

2024 MVC SUPER MEET

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, WindSSE 5-10mph, 34% Humidity & 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

MEET OFFICIALS**Meet Director:**

Tom Cahalan

Meet Referee:

Chris Deam

Timing:

Andrew Kauder - Kauder Racing, LLC

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

printed: 10/10/2024 4:30 PM

Race #2
Fr-So Boys 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Iowa City City High	20	1-2-3-6-8(9)(19)	1:25:37	17:08	0:25.9
2 Cedar Falls	41	4-5-7-12-13(21)(22)	1:27:21	17:29	0:32.8
3 Cedar Rapids Kennedy	127	16-17-18-30-46(50)(61)	1:31:11	18:15	1:08.6
4 Iowa City West	131	14-26-28-29-34(37)(43)	1:31:19	18:16	0:48.1
5 Linn-Mar Marion	153*	23-24-33-35-38(44)(49)	1:31:58	18:24	0:42.4
6 Dubuque Senior	153*	10-27-32-39-45(48)(51)	1:31:54	18:23	1:20.0
7 Prairie Cedar Rapids	184	11-31-36-52-54(55)(56)	1:33:41	18:45	1:48.5
8 Iowa City Liberty	193	15-20-42-57-59(60)(63)	1:34:02	18:49	1:56.9
9 Dubuque Hempstead	206	25-40-41-47-53(58)(62)	1:34:02	18:49	1:23.0
10 Wahlert Dubuque	334	64-66-67-68-69(71)(72)	1:46:52	21:23	1:12.0
11 Cedar Rapids Jefferson	357	65-70-73-74-75(76)(77)	1:56:42	23:21	3:23.9
DNP Epworth Western Dubuque					
DNP Xavier Cedar Rapids					

***Tiebreakers**

Linn-Mar Marion	23	24	33	35	38	44
Dubuque Senior	10	27	32	39	45	48

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 EASTLUND, Leif	FR	Iowa City City High	1	16:55.6	5:26.5	3:23.1
2 MCROBERTS, Jasper	FR	Iowa City City High	2	16:58.6	5:27.5	3:23.7
3 HOWARD, Zach	FR	Iowa City City High	3	17:03.9	5:29.2	3:24.8
4 AHRENS, Brody	SO	Cedar Falls	4	17:14.5	5:32.6	3:26.9
5 KIES, Ryne	SO	Cedar Falls	5	17:17.0	5:33.4	3:27.4
6 ARNOLD, Malcolm	SO	Iowa City City High	6	17:17.0	5:33.4	3:27.4
7 STROHMAN, Cody	FR	Cedar Falls	7	17:21.1	5:34.7	3:28.2
8 VANDE BERG, Henry	SO	Iowa City City High	8	17:21.4	5:34.8	3:28.3
9 CAREY, Will	SO	Iowa City City High	(9)	17:24.9	5:36.0	3:29.0
10 BROCK, Beckett	SO	Dubuque Senior	10	17:35.1	5:39.3	3:31.0
11 NOVE, Mason	SO	Prairie Cedar Rapid	11	17:39.0	5:40.5	3:31.8
12 HUDSON, Jace	FR	Cedar Falls	12	17:41.1	5:41.2	3:32.2
13 JACOBSEN, Ethan	SO	Cedar Falls	13	17:47.2	5:43.1	3:33.4
14 PRESSLER, Lars	SO	Iowa City West	14	17:47.9	5:43.3	3:33.6
15 STRAND, Jens	FR	Iowa City Liberty	15	17:50.3	5:44.1	3:34.1
16 HALLAM, Finn	FR	Cedar Rapids Kenn	16	17:51.6	5:44.6	3:34.3
17 COGDILL, Neil	SO	Cedar Rapids Kenn	17	17:53.6	5:45.2	3:34.7
18 ALI, Arefat	SO	Cedar Rapids Kenn	18	17:58.3	5:46.7	3:35.6
19 MILLER, Soren	FR	Iowa City City High	(19)	17:58.4	5:46.7	3:35.7
20 KONRARDY, Carter	FR	Iowa City Liberty	20	17:58.8	5:46.9	3:35.7
21 FAUSER, Judah	SO	Cedar Falls	(21)	17:58.8	5:46.9	3:35.8
22 AVILA, Rodrigo	SO	Cedar Falls	(22)	17:59.6	5:47.1	3:35.9
23 KENNEDY, Will	SO	Linn-Mar Marion	23	18:00.0	5:47.3	3:36.0

