

2021 MIAC Women's Cross Country Top Times - 6K					
Rank	Name	Year	Institution	Time	Meet Date
1	Smith, Fiona	SO-2	St. Benedict	20:57.3	2021-11-13
2	Smith, Fiona	SO-2	St. Benedict	20:58.4	2021-11-20
3	Smith, Fiona	SO-2	St. Benedict	21:01.4	2021-10-16
4	Mayfield, Clara	JR-3	Carleton	21:10.8	2021-10-20
5	Mayfield, Clara	JR-3	Carleton	21:24.5	2021-11-13
6	Smith, Fiona	SO-2	St. Benedict	21:27.4	2021-09-25
7	Mayfield, Clara	JR-3	Carleton	21:28.5	2021-10-16
8	Smith, Fiona	SO-2	St. Benedict	21:28.6	2021-10-30
9	Smith, Fiona	SO-2	St. Benedict	21:37.3	2021-10-01
10	Mayfield, Clara	JR-3	Carleton	21:39.1	2021-10-30
11	Mayfield, Clara	JR-3	Carleton	21:58.5	2021-10-01
12	Mayfield, Clara	JR-3	Carleton	22:01.7	2021-09-25
13	Smith, Fiona	SO-2	St. Benedict	22:03.3	2021-09-04
14	Carlson, Sofia	FR-1	St. Olaf	22:07.8	2021-11-20
15	Helmer, Maj Lis	FR-1	St. Scholastica	22:10.2	2021-11-20
16	Cross, Helen	SO-2	Carleton	22:12.4	2021-10-16
17	Helmer, Maj Lis	FR-1	St. Scholastica	22:19.1	2021-10-15
18	Rowland, Libby	FR-1	Carleton	22:21.4	2021-10-16
19	Everest, Julia	SO-2	St. Olaf	22:22.4	2021-11-13
20	Mayfield, Clara	JR-3	Carleton	22:24.1	2021-09-18
21	Cross, Helen	SO-2	Carleton	22:24.5	2021-11-20
22	Everest, Julia	SO-2	St. Olaf	22:25.6	2021-11-20
23	Mickelson, Ellen	SR-4	St. Olaf	22:28.9	2021-11-20
24	Helmer, Maj Lis	FR-1	St. Scholastica	22:32.3	2021-11-13
25	Carlson, Sofia	FR-1	St. Olaf	22:37.9	2021-11-13

2021 MIAC Women's Cross Country Top Times - 5K					
Rank	Name	Year	Institution	Time	Meet Date
1	Frolek, Drew	FR-1	Concordia-Moorhead	15:39.5	2021-09-10
2	Smith, Eden	FR-1	Concordia-Moorhead	15:43.5	2021-09-10
3	Fredrickson, Isabel	SR-4	Concordia-Moorhead	15:46.0	2021-09-10
4	Landsverk, Amelia	JR-3	Concordia-Moorhead	16:02.2	2021-09-10
5	Lorenz, Kelly	JR-3	Concordia-Moorhead	16:18.2	2021-09-10
6	Rugloski, Emily	SR-4	Concordia-Moorhead	16:35.0	2021-09-10
7	Rooney, Kaitlyn	SR-4	Concordia-Moorhead	16:40.0	2021-09-10
8	Baumgardner, Gabby	FR-1	Concordia-Moorhead	17:26.8	2021-09-10
9	Johnson, Aerial	FR-1	Concordia-Moorhead	17:32.4	2021-09-10
10	Ivesdal, Grace	JR-3	Concordia-Moorhead	17:35.3	2021-09-10
11	Smith, Fiona	SO-2	St. Benedict	17:48.2	2021-09-11
12	Helmer, Maj Lis	FR-1	St. Scholastica	18:57.5	2021-09-09
13	Mayfield, Clara	JR-3	Carleton	19:13.9	2021-09-04
14	Mickelson, Ellen	SR-4	St. Olaf	19:27.8	2021-09-01
15	DeMorett, Emily	JR-3	St. Benedict	19:30.5	2021-09-11
16	Swanson, Erika	JR-3	Bethel (Minn.)	19:36.8	2021-09-11
17	Fredrickson, Isabel	SR-4	Concordia-Moorhead	19:40.2	2021-09-04
18	Blaesing, Maria	SO-2	Macalester	19:46.4	2021-09-01
19	Frolek, Drew	FR-1	Concordia-Moorhead	19:53.5	2021-09-04
20	Landsverk, Amelia	JR-3	Concordia-Moorhead	19:54.9	2021-09-04
21	McManus, Sophie	FR-1	Carleton	19:55.9	2021-09-04
22	Lorenz, Kelly	JR-3	Concordia-Moorhead	20:02.1	2021-09-04
23	Call, Bella	SO-2	St. Olaf	20:03.3	2021-09-01
24	Cross, Helen	SO-2	Carleton	20:05.0	2021-09-04
25	Bode, Alison	FR-1	St. Olaf	20:06.3	2021-09-01

