

# 2009 Northwest Lions Girls Cross Country

## Jefferson County Kickoff on 9/3/2009 at Arnold Park.



Weather: Sunny, 78°, humid Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	45	2	2	3 medalists	Seckman 30, NW 45, Fox-NTS, Crystal City-NTS
Jr Varsity					
Freshmen					
Fresh/Soph					
Open					

Event	Name	Results	Place	PR	Notes	Splits
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### Division: Varsity

Cross Country 5k

All divisions run together

Name	Results	Place	PR	Notes	Splits
Leticia Goss	22:10.63	1st	PR	First Meet Win-Medaled	7:37/14:35(6:58)/21:25(6:50)
Minda Welble	24:35.59	7th	PR	Medaled in 1st career race	8:30/15:59(7:29)/23:45(7:46)
Savannah Mulenex	24:44.06	9th	PR	Medaled	8:03/15:29(7:26)/23:54(8:25)
Tess Killethermes	26:08.34	13th			8:12/16:06(7:54)/25:13(9:07)
Lyndsay Brandt	26:16.25	15th			8:22/16:36(8:14)/25:21(8:45)
Macy Patrick	26:53.05	17th			8:29/16:59(8:30)/25:55(8:56)
Kristen Graves	27:25.40	19th			8:35/16:44(8:09)/26:25(9:41)
Kara Goss	28:16.68	22nd	PR		9:00/18:01(9:01)/27:11(9:10)
Amanda Holdenried	29:35.41	25th	PR		8:39/18:20(9:41)/28:25(10:05)
Lindsay Akers	32:28.95	31st	PR		9:26/19:19(9:53)/31:00(11:41)