

HEART OF AMERICA CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA
 Seminole Valley Cross Country Course
 Weather: Sunny, SSW 10-15mph & 48
 Host: Mount Mercy
 Saturday, November 06, 2021

MEET OFFICIALS

Meet Director:
 Tad Hulst
Meet Referee:
 Tom Cahalan
Timing:
 Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT
 printed: 11/6/2021 1:59 PM

Race #2
Women's 5K

Final Results

RACE SUMMARY

Start Time: 11:30
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Benedictine (Kan.)	49	4-5-9-15-16(26)(37)	1:36:44	19:21	0:32.3
2 Baker	56	6-8-11-13-18(33)(40)	1:37:16	19:28	0:20.5
3 Grand View	72	1-3-12-27-29(34)(38)	1:37:15	19:27	1:56.7
4 Mount Mercy	126	2-7-23-46-48(52)(53)	1:40:56	20:12	2:30.7
5 MidAmerica Nazarene	150	19-24-32-36-39(45)(59)	1:41:22	20:17	1:02.4
6 Clarke	163	10-21-22-49-61(70)	1:44:00	20:48	3:52.4
7 Graceland	185	14-17-20-54-80	1:48:22	21:41	8:06.8
8 Central Methodist	203	25-35-43-44-56(62)(66)	1:44:55	20:59	2:21.1
9 Park U.	217	28-30-41-47-71(72)	1:47:30	21:30	4:22.3
10 Evangel	253	31-42-57-58-65	1:51:05	22:13	3:32.7
11 William Penn	299	50-51-60-63-75	1:55:50	23:10	4:05.2
12 Peru State	348	64-67-68-73-76(78)(83)	2:02:56	24:36	2:11.8
13 Missouri Valley	359	55-69-74-79-82	2:07:37	25:32	6:40.3
14 Culver-Stockton	413	77-81-84-85-86	2:24:54	28:59	3:50.5
DNP Graceland					
DNP Baker					
DNP Benedictine (Kan.)					
DNP Grand View					
DNP Evangel					
DNP Culver-Stockton					
DNP Missouri Valley					

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile
1 LAWSON, Morgan	JR	Grand View	1	18:22.1	5:54.4	3:40.4	5:42.9	11:48.6
2 HUHNDORF, Kelsi	JR	Mount Mercy	2	18:55.2	6:05.0	3:47.0	5:57.9	18:55.3
3 NAZLI, Ceyda	JR	Grand View	3	18:57.4	6:05.7	3:47.5	6:03.2	18:57.5
4 ROLWES, Mary	SO	Benedictine (Kan.)	4	19:03.0	6:07.5	3:48.6	6:02.8	12:21.4
5 GUERRA, Isabella	JR	Benedictine (Kan.)	5	19:08.1	6:09.2	3:49.6	6:03.0	12:21.1
6 ACEVES-POWER, Valerie	JR	Baker	6	19:16.4	6:11.8	3:51.3	6:05.6	12:35.3
7 ERTZ, Jessica	JR	Mount Mercy	7	19:19.1	6:12.7	3:51.8	6:23.2	12:51.3
8 WILHOIT, Mia	SR	Baker	8	19:22.7	6:13.8	3:52.5	6:05.6	12:38.2
9 MCLAUGHLIN, Julia	FR	Benedictine (Kan.)	9	19:23.6	6:14.1	3:52.7	6:06.6	12:38.4
10 MENDS, Ricar	SR	Clarke	10	19:28.9	6:15.8	3:53.8	6:11.2	12:35.6
11 HAWMAN, Jordan	SR	Baker	11	19:29.8	6:16.1	3:54.0	6:14.5	12:49.0
12 SWANSON, Emma	SO	Grand View	12	19:30.0	6:16.2	3:54.0	6:04.2	12:35.9
13 DE LA FUENTE, Jackie	SO	Baker	13	19:30.4	6:16.3	3:54.1	6:11.8	12:44.2
14 STEWART, Grace	JR	Graceland	14	19:30.9	6:16.5	3:54.2	6:13.2	12:49.9

