

Overall Finish List**Women****Women's 5K**

<u>Place</u>	<u>Score</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Grade</u>	<u>Time</u>	<u>Pace</u>
1	1	668	Ida Narbuvoll	U-Mary	SR	16:40.8	
2	2	122	Kelby Anderson	North Dakota State	JR	16:48.0	
3	DNS	891	Annika Rotvold	Unattached		17:40.6	
4	3	111	Hannah Oscarson	North Dakota	SR	17:47.2	
5	4	108	Madison Overby	North Dakota	JR	17:50.5	
6	DNS	897	Rachel King	Unattached		17:56.3	
7	5	129	Melina Kuerschner	North Dakota State	SR	17:56.8	
8	6	124	Jen Dufner	North Dakota State	JR	17:59.3	
9	7	119	Kaleesa Houston	North Dakota State	FR	18:01.7	
10	8	106	Erica Eades	North Dakota	JR	18:05.5	
11	9	127	Mikayla Koenig	North Dakota State	SO	18:08.2	
12	10	123	Brynnan Covington	North Dakota State	JR	18:16.9	
13	11	109	Ellyssa Peterson	North Dakota	JR	18:20.0	
14	12	128	Alaysia Freetly	North Dakota State	SR	18:20.9	
15	13	88	Ashley Franco	Minot State	FR	18:26.8	
16	14	153	Anna Fasen	South Dakota St.	SR	18:33.8	
17	15	144	Bridget Henne	South Dakota St.	FR	18:38.1	
18	(> 7)	121	Erin Valgardson	North Dakota State	FR	18:39.8	
19	16	14	Meritt Miller	Concordia-Moorhead	SO	18:41.4	
20	17	141	Kayla Christophersen	South Dakota St.	FR	18:45.6	
21	18	89	Whitney Hanson	Minot State	FR	18:46.1	
22	(> 7)	118	Caitlin Covington	North Dakota State	FR	18:49.0	
23	19	17	Kara Andersen	Concordia-Moorhead	SR	18:51.6	
24	20	18	Miriah Forness	Concordia-Moorhead	SR	18:53.0	
25	(> 7)	126	Alliana Houfek	North Dakota State	SO	18:54.2	
26	21	68	McKenna Langerud	Minnesota-Morris	FR	18:55.5	
27	(< 5)	180	Shayna Giesbrecht	U of Manitoba		19:04.1	
28	22	96	Lauren Reeves	Minot State	SO	19:09.1	
29	23	93	Abigail McGee	Minot State	JR	19:12.2	
30	24	145	Michaela Kelley	South Dakota St.	FR	19:21.5	
31	25	102	McKenzie Burian	North Dakota	FR	19:23.6	
32	26	92	Nina Arias	Minot State	JR	19:26.2	
33	(> 7)	120	Alexis Roehl	North Dakota State	FR	19:27.1	
34	27	146	Josephine Moor	South Dakota St.	FR	19:30.4	
35	28	142	Nicole Greyer	South Dakota St.	FR	19:34.5	
36	29	107	Kendra Franck	North Dakota	JR	19:38.5	
37	30	10	Isabel Fredrickson	Concordia-Moorhead	SO	19:41.8	
38	31	152	Bailey Dergan	South Dakota St.	SO	19:44.4	
39	32	87	Andrea Franco	Minot State	FR	19:46.7	
40	33	91	Alicia Murillo	Minot State	FR	19:55.4	
41	34	13	Josie Herrmann	Concordia-Moorhead	SO	19:55.5	
42	(> 7)	143	Janean Hanka	South Dakota St.	FR	19:56.9	
43	35	9	Carly Fornshell	Concordia-Moorhead	SO	19:59.7	
44	36	74	Alexa Yeager	Minnesota-Morris	JR	20:00.7	
45	37	105	Hannah Anderson	North Dakota	JR	20:02.8	
46	38	16	Emily Rugloski	Concordia-Moorhead	SO	20:04.7	
47	39	649	Dana Bodary	U-Mary	SO	20:06.6	
48	(> 7)	4	Amelia Landsverk	Concordia-Moorhead	FR	20:16.0	

