



Women's 5k

PI	Athlete Name		Affiliation	2k	2k PI	+/-	Time	Pts
1	Ryen Frazier	FR	NC State	6:21.6	2	▲1	16:06.5	1
2	Wesley Frazier		Unattached	6:20.8	1	▼1	16:28.5	
3	Rachel Koon	FR	NC State	6:39.4	3	—	17:06.0	2
4	Madison Granger	JR	Duke	6:41.9	7	▲3	17:11.7	3
5	Megan Moye	JR	NC State	6:41.0	5	—	17:12.2	4
6	Kaitlyn Kramer	JR	NC State	6:42.4	10	▲4	17:15.0	5
7	Sarah Kanney		Unattached	6:41.6	6	▼1	17:19.6	
8	Andie Cozzarelli		Oiselle	6:44.3	11	▲3	17:20.3	
9	Sheridan Wilbur	FR	Duke	6:49.6	19	▲10	17:20.3	6
10	Bianca Bishop	SO	NC State	6:42.0	9	▼1	17:23.3	7
11	Anima Banks	SR	Duke	6:41.9	7	▼4	17:23.9	8
12	Olivia Enright	SR	NC State	6:48.6	16	▲4	17:26.6	9
13	Elyse Bierut	SR	Elon	6:50.9	24	▲11	17:30.8	10
14	Alyssa Rudaswky	SO	NC State	6:48.4	15	▲1	17:31.5	11
15	Tereza Novotna	SR	Unattached	6:40.4	4	▼11	17:34.1	
16	Shelby Cuddeback	JR	Elon	6:50.8	21	▲5	17:36.5	12
17	Stella Radford	FR	North Carolina	6:47.4	14	▼3	17:40.3	13
18	Kyle MacQueen Feldman		Unattached	6:50.6	20	▲2	17:44.6	
19	Olivia Anderson	SR	Duke	6:47.2	13	▼6	17:46.7	14
20	Morgan Ilse	FR	North Carolina	6:50.8	21	▲1	17:46.8	15
21	Mary Grace Doggett	SO	Unattached	6:44.6	12	▼9	17:49.4	
22	Kathleen Mansure	FR	UNC-Greensboro	6:53.8	27	▲5	17:50.0	16
23	Gabrielle Richichi	FR	Duke	6:49.2	18	▼5	17:57.8	17
24	Kim Hallowses	FR	Duke	6:51.2	25	▲1	18:02.0	18
25	Bridgette Harrell	FR	Elon	7:05.9	36	▲11	18:05.0	19
26	Rachel Bartolomeo	FR	NC State	6:51.8	26	—	18:11.9	
27	Esther Fisher	JR	NC State	7:05.2	35	▲8	18:13.8	
28	Lucy Biles	FR	North Carolina	6:50.8	21	▼7	18:16.6	20
29	Coralea Geraniotis	FR	Elon	7:08.4	42	▲13	18:19.8	21
30	Mattie Webb	SR	North Carolina	6:54.9	28	▼2	18:22.1	22
31	Megan Vaughn		Unattached	7:00.3	30	▼1	18:23.9	
32	Marisa Ryan		Bull City TC	7:02.1	34	▲2	18:24.8	23
33	Allison Sturges	SR	Duke	6:59.4	29	▼4	18:30.7	24
34	Brigid Brennan	SO	Elon	7:01.7	33	▼1	18:32.7	25
35	Katy Link	JR	UNC-Greensboro	7:01.3	32	▼3	18:33.2	26
36	Chelsea Smith	FR	Elon	7:09.6	44	▲8	18:33.5	27
37	Liz Lansing		Unattached	7:07.4	40	▲3	18:34.1	
38	Carmen Davis		NC State Club	7:06.5	38	—	18:34.9	28
39	Gianna Frontera	FR	NC State	6:48.6	16	▼23	18:35.3	
40	Emma Astrike-Davis	SO	North Carolina	7:09.3	43	▲3	18:36.6	29