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Race #2
Women's 5K

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile
15 O'CONNOR, Mary	FR	Benedictine (Kan.)	15	19:33.2	6:17.2	3:54.6	6:03.6	19:33.2
16 BOEVER, Emma	FR	Benedictine (Kan.)	16	19:35.3	6:17.9	3:55.0	6:10.6	12:43.9
17 PERKINS, Ashlynn	SR	Graceland	17	19:36.7	6:18.4	3:55.3	6:05.6	12:37.2
18 ALLEN, Brooke	SO	Baker	18	19:36.8	6:18.4	3:55.4	6:11.1	12:44.9
19 BURDOVA, Magdalena	JR	MidAmerica Nazare	19	19:39.4	6:19.2	3:55.9	6:13.4	12:48.9
20 PERKINS, Keagan	SR	Graceland	20	19:43.2	6:20.4	3:56.6	6:05.0	12:37.3
21 BICKLER, Rory	SO	Clarke	21	19:48.7	6:22.2	3:57.7	6:09.6	12:44.8
22 RONNEBAUM, Claire	JR	Clarke	22	19:52.6	6:23.5	3:58.5	6:09.0	12:41.4
23 KNUTSON, J'Lyn	FR	Mount Mercy	23	19:54.8	6:24.2	3:58.9	6:10.9	12:50.8
24 ZITTER, Abigail	FR	MidAmerica Nazare	24	19:54.9	6:24.2	3:59.0	6:19.7	13:00.5
25 BANGERT, Katherine	SO	Central Methodist	25	19:55.9	6:24.5	3:59.2	6:17.6	12:58.1
26 BRADLEY, Sandra	FR	Benedictine (Kan.)	(26)	20:00.4	6:26.0	4:00.1	6:10.7	12:52.6
27 MOHAMMED, Maytane	FR	Grand View	27	20:06.6	6:28.0	4:01.3	6:04.6	12:49.7
28 GIBSON, Allison	SR	Park U.	28	20:16.1	6:31.0	4:03.2	6:16.2	13:04.8
29 GREIG, Chloe	SO	Grand View	29	20:18.8	6:31.9	4:03.8	6:16.8	13:01.3
30 HAHLEBECK, Jena	JR	Park U.	30	20:19.6	6:32.1	4:03.9	6:23.0	13:19.6
31 ADAMS, Skylar	FR	Evangel	31	20:23.2	6:33.3	4:04.6	6:07.6	12:55.2
32 ALRED, Abigail	FR	MidAmerica Nazare	32	20:27.3	6:34.6	4:05.5	6:17.9	13:14.3
33 CHAMBERS, Kristi	FR	Baker	(33)	20:30.5	6:35.7	4:06.1	6:23.0	13:08.9
34 HASAN, Ikilas	FR	Grand View	(34)	20:31.1	6:35.8	4:06.2	6:08.3	13:02.4
35 WIESEMAN, Madeline	SO	Central Methodist	35	20:35.7	6:37.3	4:07.1	6:22.2	13:18.0
36 SCHMIDT, Sienna	JR	MidAmerica Nazare	36	20:38.5	6:38.2	4:07.7	6:20.3	13:20.4
