

NAIA NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Cedar Rapids, IA

Seminole Cross Country Course

Weather: Overcast, Wind WSW 15-25mph & 50

Host: Mount Mercy University

Friday, April 09, 2021

MEET OFFICIALS**Meet Director:**

Ryan Scheckel

Meet Referee:

Bill Neal

Timing:

Andrew Kauder - Kauder Racing, LLC

OFFICIAL MEET REPORT

printed: 4/9/2021 9:49 PM

**Race #1
Women's 5K****Final Results****TEAM SCORING SUMMARY**

Rank	Standings	Score	Scoring Order	Total	Avg.	Spread
1	St. Francis (Ill.)	111	8-10-12-23-58(85)(143)	1:32:06	18:26	0:46.8
2	College of Idaho	146	25-27-28-30-36(57)(103)	1:33:04	18:37	0:12.3
3	Taylor	217	6-11-59-65-76(88)(91)	1:33:43	18:45	1:06.3
4	Embry-Riddle Arizona	222	2-19-42-79-80(122)(153)	1:33:24	18:41	1:35.6
5	Indiana Wesleyan	235	32-38-40-51-74(78)(146)	1:34:20	18:52	0:30.7
6	Oklahoma City	246	5-21-68-69-83(129)(178)	1:34:04	18:49	1:13.1
7	Milligan	259	3-13-45-92-106(125)(130)	1:34:01	18:49	1:42.7
8	Dordt	263	24-41-52-60-86(131)(183)	1:34:34	18:55	0:54.9
9	Aquinas	288	22-47-50-73-96(115)(181)	1:34:51	18:59	1:09.7
10	St. Mary (Kan.)	309	31-34-67-72-105(118)(126)	1:35:16	19:04	0:56.3
11	Montreat	315	17-18-39-94-147(164)(165)	1:35:00	19:00	1:48.7
12	Huntington	335	1-49-62-110-113(132)(195)	1:34:21	18:53	2:39.8
13	Lewis-Clark	361	37-61-84-89-90(119)(128)	1:35:56	19:12	0:40.2
14	Benedictine (Kan.)	391	16-64-71-81-159(169)(193)	1:36:12	19:15	2:06.2
15	Oregon Tech	394	26-70-77-97-124(142)(158)	1:36:17	19:16	1:13.6
16	Cornerstone	405	4-43-56-145-157(166)(179)	1:36:19	19:16	2:16.0
17	The Masters	418	20-48-87-114-149(155)(170)	1:36:29	19:18	1:48.6
18	Dalton State	439	14-46-112-116-151(176)(217)	1:36:46	19:22	1:55.1
19	Carroll (Mont.)	460	7-66-102-108-177(188)(203)	1:37:11	19:27	2:35.5
20	Cumberlands	503	9-53-107-160-174(225)(232)	1:37:53	19:35	2:26.8
21	Northwest U.	508	44-104-109-111-140(191)(209)	1:37:46	19:34	1:10.1
22	Southeastern U.	522	29-63-137-141-152(202)(206)	1:37:48	19:34	1:36.2
23	St. Francis (Ind.)	579	15-100-117-161-186(199)(223)	1:38:54	19:47	2:34.7
24	William Woods	581	35-95-101-150-200(201)(224)	1:39:19	19:52	2:36.3
25	Olivet Nazarene	588	55-120-127-138-148(190)(208)	1:38:38	19:44	1:12.3
26	Columbia (Mo.)	634	98-123-133-136-144(219)	1:39:14	19:51	0:34.5
27	Morningside	637*	75-121-134-139-168(185)(215)	1:39:28	19:54	1:17.9
28	Baker	637*	82-99-135-154-167(175)(192)	1:39:38	19:56	1:12.3
29	Friends	790	54-162-163-197-214(222)	1:42:48	20:34	2:52.6
30	Shawnee State	829	93-171-182-187-196(213)(234)	1:42:56	20:36	1:42.0
31	Mount Mercy	838	33-184-198-211-212(220)(233)	1:44:07	20:50	3:00.8
32	WVU Tech	946	156-172-180-207-231(235)	1:46:45	21:21	3:03.0
33	Viterbo	990	173-189-194-216-218(221)(227)	1:46:24	21:17	1:15.2
34	Midway	1098	205-210-226-228-229(230)(237)	1:51:34	22:19	1:44.4
35	Xavier-Louisiana	1157	204-236-238-239-240	2:06:51	25:23	5:17.7

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Race #1 Women's 5K

Final Results

INDIVIDUAL RESULTS (cont'd)

Final Standings	Score	Scoring Order	Total	Avg.	Spread
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*Tiebreakers

