

Varsity Girls 5k.htmlTEXTppppi ÕâBÕâB 4]

12th Heartland Classic XC Invite Varsity Girls**ISU XC Course - Host Roosevelt HS****Sep. 16, 2017**

70s-80s, cloudy, at times light rain

Results by Cal Murdock

[JV-1 Girls](#)[JV-1 Boys](#)[JV-2 Girls](#)[JV-2 Boys](#)[Var Girls](#)[Var Boys](#)

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

Last updated Sep. 16, 2017 1:23 PM

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME SPREAD	
1	Johnston	108	4	8	29	33	34	50	73	20:10.5	1:14.2
2	Dowling Catholic	119	13	15	26	30	35	100	140	20:19.9	0:44.3
3	Iowa City West	123	1	11	20	45	46	115	151	20:06.6	1:58.5
4	Lincoln Sw (Ne)	184	12	16	19	68	69	84	92	20:30.7	1:13.8
5	Waukee	201	10	17	28	71	75	80	82	20:34.6	1:24.0
6	Iowa City, City High	251	25	51	54	56	65	66	113	20:53.3	0:37.3
7	St Thomas Aquinas(Mo)	268	2	37	61	67	101	112		20:44.0	2:35.1
8	D M Roosevelt	273	44	47	48	62	72	83	156	20:57.3	0:23.7
9	Fremont (Ne)	282	18	23	27	96	118			20:53.7	1:39.6
10	Blue Valley West (Ks)	283	5	21	70	89	98	122	160	20:47.2	2:11.0
11	Ankeny Centennial	331	32	57	63	74	105	106		21:07.2	1:08.2
12	Linn-Mar	343	3	7	87	120	126	131		20:48.6	2:44.5
13	Shawnee Miss. S (Ks)	347	41	43	55	85	123	147	170	21:08.8	1:10.3
14	C R Prairie	349	14	24	90	91	130	136	166	21:05.3	2:06.6
15	S F Roosevelt (Sd)	386	31	64	77	81	133	144		21:17.6	1:38.5
16	Southeast Polk	392	49	58	88	93	104	116	128	21:20.0	0:49.1
17	Ballard	397	22	60	102	103	110	119	124	21:18.3	1:27.9
18	Gilbert	411	39	42	59	121	150	153	162	21:27.0	2:09.3
19	Gretna	459	6	86	111	127	129	164	173	21:20.6	2:30.8
20	Dallas Center-Grimes	477	53	79	94	114	137	155	165	21:34.3	1:21.1
21	Blue Valley S W (Ks)	479	52	78	107	108	134	146	149	21:35.0	1:18.9

22 Pella	483	38	40	109	142	154	159	171	21:43.8	2:18.3
23 Valley	501	9	36	141	157	158	161	167	21:51.8	3:25.5
24 Omaha Marian (Ne)	527	76	95	99	125	132	135	143	21:43.9	0:56.9
25 Marion	691	97	138	145	148	163	168	172	22:32.9	1:56.9
26 Sioux City North	751	117	139	152	169	174	175		23:18.0	3:19.6

Incomplete Teams: D M North, D M Hoover, Shawnee Miss. Nw (Ks)

[Individuals](#)

PLACE FINISHER TIME

1. Johnston

4	Jessica McKee, Sr	19:24.8
8	Brooke McKee, So	19:39.8
29	Lindsey Batkiewicz, Jr	20:32.2
33	Clara Toot, So	20:36.5
34	Bella Heikes, Fr	20:38.9
50	Taryn Swaim, Sr	20:54.5
73	Lauren Urban, Jr	21:11.7

Total Time = 1:40:52.2 Total Places = 108

2. Dowling Catholic

13	Elzerie VanDyk, Sr	19:55.5
15	Kate Timboe, Jr	20:01.6
26	Kelsey Schweizer, Jr	20:29.5
30	Katelyn Reichart, So	20:32.8
35	Molly Flood, Sr	20:39.7
100	Emily Erickson, Sr	21:40.2
140	Janey Meilander, Jr	22:22.0

