



NCAA Division I Southeast Regional

Panorama Farms
Earlysville, VA - University of Virginia
November 15, 2019



Women's 6k

PI	Athlete Name		Affiliation	2k	2k PI	+/-	5k	5k PI	+/-	Time	Pts
1	Elly Henes	SR	NC State	6:39.8	6	▲5	16:50.7	1	—	19:48.9	1
2	Gabrielle Jennings	SR	Furman	6:39.5	1	▼1	16:51.1	2	—	19:55.0	2
3	Savannah Carnahan	SR	Furman	6:39.7	4	▼1	16:52.3	5	▲2	20:02.5	3
4	Kelsey Chmiel	FR	NC State	6:39.7	4	—	16:51.4	4	—	20:02.6	4
5	Hannah Steelman	JR	Wofford	6:39.6	2	▼1	16:51.3	3	▼2	20:08.1	5
6	Julia Zachgo	JR	NC State	6:46.2	25	▲16	17:11.5	9	▲3	20:12.5	6
7	Sara Freix	SR	Virginia Tech	6:40.2	10	▲3	17:05.1	7	—	20:14.5	7
8	Ivine Chemutai	SO	Louisville	6:39.6	2	▼6	17:05.2	8	—	20:18.8	
9	Paige Hofstad	JR	North Carolina	6:40.9	15	▲5	17:11.6	10	▲1	20:20.8	8
10	Famke Heinst	JR	High Point	6:39.8	6	—	16:58.0	6	▼4	20:21.2	9
11	Michaela Reinhart	JR	Duke	6:41.4	17	▲5	17:13.0	12	▲1	20:28.8	10
12	Kristlin Gear	JR	Furman	6:41.4	17	▲3	17:18.1	14	▲2	20:29.0	11
13	Kyra Lopez	SR	Virginia Tech	6:42.1	19	▲8	17:12.2	11	▼2	20:29.1	12
14	Samantha Halvorsen	SR	Wake Forest	6:40.5	12	▼1	17:13.1	13	▼1	20:30.9	13
15	Sarah Edwards	SR	Virginia Tech	6:41.0	16	▼4	17:27.3	20	▲5	20:35.8	14
16	Emma Grace Hurley	SR	Furman	6:39.8	6	▼11	17:26.4	17	▲1	20:37.5	15
17	Logan Morris	JR	Clemson	6:45.6	24	▲6	17:26.6	18	▲1	20:38.6	16
18	Sara Platek	SO	Duke	6:43.0	20	▲1	17:27.2	19	▲1	20:44.2	17
19	Mariah Howlett	FR	NC State	6:40.6	13	▼3	17:25.0	16	▼3	20:46.9	18
20	Savannah Shaw	SO	NC State	6:45.5	23	▲2	17:31.8	21	▲1	20:48.2	19
21	Violah Seromot	FR	Eastern Kentucky	6:40.3	11	▼4	17:24.5	15	▼6	20:51.4	20
22	Elizabeth Brush	JR	Virginia Tech	6:49.1	32	▲5	17:40.0	27	▲5	20:53.3	21
23	Madeline Rehm	FR	Wake Forest	6:50.7	45	▲17	17:40.7	28	▲5	20:54.9	22
24	Isabel Zimmermann	JR	NC State	6:48.5	29	▲7	17:32.8	22	▼2	20:56.2	23
25	Gabby Karas	SO	Virginia	6:51.2	48	▲22	17:39.9	26	▲1	20:56.8	24
26	Calli Parlier	SO	Liberty	6:54.9	55	▲26	17:42.1	29	▲3	20:57.5	25
27	Johanna Schulz	SR	Wake Forest	6:45.0	22	▼1	17:33.3	23	▼4	21:00.0	26
28	Scolasticah Kemei	SR	Elon	6:40.0	9	▼16	17:34.8	25	▼3	21:05.9	27
29	Helen Williams	SO	Duke	6:59.2	73	▲39	17:47.1	34	▲5	21:06.0	28
30	Zoe Geis	SR	High Point	6:50.1	41	▲2	17:51.8	39	▲9	21:07.7	29
31	Elise Wright	SO	Wake Forest	6:40.6	13	▼11	17:33.6	24	▼7	21:07.9	30
32	Mady Clahane	JR	North Carolina	6:50.0	40	▲4	17:50.8	36	▲4	21:08.7	31
33	Sophie Carrier	SO	Kentucky	6:48.9	31	—	17:45.0	31	▼2	21:09.7	32
34	Chandler Horton	SO	Charlotte	6:49.5	36	▲6	17:43.8	30	▼4	21:10.5	33
35	Samantha Bush	FR	NC State	6:48.1	26	▼14	17:51.9	40	▲5	21:12.0	34
36	Alex Morris	FR	North Carolina	6:48.3	28	▼4	17:45.8	32	▼4	21:12.8	35
37	Caroline Inman	SO	Charleston South	6:56.9	64	▲31	17:47.0	33	▼4	21:13.4	36
38	Erin Edmundson	SR	North Carolina	6:55.3	57	▲15	17:52.5	42	▲4	21:14.0	37
39	Hannah Moran	JR	Virginia	6:49.6	38	—	17:51.6	38	▼1	21:14.1	38



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40	Lindsay Billings	SR	Duke	6:49.4	34	▼1	17:48.9	35	▼5	21:16.1	39
41	Anna Stoddard	SR	South Carolina	6:50.3	42	▼4	17:55.8	46	▲5	21:16.5	40
42	Bailey Beery	JR	Louisville	6:49.7	39	▼2	17:52.2	41	▼1	21:17.4	
43	Maria Ahm	FR	Elon	7:06.2	96	▲48	17:56.6	48	▲5	21:17.8	41
44	Hannah Brookover	SR	Wake Forest	6:48.8	30	▼15	17:55.3	45	▲1	21:18.1	42
45	Kiera Bothwell	JR	Virginia	6:52.0	49	▲12	17:51.0	37	▼8	21:18.3	43
46	Heather Stone	JR	South Carolina	6:55.4	58	▲11	17:56.3	47	▲1	21:19.3	44
47	Kaitlyn Lacy	SO	Kentucky	6:49.2	33	▼16	17:58.2	49	▲2	21:21.6	45
48	Amy Harding-Delooze	FR	Wake Forest	6:51.0	46	▲3	17:52.6	43	▼5	21:22.3	46
49	Melissa Anastasakis	SR	Elon	7:08.3	102	▲51	18:00.5	51	▲2	21:22.7	47
50	Carina Garcia	JR	George Mason	6:52.6	50	▼3	18:02.7	53	▲3	21:23.2	48
51	Charlotte Kowalk	SR	William & Mary	6:56.4	60	▼3	18:11.7	63	▲12	21:25.0	49
52	Emma Rogers	FR	William & Mary	7:01.4	81	▲29	18:01.6	52	—	21:26.1	50
53	Emmeline Fisher	JR	North Carolina	6:57.3	65	▲8	18:06.7	57	▲4	21:27.9	51
54	Grace Dwyer	SR	Furman	6:49.5	36	▼14	17:58.5	50	▼4	21:29.0	52
55	Alina Rovnak	FR	Charlotte	7:02.1	84	▲22	18:10.9	62	▲7	21:29.4	53
56	Laura Taborda	FR	Eastern Kentucky	7:00.1	78	▲20	18:07.2	58	▲2	21:30.4	54
57	Emma Kuntz	JR	Furman	6:51.1	47	▼20	18:14.7	67	▲10	21:30.6	55
58	Bridget Abbatiello	SR	Charlotte	6:56.5	61	▲1	18:08.2	60	▲2	21:31.5	56
59	Tessa Webb	FR	High Point	6:56.7	62	▲6	18:05.8	56	▼3	21:33.7	57
60	Morgan Ilse	SR	North Carolina	6:44.6	21	▼23	17:54.2	44	▼16	21:34.6	58
61	Nuria Tillo-Prats	SR	East Carolina	7:04.2	91	▲36	18:05.1	55	▼6	21:35.3	59
62	Leigha Torino	SO	Duke	6:50.3	42	▼19	18:09.3	61	▼1	21:37.0	60
63	Meredith Helton	SO	Wake Forest	6:54.8	54	▼5	18:07.8	59	▼4	21:37.3	61
64	Lindsey Butler	FR	Virginia Tech	6:57.4	66	▼6	18:21.2	72	▲8	21:39.8	62
65	Izzy Evelyn	SO	App State	6:59.5	74	▲9	18:14.0	65	—	21:40.2	63
66	Emily Lane	JR	Furman	6:54.2	51	▼15	18:14.5	66	—	21:41.1	64
67	Lisha Van Onselen	JR	Coastal Carolina	7:03.1	88	▲19	18:15.9	69	▲2	21:45.0	
68	Grace Boone	FR	Virginia Tech	7:01.0	79	▲6	18:23.1	73	▲5	21:45.2	65
69	Priscillah Kiplagat	FR	Liberty	7:09.8	105	▲31	18:23.6	74	▲5	21:46.0	66
70	Perri Bockrath	SO	Kentucky	6:48.1	26	▼28	18:04.0	54	▼16	21:47.6	67
71	Hanna Twine	FR	South Carolina	6:56.0	59	▼9	18:15.8	68	▼3	21:47.9	68
72	Helena Lindsay	SO	Virginia	6:54.6	52	▼19	18:20.4	71	▼1	21:49.0	69
73	Jenna Gearing	JR	Clemson	7:02.7	87	▼1	18:31.6	88	▲15	21:49.4	70
74	Johanna Lupica	SO	Richmond	6:57.6	67	▼3	18:17.7	70	▼4	21:50.1	71
75	Hannah Preeo	SO	Elon	7:13.8	119	▲44	18:24.1	75	—	21:51.4	72
76	Rachel Boice	SO	Kentucky	6:58.5	69	▼11	18:26.7	80	▲4	21:51.6	73
77	Kaylie Kenne	FR	Kentucky	6:49.4	34	▼30	18:13.4	64	▼13	21:51.8	74
78	Mikayla Richardson	SR	Virginia Tech	7:03.1	88	▲5	18:28.7	83	▲5	21:52.7	75
79	Olivia Sargent	JR	Virginia	6:56.8	63	▼13	18:24.8	76	▼3	21:53.8	76
80	Morgan Wittrock	SR	Clemson	7:02.2	85	▲6	18:26.5	79	▼1	21:54.4	77
81	Emma Bower	SO	Liberty	7:10.2	108	▲24	18:28.9	84	▲3	21:55.2	78



