

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
Steve Pasche
Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC



OFFICIAL MEET REPORT
printed: 9/14/2024 10:13 AM

Race #3 Lynch-Dobyns All-American Race Girls Junior Varsity 5k (Junior Varsity)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Iowa City City High	23	1-2-3-6-11(12)(14)	21:45	1:02.9
2 Dubuque Senior	39	5-7-8-9-10(15)(20)	22:06	0:20.1
3 Minnetonka	96	13-17-21-22-23(34)(36)	22:51	0:48.4
4 Iowa City Liberty	143	4-18-32-33-56(57)(59)	23:29	3:38.2
5 Decorah	172	26-30-37-39-40(41)(42)	23:45	0:46.8
6 Rochester Century	174	16-24-38-46-50(51)(55)	23:52	2:31.5
7 Dubuque Hempstead	211	19-43-44-52-53(75)(82)	24:30	2:34.8
8 West Salem	219	27-28-35-45-84	24:39	4:39.6
9 Aquinas	241	25-29-60-62-65(66)(68)	24:57	2:59.2
10 Linn-Mar Marion	313	58-61-63-64-67(70)(87)	26:04	0:36.6
11 Rochester John Marshall	331	47-54-69-78-83(92)(99)	26:22	2:51.4
12 Mason City	340	48-49-73-80-90	26:28	3:41.5
13 Burnsville	383	31-74-81-96-101(102)	28:22	9:53.4
14 Prairie Cedar Rapids	422	72-76-85-89-100	28:36	6:14.0
15 Pine Island	435	77-86-88-91-93(95)	28:31	2:33.7
16 New Hampton	439	71-79-94-97-98	29:13	4:31.3

INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
1 Lucy Sherburne	SO	462	Iowa City City High	1	21:15.4	---	6:50.1	4:15.1	6:33.0	13:36.8	16:48.5
2 Brooklyn Riley-Poma	SO	457	Iowa City City High	2	21:20.0	3.6	6:51.6	4:16.0	6:32.8	13:32.4	16:47.6
3 Elizabeth Asklof	JR	415	Iowa City City High	3	21:49.5	34.1	7:01.1	4:21.9	6:43.0	13:53.1	17:17.7
4 Peyton Eide	JR	525	Iowa City Liberty (1)	4	21:52.7	37.3	7:02.1	4:22.5	6:49.0	14:00.5	17:22.0
5 Mallory Schaefer	FR	341	Dubuque Senior (1)	5	21:54.7	39.3	7:02.7	4:22.9	6:43.3	13:50.6	17:11.8
6 Lucia Galluzzo	FR	434	Iowa City City High	6	21:59.9	44.5	7:04.4	4:24.0	6:53.1	14:09.7	17:33.8
7 Audrey Holdener	SO	331	Dubuque Senior (2)	7	22:03.2	47.8	7:05.5	4:24.6	6:43.0	13:52.1	17:15.7
8 Josie Beard	FR	323	Dubuque Senior (3)	8	22:04.0	47.6	7:05.7	4:24.8	6:43.8	13:52.2	17:15.5
9 Millie Eikamp	SO	327	Dubuque Senior (4)	9	22:11.0	54.6	7:07.9	4:26.2	6:40.8	13:50.4	17:12.0
10 Audrey Kilgore	SR	335	Dubuque Senior (5)	10	22:14.7	59.3	7:09.2	4:26.9	6:46.2	14:01.4	17:27.2
11 Martha Willard	SO	467	Iowa City City High	11	22:18.2	1:02.8	7:10.3	4:27.6	6:59.1	14:21.2	17:39.2
12 Ella Romero	SO	458	Iowa City City High	(12)	22:18.8	1:03.4	7:10.5	4:27.7	7:03.9	14:17.1	17:39.0
13 Anna Whisnant	JR	890	Minnetonka (1)	13	22:23.2	1:07.8	7:11.9	4:28.6	6:54.6	14:20.9	17:46.6
14 Nina Kuhlmann	SR	444	Iowa City City High	(14)	22:26.6	1:11.2	7:13.0	4:29.3	7:13.0	14:20.7	17:41.3
15 Skyler Carpenter	FR	325	Dubuque Senior (6)	(15)	22:27.7	1:12.3	7:13.3	4:29.5	6:46.7	14:12.9	17:39.3
16 Abigail Tollefson	SR	1275	Rochester Century (16	22:29.0	1:12.6	7:13.8	4:29.8	7:08.6	14:23.3	17:46.8
17 Kate Hoekstra	SR	861	Minnetonka (2)	17	22:31.8	1:16.4	7:14.7	4:30.4	6:54.5	14:17.5	17:45.0
18 Nadia LeClair	FR	446	Iowa City City High	-	22:33.9	1:18.5	7:15.3	4:30.8	7:00.7	14:21.0	17:44.9
19 Addi Schultes	JR	460	Iowa City City High	-	22:36.2	1:20.8	7:16.1	4:31.2	6:53.1	14:20.5	17:47.9
20 Mae Medinger	SO	593	La Crosse Central	-	22:37.4	1:22.0	7:16.5	4:31.5	6:57.0	14:26.9	17:54.8
21 Emerson Adams	JR	514	Iowa City Liberty (2)	18	22:40.1	1:24.7	7:17.3	4:32.0	6:51.3	14:13.8	17:45.3
22 Josephine LeClair	SR	445	Iowa City City High	-	22:41.2	1:25.8	7:17.7	4:32.2	6:52.8	14:10.4	17:42.1
23 Maria Hart	JR	300	Dubuque Hempstea	19	22:54.1	1:38.7	7:21.8	4:34.8	7:00.0	14:41.8	18:10.9

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(Junior Varsity)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
24 Sophie Tigges	FR	343	Dubuque Senior (7)	(20)	22:56.5	1:41.1	7:22.6	4:35.3	7:10.9	14:41.9	18:13.3
25 Ella Vos	JR	888	Minnetonka (3)	21	23:01.0	1:44.6	7:24.0	4:36.2	7:09.8	14:41.8	18:13.3
26 Ava Schlapkohl	SO	885	Minnetonka (4)	22	23:02.7	1:47.3	7:24.6	4:36.5	7:17.5	14:44.3	18:13.8
27 Afton Murtha	SO	871	Minnetonka (5)	23	23:11.6	1:56.2	7:27.5	4:38.3	7:17.4	14:44.0	18:13.5
28 Megan Gamble	SR	1254	Rochester Century (24	23:13.1	1:57.7	7:27.9	4:38.6	7:08.1	14:36.2	18:11.2
29 Helen Onyeabor	SO	53	Aquinas (1)	25	23:14.5	1:59.1	7:28.4	4:38.9	7:19.6	14:55.0	18:25.0
30 Ever Grabhorn	SO	589	La Crosse Central	-	23:19.5	2:04.1	7:30.0	4:39.9	7:15.9	14:56.3	18:27.6
31 Leah Garcia-Prats	FR	203	Decorah (1)	26	23:20.1	2:04.7	7:30.2	4:40.0	7:08.6	15:01.3	18:44.4
32 Anna Knudson	SO	1440	West Salem (1)	27	23:20.2	2:04.8	7:30.2	4:40.0	7:06.4	15:03.1	18:37.0
33 Amelie Bechtel	FR	418	Iowa City City High	-	23:20.5	2:05.1	7:30.3	4:40.1	7:05.4	14:41.9	18:21.4
34 Willow Schultz	SO	461	Iowa City City High	-	23:22.0	2:05.6	7:30.8	4:40.4	7:13.7	14:56.7	18:31.3
35 Alma Bhandary-Narayanan	JR	420	Iowa City City High	-	23:24.4	2:09.0	7:31.5	4:40.9	7:24.5	15:26.3	18:55.5
36 Ava Schuster	SO	1446	West Salem (2)	28	23:26.2	2:10.8	7:32.1	4:41.2	7:06.6	15:03.1	18:38.8
37 Madelynn Grossbach	JR	45	Aquinas (2)	29	23:27.5	2:12.1	7:32.6	4:41.5	7:20.4	14:59.0	18:36.4
38 Addison Quandahl	FR	227	Decorah (2)	30	23:28.9	2:13.5	7:33.0	4:41.8	6:58.5	14:47.6	18:25.1
39 Tori Jashinsky	SO	128	Burnsville (1)	31	23:29.8	2:14.4	7:33.3	4:42.0	7:06.1	14:42.4	18:18.8
40 Genesis Reyes	SR	534	Iowa City Liberty (3)	32	23:38.0	2:21.6	7:35.9	4:43.6	7:14.1	15:00.3	18:34.2
41 Raegan McDermott	SO	531	Iowa City Liberty (4)	33	23:42.6	2:27.2	7:37.4	4:44.5	7:16.9	15:00.5	18:34.2
42 Chloe Sandum	SR	884	Minnetonka (6)	(34)	23:45.2	2:29.8	7:38.3	4:45.0	7:31.8	15:09.7	18:42.6
43 Noelle Schnoebelen	JR	459	Iowa City City High	-	23:45.2	2:29.8	7:38.3	4:45.0	7:14.1	15:06.4	18:46.5
44 Sam MacRogers	SO	1443	West Salem (3)	35	23:45.4	2:30.0	7:38.3	4:45.1	8:06.4	15:27.9	18:53.3
45 Gabby Norman	JR	340	Dubuque Senior	-	23:45.7	2:30.3	7:38.4	4:45.1	7:08.2	14:53.2	18:33.6
46 Karina O'Neill	FR	877	Minnetonka (7)	(36)	23:47.0	2:31.6	7:38.8	4:45.4	7:27.0	15:16.9	18:57.9
47 Elliana Jeseritz		8 113	Bloomington Jeffers	-	23:49.5	2:34.1	7:39.6	4:45.9	7:39.4	15:23.9	18:56.6
48 Natalie Goodner	SR	205	Decorah (3)	37	23:51.8	2:36.4	7:40.4	4:46.4	7:08.5	15:01.2	18:44.3
49 Leo Erickson	SR	1249	Rochester Century (38	23:55.0	2:38.6	7:41.4	4:47.0	7:25.7	15:17.1	19:01.1
50 Addison Klein	SO	443	Iowa City City High	-	23:55.8	2:40.4	7:41.7	4:47.2	7:17.4	15:07.9	18:52.3
51 Claire Storhoff	SO	238	Decorah (4)	39	23:56.9	2:41.5	7:42.0	4:47.4	7:14.6	15:20.3	19:02.9
52 Shannon Friesen	FR	328	Dubuque Senior	-	23:59.1	2:43.7	7:42.7	4:47.8	7:39.2	15:32.5	19:08.1
53 Amelia Terrill	FR	465	Iowa City City High	-	24:03.9	2:48.5	7:44.3	4:48.8	7:15.9	15:09.0	18:54.2
54 Isadora O'Neill	FR	876	Minnetonka	-	24:04.5	2:49.1	7:44.4	4:48.9	7:42.8	15:34.4	19:15.8
55 Madelyn Fitzgerald	FR	431	Iowa City City High	-	24:04.8	2:49.4	7:44.5	4:48.9	7:19.3	15:19.9	19:01.9
56 Ellie Adams	SO	192	Decorah (5)	40	24:06.9	2:51.5	7:45.2	4:49.4	7:18.5	15:18.9	19:04.8
57 Emma Klein	JR	336	Dubuque Senior	-	24:07.6	2:52.2	7:45.5	4:49.5	7:15.2	15:08.3	18:50.8
58 Vivian Searcy	SO	233	Decorah (6)	(41)	24:11.6	2:56.2	7:46.7	4:50.3	7:26.6	15:29.9	19:12.3
59 Olivia Rissman	SO	231	Decorah (7)	(42)	24:11.9	2:56.5	7:46.8	4:50.4	7:27.5	15:30.0	19:12.2
60 Lyla Cashman	SR	856	Minnetonka	-	24:12.6	2:57.2	7:47.0	4:50.5	7:37.0	15:16.8	18:58.9
61 Rebecca Bellman	FR	293	Dubuque Hempstea	43	24:18.5	3:03.1	7:48.9	4:51.7	7:19.6	15:28.0	19:14.6
62 Lulu Bellrichard	SO	193	Decorah	-	24:21.4	3:06.0	7:49.9	4:52.3	7:12.6	15:18.6	19:09.1
63 Megan Weeks	SR	889	Minnetonka	-	24:22.1	3:06.7	7:50.1	4:52.4	7:42.3	15:34.1	19:17.5
64 Grace Hesselman	JR	330	Dubuque Senior	-	24:22.7	3:07.3	7:50.3	4:52.5	7:25.6	15:16.8	18:58.8
65 Hannah McFadden	SR	312	Dubuque Hempstea	44	24:22.9	3:07.5	7:50.4	4:52.6	7:19.5	15:28.1	19:14.9
66 McKenzie Riley	SR	230	Decorah	-	24:28.7	3:13.3	7:52.2	4:53.7	7:14.7	15:19.6	19:13.3
67 Katiya Ellermeier	JR	427	Iowa City City High	-	24:29.5	3:14.1	7:52.5	4:53.9	7:32.5	15:27.3	19:11.9
68 Grace Blikre	SR	196	Decorah	-	24:34.4	3:19.0	7:54.1	4:54.9	7:18.6	15:18.9	19:07.5
69 Addy Conway	JR	1356	South Winneshiek	-	24:37.4	3:22.0	7:55.0	4:55.5	7:53.4	15:53.2	19:34.5

