

Roy Griak Inviational  
Les Bolstad Cross Country Course, Minneapolis, MN  
Hosted by University of Minnesota  
9/22/2023

===== GIRL'S GOLD 5K TEAM SCORE =====

1. 63 Centennial (20:36.2 103:00.6 1:34.0)

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1	2	Kylie Nelson	11	19:42.7
2	6	Abby Smith	9	20:12.6
3	11	Abby Wood	12	20:38.9
4	21	Julia Zalewski	12	21:09.7
5	23	Annelise Offerdahl	11	21:16.7
6	( 33)	Miranda Sawvel	11	21:38.7
7	( 47)	Anna Swanson	10	21:53.0

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2. 102 Notre Dame (21:05.0 105:24.6 1:12.8)

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1	8	Anna Miller	9	20:20.8
2	10	Monika Stoik	10	20:37.1
3	25	Zita Lulloff	12	21:23.4
4	28	Paige Beining	12	21:29.7
5	31	Ella Capomaccio	12	21:33.6
6	( 50)	Camille Broullire	12	22:00.0
7	( 54)	Lauren Carlton	11	22:05.7

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3. 159 Owatonna (21:31.8 107:38.8 0:59.4)

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1	14	Carsyn Brady	12	20:49.3
2	30	Kendra Melby	10	21:33.2
3	34	Clara Meier	8	21:41.0
4	38	Anna Cox	12	21:46.6
5	43	Leah Leckner	8	21:48.7
6	( 63)	Clara Sennot	8	22:14.8
7	( 90)	Emily Clark	11	22:49.9

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4. 164 Rochester Century (21:25.7 107:08.2 1:31.5)

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1	12	Sophia Comfere	11	20:42.0
2	20	Addy Crow	12	21:05.7
3	22	Jazzlyn Hanenberger	11	21:12.9
4	48	Sophia Trabuco	11	21:54.1
5	62	Stella Zoller	8	22:13.5
6	( 76)	Ashley Calvert	12	22:34.9
7	( 88)	Stephanie Bannon	12	22:47.3

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5. 181 Iowa City Liberty (21:30.4 107:31.6 1:43.6)

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1	9	Chelsea VeDepo		20:32.7
2	16	Cori Mac	12	20:56.1
3	32	Mimi Marquardt	11	21:34.7
4	60	Clara Welch	11	22:11.8
5	64	Bridget Canton	12	22:16.3
6	( 67)	Peyten Eide	10	22:20.6
7	( 78)	Madelyn Johnson	11	22:36.2

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6. 215 Eau Claire Memorial (21:50.8 109:13.8 0:41.9)

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1	26	Lindsay Berg	11	21:27.7
2	37	Adeline Viergutz	11	21:44.5
3	44	Nora Mecikalski	11	21:49.8
4	52	Avery Lentz	11	22:02.2
5	56	Elyse Thomas	9	22:09.6
6	( 59)	Ava Wozney	12	22:11.6
7	( 68)	Charlotte Willems	11	22:21.7

7.	324	Rock Ridge		(22:20.8	111:43.7	1:02.6)
1	39	Maija Lamppa	10	21:47.4		
2	49	Nora Stark	10	21:59.7		
3	72	Maria Aluni	10	22:32.9		
4	73	Alexis Lamppa	10	22:33.7		
5	91	Miia Johnson		22:50.0		
6	( 97)	Alice Johnson		22:52.0		
7	(112)	Addy Papin	8	23:04.5		
8.	355	Rogers		(22:14.2	111:10.6	2:42.9)
1	7	Cara Back	9	20:12.8		
2	75	Mady Anderson	8	22:34.7		
3	79	Maria Hanauska	12	22:36.8		
4	93	Kieran Pederson	10	22:50.6		
5	101	Lauren Barthel	7	22:55.7		
6	(115)	Loralei Ibeling	10	23:07.6		
7	(146)	Bridget O'Brien	10	23:57.2		
9.	356	Nova Classical Academy		(22:24.7	112:03.5	1:03.0)
1	41	Alexa Kleingarn	12	21:48.5		
2	61	Lucia Luepker	11	22:11.9		
3	69	Lily Penniman	12	22:23.8		
4	89	Cece Roberts	11	22:47.8		
5	96	Talia Tomhave	12	22:51.5		
6	(204)	Mahini Balasubramanian	10	26:55.0		
7	(211)	Chloe Brown	10	28:46.1		
10.	361	Blue Valley West		(22:26.8	112:13.6	1:29.5)
1	24	Brooke Carter	9	21:21.4		
2	71	Halee Horner	11	22:29.0		
3	85	Hadley Keleman	12	22:45.5		
4	87	Avery Odgers	12	22:46.8		
5	94	Charlotte Whaley	10	22:50.9		
6	(148)	Anna Hawk	12	24:00.0		
7	(155)	Gwenyn Rembold	12	24:08.2		
11.	376	Northwestern		(22:23.9	111:59.1	2:36.3)
1	15	Jenna Hursh	12	20:55.3		
2	40	Ashlyn Sutherland	11	21:48.2		
3	86	Claire Germano	10	22:46.0		
4	107	Sophia Navarro	9	22:58.0		
5	128	Shayna Wick	12	23:31.6		
6	(171)	Michaela Geissler	10	24:50.5		
7	(186)	Jael Lintula	9	25:15.2		
12.	379	Medford Area		(22:10.6	110:52.8	3:28.5)
1	3	Meredith Richter	12	19:53.6		
2	27	Lindsay Kahn	10	21:29.1		
3	111	Ella Daniels	12	23:02.5		
4	114	Morgan Liske	10	23:05.5		
5	124	Mallory Richter	10	23:22.1		
6	(136)	Ella Dassow	11	23:44.2		
7	(145)	Willow Dassow	9	23:56.1		
13.	394	Rochester Lourdes		(22:28.3	112:21.3	2:45.9)
1	13	Anna Peikert	11	20:48.4		
2	36	Olivia Timbers	9	21:44.3		

