

Iowa City West Invitational

Varsity Girls Ashton Cross Country Course - Iowa City, IA 10/1/2019 Partly Cloudy S 10MPH 84°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Cedar Rapids Prairie	2	3	5	19	20	22	23	= 49	1:43:44.4	20:44.9	1:19.2
2	Hempstead	4	8	10	12	16	24	34	= 50	1:44:49.5	20:57.9	0:53.1
3	Ankeny Centennial	6	7	9	11	21	26		= 54	1:45:12.9	21:02.6	0:38.1
4	North Scott	15	28	29	32	33	40	42	= 137	1:51:09.7	22:13.9	1:32.4
5	Cedar Rapids Washington	1	35	36	44	48	55	67	= 164	1:53:54.6	22:46.9	4:15.7
6	Iowa City Regina	17	30	39	41	43	57	59	= 170	1:54:04.2	22:48.8	2:17.7
7	Mount Vernon-Lisbon	13	14	38	50	60	61		= 175	1:55:36.5	23:07.3	4:26.6
8	Marion	25	27	45	47	49	52	58	= 193	1:56:00.0	23:12.0	2:30.0
9	Muscatine	18	51	54	56	62	64	65	= 241	2:02:50.2	24:34.0	5:20.1
10	Xavier	31	37	46	63	66			= 243	2:03:20.1	24:40.0	4:41.0
11	Des Moines East	53	68	69	70	71			= 331	2:31:01.6	30:12.3	7:42.5

Incomplete Teams:

