

RUNNING OF THE COWSNorthfield, MN
Carleton College

Saturday, September 21, 2019

**OFFICIAL MEET REPORT**
printed: 9/21/2019 12:17 PM**Race #1**
WOMEN • 6 Kilometers (3.73 Miles)**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Carleton	41	1-2-6-9-23(27)(28)	1:56:20	23:16	1:51.9
2 Wis.-La Crosse	56	7-10-12-13-14(15)(20)	1:58:42	23:45	0:24.7
3 Minnesota State	65	3-8-17-18-19(51)(56)	1:58:49	23:46	0:53.3
4 Gustavus Adolphus	106	4-16-22-31-33(35)(41)	2:00:59	24:12	1:27.9
5 Concordia-Moorhead	147	11-21-25-37-53(59)(62)	2:02:42	24:33	1:40.6
6 Bethel (Minn.)	212	24-29-38-60-61(69)(70)	2:05:34	25:07	1:37.8
7 Macalester	224	30-46-47-49-52(54)(58)	2:05:46	25:10	0:46.2
8 Willamette	234	36-42-45-48-63(65)	2:06:18	25:16	1:04.0
9 St. Scholastica	243	26-39-55-57-66(74)(83)	2:06:33	25:19	1:42.3
10 Minnesota-Morris	273	34-40-44-67-88(90)(95)	2:09:56	26:00	4:10.1
11 Hamline	286	5-43-76-80-82(85)(86)	2:09:53	25:59	4:01.0
12 Viterbo	338	32-50-77-87-92(94)(96)	2:15:42	27:09	5:06.7
13 Cornell College	357	64-68-72-75-78(79)(81)	2:12:38	26:32	0:58.5
14 Wis.-Superior	408	71-73-84-89-91(93)(97)	2:20:14	28:03	3:27.9

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM	1K	5K
1 Clara Mayfield	FR	4280	Carleton	1	22:20.9	---	5:59.5	3:43.5	3:41.4	18:40.2
2 Amanda Mosborg	JR	4281	Carleton	2	22:48.7	0:28.7	6:06.9	3:48.1	3:41.4	19:04.0
3 Allyssa Reeves	FR	4389	Minnesota State	3	23:12.2	0:52.2	6:13.2	3:52.0	3:48.2	19:25.4
4 Tierney Winter	JR	4342	Gustavus Adolphus	4	23:18.7	0:58.7	6:15.0	3:53.1	3:50.2	19:34.3
5 Helen Dolan	JR	4347	Hamline	5	23:26.3	1:06.3	6:17.0	3:54.4	3:57.4	19:47.9
6 Sophia Maag	FR	4279	Carleton	6	23:26.3	1:06.3	6:17.0	3:54.4	3:48.0	19:38.7
7 Maddy Sweeney	JR	4466	Wis.-La Crosse	7	23:28.6	1:08.6	6:17.6	3:54.8	4:07.1	19:46.2
8 Carisa Weyenberg	JR	4395	Minnesota State	8	23:29.2	1:09.2	6:17.8	3:54.9	3:47.7	19:38.3
9 Helen Schuda	SR	4285	Carleton	9	23:31.0	1:11.0	6:18.3	3:55.2	3:48.0	19:43.8
10 Libby Brugger	JR	4445	Wis.-La Crosse	10	23:34.5	1:14.5	6:19.2	3:55.7	4:07.5	19:50.8
11 Miriah Forness	SR	4289	Concordia-Moorhea	11	23:50.2	1:30.2	6:23.4	3:58.4	3:57.1	19:59.0
12 Maddie Hannan	FR	4452	Wis.-La Crosse	12	23:52.1	1:32.1	6:23.9	3:58.7	4:07.0	20:09.4
13 Maddy Vantassel	FR	4467	Wis.-La Crosse	13	23:53.0	1:33.0	6:24.2	3:58.8	4:07.5	20:09.6
