

Nike Cross Nationals Heartland Regional  
Yankton Trails, Sioux Falls, SD  
November 15th, 2008

## Girls Championship Race

Place	TmPl	Name	No.	Ye	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1	1	Ashlie Decker	118	10	Dowling Catholic XC Club	5:30	11:15	5:46	6:38	17:52.73	5:46
2	2	Katie Flood	119	10	Dowling Catholic XC Club	5:30	11:15	5:46	6:45	17:59.49	5:48
3		Jamie Piepenburg	20	12	Alexandria XC Club	5:38	11:24	5:46	6:44	18:06.89	5:50
4		Kelli Budd	654	09		5:38	11:26	5:49	6:48	18:13.21	5:52
5	3	Cassy Opitz	152	09	Eden Prairie XC Club	5:45	11:37	5:52	6:55	18:30.76	5:58
6	4	Brecca Wahlund	275	11	M & M's Cross-Country	5:40	11:38	5:58	6:55	18:31.98	5:58
7	5	Seanna Kautz	433	10	Sioux Falls XC Club	5:54	11:48	5:55	6:49	18:36.02	6:00
8	6	Erin Hargens	431	09	Sioux Falls XC Club	5:52	11:49	5:57	6:49	18:37.07	6:00
9	7	Megan Platner	153	11	Eden Prairie XC Club	5:47	11:48	6:01	6:52	18:38.76	6:01
10	8	Allie Rudin	154	11	Eden Prairie XC Club	5:47	11:47	6:00	6:54	18:39.72	6:01
11	9	Tarin Lachowitz	178	12	Fargo South RC	5:45	11:44	6:00	6:59	18:41.76	6:02
12		Madie Hubbell	658	10		5:45	11:39	5:54	7:04	18:41.76	6:02
13		Emma Bates	650	10		5:47	11:51	6:04	6:56	18:45.77	6:03
14	10	Laura Lawton	151	11	Eden Prairie XC Club	5:46	11:48	6:02	7:01	18:47.39	6:03
15		Laura Docherty	655	09		5:46	11:41	5:56	7:10	18:49.76	6:04
16		Mackenzie Maki	661	11		5:39	11:46	6:08	7:08	18:53.20	6:05
17		Madeleine Takahash	671	11		5:44	11:46	6:03	7:11	18:55.99	6:06
18	11	Katie Moraczewski	593	09	White Bear Lake XC Club	5:45	11:50	6:06	7:08	18:57.74	6:07
19		Shelby Houlihan	804			5:45	11:52	6:08	7:09	18:59.87	6:07
20	12	Taylor Pintar	85	10	Demon XC Club	5:49	11:57	6:08	7:06	19:02.05	6:08
21		Kaila Urick	672	11		5:46	11:54	6:08	7:10	19:02.13	6:08
22		Hannah Kellerman	660	10		5:44	11:44	6:01	7:24	19:07.59	6:10
23		Maddie McClellan	328	10	Perham XC Club	5:46	12:00	6:15	7:09	19:08.48	6:10
24	13	Stephanie Greer	272	09	M & M's Cross-Country	5:53	12:05	6:12	7:09	19:12.16	6:11
25		Julia Harrison	300	11	Mound Westonka XC Club	5:46	11:55	6:10	7:21	19:14.80	6:12
26	14	Kayla Uphoff	385	10	Prior Lake XC Club	5:48	12:07	6:19	7:10	19:15.89	6:13
27	15	Alex Hess	432	12	Sioux Falls XC Club	5:56	12:11	6:15	7:06	19:16.41	6:13
28	16	Nichole Engelhardt	420	09	Runwest RC	5:53	12:05	6:13	7:16	19:20.30	6:14
29	17	Hanna Hoch	149	12	Eden Prairie XC Club	5:58	12:12	6:15	7:12	19:23.77	6:15
30	18	Alexa Wachter	86	10	Demon XC Club	5:52	12:11	6:19	7:14	19:24.25	6:15
31	19	Emily Hornbeck	114	12	Derby RC	5:57	12:14	6:17	7:15	19:27.30	6:16
32	20	Rebecca Rethwisch	59	11	City of Iowa XC Club	5:58	12:13	6:15	7:16	19:28.05	6:16
33		Laura Hughes	659	10		5:45	11:58	6:13	7:36	19:32.37	6:18
34	21	Shanice Lambert	84	10	Demon XC Club	5:53	12:11	6:18	7:25	19:34.44	6:19
35	22	Rachel Hegeman	422	12	Runwest RC	5:56	12:11	6:15	7:25	19:35.33	6:19
36	23	Lindsay Achtenberg	80	10	Demon XC Club	5:57	12:21	6:25	7:18	19:37.88	6:20
37	24	Allie Vaughan	123	12	Dowling Catholic XC Club	6:07	12:34	6:27	7:06	19:39.16	6:20
38	25	Brooklyn Beehler	81	11	Demon XC Club	6:00	12:23	6:23	7:19	19:40.32	6:20
39		Jena Schwalenberg	667	09		6:00	12:24	6:24	7:18	19:40.83	6:21
40	26	Alissa Rothman	423	11	Runwest RC	6:07	12:29	6:22	7:14	19:41.73	6:21