37 GOLDEN, Mary Cate	FR	Benedictine (Kan.)	(37)	20:38.7	6:38.3	4:07.7	6:24.6	13:18.0
38 SHADIN, Shiggo	SO	Grand View	(38)	20:41.4	6:39.1	4:08.3	6:11.6	13:09.6
39 JANIS, Wasu	JR	MidAmerica Nazare	39	20:41.8	6:39.3	4:08.4	6:28.8	13:22.8
40 SANNAN, Peyton	SO	Baker	(40)	20:44.9	6:40.3	4:09.0	6:25.5	13:29.3
41 ZARYBNICKY, Claire	SR	Benedictine (Kan.)	-	20:52.2	6:42.6	4:10.4	6:24.1	13:35.2
42 BANKS, Jasmine	SO	Park U.	41	20:52.4	6:42.7	4:10.5	6:15.5	13:20.4
43 SMITH, Reagan	FR	Evangel	42	20:53.4	6:43.0	4:10.7	6:23.4	13:26.3
44 SANDERSON, Gabrielle	JR	Benedictine (Kan.)	-	20:54.5	6:43.4	4:10.9	6:14.0	13:17.7
45 SYKES, Claire	FR	Central Methodist	43	20:56.7	6:44.1	4:11.3	6:21.5	13:23.2
46 KATS, Lexi	SO	Benedictine (Kan.)	-	21:04.3	6:46.5	4:12.9	6:22.9	21:04.3
47 CAMILO-MONTENEGRO, D	FR	Central Methodist	44	21:09.7	6:48.2	4:13.9	6:22.3	13:18.1
48 EIDMAN, Maya	FR	MidAmerica Nazare	(45)	21:11.6	6:48.8	4:14.3	6:28.1	13:34.6
49 SULLIVAN, Reagan	SR	Baker	-	21:14.3	6:49.7	4:14.9	6:34.9	13:38.7
50 COBIEYA, Ruth	JR	Mount Mercy	46	21:20.3	6:51.7	4:16.1	6:42.1	13:44.0
51 CLARK, Isabella	FR	Park U.	47	21:23.1	6:52.6	4:16.6	6:39.5	13:46.2
52 HILL, Abby	FR	Mount Mercy	48	21:25.9	6:53.5	4:17.2	6:45.4	13:53.6
53 THOMPSON, Paige	SO	Grand View	-	21:28.5	6:54.3	4:17.7	6:24.7	13:41.8
54 MERCADO, Marina	SO	Clarke	49	21:28.7	6:54.4	4:17.7	6:42.3	13:50.5
55 STRINGER, Tenka	SR	Benedictine (Kan.)	-	21:30.4	6:54.9	4:18.1	6:26.4	13:43.4
56 KMIEC, Michaela	JR	William Penn	50	21:33.4	6:55.9	4:18.7	6:33.4	13:48.7
57 JORDAN, Delana	JR	William Penn	51	21:34.1	6:56.1	4:18.8	6:33.5	13:48.6
58 DAY, Jessa	FR	Mount Mercy	(52)	21:35.8	6:56.6	4:19.2	6:42.7	13:52.4
59 HERNANDEZ, Yaqueline	FR	Mount Mercy	(53)	21:45.0	6:59.6	4:21.0	6:46.1	14:04.2
60 GAULRAPP, Lilian	FR	Mount Mercy	-	21:46.5	7:00.1	4:21.3	6:42.1	21:46.6

