

Great Lakes Region
Short and Long Course Championships
Lenawee Christian High School, Adrian, Michigan
October 2nd, 2009

Womens 3k

Place	Name	Year	School	Time	Pace
1	Kaitlin Diemer	SO	Calvin College	11:28.36	6:10
2	Heather Strong	FR	Adrian College	11:35.31	6:13
3	Alicia Fowler	FR	Adrian College	11:35.66	6:14
4	Eva Kort	SO	Calvin College	12:00.05	6:27
5	Sarah Fennema	SO	Calvin College	12:00.13	6:27
6	Rachael Baker	SR	Goshen	12:04.38	6:29
7	Victoria Alexander	SO	Adrian College	12:06.01	6:30
8	Christine Hartley	FR	Calvin College	12:15.53	6:35
9	Ashley Miracle	FR	Albion	12:22.02	6:39
10	Holly Payne	FR	Adrian College	12:32.54	6:44
11	Kaylea Brase	FR	Calvin College	12:33.76	6:45
12	Mara Weaver	FR	Goshen	12:39.62	6:48
13	Erica Hope	JR	Albion	13:00.65	6:59
14	Sarah Ramp	SR	Albion	13:05.85	7:02
15	Amy Erzen	JR	Adrian College	13:10.06	7:04
16	Mackenzie Hackelbe	SO	Adrian College	13:19.40	7:09
17	Jordan Kus	SO	Albion	13:32.94	7:17
18	Renee Miller	SR	Goshen	13:40.17	7:20
19	Lydia Alderfer	FR	Goshen	13:43.79	7:22
20	Hannah Bartel	FR	Goshen	13:52.76	7:27
21	Becca Putans	SR	Albion	13:53.32	7:28
22	Rachel Nafziger	SO	Goshen	14:19.56	7:42
23	Ellie Maloney	JR	Goshen	15:08.36	8:08
24	Katlyn Westmaas	FR	Adrian College	15:34.36	8:22
25	Sarah Rutt	SO	Goshen	16:29.60	8:51
26	Clara Sears	SO	Goshen	16:29.63	8:51
27	Renee Graber	FR	Goshen	20:36.63	11:04
28	Erica Meier	SR	Albion	20:51.32	11:12
29	Crystal Zook	SR	Goshen	20:55.61	11:14

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com

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===== WOMENS TEAM SCORE =====

===== 3k Race =====

1. 29 Calvin College (12:05 1:00:21)

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1	1	Kaitlin Diemer	SO	11:29
2	4	Eva Kort	SO	12:01
3	5	Sarah Fennema	SO	12:01
4	8	Christine Hartley	FR	12:16
5	11	Kaylea Brase	FR	12:34

2. 37 Adrian College (12:13 1:01:03)

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1	2	Heather Strong	FR	11:36
2	3	Alicia Fowler	FR	11:36
3	7	Victoria Alexander	SO	12:07
4	10	Holly Payne	FR	12:33
5	15	Amy Erzen	JR	13:11
6	(16)	Mackenzie Hackelberg	SO	13:20
7	(24)	Katlyn Westmaas	FR	15:35

3. 74 Albion (13:12 1:05:57)

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1	9	Ashley Miracle	FR	12:23
2	13	Erica Hope	JR	13:01
3	14	Sarah Ramp	SR	13:06
4	17	Jordan Kus	SO	13:33
5	21	Becca Putans	SR	13:54
6	(25)	Erica Meier	SR	20:52

4. 75 Goshen (13:13 1:06:03)

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1	6	Rachael Baker	SR	12:05
2	12	Mara Weaver	FR	12:40
3	18	Renee Miller	SR	13:41
4	19	Lydia Alderfer	FR	13:44
5	20	Hannah Bartel	FR	13:53
6	(22)	Rachel Nafziger	SO	14:20
7	(23)	Ellie Maloney	JR	15:09