

**PSAC Outdoor Track & Field Championships**  
**Mansfield University - 5/12/2016 to 5/14/2016**  
**Meet Program**

**Event 13 Women 100 Meter Dash**

|                              |                   |                      |                |
|------------------------------|-------------------|----------------------|----------------|
| <b>Auto: 11.54</b>           |                   |                      |                |
| <b>Prov: 11.99</b>           |                   |                      |                |
| <b>Conference:</b>           | <b>11.56 2002</b> | <b>Amber Plowden</b> |                |
| <b>Meet Record:</b>          | <b>11.74 1984</b> | <b>Savena Pyett</b>  |                |
| <b>Lane Name</b>             | <b>Yr</b>         | <b>School</b>        | <b>Prelims</b> |
| <b>Section 1 of 1 Finals</b> |                   |                      |                |
| 1 Kiah Walton                | SO                | Indiana (Pa.)        | 12.25          |
| 2 As-Sata Hall               | FR                | Indiana (Pa.)        | 12.11          |
| 3 Katelyn Wetzel             | SR                | Slippery Rock        | 12.24          |
| 4 Carly Petney               | JR                | Indiana (Pa.)        | 11.85          |
| 5 Kiara Allen                | SR                | Millersville         | 11.86          |
| 6 Jill Bertino               | SO                | Shippensburg         | 12.30          |
| 7 Allison King               | FR                | Shippensburg         | 12.24          |
| 8 Valerie Mizansky           | JR                | Kutztown             | 12.25          |

**Event 19 Women 200 Meter Dash**

|                              |                   |                      |                |
|------------------------------|-------------------|----------------------|----------------|
| <b>Auto: 23.60</b>           |                   |                      |                |
| <b>Prov: 24.53</b>           |                   |                      |                |
| <b>Conference:</b>           | <b>23.83 2002</b> | <b>Amber Plowden</b> |                |
| <b>Meet Record:</b>          | <b>24.02 1984</b> | <b>Savena Pyett</b>  |                |
| <b>Lane Name</b>             | <b>Yr</b>         | <b>School</b>        | <b>Prelims</b> |
| <b>Section 1 of 1 Finals</b> |                   |                      |                |
| 1 Courtney Ingold            | FR                | Millersville         | 25.43          |
| 2 Zhane Valmon               | FR                | Indiana (Pa.)        | 25.02          |
| 3 Kiara Allen                | SR                | Millersville         | 25.16          |
| 4 Jasmine Bailey             | SR                | Slippery Rock        | 24.79          |
| 5 Alyssa Barthelmes          | SO                | Bloomsburg           | 24.84          |
| 6 Ameriah Walters            | FR                | Seton Hill           | 25.22          |
| 7 Jaiah Williams             | FR                | Slippery Rock        | 25.42          |
| 8 Lindsay Sheehan            | SO                | Shippensburg         | 25.50          |

**Event 11 Women 400 Meter Dash**

|                              |                   |                        |                |
|------------------------------|-------------------|------------------------|----------------|
| <b>Auto: 53.50</b>           |                   |                        |                |
| <b>Prov: 55.98</b>           |                   |                        |                |
| <b>Conference:</b>           | <b>54.19 2002</b> | <b>Jennifer Farrow</b> |                |
| <b>Meet Record:</b>          | <b>54.79 2010</b> | <b>Maddy Outman</b>    |                |
| <b>Lane Name</b>             | <b>Yr</b>         | <b>School</b>          | <b>Prelims</b> |
| <b>Section 1 of 1 Finals</b> |                   |                        |                |
| 1 Alyssa Barthelmes          | SO                | Bloomsburg             | 58.51          |
| 2 Megan Lundy                | SR                | Shippensburg           | 58.33          |
| 3 Janna Wilson               | SR                | West Chester           | 58.24          |
| 4 Jasmine Bailey             | SR                | Slippery Rock          | 56.31          |
| 5 Nicole Boldosser           | JR                | Kutztown               | 58.20          |
| 6 Kiana Tucker               | SO                | Shippensburg           | 58.21          |
| 7 Aerial Dukes               | SO                | Slippery Rock          | 58.48          |
| 8 Heather Sternby            | SO                | Indiana (Pa.)          | 58.82          |

