10-3-23PalisadesHomeXC - 10/3/2023

Palisades

Palisades Middle School

Rankings

Event 2 Girls 5k Run CC

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Catxc vs Moravian Academy 5000 Run											
1	Moravian Academy	15	1	2	3	4	5	6	7		
	Total Time: 1:54:57.51										
	Average: 22:59.51										
Catxc vs Notre Dame Green Pond XC 5000 Run											
1	Notre Dame Green Pond XC	15	1	2	3	4	5	6	7		
	Total Time: 1:41:55.89										
	Average: 20:23.18										
Catxc vs Palisades 5000 Run											
1	Palisades Pirates	15	1	2	3	4	5	6			
	Total Time: 2:09:06.38										
	Average: 25:49.28										
Catxc vs SV 5000 Run											
1	Saucon Valley	15	1	2	3	4	5	6	7		
	Total Time: 1:51:39.42										
	Average: 22:19.89										
Moravian Academy vs Slhsxc 5000 Run											
1	Southern Lehigh Cross Cou	20	2	3	4	5	6	7	8		
	Total Time: 1:46:17.15										
	Average: 21:15.43										
2	Moravian Academy	43	1	9	10	11	12	13	14		
	Total Time: 1:54:57.51										
	Average: 22:59.51										
Notre Dame Green Pond XC vs Salisbury Cross Country 50											
1	Notre Dame Green Pond XC	15	1	2	3	4	5	6	7		
	Total Time: 1:41:55.89										
	Average: 20:23.18										
Notre Dame Green Pond XC vs Slhsxc 5000 Run											
1	Notre Dame Green Pond XC	18	1	2	3	5	7	8	9		
	Total Time: 1:41:55.89										
	Average: 20:23.18										
2	Southern Lehigh Cross Cou	43	4	6	10	11	12	13	14		
	Total Time: 1:46:17.15										
	Average: 21:15.43										
Palisades vs Salisbury Cross Country 5000 Run											
1	Palisades Pirates	15	1	2	3	4	5	6			
	Total Time: 2:09:06.38										
	Average: 25:49.28										
Palisades vs Slhsxc 5000 Run											
1	Southern Lehigh Cross Cou	15	1	2	3	4	5	6	7		
	Total Time: 1:46:17.15										
	Average: 21:15.43										
2	Palisades Pirates	50	8	9	10	11	12	13			
	Total Time: 2:09:06.38										
	Average: 25:49.28										
SV vs Slhsxc 5000 Run											
1	Southern Lehigh Cross Cou	21	1	2	5	6	7	8	9		
	Total Time: 1:46:17.15										
	Average: 21:15.43										
2	Saucon Valley	40	3	4	10	11	12	13	14		
	Total Time: 1:51:39.42										

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```
         Average:    22:19.89
Salisbury Cross Country vs SV 5000 Run
   1 Saucon Valley                15    1    2    3    4    5    6    7
      Total Time:  1:51:39.42
         Average:    22:19.89
```