

MOUNT VERNON-LISBON INVITATIONAL 2022

Mount Vernon, IA

Weather: Sunny, Wind SE 5-10mph & 84

Host: Mount Vernon-Lisbon

Tuesday, August 23, 2022

MEET OFFICIALS**Meet Director:**

Matt Thede

Timing:

Andrew Kauder - Kauder Racing, LLC

**KAUDER RACING****OFFICIAL MEET REPORT**

printed: 9/1/2022 7:14 PM

**Race #1
Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Dubuque Hempstead	33	3-6-7-8-9(17)(21)	1:41:52	20:23	1:18.9
2 Mount Vernon-Lisbon	63	1-4-13-16-29(30)(31)	1:45:54	21:11	4:35.6
3 Ames	73	2-5-14-25-27(58)	1:46:30	21:18	3:51.3
4 North Scott Eldridge	94	11-12-22-23-26(28)(37)	1:50:19	22:04	1:10.0
5 Marion	131	19-20-24-33-35(40)(41)	1:55:02	23:01	2:10.4
6 Center Point-Urbana	162	15-18-32-47-50(65)(74)	2:00:04	24:01	4:06.6
7 Benton Community	189	10-34-39-46-60(63)(64)	2:04:29	24:54	7:10.7
8 West Delaware Mancheste	221	36-43-45-48-49(51)(53)	2:06:50	25:22	1:45.3
9 Davenport North	243	38-44-52-54-55(56)(59)	2:10:08	26:02	2:47.9
10 Vinton-Shellsburg	307	42-61-66-68-70(71)(73)	2:28:33	29:43	7:37.5
11 Louisa-Muscatine	327	57-62-67-69-72	2:33:52	30:47	6:12.1

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 MASON, Lourdes	SR	Mount Vernon-Lisb	1	18:50.6	6:04.7	3:46.6
2 HELMERS, Claire	SO	Ames	2	19:01.6	6:08.3	3:48.8
3 GEHL, Julia	JR	Dubuque Hempstea	3	19:45.9	6:22.5	3:57.7
4 SWART, Laura	SR	Mount Vernon-Lisb	4	19:46.1	6:22.6	3:57.7
5 TURK, Marley	SO	Ames	5	20:05.0	6:28.7	4:01.5
6 LEITZEN, Keelee	JR	Dubuque Hempstea	6	20:11.5	6:30.8	4:02.8
7 O'BRIEN, Brooke	SR	Dubuque Hempstea	7	20:13.7	6:31.5	4:03.2
8 HENNEBERRY, Evie	SO	Dubuque Hempstea	8	20:35.1	6:38.4	4:07.5
9 SCHLICHTTE, Natalie	SR	Dubuque Hempstea	9	21:04.8	6:48.0	4:13.5
10 LYONS, Jaida	JR	Benton Community	10	21:17.6	6:52.1	4:16.0
11 MADISON, Peyton	JR	North Scott Eldridge	11	21:26.0	6:54.8	4:17.7
12 BODDICKER, Bailey	SR	North Scott Eldridge	12	21:40.1	6:59.4	4:20.5
13 JOHNSON, Emrie	SO	Mount Vernon-Lisb	13	21:51.9	7:03.2	4:22.9
14 TURK, Sydney	SR	Ames	14	21:55.6	7:04.4	4:23.6
15 MCCORMICK, Sydney	SO	Center Point-Urban	15	21:58.2	7:05.2	4:24.2
16 SWART, Kiersten	FR	Mount Vernon-Lisb	16	21:58.8	7:05.4	4:24.3
17 BESLER, Anna	SR	Dubuque Hempstea (17)	(17)	21:59.0	7:05.5	4:24.3
18 WILKERSON, Emma	JR	Center Point-Urban	18	22:00.4	7:05.9	4:24.6
19 ANDRESEN, Sydney	JR	Marion	19	22:03.8	7:07.0	4:25.3
20 OROZCO, Kendall	JR	Marion	20	22:04.0	7:07.1	4:25.3
21 DIGMAN, Maddie	SR	Dubuque Hempstea (21)	(21)	22:10.8	7:09.3	4:26.7
22 HERMISTON, Ellie	JR	Dubuque Hempstea	-	22:14.5	7:10.5	4:27.4
23 HAGEDORN, Hattie	SR	North Scott Eldridge	22	22:15.6	7:10.8	4:27.7
24 RINIKER, Ella	JR	North Scott Eldridge	23	22:20.8	7:12.5	4:28.7
25 LANGE, Mylee	SO	Dubuque Hempstea	-	22:29.5	7:15.3	4:30.4
26 MEYER, AudreyElla	SO	Marion	24	22:30.3	7:15.6	4:30.6
27 RISDAL, Lauren	SO	Ames	25	22:34.1	7:16.8	4:31.4
28 KNOCHE, Kaitlyn	SR	North Scott Eldridge	26	22:36.0	7:17.4	4:31.7
29 FRANSEN, Meredith	FR	Ames	27	22:52.9	7:22.9	4:35.1
30 FLANSBURG, Ashley	SR	Springville	-	22:56.6	7:24.1	4:35.9

