

## Howards Grove Cross Country 2001 Individual Meet Times

Name	GR.	8/28	8/30	9/6	9/11	9/13	9/18	9/20	9/25	9/27	10/4	10/11	10/19	10/19	PERSONAL
		KEW.	KIEL	CG.	LUTH. @ UWS	VALD.	PLY.	KEW.	COUNTY @ UWS	REEDS.	CAMPB.	CLC @ UWS	Sectionals @ UWS	State @ WI Rapids	BEST Time
Pat Buffington	10	19:02	18:42	17:14	18:59	----	18:42	----	18:21	17:11	17:51	18:00	17:47	18:03	17:11
Adam Hahn	10	25:18	MGR	MGR	MGR	MGR	MGR	MGR	MGR	MGR	MGR	MGR	MGR	----	23:55
Jon Steltenpohl	10	22:56	22:02	20:04	----	21:27	21:40	21:21	----	20:26	20:29	21:41	21:19	----	20:04
Eric Lefebber	11	19:03	18:54	17:13	18:13	18:35	17:58	18:55	18:17	17:55	----	18:20	18:07	----	17:13
Mike VanWyk	11	25:11	24:24	21:56	23:35	23:14	22:38	23:36	24:02	22:15	22:53	23:24	----	----	21:53
Bryan Bower	12	21:43	21:18	20:02	22:44	----	20:00	21:07	21:01	19:32	20:26	20:14	20:31	----	19:32
Josh Drucek	12	21:45	20:27	19:04	20:29	20:47	20:01	20:17	20:31	----	19:46	20:29	20:05	----	19:04
Aaron Hahn	12	22:23	21:37	----	21:19	----	20:51	----	21:42	----	----	20:53	20:53	----	20:51
Kyle Picard	12	23:07	23:38	Quit	Quit	Quit	Quit	Quit	Quit	Quit	Quit	Quit	Quit	----	23:07
Brian Sonthenberg	12	21:28	20:29	18:34	19:46	19:59	19:07	19:33	19:41	18:20	18:57	19:37	19:42	----	18:20

3.1 Miles

Andrea Hedstrom	9	23:32	20:59	20:22	19:56	21:26	19:42	27:11	20:08	18:49	19:53	20:12	20:11	----	18:49
Laura Gries	9	22:54	21:17	20:42	20:37	22:08	20:58	----	20:20	19:49	----	----	----	----	19:49
Kim Koleno	9	28:16	25:29	23:15	21:41	23:22	22:36	30:06	23:13	20:59	22:03	20:44	20:31	----	20:31
Heidi Rooker	9	22:18	20:08	20:21	19:51	21:21	19:34	26:32	19:51	18:44	19:52	19:45	19:38	----	18:44
Cassie Thiel	9	25:39	22:00	20:41	20:32	22:14	20:30	27:04	20:52	19:24	20:21	20:06	19:58	----	19:24
Pam Westdorp	9	29:29	27:17	Asthma	Asthma	Asthma	Asthma	Asthma	Asthma	Asthma	Asthma	Asthma	Asthma	----	27:17
Lacey Phillips	10	26:37	24:04	22:48	22:29	23:38	----	31:15	22:55	23:02	22:44	22:31	----	----	22:29
Emily Post	10	19:03	18:18	17:39	16:47	17:45	16:33	21:58	16:47	16:04	16:33	16:02	16:03	15:41	15:41
Alyssa Steines	10	28:17	24:27	23:34	23:17	25:23	24:11	30:45	24:03	22:51	23:15	23:45	----	----	21:53
Stacy Wiedemann	10	20:50	19:53	19:24	18:58	20:19	19:21	----	18:51	17:47	----	19:09	18:56	----	17:47
Kelsey Steltenpohl	12	25:08	22:15	21:35	21:07	----	----	28:49	21:42	20:34	21:54	21:33	----	----	20:34
Liz Thieleke	12	21:19	19:54	19:13	19:27	21:10	19:13	26:25	19:29	18:25	19:01	19:07	19:13	----	18:25