

# NCAA DIVISION III CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
Carleton College (Eastern Deadline)  
November 12, 2016

## MEET OFFICIALS

**Meet Director:**  
Steve Dalhed  
**Meet Referee:**  
Bill T  
**Timing:**  
Wayzata Results, Inc.



**OFFICIAL MEET REPORT**  
printed: 11/12/2016 11:38 AM

**Race #1**  
**WOMEN • 6 Kilometers (3.73 Miles)**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Olaf	91	7-17-20-21-26(47)(63)	1:54:58	23:00	0:51.6
2 Nebraska Wesleyan	110	11-13-16-24-46(50)(113)	1:55:33	23:07	0:48.3
3 St. Thomas (Minn.)	112	8-12-14-37-41(53)(62)	1:55:16	23:04	0:57.7
4 Carleton	162	10-23-38-43-48(49)(54)	1:56:25	23:17	0:58.9
5 Wartburg	178	4-29-44-45-56(73)(81)	1:56:20	23:16	1:36.6
6 Cornell College	240	2-9-59-83-87(134)(147)	1:56:27	23:18	2:40.1
7 Loras	247	1-27-64-76-79(145)(155)	1:56:37	23:20	2:46.1
8 St. Benedict	279	18-28-39-89-105(129)(139)	1:58:37	23:44	1:31.5
9 Macalester	285	5-51-60-78-91(111)(140)	1:58:08	23:38	2:08.5
10 Grinnell	301	15-33-65-69-119(131)(150)	1:58:57	23:48	1:51.3
11 Hamline	308	30-35-67-86-90(121)(137)	1:59:07	23:50	1:02.8
12 St. Scholastica	320	3-61-68-88-100(125)(149)	1:58:11	23:39	2:53.0
13 Luther	323	25-34-75-92-97(109)(112)	1:59:28	23:54	1:14.3
14 St. Catherine	353	19-32-93-99-110(126)(170)	1:59:55	23:59	1:33.7
15 Bethel (Minn.)	370	52-58-74-85-101(123)(169)	2:00:19	24:04	0:49.7
16 Central College	437	55-72-82-108-120(138)(143)	2:01:32	24:19	1:08.1
17 Gustavus Adolphus	438	31-80-96-115-116(117)(124)	2:01:26	24:18	1:32.4
18 Concordia-Moorhead	472	42-66-114-118-132(152)(157)	2:02:04	24:25	1:42.1
19 Dubuque	477	6-70-107-146-148(154)(173)	2:01:53	24:23	3:20.6
20 Augsburg	481	22-103-104-122-130(202)	2:02:23	24:29	1:55.4
21 Minnesota-Morris	516	36-57-71-175-177(179)(187)	2:04:53	24:59	3:28.9
22 Simpson (Iowa)	535	77-84-95-128-151(162)(181)	2:03:28	24:42	1:33.9
23 Saint Mary's (Minn.)	672	98-102-133-167-172(178)(188)	2:06:55	25:23	2:01.9
24 Bethany Lutheran	683	40-127-144-171-201(206)	2:08:56	25:48	5:08.9
25 Wis.-Superior	727	94-141-158-160-174(176)(203)	2:08:18	25:40	2:15.2
26 Coe	789	106-164-166-168-185(190)(208)	2:10:25	26:05	2:43.1
27 Northwestern (Minn.)	828	135-159-165-183-186(195)(197)	2:11:53	26:23	2:05.3
28 Crown	840	142-161-163-180-194(209)	2:12:31	26:31	2:27.8
29 Martin Luther	936*	153-192-193-198-200(204)(205)	2:17:13	27:27	2:36.3
30 Buena Vista	936*	136-191-196-199-214(218)	2:21:59	28:24	7:53.8
31 Northland	947	156-182-189-207-213(217)	2:22:48	28:34	6:11.6
32 North Central (Minn.)	1032	184-210-211-212-215(216)	2:35:26	31:06	7:18.3

#### \*Tiebreakers

Martin Luther	153	192	193	198	200	204
Buena Vista	136	191	196	199	214	218

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### Race #1 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

