

OA/PI = Overall Placing

Offset = Diff from O/A win Time hh:mm:ss

2023 ACAC XC Championships - Oct. 28/2023

School Results

6K - Womens

Team: CUE - CONCORDIA

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
45/47	MACDOUGALL, Magdelyn	47	34:31.217	05:45	09:15	+00:12:47	10:42.05	11:46.51	12:02.65	CUE

Team: LCK - LETHBRIDGE

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
8/47	MICHEL, Katrina	3	25:56.560	04:19	06:57	+00:04:12	08:14.62	08:50.85	08:51.08	LCK
11/47	BLOCK, Kate	4	26:33.004	04:25	07:07	+00:04:49	08:30.23	09:03.97	08:58.79	LCK
22/47	GUBBINS, Megan	6	28:13.221	04:42	07:33	+00:06:29	08:55.35	09:44.28	09:33.58	LCK
23/47	BOUCHARD, Rosie	9	28:24.846	04:44	07:37	+00:06:41	08:55.79	09:53.75	09:35.30	LCK
25/47	SMITH, Hannah	5	28:37.408	04:46	07:40	+00:06:53	09:05.29	09:51.58	09:40.52	LCK
28/47	RIST, Jordyn	7	28:41.393	04:46	07:41	+00:06:57	09:09.43	09:58.18	09:33.77	LCK
32/47	ARMENER, Drew	8	30:21.423	05:03	08:08	+00:08:37	09:24.81	10:30.88	10:25.72	LCK

Team: MHC - MEDICINE HAT

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
2/47	ROSS, Becky	16	23:59.045	03:59	06:25	+00:02:15	07:39.54	08:11.17	08:08.32	MHC
5/47	SCRIMGER, Maddy	15	24:27.241	04:04	06:33	+00:02:43	07:40.78	08:25.95	08:20.50	MHC
21/47	IWATA, Mizuki	19	28:09.730	04:41	07:33	+00:06:26	09:07.25	09:31.86	09:30.61	MHC
27/47	GILL, Pyper	14	28:41.299	04:46	07:41	+00:06:57	09:25.71	09:44.52	09:31.06	MHC
39/47	MARSHALL, Annika	17	32:19.289	05:23	08:39	+00:10:35	10:23.19	10:54.84	11:01.24	MHC
44/47	STICKEL, Kabri	18	33:57.423	05:39	09:06	+00:12:13	10:20.95	11:39.28	11:57.18	MHC

Team: NAIT - NAIT

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
13/47	WARFORD, Hannah	1	26:59.067	04:29	07:14	+00:05:15	08:49.51	09:05.51	09:04.04	NAIT
40/47	STARMAN, Jill	2	33:01.360	05:30	08:51	+00:11:17	10:14.13	11:25.57	11:21.65	NAIT

Team: NWP - NORTH WESTERN

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
34/47	STEINKE, Lydia	43	31:07.477	05:11	08:20	+00:09:23	10:02.03	10:36.09	10:29.35	NWP
36/47	HUMBKE, Taniesha	46	31:48.048	05:18	08:31	+00:10:04	10:15.89	10:46.57	10:45.58	NWP
42/47	ROPCEAN, Cheveyah	44	33:09.000	05:31	08:53	+00:11:25	10:25.64	11:03.59	11:39.76	NWP
46/47	NICHOLSON, Brandy	45	36:30.466	06:05	09:47	+00:14:46	10:59.26	13:00.08	12:31.11	NWP

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Team: PRAC - PRAIRIE COLLEGE

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
12/47	BENNETT, Josephine	40	26:42.871	04:27	07:09	+00:04:59	08:59.76	08:52.16	08:50.94	PRAC