Overall Finish List**Women****Women's 5K**

<u>Place</u>	<u>Score</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Grade</u>	<u>Time</u>	<u>Pace</u>
49	(> 7)	103	Greta McLagan	North Dakota	FR	20:19.7	
50	(> 7)	148	Malorie Schmoll	South Dakota St.	FR	20:19.8	
51	(> 7)	90	Kelci Lovercheck	Minot State	FR	20:23.4	
52	40	199	Shambre Feiring	U-Mary	FR	20:32.1	
53	41	73	Kaitlyn Ladwig	Minnesota-Morris	JR	20:32.6	
54	(> 7)	95	Elizabeth Holzer	Minot State	SO	20:35.4	
55	42	198	Katie Corbett	U-Mary	FR	20:38.1	
56	(> 7)	6	Kelly Lorenz	Concordia-Moorhead	FR	20:43.4	
57	(> 7)	147	Josie Olsen	South Dakota St.	FR	20:50.6	
58	(< 5)	51	Lindi Chadwick	Jamestown	SR	20:51.8	
59	(< 5)	171	Chloe Jacob	Trinity Bible College	SR	20:54.4	
60	43	638	Annika Voss	U-Mary	FR	20:59.8	
61	(> 7)	149	Megan Sievers	South Dakota St.	FR	21:01.2	
62	(< 5)	182	Sarah Millns	U of Manitoba		21:06.3	
63	(> 7)	8	Emily Hao	Concordia-Moorhead	JR	21:13.5	
64	(> 7)	110	Ellie Morgan	North Dakota	SO	21:27.7	
65	(> 7)	15	Kaitlyn Rooney	Concordia-Moorhead	SO	21:39.2	
66	(> 7)	150	Abbey Stadler	South Dakota St.	FR	21:44.2	
67	(> 7)	104	Abby Motschenbacher	North Dakota	FR	21:46.5	
68	44	703	Michal Sequeira	U-Mary	SR	21:53.0	
69	(< 5)	49	Kendra Murnion	Jamestown	FR	22:04.2	
70	(> 7)	3	Grace Ivesdal	Concordia-Moorhead	FR	22:20.3	
71	(> 7)	11	Rachel Friberg	Concordia-Moorhead	SO	22:44.2	
72	(> 7)	12	Ingrid Harbo	Concordia-Moorhead	SO	22:47.4	
73	45	70	Taylor Prieve	Minnesota-Morris	FR	22:55.6	
74	46	67	Sarah Best	Minnesota-Morris	FR	23:00.3	
75	47	56	Caitlin Michaelis	Minnesota-Crookston	SR	23:18.4	
76	48	55	Jennifer Lax	Minnesota-Crookston	JR	23:23.6	
77	(< 5)	48	Jaymee George	Jamestown	FR	23:24.3	
78	(> 7)	94	Cambree Ferguson	Minot State	SO	23:46.4	
79	49	61	Ashley Watkins	Minnesota-Crookston	SR	23:54.8	
80	(> 7)	2	Victoria Branden	Concordia-Moorhead	FR	23:55.3	
81	50	69	Amelia Lund	Minnesota-Morris	FR	23:56.8	
82	51	59	Kayla Stangeland	Minnesota-Crookston	SR	24:03.4	
83	52	57	Paige Pitlick	Minnesota-Crookston	SR	24:05.6	
84	53	72	Riley Wallace	Minnesota-Morris	FR	24:10.0	
85	(< 5)	50	Eve Stegner	Jamestown	FR	24:28.8	
86	(> 7)	1	Nicole Bastian	Concordia-Moorhead	FR	24:34.6	
87	(> 7)	71	Madilyn St. Germain	Minnesota-Morris	FR	24:49.8	
88	(< 5)	169	Kersten Lucas	Trinity Bible College	SO	25:25.1	
89	54	54	Roseline Kanssole	Minnesota-Crookston	JR	26:00.6	
90	(< 5)	170	Arianna Bigart	Trinity Bible College	SR	26:06.6	
91	55	58	Samantha Proctor	Minnesota-Crookston	SR	29:13.0	