### INDIVIDUAL RESULTS

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	600	1k	3k	5k	5.25
1 Audrey Miller	SO	Loras (1)	1	21:19.9	---	5:43.1	3:33.3	2:07.	3:34.	10:58	17:53	19:11
2 Abrah Masterson	SR	Cornell College (1)	2	21:35.9	0:16.9	5:47.4	3:36.0	2:06.	3:34.	10:58	17:59	19:22
3 Casey Hovland	JR	St. Scholastica (1)	3	21:37.9	0:18.9	5:48.0	3:36.3	2:07.	3:34.	10:57	17:56	19:21
4 Ashlyn Bagge	JR	Wartburg (1)	4	22:11.1	0:52.1	5:56.9	3:41.8	2:07.	3:34.	10:58	18:14	19:43
5 Kimber Meyer	SR	Macalester (1)	5	22:11.6	0:52.6	5:57.0	3:41.9	2:09.	3:37.	11:04	18:23	19:51
6 Fabiola Ortiz	SR	Dubuque (1)	6	22:14.2	0:55.2	5:57.7	3:42.4	2:08.	3:35.	11:00	18:30	19:58
7 Mary Naas	SO	St. Olaf (1)	7	22:21.5	1:02.5	5:59.7	3:43.6	2:06.	3:33.	11:00	18:29	19:58
8 Alex Fossum	JR	St. Thomas (Minn.)	8	22:30.2	1:11.2	6:02.0	3:45.0	2:07.	3:35.	11:06	18:37	20:06
9 Rachel Moline	SR	Cornell College (2)	9	22:33.2	1:14.2	6:02.8	3:45.5	2:09.	3:36.	11:06	18:36	20:06
10 Emily Kaegi	JR	Carleton (1)	10	22:38.3	1:19.3	6:04.1	3:46.4	2:07.	3:35.	11:06	18:37	20:07
11 Jamie Larsen	SR	Nebraska Wesleyan	11	22:46.8	1:27.8	6:06.4	3:47.8	2:08.	3:38.	11:22	18:56	20:25
12 Bridget McGivern	SR	St. Thomas (Minn.)	12	22:54.4	1:35.4	6:08.5	3:49.1	2:08.	3:36.	11:17	18:54	20:24
13 Riley Sigler	SR	Nebraska Wesleyan	13	22:56.9	1:37.9	6:09.1	3:49.5	2:10.	3:40.	11:31	19:15	20:44
14 Kayla Janto	SR	St. Thomas (Minn.)	14	22:59.1	1:40.1	6:09.7	3:49.8	2:08.	3:39.	11:25	19:14	20:45
15 Emma Luhmann	JR	Grinnell (1)	15	23:00.5	1:41.5	6:10.1	3:50.1	2:10.	3:40.	11:25	19:14	20:45
16 Sydni Harris	JR	Nebraska Wesleyan	16	23:02.0	1:43.1	6:10.5	3:50.3	2:12.	3:43.	11:31	19:13	20:43
17 Jamie Hoornaert	SR	St. Olaf (2)	17	23:03.5	1:44.5	6:10.9	3:50.6	2:08.	3:39.	11:22	19:12	20:43
18 Emma Weber	SR	St. Benedict (1)	18	23:03.7	1:44.7	6:10.9	3:50.6	2:14.	3:46.	11:35	19:18	20:49
19 Rachel Hall	SR	St. Catherine (1)	19	23:05.4	1:46.4	6:11.4	3:50.9	2:08.	3:39.	11:31	19:18	20:50
20 Bryony Hawgood	FR	St. Olaf (3)	20	23:09.0	1:50.0	6:12.4	3:51.5	2:14.	3:46.	11:33	19:14	20:45
21 Jordan Lutz	JR	St. Olaf (4)	21	23:10.3	1:51.3	6:12.7	3:51.7	2:11.	3:43.	11:36	19:25	20:57
22 Taybri Irving	SR	Augsburg (1)	22	23:11.1	1:52.1	6:12.9	3:51.8	2:06.	3:35.	11:27	19:13	20:48
23 Samantha Schnirring	SO	Carleton (2)	23	23:11.9	1:52.9	6:13.2	3:52.0	2:10.	3:42.	11:33	19:23	20:55
24 Ellie Beiermann	FR	Nebraska Wesleyan	24	23:11.9	1:52.9	6:13.2	3:52.0	2:10.	3:40.	11:31	19:24	20:58
25 Kenzie Carney	JR	Luther (1)	25	23:13.0	1:54.0	6:13.4	3:52.2	2:10.	3:41.	11:33	19:24	20:57
26 Jessica Bentley	JR	St. Olaf (5)	26	23:13.1	1:54.1	6:13.5	3:52.2	2:10.	3:41.	11:35	19:21	20:52
27 Emily Day	SR	Loras (2)	27	23:14.3	1:55.3	6:13.8	3:52.4	2:17.	3:50.	11:40	19:24	20:55
28 Allison Kosobud	SR	St. Benedict (2)	28	23:14.9	1:55.9	6:14.0	3:52.5	2:11.	3:41.	11:23	19:10	20:44
29 Shae McEnany	SO	Wartburg (2)	29	23:15.2	1:56.2	6:14.0	3:52.5	2:15.	3:49.	11:37	19:24	20:57
30 Madeline Dopp	SO	Hamline (1)	30	23:15.7	1:56.7	6:14.2	3:52.6	2:13.	3:47.	11:36	19:20	20:54
31 Sadie Novak-Klug	JR	Gustavus Adolphus	31	23:16.1	1:57.1	6:14.3	3:52.7	2:12.	3:41.	11:20	19:15	20:51
32 Leighlin Ahlstrom	FR	St. Catherine (2)	32	23:17.9	1:58.9	6:14.7	3:53.0	2:09.	3:40.	11:34	19:24	20:57
33 Emma Zimmerman	JR	Grinnell (2)	33	23:17.9	1:58.9	6:14.8	3:53.0	2:11.	3:40.	11:28	19:20	20:52
34 Anna Ryden	JR	Luther (2)	34	23:22.5	2:03.5	6:16.0	3:53.7	2:13.	3:45.	11:37	19:30	21:03
35 Kathleen Miles	SO	Hamline (2)	35	23:23.2	2:04.2	6:16.2	3:53.9	2:13.	3:47.	11:40	19:30	21:03
36 Elisabeth Anderson	JR	Minnesota-Morris (1)	36	23:24.2	2:05.2	6:16.4	3:54.0	2:16.	3:50.	11:44	19:33	21:08
37 Jenny Walz	JR	St. Thomas (Minn.)	37	23:24.2	2:05.2	6:16.5	3:54.0	2:13.	3:44.	11:43	19:36	21:09
38 Nicole Nipper	SR	Carleton (3)	38	23:24.2	2:05.2	6:16.5	3:54.0	2:12.	3:44.	11:38	19:39	21:10
39 Taylor Loth	FR	St. Benedict (3)	39	23:26.1	2:07.1	6:17.0	3:54.3	2:14.	3:47.	11:34	19:34	21:12
40 Megan Sauer	SR	Bethany Lutheran (	40	23:26.5	2:07.5	6:17.1	3:54.4	2:09.	3:41.	11:37	19:37	21:11
41 Melissa Marsh	JR	St. Thomas (Minn.)	41	23:27.9	2:08.9	6:17.4	3:54.6	2:13.	3:43.	11:39	19:36	21:11
42 Brianna Gruenberg	SO	Concordia-Moorhea	42	23:28.0	2:09.0	6:17.5	3:54.7	2:11.	3:42.	11:38	19:35	21:06
43 Sarah Nazarino	SO	Carleton (4)	43	23:32.8	2:13.8	6:18.7	3:55.5	2:13.	3:47.	11:41	19:33	21:07
44 Dakota Tell	SR	Wartburg (3)	44	23:32.9	2:13.9	6:18.8	3:55.5	2:07.	3:35.	11:07	19:24	21:06
45 Meghan Silbernagel	JR	Wartburg (4)	45	23:33.2	2:14.2	6:18.9	3:55.5	2:15.	3:49.	11:43	19:37	21:10
46 Nicole Hamilton	SR	Nebraska Wesleyan	46	23:35.1	2:16.1	6:19.4	3:55.8	2:12.	3:43.	11:42	19:40	21:14

