

Oct. 19, 2022

Iron Range Conference Championships
Cross Country Running Meet

Results for - JR. VARSITY GIRLS - 5 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	697	Lamppa, Emma	Rock Ridge	11	0:22:56.8	00:00	07:23/Mi	1
2	(2)	683	Kowalski, Becca	Rock Ridge	12	0:23:05.1	00:08	07:25/Mi	2
3	(3)	682	Johnson, Amanda	Rock Ridge	12	0:23:16.6	00:19	07:29/Mi	3
4	(1)	462	LaTourell, Grace	Ely	11	0:23:59.2	01:02	07:43/Mi	
5	(2)	463	Skustad, Ava	Ely	11	0:24:26.8	01:30	07:52/Mi	
6	(4)	680	Aluni, Maria	Rock Ridge	9	0:25:44.1	02:47	08:16/Mi	4
7	(5)	685	Schuchard, Mia	Rock Ridge	12	0:25:50.7	02:53	08:19/Mi	5
8	(1)	638	Saxton, Madalynn	International Falls	9	0:26:31.7	03:34	08:32/Mi	
9	(6)	684	Pappin, Addy	Rock Ridge	7	0:26:56.4	03:59	08:40/Mi	6
10	(2)	620	Hesseldahl, Keira	International Falls	11	0:27:56.8	05:00	08:59/Mi	
11	(3)	640	Versteeg, Emma	International Falls	9	0:28:38.7	05:41	09:13/Mi	
12	(3)	464	Stouffer, Juliet	Ely	12	0:29:21.2	06:24	09:26/Mi	
13	(7)	681	Hartman, Hailey	Rock Ridge	9	0:29:59.7	07:02	09:39/Mi	7

Group Count = 13

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED *** 'EXB' = EXHIBITION

Oct. 19, 2022

Iron Range Conference Championships

Cross Country Running Meet

Results for - VARSITY GIRLS - 5 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	699	Lamppa, Maija	Rock Ridge	9	0:19:56.6	00:00	06:25/Mi	1
2	(1)	487	Champlin, Lola	Greenway/NK	9	0:20:05.1	00:08	06:27/Mi	2
3	(2)	700	Stark, Nora	Rock Ridge	9	0:20:12.9	00:16	06:30/Mi	3
4	(1)	636	Hutchinson, Abbi	International Falls	11	0:20:17.1	00:20	06:31/Mi	4
5	(3)	698	Lamppa, Lexi	Rock Ridge	9	0:20:19.1	00:22	06:32/Mi	5
6	(1)	455	Brophy, Molly	Ely	8	0:20:26.0	00:29	06:34/Mi	6
7	(2)	457	Devine, Zoe	Ely	12	0:20:30.3	00:33	06:35/Mi	7
8	(2)	491	Williams, Emma	Greenway/NK	12	0:20:31.2	00:34	06:36/Mi	8
9	(1)	410	Pascuzzi, Olivia	Chisholm	7	0:21:15.2	01:18	06:50/Mi	
10	(1)	659	Skelton, Aubree	Mesabi East	10	0:21:23.0	01:26	06:52/Mi	9
11	(2)	411	Schmitz, Destiny	Chisholm	8	0:21:45.0	01:48	07:00/Mi	
12	(4)	695	Johnson, Miia	Rock Ridge	8	0:21:48.7	01:52	07:01/Mi	10
13	(3)	454	Blauch, Claire	Ely	11	0:21:50.0	01:53	07:01/Mi	11
14	(5)	686	Torrel, Katelyn	Rock Ridge	12	0:21:50.9	01:54	07:01/Mi	12
15	(3)	489	Olson, Kaitlin	Greenway/NK	11	0:21:51.7	01:55	07:02/Mi	13
16	(2)	655	Green, Chloe	Mesabi East	8	0:22:06.2	02:09	07:06/Mi	14
17	(6)	694	Heisel, Brynley	Rock Ridge	9	0:22:16.8	02:20	07:10/Mi	15
18	(7)	696	Kraushaar, Avah	Rock Ridge	12	0:22:24.6	02:28	07:12/Mi	16
19	(4)	458	Dunn, Anna	Ely	10	0:22:42.0	02:45	07:18/Mi	17
20	(5)	460	Ellerbroek, Elsa	Ely	9	0:22:51.8	02:55	07:21/Mi	18
21	(6)	459	Eaton, Kiarstin	Ely	11	0:22:58.2	03:01	07:23/Mi	19
22	(2)	611	Hall, Lola	International Falls	7	0:23:08.7	03:12	07:26/Mi	20
23	(3)	639	Sullivan, Nora	International Falls	12	0:23:11.1	03:14	07:27/Mi	21
24	(7)	456	Cavalier, Evie	Ely	10	0:23:15.1	03:18	07:29/Mi	22
25	(3)	701	Forslinei, Olivia	Mesabi East	11	0:23:16.0	03:19	07:29/Mi	23
26	(4)	488	Mann, Karly	Greenway/NK	11	0:23:22.3	03:25	07:31/Mi	24
27	(4)	657	Niemi, Elizabeth	Mesabi East	8	0:23:38.5	03:41	07:36/Mi	25
28	(5)	490	Westphal, Avalynn	Greenway/NK	12	0:23:42.2	03:45	07:37/Mi	26
29	(4)	614	Herberg, Bailey	International Falls	12	0:24:02.3	04:05	07:44/Mi	27
30	(5)	605	Carlson, Jaeleigh	International Falls	8	0:24:08.9	04:12	07:46/Mi	28
31	(6)	607	Ford, Loralai	International Falls	10	0:24:11.1	04:14	07:47/Mi	29
32	(7)	637	LaVoy, Dianne	International Falls	12	0:24:40.8	04:44	07:56/Mi	30
33	(1)	432	Hawkins, Faith	Deer River/Northland	11	0:25:22.9	05:26	08:10/Mi	
34	(5)	656	Lyon, Lillianna	Mesabi East	9	0:26:54.6	06:58	08:39/Mi	31
35	(6)	658	Plese, Hannah	Mesabi East	10	0:27:08.8	07:12	08:44/Mi	32
36	(6)	477	Hart, Tiana	Greenway/NK	10	0:29:03.2	09:06	09:21/Mi	33

