

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Women 60 Meter Dash**

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Facility Rec: F 7.67 2014          Mallory Burnham, St. Thomas
Name                               Year School           Prelims  H#
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Preliminaries

1	Carlson, Kate	SR	Gustavus Adolphus	7.98Q	1
2	Osuoha, Chidera	JR	Concordia-St. Paul	8.28Q	2
3	Maki, Autumn	FR	Bethel (Minn.)	8.30Q	3
4	Kusch, Charlotte	FR	Carleton	8.34q	1
5	Lott, Bianca	JR	Carleton	8.35q	2 8.343
6	Twichell, Hadley	SO	Carleton	8.35q	3 8.344
7	Frieling, Ella	FR	Concordia-St. Paul	8.35q	2 8.347
8	Herweijer, Sophie	FR	St. Olaf	8.37q	2
9	Islam, Alice	FR	Carleton	8.41	3
10	Dietel, Jaidynn	FR	Concordia-St. Paul	8.49	3
11	Storbakken, Emma	SR	St. Olaf	8.51	1
12	Bitz, Elizabeth	FR	Concordia-St. Paul	8.58	1
13	Stroede, Kathryn	FR	Concordia-St. Paul	8.62	1
14	Jensen, Jensi	JR	Gustavus Adolphus	8.73	2
15	Matre, Zoe	SR	St. Olaf	8.77	2
16	Dauner, Emma	SO	St. Olaf	8.81	3
17	Jaeckle, Izzi	FR	St. Olaf	8.83	3
18	Wagner-Hemstad, Alice	FR	St. Olaf	8.84	2
19	Dlouhy, Grace	SO	Gustavus Adolphus	8.86	3
20	Larson, Emelia	FR	Bethel (Minn.)	9.09	1
21	Powers, Grace	FR	Martin Luther	9.12	3
22	Born, Emily	FR	Martin Luther	9.16	1
23	Buege, Marissa	FR	Martin Luther	9.22	2
24	Collins, Parker	FR	Carleton	9.28	1

Women 60 Meter Dash

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Facility Rec: F 7.67 2014          Mallory Burnham, St. Thomas
Name                               Year School           Finals  Points
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Finals

1	Osuoha, Chidera	JR	Concordia-St. Paul	8.12
2	Frieling, Ella	FR	Concordia-St. Paul	8.21
3	Maki, Autumn	FR	Bethel (Minn.)	8.24
4	Twichell, Hadley	SO	Carleton	8.32
5	Lott, Bianca	JR	Carleton	8.36
6	Herweijer, Sophie	FR	St. Olaf	8.38
7	Kusch, Charlotte	FR	Carleton	8.42

Women 200 Meter Dash

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Facility Rec: F 25.16 2024          Megan Geraets, Gustavus Ado
Name                               Year School           Finals  H# Points
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1	Swenson, Abbie	SR	Bethel (Minn.)	26.92	7
2	Kvant, Hannah	SO	Bethel (Minn.)	27.05	6
3	Kusch, Charlotte	FR	Carleton	27.06	3
4	Osuoha, Chidera	JR	Concordia-St. Paul	27.19	6
5	Zimmerman, Karlina	JR	Concordia-St. Paul	27.55	5
6	Rydberg, Arissa	FR	Bethel (Minn.)	27.81	3
7	Lott, Bianca	JR	Carleton	27.81	4

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 200 Meter Dash**

8	Frieling, Ella	FR Concordia-St. Paul	27.88	4
9	Ring, Camille	SO Crown	27.95	7
10	Lindner, Sarrah	JR Gustavus Adolphus	28.04	7
11	Nelson, Addison	FR Concordia-St. Paul	28.19	1
12	Stroede, Kathryn	FR Concordia-St. Paul	28.37	7
13	Podulke, Emily	FR Gustavus Adolphus	28.45	6
14	Dietel, Jaidynn	FR Concordia-St. Paul	28.63	6
15	Padilla, Erica	SO Concordia-St. Paul	28.82	2
16	Matre, Zoe	SR St. Olaf	28.88	5
17	Bitz, Elizabeth	FR Concordia-St. Paul	28.94	1
18	Stahl, Chelsea	SO Gustavus Adolphus	29.09	5
19	Maki, Autumn	FR Bethel (Minn.)	29.12	2
20	Wrzesien, Caitlyn	SR Bethel (Minn.)	29.36	5
21	Jensen, Jensi	JR Gustavus Adolphus	29.45	3
22	Evans, Kayla	FR Bethel (Minn.)	29.60	2
23	Wrzesien, Caley	SR Bethel (Minn.)	29.65	4
24	Brushaber, Kettly	SO Bethel (Minn.)	29.92	4
25	Schultz, Mariah	FR Martin Luther	29.98	3
26	Buege, Marissa	FR Martin Luther	31.93	1
27	Larson, Emelia	FR Bethel (Minn.)	32.61	2
28	Powers, Grace	FR Martin Luther	32.95	1

Women 400 Meter Dash

Facility Rec: F 56.35 2006		Rachel Anderson, Illinois Wesleyan			
Name	Year	School	Finals	H#	Points
=====					
1	Geraets, Megan	SR Gustavus Adolphus	58.57	8	
	27.705 (27.705)				
2	Mattingly, Destiny	SR Concordia-St. Paul	1:00.46	8	
	27.807 (27.807)				
3	Zimmerman, Karlina	JR Concordia-St. Paul	1:01.74	7	
	28.009 (28.009)				
4	Luetmer, McKenzie	SO Gustavus Adolphus	1:02.24	6	
	29.678 (29.678)				
5	Jaekle, Izzi	FR St. Olaf	1:02.33	6	
	28.750 (28.750)				
6	Storbakken, Emma	SR St. Olaf	1:02.47	7	
	28.768 (28.768)				
7	Wagner-Hemstad, Alice	FR St. Olaf	1:03.76	5	
	29.809 (29.809)				
8	Stacy, Allison	FR Gustavus Adolphus	1:04.11	8	
	29.462 (29.462)				
9	Nelson, Addison	FR Concordia-St. Paul	1:04.89	5	
	30.988 (30.988)				
10	Padilla, Erica	SO Concordia-St. Paul	1:05.26	8	
	30.455 (30.455)				
11	Fynboh, Isabel	JR Gustavus Adolphus	1:05.46	6	
	31.273 (31.273)				
12	Kienitz, Ella	FR Gustavus Adolphus	1:06.03	7	
	30.233 (30.233)				
13	Stark, Teagan	FR Gustavus Adolphus	1:07.09	5	
	31.246 (31.246)				
14	Kennedy, Adelyn	FR Gustavus Adolphus	1:09.32	6	
	32.491 (32.491)				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Women 600 Meter Run**

=====					
Facility Rec:	F 1:31.68	2019	Phoebe Aguilar, Macalester		
Name		Year School	Finals	H#	Points
=====					
1 Sulungaine, Shalom		SO Bethel (Minn.)	1:37.48	3	
	30.981 (30.981)	1:03.653 (32.672)			
2 Sieck, Kayla		JR St. Olaf	1:39.74	1	
	31.481 (31.481)	1:05.084 (33.603)			
3 Chan, Nyadio		JR Concordia-St. Paul	1:40.45	3	
	31.438 (31.438)	1:04.642 (33.204)			
4 Brueckner, Ruth		JR Crown	1:40.80	1	
	31.880 (31.880)	1:04.881 (33.001)			
5 Dufault, Ella		SO Crown	1:41.52	3	
	31.607 (31.607)	1:05.370 (33.763)			
6 DiNardo, Molly		SO St. Olaf	1:42.24	1	
	34.003 (34.003)	1:09.023 (35.020)			
7 Fromm, Jules		SR St. Olaf	1:42.64	2	
	33.526 (33.526)	1:08.390 (34.864)			
8 Dauner, Emma		SO St. Olaf	1:42.96	2	
	34.089 (34.089)	1:09.412 (35.323)			
9 Mickelson, Nora		SO St. Olaf	1:43.65	2	
	33.679 (33.679)	1:09.115 (35.436)			
10 Anderson, Kayla		FR Concordia-St. Paul	1:43.81	2	
	33.536 (33.536)	1:08.410 (34.874)			
11 Minshull, Larissa		SR Bethel (Minn.)	1:47.98	1	
	34.865 (34.865)	1:11.148 (36.283)			
12 Mair, Aubrey		SR Gustavus Adolphus	1:48.99	1	
	33.792 (33.792)	1:09.186 (35.394)			

Women 800 Meter Run

=====					
Facility Rec:	F 2:11.95	2003	Megan Daymont, St. Olaf		
Name		Year School	Finals	Points	
=====					
1 Erickson, Lara		SR Carleton	2:21.95		
	33.320 (33.320)	1:07.703 (34.383)	1:44.428 (36.725)		
2 Dufault, Ella		SO Crown	2:26.51		
	34.379 (34.379)	1:10.248 (35.869)	1:48.164 (37.916)		
3 Habben, Jemimah		FR Martin Luther	2:28.57		
	36.831 (36.831)	1:13.675 (36.844)	1:51.686 (38.011)		
4 Arroyo, Mia		FR Crown	2:28.67		
	35.070 (35.070)	1:12.063 (36.993)	1:50.161 (38.098)		
5 Reckmeyer, Madeleine		FR Carleton	2:33.09		
	37.136 (37.136)	1:13.874 (36.738)	1:53.880 (40.006)		
6 Morrison, Lindsey		FR Crown	2:34.01		
	36.568 (36.568)	1:13.857 (37.289)	1:54.295 (40.438)		
7 Stanley, Olivia		FR Crown	2:46.22		
	37.207 (37.207)	1:16.742 (39.535)	1:59.936 (43.194)		
8 Grass, Samantha		JR Martin Luther	2:58.24		
	40.768 (40.768)	1:24.915 (44.147)	2:12.368 (47.453)		
9 VanDenHeuvel, Liberty		SO Martin Luther	3:01.06		
	41.427 (41.427)	1:26.415 (44.988)	2:13.750 (47.335)		

