

Race #4: Girls Elite

2024 VA XC Showcase
Pole Green Park
October 19, 2024

Place	Athlete	Yr.	#	Team	1K	1k(P)	1M	1m(P)	2K	2k(P)	3K	3k(P)	2M	2m(P)	2.2M	2.2m(P)	4K	4k(P)	Time	Pace	Score							
1	Cheeseman, Abby Faith	SR	4571	The Webb School Of Bell Buckle	03:26.0	7	↑4	05:22.1	3	↑1	06:43.3	2	↑1	10:02.9	1	↔	10:49.2	1	↔	13:05.0	1	↔	13:25.2	1	↔	16:48.7	05:24.3	--
2	Pierce, Elaina	JR	808	Charlottesville	03:24.3	1	↔	05:20.8	1	↔	06:40.3	1	↓1	10:03.5	2	↔	10:49.8	2	↔	13:30.7	2	↔	13:28.2	2	↔	16:54.7	05:26.3	1
3	Stegall, Claire	SR	3310	Nolensville High School	03:25.1	3	↑1	05:21.9	2	↓1	06:44.0	3	↔	10:10.5	3	↔	10:58.2	3	↓1	11:40.0	4	↑1	13:37.8	3	↔	16:57.1	05:27.0	--
4	Barton, Caroline	SR	657	Carolina Day School	03:24.4	2	↓2	05:22.4	4	↓1	06:44.3	5	↑1	10:11.9	4	↔	10:58.6	4	↑1	11:39.5	3	↓1	13:38.1	4	↔	17:01.3	05:28.4	--
5	Loescher, Kate	SR	921	Colonial Forge	03:25.7	6	↓2	05:24.4	8	↑2	06:46.9	6	↑1	10:13.2	5	↔	11:00.3	5	↔	11:41.5	5	↔	13:40.3	5	↔	17:04.0	05:29.3	2
6	Wilmes, Elyse	SR	1263	Father Tolton Regional Catholic	03:26.4	9	↑2	05:24.3	7	↔	06:47.2	7	↔	10:15.3	7	↔	11:03.4	7	↑1	11:45.0	6	↔	13:44.0	6	↔	17:09.5	05:31.0	3
7	Chaney, Kerrigan	SR	3320	North Cross	03:25.6	5	↔	05:22.4	5	↑1	06:44.1	4	↓2	10:15.1	6	↔	11:03.1	6	↓1	11:45.8	7	↔	13:44.5	7	↔	17:09.6	05:31.1	--
8	Dingman, Kasey	JR	2372	Lake Norman	03:26.0	8	↓1	05:25.1	9	↔	06:47.9	9	↑1	10:17.9	8	↔	11:05.7	8	↔	11:47.0	8	↔	13:45.2	8	↔	17:15.7	05:33.0	--
9	Gruendel, Petra	9	2069	James W. Robinson	03:30.9	22	↑7	05:31.7	15	↑4	06:54.7	11	↑1	10:24.9	10	↔	11:13.0	10	↔	11:54.6	10	↑1	13:56.2	9	↔	17:25.0	05:36.0	4
10	Elliott, Caroline	JR	4095	South Lakes	03:28.0	11	↓1	05:31.5	12	↓2	06:55.9	14	↓1	10:29.4	15	↑3	11:17.2	12	↓1	11:59.6	13	↑2	13:59.4	11	↑1	17:25.3	05:36.1	5
11	Dickel, Marika	SR	4166	Spotswood	03:29.1	14	↔	05:31.6	14	↑1	06:55.6	13	↑1	10:29.0	12	↓1	11:17.4	13	↑1	11:59.5	12	↔	13:59.9	12	↑1	17:27.4	05:36.8	6
12	Dickel, Ashland	SR	4165	Spotswood	03:29.1	16	↑3	05:31.6	13	↑2	06:55.6	12	↓1	10:29.0	13	↓2	11:17.7	15	↑1	11:59.8	14	↑1	14:00.6	13	↑1	17:31.2	05:38.0	7
13	Lowman, Kiera	JR	182	Alleghany	03:28.7	13	↑3	05:29.0	10	↔	06:52.6	10	↓1	10:26.8	11	↔	11:15.6	11	↔	11:58.1	11	↓3	14:00.7	14	↑1	17:35.4	05:39.4	--
14	Tribett, Caroline	SR	1403	Gainesville High School	03:25.4	4	↓2	05:23.7	6	↓2	06:47.2	8	↓1	10:22.4	9	↔	11:11.3	9	↔	11:54.1	9	↓1	13:58.0	10	↓4	17:36.9	05:39.8	8
15	Kelly, Vivian	SR	1478	Georgetown Visitation Preparator	03:28.2	12	↓4	05:31.7	16	↑1	06:56.2	15	↑1	10:29.2	14	↔	11:17.7	14	↓1	12:00.4	15	↓1	14:06.8	16	↑1	17:38.5	05:40.4	9
16	BRUCH, Whitney	JR	3181	National Cathedral	03:31.6	24	↑1	05:37.1	25	↑2	07:03.1	23	↑2	10:38.4	21	↔	11:27.8	21	↔	12:09.2	21	↑3	14:09.0	18	↑2	17:40.4	05:41.0	10
17	Bird, Karina	SO	2066	James W. Robinson	03:31.4	23	↑5	05:32.2	18	↑1	06:56.8	17	↑1	10:30.3	16	↔	11:18.6	16	↔	12:01.4	16	↑1	14:04.1	15	↓2	17:42.7	05:41.7	11
18	Anstett, Abigail	SO	1473	Georgetown Visitation Preparator	03:27.9	10	↓1	05:31.4	11	↓5	06:56.8	16	↓1	10:33.9	17	↓2	11:24.1	19	↔	12:07.2	19	↑2	14:08.7	17	↓1	17:43.9	05:42.1	12
19	Miller, Morgan	JR	1265	First Flight	03:30.0	20	↓1	05:33.1	21	↔	06:58.6	21	↑2	10:34.7	19	↑1	11:23.7	18	↔	12:06.3	18	↓1	14:10.3	19	↔	17:46.4	05:42.9	--
20	Jaeger, Kate	SO	3030	Midlothian High School	03:29.1	15	↓7	05:33.1	22	↔	06:58.9	22	↑4	10:34.6	18	↑1	11:22.0	17	↔	12:06.6	17	↓4	14:11.7	21	↑1	17:47.0	05:43.1	13
21	Van Der Weide, Kiki	SR	1976	James Madison	03:29.1	17	↔	05:32.1	17	↓3	06:57.7	20	↔	10:35.4	20	↔	11:24.6	20	↔	12:08.0	20	↔	14:10.9	20	↓1	17:48.3	05:43.5	14
22	Bird, Alexandra	SO	2065	James W. Robinson	03:34.5	32	↑3	05:41.1	29	↑1	07:08.4	28	↑2	10:50.3	26	↑1	11:40.5	25	↔	12:23.5	25	↑2	14:27.0	23	↑1	18:02.2	05:48.0	15
23	Mikhin, Lydia	SR	1965	James Madison	03:31.7	25	↓1	05:38.0	26	↑1	07:06.5	25	↑1	10:48.5	24	↔	11:39.6	24	↔	12:23.1	24	↓1	14:27.7	25	↑2	18:02.6	05:48.1	16
24	Wall, Violet	SR	2205	Jefferson Christian Academy HS	03:29.3	18	↓2	05:32.8	20	↑2	06:57.3	18	↓5	10:41.3	23	↔	11:33.5	23	↔	12:18.8	23	↓1	14:27.0	24	↔	18:05.8	05:49.1	--
25	Snider, Sylvia	SR	1795	Hereford High School	03:29.6	19	↔	05:32.6	19	↔	06:57.6	19	↓3	10:38.9	22	↔	11:29.1	22	↔	12:13.1	22	↔	14:20.2	22	↓3	18:06.5	05:49.4	--
26	Harris, Virginia	SO	862	Collegiate	03:38.4	40	↑5	05:47.5	35	↔	07:17.0	35	↑3	10:59.1	32	↓1	11:50.3	33	↔	12:33.5	33	↑4	14:36.8	29	↑3	18:09.3	05:50.3	17
