

2023 University of Rochester Women's Cross Country Individual Results

NAME	YR.	Houghton Highlander Short Course (3K) 9/1/2023 Houghton, NY	University of Rochester Yellowjacket Invitational 9/16/2023 Rochester, NY	Lehigh University Paul Short Run 9/30/2023 Bethlehem, PA	SUNY Geneseo Mike Woods Invitational 10/14/2023 Geneseo, NY	UAA Championships 10/28/2023 Hunting Valley, OH	NCAA Niagara Regional 11/11/2023 Houghton, NY	NCAA Division III Championship 11/18/2023 Newville, PA
Kat Benninger	SR	3 - 10:49.79	41 - 23:55.7	93 - 24:49.0	102 - 23:23.9	42 - 23:53.1	30 - 22:41.1	-
Ella Blau	FY	39 - 11:54.67	89 - 25:05.2	168 - 25:44.4	155 - 24:14.5	67 - 25:47.6	79 - 24:13.6	-
Andie Burton	JR	47 - 12:09.49	124 - 25:42.5	152 - 25:34.2	173 - 24:35.5	68 - 25:55.0	-	-
Meredith Crockett	JR	-	DNF	105 - 24:57.7	138 - 24:01.4	-	74 - 24:02.5	-
Renee Dansereau	FY	-	-	-	-	-	-	-
Emily Dill	FY	17 - 11:30.27	91 - 25:08.3	164 - 25:41.4	161 - 24:22.3	69 - 25:58.4	-	-
Bonnie Dong	SR	49 - 12:09.98	DNF	227 - 26:34.4	-	-	-	-
Isabella Doty	SO	75 - 12:50.29	173 - 27:37.4	280 - 27:27.8	251 - 26:44.2	-	-	-
Alyssa Horng	SO	51 - 12:12.17	140 - 26:13.7	144 - 25:31.0	187 - 24:47.8	-	-	-
Riley Joseph	SO	-	141 - 26:16.7	236 - 26:41.0	201 - 25:08.0	-	-	-
Julia Lantner	SO	-	170 - 27:24.9	279 - 27:27.8	204 - 25:11.0	-	-	-
Alicia Lawson	JR	6 - 10:53.79	30 - 23:38.4	47 - 24:00.6	81 - 22:54.8	43 - 23:54.0	41 - 22:56.0	-
Sab Lin	JR	45 - 12:06.81	181 - 27:51.1	123 - 25:13.4	166 - 24:26.9	70 - 26:00.7	-	-
Ellie Ponko	JR	7 - 11:03.85	59 - 24:27.9	61 - 24:19.7	103 - 23:24.9	53 - 24:30.0	56 - 23:13.3	-
Sabrina Terando	SR	-	121 - 25:39.3	108 - 24:59.1	149 - 24:08.9	63 - 25:28.4	89 - 24:35.4	-
Anne Traczyk	JR	46 - 12:08.79	155 - 26:48.6	290 - 27:36.9	-	-	-	-
Sennett Turner	SR	1 - 10:40.10	13 - 22:53.9	9 - 22:50.4	29 - 22:06.5	24 - 23:05.3	14 - 21:56.6	147 - 22:49.6
Megan Vianese	FY	-	93 - 25:10.8	222 - 26:30.5	219 - 25:34.1	-	-	-

Total Entries	109	262	379	304	74	147	293
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2023 Team Results

Date	Meet	Location	Result	Points
September 1, 2023	Houghton Highlander Short Course	Houghton, NY	1st of 9	34
September 16, 2023	UR Yellowjacket Invitational	Rochester, NY	7th of 21	183
September 30, 2023	Lehigh University Paul Short Run	Bethlehem, PA	7th of 36	307
October 14, 2023	SUNY Geneseo Mike Woods Invitational	Geneseo, NY	13th of 23	357
October 28, 2023	UAA Championships	Hunting Valley, OH	7th of 8	192
November 11, 2023	NCAA Niagara Regional	Houghton, NY	10th of 20	213
November 18, 2023	NCAA Division III Championship	Newville, PA	1 Individual	