14 Lauren Beauchaine	FR	4444	Wis.-La Crosse	14	23:53.3	1:33.3	6:24.2	3:58.9	4:07.6	19:55.3
15 Emma Malooly	JR	4459	Wis.-La Crosse	(15)	23:55.9	1:35.9	6:24.9	3:59.3	23:55.9	23:55.9
16 Kourtney Kulseth	JR	4324	Gustavus Adolphus	16	23:59.1	1:39.1	6:25.8	3:59.8	3:50.1	19:55.8
17 Amanda Montplaisir	SO	4388	Minnesota State	17	23:59.8	1:39.8	6:26.0	4:00.0	3:47.9	20:04.5
18 Ivy Glade	JR	4386	Minnesota State	18	24:01.7	1:41.7	6:26.5	4:00.3	3:47.8	19:58.8
19 Skylar Bragg	FR	4384	Minnesota State	19	24:05.5	1:45.5	6:27.5	4:00.9	3:47.9	20:07.6
20 Kaylan Marshall	SO	4460	Wis.-La Crosse	(20)	24:08.6	1:48.6	6:28.3	4:01.4	4:06.9	20:11.9
21 Kara Andersen	SR	4288	Concordia-Moorhea	21	24:08.9	1:48.9	6:28.4	4:01.5	3:48.2	20:01.0
22 Mackinzee Miest	SO	4327	Gustavus Adolphus	22	24:11.3	1:51.3	6:29.1	4:01.9	3:57.3	20:07.2
23 Berit Hudson Rasmussen	SR	4278	Carleton	23	24:12.7	1:52.7	6:29.5	4:02.1	3:58.0	20:16.8
24 Erika Swanson	FR	4268	Bethel (Minn.)	24	24:16.2	1:56.2	6:30.4	4:02.7	3:52.1	20:21.9
25 Josie Herrmann	SO	4293	Concordia-Moorhea	25	24:18.1	1:58.1	6:30.9	4:03.0	3:57.4	20:19.1
26 Dakota Holzem	SR	4454	Wis.-La Crosse	-	24:18.7	1:58.7	6:31.1	4:03.1	4:06.5	20:22.1

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	5K
27 Alexis Erickson	JR	4416	St. Scholastica	26	24:19.9	1:59.9	6:31.4	4:03.3	3:53.2	20:19.4
28 Jamie Huber	FR	4455	Wis.-La Crosse	-	24:21.8	2:01.8	6:31.9	4:03.6	4:07.9	20:23.9
29 McKenzie Kruchten	JR	4458	Wis.-La Crosse	-	24:25.0	2:05.0	6:32.7	4:04.2	4:07.0	20:27.4
30 Ruthie Boyd	SR	4272	Carleton	(27)	24:25.8	2:05.8	6:33.0	4:04.3	3:51.8	20:14.8
31 Anna Buchberger	SO	4446	Wis.-La Crosse	-	24:29.0	2:09.0	6:33.8	4:04.8	4:07.0	20:36.1
32 Ilse Mendez	FR	4462	Wis.-La Crosse	-	24:29.9	2:09.9	6:34.1	4:05.0	4:08.0	20:31.4
33 Delaney Schultz	SO	4465	Wis.-La Crosse	-	24:32.8	2:12.8	6:34.8	4:05.5	4:06.8	20:32.5
34 Lillian Horne	FR	4277	Carleton	(28)	24:33.3	2:13.3	6:35.0	4:05.5	3:58.2	20:33.5
35 Linnea Cochran	SR	4449	Wis.-La Crosse	-	24:37.3	2:17.3	6:36.1	4:06.2	4:06.7	20:37.6
36 Anna Hage	SO	4261	Bethel (Minn.)	29	24:37.8	2:17.8	6:36.2	4:06.3	3:52.1	20:29.9
37 Danielle Freshwaters	SO	4360	Macalester	30	24:40.9	2:20.9	6:37.0	4:06.8	3:57.8	20:36.3
38 Lily Engebretson	SO	4318	Gustavus Adolphus	31	24:43.6	2:23.6	6:37.7	4:07.3	4:03.2	20:46.8
