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Full Patient Information >

WHAT IS QULIPTA?
QULIPTA is a prescription m
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IMPORTANT SAFETY INFO



UPPER IOWA CONFERENCE CHAMPIONSHIP MEET 2025

[View Live Results](#)

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Oct 16, 2025

Elkader Golf and Country Club

Elkader, IA

Hosted by: Postville

Timing/Results: AccuRace Timing Services

Meet History

+ Add Content

Home

Results

Teams

Complete

View Mode:

Formatted

Division:

All Divisions

🏆 Elite Performances (1)

* Results below have been formatted by MileSplit. If you see any discrepancies please see ["Completed" Results](#)

◀ All Results

Events List

- Middle School Boys 2 Mile Run Finals
- Varsity Boys 5000 Meter Run Finals
- Middle School Girls 2 Mile Run Finals
- Varsity Girls 5000 Meter Run Finals

MileSplit PRO

To get the full depth of our meet coverage,
become PRO!

JOIN NOW

Middle School Boys 2 Mile Run Finals

PLACE	VIDEO	ATHLETE	TEAM	MARK	POINTS
1		 Jensen Bilden	8 North Fayette Valley	11:48.10	1
1		 Cade Zittergruen	8 Central	11:52.80	2
2		 Oliver Holdswerth	8 Central	12:25.60	3
2		 Colton Einck	7 South Winneshiek	12:26.50	4
3		 Jameson Schissel	8 South Winneshiek	12:42.50	5
4		 Giovane Trinidad	7 North Fayette Valley	12:50.90	6
3		 Cooper Dietzenbach	8 Turkey Valley	12:52.80	7
4		 Angello Jochola	8 Postville	12:58.00	8
5		 Esdon Kleiss	7 New Hampton	12:58.60	9
5		 Edson Martin	7 Postville	13:11.30	10
6		 Owen Taylor	7 South Winneshiek	13:12.10	11
7		 Spencer Homewood	7 Waukon	13:12.20	12
6		 Mason Koehn	7 Central	13:14.00	13
7		 Keegan Sylvester	7 Central	13:15.40	14
8		 Declan White4	8 North Fayette Valley	13:20.30	15



Claim Athletes and Teams

Get notified about Race Videos, Personal
Content, and more!

Get Started

			RESULTS	RANKINGS	CALENDAR	ATHLETES	TEAMS	COVERAGE	TRAINING		
9		Kuennen Wegner	8	New Hampton		13:27.80	16				
8		Arthur Thiese	8	Central		13:29.30	17				
9		Cruz Reimer	8	Clayton Ridge		13:36.80	18				
10		Connor Gilliam	8	Crestwood		13:47.20	19				
11		Anders Jansen	7	South Winneshiek		13:49.30	20				
10		Marshall Storey	7	Kee		13:54.40					
12		Rowan Burrow	8	North Fayette Valley		13:57.00	21				
11		Matt Balk	8	Turkey Valley		14:06.30	22				
13		Lewis Huck	7	North Fayette Valley		14:06.90	23				
14		Elliot Kuboushek	7	South Winneshiek		14:07.20	24				
15		Axel Acahua	8	South Winneshiek		14:12.10	25				
16		Penton Theis	8	Crestwood		14:17.00	26				
17		Mason Huinker	7	South Winneshiek		14:17.30	27				
18		Alex Holthaus	7	South Winneshiek		14:21.50					
12		Yeicon Martin	7	Postville		14:27.30	28				
19		Chase Meier	8	New Hampton		14:30.80	29				
13		Yael Rafael	7	Postville		14:32.30	30				
20		Leo Grau		MFL MarMac Middle School		14:32.80					
14		Keegan Sperfslage	7	Clayton Ridge		14:38.40	31				
21		Hoyt Prestemon	7	Waukon		14:39.00	32				
15		Westen Murray	7	Kee		14:55.40					
22		Elliott Sweeney	8	Waukon		14:58.10	33				
16		Easton Greve	7	Clayton Ridge		15:05.10	34				
23		Oliver Torkelson	7	MFL MarMac Middle School		15:05.30					
24		Garrett Frieden	7	North Fayette Valley		15:11.80	35				
25		Noah Breuer	8	MFL MarMac Middle School		15:14.60					
26		Caden Berns	8	New Hampton		15:15.90	36				
17		Adrian Schultz	7	Postville		15:29.30	37				
18		Neyto Ordonez	8	Postville		15:32.60	38				
27		Sam Anderson	8	North Fayette Valley		15:45.50	39				
19		Angel Teleguario	8	Postville		15:58.20	40				
20		Diego Macias	7	Postville		15:58.70					
28		Jack Finn	8	New Hampton		16:08.90	41				
21		Ayce Clark	8	Central		16:15.60	42				
1		Hugh Conway	10	South Winneshiek		16:28.60					
22		Nathan Friedlein	7	Central		16:35.40	43				