Team: RDP - RED DEER

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
6/47	LARSON, Justine	33	25:33.848	04:15	06:51	+00:03:50	08:17.45	08:48.29	08:28.09	RDP
9/47	COTA, Myah	34	26:11.863	04:21	07:01	+00:04:28	08:37.41	08:55.86	08:38.58	RDP
10/47	SAWCHUK, Georgia	36	26:30.004	04:25	07:06	+00:04:46	08:39.11	09:01.52	08:49.36	RDP
14/47	LONGMAN, Zoey	38	26:59.207	04:29	07:14	+00:05:15	08:36.83	09:15.21	09:07.16	RDP
16/47	BARRITT, Emily	39	27:22.315	04:33	07:20	+00:05:38	09:04.65	09:12.00	09:05.65	RDP
19/47	RAUTENBACH, Loami	35	27:49.315	04:38	07:27	+00:06:05	08:38.99	09:10.32	09:59.99	RDP
20/47	PARK, Kammy	37	27:58.127	04:39	07:29	+00:06:14	08:57.15	09:29.54	09:31.42	RDP

Team: SAIT - SAIT

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
1/47	FITZGERALD, Makenna	10	21:43.579	03:37	05:49	+00:00:00	07:02.85	07:17.44	07:23.28	SAIT
4/47	SCHMIDT, Sonjaa	11	24:16.928	04:02	06:30	+00:02:33	07:52.85	08:23.34	08:00.73	SAIT
15/47	PILLING, Hallee	13	27:17.089	04:32	07:18	+00:05:33	08:42.01	09:30.44	09:04.63	SAIT
18/47	FRAMPTON, Kerigan	12	27:44.300	04:37	07:26	+00:06:00	08:48.15	09:16.77	09:39.37	SAIT

Team: STMU - ST. MARYS

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
3/47	LAPLANTE, Cadence	28	24:05.961	04:00	06:27	+00:02:22	07:41.57	08:17.40	08:06.98	STMU
7/47	ZISSOS, Sydney	31	25:51.075	04:18	06:55	+00:04:07	08:26.91	08:49.84	08:34.31	STMU
17/47	SCHMIDT, Philine	30	27:39.285	04:36	07:24	+00:05:55	09:08.35	09:18.32	09:12.60	STMU
24/47	KRUEGER, Elizabeth	27	28:29.392	04:44	07:38	+00:06:45	09:13.56	09:38.59	09:37.23	STMU
26/47	LEONARD, Maria	29	28:39.682	04:46	07:41	+00:06:56	09:25.01	09:45.88	09:28.78	STMU
35/47	CARTER, Cherise	26	31:15.306	05:12	08:22	+00:09:31	10:18.15	10:43.17	10:13.97	STMU
47/47	JEDWABSKI, Julia	32	38:43.753	06:27	10:22	+00:17:00	12:28.18	13:09.71	13:05.85	STMU

Team: TKU - KINGS UNIVERSITY

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
29/47	LEUSINK, Andrea	41	28:51.706	04:48	07:44	+00:07:08	08:54.43	09:54.47	10:02.80	TKU
41/47	FROEHLICH, Amelie	42	33:07.336	05:31	08:52	+00:11:23	10:40.36	11:20.83	11:06.13	TKU

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School Results

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Team: UAA - AUGUSTANA

OA/PI	Name	Bib#	Time	Pace /K	Pace /M	Offset	Split1	Split2	Split3	School
30/47	BIRKILL, Lara	23	29:11.322	04:51	07:49	+00:07:27	09:29.77	09:52.54	09:49.00	UAA
31/47	LEUNG, Aman	20	29:16.595	04:52	07:50	+00:07:33	09:43.37	10:05.46	09:27.75	UAA
33/47	LOCKHART, Effie	22	30:50.439	05:08	08:16	+00:09:06	10:06.95	10:31.56	10:11.92	UAA
37/47	CUSACK, Sidney	21	31:52.946	05:18	08:32	+00:10:09	10:22.05	11:07.15	10:23.74	UAA
38/47	FUNNELL, Chloe	24	32:12.399	05:22	08:38	+00:10:28	09:44.51	10:58.24	11:29.63	UAA
43/47	TLUCHAK, Karli	25	33:18.750	05:33	08:55	+00:11:35	10:20.00	11:09.37	11:49.37	UAA