

2022 University of Rochester Women's Cross Country Individual Results

NAME	YR.	Houghton Highlander Short Course (4K) 9/1/2022 Houghton, NY	University of Rochester Yellowjacket Invitational 9/17/2022 Rochester, NY	Lehigh University Paul Short Run 9/30/2022 Bethlehem, PA	SUNY Geneseo Mike Woods Invitational 10/1/2022 Geneseo, NY	Oberlin College Inter-Regional Rumble 10/15/2022 Logan Township, NJ	UAA Championships 10/29/2022 Atlanta, GA	NCAA Niagara Regional 11/12/2022 Rochester, NY	NCAA Division III Championship 11/19/2022 Lansing, MI
Alissa Beam	GR	26 - 16:12.25	140 - 26:28.3	290 - 24:21.7	-	117 - 24:46.0	71 - 25:14.6	76 - 25:24.8	-
Kat Benninger	JR	12 - 15:47.69	-	282 - 24:12.6	-	46 - 23:28.9	47 - 23:47.5	34 - 23:59.4	-
Morgan Bremer	GR	51 - 17:31.29	153 - 26:36.6	-	171 - 26:30.6	*42 - 25:21.9	-	-	-
Andie Burton	SO	35 - 16:51.86	191 - 27:39.4	-	187 - 26:50.8	*55 - 25:50.8	-	-	-
Meredith Crockett	SO	28 - 16:18.73	-	-	68 - 24:13.6	122 - 24:51.1	56 - 24:05.9	37 - 24:01.9	-
Rachel Dennis	SR	1 - 14:45.96	17 - 23:45.4	169 - 23:16.9	-	79 - 24:05.5	59 - 24:09.7	35 - 24:00.0	-
Bonnie Dong	JR	-	-	-	-	*82 - 26:51.3	-	-	-
Isabella Doty	FY	50 - 17:27.31	-	-	188 - 26:52.5	*105 - 28:56.0	-	-	-
Kelley Foley	SR	7 - 15:32.07	-	-	-	*41 - 25:21.6	74 - 25:40.3	-	-
Alyssa Horng	FY	42 - 17:10.35	154 - 26:36.7	-	146 - 25:56.6	*64 - 26:08.3	-	-	-
Grace Iltis	JR	-	-	-	-	-	-	-	-
Riley Joseph	FY	-	-	-	237 - 29:06.2	-	-	-	-
Julia Lantner	FY	57 - 17:43.60	225 - 30:13.1	-	170 - 26:29.4	*89 - 27:07.8	-	-	-
Alicia Lawson	SO	8 - 15:33.27	31 - 24:10.7	162 - 23:12.4	-	78 - 24:04.4	51 - 23:51.5	43 - 24:20.8	-
Sab Lin	SO	20 - 16:02.73	68 - 24:52.8	218 - 23:38.6	-	138 - 25:04.7	72 - 25:19.9	-	-
Carissa Minarovich	JR	37 - 17:02.35	-	-	162 - 26:13.9	*72 - 26:26.2	-	-	-
Lisa Pink	GR	13 - 15:48.85	37 - 24:17.1	67 - 22:22.8	-	26 - 23:06.6	40 - 23:35.7	16 - 23:09.9	193 - 24:05.4
Ellie Ponko	SO	11 - 15:40.46	112 - 25:49.9	DNF	-	154 - 25:22.9	-	-	-
Kyra Sandercock	SR	-	156 - 26:40.4	-	153 - 26:01.6	*37 - 25:09.9	-	-	-
Sabrina Terando	JR	25 - 16:10.91	121 - 25:56.2	313 - 24:38.3	-	120 - 24:48.9	73 - 25:34.9	-	-
Sennett Turner	JR	3 - 15:05.80	19 - 23:46.5	175 - 23:19.7	-	52 - 23:33.5	49 - 23:49.8	40 - 24:13.9	-

Total Entries

81

262

395

276

282

75

166

292

* - 134 (Open)

2022 Team Results

Date	Meet	Location	Result	Points
September 1, 2022	Houghton Highlander Short Course	Houghton, NY	1st of 8	30
September 17, 2022	UR Yellowjacket Invitational	Rochester, NY	5th of 25	167
September 30, 2022	Lehigh University Paul Short Run	Bethlehem, PA	30th of 46	763
October 1, 2022	SUNY Geneseo Mike Woods Invitational	Geneseo, NY	16th of 20	454
October 15, 2022	Oberlin College Inter-Regional Rumble	Oberlin, OH	8th of 32	275
October 29, 2022	UAA Championships	Atlanta, GA	8th of 8	214
November 12, 2022	NCAA Niagara Regional	Rochester, NY	4th of 24	162
November 19, 2022	NCAA Division III Championship	Lansing, MI	1 Individual	