

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College

Saturday, September 13, 2025

MEET OFFICIALS

Meet Director:

Steve Pasche

Meet Referee:

Ray Armel

Timing:

Wayzata Results, LLC



OFFICIAL MEET REPORT

printed: 9/13/2025 1:00 PM

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

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Roseville Area	34	2-3-8-10-11(15)(16)	1:50:50	0:53.6
2 Iowa City City High	39	4-5-6-7-17(24)(25)	1:51:22	0:50.6
3 Dubuque Senior	70	1-9-18-20-22(32)(41)	1:52:36	1:27.4
4 Linn-Mar Marion	119	14-19-23-30-33(34)(35)	1:55:51	1:01.1
5 Decorah	158	12-21-39-42-44(45)(53)	1:59:07	2:10.3
6 Dubuque Hempstead	217	28-29-40-47-73(74)(86)	2:01:50	2:33.4
7 Iowa City Liberty	238	27-46-50-52-63(64)(79)	2:03:47	2:10.5
8 Mason City	245	36-37-38-54-80(84)(89)	2:03:49	2:17.4
9 Minneapolis Washbur	267	26-43-59-69-70(72)	2:04:25	2:41.1
10 Minnetonka	280	31-51-55-67-76(77)(81)	2:05:23	2:28.7
11 Byron	348	13-62-65-100-108(119)(121)	2:10:47	6:31.5
12 Rochester Century	374	66-68-75-82-83(91)(93)	2:10:07	0:53.3
13 Burnsville	383	48-49-85-94-107(112)(117)	2:13:19	4:07.4
14 Rochester John Mars	405	57-78-87-88-95(96)(97)	2:12:58	2:28.9
15 Aquinas	419	56-60-98-102-103(116)	2:14:34	2:58.3
16 Pine Island	471	61-92-99-106-113	2:19:48	4:50.4
17 La Crosse Central	495	58-101-105-109-122	2:25:17	8:59.9
18 Lanesboro/Fillmore C	531	71-104-114-118-124	2:32:05	10:28.5
19 Regina Iowa City	546	90-110-111-115-120(123)	2:30:13	6:10.8

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
26 Ella Romero	JR	455	Iowa City City H	(25)	23:04.9	1:34.7
27 Marni Beck	SO	856	Minneapolis Wa	26	23:06.2	1:36.0
28 Madelyn Fitzgerald	SO	431	Iowa City City H	-	23:17.6	1:47.4
29 Isabel Madsen	FR	520	Iowa City Libert	27	23:19.3	1:49.1
30 Sophie Welter	SO	312	Dubuque Hemp	28	23:20.1	1:49.9
31 Hazel Freund	FR	292	Dubuque Hemp	29	23:20.3	1:50.1
32 Leah Paulson	SR	735	Linn-Mar Mario	30	23:27.6	1:57.4
33 Fiona Baker	FR	1349	Roseville Area	-	23:28.2	1:58.0
34 Charlotte Suttin	FR	1378	Roseville Area	-	23:32.5	2:02.3
35 Ava Schlapkohl	JR	904	Minnetonka	31	23:34.0	2:02.8
36 Chloe Sprague	JR	334	Dubuque Senio	(32)	23:39.8	2:09.6
37 Audrey Drake	8	1353	Roseville Area	-	23:44.9	2:14.7
38 Ellie Scott	SR	738	Linn-Mar Mario	33	23:45.5	2:15.3
39 Anika Haugen	SR	727	Linn-Mar Mario	(34)	23:51.5	2:21.3
40 Anna Rogers	8	1373	Roseville Area	-	23:51.8	2:21.6
41 Erica Gengler	FR	725	Linn-Mar Mario	(35)	23:53.7	2:23.5
42 Jayla Cooley	SO	804	Mason City	36	23:57.3	2:27.1
43 Sylvie Lunos	7	1364	Roseville Area	-	23:58.4	2:28.2
44 Kaylie Bruess	FR	1397	South Winneshi	-	24:00.3	2:30.1
45 Claire Verzwylvelt	SO	978	Onalaska	-	24:01.3	2:31.1
46 Genevieve Ihrke	8	1434	St. Charles	-	24:10.5	2:40.3
47 Kennedy Phelps	8	1437	St. Charles	-	24:10.6	2:40.4
