

2005 Midwest Conference Championship Women 5 km

Oakland Acres, Grinnell, IA

Oct. 29, 2005

61 degrees, 56% humidity, wind sw18 mph

Results by Michael Franke

[Men's results here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual or team.

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME	SPREAD
1	Grinnell	29	2	3	7	8	9	13	24	18:57	36
2	Lawrence	83	10	11	17	22	23	33	56	19:49	59
3	Beloit	107	4	19	25	28	31	47	55	20:04	1:46
4	Carroll	108	1	14	20	34	39	40	52	19:58	3:20
5	St. Norbert	120	6	18	21	26	49	53	54	20:15	2:48
6	Lake Forest	133	5	16	29	41	42	43	48	20:26	2:32
7	Monmouth	139	15	27	30	32	35	38	46	20:29	1:13
8	Ripon	187	12	36	44	45	50	62		21:08	2:29
9	Illinois	280	37	58	59	61	65			23:05	4:10
10	Knox	295	51	57	60	63	64	66	67	23:25	2:52

[Individuals](#)

1. Grinnell

2	Katie Ryan, Jr	18:38	6:00
3	Sarah Brady, Jr	18:43	6:01
7	Erin Booth, Jr	19:04	6:08
8	Meredith Groves, So	19:07	6:09
9	Erin Sindewald, So	19:13	6:11
13	Lola Garcia, Sr	19:35	6:18
24	Marie Lindquist, So	20:19	6:32

Time = 1:34:44 Places = 29

2. Lawrence

10	Joy Manweiler, So	19:18	6:13
11	Colleen Detjens, Jr	19:24	6:15
17	Rachel Lucas, Sr	19:49	6:23
22	Alice Shepro, So	20:15	6:31
23	Clare Shinnars, So	20:17	6:32
33	Cate Iazier, So	20:45	6:41
56	Julie DeBoer, Fr	22:25	7:13

Time = 1:39:02 Places = 83

3. Beloit

4	Amanda Hammermeister, So	18:51	6:04
19	Akane Tsuruta, Sr	19:59	6:26
25	Alyssa Coriell, Jr	20:22	6:33
28	Lisa Booth, Jr	20:30	6:36
31	Lucy Blackford, Jr	20:36	6:38

47	Johanna Heilman, Sr	21:43	6:59
55	Leah Knowles, Fr	22:17	7:10

Time = 1:40:16 Places = 107

4. Carroll

1	Erin Kelley, So	18:01	5:48
14	Jess Grau, Sr	19:40	6:20
20	Bree Lannon, Sr	20:01	6:27
34	Sarah Banaszynski, Sr	20:48	6:42
39	Andrea Liermann, Sr	21:21	6:52
40	Maddie Kissane, Jr	21:22	6:52
52	Katie Harmeyer, Fr	22:07	7:07

Time = 1:39:50 Places = 108

5. St. Norbert

6	Katie Jenewein, So	19:00	6:07
18	Angela Grows, Sr	19:52	6:24
21	Trina Bower, Jr	20:09	6:29
26	Pam Ripp, So	20:27	6:35
49	Liz Newgent, Fr	21:47	7:01
53	Liz Weigel, Jr	22:15	7:10
54	Therese Janecke, Jr	22:16	7:10

Time = 1:41:13 Places = 120

6. Lake Forest

5	Katie Snowden, Jr	18:57	6:06
16	Leann Kimmons, Jr	19:47	6:22
29	Genia Lindsey, Sr	20:33	6:37
41	Mackenzie Keeley, Fr	21:27	6:54
42	Liz Martinez, Jr	21:28	6:54
43	Kris De la Torre, So	21:35	6:57
48	Ashley Brant, Jr	21:45	7:00

Time = 1:42:10 Places = 133

7. Monmouth

15	Valerie Daves, Fr	19:45	6:21
27	Kila Cox, Jr	20:28	6:35
30	Kaile Schriener, Fr	20:34	6:37
32	Erin Mann, Sr	20:40	6:39
35	Sara Ingersoll, So	20:57	6:44
38	Joni Nelson, Jr	21:14	6:50
46	Carissa Young, Jr	21:42	6:59

Time = 1:42:22 Places = 139

8. Ripon

12	Brittany Dick, So	19:28	6:16
36	Rebecca Duley, So	21:01	6:46
44	Kussman Sara, So	21:37	6:57
45	Hilary Murkowski, So	21:39	6:58
50	Erin Beggs, Fr	21:57	7:04
62	Danica Lute, Fr	23:28	7:33

