ACAC XC Championships 2016

Hosted by Grande Prairie Regional College

Oct 29, 2016

ACAC women's 5 km results

Runner	Team	Bib#	Time	Place	ACAC	UAA	CUE	GPRC	LAKE	LETH	OC	SAIT	STMU	RDC	0	0	0	0	0	0	Pace/km
Rachel McKenzie	LETH	200	20:20	1	1					1											04:04
Jordanna Cota	RDC	167	20:25	2	2									2							04:05
Emily Spencer	LETH	266	20:49	3	3					3											04:10
Jillian Stewart	RDC	168	20:56	4	4									4							04:11
Elise Nawrocki	CUE	281	21:03	5	5		5														04:13
Ricki Doyle	SAIT	185	21:14	6	6							6									04:15
Amy Severtson	RDC	169	21:19	7	7									7							04:16
Janaya Garbe	RDC	170	21:24	8	8									8							04:17
Andrea Snider	GPRC	166	21:36	9	9			9													04:19
Kirstyn Janzen	LETH	267	21:43	10	10					10											04:21
Emily McIlroy	UAA	180	21:59	11	11	11															04:24
Baylee Frissell	CUE	279	22:04	12	12		12														04:25
Haley Dunwoodie	CUE	278	22:19	13	13		13														04:28
Rachael Smillie	CUE	277	22:22	14	14		14														04:28
Erica Paxton	SAIT	183	22:28	15	15							15									04:30
Jayme Nagy	SAIT	184	22:29	16	16							16									04:30
Bailey Troccoli-Hughes	CUE	280	22:34	17	17		17														04:31
Janelle Graham	LETH	268	22:41	18	18					18											04:32
Maria Houle	GPRC	163	22:47	19	19			19													04:33
Anna Zulic	CUE	282	22:56	20	20		20														04:35
Breanna Berridge	RDC	173	23:02	21	21									21							04:36
Ellen Pedersen	LETH	269	23:04	22	22					22											04:37
Vildana Rekic	LETH	270	23:06	23	23					23											04:37
Kailey Bratland	GPRC	159	23:19	24	24			24													04:40
Laura Szymanek	RDC	172	23:31	25	25									25							04:42
Samantha Debree	RDC	171	23:42	26	x									x							04:44
Lauren Mearns	RDC	174	23:45	27	x									x							04:45
Christie Shepherd	GPRC	165	23:54	28	26			26													04:47
Shelby Edgar	CUE	276	24:03	29	x		x														04:49
Salma Moreira	LETH	271	24:09	30	x					x											04:50
Anna Gallup	SAIT	186	24:17	31	27							27									04:51
Teagan Shapka	RDC	175	24:29	32	x									x							04:54
Brooke Whitaker	STMU	199	24:43	33	28								28								04:57
Dina Iatrou	LETH	273	25:00	34	x					x											05:00
Randi Thiessen	STMU	197	25:06	35	29								29								05:01
Darian Elliott	LAKE	190	25:12	36	30				30												05:02
Amanda Stor	LAKE	187	25:25	37	31				31												05:05
Karina Manz	GPRC	164	25:26	38	32			32													05:05
Leah Reid	UAA	182	25:28	39	33	33															05:06
Katelynn Cook	UAA	177	25:30	40	34	34															05:06
Davis Alton	GPRC	158	25:48	41	35			35													05:10
Brittany Duvall	GPRC	161	26:09	42	x			x													05:14
Annika Olesen	UAA	181	26:13	43	36	36															05:15
Emily Lyseng	UAA	179	26:17	44	37	37															05:15
Dana Jackson	LETH	274	26:17	45	x					x											05:15
Bethany Topping	STMU	198	26:18	46	38								38								05:16
Jennifer Kubos	LETH	272	26:18	47	x					x											05:16
Erin McQuitty	STMU	194	26:28	48	39								39								05:18
Tayla Koerber	UAA	178	26:31	49	40	40															05:18
Kelsey Pauls	LAKE	188	26:38	50	41				41												05:20
Kayla Enders	LETH	275	26:55	51	x					x											05:23
Megan Hopkins	GPRC	162	28:59	52	x			x													05:48
Myroslava Koval	STMU	191	29:01	53	42								42								05:48
Kiana Scarf	LAKE	189	29:29	54	43				43												05:54
Daniella Burke	UAA	176	29:29	55	x	x															05:54
Tanis Lefebvre	STMU	192	30:00	56	44								44								06:00
Leah Nel	STMU	195	33:20	57	x								x								06:40
Kara Shaw	STMU	196	34:18	58	x								x								06:52

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

		UAA	CUE	GPRC	LAKE	LETH	OC	SAIT	STMU	RDC	0	0	0	0	0	0
# of runners scoring	58	44	6	6	6	4	6	0	4	6	6	0	0	0	0	0	0
# of exhibition runners		14	1	1	2	0	5	0	0	2	3	0	0	0	0	0	0
total best 4 runners		114	44	78	145	32			64	134	21						
rank on best 4 runners		6	3	5	8	2			4	7	1						
total best 3 runners		78	30	52	102	14			37	95	13						
rank on best 3 runners		6	3	5	8	2			4	7	1						
total best 3 women+best 3 men		107	104	122	215	32			48	143	63						
rank on best 3 women and men		5	4	6	8	1			2	7	3						