

# 4A District XC Girls 5 km

Southeast Polk High School, Pleasant Hill, IA

Oct. 24, 2019

Results by Michael Franke

Use the Find option of your Web Browser to find the performance of a specific individual or team.

Last updated Oct. 24, 2019 5:04 PM

Qualifiers shown in red.

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME SPREAD	
1	Southeast Polk	34	2	5	7	9	11	20	28	20:21.5	0:36.5
2	Valley	68	4	10	13	16	25	32	34	20:49.0	1:20.9
3	Dowling Catholic	75	3	8	17	23	24	31	33	20:53.5	1:16.0
4	Roosevelt	76	1	6	18	22	29	30	35	20:54.3	2:15.9
5	Iowa City West	81	12	14	15	19	21	26	27	20:56.9	0:33.8
6	Lincoln	192	36	37	38	39	42			27:05.2	3:01.2
7	East	213	40	41	43	44	45	46		29:16.8	2:03.3

Incomplete Teams: North, Hoover

[Individuals](#)

PLACE	FINISHER	TIME
-------	----------	------

## 1. Southeast Polk

2	Mattison Plummer, Jr	19:59.5
5	Jenna Francois, Fr	20:18.5
7	Magda McGowan, Jr	20:24.1
9	Grace Larkins, Jr	20:29.4
11	Tarryn Hill, Sr	20:36.0
20	Jacie Mitchell, Fr	21:13.0
28	Natalie Clement, Sr	21:49.2

Total Time = 1:41:47.5      Total Places = 34

## 2. Valley

4	Lauren Schulze, Jr	20:12.3
10	Madeline Hollander, So	20:31.0
13	Kamryn Ensley, So	20:41.3
16	Amanda Overton, Fr	21:07.0
25	Emily Bright, So	21:33.1
32	Teghan Booth, Jr	22:37.2
34	Mya DouBrava, Fr	22:43.3

Total Time = 1:44:04.7      Total Places = 68

### 3. Dowling Catholic

3	Annie Flood, Sr	20:06.2
8	lauryn frerichs, Fr	20:28.4
17	Maddy Hall, So	21:08.5
23	Megan Szalay, Sr	21:22.2
24	Katelyn Reichart, Sr	21:22.2
31	Kate Easter, So	22:19.2
33	Megan Wainright, So	22:38.9

Total Time = 1:44:27.5      Total Places = 75

### 4. Roosevelt

1	Arianna Jackson, Fr	19:41.6
6	Abi Hahn, Fr	20:19.1
18	Adrienne Buettner-Cable, Fr	21:11.5
22	Elle Green, So	21:21.8
29	Anna Gilbreath, Sr	21:57.4
30	Clara Colvig, Sr	21:58.5
35	Livi Ovrum, So	23:20.5

Total Time = 1:44:31.4      Total Places = 76

### 5. Iowa City West

12	Camden Zirker, So	20:39.4
14	Maddy Negley, Jr	20:41.7
15	Annie Schwartz, Fr	20:57.3
19	Lucy Westemeyer, Jr	21:12.7
21	Erica Buetner, Jr	21:13.2
26	Emma Kearney, Jr	21:38.5
27	Minou Emmad, Fr	21:48.7

Total Time = 1:44:44.3      Total Places = 81

### 6. Lincoln

36	Hailey Neer, So	25:40.7
37	Jaenelle Bryant, Fr	26:36.8
38	Nirel Webb, So	27:12.0
39	Alexandra Chamu-Delgado, Sr	27:14.3
42	Candy Alvarez-Perez, Sr	28:41.9

Total Time = 2:15:25.7      Total Places = 192

### 7. East

40	Jasmine Cruz-Castro, Sr	28:29.6
41	Daniela Gama, Sr	28:33.5
43	Sarah Landon, Sr	29:18.7
44	Rebecca Curtis, Sr	29:29.0
45	Jamie Gomez, So	30:32.8
46	Sabrina Vongphandy, Sr	30:36.0

