

2024 MIAC Women's Cross Country Top Times - 6K					
Rank	Name	Year	Institution	Time	Meet Date
1	Hannah Preisser	Jr	Carleton	20:56.0	2024-10-19
2	Hannah Preisser	Jr	Carleton	21:18.9	2024-11-02
3	Hannah Preisser	Jr	Carleton	21:24.1	2024-11-16
4	Hannah Preisser	Jr	Carleton	21:31.8	2024-10-05
5	Sophie McManus	Sr	Carleton	21:51.7	2024-10-19
6	Sophie McManus	Sr	Carleton	21:54.6	2024-10-05
7	Hannah Preisser	Jr	Carleton	21:55.0	2024-09-07
8	Hannah Preisser	Jr	Carleton	21:57.7	2024-09-21
9	Alison Bode	Sr	St. Olaf	22:04.4	2024-11-02
10	Sophie McManus	Sr	Carleton	22:05.6	2024-09-21
11	Lauren Walda	Jr	St. Olaf	22:07.8	2024-11-16
12	Aliya Larsen	Jr	Carleton	22:07.8	2024-10-05
13	Lauren Walda	Jr	St. Olaf	22:08.3	2024-11-02
14	Sophie McManus	Sr	Carleton	22:10.0	2024-09-07
15	Alison Bode	Sr	St. Olaf	22:13.1	2024-11-16
16	Sophie McManus	Sr	Carleton	22:14.6	2024-11-16
17	Alison Bode	Sr	St. Olaf	22:16.4	2024-09-21
18	Aliya Larsen	Jr	Carleton	22:16.7	2024-10-19
19	Lauren Walda	Jr	St. Olaf	22:17.8	2024-10-05
20	Molly Liston	Jr	Gustavus	22:23.3	2024-10-19
21	Sophie McManus	Sr	Carleton	22:24.5	2024-11-02
22	Molly Liston	Jr	Gustavus	22:30.4	2024-10-05
23	Aliya Larsen	Jr	Carleton	22:35.5	2024-09-07
24	Aliya Larsen	Jr	Carleton	22:39.0	2024-09-21
25	Molly Liston	Jr	Gustavus	22:39.3	2024-11-16

2024 MIAC Women's Cross Country Top Times - 5K					
Rank	Name	Year	Institution	Time	Meet Date
1	Ashley Nelson	Fy	Concordia	18:53.5	2024-09-13
2	Alison Bode	Sr	St. Olaf	19:02.7	2024-08-30
3	Molly Liston	Jr	Gustavus	19:03.9	2024-09-06
4	Josie Harms	Sr	Bethel	19:04.7	2024-09-06
5	Jules Fromm	Sr	St. Olaf	19:08.6	2024-11-07
6	Elieen O'Connor	Fy	Saint Benedict	19:15.0	2024-09-06
7	Mary Kenney	Jr	Saint Benedict	19:15.4	2024-09-06
8	Grace Moeller	Jr	St. Olaf	19:19.5	2024-08-30
9	Ruby Gernandt	Sr	Bethel	19:25.0	2024-09-06
10	Safiya Ait Ali	Fy	St. Olaf	19:25.4	2024-11-07
11	Louisa Lamarre	Fy	St. Olaf	19:26.5	2024-11-07
12	Grace McCormick	So	St. Scholastica	19:27.0	2024-08-30
13	Kalli Smith	Sr	Saint Benedict	19:27.4	2024-09-06
14	Sofia Carlson	Sr	St. Olaf	19:28.5	2024-08-30
15	Kate Fox	Fy	Macalester	19:29.8	2024-09-14
16	Anna Cargill	Jr	Bethel	19:31.2	2024-09-06
17	Drew Frolek	Sr	Concordia	19:31.3	2024-09-13
18	Regan DeWitt	So	St. Scholastica	19:36.5	2024-08-30
19	Kathleen Madden	So	St. Olaf	19:38.5	2024-11-07
20	Arabella England	Fy	St. Olaf	19:41.4	2024-11-07
21	Kate Fox	Fy	Macalester	19:52.2	2024-08-30
22	Eva Creighton	Jr	Saint Benedict	19:53.6	2024-09-06
23	Ivy Coldren	So	Macalester	19:54.7	2024-08-30
24	Cate Gleason	Sr	St. Olaf	19:55.3	2024-11-07
25	Lucy Lyngen	Sr	Saint Benedict	19:58.1	2024-09-06

2024 MIAC Women's Cross Country Top Times - 4K					
Rank	Name	Year	Institution	Time	Meet Date
1	Lucy Lyngen		Saint Benedict	14:45.7	2024-10-09
2	Eileen O'Connor		Saint Benedict	14:47.1	2024-10-09
3	Kalli Smith		Saint Benedict	14:53.8	2024-10-09
4	Mary Kenney		Saint Benedict	14:54.7	2024-10-09
5	Evan Creighton		Saint Benedict	15:24.7	2024-10-09
6	Abby Bufkin		Saint Benedict	15:33.6	2024-10-09
7	Natalie Zielsdorf		Saint Benedict	15:46.4	2024-10-09
8	Ayva Burshem		Saint Benedict	15:47.7	2024-10-09
9	Anabella Witschen		Saint Benedict	15:56.5	2024-10-09
10	Mariah Brooks		Saint Benedict	15:58.1	2024-10-09
11	Taylor Radaich		Saint Benedict	15:58.7	2024-10-09
12	Julia Babineau		Saint Benedict	15:59.1	2024-10-09
13	Ava Juntunen-Novak		Saint Benedict	16:03.6	2024-10-09
14	Brooke Verkinnes		Saint Benedict	16:06.4	2024-10-09
15	Maranda Their		Saint Benedict	16:10.4	2024-10-09
16	Tatum Leibke		Saint Benedict	16:23.9	2024-10-09
17	Erin O'Connor		Saint Benedict	16:23.9	2024-10-09
18	Emily Tess		Saint Benedict	16:45.8	2024-10-09
19	Meaghan McDonald		Saint Benedict	16:52.0	2024-10-09
20	Emily Koch		Saint Benedict	16:55.8	2024-10-09
21	Hailey Tupy		Saint Benedict	17:00.3	2024-10-09
22	Marin Kaster		Saint Benedict	17:01.4	2024-10-09
23	Kaline Merges		Saint Benedict	17:03.7	2024-10-09
24	Hailley Thompson		Saint Benedict	17:04.0	2024-10-09
25	Isabel Kraabel		Saint Benedict	17:09.0	2024-10-09

2024 MIAC Women's Cross Country Top Times - 3M					
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