

ODAC XC CHAMPIONSHIPSSalem, VA
Green Hill Park

Saturday, October 28, 2023

**OFFICIAL MEET REPORT**
printed: 10/28/2023 12:22 PM**Race #2**
Womens 6k Championship**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Lynchburg	22	1-2-5-6-8(10)(16)	1:50:50	22:10	0:45.5
2 Washington and Lee	54	4-9-12-14-15(20)(21)	1:54:07	22:50	1:02.9
3 Bridgewater (Va.)	88	3-7-23-26-29(38)(50)	1:58:19	23:40	3:00.8
4 Eastern Mennonite	100	11-18-19-22-30(46)(49)	1:59:49	23:58	2:07.8
5 Shenandoah	109	13-17-24-27-28(32)(34)	2:00:17	24:04	1:35.4
6 Roanoke	190	33-35-39-41-42(45)(47)	2:15:15	27:03	2:20.0
7 Sweet Briar	208	25-37-40-52-54(55)(57)	2:20:54	28:11	8:23.0
8 Virginia Wesleyan	215	31-36-44-51-53(60)	2:22:57	28:36	6:30.6
9 Averett	264	43-48-56-58-59(61)(62)	2:43:53	32:47	8:13.5

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1k	1m	3k	5k
1 Werner, Kayla	SO	133	Lynchburg	1	21:40.30	---	5:48.6	3:36.7	3:42.90	5:42.90	11:18.7	18:18.5
2 Dell, Allison	JR	124	Lynchburg	2	22:00.30	20.00	5:54.0	3:40.1	3:42.90	5:43.10	11:19.1	18:26.0
3 Young, Mackenzie	SR	39	Bridgewater (Va.)	3	22:05.90	25.60	5:55.5	3:41.0	3:43.60	5:43.80	11:20.6	18:28.1
4 Molinaro, Elise	SR	249	Washington and Lee	4	22:08.30	28.00	5:56.1	3:41.4	3:44.80	5:44.30	11:18.9	18:27.8
5 Drumm, Courtney	JR	126	Lynchburg	5	22:20.80	40.50	5:59.5	3:43.5	3:42.90	5:43.00	11:19.1	18:37.4
6 James, Sarah	JR	129	Lynchburg	6	22:21.90	41.60	5:59.8	3:43.7	3:43.00	5:43.50	11:21.5	18:40.1
7 Smeds, Emily	JR	37	Bridgewater (Va.)	7	22:22.50	42.20	5:59.9	3:43.8	3:44.00	5:43.90	11:20.5	18:33.1
8 Silva, Molly	JR	131	Lynchburg	8	22:25.80	45.50	6:00.8	3:44.3	3:42.50	5:42.90	11:18.5	18:32.5
9 Breschi, Sophia	SO	237	Washington and Lee	9	22:35.40	55.10	6:03.4	3:45.9	3:48.60	5:51.50	11:28.9	18:51.2
10 Werner, Kristen	FR	134	Lynchburg	(10)	22:36.10	55.80	6:03.6	3:46.0	3:44.00	5:45.40	11:31.2	18:51.1
11 Unzicker, Lucy	SR	56	Eastern Mennonite	11	23:01.80	1:21.50	6:10.5	3:50.3	3:58.10	6:00.70	11:46.2	19:14.3
12 Hamlet, Claire	JR	243	Washington and Lee	12	23:04.00	1:23.70	6:11.0	3:50.7	3:55.30	6:00.00	11:49.0	19:16.3
13 Lotts, Madeline	JR	188	Shenandoah	13	23:05.40	1:25.10	6:11.4	3:50.9	3:48.90	5:51.70	11:38.3	19:23.9
14 Brown, Reese	FR	239	Washington and Lee	14	23:07.50	1:27.20	6:12.0	3:51.3	3:48.50	5:50.90	11:36.1	19:20.5
15 Clodgo, Kristen	JR	241	Washington and Lee	15	23:11.20	1:30.90	6:13.0	3:51.9	3:48.20	5:51.20	11:38.0	19:20.6
16 Massey, Lauren	JR	130	Lynchburg	(16)	23:13.50	1:33.20	6:13.6	3:52.3	3:42.90	5:44.80	11:41.2	19:23.4
17 DiRisio, Jordan	FR	125	Lynchburg	-	23:22.10	1:41.80	6:15.9	3:53.7	3:43.30	5:45.40	11:41.9	19:24.7
18 Thrush, Makenna	JR	194	Shenandoah	17	23:39.10	1:58.80	6:20.5	3:56.5	3:49.10	5:51.70	11:42.1	19:31.5
19 Weaver, Jenna	JR	57	Eastern Mennonite	18	23:43.30	2:03.00	6:21.6	3:57.2	4:07.80	6:20.80	12:21.3	19:56.7
20 Gardiner, Vanessa	SR	54	Eastern Mennonite	19	23:47.50	2:07.20	6:22.7	3:57.9	4:07.40	6:14.10	12:03.8	19:48.3
21 Harvey, Lydia	FR	244	Washington and Lee	(20)	23:47.80	2:07.50	6:22.8	3:58.0	4:02.20	6:11.60	12:08.2	19:52.1
22 Edwards, Hannah	FR	127	Lynchburg	-	23:57.40	2:17.10	6:25.4	3:59.6	3:48.50	5:56.20	12:04.1	20:03.6
23 Kemp, Mimi	JR	246	Washington and Lee	(21)	24:02.10	2:21.80	6:26.6	4:00.4	3:55.90	6:05.10	12:09.1	20:00.4
24 Breyault, Brianna	SO	238	Washington and Lee	-	24:05.10	2:24.80	6:27.4	4:00.9	4:02.00	6:11.90	12:08.4	19:59.4
25 Asefa, Elili	SO	50	Eastern Mennonite	22	24:06.70	2:26.40	6:27.9	4:01.1	4:13.70	6:27.40	12:37.6	20:23.1
26 Robinson, Regan	SO	36	Bridgewater (Va.)	23	24:16.10	2:35.80	6:30.4	4:02.7	4:02.90	6:08.10	12:09.8	20:10.4
27 Madrigal, Emma	FR	189	Shenandoah	24	24:21.40	2:41.10	6:31.8	4:03.6	4:00.80	6:07.50	12:11.1	20:15.1
28 Wilson, Carolina	SO	202	Sweet Briar	25	24:25.50	2:45.20	6:32.9	4:04.3	3:59.40	6:05.90	12:10.4	20:17.9
29 Earle, Sarah	JR	32	Bridgewater (Va.)	26	24:27.40	2:47.10	6:33.4	4:04.6	4:08.90	6:20.50	12:29.8	20:25.4
30 Nicely, Emma	JR	190	Shenandoah	27	24:30.30	2:50.00	6:34.2	4:05.1	4:08.70	6:19.00	12:20.2	20:19.0
31 Spencer, Eve	SO	252	Washington and Lee	-	24:30.40	2:50.10	6:34.2	4:05.1	4:02.70	6:14.00	12:21.2	20:34.4
32 Plowman, Mackenzie	JR	192	Shenandoah	28	24:40.80	3:00.50	6:37.0	4:06.8	3:58.60	6:07.40	12:17.0	20:31.4

