

3A Pella District Cross Country Championship

Meet Girls 3A Results Cross Country Meet

Event: HS Girls 5K

Date: Thursday, October 18, 2018

Location: Central College CC Course

Weather: Sunny 60°

Results By: Brett Carney - All-American Timing

Place	School	1	2	3	4	5	6	7	Score	Time Total	Average	Spread
1	Dallas Center - Grimes	4	8	9	16	17	26	33	54	1:42:13	20:27	1:16
2	Pella	3	7	13	14	18	25	31	55	1:42:22	20:28	1:26
3	Norwalk	11	20	22	23	28	30	34	104	1:46:41	21:20	1:21
4	Benton Community	15	19	21	24	46	47	53	125	1:48:27	21:41	2:50
5	Carlisle	1	5	29	37	55	75		127	1:47:53	21:35	5:15
6	Oskaloosa	12	27	36	41	45	51	66	161	1:51:50	22:22	2:45
7	IFA-AGWSR	2	6	50	57	58	68	69	173	1:51:42	22:20	4:49
8	Nevada	32	35	43	44	48	52	70	202	1:55:32	23:06	1:19
9	Bondurant-Farrar	38	39	49	54	59	64	67	239	1:58:05	23:37	1:22
10	South Tama	10	56	60	61	73	74	76	260	1:59:58	24:00	6:18
11	Knoxville	40	42	62	63	65	71	72	272	1:59:55	23:59	1:33

Incomplete Teams: Centerville, Saydel

Place	Score	Name	School	Time	Pace mpm
1	1	Ainsley Erzen, FR	Carlisle	18:50	6:04/M
2	2	Aubrie Fisher, SR	IFA-AGWSR	19:23	6:14/M
3	3	Caroline McMartin, JR	Pella	19:38	6:19/M
4	4	Megan Sterbenz, SO	Dallas Center - Grimes	19:44	6:21/M
5	5	Megan Sievers, SR	Carlisle	20:01	6:27/M
6	6	Ellie Meyer, SO	IFA-AGWSR	20:04	6:28/M
7	7	Makayla Kruse, SR	Pella	20:13	6:30/M
8	8	Hannah Little, FR	Dallas Center - Grimes	20:17	6:32/M
9	9	Emma Angus, SO	Dallas Center - Grimes	20:19	6:32/M
10	10	Callie Frakes, JR	South Tama	20:21	6:33/M
11	11	Annika Schulz, JR	Norwalk	20:30	6:36/M
12	12	Lauren Coon, SR	Oskaloosa	20:40	6:39/M
13	13	Abigail Cutler, SO	Pella	20:42	6:40/M

14	14	Chelsea Jorgensen, SO	Pella	20:46	6:41/M
15	15	Abby Rinderknecht, FR	Benton Community	20:46	6:41/M
16	16	Lara Kallem, JR	Dallas Center - Grimes	20:53	6:43/M
17	17	Miranda Muhlstein, SO	Dallas Center - Grimes	21:00	6:46/M
18	18	Ashley Blommers, SO	Pella	21:04	6:47/M
19	19	Hailee Ricklefs, SO	Benton Community	21:04	6:47/M
20	20	Annie Balk, SR	Norwalk	21:20	6:52/M
21	21	Paige King, SR	Benton Community	21:26	6:54/M
22	22	Abbie Davitt, JR	Norwalk	21:28	6:55/M
23	23	Kennedy Wendl, FR	Norwalk	21:32	6:56/M
24	24	Lauren Woeste, JR	Benton Community	21:34	6:56/M
25	25	Elsie Thoreson, JR	Pella	21:39	6:58/M
26	26	Nicole Mercial, SO	Dallas Center - Grimes	21:39	6:58/M
27	27	Leah Wilcox, SR	Oskaloosa	21:51	7:02/M
28	28	Emily Kehoe, JR	Norwalk	21:52	7:02/M
29	29	Ella Anderson, SO	Carlisle	22:03	7:06/M
30	30	Annika Wallace, SO	Norwalk	22:19	7:11/M
31	31	Ellie Roorda, JR	Pella	22:30	7:14/M
32	32	Elie Tuhn, FR	Nevada	22:30	7:15/M
33	33	Natalie Paulson, SR	Dallas Center - Grimes	22:33	7:16/M
34		Mickey Stephens, JR	Centerville	22:38	7:17/M
35	34	Cacy Larson, JR	Norwalk	22:38	7:17/M
36	35	Eliana Hornbuckle, JR	Nevada	22:48	7:20/M
37	36	Addi Carter, FR	Oskaloosa	22:50	7:21/M
38	37	Jocelyn Haack, SR	Carlisle	22:54	7:22/M
39	38	Elizabeth Lozano, FR	Bondurant-Farrar	22:55	7:23/M
40	39	Alyssa Fick, SO	Bondurant-Farrar	22:58	7:24/M
41	40	Mickayla McGill, SR	Knoxville	23:02	7:25/M
42	41	Sage Adam, FR	Oskaloosa	23:03	7:25/M
43	42	Bree Burton, SR	Knoxville	23:10	7:27/M
44	43	Gabby Sampson, SO	Nevada	23:11	7:28/M
45	44	Mady Farmer, SR	Nevada	23:15	7:29/M
46	45	Aleeya Cheney, SR	Oskaloosa	23:26	7:32/M
47		Emily Lewis, SR	Centerville	23:29	7:34/M
48		Orianna Martin, FR	Saydel	23:32	7:35/M
49	46	Holli Schulte, SR	Benton Community	23:37	7:36/M
50	47	Raynee Legrange, FR	Benton Community	23:44	7:38/M
51	48	Eleanor Elliott-Rude, SO	Nevada	23:49	7:40/M
52	49	Emily Erhardt, JR	Bondurant-Farrar	23:51	7:40/M