2	 Brandon Leppert	12	Waukon	16:54.70	44
29	 Owen Goltz	8	South Winneshiek	17:05.30	
3	 Cameron Einck	10	South Winneshiek	17:25.30	
30	 Mason Swatek	7	MFL MarMac Middle School	17:25.60	
31	 Cooper Merrill	7	New Hampton	17:26.80	45
4	 Garner Lange	11	Waukon	17:32.71	46
5	 Brad Dahl	12	South Winneshiek	17:34.60	
6	 Parker Knox	10	Waukon	17:34.60	47
7	 Sam Stock	12	Waukon	17:49.00	48
8	 Keaton Vobr	11	Crestwood	18:00.50	49
9	 Tony Elsbernd	9	South Winneshiek	18:03.80	
10	 Elmer Trinidad	11	North Fayette Valley	18:08.00	
11	 Braden Manson	11	New Hampton	18:14.90	50
12	 Kelby Cahalan	12	Waukon	18:17.60	
23	 Peyton Lacy	7	Clayton Ridge	18:29.20	51
24	 Lucas Sadewasser	8	Clayton Ridge	18:34.71	52
13	 Jack McDuff	12	Crestwood	18:35.80	53
14	 Colin Shatek	12	New Hampton	18:36.71	
15	 Silas Keeling	10	Waukon	18:36.80	
16	 Kamdyn Trower	10	New Hampton	18:40.60	
17	 Peyton Elliott	12	North Fayette Valley	18:46.00	
18	 Ben Carlton	9	New Hampton	18:54.80	
19	 Robert Huck	11	North Fayette Valley	19:07.10	
20	 Levi Winings	9	South Winneshiek	19:10.60	
21	 Isaak Kovarik	12	Waukon	19:11.00	
22	 Caden Tieskoetter	10	South Winneshiek	19:17.90	
23	 Esten Moellering	10	North Fayette Valley	19:19.50	
24	 Clayton Kuboushek	10	South Winneshiek	19:29.80	
25	 Connor Stumme	11	New Hampton	19:36.71	
26	 Brody Grove	10	North Fayette Valley	19:42.50	
32	 Russell Wickman	8	New Hampton	19:42.80	
27	 Riley Berns	10	New Hampton	19:46.50	
28	 Trace Moser	9	MFL MarMac	19:51.30	54
1	 Reegan Benzing	11	Waukon	19:58.40	



29		Jude Onken	9	MFL MarMac	20:01.20	55
1		Michael White	12	Central	20:01.60	
2		Miriam Downing	10	Waukon	20:10.50	
30		Gabe Stansbery	12	North Fayette Valley	20:14.70	
3		Lexus Dohlman	10	Crestwood	20:19.90	56
2		Breckon Holst	10	Central	20:22.80	
31		Easton Monteith	12	New Hampton	20:28.30	
4		Lexi McGowan	11	North Fayette Valley	20:39.30	
5		Annie Murray	10	North Fayette Valley	20:39.71	
1		Isabella Stika	11	Turkey Valley	20:44.50	57
6		Ava Franzen	11	South Winneshiek	20:47.20	
7		Annie Hageman	11	South Winneshiek	20:48.60	
8		Addy Conway	12	South Winneshiek	20:52.20	
9		Meyer Charlotte	10	MFL MarMac	20:53.90	58
10		Maddi Jansen	12	South Winneshiek	20:58.60	
11		Emma O'Neill	12	Waukon	20:58.80	
32		Adain Reynolds	11	MFL MarMac	21:05.40	59
2		Tenley Deering	9	Postville	21:06.70	
3		Hazel Nieman	11	Turkey Valley	21:07.00	60
3		Lucas Friedlein	9	Central	21:11.90	
12		Nora Davis	11	Waukon	21:20.70	
13		Livia McCabe	9	Crestwood	21:22.00	61
14		Lauren Ondrashek	11	South Winneshiek	21:22.40	
4		Bryce Heller	12	Central	21:23.80	
15		Claire Johnson	11	Waukon	21:36.30	
5		Tate Armstrong	10	Clayton Ridge	21:43.40	62
16		Jaelyn Johanningmeier	11	Waukon	21:52.80	
17		Fritz Evie	9	MFL MarMac	21:54.50	63
33		Caleb Buchheit	11	Crestwood	21:57.10	64
18		Cora Miller	11	Waukon	21:57.60	
19		Cora Keehner	12	MFL MarMac	22:06.00	65
4		Blair Scherf	10	Central	22:15.60	
20		Brooklyn Landt	9	MFL MarMac	22:22.40	66
21		Taryn Moser	10	MFL MarMac	22:23.50	
22		Brooke Donlon	11	MFL MarMac	22:24.60	
23		Taylor Reis	11	Crestwood	22:28.60	



