

**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood  
Results****Event 4 Boys 5k Run CC Varsity**

Name	Year	School	Avg Mile	Finals	Points
Results - Men					
1 Eichhorn, Ethan	12	Lewis Central	4:54.2	15:14.04	1
2 Schaapherder, Treyton	12	Clarinda	5:00.9	15:34.74	2
3 Smith, Andrew	12	Glenwood	5:01.8	15:37.45	3
4 Keller, Bryant	12	Glenwood	5:04.8	15:46.72	4
5 Coots, Kevin	10	Lewis Central	5:08.0	15:56.66	5
6 Wagoner, Kyle	11	Clarinda	5:11.7	16:08.32	6
7 Heisterkamp, Parker	11	St. Albert, CB	5:15.4	16:19.72	7
8 Wise, Owen	12	St. Albert, CB	5:16.7	16:23.95	8
9 Diercks, Kade	12	Lewis Central	5:22.6	16:42.28	9
10 Greving, Jacob	12	Kuemper Cath	5:23.9	16:46.08	10
11 Mixan, Maverick	12	Glenwood	5:26.2	16:53.41	11
12 Selken, Richard	11	Lewis Central	5:27.7	16:57.90	12
13 Grass, Emmanuel	09	Red Oak	5:28.0	16:58.81	13
14 Cox, Jackson	11	Lewis Central	5:30.0	17:05.19	14
15 Fields, Devon	11	Atlantic	5:34.2	17:18.24	15
16 Lihs, Alex	12	Clarinda	5:34.3	17:18.61	16
17 North, Ryan	12	Kuemper Cath	5:34.8	17:20.05	17
18 Shelton, Ian	12	Harlan	5:35.2	17:21.33	18
19 Hays, Liam	12	Glenwood	5:36.5	17:25.34	19
20 Keller, Bryce	10	Glenwood	5:40.8	17:38.74	20
21 Arkfeld, Marshall	11	Lewis Central	5:44.1	17:49.10	21
22 Wiederien, Dayton	10	Kuemper Cath	5:44.4	17:49.99	22
23 Whetstone, Bennett	12	Atlantic	5:45.6	17:53.50	23
24 Langille, Bodhi	09	Glenwood	5:46.1	17:55.29	24
25 Badding, Fletch	10	Kuemper Cath	5:46.3	17:55.80	25
26 Mazzella, Joey	09	St. Albert, CB	5:47.2	17:58.67	26
27 Sonntag, Alex	12	Atlantic	5:47.8	18:00.53	27
28 Raze, Alex	12	Shenandoah	5:48.5	18:02.70	28
29 Fields, Rickie	11	Atlantic	5:48.7	18:03.35	29
30 Cox, Haidyn	12	Lewis Central	5:49.0	18:04.32	30
31 Boswell, Jacob	11	St. Albert, CB	5:49.2	18:04.92	31
32 Barr, Grant	12	Clarinda	5:49.9	18:06.93	32
33 Olsen, Ethan	11	Denison-Schlswg	5:50.5	18:08.94	33
34 Irlmeier, Luke	11	Atlantic	5:51.4	18:11.66	34
35 Daoust, Luke	09	Shenandoah	5:52.3	18:14.41	35
36 Kellogg, Hunter	12	Shenandoah	5:54.2	18:20.40	36
37 Weis, Owen	10	Creston	5:54.7	18:21.96	37
38 Heileson, Keaton	12	Harlan	5:56.8	18:28.29	38
39 Molinsky, Blake	11	Kuemper Cath	5:56.9	18:28.65	39
40 Williams, Tyrell	12	Atlantic	5:57.0	18:29.16	40
41 Pottebaum, Thomas	10	Kuemper Cath	5:57.6	18:30.97	41
42 Bragg, Joseph	12	Harlan	5:57.9	18:31.79	42
43 Hash, Hayden	09	Clarinda	5:58.2	18:32.77	43
44 Walter, Jackson	09	St. Albert, CB	5:58.6	18:34.14	44
45 Badding, Charlie	09	Kuemper Cath	6:00.0	18:38.44	45
46 Manes, Morgan	10	Clarinda	6:03.0	18:47.78	46
47 Heslink, Erik	09	Harlan	6:03.8	18:50.23	47
48 Ledesma, Ivan	10	Denison-Schlswg	6:05.7	18:56.08	48
49 West, Ethan	12	Glenwood	6:06.8	18:59.56	49
50 Eblen, Anthony	12	Creston	6:06.9	18:59.76	50
51 Jenkins, Ty	12	Red Oak	6:07.7	19:02.37	51
52 Shelton, Jonathan	12	Harlan	6:08.2	19:03.84	52