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Girls Championship Race

Place	TmPl	Name	No.	Ye	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
41	27	Emily Fagan	54	10	City of Iowa XC Club	6:08	12:27	6:19	7:20	19:45.77	6:22
42	28	Kelsey Hart	55	09	City of Iowa XC Club	6:01	12:24	6:23	7:24	19:46.76	6:22
43	29	Tessa Haussler	83	12	Demon XC Club	6:00	12:27	6:27	7:22	19:47.54	6:23
44	30	Bailey Breems	429	10	Sioux Falls XC Club	6:05	12:32	6:27	7:19	19:50.07	6:24
45	31	Alex Birkle	148	11	Eden Prairie XC Club	5:58	12:20	6:22	7:33	19:52.03	6:24
46	32	Dana Jeter	150	12	Eden Prairie XC Club	6:05	12:28	6:23	7:28	19:54.75	6:25
47	33	Anna Belner	226	10	J Town D Crew	6:05	12:32	6:27	7:26	19:56.71	6:26
48		Aubree Worden	675	11		5:52	12:23	6:31	7:35	19:57.07	6:26
49		Jess Wright	31	11	Bellevue West XC Club	5:57	12:30	6:33	7:29	19:57.99	6:26
50		Tera Potts	665	09		6:02	12:29	6:28	7:31	19:59.24	6:26
51	34	Kelsey Coulter	591	11	White Bear Lake XC Club	6:09	12:44	6:35	7:19	20:02.69	6:28
52	35	Heather Tobias	122	10	Dowling Catholic XC Club	6:07	12:35	6:28	7:30	20:03.35	6:28
53	36	Diane Hubbell	120	12	Dowling Catholic XC Club	6:12	12:41	6:30	7:24	20:04.54	6:28
54	37	Alana Fischer	82	11	Demon XC Club	6:00	12:30	6:30	7:36	20:05.15	6:28
55	38	Amber Green	113	12	Derby RC	6:15	12:51	6:36	7:19	20:08.65	6:30
56		Bailey Eich	656	11		6:05	12:38	6:34	7:36	20:13.19	6:31
57	39	Hannah Kregal	57	09	City of Iowa XC Club	6:10	12:38	6:29	7:36	20:13.89	6:31
58		Brittany Arment	649	10		6:03	12:35	6:33	7:40	20:13.99	6:31
59	40	Laura Bauer	428	09	Sioux Falls XC Club	6:08	12:42	6:35	7:33	20:14.36	6:31
60		Lottie Grimshaw	657			6:13	12:50	6:38	7:29	20:17.50	6:32
61		Kayla Sherwood	669	09		6:15	12:49	6:35	7:34	20:21.66	6:34
62	41	Olivia Bagnall	380	09	Prior Lake XC Club	6:04	12:40	6:36	7:42	20:21.74	6:34
63		Courtney Neubert	663	11		6:09	12:46	6:37	7:38	20:23.09	6:34
64	42	Erin Valenti	182	11	Fargo South RC	6:03	12:42	6:40	7:43	20:23.96	6:34
65	43	Sara Stewart	424	10	Runwest RC	6:20	12:53	6:34	7:32	20:24.05	6:34
66		Jay Lynn Fimbers	807			6:08	12:45	6:37	7:42	20:26.35	6:35
67	44	Megan Kilbride	382	12	Prior Lake XC Club	6:12	12:49	6:38	7:39	20:26.73	6:35
68	45	Cassidy White	60	10	City of Iowa XC Club	6:15	12:48	6:33	7:41	20:27.32	6:36
69	46	Erin Kilbride	381		Prior Lake XC Club	6:17	12:55	6:38	7:34	20:27.56	6:36
70	47	Laura Burke	111	09	Derby RC	6:15	12:43	6:29	7:48	20:30.40	6:37
71	48	Paige Rygg	179	10	Fargo South RC	6:22	13:06	6:45	7:31	20:35.75	6:38
72	49	Megan Brown	430	11	Sioux Falls XC Club	6:27	13:06	6:39	7:31	20:36.11	6:38
73	50	Taylor Fehlberg	421	11	Runwest RC	6:19	13:05	6:46	7:37	20:40.52	6:40
74	51	Melannah Poole	274	09	M & M's Cross-Country	6:24	13:10	6:47	7:42	20:51.14	6:43
75		Allie Brisco	653	11		6:17	13:11	6:55	7:45	20:54.81	6:44
76	52	Lindsay McFarland	58	09	City of Iowa XC Club	6:26	13:07	6:42	7:50	20:56.11	6:45
77	53	Katie Schalow	180	10	Fargo South RC	6:29	13:15	6:47	7:43	20:57.71	6:45
78	54	Alexa Hornecker	273	10	M & M's Cross-Country	6:29	13:16	6:47	7:46	21:00.89	6:46
79	55	Melanie Holman	56	10	City of Iowa XC Club	6:25	13:09	6:45	7:55	21:02.65	6:47
80		Bridgette Schneckl	666	10		6:06	13:00	6:54	8:06	21:05.08	6:48