27	Lopez, Ariana	JR	2071	James W. Robinson	03:34.1	31	↑1	05:41.2	30	↔	07:08.9	30	↑5	10:50.2	25	↓1	11:40.7	26	↔	12:25.1	26	↔	14:31.3	26	↑1	18:09.3	05:50.3	18
28	Bayler, Annabel	JR	3906	Saint Catherine's	03:32.3	26	↑3	05:36.5	23	↓1	07:04.8	24	↓3	10:53.0	27	↔	11:43.5	27	↔	12:27.3	27	↔	14:35.6	27	↓1	18:14.2	05:51.8	--
29	Blaszak, Bridget	SR	854	Collegiate	03:41.9	52	↑15	05:47.9	37	↓1	07:17.3	38	↑8	10:57.6	30	↔	11:49.5	30	↔	12:32.4	30	↑2	14:36.6	28	↓1	18:15.5	05:52.3	19
30	Simon, Catalina	SR	4105	South Lakes	03:38.3	39	↑1	05:48.0	38	↑4	07:16.4	34	↑1	10:59.7	33	↑1	11:50.0	32	↔	12:32.7	32	↑1	14:38.1	31	↑1	18:16.3	05:52.5	20
31	Reed, Mariah	9	829	Christiansburg	03:32.4	27	↔	05:38.6	27	↔	07:08.2	27	↓1	10:53.6	28	↔	11:45.5	28	↔	12:29.6	28	↓2	14:38.0	30	↑1	18:20.2	05:53.8	21
32	Johnson, Maraid	SR	3120	Morgantown	03:40.9	46	↓2	05:50.6	48	↑4	07:19.9	44	↑6	11:02.1	38	↔	11:52.5	38	↑3	12:35.8	35	↑1	14:40.9	34	↑2	18:23.2	05:54.7	22
33	Pierce, Juliana	9	809	Charlottesville	03:30.1	21	↓3	05:37.1	24	↓5	07:08.8	29	↓2	10:58.4	31	↔	11:49.6	31	↔	12:32.5	31	↓2	14:40.2	33	↔	18:24.0	05:55.0	23
34	Greenlund, Megan	SO	572	Briar Woods	03:36.7	34	↑1	05:47.1	33	↔	07:16.2	33	↓4	11:01.8	37	↔	11:52.3	37	↑1	12:36.1	36	↔	14:44.5	36	↑2	18:24.4	05:55.1	24
35	Zimmerman, Claire	9	2373	Lake Norman	03:53.3	105	↑38	05:59.5	67	↑7	07:27.7	60	↑16	11:09.3	44	↓1	12:00.1	45	↑1	12:44.1	44	↑2	14:50.4	42	↑7	18:26.5	05:55.8	--
36	Connolly, Chloe	JR	3343	North Shore	03:41.4	49	↑3	05:50.4	46	↑1	07:20.0	45	↑4	11:05.5	41	↑1	11:56.0	40	↓1	12:40.6	41	↑1	14:48.3	40	↑4	18:27.0	05:55.9	25
37	O'Shea, Faith	SR	1399	Gainesville High School	03:43.1	59	↑8	05:51.7	51	↑2	07:21.3	49	↑7	11:05.7	42	↑1	11:56.4	41	↑1	12:40.3	40	↑1	14:47.2	39	↑2	18:27.3	05:56.0	26
38	Mancini, Hayley	9	4172	Spotswood	03:32.4	28	↔	05:39.7	28	↑2	07:07.5	26	↓3	10:55.9	29	↔	11:47.2	29	↔	12:31.7	29	↓3	14:40.2	32	↓6	18:27.4	05:56.1	27
39	Crow, Addison	SR	310	Atlee	03:40.9	45	↑4	05:48.6	41	↑5	07:17.1	36	↑2	11:01.0	34	↔	11:51.7	34	↔	12:35.6	34	↓1	14:43.5	35	↓4	18:28.8	05:56.5	28
40	Kenny, Joanna	JR	3344	North Shore	03:40.6	43	↓1	05:49.2	44	↑3	07:18.7	41	↑2	11:02.6	39	↔	11:54.9	39	↔	12:39.0	39	↑1	14:47.1	38	↓2	18:30.0	05:56.9	29
41	Ritter, Emerson	JR	4933	Western Albemarle	03:32.7	30	↓1	05:42.5	31	↔	07:13.2	31	↓4	11:01.0	35	↓1	11:52.0	36	↓2	12:36.7	38	↓3	14:48.7	41	↔	18:30.7	05:57.1	--
42	Dahl, Emily	JR	2141	Jamestown	03:47.7	83	↓1	06:02.9	84	↑18	07:29.8	66	↑21	11:09.4	45	↑1	11:59.5	44	↑1	12:43.9	43	↓2	14:53.9	45	↑3	18:31.5	05:57.4	30
43	Ambrose, Carissa	SO	301	Atlee	03:43.4	61	↑14	05:50.6	47	↑4	07:18.9	43	↑7	11:01.5	36	↑1	11:51.9	35	↓2	12:36.3	37	↔	14:53.8	37	↓6	18:31.6	05:57.4	31
44	Logsdon, Ariana	JR	4828	Wanwick	03:46.0	70	↑7	05:56.9	63	↑7	07:26.2	56	↑7	11:11.3	49	↑2	12:02.9	47	↑1	12:46.6	46	↑2	14:53.8	44	↔	18:33.7	05:58.1	--
45	Taylor, Madison	SR	1260	Father Tolton Regional Catholic	03:37.0	36	↓4	05:48.6	40	↓6	07:20.4	46	↔	11:10.1	46	↔	12:02.2	46	↓1	12:47.2	47	↓1	14:57.3	48	↑3	18:38.7	05:59.7	32
46	Shiffler, Dagny	SR	3958	Shipleigh School	03:50.3	90	↑8	06:02.6	82	↑11	07:31.1	71	↑12	11:17.4	59	↑1	12:08.3	58	↑1	12:51.6	57	↑11	14:56.7	46	↔	18:40.8	06:00.4	--
47	Folkes, Kayla	SO	1264	First Flight	03:49.6	86	↑17	05:59.9	69	↑6	07:28.5	63	↑9	11:20.6	54	↑3	12:04.4	51	↔	12:49.1	51	↑2	14:57.5	49	↑2	18:41.4	06:00.6	--
48	Mancini, Suzanna	JR	2282	Kettle Run	03:37																							

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56	Whitson, Avery	9	16	Abingdon High School	03:46.5	74	↑6	05:59.6	68	↓2	07:30.9	70	↑6	11:22.3	64	↑3	12:14.1	61	↑1	12:57.8	60	↔	15:08.8	60	↑4	18:50.7	06:03.6	40
57	Floyd, Hannah	SR	3889	Riverside High School	03:42.1	53	↑1	05:52.3	52	↑1	07:23.7	51	↓1	11:12.0	52	↑3	12:03.9	49	↔	12:48.7	49	↓4	15:00.8	53	↓4	18:52.7	06:04.2	41
58	Bartsch, Frederika	JR	3410	Ocean Lakes	03:40.5	42	↓1	05:48.9	43	↑4	07:18.0	39	↓8	11:10.8	47	↓1	12:03.8	48	↓4	12:49.3	52	↔	15:00.6	52	↓6	18:54.1	06:04.7	42
59	Cates, Noelle	SO	2541	Loudoun Valley	03:37.5	37	↓12	05:50.8	49	↓3	07:24.4	52	↓14	11:25.0	66	↓2	12:19.4	68	↔	13:04.9	68	↑6	15:12.1	62	↑3	18:54.9	06:04.9	43
60	Pendley, Ava	JR	923	Colonial Forge	03:44.6	63	↑6	05:54.6	57	↑4	07:24.8	53	↓3	11:13.0	56	↓1	12:05.7	57	↑3	12:51.2	54	↑1	15:01.5	55	↑3	18:55.1	06:05.0	44
61	Joyner, Peyton	SO	4169	Spotswood	03:32.7	29	↑3	05:44.4	32	↔	07:16.2	32	↓16	11:11.3	48	↓5	12:04.8	53	↓3	12:51.4	56	↔	15:04.0	56	↓5	18:56.6	06:05.5	45
