

**JESUP INVITATIONAL**

Jesup, IA  
 Jesup Golf and Country Club  
 Weather: Cloudy, N 5-15mph, 74% & 69  
 Host: Jesup  
 Tuesday, September 26, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Joe Smeins  
**Meet Referee:**  
 Mike Bengen  
**Timing:**  
 Andrew Kauder - Kauder Racing, LLC



**KAUDER RACING**  
**OFFICIAL MEET REPORT**  
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**Race #5**  
**JV Girls 5K**

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

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Denver	22	1-2-3-5-11(13)(20)	1:59:31	23:55	1:41.5
2 Dike-New Hartford	88	8-12-16-25-27(31)(44)	2:06:45	25:21	1:45.7
3 Central Elkader	105	7-14-26-28-30(34)	2:08:33	25:43	2:16.3
4 Union La Porte City	120	6-18-21-29-46(52)(54)	2:09:50	25:58	3:31.1
5 Aplington-Parkersburg	156*	17-19-33-40-47(48)(49)	2:13:14	26:39	2:12.2
6 Hudson	156*	4-10-22-56-64	2:15:15	27:03	8:08.5
7 Jesup	163	23-24-37-38-41(45)(53)	2:13:48	26:46	1:30.0
8 New Hampton	217	15-32-55-57-58	2:19:56	28:00	4:16.3
9 Center Point-Urbana	219	9-39-42-62-67(68)	2:24:24	28:53	9:32.8
10 Wapsie Valley Fairbank	240	36-43-50-51-60(61)(69)	2:21:28	28:18	3:43.3
11 Benton Community	288	35-59-63-65-66	2:34:02	30:49	5:53.7

**\*Tiebreakers**

Aplington-Parkersburg	17	19	33	40	47	48
Hudson	4	10	22	56	64	

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 MULERT, Emily	FR	Denver	1	23:02.4	7:25.9	4:37.0
2 DECKER, Adeline	FR	Denver	2	23:48.0	7:40.6	4:46.2
3 SWALES, Grace	JR	Denver	3	23:48.7	7:40.9	4:46.3
4 STRAYER, Kate	FR	Hudson	4	23:52.0	7:41.9	4:47.0
5 LALK, Haley	JR	Denver	5	24:08.2	7:47.1	4:50.2
6 JACKSON, Katie	FR	Union La Porte City	6	24:10.3	7:47.8	4:50.6
7 MILLER, London	SO	Tripoli	-	24:11.6	7:48.2	4:50.9
8 RORK, Coral	JR	Central Elkader	7	24:21.7	7:51.5	4:52.9
9 CALLAN, Tinsley	SO	Dike-New Hartford	8	24:23.5	7:52.1	4:53.3
10 KLETT, Josie	JR	Center Point-Urban	9	24:27.6	7:53.4	4:54.1
11 STEELE, Megan	SO	Hudson	10	24:28.7	7:53.8	4:54.3
12 WILSON, Kate	SO	Denver	11	24:43.9	7:58.7	4:57.4
13 MRACEK, Macy	SR	Dike-New Hartford	12	24:50.9	8:00.9	4:58.8
14 MCINTOSH, Avery	SO	Denver	(13)	24:53.5	8:01.8	4:59.3
15 SCHULTE, Gillian	FR	North Linn Troy Mill	-	25:08.6	8:06.6	5:02.3
16 EMBRETSON, Layla	SO	Central Elkader	14	25:18.1	8:09.7	5:04.2
17 BANGHART, Brooklyn	SO	Independence	-	25:20.6	8:10.5	5:04.7
18 NUSS, Lauren	SR	New Hampton	15	25:22.6	8:11.1	5:05.1
19 DEZARN, Natalie	FR	Dike-New Hartford	16	25:24.4	8:11.7	5:05.5
20 WALKER, Eva	SO	Aplington-Parkersb	17	25:33.3	8:14.6	5:07.3
21 STROUTH, Addi	7	Hudson	-	25:34.0	8:14.8	5:07.4
22 SORENSEN, Reagan	SR	Union La Porte City	18	25:38.5	8:16.3	5:08.3
23 TROYNA, Ciara	SO	Aplington-Parkersb	19	25:39.8	8:16.7	5:08.6
24 BERGMAN, Lily	JR	Denver	(20)	25:40.3	8:16.9	5:08.7
25 OPPERMAN, Wendy	SR	Starmont West Cen	-	25:48.7	8:19.6	5:10.4
26 HINEBAUGH, Lorolei	SO	Union La Porte City	21	25:50.1	8:20.0	5:10.6