Morningside (637)	3 W-L-W-W-L
Baker (637)	2 L-W-L-L-W

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 WILSON, Emma	SO	Huntington	1	17:02.86	5:28.9	3:24.6
2 POPPELL, Sierra	SR	Kentucky Christian	-	17:38.67	5:40.4	3:31.7
3 RICHTMAN, Becca	SR	Montana Tech	-	17:42.02	5:41.5	3:32.4
4 ANDERSON, Ariana	JR	Embry-Riddle Arizo	2	17:42.09	5:41.5	3:32.4
5 PEARSON, Allika	JR	John Brown	-	17:46.54	5:42.9	3:33.3
6 DEWOLF, Avery	JR	Milligan	3	17:53.36	5:45.1	3:34.7
7 WALKER, Ashley	SO	Point University	-	18:01.86	5:47.9	3:36.4
8 NIEUWKOOP, Haley	SO	Cornerstone	4	18:05.15	5:48.9	3:37.0
9 KWAMBAL, Jacinda	FR	Oklahoma City	5	18:07.27	5:49.6	3:37.5
10 SCHRODER, Olivia	SR	Taylor	6	18:09.39	5:50.3	3:37.9
11 WORLEY, Reghan	SO	Carroll (Mont.)	7	18:09.64	5:50.4	3:37.9
12 MOTT, Emma	SR	Bethel (Ind.)	-	18:11.38	5:50.9	3:38.3
13 GALLOWAY, Daly	JR	St. Francis (Ill.)	8	18:12.71	5:51.4	3:38.5
14 VOYLES, Lisa	SO	Cumberlands	9	18:13.07	5:51.5	3:38.6
15 BAKKEN, Katherine	SO	St. Francis (Ill.)	10	18:13.99	5:51.8	3:38.8
16 HARDEN, Sarah	SR	Taylor	11	18:14.42	5:51.9	3:38.9
17 BAFTIRI, Sabrina	JR	St. Francis (Ill.)	12	18:15.14	5:52.1	3:39.0
18 OWEN, Bekah	JR	Milligan	13	18:15.85	5:52.4	3:39.2
19 VRADENBURGH, Kathryn	SO	Dalton State	14	18:16.70	5:52.6	3:39.3
20 EBETINO, Alex	SO	St. Francis (Ind.)	15	18:17.62	5:52.9	3:39.5
21 COBO, Caroline	SO	Benedictine (Kan.)	16	18:18.11	5:53.1	3:39.6
22 MORIN, Erica	SR	Montreat	17	18:18.37	5:53.2	3:39.7
23 THOMPSON, Marissa	SR	Vanguard	-	18:18.64	5:53.3	3:39.7
24 OLIVER, Hannah	FR	Montreat	18	18:19.17	5:53.4	3:39.8
25 WILSON, Meah	JR	Embry-Riddle Arizo	19	18:19.23	5:53.5	3:39.8
26 PIERONI, Michaela	SO	St. Ambrose	-	18:20.38	5:53.8	3:40.1
27 GHIORSO, Arianna	JR	The Masters	20	18:20.46	5:53.8	3:40.1
28 KOIMA, Sharon	SO	Oklahoma City	21	18:20.98	5:54.0	3:40.2
29 ADLER, Hannah	JR	Aquinas	22	18:21.34	5:54.1	3:40.3
30 CORONA, Laisha	JR	St. Francis (Ill.)	23	18:24.12	5:55.0	3:40.8
31 KAMPMAN, Jessica	FR	Dordt	24	18:28.13	5:56.3	3:41.6
32 HUNDLEY, Madden	SO	Westmont	-	18:30.15	5:57.0	3:42.0
33 TINGELSTAD, Ellyse	FR	College of Idaho	25	18:31.35	5:57.3	3:42.3
34 MILLS, Kateri	JR	Madonna	-	18:32.02	5:57.6	3:42.4
35 FORNEY, Morgan	JR	Mount Vernon Naza	-	18:32.69	5:57.8	3:42.5
36 WIDMAN, Faith	JR	Oregon Tech	26	18:33.97	5:58.2	3:42.8
37 LITTLE LIGHT, Sydney	JR	Rocky Mountain	-	18:34.45	5:58.3	3:42.9
38 MAUER, Larissa	JR	College of Idaho	27	18:35.06	5:58.5	3:43.0
39 MOYER, Erin	SR	College of Idaho	28	18:35.19	5:58.6	3:43.0
40 ROHM, Julia	JR	Southeastern U.	29	18:35.80	5:58.8	3:43.2

