



CROSS COUNTRY

IONA COLLEGE MEET OF CHAMPIONS
09/17/2021 - VAN CORTLANDT PARK - BRONX, NY

MENS RACE - 8K
Results by Fast Track Timing LLC
www.fasttracktiming.com

Place	TmPl	No.	Name	School	Div	Fla	Split5k	Final3k	Guntime	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1		5	Lachlan Wellington	IONA	FR		16:01	9:18	25:18.7	5:06
2	1	28	Matthew Kleiman	JOHNS HOPKINS	SO		16:03	9:22	25:23.3	5:07
3	2	143	Joe Arthur	TEMPLE	SR		16:01	9:26	25:26.6	5:08
4	3	152	Jeppe Risvig	TEMPLE	FR		16:01	9:45	25:45.0	5:11
5	4	40	Elyas Ayyoub	LIU	FR		16:03	9:45	25:46.8	5:12
6	5	144	Liem Chot	TEMPLE	FR		16:02	9:46	25:47.4	5:12
7		1	Campbell Lee	IONA	SO		16:02	9:56	25:57.7	5:14
8	6	148	Christian Fitch	TEMPLE	FR		16:03	10:02	26:03.8	5:15
9	7	147	Tyler Fauvelle	TEMPLE	FR		16:06	9:59	26:03.9	5:15
10	8	149	Erik Kain	TEMPLE	FR		16:07	10:01	26:06.5	5:16
11	9	153	Graham Thomas	TEMPLE	FR		16:08	10:00	26:07.5	5:16
12	10	56	Louis Dilaurenzio	MONMOUTH	JR		16:16	9:57	26:12.0	5:17
13	11	133	Terrell Patterson	SO. CONN. ST.	SR		16:25	9:49	26:12.7	5:17
14	12	61	Cameron Janovic	MONMOUTH	SO				26:15.9	5:17
15		145	Josh Christianson	TEMPLE	FR		16:16	10:05	26:19.4	5:18
16	13	131	Jake Mattei	SO. CONN. ST.	SO		16:26	9:56	26:20.4	5:18
17	14	124	Jalen Coleman	SO. CONN. ST.	SO		16:26	9:58	26:23.1	5:19
18	15	29	Jonas Larson	JOHNS HOPKINS	SO		16:26	10:00	26:25.4	5:19
19	16	113	Will Berger	RUTGERS	JR		16:25	10:02	26:26.9	5:20
20		146	Sean Egan	TEMPLE	SR		16:25	10:04	26:27.9	5:20
21	17	32	Gavin McElhennon	JOHNS HOPKINS	FR		16:23	10:13	26:34.4	5:21
22		150	Jimmy Koel	TEMPLE	FR		16:46	9:53	26:38.0	5:22
23	18	64	Michael Pavicic	MONMOUTH	JR		16:39	10:01	26:38.7	5:22
24	19	115	Billy Hill	RUTGERS	SR		16:32	10:09	26:40.2	5:22
25	20	63	Luke Miller	MONMOUTH	FR		16:32	10:12	26:42.6	5:23
26		151	Zack Marmol	TEMPLE	FR		16:34	10:12	26:45.0	5:23
27	21	130	Christopher Lebeau	SO. CONN. ST.	JR		16:27	10:22	26:47.8	5:24
28	22	24	Daniel Chen	JOHNS HOPKINS	SO		16:30	10:23	26:51.6	5:25
29	23	127	Stephen Fengler	SO. CONN. ST.	JR		16:43	10:12	26:54.3	5:25
30	24	25	Josh Derrick	JOHNS HOPKINS	SR		16:33	10:23	26:55.5	5:25
31	25	119	Ryan Mitchell	RUTGERS	SO		16:44	10:14	26:56.7	5:26
32	26	23	Arthur Beyer	JOHNS HOPKINS	SR		17:00	10:07	27:06.1	5:28
33	27	36	Ian Spears	JOHNS HOPKINS	JR		16:53	10:16	27:08.3	5:28
34		21	Tyler Amos	JOHNS HOPKINS	JR		16:53	10:21	27:13.1	5:29
35		27	Sean Enright	JOHNS HOPKINS	SO		16:42	10:33	27:14.9	5:29
36	28	111	Jeffrey Stewart	ROWAN	JR		16:51	10:26	27:16.2	5:30
37		22	Emmanuel Angomas	JOHNS HOPKINS	SO		17:00	10:17	27:16.6	5:30
38	29	65	Sebastien Reed	MONMOUTH	FR		16:43	10:36	27:17.4	5:30
39	30	106	Justin Kelly	ROWAN	JR		16:50	10:29	27:17.7	5:30
40	31	53	Matt Bodon	MONMOUTH	JR		16:59	10:23	27:21.6	5:31
41	32	52	Holden Betz	MONMOUTH	FR		16:55	10:28	27:22.1	5:31
42		70	John Spinelli	MONMOUTH	JR		17:05	10:19	27:23.0	5:31
43		3	Nick Sinofsky	IONA	FR		16:51	10:33	27:23.3	5:31
44		30	Tommy Li	JOHNS HOPKINS	FR		17:05	10:21	27:24.5	5:31
45		33	Andrew Myers	JOHNS HOPKINS	FR		17:05	10:21	27:25.4	5:31
46		71	Jared Taylor	MONMOUTH	SO		17:09	10:18	27:26.0	5:32
47	33	92	Matthew Rene	QUINNIPIAC	JR		17:08	10:22	27:29.0	5:32
48		66	Carrington Retzios	MONMOUTH	JR		17:08	10:22	27:29.8	5:32
49		34	Matt Sandifer	JOHNS HOPKINS	SO		17:05	10:26	27:29.8	5:32
50		54	Stone Caraccio	MONMOUTH	FR		17:15	10:21	27:34.5	5:33
51	34	87	Jack Hilton	QUINNIPIAC	SR		16:57	10:40	27:35.3	5:33
52	35	122	Patrick Walsh	RUTGERS	SR		17:08	10:32	27:39.6	5:34
53	36	128	Owen Gagne	SO. CONN. ST.	FR		17:18	10:25	27:42.9	5:35
54	37	9	Jacob Bornstein	FAIRFIELD	FR		17:10	10:34	27:43.7	5:35
55	38	102	Brandon Diaz	ROWAN	SO		17:21	10:24	27:44.3	5:35
56		39	Bryce Thalheimer	JOHNS HOPKINS	SO		16:58	10:48	27:45.8	5:36
57		72	Tennessee Tremain	MONMOUTH	FR		17:12	10:37	27:47.5	5:36