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## Girls Championship Race

Place	TmPl	Name	No.	Ye	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
81	56	Tori Lewis	115	11	Derby RC	6:30	13:22	6:52	7:44	21:05.45	6:48
82	57	Sarah Spellman	121	10	Dowling Catholic XC Club	6:22	13:16	6:54	7:53	21:08.26	6:49
83		Britni Waller	673	10		6:07	13:08	7:02	8:01	21:08.66	6:49
84		Taylor Scott	668	11		6:28	13:34	7:06	7:37	21:09.26	6:49
85	58	Samantha Bartlett	110	09	Derby RC	6:31	13:23	6:52	7:48	21:09.63	6:49
86	59	Jenna Broghamer	419	09	Runwest RC	6:29	13:19	6:50	7:52	21:10.48	6:49
87	60	Ali Oswald	434	12	Sioux Falls XC Club	6:21	13:15	6:54	7:57	21:10.49	6:49
88	61	Frances Conlin	177	11	Fargo South RC	6:22	13:14	6:52	8:00	21:12.85	6:50
89	62	Ali Fowler	271	10	M & M's Cross-Country	6:28	13:17	6:49	7:58	21:13.27	6:50
90	63	Abby Bierschbach	269	12	M & M's Cross-Country	6:29	13:19	6:50	7:58	21:16.33	6:51
91		Shelby Smithhisler	670	09		6:28	13:23	6:56	7:54	21:16.48	6:51
92	64	Emma Mickelson	383		Prior Lake XC Club	6:28	13:23	6:55	7:58	21:19.65	6:52
93	65	Alyssa Eaves	228	11	J Town D Crew	6:22	13:18	6:56	8:04	21:20.74	6:53
94		Carrie Wiese	712	09		6:21	13:25	7:05	8:01	21:25.51	6:54
95		Madison Musilek	662	10		6:18	13:27	7:10	8:07	21:33.68	6:57
96		Meleia Oestmann	664	09		6:16	13:17	7:01	8:20	21:35.89	6:58
97	66	Jennifer Storm	181	11	Fargo South RC	6:32	13:31	7:00	8:13	21:43.49	7:00
98	67	Aimee Thacker	125	10	Dowling Catholic XC Club	6:33	13:39	7:06	8:07	21:44.40	7:00
99	68	Katie Schlafke	595	11	White Bear Lake XC Club	6:42	13:47	7:05	8:04	21:49.96	7:02
100	69	Janelle Yonker	596	12	White Bear Lake XC Club	6:40	13:47	7:07	8:04	21:50.18	7:02
101	70	Valerie Nielson	116	11	Derby RC	6:42	13:53	7:12	8:06	21:58.75	7:05
102	71	Amber Clock	227	11	J Town D Crew	6:46	13:54	7:09	8:10	22:03.21	7:06
103	72	Kelsi Miller	384	10	Prior Lake XC Club	6:35	13:55	7:20	8:11	22:04.97	7:07
104	73	Amy Kruger	230	09	J Town D Crew	6:47	14:00	7:14	8:30	22:28.86	7:15
105	74	Caroline Potts	594	11	White Bear Lake XC Club	6:44	14:11	7:27	8:31	22:41.39	7:19
106	75	Taylor Vonasek	386	11	Prior Lake XC Club	6:52	14:15	7:23	8:28	22:42.14	7:19
107		Ivy Wellman	674	10		6:56	14:29	7:33	8:39	23:07.32	7:27
108	76	Amanda Philip	231	10	J Town D Crew	7:01	14:42	7:42	9:04	23:45.31	7:39
109	77	Kristin Ziegler	278	12	M & M's Cross-Country	7:03	14:53	7:51	9:03	23:54.89	7:42
110	78	Claire Cox	112	10	Derby RC	7:06	15:03	7:58	9:11	24:13.14	7:48
111	79	Whitney Schuette	427	10	Runwest RC	2:53:24	3:00:28	7:05	7:54	188:20.75	60:38
112		Bailee Goodfellow	425	09	Runwest RC	2:53:43	3:01:04	7:22	8:23	189:25.75	60:59

