

Luther All-American

5000m

9/9/23

68-73 degrees, sunny, dry course

Place	VARSITY	Time	Grade
4	Ani Wedemeyer*	19:10	11
10	Abigail Burns	19:33	10
23	Nicole Peterson*	20:23	11
29	Claire Locher	20:32	10
41	Grace Hamann	20:54	9
54	Naomi Downing-Sherer	21:21	9
70	Lucy Sherburne	21:50	9
Place	JUNIOR VARSITY	Time	Grade
1	Nina Kuhlmann*	21:07	11
2	Madeline Fischer	21:18	9
4	Katiya Ellermeier	21:31	10
5	Josie LeClair	21:47	11
7	Sophia Romero*	21:52	12
8	Ella Romero	21:54	9
13	Elim Michael	22:04	11
14	Elizabeth Asklof*	22:06	10
18	Addi Schultes*	22:14	10
27	Alma Bhandary-Narayanan	22:49	10
38	Ashley Bentler	23:13	12
39	Nadia Spragg	23:20	9
52	Nina Torkelson*	23:36	12
54	Willow Schultz	23:38	9
59	Addison Klein	23:44	9
64	Jolie Evans	23:55	9
91	Nora Ziehr*	24:55	11
93	Martha Willard	24:59	9
119	Joelle Haas	26:09	12
137	Elise Good	26:33	9
141	Cassie Swisher	26:41	9
147	Noe Richman*	26:53	11

162	Ava Brewer	27:36	12
168	Maddie Gunderson	27:43	10
185	Harper Bailey	28:20	10
217	Ada Gilchrist*	30:02	12
221	Maya Hoffman*	30:13	11
224	Amari Casto	30:22	9
235	Avery Nace	31:03	9
261	Ania Naso*	33:32	11
270	Quinn Price	36:29	12
280	Georgia Hellwig	44:16	12
281	Evelyn Powers	44:18	12

~On Your Wind, Do I Fly~

Highlighted name = PR (personal record)

\* = SB (season best time)

Varsity race had 241 finishers

JV race had 281 finishers

### Team Scores

#### Varsity

- Dubuque Senior - 79
- Prior Lake (MN) - 92
- City High - 102
- Dubuque Hempstead - 137
- Blake School - 212
- Rochester Century - 246
- Linn Mar - 255
- Bloomington Jefferson - 289
- Mason City - 296
- West Salem - 340
- Decorah - 376
- Regina Catholic - 386
- Champlin Park - 423
- Pine Island - 441
- South Winneshiek - 466
- Rochester John Marshall - 478
- Byron - 502
- Minneapolis Washburn - 503
- Aquinas - 503
- Cedar Rapids Prairie - 553
- New Hampton - 561
- Osage - 589
- Simley - 590
- Westby - 622
- Academy of Holy Angels - 645
- Platteville - 685
- Onalaska - 720
- Port Byron - 727
- LaCrosse Central - 756

30. Luther High - 775
31. Waterloo West - 825
32. LA/RP/H - 871

#### JV

1. City High - 19
2. Dubuque Senior - 55
3. Rochester Century - 98
4. Linn Mar - 112
5. Prior Lake - 138
6. Byron - 147
7. Dubuque Hempstead - 190
8. Decorah - 204
9. Mason City - 274
10. Cedar Rapids Prairie - 334
11. South Winneshiek - 346
12. Platteville - 405
13. Regina Catholic - 418
14. Pine Island - 421
15. Rochester John Marshall - 437
16. Aquinas - 442
17. Osage - 506

#### **Season Record**

Varsity: 42-5

JV: 21-2

F/S: 6-1

#### **Time Improvements from 2022 to 2023 Luther All-American**

Wedemeyer - 36 sec  
Burns - 2 min 51 sec  
Nicole P - 25 sec  
Locher - 1 min 15 sec  
Ellermeier - 8 sec  
LeClair - 4 min 55 sec  
Sophia R - 59 sec  
Michael - 4 min 31 sec  
Schultes - 36 sec  
Bhandary-Narayanan - 2 min 31 sec  
Torkelson - 33 sec  
Ziehr - 19 sec  
Richman - 1 min 43 sec  
Bailey - 2 min 33 sec  
Gilchrist - 1 min 6 sec

#### **Congratulations to our Varsity Medalists**

Ani Wedemeyer  
Abigail Burns  
Nicole Peterson  
Claire Locher

#### **Congratulations to our JV Medalists**

Nina Kuhlmann  
Madeline Fischer  
Katiya Ellermeier  
Josie LeClair  
Sophia Romero  
Ella Romero  
Elim Michael  
Elizabeth Asklof