IONA

CROSS COUNTRY

Place	TmPl	No.	Name	School	Div	Fla	Split5k	Final3k	Guntime	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
58		50	Shane Ainscoe	MONMOUTH	JR		17:16	10:36	27:50.8	5:37
59	39	103	Dario Epifania	ROWAN	SO		17:37	10:16	27:52.4	5:37
60	40	77	Mohlouwa Koos Molut	MONROE COLLEGE (NR)	FR		17:15	10:40	27:54.6	5:37
61	41	126	Sophonias Dires	SO. CONN. ST.	FR		17:13	10:43	27:54.8	5:37
62	42	44	Jonathan Gonzalez	LIU	JR		17:38	10:19	27:56.0	5:38
63	43	108	Connor McBride	ROWAN	JR		17:19	10:38	27:56.6	5:38
64		57	Michael Drews	MONMOUTH	JR		17:24	10:35	27:57.7	5:38
65	44	120	Dan Pedretti	RUTGERS	FR		17:10	10:50	27:59.2	5:38
66	45	116	Chris Hill	RUTGERS	FR		17:27	10:38	28:03.6	5:39
67		134	Jonathan Volpe	SO. CONN. ST.	FR		17:17	10:48	28:04.0	5:39
68		58	Aidan Gilmore	MONMOUTH	FR		17:30	10:35	28:04.0	5:39
69	46	84	Matthew Burke	QUINNIPIAC	SR		17:25	10:41	28:05.1	5:39
70	47	99	Jack Watson	QUINNIPIAC	SO		17:29	10:39	28:06.4	5:40
71	48	100	Andrew Woodbine	QUINNIPIAC	SO		17:27	10:42	28:07.5	5:40
72		35	Valdis Slokenbergs	JOHNS HOPKINS	SO		17:27	10:43	28:09.7	5:40
73	49	107	Kevin Lauer	ROWAN	JR		17:14	10:58	28:11.0	5:41
74	50	96	Max Stenslie	QUINNIPIAC	SR		17:22	10:52	28:13.9	5:41
75		51	Steven Baah-Mensah	MONMOUTH	SO		17:18	11:00	28:16.8	5:42
76	51	121	Ashritth Rachakunta	RUTGERS	SO		17:39	10:45	28:22.9	5:43
77	52	76	Prince McAbelo	MONROE COLLEGE (NR)	FR		17:08	11:17	28:24.3	5:43
78	53	101	Noah Cziryak	ROWAN	JR		17:33	10:55	28:26.4	5:44
79		123	Luca Cazzaniga	SO. CONN. ST.	FR		17:49	10:39	28:27.4	5:44
80	54	89	Nolan Kus	QUINNIPIAC	SO		17:32	11:03	28:34.2	5:45
81	55	75	Meshack Kiptanui	MONROE COLLEGE (NR)	FR		17:12	11:25	28:36.5	5:46
82		38	Charlie Teeter	JOHNS HOPKINS	FR		17:22	11:17	28:38.1	5:46
83		94	Cameron Starr	QUINNIPIAC	SR		17:24	11:20	28:43.2	5:47
84		69	Thomas Schulz	MONMOUTH	FR		17:41	11:06	28:46.9	5:48
85		59	Nico Grilli	MONMOUTH	FR		17:51	11:01	28:51.1	5:49
86	56	16	Alexandre' McMillian	FAIRFIELD	FR		18:03	10:50	28:52.4	5:49