Total Time = 1:41:39.1 Total Places = 119

3. Iowa City West

1	Bailey Nock, Sr	18:51.9
11	Colleen Bloeser, Sr	19:49.4
20	Kiara Malloy-Salgado, Fr	20:13.9
45	Deniz Ince, Jr	20:47.4
46	Erica Buetner, Fr	20:50.4
115	Katie Hoefer, Fr	21:47.6
151	Claire Ronnebaum, Sr	22:53.1

Total Time = 1:40:33.0 Total Places = 123

4. Lincoln Sw (Ne)

12	Danielle Rinn, Sr	19:54.9
16	Lindsey Blehm, So	20:08.1
19	Kate Dilsave, Fr	20:13.7
68	Julia Lesoing, So	21:08.2
69	Emily Udell, So	21:08.6
84	Kerra Smid, Fr	21:21.1
92	Allyson Barry, So	21:32.7

Total Time = 1:42:33.5 Total Places = 184

5. Waukee

10	Sydney Schaffer, So	19:49.2
17	Peyton Kelderman, Fr	20:09.0
28	Isabelle Schaffer, So	20:32.2
71	Lindsey Kelderman, Fr	21:09.1
75	Karson Foley, Sr	21:13.1
80	Katie Groetken, So	21:17.4
82	Megan Groathouse, Jr	21:20.7

Total Time = 1:42:52.6 Total Places = 201

6. Iowa City, City High

25	Esti Brady, So	20:28.9
51	Kinsee Brands, Sr	20:54.8

54	Amelia Morrow, Sr	20:57.9
56	Anna Lindower, Jr	20:58.6
65	Bridget Brown, Sr	21:06.1
66	Aly Hecker, Jr	21:07.0
113	Gabriel McCormick, Sr	21:47.4
Total Time = 1:44:26.3		Total Places = 251

7. St Thomas Aquinas(Mo)

2	Olivia Sovereign, Jr	19:05.6
37	Allison Strathman, So	20:40.8
61	Katie Muckerman, So	21:04.9
67	Kate Cox, Jr	21:07.9
101	Kaitlin Dare, Jr	21:40.6
112	Chloe Cox, Jr	21:46.7
Total Time = 1:43:39.8		Total Places = 268

8. D M Roosevelt

44	Brennan Drake, Sr	20:46.2
47	Isabel Buchanan, Sr	20:52.7
48	Clara Colvig, So	20:52.9
62	Megan Fleming, Jr	21:04.9
72	Sarah Schott, Sr	21:09.8
83	Anna Gilbreath, So	21:21.0
156	Solit Germano, Sr	23:05.4
Total Time = 1:44:46.5		Total Places = 273

9. Fremont (Ne)

18	Karla Zavala, Sr	20:12.2
23	Myia Johnson, So	20:18.3
27	Mara Hemmer, Fr	20:29.5
96	Madison Ustohal, So	21:36.7
118	Emily Nau, Fr	21:51.7

Total Time = 1:44:28.4 Total Places = 282

10. Blue Valley West (Ks)

5 Sophie Call, So 19:26.0

21 Kalea Chu, Jr 20:15.5

70 Anna-Katherin Marquette, Fr

21:08.7

89 Andi Kitts, So 21:28.5

98 Bella Call, So 21:37.0

122 Kaitlyn Lim, Jr 21:54.5

160 Lindsey Locke, Fr 23:25.9

Total Time = 1:43:55.7 Total Places = 283

11. Ankeny Centennial

32 Jeanne Peters, So 20:35.6

57 Jesslyn Gaumer, Jr 20:59.1

63 Sophia Lee, So 21:05.0

74 Grace Meador, Fr 21:12.6

105 Kierstan Fritz, So 21:43.7

106 Savana Alt, Fr 21:43.7

Total Time = 1:45:36.0 Total Places = 331

12. Linn-Mar

3 Micah Poellet, Fr 19:15.3

7 Lilly Geelan, Fr 19:32.6

87 Chloe Skidmore, Fr 21:22.4

120 Rachel Bohnenkamp, Sr 21:52.8

126 Aj Kendrick, Jr 21:59.7

131 Emma Kelley, Jr 22:04.5

Total Time = 1:44:02.8 Total Places = 343

13. Shawnee Miss. S (Ks)

41 Ella Buss, Fr 20:44.6

43	Chloe Wannamaker, Fr	20:44.8
55	Bethany Ward, Jr	20:58.0
85	Alexis Appleman, Jr	21:21.6
123	Sara Schafer, Jr	21:54.9
147	Marianna Ward, So	22:37.7
170	Grace Shatz, Jr	24:25.0
Total Time = 1:45:43.9		Total Places = 347

