

# 4A Girls 4 km District Indianola

Pickard Park, Indianola, IA

Oct. 20, 2005

48 degrees, 94% humidity, overcast

Results by Michael Franke

[Boys4A Indianola results here](#)

Use the Find option of your Web Browser to find the performance of a specific individual or team.

PLACE	TEAM	POINTS	PLACES OF FINISHERS						AVG. TIME	SPREAD	
1	Urbandale	32	1	2	6	7	16	17	26	15:39	1:33
2	Waukee	67	9	11	12	15	20	21	33	16:19	38
3	Ottumwa	88	10	13	19	22	24	34	40	16:31	46
4	Dowling	116	5	18	25	31	37	38	55	16:41	1:46
5	Roosevelt	131	3	28	29	30	41	46	56	16:48	2:13
6	Lewis Central	159	4	27	36	42	50	54	57	17:12	3:02
7	Lincoln Council Bluff	168	14	23	35	45	51	52	59	17:25	2:17
8	Indianola	182	8	39	43	44	48	49	58	17:24	2:07
9	Jefferson Council Blu	253	32	47	53	60	61	62	63	18:39	2:25

## Individuals

### 1. Urbandale

1	Cassi Sokol, 4	14:53
2	Stephanie Mundt, 2	15:06
6	Sami Steinmeyer, 2	15:52
7	Nicole Wilson, 3	15:55
16	Emily Twedt, 1	16:26
17	Maggie Conlon, 1	16:28
26	Amy Wetsch, 4	16:55

Time = 1:18:11      Places = 32

### 2. Waukee

9	Colette Gnade, 1	16:00
11	Paris Kono, 3	16:14
12	Claire Johannesen, 1	16:20
15	Genna Kinley, 2	16:24
20	Kara Knott, 3	16:37
21	Kaylee Pence, 3	16:44
33	Kelsey Barton, 3	17:16

Time = 1:21:32      Places = 67

### 3. Ottumwa

10	Kristen Paulson, 2	16:06
13	Sarah Paulson, 2	16:22
19	Sarah Hendred, 3	16:29
22	Sarah Sosa, 2	16:48
24	Samantha Thorgaard, 4	16:52
34	Kendra Spurgeon, 2	17:18
40	Emily Cook, 1	17:31

Time = 1:22:34      Places = 88

### 4. Dowling

5	Betsy Flood, 2	15:36
18	Alex Powers, 1	16:28

25 Hannah Weiss, 4 16:55  
 31 Mallory Moller, 3 17:06  
 37 Kaitlin Showalter, 3 17:22  
 38 Mary Lacy, 2 17:25  
 55 Allison Showalter, 4 19:02  
 Time = 1:23:24 Places = 116

## 5. Roosevelt

3 Hannah Roeder, 4 15:21  
 28 Fionna Fallon, 4 16:59  
 29 Kelsey Mitchell, 2 17:03  
 30 Stephanie Davison, 3 17:05  
 41 Maddie Tomka, 3 17:34  
 46 Lillian Chesser, 1 17:57  
 56 Jessica Dodge, 4 19:10  
 Time = 1:23:58 Places = 131

## 6. Lewis Central

4 Hilary Sadler, 2 15:33  
 27 Kristyn Hill, 4 16:56  
 36 Jenny Hall, 2 17:20  
 42 Shelby Ellison, 3 17:35  
 50 Heather Gubbels, 1 18:35  
 54 Steph Wells, 3 18:52  
 57 Kacie Ankenbauer, 4 19:15  
 Time = 1:25:56 Places = 159

## 7. Lincoln Council Bluff

14 Dara Beltran, 4 16:23  
 23 Emilee Sorenson, 4 16:50  
 35 Jessie Grego, 2 17:19  
 45 Lindsay McCoy, 3 17:56  
 51 Amelia Onate, 3 18:40  
 52 Lindsay Sorenson, 4 18:43  
 59 Taija Valasquez, 4 19:36  
 Time = 1:27:05 Places = 168

## 8. Indianola

8 Jamie Elbert, 1 15:59  
 39 Emily Gross, 1 17:28  
 43 Ashley Ackerson, 4 17:39  
 44 Allison Reynolds, 1 17:51  
 48 Tallie Dietz, 4 18:05  
 49 Chelsea Duncan, 4 18:25  
 58 Libby Cambron, 2 19:18  
 Time = 1:27:00 Places = 182