39 Jennifer Schaeffer	FR	4464	Wis.-La Crosse	-	24:45.9	2:25.9	6:38.4	4:07.6	4:07.8	20:53.1
40 Madelyn Adam	FR	4426	Viterbo	32	24:46.3	2:26.3	6:38.5	4:07.7	3:58.2	20:41.8
41 Iliana Ramon	SO	4334	Gustavus Adolphus	33	24:46.6	2:26.6	6:38.5	4:07.8	3:54.8	20:39.2
42 McKenna Langerud	FR	4401	Minnesota-Morris	34	24:47.2	2:27.2	6:38.7	4:07.9	4:15.6	20:57.8
43 Whitney Ebert	SR	4450	Wis.-La Crosse	-	24:48.2	2:28.2	6:39.0	4:08.0	4:07.4	20:39.2
44 Isabelle Clary	FR	4448	Wis.-La Crosse	-	24:49.4	2:29.4	6:39.3	4:08.2	4:07.5	20:53.3
45 Gabriela Passmore	SR	4332	Gustavus Adolphus	(35)	24:50.1	2:30.1	6:39.5	4:08.3	4:02.6	20:57.1
46 Julia Anderson	FR	4443	Wis.-La Crosse	-	24:51.3	2:31.3	6:39.8	4:08.5	4:07.8	20:53.7
47 Sam Smith	FR	4442	Willamette	36	24:52.3	2:32.3	6:40.1	4:08.7	3:50.0	20:42.8
48 Meritt Miller	SO	4295	Concordia-Moorhea	37	24:54.3	2:34.3	6:40.6	4:09.0	3:56.6	20:48.1
49 Grace Cole	SO	4256	Bethel (Minn.)	38	24:55.5	2:35.5	6:40.9	4:09.2	3:56.4	20:53.0
50 Leah Dutkewych	FR	4414	St. Scholastica	39	24:59.7	2:39.7	6:42.0	4:09.9	3:56.7	20:47.0
51 Kaitlyn Ladwig	JR	4400	Minnesota-Morris	40	25:01.1	2:41.1	6:42.4	4:10.2	4:15.8	20:58.2
52 Brittany Gagas	JR	4451	Wis.-La Crosse	-	25:01.6	2:41.6	6:42.6	4:10.3	4:07.1	20:48.1
53 Carissa Vanderwal	FR	4338	Gustavus Adolphus	(41)	25:02.4	2:42.4	6:42.8	4:10.4	3:54.7	20:46.4
54 April Holland	FR	4438	Willamette	42	25:04.5	2:44.5	6:43.3	4:10.7	3:49.9	20:51.7
55 Alexandra Maddux	SO	4351	Hamline	43	25:05.8	2:45.8	6:43.7	4:11.0	3:57.2	20:50.7
56 Alexa Yeager	JR	4408	Minnesota-Morris	44	25:06.1	2:46.1	6:43.8	4:11.0	4:16.2	21:01.9
57 Risa Shutz	JR	4441	Willamette	45	25:10.8	2:50.8	6:45.0	4:11.8	3:50.0	20:51.9
58 Estelle Timar-Wilcox	SO	4377	Macalester	46	25:11.5	2:51.5	6:45.2	4:11.9	4:15.5	21:14.3
59 Lena Stern	SO	4376	Macalester	47	25:11.9	2:51.9	6:45.3	4:12.0		
60 Audrey Piacsek	SO	4439	Willamette	48	25:14.0	2:54.0	6:45.9	4:12.3	3:50.3	20:52.4
61 Allegra Pihlaja	SO	4282	Carleton	-	25:14.5	2:54.5	6:46.0	4:12.4	4:16.3	21:10.7
62 Brooke Hoppe	JR	4363	Macalester	49	25:14.6	2:54.6	6:46.1	4:12.4	4:15.0	21:22.3
63 Josie Blake	JR	4315	Gustavus Adolphus	-	25:16.0	2:56.0	6:46.4	4:12.7	3:57.3	20:52.9
64 Lauren Vosters	FR	4468	Wis.-La Crosse	-	25:16.1	2:56.1	6:46.5	4:12.7	4:07.8	21:16.6