Final Team Results**Women****Women's 5K**

<u>Bib No</u>	<u>Name</u>	<u>Grade</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
<b>Team - North Dakota State</b>			<b>Finish Position - 1</b>				
Team Score (places): 29			Average Time: 17:46.8				
1	122 Kelby Anderson	JR	2	2	16:48.0	16:48.0	0:00.0
2	129 Melina Kuerschner	SR	5	7	17:56.8	34:44.8	1:08.8
3	124 Jen Dufner	JR	6	13	17:59.3	52:44.1	1:11.3
4	119 Kaleesa Houston	FR	7	20	18:01.7	1:10:45.8	1:13.7
5	127 Mikayla Koenig	SO	9	29	18:08.2	1:28:54.0	1:20.2
6	123 Brynna Covington	JR	(10)	(39)	18:16.9	1:47:10.9	1:28.9
7	128 Alaysia Freetly	SR	(12)	(51)	18:20.9	2:05:31.8	1:32.9
8	121 Erin Valgardson	FR	More Than 7		18:39.8	2:24:11.6	1:51.8
9	118 Caitlin Covington	FR	More Than 7		18:49.0	2:43:00.6	2:01.0
10	126 Alliana Houfek	SO	More Than 7		18:54.2	3:01:54.8	2:06.2
11	120 Alexis Roehl	FR	More Than 7		19:27.1	3:21:21.9	2:39.1

**Team - North Dakota****Finish Position - 2**

Team Score (places): 51

Average Time: 18:17.4

1	111 Hannah Oscarson	SR	3	3	17:47.2	17:47.2	0:00.0
2	108 Madison Overby	JR	4	7	17:50.5	35:37.7	0:03.3
3	106 Erica Eades	JR	8	15	18:05.5	53:43.2	0:18.3
4	109 Ellyssa Peterson	JR	11	26	18:20.0	1:12:03.2	0:32.8
5	102 McKenzie Burian	FR	25	51	19:23.6	1:31:26.8	1:36.4
6	107 Kendra Franck	JR	(29)	(80)	19:38.5	1:51:05.3	1:51.3
7	105 Hannah Anderson	JR	(37)	(117)	20:02.8	2:11:08.1	2:15.6
8	103 Greta McLagan	FR	More Than 7		20:19.7	2:31:27.8	2:32.5
9	110 Ellie Morgan	SO	More Than 7		21:27.7	2:52:55.5	3:40.5
10	104 Abby Motschenbacher	FR	More Than 7		21:46.5	3:14:42.0	3:59.3

**Team - South Dakota St.****Finish Position - 3**

Team Score (places): 97

Average Time: 18:57.9

1	153 Anna Fasen	SR	14	14	18:33.8	18:33.8	0:00.0
2	144 Bridget Henne	FR	15	29	18:38.1	37:11.9	0:04.3
3	141 Kayla Christophersen	FR	17	46	18:45.6	55:57.5	0:11.8
4	145 Michaela Kelley	FR	24	70	19:21.5	1:15:19.0	0:47.7
5	146 Josephine Moor	FR	27	97	19:30.4	1:34:49.4	0:56.6
6	142 Nicole Greyer	FR	(28)	(125)	19:34.5	1:54:23.9	1:00.7
7	152 Bailey Dergan	SO	(31)	(156)	19:44.4	2:14:08.3	1:10.6
8	143 Janean Hanka	FR	More Than 7		19:56.9	2:34:05.2	1:23.1
9	148 Malorie Schmoll	FR	More Than 7		20:19.8	2:54:25.0	1:46.0
10	147 Josie Olsen	FR	More Than 7		20:50.6	3:15:15.6	2:16.8
11	149 Megan Sievers	FR	More Than 7		21:01.2	3:36:16.8	2:27.4
12	150 Abbey Stadler	FR	More Than 7		21:44.2	3:58:01.0	3:10.4