48 Kate Boedeker	FR	801	Mason City	37	24:13.9	2:43.7
49 Addison Mangan	FR	445	Iowa City City H	-	24:14.3	2:44.1
50 Penelope Scott	FR	815	Mason City	38	24:14.5	2:44.3
51 Leah Garcia-Prats	SO	208	Decorah	39	24:14.5	2:44.3
52 Eva Stevenson	SR	309	Dubuque Hemp	40	24:18.0	2:46.8
53 Abby Sindt	FR	333	Dubuque Senio	(41)	24:19.4	2:49.2
54 Norah Reicks	FR	454	Iowa City City H	-	24:21.1	2:50.9
55 Heather Carpenter	SO	720	Linn-Mar Mario	-	24:24.0	2:52.8
56 Clara Metivier	SO	1365	Roseville Area	-	24:24.1	2:53.9
57 Olivia Rissman	JR	227	Decorah	42	24:25.2	2:55.0
58 Alma Sharp	SO	867	Minneapolis Wa	43	24:25.9	2:55.7
59 Elayna Backes	SO	718	Linn-Mar Mario	-	24:30.3	3:00.1
60 Alina Buchholtz	FR	315	Dubuque Senio	-	24:34.4	3:04.2
61 Lucy Weber	FR	337	Dubuque Senio	-	24:39.2	3:09.0
62 Helen Maldonado	FR	1402	South Winneshi	-	24:41.6	3:11.4
63 Amelie Bechtel	SO	417	Iowa City City H	-	24:45.5	3:15.3
64 Amari Casto	JR	421	Iowa City City H	-	24:46.0	3:14.8
65 Anika Stojkovic	JR	1377	Roseville Area	-	24:47.9	3:17.7
66 Natalie Holthaus	SO	210	Decorah	44	24:50.8	3:20.6
67 Audrey Remington	FR	226	Decorah	(45)	24:51.6	3:21.4
68 Maddie Gunderson	SR	435	Iowa City City H	-	24:53.0	3:21.8
69 Ashlyn Brubaker	JR	511	Iowa City Libert	46	24:55.6	3:25.4
70 Stella Houselog	SO	297	Dubuque Hemp	47	24:58.1	3:27.9
71 Heidy Calderon Aguirre	JR	52	Burnsville	48	24:58.3	3:28.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Skylar Carpenter	SO	316	Dubuque Senio	1	21:30.2	---
2 Flora Lunos	8	1363	Roseville Area	2	21:40.4	10.2
3 Gabrielle Gerlach	8	1358	Roseville Area	3	21:42.2	12.0
4 Camille Leman	SO	443	Iowa City City H	4	21:59.1	28.9
5 Martha Willard	JR	464	Iowa City City H	5	22:03.8	33.6
6 Tenley Deering	FR	1086	Postville Comm	-	22:07.2	37.0
7 Maeve Nordlund	FR	451	Iowa City City H	6	22:07.6	37.4
8 Lucia Galluzzo	SO	433	Iowa City City H	7	22:21.2	51.0
9 Anna Thomas	FR	1379	Roseville Area	8	22:24.1	53.9
10 Josie Beard	SO	313	Dubuque Senio	9	22:24.8	54.6
11 Cecilia Fuenffinger	7	1356	Roseville Area	10	22:29.0	57.8
12 Eila Fuenffinger	7	1357	Roseville Area	11	22:34.0	1:02.8
13 Eva Hurley	SO	213	Decorah	12	22:40.6	1:10.4
14 McKenzie Schultz	SO	113	Byron	13	22:42.0	1:10.8
15 Haylie Wildman	SO	743	Linn-Mar Mario	14	22:44.5	1:14.3
16 Cora Burton	7	1350	Roseville Area	(15)	22:46.1	1:15.9
17 Megan Scalf	FR	1375	Roseville Area	(16)	22:48.6	1:18.4
18 Amelia Terrill	SO	462	Iowa City City H	17	22:49.6	1:19.4
19 Sophie Tigges	SO	336	Dubuque Senio	18	22:49.8	1:19.6
20 Wrenley Musser	FR	734	Linn-Mar Mario	19	22:51.7	1:21.5
21 Audrey Holdener	JR	322	Dubuque Senio	20	22:53.4	1:23.2
22 Addison Quandahl	SO	223	Decorah	21	22:55.9	1:25.7
23 Gabby Norman	SR	329	Dubuque Senio	22	22:57.6	1:27.4
24 Chloe Kozloski	SR	728	Linn-Mar Mario	23	23:01.1	1:30.9
25 Addison Klein	JR	441	Iowa City City H	(24)	23:02.7	1:32.5

