**Race #3**

**Girls Varsity 5000M**

FINAL RESULTS

TEAM SCORING SUMMARY

| **Final Standings** | | **Score** | **Scoring Order** | **Total** | **Avg.** | **Spread** | **Division** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Dubuque Senior | 44 | 3-6-8-12-15(29)(31) | 1:43:31 | 20:43 | 1:10.4 |  |
| 2 | Ankeny Centennial | 50 | 2-9-10-13-16(23)(24) | 1:43:52 | 20:47 | 1:39.9 |  |
| 3 | Prairie Cedar Rapids | 54 | 1-4-11-17-21(35)(36) | 1:43:34 | 20:43 | 2:06.0 |  |
| 4 | Iowa City City High | 64 | 5-7-14-18-20(27)(28) | 1:45:13 | 21:03 | 1:23.1 |  |
| 5 | Clear Creek-Amana | 142 | 19-25-26-32-40(43)(47) | 1:52:56 | 22:36 | 2:18.8 |  |
| 6 | Pekin | 170 | 22-30-38-39-41(49)(50) | 1:56:05 | 23:13 | 2:22.8 |  |
| 7 | Danville/New London | 221 | 37-42-44-45-53(59)(60) | 2:03:17 | 24:40 | 2:42.4 |  |
| 8 | Ottumwa | 228 | 33-34-51-54-56 | 2:07:00 | 25:24 | 4:35.5 |  |
| 9 | Cedar Rapids Jefferson | 258 | 46-48-52-55-57(58)(61) | 2:11:11 | 26:15 | 3:26.5 |  |

INDIVIDUAL RESULTS

| **Athlete** | | **Yr.** | **#** | **Team** | **Score** | **Time** | **Gap** | **Avg. Mile** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Gabrielle Cortez | SR | 902 | Prairie Cedar Rapids | 1 | 19:29.68 | --- | 6:16.1 |
| 2 | Rondi Quass | JR | 13 | Ankeny Centennial | 2 | 19:36.78 | 7.10 | 6:18.4 |
| 3 | Leah Klapatauskas | SO | 154 | Dubuque Senior | 3 | 19:59.75 | 30.07 | 6:25.8 |
| 4 | Lourdes Mason | JR | 918 | Prairie Cedar Rapids | 4 | 20:03.19 | 33.51 | 6:26.9 |
| 5 | Iris Wedemeyer | JR | 275 | Iowa City City High | 5 | 20:12.30 | 42.62 | 6:29.8 |
| 6 | Georgia Harms | JR | 146 | Dubuque Senior | 6 | 20:27.93 | 58.25 | 6:34.8 |
| 7 | Ani Wedemeyer | FR | 274 | Iowa City City High | 7 | 20:47.45 | 1:17.77 | 6:41.1 |
| 8 | Kaitlyn Miller | SO | 158 | Dubuque Senior | 8 | 20:49.18 | 1:19.50 | 6:41.7 |
| 9 | Tillie Smith | FR | 15 | Ankeny Centennial | 9 | 20:54.12 | 1:24.44 | 6:43.3 |
| 10 | Anika Mohrhauser | FR | 10 | Ankeny Centennial | 10 | 20:57.81 | 1:28.13 | 6:44.4 |
| 11 | Lily Johannes | SR | 909 | Prairie Cedar Rapids | 11 | 21:01.10 | 1:31.42 | 6:45.5 |
| 12 | Claire Hoyer | FR | 151 | Dubuque Senior | 12 | 21:03.42 | 1:33.74 | 6:46.2 |
| 13 | Bella Hodges | FR | 5 | Ankeny Centennial | 13 | 21:06.20 | 1:36.52 | 6:47.1 |
| 14 | Rowan Boulter | SR | 223 | Iowa City City High | 14 | 21:08.01 | 1:38.33 | 6:47.7 |
| 15 | Emily Gorton | FR | 143 | Dubuque Senior | 15 | 21:10.12 | 1:40.44 | 6:48.4 |
