







**2023 Concordia Cross Country Invitational - 8/31/2023**

**Concordia High School**

**8/31/2023**

**Results**

**Event 3 Girls 5k Run CC Junior Varsity**

=====			
Name	Year	School	Finals Points
=====			
Results - Women			
1	Boyer, Paige	10 Omaha Northwest	25:22.23
2	Frohardt, Lilly	09 Omaha Concordia	31:02.80
3	Aguayo, Samantha	09 Omaha Northwest	31:32.05
4	Harms-Wulff, Nikoal	11 Omaha Northwest	35:36.99
--	Ametitovi, Dorcas	11 Omaha Northwest	DNF



**2023 Concordia Cross Country Invitational - 8/31/2023**

**Concordia High School**

**8/31/2023**

**Results**

**....Event 2 Boys 5k Run CC Varsity**

4 Ashland-Greenwd	68	8	17	19	24	25	27
Total Time: 1:24:28.61							
Average: 21:07.16							
5 Omaha Northwest	89	18	22	23	26	28	
Total Time: 1:30:41.32							
Average: 22:40.33							

