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E-HAWKS XC INVITATIONAL 2025

Sep 15, 2025

Iowa Lakes Community College

Emmetsburg, IA

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5K Varsity Girls Results

More Results:

[5K Varsity Girls Results](#)

Womens 5k Varsity Team Scores

P1	Team	Points
1	Emmetsburg	24
2	Estherville Lincoln Central	43
3	Pocahontas Area	64

Womens 5k Varsity Results

P1	Athlete	Yr	Team	Time
1	Lauren Hillesland	12	North Iowa Buffalo Center	20:34.00
2	Julia Swift	10	Bishop Garrigan Algona	21:36.50
3	Rachel Schary	12	Emmetsburg	21:50.90
4	Alexis Cummins	11	North Union	23:56.00
5	Ava Meinders	12	North Iowa Buffalo Center	24:03.80
6	Hayden Armstead	10	Estherville Lincoln Central	24:32.50
7	Rory Elbert	11	Emmetsburg	25:12.90
8	Sawyer Storms	9	Pocahontas Area	25:20.30
9	Norah Blodgett	10	North Iowa Buffalo Center	25:33.00
10	Emma Kollasch	9	Bishop Garrigan Algona	26:40.80
11	Taylor Thayer	10	Emmetsburg	26:42.80
12	Rachel Kahle	9	Bishop Garrigan Algona	26:55.50
13	Caroline Burdick	11	Emmetsburg	27:03.10
14	Alyssa Welbig	11	North Union	27:05.30
15	Morgan Clabaugh	12	Estherville Lincoln Central	27:14.60
16	Kylie Olson	12	Estherville Lincoln Central	27:20.80
17	Mya Morton	10	Emmetsburg	27:54.60
18	Sophya Mattox	10	Estherville Lincoln Central	27:54.80
19	Abigail Biddle	9	Emmetsburg	28:22.60
20	Lizzi Thoren	11	Emmetsburg	28:53.60
21	Khloe Mefferd	12	Pocahontas Area	29:18.90
22	Natalie Sommerlot	11	Pocahontas Area	29:56.40
23	Ashlyn Duitscher	10	Pocahontas Area	30:43.60
24	Helen Lavender	11	Estherville Lincoln Central	30:53.40
25	Molly Detlefson	9	Harris-Lake Park	31:25.60
26	Kyleigh Schnedier	10	Estherville Lincoln Central	31:47.80
27	Brooklynn Hubbell		Pocahontas Area	32:05.60

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5K Varsity Boys Results

Mens 5k Varsity Team Scores		
=====		
P1	Team	Points
=====		
1	Estherville Lincoln Central	42
2	North Iowa Buffalo Center	44
3	Emmetsburg	62
4	Pocahontas Area	87
5	North Union	113

Mens 5k Varsity Results		
=====		
P1	Athlete	Yr Team Time
=====		
1	Warren Duitsman	12 Estherville Lincoln Central 18:17.70
2	Ben Cox	9 Emmetsburg 19:02.20
3	Krayton Rutledge	12 Emmetsburg 19:43.90
4	Elijah Cox	11 Emmetsburg 20:22.70
5	Gustavo Chitic Aguilar	11 Estherville Lincoln Central 20:24.20
6	Dante Nelson	10 North Iowa Buffalo Center 20:24.20
7	Wyatt Wright	11 North Iowa Buffalo Center 20:42.60
8	Caiden Buckner	9 Bishop Garrigan Algona 21:16.20
9	Jasper Wirth	11 North Iowa Buffalo Center 21:18.90
10	Ethan Matson	9 North Iowa Buffalo Center 21:34.40
11	Colin Clabaugh	9 Estherville Lincoln Central 21:56.30
12	Wyatt Martin	11 Estherville Lincoln Central 22:09.50
13	Justin Shearer	11 Pocahontas Area 22:13.40
14	Julio Valenzuela	12 Pocahontas Area 22:13.80
15	Myles Henn	11 North Iowa Buffalo Center 22:31.00
16	Jose Aguilar Gonzalez	10 Estherville Lincoln Central 22:46.10
17	Juan Gomez Erickson	9 Estherville Lincoln Central 22:53.40
18	Elliot DeRoo	9 Harris-Lake Park 23:01.30
19	Zeke Funston	11 Estherville Lincoln Central 23:14.80
20	Jhony Ordonez	Jr Pocahontas Area 23:24.70
21	Cole Renken	10 Harris-Lake Park 23:28.70
22	Lucas Jacobsma	12 Harris-Lake Park 25:03.00
23	Corbin Darling	11 Bishop Garrigan Algona 25:04.30
24	Traecer Starnes	12 North Union 25:06.40
25	Jordyn Gonzalez	12 Pocahontas Area 26:04.70
26	Landon Manwarren	12 North Union 26:12.90
27	Kade Madden	12 North Union 26:21.20
28	Samuel Kirkegaard	10 North Union 27:36.00
29	Paul Peterson	10 Pocahontas Area 28:36.80
30	Theo Dahl	Pocahontas Area 29:15.60
31	Walter Reedy	9 Emmetsburg 29:32.60
32	Calvin Winkler	10 Emmetsburg 29:34.30