Time = 1:45:40 Places = 187

9. Illinois

37	Chelby Sullivan, Jr	21:06	6:47
58	Kim Kravanya, Sr	22:48	7:20
59	Natalie Bell, Jr	22:50	7:21
61	Alexandra Cartwright, Fr	23:25	7:32
65	Danielle Smith, So	25:15	8:08

Time = 1:55:22 Places = 280

10. Knox

51	Vida Lozano-Alvarado, So	21:57	7:04
57	Amy Thompson, Jr	22:43	7:19
60	Kathleen Dickinson, Fr	23:21	7:31
63	Megan Butler, So	24:16	7:48
64	Laura Heggs, So	24:49	7:59
66	Stephanie Rogers, Jr	27:10	8:45
67	Sarah Johnson, Jr	27:57	9:00

Time = 1:57:05 Places = 295

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PLACE	TEAM SCORE	FINISHER	TIME	PACE	TEAM
1	1	Erin Kelley, So	18:01	5:48	Carroll
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
2	2	Katie Ryan, Jr	18:38	6:00	Grinnell
3	3	Sarah Brady, Jr	18:43	6:01	Grinnell
4	4	Amanda Hammermeister, So	18:51	6:04	Beloit
5	5	Katie Snowden, Jr	18:57	6:06	Lake Forest
6	6	Katie Jenewein, So	19:00	6:07	St. Norbert
7	7	Erin Booth, Jr	19:04	6:08	Grinnell
8	8	Meredith Groves, So	19:07	6:09	Grinnell
9	9	Erin Sindewald, So	19:13	6:11	Grinnell
10	10	Joy Manweiler, So	19:18	6:13	Lawrence
11	11	Colleen Detjens, Jr	19:24	6:15	Lawrence
12	12	Brittany Dick, So	19:28	6:16	Ripon
13	13	Lola Garcia, Sr	19:35	6:18	Grinnell
14	14	Jess Grau, Sr	19:40	6:20	Carroll
15	15	Valerie Daves, Fr	19:45	6:21	Monmouth
16	16	Leann Kimmons, Jr	19:47	6:22	Lake Forest
17	17	Rachel Lucas, Sr	19:49	6:23	Lawrence
18	18	Angela Grows, Sr	19:52	6:24	St. Norbert
19	19	Akane Tsuruta, Sr	19:59	6:26	Beloit
20	20	Bree Lannon, Sr	20:01	6:27	Carroll
21	21	Trina Bower, Jr	20:09	6:29	St. Norbert
22	22	Alice Shepro, So	20:15	6:31	Lawrence
23	23	Clare Shinnars, So	20:17	6:32	Lawrence
24	24	Marie Lindquist, So	20:19	6:32	Grinnell
25	25	Alyssa Coriell, Jr	20:22	6:33	Beloit
26	26	Pam Ripp, So	20:27	6:35	St. Norbert
27	27	Kila Cox, Jr	20:28	6:35	Monmouth
28	28	Lisa Booth, Jr	20:30	6:36	Beloit
29	29	Genia Lindsey, Sr	20:33	6:37	Lake Forest
30	30	Kaile Schriener, Fr	20:34	6:37	Monmouth
31		Allion Louthan, So	20:36	6:38	Grinnell
32	31	Lucy Blackford, Jr	20:36	6:38	Beloit
33	32	Erin Mann, Sr	20:40	6:39	Monmouth
34	33	Cate Iazier, So	20:45	6:41	Lawrence
35	34	Sarah Banaszynski, Sr	20:48	6:42	Carroll
36	35	Sara Ingersoll, So	20:57	6:44	Monmouth
37	36	Rebecca Duley, So	21:01	6:46	Ripon
38	37	Chelby Sullivan, Jr	21:06	6:47	Illinois
39		Cori McKenzie, Sr	21:08	6:48	Grinnell
40		Kimmie Rovin, Sr	21:11	6:49	Grinnell
41	38	Joni Nelson, Jr	21:14	6:50	Monmouth
42		Sarah Batterman, So	21:14	6:50	Grinnell
43	39	Andrea Liermann, Sr	21:21	6:52	Carroll
44	40	Maddie Kissane, Jr	21:22	6:52	Carroll
45	41	Mackenzie Keeley, Fr	21:27	6:54	Lake Forest
46	42	Liz Martinez, Jr	21:28	6:54	Lake Forest
47	43	Kris De la Torre, So	21:35	6:57	Lake Forest

