

Nike Cross Nationals Heartland Regional

Yankton Trails, Sioux Falls, SD

November 15th, 2008

\*\*\*\*\* Age Group Results \*\*\*\*\*

5k Community Race

\*\*\*\*\* 5k FEMALE OVERALL RESULTS \*\*\*\*\*

1	Connie Houlihan			18:40
2	Jessica Ludvik	20 Brookings	SD	21:13
3	Hilary Haddorff	19 Sioux Falls	SD	21:29

\*\*\*\*\* 5k MALE OVERALL RESULTS \*\*\*\*\*

1	Chris Gruenhagen	25 Brookings	SD	15:58
2	Michael Stoick	31 St. Paul	MN	16:06
3	Travis Arment	24 Sioux Falls	SD	16:26

5k MALE AGE GROUP: 1 - 13

1	43 Addison Dehaven	12 Brookings	SD	18:23
2	67 Calvin Kraft	13 Sioux Falls	SD	20:39
3	75 Jebben Keyes	11 Pierre	SD	21:07
4	76 Jimmy Lovrien	3 Alexandria	MN	21:09
5	80 Ryan Olson	12 Yankton	SD	21:26

5k FEMALE AGE GROUP: 1 - 13

1	129 Caroline Point	10		24:43
2	137 Madyson Muller	12 Sioux Falls	SD	25:02
3	153 Gretchen Rops	13 Davis	SD	26:01
4	156 Mariah Aukes	10 Luverne	MN	26:15
5	157 Zayna Hustoft	9 Luverne	MN	26:15

5k MALE AGE GROUP: 14 - 18

1	50 Derek Donnelly	16 Lakeville	MN	18:47
2	59 Jeremy Serreyn	15		19:54
3	65 Travis Vanede	16 Brandon	SD	20:26
4	68 Zachary Vanede	14 Brandon	SD	20:40
5	98 Jerome Bosma	18 Sioux Falls	SD	23:05

5k FEMALE AGE GROUP: 14 - 18

1	97 Jessica Sonderup	18 Lincoln	NE	23:00
2	119 Caitlyn Crowley	18 Sioux Falls	SD	23:56
3	183 Emily Miles	14		28:07
4	184 Annie Misar	14 Hartford	SD	28:07
5	222 Emily Gulick	14 Yankton	SD	32:32

5k MALE AGE GROUP: 18 - 29

1	21 Chris Gruenhagen	25 Brookings	SD	15:58
2	25 Travis Arment	24 Sioux Falls	SD	16:26
3	26 Dalton Lems	20 Doon	IA	16:29
4	28 Brian Wandzilak	28 Lincoln	NE	16:45
5	29 Dan Vanengen	26 Sioux Falls	SD	16:48

5k FEMALE AGE GROUP: 18 - 29

1	78 Jessica Ludvik	20 Brookings	SD	21:13
2	81 Hilary Haddorff	19 Sioux Falls	SD	21:29
3	97 Jessica Sonderup	18 Lincoln	NE	23:00
4	101 Kristi Laber	26 Canistota	SD	23:09
5	105 Sarah Askdal	29 Brandon	SD	23:14

5k MALE AGE GROUP: 30 - 39

1	24 Michael Stoick	31 St. Paul	MN	16:06
2	32 Derrick Powers	38 Brookings	SD	17:04
3	36 Jesse Nelson	32 Red Wing	MN	17:45
4	38 Patrick Hennes	34 Ankeny	IA	17:54
5	39 Ted Crooks	39 Pierre	SD	17:58

5k FEMALE AGE GROUP: 30 - 39					
1	85	Jenna Jamesen	35		21:43
2	89	Michelle Wolf	38	Sioux Falls	SD 22:28
3	110	Rachel Hallvin	31	Tea	SD 23:24
4	121	Stacy Splittstoess	36	Pierre	SD 24:14
5	133	Deann McClure	37	Yankton	SD 24:52
5k MALE AGE GROUP: 40 - 49					
1	41	Craig Christians	47	Bellevue	NE 18:04
2	54	Kip Coates	43	Rapid City	SD 19:29
3	55	Kevin Espeland	42	Pierre	SD 19:40
4	58	Dan Propst	47	Pierre	SD 19:49
5	61	Joe Brockmueller	45	Brandon	SD 20:05
5k FEMALE AGE GROUP: 40 - 49					
1	109	Joanne Sarringor	43	Pierre	SD 23:22
2	124	Carol Hohenthauer	48	Yankton	SD 24:21
3	131	Tammy Larsen	44	Wayzata	MN 24:49
4	160	Betty Brockmueller	42	Brandon	SD 26:23
5	161	Eva Hofer	45	Sioux Falls	SD 26:23
5k MALE AGE GROUP: 50 - 59					
1	46	Kraig Lungstrom	50	Plymouth	MN 18:32
2	77	Eric Jahn	59	Wayzata	MN 21:12
3	90	Emmanuel Day	56	Plymouth	MN 22:30
4	91	James Harvey	51	Sioux Falls	SD 22:36
5	93	Bart Laber	52	Delmont	SD 22:43
5k FEMALE AGE GROUP: 50 - 59					
1	139	Linda Duba	52	Sioux Falls	SD 25:05
2	220	Mary Ann Voss	51	Sioux Falls	SD 32:18
5k MALE AGE GROUP: 60 - 99					
1	82	Rick Klayman	68	Plymouth	MN 21:32
2	179	Tom Thompson	68	Yankton	SD 27:41
3	188	Pat Bohl	60	Humboldt	SD 29:02
4	214	Dennis Thomas	61	Sioux Falls	SD 31:35
5	267	Gus Miller	61		36:37
5k FEMALE AGE GROUP: 60 - 99					
3k Community Race					
***** 3k FEMALE OVERALL RESULTS *****					
1	McKayla	Wieczorek	12	Hartford	SD 13:21
2	Eirann	Grimshaw			13:32
3	Kayla	Nack	12	Sioux Falls	SD 15:35
***** 3k MALE OVERALL RESULTS *****					
1	Joel	Bechman	18	Plattsmouth	NE 10:35
2	Ted	Poulos			10:50
3	Ryan	Hanson	29	Madison	SD 10:51
3k MALE AGE GROUP: 1 - 13					
1	5	Hunter Streff	11	Wenworth	SD 12:03
2	9	Stephen Oswald	12	Beresford	SD 13:33
3	10	Bismark Roberts	13	Sioux Falls	SD 13:34
4	11	Wesley Rasmusson	12	sioux falls	SD 13:47
5	13	Ryan Titus	10	Hartford	SD 14:29
3k FEMALE AGE GROUP: 1 - 13					
1	7	McKayla Wieczorek	12	Hartford	SD 13:21
2	19	Kayla Nack	12	Sioux Falls	SD 15:35
3	20	Chastin Leikas	12	Sioux Falls	SD 15:50
4	22	Cameron Streff	8	Wentworth	SD 16:05
5	24	Alison Woodward	9	Brandon	SD 17:27
3k MALE AGE GROUP: 14 - 18					
1	1	Joel Bechman	18	Plattsmouth	NE 10:35
2	4	Kyle Wargolet	16	Eden Prairie	MN 11:35
3	30	Dillon Thunder Shi	18	Sioux Falls	SD 20:43