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Women 1000 Meter Run**

=====					
Facility Rec: F 2:52.37		2013	Taylor Berg, St. Thomas		
Name	Year	School	Finals	H#	Points
=====					
1 Wyatt, Isabel	JR	St. Olaf	2:56.19	2	
34.027 (34.027)	1:10.342 (36.315)	1:46.917 (36.575)	2:23.025 (36.108)		
2 Leiner, Willemijn	FR	St. Olaf	3:05.60	2	
36.193 (36.193)	1:13.371 (37.178)	1:51.218 (37.847)	2:28.863 (37.645)		
3 Marx, Kayla	FR	Carleton	3:05.82	2	
36.027 (36.027)	1:12.324 (36.297)	1:50.384 (38.060)	2:28.446 (38.062)		
4 Erickson, Siri	SO	St. Olaf	3:05.91	2	
36.393 (36.393)	1:13.631 (37.238)	1:50.755 (37.124)	2:28.534 (37.779)		
5 Walukas, Kailyn	SR	Gustavus Adolphus	3:14.31	2	
38.760 (38.760)	1:16.884 (38.124)	1:56.410 (39.526)	2:36.592 (40.182)		
6 Brueckner, Ruth	JR	Crown	3:16.36	1	
38.501 (38.501)	1:18.174 (39.673)	1:59.390 (41.216)	2:39.966 (40.576)		
7 Ait Ali, Safiya	FR	St. Olaf	3:19.74	2	
38.523 (38.523)	1:17.797 (39.274)	1:58.781 (40.984)	2:38.762 (39.981)		
8 Murphy, Mackenzie	SO	Gustavus Adolphus	3:25.59	2	
39.203 (39.203)	1:18.926 (39.723)	2:00.908 (41.982)	2:43.655 (42.747)		
9 Habben, Maya	SR	Martin Luther	3:26.05	1	
38.801 (38.801)	1:19.527 (40.726)	2:02.496 (42.969)	2:47.474 (44.978)		
10 Coffin, Ella	FR	Carleton	3:26.63	1	
39.168 (39.168)	1:19.649 (40.481)	2:00.480 (40.831)	2:42.639 (42.159)		
11 Omdal, Anna	SR	Gustavus Adolphus	3:28.83	1	
40.413 (40.413)	1:21.308 (40.895)	2:04.141 (42.833)	2:47.586 (43.445)		
12 Atkins, Elise	FR	Concordia-St. Paul	3:30.56	1	
39.081 (39.081)	1:19.044 (39.963)	2:00.503 (41.459)	2:44.750 (44.247)		
13 Dewberry, Amelia	SO	Gustavus Adolphus	3:30.77	1	
40.747 (40.747)	1:22.456 (41.709)	2:05.778 (43.322)	2:49.478 (43.700)		
14 Daugherty, Madeline	FR	St. Olaf	3:31.49	2	
39.574 (39.574)	1:19.460 (39.886)	2:02.188 (42.728)	2:47.535 (45.347)		
15 Leach, Elliana	SO	Bethel (Minn.)	3:44.20	1	
40.436 (40.436)	1:22.736 (42.300)	2:07.793 (45.057)	2:55.615 (47.822)		
16 Scott, Carolina	JR	Concordia-St. Paul	3:45.26	1	
39.422 (39.422)	1:19.333 (39.911)	2:03.505 (44.172)	2:52.603 (49.098)		
17 VanDenHeuvel, Liberty	SO	Martin Luther	3:59.22	1	
42.446 (42.446)	1:27.014 (44.568)	2:15.494 (48.480)	3:07.457 (51.963)		

Women 1 Mile Run

=====					
Facility Rec: F 4:55.60		2013	Taylor Berg, St. Thomas		
Name	Year	School	Finals	H#	Points
=====					
1 Larsen, Aliya	JR	Carleton	5:12.36	2	
39.814 (39.814)	1:18.602 (38.788)	1:57.853 (39.251)	2:38.480 (40.627)		
3:16.983 (38.503)	3:56.306 (39.323)	4:35.199 (38.893)			
2 Rowland, Libby	SR	Carleton	5:15.03	2	
40.131 (40.131)	1:18.880 (38.749)	1:58.101 (39.221)	2:38.784 (40.683)		
3:17.114 (38.330)	3:19.443 (2.329)	3:56.066 (36.623)	4:36.330 (40.264)		
3 Lindquist, Abigale	FR	St. Olaf	5:21.06	2	
41.171 (41.171)	1:20.017 (38.846)	1:59.762 (39.745)	2:40.640 (40.878)		
3:21.338 (40.698)	4:02.247 (40.909)	4:43.444 (41.197)			
4 Daley, Nora	SO	Carleton	5:24.09	2	
40.444 (40.444)	1:19.205 (38.761)	1:58.469 (39.264)	2:39.209 (40.740)		
4:01.229 (1:22.020)	4:43.840 (42.611)				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 1 Mile Run**

5 Walukas, Kailyn	SR Gustavus Adolphus	5:24.38	2	
42.909 (42.909)	1:23.415 (40.506)	2:03.358 (39.943)		2:42.919 (39.561)
3:24.172 (41.253)	4:05.816 (41.644)	4:47.131 (41.315)		
6 Murphy, Mackenzie	SO Gustavus Adolphus	5:38.36	2	
43.650 (43.650)	1:25.049 (41.399)	2:07.267 (42.218)		2:48.588 (41.321)
3:30.222 (41.634)	4:14.050 (43.828)	4:57.320 (43.270)		
7 Shirley, Ava	JR St. Olaf	5:46.35	2	
42.361 (42.361)	1:25.369 (43.008)	2:09.966 (44.597)		2:54.895 (44.929)
3:39.971 (45.076)	4:24.650 (44.679)	5:07.598 (42.948)		
8 Hay, Anna	SR Bethel (Minn.)	5:47.85	2	
44.084 (44.084)	1:25.924 (41.840)	2:10.098 (44.174)		2:54.720 (44.622)
3:39.391 (44.671)	4:23.329 (43.938)	5:07.170 (43.841)		
9 Ransavage, Mia	FR St. Olaf	5:49.37	2	
42.052 (42.052)	1:25.233 (43.181)	2:09.818 (44.585)		2:54.506 (44.688)
3:39.669 (45.163)	4:24.402 (44.733)	5:07.994 (43.592)		
10 Omdal, Anna	SR Gustavus Adolphus	5:56.80	1	
48.287 (48.287)	1:30.200 (41.913)	2:13.544 (43.344)		2:58.036 (44.492)
3:43.090 (45.054)	4:28.581 (45.491)	5:14.246 (45.665)		
11 Dewberry, Amelia	SO Gustavus Adolphus	6:01.17	1	
48.564 (48.564)	1:31.567 (43.003)	2:16.060 (44.493)		3:01.235 (45.175)
3:46.435 (45.200)	4:31.808 (45.373)			
12 Foster, Gracelyn	FR Crown	6:12.46	1	
49.561 (49.561)	1:32.548 (42.987)	2:17.429 (44.881)		3:03.447 (46.018)
3:50.883 (47.436)	4:38.929 (48.046)			
13 Wahman, Veronica	SO Gustavus Adolphus	6:16.82	1	
50.956 (50.956)	1:40.042 (49.086)	2:28.805 (48.763)		3:15.876 (47.071)
4:02.416 (46.540)	4:50.240 (47.824)			
14 Williamson, Abby	FR Bethel (Minn.)	6:19.33	1	
50.662 (50.662)	1:39.688 (49.026)	2:28.455 (48.767)		3:15.580 (47.125)
4:02.159 (46.579)	4:49.923 (47.764)			
15 Zanton, Marianna	FR Bethel (Minn.)	6:22.90	1	
50.714 (50.714)	1:39.790 (49.076)	2:28.582 (48.792)		3:15.620 (47.038)
4:01.863 (46.243)	4:49.893 (48.030)			
16 Grass, Samantha	JR Martin Luther	6:34.83	1	
50.221 (50.221)	1:34.337 (44.116)	2:21.174 (46.837)		3:09.749 (48.575)
4:00.940 (51.191)	4:53.901 (52.961)			
17 Olsen, Abbee	SR Martin Luther	6:40.89	1	
51.296 (51.296)	1:40.442 (49.146)	2:29.220 (48.778)		3:17.071 (47.851)
4:06.848 (49.777)	4:59.417 (52.569)			