87	57	46	Justin Rajab	LIU	FR		18:03	10:56	28:57.9	5:50
88		31	Dhruv Mahajan	JOHNS HOPKINS	FR		18:06	10:56	29:00.5	5:51
89		118	Nick Hutchison	RUTGERS	JR		17:52	11:14	29:05.6	5:52
90	58	41	Perry Balsamo	LIU	FR		18:06	11:02	29:07.1	5:52
91		112	Hamza Barkouch	RUTGERS	SO		18:03	11:06	29:07.7	5:52
92		114	Nicholas Chartoff	RUTGERS	SO		18:07	11:12	29:18.3	5:54
93		132	Dylan McGuire	SO. CONN. ST.	FR		17:49	11:31	29:18.8	5:54
94		85	Kevin Carballo	QUINNIPIAC	SO		17:53	11:32	29:24.3	5:55
95	59	47	Brenden Rosario	LIU	SO		18:31	10:56	29:25.3	5:56
96		67	Luke Riley	MONMOUTH	FR		18:08	11:19	29:25.4	5:56
97		68	Christian Rudawsky	MONMOUTH	SO		18:21	11:08	29:27.9	5:56
98	60	73	Wail Bourahli	MONROE COLLEGE (NR)	FR		18:10	11:22	29:30.8	5:57
99		95	Isaac Steele	QUINNIPIAC	SO		17:39	11:53	29:31.6	5:57
100	61	45	Aidan Haughian	LIU	FR		18:31	11:03	29:32.7	5:57
101	62	19	Bryce Zapusek	FAIRFIELD	JR		18:21	11:15	29:34.4	5:57
102		97	Michael Tuffey	QUINNIPIAC	FR		18:32	11:27	29:58.2	6:02
103		4	Dante Ubriaco	IONA	FR		18:06	11:53	29:58.9	6:02
104	63	14	Pacifico Flores	FAIRFIELD	JR		18:32	11:30	30:01.6	6:03
105		125	Michael Demartin	SO. CONN. ST.	FR		18:22	11:45	30:05.3	6:04
106	64	49	Jesse Wells	LIU	FR		18:45	11:30	30:14.2	6:05
107	65	17	Thomas Vanderslice	FAIRFIELD	JR		18:47	11:59	30:45.6	6:12
108		43	Beck Goed	LIU	FR		18:48	11:59	30:46.9	6:12
109		82	Drew Paskanik	POST	FR		19:02	11:54	30:55.1	6:14
110		80	Keegan Dally	POST	SO				31:20.1	6:19
111		129	Evan Kristopik	SO. CONN. ST.	FR		19:10	12:12	31:20.9	6:19
112		91	Ohm Patel	QUINNIPIAC	FR		19:43	12:07	31:49.3	6:25
113		42	Darin Cofield	LIU	FR		19:04	12:53	31:55.5	6:26
114	66	13	Devin Flores	FAIRFIELD	JR		19:52	12:47	32:37.5	6:34
115	67	74	Jonathan Hackshaw	MONROE COLLEGE (NR)	FR		21:00	13:19	34:18.3	6:55
116		137	Terell Howard	ST. FRANCIS (N.Y.)	JR		21:57	14:46	36:42.3	7:24
117		135	Tavis Charvis	ST. FRANCIS (N.Y.)	SR		24:32	14:37	39:08.3	7:53



