

MIAC CHAMPIONSHIPS

St. Paul, MN
 Como Park Golf Course
 October 29, 2016

MEET OFFICIALS

Meet Director:
 Vanessa Seljeskog
Meet Referee:
 Dick Daymont
Timing:
 Wayzata Results, Inc.



OFFICIAL MEET REPORT
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Race #1
WOMEN • 6 Kilometers (3.73 Miles)

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Thomas (Minn.)	50	3-7-8-12-20(25)(29)	1:56:53	23:23	1:03.3
2 Carleton	67	5-6-11-21-24(28)(32)	1:57:52	23:35	0:53.2
3 St. Olaf	69	4-9-16-18-22(27)(31)	1:57:58	23:36	1:03.2
4 St. Benedict	128	10-13-14-40-51(52)(61)	2:00:12	24:03	1:31.5
5 Macalester	150	2-30-35-41-42(45)(46)	2:00:48	24:10	2:00.3
6 St. Catherine	191	15-17-26-66-67(73)(76)	2:02:39	24:32	1:44.6
7 Concordia-Moorhead	206	23-37-47-49-50(75)(78)	2:03:25	24:41	0:59.3
8 Hamline	223	33-36-43-54-57(70)(74)	2:04:01	24:49	0:51.3
9 Bethel (Minn.)	226	34-38-39-56-59(68)(71)	2:04:16	24:52	0:55.8
10 Augsburg	238	1-48-58-62-69(83)(84)	2:03:52	24:47	3:07.4
11 Gustavus Adolphus	259	19-53-60-63-64(65)(72)	2:05:12	25:03	1:35.8
12 Saint Mary's (Minn.)	335	44-55-77-79-80(81)(82)	2:10:50	26:10	2:40.4

INDIVIDUAL RESULTS

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
1 Taybri Irving	SR	Augsburg (1)	1	22:32.5	---	6:02.6	3:45.4
2 Kimber Meyer	SR	Macalester (1)	2	22:41.5	0:09.5	6:05.0	3:46.9
3 Alex Fossum	JR	St. Thomas (Minn.)	3	22:48.4	0:16.4	6:06.8	3:48.1
4 Mary Naas	SO	St. Olaf (1)	4	22:54.4	0:22.4	6:08.5	3:49.1
5 Emily Kaegi	JR	Carleton (1)	5	23:08.7	0:36.7	6:12.3	3:51.4
6 Samantha Schnirring	SO	Carleton (2)	6	23:14.3	0:42.3	6:13.8	3:52.4
7 Kayla Janto	SR	St. Thomas (Minn.)	7	23:19.2	0:47.2	6:15.1	3:53.2
8 Bridget McGivern	SR	St. Thomas (Minn.)	8	23:21.0	0:49.0	6:15.6	3:53.5
9 Jamie Hoornaert	SR	St. Olaf (2)	9	23:27.7	0:55.8	6:17.4	3:54.6
10 Allison Kosobud	SR	St. Benedict (1)	10	23:28.1	0:56.1	6:17.5	3:54.7
11 Claire Trujillo	SR	Carleton (3)	11	23:30.0	0:58.0	6:18.0	3:55.0
12 Jenny Walz	JR	St. Thomas (Minn.)	12	23:32.0	1:00.0	6:18.5	3:55.3
13 Taylor Loth	FR	St. Benedict (2)	13	23:32.8	1:00.8	6:18.8	3:55.5
14 Emma Weber	SR	St. Benedict (3)	14	23:33.1	1:01.1	6:18.8	3:55.5
15 Rachel Hall	SR	St. Catherine (1)	15	23:45.2	1:13.2	6:22.1	3:57.5
16 Bryony Hawgood	FR	St. Olaf (3)	16	23:47.3	1:15.3	6:22.6	3:57.9
17 Leighlin Ahlstrom	FR	St. Catherine (2)	17	23:47.9	1:15.9	6:22.8	3:58.0
18 Meredith Moore	FR	St. Olaf (4)	18	23:50.6	1:18.6	6:23.5	3:58.4
19 Sadie Novak-Klug	JR	Gustavus Adolphus	19	23:51.3	1:19.3	6:23.7	3:58.5
20 Sara Ness	FR	St. Thomas (Minn.)	20	23:51.7	1:19.7	6:23.8	3:58.6
21 Laura Nakasaka	SR	Carleton (4)	21	23:56.3	1:24.3	6:25.1	3:59.4
22 Jordan Lutz	JR	St. Olaf (5)	22	23:57.5	1:25.5	6:25.4	3:59.6
23 Brianna Gruenberg	SO	Concordia-Moorhead	23	24:00.3	1:28.3	6:26.1	4:00.0
24 Marietta Geist	FR	Carleton (5)	24	24:01.9	1:29.9	6:26.6	4:00.3
25 Grace Loeslie	FR	St. Thomas (Minn.)	(25)	24:02.7	1:30.7	6:26.8	4:00.4
26 Courtney Kirkeide	SR	St. Catherine (3)	26	24:07.3	1:35.3	6:28.0	4:01.2
27 Lisa Fisher	FR	St. Olaf (6)	(27)	24:08.4	1:36.4	6:28.3	4:01.4
28 Nicole Nipper	SR	Carleton (6)	(28)	24:10.4	1:38.4	6:28.8	4:01.7
29 Ali Glassbrenner	JR	St. Thomas (Minn.)	(29)	24:12.9	1:40.9	6:29.5	4:02.1