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82	Mikie Harris	JR	Clemson	7:03.6	90	▲5	18:29.0	85	▲3	21:57.0	79
83	Emily Cole	FR	Duke	6:50.6	44	▼34	18:26.4	78	▼5	21:57.3	80
84	Madisyn Peeples	JR	Kentucky	6:59.1	72	▼9	18:28.5	81	▼3	21:59.1	81
85	Kylee Frady	SO	App State	7:05.6	92	▲6	18:29.7	86	▲1	21:59.9	82
86	Lauren Finikiotis	JR	William & Mary	6:58.9	71	▼6	18:26.0	77	▼9	22:01.2	83
87	Amelia Jones	JR	Clemson	7:08.9	104	▲14	18:33.1	90	▲3	22:01.2	84
88	Kassidy Dill	JR	UNC-Greensboro	7:01.6	82	▼5	18:30.2	87	▼1	22:03.7	85
89	Lindsey Trotter	SR	Western Carolina	7:09.9	106	▲15	18:33.4	91	▲2	22:03.9	
90	Lize Botha	SR	Campbell	7:16.3	130	▲37	18:37.3	93	▲3	22:05.0	
91	Caitlin Shepard	SR	Kentucky	7:02.2	85	▲3	18:28.6	82	▼9	22:05.3	86
92	Rachel Snyder	SR	William & Mary	7:18.9	146	▲42	18:45.4	104	▲12	22:06.3	87
93	Kaitlyn Stone	SR	UNC-Greensboro	7:18.7	144	▲52	18:36.2	92	▼1	22:06.9	88
94	Brittany Carnathan	SO	Liberty	7:13.8	119	▲21	18:41.1	98	▲4	22:08.2	89
95	Taylor Delaney	SR	UNC-Greensboro	7:18.9	146	▲43	18:44.5	103	▲8	22:10.7	90
96	Maddie Rennyson	SO	Virginia	7:01.2	80	▼29	18:46.1	109	▲13	22:10.8	91
97	Claire Brown	SR	Richmond	6:58.7	70	▼32	18:43.8	102	▲5	22:12.1	92
98	Laura Webb	FR	James Madison	7:13.2	116	▲21	18:40.0	95	▼3	22:12.8	93
99	Olivia Paxton	JR	William & Mary	7:08.0	100	▲6	18:38.7	94	▼5	22:13.3	94
100	Liz Sauder	SO	Clemson	7:07.7	99	▼15	18:47.3	114	▲14	22:13.5	95
101	Natalie Abernathy	FR	Davidson	7:15.2	126	▲18	18:46.0	108	▲7	22:14.0	96
102	Grace Kilroy	FR	Eastern Kentucky	7:10.3	109	▲12	18:40.8	97	▼5	22:14.6	97
103	Jenna Strange	FR	East Carolina	7:13.7	118	▲7	18:46.3	111	▲8	22:15.9	98
104	Ave Grosenheider	SR	Richmond	7:06.0	95	▼1	18:40.6	96	▼8	22:16.2	99
105	Caitlin Swanson	JR	James Madison	7:16.6	133	▲34	18:41.4	99	▼6	22:17.8	100
106	Claire Strickler	JR	Clemson	7:05.6	92	▼9	18:42.8	101	▼5	22:18.0	101
107	Rachel Millirons	FR	Radford	7:15.4	127	▲15	18:46.5	112	▲5	22:18.3	102
108	Mikayla Stoudt	SR	East Carolina	7:16.9	134	▲34	18:41.9	100	▼8	22:18.4	103
109	Lila Peters	FR	App State	7:19.6	153	▲41	18:46.5	112	▲3	22:18.8	104
110	Maddie Hunter	SR	Davidson	7:08.6	103	▼16	18:55.5	119	▲9	22:20.9	105
111	Taylor Jones	SO	William & Mary	7:16.9	134	▲9	19:00.0	125	▲14	22:21.4	106
112	Sarah Venable	SR	App State	6:59.5	74	▼15	18:31.9	89	▼23	22:22.1	107
113	Megan Cole	FR	Northern Kentucky	7:15.1	124	▲18	18:45.7	106	▼7	22:23.4	108
114	Naomi Armstrong	SO	Liberty	7:18.8	145	▲17	19:00.3	128	▲14	22:24.0	109
115	Lily Snow	FR	Richmond	6:59.7	77	▼38	18:51.9	115	—	22:24.9	110
116	Judith White	SR	VCU	7:15.9	128	▲11	18:53.9	117	▲1	22:25.4	111
117	Taryn Schoen	JR	Wofford	7:16.9	134	▲16	18:54.6	118	▲1	22:26.1	112
118	Brooke Manion	SO	James Madison	7:23.0	171	▲44	19:00.2	127	▲9	22:26.2	113
119	Jamie Anderson	SO	Liberty	7:10.6	111	▲6	18:45.6	105	▼14	22:26.3	114
120	Alyssa Ungrady	JR	Charlotte	7:10.8	113	▲7	18:45.7	106	▼14	22:27.1	115
121	Ashley Brown	SR	VCU	7:10.6	111	▼5	18:52.2	116	▼5	22:28.6	116
122	Hillary Neely	FR	South Carolina	7:01.9	83	▼26	18:46.1	109	▼13	22:29.4	117
123	Jenna Newman	FR	Charlotte	7:17.9	140	▲5	19:03.4	135	▲12	22:29.4	118



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124	Elizabeth Reneau	SO	Duke	7:05.6	92	▼28	18:56.4	120	▼4	22:29.8	119
125	Lindsay Yentz	SO	East Carolina	7:19.1	148	▲14	19:02.7	134	▲9	22:30.0	120
126	Anouk Van Gils	FR	Eastern Kentucky	7:20.7	157	▲27	19:00.5	130	▲4	22:30.2	121
127	Anna George	FR	Richmond	7:13.5	117	▼9	19:00.1	126	▼1	22:30.2	122
128	Sarah Sandreuter	FR	App State	7:24.7	177	▲53	18:59.0	124	▼4	22:31.6	123
129	Kristen Cherry	SO	Col. of Charleston	7:24.8	178	▲38	19:07.1	140	▲11	22:32.4	124
130	Cate Ambrose	JR	Col. of Charleston	7:16.0	129	▼2	19:00.9	131	▲1	22:32.8	125
131	Elizabeth Harding	FR	North Carolina	7:06.5	97	▼23	18:56.4	120	▼11	22:34.0	126
132	Lindsey Ickes	SO	High Point	7:14.6	122	▼6	19:00.3	128	▼4	22:34.3	127
133	Shelby Watkins	SR	Morehead State	7:09.9	106	▼16	18:56.7	122	▼11	22:35.4	128
134	Laila Aljanabi	FR	Charlotte	7:17.4	138	▲15	18:57.7	123	▼11	22:36.0	129
135	Maggie Springer	FR	Elon	7:21.0	159	▲18	19:08.0	141	▲6	22:36.8	130
136	Madeleine Hesler	FR	James Madison	7:21.5	164	▲32	19:01.2	132	▼4	22:36.9	131
137	Harper Henson	SR	Winthrop	7:26.5	189	▲56	19:02.4	133	▼4	22:37.1	
138	Taylor Barnes	JR	Charleston Southc	7:26.2	187	▲51	19:04.2	136	▼2	22:38.2	132
139	Sommer McKenzie	SR	Wofford	7:17.5	139	▲2	19:05.5	137	▼2	22:39.0	133
140	Julia Hellman	JR	High Point	7:10.5	110	▼34	19:09.0	144	▲4	22:43.7	134
141	Annsley Eckert	JR	Radford	7:12.8	115	▼31	19:09.5	146	▲5	22:44.1	135
142	Sydnee Mangette	SO	Northern Kentucky	7:22.0	166	▲28	19:06.0	138	▼4	22:44.6	136
143	Kayla Connelly	JR	James Madison	7:15.1	124	▼15	19:06.6	139	▼4	22:46.2	137
144	Megan Keady	FR	James Madison	7:18.2	142	▼5	19:10.4	147	▲3	22:46.6	138
145	Jeanne Charat Reix	SO	Eastern Kentucky	7:19.9	155	▲12	19:08.6	143	▼2	22:46.9	139
146	Siena Gates	SO	Western Carolina	7:20.4	156	▲6	19:14.1	150	▲4	22:49.6	
147	Caroline Robelen	JR	Richmond	7:08.2	101	▼57	19:16.8	158	▲11	22:49.7	140
148	Olive Allen	FR	High Point	7:14.3	121	▼34	19:15.4	155	▲7	22:50.3	141
149	Paige McKinney	SR	Davidson	7:26.3	188	▲28	19:18.7	160	▲11	22:51.2	142
150	Sarah Richart	SR	George Mason	7:19.4	152	▲10	19:08.2	142	▼8	22:51.5	143
151	Courtney Kerr	SR	High Point	7:19.3	151	▼2	19:15.0	153	▲2	22:51.7	144
152	Reyna Vazquez-Miller	FR	VCU	7:21.2	162	▲8	19:15.1	154	▲2	22:53.0	145
153	Alexis McDonnell	FR	Davidson	7:29.9	197	▲40	19:16.6	157	▲4	22:53.5	146
154	Natalie Richardson	SR	App State	7:25.0	180	▲24	19:15.6	156	▲2	22:54.2	147
155	Olivia Esselman	SO	Winthrop	7:26.8	191	▲29	19:19.6	162	▲7	22:56.6	
156	Maryah Nasir	SO	South Carolina	6:59.6	76	▼73	19:13.5	149	▼7	22:56.6	148
157	Shanley Koekemoer	SO	Campbell	7:07.0	98	▼50	19:12.9	148	▼9	22:57.3	
158	Makennah Mills	SO	Charleston Southc	7:25.6	185	▲19	19:22.7	166	▲8	22:58.0	149
159	Ammah Abdel-Rahmar	SO	East Carolina	7:31.0	202	▲39	19:19.9	163	▲4	22:58.1	150
160	Rhian Purves	FR	Col. of Charleston	7:15.0	123	▼36	19:17.4	159	▼1	22:58.3	151
161	Margaret Morgan	SR	George Mason	7:16.9	134	▼17	19:14.4	151	▼10	22:59.5	152
162	Deirdre Lewin	SR	William & Mary	7:25.3	183	▲9	19:26.0	174	▲12	23:00.4	153
163	Kayland Bond	SO	Radford	7:11.7	114	▼56	19:24.2	170	▲7	23:01.9	154
164	Annie Mayfield	JR	Wofford	7:30.7	200	▲16	19:29.8	184	▲20	23:02.1	155
165	Amelie Vedder	FR	Charleston Southc	7:21.3	163	▼6	19:23.8	169	▲4	23:03.0	156



