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

Great Northwest Athletic Conference

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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

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	Name		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

33 Paige Pearson	Skagit Valley	7:43.9	19:13.00
34 Kayla Wilkins	FR Seattle Pacific	7:47.2	19:21.00
35 Robyn Swanson	JR Central Wash.	7:47.6	19:22.00
36 Kendra Miller	SO Western Wash.	7:47.6	19:22.00
37 Margaret Hanscom	SO Seattle Pacific	7:54.0	19:38.00
38 Kate Bennett	Alaska	8:02.0	19:58.00
39 Jessica Hirschkorn	SR Central Wash.	8:06.9	20:10.00
40 Robin Mueller	FR Western Wash.	8:08.5	20:14.00
41 Heather Grambo	Skagit Valley	8:11.7	20:22.00
42 Elizabeth Mann	SO Central Wash.	8:35.4	21:21.00
43 Bethany Headings	Skagit Valley	9:50.3	24:27.00
44 Melissa Foss	SO Western Wash.	10:02.7	24:58.00

Team Scores

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Rank Team	Total	1	2	3	4	5	*6	*7	*
1 Western Washington Univer	31	1	4	6	9	11	15	21	
Total Time: 1:22:36.00									
Average: 16:31.20									
2 Seattle Pacific Universit	45	2	3	7	13	20	25	26	
Total Time: 1:24:49.00									
Average: 16:57.80									
3 University of Alaska Fair	65	5	8	16	17	19	27		
Total Time: 1:26:54.00									
Average: 17:22.80									
4 Central Washington Univer	76	10	12	14	18	22	23	24	
Total Time: 1:28:25.00									
Average: 17:41.00									