53	50	Ali Gerbracht, JR	IFA-AGWSR	23:53	7:41/M
54	51	Abby Lumsden, SO	Oskaloosa	23:58	7:43/M
55	52	Grace Cahill, SO	Nevada	24:02	7:44/M
56	53	Trinity LeGrange, FR	Benton Community	24:03	7:44/M
57	54	Brooke Kiley, FR	Bondurant-Farrar	24:04	7:45/M
58	55	Mady Taylor, FR	Carlisle	24:05	7:45/M
59	56	Jojo Tyynismaa, FR	South Tama	24:08	7:46/M
60	57	Katie Meyer, SR	IFA-AGWSR	24:11	7:47/M
61	58	Kate Pfaltzgraff, SO	IFA-AGWSR	24:11	7:47/M
62	59	Maddy Padgett, SO	Bondurant-Farrar	24:17	7:49/M
63	60	Alyssa Chyma, SO	South Tama	24:23	7:51/M
64	61	Abbigail Froelich, SO	South Tama	24:26	7:52/M
65	62	Abbey Jackson, JR	Knoxville	24:33	7:54/M
66	63	Emma Goemaat, JR	Knoxville	24:34	7:54/M
67	64	Grace Johnson, FR	Bondurant-Farrar	24:34	7:55/M
68	65	Jade Six, JR	Knoxville	24:36	7:55/M
69	66	Ella Roach, FR	Oskaloosa	24:43	7:57/M
70	67	Rachel Currant, SO	Bondurant-Farrar	25:13	8:07/M
71	68	Zoey Carter, FR	IFA-AGWSR	25:16	8:08/M
72	69	Anika Jelmeland, SO	IFA-AGWSR	25:38	8:15/M
73	70	Madison Davis, JR	Nevada	25:46	8:17/M
74	71	Charlie Vermeer, JR	Knoxville	25:50	8:19/M
75	72	Emery Neer, SR	Knoxville	25:50	8:19/M
76		Kandice Sotter, SO	Saydel	26:15	8:27/M
77		Varvara Nikodimova, JR	Centerville	26:17	8:27/M
78	73	Neena Lasley, FR	South Tama	26:39	8:35/M
79	74	Makayla Backen, JR	South Tama	26:46	8:37/M
80	75	Ariana Graff, SR	Carlisle	27:16	8:47/M
81		Vanessa Garton, SO	Saydel	27:30	8:51/M
82		Emily Lowe, SO	Saydel	27:37	8:53/M
83	76	Caitlyn Stochl, SO	South Tama	27:54	8:59/M
84		Shaylin Brown, SR	Centerville	28:05	9:02/M

Place 1	Dallas Center - Grimes	Time Spread = 1:16	TTL Time = 1:42:13	Ave Time = 20:27	Score = 54
Place	Name		Time		Pace mpm
4	Megan Sterbenz, SO		19:44		6:21
8	Hannah Little, FR		20:17		6:32
9	Emma Angus, SO		20:19		6:32
16	Lara Kallem, JR		20:53		6:43
17	Miranda Muhlstein,		21:00		6:46

SO

26	Nicole Merial, SO	21:39	6:58
33	Natalie Paulson, SR	22:33	7:16

Place 2	Pella	Time Spread = 1:26	TTL Time = 1:42:22	Ave Time = 20:28	Score = 55
Place	Name	Time		Pace mpm	

3	Caroline McMartin, JR	19:38	6:19
7	Makayla Kruse, SR	20:13	6:30
13	Abigail Cutler, SO	20:42	6:40
14	Chelsea Jorgensen, SO	20:46	6:41
18	Ashley Blommers, SO	21:04	6:47
25	Elsie Thoreson, JR	21:39	6:58
31	Ellie Roorda, JR	22:30	7:14

Place 3	Norwalk	Time Spread = 1:21	TTL Time = 1:46:41	Ave Time = 21:20	Score = 104
Place	Name	Time		Pace mpm	

11	Annika Schulz, JR	20:30	6:36
20	Annie Balk, SR	21:20	6:52
22	Abbie Davitt, JR	21:28	6:55
23	Kennedy Wendl, FR	21:32	6:56
28	Emily Kehoe, JR	21:52	7:02
30	Annika Wallace, SO	22:19	7:11
34	Cacy Larson, JR	22:38	7:17