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**Race #1
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Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	
30	Katie Breuckman	FR	St. Thomas (Minn.)	-	24:14.5	1:42.5	6:29.9	4:02.4
31	Melissa Marsh	JR	St. Thomas (Minn.)	-	24:15.4	1:43.4	6:30.2	4:02.6
32	Sarah Jo DeVore	SR	Macalester (2)	30	24:18.3	1:46.3	6:31.0	4:03.0
33	Jessica Bentley	JR	St. Olaf (7)	(31)	24:20.5	1:48.5	6:31.5	4:03.4
34	Megan Gossfeld	JR	St. Thomas (Minn.)	-	24:21.5	1:49.5	6:31.8	4:03.6
35	Helen Schuda	FR	Carleton (7)	(32)	24:23.1	1:51.1	6:32.2	4:03.8
36	Madeline Dopp	SO	Hamline (1)	33	24:25.4	1:53.4	6:32.9	4:04.2
37	Madeline Cramer	SO	Bethel (Minn.) (1)	34	24:26.4	1:54.4	6:33.1	4:04.4
38	Eliza Ramsey	SR	Macalester (3)	35	24:26.8	1:54.9	6:33.2	4:04.5
39	Meg Griffin	SO	Hamline (2)	36	24:29.1	1:57.1	6:33.8	4:04.8
40	Kaya Baker	SR	Concordia-Moorhea	37	24:32.7	2:00.7	6:34.8	4:05.4
41	Abigail Burr	FR	Bethel (Minn.) (2)	38	24:34.4	2:02.4	6:35.3	4:05.7
42	Sarah Nazarino	SO	Carleton	-	24:34.6	2:02.6	6:35.3	4:05.8
43	Jena Moody	SO	St. Olaf	-	24:35.6	2:03.6	6:35.6	4:05.9
44	Bridget Schmitt	SO	St. Thomas (Minn.)	-	24:36.0	2:04.0	6:35.7	4:06.0
45	Callie Chase	FR	Bethel (Minn.) (3)	39	24:36.9	2:04.9	6:35.9	4:06.1
46	Abigail Borgmeier	SO	St. Benedict (4)	40	24:38.2	2:06.2	6:36.3	4:06.4
47	Megan Davitt	SR	Macalester (4)	41	24:39.5	2:07.5	6:36.6	4:06.6
48	Josefine Brekke	SR	St. Olaf	-	24:40.1	2:08.2	6:36.8	4:06.7
49	Molly Clarke	FR	St. Thomas (Minn.)	-	24:40.5	2:08.5	6:36.9	4:06.7
50	Mary Eide	SR	St. Olaf	-	24:40.5	2:08.5	6:36.9	4:06.7
51	Lorna Sherwood-Caballero	JR	Macalester (5)	42	24:41.8	2:09.8	6:37.3	4:07.0