					
24		Sophie Glaser	11	New Hampton	22:38.40
5		Annebelle Scheidel	9	Turkey Valley	22:38.50
6		Griffin Koehn	10	Central	22:40.40
25		Juanita Cardona	12	New Hampton	22:45.30
26		Jaylee Vobr	12	Crestwood	22:47.50
27		Kaylie Bruess	9	South Winneshiek	23:05.30
6		Payton Stannard	10	Central	23:15.00
1		Tatum Dugan	9	Waukon	23:18.60
7		Audrey Dickson	11	Clayton Ridge	23:19.50
2		Helen Maldonado	9	South Winneshiek	23:20.70
3		Samantha Ruff	11	MFL MarMac	23:21.50
4		Skylar Fisk	11	MFL MarMac	23:22.50
28		Clara Bilden	11	North Fayette Valley	23:25.60
34		Ethan Holthaus	12	Crestwood	23:30.00
8		Kendall Kuennen	11	Turkey Valley	23:33.80
5		Leah Peake	9	Waukon	23:35.10
6		Emma Koether	12	MFL MarMac	23:37.71
7		Kael Berns	11	Clayton Ridge	23:46.10
29		Claire Kach	10	Crestwood	23:50.50
7		Aaliyah Corcoran	10	MFL MarMac	23:56.70
30		Harper Humpal	10	New Hampton	23:57.90
8		Carter Judkins		Clayton Ridge	23:59.10
8		Kacie Picha	11	MFL MarMac	24:01.70
9		Hailey Cook	9	Waukon	24:04.41
10		Kayler Hanson	10	Waukon	24:04.80
9		Isabelle White	11	Postville	24:12.50
11		Moriah Downing	12	Waukon	24:15.70
31		Megan Tudahl	10	North Fayette Valley	24:24.40
32		Kendall Elliott	10	North Fayette Valley	24:31.20
12		Ashlynn Klusman	10	North Fayette Valley	24:31.50
10		Paige Thomas	10	Clayton Ridge	24:38.71
13		Laira Davis	9	Waukon	24:43.60
33		Ella Dennler	11	Crestwood	25:02.50
34		Tessa Phillips	12	South Winneshiek	25:03.10



14		Makenna Kurth	11	Waukon	25:05.40
35		Zoey Kellogg	11	New Hampton	25:08.50
36		Lydia Van Gelder	10	North Fayette Valley	25:17.20
15		Tanner Burrichter	10	Waukon	25:33.71
37		Josi Singewald	11	New Hampton	25:50.40
16		Anna Swensen	10	North Fayette Valley	26:09.70
11		Morgan Wilker	10	Clayton Ridge	26:16.30
17		Cloey Zweibohmer	12	South Winneshiek	26:25.30
18		Emma Driscoll	11	MFL MarMac	26:37.71
12		Hannah Friedlein	11	Central	26:39.90
19		Charlotte Koether	9	MFL MarMac	26:40.71
20		Mallory Olmstead	9	North Fayette Valley	26:41.70
21		Jenna Dahl	9	South Winneshiek	26:42.50
13		Lilly Becwar	11	Central	26:47.60
22		Bryleigh Slavin	11	Crestwood	26:47.90
23		Marissa Schullo	10	Waukon	27:02.00
14		Sherlyn Teleguario-Ortiz	11	Postville	27:02.30
24		Emma Drees	11	Crestwood	27:05.20
25		Callie O'Neill	10	Waukon	27:10.90
26		Karley Wickman	10	New Hampton	27:13.30
15		Pfeiffer Horns		Clayton Ridge	27:13.90
27		Jisela Schubach	11	North Fayette Valley	27:21.10
28		Nalia Benda	10	Waukon	27:26.60
29		Addisyn Berns	11	Waukon	27:38.00
30		Charity Bushman	10	North Fayette Valley	27:40.10
16		Mya Gregerson	10	Central	27:51.60
31		Braelyn Zuercher	10	Waukon	27:54.80
32		Laurn Sandstrom	11	MFL MarMac	27:55.80
33		Kassidy Meyerhoff	11	New Hampton	28:23.40
35		Karson Latwesen	11	Crestwood	28:32.50
17		Serena Groth		Clayton Ridge	28:36.30
18		Rosy Williams	9	Clayton Ridge	28:40.40
34		Rebecca Wickman	12	New Hampton	28:49.50
35		McKenzie Herzberg	12	New Hampton	29:01.00
36		Ryleigh Myers	12	Crestwood	29:17.60
37		Kaylee Hoth	11	MFL MarMac	29:35.40



