

2024 Missouri River Conference Championships - 10/17/2024
Iowa Western Community College Campus (Council Bluffs, Iowa)

Event 1 Girls 5k Run CC

Name	Year School	Finals	Points
1 Bertrand, Addison	Bishop Heelan	20:16.30	1
2 Whiteshirt, Lilly	Sc, West	22:19.10	2
3 Palmer, Marcella	Sc, North	22:25.20	3
4 Hansen, Bailee	Sc, West	22:56.90	4
5 Vanderlinden, Ella	Sc, East	23:14.70	5
6 Fitch, Kailyn	Bishop Heelan	23:17.10	6
7 Hulinsky, Karis	LeMars	23:19.60	7
8 Bockenstedt, Bjella	Sb-Luton	23:29.30	8
9 Scott, Emma	Sc, East	23:31.30	9
10 Carroll, Colby	Bishop Heelan	23:33.90	10
11 Johnson, Hanna	Sc, North	23:34.10	11
12 Vogt, Joslyn	Sc, North	23:36.30	12
13 Eliesa, Khloe	Sc, North	23:37.00	13
14 Topf, Ellie	Bishop Heelan	23:38.20	14
15 DeRocher, Makenzie	LeMars	24:03.20	15
16 DeRocher, Brooklyn	LeMars	24:07.50	16
17 Roerig, Grace	Bishop Heelan	24:16.30	17
18 Petersen, Torunn	Cb, A Lincoln	24:17.90	18
19 Prieto, Alondra	Sc, West	24:20.60	19
20 Jochum, Ashleigh	Bishop Heelan	24:36.90	20
21 Gonzalez, Angela	Bishop Heelan	24:49.80	21
22 Kepler Thomason, KayLynn	Cb, A Lincoln	25:06.00	22
23 Sommerville, Olivia	Cb, A Lincoln	25:07.40	23
24 Rehal, Ashlie	Bishop Heelan	25:11.60	
25 Hall, Abby	Sc, North	25:15.90	24
26 Lohr, Savannah	Bishop Heelan	25:16.10	
27 Weitzel, Khloee	Sc, East	25:20.90	25
28 Prevail, Mady	Sc, West	25:29.50	26
29 Fiegel, Claire	Sb-Luton	25:31.30	27
30 Caro, Emma	Bishop Heelan	25:35.00	
31 Johnson, Ruby	Cb, A Lincoln	25:36.80	28
32 Kamm, Lilin	Sc, East	25:40.00	29
33 Kass, Sienna	LeMars	25:42.80	30
34 Rosener, Cali	LeMars	25:43.20	31
35 Gardiner, Megan	Sc, North	25:47.50	32
36 Salter, Ashlynn	Sb-Luton	26:03.60	33
37 Fitch, Annette	Cb, A Lincoln	26:04.40	34
38 Cook, Katelyn	Sc, North	26:06.30	35
39 Howell, Peyton	LeMars	26:06.80	36
40 Tilberg, Sarah	LeMars	26:09.20	37
41 Simek, Lennon	Cb, T Jefferson	26:17.00	38
42 Nell, Adeline	LeMars	26:27.00	
43 Robinson, Delaney	Sb-Luton	26:46.20	39
44 Barber, Allison	Bishop Heelan	26:47.20	
45 Burrack, Arcenia	Sc, North	27:10.50	
46 Lockamy, Jayci	Sc, East	27:21.10	40
47 Petersen, Malene	Cb, A Lincoln	28:00.50	41
48 Zermeno, Angela	Sc, West	28:12.10	42
49 Stevens, Sarah	Sb-Luton	28:13.50	43
50 Beige, Shaila	Bishop Heelan	28:25.20	
51 Berglund, Kendra	Sb-Luton	28:29.10	44
52 Winter, Olivia	Sb-Luton	28:29.10	45
53 Cain, Lina	Cb, A Lincoln	28:32.10	46
54 Kluver, Jayden	LeMars	28:56.60	
55 Garcia, Jackie	Sc, North	28:57.50	
56 Weaver, Olivia	Cb, T Jefferson	29:10.60	47
57 Larrabee, Lexi	Sb-Luton	29:30.80	

