

3RD ANNUAL CORRIDOR XC CLASH

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, S 10-20mph, 33% & 85

Host: Cornell College & Mount Mercy University

Friday, September 01, 2023

MEET OFFICIALS**Meet Director:**

Jerry Frawley & Jeff Barker

Meet Referee:

Tom Calahan

Timing:

Andrew Kauder

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

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**Race #3
Women's 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Mount Mercy	30	3-4-5-8-10(11)(12)	1:43:28	20:42	0:53.4
2 Dubuque	62	6-7-13-17-19(21)(31)	1:46:58	21:24	1:10.6
3 Southeastern CC	74	1-9-16-23-25(32)	1:46:41	21:21	2:18.5
4 Cornell College	134	2-29-30-35-38(41)(43)	1:52:21	22:29	4:12.6
5 William Penn	137	14-18-24-37-44(45)(53)	1:55:25	23:05	5:10.8
6 Upper Iowa	161	22-27-28-36-48	1:58:56	23:48	7:00.7
7 Culver-Stockton	186	15-34-40-46-51	2:08:45	25:45	9:09.7
8 Emmaus Bible	198	20-33-42-49-54	2:13:32	26:43	11:00.5
9 Quincy	214	26-39-47-50-52	2:17:50	27:34	10:11.3

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
1 RAMONE, Aisha	SO	Southeastern CC	1	19:48.0	6:22.0	3:57.6
2 KOPPES, Alyza	SO	Cornell College	2	19:58.8	6:25.5	3:59.8
3 ALTHOFF, Emma	FR	Mount Mercy	3	20:17.1	6:31.3	4:03.4
4 JENNINGS, Ruth	SO	Mount Mercy	4	20:18.1	6:31.6	4:03.6
5 KNUTSON, J'Lyn	JR	Mount Mercy	5	20:39.9	6:38.7	4:08.0
6 DAVIS, Delisha	FR	Dubuque	6	20:45.1	6:40.4	4:09.0
7 VOGEL, Kiana	SO	Dubuque	7	20:58.7	6:44.7	4:11.7
8 OVERTON, Kayla	SO	Mount Mercy	8	21:01.9	6:45.7	4:12.4
9 MOEHLE, Brooklyn	SO	Southeastern CC	9	21:05.2	6:46.8	4:13.0
10 DAY, Jessa	JR	Mount Mercy	10	21:10.4	6:48.5	4:14.1
11 KNEPPER, Abby	FR	Mount Mercy	(11)	21:12.8	6:49.3	4:14.6
12 HOPP, Lindsay		Unattached	-	21:18.3	6:51.0	4:15.7
13 RINDERKNECHT, Abby	SO	Mount Mercy	(12)	21:28.6	6:54.3	4:17.7
14 PECORA, Alexia	FR	Dubuque	13	21:35.9	6:56.7	4:19.2
15 ADMIRE, Briana	FR	William Penn	14	21:36.7	6:56.9	4:19.3
16 YOUNCE, Faith	JR	Culver-Stockton	15	21:38.7	6:57.6	4:19.7
17 PEDRIN, Arianna	FR	Southeastern CC	16	21:38.9	6:57.6	4:19.8
18 CHAPMAN, Kiley	JR	Dubuque	17	21:42.2	6:58.7	4:20.4
19 MANLEY, Isabella	FR	Monmouth (Ill.)	-	21:44.7	6:59.5	4:20.9
20 HELE, Charlotte	FR	William Penn	18	21:47.0	7:00.3	4:21.4
21 ARMSTEAD, Ellec	SO	Dubuque	19	21:55.7	7:03.1	4:23.1
22 JANZEN, Kate	SO	Emmaus Bible	20	21:57.7	7:03.7	4:23.5
23 PFALTZGRAFF, Katelyn	JR	Dubuque	(21)	21:58.3	7:03.9	4:23.7
24 SABELKA, Eryn	SO	Upper Iowa	22	21:59.8	7:04.4	4:23.9
25 YALEY, Cassidy	SO	Southeastern CC	23	22:01.8	7:05.0	4:24.3
26 KMIEC, Michaela	SR	William Penn	24	22:03.4	7:05.5	4:24.7
27 REITTINGER, Carli	SR	Mount Mercy	-	22:04.0	7:05.7	4:24.8
28 MOEHLMAN, Gabi	FR	Southeastern CC	25	22:06.5	7:06.5	4:25.3
29 PARK, Katie	FR	Quincy	26	22:09.2	7:07.4	4:25.8
30 RADER, Mackenzie	SO	Upper Iowa	27	22:17.5	7:10.0	4:27.5
31 TIESKOTTER, Maddie	SO	Hawkeye CC	-	22:20.7	7:11.1	4:28.1
32 SCHULTZ, JadyN	SR	Upper Iowa	28	22:29.0	7:13.7	4:29.8