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## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	600	1k	3k	5k	5.25
47 Meredith Moore	FR	St. Olaf (6)	(47)	23:35.4	2:16.4	6:19.5	3:55.9	2:11.	3:42.	11:36	19:30	21:06
48 Laura Nakasaka	SR	Carleton (5)	48	23:37.2	2:18.2	6:19.9	3:56.2	2:12.	3:47.	11:45	19:43	21:20
49 Claire Trujillo	SR	Carleton (6)	(49)	23:37.9	2:18.9	6:20.1	3:56.3	2:11.	3:41.	11:32	19:31	21:06
50 Hannah Awtry	SO	Nebraska Wesleyan (50)	(50)	23:39.1	2:20.1	6:20.4	3:56.5	2:10.	3:42.	11:36	19:37	21:16
51 Eliza Ramsey	SR	Macalester (2)	51	23:40.6	2:21.6	6:20.8	3:56.8	2:16.	3:48.	11:43	19:40	21:16
52 Madeline Cramer	SO	Bethel (Minn.) (1)	52	23:42.2	2:23.2	6:21.3	3:57.0	2:09.	3:40.	11:36	19:36	21:14
53 Ali Glassbrenner	JR	St. Thomas (Minn.) (53)	(53)	23:44.6	2:25.6	6:21.9	3:57.4	2:16.	3:50.	11:53	19:55	21:30
54 Marietta Geist	FR	Carleton (7)	(54)	23:45.0	2:26.0	6:22.0	3:57.5	2:11.	3:42.	11:44	19:51	21:24
55 Rachel Peter	SO	Central College (1)	55	23:47.4	2:28.4	6:22.7	3:57.9	2:17.	3:51.	11:56	19:51	21:25
56 Gillian Feller	SR	Wartburg (5)	56	23:47.7	2:28.7	6:22.7	3:57.9	2:14.	3:48.	11:46	19:48	21:24
57 Hannah Goemann	JR	Minnesota-Morris (2)	57	23:47.7	2:28.7	6:22.8	3:57.9	2:21.	3:53.	11:47	19:52	21:28
58 Abigail Burr	FR	Bethel (Minn.) (2)	58	23:48.3	2:29.3	6:22.9	3:58.0	2:10.	3:41.	11:41	19:44	21:23
59 MariKate Murphy	JR	Cornell College (3)	59	23:48.7	2:29.7	6:23.0	3:58.1	2:18.	3:50.	11:48	19:48	21:25
60 Sarah Jo DeVore	SR	Macalester (3)	60	23:50.3	2:31.3	6:23.5	3:58.4	2:17.	3:47.	11:48	20:02	21:38
61 Nicole Gilman	FR	St. Scholastica (2)	61	23:50.8	2:31.9	6:23.6	3:58.5	2:17.	3:50.	11:55	19:57	21:32
62 Sara Ness	FR	St. Thomas (Minn.) (62)	(62)	23:50.9	2:32.0	6:23.6	3:58.5	2:16.	3:50.	11:53	19:55	21:30
63 Lisa Fisher	FR	St. Olaf (7)	(63)	23:51.4	2:32.4	6:23.7	3:58.6	2:14.	3:46.	11:36	19:38	21:19
64 Kelly Minear	JR	Loras (3)	64	23:51.9	2:32.9	6:23.9	3:58.6	2:26.	4:03.	11:57	19:52	21:29
65 Anna Ahrens	SO	Grinnell (3)	65	23:51.9	2:32.9	6:23.9	3:58.6	2:16.	3:48.	11:47	19:53	21:30
66 Kaya Baker	SR	Concordia-Moorhea	66	23:52.5	2:33.5	6:24.0	3:58.7	2:13.	3:48.	11:53	19:58	21:33
67 Meg Griffin	SO	Hamline (3)	67	23:53.8	2:34.8	6:24.4	3:59.0	2:13.	3:47.	11:48	19:54	21:30
68 Kelsey Dickinson	JR	St. Scholastica (3)	68	23:54.3	2:35.3	6:24.5	3:59.0	2:19.	3:54.	11:55	19:56	21:31