**Event 7 Women 1500 Meter Run**

|                              |                     |                           |                  |
|------------------------------|---------------------|---------------------------|------------------|
| <b>Auto: 4:23.50</b>         |                     |                           |                  |
| <b>Prov: 4:34.00</b>         |                     |                           |                  |
| <b>Conference:</b>           | <b>4:23.70 1989</b> | <b>Eileen Hornberger</b>  |                  |
| <b>Meet Record:</b>          | <b>4:24.57 2009</b> | <b>Priscilla Jennings</b> |                  |
| <b>Lane Name</b>             | <b>Yr</b>           | <b>School</b>             | <b>Seed Time</b> |
| <b>Section 1 of 2 Finals</b> |                     |                           |                  |
| 1 Katie Chambers             | SR                  | Clarion                   | 4:50.43          |
| 2 Leah Schott                | SR                  | Seton Hill                | 4:54.07          |
| 3 Stephanie Heming           | SO                  | Indiana (Pa.)             | 4:58.58          |
| 4 Morgan Gimigliano          | FR                  | Indiana (Pa.)             | 4:59.85          |
| 5 Jessica Bennett            | JR                  | Slippery Rock             | 4:57.95          |
| 6 Abbie Todd                 | FR                  | Shippensburg              | 4:57.37          |
| 7 Madison Thrasher           | FR                  | California (Pa.)          | 4:57.50          |
| 8 Lizzy Duguid               | SO                  | Lock Haven                | 4:50.59          |
| 9 Morgan Ilgenfritz          | SO                  | Bloomsburg                | 4:55.36          |
| 10 Jordyn Hackett            | JR                  | Slippery Rock             | 4:52.57          |
| 11 Lindsey Gerlach           | FR                  | Shippensburg              | 4:56.73          |
| 12 Amber Csrenko             | JR                  | Bloomsburg                | 4:59.13          |
| <b>Section 2 of 2 Finals</b> |                     |                           |                  |
| 1 Alexandra Zanella          | SR                  | California (Pa.)          | 4:33.49          |
| 2 Rebekkah Bond              | SO                  | Edinboro                  | 4:35.58          |
| 3 Stephanie Bresadola        | FR                  | Kutztown                  | 4:44.60          |
| 4 Samantha Young             | SO                  | East Stroudsburg          | 4:45.15          |
| 5 Melissa Rains              | SO                  | Slippery Rock             | 4:43.16          |
| 6 Chelsia Poole              | JR                  | Seton Hill                | 4:44.14          |
| 7 Allison Macon              | SR                  | Mansfield                 | 4:34.83          |
| 8 Meagen Carter              | JR                  | Seton Hill                | 4:39.32          |
| 9 Abby Shafer                | JR                  | Shippensburg              | 4:32.11          |
| 10 Summer Hill               | SO                  | California (Pa.)          | 4:27.67          |
| 11 Teresa Ortiz              | JR                  | Bloomsburg                | 4:40.18          |
| 12 Casey Norton              | JR                  | Shippensburg              | 4:40.99          |

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**Event 21 Women 5000 Meter Run****Auto: 16:25.35****Prov: 17:21.38****Conference: 15:33.83 2011 Neely Spence****Meet Record: 16:19.50 1984 Julie Bowers**

