

Jenny Folgers, Saint Mary's

Week of: 2004-05-04

Saint Mary's University junior Jenny Folgers (McHenry, IL/Johnsburg) broke the school record in the 100H at the Tommie Twilight Wednesday night to earn MIAC Outdoor Track athlete of the week honors. Her time of a 14.89 ranks her first in the MIAC and 14th in the nation. Her previous best time was a 15.04 set in 2003.

Angie Pfeiffer, Concordia

Week of: 2004-04-20

Concordia College sophomore Angie Pfeiffer (Colman, S.D.) competed this past weekend at the Kansas Relays in Lawrence, surpassed the NCAA provisional national qualifying standards in three events on Friday. Angie, a 2003 100 meter All-American, began her day with a 12.21 100 meter dash good for 12th place in the field of 36. Next she finished in 11th place of 25 athletes in the 400 meters with a personal record time of 57.52 good for #2 on the Cobber all-time performance list. She capped her day by anchoring the Cobbers otherwise all-freshman 4x400 Relay unit (Alssa Bilden, Amy Ravenhorst, Kelly Olson) to a 3:57.49 clocking to finish in 11th place of 21 teams. Pfeiffer's efforts rank her 2nd in 100, 1st in the 400, and 1st in the 4x400 in the MIAC (she also ranks first in the 200). Her NCAA National rankings currently are 7th in both the 100 and 400 while the 4x400 relay team is ranked 6th.

Angie Bergeson, Augsburg

Week of: 2004-04-13

Augsburg College sophomore Angie Bergeson (Red Wing, Minn.) earns her first Outdoor Track and Field MIAC athlete of the week honor for her 2:17.94 performance in the 800 meter run at the Gustavus Lee Krough Invitational this past Friday afternoon . Bergeson's time currently ranks #1 in the MIAC and is a new school record.

Ellen Koranda, Saint Mary's

Week of: 2004-04-06

Saint Mary's University sophomore Ellen Koranda (Blue Earth, Minn.) bettered her own school record in the 1500 meters, just missing an NCAA qualifying mark, clocking a time of 4:43.55 in the 1,500-meter at the University of South Florida Invitational.

Kristi Colbenson, Carleton

Week of: 2004-05-04

Carleton College junior Kristi Colbenson (Rushford, Minn./Rushford-Peterson) rallied from 139 points down to win the 2004 MIAC Heptathlon title. Colbenson tallied a NCAA provisional point total of 4,499 points. The total was the best in the MIAC this year and a personal best for her, breaking last year's MIAC Heptathlon Championships total of 4,375 points.

Jen Levenhagen, St. Olaf

Week of: 2004-04-13

St. Olaf College senior Jen Levenhagen (Appleton, Wis.) threw 43.63 in the discus at the Wartburg Select Invitational. This throw is a provisional qualifying mark. Levenhagen is currently ranked 1st in the MIAC and fourth in the NCAA.

Nicole Plante, Concordia

Week of: 2004-04-06

Concordia College junior Nicole Plante (Fort Benton, MT) finished second in an strong field at the St. Ben's Heptathlon. Her score of 4254 is Provisional National Qualifying and 4 points better then her mark that got her into nationals last year and currently ranks her 6th in Division III. Nicole also broke her own school record in the javelin. She threw a NCAA Provisional National Qualifying 141-8 that will rank her second nationally.