

2A PANORA DISTRICT CC MEET

HS GIRLS 5K Panora, IA 10/24/2019 Sunny 54°

Place	School	1	2	3	4	5	6	7	Total	Ttl Time	Ave Time	Spread
1	Adair-Casey/Guthrie Center	1	4	6	22	28	46	48	= 61	1:48:12	21:38	3:39
2	Emmetsburg	12	13	19	23	25	27	35	= 92	1:52:48	22:34	1:36
3	Chariton	7	18	20	24	26	54	62	= 95	1:53:32	22:42	1:47
4	Panorama	2	8	11	37	50	55		= 108	1:52:11	22:26	4:31
5	Shenandoah	10	14	15	38	41	58	81	= 118	1:54:39	22:56	2:41
6	Albia	9	33	36	39	52	53	61	= 169	1:58:24	23:41	3:13
7	Clarinda	5	30	40	51	60	69		= 186	1:58:29	23:42	4:14
8	Des Moines Christian	16	29	49	57	64	66	80	= 215	2:00:58	24:12	2:47
9	Treynor	3	21	59	67	74			= 224	2:01:06	24:13	6:36
10	Red Oak	17	34	47	68	71	78		= 237	2:04:05	24:49	4:09
11	Greene County	31	43	56	70	72	73	76	= 272	2:06:25	25:17	3:13
12	Central Decatur	32	45	63	75	79	82	84	= 294	2:09:03	25:49	4:27
13	West Central Valley	42	44	65	77	83			= 311	2:12:22	26:28	6:08

Incomplete Teams: Missouri Valley, Underwood

Bib	Place	Score	Name	Year	School	Time	Pace	mpm
5000	1	1	Kate Crawford	SR	Adair-Casey/Guthrie Center	19:47	6:22	
5119	2	2	Ella Waddle	JR	Panorama	20:11	6:30	
5155	3	3	Tori Castle	SR	Treynor	20:31	6:36	
5005	4	4	Rylee Sloss	JR	Adair-Casey/Guthrie Center	20:44	6:40	
5058	5	5	Mayson Hartley	FR	Clarinda	20:49	6:42	
5003	6	6	Kiersten Knobbe	FR	Adair-Casey/Guthrie Center	21:16	6:51	
5045	7	7	Milanna Primakov	FR	Chariton	21:32	6:56	
5118	8	8	Olivia Steffen	JR	Panorama	21:33	6:56	
5019	9	9	Sherryl Mae Rowe	SR	Albia	21:33	6:56	
5144	10	10	Brenna Godfread	JR	Shenandoah	21:37	6:58	
5113	11	11	Payton Beckman	SO	Panorama	21:38	6:58	
5088	12	12	Gabrielle Janssen	SR	Emmetsburg	21:39	6:58	
5168	13		Jordyn Reimer	FR	Underwood	21:51	7:02	
5084	14	13	Isabel Doyle	FR	Emmetsburg	22:11	7:08	
5143	15	14	Sarah Gilbert	SR	Shenandoah	22:16	7:10	
5145	16	15	Christene Johnson	SO	Shenandoah	22:17	7:10	
5104	17		Bre Boruff	JR	Missouri Valley	22:29	7:14	
5070	18	16	Kate Muller	JR	Des Moines Christian	22:33	7:16	
5128	19	17	Chloe Devries	JR	Red Oak	22:39	7:17	
5042	20	18	Sailor Anderson	JR	Chariton	22:42	7:18	
5083	21	19	Raven Brown	SR	Emmetsburg	22:43	7:19	
5047	22	20	Lubove Vahnenko	SR	Chariton	22:49	7:21	
5158	23	21	Carissa Spanier	SO	Treynor	22:58	7:24	
5002	24	22	Jorja Hoover	JR	Adair-Casey/Guthrie Center	22:59	7:24	
5086	25	23	Hailey Foxhoven	SR	Emmetsburg	23:00	7:24	
5048	26	24	Ruth Vahnenko	JR	Chariton	23:11	7:28	
5087	27	25	Isabella Householder	JR	Emmetsburg	23:15	7:29	
5044	28	26	Nadiia Miroshnik	SO	Chariton	23:19	7:30	
5089	29	27	Taylor Steinkamp	JR	Emmetsburg	23:22	7:31	
5001	30	28	Alyson Embleton	JR	Adair-Casey/Guthrie Center	23:26	7:33	
5075	31	29	Sophia Stineman	SO	Des Moines Christian	23:35	7:35	
5056	32	30	Keely Boltinghouse	FR	Clarinda	23:35	7:35	
5098	33	31	Ashlee Harmeyer	SR	Greene County	23:36	7:36	
5034	34	32	Kaydee Swartz	JR	Central Decatur	23:43	7:38	
5018	35	33	Becca Pistek	SR	Albia	23:46	7:39	
5127	36	34	Camryn Bass	SO	Red Oak	23:55	7:42	
5085	37	35	Allison Fischer	JR	Emmetsburg	24:02	7:44	
5020	38	36	Brooke Smith	SO	Albia	24:06	7:45	
5114	39	37	Abby Cobb	JR	Panorama	24:07	7:46	
5141	40	38	Lauryn Dukes	SR	Shenandoah	24:10	7:47	
5015	41	39	Allison Major	JR	Albia	24:12	7:47	
5060	42	40	Hannah Milleson	FR	Clarinda	24:16	7:49	
5142	43	41	Kelsey Franklin	SO	Shenandoah	24:18	7:49	
5181	44	42	Shaynn Wahman	SO	West Central Valley	24:21	7:50	
5100	45	43	Kassie Lamoureux	SR	Greene County	24:21	7:50	
5177	46	44	Aliyah Dickson	SR	West Central Valley	24:23	7:51	
5028	47	45	Harrisen Bevan	FR	Central Decatur	24:26	7:52	
5006	48	46	Jenna Stringer	SR	Adair-Casey/Guthrie Center	24:30	7:53	
5129	49	47	Aedyn Graham	SO	Red Oak	24:30	7:53	
5004	50	48	Taylor Lemke	SR	Adair-Casey/Guthrie Center	24:32	7:54	
5074	51	49	Courtney Smith	FR	Des Moines Christian	24:37	7:55	
5116	52	50	Lydia Lindstrom	SR	Panorama	24:42	7:57	
5057	53	51	Ashlyn Eberly	SO	Clarinda	24:45	7:58	
5016	54	52	Ellie Martin	SO	Albia	24:46	7:58	
5017	55	53	Emma Martin	SO	Albia	24:48	7:59	
5043	56	54	Angel Blagsvedt	JR	Chariton	24:48	7:59	
5115	57	55	Leah Fett	SO	Panorama	24:50	8:00	
5097	58	56	Conner Allender	JR	Greene County	24:52	8:00	
5071	59	57	Ali Pieper	SO	Des Moines Christian	24:54	8:01	
5146	60	58	Hadlee Kinghorn	SO	Shenandoah	24:56	8:02	
5159	61	59	Claire Yochum	JR	Treynor	24:59	8:02	

