

# PHS LEON FOX CC INVITATIONAL HS GIRLS 5K Cross Country Meet

Event: HS GIRLS 5K  
 Date: Tuesday, October 08, 2019  
 Location: Perry Country Club  
 Weather: Sunny 75°

## Results By: Brett Carney \* All-American Timing

Place	School	1	2	3	4	5	6	7	Score	Time Total	Average	Spread
1	Ballard	1	2	4	5	8	9	12	20	1:42:36	20:31	1:22
2	Winterset	13	15	16	18	20	30	32	82	1:51:21	22:16	0:47
3	Creston	3	11	21	29	31	37	47	95	1:52:56	22:35	3:39
4	Bondurant-Farrar	17	22	23	26	28	35	40	116	1:56:08	23:14	1:40
5	Roland-Story	6	19	27	33	41	57	58	126	1:56:48	23:22	4:32
6	Newton	14	24	25	39	45	49	68	147	1:59:21	23:52	3:34
7	Denison	10	34	42	44	50	53	55	180	2:02:50	24:34	4:44
8	Perry	7	36	38	43	56	69		180	2:03:45	24:45	6:01
9	Woodward Granger	46	52	54	62	63	66	67	277	2:16:03	27:13	3:11
10	Boone	48	51	59	60	61	64	65	279	2:15:07	27:01	2:02

Incomplete Teams: Des Moines North

Place	Score	Name	School	Time	Pace mpm
1	1	Shewaye Johnson, FR	Ballard	19:52	6:24/M
2	2	Paityn Noe, FR	Ballard	20:06	6:28/M
3	3	Braelyn Baker, JR	Creston	20:31	6:36/M
4	4	Brooke Loewe, SO	Ballard	20:41	6:40/M
5	5	Ellie Twedt, SR	Ballard	20:42	6:40/M
6	6	Kylie Tjernagel, SR	Roland-Story	20:43	6:40/M
7	7	Jaylene Karolus, SO	Perry	21:11	6:49/M
8	8	Josie Fleischmann, JR	Ballard	21:14	6:50/M
9	9	Kate Husinga, SO	Ballard	21:18	6:51/M
10	10	Claire Miller, FR	Denison	21:28	6:55/M
11	11	Paige Davis, JR	Creston	21:29	6:55/M
12	12	Meg Rietz, SO	Ballard	21:43	6:59/M
13		Claire Landmesser, FR	Ballard	21:45	7:00/M
14		Rachel Wohlgemuth, SR	Ballard	21:47	7:01/M
15	13	Joey Parker, SO	Winterset	21:54	7:03/M
16	14	Ashay Malow, JR	Newton	22:00	7:05/M
17	15	Micah Yeager, SO	Winterset	22:02	7:06/M
18		Hailey Cole, SR	Ballard	22:11	7:08/M
19	16	Dyllan Kaufman, FR	Winterset	22:15	7:10/M
20	17	Bridget Johnson, FR	Bondurant-Farrar	22:22	7:12/M
21	18	Mia Kerr, SO	Winterset	22:28	7:14/M
22		Ikilas Hasan, SO	Des Moines North	22:29	7:14/M
23		Abby Ross, SR	Ballard	22:34	7:16/M
24	19	Kaitlyn Kilstofte, SR	Roland-Story	22:37	7:17/M
25		Mya Ehresman, SO	Ballard	22:40	7:18/M
26	20	Kiernan Blanchard, SR	Winterset	22:42	7:18/M
27	21	Riley Degonna, FR	Creston	22:45	7:19/M
28	22	Lily O'Brien, FR	Bondurant-Farrar	23:01	7:24/M
29	23	Elizabeth Lozano, SO	Bondurant-Farrar	23:13	7:28/M
30	24	Kelsey Church, SO	Newton	23:19	7:30/M
31	25	Kate Muckler, FR	Newton	23:20	7:30/M
32	26	Alyssa Fick, JR	Bondurant-Farrar	23:30	7:34/M
33		Ashley Wuestenberg, JR	Ballard	23:32	7:34/M
34	27	Baylie Janssen, SO	Roland-Story	23:51	7:41/M
35	28	Emily Erhardt, SR	Bondurant-Farrar	24:02	7:44/M
36	29	Morgan Buxton, JR	Creston	24:02	7:44/M
37	30	Abby Benshoof, JR	Winterset	24:06	7:45/M
38	31	Angelina Chuong, JR	Creston	24:10	7:47/M
39	32	Kacie Cowman, SR	Winterset	24:17	7:49/M
40	33	Bekah Strobyl, SO	Roland-Story	24:20	7:50/M
41	34	Isabella Araujo, JR	Denison	24:28	7:53/M
42		Karsyn Kaufman, FR	Winterset	24:42	7:57/M
43		Lizzie Wangler, SR	Winterset	24:43	7:57/M
44	35	Grace Johnson, SO	Bondurant-Farrar	24:49	7:59/M

