowa City City High	2	16:58.5	9.6	5:27.5	3:23.7
3 STROHMAN, Cody	FR	Cedar Falls	3	17:00.3	11.4	5:28.0	3:24.0
4 KIES, Ryne	SO	Cedar Falls	4	17:10.2	21.3	5:31.2	3:26.0
5 CAREY, Will	SO	Iowa City City High	5	17:10.4	21.5	5:31.3	3:26.1
6 ARNOLD, Malcolm	SO	Iowa City City High	6	17:12.1	23.2	5:31.8	3:26.4
7 HOWARD, Zach	FR	Iowa City City High	7	17:17.8	28.9	5:33.7	3:27.5
8 AHRENS, Brody	SO	Cedar Falls	8	17:17.9	29.0	5:33.7	3:27.6
9 VANDE BERG, Henry	SO	Iowa City City High	(9)	17:28.5	39.6	5:37.1	3:29.7
10 NOVE, Mason	SO	Prairie Cedar Rapid	10	17:35.2	46.3	5:39.3	3:31.0
11 HUDSON, Jace	FR	Cedar Falls	11	17:41.2	52.3	5:41.2	3:32.2
12 JACOBSEN, Ethan	SO	Cedar Falls	12	17:43.5	54.6	5:42.0	3:32.7
13 MILLER, Soren	FR	Iowa City City High	(13)	17:51.1	1:02.2	5:44.4	3:34.2
14 AVILA, Rodrigo	SO	Cedar Falls	(14)	17:57.5	1:08.6	5:46.4	3:35.5
15 FAUSER, Judah	SO	Cedar Falls	(15)	17:57.6	1:08.7	5:46.5	3:35.5
16 DAHLEM, Eli	FR	Prairie Cedar Rapid	16	17:59.6	1:10.7	5:47.1	3:35.9
17 RISMA, Nolan	FR	Dubuque Hempstea	17	18:01.3	1:12.4	5:47.7	3:36.3
18 SAUSER, Grady	FR	Prairie Cedar Rapid	18	18:17.9	1:29.0	5:53.0	3:39.6
19 BLANCHARD, Aaron	SO	Dubuque Hempstea	19	18:27.0	1:37.1	5:55.9	3:41.4
20 SEAMANS, John	FR	Iowa City City High	-	18:29.0	1:39.1	5:56.6	3:41.8
21 LALOR, Quinn	FR	Iowa City City High	-	18:34.5	1:45.6	5:58.3	3:42.9
22 SPAHN, Charlie	FR	Dubuque Hempstea	20	18:38.1	1:49.2	5:59.5	3:43.6
23 STOLLEY, Tristan	FR	Prairie Cedar Rapid	21	18:48.0	1:58.1	6:02.7	3:45.6
24 STEWART, Turner	SO	Cedar Falls	-	18:49.1	2:00.2	6:03.0	3:45.8
25 KODIAGA, Israel	FR	Cedar Falls	-	18:52.7	2:03.8	6:04.2	3:46.5
26 BEERENDS, Colin	FR	Iowa City City High	-	18:52.8	2:03.9	6:04.2	3:46.6
27 GOLDSMITH, Sam	SO	Dubuque Hempstea	22	18:53.5	2:04.6	6:04.5	3:46.7
28 VETTER, Quinn	FR	Prairie Cedar Rapid	23	18:55.4	2:06.5	6:05.1	3:47.1
29 SAUDER, Ben	FR	Iowa City City High	-	18:58.7	2:09.8	6:06.1	3:47.7
30 MAYHEW, Preston	SO	Iowa City City High	-	19:03.4	2:14.5	6:07.6	3:48.7
31 WEDEMEYER, Gavin	FR	Iowa City City High	-	19:08.3	2:19.4	6:09.2	3:49.6
32 HAIGHT, Max	FR	Prairie Cedar Rapid	(24)	19:08.6	2:19.7	6:09.3	3:49.7
33 SACCO, Joe	FR	Cedar Falls	-	19:09.9	2:21.0	6:09.7	3:50.0
34 FORMANEK, Matthew	FR	Prairie Cedar Rapid	(25)	19:11.7	2:22.8	6:10.3	3:50.3

## MVC VALLEY DIVISIONAL

Dubuque, IA

Dubuque Soccer Complex

Host: Dubuque Wahlert High School

Thursday, October 17, 2024

## MEET OFFICIALS

Meet Director:

Tom English

Timing:

B&amp;W Racing Services



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**Race #2**  
**Boys Fr-So & JV Fr-So**
**Final Results**
**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
35 FRIESNER, Jason	FR	Cedar Falls	-	19:16.0	2:26.1	6:11.7	3:51.2
36 PETERSON, Christopher	FR	Dubuque Hempstea	26	19:16.1	2:27.2	6:11.7	3:51.2
37 WARD, Michael	FR	Cedar Falls	-	19:19.6	2:30.7	6:12.8	3:51.9
38 BOYLE, Logan	FR	Cedar Falls	-	19:20.4	2:31.5	6:13.1	3:52.1
39 SPRIGGS, Mason	SO	Dubuque Hempstea	(27)	19:22.8	2:33.9	6:13.9	3:52.6
40 SHIELDS, Patrick	FR	Cedar Falls	-	19:23.2	2:34.3	6:14.0	3:52.6
41 SELL, Maxwell	SO	Cedar Falls	-	19:27.2	2:38.3	6:15.3	3:53.4
42 CAULK, Mose	SO	Iowa City City High	-	19:31.5	2:42.6	6:16.7	3:54.3
43 KOPELMAN, Henry	FR	Iowa City City High	-	19:33.1	2:44.2	6:17.2	3:54.6
44 BENSEMA, Miles	SO	Cedar Falls	-	19:38.8	2:49.9	6:19.0	3:55.8
45 SEAMANS, Mike	SO	Prairie Cedar Rapid	-	19:41.1	2:52.2	6:19.8	3:56.2
46 CUMMER, Graham	FR	Iowa City City High	-	19:50.8	3:01.9	6:22.9	3:58.2
47 LEYSER, Gustavo	SO	Iowa City City High	-	19:54.4	3:05.5	6:24.0	3:58.9
48 NAPOLI, Joey	SO	Iowa City City High	-	19:56.4	3:07.5	6:24.7	3:59.3
49 KLAPATAUSKAS, Jon	SO	Wahlert Dubuque	28	19:59.0	3:10.1	6:25.5	3:59.8
50 GOLDSMITH, Noah	FR	Prairie Cedar Rapid	-	20:03.0	3:13.1	6:26.8	4:00.6
51 LONG, Gage	FR	Dubuque Hempstea	(29)	20:03.6	3:14.7	6:27.0	4:00.7
52 MISIAGBECKLER, Pierce	SO	Dubuque Hempstea	-	20:06.2	3:17.3	6:27.8	4:01.2
53 RUNDE, Devin	SO	Dubuque Hempstea	-	20:07.8	3:18.9	6:28.3	4:01.5
54 MULFORD, Landon	SO	Prairie Cedar Rapid	-	20:09.3	3:20.4	6:28.8	4:01.9
55 BLANCHARD, Kyler	SO	Cedar Falls	-	20:10.5	3:21.6	6:29.2	4:02.1
56 REICKS, Joel	FR	Wahlert Dubuque	30	20:11.2	3:22.3	6:29.4	4:02.2
57 AUER, JP	SO	Wahlert Dubuque	31	20:16.6	3:27.7	6:31.2	4:03.3
58 DONOVAN, Alex	SO	Iowa City City High	-	20:18.3	3:29.4	6:31.7	4:03.6
59 TIMMERMAN, Ty	SO	Cedar Falls	-	20:18.8	3:29.9	6:31.9	4:03.8
60 GOETSCH, Joey	FR	Cedar Falls	-	20:26.9	3:38.0	6:34.5	4:05.4
61 CHRIST, Ben	SO	Cedar Falls	-	20:29.7	3:40.8	6:35.4	4:05.9
62 SEGOVIA, Andy	SO	Cedar Rapids Jeffer	32	20:55.1	4:06.2	6:43.6	4:11.0
63 HOWES, Wyatt	FR	Iowa City City High	-	20:55.9	4:07.0	6:43.8	4:11.2
64 PERAIRE, Diego	SO	Wahlert Dubuque	33	20:57.0	4:07.1	6:44.2	4:11.4
65 KENLIN, Soren	SO	Iowa City City High	-	20:58.4	4:09.5	6:44.6	4:11.7
66 MYERS, Max	SO	Prairie Cedar Rapid	-	21:03.7	4:14.8	6:46.3	4:12.7
67 NEWLIN, Finnegan	SO	Wahlert Dubuque	34	21:06.3	4:17.4	6:47.2	4:13.3
68 GASS, Brandon	SO	Cedar Rapids Jeffer	35	21:07.0	4:17.1	6:47.4	4:13.4
69 NEDERHOFF, Aedric	SO	Prairie Cedar Rapid	-	21:08.9	4:20.0	6:48.0	4:13.8
70 RICHMAN, Sam	SO	Iowa City City High	-	21:11.1	4:22.2	6:48.7	4:14.2
71 MULLIGAN, Eli	SO	Wahlert Dubuque	(36)	21:13.7	4:24.8	6:49.5	4:14.7
72 CORRAL CARABANTES, Na	SO	Iowa City City High	-	21:16.3	4:27.4	6:50.4	4:15.3
73 NOSKA, Calvin	FR	Prairie Cedar Rapid	-	21:18.1	4:29.2	6:50.9	4:15.6
74 SCHLITZ, Joe	SO	Iowa City City High	-	21:18.1	4:29.2	6:50.9	4:15.6
75 WENZEL, Mason	SO	Cedar Falls	-	21:19.7	4:30.8	6:51.5	4:15.9
76 MORTON, Jasper	SO	Iowa City City High	-	21:20.2	4:31.3	6:51.6	4:16.0
77 ALLRED, Wilson	SO	Prairie Cedar Rapid	-	21:24.3	4:35.4	6:52.9	4:16.8
78 HAND, Thomas	FR	Iowa City City High	-	21:30.7	4:41.8	6:55.0	4:18.1
79 ALLRED, Theo	SO	Iowa City City High	-	21:33.0	4:43.1	6:55.7	4:18.6
80 BYLER, Asher	FR	Iowa City City High	-	21:33.3	4:44.4	6:55.8	4:18.6



## MVC VALLEY DIVISIONAL

Dubuque, IA

Dubuque Soccer Complex

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Thursday, October 17, 2024

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Timing:

B&amp;W Racing Services



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**Race #2**  
**Boys Fr-So & JV Fr-So**

