

Gale Woods Invitational

Friday, September 10th, 2010

Cloudy, Warm, some rain, 69 degrees

Varsity 4K - 8th Place

Pack Time: -0:46

| | Place | 1st Mile | 2nd Mile | Difference | 2 mile Time | Last 1/2 Mile | Pace per mile | Time |
|----------------|-------|----------|----------|------------|-------------|---------------|---------------|-------|
| Piper Bain | 16 | 6:08 | 6:27 | 0:19 | 12:35 | 2:57 | 6:15 | 15:32 |
| Sam Miller | 35 | 6:22 | 6:30 | 0:08 | 12:52 | 3:06 | 6:25 | 15:58 |
| McKenzie Lee | 40 | 6:22 | 6:48 | 0:26 | 13:10 | 2:56 | 6:28 | 16:06 |
| Laura Schmiel | 42 | 6:22 | 6:48 | 0:26 | 13:10 | 2:57 | 6:29 | 16:07 |
| E.R. Rock | 55 | 6:22 | 6:48 | 0:26 | 13:10 | 3:08 | 6:33 | 16:18 |
| Molly Kuhs | 97 | 6:22 | 7:33 | 1:11 | 13:55 | 3:17 | 6:55 | 17:12 |
| Stephanie Kohn | 100 | 6:59 | 7:14 | 0:15 | 14:13 | 3:08 | 6:59 | 17:21 |
| Caitlin Raasch | 108 | 6:59 | 7:26 | 0:27 | 14:25 | 3:09 | 7:04 | 17:34 |
| Emily Ross | 109 | 6:51 | 7:20 | 0:29 | 14:11 | 3:24 | 7:04 | 17:35 |
| Cate Rudnicki | 112 | 6:54 | 7:19 | 0:25 | 14:13 | 3:24 | 7:05 | 17:37 |

Junior Varsity 4K -9th Place

Pack Time: 0:32

| | Place | 1st Mile | 2nd Mile | Difference | 2 mile Time | Last 1/2 Mile | Pace per mile | Time |
|---------------------|-------|----------|----------|------------|-------------|---------------|---------------|-------|
| Bridgit Loeffelholz | 23 | 7:00 | 7:45 | 0:45 | 14:45 | 2:52 | 7:05 | 17:37 |
| Grace Meyer | 24 | 6:49 | 7:52 | 1:03 | 14:41 | 2:57 | 7:05 | 17:38 |
| Claire Ling | 53 | 7:00 | 7:46 | 0:46 | 14:46 | 3:15 | 7:14 | 18:01 |
| Jessica Bentley | 56 | 7:10 | 7:40 | 0:30 | 14:50 | 3:15 | 7:16 | 18:05 |
| Chloe Mitchell | 62 | 7:05 | 7:55 | 0:50 | 15:00 | 3:09 | 7:18 | 18:09 |
| Halle Nicholas | 73 | 7:04 | 7:56 | 0:52 | 15:00 | 3:20 | 7:22 | 18:20 |
| Sarah Downey | 74 | 7:06 | 7:49 | 0:43 | 14:55 | 3:26 | 7:22 | 18:21 |
| Emily Brinkman | 78 | 7:11 | 8:28 | 1:17 | 15:39 | 2:48 | 7:25 | 18:27 |
| Serena Gross | 84 | 7:20 | 8:19 | 0:59 | 15:39 | 2:52 | 7:27 | 18:31 |
| Mary Triggs | 90 | 7:06 | 8:18 | 1:12 | 15:24 | 3:10 | 7:28 | 18:34 |
| Allie Aufderheide | 111 | 7:20 | 8:19 | 0:59 | 15:39 | 3:20 | 7:38 | 18:59 |
| Lauren Bettenga | 138 | 7:20 | 8:19 | 0:59 | 15:39 | 3:47 | 7:49 | 19:26 |
| Maija Johansen | 139 | 7:27 | 8:12 | 0:45 | 15:39 | 3:50 | 7:50 | 19:29 |

