

Race #3
Girls Varsity 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Dubuque Hempstead	60	1:41:04	20:13	
2	Gilbert	119	1:43:18	20:40	
3	Mid-Prairie Wellman	201	1:44:47	20:58	
4	Solon	225	1:46:48	21:22	
5	Mankato West	243	1:46:32	21:19	
6	Des Moines Christian	274	1:47:43	21:33	
7	Mount Vernon-Lisbon	308	1:47:51	21:35	
8	Clear Lake	321	1:47:46	21:34	
9	Bettendorf	339	1:48:47	21:46	
10	Iowa City Liberty	345	1:48:48	21:46	
11	Waverly-Shell Rock	360	1:49:39	21:56	
12	Rochester Lourdes	374	1:48:59	21:48	
13	Linn-Mar Marion	402*	1:50:25	22:05	
14	Austin	402*	1:49:34	21:55	
15	Washington	438	1:50:59	22:12	
16	Mason City	460	1:51:26	22:18	
17	Spencer	480	1:51:55	22:23	
18	Denver	514	1:52:46	22:34	
19	Bloomington Jefferson	551	1:53:26	22:42	
20	Center Point-Urbana	577	1:53:22	22:41	
21	Williamsburg	621	1:54:45	22:57	
22	Iowa Falls-Alden	626	1:55:22	23:05	
23	Regina Iowa City	634	1:54:35	22:55	
24	Cedar Rapids Washington	666	1:56:18	23:16	
25	Earlham	669	1:56:45	23:21	
26	Dike-New Hartford	715	1:56:53	23:23	
27	Cedar Falls	725	1:56:31	23:19	
28	Collins-Maxwell	734	1:58:32	23:43	
29	North Scott Eldridge	737	1:57:30	23:30	
30	Osage	753	1:59:13	23:51	
31	Norwalk Community	754	1:57:05	23:25	
32	Onalaska	834	2:00:04	24:01	
33	Central Springs	912	2:03:16	24:40	
34	Newton	926*	2:03:15	24:39	
35	Columbus Community Columbus Junction	926*	2:05:24	25:05	

Final Standings		Score	Total	Avg.	Division
36	Kasson-Mantorville	984	2:03:31	24:43	
37	Wapsie Valley Fairbank	1077	2:06:54	25:23	
38	Marshalltown	1082	2:12:59	26:36	
39	Davenport West	1084	2:19:08	27:50	
40	BCLUW Conrad	1101	2:18:28	27:42	
41	South Hamilton Jewell	1199	2:13:10	26:38	
42	Knoxville	1341	2:33:34	30:43	

***Tiebreakers**

Linn-Mar Marion	42	43	94	101	122	130	141
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Austin	8	17	83	115	179	239	256
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Newton	100	167	200	217	242	245	247
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Columbus Community Columbus Junction	58	176	188	249	255
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SPLIT SCORING SUMMARY**900M**

UNOFFICIAL Standings		Score
1	Waverly-Shell Rock	15
2	Gilbert	104
3	Dubuque Hempstead	177
4	Solon	243
5	Washington	281
6	Mount Vernon-Lisbon	315
7	Iowa City Liberty	365
8	Mason City	396
9	Clear Lake	403
10	Mankato West	424
11	Rochester Lourdes	437
12	Des Moines Christian	442
13	Center Point-Urbana	455
14	Mid-Prairie Wellman	480
15	Bettendorf	487
16	Austin	493
17	Iowa Falls-Alden	508
18	Denver	516
19	Collins-Maxwell	526
20	Spencer	527
21	Dike-New Hartford	528

UNOFFICIAL Standings		Score
22	Cedar Falls	570
22	Onalaska	570
24	Osage	640
25	Bloomington Jefferson	684
26	Williamsburg	715
27	Newton	745
28	Wapsie Valley Fairbank	756
29	Cedar Rapids Washington	763
30	Norwalk Community	792
31	Regina Iowa City	804
32	Linn-Mar Marion	857
33	South Hamilton Jewell	862
34	North Scott Eldridge	896
35	Central Springs	923
36	BCLUW Conrad	925
37	Marshalltown	987
37	Earlham	987
39	Kasson-Mantorville	992
40	Columbus Community Columbus Junction	996
41	Davenport West	1022
42	South Tama County Tama	1034
43	Knoxville	1377

2K

UNOFFICIAL Standings		Score
1	Gilbert	90
2	Dubuque Hempstead	106
3	Solon	242
4	Mount Vernon-Lisbon	258
5	Waverly-Shell Rock	288
6	Mankato West	295
7	Mid-Prairie Wellman	322
8	Iowa City Liberty	326
9	Clear Lake	327
10	Bettendorf	348
11	Des Moines Christian	359
12	Washington	379
13	Rochester Lourdes	391
14	Mason City	412
15	Austin	441

UNOFFICIAL Standings		Score
16	Spencer	468
17	Center Point-Urbana	482
18	Iowa Falls-Alden	517
19	Denver	557
20	Bloomington Jefferson	610
21	Collins-Maxwell	628
22	Regina Iowa City	635
23	Dike-New Hartford	638
24	Linn-Mar Marion	664
25	Osage	671
26	Cedar Falls	691
27	Cedar Rapids Washington	713
28	Williamsburg	721
29	Norwalk Community	731
30	Onalaska	732
31	Newton	809
32	North Scott Eldridge	814
33	Earlham	826
34	Wapsie Valley Fairbank	895
35	Central Springs	905
36	Columbus Community Columbus Junction	971
37	Davenport West	1039
38	Kasson-Mantorville	1043
39	BCLUW Conrad	1057
40	Marshalltown	1089
41	South Tama County Tama	1111
42	South Hamilton Jewell	1141
43	Knoxville	1373

4K

UNOFFICIAL Standings		Score
1	Dubuque Hempstead	69
2	Gilbert	131
3	Mid-Prairie Wellman	204
4	Solon	247
4	Mankato West	247
6	Des Moines Christian	282
7	Clear Lake	304
7	Mount Vernon-Lisbon	304
9	Waverly-Shell Rock	315

UNOFFICIAL Standings		Score
10	Bettendorf	325
11	Iowa City Liberty	374
12	Rochester Lourdes	375
13	Austin	414
14	Washington	420
15	Linn-Mar Marion	435
16	Mason City	470
17	Spencer	500
18	Center Point-Urbana	552
19	Bloomington Jefferson	562
20	Denver	563
21	Iowa Falls-Alden	590
22	Williamsburg	626
23	Cedar Rapids Washington	639
24	Regina Iowa City	643
25	Earlham	690
26	Dike-New Hartford	711
27	Collins-Maxwell	713
28	Cedar Falls	726
29	Osage	747
30	Norwalk Community	750
31	North Scott Eldridge	751
32	Onalaska	828
33	Central Springs	908
34	Newton	920
35	Columbus Community Columbus Junction	953
36	Kasson-Mantorville	996
37	Wapsie Valley Fairbank	1065
38	Davenport West	1070
39	BCLUW Conrad	1101
40	Marshalltown	1103
41	South Hamilton Jewell	1211
42	Knoxville	1367

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
1	Danielle Hostetler	SR	1085	Mid-Prairie Wellman	1	18:46.70	3:24.70 (8)	7:30.40 (2) 15:16.20 (1)
2	Nakia Olivierre	FR	1685	Waterloo West	--	18:48.80	3:13.80 (1)	7:20.30 (1) 15:24.90 (2)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
3	Landree Quint	FR	984	Mankato West	2	19:24.80	3:30.00 (14)	7:36.60 (3)	15:42.00 (3)
4	Keelee Leitzen	SR	584	Dubuque Hempstead	3	19:45.60	3:29.90 (13)	7:40.00 (5)	15:54.90 (4)
5	Scarlett Byrnes	SO	1370	Osage	4	19:49.20	3:26.50 (10)	7:37.40 (4)	16:05.80 (7)
6	Julia Gehl	SR	573	Dubuque Hempstead	5	19:51.20	3:33.10 (24)	7:53.30 (21)	16:10.10 (9)
7	Cori Mac	SR	662	Iowa City Liberty	6	19:51.90	3:33.50 (29)	7:48.30 (11)	16:05.10 (5)
8	Addison Doughan	JR	347	Clear Lake	7	19:56.50	3:29.80 (11)	7:43.10 (7)	16:05.70 (6)
9	Marissa Shute	JR	13	Austin	8	19:57.10	3:31.40 (19)	7:49.20 (14)	16:12.80 (10)
10	Keira Andersen	SO	630	Gilbert	9	20:02.90	3:30.30 (16)	7:48.90 (13)	16:19.00 (14)
11	Clare Stahr	SR	638	Gilbert	10	20:05.40	3:29.90 (12)	7:47.50 (9)	16:18.90 (13)
12	Kiersten Swart	SO	1152	Mount Vernon-Lisbon	11	20:07.60	3:33.70 (30)	7:48.40 (12)	16:15.50 (11)
13	Emily See	SR	49	Bettendorf	12	20:10.40	3:32.90 (23)	7:47.40 (8)	16:15.90 (12)
14	Evie Henneberry	JR	578	Dubuque Hempstead	13	20:11.10	3:33.30 (26)	7:53.20 (20)	16:19.20 (15)
15	Anna Feuerbach	SR	350	Clear Lake	14	20:15.40	3:39.40 (52)	7:56.00 (22)	16:27.70 (17)
16	Anna Peikert	JR	1431	Rochester Lourdes	15	20:17.80	3:34.10 (33)	7:52.10 (17)	16:21.20 (16)
17	Grace Estling	FR	264	Center Point-Urbana	16	20:33.20	3:34.90 (38)	8:01.40 (29)	16:41.20 (19)
18	Sydney Lewis	FR	11	Austin	17	20:34.00	3:34.30 (35)	7:59.00 (24)	16:41.60 (20)
19	Maggie Henneberry	FR	580	Dubuque Hempstead	18	20:37.20	3:42.20 (67)	8:04.70 (33)	16:43.80 (24)
20	Maggie Danilson	SO	633	Gilbert	19	20:37.40	3:34.20 (34)	8:00.10 (27)	16:46.10 (25)
21	Peyton Morey	JR	1542	Spencer	20	20:37.50	3:33.40 (27)	7:59.00 (25)	16:48.20 (27)
22	Mylee Lange	JR	582	Dubuque Hempstead	21	20:38.00	3:42.20 (66)	8:04.70 (32)	16:43.10 (22)
23	Iris Dahl	SO	1653	Washington	22	20:39.10	3:24.80 (9)	7:41.50 (6)	16:31.70 (18)
24	Avery Rich	SO	87	Bloomington Jefferson	23	20:43.90	3:32.60 (20)	7:59.10 (26)	16:52.70 (28)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
25	Olivia Timbers	FR	1435	Rochester Lourdes	24	20:44.30	3:40.90 (54)	8:04.30 (30)	16:43.00 (21)
26	Mia Deegan	SO	1806	Xavier Cedar Rapids	--	20:49.30	3:38.50 (50)	8:06.40 (34)	16:58.30 (33)
27	Meryl Casady	SO	469	Des Moines Christian	25	20:49.30	3:46.50 (87)	8:17.90 (55)	16:56.00 (30)
28	Chloe Aanenson	SR	966	Mankato West	26	20:49.40	3:50.90 (106)	8:14.80 (44)	16:56.20 (31)
29	Makenna Hetrick	SR	228	Cedar Rapids Washington	27	20:50.80	3:31.20 (17)	7:53.00 (19)	16:47.80 (26)
30	Sydney Bochmann	SR	1731	Waverly-Shell Rock	28	20:52.30	3:33.30 (25)	7:51.40 (16)	16:43.10 (23)
31	Sienna Stec	FR	474	Des Moines Christian	29	20:54.10	3:45.10 (81)	8:17.60 (53)	16:54.60 (29)
32	Savannah Davis	JR	1055	Mason City	30	20:59.00	3:42.30 (68)	8:15.20 (46)	17:04.00 (38)
33	Jayden Peters	FR	370	Collins-Maxwell	31	21:00.50	3:32.60 (21)	8:00.20 (28)	17:03.70 (35)
34	Stella Pothoven	FR	473	Des Moines Christian	32	21:07.60	3:44.90 (80)	8:17.90 (54)	16:57.80 (32)
35	Izzy Houts	SR	501	Dike-New Hartford	33	21:07.90	3:32.70 (22)	7:56.10 (23)	16:58.50 (34)
36	Phoebe Shetler	SR	1097	Mid-Prairie Wellman	34	21:08.70	3:52.60 (118)	8:25.50 (76)	17:03.80 (36)
37	Peyton Madison	SR	1230	North Scott Eldridge	35	21:09.00	3:53.20 (123)	8:26.00 (77)	17:14.70 (45)
38	Sophia Bleich	JR	631	Gilbert	36	21:11.80	3:37.70 (47)	8:08.10 (36)	17:05.30 (39)
39	Anna Quillin	SR	1480	Solon	37	21:11.90	3:37.30 (43)	8:09.10 (38)	17:12.10 (41)
40	Sydney Dee	JR	1470	Solon	38	21:12.20	3:37.50 (45)	8:11.80 (43)	17:16.40 (49)
41	Evelyn Moeller	FR	1139	Mount Vernon-Lisbon	39	21:13.10	3:37.70 (48)	8:08.30 (37)	17:14.40 (44)
42	Eastin Whisner	FR	1156	Mount Vernon-Lisbon	40	21:13.20	3:33.50 (28)	7:52.60 (18)	17:03.90 (37)
43	Annabelle Everding	JR	43	Bettendorf	41	21:15.70	3:38.40 (49)	8:07.60 (35)	17:06.10 (40)
44	Ally Buck	SR	906	Linn-Mar Marion	42	21:16.60	3:51.90 (111)	8:26.10 (78)	17:15.30 (46)
45	Hailey Kozloski	FR	917	Linn-Mar Marion	43	21:18.90	3:52.60 (119)	8:34.90 (95)	17:32.20 (60)
46	Gracie Federspiel	SR	1472	Solon	44	21:19.00	3:41.10 (55)	8:18.50 (58)	17:22.70 (52)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
47	Callie Hales	FR	634	Gilbert	45	21:19.70	3:34.00 (31)	8:04.30 (31)	17:15.30 (47)
48	Falyn Svalstad	FR	1490	Solon	46	21:20.90	3:41.30 (57)	8:18.40 (57)	17:22.80 (53)
49	Edie Axmear	FR	1776	Williamsburg	47	21:21.30	3:41.30 (56)	8:14.90 (45)	17:14.10 (43)
50	Haddie Levake	SO	232	Cedar Rapids Washington	48	21:22.00	3:31.30 (18)	7:47.80 (10)	16:08.20 (8)
51	Vivian Krhin	SO	83	Bloomington Jefferson	49	21:23.20	3:49.00 (96)	8:20.90 (66)	17:21.10 (50)
52	Chloe Lee	FR	636	Gilbert	50	21:26.10	3:37.50 (46)	8:10.50 (41)	17:15.60 (48)
53	Annika Poll	SR	1090	Mid-Prairie Wellman	51	21:28.60	3:54.00 (126)	8:29.90 (87)	17:25.90 (55)
54	Greta Sieren	SR	1098	Mid-Prairie Wellman	52	21:31.40	3:52.60 (117)	8:23.80 (71)	17:13.50 (42)
55	Mariah Brooks	SR	1427	Rochester Lourdes	53	21:33.70	3:36.50 (40)	8:11.30 (42)	17:31.50 (59)
56	Abby Patel	JR	637	Gilbert	54	21:36.20	3:35.90 (39)	8:10.20 (39)	17:25.50 (54)
57	Mimi Marquardt	JR	664	Iowa City Liberty	55	21:36.80	3:43.10 (69)	8:16.40 (51)	17:30.20 (57)
58	Abby Kemp	JR	24	BCLUW Conrad	56	21:37.50	3:34.00 (32)	8:10.20 (40)	17:30.50 (58)
59	Cece Jerome	SR	1740	Waverly-Shell Rock	57	21:38.50	3:42.10 (65)	8:17.10 (52)	17:21.90 (51)
60	Iris Garza	FR	397	Columbus Community Columbus Junction	58	21:40.10	3:42.00 (64)	8:15.30 (48)	17:36.60 (65)
61	Paizlee Carter	FR	1054	Mason City	59	21:42.60	3:38.60 (51)	8:15.50 (49)	17:29.50 (56)
62	Ava Rolwes	FR	1483	Solon	60	21:43.90	3:41.50 (58)	8:20.30 (63)	17:34.60 (62)
63	Adalyn Schoelerman	SR	1545	Spencer	61	21:49.60	3:48.70 (95)	8:20.00 (62)	17:36.00 (64)
64	Francesca Vriens	FR	1369	Onalaska	62	21:50.00	3:45.90 (83)	8:23.40 (70)	17:39.80 (66)
65	Abby Fleming	SR	1084	Mid-Prairie Wellman	63	21:50.80	3:59.20 (173)	8:41.70 (115)	17:56.90 (80)
66	Elizabeth Kielty	SR	722	Iowa Falls-Alden	64	21:52.70	3:41.80 (63)	8:18.80 (59)	17:33.80 (61)
67	Kendal Landstrum	FR	1086	Mid-Prairie Wellman	65	21:55.60	3:59.30 (175)	8:42.30 (117)	17:53.80 (78)
68	Kayleigh Hulzebos	FR	975	Mankato West	66	21:59.30	3:52.40 (116)	8:27.20 (82)	17:35.10 (63)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
69 Zoe Williams	SO	992	Mankato West	67	22:01.70	3:53.00 (121)	8:34.30 (92)	17:53.00 (76)
70 Hannah Frank	JR	615	Earlham	68	22:01.80	4:02.20 (205)	8:45.20 (128)	17:51.60 (74)
71 Claire Rye	JR	293	Central Springs	69	22:03.00	3:43.90 (73)	8:18.00 (56)	17:49.40 (71)
72 Brooklyn Stutzman	FR	1099	Mid-Prairie Wellman	70	22:04.10	4:01.40 (198)	8:37.10 (104)	17:54.70 (79)
73 Reeve Ristau	JR	454	Denver	71	22:04.70	3:37.20 (42)	8:19.30 (61)	17:47.40 (67)
74 Elise Dykstra	SO	1057	Mason City	72	22:07.20	3:37.40 (44)	8:15.50 (50)	17:49.20 (70)
75 Ella Sheeley	JR	1485	Solon	73	22:08.70	3:41.60 (62)	8:18.90 (60)	17:48.80 (69)
76 Demi Beaubien	SO	719	Iowa Falls-Alden	74	22:10.10	3:46.00 (84)	8:22.70 (69)	17:50.10 (73)
77 Kylie Daily	SR	411	Davenport West	75	22:10.20	3:49.50 (100)	8:21.80 (67)	17:47.40 (68)
78 Natalie Leitzen	FR	585	Dubuque Hempstead	76	22:11.90	3:43.50 (70)	8:20.60 (65)	17:59.30 (84)
79 Alexandria Palmer	SO	1544	Spencer	77	22:11.90	3:49.00 (98)	8:33.00 (90)	18:12.50 (99)
80 Saylor Schmitt	FR	356	Clear Lake	78	22:12.00	3:52.20 (115)	8:38.20 (105)	18:06.40 (88)
81 Jenna Rohne	SO	1744	Waverly-Shell Rock	79	22:12.70	3:44.70 (78)	8:26.10 (79)	17:53.50 (77)
82 Hailey Homan	JR	447	Denver	80	22:13.00	3:46.50 (86)	8:28.30 (85)	18:08.90 (93)
83 Ashlyn Hoffman	SO	1780	Williamsburg	81	22:14.50	3:57.10 (146)	8:45.10 (127)	18:01.80 (85)
84 Hannah James	FR	976	Mankato West	82	22:16.10	3:53.30 (124)	8:34.70 (93)	17:57.90 (82)
85 Grace Vortherms	SR	14	Austin	83	22:16.30	3:54.40 (130)	8:35.40 (96)	18:04.40 (87)
86 Madelyn Johnson	JR	661	Iowa City Liberty	84	22:16.70	3:58.10 (161)	8:46.80 (134)	18:19.80 (110)
87 Ella Jicinsky	SR	471	Des Moines Christian	85	22:16.80	3:55.00 (135)	8:36.90 (102)	18:12.00 (98)
88 Kate Nelson	FR	1743	Waverly-Shell Rock	86	22:17.10	3:44.50 (75)	8:26.10 (80)	17:58.20 (83)
89 Emma Wilkerson	SR	273	Center Point-Urbana	87	22:18.80	3:34.60 (37)	8:15.30 (47)	17:49.90 (72)
90 Rebekah Steinbron	JR	357	Clear Lake	88	22:19.70	3:46.80 (89)	8:24.00 (73)	17:52.70 (75)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
91	Rose McAtee	JR	1477	Solon	89	22:20.00	3:49.00 (97)	8:42.30 (118)	18:17.30 (107)
92	Avery Trunkhill	SO	457	Denver	90	22:20.20	3:52.10 (112)	8:38.50 (106)	18:08.70 (92)
93	Quincy Griffis	JR	1654	Washington	91	22:22.60	3:34.40 (36)	8:22.00 (68)	17:57.50 (81)
94	Stella Ludwig	SO	385	Columbus Catholic Waterloo	--	22:23.20	3:47.80 (92)	8:30.10 (89)	18:02.50 (86)
95	Olivia Spurling	SR	619	Earlham	92	22:23.30	4:00.90 (193)	8:50.80 (145)	18:14.40 (101)
96	MacKenzie Schaefer	JR	48	Bettendorf	93	22:24.70	3:58.40 (163)	8:39.70 (109)	18:09.80 (95)
97	Gabby Mauren	JR	920	Linn-Mar Marion	94	22:25.30	4:10.60 (262)	8:58.50 (184)	18:16.80 (105)
98	Alyvia Anderson	JR	1648	Washington	95	22:26.30	3:48.00 (93)	8:36.70 (101)	18:06.80 (89)
99	Destiny Borland	SO	42	Bettendorf	96	22:27.60	3:57.90 (158)	8:39.50 (108)	18:09.80 (94)
100	Ella Ripslinger	FR	47	Bettendorf	97	22:28.20	3:57.90 (157)	8:39.80 (111)	18:10.10 (96)
101	Emerson Adams	SO	657	Iowa City Liberty	98	22:28.70	4:04.30 (218)	8:56.20 (173)	18:24.50 (118)
102	Alli Clark	SR	1403	Regina Iowa City	99	22:31.30	4:00.10 (182)	8:44.60 (123)	18:24.20 (116)
103	Bella Winther	JR	1195	Newton	100	22:31.80	3:43.70 (71)	8:28.10 (84)	18:16.80 (104)
104	Addie Domer	SO	910	Linn-Mar Marion	101	22:32.60	4:10.30 (259)	8:58.10 (179)	18:17.00 (106)
105	Bridget Canton	SR	659	Iowa City Liberty	102	22:33.70	3:43.80 (72)	8:23.90 (72)	18:11.10 (97)
106	Abby Ten Pas	SR	475	Des Moines Christian	103	22:34.40	3:52.80 (120)	8:41.80 (116)	18:15.90 (103)
107	Sophia Pothoven	SR	472	Des Moines Christian	104	22:35.20	3:59.00 (172)	8:45.60 (129)	18:15.00 (102)
108	Mackenzie Harger	SO	616	Earlham	105	22:35.60	4:02.80 (209)	8:48.90 (141)	18:17.40 (108)
109	Angeline Anderson	SO	1649	Washington	106	22:36.20	3:48.20 (94)	8:40.20 (112)	18:27.40 (121)
110	Cora Smith	SO	1149	Mount Vernon-Lisbon	107	22:36.50	3:58.20 (162)	8:51.90 (150)	18:21.90 (112)
111	Cypress Erickson	SO	368	Collins-Maxwell	108	22:36.70	3:45.80 (82)	8:35.80 (98)	18:19.30 (109)
112	Kendall Power	SO	1377	Osage	109	22:37.50	3:49.70 (102)	8:35.70 (97)	18:14.00 (100)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
113 Emma Smith	JR	1748	Waverly-Shell Rock	110	22:37.60	3:41.60 (60)	8:25.00 (74)	18:08.10 (91)
114 Rose Pisarik	FR	1144	Mount Vernon-Lisbon	111	22:39.70	3:58.70 (168)	8:44.90 (125)	18:22.40 (113)
115 Abbie Moss	JR	1141	Mount Vernon-Lisbon	112	22:40.00	3:54.60 (132)	8:40.30 (113)	18:21.10 (111)
116 Carleigh Maher	SO	663	Iowa City Liberty	113	22:41.00	4:13.90 (280)	9:25.50 (256)	18:53.50 (162)
117 Emrie Johnson	JR	1137	Mount Vernon-Lisbon	114	22:41.10	3:51.60 (109)	8:34.70 (94)	18:23.80 (114)
118 Lillyan Wiese	SR	15	Austin	115	22:42.30	3:55.00 (134)	8:48.20 (137)	18:30.10 (126)
119 Ruby Greving	SO	1407	Regina Iowa City	116	22:42.70	3:58.90 (171)	8:43.90 (119)	18:24.50 (117)
120 Anita Scholten	JR	1292	Norwalk Community	117	22:43.50	3:57.80 (156)	8:44.60 (124)	18:30.30 (127)
121 Harper Erwin	SO	1406	Regina Iowa City	118	22:43.80	3:59.90 (181)	8:44.50 (122)	18:24.80 (119)
122 Dani Rieks	FR	727	Iowa Falls-Alden	119	22:44.00	3:44.70 (79)	8:20.30 (64)	18:07.00 (90)
123 Calista Rasmer	JR	46	Bettendorf	120	22:46.40	3:59.70 (180)	8:51.90 (151)	18:25.80 (120)
124 Ryleigh Quint	SR	986	Mankato West	121	22:46.60	3:54.90 (133)	8:46.60 (133)	18:24.20 (115)
125 Payzlee Shaffer	FR	928	Linn-Mar Marion	122	22:50.90	4:10.60 (261)	8:59.80 (188)	18:32.90 (134)
126 Mia Kautman	JR	635	Gilbert	--	22:52.50	3:40.40 (53)	8:28.70 (86)	18:29.30 (124)
127 Elizabeth Penza	FR	1433	Rochester Lourdes	123	22:53.00	3:57.60 (154)	8:50.80 (144)	18:29.80 (125)
128 Amelia Dahl	SR	1652	Washington	124	22:54.10	3:55.00 (136)	8:49.10 (142)	18:27.70 (123)
129 Pearl Brown	SO	1272	Norwalk Community	125	22:54.80	3:57.40 (151)	8:44.10 (120)	18:30.50 (128)
130 Charlotte Erzen	SO	470	Des Moines Christian	126	22:55.20	3:58.80 (170)	8:58.00 (178)	18:40.70 (146)
131 Brooke Hemann	JR	80	Bloomington Jefferson	127	22:55.40	4:01.40 (199)	8:52.30 (153)	18:32.90 (133)
132 Dessa Poll	JR	1091	Mid-Prairie Wellman	--	22:56.40	4:08.90 (250)	9:02.60 (199)	18:35.60 (138)
133 Olivia Bartelt	JR	168	Cedar Falls	128	22:56.90	3:58.60 (167)	8:55.80 (170)	18:31.40 (130)
134 Reese Quint	7	985	Mankato West	129	22:56.90	4:03.40 (214)	8:57.00 (176)	18:35.60 (139)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
135 Claira Rickbeil	8	987	Mankato West	--	22:58.20	3:59.20 (174)	8:54.40 (166)	18:35.90 (140)
136 Chloe Kozloski	SO	916	Linn-Mar Marion	130	22:58.30	4:08.10 (243)	8:58.20 (180)	18:33.30 (136)
137 Aubrey Schlichte	JR	597	Dubuque Hempstead	131	22:58.40	4:05.80 (231)	9:00.70 (193)	18:42.30 (149)
138 Lauren Gehl	SR	574	Dubuque Hempstead	--	22:59.00	4:06.20 (233)	9:00.80 (194)	18:42.30 (148)
139 Liliana Marcou	JR	85	Bloomington Jefferson	132	23:00.10	3:59.50 (178)	8:51.90 (149)	18:35.50 (137)
140 Roselle Wardell	SR	518	Dike-New Hartford	133	23:00.20	3:41.50 (59)	8:26.90 (81)	18:27.40 (122)
141 Jezzie Thompson	FR	359	Clear Lake	134	23:01.80	4:01.80 (202)	8:48.50 (139)	18:30.90 (129)
142 Isabel Wenzel	FR	213	Cedar Falls	135	23:03.70	3:56.80 (143)	8:53.80 (162)	18:40.30 (145)
143 Lily Cooper	JR	443	Denver	136	23:03.70	4:05.60 (229)	9:05.70 (208)	18:57.70 (171)
144 Sophie Sanderson	SO	455	Denver	137	23:03.80	4:05.50 (228)	9:05.90 (209)	18:58.10 (172)
145 Marie Darst	SO	178	Cedar Falls	138	23:03.80	3:57.30 (150)	8:54.00 (164)	18:40.30 (144)
146 Alexa Wenzel	FR	212	Cedar Falls	139	23:05.80	3:56.50 (141)	8:53.80 (163)	18:40.20 (143)
147 Kennah Block	JR	41	Bettendorf	140	23:07.60	3:57.60 (155)	8:39.70 (110)	18:33.00 (135)
148 Bella Cole	FR	908	Linn-Mar Marion	141	23:08.60	4:12.00 (270)	9:14.40 (225)	18:54.50 (165)
149 Avery Dechant	SO	909	Linn-Mar Marion	--	23:09.30	4:12.30 (272)	9:15.60 (230)	18:54.50 (166)
150 Jailyn Kent	JR	1742	Waverly-Shell Rock	142	23:09.70	3:41.60 (61)	8:33.80 (91)	18:37.10 (141)
151 Lily Miller	SO	268	Center Point-Urbana	143	23:10.10	3:50.70 (105)	8:36.60 (100)	18:32.10 (132)
152 Clara Welch	JR	666	Iowa City Liberty	144	23:11.30	3:44.10 (74)	8:25.40 (75)	18:31.70 (131)
153 Claudia Sewell	SR	1064	Mason City	145	23:11.50	3:57.10 (148)	8:51.70 (148)	18:55.20 (168)
154 Lauren Englin	SO	348	Clear Lake	146	23:12.00	4:10.30 (256)	9:09.00 (214)	18:51.80 (160)
155 Ava Haldin	JR	1537	Spencer	147	23:14.00	4:00.60 (187)	8:53.40 (160)	18:45.60 (153)
156 Makenna Capper	FR	1779	Williamsburg	148	23:15.60	3:58.00 (159)	8:57.40 (177)	18:48.90 (156)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
157 Kennadi Thiessen	JR	1238	North Scott Eldridge	149	23:17.80	4:00.90 (194)	8:46.10 (131)	18:38.50 (142)
158 Ellie Johnson	SO	1408	Regina Iowa City	150	23:18.00	4:01.00 (195)	8:52.50 (157)	18:49.80 (157)
159 Faith Boileau	SR	1401	Regina Iowa City	151	23:19.20	4:00.70 (190)	8:52.40 (155)	18:51.80 (159)
160 Miller Heitmann	SO	1028	Marshalltown	152	23:20.70	3:53.20 (122)	8:48.50 (138)	18:47.60 (155)
161 Hailey Bock	JR	1133	Mount Vernon-Lisbon	--	23:22.80	3:56.00 (140)	8:47.10 (135)	18:43.70 (150)
162 Abigail Kleese	SR	1660	Washington	153	23:24.40	3:51.60 (110)	8:41.40 (114)	18:41.60 (147)
163 Peyton Bobolz	FR	1052	Mason City	154	23:25.10	3:54.20 (128)	8:51.30 (146)	18:54.00 (163)
164 Reagan McMenomy	SR	1782	Williamsburg	155	23:25.80	3:59.30 (176)	8:58.60 (185)	18:54.80 (167)
165 Alexis Hauge	SR	351	Clear Lake	156	23:27.00	4:11.20 (264)	9:12.50 (223)	18:58.50 (173)
166 Sophi Schneckloth	FR	1235	North Scott Eldridge	157	23:27.90	4:01.00 (196)	9:02.00 (197)	19:03.90 (179)
167 Ramey Dahlquist	SR	1733	Waverly-Shell Rock	158	23:28.30	3:47.00 (90)	8:44.90 (126)	18:58.80 (174)
168 Bella Engelhardt	FR	1735	Waverly-Shell Rock	--	23:28.50	3:44.70 (77)	8:35.90 (99)	18:44.90 (152)
169 Vanessa Brooks	8	1428	Rochester Lourdes	159	23:29.80	4:02.00 (204)	8:58.80 (186)	19:01.90 (176)
170 Caitlyn Bell	SO	1399	Regina Iowa City	160	23:31.50	4:00.40 (186)	8:52.40 (154)	18:52.10 (161)
171 Lhotse Samuelson	FR	1291	Norwalk Community	161	23:32.00	3:57.30 (149)	8:44.20 (121)	18:54.00 (164)
172 Chloe Wierson	SR	374	Collins-Maxwell	162	23:33.10	3:47.60 (91)	8:37.10 (103)	18:47.40 (154)
173 Chloe Stilwell	FR	729	Iowa Falls-Alden	163	23:33.40	3:59.70 (179)	8:56.50 (175)	19:04.80 (180)
174 Abby Rachut	FR	1378	Osage	164	23:33.90	3:50.30 (103)	8:39.50 (107)	19:02.40 (177)
175 Edith Dawson	SO	1135	Mount Vernon-Lisbon	--	23:34.30	4:02.30 (206)	8:59.80 (189)	18:56.20 (170)
176 Campbell Kiebler	FR	44	Bettendorf	--	23:34.30	3:59.40 (177)	8:53.20 (159)	18:55.60 (169)
177 Sydney McCormick	JR	267	Center Point-Urbana	165	23:36.60	3:54.00 (127)	8:51.30 (147)	19:05.50 (181)
178 Mia Duckett	SR	1471	Solon	--	23:38.10	3:58.50 (166)	8:49.40 (143)	18:51.60 (158)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
179 Lola Miller	FR	269	Center Point-Urbana	166	23:42.50	4:01.80 (203)	9:01.00 (195)	19:06.80 (183)
180 Cameron Sharp	SR	1192	Newton	167	23:42.60	3:55.20 (137)	8:55.30 (169)	18:44.40 (151)
181 Kendall Hinrichsen	JR	1655	Washington	168	23:44.20	3:56.00 (139)	8:56.20 (172)	19:03.30 (178)
182 Aubrey Decker	SR	445	Denver	169	23:44.30	3:52.20 (113)	8:48.00 (136)	19:10.50 (184)
183 Marissa Becker	JR	658	Iowa City Liberty	--	23:46.50	4:13.30 (277)	9:25.40 (255)	19:32.80 (206)
184 Emma Horak	FR	1656	Washington	--	23:48.50	3:51.60 (108)	8:53.00 (158)	19:12.60 (187)
185 Hanna Steffen	JR	510	Dike-New Hartford	170	23:48.60	3:49.20 (99)	8:52.30 (152)	19:25.60 (197)
186 Anna Buchholz	JR	905	Linn-Mar Marion	--	23:49.50	4:10.50 (260)	9:12.20 (221)	19:00.00 (175)
187 Maeve Krogmann	SR	1138	Mount Vernon-Lisbon	--	23:50.70	3:56.90 (144)	9:00.40 (191)	19:17.90 (190)
188 Brooke Seeley	SR	1293	Norwalk Community	171	23:51.00	4:03.70 (215)	9:07.50 (210)	19:17.70 (189)
189 Breka Trapp	SR	931	Linn-Mar Marion	--	23:51.40	4:12.10 (271)	9:15.60 (229)	19:18.20 (191)
190 Cece Stanley	SO	620	Earlham	172	23:52.30	4:09.80 (255)	9:16.40 (232)	19:29.30 (202)
191 Megan Lewandowski	JR	980	Mankato West	--	23:54.00	4:12.40 (273)	9:16.50 (233)	19:17.30 (188)
192 Alyse Williamschen	SR	835	Kasson-Mantorville	173	23:56.90	3:57.40 (152)	8:58.20 (182)	19:12.20 (186)
193 Ruby Eastman	SO	1404	Regina Iowa City	174	24:00.70	4:01.70 (201)	8:54.80 (167)	19:06.50 (182)
194 Ava Morey	FR	1541	Spencer	175	24:01.60	4:00.70 (189)	8:54.30 (165)	19:10.90 (185)
195 Ariana Vergara	JR	402	Columbus Community Columbus Junction	176	24:03.00	4:02.30 (207)	9:05.50 (207)	19:22.50 (195)
196 Erin TerHark	JR	1065	Mason City	177	24:03.00	4:04.40 (220)	9:04.00 (202)	19:26.60 (199)
197 McKenna Kelley	FR	291	Central Springs	178	24:03.10	4:03.10 (212)	9:08.00 (211)	19:29.90 (203)
198 Alexcia Austin	7	9	Austin	179	24:03.50	4:05.90 (232)	9:05.20 (205)	19:28.30 (201)
199 Kaiya Kralik	SR	1284	Norwalk Community	180	24:03.70	4:05.00 (224)	9:09.00 (213)	19:21.80 (194)
200 Alli Neilson	SR	1364	Onalaska	181	24:05.30	4:00.20 (183)	8:56.10 (171)	19:21.20 (193)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
201 Peyton Eide	SO	660	Iowa City Liberty	--	24:09.10	4:07.00 (237)	9:12.50 (222)	19:37.60 (208)
202 Ella Willemssen	JR	991	Mankato West	--	24:09.60	4:13.30 (278)	9:17.10 (234)	19:22.80 (196)
203 Isabella Lujan	JR	1662	Washington	--	24:13.00	3:46.50 (88)	8:46.50 (132)	19:20.30 (192)
204 Leora Robinson	SR	1365	Onalaska	182	24:14.40	3:57.10 (147)	9:11.30 (219)	19:33.10 (207)
205 Ella Riniker	SR	1234	North Scott Eldridge	183	24:16.80	4:11.70 (266)	9:25.10 (254)	19:41.10 (211)
206 Audrey Cummings	SO	1795	Wilton	--	24:18.00	4:00.80 (191)	9:02.60 (200)	19:30.60 (204)
207 Kali Miller	SR	1088	Mid-Prairie Wellman	--	24:18.40	4:13.40 (279)	9:24.00 (251)	19:43.80 (214)
208 Maddy Hetrick	SO	227	Cedar Rapids Washington	184	24:19.20	4:09.30 (254)	9:17.50 (235)	19:32.20 (205)
209 Ashley Bernardy	JR	171	Cedar Falls	185	24:19.90	3:37.00 (41)	8:27.40 (83)	19:38.90 (210)
210 Bryn Spreiter	FR	834	Kasson-Mantorville	186	24:23.40	4:18.20 (306)	9:32.90 (268)	19:53.90 (229)
211 Josey Syhlmann	SO	513	Dike-New Hartford	187	24:24.40	4:00.80 (192)	9:05.40 (206)	19:38.20 (209)
212 Isabel Rendon	SO	400	Columbus Community Columbus Junction	188	24:24.50	4:09.10 (252)	9:21.50 (244)	19:51.40 (227)
213 Triona Scott	SO	372	Collins-Maxwell	189	24:25.10	3:50.70 (104)	8:53.50 (161)	19:27.50 (200)
214 Anya Rivera	SO	1784	Williamsburg	190	24:27.10	4:14.20 (283)	9:32.50 (266)	19:49.80 (223)
215 Cassidy Dillon	FR	829	Kasson-Mantorville	191	24:29.30	3:58.40 (164)	9:10.00 (216)	19:48.40 (220)
216 Jillian Jansen	FR	1475	Solon	--	24:30.80	3:49.50 (101)	8:48.60 (140)	19:26.20 (198)
217 Olivia Klingenberg	FR	503	Dike-New Hartford	192	24:31.60	4:07.40 (239)	9:23.30 (248)	19:50.80 (224)
218 Kayla Heck	SR	1521	South Tama County Tama	--	24:32.70	3:58.00 (160)	9:00.00 (190)	19:46.30 (219)
219 Maya Hartman	FR	1361	Onalaska	193	24:33.70	3:53.60 (125)	8:52.50 (156)	19:43.70 (213)
220 Jaylin May	JR	1621	Wapsie Valley Fairbank	194	24:38.40	3:44.50 (76)	8:45.80 (130)	19:45.80 (217)
221 Addyson Main	SO	292	Central Springs	195	24:38.40	4:03.30 (213)	9:08.30 (212)	19:42.80 (212)
222 Allison Deutsch	7	1429	Rochester Lourdes	196	24:40.60	4:04.70 (222)	9:02.40 (198)	19:48.80 (221)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
223 Anessa Morrison	SO	1032	Marshalltown	197	24:41.20	3:54.30 (129)	9:04.10 (203)	19:51.30 (226)
224 Thalia Gallegos	SR	1026	Marshalltown	198	24:42.10	4:09.00 (251)	9:28.10 (259)	20:15.50 (244)
225 Reese Brownlee	JR	346	Clear Lake	--	24:45.70	4:00.60 (188)	8:58.20 (181)	19:50.80 (225)
226 Andie Davitt	JR	1275	Norwalk Community	199	24:46.30	4:05.20 (226)	9:15.20 (228)	19:45.60 (216)
227 Sarah Malow	FR	1186	Newton	200	24:46.60	4:08.90 (249)	9:21.10 (242)	19:59.70 (232)
228 Maya Barnes	SO	1616	Wapsie Valley Fairbank	201	24:46.80	3:57.60 (153)	9:01.80 (196)	19:45.10 (215)
229 Mercedes Krieg	FR	1540	Spencer	202	24:47.20	4:16.10 (289)	9:32.00 (263)	20:14.90 (243)
230 Alanna Lahart	FR	229	Cedar Rapids Washington	203	24:52.30	4:23.30 (330)	9:44.30 (293)	20:14.50 (241)
231 Keira Sickels	SR	1415	Regina Iowa City	--	24:52.30	4:05.70 (230)	9:11.10 (218)	19:57.00 (231)
232 Maya Lindwall	FR	233	Cedar Rapids Washington	204	24:52.90	4:22.10 (324)	9:44.60 (295)	20:16.30 (246)
233 Maya Lahart	FR	230	Cedar Rapids Washington	205	24:53.20	4:18.50 (309)	9:41.70 (286)	20:15.90 (245)
234 Lilah Rasche	FR	45	Bettendorf	--	24:54.50	4:01.20 (197)	9:12.20 (220)	19:56.00 (230)
235 Ada Kendall	SR	1659	Washington	--	24:56.60	3:55.90 (138)	8:58.40 (183)	19:49.30 (222)
236 Lydia Nachazel	JR	724	Iowa Falls-Alden	206	25:01.00	4:00.30 (184)	9:04.30 (204)	20:13.90 (239)
237 Jadalynn Daily	SR	410	Davenport West	207	25:01.50	4:07.00 (236)	9:14.70 (226)	19:52.90 (228)
238 Ella Arens	FR	1804	Xavier Cedar Rapids	--	25:05.20	4:01.50 (200)	9:13.90 (224)	20:09.60 (236)
239 Annika Nelson	JR	725	Iowa Falls-Alden	208	25:05.50	4:05.00 (223)	9:19.70 (239)	20:12.90 (237)
240 Sophia Peikert	8	1432	Rochester Lourdes	209	25:05.90	4:02.90 (211)	9:09.60 (215)	20:08.50 (235)
241 Joli Sinnwell	SO	1488	Solon	--	25:06.50	4:08.20 (244)	9:29.50 (261)	20:22.40 (253)
242 Grace Bruns	JR	1805	Xavier Cedar Rapids	--	25:07.40	4:18.30 (307)	9:41.00 (284)	20:23.30 (256)
243 Elyse Folkerts	JR	498	Dike-New Hartford	210	25:12.20	4:04.70 (221)	9:19.30 (238)	20:14.50 (240)
244 Nadia Onichimowska	SR	1523	South Tama County Tama	--	25:13.80	4:03.80 (216)	9:10.30 (217)	20:01.40 (233)


Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
245 Brianna Rossow	FR	1434	Rochester Lourdes	--	25:15.40	4:14.10 (281)	9:32.40 (265)	20:31.30 (262)
246 Emily Mulert	FR	452	Denver	211	25:15.60	4:18.70 (310)	9:44.70 (296)	20:34.90 (267)
247 Ana Olson	JR	1543	Spencer	212	25:15.90	4:10.30 (257)	9:28.60 (260)	20:13.60 (238)
248 Khloe Hamilton	FR	1228	North Scott Eldridge	213	25:17.60	4:21.20 (317)	9:42.30 (287)	20:21.50 (252)
249 Morgan Swartzlander	SR	1297	Norwalk Community	214	25:19.10	4:05.30 (227)	9:19.80 (240)	20:20.50 (250)
250 Sadie Coleman	SR	828	Kasson-Mantorville	215	25:19.20	4:11.70 (267)	9:29.70 (262)	20:24.50 (258)
251 Kateley Schlicht	SR	1368	Onalaska	216	25:19.80	4:17.70 (300)	9:39.80 (279)	20:18.50 (249)
252 Meghan Trout	FR	1193	Newton	217	25:20.40	4:16.10 (288)	9:40.40 (283)	20:34.30 (266)
253 Allison Starbuck	SO	509	Dike-New Hartford	218	25:20.50	4:07.20 (238)	9:23.30 (247)	20:14.60 (242)
254 Addison Wyman	JR	1546	Spencer	--	25:21.50	4:10.30 (258)	9:24.80 (253)	19:46.00 (218)
255 Faith Humphrey	FR	830	Kasson-Mantorville	219	25:22.00	4:11.70 (265)	9:32.90 (267)	20:07.30 (234)
256 Taylor Sikora	FR	1747	Waverly-Shell Rock	--	25:22.60	4:08.40 (245)	9:33.00 (270)	20:22.90 (254)
257 Elliana Jeseritz	7	81	Bloomington Jefferson	220	25:22.70	4:17.80 (302)	9:42.60 (289)	20:29.20 (260)
258 Ava Meyer	FR	1622	Wapsie Valley Fairbank	221	25:24.50	3:58.50 (165)	9:00.40 (192)	20:17.70 (248)
259 Grace Swales	JR	456	Denver	--	25:25.60	4:23.90 (332)	9:52.30 (312)	20:40.30 (268)
260 Audrey Warren	JR	1298	Norwalk Community	--	25:26.00	4:06.80 (235)	9:23.40 (249)	20:23.70 (257)
261 Abigail Rhomberg	SR	386	Columbus Catholic Waterloo	--	25:27.30	4:21.40 (318)	9:44.60 (294)	20:16.70 (247)
262 Kate Kotta	SO	1061	Mason City	222	25:28.80	4:17.30 (298)	9:36.10 (275)	20:20.90 (251)
263 Melenna Sander	SO	1627	Wapsie Valley Fairbank	223	25:30.80	4:07.90 (241)	9:21.40 (243)	20:31.00 (261)
264 Cici Herrick	FR	1506	South Hamilton Jewell	224	25:32.00	3:52.20 (114)	9:03.90 (201)	20:28.80 (259)
265 Mary-Catherine Clatworthy	SR	1358	Onalaska	225	25:32.40	4:15.50 (286)	9:40.10 (281)	20:41.10 (270)
266 Ava Duncan	SR	1227	North Scott Eldridge	226	25:35.30	4:08.70 (248)	9:23.70 (250)	20:23.30 (255)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
267 Dayton Berman	FR	288	Central Springs	227	25:37.50	4:12.50 (274)	9:23.20 (246)	20:33.90 (265)
268 Maya Butler	JR	1273	Norwalk Community	--	25:41.00	4:09.10 (253)	9:15.10 (227)	20:31.40 (263)
269 Alana Evelsizer	SO	349	Clear Lake	--	25:43.40	4:20.70 (315)	9:34.40 (273)	20:32.20 (264)
270 Tinsley Callan	SO	495	Dike-New Hartford	--	25:43.40	4:08.50 (246)	9:33.60 (272)	21:03.80 (284)
271 Abigail Grabow	SO	78	Bloomington Jefferson	228	25:43.50	4:21.50 (320)	9:45.20 (298)	20:48.70 (275)
272 Maelyn Parsons	JR	1783	Williamsburg	229	25:45.80	4:14.60 (284)	9:40.20 (282)	20:40.40 (269)
273 Brooklyn Doolittle	SO	1505	South Hamilton Jewell	230	25:45.90	4:18.00 (305)	9:46.30 (301)	20:49.50 (276)
274 Eleanor Bowman	7	76	Bloomington Jefferson	231	25:46.40	4:21.40 (319)	9:47.90 (305)	20:50.70 (277)
275 Lydia Kearney	SR	1599	Valley Lutheran	--	25:48.60	4:13.20 (276)	9:38.90 (278)	20:43.70 (271)
276 Adeline Decker	FR	444	Denver	--	25:51.80	4:22.10 (325)	9:52.20 (311)	20:52.70 (278)
277 Taylor Rodgers	JR	618	Earlham	232	25:51.90	4:12.00 (269)	9:37.60 (276)	20:56.10 (279)
278 Abbie Andrews	SR	717	Iowa Falls-Alden	233	25:54.50	3:58.70 (169)	8:59.40 (187)	21:07.00 (286)
279 Olivia Jacobson	SR	1538	Spencer	--	25:59.90	4:15.70 (287)	9:32.20 (264)	20:48.20 (273)
280 Jillian Clayton	SO	442	Denver	--	26:02.00	4:08.00 (242)	9:26.00 (257)	20:46.00 (272)
281 Caitlyn Archer	JR	718	Iowa Falls-Alden	--	26:03.00	4:02.40 (208)	9:18.70 (237)	21:06.70 (285)
282 Reagan Stock	SR	236	Cedar Rapids Washington	234	26:03.50	4:22.20 (326)	9:50.40 (309)	20:57.90 (281)
283 Lilly Lemke	FR	231	Cedar Rapids Washington	--	26:07.70	4:23.30 (329)	9:50.20 (308)	20:58.50 (282)
284 Ava Wiltgen	JR	1417	Regina Iowa City	--	26:12.50	4:18.50 (308)	9:39.90 (280)	20:57.30 (280)
285 Saddle Kahley	SR	1539	Spencer	--	26:13.70	4:15.20 (285)	9:32.90 (269)	20:48.30 (274)
286 Olivia Beaune	SO	1504	South Hamilton Jewell	235	26:19.90	3:56.70 (142)	9:33.50 (271)	21:19.10 (288)
287 Ava Hennessey	JR	1374	Osage	236	26:23.50	4:16.90 (294)	9:47.60 (304)	21:24.40 (291)
288 Lauren Knutson	FR	82	Bloomington Jefferson	--	26:24.20	4:17.90 (304)	9:42.60 (288)	21:30.70 (294)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
289 Natalie Nwatchock	SO	1231	North Scott Eldridge	237	26:28.60	4:21.60 (321)	9:50.40 (310)	21:20.40 (289)
290 Adelynn Wierck	SO	1631	Wapsie Valley Fairbank	238	26:33.50	4:04.30 (219)	9:18.00 (236)	21:25.50 (293)
291 Gabrielle Stauffer	SO	728	Iowa Falls-Alden	--	26:36.90	4:27.60 (338)	10:12.60 (327)	21:47.10 (300)
292 Sara Beckwith	SR	1271	Norwalk Community	--	26:38.00	4:17.30 (297)	9:44.30 (292)	21:14.70 (287)
293 Dori Olana	FR	12	Austin	239	26:44.40	4:27.30 (337)	10:07.60 (323)	21:39.30 (296)
294 Addy Sayer	SO	1379	Osage	240	26:48.10	4:16.80 (293)	9:44.20 (291)	21:22.60 (290)
295 Emma Evans	JR	1371	Osage	241	26:51.80	4:17.10 (295)	9:49.90 (307)	21:40.60 (298)
296 Paxton Panada	SO	1187	Newton	242	26:53.30	4:34.80 (347)	10:23.30 (335)	21:40.20 (297)
297 Whitney Davis	SO	289	Central Springs	243	26:53.50	4:17.80 (303)	9:53.10 (313)	21:25.50 (292)
298 Sarah Tschantz 8	SR	373	Collins-Maxwell	244	26:56.20	4:26.50 (335)	10:12.10 (326)	21:56.50 (303)
299 Cate Klitgaard	SR	1409	Regina Iowa City	--	26:56.40	4:19.60 (311)	9:47.30 (302)	21:31.90 (295)
300 Abbie Preston	SO	1189	Newton	245	27:00.10	4:23.70 (331)	10:05.30 (320)	21:57.40 (306)
301 Olive Khoury	JR	1229	North Scott Eldridge	--	27:07.10	4:36.70 (351)	10:31.30 (339)	21:51.40 (301)
302 Siri Anderson	SR	1354	Onalaska	246	27:10.90	4:20.30 (312)	10:01.70 (315)	21:42.70 (299)
303 Lauren Clarke	SO	1180	Newton	247	27:12.90	4:10.80 (263)	9:15.80 (231)	22:05.10 (310)
304 Darby Moore	SO	617	Earlham	248	27:17.20	4:17.70 (301)	10:07.30 (322)	22:02.00 (309)
305 Frannie Sosa	JR	401	Columbus Community Columbus Junction	249	27:26.20	4:41.90 (355)	10:30.10 (338)	22:05.80 (311)
306 Bella Stotts	SO	28	BCLUW Conrad	250	27:28.00	4:11.80 (268)	9:44.80 (297)	21:52.00 (302)
307 Lila Ose	FR	726	Iowa Falls-Alden	--	27:30.00	4:16.30 (290)	9:47.50 (303)	22:18.70 (315)
308 McKenna Miller	JR	1508	South Hamilton Jewell	251	27:31.60	3:57.00 (145)	9:24.20 (252)	22:14.90 (313)
309 Drew Petersen	SR	506	Dike-New Hartford	--	27:35.20	4:14.10 (282)	10:04.60 (317)	22:11.10 (312)
310 Janie Maasdam	JR	845	Knoxville	252	27:38.10	4:28.40 (341)	10:13.40 (328)	22:28.60 (321)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
311 Miriam Rulaphaugh	SO	1626	Wapsie Valley Fairbank	253	27:41.10	4:22.90 (328)	10:15.30 (332)	22:26.20 (318)
312 Alivia Kingery	FR	1183	Newton	--	27:45.80	4:17.60 (299)	9:48.90 (306)	21:58.50 (307)
313 Izzy Morris	SO	25	BCLUW Conrad	254	27:47.40	4:02.90 (210)	9:44.00 (290)	21:56.60 (304)
314 Naveiah Garza	SO	398	Columbus Community Columbus Junction	255	27:50.10	4:26.90 (336)	9:58.80 (314)	22:23.40 (317)
315 Amber Forsythe	JR	10	Austin	256	27:53.40	4:32.60 (345)	10:15.30 (333)	22:19.70 (316)
316 Emma Schneiderman	FR	412	Davenport West	257	27:54.40	4:06.50 (234)	9:34.40 (274)	22:01.00 (308)
317 Emerson Eastman	SO	1025	Marshalltown	258	27:56.40	4:37.10 (352)	10:25.60 (337)	22:28.80 (323)
318 Kayley Zanker	SO	1513	South Hamilton Jewell	259	27:59.90	4:21.60 (322)	10:14.20 (330)	22:28.50 (320)
319 Alexis Kolbet	SO	1375	Osage	260	28:04.90	4:22.50 (327)	10:04.90 (319)	22:15.20 (314)
320 Livia Smith	FR	1526	South Tama County Tama	--	28:06.30	4:03.80 (217)	9:20.00 (241)	22:28.80 (322)
321 Berkley Klaehn	SO	831	Kasson-Mantorville	261	28:08.80	4:33.10 (346)	10:23.40 (336)	22:28.20 (319)
322 Erica Houge	SR	369	Collins-Maxwell	262	28:10.00	4:28.20 (339)	10:21.10 (334)	22:40.30 (324)
323 Eva Dryer	JR	1360	Onalaska	--	28:27.10	4:00.40 (185)	9:26.60 (258)	21:56.70 (305)
324 Molly Thomas	JR	1787	Williamsburg	263	28:41.90	4:48.20 (359)	10:58.50 (347)	23:21.00 (327)
325 Lydia Knight	JR	1681	Waterloo Christian	--	28:53.60	4:28.30 (340)	10:14.60 (331)	23:36.00 (330)
326 Emma Reif	FR	1233	North Scott Eldridge	--	29:06.90	4:37.20 (353)	10:31.40 (340)	23:17.50 (326)
327 Natalie Dezarn	FR	496	Dike-New Hartford	--	29:12.00	4:20.40 (313)	10:09.40 (324)	23:12.20 (325)
328 Katie Steward	SR	621	Earlham	264	29:23.00	4:28.80 (342)	10:38.90 (341)	23:43.70 (331)
329 Teresa Nguyen	SR	1810	Xavier Cedar Rapids	--	29:32.90	4:20.60 (314)	11:03.30 (349)	24:19.90 (338)
330 Song Hahn	SO	1680	Waterloo Christian	--	29:37.30	4:30.10 (343)	10:50.50 (345)	23:55.80 (336)
331 Jenny Manzo	SO	1522	South Tama County Tama	--	29:48.40	4:42.60 (357)	10:45.40 (344)	23:49.70 (333)
332 Julia Whipple	SR	294	Central Springs	265	29:52.70	4:52.70 (363)	11:03.30 (348)	23:52.00 (334)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
333 Isabel Swenson	SO	1510	South Hamilton Jewell	266	29:55.20	4:21.90 (323)	10:14.00 (329)	23:55.20 (335)
334 Sophie Wiklund	JR	413	Davenport West	267	29:55.90	4:16.70 (292)	10:11.60 (325)	23:28.40 (329)
335 Brooklyn Heesch	SO	352	Clear Lake	--	30:06.90	4:20.70 (316)	9:41.30 (285)	23:24.20 (328)
336 Payton Kearney	FR	844	Knoxville	268	30:24.80	4:56.60 (367)	11:20.30 (355)	24:31.90 (340)
337 Greta Hansen	8	79	Bloomington Jefferson	--	30:25.40	4:36.50 (350)	10:53.10 (346)	24:28.50 (339)
338 Gianna Pitcherello	JR	371	Collins-Maxwell	269	30:28.00	4:41.10 (354)	10:45.10 (343)	24:48.80 (341)
339 Ceanna White	FR	31	BCLUW Conrad	270	30:30.60	4:05.20 (225)	10:06.00 (321)	24:02.70 (337)
340 Devin Peterson	JR	26	BCLUW Conrad	271	31:04.10	4:49.40 (361)	11:16.50 (351)	25:18.00 (342)
341 Jazzmine Olson	SO	1376	Osage	--	31:04.70	4:25.20 (334)	10:04.70 (318)	23:46.90 (332)
342 Charlye Willis	SR	848	Knoxville	272	31:41.50	4:56.30 (366)	11:19.60 (354)	25:21.30 (343)
343 Bianca Seaton	SO	1509	South Hamilton Jewell	273	31:48.10	4:25.20 (333)	11:35.40 (358)	26:09.20 (347)
344 Camryn Willis	FR	847	Knoxville	274	31:48.20	4:56.30 (365)	11:19.50 (353)	25:21.40 (344)
345 Nicole Schultz	SO	846	Knoxville	275	32:01.40	4:48.80 (360)	11:17.70 (352)	26:02.50 (346)
346 Calla Bates	JR	1676	Waterloo Christian	--	32:03.80	5:10.40 (369)	12:00.70 (361)	25:50.80 (345)
347 Natalie Collins	SR	843	Knoxville	276	32:11.40	4:36.50 (349)	11:28.30 (356)	26:26.40 (350)
348 Aubrie Tejada	SR	1035	Marshalltown	277	32:18.00	4:42.00 (356)	11:34.00 (357)	26:17.70 (349)
349 Lily Friedrich	FR	1679	Waterloo Christian	--	32:49.60	4:32.50 (344)	11:12.80 (350)	26:14.00 (348)
350 Lilian Wadsworth	FR	1194	Newton	--	33:32.50	4:34.80 (348)	11:48.10 (359)	27:38.30 (352)
351 Jayden Creighton-Lovel	SO	409	Davenport West	278	34:05.20	5:08.30 (368)	11:55.50 (360)	27:55.20 (353)
352 Elle Schipper	SO	27	BCLUW Conrad	279	35:11.50	5:22.50 (370)	12:46.40 (363)	28:32.10 (355)
353 Vivian Swenson	SO	1511	South Hamilton Jewell	--	35:42.30	4:49.60 (362)	12:27.80 (362)	28:29.40 (354)
354 Val Wagner	SR	1512	South Hamilton Jewell	--	37:27.10	4:53.80 (364)	12:53.40 (364)	29:41.70 (356)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
Selket Reid-EI	SO	2208	 Indian Hills CC	--		11:49.10 (371)		
Lillyona Abernathy	JR	1775	Williamsburg	--		4:44.80 (358)	10:43.80 (342)	
Lilah Aubert	FR	613	Earlham	--		4:16.60 (291)	9:45.50 (299)	21:01.50 (283)
Lindee Rohne	SR	1745	Waverly-Shell Rock	--		3:18.60 (7)		
Mollie Hunzelman	SO	1738	Waverly-Shell Rock	--		3:17.40 (2)		
Keegan Kleppe	FR	1476	Solon	--		18:22.70 (373)		
Madison Hellman	SR	384	Columbus Catholic Waterloo	--		3:46.20 (85)	8:29.90 (88)	
Claire Schaefer	SO	387	Columbus Catholic Waterloo	--		4:07.60 (240)	9:22.10 (245)	
Alara Running	JR	1367	Onalaska	--		3:51.50 (107)	8:56.20 (174)	
Bella Jedlicka	FR	1482	Solon	--		18:48.00 (379)		
Brynn Scheeley	FR	1484	Solon	--		18:23.70 (375)		
Hadley Kruse	JR	1184	Newton	--		3:54.40 (131)	8:54.90 (168)	
Ashley Heine	JR	1737	Waverly-Shell Rock	--		3:18.50 (5)		
Mya Fordice	FR	1473	Solon	--		18:32.40 (377)		
Kate Richards	SR	1481	Solon	--		18:22.20 (372)		
Marin Ashbacker	SO	1466	Solon	--		18:47.90 (378)		
Abby Elsamiller	SR	1734	Waverly-Shell Rock	--		3:18.50 (6)		
Hannah Schnell	SO	1746	Waverly-Shell Rock	--		3:17.50 (3)		
Sophia Miles	JR	1478	Solon	--		18:22.90 (374)		
Gable Hemann	JR	1373	Osage	--		4:08.60 (247)	9:38.50 (277)	27:02.60 (351)
Kendall Werner	FR	1491	Solon	--		18:32.30 (376)		
Kailee Miller	JR	1479	Solon	--		18:48.00 (380)		
Graceyn Uhlmann	FR	1788	Williamsburg	--		4:17.10 (296)	9:46.00 (300)	
Reagan Alexander	SR	1729	Waverly-Shell Rock	--		3:18.40 (4)		
Andrea Padilla	SR	1524	South Tama County Tama	--		4:13.10 (275)	10:03.10 (316)	