38  [Kara Helgerson](#) 10 [Waukon](#) **29:57.60**

39  [Jerica Wille](#) 12 [MFL MarMac](#) **30:02.80**

40  [Madi Fritcher-Larson](#) 11 [Crestwood](#) **30:50.50**

41  [Alexa Popenhagen](#) 12 [North Fayette Valley](#) **30:54.90**

1  [Caylee Rohner](#) 11 [Clayton Ridge](#) **31:09.60**

42  [Cora Steines](#) 11 [North Fayette Valley](#) **31:16.00**

43  [Lexi O'Brien](#) 9 [New Hampton](#) **33:11.60**

44  [Mariah Moser](#) 12 [MFL MarMac](#) **33:35.21**

Middle School Boys 2 Mile Run Finals Team Scores



PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Central	49	2+3+13+14+17 (42+43)	1:36 1-5 Split 12:51 Avg
2	 South Winneshiek	64	4+5+11+20+24 (25+27)	1:40 1-5 Split 13:15 Avg
3	 North Fayette Valley	66	1+6+15+21+23 (35+39)	2:18 1-5 Split 13:12 Avg
4	 Postville	113	8+10+28+30+37 (38+40)	2:31 1-5 Split 14:07 Avg
5	 New Hampton	131	9+16+29+36+41 (45+50)	3:10 1-5 Split 14:28 Avg
6	 Waukon	167	12+32+33+44+46 (47+48)	4:20 1-5 Split 15:27 Avg
7	 Clayton Ridge	186	18+31+34+51+52 (62+68)	4:57 1-5 Split 16:04 Avg
8	 Crestwood	203	19+26+49+53+56 (61+64)	6:32 1-5 Split 17:00 Avg
9	 Turkey Valley	213	7+22+57+60+67 (69)	9:45 1-5 Split 18:17 Avg
10	 MFL MarMac	289	54+55+58+59+63 (65+66)	2:03 1-5 Split 20:45 Avg

Varsity Boys 5000 Meter Run Finals



PLACE	VIDEO	ATHLETE	TEAM	MARK	POINTS
1		 Hugh Conway	10 South Winneshiek	16:28.60	1
2		 Brandon Leppert	12 Waukon	16:54.70	2
3		 Justin Wagner	12 Kee	17:04.80	3
4		 Cameron Einck	10 South Winneshiek	17:25.30	4
5		 Garner Lange	11 Waukon	17:32.71	5
6		 Brad Dahl	12 South Winneshiek	17:34.60	6
7		 Parker Knox	10 Waukon	17:34.60	7
8		 Sam Stock	12 Waukon	17:49.00	8
9		 Keaton Vobr	11 Crestwood	18:00.50	9



10		Tony Elsbernd	9	South Winneshiek	18:03.80	10
11		Elmer Trinidad	11	North Fayette Valley	18:08.00	11
12		Karl PETERS	12	Postville	18:10.80	12
13		Carson Ruegnitz	12	Central	18:14.10	13
14		Braden Manson	11	New Hampton	18:14.90	14
15		Kelby Cahalan	12	Waukon	18:17.60	15
16		Jesse Polkinghorn	11	Central	18:23.40	16
17		Fernando Flores	11	Clayton Ridge	18:35.40	17
18		Jack McDuff	12	Crestwood	18:35.80	18
19		Colin Shatek	12	New Hampton	18:36.71	19
20		Silas Keeling	10	Waukon	18:36.80	20
21		Kamdyn Trower	10	New Hampton	18:40.60	21
22		Peyton Elliott	12	North Fayette Valley	18:46.00	22
23		Ben Carlton	9	New Hampton	18:54.80	23
24		Evan Claycamp	10	Clayton Ridge	18:59.40	24
25		Henry Reimer	12	Central	19:01.60	25
26		Robert Huck	11	North Fayette Valley	19:07.10	26
27		Ethan Backes	12	Clayton Ridge	19:09.10	27
28		Levi Winings	9	South Winneshiek	19:10.60	28
29		Isaak Kovarik	12	Waukon	19:11.00	29
30		Russell Chmelar	10	Clayton Ridge	19:11.30	30
31		Tyce Zittergruen	10	Central	19:14.60	31
32		Caden Tieskoetter	10	South Winneshiek	19:17.90	32
33		Esten Moellering	10	North Fayette Valley	19:19.50	33
34		Augie Wiltgen	9	South Winneshiek	19:21.00	34
35		Brody Meyer	9	Kee	19:25.20	35
36		Declan Finley	12	Central	19:26.10	36
37		Cole Kelly	9	Waukon	19:27.60	
38		Cody Harrington	9	Waukon	19:29.60	
39		Clayton Kuboushek	10	South Winneshiek	19:29.80	
40		Cruz Healy	9	Central	19:31.60	37
41		Connor Stumme	11	New Hampton	19:36.71	38
42		Brody Grove	10	North Fayette Valley	19:42.50	39
43		Riley Berns	10	New Hampton	19:46.50	40
44		Trace Moser	9	MFL MarMac	19:51.30	
45		Jude Onken	9	MFL MarMac	20:01.20	



