

GNAC CHAMPIONSHIPS

Monmouth, OR
 Western Oregon University
 Saturday, November 5, 2022



OFFICIAL MEET REPORT
 printed: 11/5/2022 12:27 PM

Race #1
WOMEN • 6 Kilometers (3.73 Miles)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Western Washington	64	7-8-11-17-21(31)(40)	1:49:40	21:56	0:57.9
2 Saint Martin's	78	4-6-9-24-35(43)(66)	1:49:40	21:56	1:33.2
3 Simon Fraser	86	10-15-16-19-26(27)(38)	1:50:43	22:09	0:47.0
4 Western Oregon	87	3-12-13-29-30(34)(36)	1:50:13	22:03	1:26.2
5 Alaska Fairbanks	91	1-2-5-23-60	1:49:43	21:57	4:01.9
6 Seattle Pacific	149	18-22-28-39-42(57)(59)	1:53:53	22:47	1:22.8
7 Alaska Anchorage	163	20-32-33-37-41(44)(47)	1:54:22	22:53	1:07.8
8 MSU-Billings	224	25-48-49-50-52(55)(62)	1:59:23	23:53	1:49.1
9 Northwest Nazarene	242	14-51-54-58-65(67)(68)	2:00:33	24:07	3:20.4
10 Central Washington	261	45-46-53-56-61(63)(64)	2:01:25	24:17	0:47.7

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.5k	3.9k	4.4k
1 KRAMER, Kendall	25	Alaska Fairbanks	1	20:37.00	5:31.6	3:26.2	4:59.10	8:37.70	13:45.0	15:47.3
2 BAILEY, Naomi	22	Alaska Fairbanks	2	20:37.10	5:31.7	3:26.2	4:59.10	8:37.90	13:46.0	15:47.8
3 HELDT, Caitlin	158	Western Oregon	3	21:09.10	5:40.2	3:31.5	4:59.80	8:39.40	13:56.4	16:05.3
4 CARSTENS, Alauna	96	Saint Martin's	4	21:16.70	5:42.3	3:32.8	5:00.00	8:40.10	14:04.2	16:12.7
5 FORDHAM, Rosie	23	Alaska Fairbanks	5	21:19.20	5:42.9	3:33.2	4:59.20	8:39.50	14:03.4	16:12.4
6 WALCHAK-SLOAN, Cassidy	103	Saint Martin's	6	21:19.60	5:43.1	3:33.3	5:01.40	8:48.20	14:11.3	16:21.9
7 CROCKER, Mia	178	Western Washingto	7	21:30.00	5:45.8	3:35.0	4:59.30	8:43.50	14:10.5	16:21.4
8 WRIGHT, Sophie	190	Western Washingto	8	21:39.60	5:48.4	3:36.6	4:59.50	8:40.40	14:10.2	16:23.4
9 SABRA, Sara	101	Saint Martin's	9	21:42.40	5:49.2	3:37.1	5:06.50	8:55.70	14:26.2	16:38.2
10 CHALK, Grace	135	Simon Fraser	10	21:45.40	5:50.0	3:37.6	5:05.60	8:53.50	14:24.5	16:36.4
11 SHANNON, Meaera	188	Western Washingto	11	21:48.40	5:50.8	3:38.1	5:05.40	8:56.60	14:26.3	16:37.6
12 GARCIA, Luz	157	Western Oregon	12	21:56.50	5:52.9	3:39.4	5:07.40	8:59.10	14:31.9	16:42.7
13 SMITH, Riley	163	Western Oregon	13	21:58.20	5:53.4	3:39.7	5:06.60	8:54.00	14:31.7	16:49.8
14 ERLER, Morgan	76	Northwest Nazaren	14	21:59.10	5:53.6	3:39.9	5:01.90	8:52.20	14:24.7	16:39.5
15 CHILTON, Emily	136	Simon Fraser	15	22:02.50	5:54.6	3:40.4	5:09.40	8:58.70	14:32.8	16:46.9
16 PRANGLEY, Sarah	139	Simon Fraser	16	22:06.00	5:55.5	3:41.0	5:07.10	8:57.70	14:31.8	16:45.7
17 COLLINS-WINN, Evelyn	177	Western Washingto	17	22:13.20	5:57.4	3:42.2	5:06.00	9:01.30	14:48.5	17:10.5
18 ESVELT, Annika	115	Seattle Pacific	18	22:14.50	5:57.8	3:42.4	5:10.20	9:00.60	14:35.0	16:53.0
19 KALISCH, Milena	137	Simon Fraser	19	22:16.10	5:58.2	3:42.7	5:10.10	9:06.90	14:41.8	16:56.8
20 NYAMASYO, Alfin	10	Alaska Anchorage	20	22:25.40	6:00.7	3:44.2	5:08.50	9:00.40	14:42.1	16:59.5
21 REECK, Ashley	187	Western Washingto	21	22:27.90	6:01.4	3:44.7	5:05.60	8:58.00	14:41.5	17:00.3
22 ANITEYE, Vanessa	114	Seattle Pacific	22	22:30.30	6:02.0	3:45.1	5:28.70	9:24.40	15:09.2	17:26.2
23 ZOCK, Delainey	27	Alaska Fairbanks	23	22:30.30	6:02.0	3:45.1	5:22.10	9:21.00	15:00.2	17:13.7
24 SAUCEDO, Alisha	102	Saint Martin's	24	22:31.00	6:02.2	3:45.2	5:14.50	9:14.70	14:58.9	17:18.1
25 STOPPEL, Kailee	63	MSU-Billings	25	22:31.30	6:02.3	3:45.2	5:16.20	9:16.20	14:54.2	17:11.4
26 MARION, Ella	138	Simon Fraser	26	22:32.40	6:02.6	3:45.4	5:09.60	9:06.80	14:51.6	17:09.1
27 ROXBY, Megan	140	Simon Fraser	(27)	22:32.70	6:02.7	3:45.5	5:05.90	9:00.20	14:55.2	17:13.5
28 MULCH, Matise	119	Seattle Pacific	28	22:33.00	6:02.7	3:45.5	5:11.50	9:09.90	14:49.3	17:09.4
29 HUTTON, Holly	159	Western Oregon	29	22:33.60	6:02.9	3:45.6	5:10.60	9:08.80	14:53.7	17:13.3
30 LARSON, Lindie	160	Western Oregon	30	22:35.30	6:03.4	3:45.9	5:16.90	9:16.90	14:59.9	17:16.2
31 PARKER, Alanna	185	Western Washingto	(31)	22:37.60	6:04.0	3:46.3	5:11.10	9:09.00	14:54.0	17:12.6

