

**CARLETON RUNNING OF THE COWS**

Northfield, MN  
 Bill Huyck Championship Course  
 Saturday, September 16, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Dave & Donna Ricks  
**Meet Referee:**  
 Josh Gerber  
**Timing:**  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
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**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Carleton	43	4-6-8-11-14(18)(23)	1:53:10	22:38	1:04.5
2 Wis.-La Crosse	48	3-7-9-13-16(22)(24)	1:53:46	22:46	1:16.8
3 Minnesota State	68	2-5-17-19-25(26)(29)	1:54:37	22:56	2:07.5
4 St. Benedict	120	1-12-31-37-39(46)(47)	1:56:43	23:21	4:37.5
5 Bethel (Minn.)	161	15-27-35-40-44(48)(49)	2:01:34	24:19	1:57.0
6 St. Scholastica	172	10-20-28-55-59(60)(63)	2:01:30	24:18	2:58.3
7 Gustavus Adolphus	208	21-30-42-57-58(61)(65)	2:04:08	24:50	2:00.3
8 Wis.-Superior	242	32-33-36-62-79(84)(87)	2:05:51	25:11	3:07.8
9 Macalester	268	34-53-54-56-71(73)(74)	2:07:10	25:26	2:29.8
10 Hamline	302	41-51-52-77-81(88)(92)	2:10:18	26:04	2:18.0
11 Concordia-Moorhead	305	45-50-66-68-76(90)(93)	2:10:16	26:04	1:43.0
12 Saint Mary's (Minn.)	375	67-72-75-78-83(96)(107)	2:14:34	26:55	1:13.4
13 Viterbo	389	38-69-91-94-97(99)(100)	2:17:18	27:28	4:46.9
14 Minnesota-Morris	407	64-70-85-86-102(104)(106)	2:19:03	27:49	4:43.0
15 Augsburg	425	43-80-89-105-108	2:35:14	31:03	17:06.3
16 St. Catherine (Minn.)	479	82-95-98-101-103	2:28:06	29:38	3:52.7

**INDIVIDUAL RESULTS**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1K	2K	4K	5K
1 Fiona Smith	SR	305	St. Benedict (1)	1	20:12.7	---	5:25.1	3:22.1	3:19.1	6:35.9	13:22.3	16:52.6
2 MaKenna Thurston	SR	231	Minnesota State (1)	2	21:42.6	1:29.9	5:49.2	3:37.1	3:42.3	7:15.0	14:35.7	18:08.6
3 Maddie Hannan	SR	446	Wis.-La Crosse (1)	3	22:02.8	1:50.1	5:54.6	3:40.5	3:42.0	7:15.0	14:42.7	18:32.4
4 Hannah Preisser	SO	72	Carleton (1)	4	22:08.1	1:55.4	5:56.1	3:41.4	3:41.2	7:14.5	14:47.5	18:35.8
5 Emily Cunningham	JR	215	Minnesota State (2)	5	22:09.7	1:57.0	5:56.5	3:41.6	3:41.8	7:14.7	14:42.3	18:33.2
6 Phoebe Ward	JR	76	Carleton (2)	6	22:13.2	2:00.5	5:57.4	3:42.2	3:42.0	7:15.3	14:44.4	18:34.3
7 Katelyn Chadwick	JR	442	Wis.-La Crosse (2)	7	22:30.7	2:18.0	6:02.1	3:45.1	3:42.4	7:16.9	14:55.6	18:49.4
8 Sophie McManus	JR	71	Carleton (3)	8	22:36.0	2:23.3	6:03.5	3:46.0	3:42.9	7:20.6	15:04.5	19:06.6
9 Maddy Vantassel	SR	467	Wis.-La Crosse (3)	9	22:43.0	2:30.3	6:05.4	3:47.2	3:42.6	7:19.6	15:04.4	19:00.0
10 Allison Hendrickson	SR	376	St. Scholastica (1)	10	22:45.1	2:32.4	6:06.0	3:47.5	3:42.0	7:15.3	15:00.0	19:00.6
11 Aliya Larsen	SO	70	Carleton (4)	11	22:59.4	2:46.7	6:09.8	3:49.9	3:49.8	7:30.8	15:21.4	19:21.1
12 Anne Kiolbasa	SR	292	St. Benedict (2)	12	23:06.4	2:53.7	6:11.7	3:51.1	3:42.6	7:17.1	15:07.3	19:13.6
13 Madelynn McIntyre	JR	455	Wis.-La Crosse (4)	13	23:09.9	2:57.2	6:12.6	3:51.7	3:42.6	7:19.8	15:19.3	19:26.7
14 Katie Hirsche	JR	68	Carleton (5)	14	23:12.6	2:59.9	6:13.4	3:52.1	3:44.1	7:30.5	15:29.9	19:29.0
15 Josie Harms	JR	37	Bethel (Minn.) (1)	15	23:14.5	3:01.8	6:13.9	3:52.4	3:46.3	7:26.2	15:20.4	19:25.4
16 Gwen Hinz	SO	448	Wis.-La Crosse (5)	16	23:19.6	3:06.9	6:15.2	3:53.3	3:57.4	7:50.7	15:46.7	19:39.8
17 Madison Matzek	SO	224	Minnesota State (3)	17	23:23.5	3:10.8	6:16.3	3:53.9	3:52.1	7:38.3	15:35.8	19:37.4
18 Mary Blanchard	JR	63	Carleton (6)	(18)	23:27.2	3:14.5	6:17.3	3:54.5	3:51.5	7:37.8	15:43.3	19:45.6
19 Makayla Bishop	JR	213	Minnesota State (4)	19	23:30.7	3:18.0	6:18.2	3:55.1	3:52.5	7:37.6	15:35.3	19:40.8
20 Regan DeWitt	FR	371	St. Scholastica (2)	20	23:38.5	3:25.8	6:20.3	3:56.4	3:47.9	7:37.8	15:45.6	19:56.1
21 Molly Liston	SO	128	Gustavus Adolphus	21	23:40.1	3:27.4	6:20.7	3:56.7	4:02.1	7:55.7	15:47.3	19:51.8
22 Mallory Reiser	FR	463	Wis.-La Crosse (6)	(22)	23:41.4	3:28.7	6:21.1	3:56.9	3:57.1	7:50.0	15:46.7	19:46.5
23 Libby Rowland	JR	73	Carleton (7)	(23)	23:45.6	3:32.9	6:22.2	3:57.6	3:51.3	7:37.0	15:43.0	19:51.1

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**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km	1K	2K	4K	5K
24 Sierra Rabe	JR	461	Wis.-La Crosse (7)	(24)	23:45.7	3:33.0	6:22.2	3:57.6	3:57.1	7:50.1	15:49.2	19:57.5
25 Kylie Trousil	JR	466	Wis.-La Crosse	-	23:46.5	3:33.8	6:22.4	3:57.8	3:57.3	7:50.5	15:49.1	19:58.0
26 Karlie Meyer	JR	457	Wis.-La Crosse	-	23:47.8	3:35.1	6:22.8	3:58.0	3:57.0	7:50.2	15:54.1	20:04.2
27 Maria Selting	FR	228	Minnesota State (5)	25	23:50.1	3:37.4	6:23.4	3:58.4	3:53.5	7:41.3	15:44.5	19:48.9
28 Addison Peed	FR	227	Minnesota State (6)	(26)	23:50.4	3:37.7	6:23.5	3:58.4	3:51.8	7:38.3	15:36.6	19:51.2
29 Shalom Sulungaine	FR	47	Bethel (Minn.) (2)	27	23:53.3	3:40.6	6:24.3	3:58.9	3:59.0	7:51.8	15:57.5	20:03.9
30 Lilly Higgins	FR	447	Wis.-La Crosse	-	23:54.1	3:41.4	6:24.5	3:59.0	3:57.3	7:50.3	15:54.5	20:08.5
31 Kelsey Johannes	JR	378	St. Scholastica (3)	28	23:54.4	3:41.7	6:24.6	3:59.1	3:48.1	7:37.5	15:43.6	19:57.1
32 Nora Daley	FR	67	Carleton	-	23:56.2	3:43.5	6:25.0	3:59.4	3:53.7	7:41.9	15:54.4	20:05.5
33 Alexi MacDonald	SO	222	Minnesota State (7)	(29)	23:56.4	3:43.7	6:25.1	3:59.4	3:51.8	7:37.8	15:46.0	19:57.9
34 Lucy Duchac	SO	443	Wis.-La Crosse	-	23:58.4	3:45.7	6:25.6	3:59.7	3:57.1	7:50.5	15:50.5	20:00.7
35 Sydney Hagen	JR	126	Gustavus Adolphus	30	23:59.0	3:46.3	6:25.8	3:59.8	4:02.2	7:55.8	15:58.7	20:09.1
36 Helen Cross	JR	65	Carleton	-	24:04.1	3:51.4	6:27.2	4:00.7	3:43.6	7:26.2	15:34.4	19:50.1
37 Keiley Maahs	SR	297	St. Benedict (3)	31	24:05.8	3:53.1	6:27.6	4:01.0	3:55.7	7:47.1	15:59.6	20:11.7
38 Becca Immer	FR	449	Wis.-La Crosse	-	24:05.9	3:53.2	6:27.6	4:01.0	3:59.1	7:53.8	15:57.6	20:09.2
39 Halle Barker	JR	482	Wis.-Superior (1)	32	24:06.7	3:54.0	6:27.9	4:01.1	3:48.2	7:39.5	15:59.0	20:10.0
40 Cora Hudella	SO	489	Wis.-Superior (2)	33	24:08.8	3:56.1	6:28.4	4:01.5	3:54.2	7:47.3	16:00.3	20:12.2
41 Ivy Coldren	FR	181	Macalester (1)	34	24:09.3	3:56.6	6:28.6	4:01.6	4:06.6	8:03.7	16:11.3	20:19.3
42 Olivia Pietras	FR	460	Wis.-La Crosse	-	24:11.5	3:58.8	6:29.1	4:01.9	3:58.9	7:51.2	15:57.9	20:11.8
43 Anna Cargill	SO	31	Bethel (Minn.) (3)	35	24:12.3	3:59.6	6:29.4	4:02.1	3:58.8	7:51.8	15:59.2	20:13.1
44 Riley Kayler	FR	451	Wis.-La Crosse	-	24:12.6	3:59.9	6:29.4	4:02.1	3:57.6	7:50.6	15:56.7	20:12.3
45 Greta Koehler	SO	452	Wis.-La Crosse	-	24:16.5	4:03.8	6:30.5	4:02.8	4:00.1	7:56.4	16:13.5	20:27.6
46 Brooklyn Luebke	SO	454	Wis.-La Crosse	-	24:18.9	4:06.2	6:31.1	4:03.2	4:00.4	7:56.7	16:14.8	20:27.5
47 Alice Cutter	JR	66	Carleton	-	24:20.4	4:07.7	6:31.5	4:03.4	3:53.5	7:49.6	16:09.9	20:32.7
48 Payton Bell	FR	483	Wis.-Superior (3)	36	24:21.4	4:08.7	6:31.8	4:03.6	3:57.0	7:52.9	16:20.2	20:35.3
49 Ella Pahl	SO	459	Wis.-La Crosse	-	24:23.0	4:10.3	6:32.2	4:03.8	4:00.5	7:56.6	16:05.2	20:18.9
50 Cassidy O'Meara	SR	226	Minnesota State	-	24:24.0	4:11.3	6:32.5	4:04.0	3:51.7	7:41.2	15:58.6	20:21.1
51 Marenn Larsen	FR	221	Minnesota State	-	24:24.5	4:11.8	6:32.6	4:04.1	3:54.5	7:45.5	16:12.5	20:29.0
52 Mary Kenney	SO	291	St. Benedict (4)	37	24:27.2	4:14.5	6:33.4	4:04.5	3:51.5	7:41.8	16:02.5	20:24.9
53 Anya Hirsch	SR	402	Viterbo (1)	38	24:29.0	4:16.3	6:33.8	4:04.8	3:57.8	7:51.0	16:05.4	20:27.8
54 Kennedy Speer	FR	230	Minnesota State	-	24:35.6	4:22.9	6:35.6	4:05.9	3:56.6	7:51.1	16:16.0	20:40.1
55 Jessica Immer	JR	450	Wis.-La Crosse	-	24:37.1	4:24.4	6:36.0	4:06.2	3:59.4	7:55.3	16:15.3	20:33.6
56 Andrea Butz	JR	441	Wis.-La Crosse	-	24:40.6	4:27.9	6:36.9	4:06.8	4:13.1	8:12.4	16:31.0	20:45.2
57 Alison Zigler	SR	232	Minnesota State	-	24:47.6	4:34.9	6:38.8	4:07.9	4:02.3	8:01.1	16:31.6	20:49.7
58 Julia Babineau	FR	284	St. Benedict (5)	39	24:50.2	4:37.5	6:39.5	4:08.4	3:58.0	7:49.6	16:16.6	20:48.2
59 Elizabeth Schwartz	FR	465	Wis.-La Crosse	-	24:51.4	4:38.7	6:39.8	4:08.6	3:59.8	7:56.1	16:21.2	20:45.5
60 Jocelyn Aprill	SO	438	Wis.-La Crosse	-	24:51.7	4:39.0	6:39.9	4:08.6	4:13.4	8:12.7	16:31.0	20:49.8
61 Ella Woodworth	FR	470	Wis.-La Crosse	-	24:53.6	4:40.9	6:40.4	4:08.9	4:14.4	8:13.8	16:38.8	20:56.7
62 Laura Hardwick	SR	36	Bethel (Minn.) (4)	40	25:01.5	4:48.8	6:42.5	4:10.3	4:33.9	8:39.0	16:51.8	21:02.4
63 Bryn Sato	SO	464	Wis.-La Crosse	-	25:03.2	4:50.5	6:43.0	4:10.5	4:13.4	8:12.2	16:30.6	20:51.9
64 Ashley Hedquist	FR	219	Minnesota State	-	25:03.9	4:51.2	6:43.2	4:10.7	4:05.8	8:01.4	16:16.0	20:46.7
65 Olivia Anderson	SO	211	Minnesota State	-	25:04.1	4:51.4	6:43.2	4:10.7	3:55.1	7:51.8	16:28.5	20:59.3
66 Libby Roberdeau	SR	156	Hamline (1)	41	25:07.5	4:54.8	6:44.2	4:11.3	4:06.2	8:11.2	16:38.5	21:00.9
67 Kailyn Walukas	JR	140	Gustavus Adolphus	42	25:08.6	4:55.9	6:44.5	4:11.4	4:02.6	7:58.7	16:34.2	21:01.0
68 Gracie Johnson	SO	11	Augsburg (1)	43	25:09.5	4:56.8	6:44.7	4:11.6	4:08.4	8:01.9	16:31.5	20:56.7
69 Ruby Gernandt	JR	34	Bethel (Minn.) (5)	44	25:11.5	4:58.8	6:45.2	4:11.9	4:12.0	8:18.4	16:52.7	21:15.7