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
Emee Dani	FR	632	Gilbert	--		3:30.20 (15)	7:49.40 (15)	
Piper Stahle	SO	1489	Solon	--		18:48.10 (381)		

Race #4
Boys Varsity 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Cedar Falls	102	1:22:00	16:24	
2	Waukee Northwest	164	1:23:20	16:40	
3	Gilbert	177	1:23:45	16:45	
4	Urbandale	184	1:23:23	16:41	
5	Iowa City Liberty	206	1:23:58	16:48	
6	Norwalk Community	207	1:24:02	16:49	
7	Bloomington Jefferson	208	1:24:04	16:49	
8	Dubuque Hempstead	236	1:24:24	16:53	
9	Linn-Mar Marion	296	1:25:54	17:11	
10	Iowa City West	302	1:25:18	17:04	
11	Onalaska	335	1:24:59	17:00	
12	Mount Vernon-Lisbon	344	1:26:39	17:20	
13	Marshalltown	350	1:26:37	17:20	
14	Des Moines Christian	374	1:27:03	17:25	
15	Indianola	445	1:28:02	17:37	
16	Bettendorf	458	1:28:22	17:41	
17	Washington	509	1:28:38	17:44	
18	Mankato West	510	1:29:07	17:50	
19	South Tama County Tama	536	1:29:30	17:54	
20	Solon	575	1:30:07	18:02	
21	Williamsburg	650	1:31:11	18:15	
22	Denver	658	1:31:25	18:17	
23	Mid-Prairie Wellman	680	1:31:50	18:22	
24	Center Point-Urbana	694	1:31:50	18:22	
25	Newton	711	1:32:09	18:26	
26	Spencer	760	1:33:01	18:37	
27	Clear Lake	809	1:33:56	18:48	
28	Regina Iowa City	818	1:33:51	18:47	
29	Rochester Lourdes	876	1:35:30	19:06	
30	North Scott Eldridge	883	1:35:07	19:02	
31	Kasson-Mantorville	900	1:35:21	19:05	
32	Earlham	921	1:36:41	19:21	
33	Xavier Cedar Rapids	948	1:38:19	19:40	
34	Waverly-Shell Rock	1021	1:38:39	19:44	
35	Cedar Rapids Washington	1036	1:37:47	19:34	

Final Standings		Score	Total	Avg.	Division
36	Columbus Community Columbus Junction	1071	1:39:02	19:49	
37	Austin	1080	1:40:41	20:09	
38	Davenport West	1091	1:40:27	20:06	
39	Collins-Maxwell	1180	1:41:31	20:19	
40	Knoxville	1208	1:44:47	20:58	
41	Columbus Catholic Waterloo	1210	1:43:18	20:40	
42	South Hamilton Jewell	1262	1:44:11	20:51	
43	Central Springs	1313	1:47:15	21:27	
44	Valley Lutheran	1377	1:47:47	21:34	
45	BCLUW Conrad	1421	2:01:04	24:13	
46	Clayton Ridge Guttenberg	1429	1:50:50	22:10	
47	Iowa Falls-Alden	1435	1:52:41	22:33	
48	Dike-New Hartford	1448	1:51:45	22:21	
49	Waterloo Christian	1453	1:52:39	22:32	

SPLIT SCORING SUMMARY

900M

UNOFFICIAL Standings		Score
1	Dubuque Hempstead	154
2	Waukee Northwest	165
3	Cedar Falls	186
4	Indianola	190
5	Iowa City West	210
6	Iowa City Liberty	222
7	Norwalk Community	246
8	Linn-Mar Marion	288
9	Urbandale	303
10	Washington	304
11	Bloomington Jefferson	306
12	Onalaska	393
13	Gilbert	403
13	Okoboji Milford	403
15	Des Moines Christian	434
16	Marshalltown	435
17	Mount Vernon-Lisbon	510
18	Solon	534
19	Center Point-Urbana	586
20	Mankato West	588
20	Newton	588

UNOFFICIAL Standings		Score
22	South Tama County Tama	600
23	Bettendorf	633
24	Mid-Prairie Wellman	761
25	Denver	764
26	Spencer	770
27	Regina Iowa City	782
28	Rochester Lourdes	819
29	Earlham	872
30	North Scott Eldridge	898
31	Xavier Cedar Rapids	937
32	Clear Lake	962
33	Davenport West	973
34	Knoxville	995
35	Kasson-Mantorville	996
36	Williamsburg	1012
37	Columbus Community Columbus Junction	1080
38	Columbus Catholic Waterloo	1124
39	Collins-Maxwell	1183
40	Austin	1210
41	Iowa Falls-Alden	1252
42	Waverly-Shell Rock	1255
43	Cedar Rapids Washington	1284
44	South Hamilton Jewell	1290
45	Valley Lutheran	1309
46	BCLUW Conrad	1321
47	Waterloo Christian	1341
48	Dike-New Hartford	1408
49	Central Springs	1458
50	Clayton Ridge Guttenberg	1463

2K

UNOFFICIAL Standings		Score
1	Cedar Falls	132
2	Waukee Northwest	150
3	Norwalk Community	193
4	Iowa City Liberty	197
5	Dubuque Hempstead	214
6	Iowa City West	218
7	Bloomington Jefferson	271
8	Gilbert	275

UNOFFICIAL Standings		Score
8	Indianola	275
10	Urbandale	285
11	Linn-Mar Marion	312
12	Washington	336
13	Onalaska	392
14	Mount Vernon-Lisbon	422
15	Des Moines Christian	423
16	Marshalltown	424
17	Mankato West	534
18	South Tama County Tama	542
19	Solon	557
20	Bettendorf	596
21	Okoboji Milford	601
22	Center Point-Urbana	639
23	Newton	679
24	Mid-Prairie Wellman	693
25	Denver	742
26	Spencer	753
27	Regina Iowa City	768
28	Rochester Lourdes	830
29	Williamsburg	850
30	Earlham	857
31	North Scott Eldridge	910
32	Clear Lake	921
33	Kasson-Mantorville	992
34	Xavier Cedar Rapids	1018
35	Davenport West	1021
36	Columbus Community Columbus Junction	1073
37	Knoxville	1142
38	Waverly-Shell Rock	1169
39	Austin	1179
40	Columbus Catholic Waterloo	1180
41	Collins-Maxwell	1195
42	Cedar Rapids Washington	1213
43	South Hamilton Jewell	1284
44	Valley Lutheran	1335
45	Iowa Falls-Alden	1351
46	BCLUW Conrad	1375
47	Central Springs	1405
48	Dike-New Hartford	1435

UNOFFICIAL Standings		Score
49	Waterloo Christian	1437
50	Clayton Ridge Guttenberg	1463

4K

UNOFFICIAL Standings		Score
1	Cedar Falls	115
2	Waukee Northwest	160
3	Gilbert	176
4	Norwalk Community	194
5	Iowa City Liberty	198
6	Bloomington Jefferson	209
7	Urbandale	218
8	Dubuque Hempstead	257
9	Iowa City West	283
10	Linn-Mar Marion	316
11	Indianola	333
12	Washington	350
13	Onalaska	358
14	Marshalltown	370
15	Mount Vernon-Lisbon	377
16	Des Moines Christian	384
17	Bettendorf	516
18	South Tama County Tama	548
19	Mankato West	550
20	Solon	602
21	Denver	670
22	Newton	679
23	Williamsburg	683
24	Mid-Prairie Wellman	712
25	Center Point-Urbana	725
26	Spencer	804
27	Regina Iowa City	811
28	Clear Lake	832
29	Rochester Lourdes	870
30	North Scott Eldridge	878
31	Kasson-Mantorville	922
32	Earlham	984
33	Xavier Cedar Rapids	1019
34	Waverly-Shell Rock	1055
35	Davenport West	1072

UNOFFICIAL Standings**Score**

36	Columbus Community Columbus Junction	1086
37	Cedar Rapids Washington	1091
38	Austin	1102
39	Collins-Maxwell	1195
40	Columbus Catholic Waterloo	1208
41	Knoxville	1226
42	South Hamilton Jewell	1274
43	Central Springs	1326
44	Valley Lutheran	1367
45	BCLUW Conrad	1435
46	Iowa Falls-Alden	1442
47	Clayton Ridge Guttenberg	1460
48	Waterloo Christian	1464
49	Dike-New Hartford	1476

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k	
1	Manny Putz	JR	1349	Onalaska	1	15:05.50	2:40.60 (1)	5:56.60 (1)	12:12.80 (1)
2	David Obst	SO	819	Kasson-Mantorville	2	15:37.10	2:47.00 (6)	6:09.90 (6)	12:46.30 (3)
3	Moustafa Tiea	JR	698	Iowa City West	3	15:40.00	2:46.60 (5)	6:08.90 (3)	12:39.90 (2)
4	Micah Rees	SR	1641	Washington	4	15:47.60	2:46.50 (4)	6:09.50 (5)	12:46.40 (4)
5	Tommy Hensley	SR	1563	Urbandale	5	15:51.90	2:46.30 (3)	6:09.40 (4)	12:56.80 (7)
6	Noah Buhrow	SR	1244	Norwalk Community	6	15:55.10	2:53.20 (25)	6:19.10 (14)	12:55.90 (6)
7	John Maloney	SR	548	Dubuque Hempstead	7	16:00.40	2:47.70 (7)	6:13.20 (8)	12:59.00 (8)
8	Blake Smith	JR	1580	Urbandale	8	16:01.70	2:50.30 (14)	6:16.40 (10)	13:02.80 (11)
9	Ahmed Aldamak	SR	89	Cedar Falls	9	16:02.20	2:48.00 (8)	6:13.10 (7)	13:00.80 (10)
10	Keegan Decker	FR	649	Iowa City Liberty	10	16:08.30	2:49.50 (11)	6:16.10 (9)	12:59.90 (9)
11	Jaden Merrick	SO	132	Cedar Falls	11	16:10.30	2:41.30 (2)	5:57.50 (2)	12:49.50 (5)
12	Blake Burnstad	SR	1346	Onalaska	12	16:11.50	2:52.60 (22)	6:22.20 (17)	13:07.50 (14)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
13	Luke Hartman	SR	114	Cedar Falls	13	16:12.40	2:51.70 (16)	6:17.50 (12)	13:05.70 (12)
14	Logan Bleich	FR	624	Gilbert	14	16:14.50	2:54.60 (36)	6:22.40 (18)	13:07.20 (13)
15	Tommy Tynismaa	SR	1520	South Tama County Tama	15	16:17.30	2:53.80 (28)	6:22.90 (20)	13:14.50 (18)
16	Noah Gregoire	JR	651	Iowa City Liberty	16	16:17.50	2:54.20 (33)	6:23.40 (23)	13:10.50 (16)
17	Alexander Altstatt	SO	51	Bloomington Jefferson	17	16:22.20	2:55.60 (43)	6:28.80 (41)	13:16.10 (22)
18	Joel Bloomer	SR	1692	Waukee Northwest	18	16:23.00	2:50.00 (12)	6:18.30 (13)	13:15.20 (19)
19	Aidan Shannon	SR	1612	Wapsie Valley Fairbank	--	16:24.60	2:54.00 (30)	6:23.20 (22)	13:15.40 (20)
20	Collin Houg	SR	463	Des Moines Christian	19	16:25.40	2:51.90 (18)	6:20.00 (15)	13:14.20 (17)
21	Jacob Tallman	FR	629	Gilbert	20	16:28.00	3:02.40 (92)	6:35.70 (59)	13:26.60 (31)
22	Grady Olberding	JR	1118	Mount Vernon-Lisbon	21	16:28.40	2:53.00 (24)	6:23.00 (21)	13:10.10 (15)
23	Micah Fern	SO	530	Dubuque Hempstead	22	16:29.40	2:54.00 (29)	6:26.90 (32)	13:24.40 (28)
24	Zack Janulewicz	JR	1696	Waukee Northwest	23	16:30.60	2:55.30 (40)	6:26.90 (31)	13:23.20 (26)
25	Emmett Swartzentruber	JR	1078	Mid-Prairie Wellman	24	16:31.00	2:56.30 (53)	6:23.50 (24)	13:22.00 (25)
26	Kellen Tuyls	SO	1707	Waukee Northwest	25	16:32.50	2:54.40 (35)	6:26.50 (29)	13:24.80 (29)
27	Patrick Altstatt	SO	52	Bloomington Jefferson	26	16:33.30	2:56.10 (50)	6:28.20 (38)	13:18.40 (23)
28	Ian Klein	SR	56	Bloomington Jefferson	27	16:34.00	2:56.00 (48)	6:28.90 (42)	13:19.30 (24)
29	Aidan Cooper	SR	1693	Waukee Northwest	28	16:36.30	2:54.20 (32)	6:26.60 (30)	13:25.00 (30)
30	Aidan Decker	SR	648	Iowa City Liberty	29	16:39.40	2:49.00 (10)	6:17.30 (11)	13:24.10 (27)
31	Arlo White	JR	1353	Onalaska	30	16:41.70	2:52.80 (23)	6:23.70 (25)	13:27.90 (33)
32	Reed Robbins	SO	644	Indianola	31	16:42.90	2:52.00 (19)	6:27.80 (36)	13:31.20 (35)
33	Connor Martin	JR	127	Cedar Falls	32	16:43.90	2:55.60 (44)	6:28.40 (39)	13:32.00 (37)
34	Teegan Kralik	SO	1255	Norwalk Community	33	16:44.60	2:54.30 (34)	6:28.20 (37)	13:27.10 (32)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
35 John Moellers	JR	1013	Marshalltown	34	16:44.70	2:56.90 (59)	6:32.90 (53)	13:37.20 (41)
36 Carson Squiers	SO	627	Gilbert	35	16:44.90	3:03.20 (100)	6:37.70 (65)	13:36.80 (40)
37 Preston Johnson	FR	1010	Marshalltown	36	16:49.00	2:55.30 (41)	6:31.20 (52)	13:31.50 (36)
38 Charlie Wiering	SO	161	Cedar Falls	37	16:50.70	3:08.90 (150)	6:44.10 (87)	13:47.20 (54)
39 Henry Groos	JR	1250	Norwalk Community	38	16:51.40	3:00.90 (83)	6:36.60 (61)	13:34.10 (38)
40 Riley Kuhn	SR	878	Linn-Mar Marion	39	16:52.50	2:54.80 (38)	6:30.20 (47)	13:38.80 (44)
41 Brick Kabela	SR	1448	Solon	40	16:52.90	2:57.30 (64)	6:25.40 (28)	13:28.80 (34)
42 Landon Hartley	SR	1561	Urbandale	41	16:55.20	3:03.70 (107)	6:45.70 (96)	13:50.90 (58)
43 Ephraim Staley	SO	962	Mankato West	42	16:55.70	2:57.00 (61)	6:23.80 (26)	13:40.40 (45)
44 Caleb Ten Pas	SO	468	Des Moines Christian	43	16:56.60	2:50.90 (15)	6:20.70 (16)	13:44.40 (49)
45 Tyler Bailey	SR	94	Cedar Falls	44	16:58.90	3:07.80 (139)	6:46.40 (101)	13:50.30 (57)
46 James Brant	SR	1514	South Tama County Tama	45	17:00.10	2:54.80 (39)	6:30.70 (49)	13:38.50 (43)
47 Michael Lee	SR	685	Iowa City West	46	17:00.70	2:56.30 (54)	6:29.30 (44)	13:34.80 (39)
48 Sidney Shide	JR	1578	Urbandale	47	17:01.20	3:01.50 (87)	6:41.70 (83)	13:51.40 (61)
49 John Ferguson	JR	107	Cedar Falls	48	17:01.70	3:05.20 (120)	6:39.50 (74)	13:46.90 (53)
50 AJ Willey	SO	40	Bettendorf	49	17:01.90	2:57.20 (63)	6:30.30 (48)	13:38.30 (42)
51 Brayden Frey	SR	109	Cedar Falls	--	17:02.00	3:07.70 (138)	6:46.40 (100)	13:52.70 (65)
52 Paxton Bloom	SO	642	Indianola	50	17:02.60	2:52.40 (21)	6:29.20 (43)	13:45.00 (51)
53 James Johnson	SR	1009	Marshalltown	51	17:02.90	2:56.60 (57)	6:33.90 (56)	13:48.90 (56)
54 Cade Benson	SR	669	Iowa City West	52	17:04.80	2:56.40 (55)	6:29.60 (45)	13:42.50 (47)
55 Harrison Kraehling	SR	625	Gilbert	53	17:06.50	3:02.70 (97)	6:38.30 (71)	13:42.40 (46)
56 Klayten Perreault	SR	1119	Mount Vernon-Lisbon	54	17:09.90	3:03.40 (104)	6:40.10 (80)	13:54.60 (73)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
57	Zain Mueller	SR	626	Gilbert	55	17:10.70	3:02.50 (94)	6:37.70 (66)	13:44.50 (50)
58	Jacob Madsen	JR	655	Iowa City Liberty	56	17:10.90	2:55.80 (46)	6:29.90 (46)	13:48.60 (55)
59	Dawson Scheil	SO	1127	Mount Vernon-Lisbon	57	17:11.50	3:03.50 (106)	6:40.00 (77)	13:54.80 (74)
60	Ethan Boston	JR	856	Linn-Mar Marion	58	17:12.00	2:56.20 (51)	6:35.00 (58)	13:53.20 (67)
61	Zack Johnson	SR	541	Dubuque Hempstead	59	17:12.20	2:54.60 (37)	6:33.50 (54)	13:54.50 (72)
62	Samuel Appel	FR	639	Indianola	60	17:12.70	2:56.60 (56)	6:34.10 (57)	13:51.90 (63)
63	Jack McPartland	SR	464	Des Moines Christian	61	17:12.90	2:58.20 (68)	6:33.70 (55)	13:45.30 (52)
64	Sam Parker	SO	1264	Norwalk Community	62	17:14.10	3:00.70 (81)	6:37.50 (64)	13:51.20 (59)
65	Ethan Cheney	SO	858	Linn-Mar Marion	63	17:14.20	2:57.50 (66)	6:38.00 (70)	13:53.70 (69)
66	Owen Hanson	JR	869	Linn-Mar Marion	64	17:14.50	2:59.70 (75)	6:38.00 (69)	13:53.30 (68)
67	Preston Stensland	SO	628	Gilbert	65	17:14.60	3:03.80 (108)	6:40.10 (78)	13:52.30 (64)
68	Emmett Barber	JR	623	Gilbert	66	17:15.20	3:03.30 (103)	6:42.20 (84)	13:52.80 (66)
69	Forrest Noeske	SR	65	Bloomington Jefferson	67	17:15.30	3:02.70 (96)	6:45.40 (95)	14:00.30 (76)
70	Corbin Oswald	JR	1262	Norwalk Community	68	17:16.20	3:06.10 (126)	6:46.50 (103)	14:01.20 (78)
71	Neal Pinter	SR	430	Denver	69	17:16.30	3:05.60 (121)	6:44.80 (93)	14:01.60 (79)
72	Kellan Croatt	JR	1694	Waukee Northwest	70	17:17.00	2:56.10 (49)	6:31.10 (51)	13:51.30 (60)
73	Miles Bassett	JR	53	Bloomington Jefferson	71	17:18.30	2:59.90 (77)	6:36.70 (62)	13:54.20 (71)
74	Graedyn Morrissey	SR	886	Linn-Mar Marion	72	17:20.10	2:57.20 (62)	6:39.80 (76)	14:00.60 (77)
75	Charlie Driscoll	SR	527	Dubuque Hempstead	73	17:20.20	2:50.10 (13)	6:28.40 (40)	14:04.30 (83)
76	Preston Yutzy	JR	1082	Mid-Prairie Wellman	74	17:20.70	3:09.90 (159)	6:53.30 (130)	14:06.00 (89)
77	Matthew Hanselman	SR	535	Dubuque Hempstead	75	17:21.40	2:58.80 (72)	6:43.60 (85)	13:59.90 (75)
78	Tony Anania	JR	1240	Norwalk Community	76	17:21.50	2:53.30 (26)	6:22.40 (19)	13:51.90 (62)


Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
79 Noah Johnson	SO	1420	Rochester Lourdes	77	17:21.60	2:54.20 (31)	6:27.80 (35)	13:54.10 (70)
80 Brandon Kass	JR	542	Dubuque Hempstead	78	17:23.60	3:01.50 (88)	6:44.70 (92)	14:04.10 (82)
81 Will Houselog	JR	539	Dubuque Hempstead	79	17:24.50	3:01.40 (86)	6:46.10 (99)	14:03.40 (81)
82 Jack Considine	SR	102	Cedar Falls	--	17:26.30	3:11.40 (167)	6:49.70 (116)	14:05.30 (86)
83 Wes Hulseberg	SR	1760	Williamsburg	80	17:26.70	3:14.70 (207)	6:54.60 (133)	14:02.70 (80)
84 Carter Nunn	SO	1014	Marshalltown	81	17:30.70	3:00.90 (84)	6:44.40 (89)	14:04.50 (84)
85 Ryan Heden	JR	35	Bettendorf	82	17:32.30	3:08.10 (142)	6:53.50 (131)	14:20.30 (108)
86 Ashton Hensley	SO	1562	Urbandale	83	17:32.60	3:03.20 (101)	6:45.40 (94)	14:05.00 (85)
87 Isaac Rankin	SO	839	Knoxville	84	17:33.40	3:02.30 (91)	6:46.90 (107)	14:14.80 (99)
88 Zak Shlomi	SO	1705	Waukee Northwest	85	17:35.00	2:56.20 (52)	6:31.10 (50)	14:05.80 (87)
89 Logan Young	SO	74	Bloomington Jefferson	86	17:35.40	3:06.70 (129)	6:53.10 (128)	14:15.20 (100)
90 Brendan Bakker	SR	852	Linn-Mar Marion	87	17:37.10	3:04.20 (112)	6:48.50 (112)	14:13.30 (95)
91 Owen Line	SR	1698	Waukee Northwest	88	17:37.50	2:59.30 (74)	6:40.10 (79)	14:06.90 (90)
92 Marcus Camacho	SR	1796	Xavier Cedar Rapids	89	17:37.70	2:55.90 (47)	6:44.50 (91)	14:25.50 (113)
93 Carson Maly	JR	607	Earlham	90	17:38.20	3:04.40 (114)	6:48.10 (111)	14:18.70 (104)
94 Lane Schrock	SR	1644	Washington	91	17:38.30	3:00.50 (80)	6:44.40 (90)	14:09.70 (93)
95 Andrew Rees	SO	1640	Washington	92	17:39.10	3:00.70 (82)	6:44.40 (88)	14:09.00 (92)
96 Wesley Sadler	JR	1125	Mount Vernon-Lisbon	93	17:39.70	3:07.60 (136)	6:47.80 (110)	14:12.90 (94)
97 Thomas Asmus	SO	1	Austin	94	17:40.30	3:06.10 (125)	6:48.70 (113)	14:08.80 (91)
98 Will Thompson	SR	656	Iowa City Liberty	95	17:41.90	3:07.10 (131)	6:49.60 (115)	14:14.20 (96)
99 Ethan Cox	SR	940	Mankato West	96	17:42.40	3:06.80 (130)	6:51.50 (125)	14:22.60 (111)
100 Gavin Moore	SR	1575	Urbandale	97	17:42.70	3:03.90 (109)	6:47.00 (108)	14:19.00 (105)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
101 Michael Yeomans	SR	1464	Solon	98	17:44.50	3:04.20 (113)	6:50.60 (121)	14:29.10 (122)
102 Kaidan VanderWeele	SR	37	Bettendorf	99	17:45.00	3:08.40 (145)	6:57.30 (141)	14:26.10 (114)
103 Robert Stong	SR	697	Iowa City West	100	17:45.90	2:57.00 (60)	6:37.80 (68)	14:20.10 (107)
104 Brice Wahe	JR	703	Iowa City West	101	17:46.50	2:58.20 (69)	6:37.70 (67)	14:14.40 (97)
105 Kieran DeGroot	JR	103	Cedar Falls	--	17:48.00	3:08.60 (147)	6:47.10 (109)	14:18.00 (103)
106 Calvin Seeman	SR	1770	Williamsburg	102	17:48.40	3:18.00 (228)	7:06.30 (178)	14:28.30 (121)
107 Landon Bannerman	JR	934	Mankato West	103	17:49.30	2:58.50 (71)	6:40.40 (81)	14:15.70 (101)
108 Grant Wallace	JR	1268	Norwalk Community	104	17:49.80	3:05.60 (122)	6:51.40 (122)	14:17.80 (102)
109 Chase Wakefield	SR	39	Bettendorf	105	17:50.10	3:09.80 (157)	6:55.70 (138)	14:32.10 (124)
110 Austin Soldwisch	JR	1728	Waverly-Shell Rock	106	17:50.30	3:12.30 (173)	7:00.00 (152)	14:25.50 (112)
111 Ezra Crandall	SR	860	Linn-Mar Marion	107	17:50.50	2:59.70 (76)	6:39.40 (73)	14:05.80 (88)
112 Caleb Jones	SR	328	Clear Lake	108	17:51.60	3:05.70 (124)	6:55.70 (137)	14:19.60 (106)
113 Nolan McCusker	SO	1532	Spencer	109	17:51.70	3:05.00 (119)	6:50.40 (119)	14:27.10 (116)
114 Charlie Deick	FR	1418	Rochester Lourdes	110	17:54.40	3:02.70 (98)	6:45.80 (97)	14:21.80 (110)
115 Yorty Hagedorn	JR	1203	North Scott Eldridge	111	17:54.70	3:04.00 (111)	6:46.80 (106)	14:14.40 (98)
116 Nile Busch	SO	1753	Williamsburg	112	17:54.80	3:11.20 (166)	6:58.20 (146)	14:28.00 (120)
117 Brody Behrens	SR	238	Center Point-Urbana	113	17:57.50	3:03.20 (102)	6:50.30 (118)	14:26.80 (115)
118 Juan Reyes	SR	1700	Waukee Northwest	--	17:58.50	3:13.10 (184)	7:00.60 (155)	14:27.80 (119)
119 Kaleb Wilgenbusch	JR	1803	Xavier Cedar Rapids	114	18:02.70	3:11.70 (169)	7:04.00 (169)	14:47.70 (149)
120 Gavin Roske	FR	336	Clear Lake	115	18:02.80	3:05.70 (123)	6:57.60 (142)	14:36.70 (131)
121 Lane Larson	JR	1316	Okoboji Milford	--	18:03.70	3:04.70 (116)	6:58.00 (145)	14:43.30 (141)
122 Javin Doland	JR	1162	Newton	116	18:04.20	3:09.30 (153)	6:57.90 (143)	14:27.50 (117)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
123 Maddux Johnson	SR	654	Iowa City Liberty	117	18:06.20	3:14.10 (197)	6:54.80 (134)	14:29.50 (123)
124 Owen Leitzen	JR	545	Dubuque Hempstead	--	18:07.80	2:58.20 (70)	6:46.70 (105)	14:35.30 (127)
125 Henry Hansen	FR	1040	Mason City	--	18:08.70	3:14.40 (204)	7:06.00 (173)	14:44.70 (143)
126 Jack Gummert	SR	460	Des Moines Christian	118	18:08.90	3:09.40 (154)	7:02.30 (162)	14:41.70 (138)
127 Sawyer Feldman	SO	1107	Mount Vernon-Lisbon	119	18:09.30	3:13.20 (187)	7:06.90 (185)	14:41.20 (136)
128 Ryan Sample	JR	1702	Waukee Northwest	--	18:09.30	3:12.40 (176)	7:00.80 (157)	14:36.10 (130)
129 Cayden White	JR	22	BCLUW Conrad	120	18:10.30	2:52.30 (20)	6:35.90 (60)	14:37.10 (133)
130 Sean Gomez	JR	420	Denver	121	18:10.50	3:23.10 (263)	7:14.70 (213)	14:52.20 (158)
131 Adam Ruehling	SO	1701	Waukee Northwest	--	18:11.30	3:12.20 (171)	7:00.60 (154)	14:35.80 (129)
132 Noah Fullhart	SO	1529	Spencer	122	18:11.90	3:20.70 (245)	7:11.40 (202)	14:53.80 (161)
133 Landon Potts	JR	36	Bettendorf	123	18:11.90	3:10.50 (160)	7:04.90 (171)	14:48.70 (151)
134 Austin Lewis	JR	406	Davenport West	124	18:12.00	2:57.70 (67)	6:39.00 (72)	14:21.20 (109)
135 Akron Jostand	SR	1313	Okoboji Milford	--	18:12.50	2:53.40 (27)	6:39.80 (75)	14:34.60 (126)
136 Conor Sweeney	SO	69	Bloomington Jefferson	125	18:12.90	3:07.30 (135)	6:55.50 (136)	14:37.10 (132)
137 Colin Wehrle	FR	705	Iowa City West	126	18:13.40	3:01.20 (85)	6:46.00 (98)	14:38.20 (134)
138 Cade Rosenberger	SR	1518	South Tama County Tama	127	18:14.00	3:09.60 (156)	6:54.50 (132)	14:33.50 (125)
139 Lance Zabel	SO	1179	Newton	128	18:14.30	3:09.50 (155)	7:00.70 (156)	14:42.20 (140)
140 Drew Symons	FR	1351	Onalaska	129	18:14.90	3:07.60 (137)	6:58.60 (147)	14:45.30 (145)
141 Ian Risto	SR	956	Mankato West	130	18:15.10	3:13.60 (190)	7:04.60 (170)	14:54.70 (167)
142 Collin Bumsted	SR	1439	Solon	131	18:15.10	3:04.90 (118)	6:53.20 (129)	14:35.60 (128)
143 Cayle Estling	SO	244	Center Point-Urbana	132	18:17.00	3:07.10 (133)	7:01.90 (161)	14:47.40 (147)
144 Luke Hagenberg	JR	462	Des Moines Christian	133	18:18.70	3:18.80 (232)	7:13.90 (205)	14:47.60 (148)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
145 Chasen Caskey	FR	1105	Mount Vernon-Lisbon	134	18:19.60	3:14.20 (198)	7:07.70 (190)	14:52.60 (159)
146 Hayden Johnsen	JR	653	Iowa City Liberty	135	18:20.50	3:12.30 (174)	7:00.20 (153)	14:46.90 (146)
147 Sawyer Tschantz	SO	1647	Washington	136	18:23.20	3:03.10 (99)	6:52.80 (127)	14:50.70 (156)
148 Lawsinn Sinnwell	SR	1461	Solon	137	18:23.20	3:03.90 (110)	7:02.60 (163)	15:00.50 (175)
149 Myles Matthias	SO	426	Denver	138	18:23.40	3:09.00 (151)	6:57.20 (140)	14:42.00 (139)
150 Tyler Kirchoff	JR	948	Mankato West	139	18:24.00	3:11.90 (170)	7:03.00 (164)	14:49.90 (153)
151 Drew Johnson	SR	1567	Urbandale	140	18:24.40	3:03.50 (105)	6:46.50 (102)	14:27.80 (118)
152 Ambrose Nuxoll	SR	1387	Regina Iowa City	141	18:24.60	3:14.30 (203)	7:06.10 (174)	14:49.50 (152)
153 Casey Kirtz	SR	250	Center Point-Urbana	142	18:25.00	3:07.80 (140)	7:01.70 (160)	14:54.50 (166)
154 Barrett Jesina	SO	1515	South Tama County Tama	143	18:25.40	3:14.30 (200)	7:01.60 (159)	14:53.90 (162)
155 Landon Menninga	SR	1169	Newton	144	18:26.20	2:59.20 (73)	6:51.40 (124)	14:44.20 (142)
156 Carter Easton	JR	243	Center Point-Urbana	145	18:26.40	3:07.10 (132)	7:01.40 (158)	14:54.20 (165)
157 Will Kennedy	FR	874	Linn-Mar Marion	--	18:27.10	3:06.70 (128)	6:59.80 (151)	14:56.10 (169)
158 Noah Gehler	JR	33	Bettendorf	146	18:27.60	3:17.70 (225)	7:16.80 (219)	14:58.50 (172)
159 Jaydon Wiggins	SR	1223	North Scott Eldridge	147	18:28.60	3:06.50 (127)	6:59.40 (149)	14:49.90 (154)
160 Colin Finch	FR	650	Iowa City Liberty	--	18:28.70	3:15.50 (214)	7:11.10 (200)	14:55.90 (168)
161 Lars Hildebrand	FR	652	Iowa City Liberty	--	18:28.80	3:12.80 (179)	7:03.50 (165)	14:53.90 (163)
162 Caleb Rasmussen	SO	1015	Marshalltown	148	18:29.10	3:16.70 (221)	7:08.50 (194)	14:57.90 (171)
163 Ethan Larson	SR	425	Denver	149	18:29.50	3:11.40 (168)	7:04.00 (168)	14:45.10 (144)
164 Owen Welling	FR	647	Indianola	150	18:30.60	3:00.40 (79)	6:50.50 (120)	14:48.00 (150)
165 Jesus Murillo	SR	1170	Newton	151	18:30.80	3:01.80 (89)	6:51.40 (123)	14:41.70 (137)
166 Ian Kim	JR	947	Mankato West	152	18:31.50	3:27.70 (298)	7:19.30 (226)	15:05.20 (182)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
167 Rylei Koppie	SO	1530	Spencer	153	18:31.90	3:12.60 (178)	7:03.80 (166)	14:54.20 (164)
168 Isaiah Thomsen	FR	646	Indianola	154	18:32.60	3:02.20 (90)	6:55.50 (135)	14:53.20 (160)
169 Jace Matern	JR	379	Columbus Catholic Waterloo	155	18:35.60	3:04.50 (115)	6:52.70 (126)	14:50.20 (155)
170 Matt Takacs	SR	1394	Regina Iowa City	156	18:37.00	3:14.30 (201)	7:05.90 (172)	15:00.00 (174)
171 Maxon Swartzentruber	FR	1079	Mid-Prairie Wellman	157	18:39.60	3:13.00 (183)	7:06.90 (183)	14:59.50 (173)
172 Colin Knudsen	JR	1719	Waverly-Shell Rock	158	18:40.10	3:25.70 (285)	7:28.00 (246)	15:10.70 (189)
173 Colin Olney	SR	1389	Regina Iowa City	159	18:41.50	3:14.00 (196)	7:06.60 (181)	15:01.60 (178)
174 Dawson Braet	FR	602	Earlham	160	18:42.10	3:17.80 (227)	7:14.00 (208)	15:09.70 (187)
175 David Nichols	FR	609	Earlham	161	18:42.70	3:15.50 (215)	7:18.10 (223)	15:21.60 (203)
176 Landon Batcheler	SO	237	Center Point-Urbana	162	18:43.20	3:14.60 (206)	7:10.90 (199)	15:15.50 (197)
177 Kasey Barth	SR	1345	Onalaska	163	18:44.70	3:20.20 (241)	7:20.70 (233)	15:12.00 (192)
178 Sam Showers	JR	695	Iowa City West	164	18:45.50	2:56.80 (58)	6:36.80 (63)	14:40.90 (135)
179 Isaac Larson	SR	252	Center Point-Urbana	165	18:45.50	3:10.90 (163)	7:06.50 (180)	15:02.00 (179)
180 Colin Henn	SO	536	Dubuque Hempstead	--	18:46.80	3:12.40 (175)	7:06.90 (184)	15:05.40 (184)
181 Van Munson	SR	1534	Spencer	166	18:47.50	3:04.80 (117)	6:46.60 (104)	15:01.40 (177)
182 Charlie Koons	FR	1764	Williamsburg	167	18:49.10	3:26.90 (292)	7:33.80 (260)	15:21.70 (204)
183 Evan White	SO	1398	Regina Iowa City	168	18:50.40	3:14.20 (199)	7:07.20 (188)	15:01.20 (176)
184 Grant Bumsted	SR	1440	Solon	169	18:50.60	3:11.10 (165)	6:58.80 (148)	15:02.90 (181)
185 Seamus O'Connor	JR	1117	Mount Vernon-Lisbon	170	18:51.70	3:10.60 (161)	6:59.40 (150)	15:02.30 (180)
186 Kingston Bloom	FR	641	Indianola	171	18:52.60	3:00.20 (78)	6:50.20 (117)	14:52.10 (157)
187 Christian Buchli	JR	1159	Newton	172	18:52.70	3:12.90 (180)	7:06.20 (175)	15:07.90 (185)
188 Ayeden Lein	FR	1042	Mason City	--	18:54.00	3:15.10 (211)	7:14.20 (209)	15:17.60 (199)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
189 Jonas Hovland	SO	5	Austin	173	18:54.90	3:16.10 (217)	7:16.80 (217)	15:21.40 (202)
190 Stratton Ellyson	FR	1106	Mount Vernon-Lisbon	--	18:55.30	3:21.60 (250)	7:20.70 (232)	15:14.70 (196)
191 Jaden Sisler	JR	466	Des Moines Christian	174	18:57.90	3:14.80 (208)	7:14.30 (210)	15:13.20 (193)
192 Evan Burg	JR	1441	Solon	175	18:58.80	3:08.60 (146)	7:06.20 (177)	15:25.80 (210)
193 Ben Hsieh	SR	1348	Onalaska	176	18:59.10	3:19.70 (238)	7:20.10 (230)	15:11.40 (191)
194 Alex Ewoldt	JR	403	Davenport West	177	18:59.20	3:10.80 (162)	7:06.60 (182)	15:07.90 (186)
195 Damian Vergara	SR	395	Columbus Community Columbus Junction	178	18:59.90	3:12.60 (177)	7:07.00 (186)	15:10.30 (188)
196 Dylan Lang	SO	1801	Xavier Cedar Rapids	179	19:00.40	3:13.30 (188)	7:11.70 (203)	15:16.60 (198)
197 Benjamin White	SR	898	Linn-Mar Marion	--	19:01.50	3:07.20 (134)	7:03.90 (167)	15:10.70 (190)
198 Praneel Rastogi	SO	693	Iowa City West	--	19:02.60	2:55.40 (42)	6:43.60 (86)	14:57.80 (170)
199 Wyatt Applegarth	SR	1436	Solon	180	19:04.30	3:19.70 (239)	7:25.40 (242)	15:25.10 (209)
200 Trevor Baas	JR	414	Denver	181	19:04.60	3:13.20 (186)	7:07.60 (189)	15:13.50 (195)
201 Caleb Kass	FR	4137	 Northern Iowa	--	19:05.70			
202 Jarett Clayton	SR	417	Denver	182	19:07.90	3:19.10 (235)	7:21.80 (237)	15:27.80 (213)
203 Aiden Hippen	SO	326	Clear Lake	183	19:08.40	3:25.40 (282)	7:31.70 (253)	15:32.10 (217)
204 Silas Gann	SO	622	Forest City	--	19:08.40	3:08.30 (143)	6:57.90 (144)	15:05.20 (183)
205 Lucas Burkamper	JR	217	Cedar Rapids Washington	184	19:09.20	3:45.30 (390)	7:55.60 (324)	15:46.20 (234)
206 Isaac Smith	SO	337	Clear Lake	185	19:09.50	3:22.20 (255)	7:14.00 (207)	15:19.70 (200)
207 Andrew Shepherd	SR	1645	Washington	186	19:09.50	3:08.80 (149)	7:06.40 (179)	15:22.80 (205)
208 Kriene Schneidermann	SR	224	Cedar Rapids Washington	187	19:09.90	3:26.50 (290)	7:34.40 (264)	15:31.70 (216)
209 Cade Storm	FR	393	Columbus Community Columbus Junction	188	19:10.00	3:22.30 (256)	7:25.20 (241)	15:39.20 (225)
210 Tyler McMullin	SO	1766	Williamsburg	189	19:11.60	3:22.90 (261)	7:19.50 (228)	15:24.10 (206)
211 Jack McCarthy	SO	1206	North Scott Eldridge	190	19:12.10	3:21.70 (252)	7:20.90 (235)	15:29.60 (214)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
212 Silas Kimberley	JR	365	Collins-Maxwell	191	19:13.90	3:16.20 (218)	7:15.90 (215)	15:25.00 (208)
213 Andrew Heden	FR	34	Bettendorf	192	19:14.40	3:32.50 (325)	7:37.80 (273)	15:34.20 (219)
214 Dale Greene	SR	1005	Marshalltown	193	19:15.30	3:17.30 (223)	7:14.50 (212)	15:30.70 (215)
215 Howie O'Rourke	SO	1390	Regina Iowa City	194	19:17.20	3:13.40 (189)	7:08.30 (193)	15:26.00 (211)
216 Ian Ray	SO	955	Mankato West	195	19:18.50	3:20.50 (243)	7:18.50 (224)	15:39.60 (226)
217 Gavin Ryner	JR	283	Central Springs	196	19:19.80	3:24.90 (276)	7:21.60 (236)	15:21.30 (201)
218 Finn Brummel	SO	1751	Williamsburg	197	19:20.40	3:23.30 (265)	7:20.70 (234)	15:24.10 (207)
219 Samuel Welter	JR	1396	Regina Iowa City	198	19:22.20	2:57.40 (65)	6:49.20 (114)	15:13.50 (194)
220 Josiah Sisler	FR	467	Des Moines Christian	199	19:23.00	3:18.80 (233)	7:14.50 (211)	15:35.40 (220)
221 Jace Sanders	JR	1643	Washington	200	19:23.40	3:09.00 (152)	7:07.10 (187)	15:35.80 (221)
222 Ryker Ballis	SO	1300	Okoboji Milford	--	19:23.60	3:13.10 (185)	7:10.00 (196)	15:36.10 (222)
223 Presley Arnold	SR	1157	Newton	201	19:24.50	3:08.70 (148)	7:06.20 (176)	15:27.10 (212)
224 Daniel Rodgers	SR	1075	Mid-Prairie Wellman	202	19:25.00	3:30.10 (315)	7:38.70 (276)	15:43.90 (230)
225 Kalin Anderson	FR	810	Kasson-Mantorville	203	19:26.50	3:25.00 (278)	7:36.80 (270)	15:45.30 (232)
226 Teddy Torborg	SO	1425	Rochester Lourdes	204	19:29.40	3:23.00 (262)	7:31.80 (255)	15:43.80 (229)
227 Dylan Berg	FR	32	Bettendorf	--	19:32.40	3:32.70 (327)	7:37.90 (274)	15:44.70 (231)
228 Luke Archer	SO	1344	Onalaska	205	19:32.40	3:19.80 (240)	7:20.40 (231)	15:38.80 (224)
229 Braxten Rohrs	SR	1517	South Tama County Tama	206	19:33.00	3:17.70 (226)	7:16.80 (218)	15:48.20 (236)
230 Ian Estudillo	SR	390	Columbus Community Columbus Junction	207	19:34.60	3:12.90 (181)	7:10.10 (197)	15:37.60 (223)
231 Colin Reed	FR	1768	Williamsburg	208	19:36.50	3:28.40 (303)	7:33.90 (261)	15:43.60 (228)
232 Mitchell Doepke	SO	419	Denver	209	19:36.60	3:29.30 (310)	7:40.10 (280)	15:50.90 (239)
233 Sergio Tello	JR	1536	Spencer	210	19:37.20	3:17.20 (222)	7:19.80 (229)	15:59.20 (248)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
234 Jason Garnica	FR	1202	North Scott Eldridge	211	19:37.40	3:21.40 (248)	7:27.00 (243)	15:46.30 (235)
235 Patrick Trihey	SR	824	Kasson-Mantorville	212	19:38.20	3:19.00 (234)	7:27.40 (245)	15:45.40 (233)
236 Philip Lueth	SO	59	Bloomington Jefferson	--	19:38.30	3:08.00 (141)	7:10.30 (198)	15:41.40 (227)
237 Sam Ross	SR	645	Indianola	213	19:39.40	3:13.00 (182)	7:17.20 (222)	15:33.30 (218)
238 Hunter Miller	JR	715	Iowa Falls-Alden	214	19:41.40	3:13.90 (195)	7:16.10 (216)	15:48.90 (238)
239 Devin Busch	SR	1752	Williamsburg	--	19:42.10	3:27.30 (295)	7:33.60 (259)	15:55.70 (244)
240 Austin Hennick	SR	363	Collins-Maxwell	215	19:42.60	3:15.00 (209)	7:15.60 (214)	15:48.60 (237)
241 Ian Meyer	SR	1012	Marshalltown	216	19:42.70	3:20.90 (246)	7:28.50 (247)	15:55.10 (240)
242 Hayden Hill	FR	1497	South Hamilton Jewell	217	19:43.20	3:23.90 (271)	7:32.00 (256)	15:58.60 (246)
243 Ethan Evelsizer	SR	324	Clear Lake	218	19:43.50	3:34.30 (343)	7:51.60 (307)	16:04.50 (251)
244 Austin Damisch	SO	218	Cedar Rapids Washington	219	19:43.70	3:33.00 (329)	7:48.30 (300)	16:06.30 (256)
245 Cayden Brewer	SO	1528	Spencer	220	19:49.20	3:14.30 (202)	7:17.00 (220)	15:55.40 (243)
246 Kyle Reisinger	SR	223	Cedar Rapids Washington	221	19:49.60	3:21.40 (247)	7:25.20 (240)	15:55.30 (242)
247 Parker Gooding	JR	1004	Marshalltown	--	19:50.70	3:22.80 (260)	7:31.20 (252)	15:55.30 (241)
248 Laken Zanker	JR	1503	South Hamilton Jewell	222	19:52.80	3:23.90 (270)	7:31.80 (254)	15:58.40 (245)
249 Jesse Stultz	SO	1077	Mid-Prairie Wellman	223	19:53.30	3:26.30 (288)	7:40.90 (285)	16:06.90 (257)
250 Matthew Simmons	JR	1219	North Scott Eldridge	224	19:54.00	3:21.80 (254)	7:34.20 (262)	16:05.10 (253)
251 Isaiah Smith	SR	226	Cedar Rapids Washington	225	19:54.60	3:27.70 (300)	7:40.20 (283)	16:05.40 (254)
252 Jalen Hart	JR	378	Columbus Catholic Waterloo	226	19:56.40	3:18.20 (229)	7:34.60 (265)	16:12.00 (260)
253 Bryan Tlatenchi	JR	394	Columbus Community Columbus Junction	227	19:56.40	3:24.40 (275)	7:29.70 (249)	16:05.80 (255)
254 Elliott Ruiz	JR	1045	Mason City	--	19:57.10	3:15.20 (212)	7:23.80 (238)	16:01.40 (249)
255 John Amos	FR	317	Clear Lake	228	19:58.30	3:34.00 (338)	7:51.90 (309)	16:16.50 (273)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
256 Camden Mosher	SO	1533	Spencer	229	19:59.10	3:15.00 (210)	7:17.10 (221)	16:04.70 (252)
257 Thomas Flynn	JR	1069	Mid-Prairie Wellman	230	19:59.80	3:24.40 (274)	7:40.40 (284)	16:15.30 (270)
258 Aiden Burtness	FR	320	Clear Lake	231	19:59.80	3:25.40 (283)	7:36.10 (268)	16:13.80 (266)
259 Asher Wood	SR	1178	Newton	232	20:00.70	3:15.40 (213)	7:19.50 (227)	15:59.10 (247)
260 Luke Moore	SO	330	Clear Lake	--	20:02.50	3:34.10 (339)	7:51.30 (306)	16:16.20 (272)
261 Mason Schaack	JR	1217	North Scott Eldridge	233	20:04.00	3:28.80 (306)	7:45.60 (293)	16:12.40 (262)
262 Cody Lange	JR	817	Kasson-Mantorville	234	20:05.10	3:26.00 (287)	7:42.30 (287)	16:18.80 (276)
263 Colby Archer	SO	318	Clear Lake	--	20:08.50	3:33.90 (335)	7:52.60 (314)	16:22.70 (278)
264 Deacon Duffe	SR	1790	Wilton	--	20:09.50	3:20.70 (244)	7:37.60 (271)	16:13.50 (264)
265 Quinn Warren	SR	1395	Regina Iowa City	235	20:10.40	3:18.60 (230)	7:29.60 (248)	16:13.20 (263)
266 Blake Petersen	JR	610	Earlham	236	20:10.60	3:28.90 (307)	7:52.40 (312)	16:26.90 (282)
267 Carter Lanphere	SR	281	Central Springs	237	20:11.30	3:25.30 (281)	7:40.20 (281)	16:21.70 (277)
268 Spencer Michels	SO	1455	Solon	--	20:12.30	3:15.70 (216)	7:25.00 (239)	16:10.50 (259)
269 Aiden Bridges	SR	1712	Waverly-Shell Rock	238	20:13.00	3:33.90 (336)	7:52.60 (313)	16:23.00 (279)
270 Brett Schindler	SO	1350	Onalaska	--	20:13.90	3:21.80 (253)	7:32.20 (257)	16:14.60 (269)
271 Drew Conrad	SO	1634	Washington	239	20:15.10	3:25.90 (286)	7:40.20 (282)	16:15.70 (271)
272 Reno Anderson	SO	1527	Spencer	--	20:16.20	3:22.70 (259)	7:37.60 (272)	16:28.00 (284)
273 Reece Waters	FR	1080	Mid-Prairie Wellman	240	20:16.30	3:27.00 (293)	7:45.60 (294)	16:23.40 (280)
274 Cade Smith	JR	225	Cedar Rapids Washington	241	20:17.40	3:33.00 (330)	7:48.40 (301)	16:18.00 (274)
275 Conner McPartlin	SR	1168	Newton	--	20:18.80	3:32.40 (324)	7:47.40 (298)	16:18.10 (275)
276 Jason Waterman	SR	440	Denver	--	20:20.80	3:13.90 (194)	7:12.30 (204)	16:04.20 (250)
277 Jaemon McDonald	8	61	Bloomington Jefferson	--	20:20.90	3:17.40 (224)	7:27.20 (244)	16:14.50 (268)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
278 Elijah Graves	SO	1308	Okoboji Milford	--	20:21.40	3:02.50 (93)	7:09.50 (195)	16:08.20 (258)
279 Kamden Smith	FR	338	Clear Lake	--	20:21.50	3:34.20 (341)	7:53.50 (316)	16:28.60 (285)
280 Charlie Hyder	8	1419	Rochester Lourdes	242	20:22.10	3:31.60 (319)	7:54.30 (322)	16:36.30 (293)
281 Dylan Rossow	SR	1423	Rochester Lourdes	243	20:22.20	3:16.20 (219)	7:19.30 (225)	16:12.10 (261)
282 Devin Homan	FR	423	Denver	--	20:22.60	3:33.90 (337)	7:51.80 (308)	16:27.20 (283)
283 Isaiah Hill	SR	364	Collins-Maxwell	244	20:23.70	3:23.40 (266)	7:45.40 (291)	16:33.40 (289)
284 Bobby Tapper	SR	1501	South Hamilton Jewell	245	20:24.10	3:19.50 (236)	7:29.80 (250)	16:13.70 (265)
285 Kael Malichky	SR	1636	Washington	--	20:29.70	3:11.00 (164)	7:45.50 (292)	16:33.20 (288)
286 Jesus Tabora-Lara	JR	305	Clayton Ridge Guttenberg	246	20:32.40	3:27.00 (294)	7:45.20 (290)	16:35.90 (292)
287 Kyle James	JR	247	Center Point-Urbana	247	20:32.60	3:36.70 (357)	8:00.80 (337)	16:37.00 (295)
288 Grant Peterson	SR	1211	North Scott Eldridge	248	20:33.20	3:21.40 (249)	7:34.20 (263)	16:42.90 (301)
289 Michael Brandl	8	811	Kasson-Mantorville	249	20:33.50	3:34.90 (344)	7:57.00 (328)	16:36.70 (294)
290 Carson Wright	SO	1020	Marshalltown	--	20:33.60	3:29.70 (312)	7:45.80 (295)	16:26.90 (281)
291 Cayden Scheil	JR	1126	Mount Vernon-Lisbon	--	20:34.10	3:29.70 (311)	7:51.30 (305)	16:30.80 (287)
292 Hayes Arwine	SO	1750	Williamsburg	--	20:35.50	3:29.80 (313)	7:48.90 (303)	16:34.70 (291)
293 Xavier Torborg	8	1426	Rochester Lourdes	250	20:35.60	3:29.00 (309)	7:54.10 (320)	16:42.70 (300)
294 Elijah Strei	FR	382	Columbus Catholic Waterloo	251	20:37.00	3:27.70 (299)	7:49.00 (304)	16:43.70 (304)
295 Carson Haase	SR	421	Denver	--	20:38.10	3:13.70 (193)	7:14.00 (206)	16:13.80 (267)
296 Keller Wilson	SR	1597	Valley Lutheran	252	20:39.20	3:33.50 (333)	7:54.60 (323)	16:43.20 (302)
297 Isaac Copeland	SR	1201	North Scott Eldridge	--	20:40.50	3:23.60 (269)	7:39.50 (277)	16:48.60 (307)
298 Ethan Russell	JR	840	Knoxville	253	20:40.60	3:18.80 (231)	7:36.50 (269)	16:34.00 (290)
299 Walker Laughridge	JR	1593	Valley Lutheran	254	20:42.90	3:23.50 (267)	7:38.40 (275)	16:28.90 (286)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
300 Zach Karney	SO	404	Davenport West	255	20:44.60	3:22.50 (257)	7:39.90 (279)	16:42.10 (299)
301 Jacob Donaldson	SR	1068	Mid-Prairie Wellman	--	20:45.50	3:24.90 (277)	7:42.50 (288)	16:40.50 (297)
302 Bryan Munguia-Chavez	JR	487	Dike-New Hartford	256	20:54.20	3:19.50 (237)	7:35.70 (267)	16:44.80 (305)
303 Chase Monroe	FR	407	Davenport West	257	20:54.70	3:22.70 (258)	7:39.90 (278)	16:43.30 (303)
304 Max Nelson	JR	1422	Rochester Lourdes	258	20:54.90	3:31.20 (318)	8:07.00 (346)	17:08.60 (318)
305 Zander Christiansen	SO	1714	Waverly-Shell Rock	259	20:55.00	3:35.00 (345)	7:58.30 (330)	16:50.20 (308)
306 Rene Meza	SO	1454	Solon	--	20:57.30	3:33.20 (331)	7:59.60 (334)	16:48.20 (306)
307 Nathan Rodriguez	SO	1535	Spencer	--	20:59.40	3:25.20 (280)	7:30.80 (251)	16:42.00 (298)
308 Lucas Geerts	SO	1715	Waverly-Shell Rock	260	21:00.30	3:39.30 (373)	8:10.00 (354)	17:01.70 (312)
309 Noah Sash	JR	8	Austin	261	21:01.00	3:38.50 (368)	8:08.10 (349)	17:08.80 (319)
310 Elisha Foley	SO	812	Kasson-Mantorville	262	21:01.00	3:40.50 (378)	8:18.30 (366)	17:11.90 (325)
311 Urijah Courter	FR	360	Collins-Maxwell	263	21:01.80	3:32.00 (321)	7:53.70 (317)	16:53.90 (309)
312 Baily Schara	FR	1725	Waverly-Shell Rock	264	21:01.90	3:39.50 (374)	8:12.50 (358)	17:10.40 (322)
313 Gerrit Vande Haar	FR	1673	Waterloo Christian	265	21:05.50	3:25.50 (284)	7:47.80 (299)	16:54.20 (310)
314 Isaac Stanley	JR	1220	North Scott Eldridge	--	21:06.30	3:28.10 (301)	7:42.20 (286)	16:39.50 (296)
315 Owen Dew	FR	220	Cedar Rapids Washington	266	21:06.30	3:38.60 (371)	8:02.90 (341)	17:06.50 (314)
316 Deegan Dirx	JR	362	Collins-Maxwell	267	21:08.80	3:38.70 (372)	8:06.40 (345)	17:17.90 (329)
317 Ambrose Luong	FR	1043	Mason City	--	21:09.00	3:37.50 (360)	8:02.60 (340)	17:15.20 (326)
318 Mason Stucky	8	822	Kasson-Mantorville	268	21:10.40	3:38.50 (370)	8:08.50 (350)	17:16.10 (328)
319 Micah Wilson	JR	1598	Valley Lutheran	269	21:16.30	3:32.70 (328)	7:55.70 (325)	17:05.90 (313)
320 Aaron Shoemaker	FR	367	Collins-Maxwell	270	21:17.90	3:37.60 (362)	8:10.20 (355)	17:21.80 (331)
321 Lincon Dardis	JR	1381	Regina Iowa City	--	21:19.30	3:28.40 (304)	7:53.80 (318)	17:07.10 (315)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
322 Ryan Villa	FR	396	Columbus Community Columbus Junction	271	21:20.70	3:34.20 (340)	7:58.80 (332)	17:11.80 (323)
323 Brady Cripe	FR	1797	Xavier Cedar Rapids	272	21:20.70	3:36.10 (354)	8:07.50 (347)	17:33.90 (342)
324 Markus Woolery	FR	1675	Waterloo Christian	273	21:24.50	3:29.90 (314)	7:58.50 (331)	17:11.80 (324)
325 Cooper Michael	SR	608	Earlham	274	21:26.70	3:28.70 (305)	7:56.50 (326)	17:22.00 (332)
326 Jackson Hilkin	JR	4	Austin	275	21:30.90	3:38.40 (367)	8:12.70 (360)	17:27.00 (334)
327 Nate Lamb	SR	1166	Newton	--	21:31.00	3:35.00 (346)	7:59.60 (335)	17:07.90 (316)
328 Jack Pruin	JR	282	Central Springs	276	21:32.40	3:47.20 (397)	8:29.80 (381)	17:28.00 (337)
329 Riley Ferguson	SR	3	Austin	277	21:33.50	3:38.00 (363)	8:08.00 (348)	17:18.90 (330)
330 Jonathon Pickard	FR	1073	Mid-Prairie Wellman	--	21:33.80	3:35.60 (351)	8:05.80 (343)	17:15.60 (327)
331 Kerrick Truong	JR	408	Davenport West	278	21:35.70	3:38.30 (366)	8:09.40 (353)	17:22.70 (333)
332 Kian Mcmenomy	SO	1421	Rochester Lourdes	--	21:37.30	3:32.60 (326)	7:54.10 (321)	17:09.50 (320)
333 Conner Fencil	JR	1669	Waterloo Christian	279	21:38.60	3:36.00 (352)	8:13.50 (362)	17:27.40 (336)
334 Eli Ralston	SR	1500	South Hamilton Jewell	280	21:43.10	3:36.70 (356)	8:12.60 (359)	17:32.40 (340)
335 Carter Frank	FR	605	Earlham	281	21:45.80	3:37.60 (361)	8:11.90 (357)	17:27.10 (335)
336 Jace Fassbinder	SR	298	Clayton Ridge Guttenberg	282	21:49.90	3:46.30 (393)	8:34.50 (388)	17:53.70 (355)
337 Brady Hartsock	FR	481	Dike-New Hartford	283	21:50.40	3:47.50 (400)	8:24.20 (374)	17:42.90 (346)
338 Ethan Backes	SO	295	Clayton Ridge Guttenberg	284	21:50.60	3:35.60 (350)	8:05.90 (344)	17:30.20 (338)
339 Mason Gehrkling	SR	813	Kasson-Mantorville	--	21:51.10	3:38.50 (369)	8:18.80 (368)	17:42.30 (345)
340 Gage Mueller	FR	1722	Waverly-Shell Rock	285	21:52.30	3:34.30 (342)	7:53.00 (315)	17:08.20 (317)
341 Calvin Minard	FR	380	Columbus Catholic Waterloo	286	21:57.90	3:27.40 (296)	7:48.80 (302)	17:10.00 (321)
342 Breckin Ryan	JR	1424	Rochester Lourdes	--	22:01.90	3:39.70 (376)	8:18.80 (369)	17:56.60 (358)
343 Hayden Reilly	FR	222	Cedar Rapids Washington	--	22:03.30	3:33.30 (332)	8:03.10 (342)	17:32.00 (339)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
344 Oliver Gibson	FR	1717	Waverly-Shell Rock	--	22:04.40	3:42.30 (381)	8:17.30 (365)	17:50.90 (351)
345 Bradley Hembrook	FR	838	Knoxville	287	22:05.00	3:35.30 (347)	8:08.60 (351)	17:41.90 (344)
346 Hunter Gray	SR	837	Knoxville	288	22:05.40	3:23.60 (268)	8:00.50 (336)	17:47.60 (350)
347 Drew Granzow	FR	710	Iowa Falls-Alden	289	22:08.70	3:26.70 (291)	7:58.10 (329)	17:33.50 (341)
348 Thomas Haas	JR	280	Central Springs	290	22:09.70	3:48.70 (404)	8:31.60 (383)	17:45.90 (349)
349 Michael Dube	SO	2	Austin	291	22:09.80	3:42.10 (380)	8:27.60 (375)	17:53.00 (354)
350 Jacob Berumez	JR	376	Columbus Catholic Waterloo	292	22:10.40	3:44.40 (386)	8:28.20 (378)	17:52.70 (353)
351 Payton Harger	SR	606	Earlham	293	22:12.70	3:38.10 (364)	8:13.10 (361)	17:44.10 (348)
352 Wouter Reuling	SO	1724	Waverly-Shell Rock	--	22:16.50	3:42.60 (383)	8:22.60 (372)	17:51.70 (352)
353 Jeffrey Hartogh	JR	1799	Xavier Cedar Rapids	294	22:17.50	3:49.80 (408)	8:38.10 (395)	17:59.50 (360)
354 Juan Alcala	FR	388	Columbus Community Columbus Junction	295	22:20.10	3:47.40 (399)	8:34.10 (387)	18:10.10 (364)
355 Liam Aldelfinger	SO	1789	Wilton	--	22:20.70	3:49.00 (406)	8:34.60 (389)	18:03.50 (361)
356 Connor Schultz	SO	841	Knoxville	296	22:22.50	3:13.60 (191)	7:32.90 (258)	17:43.60 (347)
357 Mats Eskevik	SR	480	Dike-New Hartford	297	22:27.40	3:27.40 (297)	7:54.10 (319)	18:04.30 (362)
358 Jagger Ferrie	JR	1496	South Hamilton Jewell	298	22:27.80	3:42.60 (384)	8:27.60 (376)	18:14.80 (366)
359 Liam Perreault	SR	1802	Xavier Cedar Rapids	299	22:28.30	3:32.30 (323)	8:19.00 (370)	18:21.80 (369)
360 DW Beltz	SR	1589	Valley Lutheran	300	22:32.40	3:37.30 (358)	8:13.50 (363)	18:15.20 (367)
361 Joe Polyak	SR	1391	Regina Iowa City	--	22:32.50	3:31.80 (320)	8:08.80 (352)	17:55.90 (357)
362 Fernando Flores	FR	299	Clayton Ridge Guttenberg	301	22:33.20	3:32.20 (322)	8:01.80 (338)	17:57.40 (359)
363 Camden Lyons	SO	1449	Solon	--	22:33.40	3:24.30 (273)	7:52.30 (311)	17:53.80 (356)
364 Adam Blakeman	SO	1590	Valley Lutheran	302	22:35.90	3:23.10 (264)	7:44.40 (289)	17:35.60 (343)
365 Oaklan Jirak	FR	1792	Wilton	--	22:37.60	3:49.10 (407)	8:35.20 (391)	18:14.20 (365)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
366 Fernando Erazo	SR	389	Columbus Community Columbus Junction	303	22:42.90	3:47.20 (398)	8:31.70 (384)	18:23.40 (370)
367 Nicholas Reisiknger	FR	221	Cedar Rapids Washington	--	23:01.60	3:42.40 (382)	8:23.50 (373)	18:20.80 (368)
368 Reid McCormick	SO	486	Dike-New Hartford	304	23:07.90	3:39.70 (375)	8:28.50 (379)	18:24.30 (371)
369 Nate Sparks	FR	716	Iowa Falls-Alden	305	23:09.00	3:37.30 (359)	8:20.90 (371)	18:51.60 (375)
370 Maximo Zuniga	JR	383	Columbus Catholic Waterloo	306	23:13.30	3:44.50 (387)	8:30.30 (382)	18:44.80 (374)
371 Crew Klingner	SR	1763	Williamsburg	--	23:13.80	3:31.10 (317)	7:51.90 (310)	16:58.10 (311)
372 Noah Tremel	FR	1176	Newton	--	23:16.60	3:36.70 (355)	8:27.80 (377)	18:54.70 (379)
373 Cullen Santjer	SR	821	Kasson-Mantorville	--	23:18.60	3:46.90 (395)	8:39.90 (397)	18:52.40 (376)
374 Carl Kordick	JR	405	Davenport West	307	23:19.20	3:45.60 (392)	8:36.20 (394)	19:03.50 (383)
375 Diego Teada	SR	1019	Marshalltown	--	23:23.50	3:28.30 (302)	7:46.20 (296)	18:08.40 (363)
376 Mateo Sotomayor	SR	490	Dike-New Hartford	308	23:24.50	3:41.50 (379)	8:35.80 (393)	18:52.60 (377)
377 Zane Schmitz	SO	1595	Valley Lutheran	309	23:27.80	4:01.20 (418)	9:01.20 (408)	19:19.20 (387)
378 Samuel Kirchoff	FR	711	Iowa Falls-Alden	310	23:29.40	3:24.00 (272)	7:56.80 (327)	18:38.10 (373)
379 Thomas Wirth	JR	1502	South Hamilton Jewell	311	23:31.20	3:46.80 (394)	8:35.10 (390)	18:38.10 (372)
380 Simon Duppong	FR	1667	Waterloo Christian	312	23:34.10	3:21.60 (251)	8:02.00 (339)	19:01.00 (381)
381 Trace Junker	FR	1498	South Hamilton Jewell	313	23:39.80	3:47.10 (396)	8:35.40 (392)	18:58.60 (380)
382 Matias Dahl	SR	1347	Onalaska	--	23:50.50	3:20.40 (242)	7:59.20 (333)	19:27.00 (391)
383 Seth Shepherd	JR	1646	Washington	--	23:54.40	3:40.40 (377)	8:28.70 (380)	18:54.40 (378)
384 Grayson Hartung	JR	1791	Wilton	--	23:56.00	4:01.40 (419)	9:10.60 (414)	19:30.40 (394)
385 Owen Wetter	SR	285	Central Springs	314	24:00.90	3:48.90 (405)	8:41.20 (398)	19:19.60 (388)
386 Elijah Eike	SO	1604	Wapsie Valley Fairbank	--	24:01.10	3:48.30 (402)	8:58.60 (405)	19:12.20 (385)
387 Cooper Wymore	JR	286	Central Springs	315	24:01.90	3:53.00 (412)	8:54.80 (404)	19:20.00 (389)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
388 Jackson Smith	SR	304	Clayton Ridge Guttenberg	316	24:03.30	3:56.90 (414)	9:03.60 (410)	19:27.70 (392)
389 Wilken Kube	SR	712	Iowa Falls-Alden	317	24:11.90	3:35.40 (349)	8:18.30 (367)	19:02.40 (382)
390 Colton Hoeger	SO	300	Clayton Ridge Guttenberg	318	24:19.50	3:57.00 (415)	9:03.50 (409)	19:27.70 (393)
391 Kyler Davis	SO	361	Collins-Maxwell	319	24:20.10	3:45.50 (391)	8:42.50 (399)	19:25.90 (390)
392 Zack Morris	JR	19	BCLUW Conrad	320	24:21.20	3:43.80 (385)	8:39.60 (396)	19:08.70 (384)
393 Blake Barker	SR	274	Central Springs	321	24:34.70	3:52.80 (410)	8:51.60 (402)	19:19.10 (386)
394 Brady Beier	JR	1588	Valley Lutheran	322	24:36.00	4:10.50 (424)	9:32.60 (417)	19:55.60 (397)
395 Nick Halverson	FR	815	Kasson-Mantorville	--	24:50.20	4:05.40 (423)	9:34.30 (418)	20:17.50 (401)
396 Louis Minard	SR	381	Columbus Catholic Waterloo	323	24:53.90	3:35.30 (348)	8:31.80 (385)	19:44.20 (395)
397 Bennet Gardner	SO	1671	Waterloo Christian	324	24:55.40	3:44.90 (389)	8:44.70 (400)	19:44.80 (396)
398 Drake Marin	FR	392	Columbus Community Columbus Junction	--	25:08.00	4:04.50 (421)	9:10.30 (413)	20:12.40 (400)
399 Dominic Severa	FR	20	BCLUW Conrad	325	25:20.80	3:52.90 (411)	9:04.70 (412)	20:09.90 (399)
400 Colton Donaldson	JR	18	BCLUW Conrad	326	25:30.00	3:51.00 (409)	8:53.80 (403)	20:03.40 (398)
401 Corbin Elmore	JR	1668	Waterloo Christian	327	25:35.90	3:55.70 (413)	9:14.60 (415)	20:20.10 (402)
402 Aaron Blackburn	SO	709	Iowa Falls-Alden	328	25:50.80	4:00.70 (416)	9:03.90 (411)	20:28.40 (404)
403 Jason Neifer	SO	1594	Valley Lutheran	--	25:53.80	4:27.70 (428)	9:56.40 (422)	20:41.50 (406)
404 Marshall Weepie	SO	1615	Wapsie Valley Fairbank	--	26:04.60	3:33.50 (334)	8:16.60 (364)	20:28.30 (403)
405 Mackay Beach	FR	1494	South Hamilton Jewell	--	26:29.70	4:05.20 (422)	9:17.10 (416)	20:37.10 (405)
406 Caleb Leitzen	FR	713	Iowa Falls-Alden	329	26:30.60	3:48.20 (401)	9:00.20 (406)	21:16.00 (407)
407 Jacob Castell	JR	17	BCLUW Conrad	330	27:41.10	4:01.00 (417)	9:44.80 (420)	21:51.10 (408)
408 Emmett Beach	JR	1493	South Hamilton Jewell	--	28:28.70	4:01.40 (420)	9:39.50 (419)	22:18.00 (409)
409 Aidan Hanson	JR	1592	Valley Lutheran	--	28:34.30	4:29.60 (429)	10:21.60 (424)	22:51.80 (410)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
410 Hunter Lang	SO	366	Collins-Maxwell	--	29:26.00	4:15.70 (426)	9:53.00 (421)	23:28.80 (411)
411 Ricardo Martinez	FR	714	Iowa Falls-Alden	--	30:45.40	4:22.00 (427)	10:46.30 (425)	24:55.40 (412)
412 Elijah Bond	JR	16	BCLUW Conrad	331	30:57.00	4:31.70 (430)	11:17.70 (426)	25:14.10 (413)
413 Junseo Lim	SR	1499	South Hamilton Jewell	--	31:05.90	4:12.30 (425)	10:19.10 (423)	25:43.50 (414)
414 Tucker Wedgwood	SR	21	BCLUW Conrad	332	31:07.30	4:35.70 (431)	11:24.20 (427)	25:47.60 (415)
Donovan Braet	SO	603	Earlham	--		3:14.50 (205)	7:08.00 (192)	
Kaden Kopsa	SR	1516	South Tama County Tama	--		3:38.10 (365)	8:10.80 (356)	
Jayse Yoder	JR	1081	Mid-Prairie Wellman	--		3:09.80 (158)	6:56.70 (139)	
Carson Krogman	JR	1531	Spencer	--		3:16.50 (220)		
Graham Vavricek	JR	1130	Mount Vernon-Lisbon	--		3:25.10 (279)	7:34.60 (266)	
Tyler Alderton	JR	1632	Washington	--		2:55.70 (45)	6:27.50 (34)	13:16.00 (21)
Blake Tiemeyer	JR	612	Earlham	--		3:13.70 (192)	7:11.20 (201)	
Kiefer Barnes	SO	640	Indianola	--		2:51.80 (17)	6:27.10 (33)	13:42.70 (48)
Ellis Hills-Carrier	FR	391	Columbus Community Columbus Junction	--		3:44.60 (388)	8:33.30 (386)	
Conall Smith	SO	1392	Regina Iowa City	--		3:36.00 (353)	8:47.40 (401)	
Blayze Havel	SR	246	Center Point-Urbana	--		3:02.70 (95)	6:40.60 (82)	
Owen Weber	JR	1596	Valley Lutheran	--		5:04.70 (432)	12:55.50 (428)	
Tim Regan	FR	1215	North Scott Eldridge	--		3:31.10 (316)	7:47.30 (297)	
Grant Porter	JR	1212	North Scott Eldridge	--		3:28.90 (308)		
Evan Osler	JR	1321	Okoboji Milford	--		2:49.00 (9)	6:25.40 (27)	
Ethan Strobbe	FR	1222	North Scott Eldridge	--		3:26.40 (289)		
Landon Frost	SO	1605	Wapsie Valley Fairbank	--		3:48.30 (403)	9:01.10 (407)	

