

2023 MVC SUPER MEET

Cedar Falls, IA
 Birdsall Park
 Weather: Sunny, WNW 20-30pmh, 23% & 71
 Host: Cedar Falls
 Thursday, October 05, 2023

MEET OFFICIALS

Meet Director:
 Troy Becker
Meet Referee:
 Kevin Long
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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Race #5
JV Girls 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	54	2-4-7-9-32(39)(46)	1:52:07	22:26	2:34.7
2 Dubuque Hempstead	61	1-3-15-18-24(30)(43)	1:51:59	22:24	2:23.3
3 Cedar Falls	75	6-12-14-21-22(25)(27)	1:53:26	22:42	0:56.7
4 Dubuque Senior	113	5-11-26-33-38(51)(63)	1:57:01	23:25	2:35.7
5 Linn-Mar Marion	116	8-13-17-37-41(68)(73)	1:57:01	23:25	2:37.2
6 Prairie Cedar Rapids	153	19-20-29-40-45(49)(50)	1:59:57	24:00	2:02.6
7 Iowa City Liberty	173	16-28-31-44-54(57)(77)	2:02:02	24:25	3:37.9
8 Wahlert Dubuque	189	10-35-42-47-55	2:03:49	24:46	4:25.2
9 Iowa City West	198	23-34-36-52-53(59)(65)	2:03:43	24:45	2:35.6
10 Waterloo West	306	48-56-62-69-71(78)	2:18:14	27:39	4:12.9
11 Xavier Cedar Rapids	325	60-61-64-66-74(75)	2:22:53	28:35	5:44.6
12 Cedar Rapids Washington	343	58-67-70-72-76	2:27:46	29:34	6:26.0

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 HERMISTON, Ellie	SR	Dubuque Hempstea	1	21:05.4	6:46.9	4:13.1
2 KUHLMANN, Nina	JR	Iowa City City High	2	21:33.9	6:56.0	4:18.8
3 CURRY, Mya	SR	Dubuque Hempstea	3	21:49.0	7:00.9	4:21.8
4 LECLAIR, Josephine	JR	Iowa City City High	4	21:52.0	7:01.9	4:22.4
5 HOFFLIN, Roz	SR	Dubuque Senior	5	22:05.1	7:06.1	4:25.0
6 BERNARDY, Ashley	JR	Cedar Falls	6	22:11.1	7:08.0	4:26.2
7 ROMERO, Sophia	SR	Iowa City City High	7	22:15.4	7:09.4	4:27.1
8 BUCHHOLZ, Anna	JR	Linn-Mar Marion	8	22:16.6	7:09.8	4:27.3
9 MICHAEL, Elim	JR	Iowa City City High	9	22:17.1	7:09.9	4:27.4
10 GRAHAM, Lilly	JR	Wahlert Dubuque	10	22:24.2	7:12.2	4:28.8
11 KILGORE, Audrey	JR	Dubuque Senior	11	22:25.4	7:12.6	4:29.1
12 WENZEL, Isabel	FR	Cedar Falls	12	22:28.9	7:13.7	4:29.8
13 SCOTT, Zoe	JR	Linn-Mar Marion	13	22:29.3	7:13.8	4:29.8
14 WENZEL, Alexa	FR	Cedar Falls	14	22:30.3	7:14.2	4:30.0
15 MCFADDEN, Hannah	JR	Dubuque Hempstea	15	22:37.1	7:16.4	4:31.4
16 BECKER, Marissa	JR	Iowa City Liberty	16	22:45.3	7:19.0	4:33.0
17 TRAPP, Breka	SR	Linn-Mar Marion	17	22:52.2	7:21.2	4:34.4
18 BRAUHN, Isabel	SR	Dubuque Hempstea	18	22:58.6	7:23.3	4:35.7
19 HUNT, Lauren	JR	Prairie Cedar Rapid	19	23:04.2	7:25.1	4:36.8
20 CHILDERS, Mackenzie	JR	Prairie Cedar Rapid	20	23:06.9	7:25.9	4:37.4
21 DARST, Marie	SO	Cedar Falls	21	23:07.4	7:26.1	4:37.5
22 BARTELT, Olivia	JR	Cedar Falls	22	23:07.7	7:26.2	4:37.5
23 SHIM, Ijin	SR	Iowa City West	23	23:21.3	7:30.6	4:40.2
24 MAIERS, Jillian	JR	Dubuque Hempstea	24	23:28.6	7:32.9	4:41.7
25 DIERKS, Catherine	JR	Cedar Falls	(25)	23:30.8	7:33.6	4:42.1
26 JORGENSON, Ella	JR	Dubuque Senior	26	23:38.9	7:36.2	4:43.8
27 HENDON, Nevaeh	JR	Cedar Falls	(27)	23:42.6	7:37.4	4:44.5
28 BLAKE, Natalie	JR	Cedar Falls	-	23:43.0	7:37.5	4:44.6
29 MCDONALD, Elaina	JR	Iowa City Liberty	28	23:48.5	7:39.3	4:45.7

