

2009 Northwest Lions Girls Cross Country Jefferson County Championship on 9/29/2009 at Arnold Park.



Weather: 60°, sunny, light breeze Course Conditions: Excellent

	Score	Place	# Teams	Awards	Notes
Varsity	69	3	4	3 Medalists	Hillsboro-38, Seckman-57, NW-69, Fox-88, Crystal City-NTS, DeSoto-NTS
Jr Varsity	36	2	2	4 Medalists	Seckman-31, NW-36, Fox-NTS, St. Pius-NTS
Freshmen	NTS	NA	4	3 Medalists	NW-NTS, Seckman-NTS, Windsor-NTS, Crystal City-NTS
Fresh/Soph Open					

Event	Name	Results	Place	PR	Notes	Splits
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Division: Varsity

Cross Country 5k

Minda Weible	23:15.89	9th	PR	Medaled	7:23/15:04(7:41)/22:30(7:26)
Leticia Goss	23:21.52	10th		Medaled	6:55/15:01(8:06)/22:36(7:35)
Savannah Mullenex	23:26.97	11th	PR	Medaled	7:08/15:02(7:54)/22:41(7:39)
Kara Goss	25:38.62	19th	PR		7:57/16:31(8:34)/24:48(8:17)
Tess Kliethermes	26:13.95	20th			7:46/16:43(8:57)/25:20(8:37)

Division: Junior Varsity

Cross Country 5k

Macy Patrick	25:51.18	4th	PR	Medaled	8:01/16:32(8:31)/25:05(8:33)
Nina Karthaus	26:04.67	5th	PR	Medaled	8:08/16:33(8:25)/25:14(8:41)
Kristen Graves	26:11.11	6th	PR	Medaled	7:51/16:13(8:22)/25:21(9:08)
Maria Nguyen	26:48.52	9th		Medaled	8:00/16:54(8:54)/25:58(8:04)
Amanda Holdenried	28:39.35	12th	PR		8:22/18:03(9:41)/27:32(11:29)
Sarah Douglas	29:07.39	13th	PR		8:55/18:28(9:33)/27:55(9:27)
Mary Beth Tucker	37:01.25	20th			10:40/22:41(12:01)/35:35(12:54)

Division: Freshmen

Cross Country 5k

Terriana Fridley	27:18.43	5th		Medaled	7:54/?/26:28
Lindsay Akers	29:02.67	7th	PR	Medaled	8:34/18:45(10:11)/28:00(9:15)
Samantha Patriarca	32:16.50	9th	PR	Medaled	9:24/20:15(10:51)/31:00(11:15)