

MVC Super Meet, Varsity Women, 4K

Noelridge Park, Cedar Rapids, Iowa

October 6, 2005

50 Degree, Partly Cldy, NW @ 10-20 mph

Results by Hilltopper Results

[F/S Girls](#)

[F/S Boys](#)

[JV Girls](#)

[JV Boys](#)

[Var.Girls](#)

[Var.Boys](#)

Click on the "pace" links to move about the results. Use the Find option of your browser to find someone's name or team.

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME SPREAD	
1	I C. High	63	4	8	14	17	20	26	39	15:24	0:42	
2	Cedar Falls	73	2	11	13	15	32	35	41	15:25	1:12	
3	C R. Kennedy	80	5	10	12	24	29	44	58	15:31	0:53	
4*	I C. West	87	1	6	9	33	38	42	45	15:26	1:22	
5*	C R. Xavier	87	3	7	16	18	43	47	64	15:28	1:26	
6	C R. Washington	175	19	22	31	34	69	75	84	16:06	1:36	
7	Dubuque Wahlert	178	23	25	30	49	51	52	61	16:06	0:47	
8	Dubuque Hempstead	219	21	37	50	54	57	62	68	16:18	0:1:00	
9	Dubuque Senior	241	36	46	48	55	56	63	67	16:25	0:43	
10	Linn-Mar	289	28	60	65	66	70	86		16:52	1:22	
11	Waterloo West	292	27	53	59	76	77	78	80	17:01	1:59	
12	C R. Prairie	368	40	79	81	83	85	89	90	17:49	2:22	
13	C R. Jefferson	372	71	72	73	74	82	87	88	17:36	0:56	

[Individuals](#)

PLACE	FINISHER	TIME	PACE
1. I C. High			
4	Brittany Dlhy, 10	15:00	6:02
8	Samantha Sidwell, 11	15:18	6:09
14	Annie McKay, 11	15:28	6:13
17	Kelsey Hart, 9	15:32	6:15
20	Tamika McCue, 11	15:41	6:18
26	Drew Foreman, 12	15:53	6:23
39	Claudia Garcia, 11	16:06	6:28
Total Time = 76:56		Total Places = 63	
2. Cedar Falls			
2	Sarah Larsen, 10	14:46	5:56
11	Leah Blanchard, 10	15:23	6:11
13	Shawn Shaddox, 10	15:27	6:13
15	Paige Hersom, 9	15:30	6:14
32	Danielle Kelly, 11	15:57	6:25
35	Kristen Hammer, 9	15:59	6:26
41	Kelsey Davis, 10	16:11	6:30
Total Time = 77:01		Total Places = 73	
3. C R. Kennedy			
5	Andrea Wacker, 12	15:03	6:03
10	Laura Nedderman, 10	15:23	6:11
12	Maggie Bobbin, 12	15:26	6:12
24	Megan Yossi, 12	15:48	6:21
29	Sarah Kleiman, 11	15:55	6:24
44	Sharon Heyer, 11	16:18	6:33
58	Keri Schaefer, 11	16:46	6:44

Total Time = 77:32 Total Places = 80

4*. I C. West

1	Sarah Wickman, 11	14:41	5:54
6	Claire Hall, 12	15:08	6:05
9	Jordan Stahlecker, 10	15:21	6:10
33	Elise Walz, 10	15:58	6:25
38	Christine Skopec, 11	16:03	6:27
42	Kira Spencer, 12	16:12	6:31
45	Audrey Keranen, 10	16:19	6:34

Total Time = 77:10 Total Places = 87

5*. C R. Xavier

3	Meaghan Nelson, 10	14:50	5:58
7	Alyssa Driscoll, 10	15:12	6:07
16	Megan Penticoff, 10	15:30	6:14
18	Emily Zipperer, 11	15:33	6:15
43	Sarah A'Hearn, 12	16:15	6:32
47	Maegan Leskovec, 9	16:21	6:34
64	Kate Chizek, 11	16:59	6:50

Total Time = 77:19 Total Places = 87

6. C R. Washington

19	Meredith Bell, 11	15:36	6:16
22	Erin Becker, 11	15:44	6:20
31	Meghan Roberts, 12	15:56	6:25
34	Kahle Novak, 10	15:59	6:26
69	Leah Zmolek, 12	17:12	6:55
75	Mikaela Fisher, 11	17:37	7:05
84	Monet Schroedermier, 12	18:24	7:24

Total Time = 80:26 Total Places = 175

7. Dubuque Wahlert

23	Megan Esch, 12	15:46	6:21
25	Katie Hemesath, 10	15:49	6:22
30	Kelsey Kruse, 10	15:56	6:24
49	Maria Kalb, 9	16:24	6:36
51	Krista Leibfried, 11	16:33	6:39
52	Ashley Neises, 12	16:34	6:39
61	Lindsey Hoppenjan, 12	16:56	6:48