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# Final Results

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athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1K	2K	4K	5K
70 Jacey Majerus	FR	223	Minnesota State	-	25:13.9	5:01.2	6:45.9	4:12.3	3:54.6	7:50.1	16:30.3	21:08.1
71 Elsie Hatlevig	SR	95	Concordia-Moorhea	45	25:15.0	5:02.3	6:46.2	4:12.5	4:14.5	8:19.6	17:00.3	21:15.1
72 Lucy Lyngen	SR	296	St. Benedict (6)	(46)	25:16.0	5:03.3	6:46.4	4:12.7	4:05.3	8:03.0	16:37.1	21:02.6
73 Eva Creighton	SO	287	St. Benedict (7)	(47)	25:16.4	5:03.7	6:46.5	4:12.7	3:58.1	7:50.1	16:21.9	20:57.4
74 Anna Hay	SO	38	Bethel (Minn.) (6)	(48)	25:16.5	5:03.8	6:46.6	4:12.8	4:12.2	8:18.4	16:52.1	21:16.2
75 Bella Duncombe	FR	33	Bethel (Minn.) (7)	(49)	25:18.4	5:05.7	6:47.1	4:13.1	4:11.9	8:18.3	16:54.7	21:22.1
76 Grace Bisswurm	SO	440	Wis.-La Crosse	-	25:20.3	5:07.6	6:47.6	4:13.4	4:14.0	8:13.6	16:50.2	21:16.5
77 Amelia Rowley	FR	99	Concordia-Moorhea	50	25:21.4	5:08.7	6:47.9	4:13.6	4:07.3	8:16.4	16:59.7	21:21.9
78 Alicia Maddux	FR	152	Hamline (2)	51	25:22.9	5:10.2	6:48.3	4:13.8	4:06.2	8:11.3	16:56.1	21:18.9
79 Anabel Bradley	FR	149	Hamline (3)	52	25:23.0	5:10.3	6:48.3	4:13.8	4:06.6	8:11.9	16:52.1	21:20.3
80 Destiny Osemwengie	FR	194	Macalester (2)	53	25:25.1	5:12.4	6:48.9	4:14.2	4:11.9	8:16.4	16:54.2	21:21.4
81 Sylvia Coyle	JR	182	Macalester (3)	54	25:25.4	5:12.7	6:49.0	4:14.2	4:12.9	8:17.9	16:57.9	21:20.5
82 Emily Erickson	FR	372	St. Scholastica (4)	55	25:28.1	5:15.4	6:49.7	4:14.7	4:18.6	8:22.3	16:53.1	21:24.4
83 Esther Nelson	JR	43	Bethel (Minn.)	-	25:28.4	5:15.7	6:49.8	4:14.7	4:12.4	8:18.5	16:54.4	21:22.2
84 Maggie Froh	SR	185	Macalester (4)	56	25:30.2	5:17.5	6:50.2	4:15.0	4:12.5	8:17.9	16:56.3	21:20.1
85 Kalli Smith	JR	306	St. Benedict	-	25:32.2	5:19.5	6:50.8	4:15.4	4:05.4	8:03.9	16:56.1	21:31.8
86 Mackenzie Ginder	FR	445	Wis.-La Crosse	-	25:33.4	5:20.7	6:51.1	4:15.6	4:03.6	8:06.3	16:59.2	21:32.4
87 Elena Kozich	SO	453	Wis.-La Crosse	-	25:33.9	5:21.2	6:51.2	4:15.7	4:13.9	8:12.6	16:41.2	21:18.5
88 Emma Windingland	FR	469	Wis.-La Crosse	-	25:35.4	5:22.7	6:51.6	4:15.9	4:13.5	8:20.2	17:11.8	21:42.3
89 Laura Sunnarborg	FR	136	Gustavus Adolphus	57	25:39.6	5:26.9	6:52.8	4:16.6	4:16.1	8:28.1	17:03.2	21:35.0
90 Veronica Wahman	FR	139	Gustavus Adolphus	58	25:40.4	5:27.7	6:53.0	4:16.7	4:22.3	8:39.2	17:25.6	21:43.5
91 Anabella Witschen	FR	312	St. Benedict	-	25:41.5	5:28.8	6:53.3	4:16.9	4:11.6	8:17.1	17:02.6	21:33.7
92 Mollykate Hagen	FR	373	St. Scholastica (5)	59	25:43.4	5:30.7	6:53.8	4:17.2	4:10.6	8:17.3	16:57.6	21:28.0
93 Jenna Terrio	JR	385	St. Scholastica (6)	(60)	25:45.2	5:32.5	6:54.3	4:17.5	4:15.1	8:19.0	17:07.6	21:39.0
94 Kiara Gentz	FR	444	Wis.-La Crosse	-	25:47.1	5:34.4	6:54.8	4:17.8	4:17.4	8:24.7	17:10.6	21:42.6
95 Mackenzie Murphy	FR	130	Gustavus Adolphus	(61)	25:48.1	5:35.4	6:55.0	4:18.0	4:22.0	8:38.9	17:24.7	21:43.7
96 Maggie Votruba	JR	75	Carleton	-	25:49.5	5:36.8	6:55.4	4:18.3	4:12.9	8:20.8	17:08.1	21:41.9
97 Amelia Wiesner	FR	266	Northland	-	25:52.3	5:39.6	6:56.2	4:18.7	4:06.2	8:08.5	16:46.8	21:30.7
98 Molly Novotny	FR	458	Wis.-La Crosse	-	25:54.7	5:42.0	6:56.8	4:19.1	4:13.1	8:13.6	16:59.0	21:35.8
99 Tea Boerner	JR	485	Wis.-Superior (4)	62	25:58.7	5:46.0	6:57.9	4:19.8	4:13.5	8:16.1	17:05.1	21:40.6
100 Grace McCromick	FR	382	St. Scholastica (7)	(63)	26:00.2	5:47.5	6:58.3	4:20.0	4:08.0	8:18.0	17:10.4	21:44.5
101 Mia Case	SO	370	St. Scholastica	-	26:01.8	5:49.1	6:58.7	4:20.3	4:07.7	8:17.9	17:03.5	21:39.9
102 Megan Narveson	JR	225	Minnesota State	-	26:07.8	5:55.1	7:00.3	4:21.3	4:06.1	8:12.8	17:15.9	21:53.9
103 Madison Stackhouse	SO	46	Bethel (Minn.)	-	26:12.4	5:59.7	7:01.6	4:22.1	4:34.1	8:40.7	17:27.6	21:59.3
104 Grace Morningstar	SR	42	Bethel (Minn.)	-	26:14.0	6:01.3	7:02.0	4:22.3	4:07.9	8:18.9	17:12.6	21:54.9
105 Ilsa Hoaglund	JR	241	Minnesota-Morris (1	64	26:14.4	6:01.7	7:02.1	4:22.4	4:12.3	8:18.7	17:08.2	21:43.4
106 Christina Schmidt	SO	134	Gustavus Adolphus	(65)	26:14.9	6:02.2	7:02.2	4:22.5	4:22.1	8:38.6	17:31.8	22:06.7
107 Emmah Dmytrasz	SO	216	Minnesota State	-	26:16.6	6:03.9	7:02.7	4:22.8	4:05.9	8:16.1	17:27.2	22:04.1
108 Abby Vizenor	JR	138	Gustavus Adolphus	-	26:17.1	6:04.4	7:02.8	4:22.8	4:22.0	8:38.6	17:27.4	21:59.8
109 Grace Ingebretsen	FR	96	Concordia-Moorhea	66	26:17.5	6:04.8	7:02.9	4:22.9	4:14.6	8:24.7	17:32.9	22:14.0
110 Caeli McMahon	SO	282	Saint Mary's (Minn.)	67	26:18.2	6:05.5	7:03.1	4:23.0	4:06.4	8:18.0	17:27.4	22:05.3
111 Ella Viscontie	SO	74	Carleton	-	26:23.4	6:10.7	7:04.5	4:23.9	4:13.3	8:21.0	17:24.6	22:02.6
112 Sophia Revoir	SO	98	Concordia-Moorhea	68	26:23.8	6:11.1	7:04.6	4:24.0	4:15.2	8:22.0	17:16.3	22:04.6
113 Rachel Olinger	SO	302	St. Benedict	-	26:24.1	6:11.4	7:04.7	4:24.0	4:12.8	8:20.0	17:14.9	21:57.5
114 Lydia Gessner	JR	35	Bethel (Minn.)	-	26:26.0	6:13.3	7:05.2	4:24.3	4:04.7	8:16.0	17:17.9	22:00.3
115 Eleanor Osmond	FR	132	Gustavus Adolphus	-	26:26.1	6:13.4	7:05.2	4:24.3	4:22.4	8:39.2	17:26.9	22:01.9