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Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
41 LONG, Gracie	JR	Corban	-	18:37.03	5:59.2	3:43.4
42 SHIRTS, Abbey	SO	College of Idaho	30	18:38.54	5:59.7	3:43.7
43 ARMENDARIZ, Alyssa	JR	St. Mary (Kan.)	31	18:39.54	6:00.0	3:43.9
44 VANDYK, Jill	SR	Indiana Wesleyan	32	18:41.68	6:00.7	3:44.3
45 HUHNDORF, Kelsi	JR	Mount Mercy	33	18:41.69	6:00.7	3:44.3
46 DWYER, Grace	SR	Calumet-St. Joseph	-	18:41.71	6:00.7	3:44.3
47 ORTIZ, Natasha	SO	St. Mary (Kan.)	34	18:42.13	6:00.8	3:44.4
48 DIMOND, Ellie	FR	William Woods	35	18:43.43	6:01.2	3:44.7
49 MARTIN, Sage	FR	College of Idaho	36	18:43.61	6:01.3	3:44.7
50 JOHNSON, Callie	JR	Lewis-Clark	37	18:44.15	6:01.5	3:44.8
51 COUWENHOVEN, Jenna	SO	Indiana Wesleyan	38	18:45.78	6:02.0	3:45.2
52 CRONK, Mahaley	FR	Montreat	39	18:45.89	6:02.0	3:45.2
53 HASTINGS, Ashlyn	SO	Indiana Wesleyan	40	18:46.02	6:02.1	3:45.2
54 HOMAN, Anika	FR	Dordt	41	18:46.38	6:02.2	3:45.3
55 BANKS, Josephine	FR	Embry-Riddle Arizo	42	18:47.30	6:02.5	3:45.5
56 HIEBNER, Anna	SR	Northwestern (Iowa	-	18:47.36	6:02.5	3:45.5
57 NAJJAR, Shiloh	JR	Multnomah	-	18:48.08	6:02.7	3:45.6
58 PLASTOW, Heather	JR	Grace	-	18:48.99	6:03.0	3:45.8
59 SHOEMAKER, Annika	SO	Cornerstone	43	18:49.03	6:03.0	3:45.8
60 SUMMERS, Ellie	JR	Northwest U.	44	18:49.66	6:03.2	3:45.9
61 MARDIS, Gabrielle	JR	Milligan	45	18:49.82	6:03.3	3:46.0
62 COLDIRON, Catherine	FR	Loyola-New Orlean	-	18:50.82	6:03.6	3:46.2
63 FORD, Riley Jo	FR	Dalton State	46	18:52.58	6:04.2	3:46.5
64 WHITNEY, Maggie	JR	Aquinas	47	18:52.95	6:04.3	3:46.6
65 O'CONNOR, Eireann	SR	Montana Western	-	18:53.24	6:04.4	3:46.6
66 PAGE, Kimberly	SO	The Masters	48	18:53.25	6:04.4	3:46.7
67 NORRIS, Saige	JR	Huntington	49	18:53.36	6:04.4	3:46.7
68 BRANDONISIO, Gabby	SR	Aquinas	50	18:53.52	6:04.5	3:46.7
69 MAGERS, Christina	JR	Indiana Wesleyan	51	18:53.92	6:04.6	3:46.8
70 WINSLOW, Eden	JR	Dordt	52	18:55.16	6:05.0	3:47.0
71 MCHAN, Lauren	SR	Cumberlands	53	18:55.87	6:05.2	3:47.2
72 STEVENS, Mei-Li	SR	Rocky Mountain	-	18:55.88	6:05.2	3:47.2
73 DONLEY, Aubry	SO	Friends	54	18:55.91	6:05.2	3:47.2
74 VARGAS, Sarai	JR	Olivet Nazarene	55	18:56.25	6:05.4	3:47.3
75 POLLARD, Nygia	JR	Cornerstone	56	18:56.93	6:05.6	3:47.4
76 UPTMOR, Chaye	SR	College of Idaho	(57)	18:57.37	6:05.7	3:47.5
77 VELEZ, Gabrielle	SO	Campbellsville	-	18:57.90	6:05.9	3:47.6
78 WILK, Bailey	FR	St. Francis (Ill.)	58	18:59.44	6:06.4	3:47.9
79 VANDERWALL, Ahna	FR	Taylor	59	19:00.19	6:06.6	3:48.0
80 MYSKOWSKI, Margaret	FR	Dordt	60	19:00.34	6:06.7	3:48.1
81 PLAZNIK, Maja	SO	Lewis-Clark	61	19:00.81	6:06.8	3:48.2
82 LAMBERT, Sydney	FR	Huntington	62	19:01.66	6:07.1	3:48.3
83 KOEPKE, Hunter	SR	Northwestern (Iowa	-	19:02.53	6:07.4	3:48.5
84 WOLTJER, Emma	SO	Southeastern U.	63	19:02.71	6:07.4	3:48.5
85 ROLWES, Mary	FR	Benedictine (Kan.)	64	19:02.88	6:07.5	3:48.6
86 DOMENE, Giovanna	JR	Taylor	65	19:03.15	6:07.6	3:48.6