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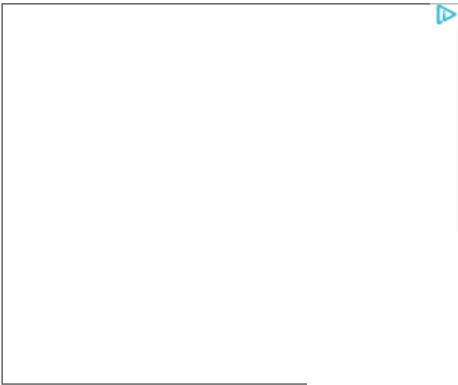
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5K JV Girls Results

More Results:

5K JV Girls Results

Womens 5k Junior Varsity Results

Pl	Athlete	Yr	Team	Time
1	Mikayla Johnson	10	Emmetsburg	30:09.80
2	Emmy Dooley	11	Emmetsburg	31:13.00
3	Lauren Rouse	10	Emmetsburg	33:00.30
4	Victoria Ellis	10	GTRA	33:00.90
5	Liberty Ellis	12	GTRA	36:32.80

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Mens 5k Junior Varsity Team Scores

Pl	Team	Points
1	Estherville Lincoln Central	15

Mens 5k Junior Varsity Results

Pl	Athlete	Yr	Team	Time
1	Samson Mittrucker	10	Estherville Lincoln Central	25:27.50
2	Dalton Lutat	11	Estherville Lincoln Central	26:06.90
3	Luke Arends	9	Estherville Lincoln Central	26:56.60
4	Matthew DeWitt	11	Estherville Lincoln Central	30:58.20
5	Angel Araguz	10	Estherville Lincoln Central	32:16.70

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3.2K MS Girls Results

More Results:

3.2K MS Girls Results

Womens 3200 Meter Middle School Team Scores

=====		
P1	Team	Points
=====		
1	Estherville Lincoln Central	33
2	Alonga	35
3	North Union	56

Womens 3200 Meter Middle School Results

=====		
P1	Athlete	Yr Team Time
=====		
1	Jaylyne Reedy	8 Emmetsburg 14:59.50
2	Harper Henricksen	8 Estherville Lincoln Central 15:42.50
3	Olivia Maske	7 Pocahontas 16:01.30
4	Amara Antione	8 Okoboji Community 16:32.90
5	Parker Schneider	8 Estherville Lincoln Central 16:41.40
6	Lexi Wedge	8 Spirit Lake 17:07.30
7	Delsy Vicente-Gomez	8 Alonga 17:17.50
8	Josie Owen	7 Alonga 17:55.20
9	Hadley Friedrich	8 Alonga 18:01.40
10	Aubrie Shearer	8 Spirit Lake 18:19.80
11	Peyton Lown	7 North Union 18:20.10
12	Julia Kaiser	8 Okoboji Community 18:22.20
13	Harper Sobolik	7 North Union 18:34.10
14	Abilene Ellis	8 GTRA 18:34.40
15	Aryah Robards	8 Okoboji Community 18:36.70
16	Mady Conway	7 Estherville Lincoln Central 20:06.70
17	Lynea Schnoes	7 Estherville Lincoln Central 20:08.30
18	Charlie Steir	7 Bishop Garrigan Algona 20:22.10
19	Addisyn Griesse	7 North Union 20:28.60
20	Bella Stundahl	8 Alonga 20:44.60
21	Kimberly Luinstra	Harris-Lake Park 21:04.70
22	Elsie Kramer	7 Alonga 21:28.00
23	Maggie Fuhrman	8 Spirit Lake 22:36.60
24	Lilly Kollasch	7 Bishop Garrigan Algona 23:02.00
25	Dezarae Conway	8 Estherville Lincoln Central 23:11.80
26	Bella Bowers	8 Pocahontas 23:46.70
27	Addy Broesder	8 Alonga 24:03.00
28	Miley Parcel	7 Alonga 24:21.00
29	Naomi Beenken	8 North Iowa Buffalo Center 24:46.30
30	Abigail Strauser	7 North Iowa Buffalo Center 24:51.70
31	Peyton Kuchenreuther	7 Pocahontas 25:00.60
32	Elise Duff	8 Alonga 26:10.10
33	Lucy Weichert	7 Alonga 27:36.80
34	Kealy Scharnberg-Anders	7 North Union 28:29.10

