

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Saturday, September 14, 2024

MEET OFFICIALS

Meet Director:
Steve Pasche
Meet Referee:
Rick Hall
Timing:
Wayzata Results, LLC



OFFICIAL MEET REPORT
printed: 9/14/2024 12:27 PM

Race #7
Asfahl-Hauglund-Swenson All-American Race College Women
5k (College)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Macalester	63	3-10-13-14-23(24)(29)	20:28	1:42.3
2 Augustana (Ill.)	64	1-11-16-17-19(28)(31)	20:30	2:04.2
3 Viterbo	81	4-7-8-30-32(34)(37)	20:37	2:02.6
4 Luther	87	12-15-18-20-22(25)(27)	20:55	0:46.0
5 Luther Alumni	125	2-6-33-39-45	21:45	5:29.8
6 Dubuque	131	9-21-26-35-40(41)(44)	21:41	3:30.1
7 Culver-Stockton	177	5-36-43-46-47(48)(49)	23:56	7:37.0
8 Upper Iowa	233	38-42-50-51-52	32:41	17:49.1

INDIVIDUAL RESULTS

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1600m	3200m	3947m
1 Amanda Mosborg		1669	Unattached	-	17:36.3	---	5:39.6	3:31.3	5:36.3	11:12.7	13:50.6
2 Sarah Bakula		1668	Unattached	-	18:49.7	1:13.4	6:03.2	3:45.9	5:50.8	11:49.0	14:42.5
3 Emma Odle	SR	1505	Augustana (Ill.) (1)	1	19:03.4	1:27.1	6:07.6	3:48.7	5:55.1	12:14.7	15:08.0
4 Flannery Cerbin-Bohach		1626	Luther Alumni (1)	2	19:15.4	1:39.1	6:11.5	3:51.1	5:57.3	12:05.5	15:00.5
5 Kate Fox	FR	1657	Macalester (1)	3	19:29.8	1:53.5	6:16.1	3:53.9	6:03.7	12:36.4	15:33.5
6 Tori Gerber	SR	1688	Viterbo (1)	4	19:41.5	2:05.2	6:19.9	3:56.3	6:09.2	12:26.8	15:25.4
7 Delaney Straus	SO	1528	Culver-Stockton (1)	5	19:46.8	2:10.5	6:21.6	3:57.4	6:01.0	12:30.7	15:38.2
8 Kat Carbonell-Hoffman		1625	Luther Alumni (2)	6	19:48.3	2:12.0	6:22.1	3:57.7	6:29.8	12:49.4	15:43.7
9 Casey Reynolds	FR	1692	Viterbo (2)	7	19:56.2	2:19.9	6:24.6	3:59.2	6:10.8	12:43.3	15:40.8
10 Vanessa Thomas	SR	1693	Viterbo (3)	8	20:00.2	2:23.9	6:25.9	4:00.0	6:07.7	12:33.0	15:38.9
11 Delisha Davis	SO	1552	Dubuque (1)	9	20:11.6	2:35.3	6:29.6	4:02.3	6:01.2	12:39.0	15:51.8
12 Ivy Coldren	SO	1653	Macalester (2)	10	20:17.2	2:40.9	6:31.4	4:03.4	6:10.3	12:43.8	15:48.6
13 Keira Nelson	FR	1503	Augustana (Ill.) (2)	11	20:22.0	2:44.7	6:32.9	4:04.4	6:23.0	13:03.1	16:10.4
14 Sarah Schmidt	JR	1605	Luther (1)	12	20:24.0	2:46.7	6:33.6	4:04.8	6:40.6	13:08.4	16:08.1
15 Destiny Osemwengie	SO	1661	Macalester (3)	13	20:35.1	2:58.8	6:37.1	4:07.0	6:23.2	13:03.0	16:08.9
16 Mara Pirone	JR	1662	Macalester (4)	14	20:41.3	3:05.0	6:39.1	4:08.2	6:29.8	13:03.1	16:10.8
17 Norah McDonald	SO	1601	Luther (2)	15	20:46.0	3:08.7	6:40.6	4:09.2	6:38.0	13:07.7	16:13.6
18 Marie Weber	FR	1508	Augustana (Ill.) (3)	16	20:47.8	3:11.5	6:41.2	4:09.6	6:19.2	13:05.3	16:17.0
19 Ellie De Farno	JR	1495	Augustana (Ill.) (4)	17	21:04.8	3:28.5	6:46.7	4:13.0	6:31.9	13:18.2	16:31.1
20 Lucy Corbin	JR	1594	Luther (3)	18	21:05.9	3:29.6	6:47.0	4:13.2	6:50.8	13:33.6	16:42.1
21 Sammy Lehr	SO	1501	Augustana (Ill.) (5)	19	21:07.6	3:31.3	6:47.6	4:13.5	6:37.7	13:30.9	16:46.6
22 Makaylee Jensen	SO	1597	Luther (4)	20	21:09.1	3:32.8	6:48.1	4:13.8	6:52.7	13:40.4	16:50.1
23 Kiley Chapman	JR	1551	Dubuque (2)	21	21:09.2	3:32.9	6:48.1	4:13.8	6:31.2	13:24.4	16:38.0
24 Mia Lung	FR	1600	Luther (5)	22	21:10.0	3:32.7	6:48.3	4:14.0	6:40.7	13:23.8	16:39.5
25 Samantha Ellis	SO	1655	Macalester (5)	23	21:12.0	3:34.7	6:49.0	4:14.4	6:32.5	13:24.5	16:38.2
26 Sylvia Coyle	SR	1654	Macalester (6)	(24)	21:12.5	3:36.2	6:49.2	4:14.5	6:34.0	13:24.5	16:38.4
27 Sarah Grams	SR	1595	Luther (6)	(25)	21:24.4	3:48.1	6:53.0	4:16.9	6:50.9	13:41.7	16:55.0
28 Kiana Vogel	JR	1561	Dubuque (3)	26	21:24.5	3:48.2	6:53.0	4:16.9	6:30.6	13:29.9	16:47.5
29 Lindsey Moseley	JR	1602	Luther (7)	(27)	21:33.1	3:56.8	6:55.8	4:18.6	6:52.5	13:43.9	16:59.5
30 Madison Wies	SR	1509	Augustana (Ill.) (6)	(28)	21:33.3	3:57.0	6:55.8	4:18.7	6:31.9	13:30.6	16:52.2
31 Megan Worry	FR	1665	Macalester (7)	(29)	21:37.1	4:00.8	6:57.1	4:19.4	6:52.4	13:54.0	17:12.2
32 Hannah Butler	JR	1684	Viterbo (4)	30	21:42.9	4:06.6	6:58.9	4:20.6	6:37.0	13:44.9	17:06.5
33 Ryan Jednachowski	SO	1499	Augustana (Ill.) (7)	(31)	21:43.5	4:07.2	6:59.1	4:20.7	6:37.8	13:36.2	16:55.3

