

## 34th All-American Invite Varsity College Women (5k-3.107)

Luther College - Decorah, Iowa

Sept. 10, 2005

80 degrees, Humid, Wind 10mph

Results by Cal Murdock

[College JV Wom](#)  
[HSJV Girls](#)[College JV Men](#)  
[HS JV Boys](#)[College Var. Wom](#)  
[HS Var. Girls](#)[College Var. Men](#)  
[HS Var. Boys](#)

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     | U W LaCrosse | 23     | 1                   | 3  | 4  | 6  | 9  | 16 | 17 | 19:10     | 1:28   |
| 2     | Macalester   | 49     | 5                   | 7  | 10 | 13 | 14 | 19 | 20 | 19:43     | 27     |
| 3     | Chicago      | 63     | 2                   | 11 | 12 | 15 | 23 | 27 |    | 19:47     | 1:56   |
| 4     | Luther       | 99     | 8                   | 18 | 22 | 25 | 26 | 30 | 31 | 20:25     | 1:19   |
| 5     | Coe          | 157    | 24                  | 28 | 29 | 36 | 40 | 48 | 49 | 21:46     | 2:12   |
| 6     | Bethel       | 174    | 21                  | 33 | 35 | 41 | 44 | 46 |    | 22:12     | 2:29   |
| 7     | Iowa Central | 194    | 32                  | 37 | 38 | 42 | 45 | 47 | 51 | 22:37     | 1:25   |
| 8     | Grand View   | 218    | 34                  | 39 | 43 | 50 | 52 | 53 |    | 23:21     | 2:32   |

[Individuals](#)

## 1. U W LaCrosse

|   |                     |       |      |
|---|---------------------|-------|------|
| 1 | Julia Rudd, Sr      | 18:10 | 5:51 |
| 3 | Kristen Painter, Jr | 19:05 | 6:08 |
| 4 | Amy Belleba, Sr     | 19:25 | 6:15 |
| 6 | Meagan Helache, Jr  | 19:30 | 6:17 |
| 9 | Kristen Howe, So    | 19:37 | 6:19 |

Time = 1:35:46      Places = 23

## 2. Macalester

|    |                          |       |      |
|----|--------------------------|-------|------|
| 5  | Anna Shamey, Jr          | 19:28 | 6:16 |
| 7  | Callie Pastarr, Jr       | 19:31 | 6:17 |
| 10 | Koby Jeschkeit-Hagen, Sr | 19:45 | 6:21 |
| 13 | Francie Streich, Sr      | 19:54 | 6:24 |
| 14 | Caroline Barnes, Sr      | 19:54 | 6:24 |

Time = 1:38:31      Places = 49

## 3. Chicago

|    |                      |       |      |
|----|----------------------|-------|------|
| 2  | Jessica Winter, Sr   | 18:41 | 6:01 |
| 11 | Dilshanie Perera, Jr | 19:48 | 6:22 |
| 12 | Vidhya Abraham, Jr   | 19:53 | 6:24 |
| 15 | Annie Sanders, Sr    | 19:58 | 6:25 |
| 23 | Jackie Kropp, Jr     | 20:37 | 6:38 |

Time = 1:38:56      Places = 63

## 4. Luther

|    |                     |       |      |
|----|---------------------|-------|------|
| 8  | Janet Dobyys, Fr    | 19:32 | 6:17 |
| 18 | Emily Lynch, Sr     | 20:20 | 6:32 |
| 22 | Audrey Voorhees, Fr | 20:36 | 6:38 |
| 25 | Joanna Clagnaz, Jr  | 20:46 | 6:41 |
| 26 | Erilynn Russo, Sr   | 20:51 | 6:42 |

Time = 1:42:03 Places = 99

## 5. Coe

|    |                     |       |      |
|----|---------------------|-------|------|
| 24 | Rachel Wobeter, Fr  | 20:44 | 6:40 |
| 28 | Denise Eslinger, So | 21:17 | 6:51 |
| 29 | Linda Freiha, Fr    | 21:20 | 6:52 |
| 36 | Lesa Hayes, Sr      | 22:35 | 7:16 |
| 40 | Naomi Hillsman, Fr  | 22:56 | 7:23 |

Time = 1:48:50 Places = 157

## 6. Bethel

|    |                    |       |      |
|----|--------------------|-------|------|
| 21 | Nikki Umhoefer, So | 20:35 | 6:37 |
| 33 | Heather Jelen, Fr  | 22:00 | 7:05 |
| 35 | Shannon McCoy, Jr  | 22:22 | 7:12 |
| 41 | Jen Hoffman, Sr    | 22:59 | 7:24 |
| 44 | Hannah Carlson, So | 23:04 | 7:25 |