| 16 | Anja Peck | SO | 11 | Ankeny Centennial | 16 | 21:16.64 | 1:46.96 | 6:50.5 |
| 17 | Alyza Koppes | SR | 913 | Prairie Cedar Rapids | 17 | 21:24.35 | 1:54.67 | 6:53.0 |
| 18 | Nina Kuhlmann | FR | 241 | Iowa City City High | 18 | 21:29.29 | 1:59.61 | 6:54.6 |
| 19 | Haidyn Barker | JR | 63 | Clear Creek-Amana | 19 | 21:34.33 | 2:04.65 | 6:56.2 |
| 20 | Lucy Corbin | SR | 227 | Iowa City City High | 20 | 21:35.33 | 2:05.65 | 6:56.5 |
| 21 | Keirra Hess | SO | 908 | Prairie Cedar Rapids | 21 | 21:35.65 | 2:05.97 | 6:56.6 |
| 22 | Lauren Derscheid | SR | 802 | Pekin | 22 | 21:37.35 | 2:07.67 | 6:57.2 |
| 23 | Julia Flick | FR | 3 | Ankeny Centennial | 23 | 21:43.01 | 2:13.33 | 6:59.0 |
| 24 | Cora DenHartog | FR | 2 | Ankeny Centennial | 24 | 21:43.47 | 2:13.79 | 6:59.1 |
| 25 | Lauren Reimer | SO | 14 | Ankeny Centennial | -- | 22:04.58 | 2:34.90 | 7:05.9 |
| 26 | Sara Kinzenbaw | FR | 69 | Clear Creek-Amana | 25 | 22:14.10 | 2:44.42 | 7:09.0 |
| 27 | Kendall Jorgensen | SR | 8 | Ankeny Centennial | -- | 22:17.19 | 2:47.51 | 7:10.0 |
| 28 | Cam Hershberger | JR | 4 | Ankeny Centennial | -- | 22:17.61 | 2:47.93 | 7:10.1 |
| 29 | Kalin Rotzoll | SR | 74 | Clear Creek-Amana | 26 | 22:18.09 | 2:48.41 | 7:10.3 |
| 30 | Erin Anderson | JR | 214 | Iowa City City High | 27 | 22:32.66 | 3:02.98 | 7:14.9 |
| 31 | Sophia Romero | SO | 262 | Iowa City City High | 28 | 22:33.72 | 3:04.04 | 7:15.3 |
| 32 | Sydney Wilkes | JR | 276 | Iowa City City High | -- | 22:43.44 | 3:13.76 | 7:18.4 |
| 33 | Jayda Gooch | SR | 142 | Dubuque Senior | 29 | 22:49.42 | 3:19.74 | 7:20.3 |
| 34 | Eva Reynolds | JR | 260 | Iowa City City High | -- | 22:51.02 | 3:21.34 | 7:20.8 |
| 35 | Lauren Steigleder | SO | 811 | Pekin | 30 | 22:52.81 | 3:23.13 | 7:21.4 |
| 36 | Emma Chambers | SR | 138 | Dubuque Senior | 31 | 22:52.98 | 3:23.30 | 7:21.5 |
| 37 | Avery Schultes | JR | 263 | Iowa City City High | -- | 22:54.26 | 3:24.58 | 7:21.9 |
| 38 | Kira Barker | FR | 64 | Clear Creek-Amana | 32 | 22:55.53 | 3:25.85 | 7:22.3 |
| 39 | Jasmin Luedtke | SO | 771 | Ottumwa | 33 | 23:08.03 | 3:38.35 | 7:26.3 |
| 40 | Lina Newland | SR | 775 | Ottumwa | 34 | 23:19.15 | 3:49.47 | 7:29.9 |
| 41 | Bella Reiseck | SR | 920 | Prairie Cedar Rapids | 35 | 23:21.42 | 3:51.74 | 7:30.6 |
| 42 | Leah Bontrager | SR | 203 | Hillcrest Academy | -- | 23:29.39 | 3:59.71 | 7:33.2 |
