

2023 MIAC Women's Cross Country Top Times - 6K					
Rank	Name	Year	Institution	Time	Meet Date
1	Fiona Smith	Sr	Saint Benedict	19:51.1	2023-10-14
2	Fiona Smith	Sr	Saint Benedict	20:12.7	2023-09-16
3	Fiona Smith	Sr	Saint Benedict	20:21.7	2023-09-29
4	Phoebe Ward	Jr	Carleton	21:06.8	2023-10-14
5	Hannah Preisser	So	Carleton	21:09.5	2023-10-14
6	Sophie McManus	Jr	Carleton	21:23.4	2023-10-14
7	Helen Cross	Jr	Carleton	21:32.8	2023-10-14
8	Aliya Larsen	So	Carleton	21:52.8	2023-10-14
9	Lauren Walda	So	St. Olaf	21:56.9	2023-10-14
10	Hannah Preisser	So	Carleton	22:03.5	2023-09-29
11	Hannah Preisser	So	Carleton	22:08.1	2023-09-16
12	Anne Kiobasa	Sr	Saint Benedict	22:09.0	2023-10-14
13	Phoebe Ward	Jr	Carleton	22:13.2	2023-09-16
14	Sophie McManus	Jr	Carleton	22:13.8	2023-09-29
15	Mary Blanchard	Jr	Carleton	22:21.3	2023-10-14
16	Katie Gebert	Sr	St. Olaf	22:23.7	2023-10-14
17	Phoebe Ward	Jr	Carleton	22:23.7	2023-09-29
18	Grace Moeller	So	St. Olaf	22:29.7	2023-10-14
19	Allison Hendrickson	Sr	St. Scholastica	22:33.1	2023-09-29
20	Sophie Abernethy	Jr	St. Olaf	22:34.7	2023-10-14
21	Sophie McManus	Jr	Carleton	22:36.0	2023-09-16
22	Julia Everest	Sr	St. Olaf	22:36.5	2023-10-14
23	Maj Lis Helmer	Jr	St. Scholastica	22:39.1	2023-10-14
24	Allison Hendrickson	Sr	St. Scholastica	22:45.1	2023-09-16
25	Bella Call	Sr	St. Olaf	22:45.8	2023-09-16

2023 MIAC Women's Cross Country Top Times - 5K					
Rank	Name	Year	Institution	Time	Meet Date
1	Fiona Smith	Sr	Saint Benedict	16:41.6	2023-09-08
2	Allison Hendrickson	Sr	St. Scholastica	18:35.4	2023-09-08
3	Anne Kiolbasa	Sr	Saint Benedict	18:41.4	2023-09-08
4	Maj Lis Helmer	Jr	St. Scholastica	18:43.2	2023-09-01
5	Allison Hendrickson	Sr	St. Scholastica	19:06.7	2023-09-01
6	Regan DeWitt	Fy	St. Scholastica	19:12.5	2023-09-08
7	Bridget Tetmeyer	Sr	Saint Benedict	19:23.2	2023-09-08
8	Lauren Walda	So	St. Olaf	19:26.1	2023-09-01
9	Bella Call	Sr	St. Olaf	19:27.2	2023-09-01
10	Keiley Maahs	Sr	Saint Benedict	19:31.0	2023-09-08
11	Sophie Call	Sr	St. Olaf	19:33.1	2023-09-01
12	Mary Kenney	So	Saint Benedict	19:33.5	2023-09-08
13	Katie Gebert	Sr	St. Olaf	19:38.9	2023-09-01
14	Grace Moeller	So	St. Olaf	19:42.9	2023-09-01
15	Maria Blaesing	Sr	Macalester	19:44.9	2023-09-01
16	Josie Harms	Jr	Bethel	19:48.5	2023-09-01
17	Ivy Coldren	Fy	Macalester	19:53.6	2023-09-01
18	Lucy Lyngen	Sr	Saint Benedict	20:21.4	2023-09-08
19	Eva Creighton	So	Saint Benedict	20:21.8	2023-09-08
20	Regan DeWitt	Fy	St. Scholastica	20:23.3	2023-09-01
21	Ella Landis	So	St. Olaf	20:27.4	2023-09-01
22	Sophie Abernethy	Jr	St. Olaf	20:28.5	2023-09-01
23	Anna Cargill	So	Bethel	20:32.3	2023-09-01
24	Julia Everest	Sr	St. Olaf	20:33.2	2023-09-01
25	Shalom Sulungaine	Fy	Bethel	20:33.5	2023-09-01

2023 MIAC Women's Cross Country Top Times - 4K					
Rank	Name	Year	Institution	Time	Meet Date
1	Sophie McManus	Jr	Carleton	14:35.2	2023-09-01
2	Phoebe Ward	Jr	Carleton	15:01.5	2023-09-01
3	Hannah Preisser	So	Carleton	15:03.1	2023-09-01
4	Helen Cross	Jr	Carleton	15:03.6	2023-09-01
5	Katie Hirsche	Jr	Carleton	15:12.0	2023-09-01
6	Aliya Larsen	So	Carleton	15:18.5	2023-09-01
7	Libby Rowland	Jr	Carleton	15:25.1	2023-09-01
8	Mary Blanchard	Jr	Carleton	15:41.6	2023-09-01
9	Nora Daley	Fy	Carleton	15:43.2	2023-09-01
10	Grace Ingebretsen	Fy	Concordia	16:03.8	2023-09-08
11	Alice Cutter	Jr	Carleton	16:04.3	2023-09-01
12	Amelia Rowley	Fy	Concordia	16:07.8	2023-09-08
13	Airial Johnson	Jr	Concordia	16:17.4	2023-09-08
14	Elsie Hatlevig	Sr	Concordia	16:17.9	2023-09-08
15	Londyn Ames	Fy	Concordia	17:44.0	2023-09-08
16	Ava Chevalier	So	Concordia	17:47.2	2023-09-08
17	Eden Smith	Jr	Concordia	17:52.6	2023-09-08
18	Hallie Fritel	Fy	Concordia	18:59.8	2023-09-08
19	Isabelle Vos	Fy	Concordia	20:10.4	2023-09-08
20					
21					
22					
23					
24					
25					

2023 MIAC Women's Cross Country Top Times - 3M					
Rank	Name	Year	Institution	Time	Meet Date
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					