

MIAA2016_Champ_Womens

2016 MICHIGAN INTERCOLLEGIATE ATHLETIC ASSOCIATION XC CHAMPIONSHIPS
ALBION COLLEGE
ALBION, MICHIGAN SATURDAY, OCTOBER 29, 2016

~~~~~ TEAM RESULTS - WOMENS VARSITY ~~~~~

1. 33 HOPE (22:48.7 114:03.2 1:39.2)

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|   |       |                   |                 |
|---|-------|-------------------|-----------------|
| 1 | 1     | Erin Herrmann     | HOPE SR 21:37.9 |
| 2 | 5     | Emily Joosse      | HOPE SR 22:46.3 |
| 3 | 8     | Avery Lowe        | HOPE SO 23:10.2 |
| 4 | 9     | Emily Hamilton    | HOPE SO 23:11.7 |
| 5 | 10    | Alissa Frazee     | HOPE JR 23:17.1 |
| 6 | ( 11) | Kelly Peregrine   | HOPE FR 23:18.1 |
| 7 | ( 13) | Chelsea Miskelley | HOPE FR 23:24.0 |

2. 45 CALVIN (22:59.0 114:54.7 1:17.9)

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|   |       |                  |                   |
|---|-------|------------------|-------------------|
| 1 | 3     | Lauren Strohbehn | CALVIN SR 22:09.4 |
| 2 | 6     | Katie Diekema    | CALVIN SO 22:54.6 |
| 3 | 7     | Johanna Admiraal | CALVIN FR 22:57.9 |
| 4 | 14    | Kristen Lundberg | CALVIN FR 23:25.5 |
| 5 | 15    | Marissa Hielkema | CALVIN SO 23:27.3 |
| 6 | ( 16) | McKenzie Diemer  | CALVIN SR 23:36.3 |
| 7 | ( 18) | Marissa McGahan  | CALVIN JR 23:47.7 |

3. 112 ALMA (24:10.0 120:50.0 4:15.6)

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|   |       |                     |                 |
|---|-------|---------------------|-----------------|
| 1 | 2     | Kaitlyn Arnold      | ALMA SR 21:57.2 |
| 2 | 19    | Hannah Garn         | ALMA JR 23:58.4 |
| 3 | 21    | Chelse Van Spronsen | ALMA JR 24:11.5 |
| 4 | 26    | Mallory Munderloh   | ALMA SO 24:30.1 |
| 5 | 44    | Madeline McDonnell  | ALMA FR 26:12.8 |
| 6 | ( 45) | Madison Nelson      | ALMA SO 26:23.4 |
| 7 | ( 46) | Brooke Vandepolder  | ALMA SO 26:39.4 |

4. 113 TRINE (24:13.9 121:09.4 2:18.0)

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|   |       |                    |                  |
|---|-------|--------------------|------------------|
| 1 | 12    | Kyla Binfet        | TRINE JR 23:20.7 |
| 2 | 17    | Kelsey Ortiz       | TRINE SR 23:41.1 |
| 3 | 20    | Lacie Piekarski    | TRINE SO 24:10.2 |
| 4 | 23    | Samantha Stensland | TRINE SO 24:18.7 |
| 5 | 41    | Hannah Blystone    | TRINE SO 25:38.7 |
| 6 | ( 48) | Heather Richardson | TRINE JR 27:02.2 |

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5. 130 ST. MARY'S (IND.) (24:26.0 122:09.8 2:34.0)

| ===== |       |                 |                              |
|-------|-------|-----------------|------------------------------|
| 1     | 4     | Brittany Beeler | ST. MARY'S (IND.) SR 22:36.7 |
| 2     | 25    | Anna McClowry   | ST. MARY'S (IND.) JR 24:28.1 |
| 3     | 31    | Adele Edmonds   | ST. MARY'S (IND.) SO 24:54.5 |
| 4     | 34    | Kaitlyn Alessi  | ST. MARY'S (IND.) SR 24:59.8 |
| 5     | 36    | Katie Glenn     | ST. MARY'S (IND.) FR 25:10.7 |
| 6     | ( 39) | Maura Honan     | ST. MARY'S (IND.) FR 25:21.7 |
| 7     | ( 40) | Mary Philbin    | ST. MARY'S (IND.) SO 25:36.8 |

6. 140 ALBION (24:39.4 123:17.0 0:41.4)

| ===== |       |                  |                   |
|-------|-------|------------------|-------------------|
| 1     | 22    | Aubrey Hemstreet | ALBION FR 24:16.3 |
| 2     | 24    | Allison Snyder   | ALBION JR 24:22.5 |
| 3     | 29    | Katie Davis      | ALBION FR 24:43.5 |
| 4     | 32    | Morgan Button    | ALBION SO 24:57.0 |
| 5     | 33    | Alicia Medrano   | ALBION FR 24:57.7 |
| 6     | ( 35) | Keena Gilbert    | ALBION SO 25:01.8 |
| 7     | ( 37) | Leaha Sinnaeve   | ALBION SO 25:11.7 |

7. 193 ADRIAN (25:50.1 129:10.5 2:55.1)

| ===== |    |                 |                   |
|-------|----|-----------------|-------------------|
| 1     | 27 | Olivia Vasiloff | ADRIAN JR 24:34.2 |
| 2     | 30 | Alicia Szilagyi | ADRIAN JR 24:54.3 |
| 3     | 38 | Emily Nixon     | ADRIAN JR 25:21.0 |
| 4     | 47 | Kaley Haupt     | ADRIAN FR 26:51.7 |
| 5     | 51 | Ashley Palmer   | ADRIAN SO 27:29.3 |

8. 224 OLIVET (26:44.5 133:42.4 3:45.5)

| ===== |       |                 |                   |
|-------|-------|-----------------|-------------------|
| 1     | 28    | Allyson Schultz | OLIVET JR 24:37.1 |
| 2     | 42    | Nicole Zerfas   | OLIVET SO 25:54.4 |
| 3     | 49    | Brianna Wiles   | OLIVET SR 27:02.4 |
| 4     | 52    | Jessica Taylor  | OLIVET SO 27:45.9 |
| 5     | 53    | Nicole Gilbert  | OLIVET SO 28:22.6 |
| 6     | ( 54) | Nicole Sebok    | OLIVET SO 28:38.0 |
| 7     | ( 55) | Abigail Gaines  | OLIVET SO 28:39.4 |

9. 264 KALAMAZOO (29:27.7 147:18.4 5:59.7)

| ===== |    |                      |                      |
|-------|----|----------------------|----------------------|
| 1     | 43 | Cheyenne Allyn-White | KALAMAZOO SO 26:00.7 |
| 2     | 50 | Victoria Thamann     | KALAMAZOO FR 27:14.8 |
| 3     | 56 | Hannah Hamilton      | KALAMAZOO SO 30:31.0 |
| 4     | 57 | Emma Farrell         | KALAMAZOO SO 31:31.5 |
| 5     | 58 | Brianna Burnell      | KALAMAZOO FR 32:00.4 |

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2016 MICHIGAN INTERCOLLEGIATE ATHLETIC ASSOCIATION XC CHAMPIONSHIPS  
 ALBION COLLEGE  
 ALBION, MICHIGAN SATURDAY, OCTOBER 29, 2016

