
































































































Women 5k Run CC

	ATHLETE	FINALS	POINTS
1	 Jessica Kampman Dordt [SO]	18:40.64	1
2	 Jo McKibben Morningside [SR]	18:50.28	2
3	 Morgan Marker Northwestern (Iowa) [SR]	18:55.73	3
4	 Eden Winslow Dordt [SR]	18:58.19	4
5	 Rylee Haecker Concordia (Neb.) [FR]	19:03.49	5
6	 Jacia Christiansen Dakota State [SR]	19:07.06	6
7	 Kristine Honomichl Morningside [JR]	19:11.02	7
8	 Margaret Myskowski Dordt [SO]	19:11.12	8
9	 Taylor Anema Dordt [SO]	19:13.51	9
10	 Katlyn Wiese Northwestern (Iowa) [SO]	19:18.93	10
1	 Anika Homan Dordt [SO]	19:24.45	11
2	 Grace Timm Dickinson St. [FR]	19:27.25	12
3	 Alexa Veldhuisen Dordt [SR]	19:27.29	13
4	 Alexius Miller Dickinson St. [SO]	19:27.90	14
5	 Grace Reiman Concordia (Neb.) [FR]	19:30.21	15
6	 Bethany Ten Haken Dordt [JR]	19:31.43	16
7	 Lucy Borkowski Dordt [SO]	19:33.86	
8	 Keri Bauer Concordia (Neb.) [FR]	19:37.78	17
9	 Myia Johnson Midland [SO]	19:38.25	
10	 Amie Martin Concordia (Neb.) [SO]	19:40.00	18
1	 Madilynn Edwards Midland [SO]	19:43.12	
2	 Chloe Inhelder St. Mary (Neb.)	19:43.45	19
3	Madison Nelson Bellevue [FR]	19:48.67	20



















4		Rhaya Kaschinske Concordia (Neb.) [FR]	19:53.70	21
5		Tenna Beel Morningside [SR]	19:57.99	22
6		Kaia Richmond Concordia (Neb.) [FR]	19:59.74	23
7		Elyse Kuperus Dordt [SR]	20:00.95	
8		Jasmine Barnes Valley City State [FR]	20:02.78	
9		Alyssa Burk St. Mary (Neb.)	20:03.27	24
10		Kylahn Heritage Concordia (Neb.) [SO]	20:09.12	25
1		Greichaly Kaster Dordt [JR]	20:11.75	
2		Whitney Minderhoud Dordt [SO]	20:14.53	
3		Brenda Cheboi Dordt [FR]	20:15.98	
4		Mary Kate LeLoux Dordt [SR]	20:16.96	
5		Jada Anderson Dakota State [SO]	20:18.27	26
6		Hallie Hemminway Dickinson St. [FR]	20:19.64	27
7		Tirzah Wittenberg Northwestern (Iowa) [SO]	20:21.16	28
8		Piper Perez Dickinson St. [SO]	20:22.85	29
9		Abi DeLoach Concordia (Neb.) [JR]	20:26.07	
10		Emma Peck St. Mary (Neb.)	20:29.08	30
1		Caitlin Alberts Northwestern (Iowa) [FR]	20:32.67	31
2		Emma Haley Northwestern (Iowa) [FR]	20:32.81	32
3		Katelyn Nix Concordia (Neb.) [FR]	20:33.19	
4		Sarah Griffis Dickinson St. [SO]	20:37.40	33
5		Courtney Wright Concordia (Neb.) [FR]	20:39.54	
6		Lindsey Groen Northwestern (Iowa) [SR]	20:39.86	34
7		Maddie Coufal St. Mary (Neb.)	20:40.94	35
8		Zoey Stroop Dickinson St. [FR]	20:46.53	36

























