

**SEMINOLE VALLEY STAMPEDE**

Cedar Rapids, IA  
 Seminole Cross Country Course  
 Weather: Sunny, Wind ESE 5-10mph & 73  
 Host: Mount Mercy University  
 Saturday, October 09, 2021

**MEET OFFICIALS**

**Meet Director:**  
 Ryan Scheckel  
**Meet Referee:**  
 Tom Cahalan  
**Timing:**  
 Andrew Kauder - Kauder Racing, LLC



**KAUDER RACING**  
**OFFICIAL MEET REPORT**  
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**Race #2**  
**Women's 5K**

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Missouri Baptist	52	2-4-7-19-20(21)(34)	1:38:29	19:42	1:30.4
2 Baker	79	6-10-13-22-28(32)(48)	1:40:37	20:08	1:19.2
3 Grand View	99	1-5-24-29-40(45)(56)	1:40:43	20:09	2:40.5
4 College of the Ozarks	113	9-11-18-31-44(52)(60)	1:42:22	20:29	1:50.8
5 Mt Mercy	148	3-14-42-43-46(53)(58)	1:43:35	20:43	2:33.7
6 Viterbo Univ	153	12-23-38-39-41(47)(49)	1:44:18	20:52	1:26.4
7 Upper Iowa University	155	8-15-27-51-54(79)(82)	1:44:49	20:58	2:31.7
8 Central Methodist	223	26-33-35-59-70(74)	1:49:54	21:59	3:43.4
9 St Ambrose	241	16-36-57-65-67(71)(76)	1:50:14	22:03	3:20.5
10 Midland	272	17-25-62-81-87	1:59:07	23:50	8:54.5
11 Southeastern Community	280	30-50-63-68-69(73)	1:53:25	22:41	3:09.1
12 Waldorf	332	55-61-64-75-77(78)(89)	1:58:21	23:41	3:03.8
13 Iowa Wesleyan	355	37-66-80-84-88(91)(92)	2:08:59	25:48	9:20.1
14 Emmaus Bible College	416	72-83-85-86-90	2:22:55	28:35	8:56.6
DNP Clarke					
DNP Graceland					
DNP William Penn					
DNP Culver-Stockton					
DNP Scott Community					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 LAWSON, Morgan	JR	Grand View	1	18:35.1	5:58.5	3:43.0
2 BAYER, Emily	SR	Missouri Baptist	2	18:52.2	6:04.0	3:46.4
3 HUHNDORF, Kelsi	SR	Mt Mercy	3	18:59.8	6:06.5	3:48.0
4 REED, Mia	FR	Missouri Baptist	4	19:16.2	6:11.7	3:51.2
5 NAZLI, Ceyda	JR	Grand View	5	19:22.2	6:13.7	3:52.4
6 ACEVES-POW, Valerie	JR	Baker	6	19:31.2	6:16.6	3:54.2
7 RINKENBERGER, Isabel	FR	Missouri Baptist	7	19:37.5	6:18.6	3:55.5
8 BRIANNA, Crouch	SR	Upper Iowa Unvers	8	19:39.1	6:19.1	3:55.8
9 MONEY, Abigail	JR	College of the Ozar	9	19:40.2	6:19.5	3:56.0
10 ALLEN, Brooke	SO	Baker	10	19:46.2	6:21.4	3:57.2
11 BICKLER, Rory	SO	Clarke	-	19:51.8	6:23.2	3:58.4
12 STAAL, Emily	SO	College of the Ozar	11	19:53.5	6:23.8	3:58.7
13 THOMAS, Vanessa	SO	Viterbo Univ	12	19:57.6	6:25.1	3:59.5
14 HAWMAN, Jordan	JR	Baker	13	19:59.9	6:25.8	4:00.0
15 PERKINS, Ashlynn	SR	Graceland	-	20:02.0	6:26.5	4:00.4
16 ERTZ, Jessica A.	JR	Mt Mercy	14	20:06.1	6:27.8	4:01.2
17 MADISON, Brownrigg	SR	Upper Iowa Unvers	15	20:08.0	6:28.4	4:01.6
18 PERKINS, Keegan	SR	Graceland	-	20:09.2	6:28.8	4:01.8
19 DUNCAN, Emma	JR	St Ambrose	16	20:10.6	6:29.3	4:02.1
20 JOHNSON, Myia	SO	Midland	17	20:11.2	6:29.5	4:02.2