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
Drew Sandven	SR	1323	Okoboji Milford	--		3:12.30 (172)		
Bradley Jones	SR	248	Center Point-Urbana	--		3:08.40 (144)	7:07.70 (191)	

Race #7
Girls JV 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Dubuque Hempstead	30	1:56:48	23:22	
2	Linn-Mar Marion	44	1:57:33	23:31	
3	Cedar Falls	85	2:04:10	24:50	
4	Mankato West	107	2:05:39	25:08	
5	Mount Vernon-Lisbon	174	2:10:01	26:01	
6	Norwalk Community	186	2:11:13	26:15	
7	Washington	217	2:14:30	26:54	
8	Solon	225	2:15:29	27:06	
9	Denver	291	2:22:36	28:32	
10	Dike-New Hartford	309	2:23:34	28:43	
11	Mason City	320	2:23:48	28:46	
12	Waverly-Shell Rock	321	2:24:06	28:50	
13	Clayton Ridge Guttenberg	348	2:28:38	29:44	
14	North Scott Eldridge	377	2:33:55	30:47	
15	Regina Iowa City	404	2:39:27	31:54	
16	Marshalltown	448	2:47:38	33:32	

SPLIT SCORING SUMMARY
900M

UNOFFICIAL Standings		Score
1	Cedar Falls	72
2	Mankato West	80
3	Dubuque Hempstead	109
4	Linn-Mar Marion	139
5	Washington	152
6	Norwalk Community	159
7	Solon	178
8	Clayton Ridge Guttenberg	241
9	Mount Vernon-Lisbon	242
10	Denver	259
11	Waverly-Shell Rock	267
12	Mason City	361
13	North Scott Eldridge	374
14	Waterloo West	382

UNOFFICIAL Standings **Score**

15	Dike-New Hartford	384
16	Marshalltown	442
17	Regina Iowa City	461

K

UNOFFICIAL Standings **Score**

1	Dubuque Hempstead	69
2	Linn-Mar Marion	77
2	Cedar Falls	77
4	Mankato West	105
5	Norwalk Community	166
6	Washington	183
7	Mount Vernon-Lisbon	207
8	Solon	220
9	Waverly-Shell Rock	270
10	Denver	299
11	Clayton Ridge Guttenberg	315
12	Mason City	338
13	Dike-New Hartford	357
14	North Scott Eldridge	366
15	Waterloo West	401
16	Regina Iowa City	451
17	Marshalltown	454

4K

UNOFFICIAL Standings **Score**

1	Dubuque Hempstead	29
2	Linn-Mar Marion	47
3	Cedar Falls	90
4	Mankato West	106
5	Mount Vernon-Lisbon	172
6	Norwalk Community	182
7	Washington	195
8	Solon	234
9	Denver	298
10	Dike-New Hartford	311
11	Waverly-Shell Rock	319
12	Mason City	321
13	Clayton Ridge Guttenberg	350
14	North Scott Eldridge	382

UNOFFICIAL Standings**Score**

15	Regina Iowa City	410
16	Marshalltown	457

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	900m	k	4k	
1	Chloe Egbert	SO	911	Linn-Mar Marion	1	21:34.50	4:43.20 (1)	9:16.80 (1)	18:45.20 (1)
2	Eva Stevenson	SO	598	Dubuque Hempstead	2	22:41.80	5:20.60 (18)	10:24.90 (12)	19:42.10 (3)
3	Ellie Hermiston	SR	581	Dubuque Hempstead	3	22:43.00	5:20.30 (15)	10:24.60 (10)	19:41.90 (2)
4	Olivia Lindeman	FR	919	Linn-Mar Marion	4	23:03.80	5:22.10 (22)	10:12.10 (3)	19:59.70 (4)
5	Mya Curry	SR	566	Dubuque Hempstead	5	23:18.50	5:20.60 (16)	10:25.30 (13)	20:09.90 (5)
6	Leah Paulson	SO	924	Linn-Mar Marion	6	23:34.50	5:23.20 (23)	10:30.20 (17)	20:23.20 (7)
7	Anna Vavricek	SR	1155	Mount Vernon-Lisbon	7	23:38.10	5:21.00 (20)	10:24.00 (8)	20:21.10 (6)
8	Hannah McFadden	JR	587	Dubuque Hempstead	8	23:38.50	5:35.60 (47)	10:40.00 (21)	20:29.50 (8)
9	Anika Haugen	SO	913	Linn-Mar Marion	9	24:00.60	5:23.70 (26)	10:30.40 (18)	20:34.50 (10)
10	Anna Brodahl	SO	174	Cedar Falls	10	24:05.50	5:11.40 (6)	10:11.90 (2)	20:44.00 (12)
11	Giselle Marcelino	SR	1663	Washington	11	24:12.70	5:04.20 (2)	10:13.70 (5)	20:32.90 (9)
12	Maria Hart	SO	577	Dubuque Hempstead	12	24:25.80	5:20.90 (19)	10:25.50 (14)	20:35.10 (11)
13	Andie Sanderson	JR	988	Mankato West	13	24:30.70	5:08.50 (4)	10:18.90 (6)	20:49.80 (13)
14	Mya Fordice	FR	1473	Solon	14	24:37.20	5:14.40 (9)	10:27.10 (15)	21:08.90 (17)
15	Natalie Blake	JR	172	Cedar Falls	15	24:39.60	5:23.70 (27)	10:40.80 (27)	21:10.80 (18)
16	Kourtney Berns	SR	561	Dubuque Hempstead	16	24:42.50	5:35.70 (49)	10:40.00 (22)	21:01.00 (15)
17	Gracie Driscoll	FR	570	Dubuque Hempstead	17	24:47.40	5:35.80 (50)	10:40.60 (24)	20:58.30 (14)
18	Nyewal Dojiok	SR	972	Mankato West	18	24:59.20	5:12.00 (8)	10:24.30 (9)	21:06.90 (16)
19	Prisha Tol	SO	209	Cedar Falls	19	25:07.00	5:11.50 (7)	10:21.00 (7)	21:18.40 (19)
20	Maggie VerDught	FR	210	Cedar Falls	20	25:07.90	5:27.40 (32)	10:47.00 (32)	21:31.60 (24)

