

RaceTab by MileSplit/FloSports

Run Roanoke, Run Roanoke

VISAA Cross Country State Championships - 11/9/2023
 Woodberry Forest 5K Course, Woodberry Forest, VA

Division II Girls 5000 Meter Run

Name	Yr Team	Time	Pts
1 Reese Dalton	12 Covenant School	18:35.95	1
2 Maddie Gardiner	12 Covenant School	18:38.97	2
3 Savannah Wood	10 Covenant School	21:15.30	3
4 Erin Loker	12 Eastern Mennonite	21:22.51	
5 Emerson Moore	9 Virginia Episcopal S	21:45.22	4
6 Sydney Layland	11 Veritas School	21:51.51	5
7 Kate Flippin	10 Virginia Episcopal S	21:55.72	6
8 Amelie Shepherd	11 Veritas School	22:02.04	7
9 Alyssa Pongracz	11 Peninsula Catholic	22:13.09	8
10 Virginia Henson	11 Fredericksburg Chris	22:18.70	9
11 Carrington Kincel	9 Covenant School	22:24.40	10
12 Paisley Enos	8 Cape Henry Collegiat	22:51.80	11
13 Siobhan Cruess	12 Veritas School	23:03.18	12
14 Ann-Cason Blanchard	12 Veritas School	23:22.64	13
15 Violet VonCanon	10 Veritas School	23:28.95	14
16 Peyton Bradley	9 Covenant School	23:29.50	15
17 Rose Waldron	11 Seton School	23:29.67	16
18 Isabella Nator	8 Cape Henry Collegiat	23:30.15	17
19 Lily Haas	11 Hampton Roads Academ	23:37.23	
20 CeCe Lucas	12 Fredericksburg Chris	23:38.39	18
21 Carly Goins	12 Highland School	23:44.53	
22 Keeley Boone	9 Norfolk Collegiate	23:53.88	
23 Eliana Carson	10 Nansemond-Suffolk Ac	24:03.88	
24 Isabella Curtis	9 Peninsula Catholic	24:04.29	19
25 Orla Bradley	9 Covenant School	24:14.65	20
26 Sadie Martin	11 Cape Henry Collegiat	24:20.24	21
27 Meg Harrison	11 Steward	24:36.41	22
28 Olivia Melnitchouk	10 Hampton Roads Academ	24:48.52	
29 Lucy Lowe	9 Tandem Friends	24:48.77	23
30 Jane Wu	10 Chatham Hall	24:49.85	
31 Grace Fortier	10 Immanuel Christian S	24:53.47	24
32 Paige Hutchinson	12 Covenant School	24:58.28	25
33 Heidi Clark	9 Immanuel Christian S	25:04.39	26
34 Maddisen Bess	10 Immanuel Christian S	25:13.53	27
35 Katie Kovach	9 Norfolk Collegiate	25:15.51	
36 Alexandra Wilson	12 Isle of Wight Academ	25:17.67	
37 Grace Taylor	9 Immanuel Christian S	25:17.84	28
38 Jenna Lanphear	10 Veritas School	25:20.29	29
39 Taylor Nixon	8 Norfolk Collegiate	25:25.17	
40 Karsen Creager	9 Steward	25:26.37	30
41 Madisyn Carter	12 Highland School	25:28.65	
42 Mary Cabell	12 Peninsula Catholic	25:29.40	31
43 Lauren Lanphear	10 Veritas School	25:30.06	32
44 Emilia Jones	10 Covenant School	25:31.22	