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IONA COLLEGE MEET OF CHAMPIONS
09/17/2021 - VAN CORTLANDT PARK - BRONX, NY

MENS RACE - 8K
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TEAM SCORES

1. 23 TEMPLE (25:49.4 129:06.7 0:37.3)

1	2	143 Joe Arthur	SR 25:26.6
2	3	152 Jeppe Risvig	FR 25:45.0
3	5	144 Liem Chot	FR 25:47.4
4	6	148 Christian Fitch	FR 26:03.8
5	7	147 Tyler Fauvelle	FR 26:03.9
6	(8)	149 Erik Kain	FR 26:06.5
7	(9)	153 Graham Thomas	FR 26:07.5

2. 79 JOHNS HOPKINS (26:26.1 132:10.2 1:32.2)

1	1	28 Matthew Kleiman	SO 25:23.3
2	15	29 Jonas Larson	SO 26:25.4
3	17	32 Gavin McElhennon	FR 26:34.4
4	22	24 Daniel Chen	SO 26:51.6
5	24	25 Josh Derrick	SR 26:55.5
6	(26)	23 Arthur Beyer	SR 27:06.1
7	(27)	36 Ian Spears	JR 27:08.3

3. 82 SO. CONN. ST. (26:31.7 132:38.3 0:41.6)

1	11	133 Terrell Patterson	SR 26:12.7
2	13	131 Jake Mattei	SO 26:20.4
3	14	124 Jalen Coleman	SO 26:23.1
4	21	130 Christopher Lebeau	JR 26:47.8
5	23	127 Stephen Fengler	JR 26:54.3
6	(36)	128 Owen Gagne	FR 27:42.9
7	(41)	126 Sophonias Dires	FR 27:54.8

4. 89 MONMOUTH (26:37.4 133:06.6 1:05.4)

1	10	56 Louis Dilaurenzio	JR 26:12.0
2	12	61 Cameron Janovic	SO 26:15.9
3	18	64 Michael Pavicic	JR 26:38.7
4	20	63 Luke Miller	FR 26:42.6
5	29	65 Sebastien Reed	FR 27:17.4
6	(31)	53 Matt Bodon	JR 27:21.6
7	(32)	52 Holden Betz	FR 27:22.1

5. 139 RUTGERS (27:08.6 135:42.6 1:32.3)

1	16	113 Will Berger	JR 26:26.9
2	19	115 Billy Hill	SR 26:40.2
3	25	119 Ryan Mitchell	SO 26:56.7
4	35	122 Patrick Walsh	SR 27:39.6
5	44	120 Dan Pedretti	FR 27:59.2
6	(45)	116 Chris Hill	FR 28:03.6
7	(51)	121 Ashritth Rachakunta	SO 28:22.9



CROSS COUNTRY

6. 178 ROWAN (27:37.5 138:07.2 0:40.4)

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1	28	111 Jeffrey Stewart	JR 27:16.2
2	30	106 Justin Kelly	JR 27:17.7
3	38	102 Brandon Diaz	SO 27:44.3
4	39	103 Dario Epifania	SO 27:52.4
5	43	108 Connor McBride	JR 27:56.6
6	(49)	107 Kevin Lauer	JR 28:11.0
7	(53)	101 Noah Cziryak	JR 28:26.4

7. 208 QUINNIPIAC (27:52.7 139:23.3 0:38.5)

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1	33	92 Matthew Rene	JR 27:29.0
2	34	87 Jack Hilton	SR 27:35.3
3	46	84 Matthew Burke	SR 28:05.1
4	47	99 Jack Watson	SO 28:06.4
5	48	100 Andrew Woodbine	SO 28:07.5
6	(50)	96 Max Stenslie	SR 28:13.9
7	(54)	89 Nolan Kus	SO 28:34.2

8. 220 LIU (28:14.7 141:13.1 3:38.5)

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1	4	40 Elyas Ayyoub	FR 25:46.8
2	42	44 Jonathan Gonzalez	JR 27:56.0
3	57	46 Justin Rajab	FR 28:57.9
4	58	41 Perry Balsamo	FR 29:07.1
5	59	47 Brenden Rosario	SO 29:25.3
6	(61)	45 Aidan Haughian	FR 29:32.7
7	(64)	49 Jesse Wells	FR 30:14.2

