

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

Place	TmPl	Name	No.	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
1		Nikki Huelsman	698	10		6:09	12:21	6:12	7:12	19:32.35	6:1
2	1	Leslie Stover	7	09	Adrian X-Tra Mile Club	6:24	12:48	6:25	7:21	20:07.66	6:2
3	2	Robyn Zeidler	530	10	Wayzata XC Club	6:20	12:44	6:24	7:25	20:08.34	6:2
4	3	Maddie Lambert	525	10	Wayzata XC Club	6:19	12:44	6:26	7:29	20:12.44	6:3
5		Abby Anderson	330	10	Perham XC Club	6:13	12:48	6:35	7:34	20:20.41	6:3
6		Maleah Schad	388	10	Rapid City Westside	6:20	12:55	6:35	7:29	20:22.95	6:3
7	4	Megan Sauer	5		Adrian X-Tra Mile Club	6:24	12:57	6:34	7:29	20:24.29	6:3
8		Andrea Markwart	703	11		6:10	12:41	6:32	7:47	20:26.95	6:3
9		Jessica Brandli	387	09	Rapid City Westside	6:20	12:55	6:35	7:38	20:31.65	6:3
10		Molly Bjustrom	651	11		6:23	13:02	6:39	7:36	20:37.45	6:3
11		Whitney Wilgenburg	713	11						20:37.82	6:3
12	5	Paige Schember	528	10	Wayzata XC Club	6:32	13:08	6:36	7:33	20:39.80	6:4
13	6	Haley Kruger	263	12	Lynx RC	6:26	13:05	6:40	7:37	20:41.05	6:4
14	7	Laura Stangler	529	10	Wayzata XC Club	6:29	13:08	6:40	7:37	20:44.20	6:4
15	8	Ali Gress	462	09	South STARS	6:23	13:03	6:41	7:48	20:50.33	6:4
16	9	Erica Thier	9	09	Adrian X-Tra Mile Club	6:35	13:23	6:48	7:41	21:03.14	6:4
17	10	Jordin Kopplow	3		Adrian X-Tra Mile Club	6:35	13:23	6:48	7:42	21:03.72	6:4
18		Shayla Fulford	331	10	Perham XC Club	6:25	13:15	6:50	7:52	21:05.41	6:4
19		Katie Langenfeld	61	12	City of Iowa XC Club	6:32	13:19	6:47	7:49	21:06.40	6:4
20	11	Jayne Cole	609	10	Willmar Winged Foot RC	6:25	13:17	6:52	7:52	21:07.66	6:4
21	12	Liz Johnson	362	10	Plattsmouth RC - Girls	6:41	13:33	6:53	7:37	21:09.30	6:4
22	13	Nicole Slater	6		Adrian X-Tra Mile Club	6:36	13:23	6:48	7:48	21:10.47	6:4
23	14	Nicole Stewart	89	11	Demon XC Club	6:32	13:25	6:53	7:51	21:14.81	6:5
24		Jenna Kuhle	701	10		6:32	13:26	6:54	7:52	21:17.01	6:5
25	15	Jessica Moseman	363	10	Plattsmouth RC - Girls	6:40	13:29	6:50	7:56	21:23.59	6:5
26	16	Arille Schmidt	267	09	Lynx RC	6:37	13:34	6:57	7:52	21:25.20	6:5
27	17	Kelsey Green	461	11	South STARS	6:35	13:29	6:55	8:01	21:29.22	6:5
28	18	Sydney Gress	463	12	South STARS	6:36				21:34.04	6:5
29		Megan Gang	695	09		6:39	13:38	6:59	8:00	21:36.64	6:5
30	19	Amy Faller	87	11	Demon XC Club	6:35	13:35	7:00	8:05	21:38.26	6:5
31		Selamawit Shannon-	684	11		6:50	13:55	7:05	7:48	21:41.51	6:5
32	20	Kasey Presler	265	11	Lynx RC	6:50	13:47	6:57	7:57	21:42.70	7:0