~~~~~ INDIVIDUAL RESULTS - WOMENS VARSITY ~~~~~

| Place | No. | Name | School | Grade | Time | Pace |
|-------|-----|-------------------|-------------------|-------|---------|------|
| 1 | 235 | Erin Herrmann | HOPE | SR | 21:37.9 | |
| 5:49 | | | | | | |
| 2 | 173 | Kaitlyn Arnold | ALMA | SR | 21:57.2 | |
| 5:54 | | | | | | |
| 3 | 212 | Lauren Strohbehn | CALVIN | SR | 22:09.4 | |
| 5:57 | | | | | | |
| 4 | 287 | Brittany Beeler | ST. MARY'S (IND.) | SR | 22:36.7 | |
| 6:04 | | | | | | |
| 5 | 238 | Emily Joosse | HOPE | SR | 22:46.3 | |
| 6:07 | | | | | | |
| 6 | 195 | Katie Diekema | CALVIN | SO | 22:54.6 | |
| 6:09 | | | | | | |
| 7 | 189 | Johanna Admiraal | CALVIN | FR | 22:57.9 | |
| 6:10 | | | | | | |
| 8 | 243 | Avery Lowe | HOPE | SO | 23:10.2 | |
| 6:13 | | | | | | |
| 9 | 233 | Emily Hamilton | HOPE | SO | 23:11.7 | |
| 6:14 | | | | | | |
| 10 | 225 | Alissa Frazee | HOPE | JR | 23:17.1 | |
| 6:15 | | | | | | |
| 11 | 250 | Kelly Peregrine | HOPE | FR | 23:18.1 | |
| 6:15 | | | | | | |
| 12 | 303 | Kyla Binfet | TRINE | JR | 23:20.7 | |
| 6:16 | | | | | | |
| 13 | 246 | Chelsea Miskelley | HOPE | FR | 23:24.0 | |
| 6:17 | | | | | | |
| 14 | 207 | Kristen Lundberg | CALVIN | FR | 23:25.5 | |
| 6:17 | | | | | | |
| 15 | 202 | Marissa Hielkema | CALVIN | SO | 23:27.3 | |
| 6:18 | | | | | | |
| 16 | 227 | Jessica Gaines | HOPE | SR | 23:29.1 | |
| 6:18 | | | | | | |
| 17 | 196 | McKenzie Diemer | CALVIN | SR | 23:36.3 | |
| 6:20 | | | | | | |
| 18 | 305 | Kelsey Ortiz | TRINE | SR | 23:41.1 | |