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Race #1
WOMEN • 6 Kilometers (3.73 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.5k	3.9k	4.4k
32 STEVENS, Elle	13	Alaska Anchorage	32	22:42.70	6:05.3	3:47.1	5:06.20	8:59.10	14:50.9	17:13.2
33 STRAUSBAUGH, Jordan	14	Alaska Anchorage	33	22:49.30	6:07.1	3:48.2	5:13.50	9:11.10	14:55.5	17:16.0
34 CHAPMAN, Katie	154	Western Oregon	(34)	22:49.50	6:07.2	3:48.3	5:09.40	9:07.40	14:58.8	17:24.0
35 HARTLEY, Naomi	97	Saint Martin's	35	22:49.90	6:07.3	3:48.3	5:15.10	9:18.60	15:09.1	17:28.5
36 PEREZ, Natalie	162	Western Oregon	(36)	22:50.30	6:07.4	3:48.4	5:09.80	9:08.00	14:50.9	17:12.2
37 WOOD, Tressa	15	Alaska Anchorage	37	22:50.80	6:07.5	3:48.5	5:11.70	9:15.30	15:08.6	17:32.5
38 WATKINS, Rachael	142	Simon Fraser	(38)	22:52.70	6:08.0	3:48.8	5:10.30	9:08.00	14:54.2	17:14.2
39 MICHAEL, Libby	118	Seattle Pacific	39	22:57.50	6:09.3	3:49.6	5:22.40	9:22.30	15:08.4	17:28.7
40 LEDESMA, Marian	182	Western Washingto	(40)	23:03.40	6:10.9	3:50.6	5:15.50	9:25.40	15:24.4	17:48.2
41 MILLER, Sidra	184	Western Washingto	-	23:07.20	6:11.9	3:51.2	5:16.20	9:18.90	15:08.7	17:31.1
42 FLACK, Olivia	156	Western Oregon	-	23:09.80	6:12.6	3:51.6	5:17.60	9:22.80	15:13.9	17:36.0
43 HALSELL, Laura	180	Western Washingto	-	23:20.80	6:15.5	3:53.5	5:09.90	9:10.30	15:08.1	17:35.2
44 SPAIC , Sofija	12	Alaska Anchorage	41	23:33.20	6:18.9	3:55.5	5:30.80	9:37.90	15:36.4	18:01.2
45 EWING, Maya	116	Seattle Pacific	42	23:37.30	6:20.0	3:56.2	5:30.40	9:47.90	15:53.5	18:17.3
46 RAMIREZ, Kya	100	Saint Martin's	(43)	23:44.60	6:21.9	3:57.4	5:20.50	9:29.80	15:32.9	18:02.6
47 PARKER, Alexis	186	Western Washingto	-	23:47.40	6:22.7	3:57.9	5:24.90	9:40.90	15:39.5	18:04.6
48 RUELAS , Monica	11	Alaska Anchorage	(44)	23:48.20	6:22.9	3:58.0	5:31.20	9:39.60	15:41.5	18:07.9
49 MELVILLE, Rosie	47	Central Washington	45	23:54.10	6:24.5	3:59.0	5:35.00	9:46.60	15:46.1	18:13.0
50 MASTIN, Zoie	45	Central Washington	46	23:55.80	6:24.9	3:59.3	5:28.50	9:37.00	15:40.0	18:07.5
51 CLIFTON, Ali	155	Western Oregon	-	24:05.50	6:27.5	4:00.9	5:10.90	9:19.30	15:37.0	18:06.4
52 MILLER, Aunika	9	Alaska Anchorage	(47)	24:07.40	6:28.0	4:01.2	5:43.50	9:58.80	16:03.1	18:27.9
53 WHITMER, Ally	65	MSU-Billings	48	24:08.60	6:28.4	4:01.4	5:41.20	9:56.60	16:04.1	18:32.0
