

**2023 NICL CONFERENCE MEET**

Dike, IA  
 Fox Ridge Golf Course  
 Weather: Cloudy, E 10-15mph, 73% & 56  
 Host: Dike-New Hartford  
 Wednesday, October 11, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Cody Eichmeier  
**Meet Referee:**  
 Mike Bengen  
**Timing:**  
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

**OFFICIAL MEET REPORT**

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**Race #3**  
**Girls 5K Varsity**

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Sumner-Fredericksburg	76	1-15-17-20-23(24)(42)	1:41:47	20:22	3:14.3
2 Denver	78	7-12-18-19-22(26)(29)	1:43:10	20:38	1:16.1
3 Hudson	88	6-10-13-14-45(48)	1:43:31	20:43	2:31.0
4 Jesup	93	2-3-11-37-40(58)(59)	1:41:06	20:14	3:38.2
5 Union La Porte City	121	4-16-27-28-46(56)	1:45:03	21:01	3:15.5
6 Grundy Center	150	9-30-31-36-44	1:47:33	21:31	2:20.6
7 Dike-New Hartford	153	5-21-32-43-52(53)(54)	1:47:52	21:35	3:45.3
8 Wapsie Valley Fairbank	196	25-35-38-41-57(62)	1:51:03	22:13	2:25.3
9 Oelwein	205	8-47-49-50-51(55)(65)	1:51:15	22:15	3:10.1
10 Aplington-Parkersburg	227	33-34-39-60-61(63)(64)	1:54:31	22:55	2:22.9
DNP Columbus Catholic Waterloo					
DNP East Marshall LeGrand					
DNP South Hardin					
DNP Grundy Center					

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
1 TRAINOR, Hillary	SR	Sumner-Fredericks	1	17:55.4	5:45.8	3:35.1
2 WRIGHT, Clare	SR	Jesup	2	18:28.2	5:56.3	3:41.6
3 WILSON, Mackenzie	JR	Jesup	3	18:29.0	5:56.6	3:41.8
4 CONDON, Amilia	JR	Union La Porte City	4	19:05.5	6:08.3	3:49.1
5 HOUTS, Izzy	SR	Dike-New Hartford	5	19:27.4	6:15.4	3:53.5
6 LANG, Desi	SO	Hudson	6	19:49.3	6:22.4	3:57.8
7 TRUNKHILL, Avery	SO	Denver	7	19:50.4	6:22.8	3:58.1
8 SAUSER, Ashlynn	FR	Oelwein	8	19:54.3	6:24.0	3:58.8
9 STORJOHANN, Grace	SO	Grundy Center	9	19:56.7	6:24.8	3:59.3
10 HANSEN, Mollie	SO	Hudson	10	19:57.9	6:25.2	3:59.6
11 BERGMAN, Jordyn	FR	Jesup	11	19:59.1	6:25.5	3:59.8
12 RISTAU, Reeve	JR	Denver	12	20:18.8	6:31.9	4:03.8
13 LUDWIG, Stella	SO	Columbus Catholic	-	20:32.9	6:36.4	4:06.6
14 HELLMAN, Madison	SR	Columbus Catholic	-	20:37.1	6:37.8	4:07.4
15 SCHNEIDER, Savannah	SR	Hudson	13	20:40.4	6:38.8	4:08.1
16 STEELE, Ella	SO	Hudson	14	20:43.0	6:39.6	4:08.6
17 SHONKA, Rylee	JR	Sumner-Fredericks	15	20:50.0	6:41.9	4:10.0
18 YOUNGBLUT, Lauren	SR	Union La Porte City	16	20:51.2	6:42.3	4:10.2
19 BOEHLER, Sophie	SR	Sumner-Fredericks	17	20:51.7	6:42.5	4:10.3
20 DECKER, Aubrey	SR	Denver	18	20:54.6	6:43.4	4:10.9
21 HOMAN, Hailey	JR	Denver	19	20:59.2	6:44.9	4:11.8
22 PITZ, Ella	JR	Sumner-Fredericks	20	20:59.8	6:45.1	4:12.0
23 WARDELL, Roselle	SR	Dike-New Hartford	21	21:05.0	6:46.7	4:13.0
24 SANDERSON, Sophie	SO	Denver	22	21:06.5	6:47.2	4:13.3
25 MEYER, Jana	SR	Sumner-Fredericks	23	21:09.7	6:48.3	4:13.9