14. C R Prairie

14	Laurdyn Meyer, Fr	19:56.8
24	Kendall White, Fr	20:23.4
90	Hailey Cooper, Fr	21:30.7
91	Riley Coulter, Fr	21:32.2
130	Maggie Miskimen, Fr	22:03.4
136	Alissa Neubauer, Sr	22:15.7
166	Amanda Stallman, Jr	24:01.9
Total Time = 1:45:26.5		Total Places = 349

15. S F Roosevelt (Sd)

31	Danielle Howard, Jr	20:34.1
64	Jaide Geurts, So	21:05.7
77	Faith Boyer, Fr	21:15.0
81	Madison Howard, Jr	21:20.7
133	Jadalyn Fenderson, Jr	22:12.5
144	Lydia Pearson, Sr	22:32.3
Total Time = 1:46:28.0		Total Places = 386

16. Southeast Polk

49	Grace Larkins, Fr	20:54.3
58	Sydney Milani, Sr	21:01.7
88	Magda McGowin, Fr	21:26.6
93	Tarryn Hill, So	21:33.7

104 Paige Blackford, Jr 21:43.3

116 Natalie Clement, So 21:48.9

128 Jaycie Elliot, Fr 22:01.7

Total Time = 1:46:39.6 Total Places = 392

17. Ballard

22 Ellie Twedt, So 20:17.7

60 Summer McVicker, Sr 21:04.4

102 Lauren Matthews, So 21:41.7

103 Caitlin Maher, Fr 21:41.9

110 Rachel Wohlgemuth, So 21:45.5

119 Hailey Cole, So 21:52.1

124 Josie Fleischmann, Fr 21:55.7

Total Time = 1:46:31.2 Total Places = 397

18. Gilbert

39 Maggie Pollard, Sr 20:42.4

42 Allison Weiler, So 20:44.7

59 Emily Branson, Sr 21:01.9

121 Hannah Thatcher, Jr 21:54.0

150 Livvy Hampton, Sr 22:51.6

153 Rachel Sents, So 22:54.6

162 Justine Rosburg, Sr 23:32.2

Total Time = 1:47:14.6 Total Places = 411

19. Gretna

6 Mazie Larsen, Sr 19:31.7

86 Nicole Martindale, Sr 21:22.3

111 Kayla Adams, So 21:45.8

127 Rachel Walters, Jr 22:00.7

129 Makinley Kratina, Jr 22:02.4

164 Payton Harter, Jr 23:39.7

173 Kaelinn Friesen, Sr 25:08.3

Total Time = 1:46:42.9 Total Places = 459

20. Dallas Center-Grimes

53 Miranda Muhlstein, Fr 20:55.7

79 Kaitlyn Murano, Sr 21:16.4

94 Lexi Smith, Sr 21:35.0

114 Natalie Paulson, Jr 21:47.6

137 Emma Angus, Fr 22:16.8

155 Nicole Mercial, Fr 23:00.2

165 Sami Sterbenz, Jr 23:56.1

Total Time = 1:47:51.5 Total Places = 477

21. Blue Valley S W (Ks)

52 Hannah Turner, Jr 20:55.0

78 Brinn Wilson, Fr 21:15.9

107 Gigi Loffredo, Fr 21:44.8

108 Jaylie Hicklin, Fr 21:45.0

134 Sarah Hjelmaas, Jr 22:13.9

146 Lauren Peak, So 22:37.5

149 Cara Ahrens, Jr 22:48.8

Total Time = 1:47:54.6 Total Places = 479

22. Pella

38 Caroline McMartin, So 20:41.0

40 Annika Pingel, Sr 20:43.4

109 Ashley Blommers, Fr 21:45.2

142 Erica Halstead, Sr 22:29.8

154 Tirzah Wittenberg, So 22:59.2

159 Patience Dykstra, Sr 23:19.0

171 Ellie Roorda, So 24:30.0

Total Time = 1:48:38.6 Total Places = 483

23. Valley

9	Helen Gould, Jr	19:48.4
36	Lauren Schulze, Fr	20:40.5
141	Megan Nelson, Jr	22:29.3
157	Blake Morrow, So	23:06.6
158	Haley Losh, Jr	23:13.9
161	Jane Smeins, Sr	23:29.4
167	Cassie Larick, Jr	24:03.4