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41	Emma Brown	FR	Elon	7:06.1	37	▼4	18:38.2	30
42	Megan Rempel	FR	NC State	7:07.9	41	▼1	18:40.3	
43	Bethany Neeley		Unattached	7:01.2	31	▼12	18:45.1	
44	Kaitlin Snapp	JR	Elon	7:13.2	48	▲4	18:50.7	
45	Gina Daniel	JR	Duke	7:22.5	53	▲8	18:57.2	
46	Corey Weiss	SO	Elon	7:11.8	46	—	19:00.7	
47	Theresa Enright		Unattached	7:07.2	39	▼8	19:02.0	
48	Claire Cates	SR	Gardner-Webb	7:24.9	54	▲6	19:07.4	31
49	Gabby Cortese	SO	Gardner-Webb	7:25.4	55	▲6	19:17.3	32
50	Lauren Velasco	SO	NC State	7:12.9	47	▼3	19:18.2	
51	Katlyn Ayers	SR	UNC-Greensboro	7:26.3	56	▲5	19:20.4	33
52	Domtila Kiplagat	FR	Winston-Salem St.	7:13.8	49	▼3	19:25.6	34
53	Rebekah Greengrass		Unattached	7:09.7	45	▼8	19:29.9	
54	Sabina Bains	JR	Elon	7:27.6	57	▲3	19:30.5	
55	Ayla Gizlice	FR	Unattached	7:18.5	51	▼4	19:36.3	
56	Jenna Ford	JR	Gardner-Webb	7:38.2	61	▲5	19:44.0	35
57	Heidi Tuskiewicz	FR	Campbell	7:21.2	52	▼5	19:45.5	36
58	Nancy Kaiser	2	Bull City TC	7:59.5	80	▲22	19:54.6	37
59	Kelsey Rea	JR	Campbell	7:31.5	58	▼1	19:56.2	38
60	Roshae Jackson	FR	Campbell	7:17.6	50	▼10	19:58.3	39
61	Ali Bowen	FR	Campbell	7:33.4	59	▼2	20:01.4	40
62	Shelley Brake		Bull City TC	7:58.7	78	▲16	20:08.4	41
63	Macy Brinson	FR	Meredith	7:52.2	76	▲13	20:12.4	42
64	Olga Shokurova		NC State Club	7:40.1	64	—	20:13.5	43
65	Katlyn Adkins	JR	UNC-Greensboro	7:38.2	61	▼4	20:15.7	44
66	Itzel Gonzalez	JR	Meredith	7:48.4	74	▲8	20:21.4	45
67	Kate Mueller		NC State Club	7:59.2	79	▲12	20:21.7	46
68	Kaelyn Yoder	SO	Campbell	7:38.5	63	▼5	20:22.6	47
69	Danisha Wiggins	SR	Winston-Salem St.	7:44.4	71	▲2	20:24.1	48
70	Meredith Bazemore		Bull City TC	8:02.4	81	▲11	20:25.5	49
71	Haley Beann		Bull City TC	7:44.3	69	▼2	20:29.3	50
72	Allie Gallagher	SR	Meredith	7:45.8	73	▲1	20:34.4	51
73	Doreen Richardson		Fayetteville State	7:38.1	60	▼13	20:35.5	52
74	Abby Verchick		NC State Club	7:42.8	66	▼8	20:36.7	53
75	Hana Baskin		Bull City TC	7:55.6	77	▲2	20:50.0	54
76	Carolyn Hopkins	FR	Elon	7:42.9	67	▼9	20:51.9	
77	Tametriss Morrison	SO	Winston-Salem St.	7:44.3	69	▼8	20:53.1	55
78	Jazmina Paris-Morris	SO	Shaw	8:05.2	82	▲4	21:03.7	56
79	Kierstyn Horton	SO	Meredith	7:45.5	72	▼7	21:14.0	57
80	Megan Lanzon	FR	Campbell	7:49.7	75	▼5	21:23.4	58
81	Rachel White	SO	Gardner-Webb	8:23.3	95	▲14	21:30.6	59
82	Sydney Davis	SO	Gardner-Webb	8:34.2	105	▲23	21:34.5	60
83	Phyllis Cheruiyot	JR	Winston-Salem St.	8:11.5	86	▲3	21:36.2	61