Place 4	Benton Community	Time Spread = 2:50	TTL Time = 1:48:27	Ave Time = 21:41	Score = 125
Place	Name	Time		Pace mpm	

15	Abby Rinderknecht, FR	20:46	6:41
19	Hailee Ricklefs, SO	21:04	6:47
21	Paige King, SR	21:26	6:54
24	Lauren Woeste, JR	21:34	6:56
46	Holli Schulte, SR	23:37	7:36
47	Raynee Legrange, FR	23:44	7:38
53	Trinity Legrange, FR	24:03	7:44

Place 5	Carlisle	Time Spread = 5:15	TTL Time = 1:47:53	Ave Time = 21:35	Score = 127
Place	Name	Time		Pace mpm	

1	Ainsley Erzen, FR	18:50	6:04
5	Megan Sievers, SR	20:01	6:27
29	Ella Anderson, SO	22:03	7:06
37	Jocelyn Haack, SR	22:54	7:22
55	Mady Taylor, FR	24:05	7:45
75	Ariana Graff, SR	27:16	8:47

Place 6	Oskaloosa	Time Spread = 2:45	TTL Time = 1:51:50	Ave Time = 22:22	Score = 161
Place	Name	Time	Pace mpm		

12	Lauren Coon, SR	20:40	6:39
27	Leah Wilcox, SR	21:51	7:02
36	Addi Carter, FR	22:50	7:21
41	Sage Adam, FR	23:03	7:25
45	Aleeya Cheney, SR	23:26	7:32
51	Abby Lumsden, SO	23:58	7:43
66	Ella Roach, FR	24:43	7:57

Place 7	IFA-AGWSR	Time Spread = 4:49	TTL Time = 1:51:42	Ave Time = 22:20	Score = 173
Place	Name	Time	Pace mpm		

2	Aubrie Fisher, SR	19:23	6:14
6	Ellie Meyer, SO	20:04	6:28
50	Ali Gerbracht, JR	23:53	7:41
57	Katie Meyer, SR	24:11	7:47
58	Kate Pfaltzgraff, SO	24:11	7:47
68	Zoey Carter, FR	25:16	8:08
69	Anika Jelmeland, SO	25:38	8:15

Place 8	Nevada	Time Spread = 1:19	TTL Time = 1:55:32	Ave Time = 23:06	Score = 202
Place	Name	Time	Pace mpm		

32	Elie Tuhn, FR	22:30	7:15
35	Eliana Hornbuckle, JR	22:48	7:20
43	Gabby Sampson, SO	23:11	7:28
44	Mady Farmer, SR	23:15	7:29
48	Eleanor Elliott- Rude, SO	23:49	7:40
52	Grace Cahill, SO	24:02	7:44
70	Madison Davis, JR	25:46	8:17

Place 9	Bondurant-Farrar	Time Spread = 1:22	TTL Time = 1:58:05	Ave Time = 23:37	Score = 239

Place	Name	Time	Pace mpm
38	Elizabeth Lozano, FR	22:55	7:23
39	Alyssa Fick, SO	22:58	7:24
49	Emily Erhardt, JR	23:51	7:40
54	Brooke Kiley, FR	24:04	7:45
59	Maddy Padgett, SO	24:17	7:49
64	Grace Johnson, FR	24:34	7:55
67	Rachel Currant, SO	25:13	8:07

Place 10	South Tama	Time Spread = 6:18	TTL Time = 1:59:58	Ave Time = 24:00	Score = 260
Place	Name	Time	Pace mpm		

10	Callie Frakes, JR	20:21	6:33
56	Jojo Tynismaa, FR	24:08	7:46
60	Alyssa Chyma, SO	24:23	7:51
61	Abbigail Froelich, SO	24:26	7:52
73	Neena Lasley, FR	26:39	8:35
74	Makayla Backen, JR	26:46	8:37
76	Caitlyn Stochl, SO	27:54	8:59

Place 11	Knoxville	Time Spread = 1:33	TTL Time = 1:59:55	Ave Time = 23:59	Score = 272
Place	Name	Time	Pace mpm		

40	Mickayla McGill, SR	23:02	7:25
42	Bree Burton, SR	23:10	7:27
62	Abbey Jackson, JR	24:33	7:54
63	Emma Goemaat, JR	24:34	7:54
65	Jade Six, JR	24:36	7:55
71	Charlie Vermeer, JR	25:50	8:19
72	Emery Neer, SR	25:50	8:19

Incomplete Teams:

Place	Name	Time	Pace
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Centerville			
34	Mickey Stephens, JR	22:37.75	7:17
47	Emily Lewis, SR	23:28.96	7:34
77	Varvara Nikodimova, JR	26:16.66	8:27
84	Shaylin Brown, SR	28:04.76	9:02

Saydel			
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Place	Name	Time	Pace
48	Orianna Martin, FR	23:32.26	7:35
76	Kandice Sotter, SO	26:14.94	8:27
81	Vanessa Garton, SO	27:29.63	8:51
82	Emily Lowe, SO	27:36.81	8:53

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