65 Sophie Leinfelder	FR	4431	Viterbo	50	25:17.3	2:57.3	6:46.8	4:12.9	3:58.2	21:02.9
66 Sara Moen	JR	4328	Gustavus Adolphus	-	25:18.0	2:58.0	6:47.0	4:13.0	4:02.9	21:08.4
67 Iris McCarthy	FR	4461	Wis.-La Crosse	-	25:22.8	3:02.8	6:48.2	4:13.8	4:07.3	21:11.6
68 MaKenna Thurston	FR	4391	Minnesota State	(51)	25:26.1	3:06.1	6:49.1	4:14.3	3:52.7	21:07.3
69 Anya Ptacek	SR	4373	Macalester	52	25:27.0	3:07.0	6:49.4	4:14.5	4:16.0	21:24.7
70 Emily Rugloski	SO	4297	Concordia-Moorhea	53	25:30.7	3:10.7	6:50.4	4:15.1	4:09.3	21:22.1
71 Haley Anderson	SR	4311	Gustavus Adolphus	-	25:31.7	3:11.7	6:50.6	4:15.3	4:10.5	21:20.8
72 Emma Maxtutis	SR	4369	Macalester	(54)	25:33.8	3:13.8	6:51.2	4:15.6	4:20.2	21:21.7

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	5K
73 Emma Stertz	FR	4424	St. Scholastica	55	25:34.1	3:14.1	6:51.3	4:15.7	3:58.4	21:28.6
74 Hannah Meyer	SR	4463	Wis.-La Crosse	-	25:34.9	3:14.9	6:51.5	4:15.8	4:07.4	21:23.8
75 Emilee Fulton	JR	4274	Carleton	-	25:35.9	3:15.9	6:51.8	4:16.0	4:02.5	21:21.1
76 Maggie Anderson	FR	4383	Minnesota State	(56)	25:36.3	3:16.3	6:51.9	4:16.0	3:56.0	21:05.1
77 Elizabeth Poskie	SR	4423	St. Scholastica	57	25:37.2	3:17.2	6:52.1	4:16.2	4:17.5	21:35.5
78 Lydia Simpson	SR	4375	Macalester	(58)	25:37.8	3:17.8	6:52.3	4:16.3	4:15.9	21:28.0
79 Kayla Hostetler	SR	4364	Macalester	-	25:40.4	3:20.4	6:53.0	4:16.7	4:15.5	21:31.4
80 Brennan Drake	SO	4359	Macalester	-	25:43.7	3:23.7	6:53.8	4:17.3	4:15.9	21:38.4
81 Maddy Prentiss	JR	4372	Macalester	-	25:45.7	3:25.7	6:54.4	4:17.6	4:20.2	21:32.3
82 Jaci Hinz	SO	4453	Wis.-La Crosse	-	25:46.3	3:26.3	6:54.6	4:17.7	4:07.6	21:26.3
83 Taylor Santangelo	SO	4410	St. Benedict	-	25:48.2	3:28.2	6:55.1	4:18.0	3:56.9	21:36.6
84 Isabel Fredrickson	SO	4291	Concordia-Moorhea	(59)	25:49.0	3:29.0	6:55.3	4:18.2	4:10.3	21:39.0
85 Marissa Cutlan	FR	4258	Bethel (Minn.)	60	25:49.9	3:29.9	6:55.5	4:18.3	4:04.4	21:50.6
86 Meg Thorison	JR	4269	Bethel (Minn.)	61	25:53.9	3:33.9	6:56.6	4:19.0	4:03.5	21:35.9
87 Amelia Landsverk	FR	4294	Concordia-Moorhea	(62)	25:54.3	3:34.3	6:56.7	4:19.1	4:11.7	21:46.4
88 Eva Higgins	FR	4437	Willamette	63	25:56.2	3:36.2	6:57.2	4:19.4	3:50.3	21:29.7
89 Emma Higgins	SR	4362	Macalester	-	25:56.7	3:36.7	6:57.3	4:19.4	4:20.4	21:38.7
90 Kayli Buchli	SO	4447	Wis.-La Crosse	-	25:56.8	3:36.8	6:57.4	4:19.5	4:07.2	21:39.8