Final Team Results

October 19, 2019

**Women****Women's 5K**

<u>Bib No</u>	<u>Name</u>	<u>Grade</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
<b>Team - Minot State</b>				<b>Finish Position - 4</b>			
Team Score (places): 102				Average Time: 19:00.1			
1	88 Ashley Franco	FR	13	13	18:26.8	18:26.8	0:00.0
2	89 Whitney Hanson	FR	18	31	18:46.1	37:12.9	0:19.3
3	96 Lauren Reeves	SO	22	53	19:09.1	56:22.0	0:42.3
4	93 Abigail McGee	JR	23	76	19:12.2	1:15:34.2	0:45.4
5	92 Nina Arias	JR	26	102	19:26.2	1:35:00.4	0:59.4
6	87 Andrea Franco	FR	(32)	(134)	19:46.7	1:54:47.1	1:19.9
7	91 Alicia Murillo	FR	(33)	(167)	19:55.4	2:14:42.5	1:28.6
8	90 Kelci Lovercheck	FR	More Than 7		20:23.4	2:35:05.9	1:56.6
9	95 Elizabeth Holzer	SO	More Than 7		20:35.4	2:55:41.3	2:08.6
10	94 Cambree Ferguson	SO	More Than 7		23:46.4	3:19:27.7	5:19.6

**Team - Concordia-Moorhead****Finish Position - 5**

Team Score (places): 119

Average Time: 19:12.7

1	14 Meritt Miller	SO	16	16	18:41.4	18:41.4	0:00.0
2	17 Kara Andersen	SR	19	35	18:51.6	37:33.0	0:10.2
3	18 Miriah Forness	SR	20	55	18:53.0	56:26.0	0:11.6
4	10 Isabel Fredrickson	SO	30	85	19:41.8	1:16:07.8	1:00.4
5	13 Josie Herrmann	SO	34	119	19:55.5	1:36:03.3	1:14.1
6	9 Carly Fornshell	SO	(35)	(154)	19:59.7	1:56:03.0	1:18.3
7	16 Emily Rugloski	SO	(38)	(192)	20:04.7	2:16:07.7	1:23.3
8	4 Amelia Landsverk	FR	More Than 7		20:16.0	2:36:23.7	1:34.6
9	6 Kelly Lorenz	FR	More Than 7		20:43.4	2:57:07.1	2:02.0
10	8 Emily Hao	JR	More Than 7		21:13.5	3:18:20.6	2:32.1
11	15 Kaitlyn Rooney	SO	More Than 7		21:39.2	3:39:59.8	2:57.8
12	3 Grace Ivesdal	FR	More Than 7		22:20.3	4:02:20.1	3:38.9
13	11 Rachel Friberg	SO	More Than 7		22:44.2	4:25:04.3	4:02.8
14	12 Ingrid Harbo	SO	More Than 7		22:47.4	4:47:51.7	4:06.0
15	2 Victoria Branden	FR	More Than 7		23:55.3	5:11:47.0	5:13.9
16	1 Nicole Bastian	FR	More Than 7		24:34.6	5:36:21.6	5:53.2

**Team - U-Mary****Finish Position - 6**

Team Score (places): 165

Average Time: 19:47.5

1	668 Ida Narbuvoll	SR	1	1	16:40.8	16:40.8	0:00.0
2	649 Dana Bodary	SO	39	40	20:06.6	36:47.4	3:25.8
3	199 Shambre Feiring	FR	40	80	20:32.1	57:19.5	3:51.3
4	198 Katie Corbett	FR	42	122	20:38.1	1:17:57.6	3:57.3
5	638 Annika Voss	FR	43	165	20:59.8	1:38:57.4	4:19.0
6	703 Michal Sequeira	SR	(44)	(209)	21:53.0	2:00:50.4	5:12.2

