

Upper Iowa Conference Championship Meet
 Elkader Golf and Country Club - Hosted by Postville HS
 Elkader, Iowa
 Thursday, October 16, 2025

Results provided by AccuRace Timing Services
 www accuracetimeing.com

**** Girls' 5000 Meter Run ****

Place	Bib#	Name	Gr	Div	Team	Time	Avg Mile
1	2077	Reegan Benzing	11	L	Waukon	19:58.4	6:26
2	2085	Miriam Downing	10	L	Waukon	20:10.5	6:30
3	1843	Lexus Dohlman	10	L	Crestwood	20:19.9	6:33
4	1968	Lexi McGowan	11	L	North Fayette Valley	20:39.3	6:39
5	1971	Annie Murray	10	L	North Fayette Valley	20:39.7	6:40
6	2072	Isabella Stika	11	S	Turkey Valley	20:44.5	6:41
7	2031	Ava Franzen	11	L	South Winneshiek	20:47.2	6:42
8	2032	Annie Hageman	11	L	South Winneshiek	20:48.6	6:42
9	2028	Addy Conway	12	L	South Winneshiek	20:52.2	6:44
10	1888	Meyer Charlotte	10	L	MFL MarMac	20:53.9	6:44
11	2033	Maddi Jansen	12	L	South Winneshiek	20:58.6	6:46
12	2098	Emma O'Neill	12	L	Waukon	20:58.8	6:46
13	2006	Tenley Deering	9	S	Postville	21:06.7	6:48
14	2070	Hazel Nieman	11	S	Turkey Valley	21:07.0	6:48
15	2083	Nora Davis	11	L	Waukon	21:20.7	6:53
16	1855	Livia McCabe	9	L	Crestwood	21:22.0	6:53
17	2038	Lauren Ondrashek	11	L	South Winneshiek	21:22.4	6:53
18	2092	Claire Johnson	11	L	Waukon	21:36.3	6:58
19	2090	Jaelyn Johanningmeier	11	L	Waukon	21:52.8	7:03
20	1892	Fritz Evie	9	L	MFL MarMac	21:54.5	7:04
21	2096	Cora Miller	11	L	Waukon	21:57.6	7:05
22	1897	Cora Keehner	12	L	MFL MarMac	22:06.0	7:07
23	1787	Blair Scherf	10	S	Central	22:15.6	7:10
24	1901	Brooklyn Landt	9	L	MFL MarMac	22:22.4	7:13
25	1903	Taryn Moser	10	L	MFL MarMac	22:23.5	7:13
26	1890	Brooke Donlon	11	L	MFL MarMac	22:24.6	7:13
27	1861	Taylor Reis	11	L	Crestwood	22:28.6	7:15
28	1934	Sophie Glaser	11	L	New Hampton	22:38.4	7:18
29	2071	Annebelle Scheidel	9	S	Turkey Valley	22:38.5	7:18
30	1927	Juanita Cardona	12	L	New Hampton	22:45.3	7:20
31	1866	Jaylee Vobr	12	L	Crestwood	22:47.5	7:21
32	2026	Kaylie Bruess	9	L	South Winneshiek	23:05.3	7:26
33	1788	Payton Stannard	10	S	Central	23:15.0	7:29
34	2087	Tatum Dugan	9	L	Waukon	23:18.6	7:31
35	1808	Audrey Dickson	11	S	Clayton Ridge	23:19.5	7:31
36	2037	Helen Maldonado	9	L	South Winneshiek	23:20.7	7:31
37	1905	Samantha Ruff	11	L	MFL MarMac	23:21.5	7:32
38	1893	Skylar Fisk	11	L	MFL MarMac	23:22.5	7:32
39	1959	Clara Bilden	11	L	North Fayette Valley	23:25.6	7:33
40	2069	Kendall Kuennen	11	S	Turkey Valley	23:33.8	7:36
41	2099	Leah Peake	9	L	Waukon	23:35.1	7:36
42	1899	Emma Koether	12	L	MFL MarMac	23:37.7	7:37
43	1851	Claire Kach	10	L	Crestwood	23:50.5	7:41
44	1889	Aaliyah Corcoran	10	L	MFL MarMac	23:56.7	7:43
45	1931	Harper Humpal	10	L	New Hampton	23:57.9	7:43
46	1904	Kacie Picha	11	L	MFL MarMac	24:01.7	7:45
47	2081	Hailey Cook	9	L	Waukon	24:04.4	7:45
48	2088	Kayler Hanson	10	L	Waukon	24:04.8	7:46
49	2012	Isabelle White	11	S	Postville	24:12.5	7:48
50	2086	Moriah Downing	12	L	Waukon	24:15.7	7:49
51	1979	Megan Tudahl	10	L	North Fayette Valley	24:24.4	7:52
52	1963	Kendall Elliott	10	L	North Fayette Valley	24:31.2	7:54
53	1966	Ashlynn Klusman	10	L	North Fayette Valley	24:31.5	7:54
54	1815	Paige Thomas	10	S	Clayton Ridge	24:38.7	7:56
55	2082	Laira Davis	9	L	Waukon	24:43.6	7:58
56	1841	Ella Dennler	11	L	Crestwood	25:02.5	8:04
57	2040	Tessa Phillips	12	L	South Winneshiek	25:03.1	8:04
58	2093	Makenna Kurth	11	L	Waukon	25:05.4	8:05
59	1932	Zoey Kellogg	11	L	New Hampton	25:08.5	8:06
60	1981	Lydia Van Gelder	10	L	North Fayette Valley	25:17.2	8:09