9. 274 MONROE COLLEGE (NR) (29:44.9 148:44.5 6:23.7)

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1	40	77 Mohlouwa Koos Molut	FR 27:54.6
2	52	76 Prince McAbelo	FR 28:24.3
3	55	75 Meshack Kiptanui	FR 28:36.5
4	60	73 Wail Bourahli	FR 29:30.8
5	67	74 Jonathan Hackshaw	FR 34:18.3

10. 283 FAIRFIELD (29:23.6 146:57.7 3:01.9)

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1	37	9 Jacob Bornstein	FR 27:43.7
2	56	16 Alexandre' McMillian	FR 28:52.4
3	62	19 Bryce Zapusek	JR 29:34.4
4	63	14 Pacifico Flores	JR 30:01.6
5	65	17 Thomas Vanderslice	JR 30:45.6
6	(66)	13 Devin Flores	JR 32:37.5

Incomplete Teams:

IONA

5 Lachlan Wellington FR
1 Campbell Lee SO
3 Nick Sinofsky FR
4 Dante Ubriaco FR

POST

82 Drew Paskanik FR
80 Keegan Dally SO

ST. FRANCIS (N.Y.)

137 Terell Howard JR
135 Tavis Charvis SR



CROSS COUNTRY

IONA COLLEGE MEET OF CHAMPIONS
09/17/2021 - VAN CORTLANDT PARK - BRONX, NY

WOMENS RACE - 5K
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Place	TmPl	No.	Name	School	Div	Fla	Guntime	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====
1	1	221	Sammi Ragenklint	MONMOUTH	SO		18:06.0	5:50
2	2	170	Ella Baran	JOHNS HOPKINS	JR		18:21.5	5:55
3	3	287	Michelle Joyce	TEMPLE	SR		18:23.9	5:56
4	4	253	Emily Young	QUINNIPIAC	SR		18:35.4	5:59
5	5	259	Alexandra Carlson	RUTGERS	FR		18:36.5	6:00
6	6	176	Ashley Heidenrich	JOHNS HOPKINS	FR		18:37.6	6:00
7	7	241	Liv Distefano	QUINNIPIAC	SO		18:42.0	6:02
8		297	Antigone Archer				18:43.3	6:02
9	8	203	Kelly Iocca	LIU	SR		18:44.1	6:02
10	9	286	Helene Holm Gottlieb	TEMPLE	SR		18:45.6	6:03
11	10	175	Paloma Hancock	JOHNS HOPKINS	FR		18:47.2	6:03
12	11	254	Alessandra Zaffina	QUINNIPIAC	SO		18:50.9	6:04
13	12	210	Mackenzie Jones	MONMOUTH	SR		18:51.6	6:05
14	13	192	Sara Stephenson	JOHNS HOPKINS	SO		18:56.2	6:06
15	14	195	Diana Vizza	JOHNS HOPKINS	SR		18:57.8	6:07
16		294	Ali Gillooly				19:02.3	6:08
17	15	265	Kiera Nealon	RUTGERS	SR		19:08.2	6:10
18	16	162	Courtney Kitchen	FAIRFIELD	JR		19:10.4	6:11