			3k FEMALE AGE GROUP: 14 - 18		
1	23	Sonja Pederson	14 Sioux Falls	SD	16:53
			3k MALE AGE GROUP: 18 - 29		
1	1	Joel Bechman	18 Plattsmouth	NE	10:35
2	3	Ryan Hanson	29 Madison	SD	10:51
3	30	Dillon Thunder Shi	18 Sioux Falls	SD	20:43
			3k FEMALE AGE GROUP: 18 - 29		
1	26	Wendy Ratliff	29 Sioux Falls	SD	18:47
2	28	Heidi Dewitt	26 Sioux Falls	SD	19:43
			3k MALE AGE GROUP: 30 - 39		
			3k FEMALE AGE GROUP: 30 - 39		
1	29	Becky Hunter	31 Madison	SD	19:44
			3k MALE AGE GROUP: 40 - 49		
1	12	Peter Rasmusson	49 sioux falls	SD	13:48
			3k FEMALE AGE GROUP: 40 - 49		
1	32	Lisa Eckert	45 Sioux Falls	SD	21:06
			3k MALE AGE GROUP: 50 - 59		
			3k FEMALE AGE GROUP: 50 - 59		
			3k MALE AGE GROUP: 60 - 99		
			3k FEMALE AGE GROUP: 60 - 99		

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 Yankton Trails, Sioux Falls, SD  
 November 15th, 2008  
 3k Community Race

Place	Name	Age	City	St	Time	Pace
1	Joel Bechman	18	Plattsmouth	NE	10:34.77	5:41
2	Ted Poulos				10:49.06	5:49
3	Ryan Hanson	29	Madison	SD	10:50.33	5:49
4	Kyle Wargolet	16	Eden Prairie	MN	11:34.98	6:13
5	Hunter Streff	11	Wenworth	SD	12:02.22	6:28
6	Brian Simons				13:07.66	7:03
7	McKayla Wieczorek	12	Hartford	SD	13:20.41	7:10
8	Eirann Grimshaw				13:31.30	7:16
9	Stephen Oswald	12	Beresford	SD	13:32.75	7:16
10	Bismark Roberts	13	Sioux Falls	SD	13:33.14	7:17
11	Wesley Rasmusson	12	sioux falls	SD	13:46.35	7:24
12	Peter Rasmusson	49	sioux falls	SD	13:47.16	7:24
13	Ryan Titus	10	Hartford	SD	14:28.26	7:46
14	Benjamin Miles	10			14:39.03	7:52
15	Alexei Lawler	11	Sioux Falls	SD	14:39.70	7:52
16	Taylor Otheim	11	Hartford	SD	14:45.81	7:56
17	Jerry Visser		Brookings	SD	14:57.83	8:02
18	Rudy Lawler	9	Sioux Falls	SD	15:01.45	8:04
19	Kayla Nack	12	Sioux Falls	SD	15:34.49	8:22
20	Chastin Leikas	12	Sioux Falls	SD	15:49.95	8:30
21	Meg Poulos				15:59.40	8:35
22	Cameron Streff	8	Wentworth	SD	16:04.71	8:38
23	Sonja Pederson	14	Sioux Falls	SD	16:52.76	9:04
24	Alison Woodward	9	Brandon	SD	17:26.20	9:22
25	Kaedyn Chamberlain	9	sioux falls	SD	17:28.95	9:23
26	Wendy Ratliff	29	Sioux Falls	SD	18:46.10	10:05
27	Kinsley Adams	10			18:48.69	10:06
28	Heidi Dewitt	26	Sioux Falls	SD	19:42.58	10:35
29	Becky Hunter	31	Madison	SD	19:43.13	10:35
30	Dillon Thunder Shi	18	Sioux Falls	SD	20:43.00	11:07
31	Jacob Eckert	8	Sioux Falls	SD	21:01.80	11:17
32	Lisa Eckert	45	Sioux Falls	SD	21:05.06	11:19

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

Nike Cross Nationals Heartland Regional  
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 5k Community Race

Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1		Chris Gruenhagen		Prairie Striders	5:08				15:57.06	5:09
2		Michael Stoick			4:52				16:05.88	5:11
3		Travis Arment			5:08				16:25.87	5:18
4		Dalton Lems			5:14				16:28.10	5:19
5		Ronnie Kylo			5:08				16:37.18	5:21
6		Brian Wandzilak		Team Nebraska/MRRC	5:09				16:44.93	5:24
7		Dan Vanengen			5:11				16:47.72	5:25
8	1	John Keyes		Pierre Area Running Club	5:12				16:55.21	5:27
9		Derrick Powers			5:14	10:40	5:27	6:24	17:03.45	5:30
10		Kyle Selsor			5:11	10:39	5:29	6:37	17:15.17	5:34
11		Jesse Nelson			5:27	11:00	5:33	6:46	17:44.81	5:43
12		Nick Newbury			5:21	11:01	5:40	6:52	17:52.15	5:46
13		Patrick Hennes			5:35	11:11	5:37	6:44	17:53.69	5:46
14	2	Ted Crooks		Pierre Area Running Club	5:21	11:00	5:39	6:59	17:57.98	5:47
15		Nick Koeppe			5:24	11:10	5:46	6:52	18:00.70	5:48
16		Craig Christians		Willmar Alumni	5:30	11:14	5:44	6:50	18:03.25	5:49
17		Sean Tyree			5:20	11:13	5:53	6:55	18:07.32	5:50
18		Addison Dehaven			5:35	11:27	5:53	6:57	18:22.86	5:55
19		Joel Heckmann			5:40	11:31	5:51	6:55	18:25.11	5:56
20	3	Luke Youmans		5 in Stride	5:27	11:22	5:55	7:05	18:25.27	5:56
21	4	Kraig Lungstrom		Wayzata XC	5:46	11:35	5:49	6:57	18:31.10	5:58
22		Connie Houlihan			5:56	11:47	5:51	6:54	18:39.88	6:01
23		Ross Friedman			5:36	11:35	6:00	7:06	18:40.29	6:01
24		Derek Donnelly			5:37	11:35	5:58	7:13	18:46.87	6:03
25	5	Sean Kruger		Pierre Area Running Club	5:52	11:58	6:06	7:19	19:16.33	6:13
26		Chad Trigg		Raiders	6:04	12:12	6:09	7:11	19:21.37	6:14
27		Kip Coates			6:05	12:15	6:10	7:14	19:28.03	6:16
28	6	Kevin Espeland		Pierre Area Running Club	6:02	12:14	6:13	7:26	19:39.48	6:20
29	7	Dan Propst		Pierre Area Running Club	6:01	12:20	6:19	7:30	19:48.65	6:23
30		Jeremy Serreyn			5:57	12:19	6:22	7:36	19:53.54	6:25
31		Sean Erkonen			5:55	12:21	6:27	7:36	19:56.03	6:25
32		Joe Brockmueller			6:19	12:41	6:23	7:24	20:04.30	6:28
33		Paul Serreyn			6:13	12:38	6:26	7:35	20:11.41	6:30
34		Larry Sweet			6:16	12:45	6:30	7:38	20:22.15	6:34
35		Matt Alley			6:18	12:48	6:30	7:38	20:24.59	6:35
36		Travis Vanede			6:25	12:49	6:24	7:37	20:25.39	6:35
37		Brian Tschetter			6:18	12:49	6:31	7:45	20:33.47	6:38
38		Calvin Kraft			6:19	12:55	6:36	7:45	20:38.52	6:39
39		Zachary Vanede			6:17	12:50	6:34	7:50	20:39.27	6:39
40		Patrick Brandhagen			6:42	13:07	6:25	7:40	20:45.48	6:41

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5k Community Race

Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
41		Adam Shafer			6:35	13:13	6:39	7:41	20:52.51	6:44
42		Jay Titus			6:23	13:05	6:43	7:51	20:55.77	6:45
43		Jebben Keyes			6:28	13:15	6:48	7:53	21:06.77	6:48
44		Jimmy Lovrien			6:32	13:21	6:49	7:49	21:08.89	6:49
45	8	Eric Jahn		Wayzata XC	6:56	13:33	6:38	7:39	21:11.48	6:50
46		Jessica Ludvik			6:31	13:20	6:50	7:54	21:12.61	6:50
47		Ryan Rickert		Team Awesome!	6:41	13:22	6:42	7:53	21:13.48	6:50
48	9	Ryan Olson		Lewis & Clark Runners	6:30	13:20	6:50	8:06	21:25.17	6:54
49		Hilary Haddorff			6:43	13:36	6:53	7:54	21:28.32	6:55
50	10	Rick Klayman		Wayzata XC	6:35	13:22	6:47	8:11	21:31.73	6:56
51	11	Jake Hohenthaler		Lewis & Clark Runners	6:45	13:35	6:51	8:03	21:36.65	6:58
52	12	Brian Merrill		Pierre Area Running Club	6:52	13:44	6:52	7:59	21:41.99	7:00
53	13	Jenna Jamesen		Pierre Area Running Club	6:55	13:44	6:50	7:59	21:42.19	7:00
54	14	Rich Andre		Lewis & Clark Runners	6:32	13:32	7:00	8:26	21:56.73	7:04
55		Garrett Strating			6:45	13:57	7:13	8:26	22:22.01	7:12
56		Krista Creager			7:11	14:11	7:00	8:18	22:27.50	7:14
57		Michelle Wolf			6:54	14:14	7:20	8:15	22:27.63	7:14
58	15	Emmanuel Day		Wayzata XC	7:04	14:17	7:14	8:14	22:29.53	7:15
59		James Harvey			6:55	14:10	7:15	8:26	22:35.26	7:17
60		Adam Kost			6:41	14:03	7:23	8:38	22:40.02	7:18
61	16	Bart Laber		5 in Stride	7:10	14:18	7:08	8:26	22:42.34	7:19
62		Joe Creager			7:10	14:25	7:15	8:25	22:48.53	7:21
63		Martin Gullickson			6:44	14:06	7:22	8:47	22:52.04	7:22
64		Brendan Gallo			7:36	14:52	7:17	8:04	22:55.61	7:23
65		Jessica Sonderup			6:57	14:19	7:22	8:41	22:59.17	7:24
66		Jerome Bosma			7:16	14:41	7:25	8:25	23:04.83	7:26
67		Mike Severson			6:34	14:22	7:49	8:44	23:05.49	7:26
68		Erik Amundson			6:58	14:21	7:24	8:47	23:06.97	7:27
69	17	Kristi Laber		5 in Stride	7:18	14:42	7:24	8:28	23:09.00	7:28
70	18	Gabe Laber		5 in Stride	7:18	14:42	7:24	8:28	23:09.20	7:28
71	19	Derek Brenner		Lewis & Clark Runners	6:45	14:15	7:31	8:57	23:10.58	7:28
72		Brad Archer			7:05	14:25	7:21	8:47	23:11.36	7:28
73		Sarah Askdal			7:13	14:36	7:24	8:38	23:13.31	7:29
74		Chris Schroedermei			7:20	14:42	7:22	8:34	23:14.60	7:29
75		Michael Vanderdrin		Pierre Area Running Club	6:42	14:16	7:35	9:02	23:17.08	7:30
76		Nathan Ford			7:04	14:35	7:32	8:46	23:20.13	7:31
77		Joanne Sarringor		Pierre Area Running Club	6:55	14:27	7:32	8:55	23:21.31	7:32
78		Rachel Hallvin			7:20	14:46	7:26	8:39	23:23.93	7:32
79		Matthew Peterson		TEAM WAYZATA XC	7:06	14:41	7:35	8:49	23:29.02	7:34
80		Aamy Drotzmann			7:37	15:03	7:27	8:28	23:29.89	7:34

