

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

Womens 6k Race

Place	TmPl	Name	Year	School	Time	Pace
1	1	Logan Hamel	FR	Adrian College	24:21.02	6:32
2		Sarah Kasabian-Lar		Unattached - Adrian	24:35.59	6:36
3	2	Erika Nichols	SR	Albion	24:51.37	6:41
4	3	Amanda Weaver	FR	Albion	25:16.66	6:47
5	4	Elizabeth Feenstra	SO	Calvin College	25:21.12	6:48
6	5	Hannah Kregel	FR	Calvin College	25:23.24	6:49
7	6	Alivia Murphy	FR	Adrian College	25:26.56	6:50
8	7	Sarah Orndorff	SO	Calvin College	25:35.93	6:52
9	8	Jessica Saunders	SO	Adrian College	25:37.09	6:53
10	9	Karla Folker	FR	Goshen	25:41.25	6:54
11	10	Kristin Vankampen	SO	Calvin College	26:20.26	7:04
12	11	Anna Vanwyk	JR	Calvin College	26:25.68	7:06
13	12	Amanda Miley	FR	Albion	26:32.03	7:08
14	13	Rachel Smith	FR	Adrian College	26:37.43	7:09
15	14	Michelle Miller	SR	Goshen	27:04.33	7:16
16	15	Alita Yoder	FR	Goshen	27:09.75	7:18
17	16	Erin Smiglewski	SO	Adrian College	27:18.69	7:20
18	17	Abby Hess	FR	Albion	27:36.33	7:25
19	18	Tina Peters	SR	Goshen	27:53.10	7:29
20	19	Katie Broekema	SO	Albion	28:01.13	7:31
21	20	Maria Byler	SR	Goshen	28:04.85	7:32
22	21	Laurie Anderson	JR	Albion	28:12.43	7:34
23	22	Charlie Spencer	SR	Albion	28:17.38	7:36
24	23	Kathryn Stewart	SO	Adrian College	28:32.02	7:40
25		Sydney Learman	SR	Albion	29:26.08	7:54
26		Megan McElroy	FR	Albion	29:43.11	7:59
27		Mary Wohlhuter	JR	Albion	30:31.49	8:12
28		Nikki Oberholtzer	SO	Albion	31:19.07	8:25
29		Cat Gullede	SR	Albion	31:35.09	8:29
30		Claire Kaisler	SO	Albion	33:01.23	8:52

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

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===== WOMENS TEAM SCORE =====
===== 6k Race =====

1. 37 Calvin College (25:50 2:09:09)

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1	4	Elizabeth Feenstra	SO	25:22
2	5	Hannah Kregel	FR	25:24
3	7	Sarah Orndorff	SO	25:36
4	10	Kristin VanKampen	SO	26:21
5	11	Anna VanWyk	JR	26:26

2. 44 Adrian College (25:53 2:09:24)

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1	1	Logan Hamel	FR	24:22
2	6	Alivia Murphy	FR	25:27
3	8	Jessica Saunders	SO	25:38
4	13	Rachel Smith	FR	26:38
5	16	Erin Smiglewski	SO	27:19
6	(23)	Kathryn Stewart	SO	28:33

3. 53 Albion (26:29 2:12:21)

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1	2	Erika Nichols	SR	24:52
2	3	Amanda Weaver	FR	25:17
3	12	Amanda Miley	FR	26:33
4	17	Abby Hess	FR	27:37
5	19	Katie Broekema	SO	28:02
6	(21)	Laurie Anderson	JR	28:13
7	(22)	Charlie Spencer	SR	28:18

4. 76 Goshen (27:12 2:15:56)

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1	9	Karla Folker	FR	25:42
2	14	Michelle Miller	SR	27:05
3	15	Alita Yoder	FR	27:10
4	18	Tina Peters	SR	27:54
5	20	Maria Byler	SR	28:05