62	Prince, Rachel	JR	1747	Greenbrier Christian Academy	03:53.4	108	↑18	06:06.2	90	↑1	07:37.8	89	↑17	11:27.2	72	↑1	12:19.8	71	↑4	13:04.9	67	↑1	15:13.1	66	↑4	18:57.6	06:05.8	--
63	Sadr, Sophia	JR	2838	Maury High School	03:46.8	78	↑14	05:57.4	64	↑2	07:28.4	62	↑4	11:17.1	58	↓1	12:09.0	59	↔	12:53.9	59	↔	15:05.1	59	↓4	18:58.4	06:06.0	46
64	Ryan, Aya	JR	4103	South Lakes	03:46.0	69	↑4	05:59.0	65	↓4	07:30.9	69	↑4	11:24.1	65	↔	12:17.0	65	↓1	13:04.3	66	↓1	15:14.0	67	↑3	18:58.5	06:06.1	47
65	Bryant, Cora	SO	2659	Maggie Walker	03:42.7	56	↓4	05:55.6	60	↑3	07:26.5	57	↓5	11:21.4	62	↔	12:14.6	62	↑1	12:58.1	61	↔	15:10.2	61	↑4	18:59.0	06:06.2	48
66	Viet, Makaylin	JR	1261	Father Tolton Regional Catholic	03:42.5	55	↓6	05:56.0	61	↓3	07:28.7	64	↑3	11:21.3	61	↓2	12:15.2	63	↔	13:01.1	63	↓5	15:15.0	68	↑2	18:59.9	06:06.5	49
67	Visioni, Sofia	SR	3880	Riverbend High School	03:46.7	77	↓3	06:02.5	80	↑2	07:35.1	74	↑1	11:31.0	77	↓2	12:24.3	79	↑3	13:09.6	76	↑2	15:21.9	74	↑7	19:02.7	06:07.4	50
68	Long, Riley	SO	1395	Gainesville High School	03:51.5	96	↑7	06:05.8	89	↑1	07:37.8	88	↑2	11:35.1	86	↑3	12:26.3	83	↑4	13:11.4	79	↑2	15:23.2	77	↑9	19:03.4	06:07.7	51
69	Waggoner, Amelia	JR	326	Atlee	03:43.1	60	↑4	05:54.4	56	↓2	07:26.8	58	↓2	11:17.8	60	↔	12:11.7	60	↓2	12:58.4	62	↓1	15:12.1	63	↓6	19:05.0	06:08.2	52
70	Holloway, Lee Lee	9	1143	Douglas Freeman	03:51.1	95	↑12	06:02.6	83	↑3	07:35.4	80	↑9	11:27.0	71	↑4	12:18.8	67	↓2	13:04.9	69	↑4	15:12.8	65	↓5	19:06.1	06:08.5	53
71	Crook, Abigail	JR	1739	Great Bridge High School	03:51.1	94	↑3	06:06.6	91	↓3	07:40.4	94	↑10	11:34.0	84	↑2	12:26.2	82	↓1	13:13.1	83	↑8	15:22.9	75	↑4	19:07.3	06:08.9	--
72	Dikhans, Tess	JR	524	Blacksburg High School	03:46.3	73	↑7	05:59.1	66	↓2	07:30.0	68	↔	11:25.6	68	↓2	12:19.4	70	↓2	13:06.3	72	↓1	15:20.9	73	↑1	19:09.6	06:09.6	54
73	Wallace, Callie	SR	2749	Maret School	03:57.6	139	↑42	06:08.9	97	↑7	07:38.3	90	↑14	11:29.8	76	↑2	12:22.0	74	↔	13:07.6	74	↑2	15:20.2	72	↓1	19:09.9	06:09.7	--
74	Humbert, Kelsie	9	573	Briar Woods	03:46.9	79	↑4	06:01.6	75	↓4	07:35.3	79	↔	11:31.5	79	↑2	12:23.8	77	↔	13:10.4	77	↓1	15:25.3	78	↑4	19:11.5	06:10.3	55
75	Rakov, Lauren	SR	3421	Ocean Lakes	03:46.7	78	↓3	06:02.2	79	↓4	07:35.8	83	↑1	11:32.1	82	↑1	12:25.8	81	↓1	13:12.3	82	↓2	15:27.7	84	↑9	19:11.6	06:10.3	56
76	Scott, Magdelene	JR	1742	Great Bridge High School	03:43.0	58	↑3	05:54.1	55	↔	07:26.1	55	↓8	11:21.8	63	↓1	12:16.7	64	↔	13:03.7	64	↓5	15:16.4	69	↓7	19:12.5	06:10.6	--
77	Laroski, Lily	9	3191	National Cathedral	03:45.2	65	↓9	06:01.2	74	↓1	07:33.7	75	↑1	11:28.3	74	↑1	12:21.4	73	↑2	13:05.5	71	↑1	15:17.8	70	↓7	19:12.7	06:10.6	57
78	Morra, Olivia	SR	3877	Riverbend High School	03:44.6	62	↓14	06:01.7	76	↔	07:34.3	76	↓7	11:32.9	83	↓1	12:27.2	84	↔	13:14.4	84	↑4	15:26.7	80	↑2	19:13.5	06:10.9	58
79	Hawkins, Allison	SO	3117	Morgantown	03:55.0	120	↑12	06:11.2	108	↑7	07:44.8	101	↑4	11:39.4	97	↑5	12:33.1	92	↓1	13:19.4	93	↑6	15:30.4	87	↑8	19:13.8	06:11.0	59
80	Gilhooley, Teagan	JR	313	Atlee	03:50.0	88	↑1	06:03.6	87	↑15	07:32.0	72	↑3	11:38.8	69	↑3	12:17.9	66	↑1	13:04.3	65	↓6	15:18.7	71	↓9	19:14.3	06:11.2	60
81	Haines, Nettie	JR	2147	Jamestown	03:56.9	130	↑14	06:12.8	116	↑14	07:45.0	102	↑8	11:39.0	94	↑4	12:31.8	90	↑4	13:16.4	86	↑1	15:28.3	85	↑4	19:14.3	06:11.2	61
82	Kelly, Helena	9	1477	Georgetown Visitation Preparator	03:41.8	51	↓11	05:56.6	62	↓3	07:28.9	65	↓2	11:25.3	67	↓2	12:19.4	69	↓4	13:07.1	73	↓6	15:25.5	79	↓3	19:14.6	06:11.3	62
83	Hawkins, Lauren	SO	3118	Morgantown	03:54.4	113	↑7	06:10.9	106	↑3	07:45.1	103	↑2	11:37.4	91	↓2	12:33.3	93	↑2	13:19.1	91	↑10	15:27.1	81	↓2	19:15.1	06:11.4	63
84	Larimer, Kaylin	SO	826	Christiansburg	03:56.3	127	↑10	06:13.3	117	↑9	07:47.0	108	↑15	11:38.8	93	↓5	12:34.2	98	↑3	13:20.0	95	↑9	15:29.7	86	↑2	19:16.5	06:11.9	64
85	Ferrell, Rosie	SO	860	Collegiate	03:53.3	106	↑2	06:09.9	104	↑13	07:38.9	91	↑11	11:31.7	80	↑5	12:23.0	75	↔	13:09.2	75	↓1	15:23.0	76	↓9	19:17.0	06:12.0	65
86	Toro, Julia	SR	2923	McLean	03:41.1	48	↓10	05:54.9	58	↓9	07:30.6	67	↓8	11:29.1	75	↓3	12:24.0	78	↔	13:10.9	78	↓4	15:27.8	82	↓4	19:22.1	06:13.7	66
87	Carlson, Avery	9	1503	Glen Allen High School	03:59.2	149	↑14	06:16.3	135	↑24	07:47.5	111	↑12	11:40.3	99	↑5	12:33.3	94	↑2	13:19.1	92	↑4	15:31.7	88	↑1	19:23.6	06:14.1	67
88	Shields, Ivey	JR	2684	Maggie Walker	03:52.9	103	↓4	06:11.2	107	↔	07:46.5	107	↑2	11:48.4	105	↓1	12:43.0	106	↑3	13:29.4	103	↑2	15:40.8	101	↑13	19:24.6	06:14.5	68