					
46		Michael White	12	Central	20:01.60 41
47		Gabe Stansbery	12	North Fayette Valley	20:14.70 42
48		Luke Kruckman	10	South Winneshiek	20:19.90
49		Myles Green	10	South Winneshiek	20:21.10
50		Breckon Holst	10	Central	20:22.80
51		Easton Monteith	12	New Hampton	20:28.30 43
52		Levi Feickert	10	South Winneshiek	20:33.71
53		Bjorn White	10	North Fayette Valley	20:46.60 44
54		Daniel Jones	11	Kee	20:47.10 45
55		Gus Benjegerdes	10	Waukon	20:49.30
56		Alix Musus		Postville	20:51.40 46
57		Michael Hill	11	Postville	20:53.10 47
58		James Downing	9	Waukon	20:54.20
59		Adain Reynolds	11	MFL MarMac	21:05.40
60		Wyatt Henkel		Kee	21:05.60 48
61		Lucas Friedlein	9	Central	21:11.90
62		Elliott Renk	9	Kee	21:17.90 49
63		Matthew Donovan	10	South Winneshiek	21:23.60
64		Bryce Heller	12	Central	21:23.80
65		Tytus Stansbery	10	North Fayette Valley	21:42.80
66		Tate Armstrong	10	Clayton Ridge	21:43.40 50
67		Leland Mueller	12	Clayton Ridge	21:44.60 51
68		Evan Ortiz	9	Postville	21:44.80 52
69		Caleb Buchheit	11	Crestwood	21:57.10 53
70		Cole Smedsrud	10	Waukon	21:59.70
71		Holden Griffith	10	North Fayette Valley	22:03.00
72		Spencer Horns	12	Clayton Ridge	22:14.40 54
73		Anthony Sandoval	12	Clayton Ridge	22:35.60
74		Griffin Koehn	10	Central	22:40.40
75		Isaac Brincks	10	North Fayette Valley	22:44.40
76		Luka Hollar	10	Waukon	22:49.00
77		Andrew Kovarik	10	North Fayette Valley	22:58.10
78		Marcus Gebel	10	Waukon	23:05.00
79		Diego FLORES	12	South Winneshiek	23:09.80

			RESULTS	RANKINGS	CALENDAR	ATHLETES	TEAMS	COVERAGE	TRAINING		
80		Hector Tzunux Tzunux	9	Postville		23:23.70	55				
81		Ethan Holthaus	12	Crestwood		23:30.00	56				
82		Kael Berns	11	Clayton Ridge		23:46.10					
83		Aleczander Gearhart	10	North Fayette Valley		23:51.00					
84		Carter Judkins		Clayton Ridge		23:59.10					
85		Evan Oyloe	9	South Winneshiek		24:04.50					
86		Sam Sass	10	North Fayette Valley		27:11.60					
87		Cayden Rasmussen	10	Waukon		27:21.90					
88		Landon Meyerhoff	9	New Hampton		27:22.10					
89		Karson Latwesen	11	Crestwood		28:32.50	57				
90		Phoenix Boehmer	9	New Hampton		29:26.20					
91		Henry Lensing	10	South Winneshiek		29:45.00					

Varsity Boys 5000 Meter Run Finals Team Scores

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PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Waukon	37	2+5+7+8+15 (20+29)	1:22 1-5 Split 17:37 Avg
2	 South Winneshiek	49	1+4+6+10+28 (32+34)	2:42 1-5 Split 17:44 Avg
3	 New Hampton	115	14+19+21+23+38 (40+43)	1:21 1-5 Split 18:48 Avg
4	 Central	121	13+16+25+31+36 (37+41)	1:12 1-5 Split 18:51 Avg
5	 North Fayette Valley	131	11+22+26+33+39 (42+44)	1:34 1-5 Split 19:00 Avg
6	 Clayton Ridge	148	17+24+27+30+50 (51+54)	3:08 1-5 Split 19:31 Avg
7	 Kee	180	3+35+45+48+49	4:13 1-5 Split 19:56 Avg
8	 Crestwood	193	9+18+53+56+57	10:32 1-5 Split 22:07 Avg
9	 Postville	212	12+46+47+52+55	5:12 1-5 Split 21:00 Avg

Middle School Girls 2 Mile Run Finals

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PLACE	VIDEO	ATHLETE	TEAM	MARK	POINTS
1		 Shay Elliott	7 North Fayette Valley	13:12.60	1
2		 Jaclyn Cummings	8 Crestwood	13:19.90	2
3		 Lily Shields	7 MFL MarMac Middle School	13:31.80	3
1		 Brielle Gavin	8 Kee	13:42.20	
4		 Ivy Streeper	7 Waukon	13:49.90	4
2		 Ella Winters	7 Kee	14:11.00	
3		 Brynn Rose	7 Postville	14:14.30	
5		Carley Kapler	8 Crestwood	14:16.40	5



