

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Sunny, Wind WSW 5-10mph, 69% & 45

Host: Mount Mercy University

Saturday, October 08, 2022

MEET OFFICIALS**Meet Director:**

Tad Hulst

Meet Referee:

Tom Cahalan

Timing:

Andrew Kauder - Kauder Racing, LLC

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

printed: 10/8/2022 10:31 AM

**Race #1
Women's 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Missouri Baptist	66	2-8-10-21-25(28)(39)	1:37:05	19:25	1:19.2
2 Viterbo Univ	67	7-9-11-14-26(36)(59)	1:36:56	19:24	0:58.8
3 Mid America Nazarene	104	17-18-19-23-27(32)(37)	1:39:25	19:53	0:26.5
4 Mt Mercy	123	1-6-31-41-44(54)(55)	1:39:29	19:54	2:34.8
5 Graceland	142	3-5-16-50-68(98)	1:40:26	20:06	3:13.5
6 Southeastern Community	177	4-29-35-49-60(87)	1:42:38	20:32	2:59.0
7 Upper Iowa University	192	13-34-45-47-53(81)	1:42:57	20:36	1:55.5
8 Judson	207	12-38-46-48-63(69)(79)	1:43:46	20:46	2:40.7
9 Clarke	245	22-33-42-73-75	1:46:41	21:21	2:53.4
10 University of Iowa Track Cl	279	15-61-65-67-71(72)(82)	1:47:42	21:33	3:11.9
11 William Penn	288	43-51-56-62-76	1:48:13	21:39	1:58.2
12 Indian Hills CC	297	20-40-66-85-86	1:50:09	22:02	4:02.1
13 Coe	325	24-58-77-78-88(90)(93)	1:51:59	22:24	4:13.7
14 Park	370	30-74-80-92-94(96)	1:59:29	23:54	6:41.4
15 Emmaus Bible College	374	52-64-83-84-91(99)(100)	1:55:58	23:12	4:16.5
16 Iowa Wesleyan	408	57-70-89-95-97	2:06:49	25:22	9:20.3

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 NEWHOUSE, Deanna	FR	Mt Mercy	1	18:19.9	5:53.7	3:40.0
2 REED, Mia	SO	Missouri Baptist	2	18:46.8	6:02.3	3:45.4
3 PERKINS, Keagan	SR	Graceland	3	18:49.0	6:03.0	3:45.8
4 RAMONE, Aisha	FR	Southeastern Com	4	18:50.2	6:03.4	3:46.0
5 PERKINS, Ashlynn	SR	Graceland	5	18:53.7	6:04.5	3:46.7
6 JOHNSON, Myia	SO	Midland	-	19:01.7	6:07.1	3:48.3
7 KNUTSON, J'Lyn	SO	Mt Mercy	6	19:02.1	6:07.2	3:48.4
8 ADAM, Madelyn	JR	Viterbo Univ	7	19:08.0	6:09.1	3:49.6
9 ROCKETTE, Adrienne	FR	Missouri Baptist	8	19:08.8	6:09.4	3:49.8
10 THOMAS, Vanessa	JR	Viterbo Univ	9	19:11.0	6:10.1	3:50.2
11 RINKENBERGER, Isabel	SO	Missouri Baptist	10	19:12.0	6:10.4	3:50.4
12 HIRSCH, Anya	JR	Viterbo Univ	11	19:12.4	6:10.5	3:50.5
13 MORENO, Kasey	SR	Judson	12	19:14.9	6:11.4	3:51.0
14 DONOVAN, Ashley	SR	Upper Iowa Univers	13	19:17.4	6:12.1	3:51.5
15 MCDONOUGH, Brenna	JR	Viterbo Univ	14	19:17.7	6:12.2	3:51.5
16 MOORE, Olivia	JR	University of Iowa T	15	19:19.5	6:12.8	3:51.9
17 ADAMS, Skylar	SO	Evangel	-	19:20.6	6:13.2	3:52.1
18 EDWARDS, Madilynn	SO	Midland	-	19:26.8	6:15.2	3:53.4
19 STEWART, Grace	SR	Graceland	16	19:31.7	6:16.7	3:54.3
20 HARRIS, Emily	FR	Evangel	-	19:34.8	6:17.7	3:54.9
21 JANIS, Wasu	SR	Mid America Nazar	17	19:43.7	6:20.6	3:56.7
22 ALRED, Abigail	SO	Mid America Nazar	18	19:45.6	6:21.2	3:57.1
23 REYES, Cassi	FR	Mid America Nazar	19	19:49.4	6:22.4	3:57.9
24 SHANNON, Alyssa	FR	Indian Hills CC	20	19:50.3	6:22.7	3:58.0

