

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

Girls Freshman-Sophomore Race

Place	TmPl	No.	Name	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1		682	Carolyn Newhouse	12		6:22	12:47	6:26	7:27	20:13.62	6:3
2		679	Jordan Hanson	12		6:18	12:51	6:34	7:32	20:22.45	6:3
3		685	Samantha Soupir	11		6:20	12:55	6:35	7:38	20:31.81	6:3
4		691	Morghan Waage	12		6:17	12:53	6:36	7:51	20:42.56	6:4
5		687	Tessa Stoltenburg	12		6:18	13:00	6:42	7:50	20:48.92	6:4
6		128	Sami Smith	11	East Sioux Falls	6:28	13:18	6:50	7:34	20:51.71	6:4
7		345	Jamie Chalcraft	12	Pierre Area RC	6:30	13:17	6:47	7:37	20:53.38	6:4
8		329	Cassie Beseman	11	Perham XC Club	6:28	13:09	6:41	7:47	20:54.74	6:4
9		689	Heidi Thyne	12		6:34	13:17	6:43	7:43	20:58.93	6:4
10		692	Paige Wheeler	11		6:29	13:18	6:49	7:43	20:59.46	6:4
11	1	522	Dana Pralle	11	Wayzata XC Club	6:46	13:28	6:42	7:39	21:05.57	6:4
12	2	523	Mackenzie Wald	11	Wayzata XC Club	6:46	13:28	6:42	7:41	21:08.07	6:4
13		676	Becca Bartell	12		6:34	13:23	6:49	7:47	21:09.35	6:4
14		233	Lauren McMillan		Knights XC	6:34	13:18	6:45	7:59	21:15.46	6:5
15		124	Grace McLaughlin	12	Dowling Catholic XC Club	6:37	13:32	6:56	7:55	21:25.84	6:5
16		395	Kelsee Anderson		Red Wing XC Club	6:40	13:34	6:55	8:01	21:34.25	6:5
17		686	Heather Steen	12		6:38	13:36	6:59	8:09	21:44.32	7:0
18		396	Lindsay Scribner		Red Wing XC Club	6:40	13:42	7:02	8:13	21:53.90	7:0
19	3	521	Halle Marr	12	Wayzata XC Club	6:50	14:04	7:15	7:57	21:59.90	7:0
20	4	520	Kathryn Keller-Mil	11	Wayzata XC Club	6:46	13:50	7:04	8:12	22:00.78	7:0
21		277	Marcy Buchholz	11	M & M's Cross-Country	6:51	14:15	7:24	8:11	22:25.14	7:1
22		1	Madisyn Waage	12	Aberdeen Area RC	7:14	14:28	7:14	8:15	22:41.66	7:1
23	5	552	Lauren Henrich	11	Wayzata XC Club-B	7:14	14:37	7:24	8:08	22:44.30	7:2
24	6	518	Mata Agre	12	Wayzata XC Club	7:14	14:34	7:21	8:14	22:47.70	7:2
25		683	Emily Saville	11		6:56	14:19	7:24	8:31	22:48.95	7:2
26		606	Karlie Hoffer	11	Willmar Winged Foot RC	7:12	14:23	7:11	8:30	22:51.25	7:2
27		631	Sarah Hicks		Yankton 3-D RC	7:01	14:30	7:29	8:27	22:55.56	7:2
28		607	Katelyn Mehr	11	Willmar Winged Foot RC	7:13	14:38	7:26	8:29	23:06.58	7:2
29		234	Jaclyn Sand	11	Knights XC	6:41	14:21	7:40	8:53	23:13.77	7:2
30		690	Taylor Tillma			6:44	14:54	8:11	8:25	23:17.76	7:3
31		126	Caitlyn Gronewold	11	East Sioux Falls	7:10	14:43	7:33	8:38	23:19.07	7:3
32		276	Molly Bierschbach	11	M & M's Cross-Country	7:04	14:40	7:36	8:50	23:29.54	7:3
33	7	554	Amber Schwab	11	Wayzata XC Club-B	7:14	14:52	7:39	8:44	23:35.41	7:3
34		688	Elizabeth Ternent	12		7:04	14:48	7:45	8:48	23:35.53	7:3
35		678	Annie Goodell			7:13	14:55	7:42	8:44	23:38.44	7:3
36	8	556	Meredith Smith	12	Wayzata XC Club-B	7:14	14:55	7:41	8:50	23:43.80	7:3
37		604	Emily Bebler	11	Willmar Winged Foot RC	7:12	15:08	7:56	9:04	24:11.10	7:4
38	9	551	Jennifer Demules	11	Wayzata XC Club-B	7:46	16:04	8:18	9:27	25:29.86	8:1
39	10	519	Judy Berning	12	Wayzata XC Club	7:37	16:07	8:31	9:34	25:40.18	8:1
40	11	550	Rachel Bonneville	11	Wayzata XC Club-B	7:37	16:07	8:30	9:44	25:50.27	8:1

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41		681	Suzie Huhman	12			16:43		9:33	26:14.67	8:2
42		680	Katie Hart	12			16:56		10:09	27:03.67	8:4
43	12	555	Brooke Schwab	11	Wayzata XC Club-B	7:16					

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com

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===== GIRLS TEAM SCORE =====
Freshman-Sophomore Race

1. 16 Wayzata XC Club (21:49 1:49:04)

1 1 Dana Pralle 21:06
2 2 Mackenzie Wald 21:09
3 3 Halle Marr 22:00
4 4 Kathryn Keller-Mille 22:01
5 6 Mata Agre 22:48
6 (10) Judy Berning 25:41

2. 40 Wayzata XC Club-B (24:18 2:01:26)

1 5 Lauren Henrich 22:45
2 7 Amber Schwab 23:36
3 8 Meredith Smith 23:44
4 9 Jennifer Demules 25:30
5 11 Rachel Bonneville 25:51