



Race #2
Womens 4k

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Virginia	18	1-2-3-5-7(8)(14)	1:07:18	13:28	0:20.9
2 William & Mary	59	4-11-12-15-17(30)(33)	1:10:04	14:01	0:40.4
3 Richmond	88	13-16-18-19-22(25)(27)	1:11:19	14:16	0:23.5
4 American	106	10-20-21-24-31(47)(48)	1:11:52	14:23	0:47.6
5 James Madison	157	23-28-32-35-39(41)(44)	1:13:28	14:42	0:21.4
6 Longwood	172	9-29-38-46-50(53)(54)	1:13:47	14:46	1:26.1
7 George Mason	174	6-34-40-42-52(59)(70)	1:13:44	14:45	1:46.7
8 Christopher Newport	240	26-43-56-57-58(66)(71)	1:16:31	15:19	1:03.5
9 VCU	273	36-49-61-63-64(65)(73)	1:17:21	15:29	1:00.8
10 Hampton	293	37-55-62-67-72(74)(82)	1:18:26	15:42	1:31.9
11 Mary Washington	345	45-68-76-77-79(80)(84)	1:21:01	16:13	1:32.3
12 Marymount (Va.)	388	60-75-81-83-89(91)(93)	1:24:36	16:56	2:42.3
13 St. Mary's (Md.)	405	69-78-85-86-87(88)(92)	1:25:42	17:09	1:32.7
14 Virginia State	426	51-90-94-95-96(97)	1:44:04	20:49	8:37.7

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. km	1K	2K	3K
1 KERMES, Stella	SO	467	Virginia	1	13:17.3	5:20.2	3:19.3	3:21.6	6:44.1	10:04.0
2 EUDALY, Mary Ellen	JR	466	Virginia	2	13:20.0	5:21.3	3:20.0	3:17.8	6:43.7	10:04.1
3 WOEHLCKE, Ella	SO	472	Virginia	3	13:26.1	5:23.7	3:21.5	3:21.6	6:48.1	10:14.9
4 IRONS, Perry	SR	1482	William & Mary	4	13:34.8	5:27.2	3:23.7	3:24.6	6:57.8	10:19.3
5 DESOUSA, Cate	JR	464	Virginia	5	13:35.7	5:27.6	3:23.9	3:21.6	6:44.3	10:06.5
6 SEMPLE, Ella	SR	460	George Mason	6	13:36.4	5:27.9	3:24.1	3:21.6	6:48.8	10:15.0
7 OLESEN, Tatum	SO	468	Virginia	7	13:38.2	5:28.6	3:24.6	3:21.6	6:49.0	10:16.4
8 PAYNE, Katie	FR	469	Virginia	(8)	13:40.8	5:29.6	3:25.2	3:21.6	6:48.5	10:15.9
9 FARLEY, Sophie	SO	382	Longwood	9	13:51.9	5:34.1	3:28.0	3:21.6	6:47.9	10:19.7
10 BROCHU, Shealyn	FR	1442	American	10	13:53.6	5:34.8	3:28.4	3:25.2	6:58.6	10:29.1
11 TSAI, Jennifer	JR	1486	William & Mary	11	14:00.9	5:37.7	3:30.2	3:25.4	7:01.7	10:33.7
12 SUTTERFIELD, Kelly Ann	SR	1485	William & Mary	12	14:02.5	5:38.4	3:30.6	3:25.9	7:00.2	10:32.4
13 MUNIZ, Hallie	SO	312	Richmond	13	14:04.6	5:39.2	3:31.2	3:25.5	6:58.0	10:28.9
14 STEWART, Clark	JR	471	Virginia	(14)	14:09.6	5:41.2	3:32.4	3:22.4	6:57.4	10:33.3
15 GYPSON, Maddie	SO	1488	William & Mary	15	14:10.0	5:41.4	3:32.5	3:24.4	7:02.0	10:39.6