52	Holly Hankins	SO	Hamline (3)	43	24:43.9	2:11.9	6:37.8	4:07.3
53	Rebecca Walton	SO	St. Olaf	-	24:44.8	2:12.8	6:38.1	4:07.5
54	Danielle Franke	FR	Saint Mary's (Minn.)	44	24:45.7	2:13.7	6:38.3	4:07.6
55	Megan Rossman	FR	St. Olaf	-	24:46.7	2:14.7	6:38.6	4:07.8
56	Lea Davidson	JR	Macalester (6)	(45)	24:48.8	2:16.8	6:39.1	4:08.1
57	Gretchen Greene	SR	Macalester (7)	(46)	24:52.0	2:20.0	6:40.0	4:08.7
58	Kara Andersen	FR	Concordia-Moorhea	47	24:52.6	2:20.6	6:40.1	4:08.8
59	Erin McIntosh	SR	St. Olaf	-	24:52.8	2:20.8	6:40.2	4:08.8
60	Allison Trezona	SR	St. Olaf	-	24:54.7	2:22.7	6:40.7	4:09.1
61	Abigail Walker	SO	Carleton	-	24:56.2	2:24.2	6:41.1	4:09.4
62	Rachel Frantz	JR	Augsburg (2)	48	24:57.9	2:25.9	6:41.6	4:09.6
63	Pombie Silverman	SR	Carleton	-	24:58.6	2:26.6	6:41.8	4:09.8
64	Sarah Curran	JR	Concordia-Moorhea	49	24:59.3	2:27.3	6:41.9	4:09.9
65	Maria West	SO	Concordia-Moorhea	50	24:59.5	2:27.5	6:42.0	4:09.9
66	Elise Reid	SR	St. Benedict (5)	51	24:59.6	2:27.6	6:42.0	4:09.9
67	Mattia Hendrickson	SR	St. Benedict (6)	(52)	25:02.5	2:30.5	6:42.8	4:10.4
68	Ali Marks	SR	Macalester	-	25:04.2	2:32.2	6:43.3	4:10.7
69	Stephanie Welke	SR	Gustavus Adolphus	53	25:04.7	2:32.7	6:43.4	4:10.8
70	Kathleen Miles	SO	Hamline (4)	54	25:06.1	2:34.1	6:43.8	4:11.0
71	Erica Thiel	SO	Saint Mary's (Minn.)	55	25:07.2	2:35.2	6:44.1	4:11.2
72	Elena Smith	SO	Macalester	-	25:09.2	2:37.2	6:44.6	4:11.5
73	Lindsey Chavez	JR	Carleton	-	25:11.9	2:39.9	6:45.3	4:12.0
74	Serena Bernthal-Jones	SR	Carleton	-	25:13.2	2:41.2	6:45.7	4:12.2
75	Emmy Inwards	JR	Bethel (Minn.) (4)	56	25:15.3	2:43.3	6:46.2	4:12.5