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| | | | | |
|------|----|-------------------------|-------------------|------------|
| 6:22 | 19 | 248 Sarah Neumar | HOPE | SO 23:41.7 |
| 6:22 | 20 | 208 Marissa McGahan | CALVIN | JR 23:47.7 |
| 6:23 | 21 | 174 Hannah Garn | ALMA | JR 23:58.4 |
| 6:26 | 22 | 203 Michelle Koetje | CALVIN | FR 24:03.6 |
| 6:28 | 23 | 306 Lacie Piekarski | TRINE | SO 24:10.2 |
| 6:29 | 24 | 187 Chelse Van Spronsen | ALMA | JR 24:11.5 |
| 6:30 | 25 | 194 Catherine Croft | CALVIN | SO 24:12.4 |
| 6:30 | 26 | 259 Rachael Webb | HOPE | JR 24:15.3 |
| 6:31 | 27 | 158 Aubrey Hemstreet | ALBION | FR 24:16.3 |
| 6:31 | 28 | 209 Kate McLain | CALVIN | JR 24:17.7 |
| 6:31 | 29 | 308 Samantha Stensland | TRINE | SO 24:18.7 |
| 6:32 | 30 | 168 Allison Snyder | ALBION | JR 24:22.5 |
| 6:33 | 31 | 296 Anna McClowry | ST. MARY'S (IND.) | JR 24:28.1 |
| 6:34 | 32 | 183 Mallory Munderloh | ALMA | SO 24:30.1 |
| 6:35 | 33 | 150 Olivia Vasiloff | ADRIAN | JR 24:34.2 |
| 6:36 | 34 | 280 Allyson Schultz | OLIVET | JR 24:37.1 |
| 6:37 | 35 | 254 Allie Utting | HOPE | SO 24:40.4 |
| 6:38 | 36 | 154 Katie Davis | ALBION | FR 24:43.5 |
| 6:38 | 37 | 210 Megan Murray | CALVIN | JR 24:47.7 |
| 6:40 | 38 | 193 Alex Childs | CALVIN | SR 24:49.4 |
| 6:40 | 39 | 149 Alicia Szilagyi | ADRIAN | JR 24:54.3 |
| 6:41 | 40 | 289 Adele Edmonds | ST. MARY'S (IND.) | SO 24:54.5 |
| 6:41 | 41 | 152 Morgan Button | ALBION | SO 24:57.0 |
| 6:42 | 42 | 163 Alicia Medrano | ALBION | FR 24:57.7 |

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| | | | | |
|------|--------------------------|-------------------|--|------------|
| 6:42 | | | | |
| 43 | 204 Breanna Kooiman | CALVIN | | SO 24:58.5 |
| 6:42 | | | | |
| 44 | 285 Kaitlyn Alessi | ST. MARY'S (IND.) | | SR 24:59.8 |
| 6:43 | | | | |
| 45 | 156 Keena Gilbert | ALBION | | SO 25:01.8 |
| 6:43 | | | | |
| 46 | 291 Katie Glenn | ST. MARY'S (IND.) | | FR 25:10.7 |
| 6:46 | | | | |
| 47 | 167 Leaha Sinnaeve | ALBION | | SO 25:11.7 |
| 6:46 | | | | |
| 48 | 240 Hannah Kenny | HOPE | | FR 25:13.5 |
| 6:46 | | | | |
| 49 | 192 Leah Bishop | CALVIN | | FR 25:14.2 |
| 6:47 | | | | |
| 50 | 201 Carly Halm | CALVIN | | FR 25:16.0 |
| 6:47 | | | | |
| 51 | 223 Abby Couwenhoven | HOPE | | SO 25:19.4 |
| 6:48 | | | | |
| 52 | 147 Emily Nixon | ADRIAN | | JR 25:21.0 |
| 6:48 | | | | |
| 53 | 293 Maura Honan | ST. MARY'S (IND.) | | FR 25:21.7 |
| 6:49 | | | | |
| 54 | 224 Rebecca Duran | HOPE | | FR 25:22.0 |
| 6:49 | | | | |
| 55 | 234 Sally Hansma | HOPE | | FR 25:26.6 |
| 6:50 | | | | |
| 56 | 211 Emma Schroer | CALVIN | | FR 25:28.7 |
| 6:51 | | | | |
| 57 | 213 Olivia Umlauf | CALVIN | | FR 25:36.4 |
| 6:53 | | | | |
| 58 | 300 Mary Philbin | ST. MARY'S (IND.) | | SO 25:36.8 |
| 6:53 | | | | |
| 59 | 288 Caitlin Blum | ST. MARY'S (IND.) | | JR 25:37.3 |
| 6:53 | | | | |
| 60 | 242 Marianne Lohrstorfer | HOPE | | JR 25:38.1 |
| 6:53 | | | | |
| 61 | 304 Hannah Blystone | TRINE | | SO 25:38.7 |
| 6:53 | | | | |
| 62 | 241 Kathleen Kooiker | HOPE | | SR 25:46.4 |
| 6:55 | | | | |
| 63 | 226 Anna Frazee | HOPE | | FR 25:47.1 |
| 6:55 | | | | |
| 64 | 301 Reilly Pieri | ST. MARY'S (IND.) | | SO 25:47.7 |
| 6:56 | | | | |
| 65 | 164 Natalie Purcell | ALBION | | FR 25:49.2 |
| 6:56 | | | | |
| 66 | 284 Nicole Zerfas | OLIVET | | SO 25:54.4 |