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166	Summer Owens	JR	UNCW	7:36.0	214	▲29	19:30.3	185	▲19	23:03.3	157
167	Susannah Cate	SR	Davidson	7:29.6	196	▲20	19:27.2	176	▲9	23:03.7	158
168	Christina Skinner	FR	East Carolina	7:32.1	206	▲34	19:25.9	172	▲4	23:03.8	159
169	Allison Rice	JR	George Mason	7:19.1	148	▼31	19:28.1	179	▲10	23:04.3	160
170	Lauren Radenhausen	SR	Louisville	7:21.6	165	▼12	19:27.6	177	▲7	23:04.8	
171	Olivia Chapman	JR	Morehead State	7:24.5	174	▲6	19:23.1	168	▼3	23:04.9	161
172	Emma Graf	FR	Murray State	7:24.9	179	▲18	19:19.0	161	▼11	23:05.4	162
173	Madelyn Rodriguez	SO	Campbell	7:22.3	168	▲2	19:22.7	166	▼7	23:05.5	
174	Madeline Fitch	SR	Campbell	7:22.3	168	▲3	19:22.5	165	▼9	23:05.7	
175	Beighley AYERS	SO	Eastern Kentucky	7:27.2	192	▲17	19:27.1	175	—	23:06.8	163
176	Kathryn Anderson	SO	UNC-Greensboro	7:23.7	173	▲2	19:25.8	171	▼5	23:07.2	164
177	Savannah Heckman	SO	Western Kentucky	7:25.3	183	▲5	19:27.7	178	▲1	23:07.5	
178	Kaitlyn Johnson	JR	George Mason	7:16.5	132	▼20	19:14.7	152	▼26	23:07.6	165
179	Anna Twomey	FR	Elon	7:21.0	159	▼24	19:29.2	183	▲4	23:10.1	166
180	Amber Opp	JR	Citadel	7:24.6	176	▲4	19:25.9	172	▼8	23:10.5	
181	Brooke Wilson	JR	South Carolina	7:16.3	130	▼59	19:37.3	189	▲8	23:10.7	167
182	Tess Masselink	JR	Col. of Charleston	7:19.1	148	▼33	19:28.6	181	▼1	23:10.8	168
183	Emily Dorony	FR	Col. of Charleston	7:24.5	174	▼8	19:28.7	182	▼1	23:12.6	169
184	Delaney Savedge	SR	VCU	7:30.9	201	▲14	19:32.0	187	▲3	23:14.5	170
185	Vilde Vage Henriksen	FR	George Mason	7:19.6	153	▼33	19:30.8	186	▲1	23:15.5	171
186	Kate Dickow	FR	Richmond	6:57.7	68	▼76	19:09.0	144	▼42	23:16.8	172
187	Ashley Rulison	FR	Coastal Carolina	7:25.0	180	▼10	19:38.1	190	▲3	23:17.7	
188	Alison Chinn	SR	Morehead State	7:21.0	159	▼21	19:28.4	180	▼8	23:18.0	173
189	McKenzi Watkins	FR	James Madison	7:22.0	166	▲2	19:20.0	164	▼25	23:18.1	174
190	Bethany Weaver	SR	East Carolina	7:26.1	186	▼2	19:32.3	188	▼2	23:21.5	175
191	Chloe Phillips	SO	Radford	7:27.5	193	▼2	19:45.9	195	▲4	23:25.6	176
192	Savannah Fraleigh	JR	Charlotte	7:23.1	172	▼21	19:43.6	193	▲1	23:28.1	177
193	Kelsey Larkin	SR	South Carolina	7:20.9	158	▼34	19:41.4	192	▼1	23:28.9	178
194	Lindsay Fanz	FR	Louisville	7:36.5	216	▲6	19:58.8	210	▲16	23:29.3	
195	Maggie Kiper	JR	Morehead State	7:26.6	190	▼4	19:45.6	194	▼1	23:30.3	179
196	Grace Dellapa	SR	Elon	7:31.2	203	▲12	19:40.5	191	▼5	23:30.9	180
197	Chandler McCaslin	SO	UNC-Greensboro	7:31.4	204	▲4	19:49.8	200	▲3	23:33.1	181
198	Emily Henkel	FR	Davidson	7:36.3	215	▲17	19:48.3	198	—	23:34.1	182
199	Casey Williams	JR	Longwood	7:45.7	237	▲33	19:56.9	204	▲5	23:34.9	
200	Emma Creviston	SO	Murray State	7:30.5	198	▼3	19:51.7	201	▲1	23:35.1	183
201	Alicja Minczuk	JR	Eastern Kentucky	7:22.9	170	▼29	19:48.8	199	▼2	23:35.5	184
202	Morgan Vosler	SO	Murray State	7:41.1	225	▲17	19:58.3	208	▲6	23:36.1	185
203	Madeline Nichols	SO	UNC-Asheville	7:29.5	195	▼2	19:47.2	197	▼6	23:38.5	186
204	Amber Scott	FR	Col. of Charleston	7:18.0	141	▼55	19:46.4	196	▼8	23:39.1	187
205	Bethany Thornhill	SR	Charleston South	7:31.7	205	▼4	19:58.4	209	▲4	23:40.3	188
206	Anna Kathryn Kilby	SO	Davidson	7:39.2	219	▲8	19:59.4	211	▲5	23:40.5	189
207	Sophia DeLisio	FR	Northern Kentucky	7:25.2	182	▼20	19:55.4	202	▼5	23:43.4	190