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**Race #3
Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
33 PEESEL, Zoe	FR	Cornell College	29	22:32.6	7:14.9	4:30.5
34 STUMBO, Sophie	FR	Cornell College	30	22:32.9	7:15.0	4:30.6
35 DIETZENBACH, Anna	FR	Hawkeye CC	-	22:34.9	7:15.7	4:31.0
36 BIVOLAROV, Melissa	FR	Monmouth (Ill.)	-	22:37.1	7:16.4	4:31.4
37 COSTELLO, Samantha	FR	Monmouth (Ill.)	-	22:40.7	7:17.5	4:32.1
38 GONNELLA, Alli	FR	Dubuque	(31)	22:44.0	7:18.6	4:32.8
39 MORRIS, Allison		UNA-Culver-Stockt	-	22:46.4	7:19.3	4:33.3
40 SCHROEDER, Ella	FR	Southeastern CC	(32)	22:51.0	7:20.8	4:34.2
41 CONIGLIO, Anna	SO	Emmaus Bible	33	22:57.1	7:22.8	4:35.4
42 FLOWERS, Jaide	FR	Dubuque	-	22:59.4	7:23.5	4:35.9
43 STRAUS, Delaney	FR	Culver-Stockton	34	23:02.6	7:24.5	4:36.5
44 NEWCOMB, Dakota	FR	Dubuque	-	23:03.4	7:24.8	4:36.7
45 PAGE, Murray	FR	Cornell College	35	23:05.5	7:25.5	4:37.1
46 LOPEZ, Ariana	JR	Mount Mercy	-	23:07.8	7:26.2	4:37.6
47 NOUHAILI, Nora	SR	Upper Iowa	36	23:09.1	7:26.6	4:37.8
48 FULLER, Roselaure	JR	William Penn	37	23:10.0	7:26.9	4:38.0
49 FLOCKHART, Kilee	SO	Mount Mercy	-	23:28.8	7:33.0	4:41.7
50 LUNDQUIST, Emma	SR	Dubuque	-	24:01.7	7:43.6	4:48.3
51 ASCHER-HANDLIN, Elinor	SO	Cornell College	38	24:11.4	7:46.7	4:50.3
52 OBERMAIER, Briana	FR	Quincy	39	24:17.0	7:48.5	4:51.4
53 SMITH, Zoi	FR	Culver-Stockton	40	24:59.6	8:02.2	4:59.9
54 PICKUP, Cari	SO	Cornell College	(41)	25:22.2	8:09.5	5:04.4
55 TRUITT, Katrina	JR	Dubuque	-	25:24.8	8:10.3	5:05.0
56 SCHWARTZ, Lizzie	JR	Dubuque	-	25:49.7	8:18.3	5:09.9
57 SPEICHINGER, Bethany	FR	Emmaus Bible	42	26:00.2	8:21.7	5:12.0
58 PARISES, Grace	SO	Cornell College	(43)	26:06.0	8:23.5	5:13.2
59 OLVERA, Ashley	FR	Cornell College	-	26:09.1	8:24.5	5:13.8
60 ANDERSON, Isabella	FR	Cornell College	-	26:29.5	8:31.1	5:17.9
61 TAYLOR, Morgan	SO	William Penn	44	26:47.4	8:36.8	5:21.5
62 GARZA, Ameline	SO	William Penn	(45)	28:03.1	9:01.2	5:36.6
63 LINDSEY, Caroline	SO	Culver-Stockton	46	28:15.8	9:05.3	5:39.2
64 COGLIANESE, Sofia	FR	Quincy	47	28:28.3	9:09.3	5:41.7
65 SUNLIN, Alaina	SR	Upper Iowa	48	29:00.4	9:19.6	5:48.1
66 DUNHAM, Claire	SO	Emmaus Bible	49	29:38.7	9:31.9	5:55.7
67 HAGGARD, Christian	JR	Quincy	50	30:35.1	9:50.0	6:07.0
68 HAWKINS, Teya	JR	Culver-Stockton	51	30:48.3	9:54.3	6:09.7
69 CALLAWAY, Aliya	FR	Quincy	52	32:20.4	10:23.9	6:28.1
70 WATERHOUSE, Avery	FR	William Penn	(53)	32:53.1	10:34.4	6:34.6
71 ROGERS, Carolyn	JR	Emmaus Bible	54	32:58.1	10:36.0	6:35.6