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Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
24 PETERSEN, Charlie	SO	Linn-Mar Marion	24	18:00.4	5:47.4	3:36.1
25 RISMA, Nolan	FR	Dubuque Hempstea	25	18:03.4	5:48.4	3:36.7
26 ELBESHTI, Ahmed	FR	Iowa City West	26	18:07.7	5:49.7	3:37.5
27 NEUHAUS, Elijah	SO	Dubuque Senior	27	18:09.2	5:50.2	3:37.8
28 WALLACE, Landon	SO	Cedar Falls	-	18:16.8	5:52.7	3:39.4
29 SAUDER, Ben	FR	Iowa City City High	-	18:20.9	5:54.0	3:40.2
30 DUNHAM, Cael	FR	Iowa City West	28	18:22.7	5:54.6	3:40.5
31 BRUZEK, Zach	SO	Iowa City West	29	18:25.0	5:55.3	3:41.0
32 PITCHER, Maddox	SO	Cedar Rapids Kenn	30	18:27.4	5:56.1	3:41.5
33 DAHLEM, Eli	FR	Prairie Cedar Rapid	31	18:28.6	5:56.5	3:41.7
34 SINDT, Ian	SO	Dubuque Senior	32	18:30.8	5:57.2	3:42.2
35 LANDHERR, Ashton	FR	Linn-Mar Marion	33	18:34.9	5:58.5	3:43.0
36 LAWLER, Henry	SO	Iowa City West	34	18:36.0	5:58.8	3:43.2
37 SEAMANS, John	FR	Iowa City City High	-	18:38.6	5:59.7	3:43.7
38 LALOR, Quinn	FR	Iowa City City High	-	18:38.7	5:59.7	3:43.7
39 HISCOCK, Thomas	SO	Linn-Mar Marion	35	18:39.9	6:00.1	3:44.0
40 SAUSER, Grady	FR	Prairie Cedar Rapid	36	18:40.6	6:00.3	3:44.1
41 OLALEYE, Oluwadara	SO	Iowa City West	(37)	18:41.9	6:00.7	3:44.4
42 KALAVAR, Advait	SO	Linn-Mar Marion	38	18:42.4	6:00.9	3:44.5
43 HESSELMAN, Cody	SO	Dubuque Senior	39	18:43.8	6:01.3	3:44.8
44 BLANCHARD, Aaron	SO	Dubuque Hempstea	40	18:43.8	6:01.3	3:44.8
45 SPAHN, Charlie	FR	Dubuque Hempstea	41	18:46.6	6:02.2	3:45.3
46 BEERENDS, Colin	FR	Iowa City City High	-	18:47.6	6:02.6	3:45.5
47 LANXON, Ben	FR	Iowa City Liberty	42	18:49.9	6:03.3	3:46.0
48 MAYHEW, Preston	SO	Iowa City City High	-	18:52.0	6:04.0	3:46.4
49 JORDAN, Leo	FR	Iowa City West	(43)	18:53.0	6:04.3	3:46.6
50 WENDLING, Colin	SO	Linn-Mar Marion	(44)	18:53.2	6:04.4	3:46.6
51 WERNIMONT, Aiden	FR	Dubuque Senior	45	18:55.1	6:05.0	3:47.0
52 BENSON, Drew	SO	Iowa City West	-	18:55.5	6:05.1	3:47.1
53 JONES, Liam	FR	Cedar Rapids Kenn	46	19:00.2	6:06.6	3:48.0
54 STEWART, Turner	SO	Cedar Falls	-	19:01.1	6:06.9	3:48.2
55 PETERSON, Christopher	FR	Dubuque Hempstea	47	19:01.3	6:06.9	3:48.2
56 ARLING, Grant	SO	Dubuque Senior	(48)	19:02.4	6:07.3	3:48.5
57 LEE, Adam	FR	Iowa City West	-	19:05.6	6:08.3	3:49.1
58 KODIAGA, Israel	FR	Cedar Falls	-	19:07.1	6:08.8	3:49.4
59 ROWRAY, Aiden	FR	Linn-Mar Marion	(49)	19:08.2	6:09.2	3:49.6
60 LINDSAY, Christopher	SO	Linn-Mar Marion	-	19:09.3	6:09.5	3:49.9
61 PARR, Jackson	SO	Linn-Mar Marion	-	19:11.3	6:10.2	3:50.2
62 MOSS, Xander	FR	Iowa City West	-	19:16.0	6:11.7	3:51.2
63 EDABURN, Jace	FR	Linn-Mar Marion	-	19:19.4	6:12.8	3:51.9
64 BACKES, Logan	SO	Cedar Falls	-	19:21.2	6:13.4	3:52.2
65 WILKINSON, Jude	FR	Cedar Rapids Kenn	(50)	19:21.7	6:13.5	3:52.3
66 BLANCHARD, Kyler	SO	Cedar Falls	-	19:22.6	6:13.8	3:52.5
67 HOHMANN, Andy	FR	Dubuque Senior	(51)	19:23.5	6:14.1	3:52.7
68 SEAMANS, Mike	SO	Prairie Cedar Rapid	52	19:25.0	6:14.6	3:53.0
69 HUGHES, Jackson	FR	Iowa City West	-	19:25.6	6:14.8	3:53.1