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Mens 3200 Meter Middle School Team Scores

P1 Team	Points
1 Spirit Lake	31
2 Estherville Lincoln Central	54
3 Okoboji Community	56
4 Alonga	79

Mens 3200 Meter Middle School Results

P1 Athlete	Yr Team	Time
1 Chidi Nwala	7 Spirit Lake	12:53.40
2 Ben Newlin	8 Okoboji Community	13:19.40
3 Hunter Hurst	8 Estherville Lincoln Central	13:42.80
4 William Baker	7 Spirit Lake	13:55.80
5 Landon Becker	8 Alonga	14:00.10
6 Alex Anderson	8 Okoboji Community	14:19.10
7 Miles Rouse	7 Emmetsburg	14:31.70
8 Beckett Wipperfurth	8 Spirit Lake	14:32.90
9 Ben Meinders	8 North Iowa Buffalo Center	14:41.90
10 Oliver Hernandez	7 Estherville Lincoln Central	14:46.50
11 Costly Ordonez	8 Pocahontas	15:03.30
12 Trice Edwards	7 Spirit Lake	15:12.60
13 Braxton Butler	8 Spirit Lake	15:12.80
14 Dashel VanOort	8 Okoboji Community	15:20.50
15 Caiden Ingvall	8 Estherville Lincoln Central	15:25.30
16 Jacob Crowley	8 Spirit Lake	15:29.80
17 Jase Schaa	8 Harris-Lake Park	15:41.20
18 Cooper Olson	7 Estherville Lincoln Central	15:45.60
19 Felix Fasado	7 Alonga	15:53.10
20 Ayden Myers	7 Harris-Lake Park	15:53.80
21 Gavin Grimm	8 Alonga	16:15.30
22 Ryan Ponce	7 Estherville Lincoln Central	16:17.00
23 Seth Creswell	7 Okoboji Community	16:48.60
24 Baylon Fear	8 Okoboji Community	16:50.30
25 Corbin Vedder	8 Estherville Lincoln Central	17:12.00
26 Ashur Beenken	7 North Iowa Buffalo Center	17:12.60
27 Paxton Korte	7 Harris-Lake Park	17:14.30
28 Dax Elbert	7 Alonga	17:20.60
29 Hudson Bowers	7 Pocahontas	17:23.30
30 Ethan Murphy	7 Bishop Garrigan Algona	17:26.20
31 Corver Thompson	7 Alonga	17:37.10
32 Elias Mendenhall-Borus	7 Okoboji Community	18:09.30
33 Noah Hecht	8 Estherville Lincoln Central	18:10.60
34 Asher Woodford	8 Emmetsburg	18:32.50

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39	Lucas Donlan	7	GTRA	18:59.10
40	Jeremyah Hegwer	8	Harris-Lake Park	19:10.30
41	Max Wirth	8	North Iowa Buffalo Center	19:32.10
42	Eli Henn	7	Alonga	19:33.10
43	Sam Brinkley	7	Alonga	19:33.60
44	Gabe Bennett	8	Spirit Lake	19:38.20
45	Chase Abendroth	8	Alonga	19:47.70
46	Colin Throne	7	Alonga	19:55.60
47	Aiden Ericksen	7	Pocahontas	20:17.80
48	Gael Gonzalez	7	North Union	21:01.50
49	Kayden Richter	7	Bishop Garrigan Algona	21:11.90
50	Franklin Garst	7	North Iowa Buffalo Center	21:22.60
51	Zeb Wiita	7	Alonga	21:46.60
52	Thomas Maske	7	Pocahontas	22:00.60
53	Danny Nelson	8	Emmetsburg	22:02.70
54	Gunner Jorgensen	7	North Union	23:19.60
55	Huxley Radtke	7	Estherville Lincoln Central	23:42.90
56	Sviatoslav Khomenko	7	Alonga	24:06.40