# CARLETON RUNNING OF THE COWS

Northfield, MN  
 Bill Huyck Championship Course  
 Saturday, September 16, 2023

## MEET OFFICIALS

**Meet Director:**  
 Dave & Donna Ricks  
**Meet Referee:**  
 Josh Gerber  
**Timing:**  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
 printed: 9/16/2023 12:11 PM

### Race #3 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1K	2K	4K	5K
16 Hannah Butler	SO	395	Viterbo (2)	69	26:26.9	6:14.2	7:05.4	4:24.5	4:11.4	8:21.1	17:37.0	22:15.6
17 Maggie Whitaker	JR	388	St. Scholastica	-	26:31.0	6:18.3	7:06.5	4:25.2	4:19.6	8:39.7	17:37.0	22:15.9
18 Emily Tess	JR	308	St. Benedict	-	26:34.3	6:21.6	7:07.4	4:25.7	4:11.4	8:19.8	17:27.5	22:08.4
19 Erin Martin	SR	299	St. Benedict	-	26:34.4	6:21.7	7:07.5	4:25.7	4:18.4	8:27.8	17:36.3	22:12.0
20 Sylvia Pesch	FR	244	Minnesota-Morris (2)	70	26:34.8	6:22.1	7:07.6	4:25.8	4:12.2	8:19.4	17:20.3	22:00.0
21 Brooke Verkinnes	SO	311	St. Benedict	-	26:37.3	6:24.6	7:08.2	4:26.2	4:10.9	8:19.3	17:45.7	22:33.3
22 Mara Pirone	SO	195	Macalester (5)	71	26:39.1	6:26.4	7:08.7	4:26.5	4:12.5	8:17.6	17:20.0	22:10.9
23 Kendra Klobe	SO	280	Saint Mary's (Minn.)	72	26:41.1	6:28.4	7:09.2	4:26.8	4:09.1	8:23.2	17:37.5	22:12.8
24 Anna Omdal	JR	131	Gustavus Adolphus	-	26:42.2	6:29.5	7:09.5	4:27.0	4:21.3	8:39.8	17:49.6	22:26.7
25 Maggie Morgan	SR	193	Macalester (6)	(73)	26:43.4	6:30.7	7:09.9	4:27.2	4:19.5	8:37.2	17:44.2	22:21.5
26 Taylor Radaich	FR	303	St. Benedict	-	26:43.4	6:30.7	7:09.9	4:27.2	4:21.2	8:38.1	17:49.2	22:28.3
27 Madelin Bruessel	JR	214	Minnesota State	-	26:45.9	6:33.2	7:10.5	4:27.7	4:07.3	8:17.0	17:44.7	22:31.6
28 Eley Hagen	FR	125	Gustavus Adolphus	-	26:46.1	6:33.4	7:10.6	4:27.7	4:26.4	8:45.3	17:49.8	22:29.2
29 Ella Krumm	JR	190	Macalester (7)	(74)	26:46.6	6:33.9	7:10.7	4:27.8	4:19.4	8:37.3	17:44.0	22:27.5
30 Samantha Ellis	FR	183	Macalester	-	26:50.3	6:37.6	7:11.7	4:28.4	4:20.0	8:37.3	17:47.6	22:31.4
31 Abby Bufkin	FR	285	St. Benedict	-	26:52.7	6:40.0	7:12.4	4:28.8	4:22.2	8:39.0	17:49.5	22:28.9
32 Caroline Gearin	SR	278	Saint Mary's (Minn.)	75	26:53.9	6:41.2	7:12.7	4:29.0	4:13.6	8:27.3	17:46.7	22:33.2
33 Mariah Loeffler-Kemp	SR	191	Macalester	-	26:55.7	6:43.0	7:13.2	4:29.3	4:19.7	8:37.1	17:47.7	22:31.4
34 Brooklyn Radtke	SO	462	Wis.-La Crosse	-	26:57.0	6:44.3	7:13.5	4:29.5	4:17.4	8:26.5	17:47.0	22:36.2
35 Claire Schoenfield	JR	135	Gustavus Adolphus	-	26:58.0	6:45.3	7:13.8	4:29.7	4:22.5	8:39.2	17:48.4	22:33.3
36 Aerial Johnson	JR	97	Concordia-Moorhea	76	26:58.0	6:45.3	7:13.8	4:29.7	4:14.5	8:24.3	17:35.9	22:30.5
37 Raina Moorjani	JR	41	Bethel (Minn.)	-	26:58.2	6:45.5	7:13.8	4:29.7	4:34.2	8:45.0	17:50.2	22:31.0
38 Abby Tapajna	SO	158	Hamline (4)	77	26:58.5	6:45.8	7:13.9	4:29.8	4:15.1	8:30.8	17:50.7	22:37.1
39 Ava Juntunen-Novak	JR	289	St. Benedict	-	27:04.7	6:52.0	7:15.6	4:30.8	4:13.4	8:21.5	17:42.0	22:45.8
40 Madeline Hartley	FR	374	St. Scholastica	-	27:06.1	6:53.4	7:16.0	4:31.0	4:34.1	8:54.2	18:08.0	22:44.5
41 Rheanna Hopkins	FR	279	Saint Mary's (Minn.)	78	27:08.8	6:56.1	7:16.7	4:31.5	4:09.2	8:23.7	17:52.1	22:45.9
42 Shye Johnson	SO	220	Minnesota State	-	27:12.6	6:59.9	7:17.7	4:32.1	4:14.9	8:33.7	17:49.1	22:38.0
43 Lilley Smith	FR	494	Wis.-Superior (5)	79	27:14.5	7:01.8	7:18.2	4:32.4	4:19.2	8:41.6	17:55.4	22:44.7
44 Brooklyn Conrad	SO	10	Augsburg (2)	80	27:19.1	7:06.4	7:19.4	4:33.2	4:21.9	8:36.6	18:02.5	22:53.4
45 Ayva Burshem	SO	286	St. Benedict	-	27:19.9	7:07.2	7:19.7	4:33.3	4:22.4	8:40.5	18:04.0	22:50.6
46 Anna Meilahn	SO	456	Wis.-La Crosse	-	27:20.5	7:07.8	7:19.8	4:33.4	4:24.6	8:40.7	18:02.3	22:57.4
47 Aspen Clarksean	JR	150	Hamline (5)	81	27:25.5	7:12.8	7:21.2	4:34.3	4:15.7	8:34.3	17:48.7	22:41.6
48 Brenna Nelson	SR	317	St. Catherine (Minn.)	82	27:31.2	7:18.5	7:22.7	4:35.2	4:21.7	8:38.8	18:04.9	23:02.1
49 Abbie Meyer	SO	283	Saint Mary's (Minn.)	83	27:31.6	7:18.9	7:22.8	4:35.3	4:13.6	8:28.1	17:56.6	22:55.9
50 Meagan Berg	SR	484	Wis.-Superior (6)	(84)	27:31.9	7:19.2	7:22.9	4:35.3	4:23.0	8:41.1	17:51.3	22:51.5
51 Zoe Hoaglund	JR	242	Minnesota-Morris (3)	85	27:32.9	7:20.2	7:23.1	4:35.5	4:15.7	8:32.9	17:59.1	22:54.6
52 Grace Hrabik	FR	377	St. Scholastica	-	27:40.2	7:27.5	7:25.1	4:36.7	4:34.1	9:01.6	18:41.9	23:24.4
53 Hannah Robertson	FR	245	Minnesota-Morris (4)	86	27:42.9	7:30.2	7:25.8	4:37.2	4:16.8	8:33.1	18:08.4	23:12.2
54 Julia Schwingamer	JR	384	St. Scholastica	-	27:45.5	7:32.8	7:26.5	4:37.6	4:34.2	8:58.9	18:28.1	23:24.1
55 Aubrey Peterson	FR	491	Wis.-Superior (7)	(87)	27:48.6	7:35.9	7:27.3	4:38.1	4:19.2	8:41.9	18:21.5	23:20.4
56 Olivia Corbo	JR	64	Carleton	-	27:49.0	7:36.3	7:27.5	4:38.2	4:23.0	8:42.2	18:19.3	23:11.8
57 Sarah Redepenning	FR	155	Hamline (6)	(88)	27:50.6	7:37.9	7:27.9	4:38.4	4:16.3	8:34.6	18:20.6	23:13.4
58 Aleka London	FR	14	Augsburg (3)	89	27:58.0	7:45.3	7:29.9	4:39.7	4:17.2	8:36.7	18:13.6	23:17.7
59 Ava Chevalier	SO	93	Concordia-Moorhea	(90)	27:59.7	7:47.0	7:30.3	4:40.0	4:35.1	9:08.4	18:37.5	23:28.1
60 Ashley Bass	FR	212	Minnesota State	-	28:03.8	7:51.1	7:31.4	4:40.6	4:11.5	8:26.6	18:19.7	23:24.4
61 Emily Dehn	FR	123	Gustavus Adolphus	-	28:09.5	7:56.8	7:32.9	4:41.6	4:44.7	9:18.7	18:52.9	23:40.7

# CARLETON RUNNING OF THE COWS

Northfield, MN  
Bill Huyck Championship Course  
Saturday, September 16, 2023

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**Meet Director:**  
Dave & Donna Ricks  
**Meet Referee:**  
Josh Gerber  
**Timing:**  
Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
printed: 9/16/2023 12:11 PM