54 BERENDSEN, Carey	59	MSU-Billings	49	24:09.90	6:28.7	4:01.7	5:40.20	9:56.10	16:00.9	18:25.8
55 LIEN, Alahna	61	MSU-Billings	50	24:12.70	6:29.5	4:02.1	5:36.20	9:53.60	16:00.5	18:25.7
56 MCMAHON, Emily	79	Northwest Nazaren	51	24:14.00	6:29.8	4:02.3	5:35.60	9:54.90	16:01.4	18:28.4
57 DALLING, Kaylee	60	MSU-Billings	52	24:20.40	6:31.5	4:03.4	5:40.60	9:57.00	16:03.7	18:33.5
58 COCHRAN, Tailer	39	Central Washington	53	24:24.90	6:32.7	4:04.2	5:50.70	10:09.7	16:17.1	18:48.4
59 KLEIN, Olivia	78	Northwest Nazaren	54	24:25.90	6:33.0	4:04.3	5:29.50	9:52.80	16:07.2	18:39.7
60 SEVERSON, Madeline	62	MSU-Billings	(55)	24:26.00	6:33.0	4:04.3	5:36.00	9:53.10	16:05.8	18:35.3
61 WYATT, Olivia	50	Central Washington	56	24:27.70	6:33.5	4:04.6	5:34.80	9:53.50	16:04.5	18:35.4
62 FLOLO, Katelyn	117	Seattle Pacific	(57)	24:31.00	6:34.4	4:05.2	5:28.10	9:44.30	15:57.1	18:29.8
63 STEWART, Keelin	81	Northwest Nazaren	58	24:33.60	6:35.1	4:05.6	5:17.00	9:42.00	16:07.9	18:45.6
64 YORGES, Nicki	120	Seattle Pacific	(59)	24:34.20	6:35.2	4:05.7	5:29.40	9:47.50	16:09.5	18:41.9
65 VANDERPUT, Elizabeth	141	Simon Fraser	-	24:35.50	6:35.6	4:05.9	5:29.00	9:50.20	16:09.9	18:40.2
66 SILVA, Teegan	26	Alaska Fairbanks	60	24:38.90	6:36.5	4:06.5	5:22.60	9:31.90	15:58.8	18:35.6
67 THOMPSON, Madison	49	Central Washington	61	24:41.80	6:37.3	4:07.0	5:53.50	10:14.2	16:27.2	18:58.7
68 MOORE, Emily	161	Western Oregon	-	24:58.10	6:41.6	4:09.7	5:34.30	9:55.20	16:17.6	18:54.6
69 TOLMAN, Aspen	64	MSU-Billings	(62)	25:07.80	6:44.2	4:11.3	5:54.50	10:20.4	16:39.5	19:12.4
70 THOMPSON, Lauren	48	Central Washington	(63)	25:13.80	6:45.8	4:12.3	6:06.30	10:30.8	16:39.5	19:11.8
71 HIMELBLOOM, Arielle	8	Alaska Anchorage	-	25:16.30	6:46.5	4:12.7	5:43.60	10:12.8	16:40.7	19:16.1
72 HEIM, Kelli	42	Central Washington	(64)	25:17.00	6:46.7	4:12.8	6:06.60	10:32.3	16:54.8	19:26.0
73 AVERILL, Gracie	73	Northwest Nazaren	65	25:19.50	6:47.4	4:13.3	5:41.20	10:14.6	16:50.3	19:27.7
74 NEFF, Alexa	46	Central Washington	-	25:24.00	6:48.6	4:14.0	6:06.30	10:31.8	16:55.4	19:28.9
75 WIERSEMA, Kit	66	MSU-Billings	-	26:08.10	7:00.4	4:21.3	5:47.50	10:36.4	17:30.5	20:09.6
76 LINTHICUM, Faith	98	Saint Martin's	(66)	26:44.90	7:10.3	4:27.5	6:06.90	10:48.7	17:40.6	20:30.8
77 BURTON, Abby	95	Saint Martin's	-	26:50.20	7:11.7	4:28.4	6:00.80	10:44.9	17:37.2	20:27.2