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM
76	Mariah Gallagher	JR Hamline (5)	57	25:16.7	2:44.7	6:46.6	4:12.8
77	Malena Larsen	FR Augsburg (3)	58	25:16.9	2:45.0	6:46.7	4:12.8
78	Choyang Yangkyi	SR St. Olaf	-	25:20.4	2:48.4	6:47.6	4:13.4
79	Amy Pelz	SO Macalester	-	25:21.5	2:49.5	6:47.9	4:13.6
80	Lydia Herath	SO Bethel (Minn.) (5)	59	25:22.2	2:50.2	6:48.1	4:13.7
81	Lotus Schifsky	SO Gustavus Adolphus	60	25:22.7	2:50.8	6:48.2	4:13.8
82	Allison McGraw	SO St. Benedict (7)	(61)	25:23.9	2:52.0	6:48.6	4:14.0
83	Blair Stewig	JR Augsburg (4)	62	25:24.6	2:52.6	6:48.7	4:14.1
84	Gabriela Passmore	FR Gustavus Adolphus	63	25:25.7	2:53.8	6:49.0	4:14.3
85	Lydia Simpson	FR Macalester	-	25:26.3	2:54.3	6:49.2	4:14.4
86	Sarah Anderson	FR Gustavus Adolphus	64	25:27.1	2:55.1	6:49.4	4:14.5
87	Emily Sands	SR Gustavus Adolphus	(65)	25:27.6	2:55.6	6:49.5	4:14.6
88	Shannon Strickland	SR St. Catherine (4)	66	25:28.3	2:56.3	6:49.7	4:14.7
89	Joy Claypoole	SR St. Olaf	-	25:28.7	2:56.7	6:49.8	4:14.8
90	Alia Benedict	SO Macalester	-	25:29.6	2:57.6	6:50.1	4:14.9
91	Bryana Waage	SO St. Catherine (5)	67	25:29.8	2:57.8	6:50.1	4:15.0
92	Susan Hoops	SR St. Olaf	-	25:30.0	2:58.0	6:50.2	4:15.0
93	Laura Gould	JR Macalester	-	25:30.3	2:58.3	6:50.3	4:15.0
94	Shannon Dolan	JR St. Thomas (Minn.)	-	25:31.2	2:59.2	6:50.5	4:15.2
95	Becky Honnold	SR Macalester	-	25:33.5	3:01.5	6:51.1	4:15.6
96	Lizzy Lynn	SO Carleton	-	25:34.7	3:02.7	6:51.4	4:15.8
97	Annie Utzschneider	SO Carleton	-	25:37.2	3:05.2	6:52.1	4:16.2
98	Lindsay Johnson	JR Bethel (Minn.) (6)	(68)	25:38.3	3:06.3	6:52.4	4:16.4
99	Julia Giefer	SO St. Thomas (Minn.)	-	25:38.8	3:06.8	6:52.5	4:16.5
100	Lily Rogers-Grant	SR Macalester	-	25:39.1	3:07.1	6:52.6	4:16.5
101	Emma Blom	SR Augsburg (5)	69	25:39.9	3:07.9	6:52.8	4:16.6
102	Alyssa Nash	JR Hamline (6)	(70)	25:43.6	3:11.6	6:53.8	4:17.3
103	Cristy Carretero	FR Carleton	-	25:43.8	3:11.8	6:53.9	4:17.3
104	Bailey Meyer	SO Bethel (Minn.) (7)	(71)	25:44.2	3:12.2	6:54.0	4:17.4
105	Elena Torry-Schrag	SR Macalester	-	25:44.4	3:12.4	6:54.0	4:17.4
106	Rachel Nelson	SO St. Benedict	-	25:44.7	3:12.7	6:54.1	4:17.5
107	Carly Barton	SR St. Thomas (Minn.)	-	25:44.9	3:12.9	6:54.2	4:17.5
108	Rose Doda	SO St. Olaf	-	25:45.3	3:13.3	6:54.3	4:17.5
109	Olivia Rosenow	JR Gustavus Adolphus	(72)	25:46.7	3:14.7	6:54.6	4:17.8
110	Jackie Brine-Doyle	SO St. Catherine (6)	(73)	25:50.6	3:18.6	6:55.7	4:18.4
111	Sarissa Falk	SR Hamline (7)	(74)	25:51.5	3:19.5	6:55.9	4:18.6
112	Lydia Hayes	JR Gustavus Adolphus	-	25:56.1	3:24.1	6:57.2	4:19.3
113	Alli Ruprecht	FR St. Benedict	-	25:57.8	3:25.9	6:57.6	4:19.6
114	Kazia Mermel	SR Carleton	-	25:57.9	3:25.9	6:57.7	4:19.6
115	Jenny Launder	FR St. Thomas (Minn.)	-	25:59.2	3:27.2	6:58.0	4:19.9
116	Haley Anderson	FR Gustavus Adolphus	-	26:00.3	3:28.3	6:58.3	4:20.0
117	Kyla Porter	SO St. Benedict	-	26:03.5	3:31.5	6:59.1	4:20.6
118	Anyta Ptacek	FR Macalester	-	26:03.8	3:31.8	6:59.2	4:20.6
119	Emma Maxtutis	FR Macalester	-	26:04.6	3:32.7	6:59.5	4:20.8
120	Anna Wall	JR St. Olaf	-	26:06.2	3:34.2	6:59.9	4:21.0
121	Caitie Ryan	FR St. Thomas (Minn.)	-	26:09.0	3:37.0	7:00.6	4:21.5