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
37	(7)	478	Houle, Shane	Greenway/NK	8	0:29:33.9	09:37	09:30/Mi	34
38	(2)	428	Bebeau, Teona	Deer River/Northland	11	0:33:14.8	13:18	10:42/Mi	
		429	Decko, Hannah	Deer River/Northland	DNS				
		430	Doerr, Arianna	Deer River/Northland	DNS				
		431	Francisco, Emma	Deer River/Northland	DNS				
		461	Helms, Phoebe	Ely	DNS				
		479	Sink, Serenity	Greenway/NK	DNS				

Group Count = 43

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED *** 'EXB' = EXHIBITION

Oct. 19, 2022

Iron Range Conference Championships

Cross Country Running Meet

Results for - JR. VARSITY BOYS - 5 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	673	Hutar, Grant	Rock Ridge	12	0:18:17.6	00:00	05:53/Mi	1
2	(2)	677	Rausch, Adrian	Rock Ridge	9	0:18:43.1	00:25	06:01/Mi	2
3	(3)	669	Aune, Cooper	Rock Ridge	9	0:18:48.8	00:31	06:03/Mi	3
4	(4)	676	Peterson, Will	Rock Ridge	10	0:19:08.0	00:50	06:09/Mi	4
5	(5)	666	Alaspa, Brady	Rock Ridge	12	0:19:11.5	00:53	06:10/Mi	5
6	(6)	679	Wudinich, Tyler	Rock Ridge	9	0:19:39.7	01:22	06:19/Mi	6
7	(1)	475	Troumbly, Preston	Greenway/NK	9	0:19:41.2	01:23	06:20/Mi	7
8	(2)	471	Gangl, Max	Greenway/NK	10	0:20:10.5	01:52	06:29/Mi	8
9	(3)	472	Goss, Devin	Greenway/NK	11	0:20:13.3	01:55	06:30/Mi	9
10	(7)	674	Lamppa, Jaxson	Rock Ridge	9	0:20:36.9	02:19	06:38/Mi	10
11	(8)	672	Harsila, Wade	Rock Ridge	12	0:20:44.1	02:26	06:40/Mi	
12	(9)	678	Williams, Cooper	Rock Ridge	12	0:20:56.0	02:38	06:44/Mi	
13	(4)	473	McNeil, Eli	Greenway/NK	9	0:20:56.4	02:38	06:44/Mi	11
14	(1)	449	McClelland, Milo	Ely	10	0:21:05.3	02:47	06:47/Mi	
15	(10)	667	Amundson, Kaden	Rock Ridge	9	0:21:05.8	02:48	06:47/Mi	
16	(11)	675	Parks, Payton	Rock Ridge	9	0:21:06.3	02:48	06:47/Mi	
17	(2)	450	Olson, Eli	Ely	10	0:21:06.9	02:49	06:47/Mi	
18	(5)	474	McNeil, Jayden	Greenway/NK	9	0:21:29.3	03:11	06:54/Mi	12
19	(12)	668	Andrews, Max	Rock Ridge	9	0:22:48.8	04:31	07:20/Mi	
20	(3)	447	Cochran, Max	Ely	10	0:23:14.6	04:57	07:28/Mi	
21	(1)	652	Peterson, Wes	Mesabi East	10	0:23:58.9	05:41	07:43/Mi	
22	(6)	466	Huyck, Hosea	Greenway/NK	7	0:25:24.9	07:07	08:10/Mi	13
23	(7)	470	Erickson, Jack	Greenway/NK	9	0:25:38.0	07:20	08:15/Mi	14
24	(8)	467	Strain, Carter	Greenway/NK	7	0:25:42.8	07:25	08:16/Mi	
25	(1)	408	Verant, Noah	Chisholm	10	0:26:02.5	07:44	08:22/Mi	
26	(9)	476	Goss, Sydney	Greenway/NK	8	0:31:00.3	12:42	09:58/Mi	
27	(2)	409	Yukich, Pace	Chisholm	10	0:33:17.3	14:59	10:42/Mi	