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Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
70 LYONS, Archer	FR	Linn-Mar Marion	-	19:25.8	6:14.8	3:53.1
71 DETWEILER, Jonah	SO	Linn-Mar Marion	-	19:26.2	6:15.0	3:53.2
72 SPRIGGS, Mason	SO	Dubuque Hempstea	53	19:26.4	6:15.0	3:53.3
73 DELOACH, Devin	SO	Linn-Mar Marion	-	19:27.2	6:15.3	3:53.4
74 HAIGHT, Max	FR	Prairie Cedar Rapid	54	19:27.4	6:15.4	3:53.5
75 FORMANEK, Matthew	FR	Prairie Cedar Rapid	(55)	19:27.5	6:15.4	3:53.5
76 VETTER, Quinn	FR	Prairie Cedar Rapid	(56)	19:29.8	6:16.1	3:54.0
77 BENSEMA, Miles	SO	Cedar Falls	-	19:30.5	6:16.4	3:54.1
78 ELSHIEKH, Ahmad	SO	Linn-Mar Marion	-	19:31.1	6:16.5	3:54.2
79 ERICKSON, Beckham	SO	Linn-Mar Marion	-	19:32.1	6:16.9	3:54.4
80 SHIELDS, Patrick	FR	Cedar Falls	-	19:33.5	6:17.3	3:54.7
81 FRIESNER, Jason	FR	Cedar Falls	-	19:35.1	6:17.8	3:55.0
82 BRUST, Charlie	FR	Iowa City Liberty	57	19:36.0	6:18.1	3:55.2
83 SELL, Maxwell	SO	Cedar Falls	-	19:36.1	6:18.2	3:55.2
84 SACCO, Joe	FR	Cedar Falls	-	19:37.0	6:18.4	3:55.4
85 GOLDSMITH, Sam	SO	Dubuque Hempstea	(58)	19:37.5	6:18.6	3:55.5
86 GIBSON, Alexander	FR	Iowa City West	-	19:40.0	6:19.4	3:56.0
87 BUDZINSKI, Nicholas	SO	Linn-Mar Marion	-	19:40.4	6:19.5	3:56.1
88 SMITH, Lucas	FR	Dubuque Senior	-	19:41.4	6:19.8	3:56.3
89 WOOD, Deegan	FR	Iowa City Liberty	59	19:47.1	6:21.7	3:57.4
90 WAGNER, Connor	FR	Iowa City West	-	19:48.2	6:22.0	3:57.6
91 SILVIA, Ian	SO	Dubuque Senior	-	19:49.2	6:22.4	3:57.8