91 Clare Mazack	SO	4370	Macalester	-	25:58.6	3:38.6	6:57.8	4:19.8	4:16.4	21:51.9
92 Sophie Schafer	JR	4284	Carleton	-	25:59.1	3:39.1	6:58.0	4:19.8	4:16.0	21:46.9
93 Marissa Czapla	SR	4300	Cornell College	64	25:59.9	3:39.9	6:58.2	4:20.0	4:10.6	21:38.7
94 Sarah Shapiro	JR	4286	Carleton	-	26:00.4	3:40.4	6:58.3	4:20.1	4:12.1	21:54.6
95 Kyla Shade	SR	4440	Willamette	(65)	26:00.9	3:40.9	6:58.5	4:20.1	3:49.4	21:50.7
96 Ruth Claycomb	FR	4357	Macalester	-	26:01.6	3:41.6	6:58.6	4:20.3	4:15.2	21:42.9
97 Melissa Pfeiffer	FR	4422	St. Scholastica	66	26:02.1	3:42.1	6:58.8	4:20.3	4:17.5	21:43.2
98 Julia Severson	FR	4335	Gustavus Adolphus	-	26:03.7	3:43.7	6:59.2	4:20.6	3:50.1	21:37.7
99 Paige Stearns	JR	4406	Minnesota-Morris	67	26:04.3	3:44.3	6:59.4	4:20.7	4:17.8	21:49.6
100 Emily Hao	JR	4292	Concordia-Moorhea	-	26:13.1	3:53.1	7:01.7	4:22.2	4:15.7	21:46.3
101 Megan Hill	JR	4322	Gustavus Adolphus	-	26:13.4	3:53.4	7:01.8	4:22.2	4:16.1	22:02.8
102 Jesse Colnes	FR	4358	Macalester	-	26:19.8	3:59.8	7:03.5	4:23.3	4:18.0	22:00.0
103 Billie Fogarty	FR	4302	Cornell College	68	26:20.3	4:00.3	7:03.7	4:23.4	4:10.5	22:02.0
104 Marte Borgmann	FR	4271	Carleton	-	26:20.9	4:00.9	7:03.8	4:23.5	4:16.2	22:05.0
105 Ellie Cargill	SO	4255	Bethel (Minn.)	(69)	26:21.3	4:01.3	7:03.9	4:23.5	4:04.2	21:47.7
106 Anya Wolterman	SR	4380	Macalester	-	26:21.7	4:01.7	7:04.0	4:23.6	4:15.3	21:58.8
107 Malakai Holloway	SO	4264	Bethel (Minn.)	(70)	26:23.0	4:03.0	7:04.4	4:23.8	3:58.2	22:00.9
108 Haruka Hamanaka	SO	4472	Wis.-Superior	71	26:23.5	4:03.5	7:04.5	4:23.9	4:33.8	22:16.2
109 Carly Fornshell	SO	4290	Concordia-Moorhea	-	26:25.4	4:05.4	7:05.0	4:24.2	4:10.4	22:06.7
110 Ingrid Kilde	SR	4365	Macalester	-	26:26.3	4:06.3	7:05.3	4:24.4	4:20.8	21:58.9
111 Molly Weberg	FR	4339	Gustavus Adolphus	-	26:28.1	4:08.1	7:05.7	4:24.7	4:15.9	22:08.4
112 Morgan Barnard	SR	4299	Cornell College	72	26:32.8	4:12.8	7:07.0	4:25.5	4:10.4	22:05.2
113 Nicole Koski	SO	4476	Wis.-Superior	73	26:37.7	4:17.7	7:08.3	4:26.3	4:28.9	22:19.3
114 Maya Stovall	FR	4287	Carleton	-	26:37.9	4:17.9	7:08.4	4:26.3	4:11.5	22:15.5
115 Sara Wall	JR	4411	St. Benedict	-	26:37.9	4:17.9	7:08.4	4:26.3	4:14.7	22:24.3
116 Liana Blomgren	FR	4413	St. Scholastica	(74)	26:39.5	4:19.5	7:08.8	4:26.6	4:26.3	22:28.0
