

**2023 UNION INVITATIONAL**

La Porte City, IA

La Porte City Golf Course

Weather: Partly Cloudy, N 5-10mph, 49% &amp; 74

Thursday, September 07, 2023

**MEET OFFICIALS****Meet Director:**

Michael Bruns

**Meet Referee:**

Mike Bengen

**Timing:**

Andrew Kauder - Kauder Racing, LLC

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

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**Race #3  
Girls 5K****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
<b>1 Denver</b>	<b>41</b>	3-4-8-10-16(20)(24)	1:47:42	21:33	1:49.9
<b>2 Union La Porte City</b>	<b>44</b>	2-5-7-11-19(22)(28)	1:46:48	21:22	3:08.8
<b>3 Vinton-Shellsburg</b>	<b>84</b>	6-13-15-21-29(31)(32)	1:53:39	22:44	3:06.9
<b>4 Edgewood-Colesburg</b>	<b>99</b>	9-12-14-30-34(44)	1:56:41	23:21	4:13.4
<b>5 Nashua-Plainfield</b>	<b>136</b>	1-25-33-37-40(43)(45)	2:03:43	24:45	8:58.5
<b>6 North Tama Traer</b>	<b>145</b>	18-26-27-36-38(39)	2:04:40	24:56	4:29.6
<b>7 South Hardin</b>	<b>158</b>	17-23-35-41-42	2:09:20	25:52	6:22.6

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. KM
1 HUCK, Kadence	JR	Nashua-Plainfield	1	19:20.9	6:13.3	3:52.2
2 CONDON, Amilia	JR	Union La Porte City	2	19:33.4	6:17.3	3:54.7
3 WASKOW, Abbi	FR	Dunkerton	-	20:14.4	6:30.5	4:02.9
4 RISTAU, Reeve	JR	Denver	3	20:42.8	6:39.6	4:08.6
5 HOMAN, Hailey	JR	Denver	4	21:12.0	6:49.0	4:14.4
6 ALBERTSEN, Brynn	SO	Union La Porte City	5	21:21.1	6:51.9	4:16.2
7 PRIMROSE, Olivia	JR	Vinton-Shellsburg	6	21:22.3	6:52.3	4:16.5
8 ANTON, Sydney	SR	Union La Porte City	7	21:24.4	6:53.0	4:16.9
9 MULERT, Anna	JR	Denver	8	21:28.9	6:54.4	4:17.8
10 KIRBY, Ellie	JR	Edgewood-Colesbu	9	21:38.7	6:57.6	4:19.7
11 SANDERSON, Sophie	SO	Denver	10	21:45.2	6:59.7	4:21.0
12 LORENZEN, Lily	JR	Union La Porte City	11	21:46.1	6:59.9	4:21.2
13 NURRE, Amanda	FR	Edgewood-Colesbu	12	22:08.2	7:07.1	4:25.6
14 SWENSON, Bree	SR	Vinton-Shellsburg	13	22:22.5	7:11.7	4:28.5
15 BEYER, Ella	FR	Edgewood-Colesbu	14	22:28.0	7:13.4	4:29.6
16 ROSTER, Kaelynn	FR	Vinton-Shellsburg	15	22:29.6	7:13.9	4:29.9
17 DECKER, Adeline	FR	Denver	16	22:32.7	7:14.9	4:30.5
18 STILLE, Madison	SR	South Hardin	17	22:37.7	7:16.6	4:31.5
19 JACOBS, Jamie	SR	North Tama Traer	18	22:40.2	7:17.3	4:32.0
20 PETERSEN, Emily	SR	Union La Porte City	19	22:42.2	7:18.0	4:32.4
21 COOPER, Lily	JR	Denver	(20)	22:52.4	7:21.3	4:34.5
22 PHIPPEN, Lainey	FR	Vinton-Shellsburg	21	22:55.5	7:22.3	4:35.1
23 CARLSON, Kate	JR	Union La Porte City	(22)	23:06.1	7:25.7	4:37.2
24 WILABY, Mya	SO	South Hardin	23	23:10.0	7:26.9	4:38.0
25 HENNINGER, Grace	JR	Dunkerton	-	23:15.2	7:28.6	4:39.0
26 VALVERDE, Ari	SO	Denver	(24)	23:16.2	7:28.9	4:39.2
27 MULERT, Emily	FR	Denver	-	23:16.8	7:29.1	4:39.4
28 MILLER, London	SO	Tripoli	-	23:54.3	7:41.2	4:46.9
29 CLAYTON, Jillian	SO	Denver	-	23:57.3	7:42.1	4:47.5
30 EICK, Ellie	SR	Nashua-Plainfield	25	24:04.2	7:44.4	4:48.8
31 SWALES, Grace	JR	Denver	-	24:09.0	7:45.9	4:49.8
32 LALK, Haley	JR	Denver	-	24:10.0	7:46.2	4:50.0
33 SEDA, Gabby	SO	North Tama Traer	26	24:15.2	7:47.9	4:51.0
34 MCINTOSH, Avery	SO	Denver	-	24:20.4	7:49.6	4:52.1
35 KEARNEY, Lydia	SR	Valley Lutheran	-	24:21.9	7:50.1	4:52.4