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84	Micalyne Zimmerman	JR	Winston-Salem St.	7:44.0	68	▼16	21:36.5	62
85	Michaela Williams	SO	Gardner-Webb	8:23.3	95	▲10	21:38.3	63
86	Merideth Alexander	JR	Shaw	8:05.3	83	▼3	21:40.0	64
87	Taylor Rama	JR	Randolph	8:21.0	93	▲6	21:44.2	65
88	Amy Moret	SO	UNC-Greensboro	8:17.0	90	▲2	21:48.0	66
89	Mary Kate Morgan	SO	Meredith	8:17.9	91	▲2	21:48.9	67
90	Alicia DeCastro	FR	Elon	7:41.7	65	▼25	21:49.5	
91	Madison Lee		NC State Club	8:13.1	88	▼3	21:56.7	68
92	Meghan Evans	FR	Meredith	8:19.1	92	—	21:58.3	69
93	Kaitlyn Stempien	SR	St. Andrews	8:11.0	85	▼8	21:59.0	70
94	Baylee Snead	SO	Randolph	8:29.2	101	▲7	21:59.3	71
95	Kayla Wetherell	FR	UNC-Greensboro	8:10.2	84	▼11	21:59.5	72
96	Ellen Moss	2	Bull City TC	8:47.3	109	▲13	22:01.4	73
97	Lauren Kilpatrick	FR	Gardner-Webb	8:13.2	89	▼8	22:03.0	74
98	Raven Hamilton	JR	Winston-Salem St.	8:26.0	99	▲1	22:14.3	75
99	Mattie Sue Stricklan	SR	Meredith	8:24.2	98	▼1	22:21.2	76
100	Lauren Deboskey		NC State Club	8:12.1	87	▼13	22:27.0	77
101	Danielle Hill	JR	Randolph	8:29.2	101	—	22:40.9	78
102	Hannah Biddle	SO	St. Andrews	8:21.0	93	▼9	22:49.3	79
103	Shania Nicely	SO	N.C. Central	8:33.8	104	▲1	22:55.8	80
104	Sarah Reed	FR	Randolph	8:54.2	111	▲7	23:03.3	81
105	Heather West	JR	Meredith	8:39.5	107	▲2	23:06.4	
106	Meredith Hicks	SR	UNC-Greensboro	8:36.2	106	—	23:09.8	82
107	Taylor Warrick		NC State Club	8:28.9	100	▼7	23:21.3	83
108	Sophia Dill	SO	Randolph	8:53.8	110	▲2	23:28.1	84
109	Kiara Glover	JR	Meredith	8:43.7	108	▼1	23:39.8	
110	Muriel Evans	JR	Shaw	8:23.9	97	▼13	23:44.6	85
111	Janine Bardell	SO	Salem	9:10.4	114	▲3	23:50.3	86
112	Briona May	SO	Shaw	8:31.6	103	▼9	23:54.4	87
113	Briana Landis	FR	Meredith	9:08.3	112	▼1	24:05.1	
114	Rylee Hale	FR	Randolph	9:31.8	121	▲7	24:25.6	88
115	Kaitlyn Maddox	FR	St. Andrews	9:26.0	117	▲2	24:33.9	89
116	Madison Truby	FR	Randolph	9:31.3	119	▲3	24:37.5	90
117	Rebecca Locklear	FR	Salem	9:10.1	113	▼4	24:57.7	91
118	Breanna Hollar	JR	Meredith	9:27.9	118	—	25:07.0	
119	Makayla Williams		Fayetteville State	9:31.5	120	▲1	25:07.6	92
120	Rachel Bonham		Winston-Salem St.	9:37.4	123	▲3	25:27.7	93
121	Christa Landy	SR	N.C. Central	9:17.8	115	▼6	25:33.2	94
122	Jaha Cruz	SR	William Peace	9:56.7	128	▲6	25:37.0	95
123	Ana Lucia Rodriguez Sala	FR	Meredith	9:34.0	122	▼1	25:46.9	
124	Kyla Sanders	FR	Shaw	9:22.9	116	▼8	25:51.4	96
125	Elizabeth Penley	SR	Salem	9:47.9	125	—	26:12.9	97
126	Giseline Martinez Ponce	JR	Salem	9:51.2	126	—	26:24.6	98