16 DORSEY, Katie	SR	465	Virginia	-	14:10.5	5:41.6	3:32.6	3:23.0	7:01.0	10:38.8
17 FENN, Mollie	JR	307	Richmond	16	14:13.1	5:42.6	3:33.3	3:25.6	7:02.1	10:38.4
18 ZNAJDA, Veronica	FR	1487	William & Mary	17	14:15.2	5:43.5	3:33.8	3:30.6	7:06.7	10:44.4
19 STREBEL, Lily	FR	318	Richmond	18	14:15.6	5:43.6	3:33.9	3:28.7	7:01.9	10:39.7
20 RUBIO, Phoebe	JR	315	Richmond	19	14:17.1	5:44.2	3:34.3	3:28.0	7:01.7	10:40.0
21 COLAVITO, Emma	FR	1444	American	20	14:18.4	5:44.7	3:34.6	3:26.0	6:59.1	10:35.5
22 DRAGO, Lydia	FR	1445	American	21	14:25.4	5:47.6	3:36.4	3:21.6	6:58.4	10:43.0
23 BEIKE, Avery	SO	305	Richmond	22	14:28.1	5:48.6	3:37.0	3:29.5	7:09.2	10:50.6
24 WALTERS, Sidney	JR	497	James Madison	23	14:30.8	5:49.7	3:37.7	3:44.3	7:31.4	11:05.3
25 STAIGER, Sophia	SR	1458	American	24	14:32.8	5:50.5	3:38.2	3:30.9	7:12.1	10:52.1
26 COHEN, Addie	SO	306	Richmond	(25)	14:33.2	5:50.7	3:38.3	3:29.2	7:11.2	10:53.9

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Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K
27 DAKE, Sarah	JR	349	Christopher Newpor	26	14:35.1	5:51.4	3:38.8	3:27.6	7:11.3	10:54.7
28 SHIELDS, Lydia	FR	316	Richmond	(27)	14:35.6	5:51.6	3:38.9	3:30.2	7:10.7	10:53.0
29 MYERS, Taylor	SO	493	James Madison	28	14:36.7	5:52.1	3:39.2	3:45.0	7:31.6	11:07.9
30 MORLEY, Kirsten	SO	390	Longwood	29	14:37.7	5:52.5	3:39.4	3:23.4	7:06.7	10:54.0
31 HAVLICK, Adele	SO	304	Richmond	-	14:39.3	5:53.1	3:39.8	3:30.6	7:13.2	10:56.9
32 DAWSON, Celia	SO	1481	William & Mary	(30)	14:39.6	5:53.3	3:39.9	3:30.6	7:10.2	10:56.8
33 HUDSON, Charlotte	SO	308	Richmond	-	14:40.1	5:53.5	3:40.0	3:28.4	7:08.8	10:55.8
34 STEPP, Alyson	FR	317	Richmond	-	14:40.3	5:53.5	3:40.1	3:30.2	7:10.4	10:55.7
35 RECTOR, Zoe	SO	1454	American	31	14:41.2	5:53.9	3:40.3	3:31.1	7:14.1	10:59.7
36 GIORDANO, Kristin	JR	490	James Madison	32	14:41.7	5:54.1	3:40.4	3:45.9	7:34.5	11:06.4
37 MILLER, Chloe	FR	1480	William & Mary	(33)	14:41.9	5:54.2	3:40.5	3:32.7	7:17.2	11:05.2
38 STEVENS, Hannah	FR	1484	William & Mary	-	14:43.3	5:54.7	3:40.8	3:31.7	7:13.7	10:58.5
39 DILLMAN, McKenzie	SR	453	George Mason	34	14:45.2	5:55.5	3:41.3	3:45.0	7:32.9	11:13.9
40 PAOLINO, Mia	FR	313	Richmond	-	14:46.2	5:55.9	3:41.6	3:30.4	7:15.0	11:04.5
41 COLE, Madison	SO	486	James Madison	35	14:46.5	5:56.0	3:41.6	3:44.5	7:31.6	11:13.1