| Lane                         | Name                | Yr | School           | Seed Time |
|------------------------------|---------------------|----|------------------|-----------|
| <b>Section 1 of 1 Finals</b> |                     |    |                  |           |
| 1                            | Jenny Picot         | JR | Slippery Rock    | 16:45.80  |
| 2                            | Ida Narbuvooll      | FR | Edinboro         | 16:52.64  |
| 3                            | Alexandra Zanella   | SR | California (Pa.) | 16:56.25  |
| 4                            | Allison Decker      | SR | East Stroudsburg | 16:56.53  |
| 5                            | Casey Norton        | JR | Shippensburg     | 16:58.39  |
| 6                            | Abby Shafer         | JR | Shippensburg     | 17:05.46  |
| 7                            | Alexis Arnold       | SR | Lock Haven       | 17:28.41  |
| 8                            | Corinne Manela      | SR | Kutztown         | 17:35.88  |
| 9                            | Emma Sullivan       | JR | Edinboro         | 17:42.21  |
| 10                           | Meagen Carter       | JR | Seton Hill       | 17:42.79  |
| 11                           | Chelsea Conover     | SR | East Stroudsburg | 17:43.20  |
| 12                           | Hannah Boudreau     | SO | Bloomsburg       | 17:43.42  |
| 13                           | Caitlyn Reese       | SO | Shippensburg     | 17:45.31  |
| 14                           | Allison Macon       | SR | Mansfield        | 17:51.13  |
| 15                           | Anna Hosl           | SR | Edinboro         | 17:54.38  |
| 16                           | Kasey Jones         | JR | Edinboro         | 17:55.84  |
| 17                           | Jacqueline Kinkad   | FR | Shippensburg     | 17:59.82  |
| 18                           | Jenna Lezanic       | JR | Indiana (Pa.)    | 18:01.90  |
| 19                           | Julie Friend        | SO | California (Pa.) | 18:05.79  |
| 20                           | Bryanna Dissinger   | SO | Shippensburg     | 18:12.80  |
| 21                           | Shannon Byerly      | SR | Slippery Rock    | 18:17.92  |
| 22                           | Hannah Fulton       | SO | Shippensburg     | 18:25.60  |
| 23                           | Jessica Quesenberry | JR | Bloomsburg       | 18:26.52  |
| 24                           | Keelan McDonald     | JR | Bloomsburg       | 18:28.81  |
| 25                           | Courtney Capper     | SO | Lock Haven       | 18:29.26  |
| 26                           | Allison McCurry     | JR | Mansfield        | 18:32.68  |
| 27                           | Alexis Dongvort     | FR | Kutztown         | 18:34.51  |

**Event 9 Women 100 Meter Hurdles****Auto: 13.30****Prov: 14.30****Conference: 13.62 2010 Maddy Outman****Meet Record: 13.70 2010 Maddy Outman**

| Lane                         | Name                  | Yr | School          | Prelims |
|------------------------------|-----------------------|----|-----------------|---------|
| <b>Section 1 of 1 Finals</b> |                       |    |                 |         |
| 1                            | Kiah Walton           | SO | Indiana (Pa.)   | 14.67   |
| 2                            | Danielle Sciremammano | SO | Shippensburg    | 14.58   |
| 3                            | Sophie Mazza          | SO | Slippery Rock   | 14.55   |
| 4                            | Kelci Warshel         | SO | Pitt.-Johnstown | 14.32   |
| 5                            | Hilari Norris         | SR | Edinboro        | 14.55   |
| 6                            | Erin Madison          | SR | Millersville    | 14.42   |
| 7                            | Arianna Camel         | JR | Millersville    | 14.65   |
| 8                            | Jenna Bracken         | JR | Seton Hill      | 14.68   |

**Event 17 Women 400 Meter Hurdles****Auto: 58.95****Prov: 1:02.40****Conference: 58.98 2010 Maddy Outman****Conference: 46.57**

|                              |                     |              |                  |                  |  |
|------------------------------|---------------------|--------------|------------------|------------------|--|
| <b>Meet Record:</b>          |                     | <b>59.59</b> | <b>2007</b>      | <b>Andi Rose</b> |  |
| <b>Lane</b>                  | <b>Name</b>         | <b>Yr</b>    | <b>School</b>    | <b>Prelims</b>   |  |
| <b>Section 1 of 1 Finals</b> |                     |              |                  |                  |  |
| 1                            | Caroline McLaughlin | SO           | West Chester     | 1:05.12          |  |
| 2                            | Amanda Castellano   | SO           | West Chester     | 1:04.52          |  |
| 3                            | Erin Madison        | SR           | Millersville     | 1:03.43          |  |
| 4                            | Kennedy Evans       | JR           | Slippery Rock    | 1:02.79          |  |
| 5                            | Tatiana Cloud       | JR           | Clarion          | 1:02.80          |  |
| 6                            | Jaid Harsch         | SO           | East Stroudsburg | 1:04.01          |  |
| 7                            | Tatiana Purnell     | FR           | Shippensburg     | 1:05.05          |  |
| 8                            | Kelley Stuetz       | JR           | East Stroudsburg | 1:05.83          |  |

