

LUTHER ALL-AMERICAN INVITATIONAL

Decorah, IA
Luther College
Host: Luther College
Saturday, September 12, 2015

MEET OFFICIALS

Meet Director:
Steve Pasche
Meet Referee:
Josh Gerber
Timing:
Josh Gerber, Wayzata Results, Inc.



OFFICIAL MEET REPORT
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Race #6
Asfahl-Hauglund-Swenson All-American Race College Women
5k (College)

Final Results**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 St. Thomas (Minn.)	42	5-7-9-10-11(13)(17)	1:38:20	19:40	0:28.5
2 St. Ambrose	73	8-14-15-16-20(26)(29)	1:39:58	20:00	0:50.7
3 St. Benedict	75	1-12-19-21-22(24)(34)	1:40:17	20:04	1:36.3
4 Luther	86	4-6-23-25-28(30)(31)	1:41:06	20:14	1:48.8
5 Luther Alumni	109	2-3-32-35-37(38)(41)	1:43:58	20:48	3:08.3
6 Clarke	153	18-27-33-36-39(40)(42)	1:47:47	21:34	2:29.4

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 Morgan Pierce	JR	1417	St. Benedict	1	18:57.1	---	6:05.6	3:47.4
2 Heidi Skildum		3509	Luther Alumni	2	19:07.4	0:10.4	6:08.9	3:49.5
3 Tricia Serres		2449	Luther Alumni	3	19:14.6	0:17.6	6:11.3	3:50.9
4 Kenzie Carney	SR	1495	Luther	4	19:15.0	0:18.0	6:11.4	3:51.0
5 Katie Breuckman	SO	1457	St. Thomas (Minn.)	5	19:22.8	0:25.8	6:13.9	3:52.6
6 Anna Ryden	SR	2404	Luther	6	19:24.0	0:27.0	6:14.3	3:52.8
7 Sara Ness	SO	1478	St. Thomas (Minn.)	7	19:27.8	0:30.8	6:15.5	3:53.5
8 Ashley Plumb	JR	1377	St. Ambrose	8	19:35.0	0:38.1	6:17.8	3:55.0
9 Jenny Laundry	SO	1471	St. Thomas (Minn.)	9	19:48.1	0:51.1	6:22.0	3:57.6
10 Becca Wilkin	SO	1485	St. Thomas (Minn.)	10	19:49.8	0:52.8	6:22.6	3:57.9
11 Bridget Schmitt	JR	1482	St. Thomas (Minn.)	11	19:51.3	0:54.3	6:23.0	3:58.3
12 Allison McGraw	JR	1412	St. Benedict	12	19:54.3	0:57.3	6:24.0	3:58.8
13 Carly Scheurerman	FR	1481	St. Thomas (Minn.)	(13)	19:56.7	0:59.7	6:24.8	3:59.3
14 Keeley Knobloch	JR	1374	St. Ambrose	14	19:57.1	1:00.1	6:24.9	3:59.4
15 Chloe Gunn	JR	1372	St. Ambrose	15	19:57.8	1:00.8	6:25.1	3:59.6
16 Jenny Dickes	SO	1368	St. Ambrose	16	20:02.1	1:05.1	6:26.5	4:00.4
17 Jenny Walz	SR	1484	St. Thomas (Minn.)	(17)	20:03.3	1:06.3	6:26.9	4:00.6
18 Amber Matzoll	JR	1476	St. Thomas (Minn.)	-	20:16.2	1:19.3	6:31.1	4:03.2
19 Lauren Block		1345	Clarke	18	20:22.0	1:25.0	6:32.9	4:04.4
20 Olivia Dengel	SR	1403	St. Benedict	19	20:22.0	1:25.0	6:32.9	4:04.4
21 Karyn Paisley	SR	1376	St. Ambrose	20	20:25.7	1:28.7	6:34.1	4:05.1
22 Molly Clarke	SO	1458	St. Thomas (Minn.)	-	20:25.9	1:28.9	6:34.2	4:05.2
23 Alli Ruprecht	SO	1419	St. Benedict	21	20:29.8	1:32.8	6:35.4	4:06.0
24 Althea Gutzmann	FR	1406	St. Benedict	22	20:33.3	1:36.3	6:36.6	4:06.7
25 Vera Lindhorst	SO	2395	Luther	23	20:33.9	1:36.9	6:36.7	4:06.8
26 Melissa Marsh	SR	1474	St. Thomas (Minn.)	-	20:35.7	1:38.7	6:37.3	4:07.1
27 Ali Glassbrenner	SR	1463	St. Thomas (Minn.)	-	20:40.2	1:43.2	6:38.8	4:08.0
28 Jena Wachowiak	FR	1423	St. Benedict	(24)	20:44.2	1:47.2	6:40.1	4:08.8
29 Amelia Hornseth	FR	1500	Luther	25	20:49.1	1:52.1	6:41.6	4:09.8
30 Megan Grady	FR	1370	St. Ambrose	(26)	21:00.0	2:03.0	6:45.1	4:12.0
31 Emily Riesenber		1353	Clarke	27	21:02.9	2:05.9	6:46.1	4:12.6
32 Hannah Wright	SR	2407	Luther	28	21:03.7	2:06.8	6:46.3	4:12.7
33 Julia Giefer	JR	1462	St. Thomas (Minn.)	-	21:07.4	2:10.4	6:47.5	4:13.5
34 Abby Hammer	SR	1373	St. Ambrose	(29)	21:09.1	2:12.1	6:48.1	4:13.8
35 Abby Sears	SO	1380	St. Ambrose	-	21:09.9	2:12.9	6:48.3	4:14.0
36 Anna Kroll	FR	1470	St. Thomas (Minn.)	-	21:10.3	2:13.3	6:48.4	4:14.0