					
6	 Sophiee Ruepke	7	Crestwood	14:17.70	6
4	 Gretta Kuennen	7	Turkey Valley	14:21.00	
7	 Tamera Ward	7	North Fayette Valley	14:22.30	7
8	 Peyton Elsbernd	8	South Winneshiek	14:33.90	8
9	 Malia Clark	7	Waukon	14:34.30	9
10	 Ellyn Crandall	8	North Fayette Valley	14:45.60	10
11	 Ava Wegner	8	North Fayette Valley	14:52.10	11
12	 Elsie Retallick	7	Waukon	14:55.80	12
13	 Bentley Johnson	7	Waukon	14:57.00	13
14	 Kinley Trappe	8	MFL MarMac Middle School	14:59.50	14
15	 Kinleigh Olsen	7	Crestwood	15:00.80	15
5	 Ashlyn Stein	8	Kee	15:09.00	
16	 Brooklynn Doda	8	Crestwood	15:15.80	16
17	 Kaylee Uhlenhake	7	South Winneshiek	15:16.70	17
18	 Kayci Kamstra	7	North Fayette Valley	15:22.30	18
19	 Tilly Gilliam	7	Crestwood	15:33.80	19
20	 Kendyl Wedo	8	Waukon	15:33.90	20
21	 Paxten Baker	7	North Fayette Valley	15:34.40	21
6	 Bristol Allyn	8	Clayton Ridge	15:42.60	
22	 Ella Ellingson	7	Crestwood	15:46.60	22
23	 Maren Kurth	8	Waukon	15:50.80	23
7	 Natalia Mateo	8	Postville	15:55.40	
24	 Melea Downing	7	Waukon	15:55.90	24
25	 Brooklyn Neville	7	New Hampton	16:07.90	25
26	 Riley Timp	8	South Winneshiek	16:13.40	26
27	 Michaela Balik	7	New Hampton	16:18.20	27
28	 Cora Staggs	7	Crestwood	16:20.80	
29	 Brailyn Dirksen	8	North Fayette Valley	16:29.80	28
30	 Sophia Pommersheim	7	Waukon	16:37.60	
31	 Isabell Caroll	7	MFL MarMac Middle School	16:46.60	29
32	 Lily Godman	7	Crestwood	16:47.40	
33	 Harper Perkins	7	New Hampton	16:50.10	30
34	 Carly Miller	8	Crestwood	16:52.50	
35	 Delilah LOPEZ	8	Crestwood	16:54.70	



8		Brinnly Rea	Kee	17:11.00	
36		Lily Schatz	7 Crestwood	17:20.20	
37		Avery Peters	8 South Winneshiek	17:29.00	31
38		Addison Wiltse	7 New Hampton	17:35.10	32
9		Stormy Patzner	8 Clayton Ridge	17:36.00	
39		Joslyn Murray	7 North Fayette Valley	17:52.20	
10		Valorie Schnuelle	8 Postville	17:56.10	
40		Brooke Jevne	8 South Winneshiek	18:25.60	33
41		Punnata Rakshit	8 North Fayette Valley	18:25.90	
42		Cora Donlon	7 MFL MarMac Middle School	18:40.21	34
43		Brenna Schlein	8 MFL MarMac Middle School	18:44.30	35
44		Kynslee Darland	7 Crestwood	18:48.60	
45		Gabby Jevne	7 South Winneshiek	19:09.50	36
11		Keily Morales Quiroz	7 Postville	19:15.70	
1		Augie Wiltgen	9 South Winneshiek	19:21.00	37
2		Cole Kelly	9 Waukon	19:27.60	
46		Jolee Brummond	8 South Winneshiek	19:29.00	
3		Cody Harrington	9 Waukon	19:29.60	
47		Maeve Koether	8 MFL MarMac Middle School	19:54.30	38
48		Eva Aby	8 Crestwood	20:01.60	
49		Brinley Lechtenberg	7 South Winneshiek	20:16.50	
4		Luke Kruckman	10 South Winneshiek	20:19.90	
5		Myles Green	10 South Winneshiek	20:21.10	
6		Levi Feickert	10 South Winneshiek	20:33.71	
12		Blair Hyde	8 Clayton Ridge	20:42.80	
7		Bjorn White	10 North Fayette Valley	20:46.60	
8		Gus Benjegerdes	10 Waukon	20:49.30	
9		James Downing	9 Waukon	20:54.20	
50		Josie Finn	7 New Hampton	21:00.90	39
10		Matthew Donovan	10 South Winneshiek	21:23.60	
51		Charlotte Vagts	8 North Fayette Valley	21:29.30	
11		Tytus Stansbery	10 North Fayette Valley	21:42.80	
12		Cole Smedsrud	10 Waukon	21:59.70	
13		Holden Griffith	10 North Fayette Valley	22:03.00	
14		Isaac Brincks	10 North Fayette Valley	22:44.40	
15		Luka Hollar	10 Waukon	22:49.00	