| 43 | Josie Potts | JR | 165 | Dubuque Senior | -- | 23:31.56 | 4:01.88 | 7:33.9 |
| 44 | Sophia Van Daele | JR | 272 | Iowa City City High | -- | 23:40.76 | 4:11.08 | 7:36.8 |
| 45 | Emma Keiper | JR | 911 | Prairie Cedar Rapids | 36 | 23:40.98 | 4:11.30 | 7:36.9 |
| 46 | Nicole Peterson | FR | 249 | Iowa City City High | -- | 23:42.06 | 4:12.38 | 7:37.3 |
| 47 | Carissa Mackey | SR | 113 | Danville/New London | 37 | 23:45.07 | 4:15.39 | 7:38.2 |
| 48 | Audrey Fariss | SO | 806 | Pekin | 38 | 23:46.78 | 4:17.10 | 7:38.8 |
| 49 | Sarah Eubanks | SR | 805 | Pekin | 39 | 23:47.32 | 4:17.64 | 7:38.9 |
| 50 | Karlee Hamilton | SO | 907 | Prairie Cedar Rapids | -- | 23:49.84 | 4:20.16 | 7:39.8 |
| 51 | Sam Estrada | JR | 349 | Iowa City Liberty | -- | 23:53.00 | 4:22.32 | 7:40.8 |
| 52 | Avery Allan | JR | 62 | Clear Creek-Amana | 40 | 23:53.05 | 4:23.37 | 7:40.8 |
| 53 | Mia Clark | SR | 801 | Pekin | 41 | 24:00.14 | 4:30.46 | 7:43.1 |
| 54 | Cassidy Yaley | SR | 117 | Danville/New London | 42 | 24:09.09 | 4:39.41 | 7:45.9 |
| 55 | Natalie Kuhlmann | JR | 240 | Iowa City City High | -- | 24:11.76 | 4:42.08 | 7:46.8 |
| 56 | Allie Kounkel | SR | 70 | Clear Creek-Amana | 43 | 24:16.19 | 4:46.51 | 7:48.2 |
| 57 | Riley Redig | FR | 919 | Prairie Cedar Rapids | -- | 24:21.55 | 4:51.87 | 7:50.0 |
| 58 | Carlie Jo Fusco | JR | 196 | Durant | -- | 24:21.78 | 4:52.10 | 7:50.0 |
| 59 | Kenzie Logan | SR | 111 | Danville/New London | 44 | 24:26.81 | 4:57.13 | 7:51.6 |
| 60 | Kamryn Sherwood | SO | 115 | Danville/New London | 45 | 24:28.04 | 4:58.36 | 7:52.0 |
| 61 | Christina Egger | SO | 35 | Cedar Rapids Jefferson | 46 | 24:35.19 | 5:05.51 | 7:54.3 |
| 62 | Mary Cate Pugh | JR | 258 | Iowa City City High | -- | 24:38.47 | 5:08.79 | 7:55.4 |
| 63 | Raegan Wyant | FR | 78 | Clear Creek-Amana | 47 | 24:39.61 | 5:09.93 | 7:55.8 |
| 64 | Samantha Fowler | JR | 37 | Cedar Rapids Jefferson | 48 | 24:43.40 | 5:13.72 | 7:57.0 |
| 65 | Zoey Johnson | SR | 808 | Pekin | 49 | 24:46.15 | 5:16.47 | 7:57.9 |
| 66 | Elizabeth Jaeger | SR | 351 | Iowa City Liberty | -- | 25:02.28 | 5:32.60 | 8:03.0 |
| 67 | Sophie Faga | SR | 350 | Iowa City Liberty | -- | 25:11.43 | 5:41.75 | 8:06.0 |
| 68 | Olivia Stopko | FR | 75 | Clear Creek-Amana | -- | 25:12.84 | 5:43.16 | 8:06.4 |
| 69 | Tori Allard | SO | 896 | Prairie Cedar Rapids | -- | 25:15.65 | 5:45.97 | 8:07.3 |