89	Brennan, Luca	9	1474	Georgetown Visitation Preparator	03:45.4	68	↓5	06:01.1	73	↓4	07:34.8	77	↓11	11:37.0	88	↓7	12:33.3	95	↓2	13:21.4	97	↔	15:37.5	97	↑8	19:24.6	06:14.5	69
90	Gormsen, Nora	9	1476	Georgetown Visitation Preparator	03:46.0	71	↔	06:00.7	71	↓10	07:35.6	81	↓8	11:37.3	89	↓8	12:33.6	97	↑1	13:20.5	96	↑1	15:36.0	95	↑5	19:25.6	06:14.8	70
91	Sheils, Carly	SR	2682	Maggie Walker	03:49.7	87	↓1	06:04.3	88	↑2	07:36.6	86	↓10	11:39.2	96	↑8	12:31.6	88	↓2	13:18.4	90	↓4	15:34.5	94	↑3	19:26.2	06:15.0	71
92	White, Jenna	JR	577	Briar Woods	03:45.0	64	↓6	06:00.0	70	↓4	07:32.8	74	↓4	11:31.3	78	↓2	12:24.6	80	↓1	13:12.2	81	↓2	15:27.6	83	↓9	19:27.2	06:15.3	72
93	Brennan, Sabrina	9	1475	Georgetown Visitation Preparator	03:45.3	66	↓6	06:00.7	72	↓12	07:36.0	84	↓6	11:37.3	90	↓6	12:33.6	96	↓2	13:22.0	98	↓1	15:38.4	99	↑6	19:28.4	06:15.7	73
94	Christy, Caroline	JR	3868	Riverbend High School	03:46.7	75	↓3	06:02.0	78	↓7	07:36.1	85	↓2	11:36.5	87	↔	12:30.7	87	↓1	13:17.6	88	↓8	15:37.0	96	↓2	19:28.8	06:15.8	74
95	Ohara-Wood, Sydney	SR	320	Atlee	03:51.9	97	↓1	06:09.0	98	↑2	07:42.2	96	↑1	11:39.0	95	↑4	12:33.1	91	↓3	13:19.8	94	↑2	15:34.0	92	↑3	19:29.6	06:16.1	75
96	Davies, Lillian	JR	2661	Maggie Walker	03:42.7	57	↓28	06:03.0	85	↓2	07:36.8	87	↓5	11:38.0	92	↑3	12:31.7	89	↔	13:17.6	89	↓4	15:34.3	93	↓3	19:32.2	06:16.9	76
97	Bey, Lyndia	JR	3077	Monacan High School	03:36.9	35	↓18	05:52.9	53	↓6	07:27.5	59	↓22	11:31.9	81	↓4	12:28.6	85	↓2	13:16.4	87	↓4	15:33.0	91	↓6	19:32.3	06:16.9	77
98	Bakker, Elaina	SO	10	Abingdon High School	03:53.6	109																						

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112	Templeman, Alana	SO	4013	Sidwell Friends School	04:03.2	170	↑19	06:22.5	151	↑6	07:57.6	145	↑16	11:55.4	129	↑2	12:50.4	127	↑5	13:35.7	122	↑10	15:51.4	112	↔	19:46.7	06:21.6	92
113	Kesterson, Sarah	SO	1257	Father Tolton Regional Catholic	03:54.7	116	↓3	06:13.3	119	↓4	07:50.1	123	↑5	11:51.7	118	↑2	12:46.8	116	↓1	13:34.3	117	↑4	15:51.7	113	↔	19:46.8	06:21.6	93
114	Perrone, Kayla	9	1259	Father Tolton Regional Catholic	03:55.2	121	↑7	06:12.7	114	↓8	07:50.0	122	↑2	11:52.4	120	↑1	12:47.5	119	↑1	13:34.8	118	↑4	15:52.0	114	↔	19:46.9	06:21.6	94
115	Boughton, Kelsey	JR	1501	Glen Allen High School	04:07.6	201	↑26	06:27.4	175	↑24	07:59.5	151	↑19	11:57.4	132	↑1	12:51.7	131	↑4	13:37.6	127	↑7	15:53.8	120	↑5	19:47.6	06:21.9	95
116	Harrison, Hannah Kate	JR	1141	Douglas Freeman	04:00.0	152	↑24	06:15.3	128	↑11	07:49.2	117	↑10	11:49.3	107	↑2	12:42.6	105	↓3	13:30.6	108	↑3	15:46.9	105	↑11	19:47.7	06:21.9	96
117	Renner, Sophie	SR	3122	Morgantown	03:56.2	126	↑8	06:13.3	118	↑9	07:47.3	109	↑6	11:46.3	103	↔	12:41.1	103	↓1	13:29.7	104	↑1	15:45.9	103	↓14	19:49.0	06:22.3	97
118	Wheeler, Addison	SR	1262	Father Tolton Regional Catholic	03:54.7	118	↑6	06:12.3	112	↓9	07:49.7	121	↑2	11:52.1	119	↓1	12:47.5	120	↔	13:34.9	120	↑4	15:52.4	116	↓2	19:51.3	06:23.1	98
119	Tardy, Ava	SR	1974	James Madison	03:52.3	99	↓11	06:11.9	110	↓5	07:48.8	115	↓1	11:51.5	116	↓7	12:48.3	123	↓2	13:37.3	125	↓3	15:58.2	128	↑9	19:52.1	06:23.3	99
120	Eidelman, Meghan	9	3840	Reagan	03:53.8	111	↓14	06:14.8	125	↓5	07:51.1	130	↔	11:56.2	130	↔	12:51.4	130	↔	13:40.1	130	↑3	15:58.1	127	↑7	19:54.2	06:24.0	100
121	Sissoko, Khadija	SR	3423	Ocean Lakes	03:54.3	112	↑1	06:12.2	111	↓5	07:49.0	116	↑7	11:50.1	109	↓1	12:44.2	110	↓1	13:32.2	111	↓7	15:52.9	118	↓3	19:54.5	06:24.1	101
122	Coutinho, Madison	JR	2067	James W. Robinson	03:54.7	117	↑2	06:12.8	115	↑1	07:48.8	114	↓10	11:53.0	124	↓1	12:49.7	125	↓1	13:37.5	126	↑7	15:52.9	119	↓3	19:54.7	06:24.1	102
123	Rotell, Ava	SR	3893	Riverside High School	03:55.5	123	↑3	06:13.6	120	↓5	07:50.4	125	↓6	11:56.4	131	↓1	12:52.7	132	↑1	13:40.9	131	↔	16:00.1	131	↑8	19:55.1	06:24.3	103
124	Gordon, Emily	9	3890	Riverside High School	03:58.8	145	↓2	06:20.8	147	↑9	07:55.2	138	↑5	11:59.1	133	↔	12:55.2	133	↑1	13:42.7	132	↔	16:00.9	132	↑8	19:55.2	06:24.3	104
125	Shearer, Hailey	SR	2169	Jamestown	03:57.0	133	↑9	06:14.3	124	↑6	07:49.6	118	↑6	11:50.4	112	↑5	12:43.4	107	↑1	13:30.3	106	↓1	15:47.6	107	↓18	19:55.7	06:24.5	105
126	Montgomery, Madeline	SR	3091	Monacan High School	03:57.2	135	↓18	06:22.8	153	↓3	08:00.5	156	↑7	12:06.3	149	↑1	13:01.4	148	↑4	13:49.1	144	↑5	16:07.6	139	↑13	19:56.6	06:24.8	106
127	Schneider, Sophia	JR	3124	Morgantown	04:02.1	163	↑3	06:23.6	160	↑3	08:00.7	157	↑14	12:04.2	143	↑3	12:59.7	140	↑1	13:47.6	139	↑6	16:04.1	133	↑6	19:57.2	06:25.0	107