### Race #3 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1K	2K	4K	5K
62 Kenzy Kreuzer	JR	490	Wis.-Superior	-	28:12.1	7:59.4	7:33.6	4:42.0	4:30.7	8:58.6	18:41.5	23:36.6
63 Adrienne Korey	SR	189	Macalester	-	28:14.2	8:01.5	7:34.2	4:42.4	4:27.6	8:57.2	18:34.6	23:38.4
64 Tori Gerber	JR	399	Viterbo (3)	91	28:16.9	8:04.2	7:34.9	4:42.8	4:17.2	8:41.9	18:29.6	23:37.8
65 Hailley Thompson	SO	310	St. Benedict	-	28:18.0	8:05.3	7:35.2	4:43.0	4:21.3	8:38.2	18:16.7	23:22.4
66 Julia Castellano	SO	180	Macalester	-	28:25.9	8:13.2	7:37.3	4:44.3	4:38.2	9:17.9	18:59.3	23:50.7
67 Lauren Tillman	JR	137	Gustavus Adolphus	-	28:27.2	8:14.5	7:37.7	4:44.5	4:26.4	8:47.5	18:36.5	23:40.4
68 Elliana Leach	FR	39	Bethel (Minn.)	-	28:31.4	8:18.7	7:38.8	4:45.2	4:38.7	9:11.7	18:54.4	23:54.4
69 Daniela Sanchez-Castillo	SO	157	Hamline (7)	(92)	28:33.2	8:20.5	7:39.3	4:45.5	4:23.9	8:51.5	18:43.4	23:49.6
70 Sarah Rey	JR	44	Bethel (Minn.)	-	28:40.0	8:27.3	7:41.1	4:46.7	4:38.6	9:11.7	18:54.2	23:54.6
71 Molly Weberg	SR	141	Gustavus Adolphus	-	28:42.9	8:30.2	7:41.9	4:47.2	4:41.7	9:10.9	19:16.1	24:21.3
72 Isabel Kraabel	SO	294	St. Benedict	-	28:43.5	8:30.8	7:42.1	4:47.3	4:29.9	9:03.4	18:56.8	24:01.7
73 Eden Smith	JR	100	Concordia-Moorhea	(93)	28:45.2	8:32.5	7:42.5	4:47.5	4:34.9	9:08.6	19:06.2	24:11.3
74 Londyn Ames	FR	92	Concordia-Moorhea	-	28:47.1	8:34.4	7:43.0	4:47.8	4:35.2	9:09.0	19:07.1	24:12.3
75 Kasey Jacobs	FR	403	Viterbo (4)	94	28:48.7	8:36.0	7:43.5	4:48.1	4:23.4	8:53.3	18:56.5	24:09.1
76 Lily Harvey	JR	314	St. Catherine (Minn.)	95	28:50.3	8:37.6	7:43.9	4:48.4	4:31.5	9:15.4	19:10.1	24:13.6
77 Leah Taszarek	FR	307	St. Benedict	-	28:51.1	8:38.4	7:44.1	4:48.5	4:22.5	8:48.9	18:49.9	24:20.5
78 Norah Juzenas	FR	188	Macalester	-	28:51.5	8:38.8	7:44.2	4:48.6	4:38.0	9:17.4	19:03.2	24:07.8
79 Amelia Dewberry	FR	124	Gustavus Adolphus	-	28:53.7	8:41.0	7:44.8	4:49.0	4:34.1	9:05.9	18:57.5	23:57.2
80 Maranda Thier	JR	309	St. Benedict	-	29:10.9	8:58.2	7:49.4	4:51.8	4:24.4	9:00.6	19:04.4	24:20.7
81 Megan Frosch	SO	277	Saint Mary's (Minn.)	(96)	29:11.9	8:59.2	7:49.7	4:52.0	4:20.4	8:55.1	19:06.3	24:35.4
82 Jerica Mueller	JR	404	Viterbo (5)	97	29:15.9	9:03.2	7:50.8	4:52.7	4:24.3	9:06.0	19:23.1	24:39.9
83 Felicity Lamb	FR	316	St. Catherine (Minn.)	98	29:23.1	9:10.4	7:52.7	4:53.8	4:41.8	9:28.4	19:39.7	24:42.9
84 Danielle Koperski	SO	380	St. Scholastica	-	29:32.5	9:19.8	7:55.2	4:55.4	4:51.5	9:39.3	19:44.0	24:52.4
85 Bernadette Frisch	SO	398	Viterbo (6)	(99)	29:34.4	9:21.7	7:55.7	4:55.7	4:37.9	9:20.5	19:32.6	24:47.6
86 Kayla DeWitt	SO	397	Viterbo (7)	(100)	29:36.6	9:23.9	7:56.3	4:56.1	4:37.8	9:20.6	19:31.9	24:43.6
87 Cieyana Carter	SO	486	Wis.-Superior	-	29:44.0	9:31.3	7:58.3	4:57.3	4:26.4	8:55.2	19:04.6	24:32.7
88 Deliah Neria	FR	153	Hamline	-	29:45.1	9:32.4	7:58.6	4:57.5	4:44.1	9:30.7	19:44.4	25:04.5
89 Reegan Lindholm	FR	127	Gustavus Adolphus	-	29:46.2	9:33.5	7:58.9	4:57.7	4:47.0	9:37.5	19:55.0	25:10.5
90 Lillian Beske	FR	261	Northland	-	29:57.7	9:45.0	8:02.0	4:59.6	4:31.5	9:10.1	19:31.4	24:55.0
91 Mackenzie Williams	SO	389	St. Scholastica	-	30:18.6	10:05.9	8:07.6	5:03.1	4:51.8	9:41.2	19:59.2	25:23.2
92 Emily Koch	FR	293	St. Benedict	-	30:29.8	10:17.1	8:10.6	5:05.0	4:54.3	9:42.6	20:09.8	25:35.6
93 Lydia Zapuchlak	FR	411	Viterbo	-	30:40.9	10:28.2	8:13.5	5:06.8	4:44.5	9:44.0	20:16.6	25:40.6
94 Josie Fritz	JR	262	Northland	-	30:52.0	10:39.3	8:16.5	5:08.7	4:41.7	9:38.8	20:13.2	25:45.9
95 Faduma Hassan	FR	315	St. Catherine (Minn.)	101	30:56.7	10:44.0	8:17.8	5:09.5	4:54.9	9:33.8	20:09.8	25:35.5
96 Bri Hensel	JR	240	Minnesota-Morris (5)	102	30:57.4	10:44.7	8:18.0	5:09.6	4:36.4	9:31.7	20:17.3	25:51.9
97 Rebecca York	JR	410	Viterbo	-	30:59.3	10:46.6	8:18.5	5:09.9	4:44.4	9:43.7	20:16.4	25:49.0
98 Ella Neaton	FR	301	St. Benedict	-	31:08.6	10:55.9	8:21.0	5:11.4	4:53.1	9:50.0	20:29.0	25:56.2
99 Kaitlyn Peterson	FR	318	St. Catherine (Minn.)	103	31:23.9	11:11.2	8:25.1	5:14.0	4:41.6	9:29.7	20:54.5	26:26.2
200 Kaitlyn Wrage	SO	409	Viterbo	-	31:38.8	11:26.1	8:29.1	5:16.5	4:44.7	9:43.9	20:23.9	26:13.8
201 Samantha Eekhoff	FR	288	St. Benedict	-	31:56.3	11:43.6	8:33.8	5:19.4	4:52.9	9:42.7	20:57.4	26:49.1
202 Isabelle Vos	FR	101	Concordia-Moorhea	-	31:57.4	11:44.7	8:34.0	5:19.6	5:00.8	10:04.9	21:12.8	26:57.9
203 Isabel Hoyt-Niemiec	SR	69	Carleton	-	31:59.4	11:46.7	8:34.6	5:19.9	4:54.9	10:03.0	21:17.9	26:59.6
204 Abby Hachmeister	JR	239	Minnesota-Morris (6)	(104)	32:18.0	12:05.3	8:39.6	5:23.0	4:36.2	9:32.9	20:56.7	26:49.0
205 Annabel Lantz	JR	13	Augsburg (4)	105	32:31.6	12:18.9	8:43.2	5:25.3	4:50.9	9:53.6	21:36.6	27:22.9
206 Savannah Janes	FR	151	Hamline	-	32:58.9	12:46.2	8:50.5	5:29.8	4:45.6	9:50.6	21:24.7	27:27.8
207 Trinitie Neuhart	SO	243	Minnesota-Morris (7)	(106)	33:57.8	13:45.1	9:06.3	5:39.6	4:42.1	9:41.7	22:21.8	28:27.5

**CARLETON RUNNING OF THE COWS**

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**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

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

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1K	2K	4K	5K
208 Alyssa Kuffel	FR	281	Saint Mary's (Minn.)	(107)	34:11.7	13:59.0	9:10.1	5:42.0	4:39.1	9:53.2	22:12.6	28:43.8
209 Emma Winberg	FR	496	Wis.-Superior	-	37:12.7	17:00.0	9:58.6	6:12.1	5:32.4	11:17.9	24:21.0	31:08.4
210 Jordan Rader	SO	493	Wis.-Superior	-	37:18.9	17:06.2	10:00.2	6:13.2	5:43.4	11:47.3	24:31.5	31:27.6
211 Olivia Cox	FR	396	Viterbo	-	37:20.4	17:07.7	10:00.6	6:13.4	5:36.1	11:12.0	24:45.7	31:29.2
212 SkyeLi Malo	SR	264	Northland	-	38:52.8	18:40.1	10:25.4	6:28.8	5:45.0	11:48.2	25:23.2	32:22.8
213 Mikalah Konz	SO	12	Augsburg (5)	108	42:15.8	22:03.1	11:19.8	7:02.6	5:33.8	11:39.3	26:44.1	34:48.7
-- Diana Rodriguez	FR	304	St. Benedict	-			---	---	4:42.4	9:19.4	19:09.4	
-- Hannah Desmond	FR	487	Wis.-Superior	-			---	---	5:43.5	11:47.1	26:05.8	
-- Kimmie Downing	SO	488	Wis.-Superior	-			---	---	4:18.7	8:39.5	28:13.1	
-- Madelyn Skjeveland	JR	229	Minnesota State	-			---	---	4:06.2	8:15.9	17:47.8	
-- Wren Anderson	FR	148	Hamline	-			---	---	4:15.7	8:50.0		
-- Marin Kaster	FR	290	St. Benedict	-			---	---	4:54.1	9:42.7	21:23.4	

**CARLETON RUNNING OF THE COWS**

Northfield, MN  
 Bill Huyck Championship Course  
 Saturday, September 16, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Dave & Donna Ricks  
**Meet Referee:**  
 Josh Gerber  
**Timing:**  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
 printed: 9/16/2023 12:11 PM