Time = 1:50:58 Places = 174

## 7. Iowa Central

|    |                     |       |      |
|----|---------------------|-------|------|
| 32 | Kara Ascherl, Fr    | 21:43 | 6:59 |
| 37 | Ashley Waters, Fr   | 22:36 | 7:16 |
| 38 | Becky Eckerman, Fr  | 22:39 | 7:17 |
| 42 | Berhane Traylor, Fr | 23:00 | 7:24 |
| 45 | Lydia Gawtry, So    | 23:08 | 7:26 |

Time = 1:53:04 Places = 194

## 8. Grand View

|    |                      |       |      |
|----|----------------------|-------|------|
| 34 | Sara Hendrickson, Fr | 22:19 | 7:11 |
| 39 | Miah Watson, So      | 22:40 | 7:18 |
| 43 | Hilliary Jones, Fr   | 23:02 | 7:25 |
| 50 | Sarah Savick, So     | 23:55 | 7:42 |
| 52 | Brittany Jones, Jr   | 24:50 | 7:59 |

Time = 1:56:44 Places = 218

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| TEAM                                                                                           |       | FINISHER                 | TIME  | PACE | TEAM         |
|------------------------------------------------------------------------------------------------|-------|--------------------------|-------|------|--------------|
| PLACE                                                                                          | SCORE |                          |       |      |              |
| 1                                                                                              | 1     | Julia Rudd, Sr           | 18:10 | 5:51 | U W LaCrosse |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">Top</a> |       |                          |       |      |              |
| 2                                                                                              | 2     | Jessica Winter, Sr       | 18:41 | 6:01 | Chicago      |
| 3                                                                                              | 3     | Kristen Painter, Jr      | 19:05 | 6:08 | U W LaCrosse |
| 4                                                                                              | 4     | Amy Belleba, Sr          | 19:25 | 6:15 | U W LaCrosse |
| 5                                                                                              | 5     | Anna Shamey, Jr          | 19:28 | 6:16 | Macalester   |
| 6                                                                                              | 6     | Meagan Helache, Jr       | 19:30 | 6:17 | U W LaCrosse |
| 7                                                                                              | 7     | Callie Pastarr, Jr       | 19:31 | 6:17 | Macalester   |
| 8                                                                                              | 8     | Janet Dobyys, Fr         | 19:32 | 6:17 | Luther       |
| 9                                                                                              | 9     | Kristen Howe, So         | 19:37 | 6:19 | U W LaCrosse |
| 10                                                                                             | 10    | Koby Jeschkeit-Hagen, Sr | 19:45 | 6:21 | Macalester   |
| 11                                                                                             | 11    | Dilshanie Perera, Jr     | 19:48 | 6:22 | Chicago      |
| 12                                                                                             | 12    | Vidhya Abraham, Jr       | 19:53 | 6:24 | Chicago      |
| 13                                                                                             | 13    | Francie Streich, Sr      | 19:54 | 6:24 | Macalester   |
| 14                                                                                             | 14    | Caroline Barnes, Sr      | 19:54 | 6:24 | Macalester   |
| 15                                                                                             | 15    | Annie Sanders, Sr        | 19:58 | 6:25 | Chicago      |
| 16                                                                                             | 16    | Rachel Dedyne, So        | 20:09 | 6:29 | U W LaCrosse |
| 17                                                                                             | 17    | Ariel Perkins, Sr        | 20:14 | 6:31 | U W LaCrosse |
| 18                                                                                             | 18    | Emily Lynch, Sr          | 20:20 | 6:32 | Luther       |
| 19                                                                                             | 19    | Anna Gordon, Sr          | 20:21 | 6:33 | Macalester   |
| 20                                                                                             | 20    | Emily Stafford, Sr       | 20:26 | 6:34 | Macalester   |
| 21                                                                                             |       | Kim Wortmann, So         | 20:32 | 6:36 | Macalester   |
| 22                                                                                             | 21    | Nikki Umhoefer, So       | 20:35 | 6:37 | Bethel       |