92 HOFFMAN, Joey	SO	Dubuque Senior	-	19:49.7	6:22.5	3:57.9
93 BOYLE, Logan	FR	Cedar Falls	-	19:50.1	6:22.6	3:58.0
94 VENKATESAN, Siddharth	JR	Iowa City West	-	19:51.1	6:23.0	3:58.2
95 REISCH, Royal	SO	Dubuque Senior	-	19:53.2	6:23.6	3:58.6
96 CAULK, Mose	SO	Iowa City City High	-	19:54.3	6:24.0	3:58.9
97 SCHEIRER, Aaron	SO	Dubuque Senior	-	19:56.0	6:24.6	3:59.2
98 GREENLEE, Colin	FR	Iowa City West	-	19:57.8	6:25.1	3:59.6
99 WEDEMEYER, Gavin	FR	Iowa City City High	-	19:58.7	6:25.4	3:59.7
100 CUMMER, Graham	FR	Iowa City City High	-	20:00.6	6:26.0	4:00.1
101 BENEKE, Jacob	SO	Iowa City West	-	20:04.2	6:27.2	4:00.8
102 NAPOLI, Joey	SO	Iowa City City High	-	20:04.4	6:27.2	4:00.9
103 NEWLAND, Cooper	FR	Iowa City Liberty	(60)	20:05.3	6:27.5	4:01.0
104 SUZUKI, Soma	FR	Iowa City West	-	20:06.2	6:27.8	4:01.2
105 GOETSCH, Joey	FR	Cedar Falls	-	20:06.6	6:27.9	4:01.3
106 PRIMROSE, Kevin	FR	Cedar Rapids Kenn	(61)	20:07.4	6:28.2	4:01.5
107 LONG, Gage	FR	Dubuque Hempstea	(62)	20:08.3	6:28.5	4:01.7
108 MILES, Dylan	FR	Linn-Mar Marion	-	20:12.7	6:29.9	4:02.5
109 RUNDE, Devin	SO	Dubuque Hempstea	-	20:13.1	6:30.1	4:02.6
110 SCHWICKERARTH, Parker	FR	Iowa City Liberty	(63)	20:14.8	6:30.6	4:03.0
111 MISIAGBECKLER, Pierce	SO	Dubuque Hempstea	-	20:17.1	6:31.3	4:03.4
112 LEYSER, Gustavo	SO	Iowa City City High	-	20:24.2	6:33.6	4:04.8
113 SHARON, Parker	FR	Cedar Rapids Kenn	-	20:25.1	6:33.9	4:05.0
114 KOLBRAK, Jonathan	FR	Linn-Mar Marion	-	20:28.8	6:35.1	4:05.8
115 BLOCK, Parker	SO	Dubuque Senior	-	20:31.5	6:36.0	4:06.3