**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Carleton	43	4-6-8-11-14(18)(23)	1:53:10	22:38	1:04.5
2 Wis.-La Crosse	48	3-7-9-13-16(22)(24)	1:53:46	22:46	1:16.8
3 Minnesota State	68	2-5-17-19-25(26)(29)	1:54:37	22:56	2:07.5
4 St. Benedict	120	1-12-31-37-39(46)(47)	1:56:43	23:21	4:37.5
5 Bethel (Minn.)	161	15-27-35-40-44(48)(49)	2:01:34	24:19	1:57.0
6 St. Scholastica	172	10-20-28-55-59(60)(63)	2:01:30	24:18	2:58.3
7 Gustavus Adolphus	208	21-30-42-57-58(61)(65)	2:04:08	24:50	2:00.3
8 Wis.-Superior	242	32-33-36-62-79(84)(87)	2:05:51	25:11	3:07.8
9 Macalester	268	34-53-54-56-71(73)(74)	2:07:10	25:26	2:29.8
10 Hamline	302	41-51-52-77-81(88)(92)	2:10:18	26:04	2:18.0
11 Concordia-Moorhead	305	45-50-66-68-76(90)(93)	2:10:16	26:04	1:43.0
12 Saint Mary's (Minn.)	375	67-72-75-78-83(96)(107)	2:14:34	26:55	1:13.4
13 Viterbo	389	38-69-91-94-97(99)(100)	2:17:18	27:28	4:46.9
14 Minnesota-Morris	407	64-70-85-86-102(104)(106)	2:19:03	27:49	4:43.0
15 Augsburg	425	43-80-89-105-108	2:35:14	31:03	17:06.3
16 St. Catherine (Minn.)	479	82-95-98-101-103	2:28:06	29:38	3:52.7

**INDIVIDUAL RESULTS**

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1K	2K	4K	5K
1 Fiona Smith	SR	305	St. Benedict (1)	1	20:12.7	---	5:25.1	3:22.1	3:19.1	6:35.9	13:22.3	16:52.6
2 MaKenna Thurston	SR	231	Minnesota State (1)	2	21:42.6	1:29.9	5:49.2	3:37.1	3:42.3	7:15.0	14:35.7	18:08.6
3 Maddie Hannan	SR	446	Wis.-La Crosse (1)	3	22:02.8	1:50.1	5:54.6	3:40.5	3:42.0	7:15.0	14:42.7	18:32.4
4 Hannah Preisser	SO	72	Carleton (1)	4	22:08.1	1:55.4	5:56.1	3:41.4	3:41.2	7:14.5	14:47.5	18:35.8
5 Emily Cunningham	JR	215	Minnesota State (2)	5	22:09.7	1:57.0	5:56.5	3:41.6	3:41.8	7:14.7	14:42.3	18:33.2
6 Phoebe Ward	JR	76	Carleton (2)	6	22:13.2	2:00.5	5:57.4	3:42.2	3:42.0	7:15.3	14:44.4	18:34.3
7 Katelyn Chadwick	JR	442	Wis.-La Crosse (2)	7	22:30.7	2:18.0	6:02.1	3:45.1	3:42.4	7:16.9	14:55.6	18:49.4
8 Sophie McManus	JR	71	Carleton (3)	8	22:36.0	2:23.3	6:03.5	3:46.0	3:42.9	7:20.6	15:04.5	19:06.6
9 Maddy Vantassel	SR	467	Wis.-La Crosse (3)	9	22:43.0	2:30.3	6:05.4	3:47.2	3:42.6	7:19.6	15:04.4	19:00.0
10 Allison Hendrickson	SR	376	St. Scholastica (1)	10	22:45.1	2:32.4	6:06.0	3:47.5	3:42.0	7:15.3	15:00.0	19:00.6
11 Aliya Larsen	SO	70	Carleton (4)	11	22:59.4	2:46.7	6:09.8	3:49.9	3:49.8	7:30.8	15:21.4	19:21.1
12 Anne Kiolbasa	SR	292	St. Benedict (2)	12	23:06.4	2:53.7	6:11.7	3:51.1	3:42.6	7:17.1	15:07.3	19:13.6
13 Madelynn McIntyre	JR	455	Wis.-La Crosse (4)	13	23:09.9	2:57.2	6:12.6	3:51.7	3:42.6	7:19.8	15:19.3	19:26.7
14 Katie Hirsche	JR	68	Carleton (5)	14	23:12.6	2:59.9	6:13.4	3:52.1	3:44.1	7:30.5	15:29.9	19:29.0
15 Josie Harms	JR	37	Bethel (Minn.) (1)	15	23:14.5	3:01.8	6:13.9	3:52.4	3:46.3	7:26.2	15:20.4	19:25.4
16 Gwen Hinz	SO	448	Wis.-La Crosse (5)	16	23:19.6	3:06.9	6:15.2	3:53.3	3:57.4	7:50.7	15:46.7	19:39.8
17 Madison Matzek	SO	224	Minnesota State (3)	17	23:23.5	3:10.8	6:16.3	3:53.9	3:52.1	7:38.3	15:35.8	19:37.4
18 Mary Blanchard	JR	63	Carleton (6)	(18)	23:27.2	3:14.5	6:17.3	3:54.5	3:51.5	7:37.8	15:43.3	19:45.6
19 Makayla Bishop	JR	213	Minnesota State (4)	19	23:30.7	3:18.0	6:18.2	3:55.1	3:52.5	7:37.6	15:35.3	19:40.8
20 Regan DeWitt	FR	371	St. Scholastica (2)	20	23:38.5	3:25.8	6:20.3	3:56.4	3:47.9	7:37.8	15:45.6	19:56.1
21 Molly Liston	SO	128	Gustavus Adolphus	21	23:40.1	3:27.4	6:20.7	3:56.7	4:02.1	7:55.7	15:47.3	19:51.8
22 Mallory Reiser	FR	463	Wis.-La Crosse (6)	(22)	23:41.4	3:28.7	6:21.1	3:56.9	3:57.1	7:50.0	15:46.7	19:46.5
23 Libby Rowland	JR	73	Carleton (7)	(23)	23:45.6	3:32.9	6:22.2	3:57.6	3:51.3	7:37.0	15:43.0	19:51.1

# CARLETON RUNNING OF THE COWS

Northfield, MN  
 Bill Huyck Championship Course  
 Saturday, September 16, 2023

## MEET OFFICIALS

**Meet Director:**  
 Dave & Donna Ricks  
**Meet Referee:**  
 Josh Gerber  
**Timing:**  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
 printed: 9/16/2023 12:11 PM

### Race #3 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km	1K	2K	4K	5K
24 Sierra Rabe	JR	461	Wis.-La Crosse (7)	(24)	23:45.7	3:33.0	6:22.2	3:57.6	3:57.1	7:50.1	15:49.2	19:57.5
25 Kylie Trousil	JR	466	Wis.-La Crosse	-	23:46.5	3:33.8	6:22.4	3:57.8	3:57.3	7:50.5	15:49.1	19:58.0
26 Karlie Meyer	JR	457	Wis.-La Crosse	-	23:47.8	3:35.1	6:22.8	3:58.0	3:57.0	7:50.2	15:54.1	20:04.2
27 Maria Selting	FR	228	Minnesota State (5)	25	23:50.1	3:37.4	6:23.4	3:58.4	3:53.5	7:41.3	15:44.5	19:48.9
28 Addison Peed	FR	227	Minnesota State (6)	(26)	23:50.4	3:37.7	6:23.5	3:58.4	3:51.8	7:38.3	15:36.6	19:51.2
29 Shalom Sulungaine	FR	47	Bethel (Minn.) (2)	27	23:53.3	3:40.6	6:24.3	3:58.9	3:59.0	7:51.8	15:57.5	20:03.9
30 Lilly Higgins	FR	447	Wis.-La Crosse	-	23:54.1	3:41.4	6:24.5	3:59.0	3:57.3	7:50.3	15:54.5	20:08.5
31 Kelsey Johannes	JR	378	St. Scholastica (3)	28	23:54.4	3:41.7	6:24.6	3:59.1	3:48.1	7:37.5	15:43.6	19:57.1
32 Nora Daley	FR	67	Carleton	-	23:56.2	3:43.5	6:25.0	3:59.4	3:53.7	7:41.9	15:54.4	20:05.5
33 Alexi MacDonald	SO	222	Minnesota State (7)	(29)	23:56.4	3:43.7	6:25.1	3:59.4	3:51.8	7:37.8	15:46.0	19:57.9
34 Lucy Duchac	SO	443	Wis.-La Crosse	-	23:58.4	3:45.7	6:25.6	3:59.7	3:57.1	7:50.5	15:50.5	20:00.7
35 Sydney Hagen	JR	126	Gustavus Adolphus	30	23:59.0	3:46.3	6:25.8	3:59.8	4:02.2	7:55.8	15:58.7	20:09.1
36 Helen Cross	JR	65	Carleton	-	24:04.1	3:51.4	6:27.2	4:00.7	3:43.6	7:26.2	15:34.4	19:50.1
37 Keiley Maahs	SR	297	St. Benedict (3)	31	24:05.8	3:53.1	6:27.6	4:01.0	3:55.7	7:47.1	15:59.6	20:11.7
38 Becca Immer	FR	449	Wis.-La Crosse	-	24:05.9	3:53.2	6:27.6	4:01.0	3:59.1	7:53.8	15:57.6	20:09.2
39 Halle Barker	JR	482	Wis.-Superior (1)	32	24:06.7	3:54.0	6:27.9	4:01.1	3:48.2	7:39.5	15:59.0	20:10.0
40 Cora Hudella	SO	489	Wis.-Superior (2)	33	24:08.8	3:56.1	6:28.4	4:01.5	3:54.2	7:47.3	16:00.3	20:12.2
41 Ivy Coldren	FR	181	Macalester (1)	34	24:09.3	3:56.6	6:28.6	4:01.6	4:06.6	8:03.7	16:11.3	20:19.3
42 Olivia Pietras	FR	460	Wis.-La Crosse	-	24:11.5	3:58.8	6:29.1	4:01.9	3:58.9	7:51.2	15:57.9	20:11.8
43 Anna Cargill	SO	31	Bethel (Minn.) (3)	35	24:12.3	3:59.6	6:29.4	4:02.1	3:58.8	7:51.8	15:59.2	20:13.1
44 Riley Kayler	FR	451	Wis.-La Crosse	-	24:12.6	3:59.9	6:29.4	4:02.1	3:57.6	7:50.6	15:56.7	20:12.3
45 Greta Koehler	SO	452	Wis.-La Crosse	-	24:16.5	4:03.8	6:30.5	4:02.8	4:00.1	7:56.4	16:13.5	20:27.6
46 Brooklyn Luebke	SO	454	Wis.-La Crosse	-	24:18.9	4:06.2	6:31.1	4:03.2	4:00.4	7:56.7	16:14.8	20:27.5
47 Alice Cutter	JR	66	Carleton	-	24:20.4	4:07.7	6:31.5	4:03.4	3:53.5	7:49.6	16:09.9	20:32.7
48 Payton Bell	FR	483	Wis.-Superior (3)	36	24:21.4	4:08.7	6:31.8	4:03.6	3:57.0	7:52.9	16:20.2	20:35.3
49 Ella Pahl	SO	459	Wis.-La Crosse	-	24:23.0	4:10.3	6:32.2	4:03.8	4:00.5	7:56.6	16:05.2	20:18.9
50 Cassidy O'Meara	SR	226	Minnesota State	-	24:24.0	4:11.3	6:32.5	4:04.0	3:51.7	7:41.2	15:58.6	20:21.1
51 Marenn Larsen	FR	221	Minnesota State	-	24:24.5	4:11.8	6:32.6	4:04.1	3:54.5	7:45.5	16:12.5	20:29.0
52 Mary Kenney	SO	291	St. Benedict (4)	37	24:27.2	4:14.5	6:33.4	4:04.5	3:51.5	7:41.8	16:02.5	20:24.9
53 Anya Hirsch	SR	402	Viterbo (1)	38	24:29.0	4:16.3	6:33.8	4:04.8	3:57.8	7:51.0	16:05.4	20:27.8
54 Kennedy Speer	FR	230	Minnesota State	-	24:35.6	4:22.9	6:35.6	4:05.9	3:56.6	7:51.1	16:16.0	20:40.1
55 Jessica Immer	JR	450	Wis.-La Crosse	-	24:37.1	4:24.4	6:36.0	4:06.2	3:59.4	7:55.3	16:15.3	20:33.6
56 Andrea Butz	JR	441	Wis.-La Crosse	-	24:40.6	4:27.9	6:36.9	4:06.8	4:13.1	8:12.4	16:31.0	20:45.2
57 Alison Zigler	SR	232	Minnesota State	-	24:47.6	4:34.9	6:38.8	4:07.9	4:02.3	8:01.1	16:31.6	20:49.7
58 Julia Babineau	FR	284	St. Benedict (5)	39	24:50.2	4:37.5	6:39.5	4:08.4	3:58.0	7:49.6	16:16.6	20:48.2
59 Elizabeth Schwartz	FR	465	Wis.-La Crosse	-	24:51.4	4:38.7	6:39.8	4:08.6	3:59.8	7:56.1	16:21.2	20:45.5
60 Jocelyn Aprill	SO	438	Wis.-La Crosse	-	24:51.7	4:39.0	6:39.9	4:08.6	4:13.4	8:12.7	16:31.0	20:49.8
61 Ella Woodworth	FR	470	Wis.-La Crosse	-	24:53.6	4:40.9	6:40.4	4:08.9	4:14.4	8:13.8	16:38.8	20:56.7
62 Laura Hardwick	SR	36	Bethel (Minn.) (4)	40	25:01.5	4:48.8	6:42.5	4:10.3	4:33.9	8:39.0	16:51.8	21:02.4
63 Bryn Sato	SO	464	Wis.-La Crosse	-	25:03.2	4:50.5	6:43.0	4:10.5	4:13.4	8:12.2	16:30.6	20:51.9
64 Ashley Hedquist	FR	219	Minnesota State	-	25:03.9	4:51.2	6:43.2	4:10.7	4:05.8	8:01.4	16:16.0	20:46.7
65 Olivia Anderson	SO	211	Minnesota State	-	25:04.1	4:51.4	6:43.2	4:10.7	3:55.1	7:51.8	16:28.5	20:59.3
66 Libby Roberdeau	SR	156	Hamline (1)	41	25:07.5	4:54.8	6:44.2	4:11.3	4:06.2	8:11.2	16:38.5	21:00.9
67 Kailyn Walukas	JR	140	Gustavus Adolphus	42	25:08.6	4:55.9	6:44.5	4:11.4	4:02.6	7:58.7	16:34.2	21:01.0
68 Gracie Johnson	SO	11	Augsburg (1)	43	25:09.5	4:56.8	6:44.7	4:11.6	4:08.4	8:01.9	16:31.5	20:56.7
69 Ruby Gernandt	JR	34	Bethel (Minn.) (5)	44	25:11.5	4:58.8	6:45.2	4:11.9	4:12.0	8:18.4	16:52.7	21:15.7

