

9-7-19 VERONA INVITE RESULTS

VARSITY – 4TH PLACE – 140 POINTS

NAME	MILE 1	MILE 2 SPLIT (TOTAL TIME)	1,779 M SPLIT (3 MI TIME)	FINISH 5K	PLACE
Rachel Baumgartner	6:08	6:39 (12:48)	6:54	19:42.5 SB/5K PR	9 th
Merrigan Allen	6:16	6:46 (13:02)	6:58	20:00.2 SB	15 th
Lexy Sams	6:31	7:11 (13:42)	7:43	21:25.3 SB	54 th
Colleen Erdman	6:36	7:16 (13:53)	7:23	21:16.1 5K PR	48 th
Catherine Ihrke	6:41	7:20 (14:01)	7:26	21:28.5 5K PR	55 th
Ella Maldonado	6:35	6:59 (13:35)	7:05 (20:04 PR)	20:41.2 5K PR	30 th
Ava Paoletti	6:31	7:09 (13:40)	7:20	21:01.2 5K PR	40 th

WEATHER: Partly sunny, low 70s

RUNNER OF THE WEEK: Ella Maldonado