

2011 IOWA STATE CHAMPIONSHIPS 3A FEMALE

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1.	94	WAHLERT, DUBUQUE	(	15:26	1:17:08	0:31)
1	9	199 Tessa Leytem	12	15:10		
2	12	202 Lauren Rusch	12	15:21		
3	19	201 Caitlan Richard	11	15:27		
4	22	200 Emily Moes	10	15:29		
5	32	203 Olivia Smith	11	15:41		
6	( 59)	197 Maddie Heiar	9	16:14		
7	( 93)	198 Anna Herber	11	17:19		
2.	115	ASSUMPTION, DAVENPORT	(	15:31	1:17:34	0:45)
1	4	109 Erica Grubbs	12	15:07		
2	11	112 Danielle Moore	11	15:20		
3	24	108 Molly Gilchrist	10	15:31		
4	35	107 Ann Froeschle	10	15:44		
5	41	111 Rebecca Mallon	12	15:52		
6	( 47)	106 Riley Behan	9	15:57		
7	( 88)	110 Erin Jennings	9	17:02		
3.	118	PELLA	(	15:29	1:17:22	1:12)
1	3	180 Gabi Meirick	11	14:53		
2	7	179 Hanna Martin	12	15:08		
3	25	182 Sally Ropes	9	15:36		
4	29	178 Victoria Kleven	11	15:40		
5	54	181 Madeline Meyer	12	16:05		
6	( 62)	177 Ashley Kirkland	9	16:18		
7	( 74)	176 Abby Fyfe	10	16:33		
4.	127	SOLON	(	15:25	1:17:05	1:25)
1	2	192 Lauren Benzing	11	14:30		
2	6	196 Alex Smith	9	15:08		
3	34	195 Bailey Kelsay	11	15:43		
4	40	190 Leah Adams	12	15:49		
5	45	193 Mallory Carr	11	15:55		
6	( 46)	194 Tayvia Hansen	10	15:56		
7	( 69)	191 Abby Ashton	12	16:27		
5.	158	DECORAH	(	15:40	1:18:20	1:15)
1	5	136 Shana Kelly	11	15:07		

2	14	139	Amanda Taylor	9	15:22
3	23	138	Gara Lonning	9	15:29
4	49	140	Shelby Varney	11	16:00
5	67	135	Alice Gullekson	11	16:22
6	( 79)	137	Tessa Kraus	12	16:40
7	( 82)	134	Brinn Anderson	11	16:44

6. 180 MOC-FLOYD VALLEY ( 15:45 1:18:44 1:15)

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1	8	164	Bethany Dykstra	10	15:10
2	30	162	Caroline Ascherl	9	15:40
3	36	167	Salli Valdez	9	15:44
4	38	168	Jaycee Vander Berg	9	15:45
5	68	166	Kenzie Mulder	11	16:25
6	( 99)	165	Jade Hanson	11	17:39
7	(101)	163	Michelle Croghan	10	17:45

7. 192 WILLIAMSBURG ( 15:48 1:19:00 1:05)

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1	10	204	Natasha Bruer	12	15:11
2	26	207	Shannon Mullnix	10	15:37
3	42	208	Kira Savage	12	15:52
4	53	206	Regan Glandorf	11	16:04
5	61	205	Katie Glandorf	9	16:16
6	( 71)	209	Kali Slaymaker	11	16:29
7	( 92)	210	Alexa Zuber	11	17:13

8. 192 DALLAS CENTER-GRIMES ( 15:39 1:18:12 2:22)

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1	1	133	Madison Waymire	10	14:09
2	21	131	Sam Liebe	9	15:28
3	43	129	Sydnee Hendricks	10	15:54
4	55	128	Hannah Hansen	11	16:10
5	72	132	Heidi Tuttle	11	16:31
6	( 77)	127	Megan Burger	11	16:37
7	( 78)	130	Catie Kruse	10	16:39