Total Time = 1:49:18.7 Total Places = 501

24. Omaha Marian (Ne)

76	Brooke Wigdahl, So	21:14.6
95	Katherine Pelton, Jr	21:36.1
99	Kira Bravo, Jr	21:38.2
125	Kylie Champion, Sr	21:58.8
132	Emma Boever, Jr	22:11.5
135	Emily Saalfeld, So	22:14.6
143	Maddie Warrick, So	22:31.6

Total Time = 1:48:39.2 Total Places = 527

25. Marion

97	Hallie Kephart, Jr	21:36.9
138	Leah Fitch, Fr	22:17.4
145	Corrina Dittmer, So	22:34.1
148	Kelsi Huhndorf, Sr	22:42.3
163	Avery Mandersheid, Jr	23:33.8
168	Karlee Walker, So	24:11.8
172	Gabby Foster, Fr	25:01.2

Total Time = 1:52:44.5 Total Places = 691

26. Sioux City North

117	Brenda Phillips, Jr	21:51.0
139	Emma Kelley, Fr	22:21.2

152	Monica Olson, So	22:54.5
169	Kylie McElmeel, Fr	24:12.7
174	Mia Norton, Fr	25:10.5
175	Lorena Martinez, Jr	25:19.6

Total Time = 1:56:29.9 Total Places = 751

TEAM

PLACE	SCORE	FINISHER	TIME	TEAM
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[Top](#)

1	1	Bailey Nock, Sr	18:51.9	Iowa City West
2	2	Olivia Sovereign, Jr	19:05.6	St Thomas Aquinas(Mo)
3	3	Micah Poellet, Fr	19:15.3	Linn-Mar
4	4	Jessica McKee, Sr	19:24.8	Johnston
5	5	Sophie Call, So	19:26.0	Blue Valley West (Ks)
6	6	Mazie Larsen, Sr	19:31.7	Gretna
7	7	Lilly Geelan, Fr	19:32.6	Linn-Mar
8	8	Brooke McKee, So	19:39.8	Johnston
9	9	Helen Gould, Jr	19:48.4	Valley
10	10	Sydney Schaffer, So	19:49.2	Waukee
11	11	Colleen Bloeser, Sr	19:49.4	Iowa City West
12	12	Danielle Rinn, Sr	19:54.9	Lincoln Sw (Ne)
13	13	Elzerie VanDyk, Sr	19:55.5	Dowling Catholic
14	14	Laurdyn Meyer, Fr	19:56.8	C R Prairie
15	15	Kate Timboe, Jr	20:01.6	Dowling Catholic
16	16	Lindsey Blehm, So	20:08.1	Lincoln Sw (Ne)
17	17	Peyton Kelderman, Fr	20:09.0	Waukee
18	18	Karla Zavala, Sr	20:12.2	Fremont (Ne)
19	19	Kate Dilsave, Fr	20:13.7	Lincoln Sw (Ne)
20	20	Kiara Malloy-Salgado, Fr	20:13.9	Iowa City West
21	21	Kalea Chu, Jr	20:15.5	Blue Valley West (Ks)
22	22	Ellie Twedt, So	20:17.7	Ballard
23	23	Myia Johnson, So	20:18.3	Fremont (Ne)

