

SEMINOLE VALLEY STAMPEDE

Cedar Rapids, IA
 Seminole Cross Country Course
 Weather: Sunny, NW 20-35mph, 44% & 63
 Host: Mount Mercy University
 Saturday, October 21, 2023

MEET OFFICIALS

Meet Director:
 Jeffrey Barker
Meet Referee:
 Tom Cahalan
Timing:
 Andrew Kauder - Kauder Racing, LLC

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

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Race #1
Women's 5K

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 William Woods	33	1-4-6-9-13(31)(38)	1:38:35	19:43	1:58.4
2 Mount Mercy	51	5-7-8-10-21(25)(35)	1:41:23	20:17	1:33.2
3 Southeastern CC	84	2-15-17-18-32(37)(40)	1:43:14	20:39	2:39.6
4 Viterbo	101	3-20-22-23-33(42)(44)	1:45:06	21:02	3:03.1
5 Grand View	102	11-12-14-24-41(47)	1:45:54	21:11	2:49.6
6 Graceland	116	16-19-26-27-28(29)(43)	1:46:11	21:15	0:47.1
7 Judson	184	30-34-36-39-45(46)	1:54:13	22:51	2:58.5
DNP Iowa Central CC					
DNP Midland					
DNP Park U.					
DNP Missouri Valley					

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km
1 GIBSON, Mekayla	JR	2584	William Woods	1	18:26.4	5:55.7	3:41.3
2 RAMONE, Aisha	SO	2546	Southeastern CC	2	19:09.4	6:09.6	3:49.9
3 HIRSCH, Anya	SR	2566	Viterbo	3	19:14.5	6:11.2	3:50.9
4 GROVER, Mary	SR	2585	William Woods	4	19:28.3	6:15.6	3:53.6
5 KNOTSON, J'Lyn	JR	2512	Mount Mercy	5	19:38.7	6:19.0	3:55.7
6 JOHNSON, Myia	JR	2481	Midland	-	19:51.9	6:23.2	3:58.4
7 RUDEN, Crystal	SO	2588	William Woods	6	20:03.7	6:27.0	4:00.7
8 ALTHOFF, Emma	FR	2505	Mount Mercy	7	20:05.9	6:27.7	4:01.2
9 OVERTON, Kayla	SO	2514	Mount Mercy	8	20:09.9	6:29.0	4:02.0
10 KIRBY, Sarah	FR	2586	William Woods	9	20:12.0	6:29.7	4:02.4
11 KNEPPER, Abby	FR	2511	Mount Mercy	10	20:16.4	6:31.1	4:03.3
12 LEIS, Liberty	JR	2414	Grand View	11	20:20.6	6:32.5	4:04.1
13 ROTZOLL, Kalin	SO	2418	Grand View	12	20:24.5	6:33.7	4:04.9
14 LOWE, Tara	SO	2587	William Woods	13	20:24.8	6:33.8	4:04.9
15 O'ROURKE, Avery	FR	2417	Grand View	14	20:33.6	6:36.6	4:06.7
16 LIMO, Maurine	FR	2435	Iowa Central CC	-	20:36.1	6:37.4	4:07.2
17 PEDRIN, Arianna	FR	2545	Southeastern CC	15	20:40.6	6:38.9	4:08.1
18 GROVER, Caitlin	FR	2398	Graceland	16	20:45.1	6:40.3	4:09.0
19 MACKEY, Carissa	SO	2542	Southeastern CC	17	20:46.1	6:40.7	4:09.2
20 SARABIA, Nevaeh	SO	2482	Midland	-	20:47.1	6:41.0	4:09.4
21 MOEHLE, Brooklyn	SO	2543	Southeastern CC	18	20:48.4	6:41.4	4:09.7
22 SHERER, Nicole	FR	2404	Graceland	19	20:52.1	6:42.6	4:10.4
23 GERBER, Tori	JR	2564	Viterbo	20	20:57.3	6:44.3	4:11.5
24 LOPEZ, Ariana	JR	2513	Mount Mercy	21	21:11.9	6:48.9	4:14.4
25 BUTLER, Hannah	SO	2560	Viterbo	22	21:13.4	6:49.5	4:14.7
26 THOMAS, Vanessa	SR	2570	Viterbo	23	21:22.7	6:52.4	4:16.5
27 NEELEY, Faith	SO	2416	Grand View	24	21:24.5	6:53.0	4:16.9
28 RINDERKNECHT, Abby	SO	2516	Mount Mercy	(25)	21:24.9	6:53.1	4:17.0
29 HARDER, Laura	SR	2400	Graceland	26	21:30.3	6:54.9	4:18.1
30 NELSON, Cassandra	FR	2401	Graceland	27	21:30.9	6:55.1	4:18.2

