



Midwestern State Cross Country 2013 Statistics

Through NCAA II South Central Regionals (Nov. 9, 2013)

Midwestern State Cross Country Results

Date	Event	Distance	Place	Record
9/5/13	Strohman Dental/MSU Stampede	4K	1st of 4	3-0
9/14/13	UTA Season Opener/Ritchey Invitational	5K	2nd of 5	6-1
9/21/13	West Texas A&M Invitational	6K	1st of 8	13-1
9/28/13	Oklahoma State Cowboy Jamboree	5K	9th of 15	19-9
10/5/13	South Plains XC Festival	5K	3rd of 5	21-11
10/12/13	MSU Cross Country Carnival	6K	1st of 3	23-11
10/26/13	LSC Championships	6K	3rd of 7	27-13
11/9/13	NCAA II South Central Regional	6K	10th of 22	39-22

Midwestern State Cross Country Best Times

6,000 meters

Time	Athlete	Competition	Place
22:16.00	Ashley Flores	NCAA II South Central Regionals	20th
22:46.30	Ashley Flores	LSC Championships	6th
22:54.00	Gabby Ruiz	NCAA II South Central Regionals	45th
23:09.42	Ashley Flores	WTAMU Stampede	4th
23:12.10	Gabby Ruiz	WTAMU Stampede	6th
23:12.60	Ashley Flores	MSU Cross Country Carnival	1st
23:12.60	Gabby Ruiz	MSU Cross Country Carnival	2nd
23:13.00	Michelle Krezonoski	NCAA II South Central Regionals	66th
23:16.00	Danielle Chavarria	NCAA II South Central Regionals	68th
23:21.00	Janel Campbell	NCAA II South Central Regionals	71st
23:22.00	Emma Ramirez	NCAA II South Central Regionals	72nd
23:26.80	Janel Campbell	LSC Championships	13th
23:27.80	Emma Ramirez	MSU Cross Country Carnival	3rd
23:34.59	Michelle Krezonoski	WTAMU Stampede	13th
23:42.40	Michelle Krezonoski	LSC Championships	18th
23:43.60	Janel Campbell	MSU Cross Country Carnival	4th
23:45.00	Ana Lopez	LSC Championships	19th
23:46.20	Danielle Chavarria	MSU Cross Country Carnival	5th
23:47.29	Ana Lopez	WTAMU Stampede	15th
23:49.84	Janel Campbell	WTAMU Stampede	16th
23:53.00	Brittany Adams	MSU Cross Country Carnival	7th
23:55.00	Ana Lopez	NCAA II South Central Regionals	86th
23:56.80	Gabby Ruiz	LSC Championships	21st
23:58.30	Kim Krezonoski	LSC Championships	22nd
24:08.40	Emma Ramirez	LSC Championships	23rd
24:08.87	Emma Ramirez	WTAMU Stampede	23rd
24:13.70	Michelle Krezonoski	MSU Cross Country Carnival	10th
24:15.27	Danielle Chavarria	WTAMU Stampede	25th
24:20.10	Kim Krezonoski	MSU Cross Country Carnival	12th
24:24.00	Danielle Chavarria	LSC Championships	25th
24:32.00	Kim Krezonoski	WTAMU Stampede	31st
24:40.40	Lucia Trejo	MSU Cross Country Carnival	15th
24:41.94	Brittany Adams	WTAMU Stampede	35th
24:47.50	Abigail Gonzalez	LSC Championships	28th
24:48.50	Brittany Adams	LSC Championships	29th
24:49.00	Ana Lopez	MSU Cross Country Carnival	16th
24:56.40	Melody Caldwell	MSU Cross Country Carnival	17th



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25:05.29	Lucia Trejo	WTAMU Stampede	45th
25:31.08	Maira Salinas	WTAMU Stampede	46th
25:26.79	Melody Caldwell	WTAMU Stampede	49th
25:59.85	C.J. Frizzell	WTAMU Stampede	55th
26:03.20	Maira Salinas	MSU Cross Country Carnival	22nd
26:50.50	C.J. Frizzell	MSU Cross Country Carnival	26th
27:42.70	Carrie Finson	MSU Cross Country Carnival	27th
27:43.45	Carrie Finson	WTAMU Stampede	75th
32:42.90	Maranda Rodriguez	MSU Cross Country Carnival	32nd

5,000 meters

Time	Athlete	Competition	Place
19:16.98	Ashley Flores	77th Annual Cowboy Jamboree	44th
19:22.25	Gabby Ruiz	77th Annual Cowboy Jamboree	46th
19:32.00	Michelle Krezonoski	77th Annual Cowboy Jamboree	54th
19:33.30	Ana Lopez	UTA Season Opener/Ritchey Invitational	7th
19:43.10	Brittany Adams	UTA Season Opener/Ritchey Invitational	8th
19:40.11	Brittany Adams	SPC Collegiate XC Festival	11th
19:49.73	Danielle Chavarria	77th Annual Cowboy Jamboree	65th
19:54.74	Janel Campbell	77th Annual Cowboy Jamboree	69th
20:02.23	Emma Ramirez	77th Annual Cowboy Jamboree	73rd
20:08.01	Lucia Trejo	SPC Collegiate XC Festival	13th
20:15.45	C.J. Frizzell	SPC Collegiate XC Festival	16th
20:17.01	Kim Krezonoski	77th Annual Cowboy Jamboree	78th
20:28.00	Lucia Trejo	UTA Season Opener/Ritchey Invitational	10th
20:43.60	Maira Salinas	UTA Season Opener/Ritchey Invitational	12th
20:50.02	Maria Salinas	SPC Collegiate XC Festival	22nd
21:32.98	Melody Caldwell	77th Annual Cowboy Jamboree	100th
21:45.40	C.J. Frizzell	UTA Season Opener/Ritchey Invitational	20th
22:15.71	Carrie Finson	SPC Collegiate XC Festival	34th

4,000 meters

Time	Athlete	Competition	Place
15:26.50	Gabby Ruiz	MSU/Strohman Dental Stampede	3rd
15:31.20	Ashley Flores	MSU/Strohman Dental Stampede	4th
15:38.10	Janel Campbell	MSU/Strohman Dental Stampede	5th
15:48.20	Michelle Krezonoski	MSU/Strohman Dental Stampede	6th
16:17.80	Emma Ramirez	MSU/Strohman Dental Stampede	9th
16:25.60	Melody Caldwell	MSU/Strohman Dental Stampede	11th
16:44.20	Danielle Chavarria	MSU/Strohman Dental Stampede	17th
17:05.00	Lucia Trejo	MSU/Strohman Dental Stampede	22nd
18:00.20	Maira Salinas	MSU/Strohman Dental Stampede	33rd
18:30.90	Carrie Finson	MSU/Strohman Dental Stampede	38th