

LAST CHANCE XC CHAMPIONSHIPS

Clark, NJ
Oak Ridge Park
Sunday, November 17, 2024



OFFICIAL MEET REPORT
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Race #6
USATF 8k Champ - Women

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Shore AC - 50	10	1-4-5	2:04:42	41:34	9:07.0
2 CRRC - 50	17	3-6-8	2:25:46	48:36	12:09.1
3 Fleet Feet Essex - 50	18	2-7-9	2:25:19	48:27	16:29.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM
1 Rosario, Emily		205	Garden State Track	-	29:16.30	5:53.4	3:39.5
2 Tedeschi, Gianna		242	Garden State Track	-	29:59.77	6:02.1	3:45.0
3 McClarnon, Brielle		157	Garden state track	-	30:01.25	6:02.4	3:45.2
4 Wilkinson, Danielle		318	Shore AC	-	31:13.42	6:16.9	3:54.2
5 Aliaga, Hortencia		3	Garden State Track	-	32:03.78	6:27.1	4:00.5
6 Rozhko, Elena		208	Garden State Track	-	32:06.60	6:27.6	4:00.8
7 La Burt, Suzanne		126	Shore AC	-	32:39.33	6:34.2	4:04.9
8 Raia, Cassandra		342	RVRR	-	33:56.42	6:49.7	4:14.6
9 Rehe, Taylor		291	RVRR	-	34:47.78	7:00.1	4:21.0
10 BERGMAN, Lindsay		26	Shore AC	-	35:16.33	7:05.8	4:24.5
11 Hullen, Kari		319	Shore AC	-	36:09.56	7:16.5	4:31.2
12 Keenan, Rebecca		112	Shore AC - 50	1	36:12.29	7:17.1	4:31.5
13 Huggins, Kathy		288	GSTC	-	36:15.24	7:17.7	4:31.9
14 Vonckx, Mary		262	Essex Running Clu	-	38:25.29	7:43.8	4:48.2
15 Ricker, Pamela		198	Unattached	-	39:01.63	7:51.2	4:52.7
16 Gitin, Nancy		79	Fleet Feet Essex -	2	39:09.89	7:52.8	4:53.7
17 Fahrenfeld, Nicole		57	RVRR	-	41:10.87	8:17.2	5:08.9
18 Vieira, Elisa		259	CRRC - 50	3	41:56.05	8:26.2	5:14.5
19 Polilli, Jill		187	Raritan Valley Road	-	42:47.60	8:36.6	5:21.0
20 Nowicki, Leslie		169	Shore AC - 50	4	43:10.04	8:41.1	5:23.8
21 Prorock-Rogers, Christine		192	RVRR	-	44:06.84	8:52.6	5:30.9
22 Bontempo, Erin		277	RVRR	-	44:11.68	8:53.5	5:31.5
23 Stirrat, Susan		235	Shore AC - 50	5	45:19.25	9:07.1	5:39.9
24 Foote, Raquel		67	CRRC	-	47:59.63	9:39.4	6:00.0
25 Brown, Jo Ann		35	North Jersey maste	-	48:37.22	9:47.0	6:04.7
26 Ravines, Luz Gladys		348	Shore AC	-	48:57.25	9:51.0	6:07.2
27 Marmora, Antoinette		149	CRRC - 50	6	49:44.05	10:00.4	6:13.0
28 Williams, Rosemary		267	Fleet Feet Essex -	7	50:28.85	10:09.4	6:18.6
29 sarabando, Lucy		290	CRRC - 50	8	54:05.12	10:52.9	6:45.6
30 Torres, Mellie		249	Fleet Feet Essex -	9	55:39.53	11:11.9	6:57.4
31 Geist, Roberta		75	Morris County Strid	-	56:11.58	11:18.4	7:01.4
32 Brunish, Bonnie		36	Unattached	-	57:50.33	11:38.3	7:13.8
33 Holusha, Carla		102	Morris County Strid	-	1:02:30.8	12:34.7	7:48.9
34 Mc Hale, Margaret		156	Central Jersey Roa	-	1:07:22.4	13:33.4	8:25.3
35 Bernstein, Debra H.		27	Morris County Strid	-	1:07:27.3	13:34.4	8:25.9
-- Rothman, Diane		207	Shore AC - 50	-	DNF	---	---