33		Annie McClure	704	11		6:35	13:34	6:59	8:14	21:46.75	7:0
34	21	Shelby Rahn	266		Lynx RC	6:40	13:47	7:08	8:03	21:48.44	7:0
35	22	Heather Wolberg	90	10	Demon XC Club	6:39	13:46	7:08	8:04	21:49.86	7:0
36		Kara Hovseth	697	09		6:33	13:35	7:02	8:16	21:50.06	7:0
37	23	Caitlyn McCarty	527	10	Wayzata XC Club	6:56	13:59	7:03	7:54	21:51.26	7:0
38	24	Serina Robinson	488	11	Team Greeno	6:46	13:59	7:14	8:05	22:03.56	7:0
39	25	Dani Stappert	307	12	Norfolk Optimist Club (R	6:49	13:58	7:10	8:08	22:05.06	7:0
40	26	Tiffanie Vampola	466	12	South STARS	6:55	13:58	7:03	8:08	22:05.60	7:0

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Place	TmPl	Name	No.	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
41	27	Kelsey Helland	193	11	Fargo South RC-B	6:53	14:12	7:19	7:55	22:06.01	7:0
42	28	Suzanne McConn	194	10	Fargo South RC-B	6:53	14:12	7:19	7:56	22:07.32	7:0
43		Caitlyn Diimig	694	09		6:54	14:08	7:15	8:04	22:11.21	7:0
44	29	Gabi Engelkes	610	09	Willmar Winged Foot RC	6:48	13:56	7:08	8:16	22:11.70	7:0
45	30	Lucy Andrews	557	10	Wayzata XC Club-B	6:44	13:59	7:15	8:16	22:14.05	7:1
46	31	Emily Bitz	191	12	Fargo South RC-B	6:57	14:14	7:18	8:03	22:15.88	7:1
47	32	Carly Holmstrom	484	12	Team Greeno	6:54	14:12	7:18	8:14	22:24.99	7:1
48		Erin Kautz	699	11		6:42	14:05	7:23	8:23	22:26.72	7:1
49	33	Kelsey Larsen	526	10	Wayzata XC Club	6:49	13:59	7:10	8:29	22:26.94	7:1
50		Sarah Sorenson	496	11	Team Greeno-B	6:54	14:12	7:18	8:17	22:28.33	7:1
51	34	Laura Rasmussen	487	10	Team Greeno	6:46	14:01	7:15	8:29	22:28.48	7:1
52	35	Emily Kirkwold	435	11	Sioux Falls XC Club	6:48	14:13	7:25	8:18	22:29.43	7:1
53		Kristina Sorenson	495		Team Greeno-B	6:54	14:12	7:19	8:18	22:29.57	7:1
54	36	Austyn Thier	8	12	Adrian X-Tra Mile Club	6:42	14:05	7:23	8:28	22:32.18	7:1
55	37	Bethany Polovitz	562	10	Wayzata XC Club-B	6:56	14:18	7:23	8:16	22:32.84	7:1
56		Chelsea Sweeter	709	11		6:54	14:16	7:23	8:26	22:41.30	7:1
57	38	Anna White	365	09	Plattsmouth RC - Girls	7:09	14:29	7:20	8:20	22:48.10	7:2
58	39	Danielle Erickson	611	10	Willmar Winged Foot RC	6:50	14:14	7:24	8:37	22:50.04	7:2
59	40	Alissa Sauer	4	11	Adrian X-Tra Mile Club	6:56	14:21	7:26	8:33	22:53.01	7:2
60	41	Mariah Morgan	304	10	Norfolk Optimist Club (R	6:57	14:22	7:26	8:38	22:59.36	7:2
61	42	Tressa Johnston	69	11	Cross Kearney RC	7:05	14:20	7:15	8:43	23:01.58	7:2
62	43	Shelby Weekly	364	12	Plattsmouth RC - Girls	7:07	14:37	7:31	8:34	23:10.71	7:2
63	44	Meredith Bache-Wii	524	09	Wayzata XC Club	7:04	14:44	7:41	8:30	23:13.45	7:2
