



# Roanoke Tune Up (index.html)

Salem, VA  
2/16/2018

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## #22 WOMEN'S 4000M DMR RESULTS

### FINALS

| PL | JD | Team              | Squad | Time     | Athlete 1   | Athlete 2   | Athlete 3   |
|----|----|-------------------|-------|----------|---|---|---|
| 1  |    | Virginia Tech     | A     | 11:08.48 | Pocratsky<br><a href="http://www.tfrrs.org/athlete/91fd31792a18c9e6834cc20f61e80cf7.html">http://www.tfrrs.org/athlete/91fd31792a18c9e6834cc20f61e80cf7.html</a><br>3:21.23 (3:21.23) | Bush<br><a href="http://www.tfrrs.org/athlete/e5aab5ce3e9b61d72c27104d41c4c3e1.html">http://www.tfrrs.org/athlete/e5aab5ce3e9b61d72c27104d41c4c3e1.html</a><br>55.94 (4:17.17)        | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 2  |    | Virginia Tech     | B     | 11:25.51 | Edwards<br><a href="http://www.tfrrs.org/athlete/b47487d7e57d5a0b9337d1333706c5be.html">http://www.tfrrs.org/athlete/b47487d7e57d5a0b9337d1333706c5be.html</a><br>3:26.31 (3:26.31)   | McKiver<br><a href="http://www.tfrrs.org/athlete/66d8df5203c61d2709592d6c7d4ccf6e.html">http://www.tfrrs.org/athlete/66d8df5203c61d2709592d6c7d4ccf6e.html</a><br>56.00 (4:22.31)     | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 3  |    | VMI               | A     | 12:13.82 | Luckett<br><a href="http://www.tfrrs.org/athlete/db450ef86909809fbc1d23acbe5070b.html">http://www.tfrrs.org/athlete/db450ef86909809fbc1d23acbe5070b.html</a><br>3:42.94 (3:42.94)     | Ruffin<br><a href="http://www.tfrrs.org/athlete/9ec0acd4af8d9489b73ea0b4fb6eda81.html">http://www.tfrrs.org/athlete/9ec0acd4af8d9489b73ea0b4fb6eda81.html</a><br>59.43 (4:42.37)      | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 4  |    | Concord           | A     | 13:08.39 | Payton<br><a href="http://www.tfrrs.org/athlete/cd5de8e7fff3d84dc0d0cb44e8c7c800.html">http://www.tfrrs.org/athlete/cd5de8e7fff3d84dc0d0cb44e8c7c800.html</a><br>4:02.65 (4:02.65)    | Chernutan<br><a href="http://www.tfrrs.org/athlete/1250e382521beee8d8a2b5bba3c42965.html">http://www.tfrrs.org/athlete/1250e382521beee8d8a2b5bba3c42965.html</a><br>1:01.36 (5:04.01) | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 5  |    | Eastern Mennonite | A     | 13:27.16 | Serrell<br><a href="http://www.tfrrs.org/athlete/40e8c1d2610de65dfa80f5d4c707998f.html">http://www.tfrrs.org/athlete/40e8c1d2610de65dfa80f5d4c707998f.html</a><br>4:08.13 (4:08.13)   | Brubaker<br><a href="http://www.tfrrs.org/athlete/b603cc323a7796dc96294a493ea9e8bb.html">http://www.tfrrs.org/athlete/b603cc323a7796dc96294a493ea9e8bb.html</a><br>1:03.43 (5:11.55)  | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 6  |    | Concord           | B     | 14:00.14 | Golinsky<br><a href="http://www.tfrrs.org/athlete/efb4ce4ed6d67bd50bdbe04ae79bdceb.html">http://www.tfrrs.org/athlete/efb4ce4ed6d67bd50bdbe04ae79bdceb.html</a><br>4:27.28 (4:27.28)  | Smith<br><a href="http://www.tfrrs.org/athlete/a18013badfb4c23e56639bbeb641b78c.html">http://www.tfrrs.org/athlete/a18013badfb4c23e56639bbeb641b78c.html</a><br>1:03.27 (5:30.55)     | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |

### FINALS SECTION: 1

| HPL | JD | Team              | Squad | Time     | Athlete 1  | Athlete 2   | Athlete 3   |
|-----|----|-------------------|-------|----------|--|---|---|
| 1   |    | Concord           | A     | 13:08.39 | Payton<br><a href="http://www.tfrrs.org/athlete/cd5de8e7fff3d84dc0d0cb44e8c7c800.html">http://www.tfrrs.org/athlete/cd5de8e7fff3d84dc0d0cb44e8c7c800.html</a><br>4:02.65 (4:02.65)   | Chernutan<br><a href="http://www.tfrrs.org/athlete/1250e382521beee8d8a2b5bba3c42965.html">http://www.tfrrs.org/athlete/1250e382521beee8d8a2b5bba3c42965.html</a><br>1:01.36 (5:04.01) | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 2   |    | Eastern Mennonite | A     | 13:27.16 | Serrell<br><a href="http://www.tfrrs.org/athlete/40e8c1d2610de65dfa80f5d4c707998f.html">http://www.tfrrs.org/athlete/40e8c1d2610de65dfa80f5d4c707998f.html</a><br>4:08.13 (4:08.13)  | Brubaker<br><a href="http://www.tfrrs.org/athlete/b603cc323a7796dc96294a493ea9e8bb.html">http://www.tfrrs.org/athlete/b603cc323a7796dc96294a493ea9e8bb.html</a><br>1:03.43 (5:11.55)  | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |
| 3   |    | Concord           | B     | 14:00.14 | Golinsky<br><a href="http://www.tfrrs.org/athlete/efb4ce4ed6d67bd50bdbe04ae79bdceb.html">http://www.tfrrs.org/athlete/efb4ce4ed6d67bd50bdbe04ae79bdceb.html</a><br>4:27.28 (4:27.28) | Smith<br><a href="http://www.tfrrs.org/athlete/a18013badfb4c23e56639bbeb641b78c.html">http://www.tfrrs.org/athlete/a18013badfb4c23e56639bbeb641b78c.html</a><br>1:03.27 (5:30.55)     | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> |

### FINALS SECTION: 2

| HPL | JD | Team          | Squad | Time     | Athlete 1   | Athlete 2   | Athlete 3   |
|-----|----|---------------|-------|----------|---|---|---|
| 1   |    | Virginia Tech | A     | 11:08.48 | Pocratsky<br><a href="http://www.tfrrs.org/athlete/91fd31792a18c9e6834cc20f61e80cf7.html">http://www.tfrrs.org/athlete/91fd31792a18c9e6834cc20f61e80cf7.html</a><br>3:21.23 (3:21.23) | Bush<br><a href="http://www.tfrrs.org/athlete/e5aab5ce3e9b61d72c27104d41c4c3e1.html">http://www.tfrrs.org/athlete/e5aab5ce3e9b61d72c27104d41c4c3e1.html</a><br>55.94 (4:17.17)    | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> 1: 2: |
| 2   |    | Virginia Tech | B     | 11:25.51 | Edwards<br><a href="http://www.tfrrs.org/athlete/b47487d7e57d5a0b9337d1333706c5be.html">http://www.tfrrs.org/athlete/b47487d7e57d5a0b9337d1333706c5be.html</a><br>3:26.31 (3:26.31)   | McKiver<br><a href="http://www.tfrrs.org/athlete/66d8df5203c61d2709592d6c7d4ccf6e.html">http://www.tfrrs.org/athlete/66d8df5203c61d2709592d6c7d4ccf6e.html</a><br>56.00 (4:22.31) | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> 2     |
| 3   |    | VMI           | A     | 12:13.82 | Luckett<br><a href="http://www.tfrrs.org/athlete/db450ef86909809fbc1d23acbe5070b.html">http://www.tfrrs.org/athlete/db450ef86909809fbc1d23acbe5070b.html</a><br>3:42.94 (3:42.94)     | Ruffin<br><a href="http://www.tfrrs.org/athlete/9ec0acd4af8d9489b73ea0b4fb6eda81.html">http://www.tfrrs.org/athlete/9ec0acd4af8d9489b73ea0b4fb6eda81.html</a><br>59.43 (4:42.37)  | <a href="http://www.tfrrs.org/athlete/">http://www.tfrrs.org/athlete/</a> 2:    |