58	Young, Felicity	Bishop Heelan	29:37.50	
59	Hintze, Kaylea	Cb, T Jefferson	29:41.50	48
60	Mejia, Vanessa	Sb-Luton	29:46.10	
61	Philip, Zenita	Sb-Luton	29:47.20	
62	Streck, Sadee	Sb-Luton	29:47.70	
63	Layman, Violet	Sb-Luton	29:52.00	
64	Tisher, Maddie	Sb-Luton	29:52.80	
65	Jent, Aylah	Sb-Luton	29:54.80	
66	Ortmann, Ann Marie	Bishop Heelan	29:56.40	
67	Bos, Ava	Sb-Luton	29:59.90	
68	Rios, Cindy	Bishop Heelan	30:06.00	
69	Uhl, Elise	Bishop Heelan	30:23.00	
70	Saylor, Emma	Sb-Luton	30:30.30	
71	Borrall, Addison	Sc, East	30:33.60	49
72	Morran, Afton	Bishop Heelan	30:35.50	
73	Henn, Lilly	Sc, North	31:06.40	
74	Lastor, Kaylee	Sc, West	31:22.50	50
75	Ronk, Ashleigh	Cb, T Jefferson	32:13.60	51
76	Duval, Abbagail	Cb, A Lincoln	32:31.50	
77	Johnson, Elise	Sc, North	32:38.70	
78	Haas Serrato, Rhyleigh	Sc, West	32:48.70	52
79	Lengkeek, Baileigh	Sc, East	32:55.80	53
80	Espinoza, Jocelin	Sb-Luton	33:07.40	
81	Cappetta, Emma	Sb-Luton	33:17.50	
82	Lokaley, Lokhom	Sc, East	33:18.10	
83	De Jonge, Juul	Cb, T Jefferson	34:48.50	54
84	Kroupa, Versace	Cb, T Jefferson	39:03.90	55
85	Van Soelen, Olivia	Cb, T Jefferson	41:02.30	56
86	Miller, Lilian	Cb, A Lincoln	43:53.10	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Bishop Heelan	48	1	6	10	14	17	20	21		
	Total Time:	1:55:01.80									
	Average:	23:00.36									
2	Sc, North	63	3	11	12	13	24	32	35		
	Total Time:	1:58:28.50									
	Average:	23:41.70									
3	Sc, West	93	2	4	19	26	42	50	52		
	Total Time:	2:03:18.20									
	Average:	24:39.64									
4	LeMars	99	7	15	16	30	31	36	37		
	Total Time:	2:02:56.30									
	Average:	24:35.26									
5	Sc, East	108	5	9	25	29	40	49	53		
	Total Time:	2:05:08.00									
	Average:	25:01.60									
6	Cb, A Lincoln	125	18	22	23	28	34	41	46		
	Total Time:	2:06:12.50									
	Average:	25:14.50									
7	Sb-Luton	150	8	27	33	39	43	44	45		
	Total Time:	2:10:03.90									
	Average:	26:00.78									
8	Cb, T Jefferson	238	38	47	48	51	54	55	56		
	Total Time:	2:32:11.20									
	Average:	30:26.24									

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Iowa Western Community College Campus (Council Bluffs, Iowa)