3	83	Mariah Brooks	12	22:40.7
4	130	Vanessa Brooks	8	23:33.6
5	132	Elizabeth Penza	9	23:34.3
6	(137)	Sophia Peikert	8	23:45.8
7	(194)	Gianna Deick	8	25:57.9
14.	404	Breck School		(22:17.7 111:28.2 4:19.9)
1	5	Esme Gulbransen	11	19:56.7
2	19	Annabelle Ellenbogen	10	21:01.9
3	99	Anna Harrington	9	22:54.4
4	123	Abigail Getnick	10	23:18.6
5	158	Avery Lampe	11	24:16.6
6	(190)	Samantha Dvorak	11	25:27.4
15.	413	Stewartville		(22:45.7 113:48.3 3:30.1)
1	29	Norah Campbell	11	21:32.3
2	51	Luella Jeche	10	22:01.1
3	77	Selah Skaran	8	22:35.6
4	80	Elise Campbell	8	22:36.9
5	176	Hannah Loftus		25:02.4
6	(189)	Olivia Bunne	10	25:19.1
16.	435	Osceola		(22:43.1 113:35.4 1:57.3)
1	42	Elletta Uddin	10	21:48.7
2	55	Ayla Krenz	9	22:05.8
3	66	Merrianna Johnson	12	22:18.0
4	134	Adelyn Ellefson	12	23:36.9
5	138	Ana Ulrich	10	23:46.0
6	(164)	Justine Tronrud	9	24:24.5
7	(167)	Rylee Hall	10	24:35.5
17.	458	New Richmond		(22:29.9 112:29.1 4:31.7)
1	1	Marah Benedict	11	19:32.9
2	70	Madison Benzer	9	22:26.8
3	116	Reese Nichols	11	23:09.0
4	120	Maddi Balduc	9	23:15.8
5	151	Katie Ebnet	10	24:04.6
6	(152)	Katelyn Doehrmann	12	24:06.5
7	(161)	Madison Kamish	9	24:20.1
18.	474	Sioux Falls Washington		(22:52.0 114:19.9 2:10.1)
1	35	Ansley Buus	9	21:41.9
2	58	Marissa Bouwman	9	22:11.6
3	109	Siri Knutson	9	23:00.3
4	131	Naomi Rock	12	23:34.1
5	141	Emily Stahlberg	11	23:52.0
6	(157)	Yom Kuol	12	24:15.0
7	(166)	Gabby DeVries	9	24:32.8
19.	480	Eau Claire North		(22:52.6 114:23.0 3:59.0)
1	17	Katie Rassbach	12	20:57.1
2	65	Leah Luedtke	11	22:16.7
3	106	Linnea Mowinckel	12	22:58.0
4	118	Claire Gannon	12	23:15.1
5	174	Teresa Luedtke	12	24:56.1
6	(178)	Ella Cesafsky	10	25:04.2
7	(206)	Anissa Goodell	9	27:07.5
20.	494	Rosemount		(22:58.5 114:52.5 1:48.7)