| 70 | Grace Long | SR | 916 | Prairie Cedar Rapids | -- | 25:21.86 | 5:52.18 | 8:09.3 |
| 71 | Carly Sulwer | SR | 356 | Iowa City Liberty | -- | 25:38.07 | 6:08.39 | 8:14.6 |
| 72 | Lexi Swearingen | SO | 812 | Pekin | 50 | 25:40.35 | 6:10.67 | 8:15.3 |
| 73 | Sarah Hunger | JR | 767 | Ottumwa | 51 | 26:07.61 | 6:37.93 | 8:24.1 |
| 74 | Aidrana Brandis | JR | 31 | Cedar Rapids Jefferson | 52 | 26:18.18 | 6:48.50 | 8:27.5 |
| 75 | Abby Arnett | FR | 106 | Danville/New London | 53 | 26:27.42 | 6:57.74 | 8:30.4 |
| 76 | Aliya Peel | FR | 810 | Pekin | -- | 26:32.13 | 7:02.45 | 8:31.9 |
| 77 | Eve Rust | FR | 779 | Ottumwa | 54 | 26:41.21 | 7:11.53 | 8:34.9 |
| 78 | Kaitlyn Leitheiser | SR | 915 | Prairie Cedar Rapids | -- | 26:47.56 | 7:17.88 | 8:36.9 |
| 79 | Marisa Kelsey | SR | 912 | Prairie Cedar Rapids | -- | 26:53.87 | 7:24.19 | 8:38.9 |
| 80 | Anna Deam | SR | 34 | Cedar Rapids Jefferson | 55 | 27:31.90 | 8:02.22 | 8:51.2 |
| 81 | Emily Laumeyer | SR | 809 | Pekin | -- | 27:35.06 | 8:05.38 | 8:52.2 |
| 82 | Vanessa Simmons | SO | 780 | Ottumwa | 56 | 27:43.53 | 8:13.85 | 8:54.9 |
| 83 | Lakya Cheney | SR | 33 | Cedar Rapids Jefferson | 57 | 28:01.59 | 8:31.91 | 9:00.7 |
| 84 | Megan Bumpus | JR | 32 | Cedar Rapids Jefferson | 58 | 28:08.36 | 8:38.68 | 9:02.9 |
| 85 | Renae Eubanks | FR | 804 | Pekin | -- | 29:01.83 | 9:32.15 | 9:20.1 |
| 86 | Penelepe Sowell | SO | 116 | Danville/New London | 59 | 29:27.25 | 9:57.57 | 9:28.2 |
| 87 | Ryann Logan | FR | 112 | Danville/New London | 60 | 29:54.65 | 10:24.97 | 9:37.1 |
| 88 | Morgyn Nafziger | FR | 204 | Hillcrest Academy | -- | 29:55.41 | 10:25.73 | 9:37.3 |
| 89 | Delaney Shaw | FR | 205 | Hillcrest Academy | -- | 30:01.26 | 10:31.58 | 9:39.2 |
| 90 | Ava Ford | FR | 807 | Pekin | -- | 30:26.59 | 10:56.91 | 9:47.3 |
| 91 | Julia Boller | SR | 202 | Hillcrest Academy | -- | 31:26.85 | 11:57.17 | 10:06.7 |
| 92 | Emma York | FR | 46 | Cedar Rapids Jefferson | 61 | 33:46.32 | 14:16.64 | 10:51.5 |

**Race #4**

**Boys Varsity 5000M**

FINAL RESULTS

TEAM SCORING SUMMARY

| **Final Standings** | | **Score** | **Scoring Order** | **Total** | **Avg.** | **Spread** | **Division** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Iowa City City High | 36 | 1-6-8-9-12(13)(14) | 1:26:38 | 17:20 | 1:08.5 |  |
| 2 | Prairie Cedar Rapids | 49 | 3-4-5-16-21(31)(33) | 1:27:53 | 17:35 | 1:07.4 |  |
| 3 | Ankeny Centennial | 85 | 7-10-15-19-34(37)(42) | 1:29:59 | 18:00 | 1:27.3 |  |