# Final Results

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
81 TONER, Trey	SO	Prairie Cedar Rapid	-	21:39.9	4:51.0	6:58.0	4:20.0
82 MITCHELL, Henri	SO	Cedar Rapids Wash	37	21:42.8	4:53.9	6:58.9	4:20.6
83 GIANNAKOUIROS, Paul	SO	Dubuque Hempstea	-	21:44.2	4:55.3	6:59.3	4:20.8
84 DEAHL, Kellan	FR	Prairie Cedar Rapid	-	21:44.3	4:55.4	6:59.4	4:20.9
85 STEFFEN, Parker	FR	Cedar Falls	-	21:46.0	4:56.1	6:59.9	4:21.2
86 TRACY, Luke	FR	Wahlert Dubuque	(38)	21:49.7	5:00.8	7:01.1	4:21.9
87 MERSCHBROCK, August	FR	Cedar Rapids Wash	39	21:50.4	5:01.5	7:01.3	4:22.1
88 NORBY, James	FR	Cedar Falls	-	22:03.6	5:14.7	7:05.6	4:24.7
89 FLANAGAN, Daniel	SO	Wahlert Dubuque	-	22:04.0	5:14.1	7:05.7	4:24.8
90 MITCHELL, Jasper	FR	Cedar Rapids Wash	40	22:06.8	5:17.9	7:06.6	4:25.3
91 BLASBERG, Andrew	FR	Cedar Falls	-	22:07.3	5:18.4	7:06.8	4:25.5
92 HARVEY, Dane	FR	Cedar Rapids Jeffer	41	22:11.5	5:22.6	7:08.1	4:26.3
93 ACKERMANN, Asher	FR	Iowa City City High	-	22:13.2	5:24.3	7:08.7	4:26.6
94 TRAN, Henderson	FR	Wahlert Dubuque	-	22:13.3	5:24.4	7:08.7	4:26.7
95 NUS, Camden	FR	Cedar Falls	-	22:15.3	5:26.4	7:09.3	4:27.0
96 LAU, Detrich	FR	Iowa City City High	-	22:17.7	5:28.8	7:10.1	4:27.5
97 STOLL, Warner	FR	Prairie Cedar Rapid	-	22:19.1	5:30.2	7:10.6	4:27.8
98 WAGNER, Elijah	FR	Dubuque Hempstea	-	22:30.4	5:41.5	7:14.2	4:30.1
99 HARTMANN, Michael	SO	Wahlert Dubuque	-	22:38.7	5:49.8	7:16.9	4:31.7
100 HEMMER, Silas	FR	Cedar Falls	-	22:40.9	5:52.0	7:17.6	4:32.2
101 PATTEN, Tyler	SO	Prairie Cedar Rapid	-	22:42.0	5:52.1	7:17.9	4:32.4
102 KOLDER, Joel	SO	Cedar Rapids Wash	42	22:44.6	5:55.7	7:18.8	4:32.9
103 REISINGER, Nicholas	SO	Cedar Rapids Wash	43	22:44.7	5:55.8	7:18.8	4:32.9
104 EMRY, Elisha	FR	Iowa City City High	-	22:51.5	6:02.6	7:21.0	4:34.3
105 POWERS, Fynn	SO	Cedar Falls	-	22:58.5	6:09.6	7:23.2	4:35.7
106 HELGENS, Lane	FR	Cedar Falls	-	22:59.1	6:10.2	7:23.4	4:35.8
107 OLMSTEAD, Cullan	FR	Prairie Cedar Rapid	-	23:03.2	6:14.3	7:24.7	4:36.6
108 KAHIKU, Joseph	SO	Cedar Rapids Wash	(44)	23:07.1	6:18.2	7:26.0	4:37.4
109 WEBER, Kaden	FR	Prairie Cedar Rapid	-	23:13.1	6:24.2	7:27.9	4:38.6
110 VIVEROS, Abraham	FR	Cedar Rapids Jeffer	45	23:17.0	6:27.1	7:29.2	4:39.4
111 NSHIMIRIMANA, Jaques	SO	Cedar Rapids Jeffer	46	23:19.4	6:30.5	7:29.9	4:39.9
112 PLUNKETT, Ernie	FR	Cedar Falls	-	23:22.4	6:33.5	7:30.9	4:40.5
113 FISHER, Chase	FR	Prairie Cedar Rapid	-	23:30.7	6:41.8	7:33.6	4:42.1
114 BABLER, Mason	FR	Wahlert Dubuque	-	23:35.6	6:46.7	7:35.2	4:43.1
115 BENNETT, Jesse	SO	Dubuque Hempstea	-	23:39.8	6:50.9	7:36.5	4:43.9
116 SCHEFFERT, Aiden	FR	Iowa City City High	-	23:55.4	7:06.5	7:41.5	4:47.1
117 BARNARD, Logan	SO	Prairie Cedar Rapid	-	24:03.3	7:14.4	7:44.1	4:48.7
118 WINBORN, Thomas	SO	Prairie Cedar Rapid	-	24:36.6	7:47.7	7:54.8	4:55.3
119 COLESON, Sebastian	SO	Cedar Rapids Jeffer	(47)	24:38.2	7:49.3	7:55.3	4:55.6
120 ALT, Christian	FR	Wahlert Dubuque	-	24:39.0	7:49.1	7:55.6	4:55.8
121 LONG, Jacob	FR	Cedar Rapids Jeffer	(48)	24:50.1	8:01.2	7:59.1	4:58.0
122 ERNZEN, Zachary	FR	Wahlert Dubuque	-	25:14.2	8:25.3	8:06.9	5:02.8
123 HARMON, Duncan	FR	Iowa City City High	-	25:30.0	8:40.1	8:11.9	5:06.0
124 LIN, Evan	FR	Cedar Falls	-	25:33.8	8:44.9	8:13.2	5:06.7
125 KRETZ, Broden	FR	Dubuque Hempstea	-	25:51.1	9:02.2	8:18.7	5:10.2
126 PINS, Liam	FR	Cedar Rapids Wash	(49)	26:41.8	9:52.9	8:35.0	5:20.4

MVC VALLEY DIVISIONAL  
Dubuque, IA  
Dubuque Soccer Complex  
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Timing:  
B&W Racing Services



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**Race #2**  
**Boys Fr-So & JV Fr-So**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
127 PALMER, Landon	SO	Cedar Rapids Jeffer	-	26:48.7	9:59.8	8:37.2	5:21.7
128 CHEYNEY, Reed	FR	Iowa City City High	-	26:53.7	10:04.8	8:38.9	5:22.7
129 PORTZEN, Luke	SO	Wahlert Dubuque	-	28:13.3	11:24.4	9:04.5	5:38.7
130 HOWES, Dylan	FR	Iowa City City High	-	28:27.2	11:38.3	9:08.9	5:41.4
131 BAHL, Luke	SO	Wahlert Dubuque	-	28:39.2	11:50.3	9:12.8	5:43.8