## 9. Jefferson Council Blu

32 Alyssa Hedrick, 4 17:12  
 47 Val Robinson, 4 18:04  
 53 Kiersten Ruff, 3 18:43  
 60 Rachel Kennett, 1 19:36  
 61 Brittany May, 4 19:37  
 62 Katie Mann, 4 19:49  
 63 Charity Oswald, 1 20:31  
 Time = 1:33:11 Places = 253

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PLACE	SCORE	FINISHER	TIME	TEAM
1	1	Cassi Sokol, 4	14:53	Urbandale
2	2	Stephanie Mundt, 2	15:06	Urbandale
3	3	Hannah Roeder, 4	15:21	Roosevelt
4	4	Hilary Sadler, 2	15:33	Lewis Central

5	5	Betsy Flood, 2	15:36	Dowling
6	6	Sami Steinmeyer, 2	15:52	Urbandale
7	7	Nicole Wilson, 3	15:55	Urbandale
8	8	Jamie Elbert, 1	15:59	Indianola
9	9	Colette Gnade, 1	16:00	Waukee
10	10	Kristen Paulson, 2	16:06	Ottumwa
11	11	Paris Kono, 3	16:14	Waukee
12	12	Claire Johannesen, 1	16:20	Waukee
13	13	Sarah Paulson, 2	16:22	Ottumwa
14	14	Dara Beltran, 4	16:23	Lincoln Council Bluff
15	15	Genna Kinley, 2	16:24	Waukee
16	16	Emily Twedt, 1	16:26	Urbandale
17	17	Maggie Conlon, 1	16:28	Urbandale
18	18	Alex Powers, 1	16:28	Dowling
19	19	Sarah Hendred, 3	16:29	Ottumwa
20	20	Kara Knott, 3	16:37	Waukee
21	21	Kaylee Pence, 3	16:44	Waukee
22	22	Sarah Sosa, 2	16:48	Ottumwa
23	23	Emilee Sorenson, 4	16:50	Lincoln Council Bluff
24	24	Samantha Thorgaard, 4	16:52	Ottumwa
25	25	Hannah Weiss, 4	16:55	Dowling
26	26	Amy Wetsch, 4	16:55	Urbandale
27	27	Kristyn Hill, 4	16:56	Lewis Central
28	28	Fionna Fallon, 4	16:59	Roosevelt
29	29	Kelsey Mitchell, 2	17:03	Roosevelt
30	30	Stephanie Davison, 3	17:05	Roosevelt
31	31	Mallory Moller, 3	17:06	Dowling
32	32	Alyssa Hedrick, 4	17:12	Jefferson Council Blu
33	33	Kelsey Barton, 3	17:16	Waukee
34	34	Kendra Spurgeon, 2	17:18	Ottumwa
35	35	Jessie Grego, 2	17:19	Lincoln Council Bluff
36	36	Jenny Hall, 2	17:20	Lewis Central
37	37	Kaitlin Showalter, 3	17:22	Dowling
38	38	Mary Lacy, 2	17:25	Dowling
39	39	Emily Gross, 1	17:28	Indianola
40	40	Emily Cook, 1	17:31	Ottumwa
41	41	Maddie Tomka, 3	17:34	Roosevelt
42	42	Shelby Ellison, 3	17:35	Lewis Central
43	43	Ashley Ackerson, 4	17:39	Indianola
44	44	Allison Reynolds, 1	17:51	Indianola
45	45	Lindsay McCoy, 3	17:56	Lincoln Council Bluff
46	46	Lillian Chesser, 1	17:57	Roosevelt
47	47	Val Robinson, 4	18:04	Jefferson Council Blu
48	48	Tallie Dietz, 4	18:05	Indianola
49	49	Chelsea Duncan, 4	18:25	Indianola
50	50	Heather Gubbels, 1	18:35	Lewis Central
51	51	Amelia Onate, 3	18:40	Lincoln Council Bluff
52	52	Lindsay Sorenson, 4	18:43	Lincoln Council Bluff
53	53	Kiersten Ruff, 3	18:43	Jefferson Council Blu
54	54	Steph Wells, 3	18:52	Lewis Central
55	55	Allison Showalter, 4	19:02	Dowling
56	56	Jessica Dodge, 4	19:10	Roosevelt
57	57	Kacie Ankenbauer, 4	19:15	Lewis Central
58	58	Libby Cambron, 2	19:18	Indianola
59	59	Taija Valasquez, 4	19:36	Lincoln Council Bluff
60	60	Rachel Kennett, 1	19:36	Jefferson Council Blu
61	61	Brittany May, 4	19:37	Jefferson Council Blu
62	62	Katie Mann, 4	19:49	Jefferson Council Blu
63	63	Charity Oswald, 1	20:31	Jefferson Council Blu

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