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Bib	Place	Score	Name	Year	School	Time	Pace mpm
5059	62	60	Molly Lihs	SO	Clarinda	25:03	8:04
5014	63	61	Ava Brown	SR	Albia	25:06	8:05
5046	64	62	Deanna Primokov	SR	Chariton	25:08	8:05
5032	65	63	Lauren Saxton	SR	Central Decatur	25:18	8:09
5072	66	64	Amelia Samuelson	SO	Des Moines Christian	25:20	8:09
5178	67	65	Kate Dredge	FR	West Central Valley	25:24	8:11
5069	68	66	Emma Isenhart	SO	Des Moines Christian	25:29	8:12
5157	69	67	Mira Dreyer	FR	Treynor	25:31	8:13
5167	70		Madi Ogle	JR	Underwood	25:49	8:19
5133	71	68	Eva Sherman	JR	Red Oak	26:13	8:26
5170	72		Phoebe Wilson	SO	Underwood	26:21	8:29
5061	73	69	Isabelle Smith	SO	Clarinda	26:33	8:33
5103	74	70	Tieryn Tucker	SR	Greene County	26:46	8:37
5130	75	71	Delaney Hall	SO	Red Oak	26:48	8:38
5102	76	72	Olivia Shannon	FR	Greene County	26:49	8:38
5099	77	73	Makala Kafer	JR	Greene County	27:06	8:43
5156	78	74	Josie Davidson	SO	Treynor	27:07	8:44
5031	79	75	Grace Poulton	JR	Central Decatur	27:26	8:50
5101	80	76	Kayla Muir	JR	Greene County	27:39	8:54
5179	81	77	Emily Escoto	JR	West Central Valley	27:46	8:56
5132	82	78	Rhenn Rolenc	JR	Red Oak	27:47	8:57
5029	83	79	Maren Buckingham	FR	Central Decatur	28:10	9:04
5073	84	80	Madison Shimp	FR	Des Moines Christian	28:30	9:10
5147	85	81	Lydia Morales	SR	Shenandoah	29:09	9:23
5105	86		Ela Rangel	JR	Missouri Valley	29:30	9:30
5030	87	82	Chloe Hamaker	SO	Central Decatur	30:03	9:40
5180	88	83	Avery Hazen	FR	West Central Valley	30:28	9:48
5033	89	84	Ellyson Sheetz	SO	Central Decatur	31:17	10:04
5169	90		Josie Rosas	SO	Underwood	32:50	10:34