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**Race #2**  
**Boys Fr-So & JV JV**

**Final Results**

**TEAM SCORING SUMMARY**

**JV**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	35	1-2-5-8-19(23)(24)	1:26:58	17:24	1:37.5
2 Iowa City City High	44	3-6-10-12-13(15)(20)	1:28:04	17:37	0:44.3
3 Prairie Cedar Rapids	50	4-7-9-14-16(17)(18)	1:28:34	17:43	0:55.0
4 Dubuque Hempstead	105	11-21-22-25-26(27)(28)	1:33:04	18:37	1:09.2
5 Waterloo West	155	29-30-31-32-33	2:03:42	24:45	10:43.3
DNP Cedar Rapids Jefferson					
DNP Cedar Rapids Washington					
DNP Wahlert Dubuque					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 MARTIN, Gaige	JR	Cedar Falls	1	16:48.9	---	5:24.4	3:21.8
2 KIES, Chase	SR	Cedar Falls	2	16:57.6	8.7	5:27.2	3:23.5
3 LEMAN, Jack	JR	Iowa City City High	3	17:13.3	24.4	5:32.2	3:26.7
4 MAI, Easton	SR	Prairie Cedar Rapid	4	17:14.0	24.1	5:32.5	3:26.8
5 MCKEE, Ethan	JR	Cedar Falls	5	17:14.7	25.8	5:32.7	3:26.9
6 NORELDAIM, Mustafa	SR	Iowa City City High	6	17:16.5	27.6	5:33.3	3:27.3
7 YOUNGER, Cole	SR	Prairie Cedar Rapid	7	17:29.5	40.6	5:37.5	3:29.9
8 VEISETH, Greyson	SR	Cedar Falls	8	17:30.3	41.4	5:37.7	3:30.1
9 WIETHORN, Dillon	JR	Prairie Cedar Rapid	9	17:40.4	51.5	5:41.0	3:32.1
10 BYLER, Ephram	SR	Iowa City City High	10	17:45.5	56.6	5:42.6	3:33.1
11 SCHULTZ, Charles	JR	Dubuque Hempstea	11	17:50.3	1:01.4	5:44.1	3:34.1
12 RENAUD, Henri	SR	Iowa City City High	12	17:50.6	1:01.7	5:44.2	3:34.1
13 BEERENDS, Dylan	SR	Iowa City City High	13	17:57.6	1:08.7	5:46.5	3:35.5
14 STEGEMOLLER, Tyler	SR	Prairie Cedar Rapid	14	18:00.7	1:11.8	5:47.5	3:36.1
15 YODER, Seth	SR	Iowa City City High	(15)	18:07.3	1:18.4	5:49.6	3:37.4
16 VALDE, Eric	JR	Prairie Cedar Rapid	16	18:09.0	1:19.1	5:50.1	3:37.8
17 LEIS, Brayden	SR	Prairie Cedar Rapid	(17)	18:10.8	1:21.9	5:50.7	3:38.1
18 KRAMBEER, Jacob	JR	Prairie Cedar Rapid	(18)	18:15.9	1:27.0	5:52.4	3:39.2
19 MCMANUS, Ethan	JR	Prairie Cedar Rapid	-	18:25.2	1:36.3	5:55.4	3:41.0
20 KREMER, Will	JR	Cedar Falls	19	18:26.4	1:37.5	5:55.7	3:41.3
21 DAVIS, Dade	JR	Prairie Cedar Rapid	-	18:27.0	1:37.1	5:55.9	3:41.4
22 HYNEK, John	SR	Prairie Cedar Rapid	-	18:29.2	1:40.3	5:56.6	3:41.8
23 KARR, William	SR	Iowa City City High	(20)	18:30.9	1:42.0	5:57.2	3:42.2
24 HOUSELOG, Will	SR	Dubuque Hempstea	21	18:35.6	1:46.7	5:58.7	3:43.1
25 BREITBACH, Cohen	SR	Dubuque Hempstea	22	18:42.0	1:52.1	6:00.7	3:44.4
26 STARK, Harrison	JR	Prairie Cedar Rapid	-	18:44.5	1:55.6	6:01.6	3:44.9
27 WESTHOFF, Jace	JR	Cedar Falls	(23)	18:50.3	2:01.4	6:03.4	3:46.0
28 WUNDERLICH, Cameron	JR	Cedar Falls	(24)	18:53.3	2:04.4	6:04.4	3:46.7
29 WELBES, Parker	JR	Dubuque Hempstea	25	18:56.4	2:07.5	6:05.4	3:47.3
30 HICKEY, Paxton	JR	Dubuque Hempstea	26	18:59.4	2:10.5	6:06.4	3:47.9
31 ZHENG, Brendon	SR	Dubuque Hempstea	(27)	18:59.5	2:10.6	6:06.4	3:47.9
32 EDWARDS, Jack	JR	Iowa City City High	-	19:08.0	2:18.1	6:09.1	3:49.6