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**Race #1
Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
25 KOPALA, Gracie	SR	Missouri Baptist	21	19:50.7	6:22.9	3:58.1
26 FRANCO, Jaycie	FR	Clarke	22	19:52.1	6:23.3	3:58.4
27 WHEELER, Justine	JR	Mid America Nazar	23	19:56.0	6:24.6	3:59.2
28 BURKE, Crystal	JR	Coe	24	20:01.8	6:26.4	4:00.4
29 HERNANDEZ, Haley	JR	Missouri Baptist	25	20:06.0	6:27.8	4:01.2
30 BUTLER, Hannah	FR	Viterbo Univ	26	20:06.7	6:28.0	4:01.3
31 ENOCHS, Gracie	FR	Mid America Nazar	27	20:10.2	6:29.1	4:02.0
32 WAIDMANN, Vanessa	JR	Missouri Baptist	(28)	20:10.9	6:29.4	4:02.2
33 KOPP, Macy	FR	Evangel	-	20:19.9	6:32.2	4:04.0
34 MACKEY, Carissa	FR	Southeastern Com	29	20:22.1	6:32.9	4:04.4
35 HAHLEBECK, Jena	SR	Park	30	20:22.2	6:33.0	4:04.4
36 RINDERKNECHT, Abby	FR	Mt Mercy	31	20:22.5	6:33.1	4:04.5
37 ZITTER, Abigail	JR	Mid America Nazar	(32)	20:23.3	6:33.3	4:04.6
38 BICKLER, Rory	JR	Clarke	33	20:29.5	6:35.3	4:05.9
39 SEBELKA, Eryn	FR	Upper Iowa Univers	34	20:30.6	6:35.7	4:06.1
40 CHANDLER, Dylan		Scott Community	-	20:31.7	6:36.0	4:06.3
41 SIMPSON, Allie	SO	Southeastern Com	35	20:32.2	6:36.2	4:06.4
42 GERBER, Tori	JR	Viterbo Univ	(36)	20:34.4	6:36.9	4:06.9
43 SIEFKER, Olivia	FR	Mid America Nazar	(37)	20:34.8	6:37.0	4:07.0
44 RICHTER, Ella	FR	Judson	38	20:35.5	6:37.2	4:07.1
45 BREWINGTON, Nani	SR	Missouri Baptist	(39)	20:35.9	6:37.4	4:07.2
46 GERARD, Ava		Scott Community	-	20:39.0	6:38.4	4:07.8
47 SARABIA, Nevaeh	SO	Midland	-	20:39.1	6:38.4	4:07.8
48 FLORES, Lizeth	SO	Indian Hills CC	40	20:39.8	6:38.6	4:08.0
49 SARGENT, Madison	SR	Missouri Baptist	-	20:41.4	6:39.1	4:08.3
50 LOPEZ, Ariana	SO	Mt Mercy	41	20:49.5	6:41.8	4:09.9
51 KESSLER, Trinity	FR	Clarke	42	20:52.5	6:42.7	4:10.5
52 HELE, Elizabeth	SR	William Penn	43	20:52.6	6:42.8	4:10.5
53 DAY, Jessa	SO	Mt Mercy	44	20:54.6	6:43.4	4:10.9
54 SCHULTZ, Jady	JR	Upper Iowa Univers	45	20:54.7	6:43.4	4:10.9
55 SERRATO, Eva	SO	Judson	46	20:57.7	6:44.4	4:11.5
56 RADER, Mackenzie	FR	Upper Iowa Univers	47	21:01.3	6:45.6	4:12.3
57 RODRIGUEZ, Beth	JR	Judson	48	21:02.2	6:45.8	4:12.4
58 HEBERER, Brooke	SO	Missouri Baptist	-	21:02.2	6:45.8	4:12.4
59 ADAM, Sage	FR	Mid America Nazar	-	21:03.8	6:46.3	4:12.7
60 MOEHLE, Brooklyn	FR	Southeastern Com	49	21:04.7	6:46.6	4:12.9
61 STOCKBERGER, Lilly	SO	North Iowa Area	-	21:05.8	6:47.0	4:13.2
62 HARDER, Laura	SR	Graceland	50	21:08.5	6:47.9	4:13.7
63 JORDAN, Delana	SR	William Penn	51	21:09.3	6:48.1	4:13.8
64 CONIGLIO, Anna	FR	Emmaus Bible Coll	52	21:10.5	6:48.5	4:14.1
65 CARVAJAL, Brooklyn	FR	Hannibal-LaGrange	-	21:10.6	6:48.5	4:14.1
66 WHITE, Macey	SR	Upper Iowa Univers	53	21:12.9	6:49.3	4:14.6
67 JENNINGS, Ruth	FR	Mt Mercy	(54)	21:17.7	6:50.8	4:15.5
68 BISHOP, Laura	FR	Mt Mercy	(55)	21:18.6	6:51.1	4:15.7
69 NOYES, Mattie	FR	Missouri Baptist	-	21:19.3	6:51.3	4:15.9
70 KMIEC, Michaela	SR	William Penn	56	21:25.3	6:53.3	4:17.0