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Womens 6k Championship

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1k	1m	3k	5k
33 Hill, Taylor	FR	128	Lynchburg	-	24:47.60	3:07.30	6:38.8	4:07.9	3:49.00	5:58.10	12:13.0	20:35.9
34 Wimmer, Megan	JR	38	Bridgewater (Va.)	29	25:06.70	3:26.40	6:43.9	4:11.1	4:11.00	6:26.70	12:38.5	20:52.4
35 Sindt, Sidney	SO	132	Lynchburg	-	25:06.80	3:26.50	6:44.0	4:11.1	4:06.30	6:18.70	12:35.0	20:48.5
36 Buckwalter, Jessica	SR	51	Eastern Mennonite	30	25:09.60	3:29.30	6:44.7	4:11.6	4:23.30	6:39.90	12:54.7	21:06.7
37 Taylor, Jessica	FR	145	Randolph	-	25:12.00	3:31.70	6:45.4	4:12.0	3:58.90	6:08.80	12:31.9	20:58.9
38 Adams, Hannah	FR	234	Washington and Le	-	25:24.70	3:44.40	6:48.8	4:14.1	4:11.40	6:26.60	12:43.2	21:10.7
39 Petrucelli, Sofia	FR	251	Washington and Le	-	25:26.90	3:46.60	6:49.4	4:14.5	4:11.50	6:27.40	12:53.4	21:15.8
40 Aten, Cecelia	SO	210	Virginia Wesleyan	31	25:50.30	4:10.00	6:55.6	4:18.4	4:23.10	6:41.30	13:10.4	21:37.5
41 Vera, Adia	JR	253	Washington and Le	-	25:53.60	4:13.30	6:56.5	4:18.9	4:10.00	6:22.90	12:40.9	21:22.6
42 Oleksy, Amy	SO	191	Shenandoah	(32)	25:56.20	4:15.90	6:57.2	4:19.4	4:07.70	6:19.80	12:39.2	21:23.4
43 Hollar, Kaitlyn	SR	245	Washington and Le	-	26:01.30	4:21.00	6:58.6	4:20.2	4:17.30	6:39.00	13:15.8	21:48.1
44 Price, Susanna	JR	171	Roanoke	33	26:02.30	4:22.00	6:58.8	4:20.4	4:14.10	6:35.10	13:14.8	21:45.8
45 Christy, Sarah	JR	185	Shenandoah	(34)	26:07.00	4:26.70	7:00.1	4:21.2	4:08.70	6:23.20	12:51.1	21:34.9
46 MaGee, Evelyn	FR	169	Roanoke	35	26:07.30	4:27.00	7:00.2	4:21.2	4:08.20	6:26.20	13:02.7	21:51.0
47 Luczak, Brenna	FR	248	Washington and Le	-	26:10.40	4:30.10	7:01.0	4:21.7	4:11.70	6:31.80	13:09.3	21:47.4
48 Clark, Sarah	SO	240	Washington and Le	-	26:12.80	4:32.50	7:01.7	4:22.1	4:20.10	6:44.00	13:21.1	21:54.8
49 Pareso, Lily	SO	250	Washington and Le	-	26:27.10	4:46.80	7:05.5	4:24.5	4:10.00	6:24.00	13:12.0	22:03.0
50 Coleman, Kiera	FR	212	Virginia Wesleyan	36	26:32.80	4:52.50	7:07.0	4:25.5	4:27.20	6:53.00	13:31.9	22:15.3
51 Wiggins, Angelyn	JR	201	Sweet Briar	37	26:39.10	4:58.80	7:08.7	4:26.5	4:20.90	6:40.20	13:13.5	22:10.9
52 Green, Izzy	FR	34	Bridgewater (Va.)	(38)	26:45.70	5:05.40	7:10.5	4:27.6	4:13.60	6:33.50	13:15.3	22:09.5
53 Lovan, Olivia	SO	247	Washington and Le	-	26:50.50	5:10.20	7:11.8	4:28.4	4:14.60	6:34.20	13:13.9	22:18.5
54 Kochanski, Sarah	SO	168	Roanoke	39	27:02.60	5:22.30	7:15.0	4:30.4	4:14.20	6:38.10	13:29.4	22:27.1