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.5k	3.9k	4.4k
78 DALRYMPLE, Kaleigh	41	Central Washington	-	27:06.30	7:16.0	4:31.1	6:22.00	11:10.4	17:59.7	20:45.2
79 HOWARD, Grace	43	Central Washington	-	27:31.90	7:22.9	4:35.3	6:22.10	11:11.5	18:08.7	20:59.2
80 KEMPTHORN, Kalyssa	77	Northwest Nazaren	(67)	28:02.60	7:31.1	4:40.4	6:11.00	11:08.3	18:23.8	21:17.3
81 EDMISTON, Chloe	75	Northwest Nazaren	(68)	28:54.30	7:45.0	4:49.1	6:28.80	11:29.7	18:55.6	21:57.7
82 QUINN, Alyssa	80	Northwest Nazaren	-	29:28.50	7:54.1	4:54.8	6:38.90	11:48.0	19:22.7	22:28.6
-- CAMERON, Kate	134	Simon Fraser	-	DNF	---	---	5:08.80	9:07.90	15:00.7	

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Monmouth, OR

Western Oregon University

Saturday, November 5, 2022

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Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Western Washington	31	3-4-7-8-9(14)(17)	2:01:10	24:14	0:16.2
2 Simon Fraser	52	2-5-11-16-18(19)(30)	2:02:25	24:29	0:50.3
3 Alaska Anchorage	83	1-6-13-21-42(47)(58)	2:04:33	24:55	2:45.5
4 Western Oregon	115	10-22-25-27-31(33)(34)	2:06:36	25:20	1:25.9
5 Saint Martin's	133	12-26-28-29-38(41)(45)	2:07:48	25:34	1:35.7
6 MSU-Billings	163	15-23-35-40-50(64)	2:10:03	26:01	2:49.0
7 Central Washington	182	20-32-39-43-48(56)(61)	2:11:21	26:17	2:27.5
8 Seattle Pacific	228	36-44-46-49-53(55)(60)	2:15:12	27:03	1:50.4
9 Northwest Nazarene	239	24-37-54-59-65	2:17:41	27:33	4:30.8
10 Alaska Fairbanks	285	51-52-57-62-63(66)	2:22:55	28:35	1:54.3