45	Cece Lentz	8	Steward	25:36.17	33
46	Ila Hackman	8	Eastern Mennonite	25:37.97	
47	Izabella Castillo	11	Fredericksburg Chris	25:38.15	34
48	Abby Gould	11	Fredericksburg Chris	25:53.33	35
49	Frances Fenton	11	Virginia Episcopal S	25:55.00	36
50	Ellie Whitaker	11	Veritas School	26:00.38	
51	Sofia Ruffin	8	Steward	26:04.41	37
52	Ana Brown	11	Virginia Episcopal S	26:04.42	38
53	Chloe Hardison	12	Norfolk Christian	26:04.51	39
54	Faith Fortier	8	Immanuel Christian S	26:15.72	40
55	Natalie Petersen	12	Veritas School	26:23.53	
56	Isabel Taliaferro	8	Immanuel Christian S	26:36.01	41
57	Sofia Heredia	12	Peninsula Catholic	26:41.45	42
58	Logan Kauffman	10	Peninsula Catholic	26:41.59	43
59	Ana Reveles-Leon	12	Steward	26:42.25	44
60	Courtney Dix	10	Fredericksburg Chris	26:44.78	45
61	Monica Hartung	10	Seton School	26:46.87	46
62	Addy Anderson	9	Covenant School	26:48.16	
63	Autumn Smith	9	Norfolk Christian	26:58.08	47
64	Hazel Lyman	8	Tandem Friends	27:10.74	48
65	Madison Rector	9	Foxcroft	27:21.93	49
66	Penny Kramer	9	Seton School	27:23.13	50
67	Kaitlynn Nguyen	9	Peninsula Catholic	27:25.07	51
68	Grace Kistler	12	Veritas School	27:26.09	
69	Emma Roberson	10	Fredericksburg Chris	27:28.02	52
70	Anabelle Denton	12	Cape Henry Collegiat	27:35.74	53
71	Addison Geyer	11	Fredericksburg Chris	27:39.82	54
72	Annika Yaratha	9	Steward	27:52.78	55
73	Kate Howell	9	Fredericksburg Chris	27:53.91	
74	Rachel Branan	9	Peninsula Catholic	27:54.60	56
75	Claire Gatewood	10	Tandem Friends	27:59.35	57
76	Jenalyn Cunanan	11	Norfolk Christian	28:06.59	58
77	Anne Crouch	10	Cape Henry Collegiat	28:06.70	59
78	Molly Hooks	11	Cape Henry Collegiat	28:07.57	60
79	Macee Peterson	9	Fredericksburg Chris	28:15.30	
80	Valentina Patron	10	Virginia Episcopal S	28:15.48	61
81	Marcella Chee	8	Nansemond-Suffolk Ac	28:24.20	
82	Sophia Brasse	8	Cape Henry Collegiat	28:24.39	62
83	Mary Catherine Munsel	10	Seton School	28:25.24	63
84	Elizabeth Progar	11	Foxcroft	28:30.28	64
85	Claire Bates	9	Steward	28:36.20	65
86	Kate Piper	11	Eastern Mennonite	28:39.73	
87	Ava Rudy	11	Foxcroft	28:47.45	66
88	Presley Letellier	8	Steward	28:52.50	
89	Katherine Conrod	11	Nansemond-Suffolk Ac	29:00.47	
90	Philomena Kay	9	Seton School	29:05.17	67
91	Zuri Assam	11	Chatham Hall	29:25.30	
92	Tyla Branch	10	Chatham Hall	29:40.20	
93	Sarah Anderson	11	Immanuel Christian S	29:41.61	68
94	Sandra Rimkute	11	Foxcroft	29:53.42	69
95	Hannah Banks	10	Peninsula Catholic	30:00.65	
96	Rebekah Savery	12	Norfolk Christian	30:19.27	70
97	Emili Rossman	12	Foxcroft	30:26.36	71

98	Jillian Foster	10	Isle of Wight Academ	30:31.62	
99	Peyton Williams	12	Peninsula Catholic	30:40.81	
100	Caitlin Moseley	12	Immanuel Christian S	30:47.31	
101	Elise Clark	11	Immanuel Christian S	30:49.80	
102	Nina Irwin	9	Tandem Friends	30:56.96	72
103	Bee Merchant	10	Highland School	31:07.27	
104	Clara Falls	9	Chatham Hall	31:11.48	
105	Ruthie Gossman	9	Atlantic Shores Chri	31:31.01	
106	Elaina Miyares	9	Norfolk Christian	31:31.36	73
107	Anna Terray	9	Atlantic Shores Chri	31:34.61	
108	Sophia Randall	11	Norfolk Christian	31:51.87	74
109	Raquel Lopez	11	Foxcroft	32:00.80	75
110	Avery Meredith	10	Tandem Friends	32:02.27	76
111	Leah Noel	11	Nansemond-Suffolk Ac	32:15.08	
112	Charlotte Mazzio	9	Norfolk Christian	32:22.58	77
113	Kinsley Verbrugge	11	Covenant School	36:09.48	
114	Abby Calkins	10	Steward	38:29.64	
115	Cora Kramer	9	Seton School	39:02.24	78
116	Noemi Rodriguez	9	Seton School	44:55.82	79
117	Colette Kramer	10	Seton School	44:56.19	

Division II Girls 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Covenant School	31	1	2	3	10	15	20	25
Total Time: 1:44:25		Average: 20:52.83				1-5 Split: 4:54		
2 Veritas School	51	5	7	12	13	14	29	32
Total Time: 1:53:49		Average: 22:45.67				1-5 Split: 1:38		
3 Fredericksburg Chris	141	9	18	34	35	45	52	54
Total Time: 2:04:14		Average: 24:50.67				1-5 Split: 4:27		
4 Peninsula Catholic	143	8	19	31	42	43	51	56
Total Time: 2:05:10		Average: 25:01.97				1-5 Split: 4:29		
5 Immanuel Christian S	145	24	26	27	28	40	41	68
Total Time: 2:06:45		Average: 25:20.99				1-5 Split: 1:23		
6 Virginia Episcopal S	145	4	6	36	38	61	-	-
Total Time: 2:03:56		Average: 24:47.17				1-5 Split: 6:31		
7 Cape Henry Collegiat	161	11	17	21	53	59	60	62
Total Time: 2:06:25		Average: 25:16.93				1-5 Split: 5:15		
8 Steward	166	22	30	33	37	44	55	65
Total Time: 2:08:26		Average: 25:41.13				1-5 Split: 2:06		
9 Seton School	242	16	46	50	63	67	78	79
Total Time: 2:15:11		Average: 27:02.02				1-5 Split: 5:36		
10 Tandem Friends	276	23	48	57	72	76	-	-
Total Time: 2:22:59		Average: 28:35.62				1-5 Split: 7:14		
11 Norfolk Christian	287	39	47	58	70	73	74	77
Total Time: 2:23:00		Average: 28:35.97				1-5 Split: 5:27		
12 Foxcroft	319	49	64	66	69	71	75	-
Total Time: 2:25:00		Average: 28:59.89				1-5 Split: 3:05		