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
30 STEEN, Denise	SR	Prairie Cedar Rapid	29	23:51.4	7:40.3	4:46.3
31 ANTON, Ellie	JR	Cedar Falls	-	23:55.2	7:41.5	4:47.0
32 BERNS, Kourtney	SR	Dubuque Hempstea	(30)	23:59.5	7:42.8	4:47.9
33 RIEHL, Avery	JR	Iowa City Liberty	31	23:59.8	7:42.9	4:47.9
34 TORKELSON, Nina	SR	Iowa City City High	32	24:08.6	7:45.8	4:49.7
35 DONOVAN, Ella	SR	Dubuque Senior	33	24:10.6	7:46.4	4:50.1
36 ORSZULA, Yaya	SR	Iowa City West	34	24:12.3	7:47.0	4:50.5
37 MUNSHOWER, Alison	SR	Wahlert Dubuque	35	24:20.7	7:49.6	4:52.1
38 HENDRICKSON, Ivy	JR	Iowa City West	36	24:24.0	7:50.7	4:52.8
39 SOURWINE, Rita	SR	Linn-Mar Marion	37	24:28.8	7:52.3	4:53.7
40 COOK, Alli	SR	Dubuque Senior	38	24:40.8	7:56.1	4:56.2
41 HAAS, Joelle	SR	Iowa City City High	(39)	24:47.2	7:58.2	4:57.4
42 ALLARD, Tori	SR	Prairie Cedar Rapid	40	24:47.2	7:58.2	4:57.4
43 ORR, Katelyn	JR	Linn-Mar Marion	41	24:53.8	8:00.3	4:58.7
44 DEHN, Anna	SR	Wahlert Dubuque	42	24:55.1	8:00.7	4:59.0
45 RICHTER, Rachel	SR	Dubuque Hempstea	(43)	24:56.3	8:01.1	4:59.3
46 WESSELS, Jacie	JR	Cedar Falls	-	25:01.1	8:02.7	5:00.2
47 HANSEN, Rylee	JR	Cedar Falls	-	25:03.5	8:03.4	5:00.7
48 VOGTS, Lilly	JR	Iowa City Liberty	44	25:04.7	8:03.8	5:00.9
49 BAUSTIAN, Mackenzie	SR	Prairie Cedar Rapid	45	25:06.8	8:04.5	5:01.3
50 ZIEHR, Nora	JR	Iowa City City High	(46)	25:13.2	8:06.5	5:02.6
51 WETHAL, Grace	JR	Wahlert Dubuque	47	25:19.7	8:08.6	5:03.9
52 KEARNS, Kahlan	JR	Cedar Falls	-	25:20.0	8:08.7	5:04.0
53 PAJAZETOVIC, Alisa	SO	Waterloo West	48	25:20.6	8:08.9	5:04.1
54 OPITZ, Brittney	SR	Prairie Cedar Rapid	(49)	25:25.9	8:10.6	5:05.2
55 LARSEN, Haley	SR	Prairie Cedar Rapid	(50)	25:30.7	8:12.2	5:06.1
56 CARBER, Delaney	SR	Dubuque Senior	(51)	25:35.4	8:13.7	5:07.1
57 NOVE, Ella	SR	Prairie Cedar Rapid	-	25:39.3	8:14.9	5:07.9
58 GERDES, Anna	JR	Cedar Falls	-	25:40.3	8:15.3	5:08.0
59 FORTE, Angelina	SR	Iowa City West	52	25:48.2	8:17.8	5:09.6
60 OLIVO, Sophia	JR	Iowa City West	53	25:56.8	8:20.6	5:11.4
61 BRYANT, Amelia	SR	Cedar Falls	-	26:08.7	8:24.4	5:13.7
62 REYES, Genesis	JR	Iowa City Liberty	54	26:23.1	8:29.0	5:16.6
63 HALVORSEN, Emma	SR	Cedar Falls	-	26:28.1	8:30.6	5:17.6
64 BREWER, Ava	SR	Iowa City City High	-	26:33.3	8:32.3	5:18.6
65 GAMMON, Hailey	SR	Prairie Cedar Rapid	-	26:35.7	8:33.1	5:19.1
66 MICKELSON, Paris	JR	Dubuque Hempstea	-	26:36.3	8:33.3	5:19.2
67 ZHANG, Grace	SR	Wahlert Dubuque	55	26:49.4	8:37.5	5:21.9
68 LITTLE, Amira	SO	Waterloo West	56	26:52.6	8:38.5	5:22.5
69 TIAN, Melinda	FR	Iowa City Liberty	(57)	26:54.8	8:39.2	5:23.0
70 MCFARLAND, Rya	SR	Cedar Rapids Wash	58	26:56.0	8:39.6	5:23.2
71 DUPUICH, Kate	JR	Iowa City West	(59)	26:56.9	8:39.9	5:23.4
72 O'BRIEN, Ciara	JR	Xavier Cedar Rapid	60	26:58.9	8:40.5	5:23.8
73 CARTER, Sophia	JR	Xavier Cedar Rapid	61	27:00.6	8:41.1	5:24.1
74 DALLAL, Abby	JR	Dubuque Hempstea	-	27:22.5	8:48.1	5:28.5
75 MARLIN, Grace	JR	Waterloo West	62	27:27.0	8:49.6	5:29.4