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Girls 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
31 BLODIG, Kate	SO	North Scott Eldridge	(28)	23:23.4	7:32.7	4:41.2
32 MCFADDEN, Hannah	SO	Dubuque Hempstea	-	23:23.6	7:32.8	4:41.3
33 BOCK, Hailey	SO	Mount Vernon-Lisb	29	23:26.2	7:33.6	4:41.8
34 DAWSON, Edith	FR	Mount Vernon-Lisb	(30)	23:31.1	7:35.2	4:42.8
35 KROGMANN, Maeve	JR	Mount Vernon-Lisb	(31)	23:31.9	7:35.5	4:42.9
36 SCHLICHTTE, Aubrey	SO	Dubuque Hempstea	-	23:33.5	7:36.0	4:43.3
37 CLARK, Addie	SO	Mount Vernon-Lisb	-	23:37.6	7:37.3	4:44.1
38 BRAUHN, Isabel	JR	Dubuque Hempstea	-	23:46.7	7:40.2	4:45.9
39 MILLER, Lily	FR	Center Point-Urban	32	23:59.7	7:44.4	4:48.5
40 BERNS, Kourtney	JR	Dubuque Hempstea	-	24:07.9	7:47.1	4:50.2
41 CHURCHHILL, Maggie	JR	Marion	33	24:08.9	7:47.4	4:50.4
42 JONES, Abbie	SO	Benton Community	34	24:12.4	7:48.5	4:51.1
43 BRASE, Hannah	SR	Marion	35	24:14.2	7:49.1	4:51.4
44 MCMAHON, Josie	SO	West Delaware Ma	36	24:18.7	7:50.5	4:52.3
45 NICHOLS, Anna	SR	North Scott Eldridge	(37)	24:25.1	7:52.6	4:53.6
46 MOORE, Kennedy	JR	Springville	-	24:27.4	7:53.4	4:54.1
47 LEIBOLD, Gabby	JR	Davenport North	38	24:36.7	7:56.4	4:55.9
48 MOEHLMAN, Gabi	SR	Mount Vernon-Lisb	-	24:40.3	7:57.5	4:56.7
49 KING, Gwen	SR	Benton Community	39	24:44.4	7:58.8	4:57.5
50 DIETZ, Alena	SO	Marion	(40)	24:44.6	7:58.9	4:57.5
51 REGENNITTER, Rebeckah	SR	Marion	(41)	24:45.7	7:59.3	4:57.7
52 PRIMROSE, Olivia	SO	Vinton-Shellsburg	42	24:46.2	7:59.4	4:57.8
53 PORTER, Carly	SR	North Scott Eldridge	-	24:53.8	8:01.9	4:59.4
54 VAVRICEK, Anna	JR	Mount Vernon-Lisb	-	24:56.0	8:02.6	4:59.8
55 HOGAN, Emma	JR	West Delaware Ma	43	24:58.9	8:03.5	5:00.4
56 WOODMAN, Delainey	SO	Davenport North	44	25:19.4	8:10.1	5:04.5
57 MOORE, Elise	FR	Marion	-	25:20.2	8:10.4	5:04.6
58 SCHMITZ, Izzy	JR	West Delaware Ma	45	25:26.7	8:12.5	5:06.0
59 FITCH, Laura	SO	Marion	-	25:32.0	8:14.2	5:07.0
60 GEHL, Lauren	JR	Dubuque Hempstea	-	25:34.2	8:14.9	5:07.5
61 DAVIDSON, Emily	SR	Dubuque Hempstea	-	25:38.2	8:16.2	5:08.3
62 TUCKER, Audrey	JR	Mount Vernon-Lisb	-	25:42.6	8:17.6	5:09.1
63 MOORE, Haiden	SO	Benton Community	46	25:46.1	8:18.7	5:09.8
64 BOCKENSTEDT, Madison	SO	Center Point-Urban	47	25:59.9	8:23.2	5:12.6
65 RICH, Faith	SR	West Delaware Ma	48	26:00.8	8:23.5	5:12.8
66 LITTERER, Faith	SR	West Delaware Ma	49	26:04.0	8:24.5	5:13.4
67 PAINE, Julia	SO	Center Point-Urban	50	26:04.8	8:24.8	5:13.6
68 PERREAULT, Emara	FR	Mount Vernon-Lisb	-	26:12.4	8:27.2	5:15.1
69 LEWIN, Brooke	SR	West Delaware Ma	(51)	26:12.9	8:27.4	5:15.2
70 WARM, Bella	SR	North Scott Eldridge	-	26:19.7	8:29.6	5:16.6
71 JAURON, Emma	SR	Davenport North	52	26:20.0	8:29.7	5:16.6
72 STEARNS, Addison	SR	Marion	-	26:21.1	8:30.0	5:16.9
73 BARDGETT, Noelle	JR	West Delaware Ma	(53)	26:22.5	8:30.5	5:17.1
74 THIESSEN, Kennadi	SO	North Scott Eldridge	-	26:22.8	8:30.6	5:17.2
75 NABER, Natalie	SR	North Scott Eldridge	-	26:23.0	8:30.6	5:17.2
76 NUCI, Kaylee	SO	Davenport North	54	26:26.7	8:31.8	5:18.0