Group Count = 27

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED *** 'EXB' = EXHIBITION

Oct. 19, 2022

Iron Range Conference Championships

Cross Country Running Meet

Results for - VARSITY BOYS - 5 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	693	Stocke, Cam	Rock Ridge	12	0:15:59.3	00:00	05:08/Mi	1
2	(2)	690	Kendall, Jack	Rock Ridge	10	0:17:00.1	01:00	05:28/Mi	2
3	(3)	688	Bradach, Jake	Rock Ridge	12	0:17:10.5	01:11	05:31/Mi	3
4	(4)	689	Delich, Jared	Rock Ridge	12	0:17:22.2	01:22	05:35/Mi	4
5	(5)	692	Matschiner, Connor	Rock Ridge	12	0:17:27.0	01:27	05:36/Mi	5
6	(1)	486	Plackner, Ben	Greenway/NK	12	0:17:29.2	01:29	05:37/Mi	6
7	(2)	481	Danielson, Levi	Greenway/NK	11	0:17:31.1	01:31	05:38/Mi	7
8	(6)	687	Aune, Casey	Rock Ridge	11	0:17:33.9	01:34	05:39/Mi	8
9	(1)	445	Chittum, Caid	Ely	11	0:17:39.6	01:40	05:41/Mi	9
10	(3)	482	Koran, Riley	Greenway/NK	9	0:17:44.7	01:45	05:42/Mi	10
11	(4)	484	Nielsen, Brayden	Greenway/NK	9	0:17:45.0	01:45	05:42/Mi	11
12	(7)	691	Kendall, John	Rock Ridge	12	0:17:47.5	01:48	05:43/Mi	12
13	(1)	653	Skelton, Carter	Mesabi East	12	0:17:51.1	01:51	05:44/Mi	13
14	(5)	485	Nielsen, Bryce	Greenway/NK	9	0:18:16.1	02:16	05:52/Mi	14
15	(2)	444	Cavalier, Ben	Ely	12	0:18:16.7	02:17	05:52/Mi	15
16	(3)	451	Solum, Silas	Ely	10	0:18:20.7	02:21	05:54/Mi	16
17	(6)	483	Milstead, Hunter	Greenway/NK	10	0:18:38.1	02:38	05:59/Mi	17
18	(4)	446	Cochran, Jake	Ely	12	0:18:40.8	02:41	06:00/Mi	18
19	(5)	448	Devine, Otto	Ely	9	0:18:44.7	02:45	06:01/Mi	19
20	(2)	650	Leete, Alex	Mesabi East	10	0:18:46.1	02:46	06:02/Mi	20
21	(7)	480	Danielson, Isaac	Greenway/NK	8	0:18:50.6	02:51	06:03/Mi	21
22	(3)	648	Green, Timmy	Mesabi East	9	0:19:28.0	03:28	06:15/Mi	22
23	(6)	453	Stalmer, Leo	Ely	11	0:19:37.3	03:38	06:18/Mi	23
24	(1)	426	Schaff, Matthew	Deer River/Northland	12	0:20:15.2	04:15	06:31/Mi	
25	(7)	452	Spate-Kurnava, Mason	Ely	8	0:20:18.1	04:18	06:32/Mi	24
26	(4)	654	Slattery, Carson	Mesabi East	11	0:20:21.8	04:22	06:33/Mi	25
27	(5)	647	Gornick, Ben	Mesabi East	12	0:20:51.6	04:52	06:42/Mi	26
28	(1)	497	Deedrick, Camden	International Falls	9	0:21:07.8	05:08	06:48/Mi	27
29	(1)	406	Thompson, Ben	Chisholm	11	0:21:42.4	05:43	06:59/Mi	28
30	(6)	651	Murray, Henrik	Mesabi East	10	0:22:02.2	06:02	07:05/Mi	29
31	(7)	649	Jacobson, Ethan	Mesabi East	10	0:22:06.4	06:07	07:06/Mi	30
32	(2)	546	Reiners, Lachlan	International Falls	9	0:22:21.9	06:22	07:11/Mi	31
33	(3)	585	Youso, Max	International Falls	8	0:22:34.9	06:35	07:16/Mi	32
34	(4)	554	Scholler, Brendyn	International Falls	10	0:22:38.0	06:38	07:17/Mi	33
35	(2)	407	Thompson, Charlie	Chisholm	12	0:22:51.3	06:52	07:21/Mi	34
36	(5)	560	Sivonen, Paxton	International Falls	9	0:22:54.9	06:55	07:22/Mi	35

