

**MIAA CROSS COUNTRY CHAMPIONSHIPS**Hays, KS  
Fort Hays State

October 24, 2015

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**Race #1**  
**Women's 5K****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Finish Order	Spread	
1	<b>SOUTHWEST BAPT</b>	<b>39</b>	1-2-5-8-23(25)(28)	1:51:37	22:20	1-2-5-8-23-25-28	2:02.1
2	<b>MISSOURI SOUTH</b>	<b>53</b>	4-7-13-14-15(43)(47)	1:53:19	22:40	4-7-13-14-15-44-48	0:36.9
3	<b>FORT HAYS ST.</b>	<b>79</b>	6-10-11-20-32(35)(38)	1:54:59	23:00	6-10-11-20-33-36-39	1:31.5
4	<b>PITTSBURG ST.</b>	<b>95</b>	12-16-17-19-31(39)(42)	1:55:52	23:11	12-16-17-19-32-40-43	1:06.1
5	<b>NEBRASKA-KEARN</b>	<b>147</b>	3-24-29-36-55(57)(63)	1:59:03	23:49	3-24-29-37-60-62-70	3:14.6
6	<b>NW MISSOURI</b>	<b>168</b>	21-22-40-41-44(51)(54)	2:00:26	24:06	21-22-41-42-45-52-55	1:28.7
7	<b>CENTRAL OKLAHO</b>	<b>184</b>	26-27-34-45-52(59)(61)	2:01:19	24:16	26-27-35-46-53-64-68	1:34.1
8	<b>LINDENWOOD</b>	<b>198</b>	9-37-49-50-53(64)(70)	2:01:56	24:24	9-38-50-51-54-71-84	2:35.9
9	<b>CENTRAL MISSOU</b>	<b>225</b>	30-33-48-56-58(62)(65)	2:03:44	24:45	31-34-49-61-63-69-74	1:33.0
10	<b>EMPORIA ST.</b>	<b>286</b>	18-60-67-69-72(73)	2:08:10	25:38	18-66-80-83-89-91	4:04.4
11	<b>LINCOLN (MO.)</b>	<b>325</b>	46-66-68-71-74(75)(76)	2:12:09	26:26	47-77-81-86-92-93-94	3:41.2