69 Mikayla Fujiwara	FR	Grinnell (4)	69	23:54.8	2:35.9	6:24.7	3:59.1	2:16.	3:48.	11:46	19:50	21:25
70 Kiersten Wenthold	SR	Dubuque (2)	70	23:56.5	2:37.6	6:25.1	3:59.4	2:20.	3:54.	11:58	20:10	21:44
71 Katherine Novak	SO	Minnesota-Morris (3)	71	23:58.0	2:39.0	6:25.5	3:59.7	2:21.	3:53.	11:55	20:03	21:40
72 Holly McKinney	JR	Central College (2)	72	23:59.9	2:40.9	6:26.0	4:00.0	2:15.	3:48.	11:47	19:53	21:33
73 Nicole Breitbach	SO	Wartburg (6)	(73)	24:01.0	2:42.0	6:26.3	4:00.2	2:17.	3:49.	11:52	20:02	21:39
74 Callie Chase	FR	Bethel (Minn.) (3)	74	24:01.8	2:42.8	6:26.5	4:00.3	2:12.	3:46.	11:53	20:08	21:45
75 Mallory Carr	SR	Luther (3)	75	24:03.9	2:44.9	6:27.1	4:00.6	2:18.	3:56.	12:06	20:14	21:48
76 Maeve Dunaway	FR	Loras (4)	76	24:04.8	2:45.8	6:27.3	4:00.8	2:25.	4:02.	11:57	20:04	21:42
77 Courtney Neuendorf	JR	Simpson (Iowa) (1)	77	24:04.9	2:45.9	6:27.4	4:00.8	2:15.	3:48.	11:44	19:56	21:35
78 Lorna Sherwood-Caballero	JR	Macalester (4)	78	24:05.7	2:46.7	6:27.6	4:00.9	2:19.	3:54.	12:05	20:07	21:39
79 Kemunto Ondande	SO	Loras (5)	79	24:06.0	2:47.0	6:27.7	4:01.0	2:26.	4:01.	11:57	20:02	21:40
80 Stephanie Welke	SR	Gustavus Adolphus	80	24:10.3	2:51.3	6:28.8	4:01.7	2:14.	3:46.	11:52	20:16	21:50
81 Beth Mallon	JR	Wartburg (7)	(81)	24:10.3	2:51.4	6:28.8	4:01.7	2:18.	3:49.	12:01	20:11	21:44
82 Evie Kammeyer	JR	Central College (3)	82	24:11.1	2:52.1	6:29.0	4:01.8	2:18.	3:53.	11:59	20:05	21:41
83 Dominique Fleming	SO	Cornell College (4)	83	24:13.0	2:54.0	6:29.5	4:02.2	2:19.	3:51.	12:01	20:09	21:48
84 Sadie Timms	JR	Simpson (Iowa) (2)	84	24:14.2	2:55.2	6:29.8	4:02.4	2:15.	3:48.	11:50	20:07	21:45
85 Emmy Inwards	JR	Bethel (Minn.) (4)	85	24:14.3	2:55.3	6:29.9	4:02.4	2:17.	3:50.	11:57	20:08	21:45
86 Mariah Gallagher	JR	Hamline (4)	86	24:15.1	2:56.1	6:30.1	4:02.5	2:19.	3:55.	12:03	20:17	21:54
87 Lily Niswonger	JR	Cornell College (5)	87	24:16.0	2:57.0	6:30.3	4:02.7	2:21.	3:58.	12:09	20:13	21:49
88 Jordan Johnson	SR	St. Scholastica (4)	88	24:16.9	2:57.9	6:30.6	4:02.8	2:16.	3:50.	11:56	20:12	21:51
89 Abigail Borgmeier	SO	St. Benedict (4)	89	24:17.0	2:58.0	6:30.6	4:02.8	2:19.	3:54.	12:03	20:20	21:58
90 Holly Hankins	SO	Hamline (5)	90	24:18.5	2:59.5	6:31.0	4:03.1	2:14.	3:49.	12:02	20:21	21:58
91 Lea Davidson	JR	Macalester (5)	91	24:20.0	3:01.0	6:31.4	4:03.3	2:25.	4:02.	12:06	20:10	21:47
92 Erin Ellefsen	SR	Luther (4)	92	24:20.9	3:01.9	6:31.6	4:03.5	2:19.	3:55.	12:06	20:18	21:54