117 Rachel Percy	SO	4371	Macalester	-	26:40.1	4:20.1	7:09.0	4:26.7	4:26.4	22:20.7
118 Madeline Rodriguez	FR	4374	Macalester	-	26:45.8	4:25.8	7:10.5	4:27.6	4:21.2	22:22.9

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119 Erin Hosto	JR	4305	Cornell College	75	26:46.6	4:26.6	7:10.7	4:27.8	4:10.9	22:17.8
120 Emma Mader	SO	4352	Hamline	76	26:46.8	4:26.8	7:10.8	4:27.8	4:11.4	22:32.2
121 Augusta Fricke	SO	4361	Macalester	-	26:47.7	4:27.7	7:11.0	4:28.0	4:20.8	22:21.9
122 Avery Beyer	FR	4314	Gustavus Adolphus	-	26:50.2	4:30.2	7:11.7	4:28.4	4:20.8	22:34.5
123 Taina Koivisto	FR	4323	Gustavus Adolphus	-	26:53.4	4:33.4	7:12.5	4:28.9	4:32.7	22:48.4
124 Lauren Herzog	SO	4430	Viterbo	77	26:57.5	4:37.5	7:13.6	4:29.6	4:15.1	22:36.0
125 Olivia Wilson	FR	4310	Cornell College	78	26:58.4	4:38.4	7:13.9	4:29.7	4:11.3	22:34.3
126 Rebecca Luebke	FR	4307	Cornell College	(79)	27:02.9	4:42.9	7:15.1	4:30.5	4:10.9	22:30.7
127 Katherine Michelson	SR	4267	Bethel (Minn.)	-	27:04.0	4:44.0	7:15.4	4:30.7	4:31.8	22:42.1
128 Charlotte Adams	FR	4343	Hamline	80	27:06.4	4:46.4	7:16.0	4:31.1	4:17.1	22:40.9
129 Nadia English	FR	4319	Gustavus Adolphus	-	27:13.5	4:53.5	7:17.9	4:32.2	4:15.9	22:35.4
130 Sarah Turpen	JR	4393	Minnesota State	-	27:13.9	4:53.9	7:18.0	4:32.3	4:15.6	22:50.5
131 Sarah Krumholz	FR	4266	Bethel (Minn.)	-	27:19.1	4:59.1	7:19.4	4:33.2	4:11.6	22:53.7
132 Lexi Ferenzi	SR	4301	Cornell College	(81)	27:23.3	5:03.3	7:20.5	4:33.9	4:10.9	22:34.9
133 Elizabeth Donnelly	SO	4317	Gustavus Adolphus	-	27:23.4	5:03.4	7:20.6	4:33.9	4:16.4	23:00.7
134 Miranda Ekleberry	FR	4348	Hamline	82	27:27.2	5:07.2	7:21.6	4:34.5	4:15.6	22:52.2
135 Jenna Baccam	FR	4254	Bethel (Minn.)	-	27:27.9	5:07.9	7:21.8	4:34.6	4:12.9	23:01.3
136 Maddy Lemke	FR	4326	Gustavus Adolphus	-	27:31.2	5:11.2	7:22.7	4:35.2	4:13.9	22:48.0
137 Elizabeth Whitcomb	JR	4340	Gustavus Adolphus	-	27:32.1	5:12.1	7:22.9	4:35.3	4:16.4	22:57.9
138 Heidi Welu	JR	4394	Minnesota State	-	27:45.8	5:25.8	7:26.6	4:37.6	4:06.5	23:18.0
139 Danielle Miller	FR	4420	St. Scholastica	(83)	27:48.7	5:28.7	7:27.3	4:38.1	4:27.3	23:19.4
140 Caitlyn Storley	FR	4336	Gustavus Adolphus	-	27:56.3	5:36.3	7:29.4	4:39.4	4:32.7	23:29.0
141 Ashley Haxton	FR	4262	Bethel (Minn.)	-	28:00.0	5:40.0	7:30.4	4:40.0	4:05.2	23:20.2