48	44	Kussman Sara, So	21:37	6:57	Ripon
49	45	Hilary Murkowski, So	21:39	6:58	Ripon
50	46	Carissa Young, Jr	21:42	6:59	Monmouth
51	47	Johanna Heilman, Sr	21:43	6:59	Beloit
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
52	48	Ashley Brant, Jr	21:45	7:00	Lake Forest
53	49	Liz Newgent, Fr	21:47	7:01	St. Norbert
54		Ashley Gaul, Jr	21:51	7:02	Monmouth
55		Becky Bessinger, So	21:56	7:03	Grinnell
56	50	Erin Beggs, Fr	21:57	7:04	Ripon
57	51	Vida Lozano-Alvarado, So	21:57	7:04	Knox
58		Paige Wheeler, Jr	22:00	7:05	Grinnell
59		Christy Cloninger, So	22:01	7:05	Grinnell
60	52	Katie Harmeyer, Fr	22:07	7:07	Carroll
61		Colette Boilini, So	22:11	7:08	Grinnell
62	53	Liz Weigel, Jr	22:15	7:10	St. Norbert
63	54	Therese Janecke, Jr	22:16	7:10	St. Norbert
64	55	Leah Knowles, Fr	22:17	7:10	Beloit
65		Ellen Zaander, Fr	22:19	7:11	Grinnell
66		Jackie Groves, Fr	22:20	7:11	Grinnell
67		Marta Casey, So	22:22	7:12	Beloit
68		Hanna Neubauer, Fr	22:23	7:12	Grinnell
69		Whitney Knopf, Fr	22:24	7:12	Grinnell
70	56	Julie DeBoer, Fr	22:25	7:13	Lawrence
71		Erin Gannon, Jr	22:30	7:14	St. Norbert
72		Laura Zdunek, Jr	22:31	7:15	Grinnell
73		Carly Santoro, Fr	22:32	7:15	Beloit
74		Nora Shields, So	22:34	7:16	Grinnell
75		Lana Haugberg, Fr	22:36	7:16	Beloit
76		Melissa Braner, Jr	22:39	7:17	Carroll
77		Alicia Gramling, Fr	22:40	7:17	Beloit
78		Christine Gebler, Fr	22:40	7:18	Lawrence
79	57	Amy Thompson, Jr	22:43	7:19	Knox
80		Caitlin Monaghan, Fr	22:45	7:19	Grinnell
81		Anna Michaud, Sr	22:47	7:20	Beloit
82	58	Kim Kravanya, Sr	22:48	7:20	Illinois
83	59	Natalie Bell, Jr	22:50	7:21	Illinois
84		Tatiana Bulat, Fr	22:52	7:21	Lawrence
85		Allison Gnade, Fr	23:00	7:24	Grinnell
86		Katie Kramer, Sr	23:05	7:25	Lawrence
87		Nikoma Baccus, Jr	23:13	7:28	Lawrence
88	60	Kathleen Dickinson, Fr	23:21	7:31	Knox
89		Phoebe Souza, So	23:23	7:32	Grinnell
90	61	Alexandra Cartwright, Fr	23:25	7:32	Illinois
91		Meghan Jones, Sr	23:28	7:33	Grinnell
92	62	Danica Lute, Fr	23:28	7:33	Ripon
93		Brittany Story, Fr	23:35	7:35	Monmouth
94		Kristina Blanke, So	23:39	7:37	Carroll
95		Rachel Glass, Fr	23:49	7:40	Grinnell
96	63	Megan Butler, So	24:16	7:48	Knox
97		Stefanie Kinnamon, Sr	24:27	7:52	Grinnell
98		Katie Lupo, Sr	24:47	7:59	Lake Forest
99	64	Laura Heggs, So	24:49	7:59	Knox
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
100		Liz Henry, Jr	24:52	8:00	Lawrence
101		Heather Rockwell, So	24:54	8:01	Beloit
102		Emily Willborn, So	24:54	8:01	Grinnell
103		Anne Eaton, So	25:04	8:04	Grinnell
104		Stephanie Staus, Sr	25:08	8:05	Carroll
105		Andrea Bledsoe, Jr	25:09	8:06	Carroll

106		Sarah Marrinan, Fr	25:13	8:07	Lake Forest
107	65	Danielle Smith, So	25:15	8:08	Illinois
108		Rebecca Wachter, So	25:22	8:10	Beloit
109		Cassie Sims, So	25:33	8:13	Grinnell
110		Kate Sullivan, So	26:01	8:22	Carroll
111		Nicole Nodi, Fr	26:16	8:27	Lake Forest
112		Tori McKenna, Sr	26:21	8:29	Beloit
113	66	Stephanie Rogers, Jr	27:10	8:45	Knox
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
114	67	Sarah Johnson, Jr	27:57	9:00	Knox
115		Jenna Dittmar, So	28:11	9:04	St. Norbert
116		Sam Heflon, Fr	28:51	9:17	Carroll
117		Kelsey Grubbs, So	29:58	9:39	Lawrence
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
118		Robin Burke, Jr	35:20	11:22	Beloit

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