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.7	3.5	4.5	5.7	6.5
1 NASH , Cole	4	Alaska Anchorage	1	23:46.20	4:47.0	2:58.3	4:24	8:08	9:53	13:2	17:5	19:3
2 DANNATT, Charlie	124	Simon Fraser	2	24:03.40	4:50.4	3:00.4	4:24	8:15	10:0	13:4	18:1	20:0
3 GILLINGHAM, Jeret	166	Western Washingto	3	24:06.50	4:51.0	3:00.8	4:25	8:21	10:1	13:5	18:2	20:0
4 OSLIN, Andrew	172	Western Washingto	4	24:07.10	4:51.2	3:00.9	4:24	8:16	10:0	13:4	18:1	20:0
5 BRINKMAN, Sebastian	122	Simon Fraser	5	24:07.90	4:51.3	3:01.0	4:24	8:16	10:0	13:4	18:1	20:0
6 ZAPHERSON, Michael	6	Alaska Anchorage	6	24:12.00	4:52.2	3:01.5	4:24	8:16	10:0	13:4	18:1	20:0
7 KARAMITSOS, George	169	Western Washingto	7	24:12.50	4:52.3	3:01.6	4:25	8:16	10:0	13:4	18:1	20:0
8 MCDERMOTT, Kevin	170	Western Washingto	8	24:20.60	4:53.9	3:02.6	4:24	8:16	10:0	13:4	18:1	20:0
9 CLOUGH, Ryan	165	Western Washingto	9	24:22.70	4:54.3	3:02.8	4:24	8:17	10:0	13:4	18:1	20:1
10 HUTTON, Hunter	144	Western Oregon	10	24:23.00	4:54.4	3:02.9	4:24	8:16	10:0	13:4	18:1	20:0
11 ARNDT, Scott	121	Simon Fraser	11	24:29.20	4:55.6	3:03.7	4:25	8:22	10:1	13:5	18:2	20:1
12 CORTES, Isaac	84	Saint Martin's	12	24:35.00	4:56.8	3:04.4	4:26	8:23	10:1	13:5	18:2	20:1
13 AVALOS, Jesus	1	Alaska Anchorage	13	24:45.70	4:58.9	3:05.7	4:26	8:22	10:1	13:5	18:3	20:2
14 RITTER, Alec	173	Western Washingto	(14)	24:46.80	4:59.2	3:05.9	4:25	8:17	10:0	13:5	18:3	20:2
15 ACKERMAN, Ase	51	MSU-Billings	15	24:49.60	4:59.7	3:06.2	4:25	8:17	10:0	13:4	18:2	20:2
16 GOOD, Aiden	125	Simon Fraser	16	24:50.80	5:00.0	3:06.4	4:25	8:22	10:1	13:5	18:3	20:3
17 ALDERFER, Jared	164	Western Washingto	(17)	24:51.60	5:00.1	3:06.5	4:23	8:17	10:0	13:5	18:3	20:2
18 MEKONNEN, Ephrem	128	Simon Fraser	18	24:53.70	5:00.5	3:06.7	4:25	8:16	10:0	13:4	18:2	20:2
19 JAVUREK, Jalen	168	Western Washingto	-	24:55.30	5:00.9	3:06.9	4:25	8:21	10:1	13:5	18:3	20:3
20 RUCKMAN-UTTING, Henry	130	Simon Fraser	(19)	25:01.50	5:02.1	3:07.7	4:25	8:25	10:1	14:0	18:4	20:3
21 WEBER, Drew	176	Western Washingto	-	25:03.70	5:02.6	3:08.0	4:26	8:30	10:2	14:1	18:5	20:4
22 SAVELY, Ty	35	Central Washington	20	25:04.10	5:02.6	3:08.0	4:26	8:26	10:1	14:0	18:4	20:4
23 SANDS, Sean	175	Western Washingto	-	25:05.20	5:02.9	3:08.2	4:25	8:22	10:1	14:0	18:4	20:4
24 JOHNSON, Drew	3	Alaska Anchorage	21	25:16.80	5:05.2	3:09.6	4:28	8:29	10:2	14:1	18:5	20:5
25 SMITH, Bailey	151	Western Oregon	22	25:18.10	5:05.5	3:09.8	4:25	8:22	10:1	14:0	18:4	20:4
26 STRAUS, Logan	58	MSU-Billings	23	25:19.30	5:05.7	3:09.9	4:25	8:23	10:1	14:0	18:4	20:4
27 KEMBLE, Brody	70	Northwest Nazaren	24	25:23.40	5:06.5	3:10.4	4:24	8:22	10:1	14:0	18:5	20:4
28 POMRANKEY, Easton	149	Western Oregon	25	25:27.20	5:07.3	3:10.9	4:27	8:34	10:2	14:2	19:0	21:0
29 PAGENTE, Kainalu	91	Saint Martin's	26	25:33.80	5:08.6	3:11.7	4:26	8:29	10:2	14:1	19:0	21:0
30 PARKER, Logan	148	Western Oregon	27	25:38.00	5:09.5	3:12.3	4:25	8:28	10:2	14:1	19:0	21:0
31 FARRELL, John	88	Saint Martin's	28	25:42.60	5:10.4	3:12.8	4:31	8:40	10:3	14:3	19:2	21:2