142 Mathea Brink	SR	4471	Wis.-Superior	84	28:01.3	5:41.3	7:30.7	4:40.2	4:44.2	23:09.8
143 Nora Hagestuen	SO	4320	Gustavus Adolphus	-	28:02.4	5:42.4	7:31.0	4:40.4	4:37.0	23:29.2
144 Kaitlyn Rooney	SO	4296	Concordia-Moorhea	-	28:04.5	5:44.5	7:31.6	4:40.7	4:20.7	23:18.5
145 Paige White	SO	4396	Minnesota State	-	28:15.0	5:55.0	7:34.4	4:42.5	4:17.4	23:36.5
146 Rana Kraftson	SO	4419	St. Scholastica	-	28:17.3	5:57.3	7:35.0	4:42.9	4:29.3	23:30.3
147 Abby Smith	FR	4390	Minnesota State	-	28:21.6	6:01.6	7:36.2	4:43.6	4:17.0	23:44.2
148 Elizabeth Kvebak	JR	4325	Gustavus Adolphus	-	28:23.2	6:03.2	7:36.6	4:43.9	4:35.2	23:31.8
149 Emily Kathman	SO	4350	Hamline	(85)	28:32.6	6:12.6	7:39.1	4:45.4	4:27.2	23:41.6
150 Kylie Wright	FR	4397	Minnesota State	-	28:34.6	6:14.6	7:39.7	4:45.8	4:17.2	23:47.0
151 Klaire Petersen	FR	4354	Hamline	(86)	28:37.9	6:17.9	7:40.5	4:46.3	4:27.1	24:06.9
152 Cassidy Martin	FR	4368	Macalester	-	28:44.2	6:24.2	7:42.2	4:47.4	4:26.5	24:00.0
153 Brenna McDonough	FR	4433	Viterbo	87	28:47.3	6:27.3	7:43.1	4:47.9	4:17.1	23:54.3
154 Noelle Diekman	JR	4259	Bethel (Minn.)	-	28:48.6	6:28.6	7:43.4	4:48.1	4:38.4	24:16.8
155 Ari Mollgaard	FR	4409	St. Benedict	-	28:49.7	6:29.7	7:43.7	4:48.3	4:25.2	24:07.9
156 Lindsey Paulson	SO	4333	Gustavus Adolphus	-	28:56.5	6:36.5	7:45.5	4:49.4	4:35.6	24:07.0
157 Taylor Prieve	FR	4403	Minnesota-Morris	88	28:57.2	6:37.2	7:45.7	4:49.5	4:37.6	24:20.5
158 Alyssa Hegde	SO	4321	Gustavus Adolphus	-	29:08.8	6:48.8	7:48.8	4:51.5	4:35.4	24:18.0
159 Maja Peterson	FR	4421	St. Scholastica	-	29:13.4	6:53.4	7:50.1	4:52.2	4:29.5	24:23.8
160 Lana Rybachek	FR	4478	Wis.-Superior	89	29:19.7	6:59.7	7:51.8	4:53.3	4:49.8	24:31.4
161 Emma Verges	JR	4378	Macalester	-	29:25.3	7:05.3	7:53.3	4:54.2	4:37.9	24:21.3
162 Mia Zutter	JR	4425	St. Scholastica	-	29:36.9	7:16.9	7:56.4	4:56.1	4:37.2	24:46.0
163 Ester Archer	JR	4313	Gustavus Adolphus	-	29:45.4	7:25.4	7:58.7	4:57.6	4:38.8	25:09.4
164 Sarah Best	FR	4398	Minnesota-Morris	(90)	29:49.3	7:29.3	7:59.7	4:58.2	4:51.3	25:06.6

RUNNING OF THE COWSNorthfield, MN
Carleton College

Saturday, September 21, 2019

**OFFICIAL MEET REPORT**
printed: 9/21/2019 12:17 PM**Race #1**
WOMEN • 6 Kilometers (3.73 Miles)**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1K	5K
165 Olivia Mokhtary	SO	4329	Gustavus Adolphus	-	29:50.7	7:30.7	8:00.1	4:58.4	4:35.4	24:48.7