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Wayzata Results, LLC**OFFICIAL MEET REPORT**
printed: 9/13/2025 1:00 PM**Race #3**
Lynch-Dobyns All-American Race Girls Junior Varsity 5k**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
72 Grace Hesselman	SR	320	Dubuque Senio	-	24:58.3	3:28.1	118 Elizabeth Christophers	SO	1351	Roseville Area	-	26:03.8	4:33.6
73 Hazel Larson	SO	1362	Roseville Area	-	24:58.6	3:28.4	119 Tabitha Durbin	SO	884	Minnetonka	(77)	26:08.4	4:38.2
74 Lia Park	JR	64	Burnsville	49	24:59.2	3:29.0	120 Addy Slee	SO	1343	Rochester John	78	26:10.2	4:40.0
75 Greta Daniels	SO	513	Iowa City Libert	50	24:59.3	3:29.1	121 Elise Good	JR	434	Iowa City City H	-	26:12.7	4:42.5
76 Ella Vos	SR	909	Minnetonka	51	25:01.4	3:31.2	122 Ruby Miller	SO	525	Iowa City Libert	(79)	26:13.8	4:43.6
77 Raegan McDermott	JR	524	Iowa City Libert	52	25:02.5	3:32.3	123 Claire Sewell	JR	816	Mason City	80	26:14.6	4:44.4
78 Elizabeth Asklof	SR	413	Iowa City City H	-	25:03.2	3:33.0	124 Finley Hanson	SO	148	De Soto	-	26:15.6	4:45.4
79 Rachel Spilde-Maki	JR	234	Decorah	(53)	25:06.7	3:36.5	125 Aven Simmons	JR	905	Minnetonka	(81)	26:16.7	4:46.5
80 Kate Rothert	FR	331	Dubuque Senio	-	25:07.1	3:36.9	126 Liana Keerthi	FR	889	Minnetonka	-	26:19.5	4:49.3
81 Myah Reindl	FR	814	Mason City	54	25:08.4	3:38.2	127 Esther Bentall	JR	1259	Rochester Cent	82	26:20.3	4:50.1
82 Alandra Mercado-Arne	SO	219	Decorah	-	25:08.5	3:38.3	128 Lucia Ruhoff	JR	902	Minnetonka	-	26:21.3	4:51.1
83 Natalie Berg	JR	878	Minnetonka	55	25:08.5	3:38.3	129 Evelyn Opheim	SO	222	Decorah	-	26:22.2	4:52.0
84 Brynn Grabowski	JR	10	Aquinas	56	25:11.0	3:39.8	130 Brinley Quandahl	SO	224	Decorah	-	26:22.5	4:52.3
85 Nadia Skaer	JR	1342	Rochester John	57	25:11.7	3:41.5	131 Ellie Adams	JR	200	Decorah	-	26:23.2	4:53.0
86 Martina Alberdi Mayora	SO	582	La Crosse Cent	58	25:13.2	3:43.0	132 Isla Scarcello	SO	1376	Roseville Area	-	26:24.3	4:54.1
87 Nora Wittenkeller	SO	465	Iowa City City H	-	25:14.5	3:44.3	133 Karina O'Neill	SO	897	Minnetonka	-	26:27.4	4:57.2
88 Annebelle Scheidel	FR	1440	Turkey Valley J	-	25:16.8	3:46.6	134 Isabelle White	JR	1088	Postville Comm	-	26:28.4	4:58.2
89 Elliette Wilson	SR	1381	Roseville Area	-	25:18.8	3:48.6	135 Alice Toledano	SR	1283	Rochester Cent	83	26:28.6	4:58.4
90 Sophia Morrison	SO	328	Dubuque Senio	-	25:18.9	3:48.7	136 Ella Als	JR	798	Mason City	(84)	26:30.4	5:00.2
91 Alice Thueringer	7	870	Minneapolis Wa	59	25:19.9	3:49.7	137 Paige Fethke	FR	429	Iowa City City H	-	26:31.0	4:59.8
92 Sophie Adams	FR	201	Decorah	-	25:22.9	3:52.7	138 Ashley Sabin	SR	529	Iowa City Libert	-	26:32.5	5:02.3
93 Cassie Swisher	JR	461	Iowa City City H	-	25:24.0	3:52.8	139 Caitlyn Harrison	SR	439	Iowa City City H	-	26:38.9	5:08.7
94 Olivia Taylor	SO	21	Aquinas	60	25:24.5	3:54.3	140 Jillian Volz	JR	237	Decorah	-	26:42.1	5:11.9
95 Willow Blair	JR	202	Decorah	-	25:25.5	3:55.3	141 Taylor Hill	FR	321	Dubuque Senio	-	26:43.1	5:12.9
96 Katelyn Vaneps	FR	1070	Pine Island	61	25:26.4	3:56.2	142 Cooper Hamilton	SR	437	Iowa City City H	-	26:49.4	5:19.2
97 Lynn Rice	JR	112	Byron	62	25:28.6	3:58.4	143 Tori Jashinsky	JR	60	Burnsville	85	26:49.5	5:19.3
98 Elsie Bisgard	SO	509	Iowa City Libert	63	25:29.8	3:59.6	144 Stella Duccini	FR	318	Dubuque Senio	-	26:51.6	5:21.4
99 Lola Hakes	FR	516	Iowa City Libert	(64)	25:31.8	4:01.6	145 Josie Kallback	JR	299	Dubuque Hemp	(86)	26:54.1	5:23.9
100 Evelyn Krueger	SO	103	Byron	65	25:34.5	4:04.3	146 Lauryn Ortiz	FR	330	Dubuque Senio	-	26:56.6	5:26.4
101 Bella Crow	SO	1263	Rochester Cent	66	25:35.3	4:05.1	147 Afton Murtha	JR	894	Minnetonka	-	26:56.8	5:26.6
102 Taylor Grossinger	SO	886	Minnetonka	67	25:36.3	4:06.1	148 Harper Helgeson	FR	1330	Rochester John	87	26:57.4	5:27.2
103 Harper Menke	FR	217	Decorah	-	25:41.4	4:11.2	149 Annalee Hall	FR	1329	Rochester John	88	26:57.6	5:27.4
104 Anna O'Byrne	JR	1276	Rochester Cent	68	25:45.2	4:15.0	150 Nettie Foat	SR	809	Mason City	(89)	26:58.4	5:28.2
105 Eleanor Cooper	JR	857	Minneapolis Wa	69	25:45.9	4:15.7	151 Lauren Severtson	JR	232	Decorah	-	26:59.2	5:29.0
106 Hazel Dempsey-Nicholl	SO	858	Minneapolis Wa	70	25:47.2	4:17.0	152 Nina Sessions	JR	230	Decorah	-	27:01.2	5:31.0
107 Eva Collins	FR	645	Lanesboro/Fillm	71	25:49.6	4:19.4	153 Sophia McGee	SO	216	Decorah	-	27:03.9	5:33.7
108 Emery Wallin	FR	872	Minneapolis Wa	(72)	25:50.1	4:19.9	154 Camryn Quandahl	SO	225	Decorah	-	27:04.4	5:34.2
109 Anna Platte	SO	453	Iowa City City H	-	25:52.2	4:22.0	155 Sydney Nash	FR	450	Iowa City City H	-	27:05.2	5:35.0
110 Piper Birkenholz	SR	288	Dubuque Hemp	73	25:53.5	4:23.3	156 Ciara Goldsmith	FR	1186	Regina Iowa Cit	90	27:06.1	5:35.9
111 Abigail Saul	FR	307	Dubuque Hemp	(74)	25:53.7	4:23.5	157 Riley San	SR	1281	Rochester Cent	(91)	27:06.5	5:36.3
112 Aleigh Urbina	FR	742	Linn-Mar Mario	-	25:54.1	4:23.9	158 Annabelle Reider	FR	900	Minnetonka	-	27:06.8	5:36.6
113 Lillian Dahlen	JR	206	Decorah	-	25:55.2	4:25.0	159 Kate Anderson	JR	875	Minnetonka	-	27:09.9	5:39.7
114 Oshn Funk	FR	1268	Rochester Cent	75	25:57.5	4:27.3	160 Anna Severtson	FR	231	Decorah	-	27:10.8	5:40.6
115 Rachel Weis	SO	238	Decorah	-	25:59.7	4:29.5	161 Alina Taggart	FR	1068	Pine Island	92	27:12.2	5:42.0
116 Regine Hougen	JR	212	Decorah	-	26:02.0	4:30.8	162 Nikki Ferguson	SO	1266	Rochester Cent	(93)	27:12.6	5:42.4
117 Tali Parker	SR	898	Minnetonka	76	26:02.6	4:32.4	163 Rebecca Bellman	SO	287	Dubuque Hemp	-	27:17.7	5:47.5

