

2009 Northwest Lions Girls Cross Country

Suburban West Conference on 10/17/2009 at JB Park.



Weather: Partly Cloudy, breezy, 45° Course Conditions: Soft, some mud

	Score	Place	# Teams	Awards	Notes
Varsity	167	6th	6		Lind-32,Kirk-37,Marq-78,Laf-83,PS-138,NW-167
Jr Varsity	NTS	NA	5		Kirk-26,Lind-39,Marq-60,PS-128,Laf-134
Freshmen					
Fresh/Soph					
Open	142	5th	5		Laf-32,Kirk-57,PS-63,Oak-86,NW-142

Event	Name	Results	Place	PR	Notes	Splits
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Division: Varsity

Cross Country 5k

Annie James	23:02.32	31st			6:53/14:14(7:21)/22:16(8:02)
Minda Welble	23:03.94	32nd	PR		7:14/14:31(7:17)/22:16(7:45)
Leticia Goss	24:43.07	37th			7:13/15:30(8:17)/23:56(8:26)
Tess Killethermes	24:43.36	38th	PR		7:23/15:30(8:07)/23:54(8:24)
Savannah Mulenex	25:27.24	40th			7:40/16:15(8:35)/24:20(8:05)
Kara Goss	25:45.07	42nd			7:50/16:25(8:35)/24:55(7:30)
Terriana Fridley	28:03.09	44th			7:50/17:03(9:12)/26:55(9:52)

Division: Junior Varsity

Cross Country 5k

Nina Karthaus	25:52.99	49th	PR		8:05/16:08(8:03)/25:00(8:53)
Sarah Douglas	28:45.72	65th	PR		8:55/18:42(9:47)/27:40(8:58)
Amanda Holdenried	31:16.19	69th			8:52/19:23(10:31)/30:05(10:42)
Mary Beth Tucker	36:07.53	74th	PR		10:25/22:07(9:42)/34:45(12:37)

Division: Freshman/Sophomore

Cross Country 5k

Kristen Graves	26:23.48	51st			7:53/16:22(8:29)/25:20(8:58)
Maria Nguyen	26:52.86	54th			7:57/16:35(8:38)/25:50(9:25)
Macy Patrick	27:33.58	56th			8:22/16:57(8:41)/26:25(9:38)
Lindsay Akers	28:22.68	61st	PR		8:47/17:35(8:48)/27:10(9:45)
Samantha Patriarca	29:31.93	66th	PR		9:09/18:22(9:13)/28:20(9:58)