42 HIGGINS, Viktoria	FR	432	VCU	36	14:46.8	5:56.1	3:41.7	3:32.8	7:13.6	11:01.2
43 BROWN, Shari	FR	1067	Hampton	37	14:49.8	5:57.3	3:42.5	3:29.8	7:15.1	11:04.8
44 KOORS, Natalie	SO	309	Richmond	-	14:50.3	5:57.6	3:42.6	3:28.1	7:09.8	10:58.1
45 O'HARA-WOOD, Sydney	FR	391	Longwood	38	14:51.3	5:58.0	3:42.8	3:31.3	7:14.9	11:03.6
46 DOBRINSKI, Tessa	JR	1475	William & Mary	-	14:51.7	5:58.1	3:42.9	3:31.9	7:18.1	11:06.7
47 GREENE, Izzy	SO	491	James Madison	39	14:52.2	5:58.3	3:43.1	3:44.7	7:31.6	11:12.0
48 ISTNICK, Sophia		542	William & Mary	-	14:52.4	5:58.4	3:43.1	3:39.4	7:29.1	11:13.1
49 MCDONALD, Allie	FR	1479	William & Mary	-	14:55.4	5:59.6	3:43.9	3:32.4	7:18.5	11:07.5
50 CLARK, Sarah	JR	451	George Mason	40	14:56.2	5:59.9	3:44.1	3:45.2	7:33.3	11:13.9
51 REIF, Brooke	SR	314	Richmond	-	14:57.2	6:00.3	3:44.3	3:26.2	7:09.1	10:59.3
52 SCARPA, Elizabeth	FR	495	James Madison	(41)	14:59.9	6:01.4	3:45.0	3:44.7	7:32.4	11:14.7
53 DONOHOE, Caroline		530	Unattached	-	15:02.0	6:02.2	3:45.5	3:36.6	7:28.3	11:16.4
54 GILMAN, Reagan	SO	1425	VMI	-	15:02.9	6:02.6	3:45.7	3:37.8	7:33.4	11:25.6
55 ELCHENKO, Brenna	JR	454	George Mason	42	15:03.1	6:02.7	3:45.8	3:45.7	7:33.4	11:15.0
56 LOPEZ, Kayla	SO	552	Christopher Newpor	43	15:04.7	6:03.3	3:46.2	3:33.7	7:19.7	11:08.1
57 GIFFORD, Alayna	JR	489	James Madison	(44)	15:06.7	6:04.1	3:46.7	3:43.7	7:31.4	11:18.0
58 HOFFMAN, Lily	SO	1093	Mary Washington	45	15:07.2	6:04.3	3:46.8	3:31.3	7:21.5	11:14.2
59 HUMPHRIES, Riley	FR	384	Longwood	46	15:07.5	6:04.5	3:46.9	3:31.3	7:19.1	11:16.1
60 LANGBAUM, Kara	SO	1448	American	(47)	15:09.1	6:05.1	3:47.3	3:34.1	7:22.2	11:17.8
61 LOREY, Samantha	FR	310	Richmond	-	15:10.5	6:05.7	3:47.6	3:33.7	7:25.7	11:19.9
62 CHALOW, Georgina	FR	1443	American	(48)	15:11.1	6:05.9	3:47.8	3:33.4	7:22.2	11:14.5
63 ORR, Charlotte	FR	1452	American	-	15:11.4	6:06.0	3:47.9	3:35.6	7:28.7	11:23.7
64 LOVUOLO, Ava	JR	311	Richmond	-	15:12.3	6:06.4	3:48.1	3:29.1	7:17.7	11:17.2
65 GARRETT, Carol-Anne	SO	488	James Madison	-	15:12.5	6:06.5	3:48.1	3:44.7	7:32.2	11:20.3
66 GIBSON, Taylor	SO	1477	William & Mary	-	15:15.9	6:07.8	3:49.0	3:33.6	7:23.7	11:19.3
67 HALL, Allyson	FR	431	VCU	49	15:16.7	6:08.2	3:49.2	3:40.6	7:33.0	11:24.2
68 SISK, Jillian	JR	1428	VMI	-	15:16.7	6:08.2	3:49.2	3:30.9	7:18.4	11:12.9