Women 3000 Meter Run

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Facility Rec: F 9:46.83		2024	Fiona Smith, St. Benedict	
Name	Year	School	Finals	Points
=====				
1 Niaz, Cynthia		SO Carleton	11:43.17	
50.22 (50.22)		1:35.07 (44.85)	2:20.44 (45.37)	3:05.62 (45.18)
3:51.45 (45.83)		4:37.57 (46.12)	5:22.74 (45.17)	6:07.94 (45.20)
6:54.40 (46.46)		7:41.56 (47.16)	8:29.27 (47.71)	9:17.24 (47.97)
10:07.37 (50.13)		10:57.07 (49.70)	11:42.49 (45.42)	
2 Wermerskirchen, Grace		FR Gustavus Adolphus	11:54.36	
50.75 (50.75)		1:37.86 (47.11)	2:26.55 (48.69)	3:13.18 (46.63)
4:00.12 (46.94)		4:47.28 (47.16)	5:35.13 (47.85)	6:22.85 (47.72)
7:10.74 (47.89)		7:59.36 (48.62)	8:47.63 (48.27)	9:35.42 (47.79)
10:23.33 (47.91)		11:10.65 (47.32)	11:53.91 (43.26)	

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 3000 Meter Run**

3 Hagen, Elsey	SO Gustavus Adolphus	12:17.83		
51.21 (51.21)	1:38.22 (47.01)	2:26.86 (48.64)	3:15.70 (48.84)	
4:05.22 (49.52)	4:53.52 (48.30)	5:43.25 (49.73)	6:31.39 (48.14)	
7:20.15 (48.76)	8:09.83 (49.68)	8:59.33 (49.50)	9:49.45 (50.12)	
10:39.62 (50.17)	11:29.37 (49.75)	12:17.10 (47.73)		
4 Morrison, Lindsey	FR Crown	12:28.72		
50.10 (50.10)	1:37.57 (47.47)	2:26.71 (49.14)	3:15.73 (49.02)	
4:05.04 (49.31)	4:55.14 (50.10)	5:45.89 (50.75)	6:38.59 (52.70)	
7:30.21 (51.62)	8:21.54 (51.33)	9:13.04 (51.50)	10:04.14 (51.10)	
10:56.37 (52.23)	11:46.79 (50.42)	12:28.16 (41.37)		
5 Bandy, Lily	SO Crown	12:31.60		
50.51 (50.51)	1:37.85 (47.34)	2:26.65 (48.80)	3:15.35 (48.70)	
4:03.80 (48.45)	4:53.35 (49.55)	5:43.57 (50.22)	6:34.01 (50.44)	
7:24.27 (50.26)	8:15.68 (51.41)	9:07.81 (52.13)	10:00.25 (52.44)	
10:53.20 (52.95)	11:45.36 (52.16)	12:30.85 (45.49)		
6 Lehmann Duke, Celia	SR Carleton	12:40.75		
50.86 (50.86)	1:38.64 (47.78)	2:27.42 (48.78)	3:16.52 (49.10)	
4:06.06 (49.54)	4:55.74 (49.68)	5:46.72 (50.98)	6:38.17 (51.45)	
7:29.76 (51.59)	8:21.23 (51.47)	9:13.24 (52.01)	10:05.59 (52.35)	
10:58.52 (52.93)	11:50.79 (52.27)	12:40.19 (49.40)		
7 Foster, Gracelyn	FR Crown	12:51.71		
49.97 (49.97)	1:37.29 (47.32)	2:26.44 (49.15)	3:15.51 (49.07)	
4:04.82 (49.31)	4:54.81 (49.99)	5:45.59 (50.78)	6:38.38 (52.79)	
7:31.85 (53.47)	8:25.06 (53.21)	9:18.57 (53.51)	10:12.22 (53.65)	
11:06.19 (53.97)	11:59.64 (53.45)	12:51.03 (51.39)		
8 Trapp, Nicole	JR Martin Luther	12:52.73		
51.55 (51.55)	1:40.81 (49.26)	2:32.41 (51.60)	3:25.16 (52.75)	
4:18.61 (53.45)	5:12.46 (53.85)	6:07.86 (55.40)	7:03.55 (55.69)	
8:00.32 (56.77)	8:57.40 (57.08)	9:55.04 (57.64)	10:54.54 (59.50)	
11:52.84 (58.30)	12:52.03 (59.19)	13:48.00 (55.97)		

Women 5000 Meter Run

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Facility Rec: F 16:40.72	2024	Finona Smith, St. Benedict		
Name	Year School	Finals H#	Points	
=====				
1 Preisser, Hannah	JR Carleton	17:07.74	1	
39.02 (39.02)	1:20.10 (41.08)	2:00.34 (40.24)	2:40.86 (40.52)	
3:21.47 (40.61)	4:02.58 (41.11)	4:43.71 (41.13)	5:25.05 (41.34)	
6:06.60 (41.55)	6:48.39 (41.79)	7:30.52 (42.13)	8:12.17 (41.65)	
8:54.11 (41.94)	9:36.04 (41.93)	10:17.86 (41.82)	10:59.62 (41.76)	
11:41.88 (42.26)	12:24.31 (42.43)	13:06.02 (41.71)	13:47.80 (41.78)	
14:28.65 (40.85)	15:08.26 (39.61)	15:48.51 (40.25)	16:29.63 (41.12)	
17:07.31 (37.68)				
2 Carr, Kim	Unattached	17:15.00	1	
38.31 (38.31)	1:19.38 (41.07)	1:58.97 (39.59)	2:38.95 (39.98)	
3:18.88 (39.93)	3:59.46 (40.58)	4:39.72 (40.26)	5:20.34 (40.62)	
6:01.62 (41.28)	6:42.85 (41.23)	7:24.52 (41.67)	8:06.23 (41.71)	
8:49.47 (43.24)	9:32.77 (43.30)	10:15.81 (43.04)	10:57.78 (41.97)	
11:39.51 (41.73)	12:22.52 (43.01)	13:04.41 (41.89)	13:46.97 (42.56)	
14:28.17 (41.20)	15:09.07 (40.90)	15:50.93 (41.86)	16:33.32 (42.39)	
17:14.45 (41.13)				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

3 Overgaauw, Ashley	SO Minnesota State	17:26.04	1		
38.98 (38.98)	1:20.24 (41.26)	2:00.11 (39.87)		2:40.40 (40.29)	
3:21.39 (40.99)	4:02.35 (40.96)	4:43.61 (41.26)		5:24.75 (41.14)	
6:06.27 (41.52)	6:48.16 (41.89)	7:30.29 (42.13)		8:12.19 (41.90)	
8:54.06 (41.87)	9:36.32 (42.26)	10:18.16 (41.84)		11:00.05 (41.89)	
11:42.57 (42.52)	12:25.46 (42.89)	13:08.89 (43.43)		13:52.48 (43.59)	
14:36.67 (44.19)	15:20.57 (43.90)	16:04.47 (43.90)		16:46.53 (42.06)	
17:25.58 (39.05)					
4 Matzek, Madison	JR Minnesota State	17:26.90	1		
40.29 (40.29)	1:21.59 (41.30)	2:02.12 (40.53)		2:43.07 (40.95)	
3:24.34 (41.27)	4:06.66 (42.32)	4:48.91 (42.25)		5:31.05 (42.14)	
6:13.34 (42.29)	6:56.26 (42.92)	7:39.09 (42.83)		8:21.52 (42.43)	
9:03.41 (41.89)	9:46.38 (42.97)	10:29.02 (42.64)		11:12.04 (43.02)	
11:54.56 (42.52)	12:37.67 (43.11)	13:19.65 (41.98)		14:02.10 (42.45)	
14:44.67 (42.57)	15:27.23 (42.56)	16:08.60 (41.37)		16:48.86 (40.26)	
17:26.38 (37.52)					
5 Mignone, Grace	FR Minnesota	17:30.38	1		
40.07 (40.07)	1:20.68 (40.61)	2:00.92 (40.24)		2:41.56 (40.64)	
3:22.01 (40.45)	4:03.20 (41.19)	4:44.32 (41.12)		5:25.88 (41.56)	
6:07.38 (41.50)	6:50.03 (42.65)	7:33.41 (43.38)		8:17.32 (43.91)	
9:01.31 (43.99)	9:45.46 (44.15)	10:29.53 (44.07)		11:11.68 (42.15)	
11:54.91 (43.23)	12:38.47 (43.56)	13:22.96 (44.49)		14:07.84 (44.88)	
14:51.42 (43.58)	15:32.85 (41.43)	16:13.41 (40.56)		16:50.51 (37.10)	
17:29.93 (39.42)					
6 McManus, Sophie	SR Carleton	17:31.22	1		
40.41 (40.41)	1:21.95 (41.54)	2:02.44 (40.49)		2:43.49 (41.05)	
3:25.01 (41.52)	4:07.04 (42.03)	4:49.17 (42.13)		5:31.40 (42.23)	
6:13.50 (42.10)	6:56.38 (42.88)	7:39.32 (42.94)		8:21.19 (41.87)	
9:03.75 (42.56)	9:46.77 (43.02)	10:29.13 (42.36)		11:12.14 (43.01)	
11:54.39 (42.25)	12:35.86 (41.47)	13:18.59 (42.73)		14:01.87 (43.28)	
14:45.43 (43.56)	15:29.07 (43.64)	16:11.82 (42.75)		16:53.07 (41.25)	
17:30.86 (37.79)					
7 Paulsen, Liesl	SR Minnesota	17:45.21	1		
39.82 (39.82)	1:19.79 (39.97)	1:59.49 (39.70)		2:39.48 (39.99)	
3:19.50 (40.02)	4:00.02 (40.52)	4:40.24 (40.22)		5:20.95 (40.71)	
6:02.77 (41.82)	6:45.55 (42.78)	7:28.54 (42.99)		8:11.99 (43.45)	
8:54.72 (42.73)	9:38.32 (43.60)	10:22.55 (44.23)		11:06.51 (43.96)	
11:51.27 (44.76)	12:36.06 (44.79)	13:20.06 (44.00)		14:04.79 (44.73)	
14:50.04 (45.25)	15:34.47 (44.43)	16:19.11 (44.64)		17:02.84 (43.73)	
17:44.75 (41.91)					
8 Osanai, Caitlyn	Unattached MN	17:53.55	1		
39.38 (39.38)	1:19.67 (40.29)	1:59.23 (39.56)		2:39.30 (40.07)	
3:19.20 (39.90)	3:59.76 (40.56)	4:40.07 (40.31)		5:20.61 (40.54)	
6:01.95 (41.34)	6:43.17 (41.22)	7:25.04 (41.87)		8:07.59 (42.55)	
8:51.33 (43.74)	9:35.52 (44.19)	10:18.46 (42.94)		11:00.96 (42.50)	
11:45.31 (44.35)	12:30.86 (45.55)	13:17.46 (46.60)		14:03.52 (46.06)	
14:49.46 (45.94)	15:35.42 (45.96)	16:21.89 (46.47)		17:07.92 (46.03)	
17:52.95 (45.03)					