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|------|-----|----------------------|-------------------|------------|
| 6:57 | | | | |
| 67 | 261 | Cheyenne Allyn-White | KALAMAZOO | SO 26:00.7 |
| 6:59 | | | | |
| 68 | 251 | Mackenzie Schmidt | HOPE | SO 26:02.4 |
| 7:00 | | | | |
| 69 | 199 | Jena Gaffner | CALVIN | FR 26:03.9 |
| 7:00 | | | | |
| 70 | 297 | Colleen Ogren | ST. MARY'S (IND.) | SR 26:04.5 |
| 7:00 | | | | |
| 71 | 258 | Ashley Warner | HOPE | JR 26:10.6 |
| 7:02 | | | | |
| 72 | 182 | Madeline McDonnell | ALMA | FR 26:12.8 |
| 7:02 | | | | |
| 73 | 295 | Kathryn Marshall | ST. MARY'S (IND.) | SR 26:20.3 |
| 7:04 | | | | |
| 74 | 153 | Kendra Cook | ALBION | SO 26:21.1 |
| 7:05 | | | | |
| 75 | 184 | Madison Nelson | ALMA | SO 26:23.4 |
| 7:05 | | | | |
| 76 | 298 | Maggie Pacana | ST. MARY'S (IND.) | SR 26:27.6 |
| 7:06 | | | | |
| 77 | 294 | Jennifer Kreighbaum | ST. MARY'S (IND.) | FR 26:38.2 |
| 7:09 | | | | |
| 78 | 188 | Brooke Vandepolder | ALMA | SO 26:39.4 |
| 7:09 | | | | |
| 79 | 256 | Breanna Vanlaan | HOPE | FR 26:40.3 |
| 7:10 | | | | |
| 80 | 175 | Ruslana Gill | ALMA | FR 26:49.4 |
| 7:12 | | | | |
| 81 | 217 | Caroline Barrett | HOPE | JR 26:51.1 |
| 7:13 | | | | |
| 82 | 146 | Kaley Haupt | ADRIAN | FR 26:51.7 |
| 7:13 | | | | |
| 83 | 228 | Kayla Gercak | HOPE | SO 26:56.5 |
| 7:14 | | | | |
| 84 | 229 | Kristin Godwin | HOPE | JR 26:57.5 |
| 7:14 | | | | |
| 85 | 239 | Natalie Keenan | HOPE | FR 26:58.6 |
| 7:15 | | | | |
| 86 | 302 | Fiona Winfrey | ST. MARY'S (IND.) | FR 27:00.2 |
| 7:15 | | | | |
| 87 | 307 | Heather Richardson | TRINE | JR 27:02.2 |
| 7:16 | | | | |
| 88 | 283 | Brianna Wiles | OLIVET | SR 27:02.4 |
| 7:16 | | | | |
| 89 | 292 | Emily Harrast | ST. MARY'S (IND.) | SO 27:03.3 |
| 7:16 | | | | |
| 90 | 231 | Megan Grimes | HOPE | FR 27:04.7 |