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**OFFICIAL MEET REPORT**  
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**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1K	2K	4K	5K
70 Jacey Majerus	FR	223	Minnesota State	-	25:13.9	5:01.2	6:45.9	4:12.3	3:54.6	7:50.1	16:30.3	21:08.1
71 Elsie Hatlevig	SR	95	Concordia-Moorhea	45	25:15.0	5:02.3	6:46.2	4:12.5	4:14.5	8:19.6	17:00.3	21:15.1
72 Lucy Lyngen	SR	296	St. Benedict (6)	(46)	25:16.0	5:03.3	6:46.4	4:12.7	4:05.3	8:03.0	16:37.1	21:02.6
73 Eva Creighton	SO	287	St. Benedict (7)	(47)	25:16.4	5:03.7	6:46.5	4:12.7	3:58.1	7:50.1	16:21.9	20:57.4
74 Anna Hay	SO	38	Bethel (Minn.) (6)	(48)	25:16.5	5:03.8	6:46.6	4:12.8	4:12.2	8:18.4	16:52.1	21:16.2
75 Bella Duncombe	FR	33	Bethel (Minn.) (7)	(49)	25:18.4	5:05.7	6:47.1	4:13.1	4:11.9	8:18.3	16:54.7	21:22.1
76 Grace Bisswurm	SO	440	Wis.-La Crosse	-	25:20.3	5:07.6	6:47.6	4:13.4	4:14.0	8:13.6	16:50.2	21:16.5
77 Amelia Rowley	FR	99	Concordia-Moorhea	50	25:21.4	5:08.7	6:47.9	4:13.6	4:07.3	8:16.4	16:59.7	21:21.9
78 Alicia Maddux	FR	152	Hamline (2)	51	25:22.9	5:10.2	6:48.3	4:13.8	4:06.2	8:11.3	16:56.1	21:18.9
79 Anabel Bradley	FR	149	Hamline (3)	52	25:23.0	5:10.3	6:48.3	4:13.8	4:06.6	8:11.9	16:52.1	21:20.3
80 Destiny Osemwengie	FR	194	Macalester (2)	53	25:25.1	5:12.4	6:48.9	4:14.2	4:11.9	8:16.4	16:54.2	21:21.4
81 Sylvia Coyle	JR	182	Macalester (3)	54	25:25.4	5:12.7	6:49.0	4:14.2	4:12.9	8:17.9	16:57.9	21:20.5
82 Emily Erickson	FR	372	St. Scholastica (4)	55	25:28.1	5:15.4	6:49.7	4:14.7	4:18.6	8:22.3	16:53.1	21:24.4
83 Esther Nelson	JR	43	Bethel (Minn.)	-	25:28.4	5:15.7	6:49.8	4:14.7	4:12.4	8:18.5	16:54.4	21:22.2
84 Maggie Froh	SR	185	Macalester (4)	56	25:30.2	5:17.5	6:50.2	4:15.0	4:12.5	8:17.9	16:56.3	21:20.1
85 Kalli Smith	JR	306	St. Benedict	-	25:32.2	5:19.5	6:50.8	4:15.4	4:05.4	8:03.9	16:56.1	21:31.8
86 Mackenzie Ginder	FR	445	Wis.-La Crosse	-	25:33.4	5:20.7	6:51.1	4:15.6	4:03.6	8:06.3	16:59.2	21:32.4
87 Elena Kozich	SO	453	Wis.-La Crosse	-	25:33.9	5:21.2	6:51.2	4:15.7	4:13.9	8:12.6	16:41.2	21:18.5
88 Emma Windingland	FR	469	Wis.-La Crosse	-	25:35.4	5:22.7	6:51.6	4:15.9	4:13.5	8:20.2	17:11.8	21:42.3
89 Laura Sunnarborg	FR	136	Gustavus Adolphus	57	25:39.6	5:26.9	6:52.8	4:16.6	4:16.1	8:28.1	17:03.2	21:35.0
90 Veronica Wahman	FR	139	Gustavus Adolphus	58	25:40.4	5:27.7	6:53.0	4:16.7	4:22.3	8:39.2	17:25.6	21:43.5
91 Anabella Witschen	FR	312	St. Benedict	-	25:41.5	5:28.8	6:53.3	4:16.9	4:11.6	8:17.1	17:02.6	21:33.7
92 Mollykate Hagen	FR	373	St. Scholastica (5)	59	25:43.4	5:30.7	6:53.8	4:17.2	4:10.6	8:17.3	16:57.6	21:28.0
93 Jenna Terrio	JR	385	St. Scholastica (6)	(60)	25:45.2	5:32.5	6:54.3	4:17.5	4:15.1	8:19.0	17:07.6	21:39.0
94 Kiara Gentz	FR	444	Wis.-La Crosse	-	25:47.1	5:34.4	6:54.8	4:17.8	4:17.4	8:24.7	17:10.6	21:42.6
95 Mackenzie Murphy	FR	130	Gustavus Adolphus	(61)	25:48.1	5:35.4	6:55.0	4:18.0	4:22.0	8:38.9	17:24.7	21:43.7
96 Maggie Votruba	JR	75	Carleton	-	25:49.5	5:36.8	6:55.4	4:18.3	4:12.9	8:20.8	17:08.1	21:41.9
97 Amelia Wiesner	FR	266	Northland	-	25:52.3	5:39.6	6:56.2	4:18.7	4:06.2	8:08.5	16:46.8	21:30.7
98 Molly Novotny	FR	458	Wis.-La Crosse	-	25:54.7	5:42.0	6:56.8	4:19.1	4:13.1	8:13.6	16:59.0	21:35.8
99 Tea Boerner	JR	485	Wis.-Superior (4)	62	25:58.7	5:46.0	6:57.9	4:19.8	4:13.5	8:16.1	17:05.1	21:40.6
100 Grace McCromick	FR	382	St. Scholastica (7)	(63)	26:00.2	5:47.5	6:58.3	4:20.0	4:08.0	8:18.0	17:10.4	21:44.5
101 Mia Case	SO	370	St. Scholastica	-	26:01.8	5:49.1	6:58.7	4:20.3	4:07.7	8:17.9	17:03.5	21:39.9
102 Megan Narveson	JR	225	Minnesota State	-	26:07.8	5:55.1	7:00.3	4:21.3	4:06.1	8:12.8	17:15.9	21:53.9
103 Madison Stackhouse	SO	46	Bethel (Minn.)	-	26:12.4	5:59.7	7:01.6	4:22.1	4:34.1	8:40.7	17:27.6	21:59.3
104 Grace Morningstar	SR	42	Bethel (Minn.)	-	26:14.0	6:01.3	7:02.0	4:22.3	4:07.9	8:18.9	17:12.6	21:54.9
105 Ilsa Hoaglund	JR	241	Minnesota-Morris (1	64	26:14.4	6:01.7	7:02.1	4:22.4	4:12.3	8:18.7	17:08.2	21:43.4
106 Christina Schmidt	SO	134	Gustavus Adolphus	(65)	26:14.9	6:02.2	7:02.2	4:22.5	4:22.1	8:38.6	17:31.8	22:06.7
107 Emmah Dmytrasz	SO	216	Minnesota State	-	26:16.6	6:03.9	7:02.7	4:22.8	4:05.9	8:16.1	17:27.2	22:04.1
108 Abby Vizenor	JR	138	Gustavus Adolphus	-	26:17.1	6:04.4	7:02.8	4:22.8	4:22.0	8:38.6	17:27.4	21:59.8
109 Grace Ingebretsen	FR	96	Concordia-Moorhea	66	26:17.5	6:04.8	7:02.9	4:22.9	4:14.6	8:24.7	17:32.9	22:14.0
110 Caeli McMahon	SO	282	Saint Mary's (Minn.)	67	26:18.2	6:05.5	7:03.1	4:23.0	4:06.4	8:18.0	17:27.4	22:05.3
111 Ella Viscontie	SO	74	Carleton	-	26:23.4	6:10.7	7:04.5	4:23.9	4:13.3	8:21.0	17:24.6	22:02.6
112 Sophia Revoir	SO	98	Concordia-Moorhea	68	26:23.8	6:11.1	7:04.6	4:24.0	4:15.2	8:22.0	17:16.3	22:04.6
113 Rachel Olinger	SO	302	St. Benedict	-	26:24.1	6:11.4	7:04.7	4:24.0	4:12.8	8:20.0	17:14.9	21:57.5
114 Lydia Gessner	JR	35	Bethel (Minn.)	-	26:26.0	6:13.3	7:05.2	4:24.3	4:04.7	8:16.0	17:17.9	22:00.3
115 Eleanor Osmond	FR	132	Gustavus Adolphus	-	26:26.1	6:13.4	7:05.2	4:24.3	4:22.4	8:39.2	17:26.9	22:01.9