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

9 Carlson, Sofia	SR St. Olaf	17:58.07	1		
39.71 (39.71)	1:20.93 (41.22)	2:01.45 (40.52)		2:42.09 (40.64)	
3:22.88 (40.79)	4:04.00 (41.12)	4:45.14 (41.14)		5:26.56 (41.42)	
6:08.56 (42.00)	6:51.49 (42.93)	7:35.21 (43.72)		8:18.81 (43.60)	
9:03.47 (44.66)	9:47.47 (44.00)	10:32.17 (44.70)		11:16.81 (44.64)	
12:01.77 (44.96)	12:46.48 (44.71)	13:32.34 (45.86)		14:18.17 (45.83)	
15:02.23 (44.06)	15:47.93 (45.70)	16:34.09 (46.16)		17:17.64 (43.55)	
17:58.07 (40.43)					
10 Bergman, Elsa	SO Minnesota	17:58.52	1		
39.57 (39.57)	1:20.35 (40.78)	2:00.57 (40.22)		2:41.14 (40.57)	
3:21.85 (40.71)	4:02.93 (41.08)	4:44.02 (41.09)		5:25.41 (41.39)	
6:06.88 (41.47)	6:48.63 (41.75)	7:31.09 (42.46)		8:14.61 (43.52)	
8:58.99 (44.38)	9:43.60 (44.61)	10:28.22 (44.62)		11:12.55 (44.33)	
11:57.05 (44.50)	12:42.65 (45.60)	13:29.67 (47.02)		14:16.64 (46.97)	
15:02.56 (45.92)	15:48.25 (45.69)	16:34.25 (46.00)		17:18.16 (43.91)	
17:58.06 (39.90)					
11 Cunningham, Emily	SR Minnesota State	17:58.54	2		
42.22 (42.22)	1:24.92 (42.70)	2:08.33 (43.41)		2:51.72 (43.39)	
3:36.09 (44.37)	4:19.22 (43.13)	5:02.94 (43.72)		5:47.66 (44.72)	
6:30.90 (43.24)	7:15.39 (44.49)	7:58.23 (42.84)		8:41.62 (43.39)	
9:24.84 (43.22)	10:07.61 (42.77)	10:50.41 (42.80)		11:33.54 (43.13)	
12:16.32 (42.78)	12:59.71 (43.39)	13:43.04 (43.33)		14:26.77 (43.73)	
15:09.03 (42.26)	15:52.33 (43.30)	16:35.45 (43.12)		17:18.57 (43.12)	
17:58.45 (39.88)					
12 Almsberger, Kira	JR Minnesota-Duluth	18:22.29	2		
43.64 (43.64)	1:27.21 (43.57)	2:10.00 (42.79)		2:53.91 (43.91)	
3:38.59 (44.68)	4:22.96 (44.37)	5:06.63 (43.67)		5:49.67 (43.04)	
6:33.69 (44.02)	7:17.28 (43.59)	8:01.20 (43.92)		8:44.70 (43.50)	
9:29.28 (44.58)	10:14.52 (45.24)	10:59.77 (45.25)		11:44.92 (45.15)	
12:29.06 (44.14)	13:13.58 (44.52)	13:58.32 (44.74)		14:43.43 (45.11)	
15:28.30 (44.87)	16:14.15 (45.85)	16:58.12 (43.97)		17:42.82 (44.70)	
18:21.90 (39.08)					
13 MacDonald, Alexi	JR Minnesota State	18:26.85	2		
41.69 (41.69)	1:24.57 (42.88)	2:07.61 (43.04)		2:50.94 (43.33)	
3:35.42 (44.48)	4:18.92 (43.50)	5:02.55 (43.63)		5:47.21 (44.66)	
6:30.73 (43.52)	7:15.43 (44.70)	7:58.64 (43.21)		8:42.30 (43.66)	
9:26.38 (44.08)	10:12.06 (45.68)	10:58.01 (45.95)		11:43.53 (45.52)	
12:28.64 (45.11)	13:13.06 (44.42)	13:58.09 (45.03)		14:42.89 (44.80)	
15:27.90 (45.01)	16:14.41 (46.51)	16:57.33 (42.92)		17:43.40 (46.07)	
18:26.34 (42.94)					
14 Anderson, Eve	SR Minnesota-Duluth	18:28.56	2		
41.72 (41.72)	1:24.47 (42.75)	2:07.87 (43.40)		2:51.27 (43.40)	
3:35.52 (44.25)	4:18.84 (43.32)	5:03.21 (44.37)		5:47.68 (44.47)	
6:31.13 (43.45)	7:15.91 (44.78)	7:59.93 (44.02)		8:44.24 (44.31)	
9:29.02 (44.78)	10:14.14 (45.12)	10:59.54 (45.40)		11:45.24 (45.70)	
12:30.37 (45.13)	13:16.13 (45.76)	14:02.55 (46.42)		14:48.37 (45.82)	
15:33.59 (45.22)	16:18.00 (44.41)	17:03.11 (45.11)		17:46.81 (43.70)	
18:28.10 (41.29)					

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

15 Mendyk, Caroline	FR Minnesota	18:29.86	1		
40.21 (40.21)	1:20.88 (40.67)	2:01.21 (40.33)		2:41.87 (40.66)	
3:23.12 (41.25)	4:04.43 (41.31)	4:46.54 (42.11)		5:28.95 (42.41)	
6:13.12 (44.17)	6:56.78 (43.66)	7:40.50 (43.72)		8:25.76 (45.26)	
9:11.48 (45.72)	9:57.12 (45.64)	10:43.02 (45.90)		11:29.21 (46.19)	
12:16.38 (47.17)	13:03.64 (47.26)	13:50.37 (46.73)		14:37.64 (47.27)	
15:24.61 (46.97)	16:11.97 (47.36)	16:58.91 (46.94)		17:45.07 (46.16)	
18:29.36 (44.29)					
16 VanLoon, Elizabeth	JR Minnesota-Duluth	18:30.44	2		
44.14 (44.14)	1:26.97 (42.83)	2:09.74 (42.77)		2:53.74 (44.00)	
3:38.37 (44.63)	4:22.79 (44.42)	5:06.71 (43.92)		5:50.09 (43.38)	
6:34.49 (44.40)	7:18.16 (43.67)	8:01.80 (43.64)		8:45.68 (43.88)	
9:29.97 (44.29)	10:15.06 (45.09)	11:00.31 (45.25)		11:45.78 (45.47)	
12:30.99 (45.21)	13:15.33 (44.34)	13:59.95 (44.62)		14:45.95 (46.00)	
15:32.80 (46.85)	16:18.89 (46.09)	17:04.66 (45.77)		17:49.62 (44.96)	
18:30.24 (40.62)					
17 Liston, Molly	JR Gustavus Adolphus	18:30.63	2		
43.89 (43.89)	1:28.63 (44.74)	2:13.75 (45.12)		2:57.06 (43.31)	
3:40.21 (43.15)	4:23.31 (43.10)	5:07.06 (43.75)		5:50.43 (43.37)	
6:34.55 (44.12)	7:17.49 (42.94)	8:01.09 (43.60)		8:44.42 (43.33)	
9:27.96 (43.54)	10:12.25 (44.29)	10:57.93 (45.68)		11:43.66 (45.73)	
12:28.28 (44.62)	13:13.15 (44.87)	13:58.12 (44.97)		14:43.09 (44.97)	
15:28.06 (44.97)	16:13.99 (45.93)	17:00.15 (46.16)		17:47.07 (46.92)	
18:30.24 (43.17)					
18 Donahue, Alena	SO St. Cloud State	18:46.87	3		
44.85 (44.85)	1:31.43 (46.58)	2:17.75 (46.32)		3:01.99 (44.24)	
3:47.06 (45.07)	4:32.34 (45.28)	5:17.21 (44.87)		6:02.05 (44.84)	
6:47.87 (45.82)	7:33.09 (45.22)	8:17.79 (44.70)		9:03.04 (45.25)	
9:48.71 (45.67)	10:34.97 (46.26)	11:20.63 (45.66)		12:06.18 (45.55)	
12:51.81 (45.63)	13:36.70 (44.89)	14:21.89 (45.19)		15:07.00 (45.11)	
15:52.50 (45.50)	16:37.77 (45.27)	17:22.44 (44.67)		18:05.76 (43.32)	
18:46.87 (41.11)					
19 Hagen, Sydney	SR Gustavus Adolphus	18:53.46	2		
45.23 (45.23)	1:30.15 (44.92)	2:15.77 (45.62)		3:00.64 (44.87)	
3:46.01 (45.37)	4:31.44 (45.43)	5:16.01 (44.57)		6:01.76 (45.75)	
6:47.36 (45.60)	7:32.96 (45.60)	8:19.73 (46.77)		9:05.24 (45.51)	
9:50.99 (45.75)	10:37.05 (46.06)	11:24.38 (47.33)		12:09.85 (45.47)	
12:55.48 (45.63)	13:41.31 (45.83)	14:27.31 (46.00)		15:13.08 (45.77)	
15:58.40 (45.32)	16:44.58 (46.18)	17:28.95 (44.37)		18:12.74 (43.79)	
18:53.02 (40.28)					
20 Habben, Jemimah	FR Martin Luther	18:54.17	3		
44.37 (44.37)	1:29.42 (45.05)	2:15.11 (45.69)		3:01.13 (46.02)	
3:46.37 (45.24)	4:31.68 (45.31)	5:16.53 (44.85)		6:01.56 (45.03)	
6:47.75 (46.19)	7:33.84 (46.09)	8:20.64 (46.80)		9:07.85 (47.21)	
9:54.19 (46.34)	10:41.03 (46.84)	11:28.21 (47.18)		12:14.89 (46.68)	
13:02.12 (47.23)	13:46.80 (44.68)	14:32.21 (45.41)		15:17.72 (45.51)	
16:03.38 (45.66)	16:48.71 (45.33)	17:33.91 (45.20)		18:16.86 (42.95)	
18:54.17 (37.31)					