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Race #3
Lynch-Dobyns All-American Race Girls Junior Varsity 5k**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
164 Karsyn Dyer	8	133	Chatfield	-	27:17.8	5:47.6	210 Rozelind Christenson	SO	54	Burnsville	107	29:05.6	7:35.4
165 Sadie Venner	SR	150	De Soto	-	27:20.9	5:50.7	211 Hannah Bogott	JR	880	Minnetonka	-	29:07.1	7:36.9
166 Marley Harmening	JR	209	Decorah	-	27:21.0	5:49.8	212 Olivia Becker	SO	418	Iowa City City H	-	29:13.0	7:41.8
167 Emily Njos	7	137	Chatfield	-	27:21.4	5:51.2	213 Hannah Davis-Vincellet	SO	98	Byron	108	29:13.4	7:43.2
168 Maria Monfort Felip	SR	448	Iowa City City H	-	27:24.3	5:54.1	214 Clara Rock	SR	1280	Rochester Cent	-	29:17.4	7:47.2
169 Alaina Baxter	FR	416	Iowa City City H	-	27:24.6	5:54.4	215 Gwen Carr	8	132	Chatfield	-	29:19.4	7:49.2
170 Chloe Creo	8	1262	Rochester Cent	-	27:25.0	5:53.8	216 Claire Klein-Borgert	SO	586	La Crosse Cent	109	29:20.4	7:50.2
171 Abigail Erickson	SR	57	Burnsville	94	27:26.6	5:56.4	217 Vasudha Sakolkar	SO	737	Linn-Mar Mario	-	29:22.9	7:52.7
172 Olivia Reider	FR	901	Minnetonka	-	27:28.6	5:58.4	218 Clair Troll	FR	1192	Regina Iowa Cit	110	29:24.1	7:53.9
173 Alyssa Carroll	SO	1261	Rochester Cent	-	27:32.0	6:00.8	219 Charlee Peterson	FR	620	LA/RP/H	-	29:24.2	7:54.0
174 Elsie Atwood	SR	1321	Rochester John	95	27:40.6	6:10.4	220 Veda Shimek	FR	233	Decorah	-	29:29.6	7:59.4
175 Iris Anderson	SR	1319	Rochester John	(96)	27:40.7	6:10.5	221 Amelia Boline	SO	1260	Rochester Cent	-	29:30.2	8:00.0
176 Vivien LeQuire	FR	1334	Rochester John	(97)	27:42.5	6:12.3	222 Lily Alvarez	JR	873	Minnetonka	-	29:30.5	8:00.3
177 Ella Krejchik	FR	15	Aquinas	98	27:42.6	6:12.4	223 Teagan Menke	JR	218	Decorah	-	29:35.6	8:05.4
178 Sofia Keerthi	FR	890	Minnetonka	-	27:43.8	6:13.6	224 Morgan Ellis	8	134	Chatfield	-	29:45.0	8:13.8
179 Eve Askildson	JR	799	Mason City	-	27:46.0	6:14.8	225 Alexis Sparrow	SO	1282	Rochester Cent	-	29:51.0	8:19.8
180 Alea Runde	JR	976	Onalaska	-	27:46.4	6:16.2	226 Lorelai Onken	FR	1189	Regina Iowa Cit	111	29:57.1	8:26.9
181 Signe Jourdan	JR	1061	Pine Island	99	27:46.7	6:16.5	227 Olivia Jacobson	JR	59	Burnsville	(112)	30:01.4	8:31.2
182 Mara Booth	SR	96	Byron	100	27:48.0	6:16.8	228 Charlotte Dillon	JR	514	Iowa City Libert	-	30:13.0	8:41.8
183 Annabelle Steiner	FR	906	Minnetonka	-	27:48.4	6:18.2	229 Alena Groettum	SR	1058	Pine Island	113	30:16.8	8:46.6
184 Caitlynn Mangers	FR	327	Dubuque Senio	-	27:49.4	6:19.2	230 Mari Berquam	FR	508	Iowa City Libert	-	30:19.6	8:49.4
185 Clancy Trepanier	FR	463	Iowa City City H	-	27:55.0	6:23.8	231 Marely Tellez-Marcelen	SR	1449	Waterloo West	-	30:25.6	8:55.4
186 Sherlyn Teleguario-Orti	JR	1087	Postville Comm	-	27:55.0	6:23.8	232 Faith Hoff	SR	1485	Westby	-	30:27.0	8:55.8
187 Isabella Badgley	FR	876	Minnetonka	-	27:56.9	6:26.7	233 Ellie Brown	FR	641	Lanesboro/Fillm	114	30:28.0	8:56.8
188 Alyssa Diedrich	FR	1352	Roseville Area	-	27:56.9	6:26.7	234 Adeline Smith	SO	1191	Regina Iowa Cit	115	30:29.1	8:58.9
189 Lucy Pottenbaum	SR	526	Iowa City Libert	-	27:57.1	6:26.9	235 Adela Piggush	JR	19	Aquinas	(116)	30:29.2	8:59.0
190 Brooke Cosner	SR	423	Iowa City City H	-	27:58.1	6:27.9	236 Jolie Evans	JR	428	Iowa City City H	-	30:30.6	9:00.4
191 Sophia Lawrence	FR	588	La Crosse Cent	101	28:00.1	6:29.9	237 Piper Kraft	SO	813	Mason City	-	30:32.9	9:02.7
192 Emily Kamrowski	SR	14	Aquinas	102	28:05.9	6:35.7	238 Lysette Friedt	FR	1327	Rochester John	-	30:36.6	9:06.4
193 Anabel Sans Crainte	JR	20	Aquinas	103	28:09.2	6:39.0	239 Natalie Luna	SR	730	Linn-Mar Mario	-	30:49.1	9:18.9
194 Autumn Vann	FR	908	Minnetonka	-	28:10.3	6:40.1	240 Annalynn Ridenour	FR	1341	Rochester John	-	30:51.9	9:21.7
195 Emilia Harel	FR	438	Iowa City City H	-	28:17.2	6:47.0	241 Cassidy Meyerhoff	JR	938	New Hampton	-	30:55.7	9:25.5
196 Avalon Timmerman	JR	660	Lanesboro/Fillm	104	28:17.5	6:47.3	242 Adaryn Belanger	JR	966	Onalaska	-	31:01.7	9:31.5
197 Addison Watson	8	1285	Rochester Cent	-	28:23.2	6:53.0	243 Iman Aliye	JR	51	Burnsville	(117)	31:02.5	9:32.3
198 Jenna Dahl	FR	1399	South Winneshi	-	28:28.0	6:56.8	244 Liberty Kingsley	FR	651	Lanesboro/Fillm	118	31:11.3	9:41.1
199 Margaret Kruger	FR	587	La Crosse Cent	105	28:29.9	6:59.7	245 Payton Jennings	SR	1445	Waterloo West	-	31:19.4	9:49.2
200 Deborah Vodjogbe	SO	1450	Waterloo West	-	28:31.1	7:00.9	246 Isabelle Chamberlain	JR	53	Burnsville	-	31:20.3	9:50.1
201 Annabelle Penrod	7	1370	Roseville Area	-	28:38.0	7:06.8	247 Lydia Venner	SO	149	De Soto	-	31:23.8	9:53.6
202 Jayden Lundtvedt	JR	215	Decorah	-	28:41.1	7:10.9	248 Kennedy Carlson	SO	203	Decorah	-	31:26.2	9:56.0
203 Ada Larson	7	1361	Roseville Area	-	28:42.9	7:12.7	249 Kenzie Anderson	FR	1320	Rochester John	-	31:29.9	9:59.7
204 Cloey Zweibohmer	SR	1405	South Winneshi	-	28:45.6	7:15.4	250 Phinn Burt	SR	1442	Waterloo West	-	31:32.7	10:02.
205 Lana Im	8	1272	Rochester Cent	-	28:46.8	7:16.6	251 Lily Wagener	JR	311	Dubuque Hemp	-	31:37.2	10:07.
206 Alexandra Anderson	SO	874	Minnetonka	-	28:53.7	7:23.5	252 Adrianna Coiner	JR	422	Iowa City City H	-	31:41.4	10:11.
207 Emily Rothfuss	FR	528	Iowa City Libert	-	28:59.1	7:28.9	253 Chelsea David	FR	1326	Rochester John	-	32:06.4	10:36.
208 Nora Beron	FR	879	Minnetonka	-	29:00.5	7:30.3	254 Avery Nace	JR	449	Iowa City City H	-	32:12.7	10:42.
209 Grace Duncan	SO	1056	Pine Island	106	29:05.3	7:35.1	255 Elaine Griffin	SR	615	LA/RP/H	-	32:16.4	10:46.