# CARLETON RUNNING OF THE COWS

Northfield, MN  
Bill Huyck Championship Course  
Saturday, September 16, 2023

## MEET OFFICIALS

**Meet Director:**  
Dave & Donna Ricks  
**Meet Referee:**  
Josh Gerber  
**Timing:**  
Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
printed: 9/16/2023 12:11 PM

### Race #3 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

#### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. KM	1K	2K	4K	5K
16 Hannah Butler	SO	395	Viterbo (2)	69	26:26.9	6:14.2	7:05.4	4:24.5	4:11.4	8:21.1	17:37.0	22:15.6
17 Maggie Whitaker	JR	388	St. Scholastica	-	26:31.0	6:18.3	7:06.5	4:25.2	4:19.6	8:39.7	17:37.0	22:15.9
18 Emily Tess	JR	308	St. Benedict	-	26:34.3	6:21.6	7:07.4	4:25.7	4:11.4	8:19.8	17:27.5	22:08.4
19 Erin Martin	SR	299	St. Benedict	-	26:34.4	6:21.7	7:07.5	4:25.7	4:18.4	8:27.8	17:36.3	22:12.0
20 Sylvia Pesch	FR	244	Minnesota-Morris (2)	70	26:34.8	6:22.1	7:07.6	4:25.8	4:12.2	8:19.4	17:20.3	22:00.0
21 Brooke Verkinnes	SO	311	St. Benedict	-	26:37.3	6:24.6	7:08.2	4:26.2	4:10.9	8:19.3	17:45.7	22:33.3
22 Mara Pirone	SO	195	Macalester (5)	71	26:39.1	6:26.4	7:08.7	4:26.5	4:12.5	8:17.6	17:20.0	22:10.9
23 Kendra Klobe	SO	280	Saint Mary's (Minn.)	72	26:41.1	6:28.4	7:09.2	4:26.8	4:09.1	8:23.2	17:37.5	22:12.8
24 Anna Omdal	JR	131	Gustavus Adolphus	-	26:42.2	6:29.5	7:09.5	4:27.0	4:21.3	8:39.8	17:49.6	22:26.7
25 Maggie Morgan	SR	193	Macalester (6)	(73)	26:43.4	6:30.7	7:09.9	4:27.2	4:19.5	8:37.2	17:44.2	22:21.5
26 Taylor Radaich	FR	303	St. Benedict	-	26:43.4	6:30.7	7:09.9	4:27.2	4:21.2	8:38.1	17:49.2	22:28.3
27 Madelin Bruessel	JR	214	Minnesota State	-	26:45.9	6:33.2	7:10.5	4:27.7	4:07.3	8:17.0	17:44.7	22:31.6
28 Eley Hagen	FR	125	Gustavus Adolphus	-	26:46.1	6:33.4	7:10.6	4:27.7	4:26.4	8:45.3	17:49.8	22:29.2
29 Ella Krumm	JR	190	Macalester (7)	(74)	26:46.6	6:33.9	7:10.7	4:27.8	4:19.4	8:37.3	17:44.0	22:27.5
30 Samantha Ellis	FR	183	Macalester	-	26:50.3	6:37.6	7:11.7	4:28.4	4:20.0	8:37.3	17:47.6	22:31.4
31 Abby Bufkin	FR	285	St. Benedict	-	26:52.7	6:40.0	7:12.4	4:28.8	4:22.2	8:39.0	17:49.5	22:28.9
32 Caroline Gearin	SR	278	Saint Mary's (Minn.)	75	26:53.9	6:41.2	7:12.7	4:29.0	4:13.6	8:27.3	17:46.7	22:33.2
33 Mariah Loeffler-Kemp	SR	191	Macalester	-	26:55.7	6:43.0	7:13.2	4:29.3	4:19.7	8:37.1	17:47.7	22:31.4
34 Brooklyn Radtke	SO	462	Wis.-La Crosse	-	26:57.0	6:44.3	7:13.5	4:29.5	4:17.4	8:26.5	17:47.0	22:36.2
35 Claire Schoenfield	JR	135	Gustavus Adolphus	-	26:58.0	6:45.3	7:13.8	4:29.7	4:22.5	8:39.2	17:48.4	22:33.3
36 Aerial Johnson	JR	97	Concordia-Moorhea	76	26:58.0	6:45.3	7:13.8	4:29.7	4:14.5	8:24.3	17:35.9	22:30.5
37 Raina Moorjani	JR	41	Bethel (Minn.)	-	26:58.2	6:45.5	7:13.8	4:29.7	4:34.2	8:45.0	17:50.2	22:31.0
38 Abby Tapajna	SO	158	Hamline (4)	77	26:58.5	6:45.8	7:13.9	4:29.8	4:15.1	8:30.8	17:50.7	22:37.1
39 Ava Juntunen-Novak	JR	289	St. Benedict	-	27:04.7	6:52.0	7:15.6	4:30.8	4:13.4	8:21.5	17:42.0	22:45.8
40 Madeline Hartley	FR	374	St. Scholastica	-	27:06.1	6:53.4	7:16.0	4:31.0	4:34.1	8:54.2	18:08.0	22:44.5
41 Rheanna Hopkins	FR	279	Saint Mary's (Minn.)	78	27:08.8	6:56.1	7:16.7	4:31.5	4:09.2	8:23.7	17:52.1	22:45.9
42 Shye Johnson	SO	220	Minnesota State	-	27:12.6	6:59.9	7:17.7	4:32.1	4:14.9	8:33.7	17:49.1	22:38.0
43 Lilley Smith	FR	494	Wis.-Superior (5)	79	27:14.5	7:01.8	7:18.2	4:32.4	4:19.2	8:41.6	17:55.4	22:44.7
44 Brooklyn Conrad	SO	10	Augsburg (2)	80	27:19.1	7:06.4	7:19.4	4:33.2	4:21.9	8:36.6	18:02.5	22:53.4
45 Ayva Burshem	SO	286	St. Benedict	-	27:19.9	7:07.2	7:19.7	4:33.3	4:22.4	8:40.5	18:04.0	22:50.6
46 Anna Meilahn	SO	456	Wis.-La Crosse	-	27:20.5	7:07.8	7:19.8	4:33.4	4:24.6	8:40.7	18:02.3	22:57.4
47 Aspen Clarksean	JR	150	Hamline (5)	81	27:25.5	7:12.8	7:21.2	4:34.3	4:15.7	8:34.3	17:48.7	22:41.6
48 Brenna Nelson	SR	317	St. Catherine (Minn.)	82	27:31.2	7:18.5	7:22.7	4:35.2	4:21.7	8:38.8	18:04.9	23:02.1
49 Abbie Meyer	SO	283	Saint Mary's (Minn.)	83	27:31.6	7:18.9	7:22.8	4:35.3	4:13.6	8:28.1	17:56.6	22:55.9
50 Meagan Berg	SR	484	Wis.-Superior (6)	(84)	27:31.9	7:19.2	7:22.9	4:35.3	4:23.0	8:41.1	17:51.3	22:51.5
51 Zoe Hoaglund	JR	242	Minnesota-Morris (3)	85	27:32.9	7:20.2	7:23.1	4:35.5	4:15.7	8:32.9	17:59.1	22:54.6
52 Grace Hrabik	FR	377	St. Scholastica	-	27:40.2	7:27.5	7:25.1	4:36.7	4:34.1	9:01.6	18:41.9	23:24.4
53 Hannah Robertson	FR	245	Minnesota-Morris (4)	86	27:42.9	7:30.2	7:25.8	4:37.2	4:16.8	8:33.1	18:08.4	23:12.2
54 Julia Schwingamer	JR	384	St. Scholastica	-	27:45.5	7:32.8	7:26.5	4:37.6	4:34.2	8:58.9	18:28.1	23:24.1
55 Aubrey Peterson	FR	491	Wis.-Superior (7)	(87)	27:48.6	7:35.9	7:27.3	4:38.1	4:19.2	8:41.9	18:21.5	23:20.4
56 Olivia Corbo	JR	64	Carleton	-	27:49.0	7:36.3	7:27.5	4:38.2	4:23.0	8:42.2	18:19.3	23:11.8
57 Sarah Redepenning	FR	155	Hamline (6)	(88)	27:50.6	7:37.9	7:27.9	4:38.4	4:16.3	8:34.6	18:20.6	23:13.4
58 Aleka London	FR	14	Augsburg (3)	89	27:58.0	7:45.3	7:29.9	4:39.7	4:17.2	8:36.7	18:13.6	23:17.7
59 Ava Chevalier	SO	93	Concordia-Moorhea	(90)	27:59.7	7:47.0	7:30.3	4:40.0	4:35.1	9:08.4	18:37.5	23:28.1
60 Ashley Bass	FR	212	Minnesota State	-	28:03.8	7:51.1	7:31.4	4:40.6	4:11.5	8:26.6	18:19.7	23:24.4
61 Emily Dehn	FR	123	Gustavus Adolphus	-	28:09.5	7:56.8	7:32.9	4:41.6	4:44.7	9:18.7	18:52.9	23:40.7

# CARLETON RUNNING OF THE COWS

Northfield, MN  
Bill Huyck Championship Course  
Saturday, September 16, 2023

## MEET OFFICIALS

**Meet Director:**  
Dave & Donna Ricks  
**Meet Referee:**  
Josh Gerber  
**Timing:**  
Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
printed: 9/16/2023 12:11 PM