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

21 Madden, Kathleen	SO St. Olaf	18:54.43	2	
45.16 (45.16)	1:29.81 (44.65)	2:15.44 (45.63)	3:00.69 (45.25)	
3:46.30 (45.61)	4:31.77 (45.47)	5:17.15 (45.38)	6:04.01 (46.86)	
6:50.65 (46.64)	7:37.82 (47.17)	8:25.19 (47.37)	9:12.12 (46.93)	
9:58.49 (46.37)	10:44.76 (46.27)	11:30.93 (46.17)	12:16.70 (45.77)	
13:02.38 (45.68)	13:47.56 (45.18)	14:33.47 (45.91)	15:19.22 (45.75)	
16:04.16 (44.94)	16:49.09 (44.93)	17:33.39 (44.30)	18:16.03 (42.64)	
18:54.15 (38.12)				
22 Viere, Laina	SO Wis.-River Falls	19:20.40	2	
42.40 (42.40)	1:25.20 (42.80)	2:08.62 (43.42)	2:51.75 (43.13)	
3:36.13 (44.38)	4:18.96 (42.83)	5:03.12 (44.16)	5:48.06 (44.94)	
6:34.34 (46.28)	7:20.95 (46.61)	8:09.49 (48.54)	8:58.41 (48.92)	
9:47.90 (49.49)	10:36.62 (48.72)	11:24.32 (47.70)	12:12.78 (48.46)	
13:02.99 (50.21)	13:51.71 (48.72)	14:40.69 (48.98)	15:28.24 (47.55)	
16:14.86 (46.62)	17:04.21 (49.35)	17:53.78 (49.57)	18:41.09 (47.31)	
19:20.02 (38.93)				
23 Opsahl, Peyton	JR Wis.-River Falls	19:25.27	2	
43.50 (43.50)	1:28.49 (44.99)	2:13.44 (44.95)	2:58.45 (45.01)	
3:43.75 (45.30)	4:29.44 (45.69)	5:15.14 (45.70)	6:01.08 (45.94)	
6:46.95 (45.87)	7:32.83 (45.88)	8:19.60 (46.77)	9:06.57 (46.97)	
9:53.90 (47.33)	10:41.29 (47.39)	11:29.07 (47.78)	12:16.65 (47.58)	
13:04.51 (47.86)	13:52.62 (48.11)	14:41.46 (48.84)	15:29.96 (48.50)	
16:18.05 (48.09)	17:06.15 (48.10)	17:54.64 (48.49)	18:41.84 (47.20)	
19:24.84 (43.00)				
24 Klobe, Kendra	SR Saint Mary's	19:26.39	3	
45.28 (45.28)	1:31.08 (45.80)	2:16.29 (45.21)	3:02.46 (46.17)	
3:48.25 (45.79)	4:33.59 (45.34)	5:19.33 (45.74)	6:04.87 (45.54)	
6:51.21 (46.34)	7:38.24 (47.03)	8:25.22 (46.98)	9:12.11 (46.89)	
9:59.24 (47.13)	10:46.85 (47.61)	11:34.16 (47.31)	12:21.74 (47.58)	
13:09.37 (47.63)	13:56.64 (47.27)	14:44.48 (47.84)	15:32.45 (47.97)	
16:20.39 (47.94)	17:08.86 (48.47)	17:56.12 (47.26)	18:43.16 (47.04)	
19:26.39 (43.23)				
25 Rademacher, Julia	SO Minnesota-Duluth	19:29.03	2	
44.84 (44.84)	1:29.41 (44.57)	2:14.96 (45.55)	3:00.05 (45.09)	
3:45.54 (45.49)	4:30.46 (44.92)	5:15.73 (45.27)	6:01.39 (45.66)	
6:47.40 (46.01)	7:33.26 (45.86)	8:20.02 (46.76)	9:07.04 (47.02)	
9:54.31 (47.27)	10:41.67 (47.36)	11:29.29 (47.62)	12:16.96 (47.67)	
13:04.97 (48.01)	13:53.67 (48.70)	14:42.66 (48.99)	15:30.75 (48.09)	
16:18.72 (47.97)	17:06.97 (48.25)	17:55.38 (48.41)	18:43.26 (47.88)	
19:28.47 (45.21)				
26 Larsen-Schmidt, Gracia	SR St. Olaf	19:30.21	3	
44.17 (44.17)	1:30.25 (46.08)	2:15.86 (45.61)	3:03.58 (47.72)	
3:49.57 (45.99)	4:36.48 (46.91)	5:23.59 (47.11)	6:10.83 (47.24)	
6:58.48 (47.65)	7:45.64 (47.16)	8:33.65 (48.01)	9:21.50 (47.85)	
10:10.08 (48.58)	10:57.91 (47.83)	11:45.95 (48.04)	12:31.93 (45.98)	
13:19.44 (47.51)	14:06.76 (47.32)	14:54.50 (47.74)	15:41.77 (47.27)	
16:30.44 (48.67)	17:17.84 (47.40)	18:05.32 (47.48)	18:51.47 (46.15)	
19:30.21 (38.74)				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

27 Arroyo, Mia	FR Crown	19:36.55	3		
43.81 (43.81)	1:29.17 (45.36)	2:14.83 (45.66)		3:00.84 (46.01)	
3:45.95 (45.11)	4:31.16 (45.21)	5:15.72 (44.56)		6:01.25 (45.53)	
6:46.83 (45.58)	7:33.49 (46.66)	8:20.37 (46.88)		9:07.94 (47.57)	
9:55.92 (47.98)	10:44.82 (48.90)	11:34.42 (49.60)		12:23.72 (49.30)	
13:13.62 (49.90)	14:03.35 (49.73)	14:52.47 (49.12)		15:42.57 (50.10)	
16:28.81 (46.24)	17:19.79 (50.98)	18:10.33 (50.54)		18:55.41 (45.08)	
19:36.55 (41.14)					
28 Wraspir, Kathryn	JR Minnesota-Duluth	19:40.46	2		
44.40 (44.40)	1:29.13 (44.73)	2:14.65 (45.52)		2:59.75 (45.10)	
3:45.61 (45.86)	4:31.19 (45.58)	5:17.10 (45.91)		6:04.35 (47.25)	
6:50.82 (46.47)	7:38.17 (47.35)	8:25.50 (47.33)		9:12.87 (47.37)	
10:00.79 (47.92)	10:49.06 (48.27)	11:37.42 (48.36)		12:25.34 (47.92)	
13:13.67 (48.33)	14:01.73 (48.06)	14:49.88 (48.15)		15:38.61 (48.73)	
16:27.27 (48.66)	17:16.54 (49.27)	18:05.37 (48.83)		18:53.98 (48.61)	
19:39.92 (45.94)					
29 Cole, Ella	SO Minnesota-Duluth	19:46.26	3		
45.53 (45.53)	1:31.67 (46.14)	2:18.04 (46.37)		3:04.20 (46.16)	
3:51.44 (47.24)	4:37.97 (46.53)	5:25.38 (47.41)		6:12.32 (46.94)	
6:59.01 (46.69)	7:45.91 (46.90)	8:33.99 (48.08)		9:20.98 (46.99)	
10:08.96 (47.98)	10:56.33 (47.37)	11:44.26 (47.93)		12:32.55 (48.29)	
13:21.61 (49.06)	14:10.40 (48.79)	14:59.34 (48.94)		15:48.30 (48.96)	
16:37.19 (48.89)	17:25.26 (48.07)	18:13.89 (48.63)		19:02.71 (48.82)	
19:46.26 (43.55)					
30 Votruba, Maggie	SR Carleton	20:11.79	3		
44.64 (44.64)	1:31.04 (46.40)	2:17.64 (46.60)		3:04.59 (46.95)	
3:52.13 (47.54)	4:39.42 (47.29)	5:27.20 (47.78)		6:15.69 (48.49)	
7:03.09 (47.40)	7:52.00 (48.91)	8:41.61 (49.61)		9:30.16 (48.55)	
10:19.86 (49.70)	11:09.26 (49.40)	11:58.92 (49.66)		12:49.62 (50.70)	
13:39.31 (49.69)	14:29.57 (50.26)	15:19.02 (49.45)		16:10.04 (51.02)	
17:00.91 (50.87)	17:51.32 (50.41)	18:41.77 (50.45)		19:29.60 (47.83)	
20:11.79 (42.19)					
31 McConkey, Katie	SR Minnesota-Duluth	20:22.31	3		
46.00 (46.00)	1:32.79 (46.79)	2:19.07 (46.28)		3:05.83 (46.76)	
3:53.47 (47.64)	4:40.64 (47.17)	5:28.14 (47.50)		6:16.33 (48.19)	
7:04.39 (48.06)	7:52.65 (48.26)	8:42.00 (49.35)		9:30.49 (48.49)	
10:20.21 (49.72)	11:09.60 (49.39)	11:59.52 (49.92)		12:49.89 (50.37)	
13:40.21 (50.32)	14:30.02 (49.81)	15:20.17 (50.15)		16:10.90 (50.73)	
17:01.80 (50.90)	17:52.37 (50.57)	18:43.55 (51.18)		19:34.12 (50.57)	
20:22.31 (48.19)					
32 Habben, Maya	SR Martin Luther	20:31.98	3		
45.35 (45.35)	1:31.99 (46.64)	2:18.32 (46.33)		3:05.17 (46.85)	
3:53.15 (47.98)	4:41.30 (48.15)	5:30.61 (49.31)		6:20.60 (49.99)	
7:10.44 (49.84)	7:59.72 (49.28)	8:49.83 (50.11)		9:39.94 (50.11)	
10:29.26 (49.32)	11:18.66 (49.40)	12:08.12 (49.46)		12:58.97 (50.85)	
13:48.86 (49.89)	14:39.32 (50.46)	15:30.02 (50.70)		16:21.77 (51.75)	
17:12.41 (50.64)	18:03.65 (51.24)	18:53.91 (50.26)		19:44.49 (50.58)	
20:31.98 (47.49)					