19	17	216	Rachael Mongeau	MONMOUTH	FR		19:15.2	6:12
20	18	240	Amanda Carlson	QUINNIPIAC	SR		19:15.8	6:12
21	19	212	Marisa Kilgarriff	MONMOUTH	FR		19:19.0	6:14
22	20	263	Olympia Martin	RUTGERS	SR		19:20.7	6:14
23	21	293	Cat Shontz	TEMPLE	SO		19:23.1	6:15
24	22	173	Sydney Fridel	JOHNS HOPKINS	SO		19:25.2	6:16
25	23	283	Mia Dubac	TEMPLE	FR		19:30.4	6:17
26	24	214	Katie Locker	MONMOUTH	FR		19:31.3	6:17
27	25	190	Lina Spjut	JOHNS HOPKINS	JR		19:39.0	6:20
28	26	206	Alexandra Smith	LIU	SO		19:39.3	6:20
29	27	248	Grace Michaud	QUINNIPIAC	FR		19:42.1	6:21
30	28	260	Michelle Coyotl-Vare	RUTGERS	FR		19:43.1	6:21
31	29	237	Corinne Barney	QUINNIPIAC	SO		19:48.5	6:23
32		169	Eleni Alvarez	JOHNS HOPKINS	FR		19:50.4	6:24
33	30	200	Josephine Critchley	LIU	FR		19:50.9	6:24
34	31	289	Laura Nicholson	TEMPLE	SO		19:51.8	6:24
35	32	224	Sydney Todd	MONMOUTH	FR		19:52.7	6:24
36	33	257	Erin Bertscha	RUTGERS	JR		19:53.3	6:25
37	34	245	Marisa Keiser	QUINNIPIAC	JR		19:54.6	6:25
38		198	Aishanee Wijeratna	JOHNS HOPKINS	JR		19:56.7	6:26
39	35	267	Brooke Riedy	RUTGERS	JR		19:57.4	6:26
40		229	Aaliyah Moore	MONROE COLLEGE (NR)	FR		19:58.8	6:26
41		295	Kate Sherman				19:59.2	6:26
42		172	Katherine Forsberg	JOHNS HOPKINS	FR		20:04.3	6:28
43		243	Kate Gihorski	QUINNIPIAC	SR		20:05.7	6:29
44	36	275	Megan Whitnell	SO. CONN. ST.	FR		20:07.2	6:29
45	37	256	Emma Baeyens	RUTGERS	FR		20:09.5	6:30
46	38	168	Anna Weissenberg	FAIRFIELD	JR		20:09.9	6:30
47		246	Lydia Keys	QUINNIPIAC	FR		20:11.5	6:30
48		188	Bridgid Selfors	JOHNS HOPKINS	SR		20:11.9	6:31
49		8	Cosmina Spiridon	IONA	FR		20:19.5	6:33
50	39	217	Ashley Navarro	MONMOUTH	JR		20:22.6	6:34
51		296	Megan Sterbenz				20:23.5	6:34
52		239	Ana Caliri	QUINNIPIAC	SO		20:25.3	6:35
53	40	199	Ainhua Brea	LIU	SO		20:26.6	6:35
54	41	163	Catherine Lanahan	FAIRFIELD	SO		20:26.9	6:35
55		222	Jennifer Tavares	MONMOUTH	SO		20:27.0	6:35
56	42	165	Mia Melao	FAIRFIELD	SR		20:27.7	6:36
57		194	Grace Tate	JOHNS HOPKINS	JR		20:33.4	6:37