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m	3200m	3947m
70 Nadia Spragg	SO	463	Iowa City City High	-	24:38.0	3:21.6	7:55.2	4:55.6	7:26.5	15:32.3	19:23.3
71 Elsa Johnson	SR	213	Decorah	-	24:39.4	3:24.0	7:55.7	4:55.9	7:27.7	15:44.0	19:37.1
72 Tiegen Duffy	FR	1436	West Salem (4)	45	24:39.6	3:24.2	7:55.7	4:55.9	7:26.7	15:28.3	19:23.3
73 Olivia Gagnon	SO	1253	Rochester Century (46	24:42.7	3:27.3	7:56.7	4:56.5	7:23.3	15:30.5	19:28.4
74 Violet Johnson	FR	1310	Rochester John Ma	47	24:49.5	3:34.1	7:58.9	4:57.9	7:44.8	15:55.1	19:42.5
75 Jayla Cooley	FR	789	Mason City (1)	48	24:50.6	3:35.2	7:59.3	4:58.1	7:34.5	15:53.0	19:47.7
76 Kate Kotta	JR	798	Mason City (2)	49	24:50.7	3:35.3	7:59.3	4:58.1	7:13.5	15:33.6	19:31.8
77 Regine Hougen	SO	210	Decorah	-	24:53.9	3:38.5	8:00.3	4:58.8	7:41.7	15:57.0	19:51.9
78 Zoey Detert	SO	858	Minnetonka	-	24:54.0	3:38.6	8:00.4	4:58.8	7:28.6	15:35.0	19:31.6
79 Katie Shimek	SR	1370	South Winneshiek	-	24:54.6	3:39.2	8:00.6	4:58.9	7:53.6	15:54.2	19:40.4
80 Cassie Swisher	SO	464	Iowa City City High	-	24:55.9	3:40.5	8:01.0	4:59.2	7:37.6	16:01.5	19:53.2
81 Violet Cummings	JR	1246	Rochester Century (50	25:00.4	3:45.0	8:02.4	5:00.1	7:22.8	15:29.6	19:28.5
82 Natalie Holthaus	FR	208	Decorah	-	25:01.1	3:45.7	8:02.7	5:00.2	7:30.0	15:51.8	19:46.4
83 Simone Downing	FR	202	Decorah	-	25:02.3	3:46.9	8:03.1	5:00.5	7:29.9	15:51.5	19:46.3
84 Anna O'Byrne	SO	1266	Rochester Century ((51)	25:04.7	3:49.3	8:03.8	5:00.9	7:54.6	16:04.0	19:53.1
85 Alice Amundson	FR	1459	Westby	-	25:18.0	4:01.6	8:08.1	5:03.6	7:36.7	15:57.7	19:54.2
86 Caitlyn Harrison	JR	440	Iowa City City High	-	25:21.8	4:06.4	8:09.3	5:04.3	7:33.7	15:55.5	19:52.8
87 Sadie Venner	JR	144	De Soto	-	25:22.4	4:07.0	8:09.5	5:04.5	8:13.9	16:20.2	20:04.3
88 Paris Mickelson	SR	314	Dubuque Hempstea	52	25:22.7	4:07.3	8:09.6	5:04.5	7:39.6	16:00.6	19:57.1
89 Willow Blair	SO	195	Decorah	-	25:24.7	4:09.3	8:10.2	5:04.9	7:34.1	15:59.3	20:01.1
90 Marley Harmening	SO	207	Decorah	-	25:25.5	4:10.1	8:10.5	5:05.1	7:38.2	16:14.5	20:05.5
91 Jillian Maiers	SR	311	Dubuque Hempstea	53	25:28.8	4:13.4	8:11.6	5:05.8	7:36.2	16:01.6	20:09.2
92 Nora Wittenkeller	FR	468	Iowa City City High	-	25:29.4	4:14.0	8:11.7	5:05.9	7:44.6	16:22.1	20:18.6
93 Nadia Skaer	SO	1320	Rochester John Ma	54	25:30.1	4:14.7	8:12.0	5:06.0	7:47.2	16:14.3	20:06.2
94 Clara Rock	JR	1270	Rochester Century ((55)	25:30.3	4:14.9	8:12.0	5:06.1	7:25.4	16:02.1	20:05.1
95 Taylor Cavanh	JR	521	Iowa City Liberty (5)	56	25:30.8	4:15.4	8:12.2	5:06.2	7:55.5	16:23.2	20:19.7
96 Mahala Smith	FR	537	Iowa City Liberty (6)	(57)	25:31.6	4:16.2	8:12.5	5:06.3	7:55.2	16:20.6	20:08.8
97 Liliana Cortes	SR	1084	Postville Communit	-	25:34.8	4:19.4	8:13.5	5:07.0	8:13.9	16:25.8	20:13.5
98 Kelsey Herrig	FR	441	Iowa City City High	-	25:35.9	4:20.5	8:13.9	5:07.2	7:44.6	16:22.4	20:18.6
99 Hazel Nieman	SO	1376	Turkey Valley Jacks	-	25:37.5	4:22.1	8:14.4	5:07.5	7:29.0	16:11.5	20:13.9
100 Natalie Berg	SO	855	Minnetonka	-	25:38.6	4:23.2	8:14.7	5:07.7	8:09.8	16:22.9	20:16.1
101 Grace Huinker	FR	211	Decorah	-	25:39.1	4:23.7	8:14.9	5:07.8	7:42.7	16:32.2	20:32.6
102 Ella Madsen	SR	592	La Crosse Central	-	25:40.6	4:25.2	8:15.4	5:08.1	8:09.5	16:35.5	20:24.3
103 Alandra Mercado-Arneson	FR	220	Decorah	-	25:41.2	4:25.8	8:15.6	5:08.2	7:35.5	16:23.0	20:27.8
104 Scarlett Kane		8 114	Bloomington Jeffers	-	25:44.2	4:28.8	8:16.5	5:08.8	7:54.3	16:23.9	20:23.1
105 Katie Christenson	SR	727	Linn-Mar Marion (1)	58	25:45.0	4:28.6	8:16.8	5:09.0	8:05.3	16:43.6	20:41.8
106 Lauren Severtson	SO	235	Decorah	-	25:45.2	4:29.8	8:16.8	5:09.0	7:30.9	15:57.6	20:01.6
107 Sofia Anderson-Barrera	SO	854	Minnetonka	-	25:46.4	4:31.0	8:17.2	5:09.3	8:09.8	16:23.0	20:13.9
108 Greta Daniels	FR	522	Iowa City Liberty (7)	(59)	25:47.1	4:31.7	8:17.4	5:09.4	7:55.2	16:23.7	20:19.8
109 Joanna Galluzzo	SR	433	Iowa City City High	-	25:47.5	4:32.1	8:17.6	5:09.5	7:35.0	16:01.8	20:03.6
110 Anabel Sans Crainte	SO	56	Aquinas (3)	60	25:48.1	4:32.7	8:17.8	5:09.6	8:04.3	16:38.2	20:34.5
111 Evelyn Opheim	FR	226	Decorah	-	25:49.6	4:34.2	8:18.2	5:09.9	7:46.6	16:22.9	20:20.8
112 Lilly Vogts	SR	539	Iowa City Liberty	-	25:50.8	4:35.4	8:18.6	5:10.1	7:55.9	16:26.7	20:23.3
113 Tali Parker	JR	878	Minnetonka	-	25:53.6	4:38.2	8:19.5	5:10.7	8:08.1	16:27.5	20:24.0
114 Kamille Blott	FR	723	Linn-Mar Marion (2)	61	25:54.5	4:39.1	8:19.8	5:10.9	8:05.3	16:43.5	20:41.9
115 Molly Molsberry	FR	450	Iowa City City High	-	25:54.7	4:39.3	8:19.9	5:10.9	8:24.3	16:42.5	20:28.1

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Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC



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Race #3 Lynch-Dobyns All-American Race Girls Junior Varsity 5k (Junior Varsity)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m	3200m	3947m
16 Nora Ziehr	SR	469	Iowa City City High	-	25:57.5	4:42.1	8:20.8	5:11.5	7:53.5	16:32.5	20:33.4
17 Morgan Miculinich	JR	221	Decorah	-	26:00.6	4:45.2	8:21.8	5:12.1	7:49.8	16:19.2	20:13.4
18 Sophia Paulson	SR	54	Aquinas (4)	62	26:00.8	4:45.4	8:21.8	5:12.1	7:57.6	16:33.8	20:34.2
19 Camille Rice	FR	120	Bloomington Jeffers	-	26:03.0	4:46.6	8:22.6	5:12.6	8:03.7	16:36.4	20:28.4
20 Brinley Quandahl	FR	228	Decorah	-	26:03.1	4:47.7	8:22.6	5:12.6	7:39.8	16:23.0	20:27.7
21 Sophie Berglund	FR	722	Linn-Mar Marion (3)	63	26:05.4	4:50.0	8:23.3	5:13.1	8:15.6	17:11.8	21:13.6
22 Kate Anderson	SO	853	Minnetonka	-	26:05.6	4:50.2	8:23.4	5:13.1	8:09.6	16:51.1	20:56.2
23 Camryn Quandahl	FR	229	Decorah	-	26:11.0	4:55.6	8:25.1	5:14.2	7:39.2	16:32.1	20:41.1
24 Katelyn Orr	SR	740	Linn-Mar Marion (4)	64	26:12.8	4:57.4	8:25.7	5:14.6	8:31.5	16:56.2	20:47.2
25 Kiera Wengel	JR	60	Aquinas (5)	65	26:13.7	4:58.3	8:26.0	5:14.7	8:04.5	16:38.3	20:35.2
26 Amari Casto	SO	422	Iowa City City High	-	26:14.6	4:59.2	8:26.3	5:14.9	7:54.5	16:37.3	20:42.9
27 Anna Platte	FR	454	Iowa City City High	-	26:16.3	5:00.9	8:26.8	5:15.3	7:48.6	16:37.7	20:42.9
28 Olivia Taylor	FR	57	Aquinas (6)	(66)	26:18.4	5:03.0	8:27.5	5:15.7	8:04.9	16:46.4	20:51.4
29 Haylie Wildman	FR	747	Linn-Mar Marion (5)	67	26:21.6	5:06.2	8:28.5	5:16.3	8:15.9	17:12.0	21:14.0
30 Gwyneth Buck	JR	44	Aquinas (7)	(68)	26:23.3	5:07.9	8:29.1	5:16.7	7:56.6	16:33.3	20:35.0
31 Kaitlyn Phan	JR	1316	Rochester John Ma	69	26:24.2	5:08.8	8:29.4	5:16.8	7:59.7	16:36.2	20:42.7
32 Chloe Sprague	SO	342	Dubuque Senior	-	26:29.9	5:14.5	8:31.2	5:18.0	8:03.3	16:54.5	20:55.6
33 Lucia Ruhoff	SO	883	Minnetonka	-	26:30.5	5:15.1	8:31.4	5:18.1	8:20.6	17:05.5	21:11.9
34 Heather Carpenter	FR	726	Linn-Mar Marion (6)	(70)	26:30.5	5:15.1	8:31.4	5:18.1	8:31.5	17:12.7	21:13.2
35 Zoey Kellogg	SO	911	New Hampton (1)	71	26:33.5	5:18.1	8:32.4	5:18.7	7:51.6	16:41.9	20:53.3
36 Lexi Kuboushek	SO	1130	Prairie Cedar Rapid	72	26:33.7	5:18.3	8:32.4	5:18.7	7:49.9	16:41.0	20:56.4
37 Claire Sewell	SO	799	Mason City (3)	73	26:34.4	5:19.0	8:32.6	5:18.9	8:02.1	16:58.7	21:12.1
38 Heidy Calderon Aguirre	SO	124	Burnsville (2)	74	26:36.8	5:21.4	8:33.4	5:19.3	8:10.3	16:51.7	20:52.1
39 Aubrey Beadling	SR	1238	Rochester Century	-	26:41.8	5:26.4	8:35.0	5:20.3	8:13.5	16:58.3	21:01.6
40 Jillian Volz	SO	240	Decorah	-	26:45.3	5:29.9	8:36.1	5:21.0	7:54.6	16:51.3	21:01.7
41 Emily Myers	SR	223	Decorah	-	26:45.5	5:30.1	8:36.2	5:21.1	8:00.9	16:57.3	21:10.9
42 Maggie Gavle	FR	204	Decorah	-	26:45.5	5:30.1	8:36.2	5:21.1	7:49.2	16:36.8	20:51.0
43 Rachel Weis	FR	242	Decorah	-	26:45.6	5:30.2	8:36.3	5:21.1	8:01.5	16:59.3	21:11.8
44 Sophia McGee	FR	218	Decorah	-	26:52.8	5:37.4	8:38.6	5:22.6	8:01.5	17:00.2	21:11.6
45 Stella Houselog	FR	305	Dubuque Hempstea	(75)	26:53.1	5:37.7	8:38.7	5:22.6	8:17.1	16:55.8	21:18.4
46 Jolie Evans	SO	428	Iowa City City High	-	26:54.3	5:38.9	8:39.1	5:22.9	7:54.7	16:42.5	21:02.3
47 Amira Little	JR	1382	Waterloo West	-	26:57.4	5:42.0	8:40.1	5:23.5	7:54.0	16:56.0	21:12.2
48 Rachel Matel	SR	449	Iowa City City High	-	26:59.2	5:43.8	8:40.6	5:23.8	8:00.7	16:47.2	21:06.0
49 Arianna Cook-McCormick	FR	1126	Prairie Cedar Rapid	76	27:02.1	5:46.7	8:41.6	5:24.4	7:40.0	16:41.2	20:56.5
50 Morgan Wilker	FR	345	Dubuque Senior	-	27:08.6	5:53.2	8:43.6	5:25.7	7:59.0	16:55.8	21:22.3
51 Nina Sessions	SO	234	Decorah	-	27:09.0	5:52.6	8:43.8	5:25.8	8:09.1	17:18.5	21:31.4
52 Kaylynn Stelzer	FR	1042	Pine Island (1)	77	27:09.9	5:54.5	8:44.1	5:26.0	8:23.7	17:25.6	21:35.1
53 Cooper Hamilton	JR	439	Iowa City City High	-	27:10.0	5:53.6	8:44.1	5:26.0	8:23.7	17:39.1	21:49.1
54 Maddie Gunderson	JR	436	Iowa City City High	-	27:10.0	5:53.6	8:44.1	5:26.0	8:25.5	17:19.5	21:29.4
55 Morgan Mohn	FR	570	Kee Lansing	-	27:12.3	5:56.9	8:44.8	5:26.4	8:02.8	17:10.8	21:22.8
56 Emily Kamrowski	JR	48	Aquinas	-	27:12.6	5:57.2	8:45.0	5:26.5	8:09.6	17:18.2	21:31.0
57 Teagan Menke	SO	219	Decorah	-	27:13.4	5:58.0	8:45.2	5:26.7	8:09.3	17:18.7	21:32.0
58 Isabelle White	SO	1088	Postville Communit	-	27:13.9	5:58.5	8:45.4	5:26.8	8:15.0	17:07.7	21:24.4
59 Charlotte Jarman	SO	843	Minneapolis Washb	-	27:15.7	6:00.3	8:45.9	5:27.1	8:05.5	17:00.5	21:12.6
60 Keira Mondale	SR	868	Minnetonka	-	27:17.8	6:02.4	8:46.6	5:27.6	8:28.9	17:13.2	21:27.1
61 Lillian Dahlen	SO	201	Decorah	-	27:21.4	6:06.0	8:47.8	5:28.3	7:52.0	16:20.1	20:18.4