1	53	Lily Peterson	12	22:04.4			
2	74	Alexa Erzar	12	22:34.3			
3	98	Madeline Lommen	12	22:54.1			
4	127	Joli Cammerrer	12	23:26.6			
5	142	Taylor Krieg		23:53.1			
6	(144)	Morgan Weyrens	11	23:55.5			
7	(160)	Grace Mensink	11	24:19.4			
21.	533	Kewaskum			(23:04.0	115:19.6	3:00.4)
1	18	Bella Hooker	12	21:00.3			
2	92	Riley Hoerig	12	22:50.2			
3	135	Brielle Scoles	12	23:39.7			
4	139	Avalon Olla	12	23:48.7			
5	149	Taylor Kulick	9	24:00.7			
6	(156)	Ruby Gerhartz	10	24:14.1			
7	(183)	Sarah Hill	12	25:11.4			
22.	540	Aquinas			(23:10.1	115:50.4	2:37.1)
1	46	Alexa Myre	10	21:52.1			
2	81	Emily Bagniefski	9	22:38.3			
3	108	Hope Hawker	9	22:59.5			
4	140	Bethany Hale	10	23:51.3			
5	165	Tenny Makepeace	11	24:29.2			
6	(193)	Gwyneth Buck	10	25:49.5			
7	(205)	Leah Waller		26:59.6			
23.	545	Rice Lake			(23:09.4	115:47.0	2:16.1)
1	45	Abby Britton	9	21:50.9			
2	82	Clara Drost	10	22:38.4			
3	117	Maude Spagnolo	12	23:12.5			
4	147	Addison Leaf	12	23:58.2			
5	154	Julia Holthaus	11	24:07.0			
6	(180)	Anna Lipke	11	25:07.6			
7	(195)	Mindy Barta	10	25:58.6			
24.	551	Wadena-Deer Creek			(23:07.0	115:34.6	0:44.4)
1	95	Lydia Oldakowski	10	22:51.4			
2	100	Britta Sweeney	10	22:54.8			
3	104	Noelle Spicer	11	22:57.4			
4	119	Amber Collins	11	23:15.2			
5	133	Brielle Kern	9	23:35.8			
6	(143)	Karly Haverkamp	9	23:55.3			
7	(187)	McKenna Brauch		25:15.6			
25.	552	Red Wing			(23:04.5	115:22.2	4:46.6)
1	4	Nora Hanson	10	19:54.2			
2	84	Annika Johnson	11	22:43.1			
3	125	Emme Hattemer	9	23:26.0			
4	169	Elaina Borgschatz	12	24:38.1			
5	170	Alyssa Rippentrop	10	24:40.8			
26.	686	Hayward			(24:51.8	124:19.0	7:34.0)
1	57	Harper Sheehan	9	22:10.9			
2	105	Lydia Bergschneider	11	22:57.4			
3	113	Maria Halberg	10	23:04.7			
4	197	Hailey Waystedt	11	26:21.1			
5	214	Addison Werner	11	29:44.9			
6	(216)	Kendal DeCora	11	37:26.2			

27.	730	Prescott			(23:58.3	119:51.1	1:19.4)
1	121	Ava Budworth	12	23:16.6			
2	129	Amber Van Loon	10	23:33.0			
3	153	Abby Overland	12	24:06.6			
4	159	Rhiannon Fabian	12	24:18.9			
5	168	Alee Warp	12	24:36.0			
6	(181)	Katie Huppert	11	25:08.8			
7	(182)	Nora Boles	10	25:10.8			
28.	768	St. Paul Como Park			(24:18.4	121:31.9	2:09.9)
1	110	Lu Beckman	7	23:01.8			
2	126	Margaret Spray	11	23:26.2			
3	173	Addie Power-Theisen	8	24:52.7			
4	175	June Staloch	8	24:59.5			
5	184	Paloma Dashevsky	8	25:11.7			
6	(198)	Anna Lovat	12	26:30.6			
7	(210)	Lucia Rosell	11	28:23.4			
29.	774	Shiloh Christian			(24:22.4	121:51.6	3:11.5)
1	103	Emma Duffy	11	22:57.3			
2	150	Ava Maulding	9	24:03.9			
3	162	Kasie Buchholtz	8	24:20.4			
4	163	Elizabeth Hatlestad	11	24:21.2			
5	196	Shelby Melin	12	26:08.8			
6	(207)	Makowa Packineau	10	27:11.4			
30.	833	Irondale			(24:57.5	124:47.2	3:53.1)
1	102	Azelle Besemann	10	22:56.2			
2	172	Mia Christianson	9	24:52.1			
3	177	Miriam Robertson	9	25:03.7			
4	179	Amelie Vanloon	9	25:05.9			
5	203	Lilliana Carpentier	12	26:49.3			
31.	906	River Falls			(25:34.1	127:50.5	3:21.5)
1	122	Afton Gillis	10	23:18.5			
2	191	Anna Weyer	11	25:37.8			
3	192	Abigail Treichel	10	25:37.9			
4	200	Rachel Winter	12	26:36.3			
5	201	Dianna Lothar	10	26:40.0			
6	(202)	Elena Lester	12	26:41.0			
7	(209)	Mariah Sandberg	11	28:17.4			
32.	992	Richfield			(26:49.0	134:04.9	3:42.8)
1	185	Parker Pollis	12	25:14.3			
2	188	Signe Linne	10	25:17.5			
3	199	Eleanor Lundin	8	26:35.5			
4	208	Gianna Piram	8	28:00.5			
5	212	Adalia Taylor	10	28:57.1			
6	(213)	Sadah Schram	10	28:58.4			
7	(215)	Larissa Schafer	9	29:57.2			