| 4 | Danville/New London | 113 | 2-20-25-28-38(46)(60) | 1:31:40 | 18:20 | 2:06.5 |  |
| 5 | Clear Creek-Amana | 141 | 11-23-24-40-43(51)(55) | 1:33:23 | 18:41 | 1:50.5 |  |
| 6 | Dubuque Senior | 175 | 22-26-30-44-53(61)(62) | 1:35:25 | 19:05 | 1:50.7 |  |
| 7 | Pleasant Valley | 199 | 32-35-39-41-52 | 1:36:21 | 19:17 | 1:19.0 |  |
| 8 | Cedar Rapids Jefferson | 221 | 18-27-45-65-66(67)(68) | 1:39:48 | 19:58 | 3:55.1 |  |
| 9 | Iowa City Liberty | 230 | 36-47-48-49-50(56)(64) | 1:38:46 | 19:46 | 1:04.8 |  |
| 10 | Ottumwa | 262 | 29-54-57-59-63(69) | 1:40:45 | 20:09 | 2:25.4 |  |
| 11 | Pekin | 288 | 17-58-70-71-72(73)(74) | 1:50:45 | 22:09 | 6:22.8 |  |

INDIVIDUAL RESULTS

| **Athlete** | | **Yr.** | **#** | **Team** | **Score** | **Time** | **Gap** | **Avg. Mile** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Ford Washburn | JR | 343 | Iowa City City High | 1 | 16:31.75 | --- | 5:18.9 |
| 2 | Ty Carr | SR | 121 | Danville/New London | 2 | 17:01.94 | 30.19 | 5:28.6 |
| 3 | Anthony Lee | SR | 949 | Prairie Cedar Rapids | 3 | 17:09.60 | 37.85 | 5:31.1 |
| 4 | Brady Cortez | SR | 937 | Prairie Cedar Rapids | 4 | 17:13.62 | 41.87 | 5:32.4 |
| 5 | Bryson Canton | SR | 934 | Prairie Cedar Rapids | 5 | 17:16.55 | 44.80 | 5:33.3 |
| 6 | Noah Carey | JR | 290 | Iowa City City High | 6 | 17:22.99 | 51.24 | 5:35.4 |
| 7 | Karsten Peters | SR | 24 | Ankeny Centennial | 7 | 17:24.41 | 52.66 | 5:35.8 |
| 8 | Ammon Smith | JR | 340 | Iowa City City High | 8 | 17:31.50 | 59.75 | 5:38.1 |
| 9 | Truman Thompson | JR | 341 | Iowa City City High | 9 | 17:31.54 | 59.79 | 5:38.1 |
| 10 | Tyler Schermerhorn | SR | 26 | Ankeny Centennial | 10 | 17:39.66 | 1:07.91 | 5:40.7 |
| 11 | Gavin Zillyette | SR | 105 | Clear Creek-Amana | 11 | 17:40.06 | 1:08.31 | 5:40.9 |
| 12 | Braeden Marker | JR | 319 | Iowa City City High | 12 | 17:40.23 | 1:08.48 | 5:40.9 |
| 13 | Sullivan Hall | SR | 307 | Iowa City City High | 13 | 17:43.45 | 1:11.70 | 5:41.9 |
| 14 | Parker Max | SR | 320 | Iowa City City High | 14 | 17:43.56 | 1:11.81 | 5:42.0 |
| 15 | Cooper Majors | SR | 21 | Ankeny Centennial | 15 | 17:50.57 | 1:18.82 | 5:44.2 |
| 16 | Zach Cooper | JR | 936 | Prairie Cedar Rapids | 16 | 17:55.60 | 1:23.85 | 5:45.9 |
| 17 | Zack Wise | SR | 822 | Pekin | 17 | 18:06.79 | 1:35.04 | 5:49.5 |
| 18 | Gavin Hall | SR | 56 | Cedar Rapids Jefferson | 18 | 18:09.82 | 1:38.07 | 5:50.4 |