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Final Results**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
37 Meredith Robinson	SR	2403	Luther	(30)	21:11.4	2:14.4	6:48.8	4:14.3
38 Ali Crochet	FR	1459	St. Thomas (Minn.)	-	21:13.5	2:16.5	6:49.5	4:14.7
39 Emma Abernethy	FR	1492	Luther	(31)	21:16.4	2:19.4	6:50.4	4:15.3
40 Mackenzie O'Connell	FR	1479	St. Thomas (Minn.)	-	21:17.8	2:20.8	6:50.9	4:15.6
41 Mallory Rettenmeier	JR	1378	St. Ambrose	-	21:19.4	2:22.4	6:51.4	4:15.9
42 Sarah Owens		2448	Luther Alumni	32	21:20.6	2:23.6	6:51.8	4:16.1
43 Ananda Easley	JR	1498	Luther	-	21:23.9	2:26.9	6:52.8	4:16.8
44 Alex Branham		1346	Clarke	33	21:25.6	2:28.7	6:53.4	4:17.1
45 Anna Restemayer	JR	2402	Luther	-	21:26.2	2:29.2	6:53.6	4:17.2
46 Ashley Flores	SO	1405	St. Benedict	(34)	21:30.8	2:33.8	6:55.0	4:18.2
47 Sara Wall	FR	1424	St. Benedict	-	21:33.7	2:36.7	6:56.0	4:18.7
48 Sara Miller	FR	1477	St. Thomas (Minn.)	-	21:35.0	2:38.0	6:56.4	4:19.0
49 Kendal Johnson	SR	1407	St. Benedict	-	21:42.0	2:45.0	6:58.6	4:20.4
50 Morgan Dammann	SO	1460	St. Thomas (Minn.)	-	21:42.5	2:45.6	6:58.8	4:20.5
51 Emmy Buntrock	SO	1494	Luther	-	21:43.1	2:46.1	6:59.0	4:20.6
52 Sarah Adams	SO	1363	St. Ambrose	-	21:43.3	2:46.3	6:59.1	4:20.7
53 Martel DenHartog	JR	1496	Luther	-	21:44.2	2:47.2	6:59.4	4:20.8
54 Shannon Meehan	SR	2398	Luther	-	21:48.6	2:51.6	7:00.8	4:21.7
55 Gretchen Blain	FR	1493	Luther	-	21:49.1	2:52.1	7:00.9	4:21.8
56 Ann Froeschle	SR	1369	St. Ambrose	-	21:49.5	2:52.5	7:01.0	4:21.9
57 Kara Huyett	JR	1468	St. Thomas (Minn.)	-	21:53.0	2:56.0	7:02.2	4:22.6
58 Shannon Dolan	SR	1461	St. Thomas (Minn.)	-	21:54.5	2:57.5	7:02.6	4:22.9
59 Anna Klinkner	SR	1469	St. Thomas (Minn.)	-	21:56.3	2:59.3	7:03.2	4:23.3
60 Jenna Dengler		2445	Luther Alumni	35	21:59.2	3:02.2	7:04.2	4:23.8
61 Amy Brouch	FR	1364	St. Ambrose	-	22:03.4	3:06.4	7:05.5	4:24.7
62 Lauryn Pritchard	FR	1352	Clarke	36	22:05.2	3:08.2	7:06.1	4:25.0
63 Aubrey Shepard	SO	1422	St. Benedict	-	22:10.0	3:13.0	7:07.7	4:26.0
64 Ally Peters	JR	2400	Luther	-	22:10.5	3:13.5	7:07.8	4:26.1
65 Morgan Krupp	FR	1408	St. Benedict	-	22:10.5	3:13.5	7:07.8	4:26.1
66 Laura Duffield	FR	1497	Luther	-	22:13.5	3:16.5	7:08.8	4:26.7
67 Alexandra Lee	FR	1410	St. Benedict	-	22:14.3	3:17.3	7:09.0	4:26.9
68 Brooke Debroux		2444	Luther Alumni	37	22:15.7	3:18.7	7:09.5	4:27.1
69 Steph Murray		2447	Luther Alumni	(38)	22:17.9	3:20.9	7:10.2	4:27.6
70 Rachel Nelson	JR	1413	St. Benedict	-	22:23.9	3:26.9	7:12.1	4:28.8
71 Sara Stockdale	SO	1381	St. Ambrose	-	22:25.9	3:28.9	7:12.8	4:29.2
72 Ashlyn Rulis	SR	1379	St. Ambrose	-	22:28.5	3:31.5	7:13.6	4:29.7
73 Sam Lahey	SR	2394	Luther	-	22:31.2	3:34.2	7:14.5	4:30.2
74 Ilsa Knivsland	SO	2392	Luther	-	22:31.9	3:34.9	7:14.7	4:30.4
75 Payton Knutson	JR	2393	Luther	-	22:34.4	3:37.4	7:15.5	4:30.9
76 Lauren Mahnke	FR	2397	Luther	-	22:38.9	3:41.9	7:16.9	4:31.8
77 Madison Newman	FR	1414	St. Benedict	-	22:40.8	3:43.8	7:17.6	4:32.2
78 Allie Pujol	FR	2401	Luther	-	22:42.9	3:45.9	7:18.2	4:32.6
79 Michelle Wise	JR	1487	St. Thomas (Minn.)	-	22:46.2	3:49.2	7:19.3	4:33.2
80 Emily Haugen	FR	1465	St. Thomas (Minn.)	-	22:49.8	3:52.9	7:20.5	4:34.0
81 Izzi Lockheimer Tosso	SO	2396	Luther	-	22:50.9	3:53.9	7:20.8	4:34.2
82 Sydnee Hendricks		1348	Clarke	39	22:51.3	3:54.3	7:20.9	4:34.3

