

E-HAWK XC INVITATIONAL

Emmetsburg, IA

Iowa Lakes Community College

Host: Emmetsburg High School

Monday, September 16, 2024

MEET OFFICIALS

Timing:

Hero's Timing

**OFFICIAL MEET REPORT**

printed: 9/16/2024 6:12 PM

Race #4
Girls Varsity 5K**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 HUMBOLDT	20	1-2-4-5-8(13)(14)	2:05:57	25:12
2 ESTHERVILLE LINCOLN	61	3-7-12-15-24	2:23:59	28:48
3 POCAHONTAS AREA	73	6-9-17-18-23(25)	2:29:13	29:51
4 EMMETSBURG	76	10-11-16-19-20(21)(22)	2:29:41	29:57

INDIVIDUAL RESULTS

Athlete	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 TYRA SCHUPBACH	WEST BEND-MALL	-	21:36.4	---	6:56.8	4:19.3
2 BRYNN MALO	HUMBOLDT	1	22:33.3	56.9	7:15.1	4:30.6
3 JULIA SWIFT	BISHOP GARRIGA	-	22:39.5	1:03.1	7:17.1	4:31.9
4 LAUREN HILLESLAND	NORTH IOWA BUF	-	22:46.3	1:09.9	7:19.3	4:33.3
5 AUBRY FISHER	HUMBOLDT	2	23:58.1	2:21.7	7:42.4	4:47.6
6 JACEY WELBIG	NORTH UNION	-	24:08.6	2:32.2	7:45.8	4:49.7
7 RYLEE YAGER	ESTHERVILLE LIN	3	25:05.9	3:29.5	8:04.2	5:01.2
8 AVA MEINDERS	NORTH IOWA BUF	-	25:24.5	3:48.1	8:10.2	5:04.9
9 BELLA METLI	HUMBOLDT	4	25:54.0	4:16.6	8:19.7	5:10.8
10 ALEXIS CUMMINS	NORTH UNION	-	26:16.9	4:40.5	8:27.0	5:15.4
11 MACEY RODGERS	HUMBOLDT	5	26:31.6	4:55.2	8:31.8	5:18.3
12 NATALIE POINT	POCAHONTAS AR	6	26:50.6	5:14.2	8:37.9	5:22.1
13 HELEN LAVENDER	ESTHERVILLE LIN	7	26:51.9	5:15.5	8:38.3	5:22.4
14 MEG ZWEIBOHMER	HUMBOLDT	8	27:00.0	5:22.6	8:40.9	5:24.0
15 SAMI WOLTER	POCAHONTAS AR	9	27:08.3	5:31.9	8:43.6	5:25.7
16 ALYSSA WELBIG	NORTH UNION	-	27:14.5	5:38.1	8:45.6	5:26.9
17 RORI ALBERT	EMMETSBURG	10	27:27.0	5:50.6	8:49.6	5:29.4
18 CAROLINE BURDICK	EMMETSBURG	11	27:27.1	5:50.7	8:49.6	5:29.4
19 MADDIE FEHR	WEST BEND-MALL	-	27:36.9	6:00.5	8:52.7	5:31.4
20 MORGAN CLABAUGH	ESTHERVILLE LIN	12	27:42.4	6:06.0	8:54.5	5:32.5
21 ALLISON LENSING	HUMBOLDT	(13)	28:16.8	6:40.4	9:05.6	5:39.4
22 MORGAN MANN	HUMBOLDT	(14)	28:18.5	6:42.1	9:06.1	5:39.7
23 KIERSON BLAIR	ESTHERVILLE LIN	15	30:14.0	8:36.6	9:43.3	6:02.8
24 EMMA KRAUSE	EMMETSBURG	16	30:40.9	9:04.5	9:51.9	6:08.2
25 KHLOE MEFFERD	POCAHONTAS AR	17	30:53.3	9:16.9	9:55.9	6:10.7
26 ALLI LAKE	POCAHONTAS AR	18	30:53.5	9:17.1	9:56.0	6:10.7
27 JENNIFER CARRANZA	NORTH UNION	-	31:02.2	9:25.8	9:58.7	6:12.4
28 MIA MORTON	EMMETSBURG	19	31:55.0	10:17.6	10:15.7	6:23.0
29 NORAH BLODGETT	NORTH IOWA BUF	-	31:58.5	10:22.1	10:16.9	6:23.7
30 ELIZABETH (LIZZI) THORE	EMMETSBURG	20	32:10.5	10:34.1	10:20.7	6:26.1
31 JENNA FRIEDS	EMMETSBURG	(21)	32:19.9	10:43.5	10:23.8	6:28.0
32 EMMY DOOLEY	EMMETSBURG	(22)	32:32.6	10:56.2	10:27.8	6:30.5
33 ASHLYN DUISCHER	POCAHONTAS AR	23	33:27.4	11:51.0	10:45.5	6:41.5
34 ZOEY DERUYTER	ESTHERVILLE LIN	24	34:04.2	12:27.8	10:57.3	6:48.8
35 ERICA CROTTY	POCAHONTAS AR	(25)	35:29.4	13:53.0	11:24.7	7:05.9