9. 197 BISHOP HEELAN CATHOLIC ( 15:51 1:19:14 0:51)

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1	13	124	Carson Leiting	11	15:21
2	27	122	Lindsay Joyce	10	15:39
3	48	125	Kaylene Leiting	12	15:59
4	52	120	Brooke Bleeker	10	16:03
5	57	126	Madi Peck	9	16:12
6	( 66)	121	Lauren Graves	9	16:22
7	( 70)	123	Christie Lanphier	12	16:29

10. 215 MOUNT VERNON-LISBON ( 15:56 1:19:36 0:53)

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1	18	173	Kendra Schmidt	9	15:26
2	20	175	Lauren Wilch	11	15:28
3	56	171	Signe Jeppson	11	16:11
4	58	169	Lucy Conroy	9	16:12
5	63	172	Erin Pisarik	12	16:19
6	( 64)	174	Beatrix Thornton	10	16:20
7	( 81)	170	Kenyon Ellsworth	10	16:43

11. 233 HARLAN ( 16:05 1:20:21 1:42)

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1	15	156	Jessica Feldman	11	15:22
2	17	159	Bailey Kuhl	10	15:26
3	28	158	Marissa Klindt	9	15:40
4	84	157	Shelbie Jacobsen	11	16:49
5	89	155	Dru Beach	11	17:04
6	( 96)	161	Chantel Schmidt	10	17:26
7	(104)	160	Rachel Pauley	11	18:41

12. 266 GARNER-HAYFIELD ( 16:10 1:20:46 1:34)

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1	16	151	Kamille Kronemann	11	15:25
2	39	149	Nicole Burgardt	9	15:46
3	44	153	Maddie Tusha	10	15:55
4	80	150	Derica Jakoubek	12	16:41
5	87	154	Tiara VanGerpen	9	16:59
6	( 94)	148	Bri Bier	10	17:24
7	(100)	152	Elizabeth Tusha	12	17:39

13. 315 SHENANDOAH-ESSEX ( 16:18 1:21:29 0:34)

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1	50	186	Mariah Johnson	11	16:00
2	51	185	Megan Hart	10	16:01
3	65	188	Alexis Saner	11	16:22
4	73	184	Jasmine Glasgo	11	16:32
5	76	187	Delaney Kinghorn	9	16:34
6	( 83)	183	Frannie Clark	9	16:47
7	( 86)	189	Jamie Schubert	12	16:56

14. 336 BENTON, VAN HORNE ( 16:32 1:22:39 1:29)

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1	33	117	Ashley Mills	12	15:43
2	37	115	Miranda Hammes	10	15:45
3	85	113	Victoria Bartelt	10	16:51
4	90	118	Jenna Roe	11	17:08
5	91	119	Madison Weekly	11	17:12

6	( 98)	116 Ellie Horst	11	17:34
7	(102)	114 Lillian Chin	11	17:47

15. 358 EPWORTH, WESTERN DUBUQUE ( 16:42 1:23:27 1:53)

1	31	144 Abby Heiderscheit	11	15:41
2	60	143 Rachel Demmer	10	16:14
3	75	147 Dakota Tell	11	16:33
4	95	142 Mariah Demmer	12	17:25
5	97	146 Megan Rauen	11	17:34
6	(103)	145 Stephanie Niklasen	10	17:50
7	(105)	141 Taylor Ambrosy	12	20:36