16		Andrew Kovarik	10	North Fayette Valley	22:58.10	
17		Marcus Gebel	10	Waukon	23:05.00	
18		Diego FLORES	12	South Winneshiek	23:09.80	
19		Aleczander Gearhart	10	North Fayette Valley	23:51.00	
20		Evan Oyloe	9	South Winneshiek	24:04.50	
52		Chapin Moellering	7	North Fayette Valley	24:11.20	
53		Aime Hastert	8	MFL MarMac Middle School	24:36.10	40
21		Sam Sass	10	North Fayette Valley	27:11.60	
22		Cayden Rasmussen	10	Waukon	27:21.90	
23		Landon Meyerhoff	9	New Hampton	27:22.10	41
24		Phoenix Boehmer	9	New Hampton	29:26.20	42
25		Henry Lensing	10	South Winneshiek	29:45.00	

Middle School Girls 2 Mile Run Finals Team Scores



PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Crestwood	44	2+5+6+15+16 (19+22)	1:55 1-5 Split 14:26 Avg
2	 North Fayette Valley	47	1+7+10+11+18 (21+28)	2:09 1-5 Split 14:30 Avg
3	 Waukon	58	4+9+12+13+20 (23+24)	1:44 1-5 Split 14:46 Avg
4	 South Winneshiek	115	8+17+26+31+33 (36+37)	3:51 1-5 Split 16:23 Avg
5	 MFL MarMac Middle School	115	3+14+29+34+35 (38+40)	5:12 1-5 Split 16:32 Avg
6	 New Hampton	153	25+27+30+32+39 (41+42)	4:53 1-5 Split 17:34 Avg

Varsity Girls 5000 Meter Run Finals



PLACE	VIDEO	ATHLETE	TEAM	MARK	POINTS
1		 Reegan Benzing	11 Waukon	19:58.40	1
2		 Miriam Downing	10 Waukon	20:10.50	2
3		 Lexus Dohlman	10 Crestwood	20:19.90	3
4		 Lexi McGowan	11 North Fayette Valley	20:39.30	4
5		 Annie Murray	10 North Fayette Valley	20:39.71	5
6		 Isabella Stika	11 Turkey Valley	20:44.50	
7		 Ava Franzen	11 South Winneshiek	20:47.20	6
8		 Annie Hageman	11 South Winneshiek	20:48.60	7
9		 Addy Conway	12 South Winneshiek	20:52.20	8



10		Meyer Charlotte	10	MFL MarMac	20:53.90	9
11		Maddi Jansen	12	South Winneshiek	20:58.60	10
12		Emma O'Neill	12	Waukon	20:58.80	11
13		Tenley Deering	9	Postville	21:06.70	
14		Hazel Nieman	11	Turkey Valley	21:07.00	
15		Nora Davis	11	Waukon	21:20.70	12
16		Livia McCabe	9	Crestwood	21:22.00	13
17		Lauren Ondrashek	11	South Winneshiek	21:22.40	14
18		Claire Johnson	11	Waukon	21:36.30	15
19		Jaelyn Johanningmeier	11	Waukon	21:52.80	16
20		Fritz Evie	9	MFL MarMac	21:54.50	17
21		Cora Miller	11	Waukon	21:57.60	18
22		Cora Keehner	12	MFL MarMac	22:06.00	19
23		Blair Scherf	10	Central	22:15.60	20
24		Brooklyn Landt	9	MFL MarMac	22:22.40	21
25		Taryn Moser	10	MFL MarMac	22:23.50	22
26		Brooke Donlon	11	MFL MarMac	22:24.60	23
27		Taylor Reis	11	Crestwood	22:28.60	24
28		Sophie Glaser	11	New Hampton	22:38.40	25
29		Annebelle Scheidel	9	Turkey Valley	22:38.50	
30		Juanita Cardona	12	New Hampton	22:45.30	26
31		Jaylee Vobr	12	Crestwood	22:47.50	27
32		Kaylie Bruess	9	South Winneshiek	23:05.30	28
33		Payton Stannard	10	Central	23:15.00	29
34		Tatum Dugan	9	Waukon	23:18.60	
35		Audrey Dickson	11	Clayton Ridge	23:19.50	30
36		Helen Maldonado	9	South Winneshiek	23:20.70	31
37		Samantha Ruff	11	MFL MarMac	23:21.50	32
38		Skylar Fisk	11	MFL MarMac	23:22.50	
39		Clara Bilden	11	North Fayette Valley	23:25.60	33
40		Kendall Kuennen	11	Turkey Valley	23:33.80	
41		Leah Peake	9	Waukon	23:35.10	
42		Emma Koether	12	MFL MarMac	23:37.71	
43		Claire Kach	10	Crestwood	23:50.50	34
44		Aaliyah Corcoran	10	MFL MarMac	23:56.70	
45		Harper Humpal	10	New Hampton	23:57.90	35



