

# 2022 Northwest Lions Girls Cross Country Lutheran North Invitational on 9/15/2022 at Spanish Lake Park.



Weather: Sunny, 84° Course Conditions: Good

	Score	Place	# Teams	Awards	Notes
Varsity	220	9th	14		Clay-35,LS-102,PS-114,MICDS-122,Metro-156,StCl-205,Oak-214,VD-219,NW-220,PN-229,Mehl-254,RK-291,OrchF-319,Prin-361
Jr Varsity					
Freshmen					
Fresh/Soph					
Open					

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

Cross Country 5k

Ryley Posey	21:56.79	15th			1k-19th/5k-15th (4)	4:02
Lucero Orozco	24:39.49	45th			1k-52nd/5k-45th (7)	4:28
Leah Vandaveer	24:53.94	52nd			1k-64th/5k-52nd (12)	4:37
Ava Tucker	25:39.54	68th	PR		1k-69th/5k-68th (1)	4:40
Alexa Layton	25:42.61	71st			1k-65th/5k-71st (-6)	4:48
Vereniz Orozco	27:56.96	107th			1k-118th/107th (11)	5:08
Michaelie Kettmann	27:59.87	108th			1k-73rd/5k-108th (-35)	4:45
Ashley Ambrocio	28:42.65	119th			1k-108th/119th (-11)	5:02
Riley Brant	29:07.26	128th			1k-146th/5k-128th (18)	5:25
Gena Melton	32:47.55	163rd			1k-170th/5k-163rd (7)	5:48
Emily Horton	32:54.97	164th	PR		1k-143rd/5k-164th (-21)	5:23
Erandi Ambrocio	32:58.87	165th			1k-165th/5k-165th (0)	5:30
Lucy Winecoff	33:02.11	167th			1k-152nd/5k-167th (-15)	5:27
Paige Schlichting	33:58.11	175th			1k-184th/5k-175th (9)	6:02
Megan Cox	37:56.47	196th			1k-193rd/5k-196 (-3)	6:10
Sophie Wotawa	40:31.49	200th	PR		1k-201/5k-200 (1)	6:47