

MIDWEST CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA

Seminole Valley Cross Country Course

Weather: Cloudy, Wind NNW 5-15mph, 86% Humidity & 42

Host: Cornell College

Saturday, November 1, 2025

MEET OFFICIALS

Meet Director:

Jerry Frawley

Meet Referee:

Rick Hall & Kyle Peters

Timing:

Andrew Kauder - Kauder Racing, LLC



KAUDER RACING

OFFICIAL MEET REPORT

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Race #2
Women's 6K

Final Results

RACE SUMMARY

Start Time: 11:00
am

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Grinnell	40	3-5-6-11-15(21)(22)	1:49:58	22:00	0:52.0
2 Cornell College	51	1-8-12-13-17(28)(29)	1:50:16	22:04	1:37.7
3 Ripon	58	2-4-10-18-24(26)(27)	1:50:47	22:10	1:57.6
4 Lawrence	96	7-9-23-25-32(40)	1:54:12	22:51	1:52.0
5 Lake Forest	168	14-20-38-47-49(52)(54)	2:03:13	24:39	4:13.8
6 Monmouth (Ill.)	170	16-30-33-45-46	2:02:51	24:35	3:44.7
7 Beloit	186	19-35-36-43-53(55)(56)	2:04:56	25:00	4:25.1
8 Illinois College	204	34-39-41-42-48(50)(57)	2:07:44	25:33	2:24.7
9 Knox	221	31-37-44-51-58(59)(60)	2:09:23	25:53	4:15.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2.8K
1 DAHLMAN, Lidia	SO	135	Cornell College	1	21:00.2	5:37.8	3:30.0	9:44.0
2 BERGER, Joley	SO	340	Ripon	2	21:09.2	5:40.3	3:31.5	9:43.4
3 ROARK, Hannah	SR	197	Grinnell	3	21:37.3	5:47.8	3:36.2	10:01.7
4 CORTES, Jenny	SR	341	Ripon	4	21:40.3	5:48.6	3:36.7	10:06.7
5 KAROW, Morgan	SR	192	Grinnell	5	21:46.1	5:50.1	3:37.7	10:06.7
6 BONNER, Sindri	SO	180	Grinnell	6	21:49.7	5:51.1	3:38.3	10:07.2
7 WESTRA, Mila	SO	296	Lawrence	7	21:58.2	5:53.4	3:39.7	10:06.9
8 ENGBERT, Mackenzie	SR	136	Cornell College	8	22:01.5	5:54.3	3:40.2	10:07.4
9 COURTNAGE-DYKE, Lillian	SO	288	Lawrence	9	22:04.4	5:55.0	3:40.7	10:07.3
10 ALLARD, Gabby	JR	338	Ripon	10	22:11.3	5:56.9	3:41.9	10:11.9
11 DREW, Lizzie	FR	187	Grinnell	11	22:15.0	5:57.9	3:42.5	10:15.3
12 KOPPE, Alyza	SR	140	Cornell College	12	22:15.5	5:58.0	3:42.6	10:12.6
13 CLAUSSEN-TUBBS, Ava	FR	134	Cornell College	13	22:20.6	5:59.4	3:43.4	10:17.5
14 HODA, Lettia	JR	264	Lake Forest	14	22:26.9	6:01.1	3:44.5	10:18.3
15 KHARBANDA, Arushi	FR	193	Grinnell	15	22:29.3	6:01.7	3:44.9	10:10.4
16 LUNTSFORD, Paige	SO	313	Monmouth (Ill.)	16	22:34.1	6:03.0	3:45.7	10:30.6
17 SEELEY, Carley	SO	148	Cornell College	17	22:37.8	6:04.0	3:46.3	10:20.8
18 GARCIA, Mya	JR	342	Ripon	18	22:39.5	6:04.5	3:46.6	10:15.4
19 DE MONTIGNY, Simone	SR	110	Beloit	19	22:41.2	6:04.9	3:46.9	10:31.3
20 GRAHAM, Sophie	JR	262	Lake Forest	20	22:50.2	6:07.3	3:48.4	10:26.0
21 WHARTON-HSIEH, Emma	JR	205	Grinnell	(21)	22:56.2	6:08.9	3:49.4	10:35.4
22 HARRISON, Talia	JR	190	Grinnell	(22)	22:57.7	6:09.3	3:49.6	10:34.2
23 VU, Noelle	SO	202	Grinnell	-	23:02.1	6:10.5	3:50.3	10:41.7
24 ONUKAOGU, Faith	SR	292	Lawrence	23	23:02.8	6:10.7	3:50.5	10:24.9
25 TIMM, Sienna	FR	353	Ripon	24	23:06.7	6:11.8	3:51.1	10:28.1
26 FLECK, Rachel	FR	290	Lawrence	25	23:16.6	6:14.4	3:52.8	10:33.2
27 PAGE, Leah	FR	351	Ripon	(26)	23:19.5	6:15.2	3:53.2	10:44.6
28 JUAREZ, Ximena	JR	347	Ripon	(27)	23:19.8	6:15.3	3:53.3	10:38.1
29 MCENTEE, Ella	FR	196	Grinnell	-	23:24.8	6:16.6	3:54.1	10:24.2