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122 Sara Whiteman	SO	Concordia-Moorhea	(75)	26:09.8	3:37.8	7:00.8	4:21.6
123 Katie Spray	SO	St. Olaf	-	26:10.1	3:38.1	7:00.9	4:21.7
124 Victoria Simones	SR	St. Thomas (Minn.)	-	26:10.6	3:38.6	7:01.1	4:21.8
125 Michelle Perri	JR	St. Catherine (7)	(76)	26:11.0	3:39.0	7:01.2	4:21.8
126 Kayla Hostettler	FR	Macalester	-	26:11.1	3:39.1	7:01.2	4:21.8
127 Amelia Sweet	FR	Saint Mary's (Minn.)	77	26:11.8	3:39.8	7:01.4	4:22.0
128 Karlyn Russell	SR	Macalester	-	26:12.1	3:40.1	7:01.5	4:22.0
129 Anya Wolterman	FR	Macalester	-	26:12.5	3:40.5	7:01.6	4:22.1
130 Kathryn York	SO	St. Olaf	-	26:13.3	3:41.3	7:01.8	4:22.2
131 Lauren Herland	SO	St. Olaf	-	26:13.8	3:41.9	7:01.9	4:22.3
132 Kitty O'Connell	FR	Gustavus Adolphus	-	26:14.1	3:42.1	7:02.0	4:22.3
133 Marlee Yost-Wolff	SO	Macalester	-	26:15.4	3:43.4	7:02.3	4:22.6
134 Laura Kisner	SO	Concordia-Moorhea	(78)	26:15.7	3:43.7	7:02.4	4:22.6
135 Ketzell Levens	FR	Carleton	-	26:19.0	3:47.0	7:03.3	4:23.2
136 Natalie Kintop	SR	St. Thomas (Minn.)	-	26:20.2	3:48.2	7:03.6	4:23.4
137 Mikaela Algren	JR	Gustavus Adolphus	-	26:20.8	3:48.8	7:03.8	4:23.5
138 Rebecca Schoenfelder	SO	St. Thomas (Minn.)	-	26:22.9	3:50.9	7:04.4	4:23.8
139 Sofie Wicklund	SO	Gustavus Adolphus	-	26:23.5	3:51.5	7:04.5	4:23.9
140 Olivia Crocker	JR	Gustavus Adolphus	-	26:23.7	3:51.7	7:04.6	4:23.9
141 Teagan Tretter	FR	St. Catherine	-	26:23.8	3:51.8	7:04.6	4:24.0
142 Morgan Dammann	FR	St. Thomas (Minn.)	-	26:25.2	3:53.2	7:05.0	4:24.2
143 Madeleine Wagner Sherer	JR	St. Olaf	-	26:25.7	3:53.7	7:05.1	4:24.3
144 Rosie Cobb	JR	Macalester	-	26:25.8	3:53.8	7:05.1	4:24.3
145 Olivia Damron	FR	St. Catherine	-	26:26.3	3:54.3	7:05.3	4:24.4
146 Daisy Richmond	SO	St. Olaf	-	26:26.7	3:54.7	7:05.4	4:24.4
147 Kallie Liston	FR	Hamline	-	26:27.7	3:55.7	7:05.6	4:24.6
148 Allison Monahan	FR	St. Catherine	-	26:33.0	4:01.0	7:07.1	4:25.5
149 Anna Pape	SR	Bethel (Minn.)	-	26:33.2	4:01.2	7:07.1	4:25.5
150 Kelly Segura	SO	Bethel (Minn.)	-	26:38.1	4:06.1	7:08.4	4:26.3
151 Anna Klinkner	JR	St. Thomas (Minn.)	-	26:39.6	4:07.6	7:08.8	4:26.6
152 Margaret Stelzner	JR	Macalester	-	26:42.6	4:10.6	7:09.6	4:27.1
153 Tarja Nelsen	SO	Concordia-Moorhea	-	26:44.7	4:12.7	7:10.2	4:27.4
154 Natalie Rataczak	JR	St. Benedict	-	26:45.5	4:13.5	7:10.4	4:27.6
155 Elizabeth Vought	SO	Concordia-Moorhea	-	26:48.9	4:16.9	7:11.3	4:28.1
156 Sara Stanton	SR	Concordia-Moorhea	-	26:50.0	4:18.0	7:11.6	4:28.3
157 Bridget Gustafson	SR	Macalester	-	26:50.3	4:18.3	7:11.7	4:28.4
158 Laura Rafferty	JR	Carleton	-	26:51.9	4:19.9	7:12.1	4:28.6
159 Abigail Schnabel	SO	Gustavus Adolphus	-	26:54.2	4:22.2	7:12.8	4:29.0
160 Catherine Degen	SO	St. Catherine	-	26:54.5	4:22.5	7:12.8	4:29.1
161 Isabel Andriessen	FR	Concordia-Moorhea	-	26:55.4	4:23.4	7:13.1	4:29.2
162 Ingrid Kilde	FR	Macalester	-	26:56.6	4:24.6	7:13.4	4:29.4
163 Kathrene Garcia	JR	Macalester	-	26:59.9	4:27.9	7:14.3	4:30.0
164 Katherine Michelson	FR	Bethel (Minn.)	-	27:01.2	4:29.2	7:14.6	4:30.2
165 Emily Kiobasa	SR	St. Benedict	-	27:03.7	4:31.7	7:15.3	4:30.6
166 Izzy Ballet	SR	Macalester	-	27:04.9	4:32.9	7:15.6	4:30.8
167 Rose Brakob	FR	St. Thomas (Minn.)	-	27:05.3	4:33.3	7:15.7	4:30.9