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Girl's Gold 5k

Place	TmPl	Name	Year	Teamname	Time	Pace
1	1	Marah Benedict	11	New Richmond	19:32.9	6:18
2	2	Kylie Nelson	11	Centennial	19:42.7	6:21
3	3	Meredith Richter	12	Medford Area	19:53.6	6:25
4	4	Nora Hanson	10	Red Wing	19:54.2	6:25
5	5	Esme Gulbransen	11	Breck School	19:56.7	6:26
6	6	Abby Smith	9	Centennial	20:12.6	6:31
7	7	Cara Back	9	Rogers	20:12.8	6:31
8	8	Anna Miller	9	Notre Dame	20:20.8	6:33
9	9	Chelsea Vedepo		Iowa City Liberty	20:32.7	6:37
10	10	Monika Stoik	10	Notre Dame	20:37.1	6:39
11	11	Abby Wood	12	Centennial	20:38.9	6:39
12	12	Sophia Comfere	11	Rochester Century	20:42.0	6:40
13	13	Anna Peikert	11	Rochester Lourdes	20:48.4	6:42
14	14	Carsyn Brady	12	Owatonna	20:49.3	6:43
15	15	Jenna Hursh	12	Northwestern	20:55.3	6:45
16	16	Cori Mac	12	Iowa City Liberty	20:56.1	6:45
17	17	Katie Rassbach	12	Eau Claire North	20:57.1	6:45
18	18	Bella Hooker	12	Kewaskum	21:00.3	6:46
19	19	Annabelle Ellenbog	10	Breck School	21:01.9	6:47
20	20	Addy Crow	12	Rochester Century	21:05.7	6:48
21	21	Julia Zalewski	12	Centennial	21:09.7	6:49
22	22	Jazzlyn Hanenberge	11	Rochester Century	21:12.9	6:50
23	23	Annelise Offerdahl	11	Centennial	21:16.7	6:51
24	24	Brooke Carter	9	Blue Valley West	21:21.4	6:53
25	25	Zita Lulloff	12	Notre Dame	21:23.4	6:54
26	26	Lindsay Berg	11	Eau Claire Memorial	21:27.7	6:55
27	27	Lindsay Kahn	10	Medford Area	21:29.1	6:55
28	28	Paige Beining	12	Notre Dame	21:29.7	6:56
29	29	Norah Campbell	11	Stewartville	21:32.3	6:56
30	30	Kendra Melby	10	Owatonna	21:33.2	6:57
31	31	Ella Capomaccio	12	Notre Dame	21:33.6	6:57
32	32	Mimi Marquardt	11	Iowa City Liberty	21:34.7	6:57
33		Ashley Nelson	12	Sartell	21:34.9	6:57
34	33	Miranda Sawvel	11	Centennial	21:38.7	6:58
35	34	Clara Meier	8	Owatonna	21:41.0	6:59
36	35	Ansley Buus	9	Sioux Falls Washington	21:41.9	7:00
37		Mady Dockendorf	12	Sartell	21:42.7	7:00
38	36	Olivia Timbers	9	Rochester Lourdes	21:44.3	7:00
39	37	Adeline Viergutz	11	Eau Claire Memorial	21:44.5	7:00
40	38	Anna Cox	12	Owatonna	21:46.6	7:01
41	39	Maija Lamppa	10	Rock Ridge	21:47.4	7:01
42	40	Ashlyn Sutherland	11	Northwestern	21:48.2	7:02
43	41	Alexa Kleingarn	12	Nova Classical Academy	21:48.5	7:02
44	42	Elletta Uddin	10	Osceola	21:48.7	7:02
45	43	Leah Leckner	8	Owatonna	21:48.7	7:02
46	44	Nora Mecikalski	11	Eau Claire Memorial	21:49.8	7:02
47	45	Abby Britton	9	Rice Lake	21:50.9	7:02
48	46	Alexa Myre	10	Aquinas	21:52.1	7:03
49	47	Anna Swanson	10	Centennial	21:53.0	7:03
50	48	Sophia Trabuco	11	Rochester Century	21:54.1	7:03

