



XC23 Invitational
Panorama Farms
Earlsville, VA - University of Virginia
October 15, 2021



Results
Women 5k

TEMPERATURE
71 °

HUMIDITY
85%

CONDITIONS
SUNNY

PI	Athlete Name	Affiliation	2.1k	2.1k PI	+/-	4k	4k PI	+/-	Time	Pts
1	Kayley DeLay	SR Yale	6:31.1	1	—	13:51.9	1	—	16:39.0	1
2	Margot Appleton	FR Virginia	6:48.2	7	▲5	14:22.8	2	—	17:13.8	2
3	Zoe Nuechterlein	SR Yale	6:47.8	5	▲1	14:27.0	4	▲1	17:15.3	3
4	Jone Zabaleta- Larranaga	JR Eastern Kentucky	6:49.4	11	▲6	14:28.3	5	▲1	17:27.8	4
5	Maddie Ghazarian	JR Yale	6:51.0	14	▲8	14:32.5	6	▲1	17:28.4	5
6	Michaela Meyer	SR Virginia	6:48.1	6	▲3	14:24.6	3	▼3	17:31.3	6
7	Mia Barnett	FR Virginia	6:43.2	2	▼7	14:37.9	9	▲2	17:33.6	7
8	Peri Pavicic	SR George Washington	6:47.2	4	▼3	14:33.5	7	▼1	17:34.2	8
9	Laura Taborda	SO Eastern Kentucky	6:48.9	9	▲1	14:36.2	8	▼1	17:34.8	9
10	Margaret Coogan	SR George Washington	6:49.1	10	—	14:41.4	10	—	17:44.1	10
11	Jocelyn Chau	JR Yale	6:50.9	12	—	14:43.4	12	▲1	17:51.8	11
12	Kosana Weir	JR Yale	6:52.6	15	▲2	14:52.5	13	▲1	17:55.1	12
13	Elle Mezzio	FR Miami	7:00.4	22	▲5	15:02.4	17	▲4	17:58.2	13
14	Daphnee Lavassas	FR Miami	6:55.3	17	▲3	14:58.4	14	—	18:00.5	14
15	Arianna DeBoer	FR William & Mary	7:01.5	26	▲11	15:00.5	15	—	18:02.6	15
16	Julia Dempsey	SR George Washington	6:50.9	12	▼4	15:01.8	16	—	18:08.5	16
17	Kathryn Nohilly	SR George Washington	7:02.2	29	▲7	15:10.6	22	▲5	18:09.2	17
18	Grace Kilroy	SO Eastern Kentucky	7:01.1	24	▲5	15:08.8	19	▲1	18:13.0	18
19	Julia Dvorak	FR Yale	6:52.9	16	▼2	15:05.0	18	▼1	18:13.9	19
20	Taylor Jones	SR Virginia	7:02.2	29	▲2	15:16.3	27	▲7	18:14.0	20
21	Olivia Syftestad	FR George Washington	6:56.9	19	▼1	15:09.0	20	▼1	18:14.7	21
22	Kyra Holland	FR William & Mary	7:02.0	28	▼1	15:18.4	29	▲7	18:16.7	22
23	Lila Fenner	FR Virginia	7:02.4	31	▲10	15:09.1	21	▼2	18:17.6	23
24	Natalie Varela	FR Miami	6:55.5	18	▼5	15:11.1	23	▼1	18:19.6	24
25	Ellie Desmond	FR Virginia	6:57.5	20	▼6	15:14.5	26	▲1	18:21.3	25
26	Beighley Ayers	JR Eastern Kentucky	7:01.1	24	▼6	15:18.5	30	▲4	18:24.5	26
27	Saskia Pingpank	SO Eastern Kentucky	7:00.1	21	▼4	15:14.4	25	▼2	18:24.7	27
28	Fridah Koech	JR Norfolk State	7:01.6	27	▼4	15:20.6	31	▲3	18:27.0	
29	Sophie Atkinson	FR Virginia	6:48.3	8	▼16	15:12.2	24	▼5	18:28.8	28
30	Kathryn Rodrigues	FR Yale	7:00.8	23	▼5	15:16.6	28	▼2	18:29.5	29
31	Katy Chapman	SO Eastern Kentucky	7:03.6	34	▲1	15:22.2	33	▲2	18:30.4	30
32	Abigail Potticary	JR Loyola (MD)	7:04.6	35	▲3	15:21.7	32	—	18:31.4	31
33	Emma Langlois	SR Miami	7:06.3	37	▲3	15:26.9	34	▲1	18:33.9	32
34	Liza Neely	FR Virginia	7:12.7	40	▲4	15:30.7	36	▲2	18:38.9	