55 Clarkson, Allie	SO	186	Shenandoah	-	27:03.50	5:23.20	7:15.3	4:30.6	4:09.40	6:27.40	13:16.1	22:25.9
56 Graziano, Lucie	FR	242	Washington and Le	-	27:13.10	5:32.80	7:17.8	4:32.2	4:33.60	6:59.40	13:45.5	22:45.9
57 Minton, Maggie	FR	198	Sweet Briar	40	27:19.00	5:38.70	7:19.4	4:33.2	4:25.10	6:49.30	13:32.5	22:45.7
58 Guillet, Sylvia	SO	87	Hollins	-	27:31.00	5:50.70	7:22.6	4:35.2	4:25.30	6:50.30	13:44.5	22:46.1
59 Gallaher, Allie	FR	167	Roanoke	41	27:39.60	5:59.30	7:24.9	4:36.6	4:09.70	6:33.10	13:29.4	22:53.4
60 McCroskey, Molly	FR	170	Roanoke	42	28:22.30	6:42.00	7:36.4	4:43.7	4:21.50	6:50.00	14:00.3	23:28.0
61 Griffin, Gabrielle	FR	15	Averett	43	28:31.50	6:51.20	7:38.8	4:45.3	4:24.90	6:53.80	14:15.4	24:02.1
62 Aufderheide, Hannah	FR	211	Virginia Wesleyan	44	28:36.10	6:55.80	7:40.1	4:46.0	4:41.80	7:14.10	14:16.8	23:53.9
63 Rhyne, Madeleine	SO	173	Roanoke	(45)	28:36.20	6:55.90	7:40.1	4:46.0	4:21.60	6:50.10	14:01.7	23:37.9
64 Gusler, Lily	SO	55	Eastern Mennonite	(46)	28:42.80	7:02.50	7:41.9	4:47.1	4:37.20	7:06.80	14:24.4	24:06.4
65 Helman, Cora	SO	187	Shenandoah	-	28:53.40	7:13.10	7:44.7	4:48.9	4:31.30	7:01.50	14:23.3	23:59.4
66 Sullivan, Bekah	SR	174	Roanoke	(47)	29:06.60	7:26.30	7:48.3	4:51.1	4:28.60	7:09.30	14:35.4	24:22.9
67 Bamforth, Elise	FR	164	Roanoke	-	29:13.20	7:32.90	7:50.0	4:52.2	4:25.10	6:57.20	14:17.9	24:11.7
68 Zabik, Hannah	FR	19	Averett	48	29:16.70	7:36.40	7:51.0	4:52.8	4:25.40	6:58.50	14:25.1	24:19.0
69 Clymer, Zoe	FR	53	Eastern Mennonite	(49)	29:18.00	7:37.70	7:51.3	4:53.0	4:42.60	7:17.30	14:42.5	24:26.9
70 Larcombe, Elena	SR	35	Bridgewater (Va.)	(50)	29:33.80	7:53.50	7:55.5	4:55.6	4:48.40	7:24.30	14:53.8	24:39.6
71 Jones, Laila	FR	214	Virginia Wesleyan	51	29:36.10	7:55.80	7:56.2	4:56.0	4:57.50	7:33.70	14:46.3	24:25.3
72 Reid, Savannah	JR	172	Roanoke	-	29:37.90	7:57.60	7:56.6	4:56.3	4:33.60	7:10.60	14:35.5	24:23.8
73 Peets, Alia	JR	199	Sweet Briar	52	29:41.70	8:01.40	7:57.7	4:57.0	5:08.70	7:56.00	15:22.9	24:48.7
74 Forrest, Dawn	SO	86	Hollins	-	30:40.70	9:00.40	8:13.5	5:06.8	4:41.60	7:17.10	14:53.5	25:30.0
75 Crafton, Lainey	FR	69	Guilford	-	30:52.60	9:12.30	8:16.7	5:08.8	4:40.60	7:25.60	15:12.7	25:36.2
76 Forcey, Patrice	SO	141	Randolph	-	30:55.20	9:14.90	8:17.4	5:09.2	4:49.00	7:29.80	15:12.6	25:38.0
77 Siv, Seaira	SR	88	Hollins	-	31:55.10	10:14.8	8:33.4	5:19.2	5:03.80	7:57.10	16:17.2	27:04.9
78 Flystra, Elliot	FR	213	Virginia Wesleyan	53	32:20.90	10:40.6	8:40.3	5:23.5	5:26.20	8:20.10	16:26.7	27:04.3