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Timing:
 Wayzata Results, Inc.



OFFICIAL MEET REPORT
 printed: 10/29/2016 1:07 PM

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
168 Helen Roach	SO	St. Thomas (Minn.)	-	27:05.7	4:33.7	7:15.8	4:30.9
169 Kaitlyn Lindaman	JR	Macalester	-	27:06.9	4:34.9	7:16.1	4:31.1
170 Maya Collier	SO	Carleton	-	27:08.6	4:36.6	7:16.6	4:31.4
171 Michelle Wise	SO	St. Thomas (Minn.)	-	27:09.8	4:37.8	7:16.9	4:31.6
172 Christine Rohlf	FR	St. Thomas (Minn.)	-	27:10.0	4:38.0	7:17.0	4:31.7
173 Sarah Bond	SO	St. Olaf	-	27:11.4	4:39.4	7:17.4	4:31.9
174 McKinzie Fettig	JR	Bethel (Minn.)	-	27:16.1	4:44.1	7:18.6	4:32.7
175 Alicia Berkenes	JR	Saint Mary's (Minn.)	79	27:18.7	4:46.7	7:19.3	4:33.1
176 Elissa Krause	FR	St. Olaf	-	27:23.2	4:51.2	7:20.5	4:33.9
177 Erica Hauf	JR	Concordia-Moorhea	-	27:24.1	4:52.1	7:20.8	4:34.0
178 Paige Scherneck	SR	Saint Mary's (Minn.)	80	27:26.0	4:54.0	7:21.3	4:34.3
179 Jerlie Jensen	SR	St. Olaf	-	27:26.4	4:54.4	7:21.4	4:34.4
180 Allison Pillar	SR	Macalester	-	27:29.4	4:57.4	7:22.2	4:34.9
181 Kara Huyett	SO	St. Thomas (Minn.)	-	27:31.0	4:59.0	7:22.6	4:35.2
182 Holly Ellingson	SO	Macalester	-	27:33.3	5:01.3	7:23.2	4:35.5
183 Kelly Dills	SO	St. Benedict	-	27:37.1	5:05.1	7:24.3	4:36.2
184 Ellen Bennett	SO	St. Thomas (Minn.)	-	27:38.1	5:06.1	7:24.5	4:36.3
185 Laura Votava	SO	St. Olaf	-	27:40.7	5:08.7	7:25.2	4:36.8
186 Emily Ortiz	SO	Saint Mary's (Minn.)	(81)	27:47.3	5:15.3	7:27.0	4:37.9
187 Emilee Fulton	FR	Carleton	-	27:50.2	5:18.2	7:27.8	4:38.4
188 Anna Holten	SR	St. Olaf	-	27:51.8	5:19.8	7:28.2	4:38.6
189 Kendal Johnson	JR	St. Benedict	-	27:53.9	5:21.9	7:28.7	4:39.0
190 Anne-Juul Welsink	SR	Macalester	-	27:55.5	5:23.5	7:29.2	4:39.2
