

Luther All-American

5000 meters

9/10/22

60 degrees, steady rain, muddy conditions

Place	VARSITY	Time	Grade
9	Ani Wedemeyer*	19:46	10
30	Iris Wedemeyer*	20:41	12
35	Nicole Peterson*	20:48	10
37	Nina Peterson	20:50	10
47	Nina Kuhlmann	21:06	10
54	Erin Anderson*	21:21	12
116	Sophia Romero*	22:51	11
	JV		
3	Katiya Ellermeier	21:39	9
4	Avery Schultes*	21:45	12
5	Claire Locher	21:47	9
7	Elizabeth Asklof	21:59	9
15	Abigail Burns	22:24	9
16	Annabelle Stelpflug	22:24	9
26	Addi Schultes	22:50	9
30	Sydney Wilkes*	22:56	12
33	Sophie Stumbo*	23:01	12
36	Sierra Pruessner*	23:06	11
43	Caitlyn Harrison	23:13	9
47	Anastacia Laux	23:18	12
53	Natalie Kuhlmann*	23:24	12
61	Lucy Thompson*	23:41	11
72	Nina Torkelson*	24:09	11
74	Mary Cate Pugh*	24:13	12
97	Bella Skay*	25:05	12
98	Joanna Galluzzo*	25:07	10
102	Nora Ziehr*	25:14	10
106	Alma Bhandary-Narayanan	25:20	9
111	Tommy June Simmons	25:22	10
123	Tehya Chandler	25:55	12

152	Elim Michael	26:35	10
160	Josie LeClair*	26:42	10
162	Rachel Matel*	26:45	10
167	Elizabeth Gugliuzza	26:50	9
178	Wendy Buchanan	27:17	12
186	Maya Hoffman*	27:32	10
190	Lilia Naso	27:49	12
205	Noe Richman*	28:36	10
217	Kayden Jensen*	29:13	10
218	Brooke Cosner	29:13	9
221	Liv Lemman*	29:18	10
222	Liz Degner	29:23	9
239	Ania Naso	30:00	10
253	Harper Bailey	30:53	9
258	Ada Gilchrist*	31:08	11
268	Molly Savage	32:29	10
280	Yamro Seabold	37:24	12

Highlighted name = PR (personal record)

\* = SB (season best time)

Varsity race had 227 finishers

JV race had 282 runners

21 PR's set today!

23 Season Best times set today!

### Varsity Team Scores

1. DBQ Hempstead - 55
2. Pleasant Valley - 121
3. Dubuque Senior - 130
4. City High - 154
5. Champlin Park - 203
6. Rochester Century - 205
7. Linn Mar - 273
8. Bloomington Jefferson - 285
9. Mason City - 300
10. Cedar Rapids Prairie - 304
11. Blake School - 378
12. Oregon - 388
13. Rochester John Marshall - 436
14. Austin - 472
15. Westby - 495
16. New Hampton - 500
17. Chatfield - 512
18. South Winneshiek - 520
19. Platteville - 521
20. Minneapolis Washburn - 523
21. Onalaska - 543
22. Iowa City Regina - 546
23. Byron - 551
24. Decorah - 562
25. Osage - 586
26. Simley - 662
27. Aquinas - 702
28. Pine Island - 706
29. LaCrosse Central - 734
30. Waukon - 778
31. Charles City - 851
32. Pacelli - 873
33. St. Charles - 889

### JV Team Scores

1. City High - 32
2. Dubuque Hempstead - 69
3. Decorah - 96
4. Rochester Century - 115
5. Dubuque Senior - 129
6. Linn Mar - 154
7. Champlin Park - 189
8. Pine Island - 272
9. Byron - 293
10. Onalaska - 303
11. Oregon - 307
12. South Winneshiek - 316
13. Chatfield - 356
14. Platteville - 363
15. Aquinas - 454
16. Rochester John Marshall - 479
17. Osage - 495
18. Charles City - 523
19. Waukon - 542

Varsity season record: 29-7

Junior Varsity season record: 27-1

**Congratulations to Ani Wedemeyer, Iris Wedemeyer, and Nicole Peterson for earning a medal in the Varsity race!**

**Congratulations to Katiya Ellermeier, Avery Schultes, Claire Locher, Elizabeth Asklof, and Abigail Burns for earning a medal in the JV race!**

**Congratulations to the JV squad for winning the team championship!**