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
37	(3)	263	Pender, Carter	Chisholm	8	0:22:58.5	06:59	07:23/Mi	36
38	(4)	403	Flemming, Isaac	Chisholm	9	0:22:59.8	07:00	07:24/Mi	37
39	(2)	427	Waddell, Landon	Deer River/Northland	12	0:25:24.5	09:25	08:10/Mi	
40	(6)	573	Sullivan, Joe	International Falls	8	0:25:59.0	09:59	08:21/Mi	38
41	(5)	402	Connor, Sean	Chisholm	12	0:26:01.0	10:01	08:22/Mi	39
42	(6)	404	Novak, Warren	Chisholm	12	0:26:01.4	10:02	08:22/Mi	40
43	(7)	405	Perpich, Daniel	Chisholm	9	0:26:01.9	10:02	08:22/Mi	41
		425	Salazar, Armando	Deer River/Northland	DNS				
		498	Kostiuk, Christian	International Falls	DNS				
		499	McGonigle, Evan	International Falls	DNS				
		500	Mortenson, Mason	International Falls	DNS				
		670	George, Gunnar	Rock Ridge	DNS				
		671	Giersdorf, Holden	Rock Ridge	DNS				

Group Count = 49

'DNS' = DID NOT START *** 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED *** 'EXB' = EXHIBITION

Oct. 19, 2022

Iron Range Conference Championships Cross Country Running Meet

Results for - JUNIOR HIGH GIRLS - 2.8 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	443	Lindsay, Mattie	Ely	7	0:11:47.3	00:00	06:46/Mi	
2	(1)	468	Adams, Carly	Greenway/NK	6	0:12:21.9	00:34	07:06/Mi	
3	(1)	646	Tennison, Eliza	Mesabi East	7	0:13:26.4	01:39	07:43/Mi	
4	(2)	441	Brophy, Katy	Ely	7	0:13:29.8	01:42	07:45/Mi	
5	(1)	412	Benham, Cara	Deer River/Northland	6	0:13:52.2	02:04	07:58/Mi	1
6	(1)	663	Hainey, Khepra	Rock Ridge	7	0:13:53.5	02:06	07:59/Mi	
7	(2)	424	Watkins, Josie	Deer River/Northland	6	0:13:55.6	02:08	08:00/Mi	2
8	(3)	465	Zgonc, Julia	Ely	8	0:13:56.1	02:08	08:00/Mi	
9	(3)	421	Miller, Avery	Deer River/Northland	6	0:14:04.6	02:17	08:05/Mi	3
10	(4)	442	Dunn, Lucy	Ely	7	0:14:19.1	02:31	08:13/Mi	
11	(2)	645	Slattery, Sophie	Mesabi East	8	0:14:33.7	02:46	08:22/Mi	
12	(2)	469	Goss, Saige	Greenway/NK	6	0:14:48.6	03:01	08:30/Mi	
13	(1)	751	Lindahl-Slatinski, Sidney	International Falls	8	0:14:53.4	03:06	08:33/Mi	
14	(4)	423	Snyder, Makenna	Deer River/Northland	6	0:14:59.6	03:12	08:37/Mi	4
15	(5)	417	Horn, Megan	Deer River/Northland	8	0:15:23.6	03:36	08:50/Mi	5
16	(6)	413	Brown, Justice	Deer River/Northland	8	0:15:48.0	04:00	09:04/Mi	6
17	(7)	422	Mitchell, Emma	Deer River/Northland	8	0:18:25.9	06:38	10:35/Mi	7
18	(8)	414	Foix, Gracie	Deer River/Northland	9	0:19:34.2	07:46	11:14/Mi	
19	(9)	416	Hawkins, Hope	Deer River/Northland	6	0:19:54.1	08:06	11:26/Mi	
20	(10)	415	Foix, Sadie	Deer River/Northland	6	0:20:06.7	08:19	11:33/Mi	
21	(11)	418	Jensen, Laneika	Deer River/Northland	6	0:20:19.6	08:32	11:40/Mi	
		401	Mount, Grace	Chisholm	DNS				
		419	Johnson, Kendal	Deer River/Northland	DNS				
		420	Kibbler, Kiley	Deer River/Northland	DNS				
		664	Smith, Elizabeth	Rock Ridge	DNS				