191 Madeline Abbott	JR	Macalester	-	28:02.6	5:30.6	7:31.1	4:40.4
192 Emma Higgins	FR	Macalester	-	28:05.5	5:33.5	7:31.9	4:40.9
193 Hallie Kircher-Henning	SO	Macalester	-	28:07.7	5:35.7	7:32.5	4:41.3
194 Maria Zahhos	JR	St. Thomas (Minn.)	-	28:10.1	5:38.1	7:33.1	4:41.7
195 Natalie Narloch	FR	Bethel (Minn.)	-	28:12.0	5:40.0	7:33.6	4:42.0
196 Clara Wicklund	JR	Gustavus Adolphus	-	28:13.2	5:41.2	7:33.9	4:42.2
197 Betsy Schein	SO	Macalester	-	28:17.7	5:45.8	7:35.1	4:43.0
198 Madalyn Bollig	FR	Saint Mary's (Minn.)	(82)	28:18.5	5:46.5	7:35.3	4:43.1
199 Sam Witmer	SO	St. Catherine	-	28:20.2	5:48.2	7:35.8	4:43.4
200 Aubrey Shepard	FR	St. Benedict	-	28:20.6	5:48.7	7:35.9	4:43.4
201 Caitlin Olson	SO	Augsburg (6)	(83)	28:21.0	5:49.0	7:36.0	4:43.5
202 Anja Smith	JR	Concordia-Moorhea	-	28:22.2	5:50.2	7:36.3	4:43.7
203 Ester Archer	FR	Gustavus Adolphus	-	28:24.6	5:52.6	7:37.0	4:44.1
204 Kaley Hedberg	JR	Concordia-Moorhea	-	28:30.5	5:58.5	7:38.6	4:45.1
205 Natalie Barclay	JR	St. Catherine	-	28:39.0	6:07.0	7:40.8	4:46.5
206 Katie Murney	SO	St. Olaf	-	28:42.1	6:10.1	7:41.7	4:47.0
207 Ashley Flores	FR	St. Benedict	-	28:45.5	6:13.5	7:42.6	4:47.6
208 Madison Valent	FR	St. Olaf	-	28:49.6	6:17.6	7:43.7	4:48.3
209 Olivia Munson	FR	St. Olaf	-	28:57.2	6:25.2	7:45.7	4:49.5
210 Ahna Neil	FR	St. Catherine	-	28:58.4	6:26.4	7:46.0	4:49.7
211 Augie Witkowski	SO	St. Benedict	-	29:01.1	6:29.1	7:46.8	4:50.2
212 Jenna Thompson	SR	St. Catherine	-	29:04.4	6:32.4	7:47.7	4:50.7
213 Sarah Aldama	JR	Macalester	-	29:06.1	6:34.1	7:48.1	4:51.0

MIAC CHAMPIONSHIPS

St. Paul, MN

Como Park Golf Course

October 29, 2016

MEET OFFICIALS**Meet Director:**

Vanessa Seljeskog

Meet Referee:

Dick Daymont

Timing:

Wayzata Results, Inc.