Total Time = 80:27 Total Places = 178

8. Dubuque Hempstead

21	Amy Bowden, 9	15:43	6:19
37	Tonya Wittman, 10	16:00	6:26
50	Amanda Paige, 12	16:25	6:36
54	Yvette Alberts, 9	16:38	6:41
57	Amanda Kloser, 12	16:42	6:43
62	Abby Potts, 9	16:58	6:49
68	Paige McQueeney, 11	17:11	6:55

Total Time = 81:27 Total Places = 219

9. Dubuque Senior

36	Carolyn Scherf, 10	15:59	6:26
46	Stephanie Coffin, 9	16:20	6:34
48	Katherine Schilling, 9	16:23	6:35
55	Mallory O'Neil, 11	16:40	6:42
56	Sara Scherf, 12	16:41	6:43
63	Allison George, 12	16:59	6:50
67	Kate Schmerbach, 10	17:08	6:54

Total Time = 82:02 Total Places = 241

10. Linn-Mar

28	Katie Dolezal, 10	15:55	6:24
60	Stef McGraw, 9	16:53	6:47

65	Alyssa Perry, 9	17:07	6:53
66	Dana Poellet, 10	17:08	6:53
70	Krista Freese, 11	17:16	6:56
86	Megan Greer, 11	18:34	7:28
Total Time = 84:16		Total Places = 289	

11. Waterloo West

27	Chelsea Lynch, 10	15:54	6:23
53	Anna Sanger, 12	16:36	6:41
59	Alison Blake, 12	16:52	6:47
76	Chelsea Ronemous, 12	17:49	7:10
77	Lindsay Hopkins, 12	17:52	7:11
78	Jordin Cowan, 9	17:55	7:12
80	Lindsay Shepard, 12	18:09	7:18
Total Time = 85:01		Total Places = 292	

12. C R. Prairie

40	Amanda Carson, 12	16:09	6:29
79	Amanda Philipp, 11	18:00	7:14
81	Erin Dick, 12	18:12	7:19
83	Rachael Hyland, 11	18:16	7:20
85	Jenna Hindman, 12	18:30	7:26
89	Tara Buchheit, 11	19:04	7:40
90	Sara Franks, 11	19:35	7:53
Total Time = 89:04		Total Places = 368	

13. C R. Jefferson

71	Sarah Whitters, 11	17:17	6:57
72	Sarah Ritchie, 10	17:25	7:00
73	Amy Thompson, 10	17:28	7:01
74	Kristin Goedken, 12	17:36	7:05
82	Kymerly Kuda, 12	18:12	7:19
87	Christa Young, 11	18:48	7:34
88	Heather Anderson, 10	18:52	7:35
Total Time = 87:56		Total Places = 372	

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PLACE	SCORE	TEAM	FINISHER	TIME	PACE	TEAM
1	1		Sarah Wickman, 11	14:41	5:54	I C. West
2	2		Sarah Larsen, 10	14:46	5:56	Cedar Falls
3	3		Meaghan Nelson, 10	14:50	5:58	C R. Xavier
Pace: 6:00 7:00 Top						
4	4		Brittany Dlhy, 10	15:00	6:02	I C. High
5	5		Andrea Wacker, 12	15:03	6:03	C R. Kennedy
6	6		Claire Hall, 12	15:08	6:05	I C. West
7	7		Alyssa Driscoll, 10	15:12	6:07	C R. Xavier
8	8		Samantha Sidwell, 11	15:18	6:09	I C. High
9	9		Jordan Stahlecker, 10	15:21	6:10	I C. West
10	10		Laura Nedderman, 10	15:23	6:11	C R. Kennedy
11	11		Leah Blanchard, 10	15:23	6:11	Cedar Falls
12	12		Maggie Bobbin, 12	15:26	6:12	C R. Kennedy
13	13		Shawn Shaddox, 10	15:27	6:13	Cedar Falls
14	14		Annie McKay, 11	15:28	6:13	I C. High
15	15		Paige Hersom, 9	15:30	6:14	Cedar Falls
16	16		Megan Penticoff, 10	15:30	6:14	C R. Xavier
17	17		Kelsey Hart, 9	15:32	6:15	I C. High
18	18		Emily Zipperer, 11	15:33	6:15	C R. Xavier
19	19		Meredith Bell, 11	15:36	6:16	C R. Washington
20	20		Tamika McCue, 11	15:41	6:18	I C. High
21	21		Amy Bowden, 9	15:43	6:19	Dubuque Hempstead
22	22		Erin Becker, 11	15:44	6:20	C R. Washington
23	23		Megan Esch, 12	15:46	6:21	Dubuque Wahlert
24	24		Megan Yossi, 12	15:48	6:21	C R. Kennedy