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208	Abigail Dorn	SR	Morehead State	7:37.2	217	▲14	19:56.5	203	▼5	23:44.1	191
209	Allie Leavitt	SO	USC Upstate	7:34.1	208	▲2	19:57.2	206	▼3	23:46.2	192
210	Grace Puleo	FR	Longwood	7:45.3	236	▲29	19:58.2	207	▼3	23:46.9	
211	Natalie Bardach	FR	Virginia	7:18.3	143	▼61	19:56.9	204	▼7	23:49.2	193
212	Savannah Hoff	FR	Radford	7:34.8	209	▼4	20:01.0	213	▲1	23:49.4	194
213	Nelle Yankovich	FR	Northern Kentucky	7:34.9	212	▼6	20:08.1	218	▲5	23:51.1	195
214	Kassandra Aulenbach	FR	VCU	7:37.6	218	▲6	19:59.7	212	▼2	23:51.3	196
215	Anne Akagi	FR	Charleston South	7:39.4	220	▲4	20:06.8	216	▲1	23:52.0	197
216	Madi Provo	FR	App State	7:33.7	207	▼10	20:07.3	217	▲1	23:54.5	198
217	Mary Wilson	SR	Wofford	7:35.8	213	▼7	20:12.7	220	▲3	23:57.0	199
218	India Appleton	SO	UNC-Asheville	7:29.1	194	▼21	20:06.5	215	▼3	23:57.2	200
219	Morgan Kannapel	JR	Western Kentucky	7:39.6	222	▲1	20:14.3	221	▲2	23:59.8	
220	Chloe Byrd	SO	UNCW	7:41.0	224	▲5	20:12.3	219	▼1	24:00.3	201
221	Katelyn Gilbert	SR	Murray State	7:41.3	226	▼1	20:19.4	227	▲6	24:01.6	202
222	Alyx Evans	SO	UNC-Asheville	7:30.5	198	▼24	20:14.5	222	—	24:01.8	203
223	Megan Kelter	FR	Northern Kentucky	7:43.7	233	▲9	20:17.1	224	▲1	24:03.0	204
224	Mia Davis	JR	USC Upstate	7:34.8	209	▼5	20:02.0	214	▼10	24:04.6	205
225	Morgan Costelloe	JR	UNC-Asheville	7:34.8	209	▼14	20:15.4	223	▼2	24:09.1	206
226	Lili Jaraczewski	FR	Presbyterian	7:52.6	244	▲19	20:18.8	225	▼1	24:10.9	
227	Laura Yarborough	FR	USC Upstate	7:44.7	235	▲9	20:19.1	226	▼1	24:11.3	207
228	Zanelle Willemse	SO	Charleston South	7:39.5	221	▼8	20:22.2	229	▲1	24:14.8	208
229	Julia Ledgett	JR	UNCW	7:51.2	243	▲12	20:26.0	231	▲2	24:15.2	209
230	Mary Alice Thornburg	FR	Morehead State	7:43.4	231	▲3	20:20.5	228	▼2	24:21.3	210
231	Alyssa LeClaire	SR	Coastal Carolina	7:41.8	227	▼9	20:43.7	236	▲5	24:25.1	
232	Kelsey Kiser	SR	UNCW	7:44.2	234	▲1	20:37.0	233	▲1	24:25.2	211
233	Stecy Cherono	SO	USC Upstate	7:43.0	229	▼1	20:25.8	230	▼3	24:26.6	212
234	Natalie Lienhart	SR	Northern Kentucky	7:46.8	239	▲7	20:33.8	232	▼2	24:27.9	213
235	Erika Nageleisen	SO	Northern Kentucky	7:48.2	241	▲7	20:39.0	234	▼1	24:29.7	214
236	Kristin Dent	FR	Murray State	7:43.0	229	▼8	20:44.2	237	▲1	24:33.5	215
237	Grace Wolfe	FR	Citadel	7:54.3	247	▲9	20:44.7	238	▲1	24:34.5	
238	Heidi Fortin	FR	Citadel	7:40.4	223	▼12	20:41.7	235	▼3	24:37.5	
239	Carrie Staviski	SO	Morehead State	7:53.0	245	▲4	20:50.6	241	▲2	24:42.1	216
240	Alanie Foster	FR	USC Upstate	7:50.0	242	▲2	20:49.9	240	—	24:46.5	217
241	Samantha Decker	SO	UNC-Asheville	7:42.6	228	▼11	20:48.6	239	▼2	24:49.7	218
242	Lefler McManus	JR	UNCW	7:53.6	246	▲3	20:54.8	243	▲1	24:54.2	219
243	Isabel Muehleman	FR	Col. of Charleston	7:47.5	240	▼2	20:52.9	242	▼1	24:57.5	220
244	Ashley Tysiac	FR	UNC-Asheville	7:43.5	232	▼12	21:01.3	244	—	25:00.8	221
245	Gretchen Bingham	FR	UNCW	7:56.2	248	▲3	21:05.6	245	—	25:06.2	222
246	Ali Schutte	FR	UNCW	7:56.4	249	▲3	21:13.5	246	—	25:13.1	223
247	Emily Swanigan	SR	Presbyterian	8:03.8	255	▲5	21:19.8	250	▲3	25:14.8	
248	Jessica Stein	FR	Murray State	7:57.0	250	▲3	21:13.7	247	▼1	25:15.6	224
249	Casey Miller	JR	Citadel	7:59.8	252	▲4	21:17.1	248	▼1	25:18.2	



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250	Lindsey Gordon	SO	Longwood	8:06.0	256	▲4	21:26.2	252	▲2	25:26.0	
251	Anna Lyles	SR	Wofford	7:46.2	238	▼11	21:18.8	249	▼2	25:31.2	225
252	Alicia Chavez	SR	USC Upstate	8:08.2	257	▲6	21:25.2	251	▼1	25:37.1	226
253	Corey McVay	SO	UNC-Asheville	8:01.6	254	—	21:35.7	254	▲1	25:46.7	227
254	Sophie Grogan	SO	Murray State	7:57.0	250	▼3	21:28.2	253	▼1	25:49.3	228
255	Emma Sudol	FR	VCU	8:00.2	253	▼2	21:47.7	255	—	26:05.3	229
256	Brawnwyn Koellner	SO	USC Upstate	8:30.9	259	▲2	22:39.1	257	▲1	26:46.5	230
257	Megan Flynn	FR	Presbyterian	8:31.0	260	▲4	22:38.3	256	▼1	27:00.1	
258	Julia Keen	SO	Presbyterian	9:25.1	261	▲3	25:05.3	258	—	30:06.9	
--	Siobhra O'Flaherty	SO	George Mason	6:54.7	53					DNF	
--	Adelyn Ackley	FR	Liberty	6:55.0	56					DNF	
--	Britney Hansen	SR	Louisville	8:10.8	258					DNF	



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Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	NC State <i>Total Time: 1:41:39.10</i> <i>Average: 20:19.82</i>	48	1	4	6	18	19	23	34
2	Furman <i>Total Time: 1:42:33.00</i> <i>Average: 20:30.60</i>	83	2	3	11	15	52	55	64
3	Virginia Tech <i>Total Time: 1:43:52.50</i> <i>Average: 20:46.50</i>	116	7	12	14	21	62	65	75
4	Wake Forest <i>Total Time: 1:44:51.80</i> <i>Average: 20:58.36</i>	133	13	22	26	30	42	46	61
5	Duke <i>Total Time: 1:45:12.10</i> <i>Average: 21:02.42</i>	154	10	17	28	39	60	80	119
6	North Carolina <i>Total Time: 1:45:24.20</i> <i>Average: 21:04.84</i>	162	8	31	35	37	51	58	126
7	Virginia <i>Total Time: 1:47:12.00</i> <i>Average: 21:26.40</i>	250	24	38	43	69	76	91	193
8	Kentucky <i>Total Time: 1:48:02.30</i> <i>Average: 21:36.46</i>	291	32	45	67	73	74	81	86
9	Elon <i>Total Time: 1:48:14.61</i> <i>Average: 21:38.92</i>	317	27	41	47	72	130	166	180
10	Clemson <i>Total Time: 1:48:20.60</i> <i>Average: 21:40.12</i>	326	16	70	77	79	84	95	101
11	High Point <i>Total Time: 1:48:20.60</i> <i>Average: 21:40.12</i>	356	9	29	57	127	134	141	144
12	William & Mary <i>Total Time: 1:49:11.90</i> <i>Average: 21:50.38</i>	363	49	50	83	87	94	106	153
13	Liberty <i>Total Time: 1:49:10.90</i> <i>Average: 21:50.18</i>	367	25	66	78	89	109	114	
14	Charlotte <i>Total Time: 1:49:07.90</i> <i>Average: 21:49.58</i>	375	33	53	56	115	118	129	177
15	South Carolina <i>Total Time: 1:49:49.70</i> <i>Average: 21:57.94</i>	417	40	44	68	117	148	167	178



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16	Eastern Kentucky <i>Total Time: 1:49:53.50</i> <i>Average: 21:58.70</i>	431	20	54	97	121	139	163	184
17	App State <i>Total Time: 1:50:52.60</i> <i>Average: 22:10.52</i>	479	63	82	104	107	123	147	198
18	Richmond <i>Total Time: 1:51:13.50</i> <i>Average: 22:14.70</i>	494	71	92	99	110	122	140	172
19	East Carolina <i>Total Time: 1:51:37.70</i> <i>Average: 22:19.54</i>	530	59	98	103	120	150	159	175
20	James Madison <i>Total Time: 1:52:19.90</i> <i>Average: 22:27.98</i>	574	93	100	113	131	137	138	174
21	Wofford <i>Total Time: 1:52:12.30</i> <i>Average: 22:26.46</i>	604	5	112	133	155	199	225	
22	UNC-Greensboro <i>Total Time: 1:53:01.60</i> <i>Average: 22:36.32</i>	608	85	88	90	164	181		
23	Davidson <i>Total Time: 1:53:23.30</i> <i>Average: 22:40.66</i>	647	96	105	142	146	158	182	189
24	Charleston Southern <i>Total Time: 1:53:32.90</i> <i>Average: 22:42.58</i>	661	36	132	149	156	188	197	208
25	George Mason <i>Total Time: 1:53:26.10</i> <i>Average: 22:41.22</i>	668	48	143	152	160	165	171	
26	Col. of Charleston <i>Total Time: 1:54:26.90</i> <i>Average: 22:53.38</i>	737	124	125	151	168	169	187	220
27	VCU <i>Total Time: 1:54:52.80</i> <i>Average: 22:58.56</i>	738	111	116	145	170	196	229	
28	Radford <i>Total Time: 1:55:19.30</i> <i>Average: 23:03.86</i>	761	102	135	154	176	194		
29	Morehead State <i>Total Time: 1:56:12.70</i> <i>Average: 23:14.54</i>	832	128	161	173	179	191	210	216
30	Northern Kentucky <i>Total Time: 1:56:45.50</i> <i>Average: 23:21.10</i>	833	108	136	190	195	204	213	214
31	Murray State <i>Total Time: 1:58:51.70</i> <i>Average: 23:46.34</i>	947	162	183	185	202	215	224	228
32	UNCW <i>Total Time: 2:00:38.20</i> <i>Average: 24:07.64</i>	997	157	201	209	211	219	222	223