45	36	Kennedy Tunink, JR	Perry	24:56	8:02/M
46	37	Molly Sickels, JR	Creston	25:00	8:03/M
47	38	Molly Lutmer, SR	Perry	25:04	8:04/M
48		Gracie Ross, FR	Ballard	25:09	8:06/M
49	39	Willow Oswalt, JR	Newton	25:09	8:06/M
50	40	Rachel Currant, JR	Bondurant-Farrar	25:13	8:07/M
51	41	Caden Thoreson, FR	Roland-Story	25:16	8:08/M
52	42	Olivia Gunderson, SO	Denison	25:18	8:08/M
53	43	Hannah Peterson, SR	Perry	25:21	8:10/M
54	44	Juliana Barajas, SO	Denison	25:24	8:11/M
55		Jessica Duffy, JR	Bondurant-Farrar	25:29	8:12/M
56	45	Tes Schuster, SR	Newton	25:34	8:14/M
57		Katelyn Nelson, SO	Bondurant-Farrar	25:38	8:15/M
58	46	Natalie Helbling, SR	Woodward Granger	25:42	8:16/M
59	47	Emma Pantini, FR	Creston	25:45	8:17/M
60	48	Sophia Rose, JR	Boone	25:49	8:19/M
61	49	Jenna Smith, SR	Newton	25:51	8:19/M
62		Mallory Wilson, FR	Creston	25:55	8:20/M
63		Regan McDougalle, SO	Bondurant-Farrar	26:11	8:26/M
64	50	Lauren Bowker, FR	Denison	26:12	8:26/M
65		Sydney Strunk, FR	Creston	26:19	8:28/M
66	51	Emmy Louis, SO	Boone	26:20	8:28/M
67	52	Katie Grell, SO	Woodward Granger	26:21	8:29/M
68	53	Elizabeth Cary, SO	Denison	26:28	8:31/M
69		Brooke Kiley, SO	Bondurant-Farrar	26:37	8:34/M
70	54	Madisyn Mann, FR	Woodward Granger	26:37	8:34/M
71		Sydney Hartsock, SR	Creston	26:37	8:34/M
72		Abby Zielke, SO	Ballard	26:39	8:35/M
73		Tesfanya Ponis, JR	Des Moines North	26:55	8:40/M
74		Sydney Pantini, SR	Creston	26:58	8:41/M
75		Autumn Stafford, FR	Creston	27:00	8:41/M
76		Adalynn Wierck, SO	Bondurant-Farrar	27:01	8:42/M
77	55	Kaily Cano, SO	Denison	27:05	8:43/M
78	56	Hailey Peterson, FR	Perry	27:12	8:45/M
79		Tristan Rice, FR	Creston	27:21	8:48/M