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Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2.8K
30 LITTLE, Milar	SO	141	Cornell College	(28)	23:28.3	6:17.6	3:54.7	10:43.8
31 PEESEL, Zoe	JR	145	Cornell College	(29)	23:29.6	6:17.9	3:54.9	10:43.2
32 SHULTZ, Tennyson	SO	199	Grinnell	-	23:32.5	6:18.7	3:55.4	10:39.2
33 BIVOLAROV, Melissa	JR	308	Monmouth (Ill.)	30	23:38.0	6:20.1	3:56.3	10:52.5
34 CONWELL, Elsie	FR	235	Knox	31	23:39.9	6:20.7	3:56.6	10:43.9
35 ARNHOLD, Nicole	SO	339	Ripon	-	23:43.1	6:21.5	3:57.2	10:50.9
36 BARBA, Diana	SR	179	Grinnell	-	23:46.5	6:22.4	3:57.7	10:58.2
37 HENZE, Laura	JR	291	Lawrence	32	23:50.2	6:23.4	3:58.4	10:44.0
38 WANG, Cindy	SO	203	Grinnell	-	23:51.1	6:23.7	3:58.5	10:42.0
39 FAIRLIE, Gretchyn	FR	138	Cornell College	-	23:53.6	6:24.3	3:58.9	10:47.3
40 COSTELLO, Samantha	JR	309	Monmouth (Ill.)	33	24:02.0	6:26.6	4:00.3	10:59.8
41 EBEL, Beatrice	SO	188	Grinnell	-	24:04.7	6:27.3	4:00.8	10:57.6
42 DOWNING, Bailey	FR	217	Illinois College	34	24:13.4	6:29.6	4:02.2	10:59.7
43 SUMMERS, Emily	FR	200	Grinnell	-	24:18.5	6:31.0	4:03.1	11:02.9
44 BROADMOORE, Edie	FR	182	Grinnell	-	24:27.7	6:33.5	4:04.6	11:09.2
45 ROBERTS, Allie	FR	116	Beloit	35	24:27.8	6:33.5	4:04.6	11:08.8
46 BOGDA, Addie	FR	108	Beloit	36	24:33.9	6:35.1	4:05.6	11:04.6
47 PAGE, Murray	JR	144	Cornell College	-	24:35.0	6:35.4	4:05.8	11:12.2
48 GOODIN, Cecilia	JR	238	Knox	37	24:44.1	6:37.9	4:07.4	11:17.8
49 N'DIAYE, Liya	FR	268	Lake Forest	38	24:45.5	6:38.2	4:07.6	11:29.6
50 STUMBO, Sophie	JR	149	Cornell College	-	24:47.0	6:38.7	4:07.8	11:08.3
51 DIVADEENAM, Rowan	JR	186	Grinnell	-	24:49.0	6:39.2	4:08.2	11:23.9
52 SCHENK, Josie	FR	146	Cornell College	-	24:59.3	6:41.9	4:09.9	11:30.0
53 PETERS, Caroline	JR	220	Illinois College	39	25:07.4	6:44.1	4:11.2	11:18.1
54 CHANG, Julia	FR	183	Grinnell	-	25:19.3	6:47.3	4:13.2	11:37.1
55 CHARRON, Grace	SR	184	Grinnell	-	25:24.0	6:48.6	4:14.0	11:38.4
56 WUNDERLICH, Eli	SR	297	Lawrence	(40)	25:34.6	6:51.4	4:15.8	11:47.4
57 MERCADO-RAMOS, Kairy	SR	218	Illinois College	41	25:44.1	6:54.0	4:17.3	11:38.8
58 SCOTT, Zoe	SO	147	Cornell College	-	25:50.2	6:55.6	4:18.4	12:03.5
59 FAIRLIE, Geneva	FR	137	Cornell College	-	25:57.6	6:57.6	4:19.6	12:03.9
60 OLVERA, Ashley	JR	143	Cornell College	-	25:58.6	6:57.8	4:19.8	12:03.7
61 WATSON, Ashley	FR	223	Illinois College	42	26:01.2	6:58.5	4:20.2	12:06.3
62 JACKSON, Sofia	FR	111	Beloit	43	26:06.2	6:59.9	4:21.0	11:59.7
63 EMERSON, Lila	SO	189	Grinnell	-	26:07.1	7:00.1	4:21.2	11:56.8
64 STOCKDALE, Mary	SO	242	Knox	44	26:13.3	7:01.8	4:22.2	12:04.8
65 PACKARD, Tatum	FR	350	Ripon	-	26:15.1	7:02.3	4:22.5	11:57.6
66 IWANSKI, Amelia	FR	310	Monmouth (Ill.)	45	26:18.4	7:03.2	4:23.1	12:00.3
67 BEEBE, Adyson	FR	307	Monmouth (Ill.)	46	26:18.8	7:03.2	4:23.1	11:59.9
68 ABERNETHY, Stella	SO	257	Lake Forest	47	26:29.7	7:06.2	4:24.9	12:10.8
69 PETERS, Claire	SR	221	Illinois College	48	26:38.0	7:08.4	4:26.3	12:00.1
70 HAN, Jacquelyn	SR	263	Lake Forest	49	26:40.7	7:09.1	4:26.8	12:11.7
71 CARRINO, Morgan	JR	215	Illinois College	(50)	26:45.6	7:10.4	4:27.6	12:09.4
72 SHEETZ, Eileen	SR	241	Knox	51	26:50.3	7:11.7	4:28.4	12:08.0
73 CLARK, Ellie	SO	258	Lake Forest	(52)	26:56.6	7:13.4	4:29.4	12:11.4
74 KONING, Meghan	JR	112	Beloit	53	27:06.2	7:16.0	4:31.0	12:28.8
75 HILL, Sarah	SO	344	Ripon	-	27:07.7	7:16.4	4:31.3	12:30.4