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Saturday, October 21, 2023

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

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. KM
31 PONTIER, Audrey	FR	2402	Graceland	28	21:32.1	6:55.5	4:18.4
32 BOGDANOVA KIRILOVA, N	FR	2430	Iowa Central CC	-	21:35.8	6:56.6	4:19.2
33 FISHER, Mickenzie	SO	2397	Graceland	(29)	21:41.3	6:58.4	4:20.2
34 SERRATO, Eva	JR	2466	Judson	30	21:45.4	6:59.7	4:21.1
35 GERARD, Hailey	SO	2583	William Woods	(31)	21:47.4	7:00.4	4:21.5
36 YALEY, Cassidy	SO	2549	Southeastern CC	32	21:48.9	7:00.9	4:21.8
37 DE LA O, Magdalena	FR	2480	Midland	-	22:10.4	7:07.8	4:26.1
38 MUELLER, Jerica	JR	2568	Viterbo	33	22:17.6	7:10.1	4:27.5
39 KEARFOTT, Mckinze	SO	2464	Judson	34	22:26.3	7:12.9	4:29.3
40 DAY, Jessa	JR	2507	Mount Mercy	(35)	22:29.5	7:13.9	4:29.9
41 POE, Katelyn	FR	2465	Judson	36	22:31.6	7:14.6	4:30.3
42 SCHROEDER, Ella	FR	2548	Southeastern CC	(37)	22:39.9	7:17.3	4:32.0
43 WEIRICH, Kyah	SO	2589	William Woods	(38)	22:44.5	7:18.7	4:32.9
44 SHAW, Ella	FR	2467	Judson	39	22:45.5	7:19.1	4:33.1
45 MOEHLMAN, Gabi	FR	2544	Southeastern CC	(40)	22:56.5	7:22.6	4:35.3
46 RUEELLE, Melody	SR	2419	Grand View	41	23:10.2	7:27.0	4:38.0
47 KLAUNIG, Jasmin	FR	2531	Park U.	-	23:12.4	7:27.7	4:38.5
48 FRISCH, Bernadette	SO	2563	Viterbo	(42)	23:15.6	7:28.7	4:39.1
49 CARUSO, Alissa	FR	2395	Graceland	(43)	23:26.6	7:32.3	4:41.3
50 JACOBS, Kasey	FR	2567	Viterbo	(44)	23:30.7	7:33.6	4:42.1
51 LARK, Alexis	FR	2493	Missouri Valley	-	23:32.4	7:34.1	4:42.5
52 DEWITT, Kayla	SO	2562	Viterbo	-	23:33.1	7:34.3	4:42.6
53 CLIFFORD, Emma	JR	2582	William Woods	-	23:40.8	7:36.8	4:44.1
54 CARTY, McKenzie	SO	2530	Park U.	-	23:47.2	7:38.9	4:45.4
55 BODHOLDT, Morgan	FR	2429	Iowa Central CC	-	23:58.4	7:42.5	4:47.7
56 WRAGE, Kaitlyn	SO	2571	Viterbo	-	24:12.8	7:47.1	4:50.5
57 OLIVAS, Jeraldng	FR	2494	Missouri Valley	-	24:21.4	7:49.9	4:52.3
58 WILLIAMS, Raylene	SO	2436	Iowa Central CC	-	24:37.5	7:55.1	4:55.5
59 FLORES, Raquel	SR	2462	Judson	45	24:43.8	7:57.1	4:56.8
60 ECHAVARRIA, Thayadorra	FR	2396	Graceland	-	24:55.6	8:00.9	4:59.1
61 GALINDLO, Brigitte	FR	2463	Judson	(46)	26:11.4	8:25.3	5:14.3
62 MAUGHAN, Avril	SO	2415	Grand View	(47)	26:15.0	8:26.4	5:15.0
63 LANE, sophia	FR	2532	Park U.	-	28:10.9	9:03.7	5:38.2