69 KELLER, Priscilla	JR	387	Longwood	50	15:18.0	6:08.7	3:49.5	3:30.6	7:20.0	11:23.5
70 JONES, Caroline	JR	1478	William & Mary	-	15:19.4	6:09.2	3:49.9	3:39.1	7:31.9	11:24.7
71 MUTURI, Rose	JR	505	Virginia State	51	15:21.3	6:10.0	3:50.3	3:31.7	7:20.7	11:20.3
72 MEADOWS, Lindsay	FR	457	George Mason	52	15:23.1	6:10.7	3:50.8	3:45.6	7:35.9	11:29.1

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73 BRADISH, Kate	SO	483	James Madison	-	15:24.2	6:11.2	3:51.1	3:44.5	7:34.2	11:31.1
74 CESTARE, Sarah	JR	485	James Madison	-	15:24.3	6:11.2	3:51.1	3:46.0	7:35.2	11:31.3
75 FORD, Faith	SO	487	James Madison	-	15:24.4	6:11.2	3:51.1	3:45.2	7:34.4	11:31.3
76 PINDER, Nicole	SR	392	Longwood	(53)	15:25.8	6:11.8	3:51.5	3:39.3	7:35.2	11:34.4
77 DAVIS, Madison	SO	381	Longwood	(54)	15:26.7	6:12.2	3:51.7	3:37.8	7:33.8	11:32.3
78 SAVAGE, Avah	FR	1071	Hampton	55	15:28.1	6:12.7	3:52.0	3:34.5	7:31.0	11:34.7
79 MILLER, Estella	JR	1450	American	-	15:28.4	6:12.9	3:52.1	3:36.3	7:29.3	11:30.4
80 RILEY, Kate	SR	1455	American	-	15:29.7	6:13.4	3:52.4	3:34.6	7:26.4	11:23.5
81 HANY, Catherine	SO	1446	American	-	15:30.6	6:13.7	3:52.7	3:37.8	7:32.2	11:33.8
82 MUDD, Courtney	JR	553	Christopher Newpor	56	15:34.5	6:15.3	3:53.6	3:30.6	7:27.6	11:30.6
83 PHILLIPS, Isabella	FR	554	Christopher Newpor	57	15:38.1	6:16.7	3:54.5	3:39.9	7:37.4	11:43.5
84 BLAND, Sarah	SO	346	Christopher Newpor	58	15:38.6	6:16.9	3:54.7	3:43.4	7:40.6	11:40.6
85 LAYTON, Samantha	SO	1427	VMI	-	15:39.9	6:17.5	3:55.0	3:46.1	7:42.5	11:39.5
86 LESTINA, Scarlett	JR	1449	American	-	15:41.2	6:18.0	3:55.3	3:33.7	7:33.8	11:39.7
87 PINON, Alexa	SO	458	George Mason	(59)	15:41.6	6:18.2	3:55.4	3:48.8	7:46.2	11:39.7
88 GROGG, Lanie	SR	383	Longwood	-	15:41.9	6:18.3	3:55.5	3:30.2	7:22.1	11:38.4
89 AMERLINCK, Brier	JR	324	Marymount (Va.)	60	15:42.1	6:18.4	3:55.5	3:47.7	7:44.0	11:45.3
90 ANDERSON, Madelyn	SO	426	VCU	61	15:42.8	6:18.6	3:55.7	3:40.2	7:41.9	11:46.4
91 TATUM, Skyler	SR	1459	American	-	15:42.9	6:18.7	3:55.7	3:37.0	7:34.7	11:37.4
92 RAINEY, Elizabeth	JR	494	James Madison	-	15:44.4	6:19.3	3:56.1	3:48.2	7:45.9	11:44.9
93 KING, Kylee	SO	1068	Hampton	62	15:44.8	6:19.4	3:56.2	3:38.5	7:38.4	11:42.6
94 KLEINHEKSEL, Ella	SR	517	Unattached	-	15:45.3	6:19.6	3:56.3	3:43.0	7:44.5	11:48.6
95 DEVLIN, Madeleine	FR	428	VCU	63	15:46.2	6:20.0	3:56.6	3:40.9	7:38.8	11:43.8