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
71 HERNANDEZ, Yaqueline	SO	Mt Mercy	-	21:26.4	6:53.6	4:17.3
72 WOOD, Danielle	SO	Waldorf	-	21:27.5	6:54.0	4:17.5
73 YOUNCE, Faith	SO	Iowa Wesleyan	57	21:36.4	6:56.8	4:19.3
74 COBIEYA, Ruth	SR	Mt Mercy	-	21:37.3	6:57.1	4:19.5
75 MAHLER, Fiona	SO	Coe	58	21:40.8	6:58.3	4:20.2
76 MUELLER, Jerica	SO	Viterbo Univ	(59)	21:45.3	6:59.7	4:21.0
77 YALEY, Cassidy	FR	Southeastern Com	60	21:49.1	7:00.9	4:21.8
78 WOODS, Clare	FR	University of Iowa T	61	21:50.6	7:01.4	4:22.1
79 SCHEUER, Megan	JR	Viterbo Univ	-	21:51.2	7:01.6	4:22.2
80 GIBBS, Kyleigh	JR	Evangel	-	21:51.5	7:01.7	4:22.3
81 REITTINGER, Carli	SO	Mt Mercy	-	21:53.1	7:02.2	4:22.6
82 GARZA, Ameline	FR	William Penn	62	21:55.3	7:02.9	4:23.1
83 KEARFOTT, Mckinze	FR	Judson	63	21:55.6	7:03.0	4:23.1
84 JANZEN, Kate	FR	Emmaus Bible Coll	64	21:56.4	7:03.3	4:23.3
85 BARROSO, Liz	SO	University of Iowa T	65	21:58.0	7:03.8	4:23.6
86 KLAUS, Morgan	SO	Indian Hills CC	66	21:58.5	7:03.9	4:23.7
87 BUECHEL, Lauren	JR	University of Iowa T	67	22:02.3	7:05.2	4:24.5
88 FISHER, Mickenzie	SO	Graceland	68	22:02.5	7:05.2	4:24.5
89 GARCIA, Grace	SO	Judson	(69)	22:04.7	7:05.9	4:24.9
90 MORRIS, Allison	JR	Iowa Wesleyan	70	22:15.3	7:09.3	4:27.0
91 FRISCH, Bernadette	FR	Viterbo Univ	-	22:15.6	7:09.4	4:27.1
92 HILL, Abby	SO	Mt Mercy	-	22:27.2	7:13.2	4:29.4
93 VILLA, Rebecca		University of Iowa T	71	22:31.3	7:14.5	4:30.3
94 TIESKOTTER, Maddie	FR	Hawkeye CC	-	22:31.5	7:14.6	4:30.3
95 ADAMS, Abigail	FR	University of Iowa T	(72)	22:31.7	7:14.6	4:30.3
96 RADEKE, Lydia	SO	Clarke	73	22:41.6	7:17.8	4:32.3
97 GAULRAPP, Lillian	SO	Mt Mercy	-	22:41.8	7:17.9	4:32.4
98 GRATER, Maria	SO	Viterbo Univ	-	22:43.4	7:18.4	4:32.7
99 CARTY, McKenzie		Park	74	22:44.6	7:18.8	4:32.9
100 MANNING, Isabel	FR	Clarke	75	22:45.5	7:19.0	4:33.1
101 HUGHES, Harlee	SO	Hannibal-LaGrange	-	22:49.1	7:20.2	4:33.8
102 FULLER, Roselaure	SO	William Penn	76	22:50.8	7:20.7	4:34.1
103 TAYLOR, Leah	FR	Mid America Nazar	-	22:51.6	7:21.0	4:34.3
104 HARRIS, Lillian	FR	Missouri Baptist	-	22:53.0	7:21.5	4:34.6
105 MEJIA, Addie	JR	Missouri Valley	-	22:53.1	7:21.5	4:34.6
106 PARKINS, Karlyn	FR	Coe	77	22:54.2	7:21.9	4:34.8
107 RUSCHE, Rachel	FR	Hawkeye CC	-	22:59.9	7:23.7	4:36.0
108 WRIGHT, Cailyn	SO	Coe	78	23:06.4	7:25.8	4:37.3
109 YORK, Rebecca	SO	Viterbo Univ	-	23:10.4	7:27.1	4:38.1
110 DULANEY, Annah	SO	Judson	(79)	23:17.9	7:29.5	4:39.6
111 ANDERSON, Allison	SR	Park	80	23:27.0	7:32.4	4:41.4
112 MARTIN, Jade	SR	Upper Iowa Univers	(81)	23:30.4	7:33.5	4:42.1
113 MOORE, Anna	SO	University of Iowa T	(82)	23:33.4	7:34.5	4:42.7
114 BARCHENGER, Mindy	SR	Waldorf	-	23:38.9	7:36.2	4:43.8
115 HANSEN, Amy	SR	Emmaus Bible Coll	83	23:42.0	7:37.2	4:44.4
116 FERNANDES, Leela	SR	Emmaus Bible Coll	84	23:42.2	7:37.3	4:44.4