**Event 5 Women 4x100 Meter Relay****Auto: 45.36****Prov: 47.00****Conference: 46.40 2006****Rekich, McDaniel, Rose, Rash****Meet Record: 46.40 2006****Rekich, McDaniel, Rose, Rash**

| Lane                         | Team          | Relay | Prelims |
|------------------------------|---------------|-------|---------|
| <b>Section 1 of 1 Finals</b> |               |       |         |
| 1                            | Seton Hill    |       | 48.95   |
| 2                            | Kutztown      |       | 48.44   |
| 3                            | Indiana (Pa.) |       | 47.85   |
| 4                            | Slippery Rock |       | 47.26   |
| 5                            | Millersville  |       | 47.36   |
| 6                            | Shippensburg  |       | 48.39   |
| 7                            | West Chester  |       | 48.60   |
| 8                            | Clarion       |       | 49.23   |

**Event 25 Women 4x400 Meter Relay****Auto: 3:40.96****Prov: 3:48.72****Conference: 3:44.94 2007****Sackin, Cochran, Rose, Sopher****Meet Record: 3:47.18 5/3/2014****M Lundy, B Fells, L Ellsworth, M Clemons**

| Lane                         | Team             | Relay | Seed Time |
|------------------------------|------------------|-------|-----------|
| <b>Section 1 of 2 Finals</b> |                  |       |           |
| 2                            | Edinboro         |       | 4:06.79   |
| 3                            | Kutztown         |       | 4:04.72   |
| 4                            | Indiana (Pa.)    |       | 4:00.87   |
| 5                            | Bloomsburg       |       | 4:02.91   |
| 6                            | California (Pa.) |       | 4:06.18   |
| 7                            | Pitt.-Johnstown  |       | 4:12.18   |

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**Section 2 of 2 Finals...(Event 25 Women 4x400 Meter Relay)**

|   |                  |         |
|---|------------------|---------|
| 1 | Lock Haven       | 4:00.55 |
| 2 | Seton Hill       | 3:58.70 |
| 3 | Slippery Rock    | 3:54.21 |
| 4 | West Chester     | 3:53.94 |
| 5 | Shippensburg     | 3:54.05 |
| 6 | Millersville     | 3:58.19 |
| 7 | East Stroudsburg | 3:58.98 |
| 8 | Clarion          | 4:00.75 |

**Event 23 Women 4x800 Meter Relay****Conference: 9:13.60 2013****Lehman, Bond, Filemyr, Rankin****Meet Record: 9:13.60 5/10/2013****L Lehman, L Bond, K Filemyr, A Rankin**

| <b>Lane</b> | <b>Team</b> | <b>Relay</b> | <b>Seed Time</b> |
|-------------|-------------|--------------|------------------|
|-------------|-------------|--------------|------------------|

**Section 1 of 1 Finals**

|    |                  |          |
|----|------------------|----------|
| 1  | Kutztown         | NT       |
| 2  | Seton Hill       | NT       |
| 3  | East Stroudsburg | 9:24.40  |
| 4  | Edinboro         | 9:31.54  |
| 5  | Lock Haven       | NT       |
| 6  | California (Pa.) | 9:44.23  |
| 7  | Slippery Rock    | 9:40.25  |
| 8  | Mansfield        | NT       |
| 9  | Clarion          | 10:18.91 |
| 10 | West Chester     | 10:16.44 |
| 11 | Shippensburg     | 9:50.38  |
| 12 | Bloomsburg       | NT       |

**Event 31 Women Pole Vault****Auto: 4.00m****Prov: 3.61m****Conference: 13-05.25 2008 Jennifer Hansen****Meet Record: 13-03.75 2008 Jennifer Hansen**

| <b>Pos</b> | <b>Name</b> | <b>Yr</b> | <b>School</b> | <b>Seed</b> | <b>Mark</b> |
|------------|-------------|-----------|---------------|-------------|-------------|
|------------|-------------|-----------|---------------|-------------|-------------|