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87 YOCUM, Natalie	SO	Carroll (Mont.)	66	19:04.28	6:07.9	3:48.9
88 JACOBS, Teresha	SR	Wayland Baptist	-	19:04.84	6:08.1	3:49.0
89 KOSGEI, Dorcas	FR	Wayland Baptist	-	19:06.30	6:08.6	3:49.3
90 WALTER-SHERRETTS, Mad	FR	St. Mary (Kan.)	67	19:06.72	6:08.7	3:49.3
91 HEFFERNAN, Elizabeth	FR	Oklahoma City	68	19:07.18	6:08.9	3:49.4
92 CURRIE, Macey	JR	Oklahoma City	69	19:07.35	6:08.9	3:49.5
93 DIETRICH, Delani	SO	Oregon Tech	70	19:08.12	6:09.2	3:49.6
94 SISCO, Lauren	SR	Hannibal-LaGrange	-	19:08.18	6:09.2	3:49.6
95 COZZI, Melanie	SR	Benedictine (Kan.)	71	19:08.30	6:09.2	3:49.7
96 MARTINEZ, Stephanie	JR	Kansas Wesleyan	-	19:08.40	6:09.3	3:49.7
97 PHIPPS, Michaela	SO	Wayland Baptist	-	19:08.61	6:09.3	3:49.7
98 WARD, Taylor	JR	Life	-	19:09.32	6:09.6	3:49.9
99 LAMAR, Hailie	FR	Campbellsville	-	19:09.64	6:09.7	3:49.9
100 BAYER, Emily	JR	Missouri Baptist	-	19:10.47	6:09.9	3:50.1
101 HERBES, Michelle	JR	Eastern Oregon	-	19:10.59	6:10.0	3:50.1
102 HIEBERT, Reagan	FR	St. Mary (Kan.)	72	19:11.63	6:10.3	3:50.3
103 SWEET, Grace	JR	Aquinas	73	19:12.05	6:10.4	3:50.4
104 SMITH, Mara	SO	Indiana Wesleyan	74	19:12.37	6:10.5	3:50.5
105 PERKINS, Keagan	JR	Graceland	-	19:14.03	6:11.1	3:50.8
106 FUNDERMANN, Emalee	JR	Morningside	75	19:15.04	6:11.4	3:51.0
107 BREYTENBACH, Anneline	FR	Westmont	-	19:15.17	6:11.4	3:51.0
108 JOHNSON, Aubrey	SR	Blue Mountain	-	19:15.43	6:11.5	3:51.1
109 GAMBLE, Mollie	FR	Taylor	76	19:15.66	6:11.6	3:51.1
110 MASON, Hannah	JR	Oregon Tech	77	19:15.79	6:11.6	3:51.2
111 SHRIMPLIN, Ashlyn	JR	Indiana Wesleyan	(78)	19:16.81	6:12.0	3:51.4
112 EVANS, Carissa	JR	Embry-Riddle Arizo	79	19:17.27	6:12.1	3:51.5
113 PARKER, Alexis	SO	Embry-Riddle Arizo	80	19:17.64	6:12.2	3:51.5
114 WHITE, Sarah	SR	Benedictine (Kan.)	81	19:17.72	6:12.3	3:51.5
115 CLAYTON, Annabel	SO	Thomas More	-	19:18.46	6:12.5	3:51.7
116 WILHOIT, Mia	SO	Baker	82	19:19.76	6:12.9	3:52.0
117 OLAMIDE, Sarah	SO	Oklahoma City	83	19:20.34	6:13.1	3:52.1
118 CHATELAIN, Tea	JR	Bushnell	-	19:21.22	6:13.4	3:52.2
119 HIATT, Mallory	FR	Grace	-	19:21.40	6:13.4	3:52.3
120 CORREA, Geraldin	FR	Lewis-Clark	84	19:21.81	6:13.6	3:52.4
121 RAMSEY, Allison	FR	St. Francis (Ill.)	(85)	19:22.49	6:13.8	3:52.5
122 TOLKAMP, Brenna	SO	Dordt	86	19:23.00	6:14.0	3:52.6
123 SOUTHERDEN, Sophie	SO	The Masters	87	19:23.10	6:14.0	3:52.6
124 HANBACK, Katelynn	SR	Taylor	(88)	19:23.44	6:14.1	3:52.7
125 PARR, Madison	JR	Vanguard	-	19:23.57	6:14.1	3:52.7
126 ANDERSON, Paige	SO	William Carey	-	19:23.61	6:14.2	3:52.7
127 BROWN, Rylee	JR	Lewis-Clark	89	19:24.21	6:14.3	3:52.8
128 ADAMS, Emily	SR	Lewis-Clark	90	19:24.27	6:14.4	3:52.9
129 GEORGE, Kathleen	SR	Madonna	-	19:25.23	6:14.7	3:53.0
130 O'LEARY, Corinne	JR	Taylor	(91)	19:25.46	6:14.7	3:53.1
131 ALLEN, Gracie	FR	Milligan	92	19:25.80	6:14.9	3:53.2
132 BROWN, Jozi	JR	Shawnee State	93	19:26.32	6:15.0	3:53.3