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

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21 STAAL, Janelle	JR	College of the Ozar	18	20:20.5	6:32.4	4:04.1
22 ROGERS, Elizabeth	SR	Missouri Baptist	19	20:20.8	6:32.5	4:04.2
23 PERRY, Ali	SR	Missouri Baptist	20	20:22.5	6:33.1	4:04.5
24 JAKCSY, Alyssa	SR	Missouri Baptist	(21)	20:26.7	6:34.4	4:05.3
25 DE LA FUNENTE, Jackie	SO	Baker	22	20:28.7	6:35.1	4:05.7
26 STEWART, Grace	JR	Graceland	-	20:33.3	6:36.6	4:06.7
27 ADAM, Madelyn	SO	Viterbo Univ	23	20:34.2	6:36.8	4:06.8
28 SHADIN, Shiggo	SO	Grand View	24	20:39.1	6:38.4	4:07.8
29 EDWARDS, Madilynn	SO	Midland	25	20:41.2	6:39.1	4:08.2
30 BANGERT, Katherine	JR	Central Methodist	26	20:43.2	6:39.7	4:08.6
31 MENDS, Ricar	SR	Clarke	-	20:44.3	6:40.1	4:08.8
32 ASHLEY, Donovan	JR	Upper Iowa Univers	27	20:49.1	6:41.6	4:09.8
33 SANNAN, Peyton	SO	Baker	28	20:50.4	6:42.0	4:10.1
34 HASAN, Ikilas	FR	Grand View	29	20:51.2	6:42.3	4:10.2
35 ALLIE, Simpson	FR	Southeastern Com	30	20:52.2	6:42.6	4:10.4
36 LOYA, Rebecca	FR	College of the Ozar	31	20:56.0	6:43.9	4:11.2
37 WILHOIT, Mia	SR	Baker	(32)	21:00.6	6:45.3	4:12.1
38 WIESEMAN, Madeline	JR	Central Methodist	33	21:01.6	6:45.6	4:12.3
39 HEBERER, Brooke	FR	Missouri Baptist	(34)	21:02.5	6:45.9	4:12.5
40 CAMILO-MONTENEGRO, D	FR	Central Methodist	35	21:03.5	6:46.3	4:12.7
41 MENDENHALL, Jessica	JR	St Ambrose	36	21:08.7	6:47.9	4:13.7
42 YOUNCE, Faith	FR	Iowa Wesleyan	37	21:08.9	6:48.0	4:13.8
43 HERZOG, Lauren	JR	Viterbo Univ	38	21:11.1	6:48.7	4:14.2
44 MCDONOUGH, Brenna	SO	Viterbo Univ	39	21:11.3	6:48.8	4:14.3
45 MOHAMMED, Maytane	FR	Grand View	40	21:15.6	6:50.1	4:15.1
46 SCHEUER, Megan	SO	Viterbo Univ	41	21:23.9	6:52.8	4:16.8
47 KNUTSON, J'Lyn	FR	Mt Mercy	42	21:24.8	6:53.1	4:17.0
48 MERCADO, Marina	SO	Clarke	-	21:28.5	6:54.3	4:17.7
49 BREWINGTON, Nani	JR	Missouri Baptist	-	21:29.2	6:54.5	4:17.8
50 LOPEZ, Ariana	FR	Mt Mercy	43	21:30.3	6:54.9	4:18.0
51 O'HARVER, Jacqueline	SO	College of the Ozar	44	21:31.0	6:55.1	4:18.2
52 THOMPSON, Paige	SO	Grand View	(45)	21:33.0	6:55.7	4:18.6
53 DAY, Jessa	FR	Mt Mercy	46	21:33.5	6:55.9	4:18.7
54 GERBER, Tori	SO	Viterbo Univ	(47)	21:40.9	6:58.3	4:20.2
55 CHAMBERS, Kristi	FR	Baker	(48)	21:45.4	6:59.7	4:21.1
56 WAIDMANN, Vanessa	SO	Missouri Baptist	-	21:48.3	7:00.7	4:21.6
57 SNYDER, Mya	JR	Viterbo Univ	(49)	21:51.6	7:01.7	4:22.3
58 AMANDA, Gilpin	FR	Southeastern Com	50	22:00.9	7:04.7	4:24.2
59 HIRSCH, Anya	SO	Viterbo Univ	-	22:01.5	7:04.9	4:24.3
60 MACEY, White	SR	Upper Iowa Univers	51	22:02.0	7:05.1	4:24.4
61 FOSKETT, Naomi	FR	College of the Ozar	(52)	22:02.4	7:05.2	4:24.5
62 GAULRAPP, Lillian	SO	Mt Mercy	(53)	22:09.7	7:07.5	4:25.9
63 JADYN, Schultz	SO	Upper Iowa Univers	54	22:10.7	7:07.9	4:26.1
64 JORDAN, Delana	JR	William Penn	-	22:11.5	7:08.1	4:26.3
65 WICKERING, Alana		Waldorf	55	22:15.1	7:09.3	4:27.0
66 KOKO, Karima	SO	Grand View	(56)	22:19.7	7:10.7	4:27.9