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|------|-----|-------------------|-------------------|------------|
| 7:16 | | | | |
| 91 | 245 | Natalie Meyer | HOPE | FR 27:07.6 |
| 7:17 | | | | |
| 92 | 273 | Victoria Thamann | KALAMAZOO | FR 27:14.8 |
| 7:19 | | | | |
| 93 | 237 | Emily Jackson | HOPE | FR 27:20.4 |
| 7:20 | | | | |
| 94 | 255 | Sophia Vanderkooy | HOPE | FR 27:21.6 |
| 7:21 | | | | |
| 95 | 148 | Ashley Palmer | ADRIAN | SO 27:29.3 |
| 7:23 | | | | |
| 96 | 220 | Alicia Bostwick | HOPE | FR 27:32.3 |
| 7:24 | | | | |
| 97 | 230 | Mackenzie Govier | HOPE | SR 27:33.7 |
| 7:24 | | | | |
| 98 | 214 | Maddie Van Ness | CALVIN | FR 27:39.3 |
| 7:26 | | | | |
| 99 | 290 | Mary Favo | ST. MARY'S (IND.) | FR 27:44.4 |
| 7:27 | | | | |
| 100 | 244 | Danielle Merwin | HOPE | FR 27:45.2 |
| 7:27 | | | | |
| 101 | 282 | Jessica Taylor | OLIVET | SO 27:45.9 |
| 7:27 | | | | |
| 102 | 219 | Ellie Best | HOPE | SO 27:58.3 |
| 7:31 | | | | |
| 103 | 286 | Sarah Allen | ST. MARY'S (IND.) | SO 28:07.2 |
| 7:33 | | | | |
| 104 | 170 | Phoebe Varney | ALBION | FR 28:07.9 |
| 7:33 | | | | |
| 105 | 276 | Nicole Gilbert | OLIVET | SO 28:22.6 |
| 7:37 | | | | |
| 106 | 206 | Victoria Lenters | CALVIN | FR 28:28.2 |
| 7:39 | | | | |
| 107 | 171 | Hunter Williams | ALBION | SO 28:31.9 |
| 7:40 | | | | |
| 108 | 281 | Nicole Sebok | OLIVET | SO 28:38.0 |
| 7:41 | | | | |
| 109 | 275 | Abigail Gaines | OLIVET | SO 28:39.4 |
| 7:42 | | | | |
| 110 | 155 | Maddy Denison | ALBION | SO 28:48.0 |
| 7:44 | | | | |
| 111 | 177 | Anissa Keeler | ALMA | SO 28:51.9 |
| 7:45 | | | | |
| 112 | 260 | Alexandra Wyeth | HOPE | FR 29:06.6 |
| 7:49 | | | | |
| 113 | 274 | Zoe Feighner | OLIVET | SO 29:08.6 |
| 7:49 | | | | |
| 114 | 161 | Caroline Manning | ALBION | FR 29:13.8 |

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|-------|-----------------------|-----------|--|------------|
| 7:51 | | | | |
| 115 | 151 Taylor Anhalt | ALBION | | SO 29:21.8 |
| 7:53 | | | | |
| 116 | 178 Shannon Kievit | ALMA | | JR 29:43.4 |
| 7:59 | | | | |
| 117 | 249 Kelly Ocock | HOPE | | SO 29:52.8 |
| 8:01 | | | | |
| 118 | 162 Maleah Marshall | ALBION | | FR 29:58.6 |
| 8:03 | | | | |
| 119 | 176 Libbey Jones | ALMA | | JR 30:06.0 |
| 8:05 | | | | |
| 120 | 180 Laine Krueger | ALMA | | FR 30:10.9 |
| 8:06 | | | | |
| 121 | 269 Hannah Hamilton | KALAMAZOO | | SO 30:31.0 |
| 8:12 | | | | |
| 122 | 186 Zita Tranquilla | ALMA | | FR 30:35.5 |
| 8:13 | | | | |
| 123 | 257 Madison Wabel | HOPE | | FR 31:10.7 |
| 8:22 | | | | |
| 124 | 165 Jessica Reynolds | ALBION | | FR 31:13.7 |
| 8:23 | | | | |
| 125 | 172 Kassidy Zimmer | ALBION | | FR 31:30.5 |
| 8:28 | | | | |
| 126 | 266 Emma Farrell | KALAMAZOO | | SO 31:31.5 |
| 8:28 | | | | |
| 127 | 181 Lauren Kucharczyk | ALMA | | SO 31:32.3 |
| 8:28 | | | | |
| 128 | 264 Brianna Burnell | KALAMAZOO | | FR 32:00.4 |
| 8:36 | | | | |
| 129 | 157 Sydney Graham | ALBION | | SO 32:09.5 |
| 8:38 | | | | |
| 130 | 185 Madison Swope | ALMA | | FR 32:17.6 |
| 8:40 | | | | |
| 131 | 160 Sarah Macek | ALBION | | FR 38:57.8 |
| 10:28 | | | | |