24	24	Kendall White, Fr	20:23.4	C R Prairie
25	25	Esti Brady, So	20:28.9	Iowa City, City High
26	26	Kelsey Schweizer, Jr	20:29.5	Dowling Catholic
27	27	Mara Hemmer, Fr	20:29.5	Fremont (Ne)
28	28	Isabelle Schaffer, So	20:32.2	Waukee
29	29	Lindsey Batkiewicz, Jr	20:32.2	Johnston
30	30	Katelyn Reichart, So	20:32.8	Dowling Catholic
31	31	Danielle Howard, Jr	20:34.1	S F Roosevelt (Sd)
32	32	Jeanne Peters, So	20:35.6	Ankeny Centennial
33	33	Clara Toot, So	20:36.5	Johnston
34	34	Bella Heikes, Fr	20:38.9	Johnston
35	35	Molly Flood, Sr	20:39.7	Dowling Catholic
36	36	Lauren Schulze, Fr	20:40.5	Valley
37	37	Allison Strathman, So	20:40.8	St Thomas Aquinas(Mo)
38	38	Caroline McMartin, So	20:41.0	Pella
39	39	Maggie Pollard, Sr	20:42.4	Gilbert
40	40	Annika Pingel, Sr	20:43.4	Pella
41	41	Ella Buss, Fr	20:44.6	Shawnee Miss. S (Ks)
42	42	Allison Weiler, So	20:44.7	Gilbert
43	43	Chloe Wannamaker, Fr	20:44.8	Shawnee Miss. S (Ks)
44	44	Brennan Drake, Sr	20:46.2	D M Roosevelt
45	45	Deniz Ince, Jr	20:47.4	Iowa City West
46	46	Erica Buetner, Fr	20:50.4	Iowa City West
47	47	Isabel Buchanan, Sr	20:52.7	D M Roosevelt
48	48	Clara Colvig, So	20:52.9	D M Roosevelt
49	49	Grace Larkins, Fr	20:54.3	Southeast Polk
50	50	Taryn Swaim, Sr	20:54.5	Johnston
51	51	Kinsee Brands, Sr	20:54.8	Iowa City, City High
52	52	Hannah Turner, Jr	20:55.0	Blue Valley S W (Ks)
53	53	Miranda Muhlstein, Fr	20:55.7	Dallas Center-Grimes
54	54	Amelia Morrow, Sr	20:57.9	Iowa City, City High
55	55	Bethany Ward, Jr	20:58.0	Shawnee Miss. S (Ks)

56	56	Anna Lindower, Jr	20:58.6	Iowa City, City High
57	57	Jesslyn Gaumer, Jr	20:59.1	Ankeny Centennial
58	58	Sydney Milani, Sr	21:01.7	Southeast Polk
59	59	Emily Branson, Sr	21:01.9	Gilbert
60	60	Summer McVicker, Sr	21:04.4	Ballard
61	61	Katie Muckerman, So	21:04.9	St Thomas Aquinas(Mo)
62	62	Megan Fleming, Jr	21:04.9	D M Roosevelt
63	63	Sophia Lee, So	21:05.0	Ankeny Centennial
64	64	Jaide Geurts, So	21:05.7	S F Roosevelt (Sd)
65	65	Bridget Brown, Sr	21:06.1	Iowa City, City High
66	66	Aly Hecker, Jr	21:07.0	Iowa City, City High
67	67	Kate Cox, Jr	21:07.9	St Thomas Aquinas(Mo)
68	68	Julia Lesoing, So	21:08.2	Lincoln Sw (Ne)
69	69	Emily Udell, So	21:08.6	Lincoln Sw (Ne)
70	70	Anna-Katherin Marquette, Fr	21:08.7	Blue Valley West (Ks)
71	71	Lindsey Kelderman, Fr	21:09.1	Waukee
72	72	Sarah Schott, Sr	21:09.8	D M Roosevelt
73	73	Lauren Urban, Jr	21:11.7	Johnston
74	74	Grace Meador, Fr	21:12.6	Ankeny Centennial
75	75	Karson Foley, Sr	21:13.1	Waukee
76	76	Brooke Wigdahl, So	21:14.6	Omaha Marian (Ne)
77	77	Faith Boyer, Fr	21:15.0	S F Roosevelt (Sd)
78	78	Brinn Wilson, Fr	21:15.9	Blue Valley S W (Ks)
79	79	Kaitlyn Murano, Sr	21:16.4	Dallas Center-Grimes
80	80	Katie Groetken, So	21:17.4	Waukee
81	81	Madison Howard, Jr	21:20.7	S F Roosevelt (Sd)
82	82	Megan Groathouse, Jr	21:20.7	Waukee
83	83	Anna Gilbreath, So	21:21.0	D M Roosevelt
84	84	Kerra Smid, Fr	21:21.1	Lincoln Sw (Ne)
85	85	Alexis Appleman, Jr	21:21.6	Shawnee Miss. S (Ks)
86	86	Nicole Martindale, Sr	21:22.3	Gretna
87	87	Chloe Skidmore, Fr	21:22.4	Linn-Mar