Athlete		Yr.	#	Team	Score	Time	900m	k	4k
21	Catherine Dierks	JR	179	Cedar Falls	21	25:09.70	5:23.60 (24)	10:40.90 (28)	21:28.90 (21)
22	Ellie Anton	JR	166	Cedar Falls	22	25:12.50	5:23.60 (25)	10:40.80 (25)	21:27.10 (20)
23	Mikaela Stenzel	JR	989	Mankato West	23	25:16.70	5:33.80 (45)	10:57.90 (36)	21:34.70 (26)
24	Brooke Walrath	FR	932	Linn-Mar Marion	24	25:19.20	5:51.20 (86)	11:09.10 (44)	21:32.80 (25)
25	Lilly Bannerman	FR	968	Mankato West	25	25:21.00	5:24.10 (28)	10:43.10 (30)	21:29.90 (23)
26	Keegan Kleppe	FR	1476	Solon	26	25:24.60	5:14.90 (10)	10:41.00 (29)	21:59.30 (32)
27	Avery Drymon	SO	1276	Norwalk Community	27	25:25.10	5:35.00 (46)	11:01.30 (41)	21:58.80 (31)
28	Emily Kane	8	977	Mankato West	28	25:30.70	5:25.10 (29)	10:47.10 (33)	21:46.50 (28)
29	Izzy Konkol	SO	1283	Norwalk Community	29	25:34.10	5:10.40 (5)	10:12.80 (4)	21:29.10 (22)
30	Katie Blough	FR	173	Cedar Falls	30	25:36.60	5:28.70 (34)	10:59.40 (38)	21:56.40 (30)
31	Natalie Folkerts	JR	499	Dike-New Hartford	31	25:38.90	5:39.60 (55)	11:13.90 (49)	22:06.30 (35)
32	Alyssa Swanson	JR	990	Mankato West	32	25:39.90	5:36.90 (52)	11:10.30 (47)	22:05.50 (34)
33	Miranda Sellner	FR	1147	Mount Vernon-Lisbon	33	25:47.30	5:47.50 (78)	11:23.40 (59)	22:11.90 (36)
34	Nevaeh Hendon	JR	190	Cedar Falls	--	25:49.10	5:21.90 (21)	10:34.70 (19)	21:51.30 (29)
35	Violet Menk	JR	981	Mankato West	34	25:53.40	6:00.90 (114)	11:44.60 (87)	22:24.60 (39)
36	Avery McIntosh	SO	450	Denver	35	25:56.20	5:18.90 (12)	10:54.20 (34)	22:26.10 (42)
37	Isobel Murphy	SO	1665	Washington	36	26:04.50	5:06.90 (3)	10:24.80 (11)	21:45.50 (27)
38	Katie Christenson	JR	907	Linn-Mar Marion	37	26:07.80	5:53.00 (93)	11:29.40 (67)	22:25.10 (40)
39	Carie Johnson	FR	1136	Mount Vernon-Lisbon	38	26:16.50	5:20.60 (17)	10:29.40 (16)	22:03.90 (33)
40	Rita Sourwine	SR	930	Linn-Mar Marion	39	26:17.50	5:53.20 (94)	11:29.30 (66)	22:25.20 (41)
41	Rylee Hansen	JR	189	Cedar Falls	--	26:23.10	5:45.60 (73)	11:23.90 (61)	22:19.90 (38)
42	Ava Norem	SO	1289	Norwalk Community	40	26:25.20	5:36.50 (51)	11:16.70 (52)	22:30.70 (44)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
43 Jacie Wessels	JR	214	Cedar Falls	--	26:26.50	5:20.00 (14)	10:40.80 (26)	22:42.70 (47)
44 Hannah Rodgers	SO	1094	Mid-Prairie Wellman	--	26:27.00	5:48.40 (80)	11:30.70 (68)	22:31.00 (45)
45 Maya Bruty	SO	1651	Washington	41	26:29.60	5:29.70 (37)	11:15.20 (51)	22:33.70 (46)
46 Avery Rogers	FR	202	Cedar Falls	--	26:35.50	5:28.80 (35)	10:59.40 (39)	22:13.60 (37)
47 Olivia Welch	SO	1299	Norwalk Community	42	26:36.60	5:38.50 (53)	11:19.60 (56)	22:45.80 (48)
48 Kate Wilson	SO	459	Denver	43	26:44.30	5:40.90 (58)	11:22.50 (58)	22:47.70 (49)
49 Madison Kaus	SO	978	Mankato West	--	26:52.80	6:08.40 (123)	12:02.40 (112)	23:10.60 (58)
50 Kyrie Poll	FR	1092	Mid-Prairie Wellman	--	26:55.10	5:27.40 (33)	10:38.60 (20)	22:26.40 (43)
51 Laura Azuela	JR	1224	North Scott Eldridge	44	26:57.10	5:59.60 (110)	11:43.90 (85)	23:09.30 (56)
52 Rowan Treloar	FR	515	Dike-New Hartford	45	26:57.30	5:47.40 (77)	11:30.80 (69)	23:01.30 (54)
53 Mollie Hunzelman	SO	1738	Waverly-Shell Rock	46	26:58.80	5:32.00 (41)	10:59.80 (40)	22:48.90 (50)
54 Emara Perreault	SO	1143	Mount Vernon-Lisbon	47	27:03.50	5:56.10 (106)	11:49.90 (95)	23:12.00 (60)
55 Alex Barten	7	969	Mankato West	--	27:05.80	5:26.10 (30)	10:54.80 (35)	22:59.30 (53)
56 Brianna Havick	FR	1280	Norwalk Community	48	27:11.80	5:45.10 (71)	11:25.80 (62)	23:10.40 (57)
57 Reagan Slaymaker	FR	1148	Mount Vernon-Lisbon	49	27:15.60	5:56.10 (105)	11:50.00 (96)	23:12.10 (61)
58 Vada Campbell	JR	720	Iowa Falls-Alden	--	27:17.80	5:31.00 (39)	11:18.80 (55)	23:14.70 (64)
59 Allison Carter	FR	967	Mankato West	--	27:18.10	6:01.80 (115)	11:51.60 (99)	23:10.60 (59)
60 Morgan Meyers	SO	982	Mankato West	--	27:19.60	5:18.10 (11)	10:47.00 (31)	22:54.90 (52)
61 Jillian Maiers	JR	586	Dubuque Hempstead	--	27:25.40	5:44.20 (68)	11:27.60 (63)	23:05.00 (55)
62 Morgan Like	SR	918	Linn-Mar Marion	--	27:26.60	6:14.00 (136)	12:00.00 (110)	23:27.60 (71)
63 Emerson Sup	SR	1296	Norwalk Community	50	27:28.00	5:32.40 (42)	11:09.40 (46)	23:13.40 (62)
64 Hinckley Simon	JR	313	Clayton Ridge Guttenberg	51	27:29.80	5:41.80 (61)	11:36.20 (75)	23:13.70 (63)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
65 Katelyn Orr	JR	923	Linn-Mar Marion	--	27:31.20	6:14.00 (135)	12:09.20 (118)	23:36.30 (77)
66 Sofia Puls	FR	201	Cedar Falls	--	27:31.70	5:54.70 (97)	11:44.20 (86)	23:15.80 (66)
67 Kennedy Hayden	SR	974	Mankato West	--	27:32.00	6:05.30 (118)	11:51.20 (98)	23:16.90 (68)
68 Addison Hoff	JR	1362	Onalaska	--	27:32.40	5:52.00 (90)	11:28.20 (64)	23:33.60 (76)
69 Carolina Flores	JR	1278	Norwalk Community	52	27:34.50	5:52.40 (91)	11:45.10 (88)	23:23.70 (69)
70 Kambry Jaeger	FR	191	Cedar Falls	--	27:35.10	5:55.00 (99)	11:43.50 (84)	23:15.40 (65)
71 Cecilia Murphy	SR	1664	Washington	53	27:36.70	5:29.50 (36)	11:15.10 (50)	22:53.70 (51)
72 Haley Lalk	JR	448	Denver	54	27:42.60	5:41.10 (59)	11:23.90 (60)	23:16.00 (67)
73 Harley Trettin	FR	1066	Mason City	55	27:46.90	5:45.90 (74)	11:33.90 (71)	23:28.80 (74)
74 Claire Sewell	FR	1063	Mason City	56	27:51.90	5:46.10 (75)	11:34.20 (72)	23:28.50 (73)
75 Mrunal Bagal	SO	167	Cedar Falls	--	27:59.10	5:41.90 (63)	11:18.40 (54)	23:27.40 (70)
76 Caroline Rupe	FR	1146	Mount Vernon-Lisbon	57	28:03.70	5:50.90 (84)	11:47.30 (92)	23:50.00 (82)
77 Kate Richards	SR	1481	Solon	58	28:04.10	5:30.80 (38)	11:16.90 (53)	23:36.70 (78)
78 Kailee Miller	JR	1479	Solon	59	28:07.30	5:55.60 (100)	11:50.20 (97)	23:37.40 (79)
79 Robin Harbin	SO	576	Dubuque Hempstead	--	28:09.10	6:19.10 (144)	12:09.50 (120)	24:01.60 (87)
80 Eve Askildson	FR	1051	Mason City	60	28:11.90	5:44.40 (69)	11:28.60 (65)	23:32.00 (75)
81 Jo Mootz	FR	590	Dubuque Hempstead	--	28:12.40	5:53.90 (95)	11:36.80 (78)	23:28.30 (72)
82 Ella Seeley	SO	1294	Norwalk Community	--	28:15.10	5:48.00 (79)	11:37.20 (80)	23:54.80 (84)
83 Kahlan Kearns	JR	194	Cedar Falls	--	28:18.20	6:09.60 (127)	12:08.30 (117)	24:05.00 (89)
84 Hailey Gaul	JR	309	Clayton Ridge Guttenberg	61	28:19.90	5:48.70 (81)	11:43.30 (83)	24:04.60 (88)
85 Lindee Rohne	SR	1745	Waverly-Shell Rock	62	28:20.60	5:55.90 (104)	11:58.50 (108)	24:06.00 (90)
86 Kenzie McConville	JR	1287	Norwalk Community	--	28:21.90	5:27.10 (31)	11:12.70 (48)	24:00.50 (85)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k	
87	Cadia Switzer	FR	208	Cedar Falls	--	28:22.30	5:42.90 (65)	11:36.20 (76)	23:37.80 (80)
88	Daisy Dicksonn	SR	308	Clayton Ridge Guttenberg	63	28:36.10	5:32.80 (43)	11:32.90 (70)	24:01.40 (86)
89	Melissa Meza	SO	198	Cedar Falls	--	28:37.60	6:02.80 (117)	12:05.60 (113)	23:51.10 (83)
90	Reagan Alexander	SR	1729	Waverly-Shell Rock	64	28:37.90	5:47.00 (76)	11:34.90 (73)	23:38.20 (81)
91	Chloe Pritchard	FR	1411	Regina Iowa City	65	28:51.80	5:54.70 (98)	11:52.60 (100)	24:12.50 (91)
92	Marissa Parks	FR	1089	Mid-Prairie Wellman	--	28:54.00	6:07.80 (122)	12:22.50 (127)	24:56.00 (106)
93	Emme Jerome	FR	1741	Waverly-Shell Rock	66	28:54.20	5:33.20 (44)	11:09.30 (45)	24:41.60 (101)
94	Ellie Scott	SO	925	Linn-Mar Marion	--	28:57.60	6:16.10 (138)	12:15.80 (122)	24:20.00 (94)
95	Eve Duppong	JR	1678	Waterloo Christian	--	29:02.40	5:43.10 (67)	11:34.90 (74)	24:32.30 (97)
96	Paris Mickelson	JR	589	Dubuque Hempstead	--	29:02.90	6:18.90 (143)	12:09.40 (119)	24:18.70 (92)
97	Payton Hunter	SR	1282	Norwalk Community	--	29:03.80	5:59.20 (109)	12:06.80 (114)	24:58.50 (110)
98	Anna Gerdes	JR	186	Cedar Falls	--	29:07.50	5:49.00 (83)	11:54.50 (103)	24:35.80 (98)
99	Maggie Heiden	FR	721	Iowa Falls-Alden	--	29:12.00	5:41.80 (62)	11:37.70 (81)	24:43.70 (102)
100	Josie Bothell	FR	1134	Mount Vernon-Lisbon	67	29:13.60	5:56.30 (107)	11:56.10 (104)	24:25.50 (96)
101	Brynn Scheeley	FR	1484	Solon	68	29:15.40	5:42.70 (64)	11:36.40 (77)	24:49.50 (105)
102	Gretchen Oltrogge	SR	453	Denver	69	29:15.90	6:20.80 (147)	12:35.50 (134)	24:56.80 (108)
103	Stella Schmitz	FR	205	Cedar Falls	--	29:22.80	5:54.60 (96)	11:54.30 (102)	24:41.00 (100)
104	Melia Pursley	JR	1413	Regina Iowa City	70	29:30.30	6:21.00 (148)	12:43.30 (139)	25:13.50 (113)
105	Madisyn Yarham	JR	1239	North Scott Eldridge	71	29:30.40	5:31.50 (40)	11:06.70 (43)	24:47.90 (104)
106	Sophia Miles	JR	1478	Solon	72	29:33.40	5:55.60 (101)	12:07.60 (115)	25:12.00 (111)
107	Camryn Stewart	SO	1295	Norwalk Community	--	29:35.10	5:45.50 (72)	11:46.40 (91)	24:39.40 (99)
108	Rachel Richter	SR	595	Dubuque Hempstead	--	29:41.60	6:05.80 (119)	11:57.50 (106)	24:20.00 (93)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
109 Maggie Evans	FR	1277	Norwalk Community	--	29:42.30	5:52.90 (92)	11:49.50 (94)	24:47.80 (103)
110 Abrielle Pokorny	SO	508	Dike-New Hartford	73	29:43.90	6:00.50 (112)	12:07.70 (116)	24:56.70 (107)
111 Nettie Foat	SO	1058	Mason City	74	29:51.10	6:18.40 (141)	12:32.80 (131)	25:16.30 (115)
112 Greta Gammage	SO	572	Dubuque Hempstead	--	29:55.10	6:05.90 (120)	11:57.80 (107)	24:23.00 (95)
113 Alaina Safly	SO	1095	Mid-Prairie Wellman	--	30:00.60	5:51.40 (87)	11:45.30 (89)	25:16.50 (116)
114 Leah Gerriettes	FR	1059	Mason City	75	30:05.70	6:18.10 (140)	12:33.00 (132)	25:21.40 (117)
115 Aliyah Jara	SR	1658	Washington	76	30:06.10	6:00.30 (111)	12:14.70 (121)	25:13.40 (112)
116 Ali Brandt	JR	1402	Regina Iowa City	77	30:20.80	6:00.60 (113)	12:00.90 (111)	25:14.30 (114)
117 Joy Eilderts	JR	497	Dike-New Hartford	78	30:25.60	6:17.20 (139)	12:33.70 (133)	25:28.50 (118)
118 Elli Rottink	JR	1034	Marshalltown	79	30:33.60	6:02.10 (116)	12:17.80 (124)	25:33.80 (119)
119 JoLee Steinecke	SO	1237	North Scott Eldridge	80	30:36.60	5:49.00 (82)	11:48.30 (93)	25:50.70 (121)
120 Eva McClung	FR	1363	Onalaska	--	30:45.10	6:08.40 (124)	12:26.20 (128)	25:52.40 (123)
121 Annika Barten	FR	983	Mankato West	--	30:46.20	6:12.90 (134)	12:22.10 (126)	25:52.20 (122)
122 Marin Ashbacker	SO	1466	Solon	81	30:47.20	6:09.00 (125)	12:29.50 (130)	25:54.30 (124)
123 Aubrey Mracek	FR	504	Dike-New Hartford	82	30:47.90	6:23.40 (156)	12:51.10 (144)	26:06.20 (126)
124 Ta'Mya Martin Napier	FR	1286	Norwalk Community	--	30:56.40	5:51.70 (89)	11:45.70 (90)	24:57.00 (109)
125 Indre Jankunas	FR	192	Cedar Falls	--	31:00.70	6:10.70 (130)	12:44.80 (141)	26:52.70 (136)
126 Amira Little	SO	1684	Waterloo West	--	31:07.60	5:55.80 (103)	11:58.80 (109)	25:49.70 (120)
127 Hannah Schnell	SO	1746	Waverly-Shell Rock	83	31:14.20	5:44.70 (70)	11:37.20 (79)	26:06.90 (127)
128 Audrey Dickson	FR	307	Clayton Ridge Guttenberg	84	31:25.90	5:39.90 (56)	11:38.90 (82)	26:14.20 (128)
129 Stefani Gutierrez	JR	1027	Marshalltown	85	31:36.40	6:11.80 (132)	12:42.90 (138)	26:28.00 (130)
130 Tabby Skyles	SR	1236	North Scott Eldridge	86	31:37.00	6:30.70 (160)	13:02.20 (147)	26:38.10 (132)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
131 Piper Birkenholtz	SO	562	Dubuque Hempstead	--	31:38.10	6:19.60 (145)	12:27.20 (129)	26:16.40 (129)
132 Lily Wagener	FR	601	Dubuque Hempstead	--	31:38.30	6:52.60 (174)	13:34.50 (163)	26:50.40 (135)
133 Miranda Simison	FR	1487	Solon	--	31:56.70	6:20.00 (146)	12:49.10 (143)	26:31.70 (131)
134 Lilyia Christen	SO	1024	Marshalltown	87	32:07.90	6:07.70 (121)	12:45.50 (142)	26:56.40 (137)
135 Addy McDermott	SO	921	Linn-Mar Marion	--	32:11.40	6:51.70 (170)	13:35.30 (165)	27:04.70 (139)
136 Aarya Phuke	FR	200	Cedar Falls	--	32:13.20	6:35.60 (161)	13:04.50 (149)	27:20.70 (143)
137 Mya Koppes	JR	915	Linn-Mar Marion	--	32:33.10	6:51.80 (172)	13:34.80 (164)	27:15.10 (141)
138 Katharine Goodman	SO	500	Dike-New Hartford	88	32:36.30	6:24.00 (157)	13:01.70 (146)	26:58.10 (138)
139 Pfeiffer Horns	FR	310	Clayton Ridge Guttenberg	89	32:45.60	5:43.00 (66)	11:57.30 (105)	26:43.90 (133)
140 Allison Mourlam	JR	270	Center Point-Urbana	--	32:47.80	6:26.60 (158)	13:19.60 (156)	27:18.10 (142)
141 Bailey Kestel	JR	1683	Waterloo West	--	32:49.40	5:55.80 (102)	12:20.60 (125)	26:50.10 (134)
142 Lily Bergman	JR	441	Denver	90	32:56.60	5:51.10 (85)	12:16.10 (123)	27:09.30 (140)
143 Emily Bock	FR	1132	Mount Vernon-Lisbon	--	33:01.50	6:22.60 (152)	13:13.80 (152)	27:42.20 (146)
144 Evelyn Fern	JR	571	Dubuque Hempstead	--	33:15.00	6:51.00 (168)	13:28.00 (160)	28:18.50 (147)
145 Mia Huntington	JR	502	Dike-New Hartford	91	33:18.50	6:22.60 (153)	13:00.70 (145)	27:22.10 (144)
146 Brianna Dotzler	SR	180	Cedar Falls	--	33:23.40	6:10.50 (129)	12:42.60 (137)	27:32.20 (145)
147 Addilyn Dolan	FR	568	Dubuque Hempstead	--	33:50.60	6:54.00 (177)	13:34.30 (161)	28:21.00 (148)
148 Shayla-Kay Servantez	JR	1062	Mason City	92	33:58.10	6:18.70 (142)	13:03.00 (148)	28:39.30 (153)
149 Emily Pritchard	SO	1412	Regina Iowa City	93	34:09.50	6:22.30 (150)	13:20.20 (158)	28:39.00 (152)
150 Mady Morrison	SO	592	Dubuque Hempstead	--	34:13.30	6:53.90 (176)	13:34.40 (162)	28:21.00 (149)
151 Maryn Laures	SO	449	Denver	94	34:31.70	5:59.00 (108)	12:40.40 (136)	28:26.80 (151)
152 Jetzibe Sanchez	SR	1666	Washington	95	34:39.60	6:11.30 (131)	13:16.60 (155)	29:18.10 (156)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
153 Kendall Werner	FR	1491	Solon	--	34:43.60	6:22.20 (149)	13:19.80 (157)	28:25.80 (150)
154 Ellyn Whittemore	SO	1691	Waterloo West	--	34:58.10	6:52.60 (173)	14:12.50 (175)	29:12.40 (155)
155 Katelyn Peck	FR	1232	North Scott Eldridge	96	35:13.60	6:10.40 (128)	13:11.60 (151)	29:24.50 (157)
156 Olivia Pelock	SR	1188	Newton	--	35:26.90	6:51.70 (171)	13:48.40 (170)	30:19.20 (160)
157 Grace Morley	JR	591	Dubuque Hempstead	--	35:44.80	6:55.20 (178)	13:49.00 (171)	29:27.20 (158)
158 Tania Mora	SR	1031	Marshalltown	97	36:03.70	6:50.90 (167)	13:52.10 (172)	30:45.20 (165)
159 Ashley Heine	JR	1737	Waverly-Shell Rock	98	36:16.70	6:22.90 (154)	13:35.70 (166)	30:46.90 (167)
160 Breanna Runde	SO	596	Dubuque Hempstead	--	36:30.30	6:55.70 (180)	14:06.70 (174)	30:42.90 (164)
161 Rachel Eckhoff	SR	1405	Regina Iowa City	99	36:34.30	7:00.50 (181)	14:36.00 (181)	30:38.40 (163)
162 Bella Jedlicka	FR	1482	Solon	--	36:49.60	6:22.40 (151)	13:22.10 (159)	30:27.60 (161)
163 Emily Mourlam	FR	271	Center Point-Urbana	--	37:04.90	6:55.60 (179)	14:14.50 (176)	29:11.40 (154)
164 Mayaliz Heredia	SO	1029	Marshalltown	100	37:15.60	6:12.50 (133)	13:10.60 (150)	30:34.80 (162)
165 Mollie Schaefers	JR	312	Clayton Ridge Guttenberg	101	37:27.00	6:30.60 (159)	13:47.40 (169)	30:57.10 (169)
166 Alexis Dirksen	JR	1181	Newton	--	37:30.10	6:49.70 (164)	13:47.30 (168)	30:46.20 (166)
167 Abby Elsamiller	SR	1734	Waverly-Shell Rock	102	37:41.00	6:23.00 (155)	13:36.20 (167)	30:46.90 (168)
168 Alicia Zambrano	SR	1037	Marshalltown	103	37:47.20	6:51.10 (169)	14:00.70 (173)	31:57.90 (170)
169 Melina Brandon	SR	564	Dubuque Hempstead	--	37:58.40	6:41.30 (163)	13:14.60 (154)	29:33.50 (159)
170 Abby Tierney	SO	1416	Regina Iowa City	104	38:19.10	7:00.70 (182)	14:35.80 (180)	32:00.90 (171)
171 Carol Sander	JR	1191	Newton	--	38:19.60	6:53.30 (175)	14:35.50 (179)	32:00.90 (172)
172 Malea Gonnerman	SR	446	Denver	105	38:42.30	7:08.10 (183)	15:00.40 (182)	32:04.30 (173)
173 Jorja Janssen	SO	1030	Marshalltown	106	39:20.10	6:50.00 (165)	14:27.80 (178)	32:48.00 (174)
174 Raygan Meehan	JR	588	Dubuque Hempstead	--	39:31.00	7:43.80 (190)	15:58.60 (186)	33:08.50 (175)

Athlete	Yr.	#	Team	Score	Time	900m	k	4k
175 Addyson Loge	7	832	Kasson-Mantorville	--	40:26.80	7:28.70 (189)	15:39.80 (183)	34:12.30 (177)
176 Tamika Rodenborn	JR	1190	Newton	--	40:37.30	7:24.70 (188)	15:43.70 (185)	34:12.20 (176)
177 Mia Monique Zazueta	JR	1038	Marshalltown	--	41:20.40	7:09.50 (184)	15:40.10 (184)	34:13.60 (178)
178 Adelyn Tagtow	FR	514	Dike-New Hartford	--	42:56.70	7:23.80 (187)	16:05.40 (188)	36:20.40 (179)
179 Emma Ihnen	JR	1739	Waverly-Shell Rock	--	44:09.50	7:13.60 (185)	15:59.70 (187)	36:42.90 (180)
180 Anna Litwiller	JR	1682	Waterloo Christian	--	45:19.60	8:06.50 (191)	17:34.70 (189)	37:08.20 (181)
Jayda Wardell	JR	315	Clayton Ridge Guttenberg	--		5:39.60 (54)	11:53.00 (101)	
Gesselle Rivera	SO	1033	Marshalltown	--		6:50.10 (166)	14:16.20 (177)	
Kaitlyn Yopez	FR	1036	Marshalltown	--		6:09.00 (126)	12:35.50 (135)	
Isabel Brauhn	SR	565	Dubuque Hempstead	--		5:35.70 (48)	10:58.10 (37)	
Betsy Malecha	FR	84	Bloomington Jefferson	--		8:27.80 (192)	17:56.10 (190)	
Olivia Carter	JR	176	Cedar Falls	--		5:41.70 (60)	11:21.70 (57)	
Allysa Sadewasser	SO	311	Clayton Ridge Guttenberg	--		5:51.60 (88)		
Ellarayne Lang	JR	979	Mankato West	--		5:40.80 (57)	11:04.10 (42)	
Abby Dallal	JR	567	Dubuque Hempstead	--		6:41.30 (162)	13:14.40 (153)	
Piper Stahle	SO	1489	Solon	--		6:15.20 (137)	12:44.40 (140)	26:05.20 (125)
Marely Tellez-Marceleno	SO	1689	Waterloo West	--		7:15.30 (186)	18:21.30 (191)	
Alisa Pajazetovic	SO	1686	Waterloo West	--		5:19.10 (13)	10:40.40 (23)	

Race #8
Boys JV 5000M
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings		Score	Total	Avg.	Division
1	Cedar Falls	33	1:30:34	18:07	
2	Norwalk Community	53	1:32:09	18:26	
3	Waukee Northwest	86	1:33:46	18:46	
4	Iowa City West	106	1:34:17	18:52	
5	Linn-Mar Marion	134	1:35:45	19:09	
6	Urbandale	146	1:36:24	19:17	
7	Mankato West	198	1:38:18	19:40	
8	Dubuque Hempstead	252	1:40:39	20:08	
9	Mount Vernon-Lisbon	340	1:45:05	21:01	
10	Denver	363	1:45:29	21:06	
11	North Scott Eldridge	380*	1:46:58	21:24	
12	Bloomington Jefferson	380*	1:46:32	21:19	
13	Marshalltown	383	1:45:56	21:12	
14	Center Point-Urbana	418	1:48:38	21:44	
15	Clear Lake	459	1:50:39	22:08	
16	Mid-Prairie Wellman	500	1:53:29	22:42	
17	Solon	505	1:53:18	22:40	
18	Regina Iowa City	547	1:58:09	23:38	
19	Central Springs	561	2:02:41	24:33	
20	Washington	586	1:59:57	24:00	
21	Williamsburg	613	2:08:01	25:37	
22	Waverly-Shell Rock	678	2:10:12	26:03	
23	Dike-New Hartford	701	2:13:56	26:48	
24	Newton	710	2:16:16	27:16	
25	Clayton Ridge Guttenberg	730	2:22:15	28:27	

***Tiebreakers**

North Scott Eldridge	50	65	84	87	94	100	101
Bloomington Jefferson	56	59	71	72	122	129	130

SPLIT SCORING SUMMARY
900M

UNOFFICIAL Standings	Score
1 Cedar Falls	38

UNOFFICIAL Standings		Score
2	Norwalk Community	42
3	Urbandale	108
4	Waukee Northwest	110
5	Iowa City West	113
6	Linn-Mar Marion	155
7	Mankato West	226
8	Dubuque Hempstead	253
9	Denver	321
10	North Scott Eldridge	362
11	Marshalltown	384
12	Regina Iowa City	402
13	Center Point-Urbana	408
14	Bloomington Jefferson	451
15	Washington	460
16	Mount Vernon-Lisbon	463
17	Solon	497
18	Central Springs	507
19	Mid-Prairie Wellman	523
20	Clear Lake	592
21	Dike-New Hartford	646
22	Newton	654
23	Clayton Ridge Guttenberg	675
24	Williamsburg	677
25	Waverly-Shell Rock	742
26	Kasson-Mantorville	750

2K

UNOFFICIAL Standings		Score
1	Cedar Falls	26
2	Norwalk Community	56
3	Waukee Northwest	100
4	Iowa City West	112
5	Linn-Mar Marion	134
6	Urbandale	143
7	Mankato West	203
8	Dubuque Hempstead	257
9	Denver	351
10	Marshalltown	377
11	North Scott Eldridge	378
12	Center Point-Urbana	413

UNOFFICIAL Standings		Score
13	Bloomington Jefferson	414
14	Mount Vernon-Lisbon	419
15	Regina Iowa City	475
16	Solon	492
17	Mid-Prairie Wellman	501
18	Washington	511
19	Central Springs	522
20	Clear Lake	530
21	Williamsburg	663
22	Dike-New Hartford	686
23	Clayton Ridge Guttenberg	694
24	Newton	714
25	Waverly-Shell Rock	726
26	Kasson-Mantorville	764

4K

UNOFFICIAL Standings		Score
1	Cedar Falls	29
2	Norwalk Community	50
3	Waukee Northwest	91
4	Iowa City West	114
5	Linn-Mar Marion	138
6	Urbandale	141
7	Mankato West	192
8	Dubuque Hempstead	247
9	Mount Vernon-Lisbon	358
10	Denver	361
11	North Scott Eldridge	373
12	Marshalltown	382
13	Bloomington Jefferson	390
14	Center Point-Urbana	406
15	Clear Lake	463
16	Mid-Prairie Wellman	498
17	Solon	505
18	Regina Iowa City	551
19	Central Springs	562
20	Washington	586
21	Williamsburg	627
22	Waverly-Shell Rock	697
23	Dike-New Hartford	702