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

33 Nibbelink, Ava	FR Bethel (Minn.)	20:49.46	3		
44.47 (44.47)	1:29.79 (45.32)	2:15.44 (45.65)		3:01.44 (46.00)	
3:46.81 (45.37)	4:32.06 (45.25)	5:16.92 (44.86)		6:02.40 (45.48)	
6:49.88 (47.48)	7:38.63 (48.75)	8:28.55 (49.92)		9:18.75 (50.20)	
10:09.34 (50.59)	10:59.25 (49.91)	11:51.47 (52.22)		12:44.44 (52.97)	
13:37.63 (53.19)	14:30.97 (53.34)	15:24.12 (53.15)		16:18.03 (53.91)	
17:12.92 (54.89)	18:08.38 (55.46)	19:03.51 (55.13)		19:58.12 (54.61)	
20:49.46 (51.34)					
34 Hougum, Tess	SR Concordia-St. Paul	21:56.20	3		
46.57 (46.57)	1:34.44 (47.87)	2:24.17 (49.73)		3:14.55 (50.38)	
4:04.54 (49.99)	4:55.73 (51.19)	5:48.53 (52.80)		6:41.33 (52.80)	
7:34.55 (53.22)	8:27.61 (53.06)	9:20.86 (53.25)		10:13.64 (52.78)	
11:07.45 (53.81)	12:01.15 (53.70)	12:56.00 (54.85)		13:51.78 (55.78)	
14:47.02 (55.24)	15:41.74 (54.72)	16:36.73 (54.99)		17:31.47 (54.74)	
18:25.99 (54.52)	19:20.60 (54.61)	20:13.76 (53.16)		21:07.10 (53.34)	
21:56.20 (49.10)					
35 Sulzle, Hope	SR Martin Luther	22:04.33	3		
45.64 (45.64)	1:32.68 (47.04)	2:20.50 (47.82)		3:09.53 (49.03)	
3:59.73 (50.20)	4:50.81 (51.08)	5:42.61 (51.80)		6:35.28 (52.67)	
7:28.89 (53.61)	8:22.34 (53.45)	9:15.49 (53.15)		10:09.43 (53.94)	
11:03.30 (53.87)	11:57.56 (54.26)	12:52.27 (54.71)		13:47.36 (55.09)	
14:42.14 (54.78)	15:37.73 (55.59)	16:32.76 (55.03)		17:27.13 (54.37)	
18:22.62 (55.49)	19:19.00 (56.38)	20:15.08 (56.08)		21:10.08 (55.00)	
22:04.33 (54.25)					

Women 60 Meter Hurdles

Facility Rec: F 8.52 2024 Kelsie Sealock, Bethel

Name	Year School	Prelims	H#
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Preliminaries

1 Thauvin, Laura	FR Gustavus Adolphus	9.70Q	2
2 Podulke, Emily	FR Gustavus Adolphus	9.88Q	1
3 Stahl, Chelsea	SO Gustavus Adolphus	9.91q	2
4 Evans, Kayla	FR Bethel (Minn.)	10.50q	2
5 Askegaard, Lucy	FR St. Olaf	10.66q	1
6 Hagberg, Annika	FR St. Olaf	10.90q	1
7 Sahly, Emma	SR St. Olaf	11.13q	2
8 Schultz, Mariah	FR Martin Luther	11.14q	1
9 Kajer, Kayla	FR Gustavus Adolphus	13.80	1

Women 60 Meter Hurdles

Facility Rec: F 8.52 2024 Kelsie Sealock, Bethel

Name	Year School	Finals	Points
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Finals

1 Thauvin, Laura	FR Gustavus Adolphus	9.58	
2 Stahl, Chelsea	SO Gustavus Adolphus	9.94	
3 Podulke, Emily	FR Gustavus Adolphus	10.06	
4 Evans, Kayla	FR Bethel (Minn.)	10.53	
5 Sahly, Emma	SR St. Olaf	10.56	
6 Askegaard, Lucy	FR St. Olaf	10.57	
7 Schultz, Mariah	FR Martin Luther	11.06	
8 Hagberg, Annika	FR St. Olaf	11.07	

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Women 4x200 Meter Relay**

Facility Rec: F 1:43.18 2019 St. Thomas			
McFerson, Smith, Chell, Marciniak			
School		Finals	Points
=====			
1 Carleton 'A'		1:50.44	
1) Lott, Bianca JR	2) Twichell, Hadley SO		
3) Islam, Alice FR	4) Kusch, Charlotte FR		
2 Martin Luther 'A'		2:09.32	
1) Schultz, Mariah FR	2) Schuettpelez, Taylor FR		
3) Kemnitz, Adelyn FR	4) Born, Emily FR		

Women 4x400 Meter Relay

Facility Rec: F 3:51.08 2006 Lincoln University			
Richardson, Parker, Sabb, Mathews			
School		Finals	Points
=====			
1 Bethel (Minn.) 'A'		4:05.71	
1) Wrzesien, Caitlyn SR	2) Stellmach, Sarah JR		
3) Swenson, Abbie SR	4) Gregg, Hailey SR		
31.704 (31.704) 1:06.241 (34.537)	1:33.753 (27.512)	2:05.095 (31.342)	
2:33.807 (28.712) 3:05.137 (31.330)	3:33.837 (28.700)		
2 Bethel (Minn.) 'B'		x4:07.03	
1) Rydberg, Arissa FR	2) Wrzesien, Caley SR		
3) Kvant, Hannah SO	4) Sulungaine, Shalom SO		
29.846 (29.846) 1:04.045 (34.199)	1:34.406 (30.361)	2:10.223 (35.817)	
2:38.331 (28.108) 3:09.787 (31.456)	3:36.647 (26.860)		
3 St. Olaf 'B'		4:13.42	
1) DiNardo, Molly SO	2) Leiner, Willemijn FR		
3) Daugherty, Madeline FR	4) Sieck, Kayla JR		
30.275 (30.275) 1:02.356 (32.081)	1:34.095 (31.739)	2:08.002 (33.907)	
2:37.151 (29.149) 3:11.337 (34.186)	3:40.844 (29.507)		
4 St. Olaf 'A'		x4:15.21	
1) Herweijer, Sophie FR	2) Wyatt, Isabel JR		
3) Mickelson, Nora SO	4) Fromm, Jules SR		
30.771 (30.771) 1:06.389 (35.618)	1:36.859 (30.470)	2:09.054 (32.195)	
2:38.647 (29.593) 3:12.694 (34.047)	3:42.372 (29.678)		
5 Gustavus Adolphus 'A'		4:18.91	
1) Luetmer, McKenzie SO	2) Stacy, Allison FR		
3) Mair, Aubrey SR	4) Geraets, Megan SR		
30.293 (30.293) 1:05.006 (34.713)	1:33.010 (28.004)	2:11.364 (38.354)	
2:42.142 (30.778) 3:18.438 (36.296)	3:46.951 (28.513)		

Women High Jump

Facility Rec: F 1.72m 2006 Jennifer Harlow, Wheaton Col. of MA			
Name	Year School	Finals	Points
=====			
1 Tanner, Cadence	SO Concordia-St. Paul	1.60m	
1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65			
PPP PPP PPP PPP PPP O O XXO XXX			
2 Kajer, Kayla	FR Gustavus Adolphus	1.55m	
1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
PPP PPP PPP PPP XO O O O XXX			