**Flight 1 of 1 Finals**

|    |                   |    |                  |       |
|----|-------------------|----|------------------|-------|
| 1  | Emily Wicker      | SO | Shippensburg     | 3.40m |
| 2  | Megan Matrisciano | JR | Slippery Rock    | 3.40m |
| 3  | Jennifer Dibert   | JR | Indiana (Pa.)    | 3.25m |
| 4  | Anecia Alexaki    | SO | Kutztown         | 3.41m |
| 5  | Katherine Lynch   | FR | West Chester     | 3.41m |
| 6  | Maria Darling     | SO | Slippery Rock    | 3.55m |
| 7  | Emma Sullivan     | SR | Kutztown         | 3.80m |
| 8  | Michaela Kasik    | SR | Slippery Rock    | 3.25m |
| 9  | Erin Harman       | SO | Millersville     | 3.50m |
| 10 | Samantha Lowery   | FR | West Chester     | 3.36m |
| 11 | Karissa Lambert   | SO | Slippery Rock    | 3.40m |
| 12 | Charlsie Bowen    | SO | Mansfield        | 3.70m |
| 13 | Brandie Tartza    | JR | East Stroudsburg | 3.40m |
| 14 | Kaitlyn Clark     | SR | Slippery Rock    | 4.00m |
| 15 | Kelsey Plecenik   | FR | Seton Hill       | 3.45m |
| 16 | Kali Hepner       | SO | Shippensburg     | 3.60m |
| 17 | Katy Haywood      | JR | Mansfield        | 3.30m |
| 18 | Katie Helwig      | JR | Clarion          | 3.25m |
| 19 | Destiny Distasio  | SR | Kutztown         | 3.35m |
| 20 | Molly Regan       | SO | Edinboro         | 3.55m |

**Event 29 Women Triple Jump****Auto: 12.70m****Prov: 11.75m****Conference: 42-05 2003 Tunisia Lacy****Meet Record: 42-05 2003 Tunisia Lacy**

| <b>Pos</b> | <b>Name</b> | <b>Yr</b> | <b>School</b> | <b>Seed</b> | <b>Mark</b> |
|------------|-------------|-----------|---------------|-------------|-------------|
|------------|-------------|-----------|---------------|-------------|-------------|

**Flight 1 of 2 Finals**

|    |                  |    |                  |        |
|----|------------------|----|------------------|--------|
| 1  | Sydney Black     | SO | Edinboro         | 10.87m |
| 2  | Tirzah Johnson   | SR | East Stroudsburg | 10.95m |
| 3  | Sadira Brown     | FR | Edinboro         | 11.17m |
| 4  | Katelyn Stebbins | FR | Seton Hill       | 11.25m |
| 5  | Brooke Smay      | JR | Indiana (Pa.)    | 11.23m |
| 6  | Joanne Mason     | FR | East Stroudsburg | 10.99m |
| 7  | Rebecca Tooker   | JR | Kutztown         | 10.86m |
| 8  | Tonni Melendez   | SO | Pitt.-Johnstown  | 11.11m |
| 9  | Paige Kassab     | SR | Slippery Rock    | 10.97m |
| 10 | Amanda Simone    | SO | Bloomsburg       | 10.99m |
| 11 | Kristen Knass    | SO | Indiana (Pa.)    | 10.89m |

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**Flight 2 of 2 Finals...(Event 29 Women Triple Jump)**

|    |                    |    |                  |        |
|----|--------------------|----|------------------|--------|
| 1  | Taylor Pugh        | FR | West Chester     | 11.77m |
| 2  | Nichelle McMillian | JR | Seton Hill       | 11.54m |
| 3  | Sarah Hunt         | JR | Shippensburg     | 12.22m |
| 4  | Abby Wagner        | FR | Shippensburg     | 11.87m |
| 5  | Sarah Kosenske     | SO | West Chester     | 11.50m |
| 6  | Kailah Holmes      | SO | California (Pa.) | 11.69m |
| 7  | Samantha Taylor    | SR | Slippery Rock    | 11.27m |
| 8  | Kaila Cannon       | FR | California (Pa.) | 11.37m |
| 9  | Kaylee Caruso      | JR | Bloomsburg       | 11.81m |
| 10 | Ieisha Jackson     | SR | California (Pa.) | 11.65m |
| 11 | Kia Clayton        | FR | Pitt.-Johnstown  | 11.29m |

**Event 41 Women Discus Throw****Auto: 49.90m****Prov: 44.90m****Conference: 166-11 1985 Jayne Beatty****Meet Record: 166-11 1985 Jayne Beatty**

| Pos | Name | Yr | School | Seed | Mark |
|-----|------|----|--------|------|------|
|-----|------|----|--------|------|------|