128	Greenfield, Elis	SR	571	Briar Woods	03:46.1	72	↓5	06:01.8	77	↓5	07:35.8	82	↓19	11:40.7	101	↔	12:36.9	101	↔	13:27.4	101	↓10	15:50.2	111	↑7	19:58.9	06:25.5	108
129	Griggs, Ruby	SR	527	Blacksburg High School	03:57.7	140	↓1	06:18.8	141	↓2	07:56.6	143	↑2	12:03.7	141	↓1	12:59.9	142	↑8	13:46.7	134	↓1	16:05.5	135	↑6	19:59.3	06:25.6	109
130	Gomez, Riley	SR	3413	Ocean Lakes	03:50.8	92	↓7	06:09.2	99	↓1	07:44.4	100	↓10	11:50.4	110	↓8	12:47.1	118	↓1	13:34.9	119	↓7	15:57.0	126	↓4	19:59.7	06:25.8	110
131	Flachner, Shannon	JR	4982	Wheatley School	03:52.6	102	↑2	06:09.5	100	↓4	07:45.7	104	↔	11:47.1	104	↓5	12:43.6	109	↓3	13:32.4	112	↓5	15:52.9	117	↓14	19:59.7	06:25.8	--
132	Hayter, Evelyn	JR	2670	Maggie Walker	03:57.6	138	↓2	06:13.8	140	↑3	07:54.2	137	↓10	12:05.4	147	↑8	12:59.6	139	↓4	13:48.2	143	↑1	16:08.9	142	↑10	20:01.6	06:26.4	111
133	Myers, Lillian	9	4174	Spotswood	03:57.2	134	↔	06:16.3	134	↑8	07:50.8	126	↑9	11:51.5	117	↑5	12:45.1	112	↓3	13:33.8	115	↓14	15:58.3	129	↓4	20:02.0	06:26.5	112
134	Ha, Irene	JR	4097	South Lakes	03:53.3	107	↑6	06:09.9	101	↑3	07:43.6	98	↓8	11:48.6	106	↓8	12:45.5	114	↔	13:33.5	114	↓10	15:56.4	124	↓10	20:02.5	06:26.7	113
135	Schulte, Hannah	JR	538	Blacksburg High School	03:58.2	143	↔	06:19.3	143	↑3	07:56.3	140	↓5	12:04.3	145	↑4	12:59.7	141	↑6	13:47.0	135	↓2	16:06.3	137	↑2	20:03.3	06:26.9	--
136	Mecom, Addison	JR	828	Christiansburg	03:56.9	131	↑10	06:13.8	121	↑1	07:49.7	120	↓7	11:54.4	127	↓2	12:51.1	129	↔	13:39.9	129	↓1	15:59.3	130	↓6	20:04.4	06:27.3	114
137	Phelps, Ella	JR	2551	Loudoun Valley	03:47.6	81	↓5	06:03.3	86	↓7	07:39.8	93	↓9	11:43.5	102	↔	12:40.8	102	↓3	13:30.0	105	↓17	15:54.1	122	↓15	20:04.9	06:27.4	115
138	Oh, Lily	SO	3892	Riverside High School	03:58.6	144	↔	06:20.3	146	↔	07:58.0	146	↑4	12:03.9	142	↓1	12:59.9	143	↑3	13:47.8	140	↑2	16:06.6	138	↔	20:05.5	06:27.6	116
139	Boyles, Annabelle	9	3020	Midlothian High School	03:59.1	147	↓2	06:22.9	154	↓1	08:00.5	155	↑9	12:04.7	146	↔	13:01.0	146	↑1	13:49.1	145	↑5	16:08.1	140	↑1	20:07.1	06:28.1	117
140	Limao, Isabel	SR	4004	Sidwell Friends School	04:02.5	166	↑16	06:22.2	150	↑6	07:57.4	144	↑6	12:02.7	138	↑1	12:58.8	137	↓1	13:47.3	138	↑4	16:04.6	134	↓6	20:07.9	06:28.4	118
141	Smith, Scarlett	SR	926	Colonial Forge	04:06.1	190	↑11	06:27.5	179	↑11	08:03.2	168	↑15	12:08.5	153	↑2	13:04.1	151	↑2	13:51.7	149	↑6	16:09.2	143	↑2	20:08.2	06:28.5	119
142	Popp, Lucy	SO	2553	Loudoun Valley	04:02.2	165	↑4	06:23.8	161	↓3	08:02.7	164	↓4	12:14.5	168	↓1	13:11.3	169	↑3	13:59.6	166	↑6	16:18.1	160	↑18	20:10.8	06:29.3	120
143	Dwight, Campbell	SR	4002	Sidwell Friends School	04:03.0	169	↑17	06:22.5	152	↑11	07:56.5	141	↑2	12:03.1	139	↑1	12:59.4	138	↓3	13:47.8	141	↑5	16:05.9	136	↓7	20:12.5	06:29.9	121
144	Gagen, Alanna	9	1139	Douglas Freeman	04:09.6	212	↑15	06:32.5	197	↑13	08:08.5	184	↑17	12:14.2	167	↑4	13:10.2	163	↑3	13:57.5	160	↑11	16:15.3	149	↑11	20:13.1	06:30.1	122
145	Walker, Sydney	SO	2926	McLean	03:47.2	80	↓23	06:09.9	103	↓24	07:50.8	127	↓13	12:03.4	140	↓5	13:00.8	145	↓2	13:50.8	147	↓4	16:15.4	151	↑6	20:13.6	06:30.2	123
146	Riley, Olivia	JR	3123	Morgantown	04:00.5	154	↓1	06:23.1	155	↓5	08:01.9	160	↔	12:11.5	160	↑5	13:06.6	155	↑2	13:55.2	153	↑5	16:14.7	148	↑2	20:14.1	06:30.4	124
147	Sowers, Stella	SO	1145	Douglas Freeman	04:09.4	210	↑11	06:32.5	199	↑16	08:08.2	183	↑17	12:14.1	166	↑2	13:10.2	164	↑3	13:57.5	161	↑9	16:15.4	152	↑5	20:14.7	06:30.6	125
148	Wright, Cecilia	JR	3206	National Cathedral	03:59.2	148	↓15	06:24.1	163	↑16	07:58.2	147	↑3	12:04.3	144	↓3	13:01.2	147	↑1	13:49.5	146	↑1	16:12.4	145	↓3	20:15.6	06:30.9	126
149	Antoine, Gabi	JR	1950	James Madison	03:52.3	100	↓22	06:14.2	122	↓13	07:52.6	135	↑1	12:00.8	134	↓2	12:58.6	136	↓1	13:47.1	137	↓7	16:09.7	144	↓5	20:15.6	06:30.9	127
150	Wangen, Eva	SO	3425	Ocean Lakes	04:06.1	189	↑17	06:27.1	172	↑1	08:04.3	171	↑8	12:12.7	163	↑3	13:09.7	160	↑2	13:57.1	158	↑4	16:16.9	154	↑4	20:16.3	06:31.1	128
151	Lewis, Anne	SO	865	Collegiate	04:04.3	178	↑2	06:27.4	176	↑11	08:02.7	165	↑9	12:10.5	156	↑2	13:06.1	154	↑2	13:54.0	152	↑5	16:14.3	147	↑4	20:17.3	06:31.4	129
152	Navas, Carly	SO	4102	South Lakes	04:06.7	194	↑14	06:27.8	180	↑11	08:03.6	169	↓4	12:15.8	173	↑1	13:12.5	172	↑2	14:01.0	170	↑6	16:19.9	164	↑12	20:17.7	06:31.5	130
153	Pardue, Makenna	9</																										