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Race #2
Fr-So Boys 5K

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

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
116 WARD, Michael	FR	Cedar Falls	-	20:34.3	6:36.9	4:06.8
117 TIMMERMAN, Ty	SO	Cedar Falls	-	20:35.9	6:37.4	4:07.2
118 AUER, JP	SO	Wahlert Dubuque	64	20:36.9	6:37.7	4:07.4
119 DONOVAN, Alex	SO	Iowa City City High	-	20:43.0	6:39.7	4:08.6
120 BIHL, John	FR	Epworth Western D	-	20:45.1	6:40.4	4:09.0
121 BENSON, Eli	FR	Iowa City West	-	20:46.4	6:40.7	4:09.3
122 RICHMAN, Sam	SO	Iowa City City High	-	20:51.9	6:42.5	4:10.4
123 GARVIN, Josiah	FR	Linn-Mar Marion	-	20:53.1	6:42.9	4:10.6
124 SCHEBEL, Max	JR	Iowa City West	-	20:53.3	6:43.0	4:10.7
125 HOWES, Wyatt	FR	Iowa City City High	-	20:55.7	6:43.7	4:11.1
126 CHRIST, Ben	SO	Cedar Falls	-	21:02.2	6:45.8	4:12.4
127 GIANNAKOUIROS, Paul	SO	Dubuque Hempstea	-	21:03.8	6:46.4	4:12.8
128 HAND, Thomas	FR	Iowa City City High	-	21:06.7	6:47.3	4:13.3
129 MESCH, Greyson	SO	Cedar Rapids Kenn	-	21:07.4	6:47.5	4:13.5
130 GOLDSMITH, Noah	FR	Prairie Cedar Rapid	-	21:09.6	6:48.2	4:13.9
131 CORRAL CARABANTES, Na	SO	Iowa City City High	-	21:10.8	6:48.6	4:14.2
132 MORTON, Jasper	SO	Iowa City City High	-	21:11.0	6:48.7	4:14.2
133 SEGOVIA, Andy	SO	Cedar Rapids Jeffer	65	21:13.4	6:49.4	4:14.7
134 SCHLITZ, Joe	SO	Iowa City City High	-	21:17.4	6:50.7	4:15.5
135 PERAIRE, Diego	SO	Wahlert Dubuque	66	21:20.9	6:51.9	4:16.2
136 PAVLOVEC, Riehle	FR	Iowa City Liberty	-	21:21.2	6:52.0	4:16.2
137 STOLL, Warner	FR	Prairie Cedar Rapid	-	21:21.4	6:52.0	4:16.3
138 STEPHENS, MacBain	SO	Iowa City West	-	21:21.8	6:52.1	4:16.3
139 ABDO, Caleb	SO	Iowa City West	-	21:21.9	6:52.2	4:16.4
140 KENLIN, Soren	SO	Iowa City City High	-	21:23.4	6:52.7	4:16.7
141 MULLIGAN, Eli	SO	Wahlert Dubuque	67	21:28.0	6:54.1	4:17.6
142 NOSKA, Calvin	FR	Prairie Cedar Rapid	-	21:29.6	6:54.7	4:17.9
143 WOODHOUSE, George	SO	Dubuque Senior	-	21:30.1	6:54.8	4:18.0
144 PIPER, Jack	FR	Iowa City Liberty	-	21:32.9	6:55.7	4:18.6
145 BRUNKHORST, Logan	FR	Iowa City Liberty	-	21:35.5	6:56.5	4:19.1
146 BABLER, Mason	FR	Wahlert Dubuque	68	21:36.9	6:57.0	4:19.4
147 PATTEN, Tyler	SO	Prairie Cedar Rapid	-	21:37.6	6:57.2	4:19.5
148 MARTIN, Max	FR	Iowa City West	-	21:37.7	6:57.2	4:19.5
149 MYERS, Max	SO	Prairie Cedar Rapid	-	21:45.9	6:59.9	4:21.2
150 ALLRED, Wilson	SO	Prairie Cedar Rapid	-	21:47.8	7:00.5	4:21.6
151 BECK, Harper	SO	Cedar Rapids Kenn	-	21:48.5	7:00.7	4:21.7
152 REICKS, Joel	FR	Wahlert Dubuque	69	21:48.9	7:00.9	4:21.8
153 DUFFY, Sylas	FR	Dubuque Senior	-	21:56.8	7:03.4	4:23.3
154 SCHULTE, Josh	SO	Dubuque Senior	-	21:56.8	7:03.4	4:23.3
155 CHAN, Leo	FR	Iowa City West	-	21:58.5	7:03.9	4:23.7
156 BUDR, Abdulrahim	FR	Iowa City West	-	22:01.2	7:04.8	4:24.2
157 ZHANG, Aidan	SO	Iowa City West	-	22:04.7	7:05.9	4:24.9
158 DONALD, Ben	SO	Iowa City West	-	22:05.5	7:06.2	4:25.1
159 ACKERMANN, Asher	FR	Iowa City City High	-	22:07.7	7:06.9	4:25.5
160 KRAMER, Dustin	FR	Iowa City Liberty	-	22:10.4	7:07.8	4:26.1
161 GASS, Brandon	SO	Cedar Rapids Jeffer	70	22:21.3	7:11.3	4:28.3