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
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Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
62 Iris Anderson	JR	1305	Rochester John Ma	78	27:21.8	6:06.4	8:47.9	5:28.4	8:45.1	17:44.4	21:48.6
63 Elise Good	SO	435	Iowa City City High	-	27:25.6	6:10.2	8:49.1	5:29.1	8:11.2	17:11.3	21:29.1
64 Josi Singewald	SO	919	New Hampton (2)	79	27:26.9	6:11.5	8:49.5	5:29.4	8:04.2	17:22.4	21:40.9
65 Harley Trettin	SO	801	Mason City (4)	80	27:28.6	6:13.2	8:50.1	5:29.7	8:03.1	17:00.5	21:19.5
66 Noe Richman	SR	456	Iowa City City High	-	27:31.0	6:14.6	8:50.9	5:30.2	8:30.4	17:32.7	21:47.2
67 Leah Waller	JR	58	Aquinas	-	27:32.0	6:15.6	8:51.2	5:30.4	7:59.3	17:11.0	21:29.1
68 Olivia Becker	FR	419	Iowa City City High	-	27:32.6	6:17.2	8:51.4	5:30.5	8:30.3	17:32.6	21:47.3
69 Poppy Bellrichard	FR	194	Decorah	-	27:34.9	6:19.5	8:52.1	5:31.0	8:01.5	17:00.3	21:25.3
70 Ruby Neal	SO	339	Dubuque Senior	-	27:38.4	6:23.0	8:53.2	5:31.7	8:33.3	17:37.3	21:50.9
71 Lia Park	SO	131	Burnsville (3)	81	27:38.8	6:23.4	8:53.4	5:31.8	8:46.2	17:56.0	22:13.0
72 Piper Birkenholz	JR	294	Dubuque Hempstea	(82)	27:39.8	6:24.4	8:53.7	5:32.0	7:49.0	16:55.9	21:18.7
73 Elsie Atwood	JR	1306	Rochester John Ma	83	27:40.9	6:25.5	8:54.0	5:32.2	8:44.6	17:49.2	22:01.0
74 Rachel Spilde-Maki	SO	236	Decorah	-	27:44.6	6:29.2	8:55.2	5:32.9	8:09.0	17:18.3	21:30.7
75 Elise Venner	SR	143	De Soto	-	27:47.8	6:32.4	8:56.3	5:33.6	8:48.4	17:57.1	22:13.1
76 Sophie Welter	FR	321	Dubuque Hempstea	-	27:55.1	6:39.7	8:58.6	5:35.0	8:22.2	17:52.8	22:23.8
77 Sherlyn Teleguario-Ortiz	SO	1087	Postville Communit	-	27:58.7	6:43.3	8:59.7	5:35.7	8:33.8	17:48.2	22:05.4
78 Emma Harman	SR	1439	West Salem (5)	84	27:59.8	6:44.4	9:00.1	5:35.9	8:06.9	17:25.5	21:47.9
79 Maddie Green	SO	1129	Prairie Cedar Rapid	85	28:01.1	6:45.7	9:00.5	5:36.2	8:20.8	17:55.8	22:15.8
80 Hana Hadzic	FR	437	Iowa City City High	-	28:03.9	6:48.5	9:01.4	5:36.8	8:25.1	17:48.8	22:13.9
81 Camryn Hobbs	FR	1071	Port Byron (Riverda	-	28:06.2	6:50.8	9:02.2	5:37.2	8:09.5	17:35.7	22:02.0
82 Kennedy Carlson	FR	198	Decorah	-	28:06.8	6:51.4	9:02.4	5:37.3	8:31.5	17:47.9	22:04.3
83 Josie Kallback	SO	307	Dubuque Hempstea	-	28:07.4	6:52.0	9:02.6	5:37.5	8:22.5	17:53.1	22:23.9
84 Ashley Sabin	JR	535	Iowa City Liberty	-	28:09.3	6:53.9	9:03.2	5:37.9	8:22.5	17:44.9	22:03.2
85 Monica Sems	SR	1040	Pine Island (2)	86	28:09.6	6:54.2	9:03.3	5:37.9	8:19.0	18:08.5	22:31.3
86 Addie Brooks	SR	724	Linn-Mar Marion (7)	(87)	28:11.5	6:56.1	9:03.9	5:38.3	8:49.9	18:00.5	22:19.1
87 Jennifer Demers	FR	857	Minnetonka	-	28:18.0	7:01.6	9:06.0	5:39.6	8:08.0	17:37.1	22:05.3
88 Maria Quiroz-Ordenez	SR	1086	Postville Communit	-	28:20.2	7:04.8	9:06.7	5:40.0	8:40.7	18:07.6	22:25.2
89 Amaris Haigh	JR	978	Osage	-	28:20.9	7:05.5	9:06.9	5:40.2	8:41.0	18:07.1	22:22.7
90 Signe Jourdan	SO	1034	Pine Island (3)	88	28:21.2	7:05.8	9:07.0	5:40.2	8:54.7	18:30.8	22:47.2
91 Avalyn Ericson	SO	842	Minneapolis Washb	-	28:22.4	7:07.0	9:07.4	5:40.5	8:14.2	17:28.5	22:00.0
92 Lola Weinman	SR	466	Iowa City City High	-	28:22.6	7:07.2	9:07.5	5:40.5	8:47.9	18:21.5	22:42.8
93 Lillian Kolsrud	JR	569	Kee Lansing	-	28:23.4	7:08.0	9:07.7	5:40.7	8:17.9	17:57.3	22:21.7
94 Mady Morrison	JR	316	Dubuque Hempstea	-	28:29.0	7:12.6	9:09.5	5:41.8	8:17.2	17:53.1	22:23.9
95 Nastia Zipse	SR	1136	Prairie Cedar Rapid	89	28:32.0	7:15.6	9:10.5	5:42.4	8:37.2	18:10.4	22:16.3
96 Leah Gerriettes	SO	796	Mason City (5)	90	28:32.1	7:16.7	9:10.5	5:42.4	8:21.3	17:57.8	22:28.7
97 Isabell Kohrt	FR	1072	Port Byron (Riverda	-	28:39.5	7:24.1	9:12.9	5:43.9	8:08.8	17:45.9	22:16.9
98 Ava Hennessey	SR	979	Osage	-	28:39.8	7:24.4	9:13.0	5:43.9	8:33.1	17:51.7	22:16.4
99 Sophia Morrison	FR	338	Dubuque Senior	-	28:49.6	7:34.2	9:16.1	5:45.9	8:56.0	18:35.6	22:53.0
200 Chloe Koshollek	SO	945	Onalaska	-	28:57.1	7:41.7	9:18.5	5:47.4	8:54.3	18:25.0	22:55.0
201 Lily Wagener	SO	320	Dubuque Hempstea	-	29:03.6	7:48.2	9:20.6	5:48.7	8:57.1	18:25.8	22:52.5
202 Mya Koppes	SR	734	Linn-Mar Marion	-	29:07.6	7:52.2	9:21.9	5:49.5	8:56.0	18:21.7	22:51.6
203 Audra Otto	SR	655	Lanesboro/Fillmore	-	29:08.1	7:52.7	9:22.1	5:49.6	8:46.9	18:14.3	22:52.0
204 Ella Bloxham	SO	1027	Pine Island (4)	91	29:08.6	7:53.2	9:22.2	5:49.7	8:57.1	18:51.5	23:18.1
205 Hannah Rudzik	FR	1319	Rochester John Ma	(92)	29:17.3	8:01.9	9:25.0	5:51.4	9:23.5	19:09.9	23:37.0
206 Adela Piggush	SO	55	Aquinas	-	29:19.7	8:04.3	9:25.8	5:51.9	8:42.4	18:42.0	23:08.8
207 Claire Ko	FR	214	Decorah	-	29:20.8	8:05.4	9:26.2	5:52.1	8:49.4	18:34.7	22:59.9

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208 Zeld Ayers	FR	416	Iowa City City High	-	29:21.6	8:06.2	9:26.4	5:52.3	8:42.7	18:33.0	23:08.7
209 Charlotte Dillion	SO	523	Iowa City Liberty	-	29:24.0	8:07.6	9:27.2	5:52.8	8:46.2	18:52.7	23:28.3
210 Avery Nace	SO	451	Iowa City City High	-	29:24.7	8:09.3	9:27.4	5:52.9	8:42.8	18:35.9	23:13.2
211 Madelyn Rand	SR	1268	Rochester Century	-	29:25.3	8:09.9	9:27.6	5:53.1	9:28.2	19:11.2	23:37.1
212 Vasudha Sakolkar	FR	742	Linn-Mar Marion	-	29:25.5	8:10.1	9:27.7	5:53.1	8:51.3	18:12.4	22:40.8
213 Kylie Lemke	SO	216	Decorah	-	29:35.1	8:19.7	9:30.8	5:55.0	9:04.2	19:06.6	23:40.5
214 Maya Hoffman	SR	442	Iowa City City High	-	29:39.1	8:23.7	9:32.0	5:55.8	8:42.0	18:32.2	23:11.2
215 Abby Hewitt	JR	1031	Pine Island (5)	93	29:43.5	8:28.1	9:33.5	5:56.7	8:56.0	19:13.5	23:57.7
216 Evelyn Fern	SR	298	Dubuque Hempstea	-	29:49.8	8:34.4	9:35.5	5:57.9	9:08.0	18:59.9	23:47.2
217 Kyra O'Hara	JR	225	Decorah	-	29:57.8	8:42.4	9:38.1	5:59.6	8:45.4	18:43.8	23:25.9
218 Rebecca Wickman	JR	924	New Hampton (3)	94	29:59.3	8:43.9	9:38.6	5:59.9	8:53.6	18:55.9	23:42.5
219 Bailey Kestel	SR	1381	Waterloo West	-	30:04.3	8:48.9	9:40.1	6:00.9	9:23.9	19:29.0	24:04.8
220 Alexandra Anderson	FR	852	Minnetonka	-	30:08.2	8:52.8	9:41.4	6:01.6	9:01.1	18:56.8	23:42.6
221 Lilly Anderson	SR	322	Dubuque Senior	-	30:13.2	8:57.8	9:43.0	6:02.6	9:01.7	19:14.7	23:54.9
222 Addy McDermott	JR	737	Linn-Mar Marion	-	30:24.0	9:07.6	9:46.5	6:04.8	9:29.2	19:37.2	24:11.4
223 Tilly Johnsen	FR	526	Iowa City Liberty	-	30:25.7	9:10.3	9:47.0	6:05.1	8:40.5	19:00.9	23:45.0
224 Nicole Fernandes de Souza	SR	429	Iowa City City High	-	30:29.4	9:14.0	9:48.2	6:05.9	9:06.9	19:24.3	24:06.3
225 Grace Duncan	FR	1029	Pine Island (6)	(95)	30:35.8	9:20.4	9:50.3	6:07.1	9:10.6	19:36.7	24:27.9
226 Abigail Erickson	JR	126	Burnsville (4)	96	30:37.3	9:21.9	9:50.8	6:07.5	9:36.9	19:53.9	24:27.8
227 Cassidy Meyerhoff	SO	914	New Hampton (4)	97	30:58.4	9:43.0	9:57.5	6:11.7	8:39.2	19:24.6	24:38.5
228 Karley Wickman	FR	923	New Hampton (5)	98	31:04.8	9:49.4	9:59.6	6:13.0	9:05.4	19:47.3	24:38.5
229 Abby Dallal	SR	295	Dubuque Hempstea	-	31:12.5	9:57.1	10:02.1	6:14.5	9:26.6	20:06.5	24:53.8
230 Sophia Ketelsen	SR	980	Osage	-	31:37.7	10:22.3	10:10.2	6:19.5	8:57.7	19:46.7	24:48.6
231 Adrianna Coiner	SO	423	Iowa City City High	-	31:43.3	10:27.9	10:12.0	6:20.7	9:50.3	20:36.8	25:16.1
232 Harper Bailey	JR	417	Iowa City City High	-	31:44.3	10:28.9	10:12.3	6:20.9	9:28.5	20:14.0	25:09.7
233 Violet Raymo	JR	881	Minnetonka	-	31:45.6	10:30.2	10:12.7	6:21.1	9:25.4	19:57.8	24:50.2
234 Makena Nzii	SR	875	Minnetonka	-	31:47.9	10:32.5	10:13.5	6:21.6	9:25.3	19:57.6	24:50.8
235 Avalon Timmerman	SO	661	Lanesboro/Fillmore	-	31:48.4	10:33.0	10:13.6	6:21.7	8:57.8	19:54.1	25:05.7
236 Miya Zhuang	SO	893	Minnetonka	-	32:02.0	10:45.6	10:18.0	6:24.4	9:18.0	20:39.1	25:45.8
237 Salma Jilaow	SO	1309	Rochester John Ma	(99)	32:06.2	10:50.8	10:19.3	6:25.2	9:30.3	19:57.3	25:12.3
238 Vera Neal	FR	1132	Prairie Cedar Rapid	100	32:47.7	11:32.3	10:32.7	6:33.5	8:53.3	20:17.1	25:53.8
239 Elizabeth Powers	SO	455	Iowa City City High	-	32:50.5	11:35.1	10:33.6	6:34.1	9:39.8	20:45.8	25:50.4
240 Lauren Haverland	SR	301	Dubuque Hempstea	-	32:52.3	11:36.9	10:34.2	6:34.4	9:26.6	20:06.7	25:43.1
241 Kathy Muj	SR	222	Decorah	-	33:09.6	11:54.2	10:39.7	6:37.9	9:20.5	20:47.5	26:13.3
242 Jessica Stroschein	SR	1274	Rochester Century	-	33:15.6	12:00.2	10:41.7	6:39.1	9:52.8	21:01.6	26:20.2
243 Olivia Jacobson	SO	127	Burnsville (5)	101	33:23.2	12:07.8	10:44.1	6:40.6	10:43.1	21:11.2	26:21.8
244 Fatima Ahmad	SR	414	Iowa City City High	-	33:51.3	12:35.9	10:53.1	6:46.2	9:39.1	21:05.9	26:39.9
245 Ella Carlson	SR	197	Decorah	-	33:59.7	12:44.3	10:55.8	6:47.9	10:10.0	21:22.9	26:33.6
246 Abby Ladoux	SR	654	Lanesboro/Fillmore	-	34:13.8	12:58.4	11:00.4	6:50.8	10:10.1	21:17.1	26:49.1
247 Halle Evans	JR	1379	Waterloo West	-	34:46.3	13:30.9	11:10.8	6:57.3	10:26.8	22:16.0	27:46.8
248 Adaryn Belanger	SO	941	Onalaska	-	34:55.1	13:39.7	11:13.6	6:59.0	10:14.9	21:57.8	27:38.4
249 Ava Hanson	SO	206	Decorah	-	36:41.1	15:25.7	11:47.7	7:20.2	10:20.1	23:41.6	29:40.2
250 Lydia Woychik	SO	955	Onalaska	-	37:09.6	15:54.2	11:56.9	7:25.9	10:22.1	22:54.9	29:28.4
251 Lilly Kroger	FR	337	Dubuque Senior	-	37:14.2	15:58.8	11:58.4	7:26.8	10:35.1	21:58.1	28:42.6
252 Raygan Meehan	SR	313	Dubuque Hempstea	-	37:28.5	16:13.1	12:03.0	7:29.7	11:19.1	24:17.1	30:07.6
253 Delilah Lenox	SO	946	Onalaska	-	37:28.9	16:13.5	12:03.1	7:29.8	10:46.9	23:42.3	29:44.0

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
 Luther College
 Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
 Steve Pasche
Meet Referee:
 Rick Hall
Timing:
 Wayzata Results, LLC



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Race #3
Lynch-Dobyns All-American Race Girls Junior Varsity 5k
(Junior Varsity)