LUTHER ALL-AMERICAN INVITATIONALDecorah, IA
Luther College

Saturday, September 13, 2025

MEET OFFICIALS**Meet Director:**

Steve Pasche

Meet Referee:

Ray Armel

Timing:

Wayzata Results, LLC

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Race #3
Lynch-Dobyns All-American Race Girls Junior Varsity 5k**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
256 Addy McDermott	SR	731	Linn-Mar Mario	-	32:24.5	10:54.
257 Annika Hall	SO	101	Byron	(119)	32:35.7	11:05.
258 InÃ©s Ramos	SO	65	Burnsville	-	33:03.8	11:33.
259 Maysara Awadh	FR	1322	Rochester John	-	33:08.6	11:38.
260 Molly Molsberry	SO	447	Iowa City City H	-	33:10.5	11:40.
261 Harper Bailey	SR	415	Iowa City City H	-	33:11.5	11:41.
262 Betsy Gavin	SO	1185	Regina Iowa Cit	120	33:16.9	11:46.
263 Brenna Nigon	FR	107	Byron	(121)	33:35.3	12:05.
264 Molly Metivier	7	1366	Roseville Area	-	33:35.5	12:05.
265 Audrey Geht	JR	885	Minnetonka	-	33:41.4	12:11.
266 Valerie Peterson	SO	110	Byron	-	33:51.4	12:21.
267 Sophie Neson	JR	1275	Rochester Cent	-	33:52.9	12:22.
268 Sarah Faucheux	SO	585	La Crosse Cent	122	34:13.0	12:41.
269 McKenzie Herzberg	SR	935	New Hampton	-	34:14.9	12:44.
270 Josie Hartzler	SO	1187	Regina Iowa Cit	(123)	34:15.3	12:45.
271 Aynjel Ngo	JR	63	Burnsville	-	34:18.6	12:48.
272 Lilly Kroger	SO	326	Dubuque Senio	-	36:17.1	14:46.
273 Sophia Hanner	FR	647	Lanesboro/Fillm	124	36:18.0	14:46.
274 Yelena Marshall	JR	62	Burnsville	-	36:31.8	15:01.
275 Madison Sullivan	JR	977	Onalaska	-	36:35.6	15:05.
276 Heaven Dereje	FR	55	Burnsville	-	36:59.7	15:29.
277 Morgan Huotari	SO	887	Minnetonka	-	39:01.6	17:31.

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College

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Meet Referee:
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Timing:
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Race #5 Johnson-Olson All-American Race Girls Varsity 5k

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Spread
1 Pleasant Valley	56	2-7-14-15-18(23)(33)	1:35:54	1:12.7
2 Iowa City City High	88	3-12-16-28-29(34)(40)	1:37:54	1:40.1
3 Dubuque Senior	145	4-22-25-41-53(57)(73)	1:40:51	2:18.5
4 Roseville Area	166	20-26-37-38-45(66)(69)	1:42:06	0:55.8
5 Prairie Cedar Rapids	176	6-31-44-46-49(79)(115)	1:42:05	2:01.5
6 Minnetonka	194	11-19-30-64-70(91)(117)	1:42:25	2:25.5
7 Linn-Mar Marion	196	9-24-27-62-74(80)(85)	1:42:41	2:32.0
8 Decorah	268	32-50-54-65-67(72)(86)	1:45:30	1:08.7
9 Iowa City Liberty	327	35-48-51-94-99(102)(111)	1:47:15	1:57.7
10 Westby	328	5-68-81-84-90(125)	1:46:41	3:13.5
11 Mason City	375	55-59-78-88-95(109)(126)	1:48:39	1:09.9
12 Aquinas	381	21-42-101-104-	1:48:44	2:50.0
13 Rochester John Mars	432	10-36-106-138-142(166)	1:49:30	4:30.0
14 Rochester Century	437	47-63-97-112-118(132)(169)	1:50:30	2:06.0
15 Byron	452	58-76-77-120-121(175)(180)	1:51:02	1:53.3
16 Pine Island	461	43-82-89-103-144(157)(163)	1:51:21	3:01.9
17 Minneapolis Washbur	510	61-71-108-130-140(151)	1:52:42	2:15.1
18 La Crosse Central	512*	52-93-116-122-	1:52:49	2:16.5
19 Dubuque Hempstead	512*	60-105-110-114-123	1:52:45	1:48.8
20 South Winneshiek	519	83-87-92-107-150	1:52:57	2:03.1
21 Lanesboro/Fillmore C	538	8-100-124-145-	1:53:23	5:39.5
22 Onalaska	557	56-98-119-131-	1:54:12	2:51.1
23 Osage	591	13-137-139-148-	1:54:41	5:00.4
24 Pekin	606	1-134-147-159-	1:55:18	6:38.0
25 Mounds Park Acade	692	75-127-149-152-189	2:01:33	6:45.8
26 LA/RP/H	728	39-143-174-182-190	2:05:09	8:00.9
27 Waterloo West	731	17-172-177-178-187	2:04:53	8:09.8
28 Regina Iowa City	743	96-141-158-164-184(186)	2:02:24	4:44.3
29 New Hampton	814	133-146-171-181-183	2:05:56	3:31.7
30 Luther HS	916	160-185-188-191-192	2:21:09	6:55.2

*Tiebreakers

La Crosse Central	52	93	116	122	129	136
Dubuque Hempstead	60	105	110	114	123	

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Chloe Glosser	SR	1023	Pekin	1	18:17.7	---
2 Maddie Millage	JR	1079	Pleasant Valley	2	18:28.7	11.0
3 Abigail Burns	SR	420	Iowa City City H	3	18:38.4	20.7
4 Emma Chesterman	SR	317	Dubuque Senio	4	18:49.3	31.6
5 Carley LaMotte	SR	61	Burnsville	-	18:56.8	39.1
6 Elizabeth Curtis	SR	1481	Westby	5	18:57.9	40.2
7 Harper Groteluschen	SO	1122	Prairie Cedar R	6	18:58.7	41.0
8 Sarah Foad	FR	1076	Pleasant Valley	7	19:02.5	44.8
9 Autumn Rakosnik	SO	655	Lanesboro/Fillm	8	19:03.4	45.7