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 5k Community Race

Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
81	20	Warren Brenner		Lewis & Clark Runners	7:07	14:39	7:33	8:55	23:33.04	7:35
82		Kasey Abbott			7:20	14:56	7:36	8:41	23:35.54	7:36
83		Dayton Braley			7:23	14:57	7:35	8:48	23:44.61	7:39
84	21	Kassy Youmans		5 in Stride	7:10	14:37	7:28	9:09	23:45.37	7:39
85	22	Luke Pitzl		Called 2	7:06	14:53	7:47	8:57	23:48.43	7:40
86	23	Amy Steckelberg		Lewis & Clark Runners	7:27	15:01	7:34	8:50	23:50.34	7:41
87		Caitlyn Crowley			7:30	15:14	7:44	8:42	23:55.17	7:42
88		Garrett Miles			7:19	15:13	7:55	8:58	24:10.50	7:47
89		Stacy Splittstoess		Pierre Area Running Club	7:22	15:12	7:50	9:02	24:13.38	7:48
90		Jonathon Weber		PCS Dirty Dozen	7:13	15:10	7:57	9:08	24:16.95	7:49
91	24	Troy Holt		Team Thrash	7:49	15:35	7:46	8:46	24:19.92	7:50
92	25	Carol Hohenthaner		Lewis & Clark Runners	7:36	15:19	7:44	9:02	24:20.50	7:51
93		Phillip Klemmond			7:56	15:49	7:53	8:35	24:23.31	7:51
94		Brad Brockmueller			7:24	15:15	7:52	9:15	24:28.73	7:53
95		Ken Mertens			7:57	15:43	7:47	8:49	24:31.44	7:54
96		Travis Olson		Runnin' Blind	7:05	15:16	8:12	9:22	24:37.60	7:56
97		Caroline Point			7:44	15:47	8:03	8:57	24:42.93	7:58
98		Kevin Hanson			7:24	15:18	7:55	9:27	24:43.79	7:58
99	26	Tammy Larsen		Wayzata XC	7:44	15:42	7:59	9:08	24:48.75	8:00
100		Edwin Wasz		Team Wayzata XC	7:30	15:26	7:57	9:26	24:50.69	8:00
101		Deann McClure		Lewis & Clark Runners	7:56	15:52	7:57	9:01	24:51.99	8:01
102		Dan Zens			7:39	15:38	8:00	9:19	24:55.87	8:02
103	27	Patrick Steele		Team Thrash	8:04	16:16	8:12	8:45	24:59.67	8:03
104		Travis Thom			7:24	15:22	7:58	9:40	25:00.53	8:03
105		Madyson Muller			7:51	15:59	8:08	9:04	25:01.73	8:04
106		Brad Rops			7:41	15:51	8:10	9:13	25:02.88	8:04
107		Linda Duba			7:46	15:48	8:02	9:18	25:04.85	8:05
108	28	Stacy Thortensen		Team Thrash	7:55	15:50	7:56	9:19	25:07.75	8:06
109	29	Chris Altenburg		Team Thrash	8:04	16:16	8:12	9:01	25:15.55	8:08
110	30	Erin Faber		Theratime	8:08	16:08	8:01	9:10	25:16.95	8:09
111	31	Brandi Holt		Theratime	8:08	16:08	8:01	9:10	25:17.04	8:09
112		Wade Stoltz			8:17	16:24	8:08	8:57	25:20.24	8:10
113		Kim Adams			8:06	16:07	8:01	9:15	25:21.73	8:10
114		Pr Olson		Lewis & Clark Runners	7:39	15:51	8:12	9:35	25:25.08	8:11
115	32	Dominick Pitzl		Called 2	7:43	15:57	8:14	9:35	25:30.57	8:13
116	33	Jen Voss		Professional Divas Runni	8:07	16:10	8:04	9:22	25:31.39	8:13
117		Glenn Voss			7:55	16:22	8:27	9:17	25:38.32	8:16
118		Julie O'Brien		Lewis & Clark Runners	8:16	16:32	8:16	9:16	25:47.67	8:19
119		Kevin Watt		Lewis & Clark Runners	8:21	16:38	8:17	9:11	25:47.97	8:19
120	34	Valerie Mickelson		Theratime	8:16	16:42	8:27	9:18	25:58.70	8:22

Nike Cross Nationals Heartland Regional  
Yankton Trails, Sioux Falls, SD  
November 15th, 2008  
5k Community Race

Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
121		Gretchen Rops			7:47	16:15	8:29	9:46	26:00.86	8:23
122		Michelle Mikkelsen		Pierre Area Running Club	7:43	16:17	8:35	9:54	26:10.53	8:26
123		Matthew Watt		Lewis & Clark Runners	8:21	16:37	8:17	9:37	26:13.33	8:27
124	35	Mariah Aukes		Girls On The Run	8:12	16:41	8:29	9:34	26:14.15	8:27
125	36	Zayna Hustoft		Girls On The Run	8:12	16:41	8:29	9:35	26:14.65	8:27
126		Leigh Gullickson			8:12	16:37	8:26	9:39	26:15.10	8:27
127		Stephen Armstrong			7:51	16:19	8:28	10:04	26:21.60	8:30
128		Betty Brockmueller			7:59	16:35	8:36	9:49	26:22.43	8:30
129	37	Eva Hofer		Therotime	8:18	16:44	8:26	9:40	26:22.53	8:30
130		Steve Sherman			7:57	16:29	8:33	10:02	26:30.42	8:32
131	38	Matt Thomas		Called 2	7:59	16:30	8:32	10:03	26:32.18	8:33
132	39	Lon Henning		Team Thrash	8:05	16:33	8:28	10:01	26:32.91	8:33
133		Lisa Blake			8:07	16:59	8:52	9:46	26:43.96	8:37
134		Jodi Tjeerdsma			8:14	16:57	8:43	9:53	26:48.25	8:38
135		Raymond Jones			7:40	16:37	8:58	10:14	26:49.97	8:39
136		Roger Kraft			8:17	16:59	8:42	10:00	26:58.14	8:41
137	40	Patrice Roth		Therotime	8:18	16:59	8:41	10:03	27:00.43	8:42
138		Jon Kinsley			8:24	17:12	8:49	9:53	27:04.01	8:43
139		Louis Winter		PCS Dirty Dozen	8:21	17:06	8:45	10:00	27:04.80	8:43
140		Allison Wigness		PCS Dirty Dozen	8:41	17:14	8:34	9:55	27:08.58	8:45
141	41	Katie Patrick		Girls On The Run	8:15	17:21	9:06	9:50	27:09.84	8:45
142		Keanan Bastian			8:27	17:23	8:57	9:51	27:13.08	8:46
143		Brett Bastian			8:26	17:22	8:57	9:52	27:13.43	8:46
144	42	Diane Schember		Wayzata XC	8:27	17:18	8:51	10:04	27:21.55	8:49
145		Monte Gulick		Lewis & Clark Runners	8:40	17:35	8:55	9:59	27:33.12	8:53
146		Jacob Ford			8:12	17:20	9:08	10:21	27:40.53	8:55
147		Tom Thompson		Lewis & Clark Runners	8:38	17:35	8:58	10:07	27:40.93	8:55
148		Kira Zephier			8:07	17:10	9:03	10:34	27:42.99	8:56
149		Owen Braley			8:20	17:23	9:03	10:30	27:52.33	8:59
150		Steve Horan			8:38	17:55	9:17	10:13	28:06.27	9:03
151		Emily Miles			8:50	17:56	9:06	10:12	28:06.74	9:03
152		Annie Misar			8:50	17:56	9:07	10:12	28:06.75	9:03
153		Karla Olson		Lewis & Clark Runners	8:54	18:03	9:10	10:10	28:12.40	9:05
154	43	Laura Raeder		Professional Divas Runni	8:55	18:06	9:12	10:25	28:30.75	9:11
155		Anna Gulick		Lewis & Clark Runners	8:20	18:29	10:09	10:24	28:51.86	9:18
156		Pat Bohl			9:47	18:53	9:06	10:10	29:01.55	9:21
157	44	Grace Perrenoud		Girls On The Run	9:03	18:18	9:16	10:55	29:12.28	9:24
158	45	Heidi Larson		GOTR COACH	9:03	18:18	9:15	10:56	29:12.98	9:25
159	46	Jenny Kline		GOTR COACH	9:46	18:59	9:14	10:31	29:29.50	9:30
160	47	Dan Pitzl		Called 2	9:40	19:06	9:27	10:33	29:38.04	9:33



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Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
161		Carol Nelson			9:34	18:55	9:21	10:50	29:43.42	9:35
162		Mason Chamberlain			8:54	19:05	10:12	10:42	29:46.09	9:35
163	48	Jessica Henke		GOTR A	8:27	18:27	10:00	11:23	29:48.97	9:36
164		Brian Lawler			9:09	18:57	9:48	10:57	29:52.92	9:38
165		Patrick Lawler			9:27	19:04	9:38	10:59	30:01.85	9:40
166		Laura Gulick		Lewis & Clark Runners	9:43	19:12	9:29	10:51	30:02.58	9:41
167		Jason Erikson			8:53	18:42	9:50	11:32	30:13.08	9:44
168		Jeff Pederson			9:45	19:33	9:48	11:01	30:32.69	9:50
169	49	Julie Van Beek		Professional Divas Runni	9:52	19:40	9:49	10:59	30:38.82	9:52
170		Joanne Bohl			10:04	19:37	9:34	11:03	30:39.21	9:52
171	50	Margret Lindsay		Girls On The Run	17:00	12:09		18:45	30:52.47	9:57
172	51	Crystal Lindsay		Girls On The Run	17:00	12:10		18:44	30:52.87	9:57
173	52	Ethan McMahan		GOTR A	10:34	20:06	9:33	10:50	30:54.80	9:57
174	53	Karolyn Schildhaue		Professional Divas Runni	9:52	19:52	10:01	11:08	30:59.40	9:59
175		Scott Smith			9:39	19:51	10:12	11:17	31:07.33	10:02
176	54	Amanda Tomes		Girls On The Run	10:09	19:54	9:46	11:16	31:09.16	10:02
177		Scott Ball			10:23	20:17	9:54	11:00	31:15.18	10:04
178		Michiele Sanow			9:31	19:40	10:10	11:37	31:16.18	10:04
179		Jennifer Erikson			9:30	19:41	10:11	11:44	31:23.78	10:07
180		Jason Wierenga		Runnin' Blind	9:40	19:47	10:07	11:43	31:28.81	10:08
181		Elise Holcomb		Girls On The Run	9:54	20:20	10:27	11:12	31:30.64	10:09
182	55	Dennis Thomas		Called 2	10:08	20:11	10:03	11:25	31:34.98	10:10
183		Anna Theophilus		Girls On The Run	9:08	19:16	10:09	12:29	31:43.49	10:13
184	56	Christi Hinz		Professional Divas Runni	10:06	20:21	10:15	11:24	31:44.05	10:13
185		Tracy Abbott		PCS Dirty Dozen	9:33	19:53	10:20	12:22	32:13.43	10:23
186		Mandy Nelson			10:24	20:36	10:13	11:40	32:15.32	10:23
187		Chrystina Anderson		Girls On The Run	10:09	20:56	10:48	11:21	32:16.74	10:24
188		Mary Ann Voss			10:25	20:42	10:18	11:36	32:17.44	10:24
189		Ashley Lorenzen		Girls On The Run	10:42	21:10	10:29	11:12	32:21.26	10:25
190		Emily Gulick		Lewis & Clark Runners	10:13	21:00	10:48	11:33	32:31.86	10:29
191		Janny Sunde			10:03	20:40	10:38	11:58	32:36.63	10:30
192		Domonique Thompson			10:03	20:42	10:39	11:56	32:36.87	10:30
193		Jill Sunde			10:03	20:48	10:46	11:51	32:37.53	10:31
194		Vicki Espino			9:38	20:05	10:28	12:37	32:40.98	10:32
195		Ricky Espino			9:39	20:05	10:27	12:37	32:41.02	10:32
196		Grace Rule		Girls On The Run	10:35	21:02	10:27	11:42	32:42.53	10:32
197		Madison Peterson		Girls On The Run	11:42	22:06	10:25	10:38	32:42.82	10:32
198		Kennedy Kampa		Girls On The Run	10:35	21:01	10:27	11:43	32:43.29	10:32
199	57	Mary Aukes		GOTR A	9:28	19:50	10:22	13:03	32:52.65	10:35
200		Hailey Remme		Girls On The Run	9:29	19:55	10:27	12:58	32:52.78	10:35

