

2022 Northwest Lions Girls Cross Country Gans Creek Classic on 9/24/2022 at Gans Creek Recreation Area.



Weather: Sunny, 65-75° Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	353	14th	30		
Jr Varsity	131	5th	6		
Freshmen					
Fresh/Soph					
Open					

Event	Name	Results	Place	PR	Notes	Splits
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Division: Varsity

Cross Country 5k

9:00am

Ryley Posey	21:29.20	27th		Runners: +17/+10/+5/+1 (+33)	4:08/8:24(4:15)/12:54(4:29)/17:18(4:24)/(4:11)
Emily Oleson	22:21.80	50th		Runners: +22/+3/-2/-5 (+18)	4:09/8:27(4:17)/13:08(4:41)/17:47(4:39)/(4:34)
Rachel Nicholls	22:30.00	56th		Runners: +17/+3/-7/-7 (+6)	4:09/8:27(4:17)/13:06(4:39)/17:51(4:45)/(4:38)
Lucero Orozco	23:59.50	132nd	PR	Runners: -1/+1/-11/-10 (-21)	4:18/8:57(4:38)/14:03(5:06)/19:07(5:04)/(4:51)
Leah Vandaveer	24:43.70	161st		Runners: +11/+1/+1/-12 (+1)	4:31/9:16(4:45)/14:30(5:14)/19:41(5:10)/(5:02)
Ava Tucker	24:44.60	162nd	PR	Runners: +22/-3/+1/-7 (+13)	4:33/9:16(4:43)/14:35(5:19)/19:47(5:11)/(4:57)
Alexa Layton	24:56.80	170th	PR	Runners: -2/+4/+2/0 (+4)	4:33/9:25(4:52)/14:44(5:19)/19:58(5:13)/(4:58)

Division: Junior Varsity

Cross Country 5k

11:00am

Madison Delashmet	26:19.40	27th	PR	Runners: -4/-12/+2/-3 (-17)	4:32/9:39(5:07)/15:22(5:43)/20:40(5:18)/(5:38)
Vereniz Orozco	27:02.40	40th	PR	Runners: -22/0/0/-7 (-29)	4:32/9:53(5:20)/15:44(5:51)/21:33(5:49)/(5:29)
Michaelie Kettmann	27:19.10	43rd		Runners: -14/-7/-3/-6 (-30)	4:34/9:50(5:16)/15:47(5:57)/21:42(5:54)/(5:36)
Riley Brant	27:48.50	50th		Runners: +18/+10/-2/-1 (+25)	5:05/10:31(5:26)/16:21(5:49)/(5:37)
Ashley Ambrocio	28:55.10	56th		Runners: +11/+11/-1/0 (+21)	5:06/10:37(5:30)/16:49(6:12)/23:09(6:19)/(5:46)
Erandi Ambrocio	30:12.40	70th	PR	Runners: +5/+7/-2/+1 (+11)	5:12/11:06(5:53)/17:25(6:18)/24:08(6:43)/(6:04)
Raegan Patton	30:38.70	74th		Runners: +2/+2/+2/-1 (-5)	5:12/11:09(5:56)/17:52(6:43)/24:34(6:42)/(6:04)
Lucy Winecoff	30:56.20	77th		Runners: +8/-1/+1/-2 (+6)	5:22/11:06(5:44)/17:53(6:47)/24:37(6:44)/(6:18)
Gena Melton	32:27.50	83rd		Runners: +4/+5/+1/-2	5:34/11:43(6:08)/18:47(7:04)/25:46(6:59)/(6:40)
Megan Cox	38:25.30	99th		Runners: +2/-1/??/?? (-1)	6:10/13:28(7:18)/21:57(8:29)/???

Varsity Team Data

	PI	Pts	1	2	3	4	5	(6)	(7)
1000m	16	389	49	51	57	94	138	(150)	(151)
2000m	11	333	34	36	37	95	131	(133)	(152)
3000m	9	318	25	33	34	95	131	(137)	(151)
4000m	11	322	20	36	40	101	125	(130)	(142)
5000m	14	353	19	40	45	111	138	(139)	(146)
		Spread	Average				Total		
1000m		22.2	4:15.5				21:17.1		
2000m		51.7	8:42.4				43:31.6		
3000m		1:36.8	13:32.6				1:07:42.9		
4000m		2:23.5	18:21.4				1:31:46.6		
5000m		3:27.6	23:00.8				1:55:04.0		

JV Team Data

	PI	Pts	1	2	3	4	5	(6)	(7)
1000m	5	99	8	9	11	35	36	(37)	(38)
2000m	5	119	11	19	23	32	34	(36)	(37)
3000m	5	127	19	23	24	30	31	(35)	(37)
4000m	5	126	18	22	25	30	31	(35)	(36)
5000m	5	131	19	24	27	30	31	(33)	(36)
		Spread	Average				Total		
1000m		35.0	4:46.2				23:51.0		
2000m		57.8	10:06.4				50:31.9		
3000m		1:27.0	16:01.0				1:20:05.0		
4000m		2:28.1	21:51.3				1:49:16.2		
5000m		2:35.8	27:28.9				2:17:24.3		