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133 CAMPBELL, Savannah	SO	Truett-McConnell	-	19:28.00	6:15.6	3:53.6
134 WELCH, Sarah	JR	Bryan	-	19:28.10	6:15.6	3:53.6
135 ANDERSON, Jada	SO	Dakota State	-	19:28.98	6:15.9	3:53.8
136 SINIARD, Lillie	SO	Montreat	94	19:29.29	6:16.0	3:53.9
137 GARCIA, Xochitl	FR	Siena Heights	-	19:30.24	6:16.3	3:54.0
138 NALE, Harley	SR	William Woods	95	19:30.65	6:16.4	3:54.1
139 MCMANUS, Emily	JR	Aquinas	96	19:30.96	6:16.5	3:54.2
140 MORGAN, McKenzie	SO	Oregon Tech	97	19:31.15	6:16.6	3:54.2
141 O'DONNELL, Jada	SO	Columbia (Mo.)	98	19:31.83	6:16.8	3:54.4
142 CHAMBERS, Emily	JR	Baker	99	19:32.55	6:17.0	3:54.5
143 O'NEILL, Hailley	SR	St. Francis (Ind.)	100	19:32.75	6:17.1	3:54.6
144 ENGELBRECHT, Alicia	JR	William Woods	101	19:33.44	6:17.3	3:54.7
145 MACHADO, Ely	SR	Carroll (Mont.)	102	19:33.60	6:17.4	3:54.7
146 MURPHY, Christina	SR	Madonna	-	19:33.88	6:17.5	3:54.8
147 SENIOR, Conangela	SR	Tabor	-	19:34.58	6:17.7	3:54.9
148 MCMANUS, Megan	SO	College of Idaho	(103)	19:34.71	6:17.7	3:54.9
149 GOEDDE, Sam	JR	Northwest U.	104	19:35.50	6:18.0	3:55.1
150 HIEBERT, Riley	FR	St. Mary (Kan.)	105	19:35.78	6:18.1	3:55.2
151 BURNS, Ali	SO	Milligan	106	19:36.06	6:18.2	3:55.2
152 CHRISTIANSEN, Jacia	SR	Dakota State	-	19:37.01	6:18.5	3:55.4
153 GRADY, Megan	SR	St. Ambrose	-	19:37.20	6:18.5	3:55.4
154 WARREN, Taylor	SO	Cumberlands	107	19:37.98	6:18.8	3:55.6
155 PIERSON, Kendyl	SR	Carroll (Mont.)	108	19:38.00	6:18.8	3:55.6
156 SWEDIN, Anna	SO	Northwest U.	109	19:39.38	6:19.2	3:55.9
157 VON GUNTEN, Olivia	JR	Huntington	110	19:40.17	6:19.5	3:56.0
158 JOHNSON, Meredith	JR	Lindsey Wilson	-	19:40.41	6:19.6	3:56.1
159 HARTMAN, Kaylea	SO	Northwest U.	111	19:40.99	6:19.7	3:56.2
160 GASS, Alex	JR	Dalton State	112	19:41.28	6:19.8	3:56.3
161 JAKCSY, Alyssa	JR	Missouri Baptist	-	19:42.21	6:20.1	3:56.4
162 CHOJNACKI, Jessica	FR	Huntington	113	19:42.59	6:20.3	3:56.5
163 NOOTBAAR, Autumn	JR	The Masters	114	19:42.68	6:20.3	3:56.5
164 GEESAMAN, Maria	JR	York (Neb.)	-	19:43.18	6:20.4	3:56.6
165 GOUGH, Megan	JR	Aquinas	(115)	19:43.19	6:20.4	3:56.6
166 VRADENBURGH, Kay	SR	Dalton State	116	19:43.20	6:20.5	3:56.6
167 CROSSETT, Sam	SR	Hastings	-	19:43.25	6:20.5	3:56.7
168 GERKEN, Madison	FR	Hastings	-	19:43.98	6:20.7	3:56.8
169 HALL, Leah	SO	St. Francis (Ind.)	117	19:44.37	6:20.8	3:56.9
170 GALLET, Mallory	SO	St. Mary (Kan.)	(118)	19:45.05	6:21.0	3:57.0
171 GORTON, Abigail	FR	Lewis-Clark	(119)	19:45.13	6:21.1	3:57.0
172 SCHICKEL, Jacey	JR	Olivet Nazarene	120	19:45.45	6:21.2	3:57.1
173 MCKIBBEN, Jo	SO	Morningside	121	19:45.65	6:21.2	3:57.1
174 VAN RYN, April	SR	Trinity Christian	-	19:46.25	6:21.4	3:57.3
175 MCKEAN, Alice	SO	Embry-Riddle Arizo	(122)	19:46.72	6:21.6	3:57.3
176 HALLER, Brianna	JR	Columbia (Mo.)	123	19:47.18	6:21.7	3:57.4
177 SMITH, Mia	SO	Oregon Tech	124	19:47.53	6:21.8	3:57.5
178 DOMINY, Caitlin	SO	Milligan	(125)	19:47.74	6:21.9	3:57.5

