

9-12-2009

2009 Apple Ridge Run Invitational, Event 1, Women 4k Run

Great Northwest Athletic Conference

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Central Washington University

Hy-Tek's Meet

2009 Apple Ridge Run Invitational - 9/12/2009

hosted by Central Washington University

Yakima, WA (Apple Ridge Run Course)

Last Completed Event

Event 1 Women 4k Run CC

Name	Year School	Avg Mile	Finals
1 Sarah Porter	JR Western Wash.	6:07.4	15:13.00
2 Kate Harline	SR Seattle Pacific	6:32.3	16:15.00
3 Lisa Anderberg	SR Seattle Pacific	6:35.5	16:23.00
4 Emily Wallen	FR Western Wash.	6:39.2	16:32.00
5 Heather Edic	FR Alaska	6:40.4	16:35.00
6 Kristi Fairbanks	FR Western Wash.	6:40.8	16:36.00
7 Mary Williams	SO Seattle Pacific	6:44.4	16:45.00
8 Jana Benedix	SO Alaska	6:48.0	16:54.00
9 Kendra Hedges	SO Western Wash.	6:50.0	16:59.00
10 Stephanie Cooke	SR Central Wash.	6:52.0	17:04.00
11 Mary Rogers	FR Western Wash.	6:56.9	17:16.00
12 Kelsey Kreft	SO Central Wash.	6:58.5	17:20.00
13 Kelsey Brown	FR Seattle Pacific	6:59.3	17:22.00
14 Alex Borunda	JR Central Wash.	7:01.3	17:27.00
15 Stephanie Houck	FR Western Wash.	7:04.5	17:35.00
16 Haida Ikeda	Unattached	7:05.7	17:38.00
17 Marit Rjabov	FR Alaska	7:06.5	17:40.00
18 Rebecca Konieczny	SO Alaska	7:08.1	17:44.00
19 Mary Bakeman	SR Central Wash.	7:14.6	18:00.00
20 Maria Stensland	FR Alaska	7:15.0	18:01.00
21 Krysta Carrick	FR Seattle Pacific	7:16.2	18:04.00
22 Gaby Krevat	FR Western Wash.	7:17.4	18:07.00
23 Hilery Nunn	FR Unattached	7:19.4	18:12.00
24 Jillian Altizer	FR Western Wash.	7:23.8	18:23.00
25 Maria Ujifusa	FR Western Wash.	7:24.2	18:24.00
26 Adriana Mendoza	SR Central Wash.	7:28.2	18:34.00
27 Chandler Dennison	FR Unattached	7:29.9	18:38.00
28 Ashley Rice	FR Central Wash.	7:31.1	18:41.00
29 Amanda Valera	SO Central Wash.	7:37.1	18:56.00
30 Hannah McKenzie	Skagit Valley	7:38.3	18:59.00
31 Shannon Vreeland	SR Central Wash.	7:40.7	19:05.00
32 Lauren Thompson	JR Western Wash.	7:41.1	19:06.00