**2023 Hawkeye 10 Conference XC - 10/11/2023**

**Glenwood**

**Results**

**....Event 4 Boys 5k Run CC Varsity**

7	Harlan	197	18	38	42	47	52	53	56
	Total Time:	1:32:15.48							
	Average:	18:27.10							
8	Shenandoah	212	28	35	36	55	58	60	63
	Total Time:	1:33:14.52							
	Average:	18:38.91							
9	Red Oak	257	13	51	54	69	70	71	77
	Total Time:	1:36:06.19							
	Average:	19:13.24							
10	Denison-Schlswg	278	33	48	59	65	73	75	76
	Total Time:	1:38:30.18							
	Average:	19:42.04							
11	Creston	282	37	50	61	66	68	72	74
	Total Time:	1:37:13.89							
	Average:	19:26.78							

**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood  
Results****Event 1 Girls 5k Run CC Varsity**

Name	Year	School	Avg Mile	Finals	Points
Results - Women					
1 Berglund, Grace	09	Glenwood	6:05.2	18:54.36	1
2 Reese, Delayna	09	Lewis Central	6:08.8	19:05.79	2
3 Henke, Raenna	11	Clarinda	6:09.4	19:07.71	3
4 Pellett, Claire	12	Atlantic	6:10.1	19:09.61	4
5 Mendlik, Lola	11	Denison-Schlswg	6:14.8	19:24.45	5
6 Dea, Marie	12	Kuemper Cath	6:23.3	19:50.65	6
7 Tremblay, Alexa	11	Denison-Schlswg	6:25.0	19:55.92	7
8 Schechinger, Brylee	11	Harlan	6:25.3	19:57.04	8
9 Petersen, Breckyn	11	Glenwood	6:25.5	19:57.56	9
10 Hughes, Lauren	12	Glenwood	6:25.5	19:57.58	10
11 Hoss, Madelyn	09	Lewis Central	6:26.3	20:00.18	11
12 Egbert, Hailey	11	Shenandoah	6:35.7	20:29.22	
13 Bussey, Ava	11	Lewis Central	6:38.4	20:37.67	12
14 Berg, Belle	12	Atlantic	6:42.5	20:50.49	13
15 Hebel, Caitlin	10	Glenwood	6:44.1	20:55.40	14
16 Berglund, Madelyn	11	Glenwood	6:44.8	20:57.39	15
17 Hesse, Elaina	09	Clarinda	6:48.1	21:07.93	16
18 Williams, Katrina	10	Atlantic	6:49.4	21:11.98	17
19 Hughes, Megan	09	Glenwood	6:50.4	21:15.07	18
20 King, Riley	10	Clarinda	6:51.1	21:17.16	19
21 Bieker, Taylor	12	Harlan	6:54.0	21:26.24	20
22 Tingley, Tyler	11	Lewis Central	6:55.2	21:29.99	21
23 Davis, Payton	11	Creston	6:56.3	21:33.12	22
24 Harms, Katelyn	09	Glenwood	6:57.2	21:36.20	23
25 Anderson, Allie	09	Harlan	7:00.4	21:46.00	24
26 Strohmeier, Kate	09	Lewis Central	7:01.1	21:48.16	25
27 Schechinger, Emily	12	Harlan	7:03.7	21:56.23	26
28 Kanne, Julia	12	Kuemper Cath	7:04.7	21:59.26	27
29 Huffman, Hailey	11	Atlantic	7:11.0	22:18.84	28
30 Birge, Megan	11	Atlantic	7:13.7	22:27.34	29
31 Schroeder, Makenna	10	Atlantic	7:13.9	22:27.90	30
32 Barnes, Alexa	09	Clarinda	7:15.9	22:34.03	31
33 Schechinger, Lily	10	Harlan	7:16.2	22:34.97	32
34 Wait, Olivia	10	Lewis Central	7:16.5	22:35.93	33
35 Anderson, Kayla	11	Harlan	7:18.0	22:40.75	34
36 Perrien, Marlee	09	Red Oak	7:18.1	22:41.12	35
37 Ryan, Maura	09	St. Albert, CB	7:18.4	22:41.96	
38 Muff, Richlyn	10	Clarinda	7:23.4	22:57.47	36
39 Gordon, Kambry	10	Clarinda	7:23.8	22:58.56	37
40 Huffman, Mariah	11	Atlantic	7:26.2	23:06.25	38
41 Young, Zoe	09	Shenandoah	7:27.2	23:09.22	
42 Schrum, Charlotte	10	Denison-Schlswg	7:28.2	23:12.42	39
43 Lopez, Maddy	09	Red Oak	7:31.6	23:23.05	40
44 Strunk, Reese	09	Creston	7:32.1	23:24.61	41
45 Klepinger, Lainey	12	Red Oak	7:32.6	23:26.17	42
46 Clayton, Karter	11	Creston	7:33.4	23:28.46	43
47 Kolamneo, Britney	09	Clarinda	7:34.8	23:32.95	44
48 Davis, Addie	09	Kuemper Cath	7:38.1	23:43.03	45
49 Alberti, Sadie	09	Harlan	7:41.8	23:54.63	46
50 Hoepker, Gretchen	09	Creston	7:42.9	23:58.01	47
51 Livingston, Greta	09	St. Albert, CB	7:43.7	24:00.43	
52 Ramirez, Tiffany	11	Denison-Schlswg	7:46.2	24:08.24	48