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**Race #2
Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km	1 Mile	2 Mile
61 LOPEZ, Ariana	FR	Mount Mercy	-	21:48.0	7:00.6	4:21.6	6:36.1	13:53.0
62 RUELLE, Melody	FR	Grand View	-	21:48.2	7:00.6	4:21.6	6:41.6	14:08.2
63 LEIS, Liberty	FR	Grand View	-	21:48.9	7:00.8	4:21.8	6:43.3	14:06.9
64 HARDER, Laura	JR	Graceland	54	21:53.5	7:02.3	4:22.7	6:46.5	14:11.7
65 HINCK, Isabella	SR	Baker	-	21:54.3	7:02.6	4:22.9	6:36.6	13:55.2
66 HUMPHREY, Camille	FR	Missouri Valley	55	21:57.5	7:03.6	4:23.5	6:35.4	13:59.8
67 MENDEZ, Evelyn	FR	Benedictine (Kan.)	-	21:58.4	7:03.9	4:23.7	6:38.5	13:56.0
68 POLCZYNSKI, Michelle	JR	Benedictine (Kan.)	-	22:03.7	7:05.6	4:24.7	6:42.7	22:03.8
69 KOKO, Karima	SO	Grand View	-	22:12.4	7:08.4	4:26.5	6:44.7	14:18.0
70 MCKEOWN, Rosanna	SO	Benedictine (Kan.)	-	22:14.3	7:09.0	4:26.8	6:50.8	14:23.3
71 ROSS, Isabella	FR	Central Methodist	56	22:16.9	7:09.8	4:27.4	6:45.4	14:18.7
72 ROESNER, Evelyn	SO	Baker	-	22:30.9	7:14.4	4:30.2	6:37.3	14:06.8
73 REITTINGER, Carli	FR	Mount Mercy	-	22:32.4	7:14.8	4:30.5	6:42.4	13:57.1
74 KOPALA, Gracie	JR	Baker	-	22:34.7	7:15.6	4:30.9	6:39.5	14:15.0
75 WILL, Camryn	JR	Evangel	57	22:53.8	7:21.7	4:34.8	7:08.1	14:56.7
76 CROSBY, Serenity	FR	Evangel	58	22:58.7	7:23.3	4:35.7	7:06.1	14:55.6
77 DOWNEY, Gemma	FR	Benedictine (Kan.)	-	23:01.3	7:24.1	4:36.3	6:54.7	14:43.6
78 STERNER, Rachel	FR	Baker	-	23:01.7	7:24.3	4:36.3	6:39.4	14:37.5
79 BALL, Blaise	SO	Baker	-	23:05.5	7:25.5	4:37.1	7:00.5	14:37.8
80 SONNEN, Jessie	SO	Benedictine (Kan.)	-	23:06.6	7:25.8	4:37.3	7:01.4	14:51.4
81 GONZALEZ, Natalie	SR	Baker	-	23:13.5	7:28.1	4:38.7	6:53.5	14:41.8
82 KAMBEITZ, Mikayla	JR	MidAmerica Nazare	(59)	23:18.7	7:29.7	4:39.7	7:25.2	15:08.2
83 COHUO, Zena	SR	William Penn	60	23:20.6	7:30.3	4:40.1	6:53.6	14:48.9
84 RADEKE, Lydia	FR	Clarke	61	23:21.2	7:30.5	4:40.2	7:14.0	15:05.0
85 JOHNSON, Kailey	SO	Central Methodist	(62)	23:38.3	7:36.0	4:43.6	6:56.7	14:59.2
86 DOUVER, Talaysia	SR	William Penn	63	23:43.3	7:37.7	4:44.7	7:09.1	15:10.8
87 BRINK, Alyssa	SR	Peru State	64	23:46.4	7:38.6	4:45.3	7:13.9	15:13.9
88 GIBBS, Kyleigh	FR	Evangel	65	23:55.8	7:41.7	4:47.2	7:23.7	15:30.1
89 HARRIS, Emalee	FR	Central Methodist	(66)	24:04.1	7:44.3	4:48.8	7:05.7	15:19.0
90 LARSON, Emma	FR	Peru State	67	24:05.1	7:44.6	4:49.0	7:27.0	15:28.7
91 FRERKER, Anna	FR	Benedictine (Kan.)	-	24:13.0	7:47.2	4:50.6	7:26.7	15:31.0
92 WILSON, Naomi	FR	Peru State	68	24:15.3	7:47.9	4:51.1	7:42.8	15:45.6
93 VALDE, Alyssa	FR	Mount Mercy	-	24:16.7	7:48.4	4:51.3	7:13.6	15:26.5
94 WATTS, Jane	FR	Missouri Valley	69	24:17.6	7:48.7	4:51.5	7:24.0	15:43.3
95 HAWK, Kiley	FR	Baker	-	24:18.7	7:49.0	4:51.7	7:26.6	15:36.1
96 SMITH, Briana	FR	MidAmerica Nazare	-	24:24.6	7:50.9	4:52.9	7:29.3	15:32.4
97 BOLDT, Halle	FR	Clarke	(70)	24:34.0	7:53.9	4:54.8	7:17.0	15:23.2
98 ANDERSON, Allison	SR	Park U.	71	24:38.4	7:55.4	4:55.7	7:12.1	15:27.5
99 THOMAS, Kayla	FR	Park U.	(72)	24:49.1	7:58.8	4:57.8	7:12.6	15:47.5
100 VODICKA, Sarah	FR	Peru State	73	24:51.1	7:59.4	4:58.2	7:41.4	16:15.4
101 SORENSON, Lainey	FR	MidAmerica Nazare	-	25:03.4	8:03.4	5:00.7	7:27.1	16:06.4
102 HURST, Elizabeth	FR	Missouri Valley	74	25:26.0	8:10.6	5:05.2	7:47.3	16:29.8
103 FULLER, Roselaure	FR	William Penn	75	25:38.5	8:14.7	5:07.7	7:41.6	16:32.3
104 BECK, Carley	SO	Mount Mercy	-	25:49.6	8:18.3	5:09.9	7:59.8	16:35.3
105 WATTIER, Aubrey	SR	Peru State	76	25:58.2	8:21.0	5:11.6	8:16.7	16:52.2
106 MORA, Paola	SO	Culver-Stockton	77	26:37.7	8:33.7	5:19.5	7:53.9	16:58.9