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**Race #1
Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
179 CAMPBELL, Emma	JR	St. Mary (Kan.)	(126)	19:48.10	6:22.0	3:57.6
180 WIDDER, Taylor	JR	Olivet Nazarene	127	19:48.73	6:22.2	3:57.7
181 SHELL, Brooklyn	SO	Lewis-Clark	(128)	19:49.10	6:22.3	3:57.8
182 HEFFERNAM, Kaitlyn	SO	Oklahoma City	(129)	19:49.13	6:22.4	3:57.8
183 SPRY, Lauren	FR	Milligan	(130)	19:49.89	6:22.6	3:58.0
184 ANEMA, Taylor	FR	Dordt	(131)	19:50.06	6:22.7	3:58.0
185 TRIER, Carmen	SO	Huntington	(132)	19:51.64	6:23.2	3:58.3
186 SEHLMAYER, Mikayla	SR	Columbia (Mo.)	133	19:52.04	6:23.3	3:58.4
187 GOETZ, Mary	SR	Ave Maria	-	19:52.81	6:23.5	3:58.6
188 HONOMICHL, Kristine	FR	Morningside	134	19:53.84	6:23.9	3:58.8
189 ALLEN, Brooke	FR	Baker	135	19:55.01	6:24.2	3:59.0
190 HOMFELDT, Emma	SO	Columbia (Mo.)	136	19:55.97	6:24.6	3:59.2
191 MCLAUGHLIN, Emma	SO	Southeastern U.	137	19:56.66	6:24.8	3:59.3
192 LATOCHA, Jaclyn	JR	Olivet Nazarene	138	19:58.82	6:25.5	3:59.8
193 BOER, Payton	SR	Morningside	139	19:59.67	6:25.7	3:59.9
194 GERARDI, Grace	JR	Northwest U.	140	19:59.72	6:25.8	3:59.9
195 YSAIS, Elizette	FR	UC Merced	-	20:00.41	6:26.0	4:00.1
196 OLIVETO, Isabel	JR	Southeastern U.	141	20:00.62	6:26.1	4:00.1
197 LAWSON, Morgan	JR	Grand View	-	20:01.86	6:26.5	4:00.4
198 LEAMY, Kela	SO	Oregon Tech	(142)	20:02.70	6:26.7	4:00.5
199 DUNCAN, Emma	JR	St. Ambrose	-	20:03.46	6:27.0	4:00.7
200 BERDAHL, Hannah	JR	St. Francis (Ill.)	(143)	20:04.21	6:27.2	4:00.8
201 PEREZ, Piper	FR	Dickinson St.	-	20:04.60	6:27.3	4:00.9
202 DEINES, Tabetha	SO	Kansas Wesleyan	-	20:05.39	6:27.6	4:01.1
203 BRINKMANN, Grace	SO	Columbia (Mo.)	144	20:06.31	6:27.9	4:01.3
204 WHEELER, Andi	JR	William Carey	-	20:06.36	6:27.9	4:01.3
205 ALBUS, Sierra	SR	Cornerstone	145	20:06.40	6:27.9	4:01.3
206 SMITH, Kaitlyn	SO	Indiana Wesleyan	(146)	20:06.47	6:27.9	4:01.3
207 SLACK, Catherine	FR	Montreat	147	20:06.99	6:28.1	4:01.4
208 GILMORE, Abigail	SR	Olivet Nazarene	148	20:08.52	6:28.6	4:01.7
209 MILAM, Brooke	SO	The Masters	149	20:09.01	6:28.7	4:01.8
210 GERLING, Faith	JR	William Woods	150	20:11.10	6:29.4	4:02.2
211 ROBERTS, Kate	SO	Dalton State	151	20:11.72	6:29.6	4:02.3
212 JOHNSON, Makenzie	JR	Southeastern U.	152	20:11.98	6:29.7	4:02.4
213 SIMON, Lizzie	SO	Embry-Riddle Arizo	(153)	20:13.11	6:30.1	4:02.6
214 HAMILTON, Bethany	JR	Asbury University	-	20:14.71	6:30.6	4:02.9
215 GUSTAFSSON, Gabby	JR	UC Merced	-	20:15.70	6:30.9	4:03.1
216 STEWART, Grace	SO	Graceland	-	20:17.28	6:31.4	4:03.5
217 HAWMAN, Jordan	SO	Baker	154	20:18.38	6:31.8	4:03.7
218 PALMGREN, Ellen	FR	The Masters	(155)	20:19.41	6:32.1	4:03.9
219 RONNEBAUM, Claire	JR	Clarke	-	20:19.87	6:32.2	4:04.0
220 CAMINO, Carmen	SO	WVU Tech	156	20:20.04	6:32.3	4:04.0
221 CLARK, Kendal	SR	Webber	-	20:20.21	6:32.4	4:04.0
222 VANDERVEEN, Victoria	FR	Cornerstone	157	20:21.15	6:32.7	4:04.2
223 HOPKINS, Jade	FR	Oregon Tech	(158)	20:22.09	6:33.0	4:04.4
224 PINKERTON, Veronica	FR	Hastings	-	20:22.77	6:33.2	4:04.6