**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood  
Results****Event 5 Boys 5k Run CC Junior Varsity**

Name	Year	School	Avg Mile	Finals	Points
Results - Men					
1 Fishell, Parker	12	Lewis Central	5:56.3	18:26.91	1
2 Leu, Josh	11	Glenwood	6:00.4	18:39.73	2
3 Wiese, Ashton	12	Glenwood	6:06.0	18:57.00	3
4 Lobaugh, Carter	10	Lewis Central	6:07.6	19:01.85	4
5 McCargar, Jacob	10	Kuemper Cath	6:08.2	19:03.75	5
6 Thompson, Christian	11	Atlantic	6:09.7	19:08.57	6
7 Purvis, Hunter	12	Glenwood	6:10.3	19:10.26	7
8 Spurr, Braden	12	Atlantic	6:14.5	19:23.29	8
9 Meisinger, Vincent	09	Atlantic	6:22.4	19:47.86	9
10 Jens, Jesse	11	Harlan	6:22.5	19:48.32	10
11 Olson, Jamison	11	Lewis Central	6:22.6	19:48.50	11
12 Kolhof-Sadler, Jacob	11	Lewis Central	6:22.8	19:49.14	12
13 Hill, Broxton	09	Lewis Central	6:23.9	19:52.61	13
14 McFadden, Mason	12	Atlantic	6:24.4	19:54.12	14
15 Markut, Xander	10	Glenwood	6:25.3	19:56.83	15
16 Evans, Jaden	11	Glenwood	6:26.0	19:59.19	16
17 McGoldrick, Landon	11	Glenwood	6:31.8	20:17.08	17
18 Murren, Tyrus	09	Lewis Central	6:31.9	20:17.31	18
19 Cornelsen, Robbie	10	Lewis Central	6:34.7	20:26.05	19
20 Smithers, Jack	11	Glenwood	6:35.7	20:29.25	20
21 McQueen, Aaron	12	Glenwood	6:36.1	20:30.54	
22 Lampe, Pearson	09	Atlantic	6:37.0	20:33.41	21
23 Murray, Sam	12	Lewis Central	6:37.7	20:35.56	
24 Suazo, Hector	10	Creston	6:40.2	20:43.24	
25 Houser, Tye	11	Atlantic	6:40.9	20:45.50	22
26 Johnson, Aidan	11	Lewis Central	6:42.0	20:48.69	
27 Cox, Elijah	09	Harlan	6:43.0	20:52.09	23
28 Kimmen, Kobe	09	Harlan	6:43.5	20:53.39	24
29 Bonsack, Caleb	12	Lewis Central	6:43.6	20:53.82	
30 Norton, Jonah	12	Clarinda	6:45.4	20:59.30	25
31 Stogdill, Isaiah	09	Clarinda	6:46.8	21:03.79	26
32 Breyfogle, Logan	11	Harlan	6:47.8	21:06.74	27
33 Stypa, Kohen	10	Kuemper Cath	6:49.3	21:11.54	28
34 Rodewald, Rafe	12	Shenandoah	6:50.0	21:13.60	29
35 Okerbloom, Sam	10	Lewis Central	6:50.7	21:15.95	
36 Applegate, Leighton	09	Lewis Central	6:50.7	21:16.02	
37 Christensen, Kaiden	11	Lewis Central	6:52.1	21:20.33	
38 Bird, Creighton	09	Clarinda	6:52.3	21:20.83	30
39 Bennett, Logan	10	Lewis Central	6:52.9	21:22.79	
40 Applegate, Evan	09	Lewis Central	6:54.9	21:28.98	
41 Kline, Jack	09	Clarinda	6:55.2	21:29.90	31
42 Wiederstein, Dane	09	Atlantic	6:56.0	21:32.19	32
43 Dawson, Alex	10	St. Albert, CB	6:56.3	21:33.19	
44 Schmitz, Ethan	09	Harlan	6:57.9	21:38.13	33
45 Sonderman, Jeb	11	Harlan	6:58.2	21:39.18	34
46 Matulka, Cameron	09	Lewis Central	7:00.3	21:45.58	
47 O'Hara, Conor	09	Shenandoah	7:01.0	21:47.84	35
48 Hagen, Colton	12	Kuemper Cath	7:02.0	21:50.86	36
49 Andersen, Caleb	09	Atlantic	7:02.0	21:51.01	
50 Miller, Ben	11	Clarinda	7:05.8	22:02.66	37
51 Chappell, Aaron	09	Glenwood	7:06.4	22:04.76	
52 Schoening, Ben	09	Glenwood	7:07.2	22:07.00	



