

Gale Woods Invitational

Friday, September 11th, 2009

Sunny, Warm, humind, 83 degrees

Varsity 4K - 13th Place

Pack Time: 0:38

	Place	1st Mile	2nd Mile	Difference	2 mile Time	Last 1/2 Mile	Pace per mile	Time
Piper Bain	29	6:26	6:39	0:13	13:05	3:02	06:29.5	16:07
Emma Krieter	47	6:32	6:42	0:10	13:14	3:09	06:35.9	16:23
Sam Miller	67	6:35	6:55	0:20	13:30	3:07	06:41.1	16:37
Claire Madison	72	6:34	6:57	0:23	13:31	3:10	06:43.1	16:41
McKenzie Lee	79	6:35	6:57	0:22	13:32	3:13	06:44.8	16:45
Laura Schmiel	104	6:44	7:11	0:27	13:55	3:20	6:56	17:15
Morgan Johnson	125	7:03	7:18	0:15	14:21	3:29	7:10	17:50
Cate Rudnicki	131	6:57	7:33	0:36	14:30	3:42	7:19	18:12
Maddie Lamo	137	6:57	7:38	0:41	14:35	3:51	7:24	18:26
Katherine McLellan	142	7:10	7:56	0:46	15:06	3:56	7:39	19:02

Junior Varsity 4K -9th Place

Pack Time: 1:11

	Place	1st Mile	2nd Mile	Difference	2 mile Time	Last 1/2 Mile	Pace per mile	Time
Anna Arbisi	21	6:49	7:21	0:32	14:10	3:25	7:04	17:35
Lisa Hirsch	24	6:51	7:19	0:28	14:10	3:33	7:07	17:43
Grace Veker	67	7:11	7:47	0:36	14:58	3:34	7:27	18:32
Allie Aufderheide	72	7:11	-7:11	-14:22			7:29	18:36
Hattie Van Metre	82	7:15	7:54	0:39	15:09	3:37	7:33	18:46
E.R. Rock	87			0:00	15:12	3:38	7:35	18:50
Christina Lucas	91						7:36	18:53
Izy McClure	92						7:36	18:54
Mary Triggs	94						7:36	18:55
Chloe Mitchell	111						7:43	19:12
Claire O'Neill	113						7:43	19:13
Monika Buska	116						7:46	19:19
Maija Johansen	118						7:47	19:20
Daria Brosius	160				16:30	3:55	8:13	20:25

"C" Race 4K - 7th Place

Pack Time: 1:05

	Place	1st Mile	2nd Mile	Difference	2 mile Time	Last .5 mile	Pace per mile	Time
Caitlin Raasch	11	7:36	8:09	0:33	15:45	3:33	7:45	19:18
Amanda Maenner	19	7:37	8:12	0:35	15:49	3:42	7:51	19:31
Lauren Bettenga	29	7:37	-7:37	-15:14		19:42	7:55	19:42
Stephanie Kohn	37	7:54	-7:54	-15:48		20:04	8:04	20:04
Lizzi Whittlesey	47	7:58	8:39	0:41	16:37	3:46	8:12	20:23
Michelle Erickson	49	8:04	-8:04	-16:08		20:25	8:12	20:25
Ruth Fogg	61	8:04	8:39	0:35	16:43	3:50	8:16	20:33
Holly Mitchell	73	8:02	8:52	0:50	16:54	3:53	8:21	20:47
Kyra Swenson	97	8:18	9:02	0:44	17:20	3:53	8:32	21:13
Sarah Downey	99	8:02	8:57	0:55	16:59	4:16	8:32	21:15
Claire Bjerke	104	8:05	9:06	1:01	17:11	4:09	8:35	21:20
Emma Potter	115	8:51	8:49	-0:02	17:40	3:55	8:41	21:35
Annie Schlaefer	118	8:17	-8:17	-16:34		21:37	8:41	21:37
Aimee Sommerville	122	8:18	9:07	0:49	17:25	4:15	8:43	21:40
Kalyna Rieland	135	8:51	8:59	0:08	17:50	4:06	8:49	21:56
Serena Gross	151	8:45	-8:45	-17:30		22:22	9:00	22:22
Laura Beuerlein	152	8:50	-8:50	-17:40		22:23	9:00	22:23
Mary Fink	177	9:06	9:31	0:25	18:37	4:24	9:15	23:01
Elsa Goldman	184	9:21	9:29	0:08	18:50	4:18	9:18	23:08
Anna Nisi	189	8:50	9:48	0:58	18:38	4:38	9:22	23:16

Ellen Jirik	193	8:50	9:46	0:56	18:36	4:45	9:23	23:21
Abby Neil	207	9:22	9:58	0:36	19:20	4:49	9:42	24:09:00
Hannah Tuttle	212	9:25	10:07	0:42	19:32	4:56	9:51	24:28:00
Madeline Gonsior	213	9:07	10:25	1:18	19:32	5:03	9:53	24:35:00
Mara Stege	217	9:26	10:38	1:12	20:04	4:42	9:58	24:46:00
Jamie Mayer	220	9:27	10:38	1:11	20:05	4:55	10:03	25:00:00

Junior High Race 2.7K 2nd Place

Pack Time: 0:52

	Place	1st Mile	Pace Per M	Time
Emily Ross	5	7:05	7:11	12:03
Hannah Martin	6	7:18	7:18	12:15
Esty Bain	15	7:18	7:33	12:39
Jessica Bentley	16	7:18	7:33	12:40
Lauren Brinkman	20	7:18	7:41	12:55
Christa Finanger	32	7:18	7:55	13:18.4
Lindsey Kemp	33	7:18	7:56	13:18.8
Sami Peterson	36	7:34	7:59	13:23
Zoe Horns	44	7:49	8:06	13:36
Morgan Matson	45	7:49	8:07	13:38
Ella Lindberg	48	8:01	8:11	13:43
Laura Holton	50	8:01	8:12	13:46
Kara Gratzek	60	8:01	8:18	13:57
Maddy Selcke	65	8:03	8:29	14:14
Ellie Schlaefer	67	8:04	8:33	14:21
Emily Anaya	70	8:13	8:37	14:28
Natalie Nelson	71	8:13	8:38	14:29
Hayley Mathie	73	8:13	8:39	14:30
Ellen Bruncker	77	8:32	8:46	14:42
Allison Tampte	87	8:34	9:05	15:15
Siri Peterson	89	8:42	9:14	15:30
Riley Olson	99	9:14	9:35	16:06
Sanjana Ketchum	106	9:48	10:08	17:01
Isabelle LeFebvre	111	10:36	11:15	18:53