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**Race #1
Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. km
225 MENGHINI, Lily	FR	Benedictine (Kan.)	159	20:24.23	6:33.6	4:04.8
226 GIBSON, Allison	SR	Park U.	-	20:24.69	6:33.8	4:04.9
227 WILBER, Clare	FR	Lyon	-	20:24.86	6:33.8	4:05.0
228 FORGEY, Kinsey	JR	Cumberlands	160	20:25.74	6:34.1	4:05.1
229 LASHLEY, Alexa	FR	USC-Beaufort	-	20:26.12	6:34.3	4:05.2
230 BAUM, Kristina	FR	St. Francis (Ind.)	161	20:26.31	6:34.3	4:05.3
231 ESTRADA, Carissa	FR	UC Merced	-	20:26.60	6:34.4	4:05.3
232 GARRISON, Grace	JR	Friends	162	20:26.71	6:34.4	4:05.3
233 WILLOUR, Emma	FR	Friends	163	20:27.07	6:34.6	4:05.4
234 LENZ, Brittany	JR	Ohio Christian	-	20:27.59	6:34.7	4:05.5
235 MARSHALL, Rosalea	JR	Montreat	(164)	20:28.86	6:35.1	4:05.8
236 MALLORY, Jenna	SO	Montreat	(165)	20:30.60	6:35.7	4:06.1
237 STRATTON, Brenna	JR	Cornerstone	(166)	20:30.91	6:35.8	4:06.2
238 KOPALA, Gracie	SO	Baker	167	20:31.97	6:36.1	4:06.4
239 MOORE, Macie	JR	Morningside	168	20:32.90	6:36.4	4:06.6
240 GUERRA, Isabella	SO	Benedictine (Kan.)	(169)	20:34.74	6:37.0	4:06.9
241 HILDEBRANDT, Mariah	SO	The Masters	(170)	20:34.94	6:37.1	4:07.0
242 PANNELL, Mckenna	SO	Shawnee State	171	20:35.68	6:37.3	4:07.1
243 HOLLIFIELD, Makayla	SO	Columbia (S.C.)	-	20:36.99	6:37.7	4:07.4
244 BOYD, Kaeley	SR	WVU Tech	172	20:37.23	6:37.8	4:07.4
245 THOMAS, Vanessa	FR	Viterbo	173	20:38.56	6:38.3	4:07.7
246 HENAGE, Hannah	FR	Cumberlands	174	20:39.83	6:38.7	4:08.0
247 COUNTS, Zoie	SO	Baker	(175)	20:40.75	6:39.0	4:08.2
248 MATTOX, Kayla	FR	Dalton State	(176)	20:42.59	6:39.5	4:08.5
249 LEVINSON, Finleigh	FR	Carroll (Mont.)	177	20:45.11	6:40.4	4:09.0
250 JOLLEY, Cailen	SO	Oklahoma City	(178)	20:45.48	6:40.5	4:09.1
251 RONDEAU, Kaylee	FR	Cornerstone	(179)	20:46.39	6:40.8	4:09.3
252 SANDUSKY, Kara	JR	WVU Tech	180	20:47.16	6:41.0	4:09.4
253 TAYLOR, Whitney	SR	Aquinas	(181)	20:48.84	6:41.6	4:09.8
254 WELLMAN, Valerie	SO	Trinity Christian	-	20:49.08	6:41.6	4:09.8
255 HALL, Deanna	SO	Shawnee State	182	20:49.34	6:41.7	4:09.9
256 POSTMA, Mary Kate	JR	Dordt	(183)	20:49.92	6:41.9	4:10.0
257 ERTZ, Jessica	JR	Mount Mercy	184	20:50.69	6:42.2	4:10.1
258 BARKEMA, Rachel	JR	Morningside	(185)	20:51.79	6:42.5	4:10.4
259 DAWSON, Isabella	SR	Bryan	-	20:51.90	6:42.5	4:10.4
260 MORAN, Ariana	JR	St. Francis (Ind.)	186	20:52.27	6:42.7	4:10.5
261 WAKELAND, Allison	JR	St. Louis Pharmacy	-	20:53.90	6:43.2	4:10.8
262 DINGUS, Alyssa	FR	Shawnee State	187	20:56.22	6:43.9	4:11.2
263 MCKAY, Katelyn	SO	Carroll (Mont.)	(188)	20:56.39	6:44.0	4:11.3
264 MCDONOUGH, Brenna	SO	Viterbo	189	20:57.91	6:44.5	4:11.6
265 CHAMPLIN, Elise	FR	Olivet Nazarene	(190)	20:58.13	6:44.5	4:11.6
266 SCHWARTZ, Haleigh	JR	Northwest U.	(191)	20:58.26	6:44.6	4:11.7
267 SMITH, Jordan	SO	Baker	(192)	21:00.89	6:45.4	4:12.2
268 SMITH, Clare	SR	Benedictine (Kan.)	(193)	21:01.81	6:45.7	4:12.4
269 LEINFELDER, Sophie	SO	Viterbo	194	21:03.60	6:46.3	4:12.7
270 DODSON, Ireland	FR	Huntington	(195)	21:05.69	6:47.0	4:13.1

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Women's 5K****Final Results****INDIVIDUAL RESULTS (cont'd)**