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Girls 5K****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>
36 BREAKENRIDGE, Ava	JR	North Tama Traer	27	24:26.6	7:51.5	4:53.3
37 JACKSON, Katie	FR	Union La Porte City	(28)	24:28.1	7:52.1	4:53.6
38 NOSBISCH, Callie	FR	Vinton-Shellsburg	29	24:29.2	7:52.4	4:53.8
39 WALZ, Miley	SO	Edgewood-Colesbu	30	24:33.6	7:53.8	4:54.7
40 ROLLINGER, Kara	FR	Vinton-Shellsburg	(31)	24:36.4	7:54.7	4:55.3
41 LUTZ, Aliyah	FR	Vinton-Shellsburg	(32)	24:41.4	7:56.3	4:56.3
42 WHITE, Jalissa	SO	Nashua-Plainfield	33	24:52.7	8:00.0	4:58.5
43 MARTIN, Eryca	JR	Vinton-Shellsburg	-	25:05.3	8:04.0	5:01.0
44 BIRKER, Isabel	JR	Vinton-Shellsburg	-	25:15.1	8:07.2	5:03.0
45 WILSON, Kate	SO	Denver	-	25:16.1	8:07.5	5:03.2
46 HENNEY, Kallyn	SO	Edgewood-Colesbu	34	25:52.1	8:19.0	5:10.4
47 COSTELLO, Katie	SR	Waterloo Christian	-	25:53.6	8:19.5	5:10.7
48 DALESKE, Elizabeth	SR	South Hardin	35	26:03.4	8:22.7	5:12.7
49 OLTROGGE, Gretchen	SR	Denver	-	26:06.9	8:23.8	5:13.4
50 TAYLOR, Delanie	FR	North Tama Traer	36	26:07.6	8:24.0	5:13.5
51 BERGMAN, Lily	JR	Denver	-	26:15.1	8:26.5	5:15.0
52 WEETS, Ellie	JR	Vinton-Shellsburg	-	26:25.0	8:29.6	5:17.0
53 ALLEN, Hailey	JR	Waterloo East	-	26:29.0	8:30.9	5:17.8
54 SORENSEN, Reagan	SR	Union La Porte City	-	26:36.1	8:33.2	5:19.2
55 HINEBAUGH, Lorolei	SO	Union La Porte City	-	26:37.4	8:33.6	5:19.5
56 KNIGHT, Lydia	JR	Waterloo Christian	-	26:40.2	8:34.5	5:20.0
57 LAURES, Maryn	SO	Denver	-	27:01.7	8:41.4	5:24.3
58 GERHOLDT, Amberley	JR	Nashua-Plainfield	37	27:05.9	8:42.8	5:25.2
59 SEDA, Violet	FR	North Tama Traer	38	27:09.8	8:44.0	5:25.9
60 MONAT, Ava	JR	North Tama Traer	(39)	27:11.9	8:44.7	5:26.4
61 MILLS, Ava	SR	Union La Porte City	-	27:55.9	8:58.9	5:35.2
62 HAHN, Song	SO	Waterloo Christian	-	28:04.9	9:01.8	5:37.0
63 HUBBARD, Brooklyn	SR	Union La Porte City	-	28:05.5	9:02.0	5:37.1
64 WEISS, Lexi	SR	Nashua-Plainfield	40	28:19.4	9:06.4	5:39.9
65 ROLLINGER, Rachel	SR	Vinton-Shellsburg	-	28:21.4	9:07.1	5:40.3
66 AYERS, Makana	FR	South Hardin	41	28:28.0	9:09.2	5:41.6
67 KEEGAN, Charlie	SR	Union La Porte City	-	28:30.0	9:09.8	5:42.0
68 WOLFENSBERGER, Lauren	SR	Dunkerton	-	28:35.7	9:11.6	5:43.1
69 BATES, Calla	JR	Waterloo Christian	-	28:39.6	9:12.9	5:43.9
70 STILLE, Alyssa	SR	South Hardin	42	29:00.2	9:19.5	5:48.0
71 LOWE, Marleigh	JR	Nashua-Plainfield	(43)	29:15.5	9:24.5	5:51.1
72 AULWES, Claire	SR	Edgewood-Colesbu	(44)	29:25.2	9:27.6	5:53.0
73 PARSON, Ruby	JR	Union La Porte City	-	29:44.9	9:33.9	5:57.0
74 O'NEILL, Emma	SR	Nashua-Plainfield	(45)	30:07.6	9:41.2	6:01.5
75 KIRCHMANN, Callie	SO	Waterloo East	-	30:17.0	9:44.2	6:03.4
76 ALVA-MARTINEZ, Vanesa	SO	Waterloo East	-	30:30.2	9:48.5	6:06.0
77 HOFTENDER, Taylor	JR	Waterloo East	-	30:54.7	9:56.4	6:10.9
78 STOCKS, Natalie	FR	Union La Porte City	-	31:06.8	10:00.3	6:13.4
79 CASTER, Lillie	JR	Nashua-Plainfield	-	31:16.6	10:03.4	6:15.3
80 WOLFF, Willa	FR	Union La Porte City	-	31:57.1	10:16.4	6:23.4
81 KEEGAN, Ellie	SR	Union La Porte City	-	32:09.4	10:20.4	6:25.9

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*Girls 5K*

**Final Results**

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<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
82 BOND, Bailey	JR	Nashua-Plainfield	-	34:36.8	11:07.8	6:55.3