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2016 MICHIGAN INTERCOLLEGIATE ATHLETIC ASSOCIATION XC CHAMPIONSHIPS

ALBION COLLEGE

ALBION, MICHIGAN

SATURDAY, OCTOBER 29, 2016

GRADE RESULTS - WOMENS VARSITY

FRESHMEN Overall

| Place | Name | School | Grade Time | Pace |
|-------|------|--------|------------|------|
|-------|------|--------|------------|------|

MIAA2016_Champ_Womens

| Rank | Name | Team | Time | Rel |
|------|---------------------|-------------------|------------|------|
| 1 | Johanna Admiraal | CALVIN | FR 22:57.9 | 6:10 |
| 2 | Kelly Peregrine | HOPE | FR 23:18.1 | 6:15 |
| 3 | Chelsea Miskelley | HOPE | FR 23:24.0 | 6:17 |
| 4 | Kristen Lundberg | CALVIN | FR 23:25.5 | 6:17 |
| 5 | Michelle Koetje | CALVIN | FR 24:03.6 | 6:28 |
| 6 | Aubrey Hemstreet | ALBION | FR 24:16.3 | 6:31 |
| 7 | Katie Davis | ALBION | FR 24:43.5 | 6:38 |
| 8 | Alicia Medrano | ALBION | FR 24:57.7 | 6:42 |
| 9 | Katie Glenn | ST. MARY'S (IND.) | FR 25:10.7 | 6:46 |
| 10 | Hannah Kenny | HOPE | FR 25:13.5 | 6:46 |
| 11 | Leah Bishop | CALVIN | FR 25:14.2 | 6:47 |
| 12 | Carly Halm | CALVIN | FR 25:16.0 | 6:47 |
| 13 | Maura Honan | ST. MARY'S (IND.) | FR 25:21.7 | 6:49 |
| 14 | Rebecca Duran | HOPE | FR 25:22.0 | 6:49 |
| 15 | Sally Hansma | HOPE | FR 25:26.6 | 6:50 |
| 16 | Emma Schroer | CALVIN | FR 25:28.7 | 6:51 |
| 17 | Olivia Umlauf | CALVIN | FR 25:36.4 | 6:53 |
| 18 | Anna Frazee | HOPE | FR 25:47.1 | 6:55 |
| 19 | Natalie Purcell | ALBION | FR 25:49.2 | 6:56 |
| 20 | Jena Gaffner | CALVIN | FR 26:03.9 | 7:00 |
| 21 | Madeline McDonnell | ALMA | FR 26:12.8 | 7:02 |
| 22 | Jennifer Kreighbaum | ST. MARY'S (IND.) | FR 26:38.2 | 7:09 |
| 23 | Breanna Vanlaan | HOPE | FR 26:40.3 | 7:10 |
| 24 | Ruslana Gill | ALMA | FR 26:49.4 | 7:12 |
| 25 | Kaley Haupt | ADRIAN | FR 26:51.7 | 7:13 |
| 26 | Natalie Keenan | HOPE | FR 26:58.6 | 7:15 |
| 27 | Fiona Winfrey | ST. MARY'S (IND.) | FR 27:00.2 | 7:15 |
| 28 | Megan Grimes | HOPE | FR 27:04.7 | 7:16 |
| 29 | Natalie Meyer | HOPE | FR 27:07.6 | 7:17 |
| 30 | Victoria Thamann | KALAMAZOO | FR 27:14.8 | 7:19 |
| 31 | Emily Jackson | HOPE | FR 27:20.4 | 7:20 |
| 32 | Sophia Vanderkooy | HOPE | FR 27:21.6 | 7:21 |
| 33 | Alicia Bostwick | HOPE | FR 27:32.3 | 7:24 |
| 34 | Maddie Van Ness | CALVIN | FR 27:39.3 | 7:26 |
| 35 | Mary Favo | ST. MARY'S (IND.) | FR 27:44.4 | 7:27 |
| 36 | Danielle Merwin | HOPE | FR 27:45.2 | 7:27 |
| 37 | Phoebe Varney | ALBION | FR 28:07.9 | 7:33 |
| 38 | Victoria Lenters | CALVIN | FR 28:28.2 | 7:39 |
| 39 | Alexandra Wyeth | HOPE | FR 29:06.6 | 7:49 |
| 40 | Caroline Manning | ALBION | FR 29:13.8 | 7:51 |
| 41 | Maleah Marshall | ALBION | FR 29:58.6 | 8:03 |
| 42 | Laine Krueger | ALMA | FR 30:10.9 | 8:06 |
| 43 | Zita Tranquilla | ALMA | FR 30:35.5 | 8:13 |
| 44 | Madison Wabel | HOPE | FR 31:10.7 | 8:22 |
| 45 | Jessica Reynolds | ALBION | FR 31:13.7 | 8:23 |
| 46 | Kassidy Zimmer | ALBION | FR 31:30.5 | 8:28 |
| 47 | Brianna Burnell | KALAMAZOO | FR 32:00.4 | 8:36 |

