

**2024 Iowa XC State 3A Qualifier - 10/23/2024****Hosted by Harlan High School****10/23/2024****Results****Event 1 Girls 5k Run CC**

Name	Year	School	Avg Mile	Finals	Points
Results - Women					
1 Sonderman, Lindsey	12	Harlan	5:51.0	18:10.50	1
2 Berglund, Grace	10	Glenwood	5:53.3	18:17.48	2
3 Bertrand, Addison	11	Bishop Heelan	6:06.8	18:59.58	3
4 Rau, Ashlyn	09	Harlan	6:10.6	19:11.19	4
5 Zylstra, Kyliee	10	Grinnell	6:12.2	19:16.16	5
6 Hergenreter, Alexis	10	North Polk	6:18.0	19:34.13	6
7 Zwart, Elyse	12	Boy-Hul/Rock Val	6:19.9	19:40.12	7
8 Morey, Peyton	12	Spencer	6:23.6	19:51.60	8
9 Petersen, Breckyn	12	Glenwood	6:25.3	19:57.00	9
10 Hughes, Megan	10	Glenwood	6:28.8	20:07.84	10
11 Mendlik, Lola	12	Denison-Schlswg	6:30.8	20:14.19	11
12 Bunnell, Ellie	09	North Polk	6:31.7	20:16.97	12
13 Tremblay, Alexa	12	Denison-Schlswg	6:32.1	20:17.95	13
14 Berglund, Madelyn	12	Glenwood	6:35.2	20:27.60	14
15 Von Roden, Elliotte	09	Adm, Adel	6:38.2	20:36.94	15
16 Eggleston, Allie	10	Adm, Adel	6:41.0	20:45.63	16
17 Haaland, Hannah	11	North Polk	6:43.4	20:53.14	17
18 Schechinger, Brylee	12	Harlan	6:45.5	20:59.65	18
19 Campbell, Sophia	12	North Polk	6:45.7	21:00.33	19
20 Bjork, Addy	10	Adm, Adel	6:46.9	21:04.14	20
21 Fitch, Kailyn	09	Bishop Heelan	6:48.1	21:07.86	21
22 Bond, Mya	11	North Polk	6:51.3	21:17.80	22
23 Bieker, Aspen	09	Harlan	6:52.2	21:20.54	23
24 Harms, Katelyn	10	Glenwood	6:54.2	21:26.85	24
25 Anderson, Allie	10	Harlan	6:56.0	21:32.28	25
26 Morey, Ava	10	Spencer	6:56.4	21:33.72	26
27 Weers, Stella	10	North Polk	6:57.4	21:36.69	27
28 Desmarais, Hannah	12	Adm, Adel	6:57.6	21:37.17	28
29 Palmer, Alexandria	11	Spencer	6:58.1	21:38.99	29
30 Carroll, Colby	10	Bishop Heelan	6:59.1	21:41.91	30
31 Topf, Ellie	09	Bishop Heelan	6:59.5	21:43.15	31
32 Freund, Ava	10	Harlan	7:04.7	21:59.34	32
33 Hughes, Haylee	11	Glenwood	7:05.5	22:01.81	33
34 Alberti, Sadie	10	Harlan	7:07.2	22:07.08	34
35 McChesney, Maggie	10	Glenwood	7:07.5	22:07.91	35
36 Gonzalez, Angela	11	Bishop Heelan	7:09.5	22:14.41	36
37 Carney, Sophia	11	Carlisle	7:09.6	22:14.51	37
38 Shirley-Brown, Cora	10	Adm, Adel	7:10.8	22:18.34	38
39 Horgen, Evelyn	12	Adm, Adel	7:12.0	22:22.13	39
40 Bockenstedt, Bjella	11	Sb-Luton	7:13.9	22:27.92	40
41 DeRocher, Brooklyn	10	LeMars	7:14.2	22:28.84	41
42 Jochum, Ashleigh	11	Bishop Heelan	7:15.8	22:33.96	42
43 Gano, Mary	12	Carlisle	7:16.2	22:34.98	43
44 Haldin, Ava	12	Spencer	7:20.5	22:48.33	44
45 Eighmy, Blythe	10	Carlisle	7:21.6	22:51.93	45
46 Fiegel, Claire	09	Sb-Luton	7:22.2	22:53.77	46
47 Goodrich, Ella	12	Adm, Adel	7:26.2	23:06.14	47
48 DeRocher, Makenzie	11	LeMars	7:27.2	23:09.42	48
49 Roerig, Grace	11	Bishop Heelan	7:27.8	23:10.98	49
50 Kass, Sienna	12	LeMars	7:28.1	23:12.05	50
51 Lentsch, Caitlin	10	North Polk	7:29.0	23:14.96	51



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**Results**

**....Event 1 Girls 5k Run CC**

5	Bishop Heelan	121	3	21	30	31	36	42	49
	Total Time:	1:45:46.91							
	Average:	21:09.39							
6	Spencer	159	8	26	29	44	52	53	57
	Total Time:	1:49:11.62							
	Average:	21:50.33							
7	Denison-Schlswg	203	11	13	58	60	61	71	73
	Total Time:	1:51:35.69							
	Average:	22:19.14							
8	Carlisle	236	37	43	45	55	56	65	68
	Total Time:	1:54:35.03							
	Average:	22:55.01							
9	LeMars	261	41	48	50	59	63	64	
	Total Time:	1:56:53.37							
	Average:	23:22.68							
10	Sb-Luton	276	40	46	54	66	70	74	77
	Total Time:	1:58:35.36							
	Average:	23:43.08							
11	Grinnell	284	5	62	67	72	78	80	
	Total Time:	2:01:07.88							
	Average:	24:13.58							
12	Boy-Hul/Rock Val	306	7	69	75	76	79	81	
	Total Time:	2:06:06.68							
	Average:	25:13.34							