| 19 | Aj Schermerhorn | SO | 25 | Ankeny Centennial | 19 | 18:12.24 | 1:40.49 | 5:51.2 |
| 20 | Seth Bailey | SR | 118 | Danville/New London | 20 | 18:16.73 | 1:44.98 | 5:52.6 |
| 21 | Anson Fauchier | JR | 942 | Prairie Cedar Rapids | 21 | 18:16.92 | 1:45.17 | 5:52.7 |
| 22 | Robert Howes | JR | 180 | Dubuque Senior | 22 | 18:17.79 | 1:46.04 | 5:53.0 |
| 23 | Jackson Schloss | JR | 95 | Clear Creek-Amana | 23 | 18:24.90 | 1:53.15 | 5:55.3 |
| 24 | Brock Hilsman | FR | 84 | Clear Creek-Amana | 24 | 18:27.06 | 1:55.31 | 5:56.0 |
| 25 | AJ Bonnesen | JR | 119 | Danville/New London | 25 | 18:28.88 | 1:57.13 | 5:56.6 |
| 26 | Cole Oftedahl | FR | 186 | Dubuque Senior | 26 | 18:33.63 | 2:01.88 | 5:58.1 |
| 27 | Zach Egger | SR | 54 | Cedar Rapids Jefferson | 27 | 18:39.07 | 2:07.32 | 5:59.8 |
| 28 | Alexander Julian | SR | 126 | Danville/New London | 28 | 18:43.66 | 2:11.91 | 6:01.3 |
| 29 | Asa Canny | SR | 785 | Ottumwa | 29 | 18:44.03 | 2:12.28 | 6:01.4 |
| 30 | Jacob Haug | FR | 179 | Dubuque Senior | 30 | 18:44.16 | 2:12.41 | 6:01.5 |
| 31 | Carson Nove | FR | 955 | Prairie Cedar Rapids | 31 | 18:44.65 | 2:12.90 | 6:01.6 |
| 32 | Benson Richards | SO | 882 | Pleasant Valley | 32 | 18:46.95 | 2:15.20 | 6:02.4 |
| 33 | Nick Lee | FR | 950 | Prairie Cedar Rapids | 33 | 18:47.88 | 2:16.13 | 6:02.7 |
| 34 | Parker Lundberg | JR | 19 | Ankeny Centennial | 34 | 18:51.67 | 2:19.92 | 6:03.9 |
| 35 | Carl Rekow | SO | 890 | Pleasant Valley | 35 | 18:51.69 | 2:19.94 | 6:03.9 |
| 36 | Maddux Johnson | SO | 374 | Iowa City Liberty | 36 | 18:58.20 | 2:26.45 | 6:06.0 |
| 37 | Noah Segar | SR | 27 | Ankeny Centennial | 37 | 18:59.46 | 2:27.71 | 6:06.4 |
| 38 | Harrison Allard | JR | 928 | Prairie Cedar Rapids | -- | 19:04.83 | 2:33.08 | 6:08.1 |
| 39 | Earl Peter | SO | 956 | Prairie Cedar Rapids | -- | 19:08.18 | 2:36.43 | 6:09.2 |
| 40 | Carter Fesler | SO | 122 | Danville/New London | 38 | 19:08.39 | 2:36.64 | 6:09.3 |
| 41 | Drew Peters | FR | 886 | Pleasant Valley | 39 | 19:12.15 | 2:40.40 | 6:10.5 |
| 42 | Matt Schaeckenbach | JR | 335 | Iowa City City High | -- | 19:12.70 | 2:40.95 | 6:10.6 |
| 43 | Cash Jensen | JR | 85 | Clear Creek-Amana | 40 | 19:20.12 | 2:48.37 | 6:13.0 |
| 44 | Alex Warder | SO | 972 | Prairie Cedar Rapids | -- | 19:20.81 | 2:49.06 | 6:13.3 |
| 45 | Pranav Suresh | JR | 892 | Pleasant Valley | 41 | 19:23.81 | 2:52.06 | 6:14.2 |