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|------------------|--------|------------|-------|
| 48 Madison Swope | ALMA | FR 32:17.6 | 8:40 |
| 49 Sarah Macek | ALBION | FR 38:57.8 | 10:28 |

SOPHOMORES Overall

| Place | Name | School | Grade | Time | Pace |
|-------|----------------------|-------------------|-------|---------|------|
| 1 | Katie Diekema | CALVIN | SO | 22:54.6 | 6:09 |
| 2 | Avery Lowe | HOPE | SO | 23:10.2 | 6:13 |
| 3 | Emily Hamilton | HOPE | SO | 23:11.7 | 6:14 |
| 4 | Marissa Hielkema | CALVIN | SO | 23:27.3 | 6:18 |
| 5 | Sarah Neumar | HOPE | SO | 23:41.7 | 6:22 |
| 6 | Lacie Piekarski | TRINE | SO | 24:10.2 | 6:29 |
| 7 | Catherine Croft | CALVIN | SO | 24:12.4 | 6:30 |
| 8 | Samantha Stensland | TRINE | SO | 24:18.7 | 6:32 |
| 9 | Mallory Munderloh | ALMA | SO | 24:30.1 | 6:35 |
| 10 | Allie Utting | HOPE | SO | 24:40.4 | 6:38 |
| 11 | Adele Edmonds | ST. MARY'S (IND.) | SO | 24:54.5 | 6:41 |
| 12 | Morgan Button | ALBION | SO | 24:57.0 | 6:42 |
| 13 | Breanna Kooiman | CALVIN | SO | 24:58.5 | 6:42 |
| 14 | Keena Gilbert | ALBION | SO | 25:01.8 | 6:43 |
| 15 | Leaha Sinnaeve | ALBION | SO | 25:11.7 | 6:46 |
| 16 | Abby Couwenhoven | HOPE | SO | 25:19.4 | 6:48 |
| 17 | Mary Philbin | ST. MARY'S (IND.) | SO | 25:36.8 | 6:53 |
| 18 | Hannah Blystone | TRINE | SO | 25:38.7 | 6:53 |
| 19 | Reilly Pieri | ST. MARY'S (IND.) | SO | 25:47.7 | 6:56 |
| 20 | Nicole Zerfas | OLIVET | SO | 25:54.4 | 6:57 |
| 21 | Cheyenne Allyn-White | KALAMAZOO | SO | 26:00.7 | 6:59 |
| 22 | Mackenzie Schmidt | HOPE | SO | 26:02.4 | 7:00 |
| 23 | Kendra Cook | ALBION | SO | 26:21.1 | 7:05 |
| 24 | Madison Nelson | ALMA | SO | 26:23.4 | 7:05 |
| 25 | Brooke Vandepolder | ALMA | SO | 26:39.4 | 7:09 |
| 26 | Kayla Gercak | HOPE | SO | 26:56.5 | 7:14 |
| 27 | Emily Harrast | ST. MARY'S (IND.) | SO | 27:03.3 | 7:16 |
| 28 | Ashley Palmer | ADRIAN | SO | 27:29.3 | 7:23 |
| 29 | Jessica Taylor | OLIVET | SO | 27:45.9 | 7:27 |
| 30 | Ellie Best | HOPE | SO | 27:58.3 | 7:31 |
| 31 | Sarah Allen | ST. MARY'S (IND.) | SO | 28:07.2 | 7:33 |
| 32 | Nicole Gilbert | OLIVET | SO | 28:22.6 | 7:37 |
| 33 | Hunter Williams | ALBION | SO | 28:31.9 | 7:40 |
| 34 | Nicole Sebok | OLIVET | SO | 28:38.0 | 7:41 |
| 35 | Abigail Gaines | OLIVET | SO | 28:39.4 | 7:42 |
| 36 | Maddy Denison | ALBION | SO | 28:48.0 | 7:44 |
| 37 | Anissa Keeler | ALMA | SO | 28:51.9 | 7:45 |
| 38 | Zoe Feighner | OLIVET | SO | 29:08.6 | 7:49 |
| 39 | Taylor Anhalt | ALBION | SO | 29:21.8 | 7:53 |
| 40 | Kelly Ocock | HOPE | SO | 29:52.8 | 8:01 |
| 41 | Hannah Hamilton | KALAMAZOO | SO | 30:31.0 | 8:12 |

