

Burlington 2002

In the absence of outside competition we competed well within ourselves. The course measured by Sparky prior to the race was 4.25 km. I have provided you a table for conversions to 4km at the bottom of this page. Congratulations to the 30 of you earning varsity credit. Welcome back Jennie who ran with Nelle for over 2 miles. Since Nelle is running better than anyone else in the state that is quite an accomplishment. Also note the fine performances of Drew Foreman, Maya, Hannah Meyer, Becky Wisely (PR) and Chavel Aron (1 sec off season's best) who really stepped up their performances yesterday. Many of you will find you had pr quality performances when you make your conversions to 4km times. Let's keep up the intensity in our workouts this coming week. Our best is yet to come!!

Varsity

1	Nelle Trefz*	15:36
2	Jennie Funk*	15:50
3	Meggan Reed*	16:14
4	Ali Kirsch*	16:25
5	Betsy Ellsmore*	16:25
6	Katie Lumpa*	16:29
8	Monica Mims*	16:42

Fresh/Soph

1	Maggie Leyendecker*	17:11
2	Drew Foreman*	17:13
3	Ruhee Arora*	17:32
4	Emily Funk*	17:48
5	Lindsey Diggelman*	17:50
6	Kera Bross*	18:16
7	Becky Russo*	18:17

Varsity

CHS 15

CHS fresh/soph
CHS 15 JV #1
CHS JV(6-8)/FS(6,7)
Ft. Madison 75
CHS JV 9-13
CHS several teams
Burlington 91
Danville 114
Keokuk 122

Junior Varsity

1	Liz Vanderah*	17:38	42
2	Rachel Manuel*	17:53	43
3	Maya Monitto-Webber*	18:08	44
4	Katie Lynch*	18:17	45
5	Kelly Sherry*	18:20	46
6	Caroline Brigham*	18:25	47
7	Brittany Zimmerman*	18:34	48
8	Clara Hugill*	18:35	49
9	Laura Newton*	18:41	51
10	Erica Olson*	18:47	52
11	Lesley Keely*	18:53	53
12	Kate Rethwisch*	18:55	54
13	Hanna Meyer*	18:55	56
14	Ally Tippe*	19:01	57
15	Zara Torosyan*	19:02	58
16	Kara Evans*	19:03	59
17	Kelly Sobaski	19:06	60
18	Jessica Pringle	19:07	61
19	Paige Towers	19:08	62
20	Rachel Moore	19:30	64
21	Cordy Cmiel	19:33	66
22	Shannon Triplett	19:38	
23	Alyssa Lane	19:41	
24	Meggan Hichwa	19:43	
25	Allie Gnade	19:49	
26	Stephanie Schallau	19:51	
27	Katelyn Kerstetter	19:52	
28	Jess Paulsen	19:53	
29	Leah Miller	19:54	
30	Abby Herlein	20:00	
31	Genny Countryman	20:16	
32	Kerri Kabela	20:23	
33	Liz Greazel	20:28	
34	Hannah Sandler	20:30	
36	Aly Boyd	20:42	
37	Emily Hesseltine	20:49	
38	Kilee Evans	20:49	
39	Laura Krumm	20:49	
40	Rachel Wilhelm	20:51	
41	Monica Clemens	20:58	

JV Continued

Emily Brentlinger	21:09
Katie Hall	21:19
Julia Snider	21:25
Gwen Hill	21:34
Emily Hahn	21:35
Lindsay Honemann	21:35
Willa Cmiel	21:41
Becky Wisely	21:43*
Analiese Bendorf	22:08
Grace Brookfield	22:12
Shauna McDonald	22:16
Mira Estin	22:22
Katie Murray	22:25
Heather Quigley	22:33
Lucy Plaughter	22:34
Kacie Kabela	22:48
Amy Lithimane	22:50
Lindsey Schmidt	23:21
Analisa Gerig-Sickles	23:53
Emily Adamek	25:05
Chavel Aron	25;24

Conversion to 4k times

if you normally run:
14:30-16:00 subtract 57s
16:00-17:30 subtract 63s
17:30-18:45 sub 67
18:45-20:00 sub 72
20:00-21:15 sub 77
21:15-22:30 sub 81
22:30-23:45 sub 85
23:45-25:30 sub 90