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67 LEIS, Liberty	FR	Grand View	-	22:20.1	7:10.9	4:28.0
68 MERCIER, Kylie	JR	St Ambrose	57	22:21.0	7:11.2	4:28.2
69 MUELLER, Jerica	FR	Viterbo Univ	-	22:25.7	7:12.7	4:29.1
70 KMIEC, Michaela	JR	William Penn	-	22:26.7	7:13.0	4:29.3
71 NIX, Lillian	FR	Missouri Baptist	-	22:29.9	7:14.1	4:30.0
72 COBIEYA, Ruth	SR	Mt Mercy	(58)	22:34.7	7:15.6	4:30.9
73 SYKES, Claire	FR	Central Methodist	59	22:39.1	7:17.0	4:31.8
74 MCCORMACK, Alyssa	SO	Missouri Baptist	-	22:39.4	7:17.1	4:31.9
75 COWDEN, Lauren	SO	College of the Ozar	(60)	22:42.0	7:17.9	4:32.4
76 SADOSKY, Trinity	FR	College of the Ozar	-	22:42.4	7:18.0	4:32.5
77 WOOD, Danielle		Waldorf	61	22:42.5	7:18.1	4:32.5
78 HARDER, Laura	JR	Graceland	-	22:42.6	7:18.1	4:32.5
79 WALSH, Darby	FR	Midland	62	22:43.7	7:18.5	4:32.7
80 HILL, Abby	SO	Mt Mercy	-	22:48.1	7:19.9	4:33.6
81 GRATER, Maria	FR	Viterbo Univ	-	22:52.1	7:21.2	4:34.4
82 THALIA, Thomas	FR	Southeastern Com	63	22:53.4	7:21.6	4:34.7
83 KERN, Lauren		Waldorf	64	22:53.6	7:21.7	4:34.7
84 PROPER, Bridget	SO	Viterbo Univ	-	22:55.3	7:22.2	4:35.1
85 BELTZ, Julia	FR	St Ambrose	65	23:02.8	7:24.6	4:36.6
86 COSTAIN, Dani	JR	Grand View	-	23:08.3	7:26.4	4:37.7
87 REITTINGER, Carli	SO	Mt Mercy	-	23:12.4	7:27.7	4:38.5
88 MORRIS, Allison	SR	Iowa Wesleyan	66	23:24.8	7:31.7	4:40.9
89 HERNANDEZ, Yaqueline	SO	Mt Mercy	-	23:28.1	7:32.7	4:41.6
90 MILLER, Morgan	FR	St Ambrose	67	23:31.1	7:33.7	4:42.2
91 LAUREN, King	FR	Southeastern Com	68	23:36.8	7:35.5	4:43.4
92 ZIMMERMAN, Mary	SR	College of the Ozar	-	23:48.4	7:39.3	4:45.7
93 MAKAYLA, Wells	FR	Southeastern Com	69	24:01.2	7:43.4	4:48.2
94 DOUVER, Talaysia	SR	William Penn	-	24:11.7	7:46.8	4:50.3
95 RADEKE, Lydia	FR	Clarke	-	24:17.4	7:48.6	4:51.5
96 YORK, Rebecca	FR	Viterbo Univ	-	24:22.1	7:50.1	4:52.4
97 JOHNSON, Kailey	SO	Central Methodist	70	24:26.6	7:51.6	4:53.3
98 FORTUNE, Rileigh	FR	St Ambrose	(71)	24:44.3	7:57.2	4:56.8
99 JOHNSON, Lydia	JR	Emmaus Bible Coll	72	24:50.5	7:59.3	4:58.1
100 HANNAH, Coaker	FR	Southeastern Com	(73)	24:56.1	8:01.1	4:59.2
101 ROSS, Isabella	FR	Central Methodist	(74)	24:58.7	8:01.9	4:59.7
102 VALDE, Alyssa	FR	Mt Mercy	-	25:08.0	8:04.9	5:01.6
103 BARCHENGER, Mindy		Waldorf	75	25:11.0	8:05.8	5:02.2
104 BECK, Carley	JR	Mt Mercy	-	25:14.0	8:06.8	5:02.8
105 NEATEROUR, Becca	FR	St Ambrose	(76)	25:15.2	8:07.2	5:03.0
106 JASSO, Gemma		Waldorf	77	25:18.9	8:08.4	5:03.8
107 HEMSWORTH, Cecelia		Waldorf	(78)	25:22.8	8:09.6	5:04.6
108 SCHRODER, Rylee	FR	Culver-Stockton	-	25:28.0	8:11.3	5:05.6
109 JADE, Martin	JR	Upper Iowa Univers	(79)	25:28.9	8:11.6	5:05.8
110 FULLER, Roselaure	FR	William Penn	-	25:34.8	8:13.5	5:06.9
111 DESWART, Kaylie	SO	Scott Community	-	25:35.9	8:13.8	5:07.2
112 GARNSEY, Lilly	JR	Iowa Wesleyan	80	25:52.4	8:19.2	5:10.5