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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>
27 VIDAL, Rebecca	FR	Hudson	22	25:54.7	8:21.5	5:11.5
28 YOUNGBLUT, Peyton	JR	Jesup	23	25:55.9	8:21.9	5:11.8
29 NESBIT, Olivia	JR	Jesup	24	25:56.1	8:22.0	5:11.8
30 TRELOAR, Rowan	FR	Dike-New Hartford	25	25:56.9	8:22.2	5:12.0
31 THIESE, Alexis	JR	Central Elkader	26	25:57.8	8:22.5	5:12.2
32 EXCHANGE, Renee	JR	Independence	-	25:58.3	8:22.7	5:12.3
33 FOLKERTS, Natalie	JR	Dike-New Hartford	27	26:09.1	8:26.2	5:14.4
34 FRIEDLEIN, Hannah	FR	Central Elkader	28	26:17.2	8:28.8	5:16.1
35 SPOONER, Veronica	FR	Newman Catholic M	-	26:22.3	8:30.4	5:17.1
36 HUBBARD, Brooklyn	SR	Union La Porte City	29	26:29.9	8:32.9	5:18.6
37 NUEHRING, Kaylee	SR	MFL MarMac	-	26:34.4	8:34.3	5:19.5
38 GREGERSON, Madylen	SR	Central Elkader	30	26:38.0	8:35.5	5:20.2
39 LAURES, Maryn	SO	Denver	-	26:43.1	8:37.1	5:21.3
40 PETERSEN, Katelyn	JR	Dike-New Hartford	(31)	26:44.2	8:37.5	5:21.5
41 MEYERHOFF, Kassidy	FR	New Hampton	32	26:45.4	8:37.9	5:21.7
42 LUPKES, Jenna	SR	Aplington-Parkersb	33	26:49.8	8:39.3	5:22.6
43 RORK, Aspen	JR	Central Elkader	(34)	26:52.7	8:40.2	5:23.2
44 BENNING, Hope	JR	Alburnett	-	26:53.6	8:40.5	5:23.4
45 PHILLIPS, Mary	SR	Benton Community	35	26:54.5	8:40.8	5:23.5
46 FELDMAN, Grace	SR	North Fayette Valle	-	26:58.8	8:42.2	5:24.4
47 NEY, Madi	SR	North Fayette Valle	-	27:03.2	8:43.6	5:25.3
48 TOALE, Gabby	SR	Independence	-	27:10.9	8:46.1	5:26.8
49 GRAY, Carly	FR	Wapsie Valley Fairb	36	27:11.9	8:46.4	5:27.0
50 KOHAGEN, Laney	FR	Jesup	37	27:12.0	8:46.4	5:27.0
51 HOGAN, Allison	SR	Maquoketa Valley D	-	27:12.2	8:46.5	5:27.1
52 ZALBA, Amaia	JR	Jesup	38	27:17.8	8:48.3	5:28.2
53 SABIN, Riley	SO	Center Point-Urban	39	27:24.9	8:50.6	5:29.6
54 STAHL, Kaylee	FR	Aplington-Parkersb	40	27:25.0	8:50.6	5:29.7
55 MENSCHING, Cece	SO	Jesup	41	27:25.9	8:50.9	5:29.8
56 WIELAND, Jasmine	JR	Independence	-	27:27.6	8:51.5	5:30.2
57 GOEBEL, Emily	FR	Center Point-Urban	42	27:29.0	8:51.9	5:30.5
58 EAST, Dakota	SR	Wapsie Valley Fairb	43	27:31.0	8:52.6	5:30.8
59 POKORNY, Abrielle	SO	Dike-New Hartford	(44)	27:32.7	8:53.1	5:31.2
60 SCHUTTE, Karlie	JR	Jesup	(45)	27:35.2	8:53.9	5:31.7
61 MILLS, Ava	SR	Union La Porte City	46	27:41.3	8:55.9	5:32.9
62 JUNKER, Megan	SO	Aplington-Parkersb	47	27:45.5	8:57.2	5:33.8
63 RIHERD, Kendall	SR	Aplington-Parkersb	(48)	27:48.6	8:58.2	5:34.4
64 STRICKLAND, Elle	SR	Aplington-Parkersb	(49)	27:48.6	8:58.3	5:34.4
65 WEDEMEIER, Mae	SO	Wapsie Valley Fairb	50	27:50.6	8:58.9	5:34.8
66 DRISCOLL, Emma	FR	MFL MarMac	-	27:54.3	9:00.1	5:35.5
67 PARKES, Brielle	SR	Wapsie Valley Fairb	51	27:59.7	9:01.8	5:36.6
68 HUNTINGTON, Mia	JR	Dike-New Hartford	-	28:01.9	9:02.5	5:37.0
69 GOODMAN, Katharine	SO	Dike-New Hartford	-	28:14.2	9:06.5	5:39.5
70 MRACEK, Aubrey	FR	Dike-New Hartford	-	28:23.6	9:09.5	5:41.4
71 FLANNAGAN, Haydin	FR	Maquoketa Valley D	-	28:32.4	9:12.4	5:43.2
72 ROGERS, Merissa	JR	Oelwein	-	28:36.6	9:13.7	5:44.0

