

2024 University of Rochester Women's Cross Country Individual Results

NAME	YR.	St. John Fisher Terry Rodenbeck Invite (4K) 8/31/2024 Pittsford, NY	Hamilton College Short Course (4K) 9/14/2024 Clinton, NY	University of Rochester Yellowjacket Invitational 9/21/2024 Rochester, NY	Fredonia Kara Hall Memorial Invite 10/5/2024 Fredonia, NY	SUNY Geneseo Mike Woods Invitational 10/19/2024 Geneseo, NY	UAA Championships 11/2/2024 Attleboro, MA	NCAA Niagara Regional 11/16/2024 Fredonia, NY	NCAA Division III Championship 11/23/2024 Terre Haute, IN
Kat Benninger	GR	-	10 - 15:15.8	39 - 24:25.0	7 - 23:21.2	45 - 22:58.9	39 - 22:47.0	29 - 23:24.3	-
Ella Blau	SO	-	26 - 15:46.8	34 - 24:18.5	38 - 24:58.7	84 - 23:39.8	56 - 23:41.6	-	-
Andie Burton	SR	-	33 - 15:56.9	36 - 24:21.4	14 - 24:02.6	78 - 23:34.1	51 - 23:25.4	67 - 24:25.6	-
Talia Christopher	FY	67 - 18:16.9	66 - 17:15.8	152 - 27:19.5	69 - 26:16.4	232 - 25:29.5	-	-	-
Emily Dill	SO	-	50 - 16:30.5	135 - 26:29.4	-	270 - 26:08.8	-	-	-
Isabella Doty	JR	64 - 18:05.6	71 - 17:34.8	165 - 27:40.2	81 - 26:43.1	273 - 26:14.2	-	-	-
Kara Goldstein	FY	61 - 17:48.6	76 - 17:48.5	158 - 27:26.4	51 - 25:36.4	229 - 25:25.6	-	-	-
Alyssa Horng	JR	53 - 17:32.2	49 - 16:29.2	128 - 26:12.4	-	170 - 24:42.8	66 - 24:31.2	-	-
Riley Joseph	JR	23 - 16:40.8	22 - 15:43.4	35 - 24:19.2	12 - 23:57.3	69 - 23:21.8	46 - 23:09.0	24 - 23:20.3	-
Maria Khalifeh	FY	9 - 16:08.9	19 - 15:37.3	16 - 23:43.9	-	-	61 - 23:58.5	30 - 23:28.2	-
Julia Lantner	JR	71 - 18:25.0	51 - 16:32.6	148 - 27:03.0	62 - 26:02.2	218 - 25:13.9	-	-	-
Alicia Lawson	SR	-	29 - 15:52.8	60 - 24:53.5	13 - 24:02.1	67 - 23:21.1	47 - 23:12.0	25 - 23:20/7	-
Sab Lin	SR	-	8 - 15:07.8	29 - 24:13.0	9 - 23:28.4	40 - 22:48.7	43 - 23:01.6	19 - 23:03.2	-
Adriana Ochoa	FY	84 - 18:56.7	60 - 17:04.0	144 - 26:43.5	61 - 26:00.7	203 - 25:00.6	-	-	-
Grace Park	FY	101 - 20:10.0	87 - 18:23.6	149 - 27:12.4	100 - 28:08.1	319 - 27:22.5	-	-	-
Ellie Ponko	SR	-	11 - 15:17.8	20 - 23:57.5	10 - 23:31.3	33 - 22:42.9	33 - 22:33.0	10 - 22:42.2	210 - 23:04.3
Megan Vianese	SO	-	-	-	-	-	-	-	-
Ariane Yedidia	FY	59 - 17:43.8	42 - 16:09.0	111 - 25:52.4	35 - 24:55.9	171 - 24:43.0	65 - 24:29.1	-	-

Total Entries	117	106	220	142	378	72	156	290
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2024 Team Results

Date	Meet	Location	Result	Points
August 30, 2024	St. John Fisher Terry Rodenbeck Invitational	Pittsford, NY	6th of 9	152
September 14, 2024	Hamilton College Shourt Course Invitational	Clinton, NY	2nd of 8	68
September 21, 2024	University of Rochester Yellowjacket Invitational	Rochester, NY	5th of 17	128
October 5, 2024	Fredonia Kara Hall Memorial Invitational	Fredonia, NY	1st of 13	51
October 19, 2024	SUNY Geneseo Mike Woods Invitational	Geneseo, NY	6th of 29	240
November 2, 2024	UAA Cross Country Championships	Attleboro, MA	7th of 8	187
November 16, 2024	NCAA Division III Niagara Regional	Fredonia, NY	3rd of 21	107
November 23, 2024	NCAA Division III Championship	Terre Haute, IN	1 Individual	-