IOWA STATE CHAMPIONSHIPS  
3A Female

Place	Tm	Pl No.	First Name	Gr	School
1mileg	2mileg	2m Spli	Time	Pace	
1	1	133	Madison Waymire	10	DALLAS CENTER-GRIMES
5:45	11:21	5:36	14:09	5:54	
2	2	192	Lauren Benzing	11	SOLON
5:49	11:27	5:38	14:30	6:03	
3		441	Anna Holdiman	11	WAVERLY-SHELL ROCK
5:49	11:45	5:57	14:43	6:08	
4		436	Laura Nuernberger	11	MAQUOKETA
5:50	11:57	6:08	14:50	6:11	
5	3	180	Gabi Meirick	11	PELLA
5:52	11:59	6:08	14:53	6:13	
6		425	Ali Krogman	12	ATLANTIC
5:57	12:01	6:04	14:59	6:15	
7		432	Olivia Gallo	9	GRINNELL
5:57	12:08	6:11	15:06	6:18	
8	4	109	Erica Grubbs	12	ASSUMPTION, DAVENPORT
5:53	12:07	6:15	15:07	6:18	
9		433	Samantha Larson	10	HUMBOLDT
5:58	12:09	6:12	15:07	6:18	
10	5	136	Shana Kelly	11	DECORAH
5:59	12:08	6:10	15:07	6:18	
11		438	Brooke VanHouweling	12	OSKALOOSA
5:58	12:10	6:12	15:08	6:19	
12	6	196	Alex Smith	9	SOLON
6:02	12:17	6:15	15:08	6:19	
13	7	179	Hanna Martin	12	PELLA

6:07	12:12	6:06	15:08	6:19	
14		424	Tangy Wiseman		10 ALGONA
5:56	12:18	6:22	15:09	6:19	
15	8	164	Bethany Dykstra		10 MOC-FLOYD VALLEY
6:17	12:18	6:01	15:10	6:19	
16	9	199	Tessa Leytem		12 WAHLERT, DUBUQUE
5:54	12:08	6:15	15:10	6:19	
17	10	204	Natasha Bruer		12 WILLIAMSBURG
6:03	12:17	6:14	15:11	6:20	
18		439	Cierra Guerrerp		10 SPENCER
5:57	12:01	6:05	15:20	6:23	
19	11	112	Danielle Moore		11 ASSUMPTION, DAVENPORT
6:02	12:19	6:18	15:20	6:23	
20	12	202	Lauren Rusch		12 WAHLERT, DUBUQUE
5:53	12:08	6:15	15:21	6:24	
21	13	124	Carson Leiting		11 BISHOP HEELAN CATHOLIC
6:02	12:22	6:21	15:21	6:24	
22	14	139	Amanda Taylor		9 DECORAH
6:00	12:21	6:22	15:22	6:24	
23	15	156	Jessica Feldman		11 HARLAN
6:03	12:18	6:16	15:22	6:24	
24		430	Maria Mostek		9 CRESTON
6:02	12:17	6:16	15:24	6:25	
25	16	151	Kamille Kronemann		11 GARNER-HAYFIELD
6:02	12:22	6:20	15:25	6:26	
26	17	159	Bailey Kuhl		10 HARLAN
6:03	12:22	6:19	15:26	6:26	
27	18	173	Kendra Schmidt		9 MOUNT VERNON-LISBON
5:57	12:19	6:22	15:26	6:26	
28	19	201	Caitlan Richard		11 WAHLERT, DUBUQUE
6:02	12:22	6:21	15:27	6:27	
29	20	175	Lauren Wilch		11 MOUNT VERNON-LISBON
6:03	12:24	6:21	15:28	6:27	
30	21	131	Sam Liebe		9 DALLAS CENTER-GRIMES
5:57	12:17	6:20	15:28	6:27	
31	22	200	Emily Moes		10 WAHLERT, DUBUQUE
6:03	12:29	6:27	15:29	6:27	
32	23	138	Gara Lonning		9 DECORAH
6:08	12:25	6:18	15:29	6:28	
33	24	108	Molly Gilchrist		10 ASSUMPTION, DAVENPORT
6:07	12:28	6:21	15:31	6:28	
34	25	182	Sally Ropes		9 PELLA
6:10	12:27	6:17	15:36	6:30	
35	26	207	Shannon Mullnix		10 WILLIAMSBURG
6:08	12:28	6:21	15:37	6:31	
36		435	Kenzie Theisen		9 LEMARS
6:15	12:31	6:17	15:37	6:31	