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

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 November 15th, 2008  
 ===== GIRLS TEAM SCORE =====  
 High School Championship Race

1.	45	Eden Prairie XC Club	( 18:49	1:34:02)
=====				
1	3	Cassy Opitz	18:31	
2	7	Megan Platner	18:39	
3	8	Allie Rudin	18:40	
4	10	Laura Lawton	18:48	
5	17	Hanna Hoch	19:24	
6	( 31)	Alex Birkle	19:53	
7	( 32)	Dana Jeter	19:55	
2.	96	Sioux Falls XC Club	( 19:20	1:36:38)
=====				
1	5	Seanna Kautz	18:37	
2	6	Erin Hargens	18:38	
3	15	Alex Hess	19:17	
4	30	Bailey Breems	19:51	
5	40	Laura Bauer	20:15	
6	( 49)	Megan Brown	20:37	
7	( 60)	Ali Oswald	21:11	
3.	98	Dowling Catholic XC Club	( 19:09	1:35:42)
=====				
1	1	Ashlie Decker	17:53	
2	2	Katie Flood	18:00	
3	24	Allie Vaughan	19:40	
4	35	Heather Tobias	20:04	
5	36	Diane Hubbell	20:05	
6	( 57)	Sarah Spellman	21:09	
7	( 67)	Aimee Thacker	21:45	
4.	99	Demon XC Club	( 19:29	1:37:22)
=====				
1	12	Taylor Pintar	19:03	
2	18	Alexa Wachter	19:25	
3	21	Shanice Lambert	19:35	
4	23	Lindsay Achtenberg	19:38	
5	25	Brooklyn Beehler	19:41	
6	( 29)	Tessa Haussler	19:48	
7	( 37)	Alana Fischer	20:06	
5.	157	Runwest RC	( 19:57	1:39:45)
=====				
1	16	Nichole Engelhardt	19:21	
2	22	Rachel Hegeman	19:36	
3	26	Alissa Rothman	19:42	
4	43	Sara Stewart	20:25	
5	50	Taylor Fehlberg	20:41	
6	( 59)	Jenna Broghamer	21:11	
7	( 79)	Whitney Schuette	3:08:21	
6.	159	City of Iowa XC Club	( 19:57	1:39:44)
=====				
1	20	Rebecca Rethwisch	19:29	
2	27	Emily Fagan	19:46	

3	28	Kelsey Hart	19:47
4	39	Hannah Kregal	20:14
5	45	Cassidy White	20:28
6	( 52)	Lindsay McFarland	20:57
7	( 55)	Melanie Holman	21:03
=====			
7.	184	M & M's Cross-Country	( 20:11 1:40:52)
=====			
1	4	Brecca Wahlund	18:32
2	13	Stephanie Greer	19:13
3	51	Melanah Poole	20:52
4	54	Alexa Hornecker	21:01
5	62	Ali Fowler	21:14
6	( 63)	Abby Bierschbach	21:17
7	( 77)	Kristin Ziegler	23:55
=====			
8.	209	Prior Lake XC Club	( 20:23 1:41:53)
=====			
1	14	Kayla Uphoff	19:16
2	41	Olivia Bagnall	20:22
3	44	Megan Kilbride	20:27
4	46	Erin Kilbride	20:28
5	64	Emma Mickelson	21:20
6	( 72)	Kelsi Miller	22:05
7	( 75)	Taylor Vonasek	22:43
=====			
9.	213	Fargo South RC	( 20:23 1:41:53)
=====			
1	9	Tarin Lachowitz	18:42
2	42	Erin Valenti	20:24
3	48	Paige Rygg	20:36
4	53	Katie Schallow	20:58
5	61	Frances Conlin	21:13
6	( 66)	Jennifer Storm	21:44
=====			
10.	218	Derby RC	( 20:29 1:42:24)
=====			
1	19	Emily Hornbeck	19:28
2	38	Amber Green	20:09
3	47	Laura Burke	20:31
4	56	Tori Lewis	21:06
5	58	Samantha Bartlett	21:10
6	( 70)	Valerie Nielson	21:59
7	( 78)	Claire Cox	24:14
=====			
11.	256	White Bear Lake XC Club	( 21:05 1:45:24)
=====			
1	11	Katie Moraczewski	18:58
2	34	Kelsey Coulter	20:03
3	68	Katie Schlafke	21:50
4	69	Janelle Yonker	21:51
5	74	Caroline Potts	22:42
=====			
12.	318	J Town D Crew	( 21:56 1:49:37)
=====			
1	33	Anna Belner	19:57
2	65	Alyssa Eaves	21:21
3	71	Amber Clock	22:04
4	73	Amy Kruger	22:29
5	76	Amanda Philip	23:46