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Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
201		Kayla Kennedy		Girls On The Run	11:11	21:40	10:29	11:14	32:53.05	10:36
202		Natalie Henke		Girls On The Run	10:17	21:17	11:00	11:53	33:09.12	10:41
203	58	Joyce Henke		GOTR COACH	10:17	21:17	11:00	11:58	33:14.16	10:42
204		Rachel Novak		Girls On The Run	10:13	21:01	10:48	12:25	33:24.79	10:46
205	59	Todd Novak		GOTR A	10:13	21:01	10:49	12:25	33:24.85	10:46
206		Katy Smith			10:25	21:09	10:45	12:21	33:28.93	10:47
207		Shaina Visser		Girls On The Run	10:50	21:34	10:45	11:56	33:29.48	10:47
208	60	Ron Visser		GOTR A	10:49	21:36	10:47	11:55	33:30.08	10:47
209		Grace Tisher		Girls On The Run	10:42	21:13	10:32	12:36	33:47.67	10:53
210	61	Spencer Tisher		GOTR A	10:41	21:12	10:31	12:37	33:47.72	10:53
211		Hayley Styke		Girls On The Run	10:18	21:07	10:50	12:42	33:48.72	10:53
212		Hope Weidenaar		Girls On The Run	10:30	21:38	11:08	12:12	33:49.27	10:54
213		Brittney Wittmer		Girls On The Run	10:02	21:14	11:13	12:41	33:54.76	10:55
214		Jaci Pieters		Girls On The Run	11:12	21:40	10:28	12:16	33:55.27	10:56
215		Katie Vroman		Girls On The Run	10:47	22:03	11:16	12:06	34:07.62	11:00
216		Mary Hitt		Girls On The Run	9:35	20:32	10:57	13:40	34:10.29	11:00
217		Morgan O'Neal		Girls On The Run	11:02	22:03	11:01	12:11	34:13.49	11:01
218		Jenna Ronken		Girls On The Run	10:31	21:48	11:18	12:38	34:25.81	11:05
219	62	Dani Pattison		GOTR COACH	25:24				34:26.62	11:06
220		Hana Eid		Girls On The Run	10:48	22:05	11:17	12:28	34:31.65	11:07
221		Brooke Shawd			10:15	21:50	11:35	12:55	34:43.77	11:11
222		Sierra Nelson		Girls On The Run	10:09	21:54	11:46	13:04	34:57.55	11:16
223		Mikayla Williams		Girls On The Run	10:09	21:55	11:46	13:04	34:57.62	11:16
224	63	Shelli Goeman		Therotime	10:33	22:20	11:47	12:42	35:01.29	11:17
225	64	Carli Nighbert		GOTR A	11:31	22:47	11:16	12:21	35:06.53	11:19
226	65	Amy Larsen		Professional Divas Runni	9:55	22:29	12:34	12:55	35:23.00	11:24
227	66	Stacy Stahl		GOTR COACH	11:41	22:57	11:17	12:31	35:27.92	11:25
228	67	Jill Peichel		Professional Divas Runni	10:46	22:56	12:11	12:53	35:48.44	11:32
229		Mikayla Denoon		Girls On The Run	10:42	22:06	11:24	13:46	35:50.75	11:33
230		Jana Johnson		GOTR A	11:28	23:29	12:02	12:32	36:00.30	11:36
231		Brendan Johnson		GOTR A	11:28	23:29	12:02	12:32	36:00.50	11:36
232		Reagan Henderson		Girls On The Run	10:30	21:52	11:23	14:10	36:01.16	11:36
233		Jennifer Kock			10:01	21:39	11:38	14:46	36:23.87	11:43
234		Kelsey Coates			10:15	22:52	12:38	13:33	36:24.12	11:43
235		Gus Miller			10:46	23:52	13:06	12:46	36:36.41	11:47
236		Ron Frisbie			10:56	22:52	11:56	13:53	36:44.39	11:50
237		Morgan Murray		Girls On The Run	11:27	23:54	12:27	12:54	36:46.33	11:51
238		Taylor Gerry		Girls On The Run	11:32	23:22	11:51	13:30	36:51.88	11:52
239		Sharon Zere		Girls On The Run	11:32	23:23	11:51	13:30	36:51.91	11:52
240	68	Chris Haak		GOTR COACH	11:27	23:53	12:27	13:02	36:53.96	11:53