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
162 ANDERSON, Jack	FR	Linn-Mar Marion	-	22:23.2	7:11.9	4:28.6
163 OTIS, Jayden	SO	Iowa City West	-	22:24.5	7:12.3	4:28.9
164 HALVERSON, Bennett	FR	Iowa City Liberty	-	22:27.7	7:13.3	4:29.5
165 ALLRED, Theo	SO	Iowa City City High	-	22:30.3	7:14.2	4:30.1
166 BLASBERG, Andrew	FR	Cedar Falls	-	22:30.9	7:14.3	4:30.2
167 HOOVER, Johnny	SO	Epworth Western D	-	22:33.1	7:15.1	4:30.6
168 DEAHL, Kellan	FR	Prairie Cedar Rapid	-	22:35.3	7:15.8	4:31.0
169 NEWLIN, Finnegan	SO	Wahlert Dubuque	(71)	22:36.8	7:16.3	4:31.4
170 MEUKIRCH, Maddux	SO	Iowa City West	-	22:45.7	7:19.1	4:33.1
171 MULFORD, Hudson	FR	Iowa City West	-	23:00.2	7:23.8	4:36.0
172 ZACHAR, Timmy	FR	Cedar Rapids Kenn	-	23:03.8	7:24.9	4:36.8
173 HARTMANN, Michael	SO	Wahlert Dubuque	(72)	23:08.2	7:26.3	4:37.6
174 NORBY, James	FR	Cedar Falls	-	23:09.6	7:26.8	4:37.9
175 SUN, Jack	SO	Iowa City West	-	23:14.6	7:28.4	4:38.9
176 BARNARD, Logan	SO	Prairie Cedar Rapid	-	23:17.2	7:29.2	4:39.4
177 HEMMER, Silas	FR	Cedar Falls	-	23:17.8	7:29.4	4:39.5
178 WENZEL, Mason	SO	Cedar Falls	-	23:18.6	7:29.7	4:39.7
179 SIMPSON, Chad	FR	Cedar Rapids Kenn	-	23:20.5	7:30.3	4:40.1
180 NUS, Camden	FR	Cedar Falls	-	23:20.8	7:30.4	4:40.1
181 WAGNER, Elijah	FR	Dubuque Hempstea	-	23:27.5	7:32.6	4:41.5
182 FARLEY, Thomas	FR	Iowa City Liberty	-	23:31.9	7:34.0	4:42.4
183 FLANAGAN, Daniel	SO	Wahlert Dubuque	-	23:33.5	7:34.5	4:42.7
184 JABLONSKY, Liam	FR	Dubuque Senior	-	23:38.6	7:36.1	4:43.7
185 NEDERHOFF, Aedric	SO	Prairie Cedar Rapid	-	23:41.5	7:37.0	4:44.3
186 STEFFEN, Parker	FR	Cedar Falls	-	23:44.7	7:38.1	4:44.9
187 WEBER, Kaden	FR	Prairie Cedar Rapid	-	23:46.8	7:38.8	4:45.3
188 FESSLER, Ian	FR	Cedar Rapids Kenn	-	23:53.3	7:40.8	4:46.6
189 COLESON, Sebastian	SO	Cedar Rapids Jeffer	73	24:02.2	7:43.7	4:48.4
190 BENEKE, Vitali	FR	Iowa City Liberty	-	24:02.9	7:43.9	4:48.6
191 PLUNKETT, Ernie	FR	Cedar Falls	-	24:05.9	7:44.9	4:49.2
192 NOEL, Trae	FR	Dubuque Senior	-	24:07.7	7:45.5	4:49.5
193 HELGENS, Lane	FR	Cedar Falls	-	24:23.7	7:50.6	4:52.7
194 NSHIMIRIMANA, Jaques	SO	Cedar Rapids Jeffer	74	24:27.3	7:51.8	4:53.4
195 SCHEFFERT, Aiden	FR	Iowa City City High	-	24:28.5	7:52.2	4:53.7
196 HOLMAN, Brian	SO	Iowa City Liberty	-	24:30.2	7:52.7	4:54.0
197 VIVEROS, Abraham	FR	Cedar Rapids Jeffer	75	24:37.2	7:55.0	4:55.4
198 TRAN, Henderson	FR	Wahlert Dubuque	-	24:39.2	7:55.6	4:55.8
199 BACKEN, Cameron	FR	Cedar Rapids Kenn	-	24:39.8	7:55.8	4:56.0
200 HARMON, Duncan	FR	Iowa City City High	-	25:04.2	8:03.7	5:00.8
201 EHRlich, Joey	FR	Epworth Western D	-	25:04.3	8:03.7	5:00.9
202 EMRY, Elisha	FR	Iowa City City High	-	25:07.9	8:04.8	5:01.6
203 LESTINA, Chase	FR	Iowa City City High	-	25:07.9	8:04.8	5:01.6
204 FISHER, Chase	FR	Prairie Cedar Rapid	-	25:17.4	8:07.9	5:03.5
205 LONG, Jacob	FR	Cedar Rapids Jeffer	(76)	25:18.5	8:08.3	5:03.7
206 ALT, Christian	FR	Wahlert Dubuque	-	25:46.3	8:17.2	5:09.2
207 MILLER, Evan	SO	Iowa City Liberty	-	25:54.4	8:19.8	5:10.9