37 27 122 Lindsay Joyce  
 5:58 12:20 6:23 15:39 6:31  
 38 28 158 Marissa Klindt  
 6:09 12:36 6:28 15:40 6:32  
 39 29 178 Victoria Kleven  
 6:11 12:33 6:23 15:40 6:32  
 40 30 162 Caroline Ascherl  
 6:05 12:34 6:30 15:40 6:32  
 41 31 144 Abby Heiderscheit  
 6:10 12:38 6:29 15:41 6:32  
 42 32 203 Olivia Smith  
 6:03 12:30 6:28 15:41 6:32  
 43 33 117 Ashley Mills  
 6:13 12:39 6:26 15:43 6:33  
 44 34 195 Bailey Kelsay  
 6:11 12:37 6:27 15:43 6:33  
 45 35 107 Ann Froeschle  
 6:06 12:31 6:26 15:44 6:33  
 46 36 167 Salli Valdez  
 6:04 12:30 6:26 15:44 6:34  
 47 37 115 Miranda Hammes  
 6:13 12:39 6:26 15:45 6:34  
 48 38 168 Jaycee Vander Berg  
 6:12 12:34 6:23 15:45 6:34  
 49 427 Jessica Blumberg  
 6:05 12:31 6:27 15:45 6:34  
 50 39 149 Nicole Burgardt  
 6:04 12:32 6:28 15:46 6:35  
 51 40 190 Leah Adams  
 6:09 12:40 6:32 15:49 6:36  
 52 429 Trudy Peterson  
 6:11 12:44 6:33 15:51 6:37  
 53 41 111 Rebecca Mallon  
 6:09 12:38 6:30 15:52 6:37  
 54 42 208 Kira Savage  
 6:13 12:43 6:30 15:52 6:37  
 55 437 Hannah Weber  
 6:08 12:39 6:31 15:53 6:37  
 56 428 Maddie Hinsley  
 6:06 12:38 6:33 15:54 6:38  
 57 43 129 Sydnee Hendricks  
 6:06 12:37 6:31 15:54 6:38  
 58 44 153 Maddie Tusha  
 6:13 12:47 6:35 15:55 6:38  
 59 45 193 Mallory Carr  
 6:11 12:41 6:30 15:55 6:38  
 60 434 Alissa VanKlootwyk

10 BISHOP HEELAN CATHOLIC  
 9 HARLAN  
 11 PELLA  
 9 MOC-FLOYD VALLEY  
 11 EPWORTH, WESTERN DUBUQUE  
 11 WAHLERT, DUBUQUE  
 12 BENTON, VAN HORNE  
 11 SOLON  
 10 ASSUMPTION, DAVENPORT  
 9 MOC-FLOYD VALLEY  
 10 BENTON, VAN HORNE  
 9 MOC-FLOYD VALLEY  
 9 CHARLES CITY  
 9 GARNER-HAYFIELD  
 12 SOLON  
 10 CLEAR LAKE  
 12 ASSUMPTION, DAVENPORT  
 12 WILLIAMSBURG  
 10 MOUNT PLEASANTY  
 9 CLEAR CREEK-AMANA  
 10 DALLAS CENTER-GRIMES  
 10 GARNER-HAYFIELD  
 11 SOLON  
 12 KNOXVILLE