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
77 KHOURY, Olive	SO	North Scott Eldridge	-	26:27.8	8:32.2	5:18.2
78 STOCKEL, Carissa	SR	Dubuque Hempstea	-	26:34.4	8:34.3	5:19.5
79 MENSEN, Erin	FR	West Delaware Ma	-	26:36.8	8:35.1	5:20.0
80 LAROSA, Stephanie	JR	West Delaware Ma	-	26:48.8	8:39.0	5:22.4
81 MAIERS, Jillian	SO	Dubuque Hempstea	-	27:15.7	8:47.6	5:27.8
82 SHINDELAR, Delaney	FR	Marion	-	27:16.4	8:47.9	5:27.9
83 YACAPRARO, Emma	JR	Davenport North	55	27:24.6	8:50.5	5:29.6
84 OLSEN, Elizabeth	SR	Davenport North	(56)	27:27.7	8:51.5	5:30.2
85 MILLENKAMP, Maggie	JR	West Delaware Ma	-	27:32.4	8:53.0	5:31.1
86 HODSON, Mia	JR	West Delaware Ma	-	27:33.5	8:53.4	5:31.4
87 DOMEYER, Taylor	JR	West Delaware Ma	-	27:37.9	8:54.8	5:32.2
88 STOUT, Isabel	SO	Louisa-Muscatine	57	27:40.9	8:55.8	5:32.8
89 FRANSEN, Alison	SR	Ames	(58)	27:49.3	8:58.5	5:34.5
90 TAYLOR, Kyra	JR	Davenport North	(59)	27:49.5	8:58.5	5:34.6
91 YARHAM, Madisyn	SO	North Scott Eldridge	-	27:49.7	8:58.6	5:34.6
92 RICHTER, Rachel	JR	Dubuque Hempstea	-	27:52.9	8:59.6	5:35.3
93 NYDEGGER, Clare	SO	Mount Vernon-Lisb	-	27:52.9	8:59.6	5:35.3
94 RIDENOUR, Claire	SR	West Delaware Ma	-	27:56.6	9:00.8	5:36.0
95 MOELLERING, Laila	SR	Mount Vernon-Lisb	-	28:07.6	9:04.4	5:38.2
96 LOECKE, Trudy	SO	West Delaware Ma	-	28:07.7	9:04.4	5:38.2
97 EPPERLY, Brynn	SO	Mount Vernon-Lisb	-	28:08.7	9:04.7	5:38.4
98 O'REAR, Anna	FR	West Delaware Ma	-	28:10.8	9:05.4	5:38.8
99 KAUTZ, Greta	SO	Marion	-	28:14.0	9:06.5	5:39.5
100 BULLOCK, Brooklyn	JR	North Scott Eldridge	-	28:20.1	9:08.4	5:40.7
101 ANTE, Brooklin	FR	West Delaware Ma	-	28:20.5	9:08.5	5:40.8
102 TEAGUE, Allison	FR	Mount Vernon-Lisb	-	28:22.7	9:09.3	5:41.2
103 REGENNITTER, Noelle	SR	Marion	-	28:27.3	9:10.7	5:42.1
104 LOHRER, Delaney	SR	Benton Community	60	28:28.3	9:11.1	5:42.3
105 HAGEDORN, Ava	SR	North Scott Eldridge	-	28:29.4	9:11.4	5:42.6
106 WEETS, Ellie	SO	Vinton-Shellsburg	61	28:31.2	9:12.0	5:42.9
107 PYATT, Kylie	JR	Mount Vernon-Lisb	-	28:41.5	9:15.3	5:45.0
108 STRIEF, Brooklyn	SR	North Scott Eldridge	-	28:45.7	9:16.7	5:45.8
109 HART, Maria	FR	Dubuque Hempstea	-	28:54.0	9:19.4	5:47.5
110 HOEGER, Maddie	SR	West Delaware Ma	-	29:02.2	9:22.0	5:49.1
111 KASS, Abby	SO	West Delaware Ma	-	29:13.4	9:25.6	5:51.4
112 EATON, Lexie	FR	Louisa-Muscatine	62	29:16.9	9:26.7	5:52.1
113 PATTEN, Emily	JR	Mount Vernon-Lisb	-	29:18.5	9:27.3	5:52.4
114 BLOCK, Sydney	SR	Dubuque Hempstea	-	29:36.8	9:33.2	5:56.1
115 SMITH, Marin	SR	North Scott Eldridge	-	29:40.9	9:34.5	5:56.9
116 GOLDSTEIN, Regan	SO	Dubuque Hempstea	-	29:48.3	9:36.9	5:58.4
117 STEJSKAL, Abi	SO	Springville	-	29:57.3	9:39.8	6:00.2
118 BARDGETT, Alaina	FR	West Delaware Ma	-	30:00.1	9:40.7	6:00.7
119 O'REAR, Abigail	JR	West Delaware Ma	-	30:00.9	9:40.9	6:00.9
120 WOLFE, Lizzy	FR	Benton Community	(63)	30:02.9	9:41.6	6:01.3
121 DOLAN, Anna	JR	Dubuque Hempstea	-	30:04.9	9:42.2	6:01.7
122 BOWERS, Maddie	SR	Dubuque Hempstea	-	30:04.9	9:42.2	6:01.7