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
10 Hailey Kozloski	JR	729	Linn-Mar Mario	9	19:09.7	52.0
11 Abigail Tri	JR	1346	Rochester John	10	19:10.5	52.8
12 Evelyn Malec	JR	893	Minnetonka	11	19:11.6	53.9
13 Grace Hamann	JR	436	Iowa City City H	12	19:16.1	58.4
14 Scarlett Byrnes	SR	1001	Osage	13	19:16.3	58.6
15 Brynn Edgin	SR	1074	Pleasant Valley	14	19:18.0	59.3
16 Vivian McCombs	JR	1078	Pleasant Valley	15	19:22.8	1:05.1
17 Eliza Doster	SO	425	Iowa City City H	16	19:23.7	1:06.0
18 Nakia Ollivierre	SR	1448	Waterloo West	17	19:41.3	1:23.6
19 Jaylee Duncan	SR	1073	Pleasant Valley	18	19:41.4	1:23.7
20 Sydney Cummings	FR	882	Minnetonka	19	19:53.3	1:35.6
21 Briony Jubert	FR	1359	Roseville Area	20	19:57.6	1:39.9
22 Emily Bagniefski	JR	7	Aquinas	21	20:01.2	1:43.5
23 Briel Bechen	SR	314	Dubuque Senio	22	20:02.6	1:44.9
24 Selah Flanigan	SR	1075	Pleasant Valley	(23)	20:06.6	1:48.9
25 Marion Spolaore	FR	739	Linn-Mar Mario	24	20:09.2	1:51.5
26 Lise Hoyer	JR	323	Dubuque Senio	25	20:10.2	1:52.5
27 Freya Olson	FR	1369	Roseville Area	26	20:15.5	1:57.8
28 Anna Temple	SO	740	Linn-Mar Mario	27	20:16.7	1:59.0
29 Calissa Fruin	SO	432	Iowa City City H	28	20:17.0	1:58.3
30 Madeline Fischer	JR	430	Iowa City City H	29	20:18.5	2:00.8
31 Margaret Nielsen	SO	896	Minnetonka	30	20:18.5	2:00.8
32 Reese Wiley	JR	1127	Prairie Cedar R	31	20:19.8	2:02.1
33 Olivia Volkmann	JR	236	Decorah	32	20:21.6	2:03.9
34 Frankie Gotto	JR	1077	Pleasant Valley	(33)	20:26.0	2:07.3
35 Lucy Sherburne	JR	459	Iowa City City H	(34)	20:27.4	2:09.7
36 Chelsea VeDepo	JR	534	Iowa City Libert	35	20:28.3	2:10.6
37 Aaliyah Ranstrom	JR	1340	Rochester John	36	20:28.9	2:11.2
38 Elinor Rogers	JR	1374	Roseville Area	37	20:29.2	2:11.5
39 Lillian Freeman	SO	1355	Roseville Area	38	20:30.0	2:11.3
40 Caitlin Bauer	SO	613	LA/RP/H	39	20:32.3	2:14.6
41 Claire Locher	SR	444	Iowa City City H	(40)	20:33.3	2:15.6
42 Mallory Schaefer	SO	332	Dubuque Senio	41	20:40.3	2:22.6
43 Sanjana Musafir	SO	16	Aquinas	42	20:47.5	2:29.8
44 Olivia Morgan	JR	1064	Pine Island	43	20:49.9	2:32.2
45 Lamise Ajram	JR	1119	Prairie Cedar R	44	20:52.2	2:34.5
46 Natalie Drake	SR	1354	Roseville Area	45	20:53.4	2:35.7
47 Anika Roe	JR	1124	Prairie Cedar R	46	20:53.9	2:36.2
48 Stella Zoller	SO	1286	Rochester Cent	47	20:56.8	2:39.1
49 Mackenzie Maher	FR	522	Iowa City Libert	48	20:59.7	2:42.0
50 Stella Rose	SR	1125	Prairie Cedar R	49	21:00.1	2:42.4
51 Ruth Kueny	FR	214	Decorah	50	21:01.5	2:43.8
52 Aleah Williams	FR	535	Iowa City Libert	51	21:01.6	2:43.9
53 Charlotte Doran	FR	424	Iowa City City H	-	21:05.8	2:48.1
54 Charlotte Yard	SO	594	La Crosse Cent	52	21:06.4	2:48.7
55 Nevaeh Kessler	SR	325	Dubuque Senio	53	21:07.8	2:50.1

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College

Saturday, September 13, 2025

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Meet Director:

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Meet Referee:

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Timing:

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Race #5 Johnson-Olson All-American Race Girls Varsity 5k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
56 Deborah Hougen	SR	211	Decorah	54	21:08.9	2:51.2	102 Paizlee Carter	JR	803	Mason City	95	22:19.8	4:02.1
57 Ivy Ketelsen	FR	811	Mason City	55	21:09.9	2:52.2	103 Harper Erwin	SR	1184	Regina Iowa Cit	96	22:19.9	4:02.2
58 Sadie Peterson	SO	975	Onalaska	56	21:14.3	2:56.6	104 Teagan Jones	FR	1273	Rochester Cent	97	22:20.0	4:01.3
59 Stella Weber	SR	338	Dubuque Senio	(57)	21:15.1	2:57.4	105 Francesca Vriens	JR	979	Onalaska	98	22:22.2	4:04.5
60 Dayna Baune	FR	95	Byron	58	21:15.7	2:58.0	106 Ayla Trollet	FR	532	Iowa City Libert	99	22:25.9	4:08.2
61 Leah Dykstra	SO	806	Mason City	59	21:17.1	2:59.4	107 Anna Pettinelli	FR	1372	Roseville Area	-	22:26.5	4:08.8
62 Maggie Henneberry	JR	296	Dubuque Hemp	60	21:21.8	3:04.1	108 Lillyan Kiehne	SR	648	Lanesboro/Fillm	100	22:27.5	4:09.8
63 Evelyn Scott	8	866	Minneapolis Wa	61	21:21.9	3:04.2	109 Helen Onyeabor	JR	18	Aquinas	101	22:29.4	4:11.7
64 Addie Domer	SR	723	Linn-Mar Mario	62	21:23.1	3:05.4	110 Nora Brown	SR	510	Iowa City Libert	(102)	22:29.6	4:11.9
65 Eleanor Day	JR	1265	Rochester Cent	63	21:23.8	3:06.1	111 Isabella (Belle) Stika	JR	1441	Turkey Valley J	-	22:31.8	4:14.1
66 Riesley Barr	FR	877	Minnetonka	64	21:24.6	3:06.9	112 Alivia Levi	SR	1063	Pine Island	103	22:32.2	4:14.5
67 Raelyn Newhouse	SO	220	Decorah	65	21:27.7	3:10.0	113 Madelynn Grossbach	SR	11	Aquinas	104	22:34.3	4:16.6
68 Siri Nelson	8	1368	Roseville Area	(66)	21:28.7	3:11.0	114 Maria Hart	SR	294	Dubuque Hemp	105	22:36.8	4:19.1
69 Simone Downing	SO	207	Decorah	67	21:30.3	3:12.6	115 Anna Thompson	SR	1345	Rochester John	106	22:37.0	4:18.3
70 Addison Evenstad	JR	1482	Westby	68	21:33.6	3:15.9	116 Kamille Blott	SO	719	Linn-Mar Mario	-	22:37.9	4:20.2
71 Eliana Monaghan	8	1367	Roseville Area	(69)	21:35.1	3:17.4	117 Annie Hageman	JR	1401	South Winneshi	107	22:38.2	4:20.5
72 Chloe Steinkraus	JR	907	Minnetonka	70	21:37.0	3:18.3	118 Autumn Norsten	7	138	Chatfield	-	22:40.2	4:22.5
73 Avery Kenning	SR	862	Minneapolis Wa	71	21:38.8	3:21.1	119 Teagan McVay	8	864	Minneapolis Wa	108	22:40.5	4:22.8
74 Riley Christopher	SO	204	Decorah	(72)	21:39.5	3:21.8	120 Callan Fitzgerald	SO	808	Mason City	(109)	22:42.5	4:24.8
75 Braelley Wullweber	SR	340	Dubuque Senio	(73)	21:40.4	3:22.7	121 Natalie Leitzen	JR	300	Dubuque Hemp	110	22:43.0	4:24.3
76 Lexi Kivimagi	JR	136	Chatfield	-	21:40.6	3:22.9	122 Bella Cole	JR	722	Linn-Mar Mario	-	22:43.7	4:26.0
77 Ava Meier	FR	732	Linn-Mar Mario	74	21:41.6	3:23.9	123 Eleanor Johnson	FR	518	Iowa City Libert	(111)	22:46.1	4:28.4
78 Megan Snider	JR	923	Mounds Park A	75	21:42.8	3:25.1	124 Ava Halvorsen	SO	1270	Rochester Cent	112	22:46.4	4:28.7
79 Ashlynn Mitchell	SO	105	Byron	76	21:43.0	3:24.3	125 Gabriella Swift	FR	531	Iowa City Libert	-	22:48.0	4:29.3
80 Millie Eikamp	JR	319	Dubuque Senio	-	21:46.1	3:28.4	126 Hope Hawker	JR	13	Aquinas	113	22:51.2	4:33.5
81 Avery Warndahl	JR	117	Byron	77	21:46.6	3:28.9	127 Willa Foust	FR	291	Dubuque Hemp	114	22:53.0	4:34.3
82 Eva Fulk	SO	810	Mason City	78	21:48.1	3:30.4	128 Olivia Divoky	SR	1120	Prairie Cedar R	(115)	22:53.8	4:36.1
83 Ella Faul	JR	1121	Prairie Cedar R	(79)	21:52.5	3:34.8	129 Brynn Bosshard	JR	583	La Crosse Cent	116	22:54.5	4:36.8
84 Myrna Harper	FR	726	Linn-Mar Mario	(80)	21:55.5	3:37.8	130 Vivian Igelman	SO	888	Minnetonka	(117)	22:55.1	4:37.4
85 Nadia LeClair	SO	442	Iowa City City H	-	21:55.6	3:37.9	131 Vivian Searcy	JR	229	Decorah	-	22:56.2	4:38.5
86 Mckenna Jothan	JR	1487	Westby	81	21:56.8	3:39.1	132 Olivia Gagnon	JR	1269	Rochester Cent	118	23:02.8	4:45.1
87 Adelyn Juskewitch	7	1062	Pine Island	82	21:57.4	3:39.7	133 Maya Hartman	JR	969	Onalaska	119	23:05.0	4:46.3
88 Ava Franzen	JR	1400	South Winneshi	83	21:59.5	3:41.8	134 Kaitlyn Raue	SR	527	Iowa City Libert	-	23:06.8	4:49.1
89 Odessa Huebner	SO	1486	Westby	84	22:00.8	3:43.1	135 Anna Whisnant	SR	910	Minnetonka	-	23:07.2	4:49.5
90 Grace Meier	JR	733	Linn-Mar Mario	(85)	22:02.0	3:43.3	136 Tessa Nigon	SO	109	Byron	120	23:07.9	4:50.2
91 Amelia Roe	SR	228	Decorah	(86)	22:02.4	3:44.7	137 Vera Ahlberg	FR	93	Byron	121	23:08.9	4:51.2
92 Adele (Addy) Conway	SR	1398	South Winneshi	87	22:02.5	3:44.8	138 Mae Medinger	JR	589	La Crosse Cent	122	23:09.3	4:51.6
93 Elise Dykstra	SR	805	Mason City	88	22:03.9	3:46.2	139 Zoey Pelegrin	FR	303	Dubuque Hemp	123	23:10.6	4:52.9
94 Hazel Nieman	JR	1439	Turkey Valley J	-	22:04.5	3:46.8	140 Charity Kingsley	SO	649	Lanesboro/Fillm	124	23:11.3	4:53.6
95 Mirabel Pestel	SR	1371	Roseville Area	-	22:08.8	3:51.1	141 Alice Amundson	SO	1480	Westby	(125)	23:12.9	4:55.2
96 Salome Osterhaus	JR	1065	Pine Island	89	22:09.1	3:51.4	142 Peyton Bobolz	JR	800	Mason City	(126)	23:14.8	4:57.1
97 Molly Hamilton	JR	1484	Westby	90	22:11.3	3:53.6	143 Ingrid Broneak	7	918	Mounds Park A	127	23:15.1	4:57.4
98 Marah Klein	JR	891	Minnetonka	(91)	22:12.0	3:53.3	144 Ava Fernholz	JR	9	Aquinas	(128)	23:18.6	5:00.9
99 Lauren Ondrashek	JR	1403	South Winneshi	92	22:14.6	3:56.9	145 Zoey Detert	JR	883	Minnetonka	-	23:20.0	5:01.3
100 Kaylyn Torkelson	SO	592	La Crosse Cent	93	22:16.0	3:57.3	146 Violet Oldenburg	FR	590	La Crosse Cent	129	23:22.8	5:05.1
101 Claire Cannon	SO	512	Iowa City Libert	94	22:19.1	4:01.4	147 Elise Thieu-Buck	SO	869	Minneapolis Wa	130	23:23.5	5:05.8