80	57	Natalie Omundson, JR	Roland-Story	27:25	8:49/M
81	58	Jordyn Ramus, JR	Roland-Story	27:30	8:51/M
82		Madisen Padgett, JR	Bondurant-Farrar	27:32	8:52/M
83	59	Elsie Alexander, FR	Boone	27:33	8:52/M
84	60	Megan Reutter, JR	Boone	27:35	8:53/M
85		MacKenzie Poock, FR	Bondurant-Farrar	27:44	8:56/M
86	61	Isabella Dubon, SR	Boone	27:51	8:58/M
87		Alyssa Dickey, SO	Winterset	28:09	9:04/M
88		Laria Preston, JR	Bondurant-Farrar	28:25	9:09/M
89		Emma Fleenor, FR	Bondurant-Farrar	28:28	9:10/M
90		Ximena Ramos, FR	Denison	28:29	9:10/M
91	62	Makenzie Dresback, SO	Woodward Granger	28:30	9:10/M
93		Jazmine Iglesias, SO	Denison	28:32	9:11/M
94		Ashley Reynard, SR	Creston	28:40	9:14/M
95	63	Sydney Grell, SO	Woodward Granger	28:53	9:18/M
96	64	Molly Alexander, SO	Boone	28:57	9:19/M
97		Brittany Linch, SR	Creston	28:59	9:20/M
98		Natalie Wood, JR	Winterset	29:00	9:20/M
99		Tatum Lester, FR	Roland-Story	29:02	9:21/M
100	65	Peyton Ward, SR	Boone	29:05	9:22/M
101	66	Ava Petersen, JR	Woodward Granger	29:07	9:22/M
102		Elle Turner, SR	Boone	29:34	9:31/M
103		Ella Sirna, FR	Roland-Story	30:01	9:40/M
104		Daisy Olivera, SO	Denison	30:17	9:45/M
105		Olivia Meyer, FR	Denison	30:17	9:45/M
106	67	Marissa Trees, FR	Woodward Granger	30:44	9:54/M
107	68	Heather Perry, SO	Newton	30:45	9:54/M
108		Lara Jones, FR	Ballard	30:58	9:58/M
109		Lydia McCleary, SR	Bondurant-Farrar	31:02	9:59/M
110		Dana Vinson, JR	Roland-Story	31:11	10:02/M
111		Kia Paden, FR	Winterset	31:13	10:03/M
112		Mollie Wilson, SR	Winterset	31:25	10:07/M
113		Sydni Followill, JR	Newton	31:28	10:08/M
114		McKayla Egnall, SR	Winterset	31:32	10:09/M