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35	Lucy Young	FR	William & Mary	7:06.2	36	▼1	15:31.0	37	▲2	18:39.3	33
36	Kassandra Aulenbach	SO	VCU	7:02.8	33	▼2	15:30.4	35	▼1	18:49.5	34
37	Annika Griggs	FR	William & Mary	7:14.6	41	▲2	15:38.4	39	▲2	18:50.5	35
38	Bianca Banato	FR	Miami	7:10.9	39	▼1	15:41.8	40	▲2	18:52.2	36
39	Luci Illnicki-Lambert	FR	Virginia	7:02.7	32	▼6	15:33.3	38	▼1	18:55.5	
40	Molly Coyle	FR	William & Mary	7:17.7	44	▲1	15:50.9	43	▲3	19:00.7	37
41	Emily Sell	FR	William & Mary	7:20.0	47	▲6	15:46.9	41	—	19:03.9	38
42	Claire Frazier Bolton	FR	Virginia	7:15.4	43	▲1	15:49.0	42	—	19:10.5	
43	Isabella Coleman	FR	Loyola (MD)	7:09.0	38	▼7	16:00.2	45	▲2	19:17.6	39
44	kara Grant	JR	Norfolk State	7:18.0	45	▲1	15:59.2	44	—	19:21.5	
45	Morgan Johnson	FR	Miami	7:20.9	48	▲2	16:00.4	46	▲1	19:22.5	40
46	Allison Horwitch	SR	George Washington	7:22.6	49	▲1	16:03.0	48	▲2	19:24.2	41
47	Lily Potthast	FR	Yale	7:14.6	41	▼6	16:02.6	47	—	19:24.2	
48	Grayce Heinemann	SR	Loyola (MD)	7:28.9	54	▲4	16:16.3	50	▲2	19:34.3	42
49	Ella Consla	FR	Miami	7:23.3	50	▲1	16:12.3	49	—	19:36.7	43
50	Kate Ragone	SR	Loyola (MD)	7:29.6	55	▲4	16:16.8	51	▲1	19:37.5	44
51	Kirsten Long	FR	George Washington	7:24.9	51	▼2	16:19.1	53	▲2	19:49.0	45
52	Cassidy Guyton	FR	VCU	7:18.8	46	▼6	16:17.6	52	—	19:52.1	46
53	Abbie Schoenherr	SO	Eastern Kentucky	7:27.7	53	▼1	16:29.8	54	▲1	19:57.2	47
54	Catherine Ruffino	FR	George Washington	7:25.3	52	▼3	16:30.4	55	▲1	19:59.7	
55	Caitlin O'Hehir	SR	Loyola (MD)	7:43.1	62	▲5	16:44.4	57	▲2	20:04.8	48
56	Maeve Lowther	FR	Loyola (MD)	7:43.2	63	▲5	16:45.0	58	▲2	20:06.3	49
57	Kristen Wheatley	FR	VCU	7:32.1	56	—	16:39.9	56	▼1	20:06.8	50
58	Izzy Doran	JR	George Washington	7:38.4	60	▲2	16:45.0	58	—	20:10.4	
59	Megan Kolbe	JR	William & Mary	7:44.5	65	▲4	16:46.3	61	▲2	20:13.6	51
60	Olivia Haller	SO	William & Mary	7:34.0	57	▼5	16:46.4	62	▲2	20:20.5	
61	Emily Morris	FR	William & Mary	7:42.3	61	▲1	16:45.4	60	▼1	20:23.1	
62	Amelia Kokernak	SO	Virginia	7:36.8	58	▼5	16:53.1	63	▲1	20:30.0	
63	Mackenzie Konyar	FR	George Washington	7:45.0	66	▲2	17:06.7	64	▲1	20:43.4	
64	Isabel Slimm	FR	Loyola (MD)	7:48.9	68	▲3	17:10.1	65	▲1	20:46.7	52
65	Marissa Branham	JR	Loyola (MD)	7:47.4	67	▲1	17:13.2	66	▲1	20:48.6	
66	Reyna Vazquez-Miller	SO	VCU	7:44.1	64	▼3	17:36.9	67	▲1	21:17.0	53
67	Anna Cestari	SO	William & Mary	8:00.9	71	▲3	17:45.1	68	▲1	21:24.0	
68	Kasey Boag	FR	Loyola (MD)	7:58.2	70	▲1	17:54.5	69	▲1	21:33.8	
69	Samantha Spargo	SO	Loyola (MD)	8:06.9	72	▲2	17:58.1	70	▲1	21:36.3	
70	Nia Warren	FR	VCU	8:12.2	74	▲3	18:48.1	71	▲1	22:47.9	54
71	Paran Gonzales	FR	VCU	8:16.3	75	▲3	18:53.8	72	▲1	22:59.6	55



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72	Kriston Seward	FR	VCU	9:15.7	76	▲3	20:33.8	73	▲1	24:43.4	56
--	Grace Shartle	FR	Loyola (MD)	8:09.4	73					DNF	
--	Veronic Boire	FR	Virginia	6:44.9	3	▼8	14:43.0	11		DNF	
--	Allegra Devoe	FR	Loyola (MD)							DNF	
--	Megan Daviero	SO	Loyola (MD)	7:52.4	69					DNF	
--	Megan Dougherty	SO	William & Mary	7:37.0	59					DNF	



Women 5k Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	Yale <i>Total Time: 1:27:09.60</i> <i>Average: 17:25.92</i>	32	1	3	5	11	12	19	29
2	Virginia <i>Total Time: 1:28:50.30</i> <i>Average: 17:46.06</i>	58	2	6	7	20	23	25	28
3	George Washington <i>Total Time: 1:29:50.70</i> <i>Average: 17:58.14</i>	72	8	10	16	17	21	41	45
4	Eastern Kentucky <i>Total Time: 1:30:04.80</i> <i>Average: 18:00.96</i>	84	4	9	18	26	27	30	47
5	Miami <i>Total Time: 1:31:44.40</i> <i>Average: 18:20.88</i>	119	13	14	24	32	36	40	43
6	William & Mary <i>Total Time: 1:32:49.80</i> <i>Average: 18:33.96</i>	142	15	22	33	35	37	38	51
7	Loyola (MD) <i>Total Time: 1:37:05.60</i> <i>Average: 19:25.12</i>	204	31	39	42	44	48	49	52
8	VCU <i>Total Time: 1:42:53.30</i> <i>Average: 20:34.66</i>	237	34	46	50	53	54	55	56