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168	Singh, Jasmine	SR	4012	Sidwell Friends School	04:03.7	172	↑13	06:23.4	159	↑7	07:59.7	152	↔	12:08.3	152	↓1	13:05.2	153	↓1	13:55.5	154	↓4	16:17.9	158	↓10	20:30.6	06:35.7	145
169	Junkerman, Islah	9	3087	Monacan High School	04:00.5	155	↓3	06:23.4	158	↔	08:01.1	158	↑7	12:07.7	151	↑2	13:03.7	149	↓2	13:52.4	151	↓6	16:17.8	157	↓12	20:31.2	06:35.9	146
170	Abldso, Tessa	9	3112	Morgantown	04:02.1	161	↓5	06:26.3	166	↓7	08:04.7	173	↑3	12:15.1	170	↓1	13:11.7	171	↑6	13:59.6	165	↓1	16:22.1	166	↓4	20:32.5	06:36.3	--
171	MASCOTT, Avery	JR	3194	National Cathedral	04:03.9	174	↔	06:27.2	174	↓7	08:07.1	181	↔	12:19.4	181	↔	13:17.4	181	↔	14:06.8	181	↑1	16:33.3	180	↑9	20:32.9	06:36.4	147
172	Andresky, Samantha	SO	2132	Jamestown	04:06.7	193	↔	06:31.5	193	↑4	08:12.5	189	↔	12:27.2	189	↑4	13:23.1	185	↑1	14:12.6	184	↑2	16:35.1	182	↑10	20:33.2	06:36.5	148
173	Dorn, Aleah	SR	11	Abingdon High School	03:52.1	98	↓7	06:09.9	105	↓26	07:51.3	131	↓17	12:05.9	148	↓4	13:05.0	152	↓3	13:56.2	155	↓12	16:22.4	167	↓6	20:37.2	06:37.8	149
174	Barber, Alexis	JR	3865	Riverbend High School	03:48.7	84	↓11	06:08.1	95	↓11	07:46.5	106	↓19	11:53.1	125	↓1	12:50.4	126	↓7	13:43.5	133	↓39	16:25.3	172	↓2	20:38.2	06:38.1	150
175	Coyne, Caitlyn	JR	308	Atlee	04:07.4	198	↔	06:32.5	198	↑2	08:13.6	196	↑9	12:26.2	187	↑1	13:23.2	186	↑1	14:13.0	185	↑2	16:36.2	183	↑8	20:40.1	06:38.7	151
176	Bolin, Abbee	JR	2852	May River High School	04:02.7	167	↑10	06:23.3	157	↑3	08:00.3	154	↓10	12:12.7	164	↓4	13:11.1	168	↑1	14:00.4	167	↓7	16:32.9	174	↓2	20:40.7	06:38.9	152
177	Bartlett, Harper	SO	2536	Loudoun Valley	04:02.1	160	↓7	06:26.3	167	↓8	08:04.7	175	↓5	12:18.3	180	↑1	13:16.6	179	↑2	14:03.5	177	↑4	16:26.0	173	↓4	20:41.7	06:39.3	153
178	Kincaid, Acadia	JR	2546	Loudoun Valley	03:57.0	132	↓13	06:20.3	145	↓18	08:02.6	163	↓11	12:15.8	174	↓4	13:15.7	178	↓1	14:05.5	179	↓2	16:34.2	181	↑3	20:47.1	06:41.0	154
179	Green, Olivia	9	1740	Great Bridge High School	04:00.9	157	↓11	06:26.7	168	↓4	08:04.6	172	↓7	12:18.1	179	↓1	13:16.9	180	↔	14:06.3	180	↑1	16:33.3	179	↔	20:47.1	06:41.0	--
180	Bakker, Clara	9	9	Abingdon High School	04:06.4	192	↓8	06:32.7	200	↑3	08:13.9	197	↑5	12:29.9	192	↑1	13:26.6	191	↔	14:17.8	191	↑6	16:39.5	185	↑5	20:47.5	06:41.1	155
181	Willard, Isabella	SO	2076	James W. Robinson	04:04.3	177	↓17	06:31.5	194	↑9	08:08.8	185	↑1	12:24.7	184	↑1	13:22.2	183	↔	14:12.5	183	↓1	16:37.0	184	↑3	20:47.8	06:41.2	156
182	Ackerman, Wren	SR	790	Charlottesville	04:04.8	180	↓12	06:30.9	192	↓6	08:13.9	198	↑7	12:29.4	191	↑3	13:24.3	188	↔	14:15.4	188	↔	16:41.9	188	↑6	20:47.9	06:41.3	157
183	Curtis, Sydney	9	3022	Midlothian High School	04:01.6	159	↑6	06:26.1	165	↓17	08:07.3	182	↔	12:21.6	182	↔	13:21.0	182	↔	14:11.7	182	↓4	16:40.3	186	↑3	20:50.1	06:42.0	158
184	Laraway, Alina	JR	2676	Maggie Walker	03:55.3	122	↓20	06:19.1	142	↓11	07:59.8	153	↓24	12:16.5	177	↔	13:14.1	177	↓1	14:04.3	178	↔	16:32.9	178	↓6	20:50.7	06:42.7	159
185	Askew, Paige	JR	3839	Reagan	03:53.8	110	↓21	06:15.5	131	↓8	07:55.6	139	↓20	12:11.5	159	↓8	13:10.9	167	↓6	14:02.3	173	↓4	16:31.7	177	↓8	20:52.4	06:42.7	160
186	Soderholm, Lea	SR	4107	South Lakes	03:58.8	129	↓15	06:19.5	144	↓6	07:59.2	150	↓21	12:15.1	171	↓3	13:13.2	174	↓2	14:03.0	176	↑1	16:30.0	175	↓11	20:54.4	06:43.3	161
187	Ninou, Mikaela	SO	3891	Riverside High School	04:17.6	240	↑12	06:45.9	228	↑1	08:30.9	227	↑17	12:46.3	210	↑3	13:44.4	207	↑3	14:31.8	204	↑9	16:53.9	195	↑8	20:57.6	06:44.4	162
188	Friesen, Jane	SO	801	Charlottesville	04:05.6	184	↓3	06:30.1	187	↓5	08:13.2	192	↑2	12:29.0	190	↔	13:25.4	190	↔	14:16.2	190	↔	16:43.8	190	↑2	20:58.7	06:44.7	163
189	Ballard, Grace	JR	823	Christiansburg	04:03.9	175	↓10	06:28.1	185	↑5	08:06.9	180	↓6	12:25.7	186	↓1	13:24.0	187	↔	14:14.4	187	↔	16:41.4	187	↓2	20:59.5	06:45.0	164
190	Burnett, Katie	SR	1502	Glen Allen High School	04:07.6	199	↑10	06:30.6	189	↑2	08:11.8	187	↓7	12:33.4	194	↔	13:32.6	194	↔	14:24.5	194	↓3	16:54.3	197	↑7	20:59.8	06:45.1	165
191	Simmonds, Zoe	SR	3845	Reagan	03:54.4	114	↓25	06:17.8	139	↓22	08:02.0	161	↓22	12:23.7	183	↓1	13:22.8	184	↓2	14:13.7	186	↓3	16:43.3	189	↓2	21:01.4	06:45.6	166
192	Blackwood, Ellie	SO	853	Collegiate	04:13.1	224	↑4	06:43.2	220	↑4	08:24.5	216	↑1	12:47.6	215	↑7	13:44.4	208	↑1	14:35.6	207	↑1	17:02.6	206	↑14	21:04.1	06:46.5	167