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

<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
26 SNYDER, Jaci	FR	Sumner-Fredericks	(24)	21:10.8	6:48.6	4:14.1
27 MAY, Jaylin	JR	Wapsie Valley Fairb	25	21:13.5	6:49.5	4:14.7
28 MULERT, Anna	JR	Denver	(26)	21:13.8	6:49.6	4:14.7
29 ALBERTSEN, Brynn	SO	Union La Porte City	27	21:20.8	6:51.8	4:16.2
30 LORENZEN, Lily	JR	Union La Porte City	28	21:23.9	6:52.8	4:16.8
31 COOPER, Lily	JR	Denver	(29)	21:26.2	6:53.5	4:17.2
32 DOLE, Laney	SR	Grundy Center	30	21:26.3	6:53.6	4:17.3
33 WILABY, Mya	SO	South Hardin	-	21:28.4	6:54.3	4:17.7
34 STEINMEYER, Makenna	FR	Grundy Center	31	21:49.9	7:01.2	4:22.0
35 STEFFEN, Hanna	JR	Dike-New Hartford	32	21:56.2	7:03.2	4:23.2
36 SCHIPPER, Ashley	SR	Aplington-Parkersb	33	21:56.7	7:03.4	4:23.3
37 EILERS, Sara	JR	Aplington-Parkersb	34	21:58.6	7:04.0	4:23.7
38 WIERCK, Adelynn	SO	Wapsie Valley Fairb	35	22:00.3	7:04.5	4:24.0
39 HAYES, Kate	JR	Grundy Center	36	22:03.0	7:05.4	4:24.6
40 FORSSBERG, Maia	FR	Jesup	37	22:03.3	7:05.5	4:24.6
41 MEYER, Ava	FR	Wapsie Valley Fairb	38	22:04.0	7:05.7	4:24.8
42 SCHULTZ, Quinnlyn	JR	Aplington-Parkersb	39	22:05.0	7:06.0	4:25.0
43 ALBERT, Mckenna	SR	Jesup	40	22:06.4	7:06.5	4:25.3
44 BARNES, Maya	SO	Wapsie Valley Fairb	41	22:06.6	7:06.6	4:25.3
45 RUCKER, Claire	SR	Sumner-Fredericks	(42)	22:10.7	7:07.9	4:26.1
46 SYHLMANN, Josey	SO	Dike-New Hartford	43	22:10.8	7:07.9	4:26.2
47 GEERDES, Evelyn	FR	Grundy Center	44	22:17.2	7:10.0	4:27.4
48 BROWN, Sofia	SR	Hudson	45	22:20.2	7:10.9	4:28.0
49 CARLSON, Kate	JR	Union La Porte City	46	22:21.0	7:11.2	4:28.2
50 MARTIN, Khloie	FR	Oelwein	47	22:22.7	7:11.7	4:28.5
51 STILLE, Madison	SR	South Hardin	-	22:29.6	7:13.9	4:29.9
52 HENDRICKS, Ava	SO	East Marshall LeGr	-	22:43.2	7:18.3	4:32.6
53 HOLTON, Kate	SO	Hudson	(48)	22:45.9	7:19.2	4:33.2
54 BERRYMAN, Alexa	SR	Oelwein	49	22:55.3	7:22.2	4:35.0
55 GEARHART, Libby	SR	Oelwein	50	22:58.5	7:23.2	4:35.7
56 RULAPPAUGH, Rachel	SR	Oelwein	51	23:04.4	7:25.1	4:36.9
57 KLINGENBORG, Olivia	FR	Dike-New Hartford	52	23:12.7	7:27.8	4:38.5
58 FOLKERTS, Elyse	JR	Dike-New Hartford	(53)	23:14.3	7:28.3	4:38.9
59 STARBUCK, Allison	SO	Dike-New Hartford	(54)	23:20.4	7:30.3	4:40.1
60 BAHE, Jenna	SO	Oelwein	(55)	23:22.4	7:30.9	4:40.5
61 AYERS, Makana	FR	South Hardin	-	23:23.7	7:31.3	4:40.7
62 PETERSEN, Emily	SR	Union La Porte City	(56)	23:24.6	7:31.6	4:40.9
63 RHOMBERG, Abigail	SR	Columbus Catholic	-	23:34.9	7:34.9	4:43.0
64 SANDER, Meleena	SO	Wapsie Valley Fairb	57	23:38.7	7:36.2	4:43.7
65 WEHRSPANN, Lydia	SR	Jesup	(58)	23:40.4	7:36.7	4:44.1
66 DEVORE, Ella	FR	Jesup	(59)	23:42.1	7:37.2	4:44.4
67 LAMBI, Aubrey	JR	East Marshall LeGr	-	23:58.1	7:42.4	4:47.6
68 PRICE, Ellie	JR	Aplington-Parkersb	60	24:10.7	7:46.4	4:50.1
69 ASWEGEN, Lexi	SR	Aplington-Parkersb	61	24:19.6	7:49.3	4:51.9
70 SCHAEFER, Claire	SO	Columbus Catholic	-	24:25.8	7:51.3	4:53.1
71 RULAPPAUGH, Miriam	SO	Wapsie Valley Fairb	(62)	24:33.6	7:53.8	4:54.7

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72 OSTROSKI, Mallory	JR	East Marshall LeGr	-	24:56.6	8:01.2	4:59.3
73 PETERSEN, Olivia	FR	Aplington-Parkersb	(63)	25:07.6	8:04.7	5:01.5
74 CARNEY, Lauren	SR	Aplington-Parkersb	(64)	25:49.8	8:18.3	5:10.0
75 HOVELAND, Emmah	JR	Oelwein	(65)	26:00.8	8:21.9	5:12.2
76 HENDRICKS, Isabelle	SR	East Marshall LeGr	-	28:44.5	9:14.5	5:44.9
77 LYNCH, Emerson	SO	Grundy Center	-	DQ	---	---
78 LYNCH, Karlee	SO	Grundy Center	-	DQ	---	---