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127	Katelyn Steadman	FR	Meredith	9:52.2	127	—	26:34.0	
128	Kayla Phifer		Fayetteville State	9:46.2	124	▼4	27:46.0	99
129	Sierra Wyse	SR	William Peace	10:52.6	139	▲10	27:49.0	100
130	Nia-Taylor Clark		Fayetteville State	10:29.4	131	▲1	27:53.5	101
131	Nina Havelka	FR	St. Andrews	10:50.7	138	▲7	27:58.4	102
132	Tiffany Martin	JR	Shaw	10:27.6	130	▼2	28:11.7	103
133	Starbesha Satterwhite		N.C. Central	10:34.0	134	▲1	28:12.4	104
134	Jaleesa Smoot	FR	N.C. Central	10:33.4	133	▼1	28:18.7	105
135	Lavasia Thomas	SO	N.C. Central	10:33.3	132	▼3	28:25.1	106
136	Meredith Wyatt	FR	Meredith	10:42.4	136	—	28:46.9	
137	Huntley Polanshek	FR	Randolph	10:59.6	141	▲4	28:55.2	
138	Safaa Dali	JR	Meredith	10:47.5	137	▼1	29:05.8	
139	Kate Neidrick	FR	St. Andrews	11:06.3	142	▲3	29:06.0	107
140	Shatrika Lewis	FR	Shaw	10:22.3	129	▼11	29:11.8	108
141	LaCherie Clarke	FR	Shaw	10:40.5	135	▼6	30:45.8	
142	Bibiana Arroyo-Vargas	SO	Salem	10:57.4	140	▼2	30:55.2	109
143	Kristina Cass	FR	William Peace	11:46.5	146	▲3	30:59.8	110
144	Julie McGhee	FR	Salem	11:26.6	143	▼1	31:06.1	111
145	Tearra Arrington	SO	Shaw	11:26.8	144	▼1	32:12.7	
146	Sherhae Holloway	JR	N.C. Central	11:30.4	145	▼1	33:19.0	112
147	Elizabeth Daniels	SR	William Peace	11:55.9	147	—	33:26.0	113
148	Kara Straite		Fayetteville State	12:14.5	148	—	33:29.9	114
149	Briana Garza	FR	William Peace	12:24.2	149	—	33:48.9	115
150	Lacey Hambridge	SR	Meredith	12:29.2	150	—	34:06.3	
151	Julia Jennings	FR	Salem	12:47.4	151	—	34:56.2	116
152	Brittany Chase	SR	William Peace	17:06.6	152	—	47:12.2	117





Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	NC State <i>Total Time: 1:25:03.00</i> <i>Average: 17:00.60</i>	19	1	2	4	5	7	9	11
2	Duke <i>Total Time: 1:27:40.40</i> <i>Average: 17:32.08</i>	48	3	6	8	14	17	18	24
3	Elon <i>Total Time: 1:30:04.80</i> <i>Average: 18:00.96</i>	87	10	12	19	21	25	27	30
4	North Carolina <i>Total Time: 1:30:42.40</i> <i>Average: 18:08.48</i>	99	13	15	20	22	29		
5	UNC-Greensboro <i>Total Time: 1:37:47.30</i> <i>Average: 19:33.46</i>	185	16	26	33	44	66	72	82
6	Campbell <i>Total Time: 1:40:04.00</i> <i>Average: 20:00.80</i>	200	36	38	39	40	47	58	
7	Bull City TC <i>Total Time: 1:39:22.60</i> <i>Average: 19:52.52</i>	200	23	37	41	49	50	54	73
8	Gardner-Webb <i>Total Time: 1:41:13.80</i> <i>Average: 20:14.76</i>	217	31	32	35	59	60	63	74
9	NC State Club <i>Total Time: 1:41:43.50</i> <i>Average: 20:20.70</i>	238	28	43	46	53	68	77	83
10	Winston-Salem St. <i>Total Time: 1:43:55.50</i> <i>Average: 20:47.10</i>	260	34	48	55	61	62	75	93
11	Meredith <i>Total Time: 1:44:11.10</i> <i>Average: 20:50.22</i>	262	42	45	51	57	67	69	76
12	Randolph <i>Total Time: 1:52:55.80</i> <i>Average: 22:35.16</i>	379	65	71	78	81	84	88	90
13	Shaw <i>Total Time: 1:56:14.10</i> <i>Average: 23:14.82</i>	388	56	64	85	87	96	103	108
14	St. Andrews <i>Total Time: 2:06:26.60</i> <i>Average: 25:17.32</i>	447	70	79	89	102	107		
15	Fayetteville State <i>Total Time: 2:14:52.50</i> <i>Average: 26:58.50</i>	458	52	92	99	101	114		





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16	Salem <i>Total Time: 2:12:20.70</i> <i>Average: 26:28.14</i>	481	86	91	97	98	109	111	116
17	N.C. Central <i>Total Time: 2:13:25.20</i> <i>Average: 26:41.04</i>	489	80	94	104	105	106	112	
18	William Peace <i>Total Time: 2:31:40.70</i> <i>Average: 30:20.14</i>	533	95	100	110	113	115	117	