**MVC VALLEY DIVISIONAL**

Dubuque, IA  
 Dubuque Soccer Complex  
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**Race #2**  
**Boys Fr-So & JV JV**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
33 MORTON, Noam	SR	Iowa City City High	-	19:15.7	2:26.8	6:11.6	3:51.1
34 SEEKS, Aidan	SR	Cedar Falls	-	19:22.7	2:33.8	6:13.8	3:52.5
35 HANSEN, Cole	JR	Cedar Falls	-	19:25.3	2:36.4	6:14.7	3:53.0
36 WARBY, Gene	SR	Cedar Falls	-	19:29.8	2:40.9	6:16.1	3:53.9
37 BALMER, Nolan	SR	Iowa City City High	-	19:41.1	2:52.2	6:19.7	3:56.2
38 WOODS, Liam	JR	Cedar Falls	-	19:42.3	2:53.4	6:20.1	3:56.4
39 GAHN, Owen	SR	Iowa City City High	-	19:57.3	3:08.4	6:25.0	3:59.5
40 FREUND, Duncan	JR	Wahlert Dubuque	-	20:00.0	3:10.1	6:25.8	4:00.0
41 GOLLINCK, Silas	JR	Iowa City City High	-	20:07.5	3:18.6	6:28.3	4:01.5
42 FALK, Zach	SR	Iowa City City High	-	20:09.9	3:21.0	6:29.0	4:02.0
43 TJADEN, Drew	SR	Cedar Falls	-	20:11.8	3:22.9	6:29.6	4:02.4
44 HOCKETT, Ashton	SR	Dubuque Hempstea	(28)	20:11.9	3:23.0	6:29.7	4:02.4
45 MAYFIELD, Isaiah	SR	Cedar Falls	-	20:31.7	3:42.8	6:36.0	4:06.3
46 HOLLAND, John	SR	Cedar Falls	-	20:31.8	3:42.9	6:36.1	4:06.3
47 DIXON, Jacob	SR	Iowa City City High	-	20:36.8	3:47.9	6:37.7	4:07.3
48 HANDY, Orion	JR	Dubuque Hempstea	-	20:41.7	3:52.8	6:39.2	4:08.3
49 RAMSEY, Xavier	SR	Waterloo West	29	20:44.3	3:55.4	6:40.1	4:08.9
50 VAN OTTERLOO, Josh	JR	Wahlert Dubuque	-	20:47.1	3:58.2	6:41.0	4:09.4
51 GRAY, Jake	SR	Cedar Falls	-	20:47.9	3:59.0	6:41.3	4:09.6
52 MENDOZA, Sonny	SO	Waterloo West	30	21:14.1	4:25.2	6:49.7	4:14.8
53 CUMMINGS, Pierce	SR	Iowa City City High	-	21:19.2	4:30.3	6:51.3	4:15.8
54 VANVANG, Brady	SR	Iowa City City High	-	21:22.8	4:33.9	6:52.5	4:16.5
55 WAECHTER, Charlie	JR	Cedar Rapids Jeffer	-	21:23.7	4:34.8	6:52.8	4:16.7
56 MESSENGER, Caden	JR	Cedar Rapids Wash	-	21:27.7	4:38.8	6:54.0	4:17.5
57 VAN METER, Noah	JR	Cedar Rapids Wash	-	21:30.0	4:40.1	6:54.8	4:18.0
58 STOLLENWERK, Quincy	SO	Waterloo West	31	21:57.4	5:08.5	7:03.6	4:23.5
59 HUGHES, Andrew	SR	Cedar Falls	-	22:00.4	5:11.5	7:04.5	4:24.1
60 HERROLD, Alec	JR	Cedar Falls	-	22:12.8	5:23.9	7:08.6	4:26.6
61 HORI, Shota	SR	Cedar Falls	-	22:18.2	5:29.3	7:10.3	4:27.6
62 EISELSTEIN, Luke	SR	Prairie Cedar Rapid	-	22:26.3	5:37.4	7:12.9	4:29.3
63 HERNANDEZ LEON, Luis	JR	Cedar Rapids Jeffer	-	23:16.6	6:27.7	7:29.1	4:39.3
64 SAUL, Owen	SR	Dubuque Hempstea	-	23:22.2	6:33.3	7:30.8	4:40.4
65 JULIN, Jackson	JR	Cedar Falls	-	24:40.6	7:51.7	7:56.1	4:56.1
66 RUMSEY, Caleb	JR	Cedar Falls	-	25:19.8	8:30.9	8:08.7	5:04.0
67 THOMS, Jaxon	SO	Waterloo West	32	28:17.8	11:28.9	9:05.9	5:39.6
68 SLJIVO, Tarik	JR	Waterloo West	33	31:27.6	14:38.7	10:06.9	6:17.5
69 SCOTT, Gabe	FR	Cedar Rapids Jeffer	-	33:18.5	16:29.6	10:42.6	6:39.7
70 LAW, Chase	JR	Cedar Rapids Wash	-	34:55.5	18:06.6	11:13.8	6:59.1

MVC VALLEY DIVISIONAL  
 Dubuque, IA  
 Dubuque Soccer Complex  
 Host: Dubuque Wahlert High School  
 Thursday, October 17, 2024

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**Race #3  
 Varsity Girls 5K**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	48	2-7-10-14-15(16)(21)	1:35:05	19:01	1:34.3
2 Iowa City City High	54	4-6-12-13-19(20)(23)	1:36:18	19:16	0:49.7
3 Dubuque Hempstead	61	3-8-11-17-22(27)(30)	1:36:39	19:20	1:27.6
4 Prairie Cedar Rapids	108	9-18-24-28-29(33)(36)	1:41:05	20:13	2:00.2
5 Wahlert Dubuque	119	5-25-26-31-32(37)(38)	1:42:51	20:35	2:31.4
6 Waterloo West	188	1-34-49-51-53	1:55:24	23:05	8:41.6
7 Cedar Rapids Washington	201	35-39-40-42-45(46)	1:51:47	22:22	1:37.6
8 Cedar Rapids Jefferson	223	41-43-44-47-48(50)(52)	1:56:44	23:21	2:09.5