**INDIVIDUAL RESULTS**

Athlete	Year	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
1 KATHERINE SITZES	SR	210	SOUTHWEST BAPTIST	1	21:26.2	--	6:53.6	4:17.2
2 ELIZABETH LUCKEL	SR	209	SOUTHWEST BAPTIST	2	21:47.0	0:20.8	7:00.3	4:21.4
3 MORGAN BENESCH	JR	147	NEBRASKA-KEARNEY	3	22:08.1	0:41.9	7:07.0	4:25.6
4 EMILY HARRIS	JR	110	MISSOURI SOUTHERN	4	22:15.4	0:49.2	7:09.4	4:27.1
5 MARY CARR	SO	203	SOUTHWEST BAPTIST	5	22:22.5	0:56.3	7:11.7	4:28.5
6 SHEA BONINE	SO	2	FORT HAYS ST. (1)	6	22:25.6	0:59.4	7:12.7	4:29.1
7 KINDRA EMBERTON	SR	108	MISSOURI SOUTHERN	7	22:29.2	1:03.0	7:13.8	4:29.8
8 ASHLEY LAWSON	JR	208	SOUTHWEST BAPTIST	8	22:32.1	1:05.9	7:14.8	4:30.4
9 LISA FEUERHERDT	JR	94	LINDENWOOD (1)	9	22:33.0	1:06.8	7:15.0	4:30.6
10 MICKI KRZESINSKI	JR	7	FORT HAYS ST. (2)	10	22:34.4	1:08.2	7:15.5	4:30.9
11 CHELSEA JACKSON	SO	6	FORT HAYS ST. (3)	11	22:46.8	1:20.6	7:19.5	4:33.4
12 PAIGE DENTON	SO	169	PITTSBURG ST. (1)	12	22:48.7	1:22.5	7:20.1	4:33.7
13 CYNTHIA TORRES	JR	113	MISSOURI SOUTHERN	13	22:49.8	1:23.6	7:20.5	4:34.0
14 SIERRA GRAY	JR	109	MISSOURI SOUTHERN	14	22:51.4	1:25.2	7:21.0	4:34.3
15 SARAH USHER		114	MISSOURI SOUTHERN	15	22:52.3	1:26.1	7:21.3	4:34.5
16 ASHTON HENSON	FR	172	PITTSBURG ST. (2)	16	22:53.7	1:27.5	7:21.7	4:34.7
17 HOPE MANNING	FR	175	PITTSBURG ST. (3)	17	23:01.8	1:35.6	7:24.3	4:36.4
18 EMILY SCHOENFELD	JR	65	EMPORIA ST. (1)	18	23:03.6	1:37.4	7:24.9	4:36.7
19 CHRISTINA METZGER	SO	176	PITTSBURG ST. (4)	19	23:12.3	1:46.1	7:27.7	4:38.5
20 SOPHIE DALMASSO	FR	4	FORT HAYS ST. (4)	20	23:14.2	1:48.0	7:28.3	4:38.8
21 JESSICA JOHNSON	SR	127	NW MISSOURI (1)	21	23:14.9	1:48.7	7:28.5	4:39.0
22 SAMMY LAURENZO	SO	130	NW MISSOURI (2)	22	23:25.4	1:59.2	7:31.9	4:41.1
23 ALEXIS FRITZ	SO	206	SOUTHWEST BAPTIST	23	23:28.3	2:02.1	7:32.8	4:41.7
24 SHELBI SLOUP	FR	154	NEBRASKA-KEARNEY	24	23:30.2	2:04.0	7:33.4	4:42.0
25 BRIANA WATSON	SR	211	SOUTHWEST BAPTIST	(25)	23:33.6	2:07.4	7:34.5	4:42.7
26 MADISON BROWN	SO	54	CENTRAL OKLAHOMA	26	23:33.8	2:07.6	7:34.6	4:42.8
27 RACHEL BUKER	FR	55	CENTRAL OKLAHOMA	27	23:40.1	2:13.9	7:36.6	4:44.0
28 KATELYN EVANS	SO	205	SOUTHWEST BAPTIST	(28)	23:46.6	2:20.4	7:38.7	4:45.3
29 ABBY BURKE	FR	148	NEBRASKA-KEARNEY	29	23:48.0	2:21.8	7:39.2	4:45.6
30 RACHEL WHEELER	JR	212	SOUTHWEST BAPTIST	-	23:49.8	2:23.6	7:39.7	4:46.0