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**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
214 McKenzie Van Loh	SO	Bethel (Minn.)	-	29:15.9	6:43.9	7:50.7	4:52.6
215 Rachel Hooper	JR	St. Olaf	-	29:16.8	6:44.9	7:51.0	4:52.8
216 Olivia Hamilton	JR	Concordia-Moorhea	-	29:23.5	6:51.5	7:52.8	4:53.9
217 Rachael Bentley	SO	St. Olaf	-	29:25.2	6:53.2	7:53.2	4:54.2
218 Sydney Hedberg	FR	Gustavus Adolphus	-	29:27.8	6:55.8	7:53.9	4:54.6
219 Alaina Marti	FR	St. Thomas (Minn.)	-	29:29.9	6:57.9	7:54.5	4:55.0
220 Shelby Kline	SO	Concordia-Moorhea	-	29:42.6	7:10.6	7:57.9	4:57.1
221 Prabhjot Singh	SO	Gustavus Adolphus	-	29:45.1	7:13.1	7:58.6	4:57.5
222 Elizabeth Uribe	FR	Gustavus Adolphus	-	29:50.6	7:18.6	8:00.0	4:58.4
223 Emma Robbins	FR	Gustavus Adolphus	-	29:56.5	7:24.5	8:01.6	4:59.4
224 Colleen Vought	SO	Concordia-Moorhea	-	29:57.8	7:25.8	8:02.0	4:59.6
225 Jordan Oliphant	FR	Concordia-Moorhea	-	29:58.2	7:26.2	8:02.1	4:59.7
226 Madeline Egan	SO	Carleton	-	30:02.0	7:30.0	8:03.1	5:00.3
227 Samantha Waddell	JR	St. Olaf	-	30:06.6	7:34.7	8:04.3	5:01.1
228 Emily Severson	JR	Gustavus Adolphus	-	30:07.1	7:35.1	8:04.5	5:01.2
229 Nicky Crane	SO	Concordia-Moorhea	-	30:22.6	7:50.6	8:08.6	5:03.8
230 Bernadette Hayden	FR	Hamline	-	30:25.4	7:53.4	8:09.4	5:04.2
231 Rachel Koenig	FR	Concordia-Moorhea	-	30:31.9	7:59.9	8:11.1	5:05.3
232 Annika Gallandt	SO	Macalester	-	30:35.1	8:03.1	8:12.0	5:05.8
233 Kaitlin Preusser	JR	Concordia-Moorhea	-	30:36.5	8:04.6	8:12.4	5:06.1
234 Caroline Osborne	FR	St. Benedict	-	30:37.5	8:05.5	8:12.6	5:06.2
235 Kirsten Grafstrom	FR	Concordia-Moorhea	-	30:39.7	8:07.7	8:13.2	5:06.6
236 Becca Wiersma	JR	Carleton	-	30:45.0	8:13.0	8:14.6	5:07.5
237 Jodi Middendorf	SO	Concordia-Moorhea	-	30:55.7	8:23.7	8:17.5	5:09.3
238 Megan Dieberger	SO	St. Benedict	-	31:04.3	8:32.3	8:19.8	5:10.7
239 Sarah Grafstrom	SR	Concordia-Moorhea	-	31:27.3	8:55.3	8:26.0	5:14.5
240 Laurel Redmond	FR	Concordia-Moorhea	-	31:31.8	8:59.8	8:27.2	5:15.3
241 Emily Adrian	SO	St. Thomas (Minn.)	-	31:49.6	9:17.6	8:31.9	5:18.3
242 Kristie Vang	SO	St. Benedict	-	32:00.4	9:28.4	8:34.8	5:20.1
243 Emily Hignell	FR	Concordia-Moorhea	-	32:42.4	10:10.4	8:46.1	5:27.1
244 Justine Bowe	FR	St. Thomas (Minn.)	-	32:50.7	10:18.7	8:48.3	5:28.4
245 Samantha Jagler	FR	Gustavus Adolphus	-	33:37.8	11:05.8	9:01.0	5:36.3
246 Eileen Hess	FR	Bethel (Minn.)	-	35:38.9	13:06.9	9:33.4	5:56.5
247 Athena Cloud	SO	Augsburg (7)	(84)	37:41.9	15:09.9	10:06.4	6:17.0
248 Taylor Morton	FR	Augsburg	-	37:49.0	15:17.0	10:08.3	6:18.2