



## Midwestern State Cross Country

# 2011 Statistics

Through NCAA II Championships (Nov. 19, 2011)

## Midwestern State Cross Country Results

Date	Event	Distance	Place	Record
9/1/2011	MSU Stampede	4K	1st of 4	3-0
9/10/2011	Cameron Invitational	5K	2nd of 4	5-1
9/21/2011	Dual Meet vs. West Texas A&M	5K	1st of 2	6-1
9/30/2011	Grass Routes Grand Prix	6K	7th of 11	10-7
10/8/2011	MSU Cross Country Carnival	6K	1st of 8	17-7
10/22/2011	LSC Championships	6K	1st of 10	26-7
11/5/2011	NCAA II South Central Regional	6K	1st of 19	44-7
11/19/2011	NCAA II Championships	6K	11th of 24	57-17

## Midwestern State Cross Country Best Times

### 6,000 meters

Time	Athlete	Competition	Place
21:40.0	Brissia Montalvo	Lone Star Conference Championship	1
21:49.3	Brissia Montalvo	NCAA II South Central Regional	3
22:06.4	Brissia Montalvo	MSU Cross Country Carnival	2
22:06.1	Brissia Montalvo	NCAA II Championships	27
22:17.7	Ashley Flores	MSU Cross Country Carnival	4
22:26.0	Ashley Flores	Lone Star Conference Championship	6
22:30.0	Janel Campbell	Lone Star Conference Championship	8
22:30.4	Michelle Krezonoski	MSU Cross Country Carnival	7
22:32.8	Janel Campbell	MSU Cross Country Carnival	8
22:36.0	Ashley Flores	NCAA II South Central Regional	20
22:38.0	Janel Campbell	NCAA II South Central Regional	21
22:41.0	Michelle Krezonoski	Lone Star Conference Championship	12
22:41.9	Michelle Krezonoski	NCAA II South Central Regional	25
23:12.7	Brissia Montalvo	Grass Routes Grand Prix	23
23:19.4	Ashley Flores	NCAA II Championships	81
23:25.0	Kim Krezonoski	Lone Star Conference Championship	16
23:25.4	Ashley Flores	Grass Routes Grand Prix	27
23:25.7	Michelle Krezonoski	Grass Routes Grand Prix	28
23:29.0	Janel Campbell	Grass Routes Grand Prix	30
23:29.2	Janel Campbell	NCAA II Championships	88
23:35.8	Kim Krezonoski	NCAA II South Central Regional	56
23:37.2	Kim Krezonoski	MSU Cross Country Carnival	12
23:44.5	Melody Caldwell	MSU Cross Country Carnival	13
23:45.9	Michelle Krezonoski	NCAA II Championships	102
23:46.0	Sara Cuba	Lone Star Conference Championship	23
23:49.2	Heather Owens	NCAA II South Central Regional	64
23:51.3	Heather Owens	MSU Cross Country Carnival	16
24:00.4	Sara Cuba	MSU Cross Country Carnival	19
24:04.0	Heather Owens	Lone Star Conference Championship	31
24:07.7	Sara Cuba	NCAA II South Central Regional	81
24:10.0	Melody Caldwell	Lone Star Conference Championship	32
24:26.1	Kim Krezonoski	NCAA II Championships	143
24:45.1	Lindsey Pate	MSU Cross Country Carnival	28
24:58.6	Heather Owens	Grass Routes Grand Prix	53
25:14.9	Sara Cuba	Grass Routes Grand Prix	57
25:16.0	Lindsey Pate	Lone Star Conference Championship	53
25:24.9	Lindsey Pate	Grass Routes Grand Prix	61
25:30.0	Heather Owens	NCAA II Championships	167
25:32.1	Sara Cuba	NCAA II Championships	171
25:48.5	Melody Caldwell	Grass Routes Grand Prix	--
26:21.8	Erin Willeford	MSU Cross Country Carnival	47



# Midwestern State Cross Country 2011 Statistics

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## 5,000 meters

Time	Athlete	Competition	Place
18:47.00	Brissia Montalvo	Cameron Aggie Showdown	1
19:06.30	Ashley Flores	Dual Meet vs. West Texas A&M	1
19:08.50	Brissia Montalvo	Dual Meet vs. West Texas A&M	2
19:27.10	Janel Campbell	Dual Meet vs. West Texas A&M	5
19:36.95	Melody Caldwell	Cameron Aggie Showdown	7
19:58.50	Michelle Krezonoski	Dual Meet vs. West Texas A&M	7
20:01.50	Kim Krezonoski	Dual Meet vs. West Texas A&M	8
20:02.39	Lindsey Pate	Cameron Aggie Showdown	10
20:10.50	Lindsey Pate	Dual Meet vs. West Texas A&M	9
20:17.40	Sara Cuba	Dual Meet vs. West Texas A&M	11
20:44.40	Heather Owens	Dual Meet vs. West Texas A&M	15
20:55.20	Melody Caldwell	Dual Meet vs. West Texas A&M	16
21:36.64	Erin Willeford	Cameron Aggie Showdown	17
21:40.63	Erin Dombkowski	Cameron Aggie Showdown	18
23:48.70	Erin Willeford	Dual Meet vs. West Texas A&M	19
25:35.00	Ashley Mims	Cameron Aggie Showdown	32
24:16.40	Erin Dombkowski	Dual Meet vs. West Texas A&M	20
28:53.9	Ashley Mims	Dual Meet vs. West Texas A&M	21

## 4,000 meters

Time	Athlete	Competition	Place
14:34.00	Michelle Krezonoski	MSU Cross Country Stampede	1
14:37.00	Ashley Flores	MSU Cross Country Stampede	2
14:39.00	Janel Campbell	MSU Cross Country Stampede	3
14:42.00	Kim Krezonoski	MSU Cross Country Stampede	4
15:04.00	Sara Cuba	MSU Cross Country Stampede	6
15:40.00	Heather Owens	MSU Cross Country Stampede	13
15:52.00	Lindsey Pate	MSU Cross Country Stampede	17
16:03.00	Melody Caldwell	MSU Cross Country Stampede	21
17:55.00	Erin Willeford	MSU Cross Country Stampede	41
18:13.00	Erin Dombkowski	MSU Cross Country Stampede	42
19:06.00	Ashley Mims	MSU Cross Country Stampede	44