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Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.7	3.5	4.5	5.7	6.5
32 HARWELL, Michael	89	Saint Martin's	29	25:45.70	5:11.0	3:13.2	4:30	8:36	10:3	14:2	19:1	21:1
33 SCHMIDT, Jordan	131	Simon Fraser	(30)	25:47.30	5:11.3	3:13.4	4:31	8:38	10:3	14:3	19:2	21:2
34 VILLAR, Miguel	153	Western Oregon	31	25:48.90	5:11.6	3:13.6	4:25	8:22	10:1	14:1	19:1	21:1
35 CLOUGH, Shawn	30	Central Washington	32	25:50.20	5:11.9	3:13.8	4:25	8:27	10:2	14:2	19:1	21:1
36 SPINK, Kolby	152	Western Oregon	(33)	25:50.90	5:12.1	3:13.9	4:25	8:31	10:3	14:3	19:2	21:2
37 MCKENNEY, Dustyn	147	Western Oregon	(34)	25:52.30	5:12.3	3:14.0	4:28	8:35	10:3	14:2	19:1	21:1
38 EDGERTON, Bryant	53	MSU-Billings	35	25:53.90	5:12.7	3:14.2	4:27	8:34	10:2	14:2	19:1	21:1
39 SANCHEZ, Keeton	150	Western Oregon	-	25:54.30	5:12.7	3:14.3	4:26	8:35	10:3	14:3	19:2	21:2
40 JENSEN, Ryan	127	Simon Fraser	-	25:56.00	5:13.1	3:14.5	4:31	8:36	10:3	14:2	19:1	21:2
41 OWEN, Jon	109	Seattle Pacific	36	26:00.00	5:13.9	3:15.0	4:29	8:35	10:3	14:2	19:2	21:2
42 ELLIS, Quincy	68	Northwest Nazaren	37	26:07.00	5:15.3	3:15.9	4:25	8:36	10:3	14:3	19:3	21:3
43 DALE, Eli	85	Saint Martin's	38	26:10.70	5:16.0	3:16.3	4:32	8:41	10:3	14:3	19:3	21:3
44 PRATAPAS, Jack	34	Central Washington	39	26:16.90	5:17.3	3:17.1	4:29	8:37	10:3	14:4	19:4	21:4
45 MAY, Wyatt	55	MSU-Billings	40	26:20.90	5:18.1	3:17.6	4:30	8:38	10:3	14:3	19:3	21:3
46 WANI, Rudu	93	Saint Martin's	(41)	26:30.30	5:20.0	3:18.8	4:33	8:56	10:5	15:0	19:5	21:5
47 TVEIT, Ries	5	Alaska Anchorage	42	26:31.70	5:20.3	3:19.0	4:34	8:49	10:5	14:4	19:5	21:5
48 HOUGH, Garrett	32	Central Washington	43	26:37.90	5:21.5	3:19.7	4:42	9:03	11:0	15:0	20:0	22:0
49 LOGIE, Micah	192	Simon Fraser	-	26:38.80	5:21.7	3:19.9	4:26	8:34	10:3	14:3	19:4	21:4
50 LEBLANC, Brennan	107	Seattle Pacific	44	26:40.40	5:22.0	3:20.1	4:27	8:36	10:3	14:3	19:4	21:5
51 SLICHKO, Lance	92	Saint Martin's	(45)	26:42.00	5:22.3	3:20.3	4:38	8:52	10:5	14:5	20:0	22:0
52 KLUS, Emmett	145	Western Oregon	-	26:59.60	5:25.9	3:22.5	4:26	8:32	10:3	14:3	19:5	22:0
53 THOMPSON, Drew	112	Seattle Pacific	46	27:04.60	5:26.9	3:23.1	4:28	8:36	10:3	14:4	19:5	22:1
54 CHRISTENSEN, Zachary	2	Alaska Anchorage	(47)	27:24.10	5:30.8	3:25.5						
55 DAVIS-FRANKFORT, Cedar	143	Western Oregon	-	27:28.10	5:31.6	3:26.0	4:25	8:36	10:3	14:4	20:0	22:2
