

MVC Divisional, Women Jr. Varsity, 4K

Noelridge Park, Cedar Rapids, Iowa

October 14, 2004

Misty, 48 Degrees, NW @ 7-9 mph

Results by Hilltopper Results

[9/10 Girls](#)

[9/10 Boys](#)

[JV girls](#)

[JV Boys](#)

[Varsity Girls](#)

[Varsity Boys](#)

Use the Find option of your browser to find someone's name or team.

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG.	TIME	SPREAD
1	Cedar Falls.	30	2	4	5 9 10 12 13 18 19 20 21 22 28 30 32 38 43 44 49 50 54 55 56 60 66	17:11	1:15	
2	Iowa City West.	33	1	3	7 8 14 26 27 33 46 58 17:13 1:36			
3	C R. Washington.	104	6	15	23 29 31 34 36 39 41 42 45 47 51 53 57 59 61 62 63 65 18:19 2:01			
PLACE	FINISHER	TIME						

1. Cedar Falls.

2	Katie Kelly, 12	16:34
4	Kate Poland, 12	16:53
5	Ashley Zhorne, 11	17:00
9	Bobbie Humble, 12	17:38
10	Renee Miller, 11	17:49

Total Time = 85:52 Total Places = 30

2. Iowa City West.

1	Naomi Hillsman, 12	16:27
3	Sarah Shebek, 12	16:48
7	Kira Spencer, 11	17:09
8	Annie McAleer, 11	17:37
14	Laura Shatzer, 12	18:03

Total Time = 86:03 Total Places = 33

3. C R. Washington.

6	Leah Zmolek, 11	17:01
15	Lauren Grimes, 12	18:08
23	Kaitlin Oswood, 11	18:31
29	Monet Schroedermier, 11	18:51
31	Sarah Dennis, 12	19:02

Total Time = 91:31 Total Places = 104

PLACE	TEAM	SCORE	FINISHER	TIME	TEAM
1	1	Naomi Hillsman, 12	16:27	Iowa City West.	
2	2	Katie Kelly, 12	16:34	Cedar Falls.	
3	3	Sarah Shebek, 12	16:48	Iowa City West.	
4	4	Kate Poland, 12	16:53	Cedar Falls.	
5	5	Ashley Zhorne, 11	17:00	Cedar Falls.	
6	6	Leah Zmolek, 11	17:01	C R. Washington.	
7	7	Kira Spencer, 11	17:09	Iowa City West.	
8	8	Annie McAleer, 11	17:37	Iowa City West.	
9	9	Bobbie Humble, 12	17:38	Cedar Falls.	
10	10	Renee Miller, 11	17:49	Cedar Falls.	
11	11	Megan Diehm, 11	17:51	Dubuque Wahlert.	
12	12	Jenny Alfrey, 11	17:57	Cedar Falls.	
13	13	Jane Preston, 12	18:02	Cedar Falls.	
14	14	Laura Shatzer, 12	18:03	Iowa City West.	
15	15	Lauren Grimes, 12	18:08	C R. Washington.	
16	16	Cassie Weigman, 11	18:18	Dubuque Wahlert.	
17	17	Jessica Feenstra, 11	18:21	C R. Kennedy.	
18	18	Kellie Kinkle, 11	18:22	Cedar Falls.	
19	19	Jenny Pelleymounter, 11	18:22	Cedar Falls.	
20	20	Jordan Glaser, 11	18:23	Cedar Falls.	
21	21	Brittney Highland, 12	18:26	Cedar Falls.	
22	22	Anna Javellana, 11	18:29	Cedar Falls.	
23	23	Kaitlin Oswood, 11	18:31	C R. Washington.	
24	24	Amanda DeHoedt, 11	18:37	C R. Kennedy.	
25	25	Lindsay Hopkins, 11	18:41	Waterloo West.	
26	26	Sarah James, 12	18:46	Iowa City West.	
27	27	Steph Mount, 11	18:47	Iowa City West.	
28	28	Megan Rutzmoser, 11	18:48	Cedar Falls.	
29	29	Monet Schroedermier, 11	18:51	C R. Washington.	
30	30	Rachel Trampel, 11	18:56	Cedar Falls.	
31	31	Sarah Dennis, 12	19:02	C R. Washington.	
32	32	Laura Formanek, 11	19:05	Cedar Falls.	
33	33	Lindsay Freeman, 12	19:07	Iowa City West.	
34	34	Allison Sole, 12	19:08	C R. Washington.	
35	35	Bre Platt, 10	19:09	Waterloo West.	
36	36	Abby Seyfer, 11	19:17	C R. Washington.	
37	37	Kristi Anderson, 11	19:25	Waterloo West.	
38	38	Amy Bangtson, 11	19:26	Cedar Falls.	

39	39	Amanda Johnson, 12	19:30	C R. Washington.
40	40	Phylicia Proctor, 12	19:32	Waterloo West.
41	41	Clarissa Huilman, 12	19:37	C R. Washington.
42	42	Hailey Lamm, 11	19:43	C R. Washington.
43	43	Michelle Formanek, 12	19:50	Cedar Falls.
44	44	Nikki Vallentine, 11	19:51	Cedar Falls.
45	45	Dani Carter, 12	19:52	C R. Washington.
46	46	Bridget Shields, 11	19:52	Iowa City West.
47	47	Kelly Stewart, 11	19:53	C R. Washington.
48	48	Christie Runde, 12	19:55	Dubuque Wahlert.
49	49	Kelly Davison, 12	19:58	Cedar Falls.
50	50	Jenny Howard, 12	20:08	Cedar Falls.
51	51	Lindsey Oglesby, 11	20:12	C R. Washington.
52	52	Natalie Boll, 11	20:18	Dubuque Wahlert.
53	53	Jenna Fischer, 12	20:21	C R. Washington.
54	54	Katie Kenealy, 11	20:27	Cedar Falls.
55	55	Jess Whitson, 12	20:50	Cedar Falls.
56	56	Ashley Cunningham, 11	21:04	Cedar Falls.
57	57	Katie Witte, 12	21:04	C R. Washington.
58	58	Bridget Donohue, 11	21:06	Iowa City West.
59	59	Marie Haley, 12	21:11	C R. Washington.
60	60	Grace Gathua, 12	21:13	Cedar Falls.
61	61	Laura Schlehuber, 11	21:16	C R. Washington.
62	62	Natalie Koerber, 11	21:22	C R. Washington.
63	63	Erin Antonik, 11	21:35	C R. Washington.
64	64	Andrea Weineinsen, 11	22:11	C R. Prairie.
65	65	Hanan Arafat, 11	23:54	C R. Washington.
66	66	Lucy Kenealy, 12	25:31	Cedar Falls.

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