

Apple Valley Invitational

Saturday September 25th, 2010

Cloudy, 50 degrees

Varsity 4K - 5th Place

Pack Time: 0:47

	Place	1st Mile	2nd Mile	Difference	2 mile Time	Last 1/2 Mile	Last 1/2 Mile Pace	Time
Piper Bain	11	5:58	6:39	0:41	12:37	2:59	5:58	15:36
Sam Miller	22	6:03	6:50	0:47	12:53	3:04	6:08	15:57
Laura Schmiel	27	6:05	6:48	0:43	12:53	3:10	6:20	16:03
McKenzie Lee	33	6:03	7:09	1:06	13:12	3:10	6:20	16:22
Molly Kuhs	34	6:04	7:03	0:59	13:07	3:16	6:32	16:23
Bridgit Loeffelholz	42	6:22	7:05	0:43	13:27	3:14	6:28	16:41
E.R. Rock	78	6:22	7:37	1:15	13:59	3:31	7:02	17:30

Junior Varsity 4K -3rd Place

Pack Time: 0:59

	Place	1st Mile	2nd Mile	Difference	2 mile Time	Last 1/2 Mile	Last 1/2 Mile Pace	Time
Stephanie Kohn	11	6:38	7:19	0:41	13:57	3:17	6:34	17:14
Caitlin Raasch	12	6:40	7:16	0:36	13:56	3:19	6:38	17:15
Grace Meyer	18	6:39	7:21	0:42	14:00	3:22	6:44	17:22
Izy McClure	43	6:44	7:35	0:51	14:19	3:27	6:54	17:46
Claire Ling	77	6:45	7:55	1:10	14:40	3:33	7:06	18:13
Daria Brosius	82	6:46	8:03	1:17	14:49	3:29	6:58	18:18
Emily Ross	92	6:43	8:04	1:21	14:47	3:34	7:08	18:21
Halle Nicholas	104	6:45	8:03	1:18	14:48	3:45	7:30	18:33
Stephanie Coleman	106	7:03	7:59	0:56	15:02	3:35	7:10	18:37
Chloe Mitchell	109	7:03	7:59	0:56	15:02	3:38	7:16	18:40
Michelle Erickson	130	6:46	8:16	1:30	15:02	3:51	7:42	18:53
Jessica Bentley	137	7:00	8:18	1:18	15:18	3:40	7:20	18:58
Emily Brinkman	140	7:13	8:05	0:52	15:18	3:47	7:34	19:05
Allie Aufderheide	141	7:01	8:01	1:00	15:02	4:03	8:06	19:05
Serena Gross	147	7:15	8:05	0:50	15:20	3:49	7:38	19:09
Esty Bain	168	7:15	8:08	0:53	15:23	4:04	8:08	19:27
Maria Rectenwald	176	7:14	8:58	1:44	16:12	3:22	6:44	19:34
Lauren Bettenga	185	7:08	8:42	1:34	15:50	3:50	7:40	19:40
Maija Johansen	193	7:28	8:29	1:01	15:57	3:52	7:44	19:49
Maddy Selke	200	7:39	8:33	0:54	16:12	3:41	7:22	19:53
Kyra Swenson	228	7:49	8:39	0:50	16:28	3:46	7:32	20:14
Kalyna Rieland	233	7:49	8:41	0:52	16:30	3:49	7:38	20:19
Linnea Champ	235	7:32	8:53	1:21	16:25	3:56	7:52	20:21
Katie Olsen	237	7:49	8:42	0:53	16:31	3:50	7:40	20:21
Morgan Johnson	238	7:47	8:38	0:51	16:25	3:59	7:58	20:24
Sirina Thompson	245	7:51	8:43	0:52	16:34	3:54	7:48	20:28
Christa Finanger	246	7:54	8:45	0:51	16:39	3:50	7:40	20:29
Zoe Horns	259	8:11	8:44	0:33	16:55	3:51	7:42	20:46
Hayley Morrison	272	8:01	8:54	0:53	16:55	4:00	8:00	20:55
Aimee Sommerville	286	7:54	9:13	1:19	17:07	4:02	8:04	21:09
Laura Beuerlein	304	8:08	9:27	1:19	17:35	3:59	7:58	21:34
Nicole Lyons	310	8:08	9:32	1:24	17:40	3:58	7:56	21:38
Natalie Nelson	327	8:07	9:43	1:36	17:50	4:13	8:26	22:03
Sarah Hendrickson	340	8:24	10:26	2:02	18:50	4:14	8:28	23:04
Mary Hellickson	341	8:24	10:26	2:02	18:50	4:18	8:36	23:08
Sarah Jones	343	8:41	10:22	1:41	19:03	4:32	9:04	23:35
Natalie Paule	344	8:43	10:20	1:37	19:03	4:34	9:08	23:37
Greta Gage	346	8:46	10:17	1:31	19:03	4:39	9:18	23:42

"C" Race: 3200m - 1st Place

Pack Time: 2:03

	Place	1st Mile	2nd Mile	Difference	Time
Hannah Martin	2	6:55	6:59	0:04	13:54
Rosalie Bruns	5	7:00	7:39	0:39	14:39
Sophia Bornowski	12	7:00	7:56	0:56	14:56
Grace Jefferson	15	7:09	8:06	0:57	15:15
Rachel Stege	27	7:27	8:30	1:03	15:57
Sloane Reckewey	31	8:06	8:16	0:10	16:22
Emily Anaya	40	8:01	8:44	0:43	16:45
Alison MacCormick	41	7:58	8:48	0:50	16:46
Charlotte McKlveen	42	8:17	8:30	0:13	16:47
Caitlin Houle	46	8:09	8:50	0:41	16:59
Sara Klos	51	8:18	8:59	0:41	17:17
Siri Peterson	53	8:14	9:13	0:59	17:27
Erin Balestri	54	8:33	9:04	0:31	17:37
Pixie Rock	55	8:16	9:24	1:08	17:40
Sunita Walker	56	7:40	10:01	2:21	17:41
Amy Sherman	65	8:43	9:56	1:13	18:39
Elise Stastny	69	9:22	9:43	0:21	19:05
Lydia Knoll	71	9:20	9:49	0:29	19:09
Laura Lehman	72	9:23	9:51	0:28	19:14