Results

Facility Rec: F 4.30m 2016											Leslie Boost, Unattached																																											
Name					Year					School					Finals					Points																																		
=====																																																						
1 Graff, Alli																	SR Gustavus Adolphus					3.46m																																
2.15					2.30					2.45					2.60					2.75					2.90					3.05					3.20					3.35					3.46					3.48				
PPP					PPP					PPP					PPP					PPP					PPP					O					O					XO					O					XXX				
2 Finney, Camille																	SO Gustavus Adolphus					3.20m																																
2.15					2.30					2.45					2.60					2.75					2.90					3.05					3.20					3.35														
PPP					PPP					PPP					PPP					PPP					PPP					O					XO					XXX														
3 Pearson, Emily																	SO Bethel (Minn.)					J3.20m																																
2.15					2.30					2.45					2.60					2.75					2.90					3.05					3.20					3.35														
PPP					PPP					PPP					PPP					PPP					PPP					O					XXO					XXX														
4 Nesseth, Erika																	FR St. Olaf					2.90m																																
2.15					2.30					2.45					2.60					2.75					2.90					3.05																								
PPP					PPP					PPP					PPP					O					O					XXX																								
5 Bunker, Jenna																	SR Gustavus Adolphus					2.75m																																
2.15					2.30					2.45					2.60					2.75					2.90																													
PPP					PPP					PPP					PPP					XO					XXX																													
6 Nelson, Molly																	JR Bethel (Minn.)					J2.75m																																
2.15					2.30					2.45					2.60					2.75					2.90																													
PPP					O					O					O					XXO					XXX																													
7 Selberg, Lillian																	SR Gustavus Adolphus					2.60m																																
2.15					2.30					2.45					2.60					2.75																																		
PPP					PPP					XO					XO					XXX																																		
8 Foley, Naomi																	JR Martin Luther					2.45m																																
2.15					2.30					2.45					2.60																																							
PPP					O					O					XXX																																							
9 Evans, Mia																	JR Bethel (Minn.)					J2.45m																																
2.15					2.30					2.45					2.60																																							
PPP					O					XO					XXX																																							
9 Hagberg, Annika																	FR St. Olaf					J2.45m																																
2.15					2.30					2.45					2.60																																							
PPP					O					XO					XXX																																							
11 Gardeen, Anna																	SO Bethel (Minn.)					2.30m																																
2.15					2.30					2.45																																												
PPP					O					XXX																																												
11 Tschida, Elizabeth																	SO Gustavus Adolphus					2.30m																																
2.15					2.30					2.45																																												
PPP					O					XXX																																												
11 Askegaard, Lucy																	FR St. Olaf					2.30m																																
2.15					2.30					2.45																																												
O					O					XXX																																												
14 Steele, Chloe																	FR Bethel (Minn.)					J2.30m																																
2.15					2.30					2.45																																												
O					XO					XXX																																												

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Women Long Jump**

Facility Rec: F 5.74m 2005 Kristal Grigsby, St. Thomas						
Name	Year	School	Finals	Points		
1 Geraets, Megan	SR	Gustavus Adolphus	5.42m			
5.40m 5.26m 5.24m 5.24m	FOUL	5.42m				
2 Tanner, Cadence	SO	Concordia-St. Paul	5.40m			
5.33m 5.36m 5.40m	FOUL	5.09m 5.13m				
3 Straub, Mehlayna	SO	Concordia-St. Paul	5.09m			
5.09m 4.71m 5.04m	PASS	PASS PASS				
4 Lindner, Sarrah	JR	Gustavus Adolphus	4.89m			
4.81m 4.82m	FOUL	4.70m 4.89m 4.77m				
5 Thauvin, Laura	FR	Gustavus Adolphus	4.68m			
FOUL 4.55m	FOUL	4.52m	4.68m	PASS		
6 Petersen, Katie	SR	Gustavus Adolphus	4.61m			
4.45m 4.61m	FOUL	FOUL 4.44m	FOUL			
7 Sikes, Jane	SR	St. Olaf	4.29m			
4.06m 4.08m 4.29m	4.24m	4.03m 4.02m				
8 Miyoshi, Claire	FR	Carleton	4.21m			
4.13m 4.07m 4.06m	4.18m	4.17m 4.21m				
9 Foley, Naomi	JR	Martin Luther	4.19m			
FOUL 4.13m 3.99m	2.97m	4.19m 4.10m				
10 Kemnitz, Adelyn	FR	Martin Luther	3.89m			
3.53m 3.89m	FOUL					

Women Triple Jump

Facility Rec: F 11.98m 2006 Alecia Watson, City College of N.Y.						
Name	Year	School	Finals	Points		
1 Miyoshi, Claire	FR	Carleton	9.38m			
9.16m	FOUL	9.38m 8.93m 9.25m	FOUL			
2 Collins, Parker	FR	Carleton	9.36m			
FOUL	FOUL	9.36m 9.20m 9.27m	FOUL			
3 Sikes, Jane	SR	St. Olaf	9.08m			
9.03m 9.08m	FOUL	8.80m	FOUL	FOUL		

Women Shot Put

Facility Rec: F 17.05m 2006 Robyn Jarocki, Wisconsin Oshkosh						
Name	Year	School	Finals	H#	Points	
1 Lavendusky, Maya	JR	Concordia-St. Paul	12.31m	2		
12.25m 12.08m 11.89m	12.31m	11.53m	FOUL			
2 Straub, Mehlayna	SO	Concordia-St. Paul	11.54m	2		
10.93m 11.54m 10.89m	10.45m	10.89m 9.89m				
3 Wilhelm, Nora	JR	Bethel (Minn.)	11.50m	2		
9.34m 11.29m 11.09m	11.50m	11.44m	FOUL			
4 Barnhardt, Bernie	FR	Concordia-St. Paul	11.31m	2		
10.09m 11.31m	FOUL	FOUL 10.93m 11.09m				
5 Nolte, Elise	JR	Martin Luther	11.05m	2		
10.32m 10.85m 11.01m	10.42m	11.05m 10.94m				
6 Romsdahl, Madelinn	JR	Martin Luther	10.96m	2		
10.27m 10.96m 9.76m	10.45m	FOUL	FOUL			
7 McCord, Keira	FR	Gustavus Adolphus	10.94m	2		
9.65m 10.94m 10.50m	10.83m	10.43m	FOUL			

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women Shot Put**

8	Wilson, Malonna	FR Bethel (Minn.)	10.87m	1
	9.16m 10.05m 10.10m 10.87m 10.62m 10.24m			
9	Schlei, Ella	JR Martin Luther	10.43m	2
	10.04m 10.43m FOUL FOUL 9.48m 10.43m			
10	Gimm, Natalie	FR Concordia-St. Paul	10.06m	1
	FOUL 9.94m 10.06m			
11	Hoffman, Rebecca	SO Gustavus Adolphus	9.67m	1
	7.51m 8.67m 9.67m			
12	Saxton, Sophia	FR St. Olaf	9.52m	1
	9.52m 8.97m FOUL			
13	Domke, Leah	JR Martin Luther	8.54m	1
	7.82m 8.54m 8.27m			
14	Ring, Camille	SO Crown	8.21m	1
	FOUL 6.50m 8.21m			
15	Kindervater, Eryka	FR Crown	7.45m	1
	7.45m 7.02m 7.29m			
--	Harriman, Elise	SO St. Olaf	FOUL	1
	FOUL FOUL FOUL			

Women Weight Throw

=====					
Facility Rec: F 20.98m 2006		Robyn Jarocki, Wisconsin Oshkosh			
Name	Year	School	Finals	Points	
=====					
1	Speratos, Anna	JR Bethel (Minn.)	14.31m		
	14.31m 14.17m 13.99m 13.18m FOUL 13.78m				
2	Wilhelm, Nora	JR Bethel (Minn.)	14.13m		
	13.94m 13.10m 13.60m FOUL 14.13m 13.04m				
3	Barnhardt, Bernie	FR Concordia-St. Paul	13.43m		
	FOUL 13.14m FOUL FOUL 12.48m 13.43m				
4	Morris, Jenna	SR Concordia-St. Paul	13.27m		
	12.84m 12.56m 12.64m ND 13.09m 13.27m				
5	Lavendusky, Maya	JR Concordia-St. Paul	13.08m		
	11.82m FOUL FOUL 13.08m 12.83m 13.07m				
6	Hoffman, Rebecca	SO Gustavus Adolphus	12.09m		
	FOUL 12.07m FOUL 12.09m 11.65m 12.00m				
7	Romsdahl, Madelinn	JR Martin Luther	12.08m		
	12.04m 12.08m 11.96m FOUL 11.55m 11.89m				
8	Boelter, Ella	JR Bethel (Minn.)	11.89m		
	11.89m FOUL 10.69m FOUL 10.40m FOUL				
9	Domke, Leah	JR Martin Luther	11.84m		
	11.82m FOUL 11.84m 10.23m 11.23m 10.33m				
10	Schlei, Ella	JR Martin Luther	11.62m		
	FOUL 11.05m 11.62m				
11	Wilson, Malonna	FR Bethel (Minn.)	11.29m		
	10.22m 9.55m 11.29m				
12	Gimm, Natalie	FR Concordia-St. Paul	11.29m		
	FOUL 11.29m FOUL				
13	Saxton, Sophia	FR St. Olaf	10.70m		
	10.70m 10.53m 10.34m				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