115 Meghan Kepler, JR  
116 Brooklyn McVay, SR

Roland-Story  
Winterset

32:13  
32:21

10:22/M  
10:25/M

Place 1	Ballard	Time Spread = 1:22	TTL Time = 1:42:36	Ave Time = 20:31	Score = 20
Place	Name		Time		Pace mpm
1	Shewaye Johnson, FR		19:52		6:24
2	Paityn Noe, FR		20:06		6:28
4	Brooke Loewe, SO		20:41		6:40
5	Ellie Twedt, SR		20:42		6:40
8	Josie Fleischmann, JR		21:14		6:50
9	Kate Huisinga, SO		21:18		6:51
12	Meg Rietz, SO		21:43		6:59
	Claire Landmesser, FR		21:45		7:00
	Rachel Wohlgemuth, SR		21:47		7:01
	Hailey Cole, SR		22:11		7:08
	Abby Ross, SR		22:34		7:16
	Mya Ehresman, SO		22:40		7:18
	Ashley Wuestenberg, JR		23:32		7:34
	Gracie Ross, FR		25:09		8:06
	Abby Zielke, SO		26:39		8:35
	Lara Jones, FR		30:58		9:58

Place 2	Winterset	Time Spread = 0:47	TTL Time = 1:51:21	Ave Time = 22:16	Score = 82
Place	Name		Time		Pace mpm
13	Joey Parker, SO		21:54		7:03
15	Micah Yeager, SO		22:02		7:06
16	Dyllan Kaufman, FR		22:15		7:10
18	Mia Kerr, SO		22:28		7:14
20	Kiernan Blanchard, SR		22:42		7:18
30	Abby Benschopf, JR		24:06		7:45
32	Kacie Cowman, SR		24:17		7:49
	Karsyn Kaufman, FR		24:42		7:57
	Lizzie Wangler, SR		24:43		7:57
	Alyssa Dickey, SO		28:09		9:04
	Natalie Wood, JR		29:00		9:20
	Kia Paden, FR		31:13		10:03
	Mollie Wilson, SR		31:25		10:07
	McKayla Egnall, SR		31:32		10:09
	Brooklyn McVay, SR		32:21		10:25

Place 3	Creston	Time Spread = 3:39	TTL Time = 1:52:56	Ave Time = 22:35	Score = 95
Place	Name		Time		Pace mpm
3	Braelyn Baker, JR		20:31		6:36
11	Paige Davis, JR		21:29		6:55
21	Riley Degonnia, FR		22:45		7:19
29	Morgan Buxton, JR		24:02		7:44
31	Angelina Chuong, JR		24:10		7:47
37	Molly Sickels, JR		25:00		8:03
47	Emma Pantini, FR		25:45		8:17
	Mallory Wilson, FR		25:55		8:20
	Sydney Strunk, FR		26:19		8:28
	Sydney Hartsock, SR		26:37		8:34
	Sydney Pantini, SR		26:58		8:41
	Autumn Stafford, FR		27:00		8:41
	Tristan Rice, FR		27:21		8:48
	Ashley Reynard, SR		28:40		9:14
	Brittany Linch, SR		28:59		9:20

Place 4	Bondurant-Farrar	Time Spread = 1:40	TTL Time = 1:56:08	Ave Time = 23:14	Score = 116
Place	Name		Time		Pace mpm
17	Bridget Johnson, FR		22:22		7:12
22	Lily O'Brien, FR		23:01		7:24
23	Elizabeth Lozano, SO		23:13		7:28
26	Alyssa Fick, JR		23:30		7:34
28	Emily Erhardt, SR		24:02		7:44
35	Grace Johnson, SO		24:49		7:59
40	Rachel Currant, JR		25:13		8:07
	Jessica Duffy, JR		25:29		8:12
	Katelyn Nelson, SO		25:38		8:15
	Regan McDougalle, SO		26:11		8:26

Brooke Kiley, SO	26:37	8:34
Adalynn Wierck, SO	27:01	8:42
Madisen Padgett, JR	27:32	8:52
MacKenzie Poock, FR	27:44	8:56
Laria Preston, JR	28:25	9:09
Emma Fleenor, FR	28:28	9:10
Lydia McCleary, SR	31:02	9:59

<b>Place 5</b>	<b>Roland-Story</b>	<b>Time Spread = 4:32</b>	<b>TTL Time = 1:56:48</b>	<b>Ave Time = 23:22</b>	<b>Score = 126</b>
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Place	Name	Time	Pace mpm
6	Kylie Tjernagel, SR	20:43	6:40
19	Kaitlyn Kilstofte, SR	22:37	7:17
27	Baylie Janssen, SO	23:51	7:41
33	Bekah Strobyl, SO	24:20	7:50
41	Caden Thoreson, FR	25:16	8:08
57	Natalie Omundson, JR	27:25	8:49
58	Jordyn Ramus, JR	27:30	8:51
	Tatum Lester, FR	29:02	9:21
	Ella Sirna, FR	30:01	9:40
	Dana Vinson, JR	31:11	10:02
	Meghan Kepler, JR	32:13	10:22
	Olivia Heithoff, JR	34:55	11:14
	Courtney Wuebker, JR	35:14	11:21