9		Lorelei Hayden Bellevue [SO]	20:46.68	37
10		Sydney Stiemsma Dordt [SR]	20:47.88	
1		Jocelyn Farhar St. Mary (Neb.) [FR]	20:51.59	38
2		Juliette Rios Dakota State [SR]	20:53.27	39
3		Annika Brands Dordt [SR]	20:53.52	
4		Sarah Bosch Morningside [JR]	20:54.37	40
5		Alexa Fredericksen Dordt [SO]	20:54.83	
6		Kelsey Musgjerd St. Mary (Neb.)	20:56.70	41
7		Monica Olson Morningside [SO]	20:57.43	42
8		Julia Fehr Northwestern (Iowa) [FR]	20:59.60	43
9		Haylie Oberlander Dickinson St. [SO]	21:05.06	44
10		Kelly Kotsier Dordt [JR]	21:06.92	
1		Paige Erbstoesser Jamestown [FR]	21:09.44	
2		Rachel Barkema Morningside [SR]	21:11.68	45
3		Tiana Schroeder Dordt [SR]	21:12.07	
4		Sadie Feucht Dordt [FR]	21:13.16	
5		Hailey Louw Northwestern (Iowa) [SR]	21:14.96	
6		Taylor Sporrer Morningside [SO]	21:15.96	46
7		Autumn Simons St. Mary (Neb.) [FR]	21:20.17	47
8		Caroline Feig Bellevue [JR]	21:21.86	48
9		Kiah Trainor Mount Marty [SO]	21:22.05	49
10		Grace Oberg Concordia (Neb.) [FR]	21:23.33	
1		Olivia Anderson Northwestern (Iowa) [FR]	21:24.02	
2		Aubrey Rathke Concordia (Neb.) [FR]	21:29.38	
3		Alana Wicking Waldorf [JR]	21:31.69	50
























4		Grace Pennekamp Concordia (Neb.) [FR]	21:32.02	
5		Ali Cunningham Dickinson St. [FR]	21:36.38	
6		Mary Pennekamp Concordia (Neb.) [FR]	21:42.10	
7		Alisiara Hobbs Bellevue [JR]	21:43.75	51
8		Sarah Felten Bellevue [FR]	21:45.37	52
9		Sherryl Rowe Dordt [SO]	21:48.45	
10		Grace Blum St. Mary (Neb.)	21:49.99	
1		Skylar Ueding St. Mary (Neb.) [FR]	21:50.35	
2		Rachel Kenny Morningside [JR]	21:50.36	
3		Sarah Perez Morningside [FR]	21:53.62	
4		Emily Greve Dakota State [FR]	21:55.34	53
5		Saddie Palmquist Dakota State [FR]	21:56.12	54
6		Lauren Dawson Concordia (Neb.) [FR]	21:56.78	
7		Taylor Carlson Mount Marty [SR]	21:57.25	55
8		Danielle Wood Waldorf [FR]	21:59.03	56
9		Emma Neises Mount Marty [FR]	22:00.75	57
10		Tabitha VanEssen Dordt [FR]	22:03.42	
1		Michelle Sanchez Morningside [SO]	22:09.93	
2		Emily Chicoine Morningside [SO]	22:10.44	
3		Emily Hatlewick Valley City State [FR]	22:19.62	
4		Lauren Kern Waldorf [SO]	22:20.29	58
5		Elsie Bartels Dordt [FR]	22:31.22	
6		Elise Cummins Jamestown [FR]	22:42.40	
7		Delanie Coady Northwestern (Iowa) [JR]	22:52.67	
8		Gracie Rippen Mount Marty [JR]	22:52.91	59

9		Hannah Mundt Concordia (Neb.) [SO]	22:57.35	
10		Morgan Roberts Morningside [SR]	23:02.62	
1		Linnea Clark Dordt [SR]	23:11.95	
2		Paige Padavich Morningside [FR]	23:13.17	
3		Kaylee Tonniges St. Mary (Neb.)	23:13.29	
4		Abigail Meier Concordia (Neb.) [JR]	23:15.45	
5		Madeline Krause St. Mary (Neb.)	23:19.82	
6		Leighton Mlady Mount Marty [JR]	23:26.86	60
7		Peyton Gissler Concordia (Neb.) [FR]	23:30.37	
8		Lydia Heald Morningside [FR]	23:40.81	
9		Jennifer Tallackson Jamestown [FR]	23:43.47	
10		Chyna Delker St. Mary (Neb.)	23:44.31	
1		Kiana Vereen Briar Cliff [FR]	23:53.76	
2		Gemma Jasso Waldorf [SO]	23:56.29	61
3		Lexi Weber Briar Cliff [FR]	24:00.55	
4		Leah Schmidt St. Mary (Neb.)	24:08.34	
5		Brooke Wigdahl St. Mary (Neb.)	24:23.87	
6		Abby Ervin Northwestern (Iowa) [FR]	24:29.36	
7		Mindy Barchenger Waldorf [JR]	24:40.98	62
8		Cecelia Hemsworth Waldorf [JR]	24:45.33	63
9		Abigail Dawson Concordia (Neb.) [SO]	24:50.49	
10		Malia Rolf Concordia (Neb.) [FR]	24:50.51	
1		pluma pross Briar Cliff [SO]	25:09.62	
2		Teresa Guzman Briar Cliff [JR]	25:14.76	
3		Silje Kindseth Jamestown [FR]	25:18.01	