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Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	600	1k	3k	5k	5.25
93 Bryana Waage	SO	St. Catherine (3)	93	24:23.4	3:04.4	6:32.3	4:03.9	2:12	3:45	11:56	20:15	21:53
94 Kelli Praska	SO	Wis.-Superior (1)	94	24:24.5	3:05.5	6:32.6	4:04.1	2:16	3:50	12:06	20:31	24:23
95 Briana McCloskey	SR	Simpson (Iowa) (3)	95	24:26.3	3:07.3	6:33.1	4:04.4	2:16	3:51	12:01	20:17	21:56
96 Lotus Schifsky	SO	Gustavus Adolphus	96	24:27.0	3:08.0	6:33.3	4:04.5	2:15	3:48	12:08	20:27	22:07
97 Kat Hoffman	FR	Luther (5)	97	24:27.2	3:08.2	6:33.3	4:04.5	2:18	3:56	12:06	20:19	21:54
98 Amelia Sweet	FR	Saint Mary's (Minn.)	98	24:27.8	3:08.9	6:33.5	4:04.6	2:15	3:49	12:10	20:27	22:06
99 Courtney Kirkeide	SR	St. Catherine (4)	99	24:29.1	3:10.1	6:33.8	4:04.8	2:09	3:41	11:34	19:23	20:54
100 Elizabeth Poskie	FR	St. Scholastica (5)	100	24:30.9	3:11.9	6:34.3	4:05.1	2:22	4:01	12:17	20:28	22:06
101 Lindsay Johnson	JR	Bethel (Minn.) (5)	101	24:31.9	3:12.9	6:34.6	4:05.3	2:14	3:47	11:53	20:21	22:02
102 Danielle Franke	FR	Saint Mary's (Minn.)	102	24:32.6	3:13.6	6:34.8	4:05.4	2:14	3:47	12:02	20:26	22:03
103 Malena Larsen	FR	Augsburg (2)	103	24:33.2	3:14.2	6:35.0	4:05.5	2:20	3:57	12:15	20:30	22:07
104 Rachel Frantz	JR	Augsburg (3)	104	24:34.2	3:15.3	6:35.2	4:05.7	2:20	3:57	12:14	20:30	22:07
105 Elise Reid	SR	St. Benedict (5)	105	24:35.1	3:16.1	6:35.5	4:05.8	2:20	3:56	12:12	20:33	22:12
106 Mareena Franke	SO	Coe (1)	106	24:36.2	3:17.2	6:35.7	4:06.0	2:24	4:02	12:18	20:34	22:11
107 Kayla Kinatader	JR	Dubuque (3)	107	24:37.2	3:18.2	6:36.0	4:06.2	2:20	3:54	12:11	20:36	22:16
108 Gabi Wilson	FR	Central College (4)	108	24:37.5	3:18.5	6:36.1	4:06.2	2:25	4:02	12:13	20:33	22:10
109 Anna Restemayer	SO	Luther (6)	(109)	24:37.7	3:18.7	6:36.2	4:06.3	2:21	4:01	12:25	20:40	22:16
110 Shannon Strickland	SR	St. Catherine (5)	110	24:39.0	3:20.0	6:36.5	4:06.5	2:09	3:41	12:02	20:31	22:12
111 Gretchen Greene	SR	Macalester (6)	(111)	24:39.0	3:20.0	6:36.5	4:06.5	2:27	4:06	12:13	20:28	22:07
112 Vera Lindhorst	FR	Luther (7)	(112)	24:39.3	3:20.3	6:36.6	4:06.5	2:21	4:01	12:25	20:40	22:16
113 Brittany Donner	SO	Nebraska Wesleyan	(113)	24:39.5	3:20.5	6:36.6	4:06.6	2:19	3:56	12:10	20:31	22:09
114 Kara Andersen	FR	Concordia-Moorhea	114	24:42.0	3:23.0	6:37.3	4:07.0	2:17	3:53	12:14	20:38	22:16
115 Olivia Rosenow	JR	Gustavus Adolphus	115	24:43.6	3:24.6	6:37.7	4:07.3	2:15	3:50	12:18	20:39	22:16
116 Sarah Anderson	FR	Gustavus Adolphus	116	24:48.4	3:29.4	6:39.0	4:08.1	2:22	4:02	12:19	20:40	22:19
117 Gabriela Passmore	FR	Gustavus Adolphus	(117)	24:50.1	3:31.1	6:39.5	4:08.3	2:17	3:51	12:14	20:39	22:21
118 Maria West	SO	Concordia-Moorhea	118	24:51.0	3:32.0	6:39.7	4:08.5	2:18	3:54	12:16	20:42	22:21
119 Whitney Teagle	JR	Grinnell (5)	119	24:51.7	3:32.7	6:39.9	4:08.6	2:18	3:54	12:11	20:39	22:16
120 Andie Arthofer	SR	Central College (5)	120	24:55.4	3:36.5	6:40.9	4:09.2	2:26	4:02	12:21	20:49	22:27
121 Alyssa Nash	JR	Hamline (6)	(121)	24:56.8	3:37.8	6:41.3	4:09.5	2:15	3:50	12:13	20:52	22:31
122 Emma Blom	SR	Augsburg (4)	122	24:57.7	3:38.7	6:41.5	4:09.6	2:20	3:57	12:22	20:51	22:31
123 Lydia Herath	SO	Bethel (Minn.) (6)	(123)	24:59.7	3:40.7	6:42.1	4:09.9	2:17	3:50	12:13	20:48	22:28
124 Emily Sands	SR	Gustavus Adolphus	(124)	25:00.8	3:41.9	6:42.4	4:10.1	2:17	3:51	12:16	20:45	22:27
125 Kali Erickson	SR	St. Scholastica (6)	(125)	25:01.5	3:42.5	6:42.5	4:10.2	2:22	4:01	12:17	20:45	22:27
126 Jackie Brine-Doyle	SO	St. Catherine (6)	(126)	25:03.1	3:44.1	6:43.0	4:10.5	2:13	3:48	12:13	20:52	22:32
127 Morgan Sauer	SO	Bethany Lutheran (	127	25:03.8	3:44.8	6:43.2	4:10.6	2:16	3:52	12:15	20:55	22:37
128 Shelby Hunemiller	SO	Simpson (Iowa) (4)	128	25:03.9	3:44.9	6:43.2	4:10.6	2:21	4:00	12:26	20:55	22:34
129 Rachel Nelson	SO	St. Benedict (6)	(129)	25:06.4	3:47.4	6:43.8	4:11.1	2:23	4:01	12:25	20:53	22:34
130 Blair Stewig	JR	Augsburg (5)	130	25:06.5	3:47.5	6:43.9	4:11.1	2:20	3:57	12:17	20:59	22:41
131 Tori LaVerdiere	FR	Grinnell (6)	(131)	25:09.1	3:50.1	6:44.6	4:11.5	2:18	3:52	12:14	20:54	22:36
132 Sara Whiteman	SO	Concordia-Moorhea	132	25:10.0	3:51.1	6:44.8	4:11.7	2:18	3:53	12:17	21:01	22:42
133 Erica Thiel	SO	Saint Mary's (Minn.)	133	25:10.7	3:51.7	6:45.0	4:11.8	2:14	3:48	12:09	20:51	22:37
134 Carly Pierson	SR	Cornell College (6)	(134)	25:11.8	3:52.8	6:45.3	4:12.0	2:23	4:02	12:33	21:05	22:43
135 Claire Sulflow	FR	Northwestern (Minn	135	25:14.7	3:55.7	6:46.1	4:12.4	2:22	4:03	12:36	21:15	22:59
136 Katie Puls	SO	Buena Vista (1)	136	25:15.1	3:56.1	6:46.2	4:12.5	2:18	3:55	12:24	21:07	22:50
137 Sarissa Falk	SR	Hamline (7)	(137)	25:16.7	3:57.7	6:46.6	4:12.8	2:20	3:58	12:29	21:09	22:49
138 Lauren Moll	FR	Central College (6)	(138)	25:17.2	3:58.2	6:46.7	4:12.9	2:26	4:03	12:20	20:55	22:46