88	88	Magda McGowin, Fr	21:26.6	Southeast Polk
89		Riley Demo, Jr	21:28.3	Shawnee Miss. Nw (Ks)
90	89	Andi Kitts, So	21:28.5	Blue Valley West (Ks)
91	90	Hailey Cooper, Fr	21:30.7	C R Prairie
92	91	Riley Coulter, Fr	21:32.2	C R Prairie
93	92	Allyson Barry, So	21:32.7	Lincoln Sw (Ne)
94	93	Tarryn Hill, So	21:33.7	Southeast Polk
95	94	Lexi Smith, Sr	21:35.0	Dallas Center-Grimes
96	95	Katherine Pelton, Jr	21:36.1	Omaha Marian (Ne)
97	96	Madison Ustohal, So	21:36.7	Fremont (Ne)
98	97	Hallie Kephart, Jr	21:36.9	Marion
99	98	Bella Call, So	21:37.0	Blue Valley West (Ks)
100	99	Kira Bravo, Jr	21:38.2	Omaha Marian (Ne)
101	100	Emily Erickson, Sr	21:40.2	Dowling Catholic
102	101	Kaitlin Dare, Jr	21:40.6	St Thomas Aquinas(Mo)
103		Grace Miller, Jr	21:41.3	Shawnee Miss. Nw (Ks)
104	102	Lauren Matthews, So	21:41.7	Ballard
105	103	Caitlin Maher, Fr	21:41.9	Ballard
106		Amy Kowalczewski, So	21:42.5	Shawnee Miss. Nw (Ks)
107	104	Paige Blackford, Jr	21:43.3	Southeast Polk
108	105	Kierstan Fritz, So	21:43.7	Ankeny Centennial
109	106	Savana Alt, Fr	21:43.7	Ankeny Centennial
110	107	Gigi Loffredo, Fr	21:44.8	Blue Valley S W (Ks)
111	108	Jaylie Hicklin, Fr	21:45.0	Blue Valley S W (Ks)
112	109	Ashley Blommers, Fr	21:45.2	Pella
113	110	Rachel Wohlgemuth, So	21:45.5	Ballard
114	111	Kayla Adams, So	21:45.8	Gretna
115	112	Chloe Cox, Jr	21:46.7	St Thomas Aquinas(Mo)
116	113	Gabriel McCormick, Sr	21:47.4	Iowa City, City High
117	114	Natalie Paulson, Jr	21:47.6	Dallas Center-Grimes
118	115	Katie Hoefer, Fr	21:47.6	Iowa City West
119	116	Natalie Clement, So	21:48.9	Southeast Polk

