

**2023 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 21, 2023

**OFFICIAL MEET REPORT**

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**Race #5  
U20 Women 6k****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Riggs, Irene	18	372	Unattached WV	-	19:45.00	---	5:17.7	3:17.5
2 Shea, Ellie	17	345	Emerging Elites [02	-	19:48.00	3.00	5:18.5	3:18.0
3 Macchia, Zariel	16	369	Unattached NY	-	20:05.00	20.00	5:23.1	3:20.8
4 Nechanicky, Abbey	17	371	Unattached MN	-	20:07.00	22.00	5:23.6	3:21.2
5 Baloga, Karrilynn	17	362	Unattached NY	-	20:07.00	22.00	5:23.6	3:21.2
6 Klingbeil, Eva	18	355	University of North	-	20:11.00	26.00	5:24.7	3:21.8
7 Schieppe, Peyton	18	342	Bradley University	-	20:26.00	41.00	5:28.7	3:24.3
8 Zealand, Allie	16	376	Unattached VA	-	20:32.00	47.00	5:30.3	3:25.3
9 Weimer, Ali	18	354	University of Minne	-	20:53.00	1:08.00	5:35.9	3:28.8
10 Ton-That, Elia	18	343	Columbia University	-	21:04.00	1:19.00	5:38.9	3:30.7
11 Mataway, Lillian	18	347	Loyola University C	-	21:18.00	1:33.00	5:42.6	3:33.0
12 Rolly, Thais	17	374	Unattached VA	-	21:22.00	1:37.00	5:43.7	3:33.7
13 Blount, Katie	18	344	Elon University	-	21:25.00	1:40.00	5:44.5	3:34.2
14 Ellis, Sarah	18	357	Utah State Universit	-	21:28.00	1:43.00	5:45.3	3:34.7
15 Sgambelluri, Nina	18	351	University of Delaw	-	21:34.00	1:49.00	5:46.9	3:35.7
16 Wood, Samantha	18	341	Boise State Univers	-	21:42.00	1:57.00	5:49.1	3:37.0
17 Rodriguez, Sophia	14	373	Unattached PA	-	21:42.00	1:57.00	5:49.1	3:37.0
18 McConnell, Cameron	19	350	Oklahoma State Uni	-	21:57.00	2:12.00	5:53.1	3:39.5
19 Whitman, Madeline	18	348	Northwestern Unive	-	22:08.00	2:23.00	5:56.0	3:41.3
20 Brickman, Cayden	19	349	Oklahoma State Uni	-	22:09.00	2:24.00	5:56.3	3:41.5
21 Nygren, Morgan	18	359	Utah State Universit	-	22:13.00	2:28.00	5:57.4	3:42.2
22 Hofeling, Carissa	18	358	Utah State Universit	-	22:21.00	2:36.00	5:59.5	3:43.5
23 Roemer, Isabella	18	353	University of Minne	-	22:25.00	2:40.00	6:00.6	3:44.2
24 Baird, Hazel	18	356	Utah State Universit	-	22:50.00	3:05.00	6:07.3	3:48.3
25 Mayfield, Emery	17	370	Unattached MO	-	23:00.00	3:15.00	6:10.0	3:50.0
26 Martinez, Laila	14	361	Wings of America [4	-	23:10.00	3:25.00	6:12.7	3:51.7
27 Bergman, Elsa	18	352	University of Minne	-	23:19.00	3:34.00	6:15.1	3:53.2
28 Hall, Stella	15	367	Unattached AZ	-	23:26.00	3:41.00	6:16.9	3:54.3
29 Brightwings-Pease, Karis	14	363	Unattached MT	-	23:29.00	3:44.00	6:17.7	3:54.8
30 Castillo, Madeline	16	365	Unattached CO	-	23:30.00	3:45.00	6:18.0	3:55.0
31 Hopkins, Charlotte	14	368	Unattached CA	-	23:31.00	3:46.00	6:18.3	3:55.2
32 Castillo, Lia	18	364	Unattached CO	-	24:02.00	4:17.00	6:26.6	4:00.3
33 Segay, Janessa	16	375	Unattached AZ	-	24:10.00	4:25.00	6:28.7	4:01.7
34 Chavez, Shania	17	360	Wings of America [4	-	24:12.00	4:27.00	6:29.3	4:02.0
35 Hernandez, Aylene	18	346	Hood College	-	25:36.00	5:51.00	6:51.8	4:16.0
36 Esson, Kaiden	15	366	Unattached NM	-	28:24.00	8:39.00	7:36.8	4:44.0