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Girl's Gold 5k

Place	TmPl	Name	Year	Teamname	Time	Pace
51	49	Nora Stark	10	Rock Ridge	21:59.7	7:05
52	50	Camille Broullire	12	Notre Dame	22:00.0	7:05
53	51	Luella Jeche	10	Stewartville	22:01.1	7:06
54	52	Avery Lentz	11	Eau Claire Memorial	22:02.2	7:06
55	53	Lily Peterson	12	Rosemount	22:04.4	7:07
56	54	Lauren Carlton	11	Notre Dame	22:05.7	7:07
57	55	Ayla Krenz	9	Osceola	22:05.8	7:07
58	56	Elyse Thomas	9	Eau Claire Memorial	22:09.6	7:08
59	57	Harper Sheehan	9	Hayward	22:10.9	7:09
60	58	Marissa Bouwman	9	Sioux Falls Washington	22:11.6	7:09
61	59	Ava Wozney	12	Eau Claire Memorial	22:11.6	7:09
62	60	Clara Welch	11	Iowa City Liberty	22:11.8	7:09
63	61	Lucia Luepker	11	Nova Classical Academy	22:11.9	7:09
64		Emilia Lauinger	12	Centennial	22:12.7	7:09
65	62	Stella Zoller	8	Rochester Century	22:13.5	7:10
66	63	Clara Sennot	8	Owatonna	22:14.8	7:10
67	64	Bridget Canton	12	Iowa City Liberty	22:16.3	7:11
68	65	Leah Luedtke	11	Eau Claire North	22:16.7	7:11
69	66	Merrianna Johnson	12	Osceola	22:18.0	7:11
70	67	Peyten Eide	10	Iowa City Liberty	22:20.6	7:12
71	68	Charlotte Willems	11	Eau Claire Memorial	22:21.7	7:12
72	69	Lily Penniman	12	Nova Classical Academy	22:23.8	7:13
73	70	Madison Benzer	9	New Richmond	22:26.8	7:14
74	71	Halee Horner	11	Blue Valley West	22:29.0	7:15
75		Reagan Gosa	10	Notre Dame	22:29.8	7:15
76	72	Maria Aluni	10	Rock Ridge	22:32.9	7:16
77		Madi Chrusciel	9	Centennial	22:33.4	7:16
78	73	Alexis Lamppa	10	Rock Ridge	22:33.7	7:16
79	74	Alexa Erzar	12	Rosemount	22:34.3	7:16
80	75	Mady Anderson	8	Rogers	22:34.7	7:17
81	76	Ashley Calvert	12	Rochester Century	22:34.9	7:17
82	77	Selah Skaran	8	Stewartville	22:35.6	7:17
83	78	Madelyn Johnson	11	Iowa City Liberty	22:36.2	7:17
84	79	Maria Hanauska	12	Rogers	22:36.8	7:17
85	80	Elise Campbell	8	Stewartville	22:36.9	7:17
86	81	Emily Bagniefski	9	Aquinas	22:38.3	7:18
87	82	Clara Drost	10	Rice Lake	22:38.4	7:18
88	83	Mariah Brooks	12	Rochester Lourdes	22:40.7	7:18
89	84	Annika Johnson	11	Red Wing	22:43.1	7:19
90	85	Hadley Keleman	12	Blue Valley West	22:45.5	7:20
91		Morgan Dewey	10	Eau Claire Memorial	22:45.8	7:20
92	86	Claire Germano	10	Northwestern	22:46.0	7:20
93	87	Avery Odgers	12	Blue Valley West	22:46.8	7:20
94	88	Stephanie Bannon	12	Rochester Century	22:47.3	7:21
95	89	Cece Roberts	11	Nova Classical Academy	22:47.8	7:21
96		Sidney Flies	8	Rochester Century	22:49.5	7:21
97	90	Emily Clark	11	Owatonna	22:49.9	7:21
98	91	Miia Johnson		Rock Ridge	22:50.0	7:21
99	92	Riley Hoerig	12	Kewaskum	22:50.2	7:21
100	93	Kieran Pederson	10	Rogers	22:50.6	7:22