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33	UNC-Asheville	1013	186	200	203	206	218	221	227
	<i>Total Time: 2:00:36.30</i>								
	<i>Average: 24:07.26</i>								
34	USC Upstate	1033	192	205	207	212	217	226	230
	<i>Total Time: 2:01:15.20</i>								
	<i>Average: 24:15.04</i>								



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Men's 10k

PI	Athlete Name		Affiliation	3k	3k PI	+/-	5k	5k PI	+/-	Time	Pts
1	Peter Seufer	SR	Virginia Tech	5:46.1	1	—	14:43.6	1	—	29:20.7	1
2	Athanas Kioko	JR	Campbell	5:46.2	2	▼7	14:44.5	9	▲7	29:24.4	2
3	Ryan Adams	SR	Furman	5:46.7	12	▲6	14:44.1	6	▲3	29:28.7	3
4	Amon Kemboi	JR	Campbell	5:46.4	6	▲3	14:43.8	3	▼1	29:37.7	4
5	Adriaan Wildschutt	SO	Coastal Carolina	5:46.2	2	▼2	14:43.9	4	▼1	29:47.5	5
6	Ian Shanklin	JR	NC State	5:46.9	13	▲5	14:44.4	8	▲2	29:50.3	6
7	Nadeel Wildschutt	JR	Coastal Carolina	5:46.2	2	—	14:43.7	2	▼5	29:51.2	7
8	Ezekiel Kibichii	FR	Eastern Kentucky	5:46.6	10	▲6	14:43.9	4	▼4	29:58.3	8
9	Fitsum Seyoum	JR	Virginia Tech	5:46.4	6	▼5	14:44.7	11	▲2	30:06.9	9
10	Alex Cornwell	SR	Charlotte	5:46.5	9	▼4	14:56.6	13	▲3	30:12.6	10
11	AJ Ernst	JR	Virginia	5:48.4	22	▼5	15:05.4	27	▲16	30:17.8	11
12	Emmanuel Cheboston	SO	Louisville	5:46.9	13	▲6	14:44.2	7	▼5	30:21.8	12
13	Daniel Bernal	JR	Furman	5:46.9	13	▲1	14:45.0	12	▼1	30:22.7	13
14	Zach Facioni	SO	Wake Forest	5:46.3	5	▼5	14:44.6	10	▼4	30:25.7	14
15	Ari Klau	SR	Virginia	5:48.6	25	▲5	15:03.4	20	▲5	30:27.8	15
16	Alex Corbett	SR	Virginia	5:48.7	27	▲9	15:03.3	18	▲2	30:31.2	16
17	Peter Morris	FR	Virginia	5:48.9	29	▲11	15:03.3	18	▲1	30:31.6	17
18	Gavin Gaynor	JR	NC State	5:47.1	16	▼6	15:03.6	22	▲4	30:32.1	18
19	Godwin Kimutai	FR	Campbell	5:50.9	38	▲21	15:03.0	17	▼2	30:33.0	19
20	Lachlan Cook	JR	Virginia	5:48.4	22	▼2	15:04.3	24	▲4	30:33.5	20
21	El Hocine Bouchrak	JR	High Point	5:52.5	53	▲21	15:09.6	32	▲11	30:34.8	21
22	Diego Zarate	SR	Virginia Tech	5:52.0	48	▲11	15:12.3	37	▲15	30:36.9	22
23	Zak Kirk	JR	Eastern Kentucky	5:52.9	57	▲35	15:03.6	22	▼1	30:37.6	23
24	CJ Ambrosio	JR	Duke	5:48.1	20	▼11	15:09.3	31	▲7	30:41.9	24
25	Brennan Fields	SR	Kentucky	5:46.6	10	▼5	15:02.7	15	▼10	30:43.8	25
26	Alex Milligan	JR	North Carolina	5:54.4	66	▲28	15:14.1	38	▲12	30:44.5	26
27	Hannes Burger	SO	NC State	5:48.5	24	▼10	15:09.8	34	▲7	30:44.9	27
28	Carter Coughlin	FR	Wake Forest	5:52.9	57	▲21	15:11.0	36	▲8	30:46.4	28
29	Jesse Hunt	SO	North Carolina	5:48.9	29	▲4	15:04.8	25	▼4	30:47.8	29
30	Aaron Las Heras	FR	Wake Forest	5:52.8	56	▲13	15:15.5	43	▲13	30:48.4	30
31	Tim Bason	JR	NC State	5:54.6	67	▲25	15:15.2	42	▲11	30:49.4	31
32	Paul Arredondo	JR	Charlotte	5:48.8	28	▲12	15:02.9	16	▼16	30:51.3	32
33	Jeremy Brown	SR	North Carolina	5:49.0	31	▲5	15:05.2	26	▼7	30:53.2	33
34	Nate Kawalec	FR	NC State	5:51.7	45	▲13	15:09.6	32	▼2	30:54.2	34
35	Nickolas Scudder	FR	Charlotte	5:50.5	37	▲8	15:06.0	29	▼6	30:55.5	35
36	Josh Romine	JR	Duke	5:52.0	48	▲8	15:15.1	40	▲4	30:56.6	36
37	Jack Tiernan	JR	Wake Forest	5:47.7	18	▼12	15:09.2	30	▼7	30:56.9	37
38	Bashir Mosavel-Lo	SO	Virginia Tech	5:56.3	77	▲28	15:19.4	49	▲11	31:01.2	38
39	Antonio Lopez Segura	FR	Virginia Tech	5:51.9	47	▼1	15:18.9	48	▲9	31:03.0	39



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40	Alex Miley	JR	Duke	5:51.6	43	▼8	15:20.0	51	▲11	31:04.3	40
41	David Ahlmeyer	FR	Furman	5:52.2	50	▲6	15:16.0	44	▲3	31:05.3	41
42	Felix Kandie	SO	Liberty	5:48.1	20	▲6	15:02.2	14	▼28	31:06.0	42
43	Samuel Abascal	SR	Eastern Kentucky	6:00.7	83	▲20	15:26.8	63	▲20	31:07.4	43
44	Randy Neish	JR	Virginia	5:53.7	60	▲14	15:17.8	46	▲2	31:07.6	44
45	Ryan Brown	SO	App State	6:04.2	103	▲31	15:32.4	72	▲27	31:07.9	45
46	Cameron Ponder	SO	Furman	5:48.6	25	▼10	15:10.0	35	▼11	31:08.9	46
47	Sam Rivera	FR	Duke	5:49.8	33	▼29	15:26.5	62	▲15	31:12.0	47
48	Zach Marchinko	SR	Charlotte	5:52.7	55	▲1	15:21.9	54	▲6	31:13.2	48
49	Jake Ogden	SR	Furman	5:47.7	18	▼34	15:20.6	52	▲3	31:14.8	49
50	Joshua Spare	JR	East Carolina	5:51.8	46	▼7	15:20.9	53	▲3	31:15.5	50
51	Paul Dellinger	JR	Duke	5:51.5	42	▲2	15:15.1	40	▼11	31:15.6	51
52	JP Trojan	JR	William & Mary	5:46.4	6	▼15	15:03.5	21	▼31	31:15.7	52
53	Spencer Tsai	JR	William & Mary	5:50.4	36	▼3	15:14.7	39	▼14	31:16.0	53
54	Hunter Jutras	JR	George Mason	6:03.1	93	▲11	15:37.8	82	▲28	31:20.4	54
55	Theo Kahler	JR	Winthrop	5:53.2	59	—	15:24.1	59	▲4	31:20.7	
56	Meshack Kipchirchir	SO	Norfolk State	5:58.6	81	▲18	15:26.8	63	▲7	31:22.6	
57	Miles Clikeman	SR	Richmond	6:03.4	96	▲28	15:30.4	68	▲11	31:23.5	55
58	Ryan Drew	JR	Liberty	5:54.1	62	▲15	15:18.3	47	▼11	31:26.0	56
59	Zach Kinne	FR	Duke	5:54.3	65	▲5	15:24.5	60	▲1	31:28.9	57
60	John Ward	JR	Clemson	6:02.7	90	▲13	15:35.0	77	▲17	31:29.9	58
61	Patrick Lynch	SO	William & Mary	5:49.9	34	▼31	15:27.4	65	▲4	31:31.3	59
62	Jack Ikenberry	SO	George Mason	5:58.4	80	▲1	15:36.7	79	▲17	31:32.0	60
63	Matthias Cannon	FR	Virginia Tech	6:02.8	91	▲15	15:34.6	76	▲13	31:35.7	61
64	Trevor Warren	SO	Kentucky	5:51.4	41	▼25	15:28.6	66	▲2	31:36.0	62
65	Ian Moini	SO	North Carolina	5:52.2	50	▼7	15:23.5	57	▼8	31:37.2	63
66	Enock Kipchumba	FR	Eastern Kentucky	5:54.1	62	▲7	15:23.0	55	▼11	31:38.2	64
67	Tanis Baldwin	SR	NC State	6:00.8	84	▼6	15:41.8	90	▲23	31:39.7	65
68	Mitch Resor	JR	North Carolina	5:47.1	16	▼40	15:23.3	56	▼12	31:40.8	66
69	Marshall Williamson	FR	North Carolina	5:55.9	74	▼6	15:37.0	80	▲11	31:41.2	67
70	Jack Joyce	SR	Virginia Tech	5:56.1	75	▲30	15:17.2	45	▼25	31:42.5	68
71	Daniel Vo	FR	Charlotte	5:55.7	72	▼6	15:35.8	78	▲7	31:44.0	69
72	Spencer Smucker	SO	High Point	6:09.7	134	▲32	15:49.3	102	▲30	31:45.0	70
73	Jaymee Domoney	JR	Charleston South	6:01.0	86	▲5	15:37.3	81	▲8	31:47.2	71
74	Austen Cave	FR	High Point	6:09.7	134	▲31	15:49.7	103	▲29	31:47.5	72
75	Alex Roy	JR	UNC-Greensboro	5:56.1	75	▼8	15:38.6	83	▲8	31:48.5	73
76	Jeryck Wilson	SR	Charleston South	5:51.6	43	▼7	15:19.8	50	▼26	31:51.4	74
77	Evans Cheruiyot	FR	Norfolk State	6:05.1	109	▲17	15:45.2	92	▲15	31:51.7	
78	Joe Spitzer	FR	Liberty	6:05.1	109	▲3	15:50.9	106	▲28	31:53.2	75
79	Dylan Allen	SO	Kentucky	5:55.0	69	▼18	15:40.6	87	▲8	31:53.7	76
80	Ethan Hageman	SO	East Carolina	6:07.8	124	▲23	15:48.8	101	▲21	31:54.6	77
81	Trent Mandato	JR	Furman	5:50.9	38	▼23	15:25.0	61	▼20	31:54.6	78