| 46 | Jaxon Sickles | JR | 970 | Prairie Cedar Rapids | -- | 19:24.10 | 2:52.35 | 6:14.3 |
| 47 | Brenden Owens | SO | 23 | Ankeny Centennial | 42 | 19:24.93 | 2:53.18 | 6:14.6 |
| 48 | Ethan Ver Heist | SR | 30 | Ankeny Centennial | -- | 19:26.06 | 2:54.31 | 6:14.9 |
| 49 | Cameron Kimm | JR | 91 | Clear Creek-Amana | 43 | 19:30.54 | 2:58.79 | 6:16.4 |
| 50 | Brayden Vander Wilt | FR | 29 | Ankeny Centennial | -- | 19:32.94 | 3:01.19 | 6:17.1 |
| 51 | Owen VanderLinden | JR | 342 | Iowa City City High | -- | 19:34.68 | 3:02.93 | 6:17.7 |
| 52 | Landon Kahler | SO | 947 | Prairie Cedar Rapids | -- | 19:35.68 | 3:03.93 | 6:18.0 |
| 53 | Jack Tonn | SR | 193 | Dubuque Senior | 44 | 19:40.11 | 3:08.36 | 6:19.5 |
| 54 | Quinn Cohen | SR | 50 | Cedar Rapids Jefferson | 45 | 19:43.66 | 3:11.91 | 6:20.6 |
| 55 | Talan Whaley | SO | 133 | Danville/New London | 46 | 19:45.99 | 3:14.24 | 6:21.3 |
| 56 | Thomas Fowler | FR | 366 | Iowa City Liberty | 47 | 19:52.66 | 3:20.91 | 6:23.5 |
| 57 | Andrew Kaczka | JR | 375 | Iowa City Liberty | 48 | 19:52.98 | 3:21.23 | 6:23.6 |
| 58 | Joel Nelson | SR | 22 | Ankeny Centennial | -- | 19:54.69 | 3:22.94 | 6:24.1 |
| 59 | Maxwell Thompson | JR | 389 | Iowa City Liberty | 49 | 19:58.48 | 3:26.73 | 6:25.4 |
| 60 | Cal Henk | JR | 372 | Iowa City Liberty | 50 | 20:02.93 | 3:31.18 | 6:26.8 |
| 61 | Tate Schloss | FR | 96 | Clear Creek-Amana | 51 | 20:03.31 | 3:31.56 | 6:26.9 |
| 62 | Luke Eckman | SO | 871 | Pleasant Valley | 52 | 20:05.94 | 3:34.19 | 6:27.8 |
| 63 | Sam Weber | SO | 194 | Dubuque Senior | 53 | 20:08.41 | 3:36.66 | 6:28.6 |
| 64 | Noah Trucano | JR | 799 | Ottumwa | 54 | 20:09.50 | 3:37.75 | 6:28.9 |
| 65 | Fred Schultz | SO | 97 | Clear Creek-Amana | 55 | 20:10.29 | 3:38.54 | 6:29.2 |
| 66 | Luke Gage | JR | 369 | Iowa City Liberty | 56 | 20:12.31 | 3:40.56 | 6:29.8 |
| 67 | Jonas Smith | JR | 28 | Ankeny Centennial | -- | 20:13.12 | 3:41.37 | 6:30.1 |
| 68 | Jacob Mellin | JR | 789 | Ottumwa | 57 | 20:17.23 | 3:45.48 | 6:31.4 |
| 69 | Bennett Allred | FR | 931 | Prairie Cedar Rapids | -- | 20:18.58 | 3:46.83 | 6:31.8 |
| 70 | Logan Kafer | SO | 87 | Clear Creek-Amana | -- | 20:19.26 | 3:47.51 | 6:32.0 |
| 71 | Ben Guise | SO | 819 | Pekin | 58 | 20:21.91 | 3:50.16 | 6:32.9 |
| 72 | Anthony Reyman | SR | 796 | Ottumwa | 59 | 20:24.28 | 3:52.53 | 6:33.7 |
| 73 | Carter Lust | SO | 20 | Ankeny Centennial | -- | 20:31.62 | 3:59.87 | 6:36.0 |