166 Nanako Hara	SO	4473	Wis.-Superior	91	29:51.4	7:31.4	8:00.3	4:58.6	5:04.0	25:18.1
167 Bridget Proper	FR	4434	Viterbo	92	29:53.0	7:33.0	8:00.7	4:58.8	4:34.8	24:59.5
168 Lydia Fails	JR	4260	Bethel (Minn.)	-	29:54.5	7:34.5	8:01.1	4:59.1	4:48.9	25:14.1
169 Anna Kalin	SR	4474	Wis.-Superior	(93)	29:58.7	7:38.7	8:02.2	4:59.8	4:38.1	24:48.2
170 Quinn Wrigley	FR	4298	Concordia-Moorhea	-	30:00.8	7:40.8	8:02.8	5:00.1	4:36.5	25:07.8
171 Miranda Hall	SO	4303	Cornell College	-	30:12.7	7:52.7	8:06.0	5:02.1	4:38.2	25:08.3
172 Emily Lucie	FR	4306	Cornell College	-	30:21.4	8:01.4	8:08.3	5:03.6	4:38.7	25:21.2
173 Megan Scheuer	FR	4435	Viterbo	(94)	30:31.8	8:11.8	8:11.1	5:05.3	4:27.4	25:27.6
174 Riley Wallace	FR	4407	Minnesota-Morris	(95)	30:34.2	8:14.2	8:11.7	5:05.7	4:43.8	25:29.0
175 Mya Snyder	SO	4436	Viterbo	(96)	30:46.7	8:26.7	8:15.1	5:07.8	4:34.4	25:28.2
176 Rachel Walsh	FR	4355	Hamline	-	30:49.7	8:29.7	8:15.9	5:08.3	4:51.2	25:39.3
177 Lydia Crow	SO	4257	Bethel (Minn.)	-	31:39.5	9:19.5	8:29.2	5:16.6	4:49.6	26:34.7
178 Annika Sutter	FR	4309	Cornell College	-	31:52.9	9:32.9	8:32.8	5:18.8	4:38.4	26:26.2
179 Beatriz Vasquez Pena	SO	4270	Bethel (Minn.)	-	32:00.5	9:40.5	8:34.9	5:20.1	4:48.9	26:34.8
180 Jalisa Mathews-Schmidt	FR	4353	Hamline	-	32:11.3	9:51.3	8:37.8	5:21.9	4:51.8	26:42.0
181 Hannah Kivela	JR	4475	Wis.-Superior	(97)	32:31.3	10:11.3	8:43.1	5:25.2	4:56.2	27:10.9
182 Maria Gudelis	FR	4428	Viterbo	-	32:40.8	10:20.8	8:45.7	5:26.8	4:28.0	26:56.5
183 Eileen Hess	SR	4263	Bethel (Minn.)	-	33:26.8	11:06.8	8:58.0	5:34.5	5:12.0	27:49.9
184 Kendra Derosa	FR	4399	Minnesota-Morris	-	34:00.9	11:40.9	9:07.1	5:40.1	5:03.4	28:24.9
185 Ellie Peterson	FR	4477	Wis.-Superior	-	36:49.4	14:29.4	9:52.3	6:08.2	5:35.9	30:46.3
186 McKenzie MacEwen	FR	4432	Viterbo	-	37:22.1	15:02.1	10:01.1	6:13.7	5:36.2	31:23.5
187 Yealinatou Kamara	FR	4265	Bethel (Minn.)	-	38:10.3	15:50.3	10:14.0	6:21.7	5:22.2	31:53.1
-- Abbey Wedwick	SO	4469	Wis.-La Crosse	-	DNF	---	---	---	4:06.7	
-- Shylie Burleson-King	JR	4345	Hamline	-	DNF	---	---	---	4:15.4	
-- Elizabeth Uribe	SR	4337	Gustavus Adolphus	-	DNF	---	---	---	4:39.1	
-- Kamryn Hogan	SR	4304	Cornell College	-	DNF	---	---	---	4:38.3	
-- Naran Battulga	FR	4470	Wis.-Superior	-	DNF	---	---	---	6:15.7	