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82	Ares Reading	FR	Furman	5:54.0	61	▼9	15:31.6	70	▼12	31:54.7	79
83	Andrew Stanley	SO	Liberty	6:00.9	85	—	15:40.2	85	▲2	31:54.8	80
84	Caleb Olson	FR	Liberty	6:04.5	107	▲13	15:46.3	94	▲10	31:54.9	81
85	Brian Picone	FR	Charlotte	5:54.2	64	▼22	15:40.5	86	▲1	31:57.0	82
86	Aidan Tierney	FR	Elon	6:07.4	122	▲25	15:47.7	97	▲11	31:57.2	83
87	Max Pearson	SO	Davidson	6:01.1	87	▼2	15:40.9	89	▲2	31:58.1	84
88	Jarrett Mattingly	SR	Morehead State	5:56.4	78	▲11	15:29.9	67	▼21	31:58.2	85
89	Andrew Miller	SO	Elon	6:07.3	121	▲23	15:47.9	98	▲9	31:58.5	86
90	Isaac Benz	JR	App State	6:04.3	106	▲18	15:40.8	88	▼2	31:59.3	87
91	Evan Goodell	SO	William & Mary	5:49.9	34	▼35	15:30.8	69	▼22	32:00.4	88
92	Nikodem Dworzak	FR	Eastern Kentucky	6:06.6	114	▲30	15:40.0	84	▼8	32:01.3	89
93	Rohann Asfaw	SO	Virginia	5:49.1	32	▲4	15:05.9	28	▼65	32:02.2	90
94	Aaron Withrow	FR	Kentucky	5:55.1	70	▼22	15:45.2	92	▼2	32:03.2	91
95	John Tatter	SO	North Carolina	5:51.3	40	▼31	15:32.3	71	▼24	32:05.5	92
96	Lelei Too	SO	Norfolk State	6:13.1	153	▲39	15:57.6	114	▲18	32:06.9	
97	Ben Cignarale	JR	App State	6:15.5	163	▲41	16:04.1	122	▲25	32:07.3	93
98	Cooper Leslie	SR	William & Mary	5:52.6	54	▼19	15:32.6	73	▼25	32:10.6	94
99	Jack Mackey	SO	William & Mary	5:55.7	72	▼19	15:44.0	91	▼8	32:10.8	95
100	Peter Borger	SO	Richmond	6:03.7	100	▲4	15:47.5	96	▼4	32:11.3	96
101	John LePino	JR	Wake Forest	6:03.5	99	—	15:48.4	99	▼2	32:11.9	97
102	George Hotelling	FR	App State	6:11.8	147	▲29	16:02.1	118	▲16	32:14.8	98
103	Marlin Young	SO	Clemson	6:07.0	117	▲7	15:56.4	110	▲7	32:14.9	99
104	Grant Anderson	JR	George Mason	6:03.7	100	▼9	15:51.6	109	▲5	32:16.2	100
105	Thomas Little	SR	UNC-Asheville	6:10.7	139	▲24	15:57.7	115	▲10	32:16.7	101
106	Dean Abushouk	SR	East Carolina	6:07.8	124	▲24	15:48.6	100	▼6	32:17.4	102
107	Ares Epps	FR	NC State	5:54.7	68	▼7	15:33.1	75	▼32	32:17.8	103
108	Oliver Wilson-Cook	FR	App State	6:11.9	148	▲29	16:02.3	119	▲11	32:19.8	104
109	Colin Ross	SO	Davidson	6:04.2	103	▼2	15:50.6	105	▼4	32:22.4	105
110	Hisham Vohra	SO	VCU	6:03.1	93	▼15	15:51.4	108	▼2	32:24.4	106
111	Evan Jones	JR	UNCW	6:17.8	176	▲51	16:05.8	125	▲14	32:26.3	107
112	Jake Lonsdale	SO	George Mason	6:10.7	139	▲28	15:57.0	111	▼1	32:28.0	108
113	Tom Sullivan	SR	Duke	5:52.4	52	▼22	15:32.8	74	▼39	32:36.0	109
114	Alan Deogracias	FR	Charleston South	6:08.9	130	▼2	16:08.0	132	▲18	32:39.2	110
115	Joaquin Martinez De P	SO	Wake Forest	6:02.5	89	▲31	15:23.8	58	▼57	32:39.2	111
116	Gabe Szalay	SO	Kentucky	6:03.2	95	▼28	16:04.7	123	▲7	32:40.5	112
117	Siro Pina Cardona	JR	High Point	6:03.0	92	▼20	15:57.1	112	▼5	32:41.6	113
118	Gable Dershem	JR	App State	6:18.0	179	▲40	16:10.8	139	▲21	32:42.6	114
119	Hayden DiBona	SR	Col. of Charleston	6:05.4	112	▼1	15:57.5	113	▼6	32:44.1	115
120	Pace Clark	FR	Campbell	6:18.6	183	▲31	16:18.0	152	▲32	32:44.3	116
121	Patrick Schaefer	SO	Kentucky	5:55.6	71	▼24	15:46.8	95	▼26	32:44.9	117
122	Bryce Catlett	SR	VCU	6:02.3	88	▼33	16:03.5	121	▼1	32:45.7	118
123	Cameron Stephens	SO	Louisville	6:08.4	126	▼2	16:06.7	128	▲5	32:45.7	119