# NCAA DIVISION III CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
Carleton College (Eastern Deadline)  
November 12, 2016

## MEET OFFICIALS

**Meet Director:**  
Steve Dalhed  
**Meet Referee:**  
Bill T  
**Timing:**  
Wayzata Results, Inc.



**OFFICIAL MEET REPORT**  
printed: 11/12/2016 11:38 AM

### Race #1 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	600	1k	3k	5k	5.25
139 Mattia Hendrickson	SR	St. Benedict (7)	(139)	25:19.2	4:00.2	6:47.3	4:13.2	2:22	4:00	12:26	21:00	22:42
140 Megan Davitt	SR	Macalester (7)	(140)	25:21.8	4:02.8	6:48.0	4:13.6	2:27	4:06	12:17	21:07	22:54
141 Alissa Boyhtari	JR	Wis.-Superior (2)	141	25:22.5	4:03.5	6:48.2	4:13.7	2:22	4:01	12:27	21:11	22:54
142 Mackenzie Nelson	FR	Crown (1)	142	25:23.7	4:04.7	6:48.5	4:14.0	2:12	3:45	12:15	21:13	22:53
143 Cassidy Gornick	SR	Central College (7)	(143)	25:25.0	4:06.0	6:48.8	4:14.2	2:26	4:04	12:27	21:02	22:46
144 Kirsten Elyea	JR	Bethany Lutheran (	144	25:25.6	4:06.6	6:49.0	4:14.3	2:15	3:51	12:25	21:20	23:01
145 Carrie Piper	JR	Loras (6)	(145)	25:27.1	4:08.1	6:49.4	4:14.5	2:30	4:11	12:35	21:13	22:53
146 Kristin Mackenburg	JR	Dubuque (4)	146	25:30.0	4:11.0	6:50.2	4:15.0	2:24	4:04	12:44	21:19	23:00
147 Sandra Gomez	JR	Cornell College (7)	(147)	25:32.6	4:13.6	6:50.9	4:15.4	2:22	4:01	12:31	21:09	22:53
148 Abigail Ray	SO	Dubuque (5)	148	25:34.8	4:15.8	6:51.5	4:15.8	2:24	4:04	12:43	21:19	23:02
149 Heidi Carlson	JR	St. Scholastica (7)	(149)	25:35.1	4:16.1	6:51.6	4:15.8	2:22	4:01	12:21	21:10	22:54
150 Nicole Arredondo	SO	Grinnell (7)	(150)	25:37.7	4:18.7	6:52.2	4:16.3	2:18	3:54	12:16	21:15	23:03
151 Morgan Moline	SR	Simpson (Iowa) (5)	151	25:38.8	4:19.8	6:52.5	4:16.5	2:24	4:03	12:47	21:25	23:04
152 Sarah Curran	JR	Concordia-Moorhea	(152)	25:42.7	4:23.7	6:53.6	4:17.1	2:21	3:59	12:34	21:17	23:03
153 Syndey Cody	SO	Martin Luther (1)	153	25:48.7	4:29.7	6:55.2	4:18.1	2:26	4:09	12:55	21:37	23:18
154 Megan Ely	FR	Dubuque (6)	(154)	25:50.8	4:31.8	6:55.7	4:18.5	2:20	3:56	12:35	21:25	23:10
155 Liz Venezio	SO	Loras (7)	(155)	25:51.3	4:32.3	6:55.9	4:18.5	2:30	4:11	12:44	21:45	23:28
156 Marley Pietz	SO	Northland (1)	156	25:52.9	4:34.0	6:56.3	4:18.8	2:17	3:54	12:34	21:25	23:10
157 Tarja Nelsen	SO	Concordia-Moorhea	(157)	25:53.5	4:34.5	6:56.5	4:18.9	2:19	3:57	12:37	21:31	23:16
158 Alaina Manthey	SO	Wis.-Superior (3)	158	25:55.1	4:36.2	6:56.9	4:19.2	2:23	4:03	12:52	21:44	23:29
159 Danica White	JR	Northwestern (Minn	159	25:56.1	4:37.1	6:57.2	4:19.3	2:28	4:09	12:56	21:40	23:23