Event 2 Boys 5k Run CC

Name	Year School	Finals	Points
1 Gutema, Kuma	Sc, North	17:10.70	1
2 Hamilton, Kaiden	Cb, T Jefferson	17:35.70	2
3 Schultz, Connor	Sc, North	17:52.50	3
4 Hames, Ben	Sc, North	18:11.40	4
5 Tesfaselassie, Even	Sc, North	18:15.10	5
6 Swaggerty-Morgan, Torrey	Sc, North	18:16.40	6
7 Lee, Aaron	LeMars	18:19.20	7
8 Gonzalez, Andres	Bishop Heelan	18:36.60	8
9 Amaro, Alex	Bishop Heelan	18:39.10	9
10 Shultz, Maciah	Sc, East	18:49.00	10
11 Zellner, Kris	Sc, East	18:49.80	11
12 Koepke, Kaden	Sc, East	19:09.00	12
13 Gutierrez, Josue	Sc, North	19:09.10	13
14 Munson, Layne	Sc, North	19:09.60	14
15 Lincoln, Andrew	Sb-Luton	19:19.60	15
16 Haroldson, Gavin	Sc, North	19:25.70	
17 Delarosa, Dan	Sb-Luton	19:27.90	16
18 McCormick, David	Sb-Luton	19:28.30	17
19 Chwirka, Dylan	Sc, East	19:55.10	18
20 Larrabee, Ayden	Sb-Luton	19:55.60	19
21 Vargas, Alejandro	Sb-Luton	19:57.60	20
22 Walsh, Luke	Sb-Luton	19:58.00	21
23 Walsh, Ben	Sb-Luton	19:58.90	22
24 McRoberts, Ayden	Sb-Luton	20:04.70	
25 Johnson, Emmett	Sc, East	20:13.70	23
26 Giese, Cal	Bishop Heelan	20:15.10	24
27 Lynam, Gabriel	Sc, North	20:15.70	
28 Guerrero, Xavier	Bishop Heelan	20:16.20	25
29 Wolf, Zed	Cb, A Lincoln	20:16.30	26
30 Naughton, Jack	Cb, A Lincoln	20:16.30	27
31 Palmer, Winston	Sc, North	20:26.10	
32 Bramble, William	Cb, A Lincoln	20:27.70	28
33 Sanchez Gomez, Miguel	Sc, North	20:29.80	
34 Sanchez, Jony	LeMars	20:32.10	29
35 McCormick, Brody	Sb-Luton	20:32.20	
36 Harmsen, Hunter	Cb, A Lincoln	20:43.90	30
37 Davis, Braxton	Sc, North	20:44.10	
38 Wymore, Carter	Cb, A Lincoln	20:47.70	31
39 Barber, Ethan	Bishop Heelan	20:49.80	32
40 Johnson, Alex	Cb, A Lincoln	20:50.20	33
41 Kueffer, Baylen	Sb-Luton	20:55.30	
42 Avalos Ceballos, Juan	Cb, A Lincoln	20:56.70	34
43 Woolworth, Logan	Sc, North	20:59.30	
44 Ingenthron, Grayson	Sc, East	21:00.20	35
45 McDaniel, Malak	Cb, A Lincoln	21:02.00	
46 Iverson, Tanner	LeMars	21:03.50	36
47 Yusuf, Aden	Sc, North	21:06.30	
48 Cook, David	Sc, East	21:07.70	37
49 Behrens, Tate	Sc, North	21:11.20	
50 Dandurand, Noah	Sc, East	21:11.70	
51 Sanchez, Tony	Bishop Heelan	21:12.90	38
52 Jensen, Keyton	Sb-Luton	21:15.90	
53 Mullally, Hunter	LeMars	21:21.00	39
54 Bonnes, Logan	Sc, North	21:28.80	
55 Beller, Isaac	LeMars	21:31.70	40
56 Tendal, Kyler	Sb-Luton	21:37.30	
57 Smith, Jimmy	Sc, West	21:37.40	41