						
46		Kacie Picha	11	MFL MarMac	24:01.70	
47		Hailey Cook	9	Waukon	24:04.41	
48		Kayler Hanson	10	Waukon	24:04.80	
49		Isabelle White	11	Postville	24:12.50	
50		Moriah Downing	12	Waukon	24:15.70	
51		Megan Tudahl	10	North Fayette Valley	24:24.40	36
52		Kendall Elliott	10	North Fayette Valley	24:31.20	37
53		Ashlynn Klusman	10	North Fayette Valley	24:31.50	38
54		Paige Thomas	10	Clayton Ridge	24:38.71	39
55		Laira Davis	9	Waukon	24:43.60	
56		Ella Dennler	11	Crestwood	25:02.50	40
57		Tessa Phillips	12	South Winneshiek	25:03.10	
58		Makenna Kurth	11	Waukon	25:05.40	
59		Zoey Kellogg	11	New Hampton	25:08.50	41
60		Lydia Van Gelder	10	North Fayette Valley	25:17.20	42
61		Tanner Burrichter	10	Waukon	25:33.71	
62		Josi Singewald	11	New Hampton	25:50.40	43
63		Anna Swensen	10	North Fayette Valley	26:09.70	
64		Morgan Wilker	10	Clayton Ridge	26:16.30	44
65		Cloey Zweibohmer	12	South Winneshiek	26:25.30	
66		Emma Driscoll	11	MFL MarMac	26:37.71	
67		Hannah Friedlein	11	Central	26:39.90	45
68		Charlotte Koether	9	MFL MarMac	26:40.71	
69		Mallory Olmstead	9	North Fayette Valley	26:41.70	
70		Jenna Dahl	9	South Winneshiek	26:42.50	
71		Lilly Becwar	11	Central	26:47.60	46
72		Bryleigh Slavin	11	Crestwood	26:47.90	47
73		Marissa Schullo	10	Waukon	27:02.00	
74		Sherlyn Teleguario-Ortiz	11	Postville	27:02.30	
75		Emma Drees	11	Crestwood	27:05.20	
76		Callie O'Neill	10	Waukon	27:10.90	
77		Karley Wickman	10	New Hampton	27:13.30	48
78		Pfeiffer Horns		Clayton Ridge	27:13.90	49
79		Jisela Schubach	11	North Fayette Valley	27:21.10	

		RESULTS	RANKINGS	CALENDAR	ATHLETES	TEAMS	COVERAGE	TRAINING		
80		Nalia Benda	10	Waukon	27:26.60	50				
81		Addisyn Berns	11	Waukon	27:38.00					
82		Charity Bushman	10	North Fayette Valley	27:40.10					
83		Mya Gregerson	10	Central	27:51.60					
84		Braelyn Zuercher	10	Waukon	27:54.80	51				
85		Lauryn Sandstrom	11	MFL MarMac	27:55.80					
86		Kassidy Meyerhoff	11	New Hampton	28:23.40					
87		Serena Groth		Clayton Ridge	28:36.30					
88		Rosy Williams	9	Clayton Ridge	28:40.40	53				
89		Rebecca Wickman	12	New Hampton	28:49.50					
90		McKenzie Herzberg	12	New Hampton	29:01.00					
91		Ryleigh Myers	12	Crestwood	29:17.60					
92		Kaylee Hoth	11	MFL MarMac	29:35.40					
93		Kara Helgerson	10	Waukon	29:57.60					
94		Jerica Wille	12	MFL MarMac	30:02.80					
95		Madi Fritcher-Larson	11	Crestwood	30:50.50					
96		Alexa Popenhagen	12	North Fayette Valley	30:54.90	54				
97		Caylee Rohner	11	Clayton Ridge	31:09.60					
98		Cora Steines	11	North Fayette Valley	31:16.00					
99		Lexi O'Brien	9	New Hampton	33:11.60					
100		Mariah Moser	12	MFL MarMac	33:35.21					

Varsity Girls 5000 Meter Run Finals Team Scores

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PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Waukon	41	1+2+11+12+15 (16+18)	1:37 1-5 Split 20:48 Avg
2	 South Winneshiek	45	6+7+8+10+14 (28+31)	0:35 1-5 Split 20:57 Avg
3	 MFL MarMac	88	9+17+19+21+22 (23+32)	1:29 1-5 Split 21:56 Avg
4	 Crestwood	101	3+13+24+27+34 (40+47)	3:30 1-5 Split 22:09 Avg
5	 North Fayette Valley	115	4+5+33+36+37 (38+42)	3:51 1-5 Split 22:44 Avg
6	 New Hampton	170	25+26+35+41+43 (48+51)	3:12 1-5 Split 24:04 Avg
7	 Central	190	20+29+45+46+50	5:36 1-5 Split 25:21 Avg
8	 Clayton Ridge	214	30+39+44+49+52 (53+54)	5:16 1-5 Split 26:00 Avg



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