**2023 Hawkeye 10 Conference XC - 10/11/2023**

**Glenwood  
Results**

**....Event 5 Boys 5k Run CC Junior Varsity**

2	Glenwood	43	2	3	7	15	16	17	20
	Total Time:	1:36:43.01							
	Average:	19:20.61							
3	Atlantic	58	6	8	9	14	21	22	32
	Total Time:	1:38:47.25							
	Average:	19:45.45							
4	Harlan	117	10	23	24	27	33	34	40
	Total Time:	1:44:18.67							
	Average:	20:51.74							
5	Clarinda	149	25	26	30	31	37	42	48
	Total Time:	1:46:56.48							
	Average:	21:23.30							
6	Kuemper Cath	153	5	28	36	41	43	44	47
	Total Time:	1:48:04.98							
	Average:	21:37.00							
7	Shenandoah	186	29	35	38	39	45	46	49
	Total Time:	1:51:06.08							
	Average:	22:13.22							



**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood****Results****Event 2 Girls 5k Run CC Junior Varsity**

Name	Year	School	Avg Mile	Finals	Points
Results - Women					
1 McChesney, Maggie	09	Glenwood	7:08.4	22:10.76	1
2 Brummer, Elynor	10	Atlantic	7:10.3	22:16.78	2
3 Schau, Maya	11	Glenwood	7:20.9	22:49.58	3
4 Johansen, Audrina	10	Glenwood	7:24.2	23:00.03	4
5 Nicholas, Avery	12	Atlantic	7:27.0	23:08.70	5
6 Middents, Nicole	12	Atlantic	7:29.4	23:16.01	6
7 Rang, Mahala	12	Glenwood	7:30.9	23:20.82	7
8 Downey, Kylar	09	Clarinda	7:32.0	23:24.21	8
9 Altman, Faith	12	Atlantic	7:33.1	23:27.70	9
10 Gerdts, Charlotte	09	Clarinda	7:34.1	23:30.73	10
11 Brock, Bella	10	Atlantic	7:35.2	23:34.01	11
12 Freund, Ava	09	Harlan	7:35.3	23:34.59	12
13 Kirchhoff, Zoey	10	Atlantic	7:35.9	23:36.32	13
14 Wingert, Lauren	12	Harlan	7:36.4	23:37.89	14
15 Rohrberg, Sydney	12	Glenwood	7:39.1	23:46.27	15
16 Smith, Kori	10	Harlan	7:42.1	23:55.52	16
17 Middents, Allison	09	Atlantic	7:42.6	23:57.11	17
18 Moore, Addison	11	Clarinda	7:47.5	24:12.28	18