2021 MIAC Women's Cross Country Top Times - 4K					
Rank	Name	Year	Institution	Time	Meet Date
1	Rohrer, Kristina	SO-2	St. Olaf	6:12.5	15:26.1
2	Gebert, Katie	SO-2	St. Olaf	6:12.6	15:26.1
3	Ulrich, Kate	FR-1	Carleton	6:16.2	15:35.1
4	Abernethy, Sophie	FR-1	St. Olaf	6:19.6	15:43.6
5	Edstrom, Olivia	SO-2	St. Olaf	6:20.9	15:46.9
6	VanderWilde, Bailey	SO-2	St. Olaf	6:22.3	15:50.4
7	Craven, Ava	FR-1	St. Olaf	6:28.4	16:05.4
8	Loescher, Caroline	FR-1	Carleton	6:29.8	16:08.9
9	Dieschbourg, Morgan	FR-1	Carleton	6:33.1	16:17.1
10	Fromm, Jules	FR-1	St. Olaf	6:35.7	16:23.6
11	Gossard, Sophie	JR-3	St. Olaf	6:37.8	16:28.7
12	Plechaty, Zoe	JR-3	St. Olaf	6:38.1	16:29.5
13	Lewis, Margo	FR-1	Carleton	6:39.0	16:31.7
14	Votruba, Maggie	FR-1	Carleton	6:40.6	16:35.7
15	Corbo, Olivia	SO-2	Carleton	6:41.6	16:38.2
16	Larsen-Schmidt, Gracia	FR-1	St. Olaf	6:43.9	16:43.9
17	Norvell, Seneca	JR-3	St. Olaf	6:45.1	16:46.9
18	Wyland, Lucia	JR-3	St. Olaf	6:45.8	16:48.8
19	Weigel, Ilsa	SO-2	St. Olaf	6:47.1	16:51.9
20	Kusser, Chloe	SO-2	St. Olaf	6:48.8	16:56.1
21	Gleason, Cate	FR-1	St. Olaf	6:51.3	17:02.4
22	Benzer, Sydney	FR-1	St. Olaf	6:51.6	17:03.1
23	Schafer, Nell	JR-3	Carleton	6:54.5	17:10.3
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2021 MIAC Women's Cross Country Top Times - 3M					
Rank	Name	Year	Institution	Time	Meet Date
1	Helmer, Maj Lis	FR-1	St. Scholastica	17:48.7	2021-09-03
2	Swanson, Erika	SO-2	Bethel (Minn.)	18:21.1	2021-09-03
3	Cole, Grace	JR-3	Bethel (Minn.)	19:02.5	2021-09-03
4	Maddux, Alexandra	JR-3	Hamline	19:02.7	2021-09-03
5	Moorjani, Raina	FR-1	Bethel (Minn.)	19:03.4	2021-09-03
6	Gernandt, Ruby	FR-1	Bethel (Minn.)	19:06.9	2021-09-03
7	Stertzt, Emma	SO-2	St. Scholastica	19:08.1	2021-09-03
8	Dutkewych, Leah	SO-2	St. Scholastica	19:12.5	2021-09-03
9	Mittelstadt, Finnegan	FR-1	St. Scholastica	19:32.3	2021-09-03
10	Ihde, Annessa	FR-1	Bethel (Minn.)	19:32.7	2021-09-03
11	Mader, Emma	SR-4	Hamline	19:33.8	2021-09-03
12	Urban, Linnea	FR-1	St. Scholastica	19:35.6	2021-09-03
13	Johannes, Kelsey	FR-1	St. Scholastica	19:36.4	2021-09-03
14	Whitaker, Maggie	FR-1	St. Scholastica	19:37.8	2021-09-03
15	Hage, Evie	FR-1	Bethel (Minn.)	19:40.0	2021-09-03
16	Hardwick, Laura	FR-1	Bethel (Minn.)	19:42.0	2021-09-03
17	Decker, Anna	FR-1	Bethel (Minn.)	19:54.3	2021-09-03
18	Pfeiffer, Melissa	SO-2	St. Scholastica	19:57.2	2021-09-03
19	Cutlan, Marissa	SO-2	Bethel (Minn.)	19:57.7	2021-09-03
20	Dybwad, Victoria	FR-1	St. Scholastica	20:04.3	2021-09-03
21	Tolbert, Avery	FR-1	St. Scholastica	20:06.3	2021-09-03
22	Ekleberry, Miranda	SO-2	Hamline	20:08.3	2021-09-03
23	Gessner, Lydia	FR-1	Bethel (Minn.)	20:12.0	2021-09-03
24	Morningstar , Grace	FR-1	Bethel (Minn.)	20:16.5	2021-09-03
25	Kemp, Hazel	FR-1	St. Scholastica	20:21.9	2021-09-03