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**Women's 5K**

## FINAL RESULTS

### INDIVIDUAL RESULTS (continued)

Athlete	Year	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km
31 STEPHANIE BOAN	FR	24	CENTRAL MISSOURI (1)	30	23:53.3	2:27.1	7:40.9	4:46.7
32 CARLIN GREENE	JR	171	PITTSBURG ST. (5)	31	23:54.8	2:28.6	7:41.4	4:47.0
33 YESSENIA GONZALES	FR	5	FORT HAYS ST. (5)	32	23:57.1	2:30.9	7:42.1	4:47.4
34 COLEEN GRONE	JR	28	CENTRAL MISSOURI (2)	33	24:05.5	2:39.3	7:44.8	4:49.1
35 AUDREY CAMPBELL		56	CENTRAL OKLAHOMA	34	24:09.7	2:43.5	7:46.1	4:49.9
36 KEANU BRADLEY	SO	3	FORT HAYS ST. (6)	(35)	24:12.0	2:45.8	7:46.9	4:50.4
37 MOLLY DIBBEN	SO	150	NEBRASKA-KEARNEY	36	24:13.2	2:47.0	7:47.3	4:50.6
38 CARINA BUNGARD	SR	90	LINDENWOOD (2)	37	24:14.0	2:47.8	7:47.5	4:50.8
39 AMANDA MORGAN	SO	8	FORT HAYS ST. (7)	(38)	24:16.4	2:50.2	7:48.3	4:51.3
40 SARA KERNODLE	FR	174	PITTSBURG ST. (6)	(39)	24:20.2	2:54.0	7:49.5	4:52.0
41 BROOKLYN ELLIS	SR	124	NW MISSOURI (3)	40	24:30.1	3:03.9	7:52.7	4:54.0
42 MIKAYLA ENGEMAN	SO	125	NW MISSOURI (4)	41	24:31.2	3:05.0	7:53.1	4:54.2
43 QUINNLYN WALCOTT	FR	178	PITTSBURG ST. (7)	(42)	24:32.1	3:05.9	7:53.3	4:54.4
44 AMBER WHITE	SR	116	MISSOURI SOUTHERN	(43)	24:38.2	3:12.0	7:55.3	4:55.6
45 MCKENZIE CHRISTENSEN	SO	123	NW MISSOURI (5)	44	24:43.6	3:17.4	7:57.0	4:56.7
46 SHERIDAN SNYDER	SO	58	CENTRAL OKLAHOMA	45	24:46.7	3:20.5	7:58.0	4:57.3
47 JHEVERE HALL	SO	85	LINCOLN (MO.) (1)	46	24:49.0	3:22.8	7:58.8	4:57.8
48 SHELBY WERNER		115	MISSOURI SOUTHERN	(47)	24:51.3	3:25.1	7:59.5	4:58.3
49 YESENIA GOMEZ	SO	27	CENTRAL MISSOURI (3)	48	24:55.3	3:29.1	8:00.8	4:59.1
50 RILEY DOVEL	FR	92	LINDENWOOD (3)	49	24:59.8	3:33.6	8:02.3	5:00.0
51 AARYN EDGE	SR	93	LINDENWOOD (4)	50	24:59.9	3:33.7	8:02.3	5:00.0
52 CHLOE HAFFARNAN	SO	126	NW MISSOURI (6)	(51)	25:04.2	3:38.0	8:03.7	5:00.8
53 RACHEL DAVIS		57	CENTRAL OKLAHOMA	52	25:07.9	3:41.7	8:04.9	5:01.6
54 JENNIFER CARTER	SR	91	LINDENWOOD (5)	53	25:08.9	3:42.7	8:05.2	5:01.8
55 MELISSA SHEPHERD	JR	133	NW MISSOURI (7)	(54)	25:10.7	3:44.5	8:05.8	5:02.1
56 SARAH JEWETT	FR	173	PITTSBURG ST.	-	25:11.9	3:45.7	8:06.1	5:02.4
57 EMILY CUMPTON	SR	204	SOUTHWEST BAPTIST	-	25:12.0	3:45.8	8:06.2	5:02.4
58 LISA PENNER	FR	9	FORT HAYS ST.	-	25:14.5	3:48.3	8:07.0	5:02.9
59 SARA LIN	FR	111	MISSOURI SOUTHERN	-	25:18.6	3:52.4	8:08.3	5:03.7
60 KELLY MESSBARGER	SR	151	NEBRASKA-KEARNEY	55	25:22.7	3:56.5	8:09.6	5:04.5
61 JENNA BARTHOLOMEW	FR	23	CENTRAL MISSOURI (4)	56	25:23.0	3:56.8	8:09.7	5:04.6
62 TAYLOR PETERS	SO	152	NEBRASKA-KEARNEY	(57)	25:23.3	3:57.1	8:09.8	5:04.7
63 ALYX FLIPPIN	FR	26	CENTRAL MISSOURI (5)	58	25:26.3	4:00.0	8:10.8	5:05.3
64 DEVEN BOND	SO	52	CENTRAL OKLAHOMA	(59)	25:28.2	4:02.0	8:11.4	5:05.6
65 MARIA MOSTEK	FR	132	NW MISSOURI	-	25:28.4	4:02.2	8:11.4	5:05.7
66 AUDREY DESROSIERS	FR	61	EMPORIA ST. (2)	60	25:29.4	4:03.2	8:11.8	5:05.9
67 TAYLOR KORTE	FR	129	NW MISSOURI	-	25:32.3	4:06.1	8:12.7	5:06.5
68 SAVANNAS WADDELL	FR	59	CENTRAL OKLAHOMA	(61)	25:32.9	4:06.7	8:12.9	5:06.6
69 NICOLE SVENDSEN	SO	34	CENTRAL MISSOURI (6)	(62)	25:34.5	4:08.3	8:13.4	5:06.9
70 SADIE PETERSEN	FR	153	NEBRASKA-KEARNEY	(63)	25:42.3	4:16.1	8:15.9	5:08.5
71 ASHLEY MYERS	FR	97	LINDENWOOD (6)	(64)	25:47.5	4:21.3	8:17.6	5:09.5
72 CORA BUTCHER-SPELLMAN	SO	107	MISSOURI SOUTHERN	-	25:50.7	4:24.5	8:18.6	5:10.1
73 ELIZABETH TUBBS	FR	10	FORT HAYS ST.	-	25:51.8	4:25.6	8:19.0	5:10.4
74 RACHEL BOONE	SO	25	CENTRAL MISSOURI (7)	(65)	25:53.4	4:27.2	8:19.5	5:10.7
75 MELISSA DAVISON	FR	149	NEBRASKA-KEARNEY	-	25:59.5	4:33.3	8:21.4	5:11.9