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 OLIVIERRE, Nakia	JR	Waterloo West	1	17:43.9	---	5:42.1	3:32.8
2 GALL, Charlee	FR	Cedar Falls	2	17:52.4	8.5	5:44.8	3:34.5
3 HENNEBERRY, Evie	SR	Dubuque Hempstea	3	18:35.0	50.1	5:58.5	3:43.0
4 BURNS, Abigail	JR	Iowa City City High	4	18:54.8	1:10.9	6:04.9	3:46.9
5 MURPHY, Lucy	JR	Wahlert Dubuque	5	18:57.2	1:13.3	6:05.6	3:47.4
6 PETERSON, Nina	SR	Iowa City City High	6	19:03.8	1:19.9	6:07.8	3:48.8
7 TOMLYANOVICH, Kate	FR	Cedar Falls	7	19:09.1	1:25.2	6:09.5	3:49.8
8 HENNEBERRY, Maggie	SO	Dubuque Hempstea	8	19:09.1	1:25.2	6:09.5	3:49.8
9 GROTELUSCHEN, Harper	FR	Prairie Cedar Rapid	9	19:10.7	1:26.8	6:10.0	3:50.1
10 LEEHEY, Olivia	FR	Cedar Falls	10	19:14.4	1:30.5	6:11.2	3:50.9
11 PITZ, Paige	SO	Dubuque Hempstea	11	19:16.3	1:32.4	6:11.8	3:51.3
12 DOSTER, Eliza	FR	Iowa City City High	12	19:17.5	1:33.6	6:12.2	3:51.5
13 PETERSON, Nicole	SR	Iowa City City High	13	19:17.7	1:33.8	6:12.2	3:51.5
14 MEYER, Emily	SR	Cedar Falls	14	19:22.6	1:38.7	6:13.8	3:52.5
15 SIMONSON, Josee	SR	Cedar Falls	15	19:26.6	1:42.7	6:15.1	3:53.3
16 FONLEY, Emersyn	SO	Cedar Falls	(16)	19:27.9	1:44.0	6:15.5	3:53.6
17 LANGE, Mylee	SR	Dubuque Hempstea	17	19:35.6	1:51.7	6:18.0	3:55.1
18 WILEY, Reese	SO	Prairie Cedar Rapid	18	19:36.0	1:51.1	6:18.1	3:55.2
19 FRUIN, Calissa	FR	Iowa City City High	19	19:44.4	2:00.5	6:20.8	3:56.9
20 HAMANN, Grace	SO	Iowa City City High	(20)	19:49.9	2:06.0	6:22.6	3:58.0
21 BLOUGH, Katie	SO	Cedar Falls	(21)	19:54.2	2:10.3	6:24.0	3:58.8
22 LEITZEN, Natalie	SO	Dubuque Hempstea	22	20:02.5	2:18.6	6:26.6	4:00.5
23 LOCHER, Claire	JR	Iowa City City High	(23)	20:04.7	2:20.8	6:27.3	4:00.9
24 FISCHER, Madeline	SO	Iowa City City High	-	20:15.5	2:31.6	6:30.8	4:03.1
25 HUGHES, Hannah	SR	Prairie Cedar Rapid	24	20:16.5	2:32.6	6:31.1	4:03.3
26 BERNING, Willa	SO	Wahlert Dubuque	25	20:25.5	2:41.6	6:34.0	4:05.1
27 BORMANN, Maya	SO	Wahlert Dubuque	26	20:35.5	2:51.6	6:37.2	4:07.1
28 HEIBERGER, Chelsea	FR	Dubuque Hempstea	(27)	20:49.2	3:05.3	6:41.7	4:09.8
29 AJRAM, Lamise	SO	Prairie Cedar Rapid	28	20:50.2	3:06.3	6:42.0	4:10.0
30 ROSE, Stella	JR	Prairie Cedar Rapid	29	21:10.9	3:27.0	6:48.6	4:14.2
31 DRISCOLL, Gracie	SO	Dubuque Hempstea	(30)	21:21.4	3:37.5	6:52.0	4:16.3
32 ROHNER, Ella	SO	Wahlert Dubuque	31	21:23.7	3:39.8	6:52.7	4:16.7
33 GRAHAM, Lilly	SR	Wahlert Dubuque	32	21:28.5	3:44.6	6:54.3	4:17.7
34 ROE, Anika	SO	Prairie Cedar Rapid	(33)	21:31.3	3:47.4	6:55.2	4:18.2

MVC VALLEY DIVISIONAL  
 Dubuque, IA  
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**Race #3  
 Varsity Girls 5K**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
35 O'BRIEN, Taniya	SO	Waterloo West	34	21:34.2	3:50.3	6:56.1	4:18.8
36 STEVENSON, Eva	JR	Dubuque Hempstea	-	21:35.6	3:51.7	6:56.6	4:19.1
37 LEVAKE, Haddie	JR	Cedar Rapids Wash	35	21:35.7	3:51.8	6:56.6	4:19.1
38 GOUDIE, Lillian	SO	Prairie Cedar Rapid	(36)	21:37.2	3:53.3	6:57.1	4:19.4
39 HART, Maria	JR	Dubuque Hempstea	-	21:37.6	3:53.7	6:57.2	4:19.5
40 TUTHILL, Lilyan	JR	Wahlert Dubuque	(37)	21:38.2	3:54.3	6:57.4	4:19.6
41 DEAN, Emma	SO	Wahlert Dubuque	(38)	21:40.8	3:56.9	6:58.2	4:20.1
42 SIEVERDING, Kylie	JR	Wahlert Dubuque	-	22:10.8	4:26.9	7:07.9	4:26.1
43 LINDWALL, Maya	SO	Cedar Rapids Wash	39	22:12.9	4:29.0	7:08.6	4:26.6
44 LAHART, Maya	SO	Cedar Rapids Wash	40	22:16.2	4:32.3	7:09.6	4:27.2
45 ESQUEDA, Lizeth	SR	Cedar Rapids Jeffer	41	22:19.7	4:35.8	7:10.8	4:27.9
46 LAHART, Alanna	SO	Cedar Rapids Wash	42	22:28.2	4:44.3	7:13.5	4:29.6
47 MORRIS, Emily	FR	Cedar Rapids Jeffer	43	22:58.0	5:13.1	7:23.1	4:35.6
48 PETERSON, Thursday	SR	Cedar Rapids Jeffer	44	23:06.8	5:22.9	7:25.9	4:37.4
49 HETRICK, Maddy	JR	Cedar Rapids Wash	45	23:13.2	5:29.3	7:28.0	4:38.6
50 TYLER, Calli	FR	Cedar Rapids Wash	(46)	23:23.2	5:39.3	7:31.2	4:40.6
51 DALE, Peyton	SO	Cedar Rapids Jeffer	47	23:50.1	6:06.2	7:39.8	4:46.0
52 KEVITT, Sophia	SR	Cedar Rapids Jeffer	48	24:29.2	6:45.3	7:52.4	4:53.8
53 HERNANDEZ, Semani	JR	Waterloo West	49	24:42.8	6:58.9	7:56.8	4:56.6
54 JANDA, Mia	SO	Cedar Rapids Jeffer	(50)	24:51.9	7:08.0	7:59.7	4:58.4
55 LITTLE, Amira	JR	Waterloo West	51	24:57.7	7:13.8	8:01.6	4:59.5
56 ESCORCIA, Daelyn	SR	Cedar Rapids Jeffer	(52)	25:53.3	8:09.4	8:19.4	5:10.7
57 MARLIN, Gracie	SR	Waterloo West	53	26:25.4	8:41.5	8:29.8	5:17.1
58 COLEMAN, Willa	FR	Cedar Rapids Jeffer	-	26:48.3	9:04.4	8:37.1	5:21.7