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Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
241		Rhiannon Rise		Girls On The Run	11:36	23:29	11:54	13:33	37:00.11	11:55
242		Angelina Tunnissen		Girls On The Run	11:17	23:50	12:33	13:17	37:05.91	11:57
243		Hailey Olson		Girls On The Run	11:19	23:45	12:26	13:38	37:21.77	12:02
244	69	Barb Young		GOTR COACH	10:50	23:07	12:17	14:18	37:23.43	12:03
245		Jaleigh Jones		Girls On The Run	11:35	23:38	12:04	13:50	37:27.76	12:04
246		Savannah Karberg		Girls On The Run	11:34	23:25	11:51	14:08	37:31.94	12:05
247		Marissa Graff		Girls On The Run	10:41	23:10	12:30	14:25	37:34.06	12:06
248		Lilly Monroe		Girls On The Run	10:41	23:11	12:30	14:24	37:34.11	12:06
249		Nikia Holman		Girls On The Run	11:14	23:28	12:14	14:08	37:34.62	12:06
250		Kenna Nighbert		Girls On The Run	11:31	22:47	11:16	14:50	37:35.44	12:06
251		Kate Anderson		Girls On The Run	11:52	23:49	11:58	13:48	37:35.96	12:07
252		Noah Klamm		GOTR A	10:32	24:08	13:36	13:32	37:38.71	12:08
253		Maddy Klamm		GOTR A	10:54	24:08	13:14	13:33	37:40.31	12:08
254		Regan Stone		Girls On The Run	11:26	23:15	11:50	14:37	37:51.37	12:12
255		Lisa Carr		GOTR A	11:25	23:06	11:42	14:46	37:51.54	12:12
256		Kinsey Carr		Girls On The Run	11:26	23:16	11:50	14:37	37:51.67	12:12
257		Mesa Wallman		Girls On The Run	12:34	24:22	11:49	13:31	37:52.03	12:12
258		Olana Noble		Girls On The Run	11:54	24:28	12:34	13:33	38:00.31	12:14
259		Sophia Erickson		Girls On The Run	11:01	24:24	13:23	13:45	38:07.90	12:17
260		Kylee Pownell		Girls On The Run	11:10	24:24	13:14	13:45	38:08.19	12:17
261		Autumn Vavra		Girls On The Run	11:12	23:43	12:32	14:27	38:09.55	12:17
262		Kortney Klein		Girls On The Run	11:55	24:27	12:32	13:44	38:10.56	12:18
263		Sydney Cook		Girls On The Run	11:57	24:05	12:08	14:11	38:14.58	12:19
264		Brian Cook		GOTR A	11:57	24:05	12:08	14:11	38:14.97	12:19
265		Maria Klamm		GOTR A	12:01	24:19	12:18	14:05	38:22.41	12:22
266		Libby Klamm		Girls On The Run	12:01	24:21	12:20	14:03	38:22.90	12:22
267		Shelby Redetzke		Girls On The Run	11:13	23:58	12:45	14:53	38:49.24	12:30
268		Tiffanie Dorale			11:37	24:44	13:08	14:11	38:53.87	12:32
269		Audrey Barbush		GOTR COACH	11:20	24:24	13:04	15:00	39:23.46	12:41
270		Lauren Barbush		Girls On The Run	11:21	24:24	13:03	15:01	39:23.62	12:41
271		Kelsey Timmer		Girls On The Run	11:51	26:00	14:10	13:27	39:26.30	12:42
272		Haley Christophers		Girls On The Run	11:17	24:07	12:51	15:29	39:35.47	12:45
273		Abegya Woldab		Girls On The Run	11:29	24:08	12:40	15:29	39:35.71	12:45
274		Tiana Paradeis		Girls On The Run	11:51	26:02	14:12	13:39	39:40.01	12:47
275		Ashley Wittmer		Girls On The Run	11:51	26:01	14:11	13:44	39:43.20	12:48
276		Branawen Kafka		Girls On The Run	11:41	25:45	14:05	14:04	39:48.13	12:49
277		Robyn Lucas		Girls On The Run	11:11	23:55	12:45	15:54	39:48.67	12:49
278		Kailey Eskam		Girls On The Run	13:28	25:58	12:31	13:57	39:54.24	12:51
279		Lizette Eskam		GOTR A	13:28	25:59	12:31	13:57	39:54.34	12:51
280		Bev Broekhuis		GOTR COACH	11:30	28:29	17:00	11:33	40:01.37	12:53

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Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
281		Haylee Logan		Girls On The Run	11:11	24:31	13:21	15:33	40:03.21	12:54
282		Eli Logan		GOTR A	11:11	24:31	13:20	15:33	40:03.29	12:54
283		Bridget Holmstrom		Girls On The Run	11:11	23:55	12:45	16:11	40:05.16	12:55
284		Claire Carlson		Girls On The Run	11:37	25:24	13:47	14:43	40:05.93	12:55
285		Susie Patrick		GOTR COACH	11:18	23:44	12:27	16:26	40:09.89	12:56
286		Alex Arango-Gomez		GOTR A	12:06	25:40	13:35	14:41	40:20.20	12:59
287		Irene Arango		Girls On The Run	12:08	25:40	13:32	14:42	40:20.22	12:59
288		Breanna Rechtenbau		Girls On The Run	11:33	25:06	13:33	15:17	40:21.89	13:00
289		Mike Rechtenbaugh		GOTR A	11:33	25:06	13:34	15:17	40:21.97	13:00
290		Kristy Popkes		GOTR COACH	12:34	25:39	13:06	14:50	40:28.17	13:02
291		Tiffany Waldner		Girls On The Run	12:34	25:39	13:05	14:51	40:28.19	13:02
292		Angie Brown		GOTR A	11:59	25:41	13:43	15:14	40:54.09	13:10
293		Lexis Kono		Girls On The Run	11:59	25:43	13:44	15:12	40:54.12	13:10
294		Kailyn Mutsch		Girls On The Run	11:59	25:43	13:45	15:12	40:54.45	13:11
295		Patti Ward-Maguire		Professional Divas Runni	12:28	25:51	13:24	15:16	41:06.68	13:14
296		Madisyn Waltman		Girls On The Run	14:54	10:36		30:45	41:20.13	13:19
297		Ariana Aceituno		Girls On The Run	12:32	26:56	14:24	14:37	41:32.27	13:23
298		Kim Jones			12:20	26:07	13:47	15:32	41:38.18	13:25
299		Alyssa Jones		Girls On The Run	12:21	26:07	13:47	15:32	41:38.47	13:25
300		Taylor Moore		Girls On The Run	14:20	29:59	15:39	12:12	42:09.68	13:35
301		Annie Reyes		Girls On The Run	14:33	10:35		31:41	42:15.08	13:36
302		Kelli Matson		GOTR COACH	14:33	10:34		31:46	42:18.92	13:38
303		Wes Hilton		GOTR A	14:07	30:06	15:59	12:21	42:25.70	13:40
304		Autumn Hilton		Girls On The Run	14:07	30:06	16:00	12:21	42:26.17	13:40
305		Mary Galis		GOTR COACH	14:43	11:18		31:11	42:28.22	13:41
306		Jim Crotts					6:39	7:31		
307		Leon Blumhardt		Pierre Area Running Club			8:32	9:29		
308		Haley Tracy		Girls On The Run	14:33	27:31	12:59			
309		Taylor Currey		Girls On The Run	12:37	26:25	13:49			
310		Eryka Mondry		Girls On The Run	12:37	26:27	13:50			
311		Olivia Emerson		Girls On The Run	12:05	26:02	13:58			
312		Martha McCreight			12:56	27:00	14:04			
313		Jeff Van Kley			12:53	27:00	14:08			
314		Sierra Tuzo		Girls On The Run	12:47	26:55	14:08			
315		Stacie Tuzo		GOTR A	12:47	26:55	14:09			
316		Esme Derhagopian		Girls On The Run	11:38	25:55	14:18			
317		Anna Stallinga		Girls On The Run	12:42	27:00	14:18			
318		Kate Wynja		Girls On The Run	12:42	27:00	14:18			
319		Miriam Blauth		GOTR COACH	11:42	26:02	14:21			
320		Amanda Kanninen		Girls On The Run	13:25	27:51	14:27			

Nike Cross Nationals Heartland Regional  
 Yankton Trails, Sioux Falls, SD  
 November 15th, 2008  
 5k Community Race