19 Argotsinger, Darbie	12	Harlan	7:52.4	24:27.61	19
20 White, Hailey	09	Atlantic	8:00.6	24:53.05	
21 Gutierrez, Abigail	12	Denison-Schlswg	8:02.8	24:59.87	20
22 Kirchner, Elayna	09	Clarinda	8:03.2	25:01.24	21
23 Stroud, Sophia	09	Glenwood	8:08.1	25:16.36	22
24 Lupian, Estela	12	Denison-Schlswg	8:10.4	25:23.47	23
25 Newman, Averi	10	Glenwood	8:10.8	25:24.79	24
26 Vetter, Macie	09	Lewis Central	8:13.6	25:33.41	25
27 Sorensen, Quincy	12	Atlantic	8:14.3	25:35.45	
28 Anderson, Kassie	11	Harlan	8:15.7	25:39.88	26
29 Kolle, Sara	12	Glenwood	8:16.0	25:40.89	
30 Salazar, Christell	12	Denison-Schlswg	8:17.2	25:44.53	27
31 Manz, Mahri	11	Lewis Central	8:22.4	26:00.67	28
32 Mullenix, Elise	11	Lewis Central	8:22.9	26:02.28	29
33 Wiederstein, Lila	10	Atlantic	8:28.3	26:18.97	
34 Renander, Aubrey	09	Clarinda	8:31.6	26:29.31	30
35 McNeal, Isabel	12	Lewis Central	8:32.2	26:31.08	31
36 Nightser, Julia	12	Glenwood	8:32.7	26:32.63	
37 Stephens, Makenzie	12	Lewis Central	8:33.1	26:34.08	32
38 Lupian, Adrianna	12	Denison-Schlswg	8:34.3	26:37.82	33
39 Urich, Mollie	10	Lewis Central	8:38.3	26:50.01	34
40 Newman, Autumn	09	Glenwood	8:41.2	26:59.13	
41 Kinzie, Cadence	09	Atlantic	8:41.5	27:00.04	
42 Myers, Madelyn	09	Atlantic	8:42.5	27:03.21	
43 Schmitz, Kathleen	11	Harlan	8:44.5	27:09.31	35
44 Coffman, Aydrie	10	Atlantic	8:49.4	27:24.60	
45 Flores, Andrea	10	Denison-Schlswg	8:52.5	27:34.40	36
46 Argotsinger, Hadlie	11	Harlan	9:00.6	27:59.54	37
47 Castillo, Janet	11	Denison-Schlswg	9:10.0	28:28.56	38
48 Mullanix, Aubrey	12	Glenwood	9:23.7	29:11.28	
49 Swensen, Chloe	09	Harlan	9:28.1	29:24.74	
50 Weber, Faith	12	Glenwood	9:47.1	30:23.90	
51 Nielsen, Jolie	09	Harlan	9:58.2	30:58.29	
52 Kells, Kaysie	12	Red Oak	10:14.9	31:50.34	