**MVC VALLEY DIVISIONAL**

Dubuque, IA

Dubuque Soccer Complex

Host: Dubuque Wahlert High School

Thursday, October 17, 2024

**MEET OFFICIALS**

Meet Director:

Tom English

Timing:

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**Race #4  
Varsity Boys 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Cedar Falls	29	1-3-5-9-11(12)(15)	1:18:19	15:40	0:48.1
2 Prairie Cedar Rapids	31	2-4-7-8-10(18)(21)	1:18:39	15:44	0:22.6
3 Iowa City City High	88	14-16-17-19-22(23)(25)	1:21:30	16:18	0:32.2
4 Dubuque Hempstead	110	6-20-27-28-29(30)(31)	1:22:56	16:36	1:18.0
5 Wahlert Dubuque	162	13-33-36-38-42(43)(46)	1:27:42	17:33	2:22.7
6 Waterloo West	166	24-26-37-39-40(45)(51)	1:27:47	17:34	1:26.5
7 Cedar Rapids Jefferson	216	32-34-48-49-53(54)(55)	1:33:31	18:43	2:56.3
8 Cedar Rapids Washington	217	35-41-44-47-50(52)(56)	1:32:54	18:35	1:28.6

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 MERRICK, Jaden	JR	Cedar Falls	1	15:12.8	---	4:53.5	3:02.6
2 ALLRED, Bennett	SR	Prairie Cedar Rapid	2	15:32.3	19.5	4:59.8	3:06.5
3 DEGROOTE, Kieran	SR	Cedar Falls	3	15:33.0	19.2	5:00.0	3:06.6
4 JOHNSON, Kyle	JR	Prairie Cedar Rapid	4	15:38.3	25.5	5:01.7	3:07.7
5 WILLIAMS, Dominic	SO	Cedar Falls	5	15:39.3	26.5	5:02.0	3:07.8
6 FERN, Micah	JR	Dubuque Hempstea	6	15:39.7	26.9	5:02.1	3:07.9
7 LEE, Nick	SR	Prairie Cedar Rapid	7	15:45.2	32.4	5:03.9	3:09.0
8 CARRIZALES, Cole	SO	Prairie Cedar Rapid	8	15:48.5	35.7	5:05.0	3:09.7
9 WIERING, Charlie	JR	Cedar Falls	9	15:52.8	40.0	5:06.4	3:10.6
10 MILLER, Owen	JR	Prairie Cedar Rapid	10	15:54.9	42.1	5:07.0	3:11.0
11 FERGUSON, John	SR	Cedar Falls	11	16:00.8	48.0	5:08.9	3:12.2
12 MARTIN, Connor	SR	Cedar Falls	(12)	16:00.9	48.1	5:09.0	3:12.2
13 BROOKINS, Jayden	JR	Wahlert Dubuque	13	16:03.3	50.5	5:09.7	3:12.6
14 PALMBERG, Emmett	SO	Iowa City City High	14	16:06.0	52.2	5:10.6	3:13.2
15 HOYER, Brennen	JR	Cedar Falls	(15)	16:06.1	53.3	5:10.6	3:13.2
16 MCDOWELL, Max	JR	Iowa City City High	16	16:09.4	56.6	5:11.7	3:13.9
17 KARR, George	SR	Iowa City City High	17	16:09.5	56.7	5:11.7	3:13.9
18 MANDT, James	JR	Cedar Falls	-	16:12.7	59.9	5:12.7	3:14.5
19 MULFORD, Carter	SR	Prairie Cedar Rapid	(18)	16:24.8	1:12.0	5:16.6	3:16.9
20 RANDALL, David	SO	Iowa City City High	19	16:26.8	1:14.0	5:17.3	3:17.3
21 MALONEY, Henry	SO	Dubuque Hempstea	20	16:36.5	1:23.7	5:20.4	3:19.3
22 LANGE, Sammy	SO	Prairie Cedar Rapid	(21)	16:37.7	1:24.9	5:20.8	3:19.5
23 PROTTSMAN, Jarris	JR	Iowa City City High	22	16:38.1	1:25.3	5:20.9	3:19.6
24 MYERS, Porter	SO	Cedar Falls	-	16:42.2	1:29.4	5:22.2	3:20.4
25 MCROBERTS, Linus	JR	Iowa City City High	(23)	16:43.0	1:29.2	5:22.5	3:20.6
26 BERNS, Presley	SR	Waterloo West	24	16:43.7	1:30.9	5:22.7	3:20.7
27 SCHAEFER, Adam	SR	Iowa City City High	(25)	16:45.4	1:32.6	5:23.3	3:21.1
28 RITTER, Ben	SR	Waterloo West	26	16:46.0	1:32.2	5:23.5	3:21.2
29 LEITZEN, Owen	SR	Dubuque Hempstea	27	16:48.1	1:35.3	5:24.1	3:21.6
30 HENN, Colin	JR	Dubuque Hempstea	28	16:54.2	1:41.4	5:26.1	3:22.8
31 COOLEY, Aidan	SO	Dubuque Hempstea	29	16:57.7	1:44.9	5:27.2	3:23.5
32 KASS, Brandon	SR	Dubuque Hempstea	(30)	17:11.9	1:59.1	5:31.8	3:26.4
33 SCHERR, Vincent	SR	Dubuque Hempstea	(31)	17:20.5	2:07.7	5:34.6	3:28.1
34 TRAVAGIAKIS, Rexton	SO	Cedar Rapids Jeffer	32	17:24.4	2:11.6	5:35.8	3:28.9