CROSS COUNTRY

Place	TmPl	No.	Name	School	Div	Fla	Guntime	Pace
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58	43	154	Holly Arrison	FAIRFIELD	FR		20:34.2	6:38
59		250	Cassidy Phillips	QUINNIPIAC	JR		20:34.4	6:38
60		209	McKenzie Delahanty	MONMOUTH	JR		20:34.9	6:38
61		252	Clare Veverka	QUINNIPIAC	JR		20:35.6	6:38
62		197	Emma Whitehead	JOHNS HOPKINS	SO		20:38.1	6:39
63		177	Miranda Jimenez	JOHNS HOPKINS	FR		20:41.2	6:40
64	44	160	Jane Frawley	FAIRFIELD	SR		20:42.7	6:40
65		238	Kathaleen Bradley	QUINNIPIAC	SR		20:43.4	6:41
66		180	Natasha Lewis	JOHNS HOPKINS	FR		20:47.4	6:42
67		178	Molly Kuzma	JOHNS HOPKINS	FR		20:53.2	6:44
68		255	Yelena Alpaugh	RUTGERS	FR		20:59.8	6:46
69		181	Sunny Li	JOHNS HOPKINS	FR		21:01.2	6:46
70	45	204	Anita Mikowski	LIU	JR		21:04.1	6:47
71		184	Andrea Newman-Rivera	JOHNS HOPKINS	JR		21:05.3	6:48
72		171	Ava Crawford	JOHNS HOPKINS	FR		21:06.7	6:48
73		196	Anna Warmack	JOHNS HOPKINS	SO		21:09.7	6:49
74		213	Isabella Leak	MONMOUTH	FR		21:11.8	6:50
75	46	158	Emily Dallariva	FAIRFIELD	SO		21:14.9	6:51
76		227	Tshwanelo Maruping	MONROE COLLEGE (NR)	SO		21:16.7	6:51
77	47	282	Abigail Cole	TEMPLE	FR		21:20.4	6:53
78	48	285	Willa Gibson	TEMPLE	JR		21:22.1	6:53
79	49	273	Emilie Noreika	SO. CONN. ST.	JR		21:23.1	6:53
80		249	Mia Pestle	QUINNIPIAC	SR		21:24.9	6:54
81		215	Nancy McGrath	MONMOUTH	JR		21:25.8	6:54
82		207	Michaela Baker	MONMOUTH	JR		21:27.3	6:55
83		183	Kaiti Ness	JOHNS HOPKINS	FR		21:30.9	6:56
84		155	Caroline Burns	FAIRFIELD	FR		21:43.2	7:00
85		6	Jamie Gudyka	IONA	FR		21:47.5	7:01
86		185	Ashlyn Peralta	JOHNS HOPKINS	FR		21:49.5	7:02
87		174	Amber Hamelin	JOHNS HOPKINS	JR		21:50.6	7:02
88		244	Christina Gunsalus	QUINNIPIAC	FR		21:52.0	7:03
89	50	269	Mia Berthiaume	SO. CONN. ST.	FR		21:53.0	7:03
90		262	Alexandra Marko	RUTGERS	JR		21:58.7	7:05
91	51	274	Kiley Rodriguez	SO. CONN. ST.	SR		22:00.6	7:06
92		182	Sofia Lovuolo	JOHNS HOPKINS	FR		22:02.9	7:06
93	52	270	Briana Grecco	SO. CONN. ST.	FR		22:05.4	7:07
94		159	Rebecca Drohen	FAIRFIELD	JR		22:08.5	7:08
95	53	271	Christina Gubetta	SO. CONN. ST.	JR		22:18.4	7:11
96		167	Alex Villalba	FAIRFIELD	SR		22:21.0	7:12
97		276	Maria Grijalva	ST. FRANCIS (N.Y.)	JR		22:28.2	7:14
98		223	Natalie Tavares	MONMOUTH	SR		22:37.8	7:18
99		157	Miranda Curto	FAIRFIELD	JR		22:46.3	7:20
100		218	Chantel Osley	MONMOUTH	SO		22:57.5	7:24
101	54	272	Emily Moran	SO. CONN. ST.	SO		23:04.4	7:26
102		226	Edline Kemboi	MONROE COLLEGE (NR)	FR		23:15.4	7:30
103	55	205	Gabriela Ortuno	LIU	FR		23:26.4	7:33
104		266	Grace Reynolds	RUTGERS	FR		23:33.7	7:35
105	56	202	Nicole Imbrogno	LIU	JR		23:49.3	7:41
106		277	Carol Nieves	ST. FRANCIS (N.Y.)	JR		23:53.7	7:42
107		268	Natalia Adamczyk	SO. CONN. ST.	SO		24:13.8	7:48
108		228	Farrah Miller	MONROE COLLEGE (NR)	FR		24:49.6	8:00
109		278	Jonna Pierce	ST. FRANCIS (N.Y.)	FR		25:19.3	8:09
110		279	Esther Richardson	ST. FRANCIS (N.Y.)	FR		25:42.1	8:17
111	57	235	Cecilia Spoldi	POST	JR		27:45.0	8:56
112	58	233	Saige Kirkland	POST	FR		27:56.8	9:00
113	59	230	Jenna Abeyta	POST	FR		27:58.1	9:01
114	60	231	Anna Bonato	POST	FR		28:55.9	9:19
115	61	236	Martina Stanchi	POST	SO		37:58.7	12:14



CROSS COUNTRY

IONA COLLEGE MEET OF CHAMPIONS
09/17/2021 - VAN CORTLANDT PARK - BRONX, NY

WOMENS RACE - 5K
Results by Fast Track Timing LLC
www.fasttracktiming.com

WOMENS TEAM SCORES

1. 45 JOHNS HOPKINS (18:44.1 93:40.3 0:36.3)

1	2	170 Ella Baran	JR 18:21.5
2	6	176 Ashley Heidenrich	FR 18:37.6
3	10	175 Paloma Hancock	FR 18:47.2
4	13	192 Sara Stephenson	SO 18:56.2
5	14	195 Diana Vizza	SR 18:57.8
6	(22)	173 Sydney Fridel	SO 19:25.2
7	(25)	190 Lina Spjut	JR 19:39.0

2. 67 QUINNIPIAC (19:01.3 95:06.2 1:06.7)