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
123 TYLER, Anna	JR	Dubuque Hempstea	-	30:05.2	9:42.3	6:01.8
124 SMITH, Luca	JR	West Delaware Ma	-	30:16.2	9:45.9	6:04.0
125 DEMOSS, Jessa	JR	Benton Community	(64)	30:21.6	9:47.6	6:05.1
126 GOODIN, Aria	SR	Davenport North	-	30:29.1	9:50.0	6:06.6
127 DUNCAN, Ava	JR	North Scott Eldridge	-	30:44.4	9:55.0	6:09.6
128 GREER, Adison	SO	North Scott Eldridge	-	30:53.2	9:57.8	6:11.4
129 DEMMER, Maleah	SO	West Delaware Ma	-	30:54.4	9:58.2	6:11.6
130 HARBIN, Robin	FR	Dubuque Hempstea	-	30:58.5	9:59.5	6:12.4
131 HENNEBERRY, Lauren	JR	Dubuque Hempstea	-	31:04.7	10:01.5	6:13.7
132 MOURLAM, Allison	SO	Center Point-Urban	(65)	31:06.9	10:02.2	6:14.1
133 WOLF, Madelyn	SR	Benton Community	-	31:16.1	10:05.2	6:16.0
134 NEUHAUS, Ava	SR	West Delaware Ma	-	31:19.4	10:06.3	6:16.6
135 HAISMAN, Molly	SR	Vinton-Shellsburg	66	31:22.1	10:07.1	6:17.2
136 HARRIS, Karlee	FR	Louisa-Muscatine	67	31:26.2	10:08.5	6:18.0
137 BIRKER, Isabel	SO	Vinton-Shellsburg	68	31:29.1	10:09.4	6:18.6
138 NEGRON, Jasmine	SR	Louisa-Muscatine	69	31:34.5	10:11.1	6:19.7
139 DEREUS, Kristina	JR	Davenport North	-	31:40.1	10:12.9	6:20.8
140 DEMMER, Sydney	SR	West Delaware Ma	-	31:51.9	10:16.7	6:23.1
141 MERSCH, Sylvie	SR	West Delaware Ma	-	32:08.6	10:22.1	6:26.5
142 MORF, Ingrid	FR	Mount Vernon-Lisb	-	32:19.2	10:25.5	6:28.6
143 MARTIN, Eryca	SO	Vinton-Shellsburg	70	32:23.7	10:27.0	6:29.5
144 WRIGHT, Sarah	SO	Benton Community	-	32:24.6	10:27.3	6:29.7
145 ROLLINGER, Rachel	JR	Vinton-Shellsburg	(71)	32:32.4	10:29.8	6:31.3
146 SCHWAKE, Emma	SR	Benton Community	-	32:51.6	10:36.0	6:35.1
147 MORLEY, Grace	SO	Dubuque Hempstea	-	33:01.6	10:39.2	6:37.1
148 MICKELSON, Paris	SO	Dubuque Hempstea	-	33:09.6	10:41.8	6:38.7
149 EMERSON, Keara	SR	West Delaware Ma	-	33:18.1	10:44.5	6:40.4