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1600m	3200m	3947m
34 Penelope Hansen	JR	1596	Luther	-	21:43.5	4:07.2	6:59.1	4:20.7	6:52.5	13:55.7	17:12.5
35 Samantha Berndt	FR	1683	Viterbo (5)	32	21:44.1	4:07.8	6:59.3	4:20.8	6:46.9	13:45.0	17:00.2
36 Ella Krumm	SR	1660	Macalester	-	21:44.4	4:08.1	6:59.4	4:20.9	6:51.5	13:56.4	17:15.5
37 Annie Neubauer		1628	Luther Alumni (3)	33	21:47.3	4:11.0	7:00.4	4:21.5	6:49.9	13:44.3	17:04.8
38 Julia Castellano	JR	1652	Macalester	-	21:51.4	4:15.1	7:01.6	4:22.3	6:51.9	13:54.0	17:12.2
39 AJ Murphy	FR	1690	Viterbo (6)	(34)	21:55.8	4:19.5	7:03.1	4:23.2	6:47.3	13:54.6	17:11.3
40 Keely Williams	FR	1562	Dubuque (4)	35	21:58.0	4:20.7	7:03.8	4:23.6	6:38.5	13:43.7	17:05.4
41 Faith Younce	SR	1529	Culver-Stockton (2)	36	22:08.0	4:31.7	7:07.0	4:25.6	6:44.0	13:57.3	17:23.0
42 Norah Juzenas	SO	1659	Macalester	-	22:13.6	4:37.3	7:08.8	4:26.7	6:53.4	13:56.9	17:20.7
43 Jolie Jager	FR	1689	Viterbo (7)	(37)	22:13.9	4:37.6	7:08.9	4:26.8	6:48.6	13:56.1	17:22.1
44 Sara Schmidt	FR	1507	Augustana (Ill.)	-	22:16.7	4:40.4	7:09.8	4:27.3	7:01.4	14:15.1	17:37.6
45 Greta Kloos	SO	1599	Luther	-	22:17.6	4:41.3	7:10.1	4:27.5	7:11.2	14:15.4	17:36.3
46 Annika Veit	SO	1606	Luther	-	22:23.9	4:47.6	7:12.1	4:28.8	7:11.1	14:15.5	17:36.4
47 Rylee Noack	JR	1504	Augustana (Ill.)	-	22:27.4	4:51.1	7:13.2	4:29.5	6:56.6	14:11.0	17:37.8
48 Mackenzie Meirhaeghe	SO	1502	Augustana (Ill.)	-	22:45.4	5:09.1	7:19.0	4:33.1	7:01.3	14:18.0	17:53.5
49 Eryn Sabelka	JR	1674	Upper Iowa (1)	38	22:47.0	5:09.7	7:19.5	4:33.4	6:55.4	14:23.1	17:59.4
50 Renee Jednachowski	SO	1498	Augustana (Ill.)	-	23:01.8	5:25.5	7:24.3	4:36.3	7:12.3	14:48.5	18:22.5
51 Jane Wheeler		1629	Luther Alumni (4)	39	23:04.3	5:28.0	7:25.1	4:36.8	7:12.0	14:39.3	18:09.1
52 Anna Warren	SR	1664	Macalester	-	23:18.6	5:42.3	7:29.7	4:39.7	7:06.4	14:38.3	18:16.5
53 Jaide Flowers	SO	1553	Dubuque (5)	40	23:41.6	6:05.3	7:37.1	4:44.3	6:46.1	14:34.4	18:22.8
54 Mackenzie Rader	JR	1557	Dubuque (6)	(41)	23:44.6	6:08.3	7:38.1	4:44.9	6:56.0	14:49.1	18:34.5
55 Elizabeth Ramirez	FR	1506	Augustana (Ill.)	-	23:46.1	6:09.8	7:38.5	4:45.2	7:21.4	15:08.4	18:50.6