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113 ORTIZ, Jaineily	JR	Midland	81	26:25.3	8:29.7	5:17.1
114 MCCRERY, Rylee	JR	Scott Community	-	26:33.8	8:32.5	5:18.7
115 DELANEY, Miller	SO	Upper Iowa Univers	(82)	26:34.4	8:32.6	5:18.9
116 WEIS, Emily	JR	Mt Mercy	-	26:36.7	8:33.4	5:19.3
117 FERNANDES, Leela	SR	Emmaus Bible Coll	83	26:55.6	8:39.5	5:23.1
118 EILDERTS, Jayne	FR	St Ambrose	-	27:44.9	8:55.3	5:33.0
119 HAWKINS, Teya	FR	Iowa Wesleyan	84	28:03.7	9:01.4	5:36.7
120 HUTCHINSON, Lila	FR	Emmaus Bible Coll	85	28:36.3	9:11.8	5:43.2
121 HANSEN, Amy	JR	Emmaus Bible Coll	86	28:45.6	9:14.9	5:45.1
122 WILLIAMS, Mikayla	JR	Missouri Baptist	-	28:52.5	9:17.1	5:46.5
123 MADORA, Daisey	FR	Midland	87	29:05.7	9:21.3	5:49.1
124 BODINE, Erin	JR	Culver-Stockton	-	30:01.4	9:39.2	6:00.3
125 LINDSEY, Caroline	FR	Culver-Stockton	-	30:23.9	9:46.4	6:04.8
126 GUSTKE, Alyson	JR	Viterbo Univ	-	30:27.7	9:47.7	6:05.5
127 PAMOS, Lidia	FR	Iowa Wesleyan	88	30:29.0	9:48.1	6:05.8
128 LAURICH, Hailey	FR	Culver-Stockton	-	31:12.8	10:02.2	6:14.5
129 CERDA, Karly	FR	Mt Mercy	-	31:37.3	10:10.0	6:19.4
130 SOLANO, Hayleigh		Waldorf	(89)	33:28.7	10:45.9	6:41.7
131 REGEHR, Brooke	JR	Emmaus Bible Coll	90	33:47.1	10:51.8	6:45.4
132 SCHARLOW, Alyssa	FR	Iowa Wesleyan	(91)	35:42.3	11:28.8	7:08.4
133 BLAGSVEDT, Angel	FR	Iowa Wesleyan	(92)	37:54.4	12:11.3	7:34.9