2024 MVC SUPER MEET

Cedar Rapids, IA

Seminole Valley Park

Weather: Sunny, Wind SSE 5-10mph, 34% Humidity & 79

Host: Cedar Rapids Jefferson

Thursday, October 10, 2024

MEET OFFICIALS**Meet Director:**

Tom Cahalan

Meet Referee:

Chris Deam

Timing:

Andrew Kauder - Kauder Racing, LLC

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

printed: 10/10/2024 4:30 PM

Race #2
Fr-So Boys 5K**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
208 GOTTSCHALK, Henry	FR	Cedar Rapids Kenn	-	25:56.2	8:20.4	5:11.2
209 MEYER, Jude	FR	Epworth Western D	-	25:57.1	8:20.6	5:11.4
210 ERNZEN, Zachary	FR	Wahlert Dubuque	-	26:16.2	8:26.8	5:15.2
211 PALMER, Landon	SO	Cedar Rapids Jeffer	(77)	26:48.6	8:37.2	5:21.7
212 KRETZ, Broden	FR	Dubuque Hempstea	-	27:15.3	8:45.8	5:27.1
213 OLMSTEAD, Cullan	FR	Prairie Cedar Rapid	-	27:30.8	8:50.8	5:30.1
214 CHEYNEY, Reed	FR	Iowa City City High	-	29:22.3	9:26.6	5:52.4
215 EVANS, Kei	SO	Xavier Cedar Rapid	-	29:44.0	9:33.6	5:56.8
216 PEDERSON, Micah	FR	Linn-Mar Marion	-	29:51.5	9:36.0	5:58.3
217 STALLMAN, Michael	FR	Xavier Cedar Rapid	-	30:02.2	9:39.5	6:00.4
218 BAHL, Luke	SO	Wahlert Dubuque	-	30:56.0	9:56.8	6:11.2