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
83 Alaina Wittig	SO	2406	Luther	-	22:54.1	3:57.1	7:21.8	4:34.8
84 Caroline Osborne	SO	1415	St. Benedict	-	22:54.8	3:57.9	7:22.1	4:35.0
85 Harriet Hubbell	FR	1467	St. Thomas (Minn.)	-	22:57.1	4:00.0	7:22.8	4:35.4
86 Emily Starman	SR	2405	Luther	-	23:01.5	4:04.5	7:24.2	4:36.3
87 Alaina Marti	SO	1475	St. Thomas (Minn.)	-	23:02.9	4:05.9	7:24.7	4:36.6
88 Claudia Lundgren	SO	1473	St. Thomas (Minn.)	-	23:22.7	4:25.7	7:31.0	4:40.5
89 Maria Zahhos	SR	1488	St. Thomas (Minn.)	-	23:26.8	4:29.8	7:32.3	4:41.3
90 Mariah Pellino	FR	1351	Clarke	(40)	23:36.5	4:39.5	7:35.5	4:43.3
91 Ellen Bennett	JR	1455	St. Thomas (Minn.)	-	23:47.4	4:50.4	7:39.0	4:45.5
92 Megan Curley	FR	1366	St. Ambrose	-	23:54.8	4:57.8	7:41.3	4:46.9
93 Sydney Hain		2446	Luther Alumni	(41)	24:01.3	5:04.3	7:43.4	4:48.2
94 Jenny Lopez	SR	1375	St. Ambrose	-	24:09.4	5:12.4	7:46.0	4:49.9
95 Annie White	SR	1425	St. Benedict	-	24:22.7	5:25.7	7:50.3	4:52.5
96 Kate Lower		3510	Luther Alumni	-	24:24.8	5:27.9	7:51.0	4:53.0
97 Shelby Carlson	SR	1365	St. Ambrose	-	24:46.9	5:49.9	7:58.1	4:57.4
98 Anna Cole		1347	Clarke	(42)	24:56.6	5:59.6	8:01.2	4:59.3
99 Gianni Solis	FR	1483	St. Thomas (Minn.)	-	25:33.9	6:36.9	8:13.2	5:06.8
100 Annie Knoboch	FR	1349	Clarke	-	26:20.3	7:23.3	8:28.1	5:16.1
101 Carrington Curphy	FR	1367	St. Ambrose	-	26:30.0	7:33.0	8:31.2	5:18.0
102 Kathryn Gray	FR	1371	St. Ambrose	-	26:37.9	7:40.9	8:33.8	5:19.6
103 Sarah Carney	FR	1402	St. Benedict	-	32:17.5	13:20.5	10:23.0	6:27.5