193	Bolin, Chloe	9	2853	May River High School	04:08.6	208	↑3	06:34.7	205	↑2	08:15.4	203	↑2	12:37.9	201	↔	13:37.7	201	↔	14:30.3	201	↑5	16:54.2	196	↑3	21:05.5	06:46.9	168
194	Johnson, Emily	SR	1392	Gainesville High School	04:17.3	239	↓5	06:50.4	244	↑9	08:33.1	235	↑12	12:51.9	223	↑4	13:48.6	219	↑4	14:38.8	215	↑11	17:00.5	204	↑10	21:05.6	06:46.9	169
195	Martin, Abigail	JR	2677	Maggie Walker	04:00.0	159	↓35	06:29.0	186	↓7	08:13.2	193	↓4	12:35.5	197	↓3	13:37.4	200	↑2	14:28.6	198	↓5	16:58.7	203	↑8	21:05.8	06:47.0	--
196	Bedford, Ashley	SR	305	Atlee	04:06.8	197	↑2	06:31.8	195	↔	08:13.5	195	↑7	12:26.9	188	↓4	13:27.0	192	↔	14:18.4	192	↑1	16:44.1	191	↓5	21:06.8	06:47.3	170
197	Satterfield, Ava Grace	SO	4104	South Lakes	04:00.5	153	↓11	06:24.5	164	↓14	08:06.1	179	↓7	12:25.4	185	↓4	13:24.4	189	↔	14:15.7	189	↓3	16:48.6	192	↓5	21:07.0	06:47.4	171
198	Aguirre, Emilia	JR	3336	North Shore	04:05.6	183	↓13	06:32.2	196	↓3	08:14.1	199	↔	12:36.9	199	↑1	13:36.2	198	↓1	14:28.7	199	↑1	16:55.0	198	↔	21:08.1	06:47.7	172
199	Conner, Gracie	SR	824	Christiansburg	04:08.2	205	↓2	06:35.9	207	↑3	08:17.3	204	↑4	12:37.3	200	↑3	13:36.1	197	↑1	14:28.0	196	↑2	16:52.6	194	↓5	21:08.4	06:47.8	173
200	Wilson, Campbell	JR	1743	Great Bridge High School	04:09.8	215	↑14	06:32.7	201	↑1	08:14.4	200	↑7	12:32.1	193	↔	13:30.2	193	↔	14:21.6	193	↔	16:50.3	193	↓7	21:10.6	06:48.6	--
201	Cassidy, Charlotte	9	568	Briar Woods	04:08.3	207	↓1	06:36.1	208	↑2	08:19.4	206	↓1	12:43.1	207	↑2	13:42.1	205	↓1	14:33.3	206	↑6	16:55.6	200	↓1	21:11.8	06:48.9	174
202	Klaimon, Eleanore	JR	3843	Reagan	04:02.1	162	↓28	06:30.6	190	↓11	08:15.0	201	↑3	12:36.7	198	↓1	13:36.6	199	↓1	14:29.2	200	↓1	16:56.3	201	↓1	21:11.8	06:48.9	175
203	SCHNEIDER, Hannah	SO	3197	National Cathedral	04:04.3	176	↓7	06:28.1	183	↓8	08:13.0	191	↓4	12:34.2	195	↔	13:35.0	195	↔	14:27.7	195	↓4	16:55.1	199	↓4	21:13.9	06:49.6	176
204	Destefano, Ava	SR	3024	Midlothian High School	04:10.7	217	↑2	06:39.0	215	↑2	08:21.5	213	↓1	12:47.3	214	↑3	13:45.5	211	↑3	14:37.3	208	↓1	17:04.0	209	↑5	21:14.5	06:49.8	177
205	Harwood, Riley	SO	3028	Midlothian High School	04:07.8	203	↑15	06:30.4	188	↓6	08:13.4	194	↓2	12:34.8	196	↔	13:35.7	196	↓1	14:28.0	197	↓5	16:58.1	202	↓3	21:16.6	06:50.5	178
206	Webster, Ava	SR	3894	Riverside High School	04:17.8	242	↑10	06:46.4	232	↑6	08:30.8	226	↑10	12:47.8	216	↑1	13:47.4	215	↑3	14:38.2	212	↑4	17:03.3	208	↑2	21:17.3	06:50.7	179
207	Nuckols, Maggie	SO	3032	Midlothian High School	04:11.4	220	↑1	06:43.0	219	↓2	08:29.3	221	↑3	12:48.0	218	↑1	13:46.9	214	↑3	14:38.0	211	↔	17:04.8	211	↑4	21:20.4	06:51.7	180
208	Lidey, Gabi	JR	2856	May River High School	04:09.8	214	↑2	06:37.6	212	↑1	08:21.1	211	↑6	12:41.9	205	↑1	13:41.5	204	↓1	14:32.7	205	↓2	17:03.0	207	↓1	21:20.6	06:51.8	181
209																												

Race #4: Girls Elite

2024 VA XC Showcase
Pole Green Park
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224	Thomas, Sarah	9	2922	McLean	04:10.7	218	↑1	06:40.1	217	↓2	08:26.9	219	↓1	12:51.1	220	↓1	13:51.7	221	↓1	14:45.8	222	↓3	17:18.3	225	↑1	21:39.5	06:57.8	194
225	Miller, Emily	JR	1396	Gainesville High School	04:17.8	243	↑1	06:50.3	242	↑3	08:33.9	239	↑15	12:52.1	224	↑2	13:53.2	222	↓2	14:46.4	224	↑2	17:16.7	222	↓3	21:40.3	06:58.1	195
226	Kirkland, Emily	JR	1393	Gainesville High School	04:17.6	241	↓4	06:50.5	245	↑9	08:33.5	236	↑10	12:53.3	226	↔	13:54.1	226	↑3	14:46.4	223	↑3	17:16.2	220	↓6	21:41.2	06:58.4	196
227	Thiessen, Josephine	JR	15	Abingdon High School	04:13.3	226	↓3	06:46.0	229	↓3	08:32.6	232	↔	12:58.9	232	↔	13:59.9	232	↑1	14:50.8	231	↑1	17:19.7	230	↑3	21:42.1	06:58.7	197
228	Minkiewicz, Sophie	JR	1479	Georgetown Visitation Preparator	04:14.2	228	↓5	06:46.5	233	↑4	08:31.8	229	↓7	13:01.1	236	↑2	14:01.0	234	↑1	14:53.5	235	↑1	17:26.8	234	↑6	21:43.0	06:59.0	198
229	Hong, Stella	SO	1958	James Madison	04:14.5	230	↔	06:46.1	230	↑7	08:30.0	223	↓5	12:53.7	228	↔	13:54.7	228	↓2	14:48.0	230	↑2	17:19.0	228	↓1	21:43.2	06:59.0	--
230	Howell, Madeline	SO	3873	Riverbend High School	03:57.8	142	↓7	06:21.3	149	↓10	08:01.4	159	↑1	12:11.5	158	↓7	13:10.7	165	↓4	14:00.8	169	↓7	16:30.2	176	↓54	21:43.2	06:59.0	199
231	Hooper, Madeleine	SO	2833	Maury High School	04:06.7	195	↓18	06:37.9	213	↓1	08:21.7	214	↓15	12:54.0	229	↑2	13:54.2	227	↑1	14:46.8	226	↔	17:18.5	226	↓5	21:45.4	06:59.7	200
232	Gray, Emily	SO	314	Atlee	04:07.8	204	↔	06:33.7	204	↓6	08:20.9	210	↓11	12:51.2	221	↓2	13:53.5	223	↓4	14:47.2	227	↑6	17:23.1	233	↑1	21:51.8	07:01.8	--