Final Results**INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
254 Iman Aliye	SO	123	Burnsville (6)	(102)	39:42.1	18:26.7	12:45.9	7:56.4	11:36.5	25:14.9	31:13.3
255 Mayra Taylor	JR	1387	Waterloo West	-	47:30.4	26:15.0	15:16.5	9:30.1	12:52.3	30:06.2	
-- Aynjel Ngo	SO	130	Burnsville	-			---	---	12:39.8		
-- Laiyana Barlow-Hardy	FR	1307	Rochester John Ma	-			---	---	8:45.7		
-- Ani Wedemeyer	SR	1056	Pleasant Valley	-			---	---	38:31.7		
-- Carsyn Roling	FR	318	Dubuque Hempstea	-			---	---	9:05.0		
-- Cloey Zweibohmer	JR	1375	South Winneshiek	-			---	---	8:13.0		
-- Yelena Marshall	SO	1702	Burnsville	-			---	---	10:51.9		

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Race #1
McKay-Mitchell-Jensen All-American Race Boys Junior High
3200 (Middle School)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Decorah MS	47*	5-7-8-13-14(16)(21)	12:29	0:41.0
2 Rochester Century	47*	2-3-4-11-27(35)(66)	12:25	1:38.2
3 South Winneshiek	99	6-15-17-28-33(44)(45)	13:10	1:40.3
4 Minneapolis Washburn	120	9-10-19-34-48(59)	13:31	2:57.6
5 Waukon	135	18-22-25-31-39(42)(43)	13:40	1:23.9
6 Pine Island	201	29-30-37-41-64(72)(85)	14:35	2:42.5
7 Bloomington Jefferson	224	24-32-38-61-69(81)(83)	15:00	3:16.4
8 John Adams MS	228	12-47-55-56-58(62)(71)	15:16	3:41.9
9 Postville MS	234	36-40-46-52-60(67)(73)	15:11	2:02.1
10 Rochester John Marshall	236	20-49-51-53-63(87)(88)	15:22	3:05.7
11 Prior Lake	292	1-57-68-82-84	17:02	10:09.5
12 Lanesboro/Fillmore Central	293	23-54-65-75-76(80)(86)	16:20	4:27.3
13 New Hampton	297	26-50-70-74-77(78)(79)	16:22	4:32.7

***Tiebreakers**

Decorah MS	5	7	8	13	14	16
Rochester Century	2	3	4	11	27	35

INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m
1 Isaiah Rock	8	1158	Prior Lake (1)	1	11:13.4	---	5:38.4	3:30.4	5:33.7
2 Benton Day	8	1199	Rochester Century (2	11:57.5	44.1	6:00.5	3:44.2	5:52.0
3 Jacob Raabe	8	1214	Rochester Century (3	11:58.4	45.0	6:01.0	3:44.5	5:56.8
4 Keaden Cradick	8	1197	Rochester Century (4	11:58.6	45.2	6:01.1	3:44.6	5:57.4
5 Leonard Nimrod	8	261	Decorah MS (1)	5	12:06.0	51.6	6:04.8	3:46.8	5:50.8
6 Kort Steffens	8	1346	South Winneshiek (6	12:18.5	1:05.1	6:11.1	3:50.8	6:26.0
7 Lucas Fankhauser	8	253	Decorah MS (2)	7	12:23.0	1:08.6	6:13.3	3:52.2	5:58.6
8 Edison Fullhart	8	254	Decorah MS (3)	8	12:23.2	1:09.8	6:13.4	3:52.2	6:07.6
9 Alex Moe	8	822	Minneapolis Washb	9	12:23.5	1:10.1	6:13.6	3:52.3	6:17.0
10 Harper Slade	8	830	Minneapolis Washb	10	12:28.4	1:15.0	6:16.1	3:53.9	6:16.6
11 Luke Calvert	8	1194	Rochester Century (11	12:32.1	1:18.7	6:17.9	3:55.0	6:06.3
12 Brady Rish	8	551	John Adams MS (1)	12	12:33.8	1:20.4	6:18.8	3:55.5	6:11.7
13 Kalin Harman	8	256	Decorah MS (4)	13	12:46.0	1:31.6	6:24.9	3:59.3	6:08.3
14 Quinn Peterson	8	262	Decorah MS (5)	14	12:46.9	1:33.5	6:25.4	3:59.7	6:17.1
15 Tony Elsbernd	8	1335	South Winneshiek (15	12:48.7	1:35.3	6:26.2	4:00.2	6:27.1
16 Robert Davis	8	250	Decorah MS (6)	(16)	12:52.7	1:39.3	6:28.3	4:01.4	6:17.7
17 Levi Winings	8	1353	South Winneshiek (17	12:58.3	1:44.9	6:31.1	4:03.2	6:37.2
18 James Downing	8	1394	Waukon (1)	18	13:04.8	1:51.4	6:34.4	4:05.2	6:26.6
19 Asher Finn	7	810	Minneapolis Washb	19	13:11.8	1:58.4	6:37.9	4:07.4	6:31.2
20 Evan Melnyczenko	8	1290	Rochester John Ma	20	13:18.7	2:05.3	6:41.3	4:09.6	6:42.9
21 Colton Bartlet	8	244	Decorah MS (7)	(21)	13:18.8	2:05.4	6:41.4	4:09.6	6:17.8
22 Cole Kelly	8	1403	Waukon (2)	22	13:22.7	2:09.3	6:43.3	4:10.8	6:37.2
23 Simon Potvin	8	263	Decorah MS	-	13:23.1	2:09.7	6:43.5	4:11.0	6:30.1

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Race #1
McKay-Mitchell-Jensen All-American Race Boys Junior High
3200 (Middle School)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m
24 Quinn Lepper	7	639	Lanesboro/Fillmore	23	13:24.1	2:10.7	6:44.0	4:11.3	6:52.2
25 Drake Casterton	7	246	Decorah MS	-	13:26.3	2:12.9	6:45.2	4:12.0	6:37.8
26 Sam Jones	7	85	Bloomington Jeffers	24	13:29.2	2:15.8	6:46.6	4:12.9	6:38.8
27 Kenric Christen	8	1392	Waukon (3)	25	13:29.9	2:16.5	6:46.9	4:13.1	6:31.8
28 Ben Carlton	8	896	New Hampton (1)	26	13:30.0	2:15.6	6:47.0	4:13.1	6:40.1
29 Robert Soderberg	7	1223	Rochester Century (27	13:35.7	2:22.3	6:49.9	4:14.9	6:43.8
30 Matthew Vigen		1350	South Winneshiek (28	13:43.0	2:28.6	6:53.6	4:17.2	6:56.9
31 Xander Weissgerber	8	1025	Pine Island (1)	29	13:45.2	2:31.8	6:54.7	4:17.9	6:24.7
32 Brady Wisted	JR	1026	Pine Island (2)	30	13:46.3	2:32.9	6:55.2	4:18.2	6:38.4
33 Theo Meinholz	7	1410	Waukon (4)	31	13:49.4	2:36.0	6:56.8	4:19.2	6:40.7
34 Nathaniel Crose	8	249	Decorah MS	-	13:50.8	2:37.4	6:57.5	4:19.6	6:44.8
35 Brian Schrooten	8	100	Bloomington Jeffers	32	13:58.4	2:45.0	7:01.3	4:22.0	6:55.5
36 Jameson Schissel		1344	South Winneshiek (33	13:58.8	2:45.4	7:01.5	4:22.1	6:59.7
37 Brecklin Dodd	7	251	Decorah MS	-	14:10.1	2:56.7	7:07.1	4:25.6	6:43.9
38 Colin Hassell	8	812	Minneapolis Washb	34	14:10.3	2:56.9	7:07.3	4:25.7	7:10.6
39 Walter Scharf	7	1220	Rochester Century ((35)	14:11.6	2:58.2	7:07.9	4:26.1	6:48.1
40 Angello Jochola	7	1089	Postville MS (1)	36	14:14.8	3:01.4	7:09.5	4:27.1	6:55.1
41 Charlie Derksen	8	1011	Pine Island (3)	37	14:20.6	3:07.2	7:12.5	4:28.9	6:56.2
42 Ellis Thompson	8	265	Decorah MS	-	14:20.8	3:07.4	7:12.5	4:29.0	7:17.9
43 Charles Downing	8	252	Decorah MS	-	14:24.2	3:10.8	7:14.2	4:30.0	7:07.4
44 Cory Kotsmith	7	606	LA/RP/H	-	14:27.0	3:12.6	7:15.7	4:30.9	7:13.2
45 Ewan McDonald	7	92	Bloomington Jeffers	38	14:27.7	3:14.3	7:16.0	4:31.1	7:04.1
46 Kaden Kuboushek	7	259	Decorah MS	-	14:28.3	3:14.9	7:16.3	4:31.3	7:03.4
47 James McConnell	8	260	Decorah MS	-	14:28.5	3:15.1	7:16.4	4:31.4	7:02.9
48 Ty Valley	7	1416	Waukon (5)	39	14:28.7	3:15.3	7:16.5	4:31.5	7:13.2
49 Kole Stika	7	1701	Turkey Valley MS	-	14:29.4	3:16.0	7:16.9	4:31.7	7:22.0
50 Alixander Musus	8	1091	Postville MS (2)	40	14:29.6	3:16.2	7:17.0	4:31.7	7:24.6
51 Parker Anderson	8	1006	Pine Island (4)	41	14:32.3	3:18.9	7:18.3	4:32.6	7:09.3
52 Cody Harrington	8	1398	Waukon (6)	(42)	14:33.2	3:19.8	7:18.8	4:32.9	7:30.3
53 Matthew Lyons	8	1408	Waukon (7)	(43)	14:35.9	3:22.5	7:20.1	4:33.7	7:26.4
54 Keegan Joyce	8	257	Decorah MS	-	14:38.9	3:25.5	7:21.6	4:34.6	7:08.5
55 Axel Acahua		1329	South Winneshiek ((44)	14:45.6	3:32.2	7:25.0	4:36.7	7:13.4
56 Elliott Sweeney	7	1415	Waukon	-	14:48.3	3:34.9	7:26.3	4:37.6	7:18.9
57 Jonathan Crose	7	248	Decorah MS	-	14:53.0	3:38.6	7:28.7	4:39.0	7:18.4
58 Sawyer Timp	8	1349	South Winneshiek ((45)	14:53.4	3:40.0	7:28.9	4:39.2	7:33.8
59 Eben Tripp	7	266	Decorah MS	-	14:53.5	3:40.1	7:29.0	4:39.2	7:18.4
60 Evan Ortiz	8	1092	Postville MS (3)	46	14:56.9	3:43.5	7:30.7	4:40.3	7:25.8
61 Walter Wenzel	8	618	LA/RP/H	-	14:57.7	3:44.3	7:31.1	4:40.5	7:22.7
62 Mannix Darr	8	602	LA/RP/H	-	15:00.1	3:46.7	7:32.3	4:41.3	7:22.5
63 Isaiah Bonnet	8	245	Decorah MS	-	15:01.3	3:47.9	7:32.9	4:41.6	7:17.4
64 Aiden Beitel	8	541	John Adams MS (2)	47	15:08.6	3:55.2	7:36.6	4:43.9	7:20.6
65 William Ruch	8	1700	Minneapolis Washb	48	15:21.0	4:06.6	7:42.8	4:47.8	7:40.7
66 Jack Gullekson	7	255	Decorah MS	-	15:21.1	4:07.7	7:42.9	4:47.8	7:41.4
67 Evan Lundee	8	1288	Rochester John Ma	49	15:22.7	4:09.3	7:43.7	4:48.3	7:33.9
68 Kenen Wagner	7	1706	New Hampton (2)	50	15:46.2	4:32.8	7:55.4	4:55.7	7:30.4
69 Ezra Mogenson	8	1291	Rochester John Ma	51	15:46.7	4:33.3	7:55.7	4:55.8	8:04.5

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INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m
70 David Reyna	7	1094	Postville MS (4)	52	15:53.5	4:40.1	7:59.1	4:58.0	7:37.0
71 Per Weir	8	268	Decorah MS	-	15:56.1	4:42.7	8:00.4	4:58.8	7:58.0
72 Carter Skaer	7	1299	Rochester John Ma	53	15:56.8	4:43.4	8:00.8	4:59.0	8:18.4
73 James Zook	7	270	Decorah MS	-	15:57.2	4:43.8	8:01.0	4:59.1	7:53.6
74 Nazire Karnik-Shivers	8	258	Decorah MS	-	15:59.1	4:45.7	8:01.9	4:59.7	7:51.5
75 Jacob Johanningmeier	7	1401	Waukon	-	16:04.2	4:50.8	8:04.5	5:01.3	7:58.2
76 Harper Pickett	7	642	Lanesboro/Fillmore	54	16:04.6	4:51.2	8:04.7	5:01.4	8:09.9
77 Noah Olson	8	549	John Adams MS (3)	55	16:07.3	4:53.9	8:06.1	5:02.3	7:54.4
78 Jay Lingbeek	7	548	John Adams MS (4)	56	16:10.2	4:56.8	8:07.5	5:03.2	8:07.2
79 Blake Simmonds	7	1163	Prior Lake (2)	57	16:12.9	4:59.5	8:08.9	5:04.0	8:01.3
80 Austyn Lein	7	547	John Adams MS (5)	58	16:15.6	5:02.2	8:10.2	5:04.9	8:00.1
81 Evan Krumholz	7	817	Minneapolis Washb (59)	(59)	16:15.9	5:02.5	8:10.4	5:05.0	8:21.9
82 Henrik Swanson	7	264	Decorah MS	-	16:16.4	5:03.0	8:10.6	5:05.1	8:02.2
83 Zayden Zieman	7	1096	Postville MS (5)	60	16:16.9	5:03.5	8:10.9	5:05.3	7:46.8
84 Lyndon Weatherby	8	105	Bloomington Jeffers	61	16:17.6	5:04.2	8:11.2	5:05.5	8:22.9
85 Isaac Peters	8	550	John Adams MS (6) (62)	(62)	16:18.8	5:05.4	8:11.8	5:05.9	8:03.0
86 Lucian Howard	7	1285	Rochester John Ma	63	16:24.3	5:10.9	8:14.6	5:07.6	8:19.7
87 Linkon Scholbrock	8	1345	South Winneshiek	-	16:25.5	5:12.1	8:15.2	5:07.9	8:08.2
88 Espen Jourdan	7	1013	Pine Island (5)	64	16:27.7	5:14.3	8:16.3	5:08.6	8:20.3
89 Luke Brown	7	630	Lanesboro/Fillmore	65	16:28.4	5:15.0	8:16.7	5:08.9	8:18.4
90 Jayce Toney	7	1231	Rochester Century ((66)	(66)	16:29.5	5:16.1	8:17.2	5:09.2	8:23.6
91 Isaac Framsted	7	1202	Rochester Century	-	16:33.0	5:18.6	8:19.0	5:10.3	8:20.9
92 Hector Tzunux	8	1095	Postville MS (6) (67)	(67)	16:35.6	5:22.2	8:20.3	5:11.1	8:19.6
93 Owen Wilke	7	1236	Rochester Century	-	16:37.6	5:24.2	8:21.3	5:11.7	8:29.6
94 Esben Bell	7	1141	Prior Lake (3)	68	16:44.1	5:30.7	8:24.5	5:13.8	8:25.3
95 Jasper Jorgensen	8	86	Bloomington Jeffers	69	16:45.6	5:32.2	8:25.3	5:14.2	8:27.1
96 Landon Meyerhoff	8	897	New Hampton (3)	70	16:46.8	5:33.4	8:25.9	5:14.6	8:20.1
97 Alexi Duregger	8	544	John Adams MS (7) (71)	(71)	16:50.2	5:36.8	8:27.6	5:15.7	8:17.7
98 Matt Balk	7	1697	Turkey Valley MS	-	17:03.1	5:49.7	8:34.1	5:19.7	8:07.9
99 Colton Young	7	269	Decorah MS	-	17:07.0	5:53.6	8:36.1	5:20.9	8:23.0
100 Gabe McGee	7	1014	Pine Island (6) (72)	(72)	17:13.1	5:59.7	8:39.1	5:22.8	8:19.7
101 Yosman Martin	8	1090	Postville MS (7) (73)	(73)	17:28.0	6:13.6	8:46.6	5:27.5	8:23.4
102 Nicholas Clayton	8	247	Decorah MS	-	17:39.0	6:24.6	8:52.1	5:30.9	8:33.0
103 Chase Meier	7	1703	New Hampton (4)	74	17:41.7	6:28.3	8:53.5	5:31.8	8:34.5
104 Theodore Pruet	7	643	Lanesboro/Fillmore	75	17:49.8	6:36.4	8:57.6	5:34.3	8:14.4
105 Liam Horihan	8	637	Lanesboro/Fillmore	76	17:51.3	6:37.9	8:58.3	5:34.8	8:35.3
106 Caden Berns	7	1704	New Hampton (5)	77	18:02.7	6:49.3	9:04.0	5:38.3	8:39.5
107 Jack Finn	7	1707	New Hampton (6) (78)	(78)	18:15.9	7:02.5	9:10.7	5:42.4	8:47.6
108 Phoenix Boehmer	8	895	New Hampton (7) (79)	(79)	18:38.3	7:24.9	9:21.9	5:49.4	8:56.9
109 Jack Dettmer	7	543	John Adams MS	-	18:41.8	7:28.4	9:23.7	5:50.5	8:56.9
110 Asher Hershberger	8	634	Lanesboro/Fillmore (80)	(80)	18:57.2	7:43.8	9:31.4	5:55.4	8:44.7
111 Beau Hardyman	8	1203	Rochester Century	-	19:05.7	7:52.3	9:35.7	5:58.0	9:12.2
112 Hudson Baker	7	1191	Rochester Century	-	19:18.8	8:05.4	9:42.3	6:02.1	9:12.1
113 Knox Campbell	7	1195	Rochester Century	-	19:25.6	8:12.2	9:45.7	6:04.2	9:25.7
114 Lorenzo Guajardo	8	84	Bloomington Jeffers (81)	(81)	19:30.6	8:17.2	9:48.2	6:05.8	7:48.1
115 Beckham Simmonds	7	1162	Prior Lake (4)	82	19:32.4	8:19.0	9:49.1	6:06.4	9:24.7