**2024 Iowa XC State 3A Qualifier - 10/23/2024****Hosted by Harlan High School****10/23/2024****Results****Event 2 Boys 5k Run CC**

Name	Year	School	Avg Mile	Finals	Points
Results - Men					
1 Conner, Cadel	11	Grinnell	5:13.6	16:14.07	1
2 Timmerman, Torin	12	Adm, Adel	5:18.6	16:29.62	2
3 Streeter, Kael	11	Carlisle	5:22.3	16:41.37	3
4 Crites, Liam	11	Grinnell	5:26.0	16:52.83	4
5 Koppie, Rylei	11	Spencer	5:28.8	17:01.28	5
6 Gonzalez, Andres	12	Bishop Heelan	5:29.5	17:03.45	6
7 Brown, Kamden	12	Carlisle	5:29.9	17:04.84	7
8 Landphair, Ty	11	Adm, Adel	5:30.0	17:05.03	8
9 Holdmeyer, Shay	12	Adm, Adel	5:30.4	17:06.27	9
10 Sanchez, Kevin	10	Denison-Schlswg	5:31.9	17:11.17	10
11 Sandquist, Isaac	10	Grinnell	5:32.4	17:12.47	11
12 Postel, Brett	12	North Polk	5:32.8	17:13.84	12
13 Lee, Aaron	12	LeMars	5:33.0	17:14.52	13
14 Marple, Max	10	Adm, Adel	5:33.3	17:15.44	14
15 Wolfe, Aden	10	Grinnell	5:33.5	17:16.09	15
16 Heslink, Erik	10	Harlan	5:33.9	17:17.27	16
17 Amaro, Alex	10	Bishop Heelan	5:37.0	17:27.04	17
18 Andemichael, Yonas	12	North Polk	5:37.8	17:29.35	18
19 Laug, Harrison	12	Grinnell	5:38.1	17:30.30	19
20 Holdmeyer, Dain	09	Adm, Adel	5:39.5	17:34.74	20
21 Chapman, Isaac	12	Adm, Adel	5:41.1	17:39.54	21
22 Hall, Robbie	11	Adm, Adel	5:41.9	17:42.07	22
23 Walstrom, Talan	12	Carlisle	5:44.0	17:48.56	23
24 Rodriguez, Nathan	11	Spencer	5:44.5	17:50.28	24
25 Reed, Ayden	10	North Polk	5:44.9	17:51.44	25
26 Reed, Owen	11	North Polk	5:46.9	17:57.51	26
27 Blanchard, Aaron	10	Grinnell	5:48.4	18:02.26	27
28 Krogman, Carson	12	Spencer	5:48.7	18:03.22	28
29 Lehman, Payton	12	North Polk	5:48.8	18:03.59	29
30 Harrington, Nathan	11	North Polk	5:48.9	18:03.76	30
31 Conner, Gideon	10	Grinnell	5:49.2	18:04.85	31
32 Fullhart, Noah	11	Spencer	5:49.5	18:05.83	32
33 Soto, Sevastian	12	Carlisle	5:50.2	18:07.80	33
34 Leu, Josh	12	Glenwood	5:51.2	18:10.88	34
35 Lincoln, Andrew	10	Sb-Luton	5:52.4	18:14.59	35
36 Olsen, Ethan	12	Denison-Schlswg	5:54.0	18:19.72	36
37 McIlravy, Mikhail	11	North Polk	5:54.5	18:21.25	37
38 DeCleene, Judah	11	Carlisle	5:54.5	18:21.33	38
39 McCormick, David	09	Sb-Luton	5:57.3	18:29.90	39
40 Rushing, Ryan	12	Carlisle	5:57.9	18:31.91	40
41 Giese, Cal	09	Bishop Heelan	6:00.7	18:40.55	41
42 Gross, Jeffrey	10	Harlan	6:01.5	18:42.87	42
43 Walstrom, Torren	11	Carlisle	6:01.8	18:43.86	43
44 Keller, Bryce	11	Glenwood	6:03.9	18:50.32	44
45 Vargas, Alejandro	11	Sb-Luton	6:04.6	18:52.77	45
46 Garcia, Angel	09	Denison-Schlswg	6:06.5	18:58.70	46
47 Guerrero, Xavier	10	Bishop Heelan	6:07.1	19:00.40	47
48 Larrabee, Ayden	11	Sb-Luton	6:08.4	19:04.58	48
49 Brewer, Cayden	11	Spencer	6:08.9	19:06.07	49
50 Sanchez, Jony	10	LeMars	6:09.0	19:06.31	50
51 Henderson, Cody	12	Glenwood	6:09.8	19:08.86	51



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**Results**

**....Event 2 Boys 5k Run CC**

5	Spencer	138	5	24	28	32	49	56	66
	Total Time:	1:30:06.68							
	Average:	18:01.34							
6	Bishop Heelan	168	6	17	41	47	57	64	67
	Total Time:	1:31:45.28							
	Average:	18:21.06							
7	Denison-Schlswg	204	10	36	46	53	59	63	68
	Total Time:	1:33:18.33							
	Average:	18:39.67							
8	Sb-Luton	219	35	39	45	48	52	54	55
	Total Time:	1:33:51.01							
	Average:	18:46.21							
9	Harlan	246	16	42	58	61	69	70	75
	Total Time:	1:36:04.57							
	Average:	19:12.92							
10	Glenwood	256	34	44	51	62	65	71	74
	Total Time:	1:35:52.36							
	Average:	19:10.48							
11	LeMars	268	13	50	60	72	73	76	77
	Total Time:	1:39:09.49							
	Average:	19:49.90							