### Race #3 WOMEN • 6 Kilometers (3.73 Miles)

## Final Results

### INDIVIDUAL RESULTS (cont'd)

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. km	1K	2K	4K	5K
62 Kenzy Kreuzer	JR	490	Wis.-Superior	-	28:12.1	7:59.4	7:33.6	4:42.0	4:30.7	8:58.6	18:41.5	23:36.6
63 Adrienne Korey	SR	189	Macalester	-	28:14.2	8:01.5	7:34.2	4:42.4	4:27.6	8:57.2	18:34.6	23:38.4
64 Tori Gerber	JR	399	Viterbo (3)	91	28:16.9	8:04.2	7:34.9	4:42.8	4:17.2	8:41.9	18:29.6	23:37.8
65 Hailley Thompson	SO	310	St. Benedict	-	28:18.0	8:05.3	7:35.2	4:43.0	4:21.3	8:38.2	18:16.7	23:22.4
66 Julia Castellano	SO	180	Macalester	-	28:25.9	8:13.2	7:37.3	4:44.3	4:38.2	9:17.9	18:59.3	23:50.7
67 Lauren Tillman	JR	137	Gustavus Adolphus	-	28:27.2	8:14.5	7:37.7	4:44.5	4:26.4	8:47.5	18:36.5	23:40.4
68 Elliana Leach	FR	39	Bethel (Minn.)	-	28:31.4	8:18.7	7:38.8	4:45.2	4:38.7	9:11.7	18:54.4	23:54.4
69 Daniela Sanchez-Castillo	SO	157	Hamline (7)	(92)	28:33.2	8:20.5	7:39.3	4:45.5	4:23.9	8:51.5	18:43.4	23:49.6
70 Sarah Rey	JR	44	Bethel (Minn.)	-	28:40.0	8:27.3	7:41.1	4:46.7	4:38.6	9:11.7	18:54.2	23:54.6
71 Molly Weberg	SR	141	Gustavus Adolphus	-	28:42.9	8:30.2	7:41.9	4:47.2	4:41.7	9:10.9	19:16.1	24:21.3
72 Isabel Kraabel	SO	294	St. Benedict	-	28:43.5	8:30.8	7:42.1	4:47.3	4:29.9	9:03.4	18:56.8	24:01.7
73 Eden Smith	JR	100	Concordia-Moorhea	(93)	28:45.2	8:32.5	7:42.5	4:47.5	4:34.9	9:08.6	19:06.2	24:11.3
74 Londyn Ames	FR	92	Concordia-Moorhea	-	28:47.1	8:34.4	7:43.0	4:47.8	4:35.2	9:09.0	19:07.1	24:12.3
75 Kasey Jacobs	FR	403	Viterbo (4)	94	28:48.7	8:36.0	7:43.5	4:48.1	4:23.4	8:53.3	18:56.5	24:09.1
76 Lily Harvey	JR	314	St. Catherine (Minn.)	95	28:50.3	8:37.6	7:43.9	4:48.4	4:31.5	9:15.4	19:10.1	24:13.6
77 Leah Taszarek	FR	307	St. Benedict	-	28:51.1	8:38.4	7:44.1	4:48.5	4:22.5	8:48.9	18:49.9	24:20.5
78 Norah Juzenas	FR	188	Macalester	-	28:51.5	8:38.8	7:44.2	4:48.6	4:38.0	9:17.4	19:03.2	24:07.8
79 Amelia Dewberry	FR	124	Gustavus Adolphus	-	28:53.7	8:41.0	7:44.8	4:49.0	4:34.1	9:05.9	18:57.5	23:57.2
80 Maranda Thier	JR	309	St. Benedict	-	29:10.9	8:58.2	7:49.4	4:51.8	4:24.4	9:00.6	19:04.4	24:20.7
81 Megan Frosch	SO	277	Saint Mary's (Minn.)	(96)	29:11.9	8:59.2	7:49.7	4:52.0	4:20.4	8:55.1	19:06.3	24:35.4
82 Jerica Mueller	JR	404	Viterbo (5)	97	29:15.9	9:03.2	7:50.8	4:52.7	4:24.3	9:06.0	19:23.1	24:39.9
83 Felicity Lamb	FR	316	St. Catherine (Minn.)	98	29:23.1	9:10.4	7:52.7	4:53.8	4:41.8	9:28.4	19:39.7	24:42.9
84 Danielle Koperski	SO	380	St. Scholastica	-	29:32.5	9:19.8	7:55.2	4:55.4	4:51.5	9:39.3	19:44.0	24:52.4
85 Bernadette Frisch	SO	398	Viterbo (6)	(99)	29:34.4	9:21.7	7:55.7	4:55.7	4:37.9	9:20.5	19:32.6	24:47.6
86 Kayla DeWitt	SO	397	Viterbo (7)	(100)	29:36.6	9:23.9	7:56.3	4:56.1	4:37.8	9:20.6	19:31.9	24:43.6
87 Cieyana Carter	SO	486	Wis.-Superior	-	29:44.0	9:31.3	7:58.3	4:57.3	4:26.4	8:55.2	19:04.6	24:32.7
88 Deliah Neria	FR	153	Hamline	-	29:45.1	9:32.4	7:58.6	4:57.5	4:44.1	9:30.7	19:44.4	25:04.5
89 Reegan Lindholm	FR	127	Gustavus Adolphus	-	29:46.2	9:33.5	7:58.9	4:57.7	4:47.0	9:37.5	19:55.0	25:10.5
90 Lillian Beske	FR	261	Northland	-	29:57.7	9:45.0	8:02.0	4:59.6	4:31.5	9:10.1	19:31.4	24:55.0
91 Mackenzie Williams	SO	389	St. Scholastica	-	30:18.6	10:05.9	8:07.6	5:03.1	4:51.8	9:41.2	19:59.2	25:23.2
92 Emily Koch	FR	293	St. Benedict	-	30:29.8	10:17.1	8:10.6	5:05.0	4:54.3	9:42.6	20:09.8	25:35.6
93 Lydia Zapuchlak	FR	411	Viterbo	-	30:40.9	10:28.2	8:13.5	5:06.8	4:44.5	9:44.0	20:16.6	25:40.6
94 Josie Fritz	JR	262	Northland	-	30:52.0	10:39.3	8:16.5	5:08.7	4:41.7	9:38.8	20:13.2	25:45.9
95 Faduma Hassan	FR	315	St. Catherine (Minn.)	101	30:56.7	10:44.0	8:17.8	5:09.5	4:54.9	9:33.8	20:09.8	25:35.5
96 Bri Hensel	JR	240	Minnesota-Morris (5)	102	30:57.4	10:44.7	8:18.0	5:09.6	4:36.4	9:31.7	20:17.3	25:51.9
97 Rebecca York	JR	410	Viterbo	-	30:59.3	10:46.6	8:18.5	5:09.9	4:44.4	9:43.7	20:16.4	25:49.0
98 Ella Neaton	FR	301	St. Benedict	-	31:08.6	10:55.9	8:21.0	5:11.4	4:53.1	9:50.0	20:29.0	25:56.2
99 Kaitlyn Peterson	FR	318	St. Catherine (Minn.)	103	31:23.9	11:11.2	8:25.1	5:14.0	4:41.6	9:29.7	20:54.5	26:26.2
200 Kaitlyn Wrage	SO	409	Viterbo	-	31:38.8	11:26.1	8:29.1	5:16.5	4:44.7	9:43.9	20:23.9	26:13.8
201 Samantha Eekhoff	FR	288	St. Benedict	-	31:56.3	11:43.6	8:33.8	5:19.4	4:52.9	9:42.7	20:57.4	26:49.1
202 Isabelle Vos	FR	101	Concordia-Moorhea	-	31:57.4	11:44.7	8:34.0	5:19.6	5:00.8	10:04.9	21:12.8	26:57.9
203 Isabel Hoyt-Niemiec	SR	69	Carleton	-	31:59.4	11:46.7	8:34.6	5:19.9	4:54.9	10:03.0	21:17.9	26:59.6
204 Abby Hachmeister	JR	239	Minnesota-Morris (6)	(104)	32:18.0	12:05.3	8:39.6	5:23.0	4:36.2	9:32.9	20:56.7	26:49.0
205 Annabel Lantz	JR	13	Augsburg (4)	105	32:31.6	12:18.9	8:43.2	5:25.3	4:50.9	9:53.6	21:36.6	27:22.9
206 Savannah Janes	FR	151	Hamline	-	32:58.9	12:46.2	8:50.5	5:29.8	4:45.6	9:50.6	21:24.7	27:27.8
207 Trinitie Neuhart	SO	243	Minnesota-Morris (7)	(106)	33:57.8	13:45.1	9:06.3	5:39.6	4:42.1	9:41.7	22:21.8	28:27.5

**CARLETON RUNNING OF THE COWS**

Northfield, MN  
 Bill Huyck Championship Course  
 Saturday, September 16, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Dave & Donna Ricks  
**Meet Referee:**  
 Josh Gerber  
**Timing:**  
 Wayzata Results, LLC



**OFFICIAL MEET REPORT**  
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**Race #3**  
**WOMEN • 6 Kilometers (3.73 Miles)**

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

athlete	YR	#	Team (Team Place)	Score	Time	Gap	Avg. Mile	Avg. kM	1K	2K	4K	5K
208 Alyssa Kuffel	FR	281	Saint Mary's (Minn.)	(107)	34:11.7	13:59.0	9:10.1	5:42.0	4:39.1	9:53.2	22:12.6	28:43.8
209 Emma Winberg	FR	496	Wis.-Superior	-	37:12.7	17:00.0	9:58.6	6:12.1	5:32.4	11:17.9	24:21.0	31:08.4
210 Jordan Rader	SO	493	Wis.-Superior	-	37:18.9	17:06.2	10:00.2	6:13.2	5:43.4	11:47.3	24:31.5	31:27.6
211 Olivia Cox	FR	396	Viterbo	-	37:20.4	17:07.7	10:00.6	6:13.4	5:36.1	11:12.0	24:45.7	31:29.2
212 SkyeLi Malo	SR	264	Northland	-	38:52.8	18:40.1	10:25.4	6:28.8	5:45.0	11:48.2	25:23.2	32:22.8
213 Mikalah Konz	SO	12	Augsburg (5)	108	42:15.8	22:03.1	11:19.8	7:02.6	5:33.8	11:39.3	26:44.1	34:48.7
-- Diana Rodriguez	FR	304	St. Benedict	-			---	---	4:42.4	9:19.4	19:09.4	
-- Hannah Desmond	FR	487	Wis.-Superior	-			---	---	5:43.5	11:47.1	26:05.8	
-- Kimmie Downing	SO	488	Wis.-Superior	-			---	---	4:18.7	8:39.5	28:13.1	
-- Madelyn Skjeveland	JR	229	Minnesota State	-			---	---	4:06.2	8:15.9	17:47.8	
-- Wren Anderson	FR	148	Hamline	-			---	---	4:15.7	8:50.0		
-- Marin Kaster	FR	290	St. Benedict	-			---	---	4:54.1	9:42.7	21:23.4	