**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood  
Results****Event 10 Boys 3k Run CC Junior High**

Name	Year	School	Avg Mile	Finals	Points
Results - Men					
1 Lillie, Evan	08	Lewis Central	5:45.9	10:44.64	1
2 Heitbrink, Hayden	08	Red Oak	6:22.3	11:52.55	
3 Garcia, Angel	08	Denison-Schlswg	6:27.3	12:01.90	2
4 Greenwood, Marcus		Lewis Central	6:32.7	12:11.89	3
5 Sorensen, Grant	08	Glenwood	6:35.0	12:16.23	4
6 Prier, Hunter		Lewis Central	6:44.4	12:33.85	5
7 Gomez, Giovany	08	Denison-Schlswg	6:46.6	12:37.93	6
8 Cox, Benjamin		Harlan	6:46.8	12:38.18	7
9 Vonnahme, Oliver	08	Kuemper Cath	6:49.6	12:43.41	8
10 Castillo, Raul	08	Denison-Schlswg	6:50.1	12:44.43	9
11 Salas, Raul	08	Denison-Schlswg	6:55.9	12:55.28	10
12 Sells, Mason		Shenandoah	6:58.0	12:59.07	11
13 Thomsen, Dane		Lewis Central	7:02.7	13:07.88	12
14 Oliver, Deagan	08	Glenwood	7:07.6	13:17.12	13
15 Jondle, Austin	08	Creston	7:08.3	13:18.40	
16 Hernandez, Jaime	08	Denison-Schlswg	7:08.9	13:19.53	14
17 Corona, Abdiel	08	Denison-Schlswg	7:09.2	13:20.05	15
18 Stroup, Beran	08	Lewis Central	7:10.8	13:22.90	16
19 Bernal Serrato, Israel	08	Denison-Schlswg	7:12.5	13:26.10	17
20 Worcester, Brock		Glenwood	7:13.7	13:28.39	18
21 Munoz, Carson		Lewis Central	7:19.6	13:39.33	19
22 Wiesner, Landon		Lewis Central	7:22.8	13:45.28	20
23 Berglund, Cole		Glenwood	7:23.8	13:47.24	21
24 Kerkhoff, Samuel	08	Kuemper Cath	7:25.6	13:50.65	22
25 Grandgenett, Lucah		Kuemper Cath	7:27.1	13:53.41	23
26 Haffner, Jayden	08	Clarinda	7:27.2	13:53.61	
27 Kinghorn, Greyson	08	Shenandoah	7:29.3	13:57.40	24
28 Gibbs, Sean	08	Glenwood	7:30.3	13:59.30	25
29 Ibarra, Edward	08	Denison-Schlswg	7:30.7	14:00.07	
30 Krieger, Hayden		Kuemper Cath	7:31.0	14:00.62	26
31 Oliver, Griffin		Glenwood	7:31.5	14:01.54	27
32 Peverill, Owen	08	Glenwood	7:33.0	14:04.41	28
33 Kinney, Kouper	08	Atlantic	7:34.7	14:07.55	
34 Tompkins, Casey		Shenandoah	7:41.9	14:20.94	29
35 Oleary, Kolin	08	Kuemper Cath	7:42.3	14:21.64	30
36 Harms, Lucas	08	Glenwood	7:47.6	14:31.67	
37 Engler, Thomas	08	Atlantic	7:49.1	14:34.43	
38 Smith, Leilynd		Glenwood	7:50.3	14:36.68	
39 McCurdy, John		Atlantic	7:51.3	14:38.57	
40 Peters, Alex		Glenwood	7:53.3	14:42.17	
41 Campbell, Braidyn	08	Lewis Central	7:53.9	14:43.27	
42 Schechinger, Brogan		Harlan	7:54.1	14:43.70	31
43 Jackson, Christian	08	Clarinda	7:54.2	14:43.86	
44 Poore, Brayden	08	Lewis Central	7:57.3	14:49.65	
45 Wooten, Carter		Shenandoah	8:00.7	14:55.96	32
46 Wobbema, Aiden	08	Lewis Central	8:03.0	15:00.31	
47 Nippert, Drake	08	Harlan	8:04.2	15:02.53	33
48 Blum, Roman	08	Clarinda	8:07.0	15:07.74	
49 Medina, Anthony	08	Harlan	8:07.4	15:08.51	34
50 Fasce, Bowe		Creston	8:07.8	15:09.16	
51 Mensen, Aaron		Kuemper Cath	8:07.8	15:09.21	35
52 Trecker, Jace	08	Kuemper Cath	8:08.2	15:09.94	36



**2023 Hawkeye 10 Conference XC - 10/11/2023**

**Glenwood**

**Results**

**....Event 10 Boys 3k Run CC Junior High**

4	Kuemper Cath	109	8	22	23	26	30	35	36
	Total Time:	1:08:49.73							
	Average:	13:45.95							
5	Shenandoah	134	11	24	29	32	38	39	40
	Total Time:	1:12:02.11							
	Average:	14:24.43							
6	Harlan	142	7	31	33	34	37	41	
	Total Time:	1:13:05.11							
	Average:	14:37.03							