4		Sophie Peck St. Mary (Neb.) [FR]	26:10.79	
5		Joplin Fink Valley City State [FR]	27:00.04	
6		Hayleigh Solano Waldorf [JR]	27:14.43	64
7		Carmen Mata Waldorf [JR]	27:50.13	
8		Daisey Madora Midland [FR]	28:25.34	
9		Liberty Nordstrom Morningside [FR]	29:14.26	


	ATHLETE	FINALS	HEAT	POINTS
1	 Jessica Kampman Dordt [SO]	18:40.64	1	1
2	 Jo McKibben Morningside [SR]	18:50.28	1	2
3	 Morgan Marker Northwestern (Iowa) [SR]	18:55.73	1	3
4	 Eden Winslow Dordt [SR]	18:58.19	1	4
5	 Rylee Haecker Concordia (Neb.) [FR]	19:03.49	1	5
6	 Jacia Christiansen Dakota State [SR]	19:07.06	1	6
7	 Kristine Honomichl Morningside [JR]	19:11.02	1	7
8	 Margaret Myskowski Dordt [SO]	19:11.12	1	8
9	 Taylor Anema Dordt [SO]	19:13.51	1	9
10	 Katlyn Wiese Northwestern (Iowa) [SO]	19:18.93	1	10
11	 Anika Homan Dordt [SO]	19:24.45	2	11
12	 Grace Timm Dickinson St. [FR]	19:27.25	2	12
13	 Alexa Veldhuisen Dordt [SR]	19:27.29	2	13
14	 Alexius Miller Dickinson St. [SO]	19:27.90	2	14
15	 Grace Reiman Concordia (Neb.) [FR]	19:30.21	2	15
16	 Bethany Ten Haken Dordt [JR]	19:31.43	2	16
17	 Lucy Borkowski Dordt [SO]	19:33.86	2	
18	 Keri Bauer Concordia (Neb.) [FR]	19:37.78	2	17










19		Myia Johnson Midland [SO]	19:38.25	2	
20		Amie Martin Concordia (Neb.) [SO]	19:40.00	2	18
21		Madilynn Edwards Midland [SO]	19:43.12	3	
22		Chloe Inhelder St. Mary (Neb.)	19:43.45	3	19
23		Madison Nelson Bellevue [FR]	19:48.67	3	20
24		Rhaya Kaschinske Concordia (Neb.) [FR]	19:53.70	3	21
25		Tenna Beel Morningside [SR]	19:57.99	3	22
26		Kaia Richmond Concordia (Neb.) [FR]	19:59.74	3	23
27		Elyse Kuperus Dordt [SR]	20:00.95	3	
28		Jasmine Barnes Valley City State [FR]	20:02.78	3	
29		Alyssa Burk St. Mary (Neb.)	20:03.27	3	24
30		Kylahn Heritage Concordia (Neb.) [SO]	20:09.12	3	25
31		Greichaly Kaster Dordt [JR]	20:11.75	4	
32		Whitney Minderhoud Dordt [SO]	20:14.53	4	
33		Brenda Cheboi Dordt [FR]	20:15.98	4	
34		Mary Kate LeLoux Dordt [SR]	20:16.96	4	
35		Jada Anderson Dakota State [SO]	20:18.27	4	26
36		Hallie Hemminway Dickinson St. [FR]	20:19.64	4	27
37		Tirzah Wittenberg Northwestern (Iowa) [SO]	20:21.16	4	28
38		Piper Perez Dickinson St. [SO]	20:22.85	4	29
39		Abi DeLoach Concordia (Neb.) [JR]	20:26.07	4	
40		Emma Peck St. Mary (Neb.)	20:29.08	4	30
41		Caitlin Alberts Northwestern (Iowa) [FR]	20:32.67	5	31
42		Emma Haley Northwestern (Iowa) [FR]	20:32.81	5	32
43		Katelyn Nix Concordia (Neb.) [FR]	20:33.19	5	