Place	TmPl	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
321		Shawn Hustoft		GOTR COACH	13:25	27:51	14:27			
322		Sarah White-Young			12:26	27:06	14:40			
323		Autumn White			12:26	27:09	14:44			
324		Anne Knofczynski		Girls On The Run	12:25	27:12	14:47			
325		Rebecca Hicks		Girls On The Run	12:37	27:27	14:51			
326		Carolyn Dodson		GOTR COACH	12:36	27:27	14:51			
327		Dorian Tuzo		GOTR A	13:06	28:08	15:03			
328		Hanna Reinicke		Girls On The Run	12:27	27:41	15:15			
329		Mariah Graff		Girls On The Run	12:24	27:41	15:17			
330		Megan Fueston		Girls On The Run	12:34	28:41	16:08			
331		Sklar Fongemie		Girls On The Run	11:38	27:51	16:14			
332		Kathy Dietrich		GOTR COACH	11:38	27:51	16:14			
333		Hiwot Tetera		Girls On The Run	11:56	28:48	16:53			
334		Kimberly Weaver		Girls On The Run	13:43	32:54	19:12			
335		Emily Struss		Girls On The Run	13:27	32:54	19:27			
336		Lori Wynja		GOTR A	14:57	10:36				
337		Ashley Bartholomau		GOTR COACH	14:43	10:45				
338		Kadren Tracy		Girls On The Run	15:07	10:45				
339		Izabela Howell		Girls On The Run	15:15	10:50				
340		Kassy Tieman		Girls On The Run	15:15	10:51				
341		Elizabeth Braley		Girls On The Run	15:35	11:14				
342		Cassady Pocknow		Girls On The Run	15:52	11:17				
343		Victoria Braley			15:35	11:18				
344		Melissa Kruce		GOTR COACH	15:16	11:18				
345		Kayla Wynthein			16:39	11:48				
346		Kristina Steuck		Girls On The Run	16:39	11:48				
347		Ruhama Tereda		Girls On The Run	16:46	12:06				
348		Taylor Evans		Girls On The Run	17:09	12:32				
349		Kelci Kooistra		Girls On The Run	17:09	12:33				
350		Kelsey Wynthein			19:12	13:31				
351		Wendy Steuck		GOTR A	19:07	13:31				
352		Erin McCarty			12:28					

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

Nike Cross Nationals Heartland Regional  
Yankton Trails, Sioux Falls, SD  
November 15th, 2008  
5k Community Race Team Score  
Corporate Division

1. 18 Theratime ( 26:00 2:09:58)

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1	1	Erin Faber	25:17
2	2	Brandi Holt	25:18
3	4	Valerie Mickelson	25:59
4	5	Eva Hofer	26:23
5	6	Patrice Roth	27:01
6	( 11)	Shelli Goeman	35:02

2. 37 Professional Divas Runni ( 29:30 2:27:27)

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1	3	Jen Voss	25:32
2	7	Laura Raeder	28:31
3	8	Julie Van Beek	30:39
4	9	Karolyn Schildhauer	31:00
5	10	Christi Hinz	31:45
6	( 12)	Amy Larsen	35:23
7	( 13)	Jill Peichel	35:49

Nike Cross Nationals Heartland Regional  
Yankton Trails, Sioux Falls, SD  
November 15th, 2008  
5k Community Race Team Score  
Open Division

1. 21 Pierre Area Running Club ( 18:44 1:33:40)

=====  
1 1 John Keyes 16:56  
2 2 Ted Crooks 17:58  
3 5 Sean Kruger 19:17  
4 6 Kevin Espeland 19:40  
5 7 Dan Propst 19:49  
6 ( 12) Brian Merrill 21:42  
7 ( 13) Jenna Jamesen 21:43

2. 63 Wayzata XC ( 21:43 1:48:35)

=====  
1 4 Kraig Lungstrom 18:32  
2 8 Eric Jahn 21:12  
3 10 Rick Klayman 21:32  
4 15 Emmanuel Day 22:30  
5 26 Tammy Larsen 24:49  
6 ( 36) Diane Schember 27:22

3. 73 Lewis & Clark Runners ( 22:21 1:51:45)

=====  
1 9 Ryan Olson 21:26  
2 11 Jake Hohenthanner 21:37  
3 14 Rich Andre 21:57  
4 19 Derek Brenner 23:11  
5 20 Warren Brenner 23:34  
6 ( 23) Amy Steckelberg 23:51  
7 ( 25) Carol Hohenthanner 24:21

4. 75 5 in Stride ( 22:15 1:51:14)

=====  
1 3 Luke Youmans 18:26  
2 16 Bart Laber 22:43  
3 17 Kristi Laber 23:09  
4 18 Gabe Laber 23:10  
5 21 Kassy Youmans 23:46

5. 142 Team Thrash ( 25:16 2:06:17)

=====  
1 24 Troy Holt 24:20  
2 27 Patrick Steele 25:00  
3 28 Stacy Thortensen 25:08  
4 29 Chris Altenburg 25:16  
5 34 Lon Henning 26:33

6. 171 Called 2 ( 27:26 2:17:07)

=====  
1 22 Luke Pitzl 23:49  
2 30 Dominick Pitzl 25:31  
3 33 Matt Thomas 26:33  
4 40 Dan Pitzl 29:39  
5 46 Dennis Thomas 31:35

7. 177 Girls On The Run ( 27:58 2:19:46)

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1 31 Mariah Aukes 26:15  
2 32 Zayna Hustoft 26:15  
3 35 Katie Patrick 27:10  
4 37 Grace Perrenoud 29:13  
5 42 Margret Lindsay 30:53  
6 ( 43) Crystal Lindsay 30:53  
7 ( 45) Amanda Tomes 31:10

8. 231 GOTR A ( 32:07 2:40:33)

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1 41 Jessica Henke 29:49  
2 44 Ethan McMahon 30:55  
3 47 Mary Aukes 32:53  
4 49 Todd Novak 33:25  
5 50 Ron Visser 33:31  
6 ( 51) Spencer Tisher 33:48  
7 ( 53) Carli Nighbert 35:07

9. 231 GOTR COACH ( 32:23 2:41:53)

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1 38 Heidi Larson 29:13  
2 39 Jenny Kline 29:30  
3 48 Joyce Henke 33:15  
4 52 Dani Pattison 34:27  
5 54 Stacy Stahl 35:28  
6 ( 55) Chris Haak 36:54  
7 ( 56) Barb Young 37:24