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76 EDMONDS, Matiana	SR	Dubuque Senior	(63)	27:32.0	8:51.2	5:30.4
77 OEHLER, Lucy	JR	Xavier Cedar Rapid	64	27:37.0	8:52.8	5:31.4
78 ZIPSE, Anastasia	SR	Prairie Cedar Rapid	-	27:52.2	8:57.7	5:34.4
79 DICKENS, Annie	JR	Iowa City West	(65)	28:00.7	9:00.4	5:36.1
80 MORLEY, Grace	JR	Dubuque Hempstea	-	28:03.0	9:01.1	5:36.6
81 HOFFMAN, Maya	JR	Iowa City City High	-	28:05.9	9:02.1	5:37.2
82 RICHMAN, Noe	JR	Iowa City City High	-	28:07.6	9:02.6	5:37.5
83 MARTIN, Natalie	SR	Cedar Rapids Kenn	-	28:10.2	9:03.5	5:38.0
84 ANDERSON, Lilly	JR	Dubuque Senior	-	28:17.8	9:05.9	5:39.6
85 SANDERS, Curstin	FR	Cedar Rapids Jeffer	-	28:22.0	9:07.3	5:40.4
86 DOTZLER, Brianna	SR	Cedar Falls	-	28:25.8	9:08.5	5:41.2
87 GILCHRIST, Ada	SR	Iowa City City High	-	28:29.3	9:09.6	5:41.9
88 HONG, Tina	JR	Iowa City West	-	28:30.6	9:10.0	5:42.1
89 LINN, Ava	JR	Xavier Cedar Rapid	66	28:33.3	9:10.9	5:42.6
90 APPLEBY-SPARROW, Lydia	SR	Cedar Rapids Wash	67	28:38.4	9:12.5	5:43.7
91 KOPPE, Mya	JR	Linn-Mar Marion	(68)	28:49.2	9:16.0	5:45.8
92 FERN, Evelyn	JR	Dubuque Hempstea	-	28:55.4	9:18.0	5:47.1
93 BRANDON, Melina	SR	Dubuque Hempstea	-	28:56.6	9:18.4	5:47.3
94 ENGUIDANOS FAET, Julia		Cedar Rapids Kenn	-	28:58.6	9:19.0	5:47.7
95 WHITTEMORE, Ellyn	SO	Waterloo West	69	28:59.9	9:19.5	5:48.0
96 STILWELL, Frannie	JR	Cedar Rapids Wash	70	29:12.0	9:23.3	5:50.4
97 CALHOUN, Rachel		Iowa City West	-	29:33.1	9:30.1	5:54.6
98 KESTEL, Bailey	JR	Waterloo West	71	29:33.5	9:30.3	5:54.7
99 CHERRY, Alex	JR	Cedar Rapids Wash	72	29:37.4	9:31.5	5:55.5
100 BROOKS, Addie	JR	Linn-Mar Marion	(73)	29:44.1	9:33.6	5:56.8
101 CALDERON, Abigail	JR	Cedar Rapids Jeffer	-	30:39.5	9:51.5	6:07.9
102 PRICE, Quinn	SR	Iowa City City High	-	31:17.6	10:03.7	6:15.5
103 HANSELMAN, Alice	SR	Dubuque Hempstea	-	32:40.4	10:30.3	6:32.1
104 TICHY, Emma	JR	Xavier Cedar Rapid	74	32:43.5	10:31.3	6:32.7
105 KLUESNER, Catey	JR	Xavier Cedar Rapid	(75)	32:45.4	10:32.0	6:33.1
106 FRIGERIO, Chiara	SR	Cedar Rapids Wash	76	33:22.0	10:43.7	6:40.4
107 ZUERCHER, Caitlin	JR	Cedar Rapids Jeffer	-	33:37.5	10:48.7	6:43.5
108 KOEHN, Paige	SR	Cedar Falls	-	33:52.6	10:53.5	6:46.5
109 NASO, Ania	JR	Iowa City City High	-	34:02.1	10:56.6	6:48.4
110 GONNERMAN, Megan	JR	Cedar Falls	-	34:11.0	10:59.5	6:50.2
111 HELLWIG, Georgia	SR	Iowa City City High	-	34:13.0	11:00.1	6:50.6
112 SCHEPANSKI, Tasha	JR	Iowa City Liberty	(77)	35:07.1	11:17.5	7:01.4
113 MEEHAN, Raygan	JR	Dubuque Hempstea	-	36:31.2	11:44.5	7:18.2
114 DUNN, Ruth	SR	Waterloo West	(78)	39:01.0	12:32.7	7:48.2
115 POWERS, Evelyn	SR	Iowa City City High	-	47:27.5	15:15.6	9:29.5