Place	Score	Name	Year	School	Time	Pace mpm
1	1	Mary Cline	JR	Cedar Rapids Washington	19:56.7	6:25
2	2	Gabby Cortez	SO	Cedar Rapids Prairie	20:03.7	6:27
3	3	Laurdyn Meyer	JR	Cedar Rapids Prairie	20:08.5	6:29
4	4	Hannah Brown	SR	Hempstead	20:24.7	6:34
5	5	Carli Reittinger	SR	Cedar Rapids Prairie	20:46.5	6:41
6	6	Rondi Quass	FR	Ankeny Centennial	20:47.1	6:41
7	7	Morgan Graybill	SR	Ankeny Centennial	20:56.5	6:44
8	8	Emma Holesinger	SR	Hempstead	20:56.7	6:44
9	9	Kierstan Fritz	SR	Ankeny Centennial	20:58.3	6:45
10	10	Shaelyn Hostager	SR	Hempstead	21:01.3	6:46
11	11	Jeanne Peters	SR	Ankeny Centennial	21:05.8	6:47
12	12	Kaylee Leicht	SR	Hempstead	21:09.1	6:48
13	13	Aubrey Frey	SR	Mount Vernon-Lisbon	21:10.6	6:49
14	14	Laura Swart	FR	Mount Vernon-Lisbon	21:16.5	6:51
15	15	Bailey Boddicker	FR	North Scott	21:17.4	6:51
16	16	Brooke O'Brein	FR	Hempstead	21:17.7	6:51
17	17	Annalee Bartles	JR	Iowa City Regina	21:20.6	6:52
18	18	Rylee Blake	SR	Muscatine	21:22.1	6:53
19	19	Grace Long	SO	Cedar Rapids Prairie	21:22.7	6:53
20	20	Lily Johannes	SO	Cedar Rapids Prairie	21:22.9	6:53
21	21	Katie Jensen	JR	Ankeny Centennial	21:25.2	6:54
22	22	Kendall White	JR	Cedar Rapids Prairie	21:29.2	6:55
23	23	Alyza Koppes	SO	Cedar Rapids Prairie	21:36.9	6:57
24	24	Audrey Franklin	JR	Hempstead	21:41.2	6:59
25	25	Peyton Steffen	SO	Marion	21:46.3	7:00
26	26	Kathryn Vortharms	JR	Ankeny Centennial	21:52.1	7:02
27	27	Corrina Dittmer	SR	Marion	21:54.6	7:03
28	28	Kaitlyn Knoche	FR	North Scott	22:06.8	7:07
29	29	Abbi Lafrenz	SR	North Scott	22:07.1	7:07
30	30	Mya Whitaker	FR	Iowa City Regina	22:15.9	7:10
31	31	Hannah Denman	SR	Xavier	22:23.3	7:12
32	32	Sadie West	JR	North Scott	22:48.8	7:21
33	33	Ava Garrard	SO	North Scott	22:49.8	7:21
34	34	Emily Richter	JR	Hempstead	22:51.3	7:21
35	35	Sage Slessor	FR	Cedar Rapids Washington	22:57.3	7:23
36	36	Libby Wickham	SO	Cedar Rapids Washington	22:58.2	7:24
37	37	Lizzy Schmitt	JR	Xavier	23:06.7	7:26
38	38	Laila Moellering	FR	Mount Vernon-Lisbon	23:08.8	7:27
39	39	Josie Voss	SO	Iowa City Regina	23:21.8	7:31
40	40	Emily Kundel	SR	North Scott	23:24.1	7:32
41	41	Josie Pursley	SO	Iowa City Regina	23:27.6	7:33
42	42	Zoe Warm	SR	North Scott	23:35.0	7:35
43	43	Kennedy Scott	SR	Iowa City Regina	23:38.3	7:37
44	44	Syd Mitvalsky	JR	Cedar Rapids Washington	23:50.1	7:40
45	45	Rebeckah Regennitter	FR	Marion	23:56.2	7:42
46	46	Megan Meyer	SR	Xavier	24:00.9	7:44
47	47	Addison Stearns	FR	Marion	24:06.7	7:46
48	48	Jojo Hayes	SR	Cedar Rapids Washington	24:12.4	7:47
49	49	Noelle Regennitter	FR	Marion	24:16.2	7:49
50	50	Sabrina Bleile	JR	Mount Vernon-Lisbon	24:23.4	7:51
51	51	Gwen Kuhl	JR	Muscatine	24:32.2	7:54
52	52	Hannah Brase	FR	Marion	24:42.4	7:57
53	53	Marissa Thompson	JR	Des Moines East	24:49.7	7:59
54	54	Lauren Dirth	SR	Muscatine	25:04.3	8:04
55	55	Ella Davis	JR	Cedar Rapids Washington	25:05.1	8:04
56	56	Molly Guerra	SO	Muscatine	25:09.4	8:06
57	57	Allison Hein	SO	Iowa City Regina	25:22.7	8:10
58	58	Leah Fitch	JR	Marion	25:25.2	8:11
59	59	Claire Gaarde	SR	Iowa City Regina	25:34.6	8:14
60	60	Grace Morningstar	SR	Mount Vernon-Lisbon	25:37.2	8:15
61	61	Emmaline Campbell	FR	Mount Vernon-Lisbon	25:47.9	8:18
62	62	Charlie Blazek	JR	Muscatine	26:42.2	8:36
63	63	Faith Karl	SO	Xavier	26:44.9	8:37

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Place	Score	Name	Year	School	Time	Pace	mpm
64	64	Abby Stambler	SO	Muscatine	26:56.3	8:40	
65	65	Ruve Roos	FR	Muscatine	26:56.6	8:40	
66	66	Hope Schulte	JR	Xavier	27:04.3	8:43	
67	67	Ellen Houtz	SR	Cedar Rapids Washington	27:32.2	8:52	
68	68	Rebecca Curtis	SR	Des Moines East	29:17.8	9:26	
69	69	Daniela Gama	SR	Des Moines East	31:50.2	10:15	
70	70	Paulina Hernandez	SR	Des Moines East	32:31.6	10:28	
71	71	Sabrina Vongphandy	SR	Des Moines East	32:32.2	10:28	