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Girl's Gold 5k						
Place	TmPl	Name	Year	Teamname	Time	Pace
101	94	Charlotte Whaley	10	Blue Valley West	22:50.9	7:22
102	95	Lydia Oldakowski	10	Wadena-Deer Creek	22:51.4	7:22
103	96	Talia Tomhave	12	Nova Classical Academy	22:51.5	7:22
104	97	Alice Johnson		Rock Ridge	22:52.0	7:22
105	98	Madeline Lommen	12	Rosemount	22:54.1	7:23
106	99	Anna Harrington	9	Breck School	22:54.4	7:23
107	100	Britta Sweeney	10	Wadena-Deer Creek	22:54.8	7:23
108	101	Lauren Barthel	7	Rogers	22:55.7	7:23
109	102	Azelle Besemann	10	Irondale	22:56.2	7:23
110	103	Emma Duffy	11	Shiloh Christian	22:57.3	7:24
111	104	Noelle Spicer	11	Wadena-Deer Creek	22:57.4	7:24
112	105	Lydia Bergschneide	11	Hayward	22:57.4	7:24
113	106	Linnea Mowinckel	12	Eau Claire North	22:58.0	7:24
114	107	Sophia Navarro	9	Northwestern	22:58.0	7:24
115		Emerson Adams	10	Iowa City Liberty	22:58.1	7:24
116	108	Hope Hawker	9	Aquinas	22:59.5	7:24
117	109	Siri Knutson	9	Sioux Falls Washington	23:00.3	7:25
118		Paige Thompson	10	Owatonna	23:01.1	7:25
119	110	Lu Beckman	7	St. Paul Como Park	23:01.8	7:25
120	111	Ella Daniels	12	Medford Area	23:02.5	7:25
121	112	Addy Papin	8	Rock Ridge	23:04.5	7:26
122	113	Maria Halberg	10	Hayward	23:04.7	7:26
123	114	Morgan Liske	10	Medford Area	23:05.5	7:26
124	115	Loralei Ibeling	10	Rogers	23:07.6	7:27
125	116	Reese Nichols	11	New Richmond	23:09.0	7:28
126		Audrey Julson	9	Centennial	23:11.3	7:28
127	117	Maude Spagnolo	12	Rice Lake	23:12.5	7:29
128		Erin McNerney	12	Notre Dame	23:14.0	7:29
129	118	Claire Gannon	12	Eau Claire North	23:15.1	7:30
130	119	Amber Collins	11	Wadena-Deer Creek	23:15.2	7:30
131	120	Maddi Balduc	9	New Richmond	23:15.8	7:30
132	121	Ava Budworth	12	Prescott	23:16.6	7:30
133	122	Afton Gillis	10	River Falls	23:18.5	7:31
134	123	Abigail Getnick	10	Breck School	23:18.6	7:31
135		Carleigh Maher	10	Iowa City Liberty	23:19.6	7:31
136		Ella Nowak	9	Notre Dame	23:20.6	7:31
137	124	Mallory Richter	10	Medford Area	23:22.1	7:32
138		Becca Rouse	9	Eau Claire Memorial	23:23.2	7:32
139		Marissa Becker	Jr	Iowa City Liberty	23:25.9	7:33
140	125	Emme Hattemer	9	Red Wing	23:26.0	7:33
141	126	Margaret Spray	11	St. Paul Como Park	23:26.2	7:33
142	127	Joli Cammerrer	12	Rosemount	23:26.6	7:33
143		Ava Halvorsen	8	Rochester Century	23:29.5	7:34
144	128	Shayna Wick	12	Northwestern	23:31.6	7:35
145	129	Amber Van Loon	10	Prescott	23:33.0	7:35
146	130	Vanessa Brooks	8	Rochester Lourdes	23:33.6	7:35
147	131	Naomi Rock	12	Sioux Falls Washington	23:34.1	7:36
148	132	Elizabeth Penza	9	Rochester Lourdes	23:34.3	7:36
149		Ava Austin	11	Rochester Century	23:35.5	7:36
150	133	Brielle Kern	9	Wadena-Deer Creek	23:35.8	7:36