96 MILLER, Ava	SR	436	VCU	64	15:47.6	6:20.6	3:56.9	3:42.7	7:41.0	11:42.5
97 WELLS, Ysabel	FR	393	Longwood	-	15:51.4	6:22.1	3:57.9	3:41.7	7:43.4	11:47.5
98 BOLESH, Ashley		531	Unattached	-	15:52.4	6:22.5	3:58.1	3:43.1	7:41.3	11:51.2
99 MURPHY, Fiona	SO	1451	American	-	15:53.4	6:22.9	3:58.4	3:37.8	7:35.7	11:39.7
100 BOLEN, Samantha	JR	380	Longwood	-	15:53.5	6:22.9	3:58.4	3:31.6	7:34.1	11:45.6
101 KIRK, Grace	JR	1447	American	-	15:55.7	6:23.8	3:58.9	3:41.6	7:44.0	11:49.7
102 JOHANSSON, Therese	FR	433	VCU	(65)	16:00.6	6:25.8	4:00.2	3:47.9	7:52.2	11:59.3
103 BLAGG, Lena	SO	345	Christopher Newpor	(66)	16:01.3	6:26.1	4:00.3	3:43.0	7:44.0	11:52.3
104 WILSON, Mekayla	SR	1072	Hampton	67	16:01.4	6:26.1	4:00.4	3:44.2	7:49.8	12:00.1
105 FLETCHER, Eyaya	JR	1091	Mary Washington	68	16:11.1	6:30.0	4:02.8	3:52.0	8:02.4	12:10.6
106 BAUMANN, Deanna	SO	482	James Madison	-	16:13.3	6:30.9	4:03.3	3:55.8	8:03.2	12:05.8
107 MITCHELL, Ella	SO	404	St. Mary's (Md.)	69	16:15.1	6:31.6	4:03.8	3:47.1	7:54.0	12:09.0
108 PINON, Miranda	SO	459	George Mason	(70)	16:15.4	6:31.7	4:03.9	3:47.2	7:51.7	11:58.8
109 TATE, Grace	SO	496	James Madison	-	16:17.4	6:32.5	4:04.4	3:55.6	8:03.2	12:14.8
110 STREETER, Katherine	SO	558	Christopher Newpor	(71)	16:18.6	6:33.0	4:04.7	3:49.7	7:53.0	12:08.1
111 MOULTRIE, Angel	JR	1069	Hampton	72	16:21.7	6:34.3	4:05.4	3:49.9	7:57.0	12:12.7
112 KRISHNAMURTHY, Shreya	JR	435	VCU	(73)	16:22.8	6:34.7	4:05.7	3:49.7	8:04.4	12:19.3
113 WELLS, Hazel	FR	461	George Mason	-	16:25.3	6:35.7	4:06.3	3:41.7	7:49.0	12:10.1
114 YETUNDE, Olayinka	FR	1073	Hampton	(74)	16:26.5	6:36.2	4:06.6	3:45.7	7:59.7	12:17.5
115 HUGHES, Abby	JR	326	Marymount (Va.)	75	16:27.7	6:36.7	4:06.9	3:58.9	8:12.6	12:24.9
116 RYAN, Lauren	FR	556	Christopher Newpor	-	16:28.5	6:37.0	4:07.1	3:51.1	8:00.9	12:15.6
117 WHEELER, Kai	JR	394	Longwood	-	16:29.9	6:37.6	4:07.5	3:45.5	7:51.2	12:18.2
118 WALLIN, Addy	SO	1097	Mary Washington	76	16:30.2	6:37.7	4:07.6	3:52.2	8:04.6	12:18.7

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119 BRUMFIELD, Josie	SR	347	Christopher Newpor	-	16:30.9	6:38.0	4:07.7	3:41.2	7:53.2	12:24.7
120 HAMMOND, Celeste	FR	1092	Mary Washington	77	16:32.1	6:38.4	4:08.0	3:58.7	8:06.2	12:27.0
121 SCHWAB, Hannah	SR	1457	American	-	16:32.3	6:38.5	4:08.1	3:50.4	8:03.4	12:19.5