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117 MCGHEE, Cheyenne	FR	Indian Hills CC	85	23:47.9	7:39.1	4:45.6
118 WILDEMUTH, Rachel	FR	Indian Hills CC	86	23:52.3	7:40.5	4:46.5
119 WATTS, Jane	SO	Missouri Valley	-	23:58.6	7:42.5	4:47.7
120 LECHUGA, Emily	FR	Missouri Valley	-	24:01.2	7:43.4	4:48.2
121 FLOCKHART, Kilee	FR	Mt Mercy	-	24:04.0	7:44.3	4:48.8
122 BECK, Carley	JR	Mt Mercy	-	24:11.9	7:46.8	4:50.4
123 KING, Lauren	SO	Southeastern Com	(87)	24:14.2	7:47.6	4:50.8
124 VAUGHN, Alexis	FR	Coe	88	24:15.5	7:48.0	4:51.1
125 BOHM, Emily	FR	Hannibal-LaGrange	-	24:20.8	7:49.7	4:52.1
126 CARRISON, Audrey	FR	North Iowa Area	-	24:23.5	7:50.6	4:52.7
127 OLSON, Madie	FR	Viterbo Univ	-	24:32.0	7:53.3	4:54.4
128 GARNSEY, Lilly	SR	Iowa Wesleyan	89	24:36.6	7:54.8	4:55.3
129 ETZEL, Triniti	FR	Hawkeye CC	-	24:37.2	7:55.0	4:55.4
130 ROJAS, Katherine		Missouri Valley	-	25:02.1	8:03.0	5:00.4
131 DUKULY, Sangai	SO	Coe	(90)	25:02.4	8:03.1	5:00.5
132 POKRANDT, Kelsey	SR	Emmaus Bible Coll	91	25:26.9	8:11.0	5:05.4
133 BIRMINGHAM, Shelby		Park	92	25:51.3	8:18.8	5:10.3
134 GOODLOW, Morgana	JR	Coe	(93)	26:09.1	8:24.5	5:13.8
135 MATA, Carmen	JR	Waldorf	-	26:10.5	8:25.0	5:14.1
136 KLAMM, Hope		Park	94	27:03.6	8:42.0	5:24.7
137 PAMOS, Lidia	SO	Iowa Wesleyan	95	27:23.7	8:48.5	5:28.7
138 MATHENA, Alondra	FR	Coe	-	27:23.9	8:48.6	5:28.8
139 SCHNEIDER, Annabelle	SO	Scott Community	-	28:57.0	9:18.5	5:47.4
140 WILLIAMS, Mikayla	SR	Missouri Baptist	-	29:51.5	9:36.0	5:58.3
141 KLAMM, Faith		Park	(96)	30:46.2	9:53.6	6:09.2
142 HAWKINS, Teya	SO	Iowa Wesleyan	97	30:56.6	9:57.0	6:11.3
143 MARTIN, Katlin	SO	Graceland	(98)	31:00.9	9:58.4	6:12.2
144 ROGERS, Carloyn	SO	Emmaus Bible Coll	(99)	31:50.6	10:14.3	6:22.1
145 MOWERY, Abby	SO	Emmaus Bible Coll	(100)	41:50.0	13:27.1	8:22.0