120	117	Brenda Phillips, Jr	21:51.0	Sioux City North
121	118	Emily Nau, Fr	21:51.7	Fremont (Ne)
122	119	Hailey Cole, So	21:52.1	Ballard
123	120	Rachel Bohnenkamp, Sr	21:52.8	Linn-Mar
124	121	Hannah Thatcher, Jr	21:54.0	Gilbert
125	122	Kaitlyn Lim, Jr	21:54.5	Blue Valley West (Ks)
126	123	Sara Schafer, Jr	21:54.9	Shawnee Miss. S (Ks)
127	124	Josie Fleischmann, Fr	21:55.7	Ballard
128	125	Kylie Champion, Sr	21:58.8	Omaha Marian (Ne)
129	126	Aj Kendrick, Jr	21:59.7	Linn-Mar
130	127	Rachel Walters, Jr	22:00.7	Gretna
131	128	Jaycie Elliot, Fr	22:01.7	Southeast Polk
132	129	Makinley Kratina, Jr	22:02.4	Gretna
133	130	Maggie Miskimen, Fr	22:03.4	C R Prairie
134	131	Emma Kelley, Jr	22:04.5	Linn-Mar
135	132	Emma Boever, Jr	22:11.5	Omaha Marian (Ne)
136	133	Jadalyn Fenderson, Jr	22:12.5	S F Roosevelt (Sd)
137	134	Sarah Hjelmaas, Jr	22:13.9	Blue Valley S W (Ks)
138	135	Emily Saalfeld, So	22:14.6	Omaha Marian (Ne)
139	136	Alissa Neubauer, Sr	22:15.7	C R Prairie
140	137	Emma Angus, Fr	22:16.8	Dallas Center-Grimes
141	138	Leah Fitch, Fr	22:17.4	Marion
142		Catie Wood, So	22:17.7	Shawnee Miss. Nw (Ks)
143	139	Emma Kelley, Fr	22:21.2	Sioux City North
144	140	Janey Meilander, Jr	22:22.0	Dowling Catholic
145	141	Megan Nelson, Jr	22:29.3	Valley
146	142	Erica Halstead, Sr	22:29.8	Pella
147	143	Maddie Warrick, So	22:31.6	Omaha Marian (Ne)
148	144	Lydia Pearson, Sr	22:32.3	S F Roosevelt (Sd)
149	145	Corrina Dittmer, So	22:34.1	Marion
150	146	Lauren Peak, So	22:37.5	Blue Valley S W (Ks)
151	147	Marianna Ward, So	22:37.7	Shawnee Miss. S (Ks)
152	148	Kelsi Huhndorf, Sr	22:42.3	Marion

153	149	Cara Ahrens, Jr	22:48.8	Blue Valley S W (Ks)
154	150	Livvy Hampton, Sr	22:51.6	Gilbert
155	151	Claire Ronnebaum, Sr	22:53.1	Iowa City West
156	152	Monica Olson, So	22:54.5	Sioux City North
157	153	Rachel Sents, So	22:54.6	Gilbert
158	154	Tirzah Wittenberg, So	22:59.2	Pella
159	155	Nicole Mercial, Fr	23:00.2	Dallas Center-Grimes
160		Taylan Olson, Sr	23:05.0	D M Hoover
161	156	Solit Germano, Sr	23:05.4	D M Roosevelt
162		Rachel Math, Jr	23:05.6	D M Hoover
163	157	Blake Morrow, So	23:06.6	Valley
164	158	Haley Losh, Jr	23:13.9	Valley
165	159	Patience Dykstra, Sr	23:19.0	Pella
166	160	Lindsey Locke, Fr	23:25.9	Blue Valley West (Ks)
167	161	Jane Smeins, Sr	23:29.4	Valley
168		Arabia Parkey, Fr	23:31.1	D M Hoover
169	162	Justine Rosburg, Sr	23:32.2	Gilbert
170	163	Avery Mandersheid, Jr	23:33.8	Marion
171		Patti Wilson, Fr	23:37.9	D M Hoover
172	164	Payton Harter, Jr	23:39.7	Gretna
173	165	Sami Sterbenz, Jr	23:56.1	Dallas Center-Grimes
174	166	Amanda Stallman, Jr	24:01.9	C R Prairie
175	167	Cassie Larick, Jr	24:03.4	Valley
176	168	Karlee Walker, So	24:11.8	Marion
177	169	Kylie McElmeel, Fr	24:12.7	Sioux City North
178		Ikilas Hasan, Fr	24:12.8	D M North
179	170	Grace Shatz, Jr	24:25.0	Shawnee Miss. S (Ks)
180	171	Ellie Roorda, So	24:30.0	Pella
181	172	Gabby Foster, Fr	25:01.2	Marion
182	173	Kaelinn Friesen, Sr	25:08.3	Gretna
183	174	Mia Norton, Fr	25:10.5	Sioux City North
184		Delefine Niyigena, Sr	25:12.7	D M North

185 175 Lorena Martinez, Jr

25:19.6 Sioux City North

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