Final Team Results**Women****Women's 5K**

<u>Bib No</u>	<u>Name</u>	<u>Grade</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
<b>Team - Minnesota-Morris</b>			<b>Finish Position - 7</b>				
Team Score (places): 189			Average Time: 21:05.0				
1	68 McKenna Langerud	FR	21	21	18:55.5	18:55.5	0:00.0
2	74 Alexa Yeager	JR	36	57	20:00.7	38:56.2	1:05.2
3	73 Kaitlyn Ladwig	JR	41	98	20:32.6	59:28.8	1:37.1
4	70 Taylor Prieve	FR	45	143	22:55.6	1:22:24.4	4:00.1
5	67 Sarah Best	FR	46	189	23:00.3	1:45:24.7	4:04.8
6	69 Amelia Lund	FR	(50)	(239)	23:56.8	2:09:21.5	5:01.3
7	72 Riley Wallace	FR	(53)	(292)	24:10.0	2:33:31.5	5:14.5
8	71 Madilyn St. Germain	FR	More Than 7		24:49.8	2:58:21.3	5:54.3

<b>Team - Minnesota-Crookston</b>			<b>Finish Position - 8</b>				
Team Score (places): 247			Average Time: 23:45.2				
1	56 Caitlin Michaelis	SR	47	47	23:18.4	23:18.4	0:00.0
2	55 Jennifer Lax	JR	48	95	23:23.6	46:42.0	0:05.2
3	61 Ashley Watkins	SR	49	144	23:54.8	1:10:36.8	0:36.4
4	59 Kayla Stangeland	SR	51	195	24:03.4	1:34:40.2	0:45.0
5	57 Paige Pitlick	SR	52	247	24:05.6	1:58:45.8	0:47.2
6	54 Roseline Kanssole	JR	(54)	(301)	26:00.6	2:24:46.4	2:42.2
7	58 Samantha Proctor	SR	(55)	(356)	29:13.0	2:53:59.4	5:54.6

<b>Team - Jamestown</b>			<b>Finish Position - Inc.</b>				
Team Score (places):Inc.			Average Time:				
1	51 Lindi Chadwick	SR	Less Than 5		20:51.8	20:51.8	0:00.0
2	49 Kendra Murnion	FR	Less Than 5		22:04.2	42:56.0	1:12.4
3	48 Jaymee George	FR	Less Than 5		23:24.3	1:06:20.3	2:32.5
4	50 Eve Stegner	FR	Less Than 5		24:28.8	1:30:49.1	3:37.0

<b>Team - Trinity Bible College</b>			<b>Finish Position - Inc.</b>				
Team Score (places):Inc.			Average Time:				
1	171 Chloe Jacob	SR	Less Than 5		20:54.4	20:54.4	0:00.0
2	169 Kersten Lucas	SO	Less Than 5		25:25.1	46:19.5	4:30.7
3	170 Arianna Bigart	SR	Less Than 5		26:06.6	1:12:26.1	5:12.2

<b>Team - U of Manitoba</b>			<b>Finish Position - Inc.</b>				
Team Score (places):Inc.			Average Time:				
1	180 Shayna Giesbrecht		Less Than 5		19:04.1	19:04.1	0:00.0
2	182 Sarah Millns		Less Than 5		21:06.3	40:10.4	2:02.2

<b>Team - Unattached</b>			<b>Finish Position - Inc.</b>				
Team Score (places):Inc.			Average Time:				

**Women**

**Women's 5K**

<u>Bib No</u>	<u>Name</u>	<u>Grade</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
<b>Team - Unattached</b>			<b>Finish Position - Inc.</b>				
Team Score (places):Inc.					Average Time:		
1	891	Annika Rotvold	Do Not Score		17:40.6	17:40.6	0:00.0
2	897	Rachel King	Do Not Score		17:56.3	35:36.9	0:15.7