Total Time = 2:26:23.6      Total Places = 213

#### TEAM

PLACE	SCORE	FINISHER	TIME	TEAM
-------	-------	----------	------	------

[Top](#)

1	1	Arianna Jackson, Fr	19:41.6	Roosevelt
2	2	Mattison Plummer, Jr	19:59.5	Southeast Polk
3	3	Annie Flood, Sr	20:06.2	Dowling Catholic
4	4	Lauren Schulze, Jr	20:12.3	Valley
5	5	Jenna Francois, Fr	20:18.5	Southeast Polk
6	6	Abi Hahn, Fr	20:19.1	Roosevelt
7	7	Magda McGowan, Jr	20:24.1	Southeast Polk
8	8	lauryn frerichs, Fr	20:28.4	Dowling Catholic
9	9	Grace Larkins, Jr	20:29.4	Southeast Polk
10	10	Madeline Hollander, So	20:31.0	Valley
11	11	Tarryn Hill, Sr	20:36.0	Southeast Polk
12	12	Camden Zirker, So	20:39.4	Iowa City West
13	13	Kamryn Ensley, So	20:41.3	Valley
14	14	Maddy Negley, Jr	20:41.7	Iowa City West
15	15	Annie Schwartz, Fr	20:57.3	Iowa City West
16	16	Amanda Overton, Fr	21:07.0	Valley
17	17	Maddy Hall, So	21:08.5	Dowling Catholic
18	18	Adrienne Buettner-Cable, Fr	21:11.5	Roosevelt
19	19	Lucy Westemeyer, Jr	21:12.7	Iowa City West
20	20	Jacie Mitchell, Fr	21:13.0	Southeast Polk
21	21	Erica Buetner, Jr	21:13.2	Iowa City West
22	22	Elle Green, So	21:21.8	Roosevelt
23	23	Megan Szalay, Sr	21:22.2	Dowling Catholic
24	24	Katelyn Reichart, Sr	21:22.2	Dowling Catholic
25	25	Emily Bright, So	21:33.1	Valley
26	26	Emma Kearney, Jr	21:38.5	Iowa City West
27	27	Minou Emmad, Fr	21:48.7	Iowa City West
28	28	Natalie Clement, Sr	21:49.2	Southeast Polk
29	29	Anna Gilbreath, Sr	21:57.4	Roosevelt
30	30	Clara Colvig, Sr	21:58.5	Roosevelt
31	31	Kate Easter, So	22:19.2	Dowling Catholic
32	32	Teghan Booth, Jr	22:37.2	Valley
33	33	Megan Wainright, So	22:38.9	Dowling Catholic
34	34	Mya DouBrava, Fr	22:43.3	Valley
35	35	Livi Ovrum, So	23:20.5	Roosevelt
36		Ikilas Hasan, So	23:28.1	North
37	36	Hailey Neer, So	25:40.7	Lincoln
38	37	Jaenelle Bryant, Fr	26:36.8	Lincoln
39	38	Nirel Webb, So	27:12.0	Lincoln
40	39	Alexandra Chamu-Delgado, Sr	27:14.3	Lincoln
41		Elizabeth Smith, So	27:37.3	Hoover
42		Tesfanya Ponis, Jr	27:38.2	North
43	40	Jasmine Cruz-Castro, Sr	28:29.6	East
44	41	Daniela Gama, Sr	28:33.5	East
45	42	Candy Alvarez-Perez, Sr	28:41.9	Lincoln
46	43	Sarah Landon, Sr	29:18.7	East
47	44	Rebecca Curtis, Sr	29:29.0	East
48		Eugenie Lumanya, Sr	29:32.4	Hoover
49		Eklas Usman, Fr	30:31.3	North
50	45	Jamie Gomez, So	30:32.8	East
51	46	Sabrina Vongphandy, Sr	30:36.0	East
52		Shaona Mwenge, Jr	32:29.6	Hoover
53		Bahiti Eleson, Sr	34:55.8	Hoover

Return to [home page](#).