56 YAMAGUCHI, Shun	38	Central Washington	48	27:31.60	5:32.3	3:26.5	4:48	9:13	11:1	15:3	20:3	22:4
57 REYES, Lucas	110	Seattle Pacific	49	27:36.20	5:33.2	3:27.0	4:46	9:06	11:0	15:1	20:3	22:4
58 PEIRO, Jordi	57	MSU-Billings	50	27:38.60	5:33.7	3:27.3	4:44	9:07	11:0	15:1	20:3	22:4
59 OWENS, Ryan	19	Alaska Fairbanks	51	27:42.30	5:34.5	3:27.8	4:38	9:05	11:0	15:2	20:4	22:5
60 DHATT, Jaskaran	86	Saint Martin's	-	27:43.50	5:34.7	3:27.9	4:48	9:14	11:1	15:3	20:4	22:5
61 EARNEST, Nolan	18	Alaska Fairbanks	52	27:44.00	5:34.8	3:28.0	4:36	9:02	11:0	15:1	20:3	22:4
62 BALTZ, Steven	83	Saint Martin's	-	27:46.70	5:35.4	3:28.3	4:38	9:01	11:0	15:2	20:4	22:5
63 GALE, Nathaniel	106	Seattle Pacific	53	27:50.40	5:36.1	3:28.8	4:48	9:19	11:2	15:4	20:5	23:0
64 HEBERLEIN, Aaron	69	Northwest Nazaren	54	27:51.10	5:36.2	3:28.9	4:48	9:16	11:2	15:3	20:5	23:0
65 THAKE, Tom	111	Seattle Pacific	(55)	27:51.70	5:36.4	3:29.0	4:46	9:06	11:1	15:2	20:4	22:5
66 ANGUIANO, Lorenzo	28	Central Washington	(56)	27:54.70	5:37.0	3:29.3	4:49	9:18	11:2	15:4	20:5	23:0
67 ROSS, Koen	21	Alaska Fairbanks	57	28:15.50	5:41.1	3:31.9	4:51	9:19	11:2	15:3	21:0	23:1
68 ZUKOWSKI, Stephen	7	Alaska Anchorage	(58)	28:19.50	5:42.0	3:32.4	4:35	9:09	11:1	15:4	21:0	23:1
69 LADY, Josh	71	Northwest Nazaren	59	28:25.10	5:43.1	3:33.1	4:49	9:22	11:2	15:5	21:1	23:2
70 VENABLE, Isaac	113	Seattle Pacific	(60)	28:54.90	5:49.1	3:36.9	4:47	9:17	11:2	15:5	21:2	23:4
71 SOLVBERG, Spencer	36	Central Washington	(61)	28:59.10	5:49.9	3:37.4	4:58	9:36	11:4	16:1	21:4	23:5
72 BAURICK, Josh	16	Alaska Fairbanks	62	29:36.00	5:57.3	3:42.0	4:39	9:16	11:2	15:3	21:4	24:2
73 CATER, John (Jack)	17	Alaska Fairbanks	63	29:36.60	5:57.5	3:42.1	4:48	9:30	11:4	16:1	22:0	24:2
74 BAILEY, Jackson	52	MSU-Billings	(64)	29:37.90	5:57.7	3:42.2	4:57	9:34	11:4	16:1	21:5	24:1
75 BACH, Bryan	67	Northwest Nazaren	65	29:54.20	6:01.0	3:44.3	4:48	9:30	11:4	16:2	22:0	24:2
76 PILON, Ben	20	Alaska Fairbanks	(66)	30:41.80	6:10.6	3:50.2	4:46	9:18	11:3	16:1	22:2	24:5
-- KIPCHIRCHIR, Kelvin	33	Central Washington	-	DNF	---	---	4:52	9:15	11:2	15:5		

GNAC CHAMPIONSHIPS

Monmouth, OR

Western Oregon University

Saturday, November 5, 2022



OFFICIAL MEET REPORT

printed: 11/5/2022 12:27 PM

Race #2
MEN • 8 Kilometers (4.97 Miles)

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Avg. Mile	Avg. kM	1	2.7	3.5	4.5	5.7	6.5
-- PERRIARD, Joel	129	Simon Fraser	-	DNF	---	---	4:31	8:37	10:3	14:3	19:3	