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Place	Name	Time	mpm	Place	Name	Time	mpm
1) Adair-Casey/Guthrie Center Score = 61				10) Red Oak Score = 237			
1	Kate Crawford, SR	19:47	6:22	17	Chloe Devries, JR	22:39	7:17
4	Rylee Sloss, JR	20:44	6:40	34	Camryn Bass, SO	23:55	7:42
6	Kiersten Knobbe, FR	21:16	6:51	47	Aedyn Graham, SO	24:30	7:53
22	Jorja Hoover, JR	22:59	7:24	68	Eva Sherman, JR	26:13	8:26
28	Alyson Embleton, JR	23:26	7:33	71	Delaney Hall, SO	26:48	8:38
46	Jenna Stringer, SR	24:30	7:53	78	Rhenn Rolenc, JR	27:47	8:57
48	Taylor Lemke, SR	24:32	7:54				
2) Emmetsburg Score = 92				11) Greene County Score = 272			
12	Gabrielle Janssen, SR	21:39	6:58	31	Ashlee Harmeyer, SR	23:36	7:36
13	Isabel Doyle, FR	22:11	7:08	43	Kassie Lamoureux, SR	24:21	7:50
19	Raven Brown, SR	22:43	7:19	56	Conner Allender, JR	24:52	8:00
23	Hailey Foxhoven, SR	23:00	7:24	70	Tieryn Tucker, SR	26:46	8:37
25	Isabella Householder, JR	23:15	7:29	72	Olivia Shannon, FR	26:49	8:38
27	Taylor Steinkamp, JR	23:22	7:31	73	Makala Kafer, JR	27:06	8:43
35	Allison Fischer, JR	24:02	7:44	76	Kayla Muir, JR	27:39	8:54
3) Chariton Score = 95				12) Central Decatur Score = 294			
7	Milanna Primakov, FR	21:32	6:56	32	Kaydee Swartz, JR	23:43	7:38
18	Sailor Anderson, JR	22:42	7:18	45	Harrisien Bevan, FR	24:26	7:52
20	Lubove Vahnenko, SR	22:49	7:21	63	Lauren Saxton, SR	25:18	8:09
24	Ruth Vahnenko, JR	23:11	7:28	75	Grace Poulton, JR	27:26	8:50
26	Nadiia Miroshnik, SO	23:19	7:30	79	Maren Buckingham, FR	28:10	9:04
54	Angel Blagsvedt, JR	24:48	7:59	82	Chloe Hamaker, SO	30:03	9:40
62	Deanna Primokov, SR	25:08	8:05	84	Ellyson Sheetz, SO	31:17	10:04
4) Panorama Score = 108				13) West Central Valley Score = 311			
2	Ella Waddle, JR	20:11	6:30	42	Shaynn Wahman, SO	24:21	7:50
8	Olivia Steffen, JR	21:33	6:56	44	Aliyah Dickson, SR	24:23	7:51
11	Payton Beckman, SO	21:38	6:58	65	Kate Dredge, FR	25:24	8:11
37	Abby Cobb, JR	24:07	7:46	77	Emily Escoto, JR	27:46	8:56
50	Lydia Lindstrom, SR	24:42	7:57	83	Avery Hazen, FR	30:28	9:48
55	Leah Fett, SO	24:50	8:00				
5) Shenandoah Score = 118				Incomplete Teams:			
10	Brenna Godfread, JR	21:37	6:58	Missouri Valley			
14	Sarah Gilbert, SR	22:16	7:10	17	Bre Boruff, JR	22:29	7:14
15	Christene Johnson, SO	22:17	7:10	86	Ela Rangel, JR	29:30	9:30
38	Lauryn Dukes, SR	24:10	7:47	Underwood			
41	Kelsey Franklin, SO	24:18	7:49	13	Jordyn Reimer, FR	21:51	7:02
58	Hadlee Kinghorn, SO	24:56	8:02	70	Madi Ogle, JR	25:49	8:19
81	Lydia Morales, SR	29:09	9:23	72	Phoebe Wilson, SO	26:21	8:29
				90	Josie Rosas, SO	32:50	10:34
6) Albia Score = 169							
9	Sherryl Mae Rowe, SR	21:33	6:56				
33	Becca Pistek, SR	23:46	7:39				
36	Brooke Smith, SO	24:06	7:45				
39	Allison Major, JR	24:12	7:47				
52	Ellie Martin, SO	24:46	7:58				
53	Emma Martin, SO	24:48	7:59				
61	Ava Brown, SR	25:06	8:05				
7) Clarinda Score = 186							
5	Mayson Hartley, FR	20:49	6:42				
30	Keely Boltinghouse, FR	23:35	7:35				
40	Hannah Milleson, FR	24:16	7:49				
51	Ashlyn Eberly, SO	24:45	7:58				
60	Molly Lihs, SO	25:03	8:04				
69	Isabelle Smith, SO	26:33	8:33				
8) Des Moines Christian Score = 215							
16	Kate Muller, JR	22:33	7:16				
29	Sophia Stineman, SO	23:35	7:35				
49	Courtney Smith, FR	24:37	7:55				
57	Ali Pieper, SO	24:54	8:01				
64	Amelia Samuelson, SO	25:20	8:09				
66	Emma Isenhardt, SO	25:29	8:12				
80	Madison Shimp, FR	28:30	9:10				
9) Treynor Score = 224							
3	Tori Castle, SR	20:31	6:36				
21	Carissa Spanier, SO	22:58	7:24				
59	Claire Yochum, JR	24:59	8:02				
67	Mira Dreyer, FR	25:31	8:13				
74	Josie Davidson, SO	27:07	8:44				