**2023 Hawkeye 10 Conference XC - 10/11/2023****Glenwood  
Results****Event 9 Girls 3k Run CC Junior High**

Name	Year	School	Avg Mile	Finals	Points
Results - Women					
1 Rau, Ashlyn	08	Harlan	7:06.7	13:15.28	1
2 O'Rourke, Ava		Shenandoah	7:10.2	13:21.95	2
3 Bieker, Aspen	08	Harlan	7:19.5	13:39.30	3
4 Heslink, Julia		Harlan	7:22.4	13:44.67	4
5 Holste, Ellison		Shenandoah	7:28.2	13:55.37	5
6 Bach, Mallory	08	Lewis Central	7:33.6	14:05.44	6
7 Hickman, Kaitlyn		Atlantic	7:38.3	14:14.31	7
8 Lopez, Audrina Joy		Red Oak	7:42.8	14:22.73	
9 Van Heuvelen, Briar	08	Lewis Central	7:45.0	14:26.72	8
10 Sonderman, Josie	08	Harlan	7:45.2	14:27.03	9
11 Carnes, Sophia	08	Glenwood	7:45.4	14:27.48	
12 Mescher, Sophia	08	Lewis Central	7:50.0	14:36.04	10
13 Kathol, Eden		Lewis Central	8:01.5	14:57.56	11
14 Bissen, Bella	08	Harlan	8:03.8	15:01.85	12
15 Smith, Jaina	08	Harlan	8:04.0	15:02.16	13
16 Galvin, Chloe	08	Denison-Schlswg	8:07.5	15:08.71	
17 Comer, Tatum	08	Clarinda	8:09.0	15:11.55	14
18 Mather, Lilly	08	Shenandoah	8:11.9	15:16.85	15
19 Weinreich, Lily	08	Clarinda	8:13.9	15:20.54	16
20 Coffman, Henley		Atlantic	8:18.1	15:28.53	17
21 Ralston, Claire	08	Creston	8:19.6	15:31.30	18
22 Luetje, Joy	08	Kuemper Cath	8:21.8	15:35.43	19
23 Mendez Cordero, Ximena		Atlantic	8:23.4	15:38.27	20
24 Mothershead, Madi		Clarinda	8:24.7	15:40.70	21
25 Babe, Susie	08	Shenandoah	8:28.6	15:48.10	22
26 Hansen, Hailey	08	Lewis Central	8:28.9	15:48.57	23
27 Wiley, Kloee		Lewis Central	8:29.2	15:49.09	24
28 Kilbane, Jaylin	08	Lewis Central	8:29.5	15:49.77	25
29 Young, Aubrey		Denison-Schlswg	8:31.3	15:52.96	
30 Siders, Sarah		Creston	8:36.3	16:02.40	26
31 Kenkel, Josie	08	Glenwood	8:41.5	16:12.08	
32 Neal, Bailey	08	Clarinda	8:41.6	16:12.22	27
33 McGinnis, Sloane	08	Shenandoah	8:52.8	16:33.10	28
34 Sorensen, Elizabeth	08	Harlan	8:55.7	16:38.57	29
35 King, Jenna		Clarinda	8:57.0	16:40.87	30
36 Williams, Lilly		Lewis Central	8:57.3	16:41.43	
37 Schoonover, Grace		Kuemper Cath	8:58.5	16:43.84	31
38 Christensen, Aubry	08	Harlan	8:59.2	16:45.15	
39 White, Kailyn	08	Creston	9:02.7	16:51.62	32
40 Anderson, Abbie	08	Harlan	9:03.3	16:52.73	
41 Kafka, Emma		Lewis Central	9:05.2	16:56.31	
42 Bieker, Claire	08	Harlan	9:07.5	17:00.44	
43 Siders, Katelyn		Creston	9:07.8	17:01.16	33
44 Sanduk, Merry	08	Harlan	9:11.6	17:08.18	
45 Swanson, Scarlet	08	Glenwood	9:11.8	17:08.60	
46 Wells, Maisie	08	Lewis Central	9:14.0	17:12.66	
47 Wagner, Zoey	08	Creston	9:15.3	17:15.12	34
48 Wailles, Leighton		Atlantic	9:15.4	17:15.29	35
49 Murray, Jillian		Lewis Central	9:16.4	17:17.14	
50 Nepple, Brynn		Lewis Central	9:16.6	17:17.54	
51 Yates, Jaylee	08	Lewis Central	9:18.1	17:20.37	
52 Hytrek, Allie		Lewis Central	9:23.2	17:29.81	



**2023 Hawkeye 10 Conference XC - 10/11/2023**

**Glenwood**

**Results**

**....Event 9 Girls 3k Run CC Junior High**

2	Lewis Central	58	6	8	10	11	23	24	25
	Total Time:	1:13:54.33							
	Average:	14:46.87							
3	Shenandoah	72	2	5	15	22	28		
	Total Time:	1:14:55.37							
	Average:	14:59.08							
4	Clarinda	108	14	16	21	27	30	38	39
	Total Time:	1:19:05.88							
	Average:	15:49.18							
5	Atlantic	115	7	17	20	35	36		
	Total Time:	1:20:13.74							
	Average:	16:02.75							
6	Creston	143	18	26	32	33	34		
	Total Time:	1:22:41.60							
	Average:	16:32.32							
7	Kuemper Cath	168	19	31	37	40	41	42	43
	Total Time:	1:29:19.35							
	Average:	17:51.87							