LUTHER ALL-AMERICAN INVITATIONALDecorah, IA
Luther College

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Steve Pasche
Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC**OFFICIAL MEET REPORT**
printed: 9/14/2024 10:13 AM**Race #1**
McKay-Mitchell-Jensen All-American Race Boys Junior High
3200 (Middle School)**Final Results****INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m
16 Alex Berg	7	542	John Adams MS	-	20:16.1	9:02.7	10:11.1	6:20.0	9:46.5
17 Caleb Woodward	7	552	John Adams MS	-	20:37.3	9:23.9	10:21.7	6:26.6	9:17.3
18 Ronan Salter	7	98	Bloomington Jeffers	(83)	20:44.2	9:30.8	10:25.2	6:28.8	10:22.5
19 Howard Flute Player	8	1146	Prior Lake (5)	84	21:22.9	10:09.5	10:44.6	6:40.9	10:18.4
20 Harry Westcott	7	1235	Rochester Century	-	21:44.0	10:30.6	10:55.3	6:47.5	10:37.0
21 Russell Wickman	7	1705	New Hampton	-	21:49.7	10:36.3	10:58.1	6:49.3	10:20.7
22 Keegan Norris	FR	1016	Pine Island (7)	(85)	22:21.9	11:08.5	11:14.3	6:59.3	10:55.6
23 Kendall Norris	JR	1017	Pine Island	-	22:48.0	11:33.6	11:27.4	7:07.5	10:37.0
24 Palmer Grant	8	631	Lanesboro/Fillmore	(86)	23:48.5	12:35.1	11:57.8	7:26.4	11:16.5
25 Camden Olsen	7	1295	Rochester John Ma	(87)	24:54.4	13:41.0	12:31.0	7:47.0	12:07.7
26 Grant Morgan	7	1292	Rochester John Ma	(88)	29:05.9	17:52.5	14:37.3	9:05.6	15:21.4

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

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Race #2 Spoon-Serres All-American Race Girls Junior High 3200 (Middle School)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Decorah MS	25	3-4-5-6-7(11)(12)	14:13	0:28.4
2 John Adams MS	47	1-2-13-15-16(24)(25)	15:07	3:22.0
3 South Winneshiek	69	9-10-14-17-19(20)(22)	16:00	2:17.2
4 Postville MS	96	8-18-21-23-26	17:32	6:05.4

INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m
1 Ivy Ketelsen	8	557	John Adams MS (1)	1	13:05.4	---	6:34.6	4:05.4	6:30.3
2 Kate Boedeker	8	553	John Adams MS (2)	2	13:52.8	47.4	6:58.5	4:20.2	6:47.5
3 Sophia Hammel	7	277	Decorah MS (1)	3	13:58.5	53.1	7:01.3	4:22.0	6:42.3
4 Vienna Schissel	7	287	Decorah MS (2)	4	14:04.3	58.9	7:04.3	4:23.8	6:47.4
5 Ruth Kueny	8	279	Decorah MS (3)	5	14:07.9	1:02.5	7:06.1	4:25.0	6:47.4
6 Hattie Sauer	7	286	Decorah MS (4)	6	14:26.6	1:21.2	7:15.5	4:30.8	7:06.4
7 Anya Volkmann	7	291	Decorah MS (5)	7	14:26.8	1:21.4	7:15.6	4:30.9	7:07.4
8 Maria O'Donnell	7	1314	Rochester John Ma	-	14:29.0	1:22.6	7:16.7	4:31.5	7:03.8
9 Tenley Deering	8	1097	Postville MS (1)	8	14:36.3	1:30.9	7:20.3	4:33.8	7:24.4
10 Kaylie Bruss	8	1355	South Winneshiek (9	14:46.4	1:41.0	7:25.4	4:37.0	7:15.5
11 Sage Hoyer	8	349	George Washington	-	14:48.5	1:43.1	7:26.4	4:37.6	7:32.3
12 Leila Lundstrom	7	847	Minneapolis Washb	-	15:05.7	2:00.3	7:35.1	4:43.0	7:18.1
13 Peyton Elsbernd		1359	South Winneshiek (10	15:12.5	2:07.1	7:38.5	4:45.1	7:37.6
14 Jorgan Lee-Juve	7	280	Decorah MS (6)	(11)	15:17.4	2:12.0	7:41.0	4:46.7	7:34.2
15 Sofia Hageman	8	276	Decorah MS (7)	(12)	15:40.8	2:35.4	7:52.7	4:54.0	7:33.1
16 Audrey Remington	8	285	Decorah MS	-	15:45.1	2:39.7	7:54.9	4:55.3	7:33.7
17 Iris Wadsworth	7	292	Decorah MS	-	15:57.4	2:52.0	8:01.1	4:59.2	7:58.8
18 Sawyer Davis	8	556	John Adams MS (3)	13	16:02.2	2:56.8	8:03.5	5:00.7	7:50.8
19 Riley Timp	7	1371	South Winneshiek (14	16:03.5	2:58.1	8:04.1	5:01.1	8:00.9
20 Vivian Slettedahl	8	1041	Pine Island	-	16:03.6	2:58.2	8:04.2	5:01.1	7:59.3
21 June Fassbinder	8	274	Decorah MS	-	16:04.1	2:58.7	8:04.4	5:01.3	7:55.3
22 Myah Reindl	8	559	John Adams MS (4)	15	16:06.1	3:00.7	8:05.4	5:01.9	7:52.2
23 Elsa Propson	7	284	Decorah MS	-	16:08.7	3:03.3	8:06.7	5:02.7	7:36.3
24 Stella Charlebois	7	646	Lanesboro/Fillmore	-	16:12.6	3:07.2	8:08.7	5:03.9	8:10.2
25 Harper Menke	8	281	Decorah MS	-	16:13.3	3:07.9	8:09.1	5:04.1	7:40.9
26 Charlee Peterson	8	625	LA/RP/H	-	16:14.1	3:08.7	8:09.5	5:04.4	8:19.7
27 Ava Severson	8	660	Lanesboro/Fillmore	-	16:18.3	3:12.9	8:11.6	5:05.7	8:10.0
28 Audrey Searcy	7	288	Decorah MS	-	16:19.2	3:13.8	8:12.0	5:06.0	7:59.8
29 Langstyn Brandt	8	554	John Adams MS (5)	16	16:27.4	3:22.0	8:16.1	5:08.5	8:08.2
30 Ellory Winter	8	1046	Pine Island	-	16:41.9	3:36.5	8:23.4	5:13.1	8:14.7
31 Niva Anderson	7	271	Decorah MS	-	16:42.9	3:37.5	8:24.0	5:13.4	7:57.1
32 Ella Mamaril	7	1312	Rochester John Ma	-	16:52.2	3:46.8	8:28.6	5:16.3	8:12.1
33 Helen Maldonado	8	1366	South Winneshiek (17	16:53.0	3:46.6	8:29.0	5:16.6	8:07.5
34 Sophia Gonzalez	8	1098	Postville MS (2)	18	16:58.5	3:53.1	8:31.8	5:18.3	8:12.6
35 Avery Peters		1368	South Winneshiek (19	17:03.6	3:58.2	8:34.3	5:19.9	8:22.0
36 Hattie Conway	8	1357	South Winneshiek ((20)	17:04.1	3:58.7	8:34.6	5:20.0	8:42.8
37 Anna Bailey	7	272	Decorah MS	-	17:10.8	4:05.4	8:38.0	5:22.1	8:16.1
38 Julietta Roman	8	1101	Postville MS (3)	21	17:16.3	4:10.9	8:40.7	5:23.8	8:45.1

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
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Race #2
Spoon-Serres All-American Race Girls Junior High 3200
(Middle School)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m
39 Violet Passow	8	624	LA/RP/H	-	17:20.0	4:13.6	8:42.6	5:25.0	8:55.9
40 Jenna Dahl	8	1358	South Winneshiek ((22)	17:23.7	4:18.3	8:44.5	5:26.1	8:43.3
41 Lucy Weber	8	351	George Washington	-	17:36.3	4:30.9	8:50.8	5:30.1	8:42.5
42 Riley Birdsell	8	273	Decorah MS	-	17:37.5	4:32.1	8:51.4	5:30.5	8:54.8
43 Anna Severtson	8	289	Decorah MS	-	17:39.7	4:34.3	8:52.5	5:31.2	8:54.8
44 Kesley Reicks	8	1698	Turkey Valley MS	-	17:55.5	4:50.1	9:00.4	5:36.1	8:43.2
45 Evelyn Nixon	7	1313	Rochester John Ma	-	17:56.6	4:51.2	9:01.0	5:36.4	8:12.2
46 Katelyn Vaneps	8	1044	Pine Island	-	17:57.8	4:52.4	9:01.6	5:36.8	8:21.4
47 Remi Wadsworth	8	1372	South Winneshiek	-	17:58.8	4:53.4	9:02.1	5:37.1	8:43.0
48 Daisy Muxin-Moya	8	1100	Postville MS (4)	23	18:07.1	5:01.7	9:06.3	5:39.7	8:52.1
49 Preesha Rock	8	350	George Washington	-	18:18.3	5:12.9	9:11.9	5:43.2	8:53.6
50 Kaya Olson	7	283	Decorah MS	-	18:29.3	5:23.9	9:17.4	5:46.6	8:35.8
51 Veda Shimek	8	290	Decorah MS	-	18:29.4	5:24.0	9:17.5	5:46.7	8:45.4
52 Claire Jewison	7	622	LA/RP/H	-	18:48.6	5:43.2	9:27.1	5:52.7	9:21.8
53 Penelope Scott	8	560	John Adams MS (6)	(24)	18:50.0	5:43.6	9:27.8	5:53.1	8:06.1
54 Aubrey Otto	8	558	John Adams MS (7)	(25)	19:11.5	6:06.1	9:38.6	5:59.8	9:05.3
55 Ellie Brinks		1354	South Winneshiek	-	20:05.7	7:00.3	10:05.9	6:16.8	9:49.9
56 Guadalupe Vivero	8	1102	Postville MS (5)	26	20:41.7	7:36.3	10:24.0	6:28.0	9:45.4
57 Brianna Wenthold		1373	South Winneshiek	-	21:35.1	8:29.7	10:50.8	6:44.7	9:49.8
58 Betsy Malecha	SO	118	Bloomington Jeffers	-	21:37.2	8:31.8	10:51.8	6:45.3	10:43.0
59 Brooklyn Hooverson	6	141	De Soto	-	22:00.2	8:54.8	11:03.4	6:52.5	10:15.2
60 Paige Stumme	8	920	New Hampton	-	22:54.8	9:49.4	11:30.8	7:09.6	11:00.2
61 Cleo Musser-Dreaming	7	282	Decorah MS	-	22:56.3	9:50.9	11:31.6	7:10.1	10:28.2
62 Lauren Schultz	7	659	Lanesboro/Fillmore	-	24:34.8	11:29.4	12:21.1	7:40.9	11:30.9
63 Brooke Wickman	8	922	New Hampton	-	28:38.4	15:33.0	14:23.5	8:57.0	13:07.6

LUTHER ALL-AMERICAN INVITATIONALDecorah, IA
Luther College
Saturday, September 14, 2024**MEET OFFICIALS****Meet Director:**
Steve Pasche
Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC**OFFICIAL MEET REPORT**
printed: 9/14/2024 10:13 AM**Race #3**
Lynch-Dobyns All-American Race Girls Junior Varsity 5k
(Junior Varsity)**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 Iowa City City High	23	1-2-3-6-11(12)(14)	21:45	1:02.9
2 Dubuque Senior	39	5-7-8-9-10(15)(20)	22:06	0:20.1
3 Minnetonka	96	13-17-21-22-23(34)(36)	22:51	0:48.4
4 Iowa City Liberty	143	4-18-32-33-56(57)(59)	23:29	3:38.2
5 Decorah	172	26-30-37-39-40(41)(42)	23:45	0:46.8
6 Rochester Century	174	16-24-38-46-50(51)(55)	23:52	2:31.5
7 Dubuque Hempstead	211	19-43-44-52-53(75)(82)	24:30	2:34.8
8 West Salem	219	27-28-35-45-84	24:39	4:39.6
9 Aquinas	241	25-29-60-62-65(66)(68)	24:57	2:59.2
10 Linn-Mar Marion	313	58-61-63-64-67(70)(87)	26:04	0:36.6
11 Rochester John Marshall	331	47-54-69-78-83(92)(99)	26:22	2:51.4
12 Mason City	340	48-49-73-80-90	26:28	3:41.5
13 Burnsville	383	31-74-81-96-101(102)	28:22	9:53.4
14 Prairie Cedar Rapids	422	72-76-85-89-100	28:36	6:14.0
15 Pine Island	435	77-86-88-91-93(95)	28:31	2:33.7
16 New Hampton	439	71-79-94-97-98	29:13	4:31.3

INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
1 Lucy Sherburne	SO	462	Iowa City City High	1	21:15.4	---	6:50.1	4:15.1	6:33.0	13:36.8	16:48.5
2 Brooklyn Riley-Poma	SO	457	Iowa City City High	2	21:20.0	3.6	6:51.6	4:16.0	6:32.8	13:32.4	16:47.6
3 Elizabeth Asklof	JR	415	Iowa City City High	3	21:49.5	34.1	7:01.1	4:21.9	6:43.0	13:53.1	17:17.7
4 Peyton Eide	JR	525	Iowa City Liberty (1)	4	21:52.7	37.3	7:02.1	4:22.5	6:49.0	14:00.5	17:22.0
5 Mallory Schaefer	FR	341	Dubuque Senior (1)	5	21:54.7	39.3	7:02.7	4:22.9	6:43.3	13:50.6	17:11.8
6 Lucia Galluzzo	FR	434	Iowa City City High	6	21:59.9	44.5	7:04.4	4:24.0	6:53.1	14:09.7	17:33.8
7 Audrey Holdener	SO	331	Dubuque Senior (2)	7	22:03.2	47.8	7:05.5	4:24.6	6:43.0	13:52.1	17:15.7
8 Josie Beard	FR	323	Dubuque Senior (3)	8	22:04.0	47.6	7:05.7	4:24.8	6:43.8	13:52.2	17:15.5
9 Millie Eikamp	SO	327	Dubuque Senior (4)	9	22:11.0	54.6	7:07.9	4:26.2	6:40.8	13:50.4	17:12.0
10 Audrey Kilgore	SR	335	Dubuque Senior (5)	10	22:14.7	59.3	7:09.2	4:26.9	6:46.2	14:01.4	17:27.2
11 Martha Willard	SO	467	Iowa City City High	11	22:18.2	1:02.8	7:10.3	4:27.6	6:59.1	14:21.2	17:39.2
12 Ella Romero	SO	458	Iowa City City High	(12)	22:18.8	1:03.4	7:10.5	4:27.7	7:03.9	14:17.1	17:39.0
13 Anna Whisnant	JR	890	Minnetonka (1)	13	22:23.2	1:07.8	7:11.9	4:28.6	6:54.6	14:20.9	17:46.6
14 Nina Kuhlmann	SR	444	Iowa City City High	(14)	22:26.6	1:11.2	7:13.0	4:29.3	7:13.0	14:20.7	17:41.3
15 Skyler Carpenter	FR	325	Dubuque Senior (6)	(15)	22:27.7	1:12.3	7:13.3	4:29.5	6:46.7	14:12.9	17:39.3
16 Abigail Tollefson	SR	1275	Rochester Century (16	22:29.0	1:12.6	7:13.8	4:29.8	7:08.6	14:23.3	17:46.8
17 Kate Hoekstra	SR	861	Minnetonka (2)	17	22:31.8	1:16.4	7:14.7	4:30.4	6:54.5	14:17.5	17:45.0
18 Nadia LeClair	FR	446	Iowa City City High	-	22:33.9	1:18.5	7:15.3	4:30.8	7:00.7	14:21.0	17:44.9
19 Addi Schultes	JR	460	Iowa City City High	-	22:36.2	1:20.8	7:16.1	4:31.2	6:53.1	14:20.5	17:47.9
20 Mae Medinger	SO	593	La Crosse Central	-	22:37.4	1:22.0	7:16.5	4:31.5	6:57.0	14:26.9	17:54.8
21 Emerson Adams	JR	514	Iowa City Liberty (2)	18	22:40.1	1:24.7	7:17.3	4:32.0	6:51.3	14:13.8	17:45.3
22 Josephine LeClair	SR	445	Iowa City City High	-	22:41.2	1:25.8	7:17.7	4:32.2	6:52.8	14:10.4	17:42.1
23 Maria Hart	JR	300	Dubuque Hempstea	19	22:54.1	1:38.7	7:21.8	4:34.8	7:00.0	14:41.8	18:10.9

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

MEET OFFICIALS

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Race #3 Lynch-Dobyns All-American Race Girls Junior Varsity 5k (Junior Varsity)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km	1600m	3200m	3947m
24 Sophie Tigges	FR	343	Dubuque Senior (7)	(20)	22:56.5	1:41.1	7:22.6	4:35.3	7:10.9	14:41.9	18:13.3
25 Ella Vos	JR	888	Minnetonka (3)	21	23:01.0	1:44.6	7:24.0	4:36.2	7:09.8	14:41.8	18:13.3
26 Ava Schlapkohl	SO	885	Minnetonka (4)	22	23:02.7	1:47.3	7:24.6	4:36.5	7:17.5	14:44.3	18:13.8
27 Afton Murtha	SO	871	Minnetonka (5)	23	23:11.6	1:56.2	7:27.5	4:38.3	7:17.4	14:44.0	18:13.5
28 Megan Gamble	SR	1254	Rochester Century (24	23:13.1	1:57.7	7:27.9	4:38.6	7:08.1	14:36.2	18:11.2
29 Helen Onyeabor	SO	53	Aquinas (1)	25	23:14.5	1:59.1	7:28.4	4:38.9	7:19.6	14:55.0	18:25.0
30 Ever Grabhorn	SO	589	La Crosse Central	-	23:19.5	2:04.1	7:30.0	4:39.9	7:15.9	14:56.3	18:27.6
31 Leah Garcia-Prats	FR	203	Decorah (1)	26	23:20.1	2:04.7	7:30.2	4:40.0	7:08.6	15:01.3	18:44.4
32 Anna Knudson	SO	1440	West Salem (1)	27	23:20.2	2:04.8	7:30.2	4:40.0	7:06.4	15:03.1	18:37.0
33 Amelie Bechtel	FR	418	Iowa City City High	-	23:20.5	2:05.1	7:30.3	4:40.1	7:05.4	14:41.9	18:21.4
34 Willow Schultz	SO	461	Iowa City City High	-	23:22.0	2:05.6	7:30.8	4:40.4	7:13.7	14:56.7	18:31.3
35 Alma Bhandary-Narayanan	JR	420	Iowa City City High	-	23:24.4	2:09.0	7:31.5	4:40.9	7:24.5	15:26.3	18:55.5
36 Ava Schuster	SO	1446	West Salem (2)	28	23:26.2	2:10.8	7:32.1	4:41.2	7:06.6	15:03.1	18:38.8
37 Madelynn Grossbach	JR	45	Aquinas (2)	29	23:27.5	2:12.1	7:32.6	4:41.5	7:20.4	14:59.0	18:36.4
38 Addison Quandahl	FR	227	Decorah (2)	30	23:28.9	2:13.5	7:33.0	4:41.8	6:58.5	14:47.6	18:25.1
39 Tori Jashinsky	SO	128	Burnsville (1)	31	23:29.8	2:14.4	7:33.3	4:42.0	7:06.1	14:42.4	18:18.8
40 Genesis Reyes	SR	534	Iowa City Liberty (3)	32	23:38.0	2:21.6	7:35.9	4:43.6	7:14.1	15:00.3	18:34.2
41 Raegan McDermott	SO	531	Iowa City Liberty (4)	33	23:42.6	2:27.2	7:37.4	4:44.5	7:16.9	15:00.5	18:34.2
42 Chloe Sandum	SR	884	Minnetonka (6)	(34)	23:45.2	2:29.8	7:38.3	4:45.0	7:31.8	15:09.7	18:42.6
43 Noelle Schnoebelen	JR	459	Iowa City City High	-	23:45.2	2:29.8	7:38.3	4:45.0	7:14.1	15:06.4	18:46.5
44 Sam MacRogers	SO	1443	West Salem (3)	35	23:45.4	2:30.0	7:38.3	4:45.1	8:06.4	15:27.9	18:53.3
45 Gabby Norman	JR	340	Dubuque Senior	-	23:45.7	2:30.3	7:38.4	4:45.1	7:08.2	14:53.2	18:33.6
46 Karina O'Neill	FR	877	Minnetonka (7)	(36)	23:47.0	2:31.6	7:38.8	4:45.4	7:27.0	15:16.9	18:57.9
47 Elliana Jeseritz		8 113	Bloomington Jeffers	-	23:49.5	2:34.1	7:39.6	4:45.9	7:39.4	15:23.9	18:56.6
48 Natalie Goodner	SR	205	Decorah (3)	37	23:51.8	2:36.4	7:40.4	4:46.4	7:08.5	15:01.2	18:44.3
49 Leo Erickson	SR	1249	Rochester Century (38	23:55.0	2:38.6	7:41.4	4:47.0	7:25.7	15:17.1	19:01.1
50 Addison Klein	SO	443	Iowa City City High	-	23:55.8	2:40.4	7:41.7	4:47.2	7:17.4	15:07.9	18:52.3
51 Claire Storhoff	SO	238	Decorah (4)	39	23:56.9	2:41.5	7:42.0	4:47.4	7:14.6	15:20.3	19:02.9
52 Shannon Friesen	FR	328	Dubuque Senior	-	23:59.1	2:43.7	7:42.7	4:47.8	7:39.2	15:32.5	19:08.1
53 Amelia Terrill	FR	465	Iowa City City High	-	24:03.9	2:48.5	7:44.3	4:48.8	7:15.9	15:09.0	18:54.2
54 Isadora O'Neill	FR	876	Minnetonka	-	24:04.5	2:49.1	7:44.4	4:48.9	7:42.8	15:34.4	19:15.8
55 Madelyn Fitzgerald	FR	431	Iowa City City High	-	24:04.8	2:49.4	7:44.5	4:48.9	7:19.3	15:19.9	19:01.9
56 Ellie Adams	SO	192	Decorah (5)	40	24:06.9	2:51.5	7:45.2	4:49.4	7:18.5	15:18.9	19:04.8
57 Emma Klein	JR	336	Dubuque Senior	-	24:07.6	2:52.2	7:45.5	4:49.5	7:15.2	15:08.3	18:50.8
58 Vivian Searcy	SO	233	Decorah (6)	(41)	24:11.6	2:56.2	7:46.7	4:50.3	7:26.6	15:29.9	19:12.3
59 Olivia Rissman	SO	231	Decorah (7)	(42)	24:11.9	2:56.5	7:46.8	4:50.4	7:27.5	15:30.0	19:12.2
60 Lyla Cashman	SR	856	Minnetonka	-	24:12.6	2:57.2	7:47.0	4:50.5	7:37.0	15:16.8	18:58.9
61 Rebecca Bellman	FR	293	Dubuque Hempstea	43	24:18.5	3:03.1	7:48.9	4:51.7	7:19.6	15:28.0	19:14.6
62 Lulu Bellrichard	SO	193	Decorah	-	24:21.4	3:06.0	7:49.9	4:52.3	7:12.6	15:18.6	19:09.1
63 Megan Weeks	SR	889	Minnetonka	-	24:22.1	3:06.7	7:50.1	4:52.4	7:42.3	15:34.1	19:17.5
64 Grace Hesselman	JR	330	Dubuque Senior	-	24:22.7	3:07.3	7:50.3	4:52.5	7:25.6	15:16.8	18:58.8
65 Hannah McFadden	SR	312	Dubuque Hempstea	44	24:22.9	3:07.5	7:50.4	4:52.6	7:19.5	15:28.1	19:14.9
66 McKenzie Riley	SR	230	Decorah	-	24:28.7	3:13.3	7:52.2	4:53.7	7:14.7	15:19.6	19:13.3
67 Katiya Ellermeier	JR	427	Iowa City City High	-	24:29.5	3:14.1	7:52.5	4:53.9	7:32.5	15:27.3	19:11.9
68 Grace Blikre	SR	196	Decorah	-	24:34.4	3:19.0	7:54.1	4:54.9	7:18.6	15:18.9	19:07.5
69 Addy Conway	JR	1356	South Winneshiek	-	24:37.4	3:22.0	7:55.0	4:55.5	7:53.4	15:53.2	19:34.5