122 JOHNSON, Madison	FR	434	VCU	-	16:34.6	6:39.4	4:08.7	3:42.7	7:49.6	12:18.2
123 WACHTER, Kate	SR	406	St. Mary's (Md.)	78	16:35.4	6:39.8	4:08.9	3:50.3	8:01.7	12:20.6
124 CARTER, Rania	FR	1090	Mary Washington	79	16:39.5	6:41.4	4:09.9	3:57.6	8:06.8	12:27.7
125 ROSE, Alexis	FR	555	Christopher Newpor	-	16:41.2	6:42.1	4:10.3	3:54.1	8:06.2	12:27.7
126 DASILVA, Didi	JR	550	Christopher Newpor	-	16:45.7	6:43.9	4:11.4	3:58.3	8:12.2	12:23.8
127 WHITE, Katelyn	FR	560	Christopher Newpor	-	16:48.3	6:44.9	4:12.1	3:39.8	7:56.0	12:24.6
128 WRAY, Ava	SO	1099	Mary Washington	(80)	16:54.4	6:47.4	4:13.6	3:52.9	8:05.3	12:32.2
129 TITONE, Gabi	FR	329	Marymount (Va.)	81	16:55.1	6:47.7	4:13.8	4:00.9	8:18.1	12:41.5
130 OLIBAH, Leena	FR	437	VCU	-	16:56.5	6:48.2	4:14.1	3:42.5	7:52.2	12:22.7
131 JOHNSTON, Ella	FR	385	Longwood	-	16:58.8	6:49.2	4:14.7	3:56.0	8:15.7	12:42.2
132 RUNGE, Alannah	FR	1070	Hampton	(82)	17:05.3	6:51.8	4:16.3	3:57.8	8:12.1	12:37.5
133 PARE, Madeleine	SR	327	Marymount (Va.)	83	17:06.7	6:52.3	4:16.7	4:05.3	8:23.8	12:52.1
134 LOE, Abigail	FR	388	Longwood	-	17:15.1	6:55.7	4:18.8	3:46.2	8:08.7	12:41.9
135 KIM, Alaina	FR	551	Christopher Newpor	-	17:19.2	6:57.3	4:19.8	3:58.2	8:15.3	12:53.8
136 BUBACK, Kayla		532	Unattached	-	17:19.5	6:57.5	4:19.9	4:02.4	8:24.5	12:58.8
137 STEPHENSON, Amelia	FR	1096	Mary Washington	(84)	17:21.3	6:58.2	4:20.3	4:00.4	8:25.5	12:54.9
138 ELLIOTT, Morgan		535	Unattached	-	17:23.4	6:59.0	4:20.9	4:02.9	8:24.5	12:59.2
139 WILSON, Elle	FR	407	St. Mary's (Md.)	85	17:24.6	6:59.5	4:21.2	3:58.4	8:22.9	12:57.6
140 JOHNSTON, Emily	SO	386	Longwood	-	17:34.4	7:03.5	4:23.6	3:51.3	8:14.7	13:00.7
141 MILLER, Cassandra	SO	389	Longwood	-	17:35.1	7:03.7	4:23.8	3:57.4	8:25.1	13:05.6
142 CARTER, Weiya	JR	397	St. Mary's (Md.)	86	17:38.2	7:05.0	4:24.6	3:59.5	8:26.5	13:03.4
143 CRABTREE, Charlotte	FR	398	St. Mary's (Md.)	87	17:47.8	7:08.8	4:27.0	4:11.3	8:40.4	13:13.2
144 ARIZZI, Avery	JR	395	St. Mary's (Md.)	(88)	18:02.4	7:14.7	4:30.6	3:59.3	8:23.2	13:12.6
145 LUT, Annie		544	Unattached	-	18:12.2	7:18.6	4:33.1			
146 PUCKETT, Hannah	JR	1453	American	-	18:17.9	7:20.9	4:34.5	3:57.5	8:30.5	13:27.2
147 RICO, Cameron	JR	1094	Mary Washington	-	18:22.9	7:22.9	4:35.7	4:23.1	9:05.7	13:55.9