**MVC VALLEY DIVISIONAL**

Dubuque, IA

Dubuque Soccer Complex

Host: Dubuque Wahlert High School

Thursday, October 17, 2024

**MEET OFFICIALS****Meet Director:**

Tom English

**Timing:**

B&amp;W Racing Services

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

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM
35 POWERS, Kyle	SR	Wahlert Dubuque	33	17:24.6	2:11.8	5:35.9	3:28.9
36 ELLERBACH, Ben	SO	Dubuque Hempstea	-	17:29.2	2:16.4	5:37.4	3:29.8
37 FROISTAD, Talon	SO	Dubuque Hempstea	-	17:33.5	2:20.7	5:38.7	3:30.7
38 KABULA, Gracia	FR	Cedar Rapids Jeffer	34	17:37.8	2:25.0	5:40.1	3:31.6
39 DEW, Louis	SR	Cedar Rapids Wash	35	17:40.1	2:27.3	5:40.9	3:32.0
40 CONNELLY, Niles	SO	Wahlert Dubuque	36	17:40.6	2:27.8	5:41.0	3:32.1
41 LANGE, Aiden	SR	Dubuque Hempstea	-	17:55.7	2:42.9	5:45.9	3:35.1
42 FULLER, Brayden	JR	Waterloo West	37	17:59.3	2:46.5	5:47.0	3:35.9
43 KLAPATAUSKAS, Nick	SR	Wahlert Dubuque	38	18:07.4	2:54.6	5:49.6	3:37.5
44 KERKOVE, Josh	SO	Waterloo West	39	18:07.4	2:54.6	5:49.6	3:37.5
45 CORDELL, Kayson	SO	Waterloo West	40	18:10.2	2:57.4	5:50.5	3:38.0
46 HANNA, Laird	JR	Cedar Rapids Wash	41	18:16.8	3:04.0	5:52.6	3:39.3
47 MORONEY, Nick	SR	Wahlert Dubuque	42	18:25.9	3:13.1	5:55.6	3:41.2
48 FREUND, Walter	SR	Wahlert Dubuque	(43)	18:36.9	3:24.1	5:59.1	3:43.4
49 DEW, Owen	SO	Cedar Rapids Wash	44	18:46.6	3:33.8	6:02.2	3:45.3
50 MINEART, Ramsey	JR	Waterloo West	(45)	18:48.5	3:35.7	6:02.9	3:45.7
51 KENNEDY, Sam	SR	Wahlert Dubuque	(46)	18:52.0	3:38.2	6:04.0	3:46.4
52 KIRBY, Will	SO	Wahlert Dubuque	-	18:56.3	3:43.5	6:05.4	3:47.3
53 DAMISCH, Austin	JR	Cedar Rapids Wash	47	19:01.5	3:48.7	6:07.0	3:48.3
54 ASCHENBRENNER, Alec	SR	Cedar Rapids Jeffer	48	19:01.5	3:48.7	6:07.0	3:48.3
55 MITTELSTEADT, Jonathan	JR	Cedar Rapids Jeffer	49	19:06.1	3:53.3	6:08.5	3:49.2
56 REILLY, Hayden	SO	Cedar Rapids Wash	50	19:08.7	3:55.9	6:09.3	3:49.7
57 HERTEL, Dane	SO	Waterloo West	(51)	19:37.3	4:24.5	6:18.5	3:55.5
58 KNIGHT, James	JR	Waterloo West	-	19:39.8	4:27.0	6:19.4	3:56.0
59 FITZPATRICK, William	JR	Wahlert Dubuque	-	20:02.1	4:49.3	6:26.5	4:00.4
60 NELSON, Sam	SR	Wahlert Dubuque	-	20:12.2	4:59.4	6:29.8	4:02.4
61 MCATEE, Jack	FR	Cedar Rapids Wash	(52)	20:13.8	5:01.0	6:30.3	4:02.7
62 SCHILLING, Jack	JR	Cedar Rapids Jeffer	53	20:20.7	5:07.9	6:32.5	4:04.1
63 AKLASSOU, Jilles	SR	Cedar Rapids Jeffer	(54)	20:21.3	5:08.5	6:32.7	4:04.2
64 MENDOZA, Justin	SO	Cedar Rapids Jeffer	(55)	20:21.9	5:09.1	6:32.9	4:04.4
65 FOSTER, Lewis	FR	Cedar Rapids Wash	(56)	20:26.8	5:14.0	6:34.5	4:05.4
66 WRIGHT, Roman	JR	Cedar Rapids Jeffer	-	20:33.7	5:20.9	6:36.7	4:06.7
67 APPLEBY-SPARROW, Henr	JR	Cedar Rapids Wash	-	20:43.0	5:29.2	6:39.7	4:08.6
68 ARMON, Malachi	JR	Cedar Rapids Jeffer	-	20:49.0	5:35.2	6:41.6	4:09.8