

# 2019 Northwest Lions Girls Cross Country

## Northwest Challenge JV Tri-Meet on 9/24/2019 at Northwest Early Childhood Center.



Weather: Overcast-70's Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	30	1st	3		NW-30, Fox-31, P. South-65
Jr Varsity					
Freshmen					
Fresh/Soph					
Open					

Event Name Results Place PR Notes Splits

### Division: Junior Varsity

Cross Country 5k

Ryley Posey	21:43.39	2nd	PR	3:48/8:34(4:46)/13:13(4:39)/17:46(4:33)/(3:57)
Emily Oleson	21:50.89	3rd	PR	3:47/8:33(4:46)/13:13(4:40)/17:46(4:33)/(4:04)
Kayla Winecoff	25:13.29	6th	PR	4:18/9:39(5:21)/14:56(5:17)/20:08(5:12)/(5:05)
Holly Benish	25:33.73	8th		4:22/9:40(5:18)/15:07(5:27)/20:21(5:14)/(5:12)
Maegan Ryan	26:11.62	11th		4:34/10:03(5:29)/15:34(5:31)/21:00(5:26)/(5:11)
Rachel Kelly	26:39.20	14th		4:36/10:22(5:46)/15:57(5:35)/21:25(5:28)/(5:14)
Pura DeLuca	26:47.87	15th	PR	4:56/10:50(5:54)/16:15(5:25)/21:45(5:30)/(5:02)
Jadyn Wood	26:59.82	16th		4:25/10:18(5:53)/16:11(5:53)/21:40(5:29)/(5:19)
Lily Haas	27:20.22	19th		4:56/11:03(6:07)/16:40(5:37)/22:09(5:29)/(5:11)
Claire Robinson	27:43.33	22nd		5:10/11:25(6:15)/16:55(5:30)/22:33(5:38)/(5:10)
Karlie Ricks	29:01.01	28th		4:42/10:47(6:05)/16:55(6:08)/22:58(6:03)/(6:03)
Ashley Ambrocio	29:17.98	31st	PR	5:15/11:30(6:15)/17:48(6:18)/23:56(6:08)/(5:21)
Cheyenne Dickemper	29:49.18	33rd		5:15/11:40(6:35)/17:56(6:16)/23:55(5:59)/(5:54)
Kat Cooper	29:54.07	34th		4:45/10:57(6:12)/17:06(6:09)/24:32(7:26)/(5:22)
Emma Zrodlowski	30:15.03	37th		5:15/11:38(6:23)/17:56(6:18)/24:12(6:16)/(6:03)