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76 DODRILL, Megan	SR	259	Lake Forest	(54)	27:16.0	7:18.6	4:32.7	12:12.2
77 METZ, Ana	FR	113	Beloit	(55)	27:25.9	7:21.2	4:34.3	12:39.5
78 CARPENTER, Carly	SO	109	Beloit	(56)	27:26.7	7:21.5	4:34.4	12:47.7
79 ARENS, Emily	FR	214	Illinois College	(57)	27:40.0	7:25.0	4:36.7	12:31.9
80 MALLETTE, Caroline	SO	195	Grinnell	-	27:50.1	7:27.7	4:38.3	12:28.2
81 DORNER, Julie	JR	260	Lake Forest	-	27:53.4	7:28.6	4:38.9	12:50.2
82 RIOS, Alenis	JR	240	Knox	58	27:55.0	7:29.0	4:39.2	13:01.4
83 MURLEY, Makynzii	SO	142	Cornell College	-	28:01.5	7:30.8	4:40.2	12:46.4
84 WALSH, Nicolette	FR	355	Knox	(59)	28:16.7	7:34.9	4:42.8	12:55.6
85 WEISS, Maggie	SO	204	Grinnell	-	28:27.5	7:37.8	4:44.6	12:48.7
86 HOLT-FRANK, Rosalind	SO	191	Grinnell	-	28:28.4	7:38.0	4:44.7	12:48.7
87 GLEASON, Grace	SO	261	Lake Forest	-	29:00.4	7:46.6	4:50.1	13:07.7
88 HUFFMAN, Avery	JR	265	Lake Forest	-	29:08.9	7:48.9	4:51.5	13:13.3
89 SAYANI, Serena	FR	270	Lake Forest	-	29:21.6	7:52.3	4:53.6	13:11.9
90 LEROY, Sierra	SO	348	Ripon	-	29:32.5	7:55.2	4:55.4	13:26.6
91 PASIKA, Utopia	JR	269	Lake Forest	-	29:47.9	7:59.3	4:58.0	29:47.5
92 LIGGETT, Ramona	SO	239	Knox	(60)	31:47.3	8:31.3	5:17.9	14:22.8
93 NELSON, Ellie	FR	114	Beloit	-	32:34.5	8:44.0	5:25.7	14:37.4
94 CONRAN, Helen	SR	234	Knox	-	40:30.0	10:51.5	6:45.0	17:42.2