160 Michaela Ruhman	FR	Wis.-Superior (4)	160	25:56.3	4:37.3	6:57.2	4:19.4	2:23	4:04	12:54	21:42	23:28
161 Elizabeth Kern	JR	Crown (2)	161	26:00.1	4:41.1	6:58.2	4:20.0	2:24	4:03	12:44	21:35	23:19
162 Ashley Litterer	FR	Simpson (Iowa) (6)	(162)	26:03.1	4:44.1	6:59.1	4:20.5	2:25	4:08	12:56	21:48	23:29
163 Kaylee Fickle	FR	Crown (3)	163	26:03.9	4:44.9	6:59.3	4:20.6	2:22	4:01	12:41	21:46	23:29
164 Maddie Bain	SR	Coe (2)	164	26:04.8	4:45.8	6:59.5	4:20.8	2:27	4:08	12:58	21:45	23:28
165 Jane Hultstrum	FR	Northwestern (Minn	165	26:07.2	4:48.2	7:00.2	4:21.2	2:28	4:09	12:56	21:45	23:31
166 McKayla Morris	SO	Coe (3)	166	26:10.6	4:51.6	7:01.1	4:21.8	2:25	4:04	12:54	21:47	23:32
167 Alicia Berkenes	JR	Saint Mary's (Minn.)	167	26:14.2	4:55.2	7:02.0	4:22.4	2:25	4:07	13:04	22:03	23:47
168 Katalina Stai	FR	Coe (4)	168	26:14.3	4:55.3	7:02.0	4:22.4	2:27	4:08	12:57	21:47	23:34
169 Anna Pape	SR	Bethel (Minn.) (7)	(169)	26:16.5	4:57.5	7:02.6	4:22.7	2:18	4:00	12:50	21:54	23:41
170 Michelle Perri	JR	St. Catherine (7)	(170)	26:23.8	5:04.8	7:04.6	4:24.0	2:19	3:58	12:43	21:46	23:35
171 Jemimah Cordes	FR	Bethany Lutheran (	171	26:24.8	5:05.8	7:04.9	4:24.1	2:20	4:01	13:02	22:03	23:51
172 Thiel Alyssa	FR	Saint Mary's (Minn.)	172	26:29.7	5:10.7	7:06.2	4:24.9	2:21	4:01	12:55	21:56	23:42
173 Jaclyn Roeder	JR	Dubuque (7)	(173)	26:35.6	5:16.6	7:07.8	4:25.9	2:24	4:04	12:54	21:58	23:48
174 Anna Kalin	FR	Wis.-Superior (5)	174	26:39.6	5:20.7	7:08.8	4:26.6	2:23	4:03	13:03	22:09	23:55
175 Brynn Gellner	JR	Minnesota-Morris (4	175	26:49.6	5:30.6	7:11.5	4:28.3	2:38	4:25	13:32	22:30	24:15
176 Taylor Joyal	SO	Wis.-Superior (6)	(176)	26:51.4	5:32.4	7:12.0	4:28.6	2:27	4:10	13:23	22:29	24:15
177 Zoe Loucks	FR	Minnesota-Morris (5	177	26:53.0	5:34.0	7:12.4	4:28.8	2:37	4:24	13:31	22:30	24:15
178 Emily Ortiz	SO	Saint Mary's (Minn.)	(178)	26:55.4	5:36.4	7:13.1	4:29.2	2:25	4:07	13:05	22:17	24:06
179 Gabrielle Ward	FR	Minnesota-Morris (6	(179)	27:05.3	5:46.3	7:15.7	4:30.9	2:31	4:15	13:26	22:30	24:15
180 Kristyn Haar	FR	Crown (4)	180	27:11.3	5:52.3	7:17.3	4:31.9	2:30	4:16	13:40	22:50	24:37
181 Jessica Gronke	SR	Simpson (Iowa) (7)	(181)	27:13.4	5:54.4	7:17.9	4:32.2	2:24	4:07	13:21	22:41	24:31
182 Mikaela Fischer	SR	Northland (2)	182	27:13.4	5:54.5	7:17.9	4:32.2	2:34	4:22	13:30	22:44	24:32
183 Susan Porter	FR	Northwestern (Minn	183	27:14.8	5:55.8	7:18.3	4:32.5	2:33	4:20	13:31	22:43	24:30
184 Raen Barcelon	FR	North Central (Minn	184	27:18.2	5:59.2	7:19.2	4:33.0	2:29	4:16	13:38	22:51	24:40