6:09	12:37	6:29	15:55	6:38	
61	46	194	Tayvia Hansen		10 SOLON
6:03	12:17	6:14	15:56	6:38	
62	47	106	Riley Behan		9 ASSUMPTION, DAVENPORT
5:53	12:00	6:07	15:57	6:39	
63	48	125	Kaylene Leiting		12 BISHOP HEELAN CATHOLIC
6:14	12:53	6:39	15:59	6:40	
64	49	140	Shelby Varney		11 DECORAH
6:14	12:48	6:34	16:00	6:40	
65	50	186	Mariah Johnson		11 SHENANDOAH-ESSEX
6:18	12:51	6:34	16:00	6:40	
66	51	185	Megan Hart		10 SHENANDOAH-ESSEX
6:14	12:50	6:37	16:01	6:41	
67		431	Christa Follette		9 GRINNELL
6:23	12:51	6:29	16:01	6:41	
68	52	120	Brooke Bleeker		10 BISHOP HEELAN CATHOLIC
6:16	12:57	6:42	16:03	6:42	
69	53	206	Regan Glandorf		11 WILLIAMSBURG
6:15	13:00	6:45	16:04	6:42	
70		440	Susan Maslo		11 WAUKON
6:08	12:44	6:37	16:05	6:42	
71	54	181	Madeline Meyer		12 PELLA
6:18	13:02	6:44	16:05	6:42	
72		426	Jenna Leland		11 BALLARD
6:17	12:55	6:39	16:08	6:43	
73	55	128	Hannah Hansen		11 DALLAS CENTER-GRIMES
6:15	12:53	6:39	16:10	6:44	
74	56	171	Signe Jeppson		11 MOUNT VERNON-LISBON
6:14	12:53	6:39	16:11	6:45	
75	57	126	Madi Peck		9 BISHOP HEELAN CATHOLIC
6:14	12:53	6:40	16:12	6:45	
76	58	169	Lucy Conroy		9 MOUNT VERNON-LISBON
6:16	12:53	6:37	16:12	6:45	
77	59	197	Maddie Heiar		9 WAHLERT, DUBUQUE
6:03	12:45	6:43	16:14	6:46	
78	60	143	Rachel Demmer		10 EPWORTH, WESTERN DUBUQUE
6:12	12:55	6:43	16:14	6:46	
79	61	205	Katie Glandorf		9 WILLIAMSBURG
6:22	13:10	6:48	16:16	6:47	
80	62	177	Ashley Kirkland		9 PELLA
6:27	13:04	6:38	16:18	6:48	
81	63	172	Erin Pisarik		12 MOUNT VERNON-LISBON
6:18	13:03	6:46	16:19	6:48	
82	64	174	Beatrix Thornton		10 MOUNT VERNON-LISBON
6:16	13:06	6:51	16:20	6:48	
83	65	188	Alexis Saner		11 SHENANDOAH-ESSEX
6:18	13:00	6:42	16:22	6:49	

84 66 121 Lauren Graves  
 6:26 13:07 6:42 16:22 6:50  
 85 67 135 Alice Gullekson  
 6:32 13:09 6:37 16:22 6:50  
 86 68 166 Kenzie Mulder  
 6:18 13:07 6:50 16:25 6:51  
 87 69 191 Abby Ashton  
 6:17 13:03 6:47 16:27 6:51  
 88 70 123 Christie Lanphier  
 6:21 13:08 6:48 16:29 6:52  
 89 71 209 Kali Slaymaker  
 6:17 13:12 6:56 16:29 6:53  
 90 72 132 Heidi Tuttle  
 6:22 13:07 6:46 16:31 6:53  
 91 73 184 Jasmine Glasgo  
 6:29 13:15 6:46 16:32 6:54  
 92 74 176 Abby Fyfe  
 6:29 13:13 6:45 16:33 6:54  
 93 75 147 Dakota Tell  
 5:53 12:10 6:18 16:33 6:54  
 94 76 187 DeLaney Kinghorn  
 6:29 13:14 6:46 16:34 6:54  
 95 77 127 Megan Burger  
 6:26 13:14 6:48 16:37 6:56  
 96 78 130 Catie Kruse  
 6:23 13:17 6:54 16:39 6:56  
 97 79 137 Tessa Kraus  
 6:34 13:23 6:49 16:40 6:57  
 98 80 150 Derica Jakoubek  
 6:32 13:28 6:57 16:41 6:57  
 99 81 170 Kenyon Ellsworth  
 6:19 13:19 7:01 16:43 6:58  
 100 82 134 Brinn Anderson  
 6:22 13:17 6:56 16:44 6:59  
 101 83 183 Frannie Clark  
 6:29 13:20 6:52 16:47 7:00  
 102 84 157 Shelbie Jacobsen  
 6:22 13:23 7:02 16:49 7:01  
 103 85 113 Victoria Bartelt  
 6:24 13:20 6:57 16:51 7:01  
 104 86 189 Jamie Schubert  
 6:31 13:32 7:01 16:56 7:03  
 105 87 154 Tiara VanGerpen  
 6:31 13:37 7:06 16:59 7:05  
 106 88 110 Erin Jennings  
 6:27 13:35 7:09 17:02 7:06  
 107 89 155 Dru Beach