| 74 | Ryan Freese | JR | 123 | Danville/New London | 60 | 20:38.61 | 4:06.86 | 6:38.3 |
| 75 | Henry Cooper | SR | 295 | Iowa City City High | -- | 20:46.30 | 4:14.55 | 6:40.7 |
| 76 | Nathan Alldredge | SR | 930 | Prairie Cedar Rapids | -- | 21:01.17 | 4:29.42 | 6:45.5 |
| 77 | Noah Kurt | SR | 183 | Dubuque Senior | 61 | 21:01.35 | 4:29.60 | 6:45.6 |
| 78 | Patrick Sarsfield | SR | 334 | Iowa City City High | -- | 21:04.39 | 4:32.64 | 6:46.6 |
| 79 | Jacob Rowe | FR | 189 | Dubuque Senior | 62 | 21:08.39 | 4:36.64 | 6:47.8 |
| 80 | London Hershberger | SR | 18 | Ankeny Centennial | -- | 21:08.44 | 4:36.69 | 6:47.9 |
| 81 | Waulfret Morales |  | 793 | Ottumwa | 63 | 21:09.41 | 4:37.66 | 6:48.2 |
| 82 | Connor Ahrens | SR | 359 | Iowa City Liberty | 64 | 21:09.95 | 4:38.20 | 6:48.3 |
| 83 | Bryce Grissom | SR | 55 | Cedar Rapids Jefferson | 65 | 21:10.56 | 4:38.81 | 6:48.5 |
| 84 | Caden Davis | SO | 51 | Cedar Rapids Jefferson | 66 | 22:04.86 | 5:33.11 | 7:06.0 |
| 85 | Henry Schoon | SR | 338 | Iowa City City High | -- | 22:10.56 | 5:38.81 | 7:07.8 |
| 86 | Collin Miller | SR | 212 | Hillcrest Academy | -- | 22:10.95 | 5:39.20 | 7:08.0 |
| 87 | Zach Smith | SR | 60 | Cedar Rapids Jefferson | 67 | 22:46.27 | 6:14.52 | 7:19.3 |
| 88 | Hassan Kieta | SR | 313 | Iowa City City High | -- | 22:48.15 | 6:16.40 | 7:19.9 |
| 89 | Austin Deal | SO | 52 | Cedar Rapids Jefferson | 68 | 22:54.57 | 6:22.82 | 7:22.0 |
| 90 | Zander Proctor | SO | 794 | Ottumwa | 69 | 22:58.41 | 6:26.66 | 7:23.2 |
| 91 | Robert Brown | FR | 815 | Pekin | 70 | 23:33.11 | 7:01.36 | 7:34.4 |
| 92 | Race Starr | FR | 201 | Durant | -- | 23:50.17 | 7:18.42 | 7:39.9 |
| 93 | J.T. Spray | SO | 821 | Pekin | 71 | 24:13.00 | 7:41.25 | 7:47.2 |
| 94 | Gavyn Brown | JR | 814 | Pekin | 72 | 24:29.50 | 7:57.75 | 7:52.5 |
| 95 | William Richardson | SO | 200 | Durant | -- | 26:01.87 | 9:30.12 | 8:22.2 |
| 96 | Curtis Sanders | SO | 59 | Cedar Rapids Jefferson | -- | 27:15.88 | 10:44.13 | 8:46.0 |
| 97 | Dylan Sobaski | FR | 820 | Pekin | 73 | 27:21.29 | 10:49.54 | 8:47.7 |
| 98 | Quang Huynh | SR | 210 | Hillcrest Academy | -- | 29:05.93 | 12:34.18 | 9:21.4 |
| 99 | Garrett Hurst | FR | 209 | Hillcrest Academy | -- | 29:06.28 | 12:34.53 | 9:21.5 |
| 100 | Isaac Lybeck | JR | 211 | Hillcrest Academy | -- | 30:23.00 | 13:50.25 | 9:46.2 |
| 101 | Kaelan Elder | FR | 817 | Pekin | 74 | 32:35.48 | 16:03.73 | 10:28.8 |