150 COATES, Maylin	JR	West Delaware Ma	-	33:32.6	10:49.2	6:43.3
151 DALLAL, Abby	SO	Dubuque Hempstea	-	33:37.9	10:50.9	6:44.4
152 KLOSTERMANN, Kennedy	SR	West Delaware Ma	-	33:40.9	10:51.9	6:45.0
153 RUNDE, Breanna	FR	Dubuque Hempstea	-	33:43.2	10:52.6	6:45.5
154 KLUESNER, Mackenzie	SR	West Delaware Ma	-	33:43.9	10:52.9	6:45.6
155 SCHREINER, Samantha	FR	Louisa-Muscatine	72	33:53.0	10:55.8	6:47.4
156 FUNKE, Jenna	SR	West Delaware Ma	-	34:17.7	11:03.8	6:52.4
157 AHRENHOLZ, Aspen	SR	Vinton-Shellsburg	(73)	34:18.3	11:04.0	6:52.5
158 WARD, Eva	JR	West Delaware Ma	-	34:24.6	11:06.0	6:53.7
159 HAGEN, Alana	SR	Benton Community	-	34:26.6	11:06.6	6:54.1
160 BRANDON, Melina	JR	Dubuque Hempstea	-	34:35.7	11:09.6	6:56.0
161 GIESELMAN, Payzleigh	FR	North Scott Eldridge	-	34:51.5	11:14.7	6:59.1
162 AZUELA, Laura	SO	North Scott Eldridge	-	34:58.1	11:16.8	7:00.5
163 STEINECKE, JoLee	FR	North Scott Eldridge	-	35:04.6	11:18.9	7:01.8
164 NEWTON, Annabelle	SR	Vinton-Shellsburg	-	35:04.7	11:18.9	7:01.8
165 SABIN, Riley	FR	Center Point-Urban	(74)	35:05.5	11:19.2	7:01.9
166 HILDEBRAND, Maddie	JR	West Delaware Ma	-	35:10.5	11:20.8	7:02.9
167 GLAWE, Ana	SO	Benton Community	-	35:38.5	11:29.8	7:08.6
168 GOODIN, Eleanor	FR	Davenport North	-	35:46.2	11:32.3	7:10.1

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169 GERHOLD, Allison	SO	Center Point-Urban	-	36:22.1	11:43.9	7:17.3
170 MISIAGBECKLER, Scarlett	SO	Dubuque Hempstea	-	36:36.3	11:48.5	7:20.1
171 SIMS, Carlie	SR	Benton Community	-	36:43.3	11:50.7	7:21.5
172 KIZZIER, Sophia	SO	Dubuque Hempstea	-	36:58.6	11:55.7	7:24.6
173 MEEHAN, Raygan	SO	Dubuque Hempstea	-	39:09.4	12:37.9	7:50.8
174 JOLLEY, Audrey	JR	West Delaware Ma	-	39:34.7	12:46.0	7:55.9
175 PASKER, Gwen	SO	West Delaware Ma	-	41:41.5	13:26.9	8:21.3