25	25	Katie Hemesath, 10	15:49	6:22	Dubuque Wahlert
26	26	Drew Foreman, 12	15:53	6:23	I C. High
27	27	Chelsea Lynch, 10	15:54	6:23	Waterloo West
28	28	Katie Dolezal, 10	15:55	6:24	Linn-Mar
29	29	Sarah Kleiman, 11	15:55	6:24	C R. Kennedy
30	30	Kelsey Kruse, 10	15:56	6:24	Dubuque Wahlert
31	31	Meghan Roberts, 12	15:56	6:25	C R. Washington
32	32	Danielle Kelly, 11	15:57	6:25	Cedar Falls
33	33	Elise Walz, 10	15:58	6:25	I C. West
34	34	Kahle Novak, 10	15:59	6:26	C R. Washington
35	35	Kristen Hammer, 9	15:59	6:26	Cedar Falls
36	36	Carolyn Scherf, 10	15:59	6:26	Dubuque Senior
37	37	Tonya Wittman, 10	16:00	6:26	Dubuque Hempstead
38	38	Christine Skopec, 11	16:03	6:27	I C. West
39	39	Claudia Garcia, 11	16:06	6:28	I C. High
40	40	Amanda Carson, 12	16:09	6:29	C R. Prairie
41	41	Kelsey Davis, 10	16:11	6:30	Cedar Falls
42	42	Kira Spencer, 12	16:12	6:31	I C. West
43	43	Sarah A'Hearn, 12	16:15	6:32	C R. Xavier
44	44	Sharon Heyer, 11	16:18	6:33	C R. Kennedy
45	45	Audrey Keranen, 10	16:19	6:34	I C. West
46	46	Stephanie Coffin, 9	16:20	6:34	Dubuque Senior
47	47	Maegan Leskovec, 9	16:21	6:34	C R. Xavier
48	48	Katherine Schilling, 9	16:23	6:35	Dubuque Senior
49	49	Maria Kalb, 9	16:24	6:36	Dubuque Wahlert
50	50	Amanda Paige, 12	16:25	6:36	Dubuque Hempstead
51	51	Krista Leibfried, 11	16:33	6:39	Dubuque Wahlert
52	52	Ashley Neises, 12	16:34	6:39	Dubuque Wahlert
53	53	Anna Sanger, 12	16:36	6:41	Waterloo West
54	54	Yvette Alberts, 9	16:38	6:41	Dubuque Hempstead
55	55	Mallory O'Neil, 11	16:40	6:42	Dubuque Senior
56	56	Sara Scherf, 12	16:41	6:43	Dubuque Senior
57	57	Amanda Kloser, 12	16:42	6:43	Dubuque Hempstead
58	58	Keri Schaefer, 11	16:46	6:44	C R. Kennedy
59	59	Alison Blake, 12	16:52	6:47	Waterloo West
60	60	Stef McGraw, 9	16:53	6:47	Linn-Mar
61	61	Lindsey Hoppenjan, 12	16:56	6:48	Dubuque Wahlert
62	62	Abby Potts, 9	16:58	6:49	Dubuque Hempstead
63	63	Allison George, 12	16:59	6:50	Dubuque Senior
64	64	Kate Chizek, 11	16:59	6:50	C R. Xavier
65	65	Alyssa Perry, 9	17:07	6:53	Linn-Mar
66	66	Dana Poellet, 10	17:08	6:53	Linn-Mar
67	67	Kate Schmerbach, 10	17:08	6:54	Dubuque Senior
68	68	Paige McQueeney, 11	17:11	6:55	Dubuque Hempstead
69	69	Leah Zmolek, 12	17:12	6:55	C R. Washington
70	70	Krista Freese, 11	17:16	6:56	Linn-Mar
71	71	Sarah Whitters, 11	17:17	6:57	C R. Jefferson
Pace: 6:00 7:00 Top					
72	72	Sarah Ritchie, 10	17:25	7:00	C R. Jefferson
73	73	Amy Thompson, 10	17:28	7:01	C R. Jefferson
74	74	Kristin Goedken, 12	17:36	7:05	C R. Jefferson
75	75	Mikaela Fisher, 11	17:37	7:05	C R. Washington
76	76	Chelsea Ronemous, 12	17:49	7:10	Waterloo West
77	77	Lindsay Hopkins, 12	17:52	7:11	Waterloo West
78	78	Jordin Cowan, 9	17:55	7:12	Waterloo West
79	79	Amanda Philipp, 11	18:00	7:14	C R. Prairie
80	80	Lindsay Shepard, 12	18:09	7:18	Waterloo West
81	81	Erin Dick, 12	18:12	7:19	C R. Prairie
82	82	Kymerly Kuda, 12	18:12	7:19	C R. Jefferson
83	83	Rachael Hyland, 11	18:16	7:20	C R. Prairie
84	84	Monet Schroedermier, 12	18:24	7:24	C R. Washington
85	85	Jenna Hindman, 12	18:30	7:26	C R. Prairie
86	86	Megan Greer, 11	18:34	7:28	Linn-Mar
87	87	Christa Young, 11	18:48	7:34	C R. Jefferson

88	88	Heather Anderson, 10	18:52	7:35	C R. Jefferson
89	89	Tara Buchheit, 11	19:04	7:40	C R. Prairie
90	90	Sara Franks, 11	19:35	7:53	C R. Prairie

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