

Tipton

Overall this was a good performance in a meet where we dominated our competition. There were many prs in the later races and some were quite striking. Nelle proved she has made the long climb back from her injury breaking 15 minutes and pulling away from Wahlen. Meggan, Betsy and Ali also had strong varsity performances. Maggie amazingly kicked in while suffering an asthma attack. The whole Fresh/Soph ran very well under the hottest conditions of the day. Ally Roelf and several others on the JV took a minute or more off their time trial times. We will see the best of these same opponents and more on Saturday. Lets step it up another level when we greet them at Pleasant Valley!

Varsity			Junior Varsity			Junior Varsity		
1	Nelle Trefz*	14:57*	1	Abby Hall*	16:52*	36	Allie Gnade*	19:44
3	Meggan Reed*	15:34*	3	Ruhee Arora*	17:13*	37	Hannah Sandler	19:49
4	Betsy Ellsmore*	15:39*	4	Brittney Zimmerman	17:44	38	Aly Boyd*	20:04
5	Ali Kirsch*	15:45*	5	Ally Roelf*	17:51	39	Kilee Evans*	20:05
8	Monica Mims	16:09*	6	Erica Olson*	17:52	40	Laura Krumm*	20:05
9	Katie Lumpa*	16:10*	7	Katie Lynch*	18:04	41	Cady Ploessi*	20:10
19	Liz Vanderah	16:54*	8	Caroline Brigham*	18:05	42	Cordy Cmiel	20:20
			9	Maya Monitto-Webber*	18:06	43	Katelyn Kerstetter*	20:23
			10	Kara Evans*	18:08	44	Rachel Wilhelm*	20:37
			11	Kelly Sherry*	18:08	45	Monica Clemens*	20:38
2	Maggie Leyendecker	17:24*	12	Kate Rethwisch*	18:14	46	Liz Greazel	20:51
5	Emily Funk	17:37*	13	Lindsey Diggelman*	18:24	47	Katie Hall*	20:56
6	Drew Foreman	17:54	14	Laura Newton	18:28	48	Julia Snider	21:05
7	Kera Bross	17:57	15	Kelly Sobaski*	18:29	49	Grace Brookfield*	21:07
8	Emily Gill	17:56	16	Leah Miller*	18:32	50	Lindsey Honemann*	21:08
9	Becky Russo	17:58	17	Ally Tippe*	18:45	51	Emily Hahn*	21:08
10	Clara Hugill	18:07	18	Paige Towers*	18:48	52	Tara Olsen*	21:17
			19	Becca Barloon*	18:51	53	Willa Cmiel*	21:18
	Name*=pr (Iowa 4k)		20	Shannon Triplett*	18:53	54	Analiese Bendorf*	21:20
	time*=varsity credit		21	Stephanie Schallau*	18:54	55	Emily Brentlinger*	21:24
			22	Jessica Pringle*	18:55	56	Alecia Tank	21:24
	Varsity		23	Lesley Keely*	18:56	57	Becky Wisely*	21:43
	CHS 21		24	Hanna Meyer*	19:01	58	Shauna McDonald*	21:46
	Xavier 78		25	Genny Countryman*	19:10	59	Mira Estin*	21:54
	Pleasant Valley 95		26	Zara Torosyan*	19:12	60	Kacie Kabela*	21:56
	Tipton 99		27	Megan Hichwa	19:13	61	Lucy Plaughter*	22:00
	Bettendorf 111		28	Lara Voigt*	19:14	62	Heather Quigley*	22:20
	Dubuque Senior 169		29	Rachel Moore*	19:18	63	Lindsay Schmidt*	22:32
			30	Jess Paulsen*	19:19	64	Katie Murray	22:37
	Fresh/Soph		31	Emily Hesseltine*	19:30	65	Analisa Gerig-Sickles*	22:46
	CHS 23		32	Alyssa Lane*	19:32	66	Jessica Davis*	22:59
	Bettendorf 86		33	Angie Rideout*	19:34	67	Amy Lithimane*	23:33
	Xavier 89		34	Abby Herlein*	19:39	68	Emily Adamek*	24:38
	JV		35	Kerri Kabela*	19:43	69	Chavelle Aron*	26:27
	CHS 19							