44		Sarah Griffis Dickinson St. [SO]	20:37.40	5	33
45		Courtney Wright Concordia (Neb.) [FR]	20:39.54	5	
46		Lindsey Groen Northwestern (Iowa) [SR]	20:39.86	5	34
47		Maddie Coufal St. Mary (Neb.)	20:40.94	5	35
48		Zoey Stroop Dickinson St. [FR]	20:46.53	5	36
49		Lorelei Hayden Bellevue [SO]	20:46.68	5	37
50		Sydney Stiemsma Dordt [SR]	20:47.88	5	
51		Jocelyn Farhar St. Mary (Neb.) [FR]	20:51.59	6	38
52		Juliette Rios Dakota State [SR]	20:53.27	6	39
53		Annika Brands Dordt [SR]	20:53.52	6	
54		Sarah Bosch Morningside [JR]	20:54.37	6	40
55		Alexa Fredericksen Dordt [SO]	20:54.83	6	
56		Kelsey Musgjerd St. Mary (Neb.)	20:56.70	6	41
57		Monica Olson Morningside [SO]	20:57.43	6	42
58		Julia Fehr Northwestern (Iowa) [FR]	20:59.60	6	43
59		Haylie Oberlander Dickinson St. [SO]	21:05.06	6	44
60		Kelly Kotsier Dordt [JR]	21:06.92	6	
61		Paige Erbstoesser Jamestown [FR]	21:09.44	7	
62		Rachel Barkema Morningside [SR]	21:11.68	7	45
63		Tiana Schroeder Dordt [SR]	21:12.07	7	
64		Sadie Feucht Dordt [FR]	21:13.16	7	
65		Hailey Louw Northwestern (Iowa) [SR]	21:14.96	7	
66		Taylor Sporrer Morningside [SO]	21:15.96	7	46
67		Autumn Simons St. Mary (Neb.) [FR]	21:20.17	7	47
68		Caroline Feig Bellevue [JR]	21:21.86	7	48

69		Kiah Trainor Mount Marty [SO]	21:22.05	7	49
70		Grace Oberg Concordia (Neb.) [FR]	21:23.33	7	
71		Olivia Anderson Northwestern (Iowa) [FR]	21:24.02	8	
72		Aubrey Rathke Concordia (Neb.) [FR]	21:29.38	8	
73		Alana Wickering Waldorf [JR]	21:31.69	8	50
74		Grace Pennekamp Concordia (Neb.) [FR]	21:32.02	8	
75		Ali Cunningham Dickinson St. [FR]	21:36.38	8	
76		Mary Pennekamp Concordia (Neb.) [FR]	21:42.10	8	
77		Alisiara Hobbs Bellevue [JR]	21:43.75	8	51
78		Sarah Felten Bellevue [FR]	21:45.37	8	52
79		Sherryl Rowe Dordt [SO]	21:48.45	8	
80		Grace Blum St. Mary (Neb.)	21:49.99	8	
81		Skylar Ueding St. Mary (Neb.) [FR]	21:50.35	9	
82		Rachel Kenny Morningside [JR]	21:50.36	9	
83		Sarah Perez Morningside [FR]	21:53.62	9	
84		Emily Greve Dakota State [FR]	21:55.34	9	53
85		Saddie Palmquist Dakota State [FR]	21:56.12	9	54
86		Lauren Dawson Concordia (Neb.) [FR]	21:56.78	9	
87		Taylor Carlson Mount Marty [SR]	21:57.25	9	55
88		Danielle Wood Waldorf [FR]	21:59.03	9	56
89		Emma Neises Mount Marty [FR]	22:00.75	9	57
90		Tabitha VanEssen Dordt [FR]	22:03.42	9	
91		Michelle Sanchez Morningside [SO]	22:09.93	10	
92		Emily Chicoine Morningside [SO]	22:10.44	10	
93		Emily Hatlewick Valley City State [FR]	22:19.62	10	