**Flight 1 of 2 Finals**

|    |                    |    |               |        |
|----|--------------------|----|---------------|--------|
| 1  | Carliyonna Thurber | JR | Kutztown      | 35.09m |
| 2  | Stephanie Williams | FR | Lock Haven    | 35.24m |
| 3  | Rachael Sullivan   | SO | Bloomsburg    | 36.88m |
| 4  | Anna Frengel       | SO | Slippery Rock | 35.78m |
| 5  | Macey Tanseco      | SO | Kutztown      | 37.24m |
| 6  | Christine Johnson  | JR | West Chester  | 37.13m |
| 7  | Kennedy Fletcher   | FR | Indiana (Pa.) | 35.27m |
| 8  | Neely Parsons      | FR | Edinboro      | 37.57m |
| 9  | Caroline McMahon   | SO | Slippery Rock | 36.93m |
| 10 | Kelci Yale         | JR | Slippery Rock | 35.51m |
| 11 | Lexi Stevenson     | FR | Seton Hill    | 37.56m |

**Flight 2 of 2 Finals**

|    |                  |    |                 |        |
|----|------------------|----|-----------------|--------|
| 1  | Sabrina Johnson  | SO | Shippensburg    | 38.25m |
| 2  | Samantha Nelson  | JR | Shippensburg    | 37.80m |
| 3  | Sunflower Greene | FR | Millersville    | 43.09m |
| 4  | Katie Lippincott | FR | Pitt.-Johnstown | 38.03m |
| 5  | Vanessa Hower    | SR | Millersville    | 38.47m |
| 6  | Summer Murray    | SO | Clarion         | 38.93m |
| 7  | Gianna Gaul      | FR | Seton Hill      | 40.92m |
| 8  | Erin Doherty     | SO | Shippensburg    | 38.85m |
| 9  | Tamara Ovejera   | JR | Shippensburg    | 48.61m |
| 10 | Gabby Schultz    | FR | Edinboro        | 42.57m |
| 11 | Paige Shirk      | JR | Shippensburg    | 43.77m |
| 12 | Brianna Davis    | JR | Shippensburg    | 45.62m |

**Event 37 Women Javelin Throw****Auto: 48.50m****Prov: 40.37m****Conference: 168-08 2015 Mallory Sanner****Meet Record: 164-08 2015 Mallory Sanner**

| Pos | Name | Yr | School | Seed | Mark |
|-----|------|----|--------|------|------|
|-----|------|----|--------|------|------|

**Flight 1 of 2 Finals**

|   |                |    |                  |        |
|---|----------------|----|------------------|--------|
| 1 | Emily Field    | FR | West Chester     | 36.22m |
| 2 | Olivia Misner  | JR | Millersville     | 36.68m |
| 3 | Taylor Downey  | SO | Kutztown         | 37.10m |
| 4 | Hannah Marth   | FR | East Stroudsburg | 36.24m |
| 5 | Taylor Watkins | SO | East Stroudsburg | 38.66m |
| 6 | Kelly Logan    | SO | Shippensburg     | 36.53m |
| 7 | Liz Kravitz    | JR | Lock Haven       | 38.66m |
| 8 | Debbie Brown   | JR | Lock Haven       | 36.09m |
| 9 | Kaitlyn Newman | FR | Indiana (Pa.)    | 38.58m |

**Flight 2 of 2 Finals**

|   |                  |    |               |        |
|---|------------------|----|---------------|--------|
| 1 | Morgan DeFloria  | FR | Shippensburg  | 45.38m |
| 2 | Kelsey Carlsen   | SR | Mansfield     | 42.54m |
| 3 | Heather Bolick   | SR | Shippensburg  | 39.17m |
| 4 | Amanda Myers     | SO | Millersville  | 45.51m |
| 5 | Samantha Taylor  | SR | Slippery Rock | 46.92m |
| 6 | Kennedy Fletcher | FR | Indiana (Pa.) | 39.80m |
| 7 | Abby Gluvna      | FR | Clarion       | 38.72m |
| 8 | Jessica Slagus   | JR | Seton Hill    | 40.41m |
| 9 | Crystal Hartman  | SO | Shippensburg  | 44.75m |