|                                                                                                |    |                        |       |      |              |
|------------------------------------------------------------------------------------------------|----|------------------------|-------|------|--------------|
| 23                                                                                             | 22 | Audrey Voorhees, Fr    | 20:36 | 6:38 | Luther       |
| 24                                                                                             | 23 | Jackie Kropp, Jr       | 20:37 | 6:38 | Chicago      |
| 25                                                                                             | 24 | Rachel Wobeter, Fr     | 20:44 | 6:40 | Coe          |
| 26                                                                                             | 25 | Joanna Clagnaz, Jr     | 20:46 | 6:41 | Luther       |
| 27                                                                                             |    | Valerie Vradenburg, Jr | 20:48 | 6:42 | U W LaCrosse |
| 28                                                                                             | 26 | Erilynn Russo, Sr      | 20:51 | 6:42 | Luther       |
| 29                                                                                             |    | Emily Burns, Sr        | 20:59 | 6:45 | U W LaCrosse |
| 30                                                                                             |    | Melissa Palmer, So     | 21:01 | 6:46 | U W LaCrosse |
| 31                                                                                             | 27 | Hannah Moots, So       | 21:13 | 6:49 | Chicago      |
| 32                                                                                             | 28 | Denise Eslinger, So    | 21:17 | 6:51 | Coe          |
| 33                                                                                             | 29 | Linda Freiha, Fr       | 21:20 | 6:52 | Coe          |
| 34                                                                                             |    | Nathalia Brashear, Sr  | 21:26 | 6:54 | Macalester   |
| 35                                                                                             | 30 | Devin Parker, Fr       | 21:30 | 6:55 | Luther       |
| 36                                                                                             | 31 | Heidi Skildum, So      | 21:39 | 6:58 | Luther       |
| 37                                                                                             | 32 | Kara Ascherl, Fr       | 21:43 | 6:59 | Iowa Central |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">Top</a> |    |                        |       |      |              |

|                                                                                                |    |                      |       |      |              |
|------------------------------------------------------------------------------------------------|----|----------------------|-------|------|--------------|
| 38                                                                                             |    | Sarah Raleigh, So    | 21:47 | 7:00 | Macalester   |
| 39                                                                                             |    | Erin Hokanson, So    | 21:53 | 7:02 | Luther       |
| 40                                                                                             | 33 | Heather Jelen, Fr    | 22:00 | 7:05 | Bethel       |
| 41                                                                                             | 34 | Sara Hendrickson, Fr | 22:19 | 7:11 | Grand View   |
| 42                                                                                             | 35 | Shannon McCoy, Jr    | 22:22 | 7:12 | Bethel       |
| 43                                                                                             | 36 | Lesa Hayes, Sr       | 22:35 | 7:16 | Coe          |
| 44                                                                                             | 37 | Ashley Waters, Fr    | 22:36 | 7:16 | Iowa Central |
| 45                                                                                             | 38 | Becky Eckerman, Fr   | 22:39 | 7:17 | Iowa Central |
| 46                                                                                             | 39 | Miah Watson, So      | 22:40 | 7:18 | Grand View   |
| 47                                                                                             | 40 | Naomi Hillsman, Fr   | 22:56 | 7:23 | Coe          |
| 48                                                                                             | 41 | Jen Hoffman, Sr      | 22:59 | 7:24 | Bethel       |
| 49                                                                                             | 42 | Berhane Traylor, Fr  | 23:00 | 7:24 | Iowa Central |
| 50                                                                                             | 43 | Hilliary Jones, Fr   | 23:02 | 7:25 | Grand View   |
| 51                                                                                             | 44 | Hannah Carlson, So   | 23:04 | 7:25 | Bethel       |
| 52                                                                                             | 45 | Lydia Gawtry, So     | 23:08 | 7:26 | Iowa Central |
| 53                                                                                             | 46 | Emily Hall, Jr       | 23:17 | 7:30 | Bethel       |
| 54                                                                                             | 47 | Tasha Atchley, Fr    | 23:30 | 7:34 | Iowa Central |
| 55                                                                                             | 48 | Sarah Flogel, Jr     | 23:34 | 7:35 | Coe          |
| 56                                                                                             | 49 | Kari Spilman, Sr     | 23:53 | 7:41 | Coe          |
| 57                                                                                             | 50 | Sarah Savick, So     | 23:55 | 7:42 | Grand View   |
| 58                                                                                             | 51 | Lynn Koger, Fr       | 24:24 | 7:51 | Iowa Central |
| 59                                                                                             | 52 | Brittany Jones, Jr   | 24:50 | 7:59 | Grand View   |
| Pace: <a href="#">6:00</a>   <a href="#">7:00</a>   <a href="#">8:00</a>   <a href="#">Top</a> |    |                      |       |      |              |

|    |    |                   |       |      |              |
|----|----|-------------------|-------|------|--------------|
| 60 |    | Emily Boyd, So    | 25:09 | 8:06 | Iowa Central |
| 61 | 53 | Melissa Linde, Fr | 25:51 | 8:19 | Grand View   |

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