9 BISHOP HEELAN CATHOLIC  
 11 DECORAH  
 11 MOC-FLOYD VALLEY  
 12 SOLON  
 12 BISHOP HEELAN CATHOLIC  
 11 WILLIAMSBURG  
 11 DALLAS CENTER-GRIMES  
 11 SHENANDOAH-ESSEX  
 10 PELLA  
 11 EPWORTH, WESTERN DUBUQUE  
 9 SHENANDOAH-ESSEX  
 11 DALLAS CENTER-GRIMES  
 10 DALLAS CENTER-GRIMES  
 12 DECORAH  
 12 GARNER-HAYFIELD  
 10 MOUNT VERNON-LISBON  
 11 DECORAH  
 9 SHENANDOAH-ESSEX  
 11 HARLAN  
 10 BENTON, VAN HORNE  
 12 SHENANDOAH-ESSEX  
 9 GARNER-HAYFIELD  
 9 ASSUMPTION, DAVENPORT  
 11 HARLAN

6:26	13:33	7:08	17:04	7:07	
108	90	118	Jenna Roe		11 BENTON, VAN HORNE
6:42	13:46	7:04	17:08	7:09	
109	91	119	Madison Weekly		11 BENTON, VAN HORNE
6:03	12:47	6:44	17:12	7:10	
110	92	210	Alexa Zuber		11 WILLIAMSBURG
6:36	13:44	7:08	17:13	7:11	
111	93	198	Anna Herber		11 WAHLERT, DUBUQUE
6:41	13:52	7:11	17:19	7:13	
112	94	148	Bri Bier		10 GARNER-HAYFIELD
6:32	13:51	7:19	17:24	7:15	
113	95	142	Mariah Demmer		12 EPWORTH, WESTERN DUBUQUE
6:26	13:46	7:20	17:25	7:16	
114	96	161	Chantel Schmidt		10 HARLAN
6:36	13:48	7:13	17:26	7:16	
115	97	146	Megan Rauen		11 EPWORTH, WESTERN DUBUQUE
6:30	13:55	7:25	17:34	7:19	
116	98	116	Ellie Horst		11 BENTON, VAN HORNE
6:53	14:01	7:08	17:34	7:19	
117	99	165	Jade Hanson		11 MOC-FLOYD VALLEY
6:40	14:01	7:21	17:39	7:21	
118	100	152	Elizabeth Tusha		12 GARNER-HAYFIELD
6:41	14:07	7:27	17:39	7:21	
119	101	163	Michelle Croghan		10 MOC-FLOYD VALLEY
6:42	14:00	7:18	17:45	7:24	
120	102	114	Lillian Chin		11 BENTON, VAN HORNE
6:44	14:08	7:25	17:47	7:25	
121	103	145	Stephanie Niklasen		10 EPWORTH, WESTERN DUBUQUE
6:48	14:09	7:22	17:50	7:26	
122	104	160	Rachel Pauley		11 HARLAN
6:59	14:47	7:49	18:41	7:47	
123	105	141	Taylor Ambrosy		12 EPWORTH, WESTERN DUBUQUE
7:44	16:28	8:45	20:36	8:35	