# NCAA DIVISION III CENTRAL REGION CROSS COUNTRY CHAMPIONSHIPS

Northfield, MN  
Carleton College (Eastern Deadline)  
November 12, 2016

## MEET OFFICIALS

**Meet Director:**  
Steve Dalhed  
**Meet Referee:**  
Bill T  
**Timing:**  
Wayzata Results, Inc.



**OFFICIAL MEET REPORT**  
printed: 11/12/2016 11:38 AM

### Race #1 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	600	1k	3k	5k	5.25
185 Katie Guinane	SR	Coe (5)	185	27:19.3	6:00.3	7:19.5	4:33.2	2:29.	4:12.	13:31	22:50	24:39
186 Ivelyn Christianson	FR	Northwestern (Minn)	186	27:19.9	6:00.9	7:19.6	4:33.3	2:24.	4:07.	13:33	22:52	24:39
187 Tanna Boyle	SR	Minnesota-Morris (7)	(187)	27:21.4	6:02.4	7:20.0	4:33.6	2:32.	4:16.	13:30	22:47	24:36
188 Paige Scherneck	SR	Saint Mary's (Minn.)	(188)	27:23.5	6:04.5	7:20.6	4:33.9	2:29.	4:15.	13:31	22:52	24:39
189 Isabel Meyer	SO	Northland (3)	189	27:24.2	6:05.2	7:20.8	4:34.0	2:34.	4:21.	13:30	22:46	24:35
190 Holly Wisnousky	JR	Coe (6)	(190)	27:26.5	6:07.5	7:21.4	4:34.4	2:27.	4:08.	13:23	22:41	24:29
191 Kennedy Snyder	SO	Buena Vista (2)	191	27:30.3	6:11.3	7:22.4	4:35.0	2:32.	4:20.	13:36	22:51	24:46
192 Abby Lash	SO	Martin Luther (2)	192	27:30.4	6:11.4	7:22.4	4:35.1	2:40.	4:32.	14:01	23:12	24:56
193 Tiffany Tellock	SO	Martin Luther (3)	193	27:30.6	6:11.6	7:22.5	4:35.1	2:31.	4:19.	13:43	23:02	24:53
194 Hannah Myers	SO	Crown (5)	194	27:51.5	6:32.5	7:28.1	4:38.6	2:30.	4:16.	13:43	23:11	25:00
195 Lisa Greenslade	JR	Northwestern (Minn)	(195)	27:52.6	6:33.6	7:28.4	4:38.8	2:35.	4:24.	13:43	23:06	24:57
196 Maya Rowe	FR	Buena Vista (3)	196	27:55.6	6:36.6	7:29.2	4:39.3	2:32.	4:20.	13:51	23:25	25:17
197 Mckenzie Olson	FR	Northwestern (Minn)	(197)	27:58.1	6:39.1	7:29.9	4:39.7	2:35.	4:24.	13:44	23:12	25:05
198 Maddy Ott	FR	Martin Luther (4)	198	27:58.2	6:39.2	7:29.9	4:39.7	2:37.	4:28.	13:55	23:21	25:09
199 Tara Harris	SO	Buena Vista (4)	199	28:08.6	6:49.6	7:32.7	4:41.4	2:32.	4:20.	13:46	23:25	25:17
200 Malaika Robinson	SO	Martin Luther (5)	200	28:25.0	7:06.0	7:37.1	4:44.2	2:40.	4:32.	14:04	23:40	25:34
201 Brianna Southivong	FR	Bethany Lutheran (	201	28:35.4	7:16.4	7:39.9	4:45.9	2:22.	4:08.	14:00	23:58	25:53
202 Caitlin Olson	SO	Augsburg (6)	(202)	28:37.5	7:18.5	7:40.4	4:46.2	2:26.	4:10.	13:58	23:46	25:46
203 Sara Schield	SR	Wis.-Superior (7)	(203)	29:04.5	7:45.5	7:47.7	4:50.7	2:28.	4:15.	14:20	24:23	26:18
204 Sarah Hackbarth	SR	Martin Luther (6)	(204)	29:10.1	7:51.1	7:49.2	4:51.7	2:39.	4:31.	14:20	24:16	26:15
205 Tessa Heiling	SR	Martin Luther (7)	(205)	29:12.6	7:53.6	7:49.9	4:52.1	2:37.	4:29.	14:18	24:18	26:16
206 Megan Morehouse	SO	Bethany Lutheran (	(206)	29:26.3	8:07.4	7:53.5	4:54.4	2:27.	4:18.	14:13	24:25	26:35
207 Hailey Keen	SO	Northland (4)	207	30:13.1	8:54.1	8:06.1	5:02.2	2:43.	4:41.	14:58	25:08	27:09
208 Jean Springsteen	SO	Coe (7)	(208)	30:18.1	8:59.1	8:07.4	5:03.0	2:36.	4:28.	14:35	24:58	27:04
209 Andra Hiebert	SO	Crown (6)	(209)	30:50.5	9:31.5	8:16.1	5:08.4	2:41.	4:36.	15:02	25:42	27:46
210 Amanda Roth	JR	North Central (Minn)	210	30:58.6	9:39.6	8:18.3	5:09.8	2:47.	4:47.	15:18	25:52	27:56
211 Hannah Foster	JR	North Central (Minn)	211	31:14.4	9:55.4	8:22.5	5:12.4	2:41.	4:39.	15:14	25:54	28:05
212 Brianna Griffin	SO	North Central (Minn)	212	31:18.4	9:59.4	8:23.6	5:13.1	2:44.	4:42.	15:27	26:03	28:10
213 Katie Nolan	JR	Northland (5)	213	32:04.5	10:45.5	8:35.9	5:20.7	2:45.	4:50.	15:46	26:38	29:00
214 Veronica Tapia	JR	Buena Vista (5)	214	33:08.9	11:49.9	8:53.2	5:31.5	2:55.	5:10.	16:20	27:44	29:54
215 Samantha Gish	SO	North Central (Minn)	215	34:36.4	13:17.4	9:16.7	5:46.1	2:46.	5:04.	16:59	28:59	31:14
216 Amelia Dunavan	SO	North Central (Minn)	(216)	35:22.5	14:03.5	9:29.0	5:53.7	3:03.	5:15.	17:24	29:23	31:45
217 Sarah Jorgensen	FR	Northland (6)	(217)	36:14.8	14:55.8	9:43.0	6:02.5	3:03.	5:25.	17:56	30:23	32:44
218 Courtney Studer	FR	Buena Vista (6)	(218)	37:07.5	15:48.5	9:57.2	6:11.2	3:03.	5:22.	17:50	30:51	33:25
-- Lydia Hildebrandt	FR	Bethany Lutheran	-	DNF	---	---	---	2:18.	3:58.			