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|----------------------|-----------|----|---------|------|
| 42 Emma Farrell | KALAMAZOO | SO | 31:31.5 | 8:28 |
| 43 Lauren Kucharczyk | ALMA | SO | 31:32.3 | 8:28 |
| 44 Sydney Graham | ALBION | SO | 32:09.5 | 8:38 |

JUNIORS Overall

| Place | Name | School | Grade | Time | Pace |
|-------|----------------------|-------------------|-------|---------|------|
| 1 | Alissa Frazee | HOPE | JR | 23:17.1 | 6:15 |
| 2 | Kyla Binfet | TRINE | JR | 23:20.7 | 6:16 |
| 3 | Marissa McGahan | CALVIN | JR | 23:47.7 | 6:23 |
| 4 | Hannah Garn | ALMA | JR | 23:58.4 | 6:26 |
| 5 | Chelse Van Spronsen | ALMA | JR | 24:11.5 | 6:30 |
| 6 | Rachael Webb | HOPE | JR | 24:15.3 | 6:31 |
| 7 | Kate McLain | CALVIN | JR | 24:17.7 | 6:31 |
| 8 | Allison Snyder | ALBION | JR | 24:22.5 | 6:33 |
| 9 | Anna McClowry | ST. MARY'S (IND.) | JR | 24:28.1 | 6:34 |
| 10 | Olivia Vasiloff | ADRIAN | JR | 24:34.2 | 6:36 |
| 11 | Allyson Schultz | OLIVET | JR | 24:37.1 | 6:37 |
| 12 | Megan Murray | CALVIN | JR | 24:47.7 | 6:40 |
| 13 | Alicia Szilagyi | ADRIAN | JR | 24:54.3 | 6:41 |
| 14 | Emily Nixon | ADRIAN | JR | 25:21.0 | 6:48 |
| 15 | Caitlin Blum | ST. MARY'S (IND.) | JR | 25:37.3 | 6:53 |
| 16 | Marianne Lohrstorfer | HOPE | JR | 25:38.1 | 6:53 |
| 17 | Ashley Warner | HOPE | JR | 26:10.6 | 7:02 |
| 18 | Caroline Barrett | HOPE | JR | 26:51.1 | 7:13 |
| 19 | Kristin Godwin | HOPE | JR | 26:57.5 | 7:14 |
| 20 | Heather Richardson | TRINE | JR | 27:02.2 | 7:16 |
| 21 | Shannon Kievit | ALMA | JR | 29:43.4 | 7:59 |
| 22 | Libbey Jones | ALMA | JR | 30:06.0 | 8:05 |

SENIORS Overall

| Place | Name | School | Grade | Time | Pace |
|-------|------------------|-------------------|-------|---------|------|
| 1 | Erin Herrmann | HOPE | SR | 21:37.9 | 5:49 |
| 2 | Kaitlyn Arnold | ALMA | SR | 21:57.2 | 5:54 |
| 3 | Lauren Strohbeh | CALVIN | SR | 22:09.4 | 5:57 |
| 4 | Brittany Beeler | ST. MARY'S (IND.) | SR | 22:36.7 | 6:04 |
| 5 | Emily Joosse | HOPE | SR | 22:46.3 | 6:07 |
| 6 | Jessica Gaines | HOPE | SR | 23:29.1 | 6:18 |
| 7 | McKenzie Diemer | CALVIN | SR | 23:36.3 | 6:20 |
| 8 | Kelsey Ortiz | TRINE | SR | 23:41.1 | 6:22 |
| 9 | Alex Childs | CALVIN | SR | 24:49.4 | 6:40 |
| 10 | Kaitlyn Alessi | ST. MARY'S (IND.) | SR | 24:59.8 | 6:43 |
| 11 | Kathleen Kooiker | HOPE | SR | 25:46.4 | 6:55 |
| 12 | Colleen Ogren | ST. MARY'S (IND.) | SR | 26:04.5 | 7:00 |
| 13 | Kathryn Marshall | ST. MARY'S (IND.) | SR | 26:20.3 | 7:04 |

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|-----------------------|-------------------|-----------------|
| 14 Maggie Pacana | ST. MARY'S (IND.) | SR 26:27.6 7:06 |
| 15 Brianna Wiles | OLIVET | SR 27:02.4 7:16 |
| 16 Mackenzie Govier | HOPE | SR 27:33.7 7:24 |