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m	3200m	3947m
70 Nadia Spragg	SO	463	Iowa City City High	-	24:38.0	3:21.6	7:55.2	4:55.6	7:26.5	15:32.3	19:23.3
71 Elsa Johnson	SR	213	Decorah	-	24:39.4	3:24.0	7:55.7	4:55.9	7:27.7	15:44.0	19:37.1
72 Tiegen Duffy	FR	1436	West Salem (4)	45	24:39.6	3:24.2	7:55.7	4:55.9	7:26.7	15:28.3	19:23.3
73 Olivia Gagnon	SO	1253	Rochester Century (46	24:42.7	3:27.3	7:56.7	4:56.5	7:23.3	15:30.5	19:28.4
74 Violet Johnson	FR	1310	Rochester John Ma	47	24:49.5	3:34.1	7:58.9	4:57.9	7:44.8	15:55.1	19:42.5
75 Jayla Cooley	FR	789	Mason City (1)	48	24:50.6	3:35.2	7:59.3	4:58.1	7:34.5	15:53.0	19:47.7
76 Kate Kotta	JR	798	Mason City (2)	49	24:50.7	3:35.3	7:59.3	4:58.1	7:13.5	15:33.6	19:31.8
77 Regine Hougen	SO	210	Decorah	-	24:53.9	3:38.5	8:00.3	4:58.8	7:41.7	15:57.0	19:51.9
78 Zoey Detert	SO	858	Minnetonka	-	24:54.0	3:38.6	8:00.4	4:58.8	7:28.6	15:35.0	19:31.6
79 Katie Shimek	SR	1370	South Winneshiek	-	24:54.6	3:39.2	8:00.6	4:58.9	7:53.6	15:54.2	19:40.4
80 Cassie Swisher	SO	464	Iowa City City High	-	24:55.9	3:40.5	8:01.0	4:59.2	7:37.6	16:01.5	19:53.2
81 Violet Cummings	JR	1246	Rochester Century (50	25:00.4	3:45.0	8:02.4	5:00.1	7:22.8	15:29.6	19:28.5
82 Natalie Holthaus	FR	208	Decorah	-	25:01.1	3:45.7	8:02.7	5:00.2	7:30.0	15:51.8	19:46.4
83 Simone Downing	FR	202	Decorah	-	25:02.3	3:46.9	8:03.1	5:00.5	7:29.9	15:51.5	19:46.3
84 Anna O'Byrne	SO	1266	Rochester Century ((51)	25:04.7	3:49.3	8:03.8	5:00.9	7:54.6	16:04.0	19:53.1
85 Alice Amundson	FR	1459	Westby	-	25:18.0	4:01.6	8:08.1	5:03.6	7:36.7	15:57.7	19:54.2
86 Caitlyn Harrison	JR	440	Iowa City City High	-	25:21.8	4:06.4	8:09.3	5:04.3	7:33.7	15:55.5	19:52.8
87 Sadie Venner	JR	144	De Soto	-	25:22.4	4:07.0	8:09.5	5:04.5	8:13.9	16:20.2	20:04.3
88 Paris Mickelson	SR	314	Dubuque Hempstea	52	25:22.7	4:07.3	8:09.6	5:04.5	7:39.6	16:00.6	19:57.1
89 Willow Blair	SO	195	Decorah	-	25:24.7	4:09.3	8:10.2	5:04.9	7:34.1	15:59.3	20:01.1
90 Marley Harmening	SO	207	Decorah	-	25:25.5	4:10.1	8:10.5	5:05.1	7:38.2	16:14.5	20:05.5
91 Jillian Maiers	SR	311	Dubuque Hempstea	53	25:28.8	4:13.4	8:11.6	5:05.8	7:36.2	16:01.6	20:09.2
92 Nora Wittenkeller	FR	468	Iowa City City High	-	25:29.4	4:14.0	8:11.7	5:05.9	7:44.6	16:22.1	20:18.6
93 Nadia Skaer	SO	1320	Rochester John Ma	54	25:30.1	4:14.7	8:12.0	5:06.0	7:47.2	16:14.3	20:06.2
94 Clara Rock	JR	1270	Rochester Century ((55)	25:30.3	4:14.9	8:12.0	5:06.1	7:25.4	16:02.1	20:05.1
95 Taylor Cavanh	JR	521	Iowa City Liberty (5)	56	25:30.8	4:15.4	8:12.2	5:06.2	7:55.5	16:23.2	20:19.7
96 Mahala Smith	FR	537	Iowa City Liberty (6)	(57)	25:31.6	4:16.2	8:12.5	5:06.3	7:55.2	16:20.6	20:08.8
97 Liliana Cortes	SR	1084	Postville Communit	-	25:34.8	4:19.4	8:13.5	5:07.0	8:13.9	16:25.8	20:13.5
98 Kelsey Herrig	FR	441	Iowa City City High	-	25:35.9	4:20.5	8:13.9	5:07.2	7:44.6	16:22.4	20:18.6
99 Hazel Nieman	SO	1376	Turkey Valley Jacks	-	25:37.5	4:22.1	8:14.4	5:07.5	7:29.0	16:11.5	20:13.9
100 Natalie Berg	SO	855	Minnetonka	-	25:38.6	4:23.2	8:14.7	5:07.7	8:09.8	16:22.9	20:16.1
101 Grace Huinker	FR	211	Decorah	-	25:39.1	4:23.7	8:14.9	5:07.8	7:42.7	16:32.2	20:32.6
102 Ella Madsen	SR	592	La Crosse Central	-	25:40.6	4:25.2	8:15.4	5:08.1	8:09.5	16:35.5	20:24.3
103 Alandra Mercado-Arneson	FR	220	Decorah	-	25:41.2	4:25.8	8:15.6	5:08.2	7:35.5	16:23.0	20:27.8
104 Scarlett Kane		8 114	Bloomington Jeffers	-	25:44.2	4:28.8	8:16.5	5:08.8	7:54.3	16:23.9	20:23.1
105 Katie Christenson	SR	727	Linn-Mar Marion (1)	58	25:45.0	4:28.6	8:16.8	5:09.0	8:05.3	16:43.6	20:41.8
106 Lauren Severtson	SO	235	Decorah	-	25:45.2	4:29.8	8:16.8	5:09.0	7:30.9	15:57.6	20:01.6
107 Sofia Anderson-Barrera	SO	854	Minnetonka	-	25:46.4	4:31.0	8:17.2	5:09.3	8:09.8	16:23.0	20:13.9
108 Greta Daniels	FR	522	Iowa City Liberty (7)	(59)	25:47.1	4:31.7	8:17.4	5:09.4	7:55.2	16:23.7	20:19.8
109 Joanna Galluzzo	SR	433	Iowa City City High	-	25:47.5	4:32.1	8:17.6	5:09.5	7:35.0	16:01.8	20:03.6
110 Anabel Sans Crainte	SO	56	Aquinas (3)	60	25:48.1	4:32.7	8:17.8	5:09.6	8:04.3	16:38.2	20:34.5
111 Evelyn Opheim	FR	226	Decorah	-	25:49.6	4:34.2	8:18.2	5:09.9	7:46.6	16:22.9	20:20.8
112 Lilly Vogts	SR	539	Iowa City Liberty	-	25:50.8	4:35.4	8:18.6	5:10.1	7:55.9	16:26.7	20:23.3
113 Tali Parker	JR	878	Minnetonka	-	25:53.6	4:38.2	8:19.5	5:10.7	8:08.1	16:27.5	20:24.0
114 Kamille Blott	FR	723	Linn-Mar Marion (2)	61	25:54.5	4:39.1	8:19.8	5:10.9	8:05.3	16:43.5	20:41.9
115 Molly Molsberry	FR	450	Iowa City City High	-	25:54.7	4:39.3	8:19.9	5:10.9	8:24.3	16:42.5	20:28.1

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Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m	3200m	3947m
16 Nora Ziehr	SR	469	Iowa City City High	-	25:57.5	4:42.1	8:20.8	5:11.5	7:53.5	16:32.5	20:33.4
17 Morgan Miculinich	JR	221	Decorah	-	26:00.6	4:45.2	8:21.8	5:12.1	7:49.8	16:19.2	20:13.4
18 Sophia Paulson	SR	54	Aquinas (4)	62	26:00.8	4:45.4	8:21.8	5:12.1	7:57.6	16:33.8	20:34.2
19 Camille Rice	FR	120	Bloomington Jeffers	-	26:03.0	4:46.6	8:22.6	5:12.6	8:03.7	16:36.4	20:28.4
20 Brinley Quandahl	FR	228	Decorah	-	26:03.1	4:47.7	8:22.6	5:12.6	7:39.8	16:23.0	20:27.7
21 Sophie Berglund	FR	722	Linn-Mar Marion (3)	63	26:05.4	4:50.0	8:23.3	5:13.1	8:15.6	17:11.8	21:13.6
22 Kate Anderson	SO	853	Minnetonka	-	26:05.6	4:50.2	8:23.4	5:13.1	8:09.6	16:51.1	20:56.2
23 Camryn Quandahl	FR	229	Decorah	-	26:11.0	4:55.6	8:25.1	5:14.2	7:39.2	16:32.1	20:41.1
24 Katelyn Orr	SR	740	Linn-Mar Marion (4)	64	26:12.8	4:57.4	8:25.7	5:14.6	8:31.5	16:56.2	20:47.2
25 Kiera Wengel	JR	60	Aquinas (5)	65	26:13.7	4:58.3	8:26.0	5:14.7	8:04.5	16:38.3	20:35.2
26 Amari Casto	SO	422	Iowa City City High	-	26:14.6	4:59.2	8:26.3	5:14.9	7:54.5	16:37.3	20:42.9
27 Anna Platte	FR	454	Iowa City City High	-	26:16.3	5:00.9	8:26.8	5:15.3	7:48.6	16:37.7	20:42.9
28 Olivia Taylor	FR	57	Aquinas (6)	(66)	26:18.4	5:03.0	8:27.5	5:15.7	8:04.9	16:46.4	20:51.4
29 Haylie Wildman	FR	747	Linn-Mar Marion (5)	67	26:21.6	5:06.2	8:28.5	5:16.3	8:15.9	17:12.0	21:14.0
30 Gwyneth Buck	JR	44	Aquinas (7)	(68)	26:23.3	5:07.9	8:29.1	5:16.7	7:56.6	16:33.3	20:35.0
31 Kaitlyn Phan	JR	1316	Rochester John Ma	69	26:24.2	5:08.8	8:29.4	5:16.8	7:59.7	16:36.2	20:42.7
32 Chloe Sprague	SO	342	Dubuque Senior	-	26:29.9	5:14.5	8:31.2	5:18.0	8:03.3	16:54.5	20:55.6
33 Lucia Ruhoff	SO	883	Minnetonka	-	26:30.5	5:15.1	8:31.4	5:18.1	8:20.6	17:05.5	21:11.9
34 Heather Carpenter	FR	726	Linn-Mar Marion (6)	(70)	26:30.5	5:15.1	8:31.4	5:18.1	8:31.5	17:12.7	21:13.2
35 Zoey Kellogg	SO	911	New Hampton (1)	71	26:33.5	5:18.1	8:32.4	5:18.7	7:51.6	16:41.9	20:53.3
36 Lexi Kuboushek	SO	1130	Prairie Cedar Rapid	72	26:33.7	5:18.3	8:32.4	5:18.7	7:49.9	16:41.0	20:56.4
37 Claire Sewell	SO	799	Mason City (3)	73	26:34.4	5:19.0	8:32.6	5:18.9	8:02.1	16:58.7	21:12.1
38 Heidy Calderon Aguirre	SO	124	Burnsville (2)	74	26:36.8	5:21.4	8:33.4	5:19.3	8:10.3	16:51.7	20:52.1
39 Aubrey Beadling	SR	1238	Rochester Century	-	26:41.8	5:26.4	8:35.0	5:20.3	8:13.5	16:58.3	21:01.6
40 Jillian Volz	SO	240	Decorah	-	26:45.3	5:29.9	8:36.1	5:21.0	7:54.6	16:51.3	21:01.7
41 Emily Myers	SR	223	Decorah	-	26:45.5	5:30.1	8:36.2	5:21.1	8:00.9	16:57.3	21:10.9
42 Maggie Gavle	FR	204	Decorah	-	26:45.5	5:30.1	8:36.2	5:21.1	7:49.2	16:36.8	20:51.0
43 Rachel Weis	FR	242	Decorah	-	26:45.6	5:30.2	8:36.3	5:21.1	8:01.5	16:59.3	21:11.8
44 Sophia McGee	FR	218	Decorah	-	26:52.8	5:37.4	8:38.6	5:22.6	8:01.5	17:00.2	21:11.6
45 Stella Houselog	FR	305	Dubuque Hempstea	(75)	26:53.1	5:37.7	8:38.7	5:22.6	8:17.1	16:55.8	21:18.4
46 Jolie Evans	SO	428	Iowa City City High	-	26:54.3	5:38.9	8:39.1	5:22.9	7:54.7	16:42.5	21:02.3
47 Amira Little	JR	1382	Waterloo West	-	26:57.4	5:42.0	8:40.1	5:23.5	7:54.0	16:56.0	21:12.2
48 Rachel Matel	SR	449	Iowa City City High	-	26:59.2	5:43.8	8:40.6	5:23.8	8:00.7	16:47.2	21:06.0
49 Arianna Cook-McCormick	FR	1126	Prairie Cedar Rapid	76	27:02.1	5:46.7	8:41.6	5:24.4	7:40.0	16:41.2	20:56.5
50 Morgan Wilker	FR	345	Dubuque Senior	-	27:08.6	5:53.2	8:43.6	5:25.7	7:59.0	16:55.8	21:22.3
51 Nina Sessions	SO	234	Decorah	-	27:09.0	5:52.6	8:43.8	5:25.8	8:09.1	17:18.5	21:31.4
52 Kaylynn Stelzer	FR	1042	Pine Island (1)	77	27:09.9	5:54.5	8:44.1	5:26.0	8:23.7	17:25.6	21:35.1
53 Cooper Hamilton	JR	439	Iowa City City High	-	27:10.0	5:53.6	8:44.1	5:26.0	8:23.7	17:39.1	21:49.1
54 Maddie Gunderson	JR	436	Iowa City City High	-	27:10.0	5:53.6	8:44.1	5:26.0	8:25.5	17:19.5	21:29.4
55 Morgan Mohn	FR	570	Kee Lansing	-	27:12.3	5:56.9	8:44.8	5:26.4	8:02.8	17:10.8	21:22.8
56 Emily Kamrowski	JR	48	Aquinas	-	27:12.6	5:57.2	8:45.0	5:26.5	8:09.6	17:18.2	21:31.0
57 Teagan Menke	SO	219	Decorah	-	27:13.4	5:58.0	8:45.2	5:26.7	8:09.3	17:18.7	21:32.0
58 Isabelle White	SO	1088	Postville Communit	-	27:13.9	5:58.5	8:45.4	5:26.8	8:15.0	17:07.7	21:24.4
59 Charlotte Jarman	SO	843	Minneapolis Washb	-	27:15.7	6:00.3	8:45.9	5:27.1	8:05.5	17:00.5	21:12.6
60 Keira Mondale	SR	868	Minnetonka	-	27:17.8	6:02.4	8:46.6	5:27.6	8:28.9	17:13.2	21:27.1
61 Lillian Dahlen	SO	201	Decorah	-	27:21.4	6:06.0	8:47.8	5:28.3	7:52.0	16:20.1	20:18.4