<b>Place 6</b>	<b>Newton</b>	<b>Time Spread = 3:34</b>	<b>TTL Time = 1:59:21</b>	<b>Ave Time = 23:52</b>	<b>Score = 147</b>
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Place	Name	Time	Pace mpm
14	Ashay Malow, JR	22:00	7:05
24	Kelsey Church, SO	23:19	7:30
25	Kate Muckler, FR	23:20	7:30
39	Willow Oswalt, JR	25:09	8:06
45	Tes Schuster, SR	25:34	8:14
49	Jenna Smith, SR	25:51	8:19
68	Heather Perry, SO	30:45	9:54
	Sydni Followill, JR	31:28	10:08
	Jill Waits, SR	33:48	10:53
	Aryssa Hinderberger, FR	33:53	10:54
	Emma Ham, JR	41:15	13:17

<b>Place 7</b>	<b>Denison</b>	<b>Time Spread = 4:44</b>	<b>TTL Time = 2:02:50</b>	<b>Ave Time = 24:34</b>	<b>Score = 180</b>
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Place	Name	Time	Pace mpm
10	Claire Miller, FR	21:28	6:55
34	Isabella Araujo, JR	24:28	7:53
42	Olivia Gundrson, SO	25:18	8:08
44	Juliana Barajas, SO	25:24	8:11
50	Lauren Bowker, FR	26:12	8:26
53	Elizabeth Cary, SO	26:28	8:31
55	Kaily Cano, SO	27:05	8:43
	Ximena Ramos, FR	28:29	9:10
	Jazmine Iglesias, SO	28:32	9:11
	Daisy Olivera, SO	30:17	9:45
	Olivia Meyer, FR	30:17	9:45

<b>Place 8</b>	<b>Perry</b>	<b>Time Spread = 6:01</b>	<b>TTL Time = 2:03:45</b>	<b>Ave Time = 24:45</b>	<b>Score = 180</b>
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Place	Name	Time	Pace mpm
7	Jaylene Karolus, SO	21:11	6:49
36	Kennedy Tunink, JR	24:56	8:02
38	Molly Lutmer, SR	25:04	8:04
43	Hannah Peterson, SR	25:21	8:10
56	Hailey Peterson, FR	27:12	8:45
69	Montserrat Gonzalez, SR	39:02	12:34

<b>Place 9</b>	<b>Woodward Granger</b>	<b>Time Spread = 3:11</b>	<b>TTL Time = 2:16:03</b>	<b>Ave Time = 27:13</b>	<b>Score = 277</b>
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Place	Name	Time	Pace mpm
46	Natalie Helbling, SR	25:42	8:16
52	Katie Grell, SO	26:21	8:29
54	Madisyn Mann, FR	26:37	8:34
62	Makenzie Dresback, SO	28:30	9:10
63	Sydney Grell, SO	28:53	9:18
66	Ava Petersen, JR	29:07	9:22
67	Marissa Trees, FR	30:44	9:54

<b>Place 10</b>	<b>Boone</b>	<b>Time Spread = 2:02</b>	<b>TTL Time = 2:15:07</b>	<b>Ave Time = 27:01</b>	<b>Score = 279</b>
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Place	Name	Time	Pace mpm
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48	Sophia Rose, JR	25:49	8:19
51	Emmy Louis, SO	26:20	8:28
59	Elsie Alexander, FR	27:33	8:52
60	Megan Reutter, JR	27:35	8:53
61	Isabella Dubon, SR	27:51	8:58
64	Molly Alexander, SO	28:57	9:19
65	Peyton Ward, SR	29:05	9:22
	Elle Turner, SR	29:34	9:31

**Incomplete Teams:**

Des Moines North			
Place	Name	Time	Pace
22	Ikilas Hasan, SO	22:29.34	7:14
73	Tesfanya Ponis, JR	26:54.70	8:40
92	Eklas Usman, FR	28:31.00	9:11
121	Sofie Abwe, SR	35:44.39	11:30

Printed on: 10/8/2019 6:33:50 PM Results by: Brett Carney \* All-American Timing

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