233	Chow, Brenice	JR	3021	Midlothian High School	04:10.6	216	↔	06:39.0	216	↑1	08:22.8	215	↑2	12:47.0	213	↔	13:46.0	213	↑4	14:37.5	209	↓5	17:11.9	214	↓19	21:52.6	07:02.1	--
234	Haskins, Addisyn	JR	2832	Maury High School	04:05.7	185	↓29	06:38.7	214	↓3	08:25.5	217	↓14	12:57.6	231	↔	13:59.0	231	↓3	14:52.3	234	↓1	17:31.5	235	↑1	21:55.3	07:02.9	201
235	Baucum, Rowan	JR	2135	Jamestown	04:18.6	245	↑4	06:50.2	241	↓1	08:36.8	242	↑3	13:04.2	239	↑1	14:06.2	238	↔	14:59.4	238	↑1	17:35.3	237	↑2	21:58.2	07:03.9	202
236	Calhoun, Ophelia	SO	3182	National Cathedral	04:03.9	173	↓9	06:28.0	181	↓8	08:12.7	190	↓12	12:39.2	202	↓4	13:43.1	206	↓10	14:39.0	216	↓7	17:16.7	223	↑3	21:59.6	07:04.3	--
237	Masri, Mira	JR	804	Charlottesville	04:13.2	225	↓9	06:47.0	234	↑1	08:33.1	233	↓2	13:01.1	235	↓2	14:03.3	237	↔	14:58.5	237	↑1	17:33.9	236	↓1	22:02.9	07:05.4	203
238	Wallace, Nora	SR	873	Collegiate	04:21.1	248	↑1	06:57.3	247	↔	08:43.9	247	↑1	13:15.5	246	↑2	14:17.4	244	↓1	15:12.8	245	↑1	17:50.0	244	↑6	22:07.6	07:06.9	--
239	D&E™ Souza, Rianna	9	569	Briar Woods	04:13.9	227	↓10	06:48.4	237	↓4	08:36.2	241	↔	13:08.9	241	↑1	14:11.3	240	↔	15:07.2	240	↓1	17:44.3	241	↑2	22:09.9	07:07.6	204
240	Hinton, Sophie	JR	2911	McLean	04:11.5	221	↓2	06:44.2	223	↓2	08:30.7	225	↓13	13:04.0	238	↓1	14:07.3	239	↔	15:02.0	239	↔	17:42.5	239	↓1	22:10.5	07:07.8	205
241	Hill, Charlotte	9	825	Christiansburg	04:20.6	246	↔	06:56.1	246	↔	08:43.6	246	↑3	13:12.5	243	↔	14:14.5	243	↑1	15:09.1	242	↑2	17:44.1	240	↓1	22:12.1	07:08.3	--
242	Walters, Emersen	JR	2859	May River High School	04:12.1	223	↑2	06:43.7	221	↓10	08:32.1	231	↓3	13:00.4	234	↓2	14:02.6	236	↔	14:56.6	236	↓2	17:38.3	238	↓4	22:14.8	07:09.2	206
243	Brissenden, Riley	9	3341	North Shore	04:11.9	222	↓4	06:45.4	226	↓11	08:33.7	237	↑3	13:08.6	240	↓1	14:14.0	241	↓2	15:09.8	243	↑1	17:46.8	242	↓1	22:15.1	07:09.3	207
244	Bohannon, Heidi	9	3078	Monacan High School	04:14.8	233	↓7	06:49.8	240	↓4	08:37.8	244	↑2	13:10.7	242	↔	14:14.2	242	↑1	15:08.7	241	↓4	17:50.6	245	↑1	22:26.0	07:12.8	208
245	Smith, Reagan	SO	14	Abingdon High School	04:22.3	249	↑1	06:59.2	248	↔	08:48.6	248	↓1	13:34.5	249	↔	14:37.9	249	↔	15:30.5	249	↔	18:08.7	249	↑4	22:27.0	07:13.1	209
246	Kearney, Ashlyn	9	3088	Monacan High School	04:15.7	235	↓3	06:49.4	238	↓5	08:37.6	243	↓4	13:16.1	247	↑1	14:18.9	246	↔	15:15.8	246	↔	18:00.2	246	↔	22:28.8	07:13.7	210
247	Talamo, Michela	JR	3351	North Shore	04:14.6	231	↑8	06:49.5	239	↓6	08:38.1	245	↔	13:14.8	245	↔	14:17.9	245	↑1	15:12.0	244	↑1	17:47.1	243	↓4	22:29.1	07:13.8	211
248	Arena, Kristen	SR	3337	North Shore	04:08.8	209	↓13	06:43.7	222	↓12	08:33.1	234	↓10	13:13.8	244	↓3	14:19.7	247	↔	15:17.0	247	↔	18:02.0	247	↓1	22:33.6	07:15.2	212
249	Younica, Elly	SO	2176	Jamestown	04:24.3	253	↑4	07:03.4	249	↓1	08:52.0	250	↑2	13:26.8	248	↔	14:28.9	248	↔	15:24.5	248	↔	18:04.3	248	↓1	22:48.3	07:20.0	--
250	Dickel, Reyna	9	4167	Spotswood	04:25.4	255	↑5	07:04.7	250	↑1	08:49.8	249	↓1	13:35.2	250	↔	14:42.5	250	↔	15:35.9	250	↔	18:18.4	250	↔	22:56.3	07:22.5	--
251	Sweigart, Brooke	SR	2857	May River High School	04:20.8	247	↓4	07:05.1	251	↔	08:57.6	251	↓2	13:50.0	253	↑1	14:57.8	252	↔	15:55.2	252	↔	18:41.0	252	↑1	23:15.9	07:28.8	213
252	Sharma, Siya	9	576	Briar Woods	04:24.0	252	↓5	07:09.6	257	↑2	09:03.2	255	↑1	13:52.3	254	↔	14:58.8	254	↑1	15:56.1	253	↓1	18:48.4	254	↑2	23:19.7	07:30.1	214
253	Davis, Jamie	JR	1389	Gainesville High School	04:22.7	250	↓2	07:06.0	252	↔	08:59.4	252	↑1	13:44.5	251	↔	14:50.2	251	↔	15:48.7	251	↔	18:37.3	251	↓2	23:22.9	07:31.1	215
254	White, Victoria	SR	578	Briar Woods	04:23.8	251	↓4	07:09.0	255	↑1	09:03.1	254	↓1	13:53.5	255	↑2	14:58.4	253	↓1	15:56.2	254	↑1	18:45.7	253	↓1	23:29.6	07:33.2	--
255	Traylor, Elizabeth	SO	2840	Maury High School	04:27.4	257	↑1	07:09.4	256	↔	09:03.9	256	↔	13:54.1	256	↑1	14:59.3	255	↔	15:57.2	255	↔	18:48.6	255	↔	23:36.7	07:35.5	216
256	Taylor, Nia	SR	2858	May River High School	04:26.0	256	↑3	07:07.3	253	↔	09:02.7	253	↑1	13:49.9	252	↓4	14:59.5	256	↔	16:03.9	256	↔	18:55.9	256	↔	23:46.5	07:38.7	217
257	walker, elise	SR	2925	McLean	04:25.0	254	↔	07:07.9	254	↓3	09:04.8	257	↔	14:01.2	257	↔	15:08.1	257	↔	16:06.7	257	↔	18:58.1	257	↔	23:58.2	07:42.4	218
258	McGhee, Sol	JR	2836	Maury High School	04:40.7	258	↔	07:39.2	258	↔	09:32.2	258	↔	14:50.5	258	↔	16:02.7	258	↔	17:03.7	258	↔	20:01.8	258	↔	25:06.7	08:04.5	219