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Girl's Gold 5k						
Place	TmPl	Name	Year	Teamname	Time	Pace
151		Bryn Myers	9	Eau Claire Memorial	23:36.5	7:36
152	134	Adelyn Ellefson	12	Osceola	23:36.9	7:37
153	135	Brielle Scoles	12	Kewaskum	23:39.7	7:37
154	136	Ella Dassow	11	Medford Area	23:44.2	7:39
155	137	Sophia Peikert	8	Rochester Lourdes	23:45.8	7:39
156	138	Ana Ulrich	10	Osceola	23:46.0	7:39
157	139	Avalon Olla	12	Kewaskum	23:48.7	7:40
158	140	Bethany Hale	10	Aquinas	23:51.3	7:41
159	141	Emily Stahlberg	11	Sioux Falls Washington	23:52.0	7:41
160	142	Taylor Krieg		Rosemount	23:53.1	7:42
161	143	Karly Haverkamp	9	Wadena-Deer Creek	23:55.3	7:42
162	144	Morgan Weyrens	11	Rosemount	23:55.5	7:43
163	145	Willow Dassow	9	Medford Area	23:56.1	7:43
164	146	Bridget O'Brien	10	Rogers	23:57.2	7:43
165	147	Addison Leaf	12	Rice Lake	23:58.2	7:43
166	148	Anna Hawk	12	Blue Valley West	24:00.0	7:44
167	149	Taylor Kulick	9	Kewaskum	24:00.7	7:44
168	150	Ava Maulding	9	Shiloh Christian	24:03.9	7:45
169	151	Katie Ebnet	10	New Richmond	24:04.6	7:45
170	152	Katelyn Doehrmann	12	New Richmond	24:06.5	7:46
171	153	Abby Overland	12	Prescott	24:06.6	7:46
172	154	Julia Holthaus	11	Rice Lake	24:07.0	7:46
173	155	Gwynn Rembold	12	Blue Valley West	24:08.2	7:47
174	156	Ruby Gerhartz	10	Kewaskum	24:14.1	7:48
175	157	Yom Kuol	12	Sioux Falls Washington	24:15.0	7:49
176	158	Avery Lampe	11	Breck School	24:16.6	7:49
177	159	Rhiannon Fabian	12	Prescott	24:18.9	7:50
178	160	Grace Mensink	11	Rosemount	24:19.4	7:50
179	161	Madison Kamish	9	New Richmond	24:20.1	7:50
180	162	Kasie Buchholtz	8	Shiloh Christian	24:20.4	7:51
181	163	Elizabeth Hatlesta	11	Shiloh Christian	24:21.2	7:51
182	164	Justine Tronrud	9	Osceola	24:24.5	7:52
183		Ella Adams	10	Rosemount	24:27.0	7:53
184		Emma Lamppa	12	Rock Ridge	24:28.5	7:53
185	165	Tenny Makepeace	11	Aquinas	24:29.2	7:53
186	166	Gabby Devries	9	Sioux Falls Washington	24:32.8	7:55
187	167	Rylee Hall	10	Osceola	24:35.5	7:55
188	168	Alee Warp	12	Prescott	24:36.0	7:56
189	169	Elaina Borgschatz	12	Red Wing	24:38.1	7:56
190	170	Alyssa Rippentrop	10	Red Wing	24:40.8	7:57
191		Sydney Matson	10	Rosemount	24:45.1	7:58
192		Sylvia Brodd	10	Math & Science Academy	24:46.2	7:59
193		Katherine Gregar	9	Math & Science Academy	24:47.6	7:59
194	171	Michaela Geissler	10	Northwestern	24:50.5	8:00
195	172	Mia Christianson	9	Irondale	24:52.1	8:01
196	173	Addie Power-Theise	8	St. Paul Como Park	24:52.7	8:01
197		Esmeralda Anderson	10	Medford Area	24:53.5	8:01
198	174	Teresa Luedtke	12	Eau Claire North	24:56.1	8:02
199		Malia Matthias	9	New Richmond	24:59.1	8:03
200	175	June Staloch	8	St. Paul Como Park	24:59.5	8:03

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Girl's Gold 5k						
Place	TmPl	Name	Year	Teamname	Time	Pace
201	176	Hannah Loftus		Stewartville	25:02.4	8:04
202	177	Miriam Robertson	9	Irondale	25:03.7	8:04
203	178	Ella Cesafsky	10	Eau Claire North	25:04.2	8:05
204	179	Amelie Vanloon	9	Irondale	25:05.9	8:05
205	180	Anna Lipke	11	Rice Lake	25:07.6	8:06
206	181	Katie Huppert	11	Prescott	25:08.8	8:06
207		Taylor Rausch	10	Rogers	25:09.7	8:06
208	182	Nora Boles	10	Prescott	25:10.8	8:07
209	183	Sarah Hill	12	Kewaskum	25:11.4	8:07
210	184	Paloma Dashevsky	8	St. Paul Como Park	25:11.7	8:07
211		Izzie Perry	12	New Richmond	25:12.5	8:07
212		Harmony Piepho	9	Owatonna	25:14.2	8:08
213	185	Parker Pollis	12	Richfield	25:14.3	8:08
214		Mae Leppones	12	Rosemount	25:14.6	8:08
215	186	Jael Lintula	9	Northwestern	25:15.2	8:08
216		Lillie Gleichauf	12	Medford Area	25:15.3	8:08
217	187	McKenna Brauch		Wadena-Deer Creek	25:15.6	8:08
218		Aubree Shears		Rock Ridge	25:16.2	8:08
219	188	Signe Linne	10	Richfield	25:17.5	8:09
220	189	Olivia Bunne	10	Stewartville	25:19.1	8:09
221		Payton Waidelich	11	New Richmond	25:19.5	8:10
222		Sebastian Poe	11	Blue Valley West	25:21.3	8:10
223		Cailyn Bawcom	10	Blue Valley West	25:26.0	8:12
224		Allison Heipp	12	Kewaskum	25:27.0	8:12
225	190	Samantha Dvorak	11	Breck School	25:27.4	8:12
226		Xaria Gurath	9	Sioux Falls Washington	25:32.3	8:14
227		Kylie Potvin	12	Medford Area	25:34.2	8:14
228	191	Anna Weyer	11	River Falls	25:37.8	8:15
229	192	Abigail Treichel	10	River Falls	25:37.9	8:15
230		Camryn Rickers	11	Prescott	25:38.7	8:16
231		Annika Spicer		Wadena-Deer Creek	25:44.7	8:18
232	193	Gwyneth Buck	10	Aquinas	25:49.5	8:19
233	194	Gianna Deick	8	Rochester Lourdes	25:57.9	8:22
234		Najhaia Nelson	12	Northwestern	25:58.1	8:22
235	195	Mindy Barta	10	Rice Lake	25:58.6	8:22
236		Ruthie Somers	10	Park Center	26:04.8	8:24
237		Joanna Aho	10	Wadena-Deer Creek	26:07.7	8:25
238		Emilee Sayler	10	Rogers	26:08.3	8:25
239	196	Shelby Melin	12	Shiloh Christian	26:08.8	8:25
240		Olivia Smedley	10	Kewaskum	26:15.1	8:27
241		Amelia Applebee	11	Math & Science Academy	26:17.7	8:28
242	197	Hailey Waystedt	11	Hayward	26:21.1	8:29
243		Autumn Geise	9	Kewaskum	26:22.0	8:30
244		Kinley Donaldson	10	Sioux Falls Washington	26:25.1	8:31
245		Ivy Bennis	12	Northwestern	26:27.5	8:31
246	198	Anna Lovat	12	St. Paul Como Park	26:30.6	8:32
247	199	Eleanor Lundin	8	Richfield	26:35.5	8:34
248	200	Rachel Winter	12	River Falls	26:36.3	8:34
249		Adele Pratt	9	Osceola	26:36.4	8:34
250	201	Dianna Lothar	10	River Falls	26:40.0	8:35