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73 KEEGAN, Charlie	SR	Union La Porte City	(52)	28:36.9	9:13.8	5:44.1
74 WEHRSPANN, Marta	FR	Jesup	(53)	28:37.2	9:13.9	5:44.1
75 WOLFF, Willa	FR	Union La Porte City	(54)	28:41.4	9:15.3	5:45.0
76 BEHN, Sage	JR	Jesup	-	28:53.3	9:19.1	5:47.4
77 GRAVES, Leslie	SR	North Fayette Valle	-	28:58.1	9:20.7	5:48.3
78 NOSBISCH, Alexis	FR	New Hampton	55	28:58.4	9:20.7	5:48.4
79 DEPPE, Jaden	JR	Hudson	56	28:58.7	9:20.9	5:48.4
80 STRANGE, Kennedy	FR	Dike-New Hartford	-	29:03.7	9:22.5	5:49.4
81 SWITZER, Ada	JR	Aplington-Parkersb	-	29:05.5	9:23.1	5:49.8
82 SINGEWALD, Josi	FR	New Hampton	57	29:10.4	9:24.6	5:50.8
83 PARSON, Ruby	JR	Union La Porte City	-	29:14.9	9:26.1	5:51.7
84 EILDERTS, Joy	JR	Dike-New Hartford	-	29:30.9	9:31.2	5:54.9
85 BRUNS, McKenna	FR	North Linn Troy Mill	-	29:35.2	9:32.6	5:55.7
86 DRECKMAN, Zoey	JR	New Hampton	58	29:38.8	9:33.8	5:56.5
87 KRAMER, McKenna	SR	Benton Community	59	29:48.1	9:36.8	5:58.3
88 STOCKS, Natalie	FR	Union La Porte City	-	29:54.3	9:38.8	5:59.6
89 SCHUG, Kaitlyn	SR	Jesup	-	30:12.3	9:44.6	6:03.2
90 KEEGAN, Ellie	SR	Union La Porte City	-	30:34.8	9:51.9	6:07.7
91 BRENNEMAN, Casandra	SR	Alburnett	-	30:47.2	9:55.8	6:10.2
92 BANES, Emma	JR	Alburnett	-	30:47.9	9:56.1	6:10.3
93 STUBER, Lydia	JR	Wapsie Valley Fairb	60	30:55.1	9:58.4	6:11.8
94 RIORDAN, Liza	SR	Wapsie Valley Fairb	(61)	30:57.0	9:59.0	6:12.1
95 MEADE, Mary	SR	Starmont West Cen	-	31:01.3	10:00.4	6:13.0
96 MOURLAM, Allison	JR	Center Point-Urban	62	31:01.6	10:00.5	6:13.1
97 CASHATT, Estelle	SR	Aplington-Parkersb	-	31:12.2	10:03.9	6:15.2
98 WRIGHT, Sarah	JR	Benton Community	63	31:43.0	10:13.9	6:21.4
99 RICHTER, Ellie	SO	Hudson	64	32:00.5	10:19.5	6:24.9
100 GRAUBARD, Isabelle	SR	Alburnett	-	32:20.8	10:26.0	6:28.9
101 GLAWE, Ana	JR	Benton Community	65	32:48.1	10:34.8	6:34.4
102 DEMOSS, Jessa	SR	Benton Community	66	32:48.1	10:34.9	6:34.4
103 RAHE, Sydney	SR	Oelwein	-	33:30.6	10:48.6	6:42.9
104 VOLDING, June	SR	Dike-New Hartford	-	33:52.0	10:55.5	6:47.2
105 MOURLAM, Emily	FR	Center Point-Urban	67	34:00.4	10:58.2	6:48.9
106 LARSEN, Sandra	FR	Gladbrook Reinbec	-	34:05.9	11:00.0	6:50.0
107 POPENHAGEN, Alexa	SO	North Fayette Valle	-	34:18.0	11:03.9	6:52.4
108 MARTINELLI, Mileigh	FR	Gladbrook Reinbec	-	34:39.9	11:10.9	6:56.8
109 GONNERMAN, Malea	SR	Denver	-	34:40.2	11:11.0	6:56.9
110 KANE, Kelly	SR	Jesup	-	36:01.2	11:37.2	7:13.1
111 CORDELL, Lola	FR	Center Point-Urban	(68)	36:02.3	11:37.5	7:13.3
112 PARKES, Emerie	SO	Wapsie Valley Fairb	(69)	38:33.9	12:26.4	7:43.7
113 ANDERSON, Xandra	SR	Gladbrook Reinbec	-	39:55.3	12:52.7	8:00.0