



Midwestern State Cross Country 2014 Statistics

Through 2014 season.

Midwestern State Cross Country Results

Date	Event	Distance	Place	Record
9/13/14	Strohman Dentr/MSU Stampede	4K	1st of 4	3-0
9/20/14	Missouri Southern Stampede	5K	5th of 15	13-4
10/4/14	Metro State Pre-Regional	6K	2nd of 14	25-5
10/18/14	MSU Cross Country Carnival	6K	1st of 5	29-5
10/25/14	ECU Tiger Chase	5K	1st of 8	36-5
11/8/14	Lone Star Conference Championships	6K	1st of 7	42-5
11/22/14	NCAA II South Central Regionals	6K	7th of 18	53-11

Midwestern State Cross Country Best Times

6,000 meters

Time	Athlete	Competition	Place
22:20.00	Gabby Ruiz	MSU Cross Country Carnival	2nd
22:33.80	Michelle Krezonoski	MSU Cross Country Carnival	3rd
22:57.20	Gabby Ruiz	LSC Championships	4th
23:05.80	Emma Ramirez	MSU Cross Country Carnival	8th
23:10.60	Brittany Adams	MSU Cross Country Carnival	9th
23:14.00	Gabby Ruiz	Metro State Roadrunner Invitational	4th
23:17.10	Michelle Krezonoski	LSC Championships	7th
23:20.00	Kim Krezonoski	LSC Championships	8th
23:27.30	Brittany Adams	LSC Championships	12th
23:29.60	Kim Krezonoski	MSU Cross Country Carnival	11th
23:30.00	Michelle Krezonoski	Metro State Roadrunner Invitational	9th
23:30.90	Ana Lopez	MSU Cross Country Carnival	12th
23:37.50	Danielle Chavarria	MSU Cross Country Carnival	14th
23:41.00	Gabby Ruiz	NCAA II South Central Regionals	22nd
23:44.40	Angela Dees	MSU Cross Country Carnival	17th
23:53.00	Kim Krezonoski	Metro State Roadrunner Invitational	15th
23:57.00	Michelle Krezonoski	NCAA II South Central Regionals	27th
23:57.00	Ana Lopez	LSC Championships	18th
24:01.90	Cara Mack	LSC Championships	20th
24:04.80	Danielle Chavarria	LSC Championships	21st
24:12.00	Danielle Chavarria	Metro State Roadrunner Invitational	23rd
24:22.00	Emma Ramirez	NCAA II South Central Regionals	41st
24:23.00	Emma Ramirez	Metro State Roadrunner Invitational	27th
24:31.70	Cara Mack	MSU Cross Country Carnival	28th
24:37.00	Brittany Adams	Metro State Roadrunner Invitational	34th
24:44.00	Ana Lopez	Metro State Roadrunner Invitational	38th
24:47.30	Lucia Trejo	MSU Cross Country Carnival	31st
24:52.40	Emma Ramirez	LSC Championships	30th
24:56.00	Ana Lopez	NCAA II South Central Regionals	64th
25:03.00	Angela Dees	LSC Championships	32nd
25:07.00	Brittany Adams	NCAA II South Central Regionals	71st
25:10.00	Kim Krezonoski	NCAA II South Central Regionals	74th
25:10.00	Angela Dees	Metro State Roadrunner Invitational	50th
25:22.00	Cara Mack	Metro State Roadrunner Invitational	56th
25:23.20	Maira Salinas	MSU Cross Country Carnival	35th
25:26.00	Cara Mack	NCAA II South Central Regionals	82nd
25:50.20	Maira Salinas	LSC Championships	38th
26:01.00	Lucia Trejo	Metro State Roadrunner Invitational	69th
26:14.00	Maira Salinas	Metro State Roadrunner Invitational	72nd



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5,000 meters

Time	Athlete	Competition	Place
18:08.00	Gabby Ruiz	Missouri Southern Stampede	25th
18:18.11	Michelle Krezonoski	Missouri Southern Stampede	31st
18:40.78	Kim Krezonoski	Missouri Southern Stampede	40th
18:44.72	Brittany Adams	Missouri Southern Stampede	43rd
18:54.84	Emma Ramirez	Missouri Southern Stampede	46th
19:11.30	Michelle Krezonoski	ECU Tiger Chase	3rd
19:12.80	Gabby Ruiz	ECU Tiger Chase	4th
19:13.21	Ana Lopez	Missouri Southern Stampede	55th
19:26.73	Angela Dees	Missouri Southern Stampede	65th
19:31.44	Lucia Trejo	Missouri Southern Stampede	68th
19:39.78	Cara Mack	Missouri Southern Stampede	74th
19:41.26	Danielle Chavarria	Missouri Southern Stampede	75th
19:49.80	Ana Lopez	ECU Tiger Chase	10th
19:53.50	Cara Mack	ECU Tiger Chase	11th
20:04.00	Kim Krezonoski	ECU Tiger Chase	13th
20:08.90	Danielle Chavarria	ECU Tiger Chase	14th
20:12.00	Angela Dees	ECU Tiger Chase	15th
20:22.77	Maira Salinas	Missouri Southern Stampede	92nd
20:25.90	Brittany Adams	ECU Tiger Chase	17th
20:34.80	Emma Ramirez	ECU Tiger Chase	19th
20:47.20	Maira Salinas	ECU Tiger Chase	23rd
21:20.60	Lucia Trejo	ECU Tiger Chase	32nd

4,000 meters

Time	Athlete	Competition	Place
15:05.00	Michelle Krezonoski	Strohman Dentr/MSUStampede	1st
15:09.00	Gabby Ruiz	Strohman Dentr/MSUStampede	2nd
15:20.00	Kim Krezonoski	Strohman Dentr/MSUStampede	4th
15:26.00	Ana Lopez	Strohman Dentr/MSUStampede	5th
15:30.00	Brittany Adams	Strohman Dentr/MSUStampede	6th
15:32.00	Angela Dees	Strohman Dentr/MSUStampede	7th
15:36.00	Emma Ramirez	Strohman Dentr/MSUStampede	9th
15:52.00	Danielle Chavarria	Strohman Dentr/MSUStampede	13th
15:56.00	Cara Mack	Strohman Dentr/MSUStampede	14th
16:20.00	Maira Salinas	Strohman Dentr/MSUStampede	17th
16:44.00	Lucia Trejo	Strohman Dentr/MSUStampede	22nd