UNOFFICIAL Standings**Score**

24	Clayton Ridge Guttenberg	720
25	Newton	730
26	Kasson-Mantorville	761

INDIVIDUAL RESULTS

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k	
1	Vince Frederiksen	SR	108	Cedar Falls	1	17:15.50	3:02.50 (6)	6:42.90 (4)	13:58.60 (1)
2	Maxwell Bruss	JR	672	Iowa City West	2	17:42.90	2:58.70 (1)	6:42.50 (2)	14:16.50 (2)
3	Corbin Deichman	SO	941	Mankato West	3	17:48.00	2:59.20 (3)	6:42.70 (3)	14:16.80 (3)
4	Aksel Beedon	FR	1241	Norwalk Community	4	17:57.80	2:59.00 (2)	6:49.70 (5)	14:28.60 (4)
5	Gaige Martin	SO	128	Cedar Falls	5	18:12.50	3:02.70 (7)	6:49.70 (6)	14:35.50 (6)
6	Daniel Webster	SR	1270	Norwalk Community	6	18:16.00	3:06.00 (10)	6:57.90 (10)	14:47.40 (8)
7	Atticus Schleusner	SO	1703	Waukee Northwest	7	18:17.80	3:12.20 (24)	7:08.80 (17)	14:51.80 (11)
8	Sam O'Hair	SR	138	Cedar Falls	8	18:19.10	3:04.10 (9)	6:50.10 (7)	14:31.30 (5)
9	Dominic Williams	FR	162	Cedar Falls	9	18:19.30	3:08.20 (11)	6:55.60 (8)	14:46.90 (7)
10	James Mandt	SO	126	Cedar Falls	10	18:26.90	3:10.80 (17)	7:02.20 (11)	14:48.50 (10)
11	Sam Buhrow	FR	1245	Norwalk Community	11	18:28.80	3:11.20 (18)	7:06.00 (14)	14:56.50 (12)
12	Aj Mosqueda	JR	1260	Norwalk Community	12	18:32.30	3:03.40 (8)	6:55.90 (9)	14:47.50 (9)
13	Aidan Friedel	SR	1695	Waukee Northwest	13	18:35.60	3:12.40 (26)	7:13.30 (25)	15:09.90 (15)
14	Ethan Seydel	SO	1704	Waukee Northwest	14	18:36.70	3:10.70 (16)	7:06.90 (15)	15:00.80 (13)
15	Cayden Miller	FR	1572	Urbandale	15	18:42.80	3:09.90 (15)	7:04.60 (13)	15:12.80 (16)
16	Chase Kies	JR	121	Cedar Falls	16	18:45.70	3:18.90 (43)	7:21.20 (38)	15:17.60 (20)
17	Jack Eastvold	SO	677	Iowa City West	17	18:46.50	3:08.60 (12)	7:11.20 (23)	15:17.50 (19)
18	Talan Stradt	JR	893	Linn-Mar Marion	18	18:46.70	3:15.90 (39)	7:10.50 (20)	15:04.60 (14)
19	Din Terzic	SR	1583	Urbandale	19	18:51.70	3:20.00 (51)	7:28.70 (44)	15:19.70 (23)
20	Harrison Bice	SO	1242	Norwalk Community	20	18:53.20	3:11.20 (19)	7:08.80 (18)	15:14.10 (17)
21	Thiago Bedal	SR	854	Linn-Mar Marion	21	19:00.50	3:15.40 (34)	7:16.50 (27)	15:23.50 (25)
22	Roy Verastegui	SO	1708	Waukee Northwest	22	19:03.80	3:12.40 (25)	7:10.50 (21)	15:20.80 (24)
23	Porter Myers	FR	136	Cedar Falls	23	19:05.10	3:25.20 (68)	7:25.50 (42)	15:16.70 (18)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
24 Lane Osterloh	SO	1261	Norwalk Community	24	19:05.20	3:11.60 (22)	7:09.40 (19)	15:19.30 (22)
25 Casandro Chan	JR	674	Iowa City West	25	19:06.40	3:11.30 (21)	7:08.00 (16)	15:25.10 (26)
26 Brendon Zheng	JR	559	Dubuque Hempstead	26	19:07.30	3:14.40 (29)	7:18.70 (33)	15:26.70 (29)
27 Oluwadara Olaleye	FR	689	Iowa City West	27	19:09.10	3:19.00 (44)	7:20.30 (35)	15:25.10 (27)
28 Cooper Adams	FR	850	Linn-Mar Marion	28	19:10.20	3:19.20 (45)	7:28.70 (45)	15:34.40 (34)
29 Lucas Tentinger	JR	896	Linn-Mar Marion	29	19:11.50	3:15.20 (31)	7:17.90 (28)	15:33.20 (33)
30 Tanner Simpson	JR	1706	Waukee Northwest	30	19:12.10	3:11.90 (23)	7:10.80 (22)	15:25.10 (28)
31 Ryne Kies	FR	122	Cedar Falls	--	19:17.50	3:19.40 (46)	7:18.30 (31)	15:28.50 (31)
32 Luke Stephens	SR	1129	Mount Vernon-Lisbon	31	19:22.00	3:25.20 (69)	7:37.70 (60)	15:46.40 (39)
33 Carson Kearns	JR	1697	Waukee Northwest	32	19:24.30	3:13.80 (27)	7:13.80 (26)	15:28.30 (30)
34 Porter Kimble	SO	1569	Urbandale	33	19:25.50	3:23.30 (62)	7:33.80 (55)	15:49.10 (41)
35 Carson Fenster	SR	1249	Norwalk Community	34	19:26.60	3:11.30 (20)	7:11.40 (24)	15:32.50 (32)
36 Henry Lawler	FR	683	Iowa City West	35	19:31.40	3:30.30 (100)	7:42.40 (71)	16:00.70 (47)
37 William Giles	JR	1554	Urbandale	36	19:31.90	3:09.40 (14)	7:02.70 (12)	15:18.90 (21)
38 Brody Speidel	SO	1128	Mount Vernon-Lisbon	37	19:33.00	3:25.80 (71)	7:36.70 (57)	15:47.50 (40)
39 Hudson Decklever	SR	861	Linn-Mar Marion	38	19:35.50	3:15.30 (33)	7:18.20 (30)	15:41.70 (36)
40 Tyler Person	JR	888	Linn-Mar Marion	39	19:36.20	3:15.10 (30)	7:18.10 (29)	15:41.80 (37)
41 Griffin Adamson	JR	851	Linn-Mar Marion	40	19:37.00	3:15.30 (32)	7:18.50 (32)	15:41.50 (35)
42 Vincent Sacco	SR	145	Cedar Falls	--	19:37.20	3:33.40 (125)	7:40.10 (65)	15:49.80 (42)
43 Jace Westhoff	SO	160	Cedar Falls	--	19:38.20	3:20.50 (53)	7:33.20 (54)	15:55.30 (45)
44 Max Mills	JR	133	Cedar Falls	--	19:40.40	3:29.10 (90)	7:40.40 (66)	15:45.40 (38)
45 Eli Heckert	JR	1251	Norwalk Community	--	19:41.90	3:29.30 (92)	7:42.30 (70)	15:50.90 (43)