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79 Jumaa, Etaf	SO	196	Sweet Briar	54	32:48.50	11:08.2	8:47.7	5:28.1	5:08.90	8:04.50	16:30.1	27:13.2
80 Prillaman, Alexandria	SR	66	Ferrum	-	32:49.40	11:09.1	8:48.0	5:28.2	5:08.10	7:57.70	16:23.0	27:24.1
81 Moore, Jennifer	SR	143	Randolph	-	33:09.30	11:29.0	8:53.3	5:31.6	5:03.80	7:57.00	16:27.0	27:47.1
82 Casen, Abby	SR	165	Roanoke	-	33:10.30	11:30.0	8:53.6	5:31.7	4:48.10	7:39.20	16:08.8	27:28.1
83 Sparacio, Ashley	SR	200	Sweet Briar	(55)	33:31.30	11:51.0	8:59.2	5:35.2	5:08.90	8:04.10	16:39.8	28:04.0
84 Gates, Kailey	FR	13	Averett	56	33:39.60	11:59.3	9:01.4	5:36.6	4:39.40	7:32.10	16:16.2	28:16.1
85 Fuentes, Sara	SR	142	Randolph	-	34:42.60	13:02.3	9:18.3	5:47.1	5:04.30	7:56.60	16:18.1	29:00.8
86 May, Cecilia	FR	197	Sweet Briar	(57)	35:18.80	13:38.5	9:28.0	5:53.1	5:39.10	8:50.70	17:42.4	29:34.1
87 Bhandari, Asmita	FR	195	Sweet Briar	-	35:30.20	13:49.9	9:31.1	5:55.0	5:38.60	8:49.00	17:38.9	29:34.5
88 Gonzalez, Carlota	FR	14	Averett	58	35:39.80	13:59.5	9:33.7	5:56.6	5:10.90	8:18.90	17:23.7	29:28.3
89 Barrington, Riley	FR	83	Hollins	-	36:14.60	14:34.3	9:43.0	6:02.4	5:13.20	8:17.50	17:39.9	30:03.8
90 Lewis, Cassidy	FR	17	Averett	59	36:45.00	15:04.7	9:51.2	6:07.5	5:22.30	8:55.30	18:21.4	30:32.0
91 Williams, Jaquia	SO	216	Virginia Wesleyan	(60)	36:50.80	15:10.5	9:52.7	6:08.5	5:48.60	9:03.20	18:24.1	30:40.7
92 Bangura, Saida	FR	12	Averett	(61)	49:32.00	27:51.7	13:16.8	8:15.3	49:32.0	11:32.9	42:34.4	
93 Ingraham, Shannea	FR	16	Averett	(62)	49:42.30	28:02.0	13:19.5	8:17.1	49:42.3	11:34.5	42:37.2	
-- Becker, Emilee	SR	236	Washington and Le	-			---	---	6:43.40			
-- Campbell, Alyssa	SO	123	Lynchburg	-			---	---	6:43.60			
-- Barron, Gracie	FR	84	Hollins	-			---	---	6:50.30			
-- McDonald, Sydney	SO	215	Virginia Wesleyan	-			---	---	6:52.80			
-- Navarro, Ashley	JR	18	Averett	-			---	---	14:41.8			