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62 Iris Anderson	JR	1305	Rochester John Ma	78	27:21.8	6:06.4	8:47.9	5:28.4	8:45.1	17:44.4	21:48.6
63 Elise Good	SO	435	Iowa City City High	-	27:25.6	6:10.2	8:49.1	5:29.1	8:11.2	17:11.3	21:29.1
64 Josi Singewald	SO	919	New Hampton (2)	79	27:26.9	6:11.5	8:49.5	5:29.4	8:04.2	17:22.4	21:40.9
65 Harley Trettin	SO	801	Mason City (4)	80	27:28.6	6:13.2	8:50.1	5:29.7	8:03.1	17:00.5	21:19.5
66 Noe Richman	SR	456	Iowa City City High	-	27:31.0	6:14.6	8:50.9	5:30.2	8:30.4	17:32.7	21:47.2
67 Leah Waller	JR	58	Aquinas	-	27:32.0	6:15.6	8:51.2	5:30.4	7:59.3	17:11.0	21:29.1
68 Olivia Becker	FR	419	Iowa City City High	-	27:32.6	6:17.2	8:51.4	5:30.5	8:30.3	17:32.6	21:47.3
69 Poppy Bellrichard	FR	194	Decorah	-	27:34.9	6:19.5	8:52.1	5:31.0	8:01.5	17:00.3	21:25.3
70 Ruby Neal	SO	339	Dubuque Senior	-	27:38.4	6:23.0	8:53.2	5:31.7	8:33.3	17:37.3	21:50.9
71 Lia Park	SO	131	Burnsville (3)	81	27:38.8	6:23.4	8:53.4	5:31.8	8:46.2	17:56.0	22:13.0
72 Piper Birkenholz	JR	294	Dubuque Hempstea	(82)	27:39.8	6:24.4	8:53.7	5:32.0	7:49.0	16:55.9	21:18.7
73 Elsie Atwood	JR	1306	Rochester John Ma	83	27:40.9	6:25.5	8:54.0	5:32.2	8:44.6	17:49.2	22:01.0
74 Rachel Spilde-Maki	SO	236	Decorah	-	27:44.6	6:29.2	8:55.2	5:32.9	8:09.0	17:18.3	21:30.7
75 Elise Venner	SR	143	De Soto	-	27:47.8	6:32.4	8:56.3	5:33.6	8:48.4	17:57.1	22:13.1
76 Sophie Welter	FR	321	Dubuque Hempstea	-	27:55.1	6:39.7	8:58.6	5:35.0	8:22.2	17:52.8	22:23.8
77 Sherlyn Teleguario-Ortiz	SO	1087	Postville Communit	-	27:58.7	6:43.3	8:59.7	5:35.7	8:33.8	17:48.2	22:05.4
78 Emma Harman	SR	1439	West Salem (5)	84	27:59.8	6:44.4	9:00.1	5:35.9	8:06.9	17:25.5	21:47.9
79 Maddie Green	SO	1129	Prairie Cedar Rapid	85	28:01.1	6:45.7	9:00.5	5:36.2	8:20.8	17:55.8	22:15.8
80 Hana Hadzic	FR	437	Iowa City City High	-	28:03.9	6:48.5	9:01.4	5:36.8	8:25.1	17:48.8	22:13.9
81 Camryn Hobbs	FR	1071	Port Byron (Riverda	-	28:06.2	6:50.8	9:02.2	5:37.2	8:09.5	17:35.7	22:02.0
82 Kennedy Carlson	FR	198	Decorah	-	28:06.8	6:51.4	9:02.4	5:37.3	8:31.5	17:47.9	22:04.3
83 Josie Kallback	SO	307	Dubuque Hempstea	-	28:07.4	6:52.0	9:02.6	5:37.5	8:22.5	17:53.1	22:23.9
84 Ashley Sabin	JR	535	Iowa City Liberty	-	28:09.3	6:53.9	9:03.2	5:37.9	8:22.5	17:44.9	22:03.2
85 Monica Sems	SR	1040	Pine Island (2)	86	28:09.6	6:54.2	9:03.3	5:37.9	8:19.0	18:08.5	22:31.3
86 Addie Brooks	SR	724	Linn-Mar Marion (7)	(87)	28:11.5	6:56.1	9:03.9	5:38.3	8:49.9	18:00.5	22:19.1
87 Jennifer Demers	FR	857	Minnetonka	-	28:18.0	7:01.6	9:06.0	5:39.6	8:08.0	17:37.1	22:05.3
88 Maria Quiroz-Ordenez	SR	1086	Postville Communit	-	28:20.2	7:04.8	9:06.7	5:40.0	8:40.7	18:07.6	22:25.2
89 Amaris Haigh	JR	978	Osage	-	28:20.9	7:05.5	9:06.9	5:40.2	8:41.0	18:07.1	22:22.7
90 Signe Jourdan	SO	1034	Pine Island (3)	88	28:21.2	7:05.8	9:07.0	5:40.2	8:54.7	18:30.8	22:47.2
91 Avalyn Ericson	SO	842	Minneapolis Washb	-	28:22.4	7:07.0	9:07.4	5:40.5	8:14.2	17:28.5	22:00.0
92 Lola Weinman	SR	466	Iowa City City High	-	28:22.6	7:07.2	9:07.5	5:40.5	8:47.9	18:21.5	22:42.8
93 Lillian Kolsrud	JR	569	Kee Lansing	-	28:23.4	7:08.0	9:07.7	5:40.7	8:17.9	17:57.3	22:21.7
94 Mady Morrison	JR	316	Dubuque Hempstea	-	28:29.0	7:12.6	9:09.5	5:41.8	8:17.2	17:53.1	22:23.9
95 Nastia Zipse	SR	1136	Prairie Cedar Rapid	89	28:32.0	7:15.6	9:10.5	5:42.4	8:37.2	18:10.4	22:16.3
96 Leah Gerriettes	SO	796	Mason City (5)	90	28:32.1	7:16.7	9:10.5	5:42.4	8:21.3	17:57.8	22:28.7
97 Isabell Kohrt	FR	1072	Port Byron (Riverda	-	28:39.5	7:24.1	9:12.9	5:43.9	8:08.8	17:45.9	22:16.9
98 Ava Hennessey	SR	979	Osage	-	28:39.8	7:24.4	9:13.0	5:43.9	8:33.1	17:51.7	22:16.4
99 Sophia Morrison	FR	338	Dubuque Senior	-	28:49.6	7:34.2	9:16.1	5:45.9	8:56.0	18:35.6	22:53.0
200 Chloe Koshollek	SO	945	Onalaska	-	28:57.1	7:41.7	9:18.5	5:47.4	8:54.3	18:25.0	22:55.0
201 Lily Wagener	SO	320	Dubuque Hempstea	-	29:03.6	7:48.2	9:20.6	5:48.7	8:57.1	18:25.8	22:52.5
202 Mya Koppes	SR	734	Linn-Mar Marion	-	29:07.6	7:52.2	9:21.9	5:49.5	8:56.0	18:21.7	22:51.6
203 Audra Otto	SR	655	Lanesboro/Fillmore	-	29:08.1	7:52.7	9:22.1	5:49.6	8:46.9	18:14.3	22:52.0
204 Ella Bloxham	SO	1027	Pine Island (4)	91	29:08.6	7:53.2	9:22.2	5:49.7	8:57.1	18:51.5	23:18.1
205 Hannah Rudzik	FR	1319	Rochester John Ma	(92)	29:17.3	8:01.9	9:25.0	5:51.4	9:23.5	19:09.9	23:37.0
206 Adela Piggush	SO	55	Aquinas	-	29:19.7	8:04.3	9:25.8	5:51.9	8:42.4	18:42.0	23:08.8
207 Claire Ko	FR	214	Decorah	-	29:20.8	8:05.4	9:26.2	5:52.1	8:49.4	18:34.7	22:59.9

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
Steve Pasche
Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC



OFFICIAL MEET REPORT
printed: 9/14/2024 10:13 AM

Race #3 Lynch-Dobyns All-American Race Girls Junior Varsity 5k (Junior Varsity)

Final Results

INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
008 Zeld Ayers	FR	416	Iowa City City High	-	29:21.6	8:06.2	9:26.4	5:52.3	8:42.7	18:33.0	23:08.7
009 Charlotte Dillion	SO	523	Iowa City Liberty	-	29:24.0	8:07.6	9:27.2	5:52.8	8:46.2	18:52.7	23:28.3
010 Avery Nace	SO	451	Iowa City City High	-	29:24.7	8:09.3	9:27.4	5:52.9	8:42.8	18:35.9	23:13.2
011 Madelyn Rand	SR	1268	Rochester Century	-	29:25.3	8:09.9	9:27.6	5:53.1	9:28.2	19:11.2	23:37.1
012 Vasudha Sakolkar	FR	742	Linn-Mar Marion	-	29:25.5	8:10.1	9:27.7	5:53.1	8:51.3	18:12.4	22:40.8
013 Kylie Lemke	SO	216	Decorah	-	29:35.1	8:19.7	9:30.8	5:55.0	9:04.2	19:06.6	23:40.5
014 Maya Hoffman	SR	442	Iowa City City High	-	29:39.1	8:23.7	9:32.0	5:55.8	8:42.0	18:32.2	23:11.2
015 Abby Hewitt	JR	1031	Pine Island (5)	93	29:43.5	8:28.1	9:33.5	5:56.7	8:56.0	19:13.5	23:57.7
016 Evelyn Fern	SR	298	Dubuque Hempstea	-	29:49.8	8:34.4	9:35.5	5:57.9	9:08.0	18:59.9	23:47.2
017 Kyra O'Hara	JR	225	Decorah	-	29:57.8	8:42.4	9:38.1	5:59.6	8:45.4	18:43.8	23:25.9
018 Rebecca Wickman	JR	924	New Hampton (3)	94	29:59.3	8:43.9	9:38.6	5:59.9	8:53.6	18:55.9	23:42.5
019 Bailey Kestel	SR	1381	Waterloo West	-	30:04.3	8:48.9	9:40.1	6:00.9	9:23.9	19:29.0	24:04.8
020 Alexandra Anderson	FR	852	Minnetonka	-	30:08.2	8:52.8	9:41.4	6:01.6	9:01.1	18:56.8	23:42.6
021 Lilly Anderson	SR	322	Dubuque Senior	-	30:13.2	8:57.8	9:43.0	6:02.6	9:01.7	19:14.7	23:54.9
022 Addy McDermott	JR	737	Linn-Mar Marion	-	30:24.0	9:07.6	9:46.5	6:04.8	9:29.2	19:37.2	24:11.4
023 Tilly Johnsen	FR	526	Iowa City Liberty	-	30:25.7	9:10.3	9:47.0	6:05.1	8:40.5	19:00.9	23:45.0
024 Nicole Fernandes de Souza	SR	429	Iowa City City High	-	30:29.4	9:14.0	9:48.2	6:05.9	9:06.9	19:24.3	24:06.3
025 Grace Duncan	FR	1029	Pine Island (6)	(95)	30:35.8	9:20.4	9:50.3	6:07.1	9:10.6	19:36.7	24:27.9
026 Abigail Erickson	JR	126	Burnsville (4)	96	30:37.3	9:21.9	9:50.8	6:07.5	9:36.9	19:53.9	24:27.8
027 Cassidy Meyerhoff	SO	914	New Hampton (4)	97	30:58.4	9:43.0	9:57.5	6:11.7	8:39.2	19:24.6	24:38.5
028 Karley Wickman	FR	923	New Hampton (5)	98	31:04.8	9:49.4	9:59.6	6:13.0	9:05.4	19:47.3	24:38.5
029 Abby Dallal	SR	295	Dubuque Hempstea	-	31:12.5	9:57.1	10:02.1	6:14.5	9:26.6	20:06.5	24:53.8
030 Sophia Ketelsen	SR	980	Osage	-	31:37.7	10:22.3	10:10.2	6:19.5	8:57.7	19:46.7	24:48.6
031 Adrianna Coiner	SO	423	Iowa City City High	-	31:43.3	10:27.9	10:12.0	6:20.7	9:50.3	20:36.8	25:16.1
032 Harper Bailey	JR	417	Iowa City City High	-	31:44.3	10:28.9	10:12.3	6:20.9	9:28.5	20:14.0	25:09.7
033 Violet Raymo	JR	881	Minnetonka	-	31:45.6	10:30.2	10:12.7	6:21.1	9:25.4	19:57.8	24:50.2
034 Makena Nzii	SR	875	Minnetonka	-	31:47.9	10:32.5	10:13.5	6:21.6	9:25.3	19:57.6	24:50.8
035 Avalon Timmerman	SO	661	Lanesboro/Fillmore	-	31:48.4	10:33.0	10:13.6	6:21.7	8:57.8	19:54.1	25:05.7
036 Miya Zhuang	SO	893	Minnetonka	-	32:02.0	10:45.6	10:18.0	6:24.4	9:18.0	20:39.1	25:45.8
037 Salma Jilaow	SO	1309	Rochester John Ma	(99)	32:06.2	10:50.8	10:19.3	6:25.2	9:30.3	19:57.3	25:12.3
038 Vera Neal	FR	1132	Prairie Cedar Rapid	100	32:47.7	11:32.3	10:32.7	6:33.5	8:53.3	20:17.1	25:53.8
039 Elizabeth Powers	SO	455	Iowa City City High	-	32:50.5	11:35.1	10:33.6	6:34.1	9:39.8	20:45.8	25:50.4
040 Lauren Haverland	SR	301	Dubuque Hempstea	-	32:52.3	11:36.9	10:34.2	6:34.4	9:26.6	20:06.7	25:43.1
041 Kathy Muj	SR	222	Decorah	-	33:09.6	11:54.2	10:39.7	6:37.9	9:20.5	20:47.5	26:13.3
042 Jessica Stroschein	SR	1274	Rochester Century	-	33:15.6	12:00.2	10:41.7	6:39.1	9:52.8	21:01.6	26:20.2
043 Olivia Jacobson	SO	127	Burnsville (5)	101	33:23.2	12:07.8	10:44.1	6:40.6	10:43.1	21:11.2	26:21.8
044 Fatima Ahmad	SR	414	Iowa City City High	-	33:51.3	12:35.9	10:53.1	6:46.2	9:39.1	21:05.9	26:39.9
045 Ella Carlson	SR	197	Decorah	-	33:59.7	12:44.3	10:55.8	6:47.9	10:10.0	21:22.9	26:33.6
046 Abby Ladoux	SR	654	Lanesboro/Fillmore	-	34:13.8	12:58.4	11:00.4	6:50.8	10:10.1	21:17.1	26:49.1
047 Halle Evans	JR	1379	Waterloo West	-	34:46.3	13:30.9	11:10.8	6:57.3	10:26.8	22:16.0	27:46.8
048 Adaryn Belanger	SO	941	Onalaska	-	34:55.1	13:39.7	11:13.6	6:59.0	10:14.9	21:57.8	27:38.4
049 Ava Hanson	SO	206	Decorah	-	36:41.1	15:25.7	11:47.7	7:20.2	10:20.1	23:41.6	29:40.2
050 Lydia Woychik	SO	955	Onalaska	-	37:09.6	15:54.2	11:56.9	7:25.9	10:22.1	22:54.9	29:28.4
051 Lilly Kroger	FR	337	Dubuque Senior	-	37:14.2	15:58.8	11:58.4	7:26.8	10:35.1	21:58.1	28:42.6
052 Raygan Meehan	SR	313	Dubuque Hempstea	-	37:28.5	16:13.1	12:03.0	7:29.7	11:19.1	24:17.1	30:07.6
053 Delilah Lenox	SO	946	Onalaska	-	37:28.9	16:13.5	12:03.1	7:29.8	10:46.9	23:42.3	29:44.0

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
 Luther College
 Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
 Steve Pasche
Meet Referee:
 Rick Hall
Timing:
 Wayzata Results, LLC



OFFICIAL MEET REPORT
 printed: 9/14/2024 10:13 AM

Race #3
Lynch-Dobyns All-American Race Girls Junior Varsity 5k
(Junior Varsity)

Final Results**INDIVIDUAL RESULTS (cont'd)**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
254 Iman Aliye	SO	123	Burnsville (6)	(102)	39:42.1	18:26.7	12:45.9	7:56.4	11:36.5	25:14.9	31:13.3
255 Mayra Taylor	JR	1387	Waterloo West	-	47:30.4	26:15.0	15:16.5	9:30.1	12:52.3	30:06.2	
-- Aynjel Ngo	SO	130	Burnsville	-			---	---	12:39.8		
-- Laiyana Barlow-Hardy	FR	1307	Rochester John Ma	-			---	---	8:45.7		
-- Ani Wedemeyer	SR	1056	Pleasant Valley	-			---	---	38:31.7		
-- Carsyn Roling	FR	318	Dubuque Hempstea	-			---	---	9:05.0		
-- Cloey Zweibohmer	JR	1375	South Winneshiek	-			---	---	8:13.0		
-- Yelena Marshall	SO	1702	Burnsville	-			---	---	10:51.9		