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76 MARIA WENDELL	FR	35	CENTRAL MISSOURI	-	26:01.5	4:35.3	8:22.1	5:12.3
77 MONIQUE THOMPSON	SR	88	LINCOLN (MO.) (2)	66	26:02.1	4:35.9	8:22.3	5:12.4
78 MADELINE BROWN	FR	53	CENTRAL OKLAHOMA	-	26:04.2	4:38.0	8:23.0	5:12.8
79 ALESSANDRA MOSS	FR	112	MISSOURI SOUTHERN	-	26:04.6	4:38.4	8:23.1	5:12.9
80 MALLORY KRAMER	FR	63	EMPORIA ST. (3)	67	26:08.2	4:42.0	8:24.2	5:13.6
81 WILLOMENA WILLIAMS	JR	89	LINCOLN (MO.) (3)	68	26:11.0	4:44.8	8:25.1	5:14.2
82 AMY MARX	FR	31	CENTRAL MISSOURI	-	26:12.2	4:46.0	8:25.5	5:14.4
83 TAYLOR STUEVE	SR	66	EMPORIA ST. (4)	69	26:20.3	4:54.1	8:28.1	5:16.1
84 ELYSE FLORES	SO	96	LINDENWOOD (7)	(70)	26:32.9	5:06.7	8:32.2	5:18.6
85 MAIYA WOLPERT	SO	134	NW MISSOURI	-	26:35.1	5:08.9	8:32.9	5:19.0
86 AKEEBA ROSE	SR	86	LINCOLN (MO.) (4)	71	26:36.3	5:10.1	8:33.3	5:19.3
87 MCKENZIE SCROGGIN	JR	33	CENTRAL MISSOURI	-	26:40.4	5:14.2	8:34.6	5:20.1
88 MADELYN BALLARD	FR	202	SOUTHWEST BAPTIST	-	26:58.6	5:32.4	8:40.5	5:23.7
89 BAILEE WILSON	FR	67	EMPORIA ST. (5)	72	27:08.0	5:41.8	8:43.5	5:25.6
90 KOLLEEN GLADDEN	SO	170	PITTSBURG ST.	-	27:23.5	5:57.3	8:48.5	5:28.7
91 PRISCILLA KING	JR	62	EMPORIA ST. (6)	(73)	27:53.4	6:27.2	8:58.1	5:34.7
92 EBONY ROSE	SR	87	LINCOLN (MO.) (5)	74	28:30.2	7:04.0	9:09.9	5:42.0
93 AIDE GONZALEZ	FR	84	LINCOLN (MO.) (6)	(75)	29:53.9	8:27.7	9:36.8	5:58.8
94 SHANICE CLARKE	FR	83	LINCOLN (MO.) (7)	(76)	34:42.3	13:16.1	11:09.5	6:56.5