1	4	253 Emily Young	SR 18:35.4
2	7	241 Liv Distefano	SO 18:42.0
3	11	254 Alessandra Zaffina	SO 18:50.9
4	18	240 Amanda Carlson	SR 19:15.8
5	27	248 Grace Michaud	FR 19:42.1
6	(29)	237 Corinne Barney	SO 19:48.5
7	(34)	245 Marisa Keiser	JR 19:54.6

3. 73 MONMOUTH (19:00.7 95:03.1 1:25.3)

1	1	221 Sammi Ragenklint	SO 18:06.0
2	12	210 Mackenzie Jones	SR 18:51.6
3	17	216 Rachael Mongeau	FR 19:15.2
4	19	212 Marisa Kilgarriff	FR 19:19.0
5	24	214 Katie Locker	FR 19:31.3
6	(32)	224 Sydney Todd	FR 19:52.7
7	(39)	217 Ashley Navarro	JR 20:22.6

4. 87 TEMPLE (19:11.0 95:54.8 1:27.9)

1	3	287 Michelle Joyce	SR 18:23.9
2	9	286 Helene Holm Gottlieb	SR 18:45.6
3	21	293 Cat Shontz	SO 19:23.1
4	23	283 Mia Dubac	FR 19:30.4
5	31	289 Laura Nicholson	SO 19:51.8
6	(47)	282 Abigail Cole	FR 21:20.4
7	(48)	285 Willa Gibson	JR 21:22.1

5. 101 RUTGERS (19:20.4 96:41.8 1:16.8)

1	5	259 Alexandra Carlson	FR 18:36.5
2	15	265 Kiera Nealon	SR 19:08.2
3	20	263 Olympia Martin	SR 19:20.7
4	28	260 Michelle Coyotl-Vare	FR 19:43.1
5	33	257 Erin Bertscha	JR 19:53.3
6	(35)	267 Brooke Riedy	JR 19:57.4
7	(37)	256 Emma Baeyens	FR 20:09.5



CROSS COUNTRY

6. 149 LIU (19:57.0 99:45.0 2:20.0)

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1	8	203 Kelly Iocca	SR 18:44.1
2	26	206 Alexandra Smith	SO 19:39.3
3	30	200 Josephine Critchley	FR 19:50.9
4	40	199 Ainhua Brea	SO 20:26.6
5	45	204 Anita Mikowski	JR 21:04.1
6	(55)	205 Gabriela Ortuno	FR 23:26.4
7	(56)	202 Nicole Imbrogno	JR 23:49.3

7. 180 FAIRFIELD (20:09.9 100:49.1 1:23.8)

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1	16	162 Courtney Kitchen	JR 19:10.4
2	38	168 Anna Weissenberg	JR 20:09.9
3	41	163 Catherine Lanahan	SO 20:26.9
4	42	165 Mia Melao	SR 20:27.7
5	43	154 Holly Arrison	FR 20:34.2
6	(44)	160 Jane Frawley	SR 20:42.7
7	(46)	158 Emily Dallariva	SO 21:14.9

8. 238 SO. CONN. ST. (21:29.9 107:29.3 1:58.2)

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1	36	275 Megan Whitnell	FR 20:07.2
2	49	273 Emilie Noreika	JR 21:23.1
3	50	269 Mia Berthiaume	FR 21:53.0
4	51	274 Kiley Rodriguez	SR 22:00.6
5	52	270 Briana Grecco	FR 22:05.4
6	(53)	271 Christina Gubetta	JR 22:18.4
7	(54)	272 Emily Moran	SO 23:04.4

9. 295 POST (30:06.9 150:34.510:13.7)

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1	57	235 Cecilia Spoldi	JR 27:45.0
2	58	233 Saige Kirkland	FR 27:56.8
3	59	230 Jenna Abeyta	FR 27:58.1
4	60	231 Anna Bonato	FR 28:55.9
5	61	236 Martina Stanchi	SO 37:58.7

Incomplete Teams:

MONROE COLLEGE (NR)

229 Aaliyah Moore FR
227 Tshwanelo Maruping SO
226 Edline Kemboi FR
228 Farrah Miller FR

IONA

8 Cosmina Spiridon FR
6 Jamie Gudyka FR

ST. FRANCIS (N.Y.)

276 Maria Grijalva JR
277 Carol Nieves JR
278 Jonna Pierce FR
279 Esther Richardson FR