148 WEIRSKY, Gabrielle	SR	331	Marymount (Va.)	89	18:24.4	7:23.5	4:36.1	4:05.7	8:53.9	13:42.8
149 HAMLIN, Ananda	SO	504	Virginia State	90	18:37.3	7:28.7	4:39.3	4:01.2	8:55.3	13:50.5
150 TURNER, Kayla	FR	330	Marymount (Va.)	(91)	18:42.2	7:30.7	4:40.6	4:12.4	8:52.3	14:02.9
151 KINGSLEY, Madison	JR	403	St. Mary's (Md.)	(92)	18:44.1	7:31.4	4:41.0	4:10.2	8:56.9	13:52.4
152 RYAN, Mattea	FR	1095	Mary Washington	-	18:50.8	7:34.1	4:42.7	4:15.2	9:04.9	14:06.2
153 GEIGER, Elise	SO	399	St. Mary's (Md.)	-	18:52.9	7:35.0	4:43.2	4:16.8	9:06.3	14:02.6
154 WHITE, Kendra	SR	1098	Mary Washington	-	19:01.6	7:38.5	4:45.4	4:23.5	9:10.0	14:14.2
155 HOLSTON, Kaylee	JR	402	St. Mary's (Md.)	-	19:12.9	7:43.0	4:48.2	4:21.2	9:14.0	14:19.0
156 DELLACORTE, Elizabeth	SO	325	Marymount (Va.)	(93)	19:28.9	7:49.4	4:52.2	4:28.8	9:26.5	14:38.7
157 HODGES, Alexis	JR	401	St. Mary's (Md.)	-	20:13.5	8:07.3	5:03.4	4:31.2	9:34.2	15:01.4
158 HIEATZMAN, Molly	FR	400	St. Mary's (Md.)	-	20:16.6	8:08.6	5:04.2	4:37.9	9:49.5	15:09.6
159 PULLEN, Maria	FR	328	Marymount (Va.)	-	21:01.5	8:26.6	5:15.4	4:57.4	10:16.3	15:47.8
160 WISE, Molly		540	Unattached	-	21:03.2	8:27.3	5:15.8	5:14.3	10:48.1	16:15.8
161 CUMMINGS, Gabby		534	Unattached	-	21:34.6	8:39.9	5:23.7	5:14.0	10:48.3	16:14.9
162 SATTERWHITE, Torie	SO	507	Virginia State	94	22:33.2	9:03.5	5:38.3	4:59.6	10:22.0	17:17.8
163 HOGG, Omeika	JR	511	Virginia State	95	23:32.8	9:27.4	5:53.2	5:16.1	11:14.1	17:37.6
164 BROWN, Ahnasti	FR	503	Virginia State	96	23:59.0	9:37.9	5:59.8	4:59.9	10:37.1	18:16.9

SPIDER ALUMNI OPEN
Mechanicsville, VA
Pole Green Park
Saturday, August 30, 2025



OFFICIAL MEET REPORT
printed: 8/30/2025 10:35 AM

Race #2
Womens 4k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K
165 PHILLIPS, Sydney		538	Unattached	-	24:00.0	9:38.3	6:00.0	5:13.5	11:01.1	17:31.7
166 SATZ, Jessica	SO	405	St. Mary's (Md.)	-	24:45.6	9:56.6	6:11.4	5:39.4	11:53.7	18:12.3
167 PERRY, Mariah	FR	506	Virginia State	(97)	29:57.0	12:01.7	7:29.3	5:38.5	13:27.2	22:24.4
-- SMITH, Megan	JR	557	Christopher Newpor	-	DNF	---	---	3:53.2	8:19.8	
-- GERARD, Sydney	FR	430	VCU	-	DNF	---	---	5:14.1		
-- DURKEE, Leah	FR	429	VCU	-		---	---	3:42.3	7:43.2	11:46.7
-- DIAS, Natalia	SO	1424	VMI	-	DNF	---	---	3:57.6	8:40.4	16:06.0
-- BRUNO, Fladaina	SR	396	St. Mary's (Md.)	-	DNF	---	---	7:55.6		