=====					
Facility Rec:	F 2:44.08	2024	AnnaGrace Nelson, Bethel		
Name		Year School	Finals	Points	
=====					
1 Poppe, Avery		Viterbo	2:37.37F	603	
	35.922 (35.922)	1:16.434 (40.512)			
2 Thorson, Elle		SR Bethel (Minn.)	2:37.65F	600	
	36.268 (36.268)	1:17.037 (40.769)			
3 Hernes, Ellie		JR Bethel (Minn.)	2:38.41F	591	
	36.366 (36.366)	1:16.653 (40.287)			
4 Scholten, Hailey		JR Bethel (Minn.)	2:44.05F	527	
	36.175 (36.175)	1:16.886 (40.711)			
5 Christenson, Makaylin		SR St. Cloud State	2:46.77	498	
	37.253 (37.253)	1:20.130 (42.877)			
6 Keech, Claire		JR St. Olaf	2:49.97	464	
	37.656 (37.656)	1:20.478 (42.822)			
7 Tyvoll, Ally		SO Bethel (Minn.)	2:51.23	451	
	39.601 (39.601)	1:23.768 (44.167)			
8 Moe, Hannah		JR Bethel (Minn.)	2:53.74	425	
	39.293 (39.293)	1:23.599 (44.306)			
9 Iverson, Hope		SO Bethel (Minn.)	2:55.12	412	
	40.220 (40.220)				
10 Ring, Camille		SO Crown	3:01.52	351	
	40.453 (40.453)				
11 Thompson, Myesha		SO St. Cloud State	3:01.57	351	
	38.986 (38.986)	1:24.025 (45.039)			
12 Banse, Grace		JR Gustavus Adolphus	3:03.87	330	
	39.876 (39.876)				
13 Paulsen, Logan		FR St. Olaf	3:13.59	249	
	39.660 (39.660)	1:25.517 (45.857)			

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

=====					
Facility Rec:	F 9.24	2024	AnnaGrace Nelson, Bethel		
Name		Year School	Finals	H#	Points
=====					
1 Thorson, Elle		SR Bethel (Minn.)	9.30	4	848
2 Hernes, Ellie		JR Bethel (Minn.)	9.44	4	820
3 Poppe, Avery		Viterbo	9.86	4	738
4 Thompson, Myesha		SO St. Cloud State	10.00	1	712
5 Scholten, Hailey		JR Bethel (Minn.)	10.24	3	668
6 Tyvoll, Ally		SO Bethel (Minn.)	10.33	1	652
7 Ring, Camille		SO Crown	10.35	4	648
8 Keech, Claire		JR St. Olaf	10.38	3	643
9 Christenson, Makaylin		SR St. Cloud State	10.42	3	636
10 Moe, Hannah		JR Bethel (Minn.)	10.70	2	587
11 Paulsen, Logan		FR St. Olaf	10.95	2	545
12 Iverson, Hope		SO Bethel (Minn.)	11.87	1	402
13 Banse, Grace		JR Gustavus Adolphus	12.58	2	306

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

=====					
Facility Rec:	F 1.59m	2024	AnnaGrace Nelson, Bethel		
Name		Year School	Finals	Points	
=====					

St. Olaf Invitational - 1/24/2025 to 1/25/2025

Tostrud Center, St. Olaf College

Results

....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

1	Poppe, Avery	Viterbo	1.59mF	724
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		O XO O O XXX	
1	Christenson, Makaylin	SR St. Cloud State	1.59mF	724
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		O O O XO XXX	
1	Thorson, Elle	SR Bethel (Minn.)	1.59mF	724
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62			
	PPP PPP PPP PPP PPP PPP O PPP O O		XXO XO XO XXO XXX	
4	Thompson, Myesha	SO St. Cloud State	1.53m	655
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56			
	PPP PPP PPP O PPP PPP O O XO O		XO O XXX	
5	Scholten, Hailey	JR Bethel (Minn.)	1.44m	555
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47			
	PPP PPP PPP O O O XO XO O		XXX	
5	Moe, Hannah	JR Bethel (Minn.)	1.44m	555
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47			
	PPP PPP PPP O PPP O O O O		XXX	
5	Hernes, Ellie	JR Bethel (Minn.)	1.44m	555
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47			
	PPP PPP PPP PPP O PPP O O O		XXX	
8	Tyvoll, Ally	SO Bethel (Minn.)	1.41m	523
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44			
	PPP PPP PPP PPP O O O		XXO XXX	
9	Keech, Claire	JR St. Olaf	1.35m	460
	1.20 1.23 1.26 1.29 1.32 1.35 1.38			
	PPP PPP PPP O XO		XXO XXX	
9	Paulsen, Logan	FR St. Olaf	1.35m	460
	1.20 1.23 1.26 1.29 1.32 1.35 1.38			
	PPP O XXO XO O O		XXX	
11	Ring, Camille	SO Crown	1.32m	429
	1.20 1.23 1.26 1.29 1.32 1.35			
	O O O O O		XXX	
12	Iverson, Hope	SO Bethel (Minn.)	1.26m	369
	1.20 1.23 1.26 1.29			
	O O XO		XXX	
13	Banse, Grace	JR Gustavus Adolphus	1.23m	340
	1.20 1.23 1.26			
	O O		XXX	

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====					
Facility Rec: F 5.30m 2024		Peyton Selle, Concordia Moorhead			
Name	Year	School	Finals	Points	
=====					
1	Poppe, Avery	Viterbo	5.24m	626	
	5.22m 5.24m 5.01m				
2	Hernes, Ellie	JR Bethel (Minn.)	5.20m	614	
	5.09m 5.20m 5.13m				
3	Thorson, Elle	SR Bethel (Minn.)	5.13m	595	
	5.10m 5.13m 5.01m				
4	Thompson, Myesha	SO St. Cloud State	5.11m	589	
	5.10m 5.11m 5.02m				
5	Christenson, Makaylin	SR St. Cloud State	4.77m	498	
	4.77m 4.74m 4.76m				

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

6 Tyvoll, Ally	SO Bethel (Minn.)	4.65m	466
4.47m 4.65m 4.60m			
7 Keech, Claire	JR St. Olaf	4.58m	448
4.12m FOUL 4.58m			
8 Paulsen, Logan	FR St. Olaf	4.52m	433
4.52m 4.32m FOUL			
9 Moe, Hannah	JR Bethel (Minn.)	4.50m	428
4.50m FOUL 4.40m			
10 Ring, Camille	SO Crown	4.49m	426
4.49m 4.39m 4.43m			
11 Scholten, Hailey	JR Bethel (Minn.)	4.40m	403
4.38m 4.40m 4.35m			
12 Iverson, Hope	SO Bethel (Minn.)	4.05m	319
4.05m 4.02m 3.99m			
13 Banse, Grace	JR Gustavus Adolphus	3.78m	259
3.78m 3.75m 3.70m			

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Facility Rec: F 11.33m 2024 Sarah Beth Hobby, Macalester				
Name	Year School	Finals	Points	
1 Thorson, Elle	SR Bethel (Minn.)	10.94m	591	
10.94m FOUL 9.93m				
2 Keech, Claire	JR St. Olaf	10.17m	541	
9.23m 10.17m 9.52m				
3 Banse, Grace	JR Gustavus Adolphus	9.97m	527	
9.83m 9.83m 9.97m				
4 Paulsen, Logan	FR St. Olaf	9.46m	494	
8.51m 9.46m FOUL				
5 Poppe, Avery	Viterbo	9.21m	478	
9.21m 9.03m 8.90m				
6 Iverson, Hope	SO Bethel (Minn.)	9.03m	466	
9.03m 8.32m 8.21m				
7 Scholten, Hailey	JR Bethel (Minn.)	8.78m	450	
8.78m 8.71m 8.55m				
8 Hernes, Ellie	JR Bethel (Minn.)	8.75m	448	
7.98m 8.75m 8.58m				
9 Moe, Hannah	JR Bethel (Minn.)	8.74m	447	
8.38m 8.58m 8.74m				
10 Thompson, Myesha	SO St. Cloud State	8.49m	431	
8.13m 8.49m 8.13m				
11 Christenson, Makaylin	SR St. Cloud State	8.25m	416	
8.21m 8.25m 8.13m				
12 Ring, Camille	SO Crown	7.69m	379	
FOUL 7.69m 6.94m				
13 Tyvoll, Ally	SO Bethel (Minn.)	7.26m	352	
7.26m 6.35m FOUL				

Women Indoor Pentathlon

Facility Rec: F 3425 2019 Mackenzie Schoustra, St. Olaf				
Name	Year School	Finals	H#	Points
1 Thorson, Elle	SR Bethel (Minn.)	3358		

St. Olaf Invitational - 1/24/2025 to 1/25/2025**Tostrud Center, St. Olaf College****Results****....Women Indoor Pentathlon**

2	Poppe, Avery	Viterbo	3169
3	Hernes, Ellie	JR Bethel (Minn.)	3028
4	Christenson, Makaylin	SR St. Cloud State	2772
5	Thompson, Myesha	SO St. Cloud State	2738
6	Scholten, Hailey	JR Bethel (Minn.)	2603
7	Keech, Claire	JR St. Olaf	2556
8	Tyvoll, Ally	SO Bethel (Minn.)	2444
9	Moe, Hannah	JR Bethel (Minn.)	2442
10	Ring, Camille	SO Crown	2233
11	Paulsen, Logan	FR St. Olaf	2181
12	Iverson, Hope	SO Bethel (Minn.)	1968
13	Banse, Grace	JR Gustavus Adolphus	1762