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271 MESSER, Olivia	SO	Shawnee State	196	21:08.25	6:47.8	4:13.7
272 MENDOZA, Estrella	JR	Friends	197	21:08.94	6:48.0	4:13.8
273 COBIEYA, Ruth	JR	Mount Mercy	198	21:09.40	6:48.2	4:13.9
274 SECHRIST, Abby	FR	Tabor	-	21:10.42	6:48.5	4:14.1
275 ARRUDA, Julia	FR	Indiana East	-	21:11.02	6:48.7	4:14.2
276 LOPEZ, Alexandra	FR	UC Merced	-	21:12.21	6:49.1	4:14.4
277 CUNNINGHAM, Ali	FR	Dickinson St.	-	21:12.27	6:49.1	4:14.5
278 PECK, Kelsey	SO	St. Francis (Ind.)	(199)	21:17.63	6:50.8	4:15.5
279 GONZALEZ, Fabiola	FR	Jarvis Christian	-	21:18.93	6:51.2	4:15.8
280 PUTNAM, Kimi	SR	William Woods	200	21:19.67	6:51.5	4:15.9
281 GROVER, Mary	FR	William Woods	(201)	21:20.91	6:51.9	4:16.2
282 WELLS, Madelyn	SR	Mobile	-	21:22.33	6:52.3	4:16.5
283 MACEDO, Kathy	SO	Southeastern U.	(202)	21:22.62	6:52.4	4:16.5
284 COOK, Kali	FR	Carroll (Mont.)	(203)	21:23.47	6:52.7	4:16.7
285 JENKINS, Jalyn	FR	Xavier-Louisiana	204	21:28.87	6:54.4	4:17.8
286 TAYLOR, Sadie	JR	Midway	205	21:29.06	6:54.5	4:17.8
287 BODEN, Elyse	FR	Bethany (Kan.)	-	21:29.61	6:54.7	4:17.9
288 LITIENTHAL, Madison	FR	Southeastern U.	(206)	21:33.11	6:55.8	4:18.6
289 TRUMPOWER, Carolina	FR	Asbury University	-	21:34.46	6:56.2	4:18.9
290 O'DELL, Michaela	SO	WVU Tech	207	21:36.75	6:57.0	4:19.4
291 DAHLQUIST, Naomi	JR	Olivet Nazarene	(208)	21:38.19	6:57.4	4:19.6
292 DHAENENS, Quinn	SR	Northwest U.	(209)	21:38.87	6:57.6	4:19.8
293 ISAACS, Josette	SR	Midway	210	21:40.56	6:58.2	4:20.1
294 GAULRAPP, Lilian	FR	Mount Mercy	211	21:41.84	6:58.6	4:20.4
295 REITTINGER, Carli	FR	Mount Mercy	212	21:42.42	6:58.8	4:20.5
296 MEDDOCK, Mikella	FR	Shawnee State	(213)	21:44.47	6:59.4	4:20.9
297 ALLEN, Kayla	SR	Friends	214	21:48.51	7:00.7	4:21.7
298 BEEL, Tenna	JR	Morningside	(215)	21:48.88	7:00.9	4:21.8
299 NYGREN, Ellie	FR	Viterbo	216	21:49.73	7:01.1	4:21.9
300 TILLERY, Haley	SO	Dalton State	(217)	21:51.15	7:01.6	4:22.2
301 HERZOG, Lauren	JR	Viterbo	218	21:53.67	7:02.4	4:22.7
302 HUEBOTTER, Daylin	JR	Columbia (Mo.)	(219)	21:56.81	7:03.4	4:23.4
303 WOODS, Sydney	SO	Mount Mercy	(220)	21:57.67	7:03.7	4:23.5
304 ADAM, Madelyn	SO	Viterbo	(221)	22:00.36	7:04.6	4:24.1
305 JENSEN, Jolene	JR	Friends	(222)	22:08.21	7:07.1	4:25.6
306 QUIMBY, Kayla	FR	St. Francis (Ind.)	(223)	22:11.47	7:08.1	4:26.3
307 LUEBBERT, Elizabeth	JR	William Woods	(224)	22:12.50	7:08.5	4:26.5
308 CONNELLY, Samantha	JR	Cumberlands	(225)	22:18.64	7:10.4	4:27.7
309 VARGAS, Selena	FR	Midway	226	22:27.62	7:13.3	4:29.5
310 SNYDER, Mya	JR	Viterbo	(227)	22:31.34	7:14.5	4:30.3
311 RICHARDS, Chanaiya	SR	Keiser	-	22:41.55	7:17.8	4:32.3
312 CHANDLER, Emily	JR	Midway	228	22:42.96	7:18.3	4:32.6
313 HELM, Aliyah	FR	Midway	229	23:13.37	7:28.0	4:38.7
314 SEGARS, Madeline	JR	Midway	(230)	23:20.83	7:30.4	4:40.2
315 PRIDE, Hannah	JR	WVU Tech	231	23:23.00	7:31.1	4:40.6
316 TODD, Tara	JR	Cumberlands	(232)	23:28.13	7:32.8	4:41.6

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317 HILL, Abby	FR	Mount Mercy	(233)	23:55.64	7:41.6	4:47.1
318 GOMEZ, Graciela	SO	Philander Smith	-	24:02.27	7:43.8	4:48.5
319 VAN LIEU, Gina	SO	Shawnee State	(234)	24:15.07	7:47.9	4:51.0
320 KUCHMAK, Alisa	JR	WVU Tech	(235)	24:19.84	7:49.4	4:52.0
321 BLACK, Ishmia	FR	Philander Smith	-	24:53.44	8:00.2	4:58.7
322 WILLIAMS, Alexis	SO	Xavier-Louisiana	236	25:13.62	8:06.7	5:02.7
323 SEWALL, Madison	FR	Midway	(237)	26:04.75	8:23.1	5:13.0
324 HORTON, Darryan	SO	Xavier-Louisiana	238	26:35.63	8:33.1	5:19.1
325 YOUNG, Hannah	JR	Xavier-Louisiana	239	26:46.20	8:36.5	5:21.2
326 COLLINS, Regean	FR	Xavier-Louisiana	240	26:46.55	8:36.6	5:21.3