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124	Ian Miller	FR	High Point	6:16.6	169	▲32	16:10.2	137	▲13	32:46.1	120
125	Kyle Mastin	SO	Northern Kentucky	6:16.6	169	▲28	16:11.8	141	▲16	32:46.7	121
126	Nat Romaine	SO	East Carolina	6:23.9	202	▲47	16:19.0	155	▲29	32:46.8	122
127	Joe Limo	SO	Radford	6:15.7	166	▲35	16:07.6	131	▲4	32:46.8	
128	Colt Griffith	JR	Clemson	6:03.4	96	▼21	16:01.2	117	▼11	32:48.9	123
129	Sam Beattie	SR	Col. of Charleston	6:10.7	139	▲11	16:06.7	128	▼1	32:50.3	124
130	Cam Milroy	FR	UNCW	6:18.1	181	▲47	16:08.5	134	▲4	32:50.7	125
131	Austin Carroll	SO	Charlotte	6:00.5	82	▼25	15:51.1	107	▼24	32:50.9	126
132	Andrew Akright	JR	Charleston South	6:09.7	134	▼1	16:08.8	135	▲3	32:54.6	127
133	Andrew Southard	JR	Coastal Carolina	6:06.9	115	▼28	16:12.3	143	▲10	32:57.0	128
134	Jacob Underwood	SO	Liberty	6:10.0	137	▲21	15:58.3	116	▼18	32:57.8	129
135	Jackson Leech	FR	Clemson	6:07.1	118	▼6	16:05.5	124	▼11	32:59.0	130
136	Andrew Castano	SO	Clemson	6:16.3	167	▼1	16:26.4	168	▲32	33:01.4	131
137	Chase Osborne	FR	East Carolina	6:14.2	157	▲9	16:14.7	148	▲11	33:04.2	132
138	Ryan Moosbrugger	SO	Col. of Charleston	6:17.8	176	▲18	16:19.5	158	▲20	33:04.5	133
139	Keeton Thornsberry	FR	Eastern Kentucky	6:06.1	113	▼7	16:02.8	120	▼19	33:05.5	134
140	Ryan Johnston	SO	Louisville	6:12.4	150	▲1	16:15.2	149	▲9	33:06.2	135
141	Benjamin Klemmeck	JR	Liberty	6:10.2	138	▲12	16:06.3	126	▼15	33:07.0	136
142	Doug Mullen	JR	Coastal Carolina	6:09.2	131	▼36	16:25.9	167	▲25	33:08.1	137
143	Micah Bremer	SO	William & Mary	5:57.8	79	▼59	16:10.5	138	▼5	33:08.5	138
144	Jackson Wedge	SO	Col. of Charleston	6:11.6	145	▼12	16:19.2	157	▲13	33:08.6	139
145	Will Smagh	JR	George Mason	6:22.7	198	▲23	16:30.0	175	▲30	33:08.6	140
146	Emerson Wells	SO	Western Kentucky	6:07.4	122	▼4	16:06.3	126	▼20	33:09.9	141
147	Jonathan Johnson	SO	USC Upstate	6:27.1	207	▲19	16:38.4	188	▲41	33:10.2	142
148	Noah Campbell	SO	Richmond	6:09.4	132	▼19	16:16.0	151	▲3	33:11.0	143
149	Michael Zapherson	FR	UNC-Greensboro	6:12.2	149	▲14	16:08.8	135	▼14	33:11.0	144
150	Garrett Watts	FR	Morehead State	6:06.9	115	▼38	16:18.3	153	▲3	33:11.1	145
151	Dylan Christopher	SO	UNC-Greensboro	6:17.0	173	▲10	16:22.2	163	▲12	33:12.0	146
152	Dalton Miles	SO	UNC-Greensboro	6:12.6	152	▲7	16:12.9	145	▼7	33:13.5	147
153	John Ciprich	FR	UNC-Asheville	6:15.1	160	▲16	16:12.4	144	▼9	33:17.3	148
154	Shane Henderson	FR	High Point	6:22.2	196	▲23	16:29.5	173	▲19	33:18.4	149
155	Michael Flanagan	JR	App State	6:13.9	156	▲10	16:13.9	146	▼9	33:19.5	150
156	Cody Chism	JR	Morehead State	6:16.6	169	▲9	16:20.5	160	▲4	33:20.8	151
157	Zach Boone	SR	UNC-Asheville	6:17.3	175	▲6	16:26.8	169	▲12	33:21.9	152
158	Travis Gallimore	SR	Campbell	6:22.5	197	▲26	16:28.2	171	▲13	33:22.0	153
159	Caleb Kawasaki	JR	Murray State	6:20.4	190	▲4	16:37.7	186	▲27	33:22.2	154
160	George Lewis	SO	Davidson	6:05.3	111	▼29	16:11.5	140	▼20	33:22.3	155
161	Trey Burleson	JR	Richmond	6:07.2	119	▼43	16:21.4	162	▲1	33:23.8	156
162	Conor McCabe	FR	Clemson	6:29.7	213	▲20	16:42.7	193	▲31	33:24.5	157
163	Joan Tapias	SO	Eastern Kentucky	6:04.7	108	▲5	15:49.7	103	▼60	33:27.7	158
164	Hunter Gilbert	SR	Campbell	6:15.5	163	▼2	16:23.4	165	▲1	33:30.8	159
165	Richie Kasper	SR	Elon	6:21.3	194	▲11	16:34.2	183	▲18	33:32.0	160



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166	Ethan Snyder	SO	Western Kentucky	6:16.9	172	▲8	16:23.2	164	▼2	33:32.6	161
167	James Seal	FR	George Mason	6:10.8	142	▼14	16:19.1	156	▼11	33:33.4	162
168	Trent Turbyfill	SO	Davidson	6:04.2	103	▼44	16:14.2	147	▼21	33:33.9	163
169	Callum Wilson	JR	Radford	6:15.3	162	▼15	16:32.4	177	▲8	33:34.2	
170	James Flanagan	FR	Richmond	6:09.5	133	▼17	16:15.5	150	▼20	33:37.0	164
171	Coleman Mitchell	SO	Davidson	6:11.0	143	▼16	16:19.9	159	▼12	33:38.9	165
172	Ben Ewert	JR	Louisville	6:08.8	128	▼14	16:12.1	142	▼30	33:40.6	166
173	Jacob Skillman	FR	Western Kentucky	6:15.6	165	▼13	16:32.9	178	▲5	33:41.8	167
174	Kyle Embry	FR	Morehead State	6:11.4	144	▼17	16:20.8	161	▼13	33:44.5	168
175	Matt Inman	JR	Charleston South	6:08.8	128	▼2	16:07.4	130	▼45	33:46.0	169
176	Thomas Knepshield	SO	UNC-Greensboro	6:11.7	146	▼20	16:24.8	166	▼10	33:47.2	170
177	Dedrick Troxell	SO	Western Kentucky	6:15.0	159	▼14	16:29.5	173	▼4	33:47.8	171
178	Shane Williams	FR	Kentucky	6:07.2	119	▼51	16:27.2	170	▼8	33:49.7	172
179	Dorian Jones	SR	USC Upstate	6:25.5	206	▲28	16:32.9	178	▼1	33:50.3	173
180	Connor White	SO	Elon	6:22.9	199	▲9	16:41.7	190	▲10	33:53.3	174
181	Christian Parker	FR	Louisville	6:20.0	188	▼1	16:38.5	189	▲8	33:54.3	175
182	Benjamin Eddy	SO	Charleston South	6:18.5	182	▼2	16:35.6	184	▲2	33:54.9	176
183	Michael Sherman	SO	Western Kentucky	6:17.0	173	▼7	16:33.4	180	▼3	33:55.3	177
184	Jonathan Loy	SO	USC Upstate	6:28.9	208	▲10	16:46.1	198	▲14	33:57.0	178
185	Nico Agosta	FR	Davidson	6:08.4	126	▼61	16:38.1	187	▲2	34:00.2	179
186	Trelek Jones	SR	UNC-Greensboro	6:20.7	192	▼3	16:45.2	195	▲9	34:01.1	180
187	Lucas Sidle	JR	VCU	6:13.1	153	▼38	16:42.1	191	▲4	34:04.2	181
188	Evan Peirce	SR	Col. of Charleston	6:19.4	186	▼6	16:42.3	192	▲4	34:04.3	182
189	TJ Morales	SR	High Point	6:19.0	185	▲9	16:30.4	176	▼13	34:05.1	183
190	Sage Turner	SR	UNC-Asheville	6:17.8	176	▼18	16:43.3	194	▲4	34:05.3	184
191	William Wise	SR	Presbyterian	6:37.5	233	▲23	17:00.6	210	▲19	34:05.4	185
192	Mitchell Martin	SO	East Carolina	6:24.3	204					34:06.3	186
193	Tyler Fish	JR	Col. of Charleston	6:20.7	192	▼5	16:45.5	197	▲4	34:06.7	187
194	Archie Blaes	SO	VCU	6:15.2	161	▼19	16:33.4	180	▼14	34:11.9	188
195	Kieran Ungemach	SO	Elon	6:23.3	200	▼4	16:49.8	204	▲9	34:12.4	189
196	Travis Leach	FR	East Carolina	6:24.1	203	▲21	16:33.9	182	▼14	34:16.9	190
197	Juan Cisneros	JR	Radford	6:19.5	187	▲2	16:36.7	185	▼12	34:19.1	
198	Bus Baker	FR	Radford	6:20.6	191	▼5	16:45.3	196	▼2	34:31.4	
199	Jaylon Roberts	FR	USC Upstate	6:36.1	224	▲12	17:07.9	212	▲13	34:34.5	191
200	Meyer Makemsom	JR	Murray State	6:37.2	229	▲10	17:16.6	219	▲19	34:35.5	192
201	John Paynter	FR	UNCW	6:31.9	217	▲8	17:00.3	209	▲8	34:36.6	193
202	William Metcalf-Shull	SO	Winthrop	6:14.4	158	▼44	16:49.2	202	—	34:40.9	
203	Jared Coccia	SR	USC Upstate	6:36.1	224	▲8	17:14.2	216	▲13	34:41.6	194
204	Nick Howell	SO	Longwood	6:37.1	228	▲18	17:00.6	210	▲6	34:41.6	
205	Christian Slone	SO	Murray State	6:37.3	231	▲10	17:16.9	221	▲16	34:44.3	195
206	Zach Balleau	SR	Murray State	6:23.4	201	▲2	16:46.2	199	▼7	34:48.6	196
207	Jaden Kingsley	FR	Charleston South	6:22.1	195	▼6	16:48.3	201	▼6	34:52.4	197