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College

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Race #5 Johnson-Olson All-American Race Girls Varsity 5k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
148 Madelyn Davidheiser	FR	967	Onalaska	131	23:25.4	5:07.7	194 Callie Deutsche	JR	1020	Pekin	165	24:55.6	6:37.9
149 Dahlia Fox	FR	1267	Rochester Cent	(132)	23:26.1	5:08.4	195 Violet Johnson	SO	1332	Rochester John	(166)	24:58.3	6:40.6
150 Juanita Cardona	SR	933	New Hampton	133	23:26.4	5:08.7	196 Elizabeth Aslesen	SO	965	Onalaska	(167)	24:59.3	6:41.6
151 Brinlee Courtney	JR	205	Decorah	-	23:28.1	5:10.4	197 Eliza Cullen	FR	646	Lanesboro/Fillm	(168)	25:03.0	6:45.3
152 Abby Guise	SR	1024	Pekin	134	23:29.1	5:11.4	198 Violet Cummings	SR	1264	Rochester Cent	(169)	25:03.9	6:46.2
153 Gwyneth Buck	SR	8	Aquinas	(135)	23:30.0	5:11.3	199 Kate Kotta	SR	812	Mason City	-	25:07.0	6:48.3
154 Ella Lambi	FR	519	Iowa City Libert	-	23:30.8	5:13.1	200 River Weissgerber	SR	1071	Pine Island	-	25:08.6	6:50.9
155 Chloe Wynn	SR	593	La Crosse Cent	(136)	23:31.6	5:13.9	201 Lorraine Marinier	FR	973	Onalaska	(170)	25:13.8	6:56.1
156 Kendall Power	SR	1005	Osage	137	23:31.7	5:14.0	202 Harper Humpal	SO	936	New Hampton	171	25:16.2	6:58.5
157 Paris Vandeberg	JR	1347	Rochester John	138	23:33.3	5:15.6	203 Taniya O'Brien	JR	1447	Waterloo West	172	25:26.9	7:09.2
158 Madeline Bielefeld	SR	999	Osage	139	23:36.1	5:18.4	204 Claire Vandenlangenbe	FR	22	Aquinas	-	25:29.1	7:11.4
159 Kathleen Mitchell-Crow	FR	865	Minneapolis Wa	140	23:36.9	5:19.2	205 Josie O'Hara	SO	1436	St. Charles	-	25:31.8	7:14.1
160 Etta Winders	SO	1193	Regina Iowa Cit	141	23:38.1	5:20.4	206 Cambree Earnest	JR	1022	Pekin	(173)	25:31.9	7:14.2
161 Catherine Nielsen	SR	895	Minnetonka	-	23:40.3	5:22.6	207 Glory Erickson	JR	614	LA/RP/H	174	25:37.2	7:19.5
162 Brynn Zeller	SR	1348	Rochester John	142	23:40.5	5:22.8	208 Makenna Nigon	SR	108	Byron	(175)	25:42.3	7:24.6
163 Natalie Stevens	SR	235	Decorah	-	23:41.5	5:23.8	209 Ava Severson	FR	658	Lanesboro/Fillm	(176)	25:46.2	7:28.5
164 Dani Dundon	JR	56	Burnsville	-	23:41.6	5:23.9	210 Isabelle Peterson	SO	654	Lanesboro/Fillm	-	25:50.3	7:32.6
165 Vada Larson	JR	618	LA/RP/H	143	23:42.6	5:24.9	211 Semani Hernandez	SR	1444	Waterloo West	177	25:51.6	7:33.9
166 Ella Edwards	FR	1057	Pine Island	144	23:51.8	5:34.1	212 Amira Little	SR	1446	Waterloo West	178	26:01.8	7:44.1
167 Olivia Rindels	JR	656	Lanesboro/Fillm	145	23:57.9	5:40.2	213 Zoe Heisdorffer	FR	1026	Pekin	(179)	26:02.0	7:43.3
168 Addison Neville	SO	939	New Hampton	146	23:59.1	5:41.4	214 Gretchen Tucker	SR	116	Byron	(180)	26:02.8	7:45.1
169 Sophie Welder	8	142	Chatfield	-	23:59.3	5:41.6	215 Zoey Kellogg	JR	937	New Hampton	181	26:15.9	7:58.2
170 Maddy Petrehn	JR	1029	Pekin	147	23:59.9	5:42.2	216 Violet Passow	FR	619	LA/RP/H	182	26:43.7	8:26.0
171 Lauren Adams	FR	998	Osage	148	24:00.0	5:42.3	217 Josi Singewald	JR	941	New Hampton	183	26:58.0	8:39.3
172 Kiera Wengel	SR	23	Aquinas	-	24:01.4	5:43.7	218 Sofia Contreras	FR	1182	Regina Iowa Cit	184	27:04.1	8:46.4
173 Nicole Chen	8	920	Mounds Park A	149	24:01.4	5:43.7	219 Hannah Chambers	FR	1678	Luther HS	185	27:09.9	8:52.2
174 Tessa Phillips	SR	1404	South Winneshi	150	24:02.5	5:44.8	220 Haven Hensley	FR	1027	Pekin	-	27:10.5	8:52.8
175 Alma Lofquist	SR	863	Minneapolis Wa	(151)	24:03.7	5:46.0	221 Addy Sayer	SR	1007	Osage	-	27:16.7	8:59.0
176 Maren Gossai	FR	922	Mounds Park A	152	24:04.7	5:47.0	222 Caroline O'Rourke	FR	1190	Regina Iowa Cit	(186)	27:17.4	8:59.7
177 Abbie Hanson	SO	968	Onalaska	153	24:05.3	5:47.6	223 Lucy Harnack	FR	1443	Waterloo West	187	27:51.1	9:33.4
178 Kylie Sinn	SR	140	Chatfield	-	24:10.3	5:52.6	224 Corrina Rouvel	JR	1682	Luther HS	188	28:28.3	10:10.
179 Tess Darrow	SO	1002	Osage	154	24:16.6	5:58.9	225 Annika Gossai	JR	921	Mounds Park A	189	28:28.6	10:10.
180 Minna Crusan	JR	584	La Crosse Cent	(155)	24:21.2	6:03.5	226 Mackenzie Rasmussen	SO	621	LA/RP/H	190	28:33.2	10:15.
181 Harley Trettin	JR	817	Mason City	-	24:21.3	6:03.6	227 Elizabeth Hunter	JR	1681	Luther HS	191	29:14.7	10:57.
182 Lily Kolbet	FR	1004	Osage	(156)	24:22.2	6:04.5	228 Jordyn Gosch	SO	1433	St. Charles	-	31:09.9	12:52.
183 Shelby Talbot	JR	1069	Pine Island	(157)	24:27.1	6:09.4	229 Reagan Wise	FR	1031	Pekin	-	31:21.9	13:04.
184 Alina Cheng	SR	1432	St. Charles	-	24:29.2	6:11.5	230 Kaeylin Freilitz	FR	1680	Luther HS	192	31:35.6	13:17.
185 Ellie Johnson	SR	1188	Regina Iowa Cit	158	24:32.0	6:13.3	-- Naomi Downing-Sherer	JR	426	Iowa City City H	-	DNF	
186 Harper Guise	SO	1025	Pekin	159	24:34.9	6:17.2	-- Paige Pitz	JR	304	Dubuque Hemp	-	DNF	
187 Gracyn Braun	SR	802	Mason City	-	24:35.9	6:18.2	-- Adeline Schild	8	139	Chatfield	-	DNF	
188 Jacee Erickson	SR	1679	Luther HS	160	24:40.4	6:22.7							
189 Elizabeth Clarke	SR	643	Lanesboro/Fillm	161	24:42.9	6:25.2							
190 Abby Rachut	JR	1006	Osage	(162)	24:46.7	6:29.0							
191 Adalyn Johnson	JR	1060	Pine Island	(163)	24:49.2	6:31.5							
192 Ruby Eastman	SR	1183	Regina Iowa Cit	164	24:49.4	6:31.7							
193 Miley Hoffarth	SR	1059	Pine Island	-	24:52.9	6:35.2							