58	Whitlock, Dekeyn	Sc, East	21:41.00	
59	Cleveland, Danny	Sc, East	21:42.20	
60	Larsen, Austin	Bishop Heelan	21:49.30	42
61	Jorstad, Matthew	Bishop Heelan	21:49.90	
62	Koson, Reed	Sc, East	21:51.10	
63	Kellogg, Edward	Sc, North	21:51.80	
64	Fetterman, Covan	Bishop Heelan	21:54.10	
65	Shields, Mason	Cb, A Lincoln	21:55.90	
66	Helm, Parker	Cb, T Jefferson	21:59.10	43
67	Beller, Beckett	Sc, North	22:02.20	
68	Lorenzen, Evan	Sc, North	22:02.30	
69	Schmid, Jett	LeMars	22:02.60	44
70	Moore, Scott	Sc, West	22:10.30	45
71	Gray, Josh	Sb-Luton	22:11.70	
72	Doran, Brecken	Sc, West	22:24.10	46
73	Williamson, Bailyan	Cb, T Jefferson	22:25.40	47
74	Stahl, Evan	LeMars	22:26.30	48
75	Gowens, Ryan	Cb, A Lincoln	22:27.40	
76	Wheelock, Leo	Sc, North	22:28.70	
77	Ryan, Jonathan	Cb, A Lincoln	22:34.50	
78	Mullenix, Tyler	Sb-Luton	22:35.90	
79	Moss, Seth	LeMars	22:50.00	
80	Pham, Ethan	Sc, North	22:55.60	
81	Hanson, Eli	Cb, A Lincoln	22:58.40	
82	Bouwers, Paul	Sc, North	22:58.60	
83	Hindman, David	Bishop Heelan	22:59.00	
84	Burton, Kenneth	Sc, East	23:00.10	
85	Anderson, Coleton	Cb, A Lincoln	23:01.10	
86	German, Alex	Cb, A Lincoln	23:06.50	
87	Hoekstra, Carver	Sc, North	23:06.90	
88	Kosiba, Costa	Sc, East	23:10.90	
89	Rohlfesen, Brayden	LeMars	23:11.20	
90	Bulhões, João	Sc, North	23:12.30	
91	Michalak, Westyn	Bishop Heelan	23:19.60	
92	Showers, Gabe	Cb, A Lincoln	23:25.40	
93	Pattee, Tommy	Bishop Heelan	23:26.30	
94	Acosta, Jacob	Cb, T Jefferson	23:29.70	49
95	Kerkman, Zane	Cb, T Jefferson	23:32.10	50
96	Hamilton, Isaac	Cb, A Lincoln	23:35.60	
97	Durham, Ethan	Cb, T Jefferson	23:37.70	51
98	Ung, Viet	LeMars	23:38.50	
99	Donovan, James	Bishop Heelan	23:41.60	
100	Wimmer, Aiden	Sb-Luton	23:53.90	
101	Keokenchanh, Isaac	Sb-Luton	24:02.90	
102	Ramos Martinez, Estuardo	Sc, West	24:04.00	52
103	Enszer, Gabriel	Sc, West	24:04.90	53
104	Hernandez, Daniel	Sb-Luton	24:08.60	
105	Templeman, Joshua	Cb, T Jefferson	24:15.40	54
106	Hulinsky, Luke	LeMars	24:18.30	
107	Nimaja Chalcan, Benji	Sc, North	24:22.70	
108	Klein, Chris	Sc, North	24:32.40	
109	Garcia, Gael	Sc, North	24:36.10	
110	Limon, Antelmo	Sc, West	24:40.20	55
111	Joseph, DJ	Sc, West	24:41.50	56
112	Aherns, Harry	Cb, T Jefferson	24:41.50	
113	Romero, Adrian	Cb, T Jefferson	24:55.60	
114	Van Sickel, Gabriel	Cb, A Lincoln	24:55.70	
115	Torres, Luis	Bishop Heelan	25:02.60	
116	Henry, Dalton	LeMars	25:03.60	
117	Bolton, Brayden	Cb, A Lincoln	25:03.70	
118	Riker, Blake	Bishop Heelan	25:03.80	
119	Santos, David	Bishop Heelan	25:15.00	
120	Abraham, Jackson	Cb, T Jefferson	25:25.00	
121	Berglund, Owen	Sb-Luton	25:27.40	
122	Baller, Daxton	Sc, North	25:32.90	

123	Gomez Perez, Justin	Sc, North	25:34.40
124	Sullivan, Logan	Cb, T Jefferson	25:42.20
125	Haider, Brett	Sb-Luton	25:50.00
126	Thompson, Seth	Cb, T Jefferson	25:52.60
127	Mendoza, David	Bishop Heelan	26:52.00
128	Jantzon, Tucker	Cb, T Jefferson	27:02.00
129	Rivera De Anda, Axel	LeMars	27:20.50
130	Fravel, Christian	Bishop Heelan	27:25.30
131	Kann, Kyle	Sc, North	27:36.90
132	Cain, Wyatt	Cb, A Lincoln	28:25.70
133	Hartso, Adrian	Sc, North	28:49.20
134	Qasim, Allen	Sc, North	36:49.50

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Sc, North	19	1	3	4	5	6	13	14		
	Total Time:	1:29:46.10									
	Average:	17:57.22									
2	Sc, East	74	10	11	12	18	23	35	37		
	Total Time:	1:36:56.60									
	Average:	19:23.32									
3	Sb-Luton	87	15	16	17	19	20	21	22		
	Total Time:	1:38:09.00									
	Average:	19:37.80									
4	Bishop Heelan	98	8	9	24	25	32	38	42		
	Total Time:	1:38:36.80									
	Average:	19:43.36									
5	Cb, A Lincoln	142	26	27	28	30	31	33	34		
	Total Time:	1:42:31.90									
	Average:	20:30.38									
6	LeMars	151	7	29	36	39	40	44	48		
	Total Time:	1:42:47.50									
	Average:	20:33.50									
7	Cb, T Jefferson	191	2	43	47	49	50	51	54		
	Total Time:	1:49:02.00									
	Average:	21:48.40									
8	Sc, West	237	41	45	46	52	53	55	56		
	Total Time:	1:54:20.70									
	Average:	22:52.14									