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Girl's Gold 5k						
Place	TmPl	Name	Year	Teamname	Time	Pace
251	202	Elena Lester	12	River Falls	26:41.0	8:36
252	203	Lilliana Carpentie	12	Irondale	26:49.3	8:38
253		Natalia Mendyk	11	Rice Lake	26:49.4	8:38
254	204	Mahini Balasubrama	10	Nova Classical Academy	26:55.0	8:40
255	205	Leah Waller		Aquinas	26:59.6	8:42
256		Faith Parmeter	11	Prescott	27:02.8	8:43
257	206	Anissa Goodell	9	Eau Claire North	27:07.5	8:44
258		Kianna Schubert	11	Eau Claire North	27:09.5	8:45
259	207	Makowa Packineau	10	Shiloh Christian	27:11.4	8:46
260		Olivia Hernandez	10	Eau Claire North	27:12.4	8:46
261		Madi Klima	11	Rock Ridge	27:28.2	8:51
262		Lauren Ulrich	9	Osceola	27:31.8	8:52
263		Elleanor Hietala	11	Rice Lake	27:34.4	8:53
264	208	Gianna Piram	8	Richfield	28:00.5	9:01
265	209	Mariah Sandberg	11	River Falls	28:17.4	9:07
266	210	Lucia Rosell	11	St. Paul Como Park	28:23.4	9:09
267	211	Chloe Brown	10	Nova Classical Academy	28:46.1	9:16
268		Grettel Marinmelen	12	St. Paul Washington Techno	28:46.8	9:16
269		Margaret Fear	12	St. Paul Washington Techno	28:48.6	9:17
270	212	Adalia Taylor	10	Richfield	28:57.1	9:20
271		Sophia Paulson	11	Aquinas	28:58.2	9:20
272	213	Sadah Schram	10	Richfield	28:58.4	9:20
273		Astrid Reiff	9	River Falls	29:17.1	9:26
274	214	Addison Werner	11	Hayward	29:44.9	9:35
275		Anabel Sans Craint	9	Aquinas	29:51.7	9:37
276	215	Larissa Schafer	9	Richfield	29:57.2	9:39
277		Elliette Thacker	10	Richfield	29:57.7	9:39
278		Rose Thompson	10	Richfield	30:00.0	9:40
279		Elizabeth Hernande	10	Richfield	30:25.4	9:48
280		Mya Nay Paw	11	St. Paul Washington Techno	30:32.8	9:50
281		Megan Steghlow		River Falls	32:43.5	10:32
282		Frannie Howatt	8	St. Paul Como Park	32:46.3	10:33
283		Sharnelle Kouakou	11	St. Paul Johnson	32:47.6	10:34
284		Alida Kersey	11	St. Paul Como Park	33:34.5	10:49
285	216	Kendal Decora	11	Hayward	37:26.2	12:03
286		Jennifer Herrera-C	12	St. Paul Johnson	38:13.5	12:19

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)