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208	Robert Gunia	FR	Coastal Carolina	6:37.9	235	▲16	17:16.6	219	▲11	34:53.0	198
209	Kyle Stamper	FR	UNCW	6:31.9	217	▲4	17:09.9	213	▲4	34:53.6	199
210	Jack McMahon	FR	Davidson	6:18.7	184	▼22	16:54.7	206	▼4	34:53.8	200
211	Jacob Coccia	SR	USC Upstate	6:36.3	226	▲3	17:17.9	223	▲12	34:54.1	201
212	Michael Tardella	SO	USC Upstate	6:29.4	210	▲3	16:55.4	207	▼5	34:56.6	202
213	Noah Peterson	FR	VCU	6:18.0	179	▼26	16:51.8	205	▼8	34:58.3	203
214	Brent Bailey	SO	Wake Forest	6:03.7	100	▼54	16:18.7	154	▼60	35:00.1	204
215	Dustin Chambers	FR	Coastal Carolina	6:37.8	234	▲16	17:16.4	218	▲3	35:04.3	205
216	Blake Rigdon	JR	Northern Kentucky	6:20.2	189	▼19	16:58.0	208	▼8	35:04.4	206
217	Tamer Metwalli	FR	Elon	6:24.6	205	▲5	16:47.2	200	▼17	35:07.4	207
218	Alexander Mcclelland	SR	Murray State	6:38.7	238	▲13	17:19.6	225	▲7	35:08.3	208
219	Colby Caviness	SO	Clemson	6:34.2	222	▲5	17:16.3	217	▼2	35:08.4	209
220	Ezekiel Shore	SO	UNCW	6:37.2	229	▼1	17:29.9	230	▲10	35:12.2	210
221	James Clabo	FR	UNC-Asheville	6:32.7	219	▼3	17:17.4	222	▲1	35:14.2	211
222	Marvin Brooks	FR	Winthrop	6:30.1	214	▼1	17:11.4	215	▼7	35:15.2	
223	Laderique McNeill	FR	Campbell	6:16.5	168	▼35	16:49.6	203	▼20	35:15.7	212
224	Sage Church	SO	Longwood	6:40.8	244	▲17	17:26.1	227	▲3	35:26.1	
225	Sam Sager	FR	Longwood	6:37.4	232	▼1	17:33.5	233	▲8	35:27.3	
226	Tom Germann	FR	UNC-Asheville	6:38.8	239	▲8	17:30.8	231	▲5	35:29.7	213
227	Cole Ralenkotter	JR	Morehead State	6:39.6	241	▲7	17:35.1	234	▲7	35:38.3	214
228	Zac Palmer	FR	Col. of Charleston	6:29.4	210	▼14	17:18.8	224	▼4	35:38.8	215
229	Nicholas Lee	SO	Northern Kentucky	6:29.1	209	▼17	17:22.2	226	▼3	35:41.1	216
230	Zack Kochert	SO	Presbyterian	6:39.3	240	▲8	17:31.9	232	▲2	35:47.2	217
231	Austin landrum	FR	Winthrop	6:30.4	216	▼13	17:27.8	229	▼2	35:50.8	
232	Robert Gibson	FR	Murray State	6:38.1	236	▲8	17:27.4	228	▼4	35:54.1	218
233	Steppe Jacob	FR	Western Kentucky	6:30.3	215	▼20	17:36.6	235	▲2	35:54.7	219
234	William Perrone	FR	Western Kentucky	6:36.9	227	▼11	17:43.8	238	▲4	35:56.2	220
235	Michael Dunagan	FR	Morehead State	6:34.3	223	▲9	17:11.0	214	▼21	36:08.3	221
236	Zach Birdsall	JR	Northern Kentucky	6:29.6	212	▼24	17:38.4	236	—	36:13.0	222
237	Tyler Bradley	SR	Murray State	6:43.5	247	▲10	17:43.1	237	—	36:15.6	223
238	Je'Shawn Walker	FR	Norfolk State	6:43.8	248	▲4	17:56.5	244	▲6	36:22.8	
239	Banner Plumb	JR	Presbyterian	6:41.6	246	▲7	17:44.1	239	—	36:24.7	224
240	Nathaniel Edwards	FR	UNC-Asheville	6:33.8	221	▼19	17:44.5	240	—	36:25.2	225
241	Kieran Schuetterle	SO	Presbyterian	7:00.9	249	▲3	18:11.5	246	▲5	36:37.9	226
242	Darby Pillow	JR	Morehead State	6:40.5	242	▲1	17:48.1	241	▼1	36:40.8	227
243	Shahmique Cromwell	FR	Longwood	6:40.9	245	▲3	17:50.9	242	▼1	37:13.0	
244	Garret Ardis	FR	Northern Kentucky	6:32.7	219	▼26	18:05.2	245	▲1	37:51.7	228
245	Drew Ward	FR	Northern Kentucky	6:38.4	237	▼10	18:12.1	247	▲2	37:54.0	229
246	Carter Venancio	JR	UNCW	6:40.6	243	—	17:53.1	243	▼3	38:20.4	230
247	Luke Harmon	SO	Presbyterian	7:13.5	250	▲2	19:00.3	248	▲1	38:55.5	231
--	Nick Garrett	FR	Winthrop	6:13.6	155	▼17	16:29.2	172		DNF	
--	Thomas Amabile	JR	George Mason	6:03.4	96	▼37	16:08.4	133		DNF	



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--	Cooper Marchal	FR	Louisville	6:12.4	150	DNF
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Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	Virginia <i>Total Time: 2:32:21.90</i> <i>Average: 30:28.38</i>	79	11	15	16	17	20	44	90
2	Virginia Tech <i>Total Time: 2:32:08.70</i> <i>Average: 30:25.74</i>	109	1	9	22	38	39	61	68
3	NC State <i>Total Time: 2:32:50.90</i> <i>Average: 30:34.18</i>	116	6	18	27	31	34	65	103
4	Furman <i>Total Time: 2:33:20.40</i> <i>Average: 30:40.08</i>	152	3	13	41	46	49	78	79
5	Charlotte <i>Total Time: 2:34:56.60</i> <i>Average: 30:59.32</i>	194	10	32	35	48	69	82	126
6	Duke <i>Total Time: 2:35:10.40</i> <i>Average: 31:02.08</i>	198	24	36	40	47	51	57	109
7	Wake Forest <i>Total Time: 2:35:09.30</i> <i>Average: 31:01.86</i>	206	14	28	30	37	97	111	204
8	North Carolina <i>Total Time: 2:35:43.50</i> <i>Average: 31:08.70</i>	217	26	29	33	63	66	67	92
9	Eastern Kentucky <i>Total Time: 2:35:22.80</i> <i>Average: 31:04.56</i>	227	8	23	43	64	89	134	158
10	Campbell <i>Total Time: 2:35:41.40</i> <i>Average: 31:08.28</i>	294	2	4	19	116	153	159	212
11	Liberty <i>Total Time: 2:38:14.90</i> <i>Average: 31:38.98</i>	334	42	56	75	80	81	129	136
12	William & Mary <i>Total Time: 2:38:14.00</i> <i>Average: 31:38.80</i>	346	52	53	59	88	94	95	138
13	Kentucky <i>Total Time: 2:38:57.20</i> <i>Average: 31:47.44</i>	366	25	62	76	91	112	117	172
14	High Point <i>Total Time: 2:39:35.00</i> <i>Average: 31:55.00</i>	396	21	70	72	113	120	149	183
15	App State <i>Total Time: 2:39:49.10</i> <i>Average: 31:57.82</i>	427	45	87	93	98	104	114	150



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16	George Mason <i>Total Time: 2:40:45.20</i> <i>Average: 32:09.04</i>	462	54	60	100	108	140	162	
17	Coastal Carolina <i>Total Time: 2:40:36.81</i> <i>Average: 32:07.36</i>	475	5	7	128	137	198	205	
18	East Carolina <i>Total Time: 2:41:18.50</i> <i>Average: 32:15.70</i>	483	50	77	102	122	132	186	190
19	Clemson <i>Total Time: 2:42:34.11</i> <i>Average: 32:30.82</i>	541	58	99	123	130	131	157	209
20	Charleston Southern <i>Total Time: 2:42:58.40</i> <i>Average: 32:35.68</i>	551	71	74	110	127	169	176	197
21	Louisville <i>Total Time: 2:43:48.61</i> <i>Average: 32:45.72</i>	607	12	119	135	166	175		
22	Richmond <i>Total Time: 2:43:46.60</i> <i>Average: 32:45.32</i>	614	55	96	143	156	164		
23	Davidson <i>Total Time: 2:44:55.60</i> <i>Average: 32:59.12</i>	672	84	105	155	163	165	179	200
24	UNC-Greensboro <i>Total Time: 2:45:12.20</i> <i>Average: 33:02.44</i>	680	73	144	146	147	170	180	
25	Elon <i>Total Time: 2:45:33.40</i> <i>Average: 33:06.68</i>	692	83	86	160	174	189	207	
26	Col. of Charleston <i>Total Time: 2:45:51.80</i> <i>Average: 33:10.36</i>	693	115	124	133	139	182	187	215
27	Morehead State <i>Total Time: 2:47:52.90</i> <i>Average: 33:34.58</i>	763	85	145	151	168	214	221	227
28	UNC-Asheville <i>Total Time: 2:48:15.40</i> <i>Average: 33:39.08</i>	796	101	148	152	184	211	213	225
29	VCU <i>Total Time: 2:48:24.50</i> <i>Average: 33:40.90</i>	796	106	118	181	188	203		
30	Western Kentucky <i>Total Time: 2:48:07.40</i> <i>Average: 33:37.48</i>	817	141	161	167	171	177	219	220
31	UNCW <i>Total Time: 2:49:59.40</i> <i>Average: 33:59.88</i>	834	107	125	193	199	210	230	
32	USC Upstate <i>Total Time: 2:50:13.60</i> <i>Average: 34:02.72</i>	878	142	173	178	191	194	201	202



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33	Murray State	945	154	192	195	196	208	218	223
	<i>Total Time: 2:52:38.90</i>								
	<i>Average: 34:31.78</i>								
<hr/>									
34	Northern Kentucky	993	121	206	216	222	228	229	
	<i>Total Time: 2:57:36.90</i>								
	<i>Average: 35:31.38</i>								
<hr/>									
35	Presbyterian	1083	185	217	224	226	231		
	<i>Total Time: 3:01:50.70</i>								
	<i>Average: 36:22.14</i>								