J.V. "C" Race 4K - 2nd Place

Pack Time: 1:34

| | Place | 1st Mile | 2nd Mile | Difference | 2 mile Time | Last .5 mile | Pace per mile | Time |
|-------------------|-------|----------|----------|------------|-------------|--------------|---------------|-------|
| Izy McClure | 1 | 6:58 | 7:24 | 0:26 | 14:22 | 3:06 | 7:01 | 17:28 |
| Michelle Erickson | 6 | 7:20 | 7:33 | 0:13 | 14:53 | 3:27 | 7:22 | 18:20 |
| Daria Brosius | 8 | 7:20 | 7:40 | 0:20 | 15:00 | 3:24 | 7:24 | 18:24 |
| Katie Morris | 12 | 7:24 | 7:36 | 0:12 | 15:00 | 3:28 | 7:25 | 18:28 |
| Esty Bain | 27 | 7:21 | 8:02 | 0:41 | 15:23 | 3:39 | 7:39 | 19:02 |
| Stephanie Coleman | 39 | 7:36 | 8:04 | 0:28 | 15:40 | 3:51 | 7:51 | 19:31 |
| Linnea Champ | 53 | 7:41 | 8:09 | 0:28 | 15:50 | 3:59 | 7:58 | 19:49 |
| Katie Olsen | 88 | 8:16 | 8:27 | 0:11 | 16:43 | 3:42 | 8:12 | 20:25 |
| Lia Jacobson | 103 | 8:30 | 8:17 | -0:13 | 16:47 | 3:52 | 8:18 | 20:39 |
| Morgan Johnson | 112 | 8:00 | 8:47 | 0:47 | 16:47 | 4:07 | 8:24 | 20:54 |
| Christa Finanger | 113 | 7:56 | 8:54 | 0:58 | 16:50 | 4:05 | 8:24 | 20:55 |
| Maddy Selcke | 116 | 8:11 | 8:41 | 0:30 | 16:52 | 4:04 | 8:25 | 20:56 |
| Zoe Horns | 120 | 8:11 | 9:04 | 0:53 | 17:15 | 3:43 | 8:26 | 20:58 |
| Maggie Armstrong | 123 | 8:07 | 8:50 | 0:43 | 16:57 | 4:06 | 8:28 | 21:03 |
| Kyra Swenson | 124 | 8:15 | 8:40 | 0:25 | 16:55 | 4:08 | 8:28 | 21:03 |
| Hayley Morrison | 145 | 8:22 | 9:01 | 0:39 | 17:23 | 3:59 | 8:35 | 21:22 |
| Laura Beuerlein | 156 | 8:22 | 9:01 | 0:39 | 17:23 | 4:06 | 8:38 | 21:29 |
| Keeli Renville | 158 | 8:22 | 8:53 | 0:31 | 17:15 | 4:15 | 8:39 | 21:30 |
| Annie Schlaefer | 162 | 8:22 | 9:01 | 0:39 | 17:23 | 4:11 | 8:40 | 21:34 |
| Allie Buska | 163 | 8:16 | 9:07 | 0:51 | 17:23 | 4:12 | 8:41 | 21:35 |
| Elsa Goldman | 202 | 8:56 | 9:28 | 0:32 | 18:24 | 4:07 | 9:03 | 22:31 |

| | | | | | | | | |
|-------------------|-----|------|-------|------|-------|------|------|----------|
| Nicole Lyons | 208 | 8:56 | 9:28 | 0:32 | 18:24 | 4:15 | 9:06 | 22:39 |
| Natalie Nelson | 228 | 8:53 | 10:13 | 1:20 | 19:06 | 4:05 | 9:20 | 23:11 |
| Greta Gage | 235 | 9:02 | 10:18 | 1:16 | 19:20 | 4:25 | 9:33 | 23:45 |
| Aimee Sommerville | 237 | 9:10 | 10:17 | 1:07 | 19:27 | 4:45 | 9:44 | 24:12:00 |
| Sarah Jones | 239 | 9:10 | 10:17 | 1:07 | 19:27 | 4:48 | 9:45 | 24:15:00 |
| Sarah Hendrickson | 240 | 9:18 | 10:09 | 0:51 | 19:27 | 4:57 | 9:49 | 24:24:00 |
| Mary Hellickson | 243 | 9:18 | 10:09 | 0:51 | 19:27 | 4:59 | 9:50 | 24:26:00 |
| Natalie Paule | 244 | 9:40 | 10:29 | 0:49 | 20:09 | 4:18 | 9:50 | 24:27:00 |

Junior High Race 2.7K 4th Place

Pack Time: 1:34

| | Place | Pace/Mile | Time |
|--------------------|-------|-----------|-------|
| Hannah Martin | 3 | 6:38 | 11:08 |
| Logan Sweeney | 9 | 6:48 | 11:24 |
| Rosalie Bruns | 22 | 7:15 | 12:10 |
| Sophia Bornowski | 27 | 7:33 | 12:40 |
| Matilda McFerson | 28 | 7:34 | 12:42 |
| Grace Jefferson | 32 | 7:38 | 12:50 |
| Rachel Stege | 41 | 7:49 | 13:07 |
| Morgan Matson | 51 | 7:58 | 13:21 |
| Caitlin Houle | 60 | 8:15 | 13:50 |
| Siri Thompson | 61 | 8:15 | 13:51 |
| Becky Nelson | 64 | 8:20 | 13:58 |
| Sunita Walker | 65 | 8:20 | 13:59 |
| Allison MacCormick | 67 | 8:22 | 14:03 |
| Laura Lehman | 74 | 8:29 | 14:15 |
| Pixie Rock | 78 | 8:34 | 14:23 |
| Erin Balestri | 79 | 8:35 | 14:24 |
| Siri Peterson | 80 | 8:35 | 14:24 |
| Sloane Reckewey | 81 | 8:37 | 14:27 |
| Charlotte McKlveen | 84 | 8:42 | 14:36 |
| Sara Klos | 85 | 8:44 | 14:40 |
| Katrina Weinert | 89 | 9:01 | 15:08 |
| Emma Walgren | 95 | 9:12 | 15:26 |
| Elise Stastny | 97 | 9:14 | 15:31 |
| Jenny Jirsa | 99 | 9:17 | 15:35 |
| Amy Sherman | 103 | 9:44 | 16:19 |
| Hannah Sommerville | 107 | 11:30 | 19:19 |