Athlete		Yr.	#	Team	Score	Time	900m	2k	4k
46	Josh Knapp	SO	876	Linn-Mar Marion	--	19:43.60	3:41.70 (177)	8:01.30 (138)	16:08.30 (57)
47	Ethan Jacobsen	FR	119	Cedar Falls	--	19:47.70	3:26.90 (76)	7:30.10 (49)	16:03.30 (49)
48	Brady Olson	JR	690	Iowa City West	41	19:48.10	3:29.90 (97)	7:42.60 (73)	16:06.20 (54)
49	Brody Ahrens	FR	88	Cedar Falls	--	19:49.10	3:32.00 (112)	7:49.60 (93)	16:13.20 (62)
50	Parker Zylstra	FR	165	Cedar Falls	--	19:49.30	3:36.60 (147)	7:57.50 (123)	16:14.20 (66)
51	John Claassen	SO	99	Cedar Falls	--	19:51.00	3:37.50 (154)	7:55.50 (110)	16:05.80 (53)
52	Logan Waters	SR	704	Iowa City West	42	19:51.90	3:22.30 (58)	7:31.70 (51)	15:58.80 (46)
53	Kenny Uitermarkt	JR	1585	Urbandale	43	19:52.10	3:18.80 (42)	7:29.10 (47)	16:02.60 (48)
54	Liam Stockberger	SR	284	Central Springs	44	19:54.60	3:24.70 (65)	7:41.70 (68)	16:09.20 (59)
55	Evan Felton	JR	868	Linn-Mar Marion	--	19:54.70	3:19.40 (47)	7:29.20 (48)	15:53.90 (44)
56	Will Cardo	SO	239	Center Point-Urbana	45	19:55.10	3:20.00 (50)	7:32.40 (52)	16:08.10 (56)
57	Landon Wallace	FR	157	Cedar Falls	--	19:56.50	3:34.60 (132)	7:50.50 (96)	16:13.50 (64)
58	Ben Ellerbach	FR	528	Dubuque Hempstead	46	20:01.20	3:15.70 (38)	7:33.00 (53)	16:04.60 (51)
59	Carter Lang	8	949	Mankato West	47	20:01.80	3:22.10 (57)	7:27.90 (43)	16:03.30 (50)
60	Luke Lumsden	SR	951	Mankato West	48	20:02.40	3:26.80 (75)	7:38.10 (61)	16:05.30 (52)
61	Ashtin Duffy	JR	106	Cedar Falls	--	20:02.60	3:28.20 (82)	7:42.50 (72)	16:14.70 (67)
62	Kyler Blanchard	FR	96	Cedar Falls	--	20:03.70	3:33.30 (124)	7:50.00 (95)	16:13.90 (65)
63	Parker Holten	SO	871	Linn-Mar Marion	--	20:03.80	3:19.70 (49)	7:31.30 (50)	16:12.20 (60)
64	Sam Simmons	SO	961	Mankato West	49	20:10.90	3:25.00 (67)	7:43.00 (75)	16:15.40 (69)
65	Tyler Moody	SR	134	Cedar Falls	--	20:12.80	3:29.50 (95)	7:38.20 (63)	16:07.10 (55)
66	Ben Clayton	FR	1200	North Scott Eldridge	50	20:14.10	3:20.40 (52)	7:38.20 (62)	16:16.60 (70)
67	Trevor Camp	JR	937	Mankato West	51	20:14.70	3:27.10 (77)	7:42.90 (74)	16:15.30 (68)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
68 Carson Menke	SO	1258	Norwalk Community	--	20:15.90	3:29.50 (94)	7:45.50 (79)	16:17.90 (72)
69 Quinn Lorenz	SO	881	Linn-Mar Marion	--	20:17.20	3:36.40 (143)	7:55.60 (113)	16:29.20 (78)
70 Evan Siskow	SO	1579	Urbandale	52	20:19.00	3:32.20 (114)	7:50.90 (98)	16:31.20 (82)
71 Conner Clinton	SR	418	Denver	53	20:19.50	3:22.90 (60)	7:34.90 (56)	16:13.50 (63)
72 Bhargava Mayla	JR	882	Linn-Mar Marion	--	20:21.20	3:15.60 (36)	7:23.10 (40)	16:12.90 (61)
73 Teddy Swanson	8	963	Mankato West	54	20:22.90	3:35.70 (138)	7:54.80 (107)	16:27.80 (76)
74 Abram Livermore	FR	1257	Norwalk Community	--	20:23.30	3:35.00 (134)	7:56.10 (116)	16:35.90 (88)
75 Braden Stewart	SR	150	Cedar Falls	--	20:24.40	3:27.90 (81)	7:43.80 (77)	16:27.10 (75)
76 Alex Argotsinger	SO	1547	Urbandale	55	20:25.20	3:30.20 (98)	7:55.50 (112)	16:33.30 (84)
77 Duncan McDonald	SO	60	Bloomington Jefferson	56	20:26.90	3:37.90 (156)	7:56.80 (121)	16:33.90 (86)
78 Nolan Kent	SO	1761	Williamsburg	57	20:28.10	3:36.50 (146)	8:00.50 (131)	16:39.60 (96)
79 Aaron Blanchard	FR	521	Dubuque Hempstead	58	20:28.10	3:32.40 (115)	7:51.20 (99)	16:23.50 (74)
80 Vaughn Watts	SO	73	Bloomington Jefferson	59	20:28.80	3:37.20 (151)	8:03.20 (143)	16:39.80 (97)
81 Ethan Mckee	SO	131	Cedar Falls	--	20:29.00	3:23.30 (61)	7:37.50 (58)	16:22.20 (73)
82 Ty Loeffelholz	JR	546	Dubuque Hempstead	60	20:29.20	3:24.50 (64)	7:44.60 (78)	16:33.10 (83)
83 Luke Brokaw	SO	1067	Mid-Prairie Wellman	61	20:30.40	3:37.00 (148)	7:58.20 (124)	16:36.60 (90)
84 Cameron Clayton	SR	101	Cedar Falls	--	20:32.80	3:34.10 (130)	7:48.30 (87)	16:28.40 (77)
85 Pablo Huerga Galan	SO	540	Dubuque Hempstead	62	20:32.90	3:32.70 (120)	7:53.90 (106)	16:37.40 (91)
86 Louis Mbaya	SO	1699	Waukee Northwest	63	20:34.00	3:15.60 (35)	7:23.10 (41)	16:30.60 (80)
87 Sam Goldsmith	FR	533	Dubuque Hempstead	64	20:34.20	3:32.70 (119)	7:49.90 (94)	16:37.90 (93)
88 Keegan Ayers	FR	1196	North Scott Eldridge	65	20:34.40	3:28.70 (85)	7:50.90 (97)	16:30.80 (81)
89 Henry Maloney	FR	547	Dubuque Hempstead	66	20:34.60	3:31.70 (109)	7:48.20 (86)	16:37.40 (92)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
90 Myles Goldman	SO	1003	Marshalltown	67	20:36.10	3:41.10 (174)	8:10.00 (154)	16:54.40 (115)
91 Samuel Rouse	FR	143	Cedar Falls	--	20:36.50	3:38.70 (160)	7:56.30 (119)	16:39.20 (95)
92 Weston Conway	JR	322	Clear Lake	68	20:37.30	3:55.90 (243)	8:22.80 (189)	16:49.40 (102)
93 Nicholas Clausen	SO	100	Cedar Falls	--	20:39.80	3:27.30 (79)	7:39.20 (64)	16:53.80 (113)
94 Logan Lumsden	SO	950	Mankato West	69	20:40.40	3:35.60 (137)	8:00.80 (133)	16:54.90 (119)
95 Gabe Keagle	SR	120	Cedar Falls	--	20:41.30	3:27.20 (78)	7:47.50 (83)	16:54.90 (118)
96 Ben Sholes	SO	260	Center Point-Urbana	70	20:41.80	3:31.90 (111)	8:00.90 (135)	16:47.60 (100)
97 James Wood	SO	901	Linn-Mar Marion	--	20:42.20	3:21.80 (56)	7:42.20 (69)	16:46.50 (99)
98 Will Kremer	SO	123	Cedar Falls	--	20:42.60	3:31.60 (108)	7:47.30 (82)	16:36.50 (89)
99 Robbie Hoke	SO	870	Linn-Mar Marion	--	20:42.80	3:15.70 (37)	7:20.10 (34)	16:08.90 (58)
100 Zach Bruzek	FR	673	Iowa City West	--	20:42.90	3:28.90 (87)	7:49.10 (90)	16:53.40 (111)
101 Preston Molis	FR	1574	Urbandale	--	20:45.60	3:32.50 (118)	7:56.20 (118)	16:39.00 (94)
102 Cameron Wunderlich	SO	164	Cedar Falls	--	20:45.80	3:36.30 (142)	8:01.80 (140)	16:55.40 (121)
103 Carl Stockert	SO	68	Bloomington Jefferson	71	20:46.40	3:37.40 (152)	8:04.00 (145)	16:53.00 (110)
104 Evan Merrill	FR	688	Iowa City West	--	20:48.70	3:17.20 (40)	7:20.70 (36)	16:16.90 (71)
105 Charles Moen	SO	64	Bloomington Jefferson	72	20:50.50	3:37.50 (155)	8:04.30 (146)	16:53.80 (112)
106 Grant Pautsch	SR	428	Denver	73	20:51.00	3:31.20 (104)	8:00.80 (134)	16:51.80 (107)
107 Cooper Smith	JR	1581	Urbandale	--	20:51.70	3:14.00 (28)	7:28.80 (46)	16:29.90 (79)
108 Ethan Guild	SO	1555	Urbandale	--	20:51.90	3:32.50 (117)	7:56.10 (117)	16:52.80 (108)
109 Pablo Moreno	SR	135	Cedar Falls	--	20:54.80	3:38.90 (162)	8:07.20 (151)	16:56.60 (122)
110 Jett Didelot	JR	526	Dubuque Hempstead	--	20:56.50	3:43.70 (184)	8:09.20 (153)	16:54.80 (116)
111 Charles Gilbertson	JR	1002	Marshalltown	74	20:56.50	3:33.00 (123)	7:59.50 (127)	16:51.70 (106)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
112 Liam McGrane	JR	130	Cedar Falls	--	20:56.70	3:29.10 (91)	7:48.20 (85)	16:49.60 (103)
113 Logan Plourde	SR	1265	Norwalk Community	--	20:57.50	3:28.40 (83)	7:45.60 (80)	16:42.20 (98)
114 Aiden Lange	JR	544	Dubuque Hempstead	--	20:58.20	3:31.50 (107)	7:47.60 (84)	16:50.50 (104)
115 Will Scott	SR	554	Dubuque Hempstead	--	21:00.00	3:31.70 (110)	7:57.00 (122)	16:54.80 (117)
116 Dylan Koepnick	JR	877	Linn-Mar Marion	--	21:00.90	3:31.00 (102)	7:55.30 (108)	16:51.00 (105)
117 Jack Fagan	SO	867	Linn-Mar Marion	--	21:03.60	3:31.20 (103)	7:56.50 (120)	16:54.00 (114)
118 Sawyer Marris	FR	1571	Urbandale	--	21:03.90	3:28.70 (86)	7:48.70 (88)	16:48.30 (101)
119 Logan Kessler	SR	1254	Norwalk Community	--	21:04.70	3:00.10 (4)	7:21.00 (37)	16:33.70 (85)
120 Noah Banse	7	935	Mankato West	--	21:05.50	3:36.40 (144)	8:01.40 (139)	17:00.30 (125)
121 Jamison Tressler	JR	154	Cedar Falls	--	21:06.10	3:40.30 (169)	8:10.40 (155)	17:11.00 (136)
122 Gabe Swales	JR	436	Denver	75	21:06.20	3:27.70 (80)	7:43.10 (76)	16:52.80 (109)
123 Carlos Morales	SR	885	Linn-Mar Marion	--	21:08.10	3:29.70 (96)	7:55.50 (111)	16:56.60 (123)
124 Nate Hammerand	SR	1559	Urbandale	--	21:11.80	3:09.30 (13)	7:22.10 (39)	16:35.90 (87)
125 Kyler Happel	FR	1109	Mount Vernon-Lisbon	76	21:12.50	3:46.90 (197)	8:16.60 (166)	17:13.20 (139)
126 Paxton Hickey	SO	537	Dubuque Hempstead	--	21:12.80	3:45.10 (190)	8:17.20 (167)	17:11.30 (137)
127 Alexander Tempel	8	894	Linn-Mar Marion	--	21:14.60	3:30.50 (101)	7:59.10 (125)	17:10.50 (135)
128 Bronson Beals	SO	853	Linn-Mar Marion	--	21:14.80	3:42.40 (180)	8:01.90 (141)	16:57.80 (124)
129 Asif Ali	SO	667	Iowa City West	--	21:15.40	3:24.80 (66)	7:48.70 (89)	17:05.40 (128)
130 Caleb Miller	FR	427	Denver	77	21:16.00	3:43.50 (183)	8:18.30 (174)	17:14.30 (141)
131 Daniel Steinbron	SO	340	Clear Lake	78	21:17.40	3:54.80 (235)	8:24.00 (195)	17:09.00 (131)
132 Carter Halvorson	SR	112	Cedar Falls	--	21:18.20	3:33.50 (128)	7:51.50 (101)	16:55.30 (120)
133 Rodrigo Avila	FR	92	Cedar Falls	--	21:18.40	3:35.80 (139)	7:53.00 (104)	17:05.10 (127)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
134 Kager Kremer	JR	1011	Marshalltown	79	21:18.40	3:39.40 (163)	8:12.80 (158)	17:13.30 (140)
135 Tom Coddington	FR	1552	Urbandale	--	21:20.10	3:38.80 (161)	8:06.90 (149)	17:10.40 (134)
136 Owen Risto	SR	957	Mankato West	--	21:20.30	3:31.30 (106)	7:51.20 (100)	17:07.40 (129)
137 Jace Arends	SR	90	Cedar Falls	--	21:23.30	3:37.10 (150)	8:04.50 (147)	17:12.80 (138)
138 Jon Hudak	SR	1565	Urbandale	--	21:23.30	3:37.90 (157)	8:09.00 (152)	17:09.30 (132)
139 Karsten Ghabel	JR	679	Iowa City West	--	21:24.10	3:50.00 (203)	8:19.70 (181)	17:24.00 (154)
140 Nik Hudak	SR	1566	Urbandale	--	21:25.80	3:26.40 (73)	7:55.70 (114)	17:09.40 (133)
141 Ben Duckett	SR	1443	Solon	80	21:27.60	3:18.80 (41)	7:41.60 (67)	17:02.40 (126)
142 Ethan Lee	SO	684	Iowa City West	--	21:28.30	3:41.00 (173)	8:12.40 (156)	17:22.30 (150)
143 Mikolai Patterson	SR	139	Cedar Falls	--	21:28.80	3:33.40 (127)	7:49.50 (92)	17:23.00 (152)
144 Isaac Benscooter	JR	995	Marshalltown	81	21:29.10	3:32.90 (122)	8:00.40 (129)	17:08.20 (130)
145 Gavan Brotzman	FR	523	Dubuque Hempstead	--	21:29.60	3:45.00 (189)	8:17.30 (169)	17:21.70 (149)
146 Brayden Pettit	FR	889	Linn-Mar Marion	--	21:31.50	3:45.50 (191)	8:24.20 (197)	17:29.40 (158)
147 Ezekiel Mikkalson	8	954	Mankato West	--	21:32.90	3:37.50 (153)	8:03.40 (144)	17:14.60 (142)
148 Jonah Woolery	SR	1674	Waterloo Christian	--	21:33.50	3:26.80 (74)	7:59.20 (126)	17:21.30 (148)
149 Lucas Bantz	JR	994	Marshalltown	82	21:35.10	3:29.00 (89)	8:00.60 (132)	17:20.00 (146)
150 Drew Kehoe	SO	1253	Norwalk Community	--	21:37.90	3:34.00 (129)	8:00.40 (130)	17:14.80 (143)
151 Cole Hansen	SO	113	Cedar Falls	--	21:38.60	3:40.00 (166)	8:18.10 (172)	17:24.60 (156)
152 Maxwell Sell	FR	149	Cedar Falls	--	21:39.50	3:46.40 (196)	8:20.40 (182)	17:24.50 (155)
153 Turner Stewart	FR	151	Cedar Falls	--	21:41.20	3:49.50 (202)	8:22.90 (190)	17:41.70 (166)
154 Jonah Detweiler	FR	863	Linn-Mar Marion	--	21:41.70	3:24.50 (63)	7:55.40 (109)	17:16.20 (144)
155 Brendan Olney	SO	1388	Regina Iowa City	83	21:42.30	3:25.80 (70)	8:07.10 (150)	17:49.50 (170)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
156 Isaiah Mayfield	JR	129	Cedar Falls	--	21:47.10	3:33.40 (126)	8:01.20 (137)	17:23.30 (153)
157 Cohen Breitbart	JR	522	Dubuque Hempstead	--	21:48.20	3:34.40 (131)	8:03.10 (142)	17:20.20 (147)
158 Emmett Lewis	FR	1570	Urbandale	--	21:50.50	3:50.70 (209)	8:41.60 (224)	17:46.70 (168)
159 Aaron Raleigh	FR	1214	North Scott Eldridge	84	21:52.60	3:39.70 (165)	8:20.80 (184)	17:39.20 (164)
160 Levi Kramer	SR	543	Dubuque Hempstead	--	21:53.40	3:54.10 (228)	8:25.50 (200)	17:38.80 (163)
161 Josh Rabenhorst	SO	432	Denver	85	21:55.90	3:48.20 (200)	8:25.50 (199)	17:50.50 (172)
162 Kai Merrill	JR	687	Iowa City West	--	21:59.60	3:28.90 (88)	7:53.70 (105)	17:37.10 (161)
163 Michael Roelofs	SR	256	Center Point-Urbana	86	22:00.30	3:53.80 (225)	8:30.40 (205)	17:33.40 (159)
164 Henry Rieck	SO	1216	North Scott Eldridge	87	22:00.50	3:32.10 (113)	8:05.70 (148)	17:27.30 (157)
165 Carlos Berrones	SO	936	Mankato West	--	22:01.90	3:54.80 (233)	8:45.10 (227)	17:59.30 (179)
166 Drew Tjaden	JR	153	Cedar Falls	--	22:02.00	3:40.30 (168)	8:19.40 (177)	17:40.30 (165)
167 Jacob Kane	SO	946	Mankato West	--	22:02.60	3:54.50 (232)	8:44.30 (225)	17:59.80 (181)
168 Josue Corral Coronado	FR	997	Marshalltown	88	22:03.30	3:46.30 (195)	8:26.10 (202)	18:01.40 (185)
169 Liam Woods	SO	163	Cedar Falls	--	22:06.00	3:40.10 (167)	8:18.90 (176)	17:51.10 (173)
170 Charles Schultz	SO	553	Dubuque Hempstead	--	22:06.50	3:43.90 (185)	8:12.60 (157)	17:17.20 (145)
171 Ivan Rangel	SO	1638	Washington	89	22:06.70	3:21.80 (55)	7:51.70 (102)	17:22.60 (151)
172 Drew Benson	FR	671	Iowa City West	--	22:07.00	3:41.10 (175)	8:13.20 (160)	17:37.60 (162)
173 Hudson Uetz	JR	344	Clear Lake	90	22:08.00	4:01.10 (265)	8:50.50 (236)	18:03.60 (191)
174 Will Boblenz	SR	1380	Regina Iowa City	91	22:10.60	3:36.10 (141)	8:20.70 (183)	17:54.10 (175)
175 Carson Snyder	SR	1018	Marshalltown	92	22:11.10	3:37.10 (149)	8:18.50 (175)	17:50.00 (171)
176 Riley Monson	FR	1259	Norwalk Community	--	22:11.60	3:53.00 (219)	8:35.60 (216)	18:02.10 (190)
177 Trevor Huegerich	SR	118	Cedar Falls	--	22:12.20	3:44.90 (187)	8:21.30 (185)	17:54.00 (174)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
178 Sawyer Hough	SR	1070	Mid-Prairie Wellman	93	22:14.00	3:39.50 (164)	8:17.50 (170)	18:03.70 (192)
179 Oliver Olsen	JR	1208	North Scott Eldridge	94	22:15.90	3:40.80 (172)	8:23.80 (192)	17:59.60 (180)
180 Noah Shipley	FR	1266	Norwalk Community	--	22:16.20	4:06.50 (279)	8:49.90 (235)	18:01.90 (188)
181 Isaac Seberger	JR	1017	Marshalltown	--	22:17.90	3:45.80 (192)	8:26.10 (201)	17:56.10 (177)
182 Ahmad Elshiekh	FR	864	Linn-Mar Marion	--	22:18.90	3:41.80 (178)	8:13.80 (163)	17:44.10 (167)
183 Lars Pressler	FR	692	Iowa City West	--	22:19.10	3:30.30 (99)	7:52.90 (103)	17:49.20 (169)
184 Trey Calvert	FR	1246	Norwalk Community	--	22:20.50	3:52.80 (217)	8:35.40 (215)	18:02.00 (189)
185 Carlos Guzman	JR	1556	Urbandale	--	22:22.00	3:44.40 (186)	8:24.40 (198)	18:00.30 (183)
186 Larson De Boer	JR	1553	Urbandale	--	22:22.20	3:35.40 (136)	8:19.50 (179)	18:06.90 (197)
187 Mateo Holcomb	JR	1564	Urbandale	--	22:23.00	3:53.40 (221)	8:33.20 (210)	18:09.30 (204)
188 Caden Mai	SO	1450	Solon	95	22:23.80	3:56.50 (247)	8:45.50 (229)	18:10.90 (208)
189 Mason Martirock	FR	953	Mankato West	--	22:24.20	3:52.60 (216)	8:34.10 (211)	18:01.60 (186)
190 Caleb Clark	FR	1247	Norwalk Community	--	22:26.10	3:54.80 (234)	8:34.40 (212)	18:08.40 (201)
191 Lamar Barragan	SR	276	Central Springs	96	22:26.10	3:26.20 (72)	7:46.90 (81)	17:36.10 (160)
192 Caleb Arroyo	FR	1548	Urbandale	--	22:26.40	3:53.90 (227)	8:39.40 (222)	18:09.90 (205)
193 Anthony Armstrong	FR	1101	Mount Vernon- Lisbon	97	22:26.60	4:11.80 (302)	9:24.90 (293)	18:07.30 (198)
194 Jaden Schwartz	FR	1016	Marshalltown	--	22:26.90	3:46.10 (194)	8:28.40 (204)	18:07.90 (200)
195 Hugh Loening	FR	1386	Regina Iowa City	98	22:27.30	3:28.50 (84)	8:14.50 (164)	18:00.50 (184)
196 Collin O'Bryon	SR	137	Cedar Falls	--	22:30.00	3:40.70 (171)	8:19.50 (178)	18:12.40 (209)
197 Cole Butteris	SR	1104	Mount Vernon- Lisbon	99	22:30.90	4:04.50 (273)	8:58.50 (245)	18:19.00 (213)
198 Regan Scholten	FR	147	Cedar Falls	--	22:30.90	3:46.00 (193)	8:23.90 (194)	18:03.80 (193)
199 Luke Simmons	SR	1218	North Scott Eldridge	100	22:31.20	3:53.60 (223)	8:36.70 (219)	18:06.20 (194)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
200 Ty Timmerman	FR	152	Cedar Falls	--	22:33.00	3:43.40 (182)	8:19.60 (180)	17:57.30 (178)
201 Koen Krambeck	SO	1205	North Scott Eldridge	101	22:33.60	3:53.50 (222)	8:37.80 (221)	18:07.80 (199)
202 Bassil Elshiekh	JR	865	Linn-Mar Marion	--	22:37.00	3:31.30 (105)	8:13.30 (161)	18:10.70 (207)
203 Cade Happel	SO	1108	Mount Vernon- Lisbon	102	22:37.30	4:04.60 (274)	8:59.10 (247)	18:23.50 (217)
204 Colby Tucker	FR	438	Denver	103	22:37.50	3:47.80 (199)	8:23.90 (193)	17:59.90 (182)
205 Greyson Veiseth	JR	156	Cedar Falls	--	22:37.70	3:29.40 (93)	8:00.30 (128)	17:54.20 (176)
206 Erik Redmond	FR	611	Earlham	--	22:38.20	3:52.40 (214)	8:45.50 (232)	18:29.30 (221)
207 Ben Lothamer	FR	1071	Mid-Prairie Wellman	104	22:38.80	3:55.40 (239)	8:45.50 (231)	18:10.30 (206)
208 Lucas Correa Leibfried	SO	675	Iowa City West	--	22:39.70	3:34.70 (133)	8:13.10 (159)	18:08.50 (202)
209 Fletcher Brower	FR	1633	Washington	105	22:42.80	3:52.20 (212)	8:47.20 (233)	18:38.90 (225)
210 Kaden McCloe	JR	883	Linn-Mar Marion	--	22:43.20	3:42.60 (181)	8:27.40 (203)	18:18.30 (211)
211 James DeSmet	SR	241	Center Point-Urbana	106	22:48.20	3:38.60 (159)	8:22.00 (187)	18:06.30 (195)
212 Siddharth Venkatesan	SO	702	Iowa City West	--	22:51.60	3:40.50 (170)	8:13.70 (162)	18:19.50 (214)
213 Richard Yang	JR	708	Iowa City West	--	22:51.60	3:50.00 (204)	8:24.20 (196)	18:18.00 (210)
214 Colin Wendling	FR	897	Linn-Mar Marion	--	22:55.60	3:47.10 (198)	8:22.00 (186)	18:22.20 (216)
215 Braydon Baker	SO	1437	Solon	107	22:56.70	3:54.30 (229)	8:37.60 (220)	18:21.90 (215)
216 Cyrus Leyda	SO	1720	Waverly-Shell Rock	108	22:57.50	4:09.00 (285)	9:07.50 (259)	18:47.80 (229)
217 Max Donaldson	SR	104	Cedar Falls	--	23:02.70	3:36.40 (145)	8:16.60 (165)	18:18.80 (212)
218 Ty Thayer	JR	964	Mankato West	--	23:03.10	3:38.30 (158)	8:17.80 (171)	18:01.70 (187)
219 Nolan Reese	SR	142	Cedar Falls	--	23:03.90	3:41.50 (176)	8:17.20 (168)	18:08.60 (203)
220 Ben Donald	FR	676	Iowa City West	--	23:04.80	3:50.60 (208)	8:34.80 (214)	18:27.70 (219)
221 Cade Paulsen	FR	334	Clear Lake	109	23:06.40	3:56.50 (248)	8:32.80 (209)	18:25.50 (218)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
222 Josh Bennett	SR	520	Dubuque Hempstead	--	23:08.00	4:00.40 (262)	8:52.50 (240)	18:35.90 (223)
223 Gabe Nicholson	SR	1456	Solon	110	23:08.30	3:57.70 (252)	8:50.80 (238)	18:41.90 (226)
224 Damien Sell	7	959	Mankato West	--	23:09.00	3:56.20 (245)	8:52.90 (242)	18:36.90 (224)
225 Nick Kongable	JR	251	Center Point-Urbana	111	23:11.80	3:54.40 (230)	8:36.20 (218)	18:29.20 (220)
226 Talon Froistad	FR	531	Dubuque Hempstead	--	23:14.00	3:32.40 (116)	7:55.70 (115)	18:06.80 (196)
227 Keegan Grobe	SO	1757	Williamsburg	112	23:18.30	4:05.60 (276)	9:08.90 (263)	18:54.60 (232)
228 Fynn Powers	FR	141	Cedar Falls	--	23:19.50	4:03.60 (270)	9:04.10 (256)	18:52.90 (231)
229 Charlie Pettit	SO	1458	Solon	113	23:20.70	4:03.60 (269)	9:08.00 (262)	19:00.70 (236)
230 Max Stephens	FR	696	Iowa City West	--	23:23.50	3:55.60 (241)	8:40.60 (223)	18:34.00 (222)
231 Aidan Seeks	JR	148	Cedar Falls	--	23:27.20	3:48.90 (201)	8:31.30 (206)	18:48.80 (230)
232 Brady Amble	FR	316	Clear Lake	114	23:29.80	4:07.90 (283)	9:07.90 (261)	18:56.70 (233)
233 Karter Campbell	FR	604	Earlham	--	23:30.40	3:56.30 (246)	8:51.10 (239)	18:46.70 (228)
234 Mason Pauley	SR	1457	Solon	115	23:34.10	3:57.70 (253)	8:50.70 (237)	18:46.30 (227)
235 Daniel Bonilla	JR	1550	Urbandale	--	23:37.80	4:00.70 (264)	9:01.00 (252)	19:01.60 (238)
236 Mason Spriggs	FR	555	Dubuque Hempstead	--	23:39.20	3:50.50 (207)	8:35.80 (217)	19:00.40 (235)
237 Rhett Mesch	SR	1452	Solon	116	23:41.30	4:00.00 (259)	8:58.30 (244)	19:08.30 (241)
238 Edwin Cortes	SO	1635	Washington	117	23:46.20	3:41.90 (179)	8:31.70 (208)	19:38.70 (258)
239 Jacob Dreier	JR	242	Center Point-Urbana	118	23:46.90	3:51.80 (211)	8:44.40 (226)	19:02.60 (239)
240 Owen Zirkelbach	SO	1083	Mid-Prairie Wellman	119	23:48.30	4:07.60 (281)	9:09.40 (265)	19:03.60 (240)
241 Parker Welbes	SO	558	Dubuque Hempstead	--	23:49.40	4:15.40 (312)	9:20.00 (288)	19:15.80 (245)
242 John Holland	JR	116	Cedar Falls	--	23:51.70	3:56.10 (244)	8:59.70 (249)	19:18.50 (247)
243 Ethan Melloy	SR	1451	Solon	--	23:54.50	4:02.60 (266)	8:58.70 (246)	19:10.30 (242)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
244 Joey Recalde	JR	1123	Mount Vernon-Lisbon	120	23:55.80	4:11.70 (301)	9:25.60 (296)	19:34.80 (256)
245 Cody Van Horn	FR	1586	Urbandale	--	23:56.60	3:52.90 (218)	8:49.40 (234)	19:00.20 (234)
246 Rush L'Heureux	SO	485	Dike-New Hartford	121	23:58.10	3:59.80 (258)	9:01.60 (254)	19:17.20 (246)
247 Charles Lindstrom	SO	58	Bloomington Jefferson	122	23:58.80	3:55.90 (242)	8:52.60 (241)	19:10.50 (243)
248 Carson Levi	FR	1256	Norwalk Community	--	24:00.40	3:53.80 (226)	8:45.20 (228)	19:12.20 (244)
249 Gene Warby	JR	159	Cedar Falls	--	24:00.60	4:09.30 (286)	9:18.80 (286)	19:44.90 (266)
250 Aiden Moore	SO	884	Linn-Mar Marion	--	24:02.20	4:05.70 (277)	9:14.80 (273)	19:29.10 (252)
251 Jacob Beneke	FR	668	Iowa City West	--	24:03.30	3:59.20 (255)	9:04.10 (257)	19:22.50 (248)
252 Henry Timmer Hackert	SO	700	Iowa City West	--	24:03.50	3:50.00 (206)	8:34.60 (213)	19:01.50 (237)
253 Daniel Tigardoun	JR	699	Iowa City West	--	24:07.10	3:59.80 (256)	9:15.40 (277)	19:50.70 (270)
254 Nate Holst	FR	1204	North Scott Eldridge	--	24:07.60	4:03.40 (268)	9:09.00 (264)	19:22.70 (249)
255 Hayden Daters	JR	998	Marshalltown	--	24:13.70	4:10.90 (296)	9:22.40 (290)	19:44.90 (265)
256 Ashton Hockett	JR	538	Dubuque Hempstead	--	24:14.80	4:10.80 (295)	9:17.40 (284)	19:36.90 (257)
257 Adrian Sanchez	JR	1076	Mid-Prairie Wellman	123	24:17.10	3:55.40 (238)	8:45.50 (230)	19:28.50 (251)
258 Caleb Lawrence	JR	302	Clayton Ridge Guttenberg	124	24:18.00	3:56.80 (250)	8:59.90 (250)	19:31.80 (253)
259 Pierce MisiagBeckler	FR	549	Dubuque Hempstead	--	24:19.20	4:10.40 (294)	9:16.30 (281)	19:25.10 (250)
260 Abraham Clark	SO	321	Clear Lake	125	24:19.90	4:11.00 (297)	9:16.30 (282)	19:34.70 (255)
261 Bryce Barker	FR	275	Central Springs	126	24:25.20	4:05.40 (275)	9:17.00 (283)	19:53.60 (271)
262 Nate Poduska	FR	1121	Mount Vernon-Lisbon	--	24:29.50	4:10.40 (293)	9:25.40 (295)	19:55.70 (274)
263 Isaac Cormier	SR	859	Linn-Mar Marion	--	24:31.30	3:53.00 (220)	9:03.90 (255)	19:34.00 (254)
264 Colin Cummins	SR	1160	Newton	127	24:33.80	4:15.40 (311)	9:26.70 (297)	19:58.80 (275)
265 Will Farnsworth	SR	1382	Regina Iowa City	128	24:35.70	3:36.00 (140)	8:23.50 (191)	19:46.30 (267)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
266 Tyson Kaas	SO	54	Bloomington Jefferson	129	24:37.30	4:10.10 (292)	9:15.90 (278)	19:43.60 (263)
267 Aiden Kolata	FR	57	Bloomington Jefferson	130	24:37.50	4:28.60 (332)	9:47.80 (315)	20:09.10 (280)
268 Dagen Henzen	JR	422	Denver	131	24:38.70	3:22.90 (59)	8:18.20 (173)	19:53.90 (272)
269 Dirk Rothe	JR	1642	Washington	132	24:39.90	3:35.10 (135)	8:22.50 (188)	19:40.50 (259)
270 Gabe Olson	SO	489	Dike-New Hartford	133	24:40.00	3:50.00 (205)	8:56.30 (243)	19:49.40 (269)
271 Peter Hardee	SO	1041	Mason City	--	24:43.40	4:20.40 (316)	9:34.60 (306)	19:42.50 (262)
272 Logan Senesac	SO	960	Mankato West	--	24:47.10	3:57.20 (251)	9:15.40 (276)	20:05.90 (279)
273 Harbor Viet	FR	1462	Solon	--	24:48.30	4:21.70 (317)	9:31.90 (302)	20:01.60 (276)
274 Ethan Strobbe	FR	1222	North Scott Eldridge	--	24:56.90	4:11.70 (300)	9:16.00 (279)	20:04.90 (278)
275 Carter Judkins	FR	301	Clayton Ridge Guttenberg	134	24:57.70	3:56.70 (249)	8:59.40 (248)	19:44.30 (264)
276 Orion Handy	SO	534	Dubuque Hempstead	--	25:03.90	4:22.60 (319)	9:31.10 (301)	20:09.60 (282)
277 Ben Yeomans	FR	1463	Solon	--	25:05.20	4:31.20 (336)	9:55.00 (324)	20:20.20 (289)
278 Paul Giannakouros	FR	532	Dubuque Hempstead	--	25:06.10	4:09.90 (290)	9:16.30 (280)	19:42.50 (261)
279 Easton Hamilton	FR	1557	Urbandale	--	25:07.90	4:00.50 (263)	9:01.10 (253)	19:49.40 (268)
280 Jackson McGonegle	FR	253	Center Point-Urbana	135	25:09.30	4:24.60 (325)	9:50.30 (320)	20:45.70 (296)
281 Joe Rabenhorst	SO	431	Denver	--	25:11.20	4:00.30 (260)	9:14.60 (272)	20:17.50 (284)
282 Luke White	SO	825	Kasson-Mantorville	--	25:14.80	4:07.30 (280)	9:28.70 (298)	20:21.40 (290)
283 Lane Stroup	SO	342	Clear Lake	136	25:15.30	4:13.00 (305)	9:30.40 (300)	20:13.90 (283)
284 Ben Christ	FR	98	Cedar Falls	--	25:17.30	4:03.90 (271)	9:09.90 (266)	20:04.60 (277)
285 Brody Rosemeyer	FR	550	Dubuque Hempstead	--	25:22.60	3:50.70 (210)	8:31.40 (207)	19:42.50 (260)
286 Andy Britt	JR	1713	Waverly-Shell Rock	137	25:25.10	4:08.80 (284)	9:21.40 (289)	20:09.20 (281)
287 Owen Dralle	SO	105	Cedar Falls	--	25:29.00	3:55.30 (237)	9:06.00 (258)	20:31.80 (292)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
288 Keary Sanger	JR	1171	Newton	138	25:30.00	3:44.90 (188)	9:00.40 (251)	20:20.00 (288)
289 Edson Gallentine	SO	1001	Marshalltown	--	25:31.30	4:23.40 (322)	10:00.10 (328)	20:52.50 (303)
290 Sean Jones	FR	1252	Norwalk Community	--	25:32.20	3:59.80 (257)	9:11.50 (270)	19:55.50 (273)
291 Hayden Ackley	SO	849	Linn-Mar Marion	--	25:33.10	3:52.20 (213)	9:10.40 (267)	20:19.90 (287)
292 Sam Schwarz	SO	1046	Mason City	--	25:34.20	3:55.60 (240)	9:12.20 (271)	20:18.50 (286)
293 Gustavo Perez-Espina	JR	1209	North Scott Eldridge	--	25:40.30	4:15.20 (310)	9:38.30 (310)	20:36.40 (293)
294 Jorge Azuela	FR	1197	North Scott Eldridge	--	25:42.70	4:25.90 (328)	9:54.80 (323)	20:50.10 (300)
295 Riley Tigges	SR	556	Dubuque Hempstead	--	25:44.80	4:44.20 (352)	10:19.10 (340)	20:51.80 (302)
296 Tyler Gregory	SR	1447	Solon	--	25:47.10	4:09.50 (287)	9:43.10 (314)	21:02.10 (306)
297 Ethan Ressler	SO	1460	Solon	--	25:48.50	4:14.40 (307)	9:38.00 (308)	20:46.80 (298)
298 Jayden Otis	FR	691	Iowa City West	--	25:51.70	4:00.30 (261)	9:10.60 (268)	20:17.60 (285)
299 Zach Post	SR	254	Center Point-Urbana	--	25:56.60	4:24.10 (324)	9:50.00 (319)	20:45.40 (295)
300 Evan Gleason	FR	1446	Solon	--	25:59.40	4:26.90 (329)	9:56.10 (325)	21:08.50 (308)
301 Devin Runde	FR	551	Dubuque Hempstead	--	26:01.10	4:31.20 (337)	10:00.50 (329)	21:10.80 (311)
302 Blake Pingel	JR	820	Kasson-Mantorville	--	26:03.20	4:04.30 (272)	9:18.70 (285)	20:43.30 (294)
303 Ryan Stickler	SR	1221	North Scott Eldridge	--	26:05.10	4:17.60 (314)	9:49.80 (317)	21:02.60 (307)
304 Gentry Swarts	JR	1173	Newton	139	26:10.80	4:23.30 (321)	9:53.70 (321)	21:23.80 (315)
305 Owen Snyder	SO	892	Linn-Mar Marion	--	26:14.00	3:52.40 (215)	9:10.70 (269)	20:31.60 (291)
306 Benjamin Tentinger	FR	895	Linn-Mar Marion	--	26:15.90	3:57.80 (254)	9:24.70 (292)	21:10.50 (310)
307 Grant Porter	JR	1212	North Scott Eldridge	--	26:24.10	4:15.00 (308)	9:38.10 (309)	21:00.20 (305)
308 Kaden Badura	SR	1709	Waverly-Shell Rock	140	26:25.10	4:47.50 (358)	10:35.00 (348)	21:42.60 (318)
309 Clayton Hines	FR	482	Dike-New Hartford	141	26:32.90	4:07.70 (282)	9:25.40 (294)	20:49.10 (299)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
310 Josiah Swales	SO	437	Denver	--	26:34.60	4:25.60 (326)	10:06.00 (331)	21:32.10 (317)
311 Jaxson Douglas	SO	1756	Williamsburg	142	26:37.40	4:49.30 (362)	10:48.80 (355)	20:46.70 (297)
312 Joel Schmitz	SO	146	Cedar Falls	--	26:40.10	3:55.00 (236)	9:07.60 (260)	21:13.60 (313)
313 Kaden Read	JR	1639	Washington	143	26:41.30	4:12.40 (303)	9:30.30 (299)	20:57.40 (304)
314 Jackson Mraz	SR	1721	Waverly-Shell Rock	144	26:42.80	4:47.90 (359)	10:38.30 (349)	21:44.00 (320)
315 Conner Holman	FR	1008	Marshalltown	--	26:44.70	4:15.00 (309)	9:32.20 (304)	20:51.40 (301)
316 Tate Wymore	FR	287	Central Springs	145	26:45.40	4:09.70 (288)	9:36.20 (307)	21:12.90 (312)
317 Andrew DeJarnett	SO	1755	Williamsburg	146	26:47.70	4:23.50 (323)	9:57.70 (326)	21:10.10 (309)
318 Nick Larson	FR	1385	Regina Iowa City	147	27:12.50	4:02.80 (267)	9:15.30 (275)	21:43.90 (319)
319 Sam Biles	JR	855	Linn-Mar Marion	--	27:15.80	4:12.40 (304)	9:49.90 (318)	21:58.10 (323)
320 John Todor	8	823	Kasson-Mantorville	--	27:18.00	4:38.40 (348)	10:13.30 (335)	22:03.40 (324)
321 Trey Druvenga	SR	478	Dike-New Hartford	148	27:27.40	4:20.30 (315)	10:01.90 (330)	21:55.20 (322)
322 Nick Strayer	JR	341	Clear Lake	--	27:28.00	4:13.70 (306)	9:33.70 (305)	21:19.50 (314)
323 Justin Leemhuis	SR	879	Linn-Mar Marion	--	27:32.40	4:11.50 (298)	9:40.80 (311)	22:09.40 (325)
324 Max Ferin	JR	1444	Solon	--	27:34.60	4:32.90 (340)	10:15.00 (337)	21:55.00 (321)
325 Hunter Reynolds	SR	890	Linn-Mar Marion	--	27:34.80	4:11.60 (299)	9:42.80 (313)	22:13.90 (326)
326 Quinntin Oswald	FR	1263	Norwalk Community	--	27:38.50	4:16.60 (313)	9:42.70 (312)	21:27.00 (316)
327 Jay Lawson	SO	125	Cedar Falls	--	28:17.20	4:30.80 (334)	10:17.00 (339)	22:28.50 (327)
328 Reid Hartwig	FR	325	Clear Lake	--	28:28.30	4:37.50 (347)	10:16.80 (338)	22:58.90 (332)
329 Owen Errthum	SR	529	Dubuque Hempstead	--	28:32.10	4:48.40 (361)	10:43.90 (350)	22:49.30 (329)
330 Ethan Boobyer	FR	1551	Urbandale	--	28:36.10	4:39.50 (349)	10:31.50 (345)	23:39.90 (336)
331 Noah Kahler	FR	1718	Waverly-Shell Rock	149	28:41.00	4:32.30 (339)	10:27.40 (343)	23:15.30 (335)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
332 Caleb Rumsey	SO	144	Cedar Falls	--	28:46.80	4:33.60 (342)	10:12.80 (334)	23:06.30 (333)
333 Nate Powers	JR	1576	Urbandale	--	28:51.20	4:09.90 (291)	9:23.10 (291)	23:51.40 (343)
334 Jonah Carson	SO	278	Central Springs	150	29:09.30	4:05.90 (278)	9:19.00 (287)	22:39.90 (328)
335 Thomas Tidball	SR	1175	Newton	151	29:12.00	3:54.40 (231)	9:32.00 (303)	22:54.80 (331)
336 Clayton Lauritsen	FR	124	Cedar Falls	--	29:12.10	4:27.40 (330)	10:13.40 (336)	22:53.10 (330)
337 Brayden Miller	FR	1072	Mid-Prairie Wellman	152	29:15.70	4:47.10 (356)	10:47.90 (354)	23:44.70 (339)
338 Benjamin Fetzer	FR	1445	Solon	--	29:19.50	5:07.00 (376)	11:05.00 (360)	23:45.40 (340)
339 Clayton Cooney	FR	1442	Solon	--	29:20.80	5:04.70 (374)	11:15.40 (364)	23:48.50 (342)
340 Leland Mueller	SO	303	Clayton Ridge Guttenberg	153	29:39.10	4:28.00 (331)	10:07.30 (332)	23:41.80 (338)
341 Ryley Gerst	JR	1716	Waverly-Shell Rock	154	30:01.10	5:06.10 (375)	11:16.40 (365)	24:12.60 (346)
342 Talyn Strottman	SO	435	Denver	--	30:11.50	4:25.60 (327)	10:12.10 (333)	23:41.80 (337)
343 Owen Powell	JR	1213	North Scott Eldridge	--	30:17.10	4:33.30 (341)	10:26.70 (342)	24:03.80 (344)
344 Matthew Hammerand	SR	1558	Urbandale	--	30:24.80	4:32.00 (338)	10:34.50 (347)	24:58.90 (353)
345 Asher Morrow	SR	331	Clear Lake	--	30:31.20	4:45.20 (354)	10:46.60 (352)	23:13.90 (334)
346 Seth Christiansen	JR	1199	North Scott Eldridge	--	30:36.60	4:34.40 (343)	11:06.50 (361)	24:47.80 (351)
347 Talon Currie	JR	1161	Newton	155	30:48.70	4:52.60 (365)	10:53.60 (356)	24:41.80 (349)
348 Luke Kleinmeyer	SO	1762	Williamsburg	156	30:49.30	4:40.80 (350)	10:31.60 (346)	25:19.00 (357)
349 Kasey Thiese	SO	306	Clayton Ridge Guttenberg	157	31:09.90	4:30.80 (335)	10:28.60 (344)	24:04.50 (345)
350 Brooks DeGeeter	SO	477	Dike-New Hartford	158	31:17.10	4:48.30 (360)	10:47.40 (353)	24:32.30 (348)
351 Zach Pikus	FR	67	Bloomington Jefferson	--	31:21.40	4:28.70 (333)	9:53.90 (322)	24:23.80 (347)
352 Porter Ball	FR	1438	Solon	--	31:22.70	5:22.50 (381)	12:08.10 (379)	25:26.30 (358)
353 Korbin Bouska	FR	1711	Waverly-Shell Rock	159	31:25.60	5:03.70 (373)	11:35.10 (370)	25:13.40 (356)

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
354 Trace McClellan	FR	1167	Newton	160	31:34.20	4:51.30 (363)	10:59.60 (358)	25:28.20 (360)
355 Suhaib Aslam	FR	91	Cedar Falls	--	31:38.00	4:36.70 (346)	10:23.60 (341)	24:45.10 (350)
356 Darwin Shollenbarger	SR	434	Denver	--	31:40.90	4:53.70 (366)	11:18.70 (367)	25:00.80 (354)
357 Eli Whitaker	JR	1397	Regina Iowa City	161	31:52.40	4:52.50 (364)	11:08.40 (362)	24:55.20 (352)
358 Nick Satterthwaite	SO	433	Denver	--	32:05.70	5:08.00 (377)	11:39.40 (372)	26:16.20 (364)
359 Luke Cook	FR	296	Clayton Ridge Guttenberg	162	32:09.80	4:09.70 (289)	9:48.40 (316)	23:47.10 (341)
360 Oliver Fine	FR	1164	Newton	163	32:31.30	5:01.50 (371)	11:57.50 (375)	26:28.10 (367)
361 William Walsworth	FR	158	Cedar Falls	--	32:31.30	4:54.90 (367)	11:32.40 (369)	26:04.70 (362)
362 Jared Giese	7	814	Kasson-Mantorville	--	32:41.50	5:20.30 (380)	11:49.40 (374)	26:28.00 (366)
363 Layne Savage	FR	1172	Newton	--	32:53.30	5:19.80 (379)	12:00.90 (378)	26:07.90 (363)
364 Troy Finch	SR	1163	Newton	--	33:34.80	4:46.60 (355)	10:53.70 (357)	26:26.70 (365)
365 Isaac Tague	FR	1267	Norwalk Community	--	34:11.30	4:41.20 (351)	10:44.00 (351)	26:37.10 (368)
366 Ian Carolus	SR	1039	Mason City	--	34:25.50	4:22.80 (320)	9:59.00 (327)	27:24.30 (369)
367 Luke Berger	SO	95	Cedar Falls	--	34:31.20	4:55.60 (370)	11:59.70 (377)	28:28.50 (372)
368 Nathaniel Edwards	JR	297	Clayton Ridge Guttenberg	164	35:02.40	4:55.20 (369)	11:35.60 (371)	28:20.60 (371)
369 Ryne Copple	JR	1248	Norwalk Community	--	35:22.30	5:02.70 (372)	11:58.20 (376)	27:48.90 (370)
370 Matthew Groeneveld	JR	111	Cedar Falls	--	35:37.40	4:55.10 (368)	11:12.60 (363)	26:04.30 (361)
371 Devin DeLoach	FR	862	Linn-Mar Marion	--	36:42.90	3:53.70 (224)	9:15.10 (274)	25:11.70 (355)
372 Ollie Moehlis	FR	1573	Urbandale	--	42:12.30	7:08.70 (384)	16:08.30 (380)	36:12.80 (374)
373 Elijah Young	FR	1587	Urbandale	--	44:55.40	7:08.50 (383)	16:08.40 (381)	36:11.90 (373)
Wesley Sadler	JR	1125	Mount Vernon- Lisbon	--		35:46.60 (388)		
Devan Wengel	SR	1177	Newton	--		7:59.00 (385)	18:56.60 (382)	

Athlete	Yr.	#	Team	Score	Time	900m	2k	4k
Sam Sparks	SR	1582	Urbandale	--		3:32.80 (121)	8:01.00 (136)	
Lucas Badger	JR	1198	North Scott Eldridge	--		4:34.50 (344)		
Brennen Hoyer	SO	117	Cedar Falls	--		3:02.40 (5)	6:38.10 (1)	
Keegan Decker	FR	649	Iowa City Liberty	--		22:25.90 (387)		
Owen Weber	JR	1596	Valley Lutheran	--		6:00.50 (382)		
Jacob White	SO	492	Dike-New Hartford	--		4:22.10 (318)	11:21.30 (368)	
Gavin VanBrocklin	SR	155	Cedar Falls	--		3:19.50 (48)	7:49.10 (91)	
Caleb Schnell	FR	1726	Waverly-Shell Rock	--		4:44.90 (353)		
Jesse Bennett	FR	519	Dubuque Hempstead	--		4:47.50 (357)	11:02.20 (359)	
Jack Gummert	SR	460	Des Moines Christian	--		20:56.00 (386)		
Tate Whittaker- Smith	SR	899	Linn-Mar Marion	--		3:21.00 (54)	7:37.70 (59)	
Reece Rambo	FR	255	Center Point-Urbana	--		4:34.60 (345)	11:16.90 (366)	
Jesse Hazelman	7	816	Kasson-Mantorville	--		5:09.70 (378)	11:43.50 (373)	25:26.50 (359)
Tyler Bailey	FR	319	Clear Lake	--	DNF			