Group Count = 25

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Oct. 19, 2022

Iron Range Conference Championships Cross Country Running Meet

Results for - JUNIOR HIGH BOYS - 2.8 Kilometer Race

Place	(Team) (Place)	Bib#	Name	School	Grade	Net Time	Back	Pace	Points
1	(1)	437	Hohenstein, Oliver	Ely	8	0:10:58.8	00:00	06:18/Mi	1
2	(2)	434	Brenny, Brooks	Ely	8	0:11:06.6	00:07	06:23/Mi	2
3	(1)	642	Forsberg, Brady	Mesabi East	7	0:11:20.3	00:21	06:30/Mi	
4	(2)	641	Berndt, Lucas	Mesabi East	7	0:11:37.5	00:38	06:40/Mi	
5	(3)	643	Goerd, Easton	Mesabi East	7	0:12:14.2	01:15	07:01/Mi	
6	(3)	435	Chittum, Grant	Ely	7	0:12:16.7	01:17	07:03/Mi	3
7	(4)	438	Molden, Mason	Ely	8	0:12:17.7	01:18	07:03/Mi	4
8	(1)	665	Aagenes, Sam	Rock Ridge	7	0:12:50.1	01:51	07:22/Mi	
9	(5)	440	Solum, Oren	Ely	7	0:12:56.2	01:57	07:26/Mi	5
10	(1)	300	Verant, Jasper	Chisholm	6	0:13:05.3	02:06	07:31/Mi	
11	(1)	495	Silvers, Ashby	International Falls	7	0:13:47.4	02:48	07:55/Mi	
12	(4)	644	Plese, Jonny	Mesabi East	8	0:14:22.9	03:24	08:15/Mi	
13	(2)	660	Moberg, Ace	Rock Ridge	7	0:14:54.2	03:55	08:33/Mi	
14	(2)	244	Holewa, Tristen	Chisholm	8	0:16:58.2	05:59	09:45/Mi	
15	(3)	661	Spiering, Aaron	Rock Ridge	7	0:17:01.8	06:03	09:47/Mi	
16	(2)	492	Davenport, Andy	International Falls	8	0:17:18.4	06:19	09:56/Mi	
17	(3)	493	Erickson, Cullen	International Falls	8	0:17:24.5	06:25	10:00/Mi	
		433	Axelsson, Noah	Ely	DNS				
		436	Cook, Brian	Ely	DNS				
		439	Skustad, Aksel	Ely	DNS				
		494	Kostiuk, Nick	International Falls	DNS				
		662	Thielbar, Nolan	Rock Ridge	DNS				

Group Count = 22

'DNS' = DID NOT START * 'DNF' = DID NOT FINISH *** 'DISQ' = DISQUALIFIED *** 'EXB' = EXHIBITION**

Oct. 19, 2022

**TEAM SCORES for - Iron Range Conference Championships
Cross Country Running Meet**

Results for - VARSITY GIRLS - 5 Kilometer Race

Place	Points	Team
# 1	31	Rock Ridge
# 2	59	Ely
# 3	73	Greenway/NK
# 4	100	International Falls
# 5	102	Mesabi East

Team Scores based on Top 5 Places

Oct. 19, 2022

**TEAM SCORES for - Iron Range Conference Championships
Cross Country Running Meet**

Results for - VARSITY BOYS - 5 Kilometer Race

Place	Points	Team
# 1	15	Rock Ridge
# 2	48	Greenway/NK
# 3	77	Ely
# 4	106	Mesabi East
# 5	158	International Falls
# 6	174	Chisholm

Team Scores based on Top 5 Places