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) Cedar Rapids Prairie				Score = 49			
2	Gabby Cortez, SO	20:03.7	6:27				
3	Laurdyn Meyer, JR	20:08.5	6:29				
5	Carli Reittinger, SR	20:46.5	6:41				
19	Grace Long, SO	21:22.7	6:53				
20	Lily Johannes, SO	21:22.9	6:53				
22	Kendall White, JR	21:29.2	6:55				
23	Alyza Koppes, SO	21:36.9	6:57				
2) Hempstead				Score = 50			
4	Hannah Brown, SR	20:24.7	6:34				
8	Emma Holesinger, SR	20:56.7	6:44				
10	Shaelyn Hostager, SR	21:01.3	6:46				
12	Kaylee Leicht, SR	21:09.1	6:48				
16	Brooke O'Brein, FR	21:17.7	6:51				
24	Audrey Franklin, JR	21:41.2	6:59				
34	Emily Richter, JR	22:51.3	7:21				
3) Ankeny Centennial				Score = 54			
6	Rondi Quass, FR	20:47.1	6:41				
7	Morgan Graybill, SR	20:56.5	6:44				
9	Kierstan Fritz, SR	20:58.3	6:45				
11	Jeanne Peters, SR	21:05.8	6:47				
21	Katie Jensen, JR	21:25.2	6:54				
26	Kathryn Vortherms, JR	21:52.1	7:02				
4) North Scott				Score = 137			
15	Bailey Boddicker, FR	21:17.4	6:51				
28	Kaitlyn Knoche, FR	22:06.8	7:07				
29	Abbi Lafrenz, SR	22:07.1	7:07				
32	Sadie West, JR	22:48.8	7:21				
33	Ava Garrard, SO	22:49.8	7:21				
40	Emily Kundel, SR	23:24.1	7:32				
42	Zoe Warm, SR	23:35.0	7:35				
5) Cedar Rapids Washington				Score = 164			
1	Mary Cline, JR	19:56.7	6:25				
35	Sage Slessor, FR	22:57.3	7:23				
36	Libby Wickham, SO	22:58.2	7:24				
44	Syd Mitvalsky, JR	23:50.1	7:40				
48	Jojo Hayes, SR	24:12.4	7:47				
55	Ella Davis, JR	25:05.1	8:04				
67	Ellen Houtz, SR	27:32.2	8:52				
6) Iowa City Regina				Score = 170			
17	Annalee Bartles, JR	21:20.6	6:52				
30	Mya Whitaker, FR	22:15.9	7:10				
39	Josie Voss, SO	23:21.8	7:31				
41	Josie Pursley, SO	23:27.6	7:33				
43	Kennedy Scott, SR	23:38.3	7:37				
57	Allison Hein, SO	25:22.7	8:10				
59	Claire Gaarde, SR	25:34.6	8:14				
7) Mount Vernon-Lisbon				Score = 175			
13	Aubrey Frey, SR	21:10.6	6:49				
14	Laura Swart, FR	21:16.5	6:51				
38	Laila Moellering, FR	23:08.8	7:27				
50	Sabrina Bleile, JR	24:23.4	7:51				
60	Grace Morningstar, SR	25:37.2	8:15				
61	Emmaline Campbell, FR	25:47.9	8:18				
8) Marion				Score = 193			
25	Peyton Steffen, SO	21:46.3	7:00				
27	Corrina Dittmer, SR	21:54.6	7:03				
45	Rebeckah Regennitter, FR	23:56.2	7:42				
47	Addison Stearns, FR	24:06.7	7:46				
49	Noelle Regennitter, FR	24:16.2	7:49				
52	Hannah Brase, FR	24:42.4	7:57				
58	Leah Fitch, JR	25:25.2	8:11				
9) Muscatine				Score = 241			
18	Rylee Blake, SR	21:22.1	6:53				
51	Gwen Kuhl, JR	24:32.2	7:54				
54	Lauren Dirth, SR	25:04.3	8:04				
56	Molly Guerra, SO	25:09.4	8:06				
62	Charlie Blazek, JR	26:42.2	8:36				
64	Abby Stambler, SO	26:56.3	8:40				
65	Ruve Roos, FR	26:56.6	8:40				
10) Xavier				Score = 243			
31	Hannah Denman, SR	22:23.3	7:12				
37	Lizzy Schmitt, JR	23:06.7	7:26				
46	Megan Meyer, SR	24:00.9	7:44				
63	Faith Karl, SO	26:44.9	8:37				
66	Hope Schulte, JR	27:04.3	8:43				
11) Des Moines East				Score = 331			
53	Marissa Thompson, JR	24:49.7	7:59				
68	Rebecca Curtis, SR	29:17.8	9:26				
69	Daniela Gama, SR	31:50.2	10:15				
70	Paulina Hernandez, SR	32:31.6	10:28				
71	Sabrina Vongphandy, SR	32:32.2	10:28				
Incomplete Teams:							