94		Lauren Kern Waldorf [SO]	22:20.29	10	58
95		Elsie Bartels Dordt [FR]	22:31.22	10	
96		Elise Cummins Jamestown [FR]	22:42.40	10	
97		Delanie Coady Northwestern (Iowa) [JR]	22:52.67	10	
98		Gracie Rippen Mount Marty [JR]	22:52.91	10	59
99		Hannah Mundt Concordia (Neb.) [SO]	22:57.35	10	
100		Morgan Roberts Morningside [SR]	23:02.62	10	
101		Linnea Clark Dordt [SR]	23:11.95	11	
102		Paige Padavich Morningside [FR]	23:13.17	11	
103		Kaylee Tonniges St. Mary (Neb.)	23:13.29	11	
104		Abigail Meier Concordia (Neb.) [JR]	23:15.45	11	
105		Madeline Krause St. Mary (Neb.)	23:19.82	11	
106		Leighton Mlady Mount Marty [JR]	23:26.86	11	60
107		Peyton Gissler Concordia (Neb.) [FR]	23:30.37	11	
108		Lydia Heald Morningside [FR]	23:40.81	11	
109		Jennifer Tallackson Jamestown [FR]	23:43.47	11	
110		Chyna Delker St. Mary (Neb.)	23:44.31	11	
111		Kiana Vereen Briar Cliff [FR]	23:53.76	12	
112		Gemma Jasso Waldorf [SO]	23:56.29	12	61
113		Lexi Weber Briar Cliff [FR]	24:00.55	12	
114		Leah Schmidt St. Mary (Neb.)	24:08.34	12	
115		Brooke Wigdahl St. Mary (Neb.)	24:23.87	12	
116		Abby Ervin Northwestern (Iowa) [FR]	24:29.36	12	
117		Mindy Barchenger Waldorf [JR]	24:40.98	12	62
118		Cecelia Hemsworth Waldorf [JR]	24:45.33	12	63

119		Abigail Dawson Concordia (Neb.) [SO]	24:50.49	12
120		Malia Rolf Concordia (Neb.) [FR]	24:50.51	12
121		pluma pross Briar Cliff [SO]	25:09.62	13
122		Teresa Guzman Briar Cliff [JR]	25:14.76	13
123		Silje Kindseth Jamestown [FR]	25:18.01	13
124		Sophie Peck St. Mary (Neb.) [FR]	26:10.79	13
125		Joplin Fink Valley City State [FR]	27:00.04	13
126		Hayleigh Solano Waldorf [JR]	27:14.43	13 64
127		Carmen Mata Waldorf [JR]	27:50.13	13
128		Daisey Madora Midland [FR]	28:25.34	13
129		Liberty Nordstrom Morningside [FR]	29:14.26	13

SCHOOL		Total	1	2	3	4	5	*6	*7	*8	*9
1	 Dordt Total Time: 1:35:27.91 Average: 19:05.59	33	1	4	8	9	11	13	16	1	4
2	 Concordia (Neb.) Total Time: 1:37:45.18 Average: 19:33.04	76	5	15	17	18	21	23	25	5	15
3	 Northwestern (Iowa) Total Time: 1:39:41.30 Average: 19:56.26	104	3	10	28	31	32	34	43	3	10
4	 Morningside Total Time: 1:39:51.09 Average: 19:58.22	113	2	7	22	40	42	45	46	2	7
5	 Dickinson St. Total Time: 1:40:15.04 Average: 20:03.01	115	12	14	27	29	33	36	44	12	14
6	 St. Mary (Neb.) Total Time: 1:41:48.33 Average: 20:21.67	146	19	24	30	35	38	41	47	19	24
7	 Dakota State Total Time: 1:44:10.06 Average: 20:50.02	178	6	26	39	53	54	6	26	39	53
8	Bellevue Total Time: 1:45:26.33 Average: 21:05.27	208	20	37	48	51	52	20	37	48	51
9	 Mount Marty Total Time: 1:51:39.82 Average: 22:19.97	280	49	55	57	59	60	49	55	57	59
10	 Waldorf Total Time: 1:54:28.28 Average: 22:53.66	287	50	56	58	61	62	63	64	50	56