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Place	Bib#	Name	Gr	Div	Team	Time	Avg Mile
61	2079	Tanner Burrichter	10	L	Waukon	25:33.7	8:14
62	1938	Josi Singewald	11	L	New Hampton	25:50.4	8:20
63	1978	Anna Swensen	10	L	North Fayette Valley	26:09.7	8:26
64	1816	Morgan Wilker	10	S	Clayton Ridge	26:16.3	8:28
65	2043	Cloey Zweibohmer	12	L	South Winneshiek	26:25.3	8:31
66	1891	Emma Driscoll	11	L	MFL MarMac	26:37.7	8:35
67	1785	Hannah Friedlein	11	S	Central	26:39.9	8:35
68	1898	Charlotte Koether	9	L	MFL MarMac	26:40.7	8:36
69	1973	Mallory Olmstead	9	L	North Fayette Valley	26:41.7	8:36
70	2029	Jenna Dahl	9	L	South Winneshiek	26:42.5	8:36
71	1784	Lilly Becwar	11	S	Central	26:47.6	8:38
72	1864	Bryleigh Slavin	11	L	Crestwood	26:47.9	8:38
73	2102	Marissa Schullo	10	L	Waukon	27:02.0	8:43
74	2011	Sherlyn Teleguario-Ortiz	11	S	Postville	27:02.3	8:43
75	1844	Emma Drees	11	L	Crestwood	27:05.2	8:44
76	2097	Callie O'Neill	10	L	Waukon	27:10.9	8:45
77	1939	Karley Wickman	10	L	New Hampton	27:13.3	8:46
78	1810	Pfeiffer Horns	11	S	Clayton Ridge	27:13.9	8:46
79	1976	Jisela Schupbach	11	L	North Fayette Valley	27:21.1	8:49
80	2076	Nalia Benda	10	L	Waukon	27:26.6	8:50
81	2078	Addisyn Berns	11	L	Waukon	27:38.0	8:54
82	1960	Charity Bushman	10	L	North Fayette Valley	27:40.1	8:55
83	1786	Mya Gregerson	10	S	Central	27:51.6	8:59
84	2105	Braelyn Zuercher	10	L	Waukon	27:54.8	9:00
85	1906	Lauryn Sandstrom	11	L	MFL MarMac	27:55.8	9:00
86	1933	Kassidy Meyerhoff	11	L	New Hampton	28:23.4	9:09
87	1809	Serena Groth	10	S	Clayton Ridge	28:36.3	9:13
88	1817	Rosy Williams	9	S	Clayton Ridge	28:40.4	9:14
89	1940	Rebecca Wickman	12	L	New Hampton	28:49.5	9:17
90	1930	McKenzie Herzberg	12	L	New Hampton	29:01.0	9:21
91	1859	Ryleigh Myers	12	L	Crestwood	29:17.6	9:26
92	1896	Kaylee Hoth	11	L	MFL MarMac	29:35.4	9:32
93	2089	Kara Helgerson	10	L	Waukon	29:57.6	9:39
94	1907	Jerica Wille	12	L	MFL MarMac	30:02.8	9:41
95	1846	Madi Fritcher-Larson	11	L	Crestwood	30:50.5	9:56
96	1974	Alexa Popenhagen	12	L	North Fayette Valley	30:54.9	9:58
97	1813	Caylee Rohner	11	S	Clayton Ridge	31:09.6	10:02
98	1977	Cora Steines	11	L	North Fayette Valley	31:16.0	10:04
99	1936	Lexi O'Brien	9	L	New Hampton	33:11.6	10:42
100	1902	Mariah Moser	12	L	MFL MarMac	33:35.2	10:49

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