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107 WATKINS, Isabella	SO	Peru State	(78)	26:47.6	8:36.9	5:21.5	8:24.9	17:24.8
108 TORRES-AMAYA, Jewel	SO	Missouri Valley	79	27:17.6	8:46.6	5:27.5	8:02.6	17:15.3
109 MARTIN, Katlin	FR	Graceland	80	27:37.6	8:53.0	5:31.5	8:34.8	18:15.0
110 BODINE, Erin	JR	Culver-Stockton	81	28:34.3	9:11.2	5:42.9	8:33.3	18:31.6
111 BITZ, Samantha	FR	Missouri Valley	82	28:37.7	9:12.3	5:43.5	8:21.5	18:10.6
112 DAVIS, Brena	FR	Peru State	(83)	28:38.5	9:12.5	5:43.7	8:43.5	18:22.4
113 HORNBERGER, Jessica	SO	Culver-Stockton	84	28:49.1	9:16.0	5:45.8	8:41.8	18:26.2
114 LAURICH, Hailey	FR	Culver-Stockton	85	30:24.3	9:46.6	6:04.9	8:56.1	19:27.9
115 LINDSEY, Caroline	FR	Culver-Stockton	86	30:28.2	9:47.8	6:05.6	8:56.3	19:34.3
116 CERDA, Karly	FR	Mount Mercy	-	30:39.3	9:51.4	6:07.9	9:17.1	19:34.7
-- MEJIA, Addie	SO	Missouri Valley	-	DNF	---	---		
-- HUGHES, Sydney	FR	Graceland	-	DNF	---	---		
-- GUERRERO, Suzanne	FR	Graceland	-	DNF	---	---		
-- FISHER, Mickenzie	FR	Graceland	-	DNF	---	---		
-- SCHRODER, Rylee	FR	Culver-Stockton	-	DNF	---	---		
-- SMELCER, Kyrsten	FR	Evangel	-	DNF	---	---		
-- MENGHINI, Lily	SO	Benedictine (Kan.)	-	DNF	---	---		
-- HAYES, Ashlyn	FR	Benedictine (Kan.)	-	DNF	---	---		
-- COSTAIN, Dani	JR	Grand View	-	DNF	---	---		
-- PETERSON, Peyton	FR	Baker	-	DNF	---	---		
-- MERICAL, Nicole	FR	Baker	-	DNF	---	---		