56 Emma Gocken	SR	1497	Augustana (Ill.)	-	23:55.0	6:17.7	7:41.4	4:47.0	7:21.3	15:09.4	18:50.6
57 Jaydin Dettman	FR	1671	Upper Iowa (2)	42	23:59.2	6:22.9	7:42.7	4:47.8	7:17.9	15:09.6	18:57.6
58 Emma Berry	FR	1520	Culver-Stockton (3)	43	24:03.1	6:26.8	7:44.0	4:48.6	7:10.0	15:10.8	18:55.5
59 Norah Petersen	FR	1603	Luther	-	24:05.2	6:28.9	7:44.7	4:49.0	7:33.8	15:14.3	18:50.0
60 Brooke Kashmir	FR	1500	Augustana (Ill.)	-	24:14.0	6:36.7	7:47.5	4:50.8	7:15.4	15:06.3	18:51.9
61 Dakota Newcomb	SO	1555	Dubuque (7)	(44)	24:16.2	6:39.9	7:48.2	4:51.2	7:07.8	15:06.5	18:54.6
62 Lillyan Wiese	FR	1607	Luther	-	24:19.0	6:41.7	7:49.1	4:51.8	7:32.5	15:33.3	19:14.4
63 Jaylee Elsts	FR	1496	Augustana (Ill.)	-	24:43.8	7:07.5	7:57.1	4:56.8	7:11.8	15:25.7	19:18.3
64 Kate Cooper		1627	Luther Alumni (5)	45	24:45.2	7:08.9	7:57.5	4:57.0	7:25.2	15:28.9	19:20.0
65 Kennedy Recker	FR	1558	Dubuque	-	24:47.6	7:11.3	7:58.3	4:57.5	7:08.6	15:19.2	19:19.2
66 Kayla DeWitt	JR	1686	Viterbo	-	25:02.5	7:26.2	8:03.1	5:00.5	7:34.8	15:36.5	19:27.4
67 Bernadette Frisch	JR	1687	Viterbo	-	25:48.3	8:12.0	8:17.8	5:09.6	7:46.5	16:15.7	20:16.1
68 Ali Simmons	FR	1559	Dubuque	-	26:01.7	8:25.4	8:22.1	5:12.3	7:47.5	16:25.6	20:33.1
69 Zoi Smith	SO	1527	Culver-Stockton (4)	46	26:14.0	8:36.7	8:26.1	5:14.8	7:39.6	16:29.2	20:32.5
70 Caroline Lindsey	JR	1526	Culver-Stockton (5)	47	27:23.8	9:47.5	8:48.5	5:28.8	8:04.3	17:17.0	21:32.0
71 Cassie Peterson	SO	1604	Luther	-	28:07.3	10:31.0	9:02.5	5:37.5	8:31.5	17:40.3	22:06.5
72 Morgan Keith	SO	1525	Culver-Stockton (6)	(48)	28:22.6	10:46.3	9:07.4	5:40.5	8:00.1	17:29.3	22:00.0
73 Olivia Cox	SO	1685	Viterbo	-	29:43.5	12:07.2	9:33.5	5:56.7	8:29.9	17:53.5	22:34.5
74 Klaudia Blaszczyk	SO	1521	Culver-Stockton (7)	(49)	30:57.9	13:21.6	9:57.4	6:11.6	9:05.8	19:08.6	24:16.4
75 Summer Jensen	SO	1598	Luther	-	32:28.5	14:52.2	10:26.5	6:29.7	9:18.6	20:14.9	25:24.9
76 Tessa Lopardo	FR	1672	Upper Iowa (3)	50	36:17.3	18:41.0	11:40.1	7:15.4	10:35.8	22:50.3	28:37.1
77 Genevieve Chenoweth	SR	1670	Upper Iowa (4)	51	39:41.2	22:04.9	12:45.7	7:56.2	11:29.3	25:12.7	31:52.4
78 Gracie Powers	FR	1673	Upper Iowa (5)	52	40:36.0	22:59.7	13:03.3	8:07.2	11:32.7	26:11.5	32:40.7