64	45	Shang-Ah Han	360	12	Plattsmouth RC - Girls	7:07	14:37	7:31	8:42	23:17.92	7:3
65	46	Mikayla Peck	465	11	South STARS	7:09	14:53	7:44	8:27	23:19.01	7:3
66	47	Chelsey Yantzer	91	10	Demon XC Club	7:07	14:48	7:41	8:34	23:20.98	7:3
67	48	Melissa Herrick	361	10	Plattsmouth RC - Girls	7:26	15:00	7:35	8:24	23:23.73	7:3
68	49	Taylor Bertsch	190	12	Fargo South RC-B	7:04	14:47	7:44	8:40	23:25.73	7:3
69	50	Jessica Lahrs	464	09	South STARS	7:13	14:50	7:38	8:37	23:26.59	7:3
70	51	Mackenzie Klinkham	172	11	Elk Point Trail Blazers	7:07	14:48	7:42	8:40	23:27.57	7:3
71	52	Jenna Donnelly	169	11	Elk Point Trail Blazers	7:06	14:48	7:43	8:40	23:27.60	7:3
72	53	Kaylee Tennessen	440	11	Sioux Falls XC Club	7:08	14:45	7:38	8:44	23:28.27	7:3
73	54	Maggie Pierson	561	10	Wayzata XC Club-B	6:58	14:33	7:35	9:03	23:34.87	7:3
74	55	Casey Hatlevoll	192	12	Fargo South RC-B	7:05	14:50	7:45	8:48	23:36.36	7:3
75		Amanda Poppens	707	10		7:13	14:58	7:45	8:44	23:40.83	7:3
76	56	Hollan Pile	306	09	Norfolk Optimist Club (R	7:19	15:01	7:43	8:42	23:42.43	7:3
77	57	Elizabeth Muenchow	560	09	Wayzata XC Club-B	7:05	14:46	7:41	8:59	23:43.74	7:3
78		Kaitlyn Klein	32	11	Bellevue West XC Club	7:17	15:22	8:05	8:25	23:45.58	7:3
79	58	Megan Aschoff	302	12	Norfolk Optimist Club (R	7:19	15:02	7:43	8:48	23:48.50	7:4
80	59	Lindsay Heun	68	11	Cross Kearney RC	7:16	14:59	7:43	9:00	23:57.77	7:4

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Place	TmPl	Name	No.	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
81	60	Macy Petersen	437	12	Sioux Falls XC Club					24:05.93	7:4
82	61	Tina Bloch	608	10	Willmar Winged Foot RC	7:27	15:18	7:52	8:50	24:07.28	7:4
83	62	Andrea Sherman	489	09	Team Greeno	7:14	15:03	7:50	9:07	24:09.26	7:4
84	63	Britni Wuestewald	441	12	Sioux Falls XC Club					24:11.44	7:4
85	64	Gretchen Pederson	486	10	Team Greeno	7:15	15:12	7:58	9:05	24:16.01	7:4
86		Nicole Verhey	497	10	Team Greeno-B	7:15	15:12	7:58	9:09	24:20.12	7:5
87	65	Nikki Betzler	483	12	Team Greeno	7:16	15:13	7:58	9:09	24:21.44	7:5
88	66	Nicole Peterson	264		Lynx RC	7:33	15:37	8:05	8:48	24:24.25	7:5
89	67	Taylor Chapman	460	11	South STARS	7:36	15:46	8:11	8:40	24:25.29	7:5
90		Tessa Bollinger	344	09	Pierre Area RC	7:15	15:27	8:12	9:03	24:28.85	7:5
91	68	Courtney Gross	262	11	Lynx RC	7:39	15:38	8:00	8:58	24:35.18	7:5
92	69	Nicole Zens	268	11	Lynx RC	7:39	15:38	8:00	8:58	24:35.38	7:5
93	70	Erika Zelasney	479	09	South Stars-B	7:38	15:47	8:09	8:54	24:40.04	7:5
94	71	Caitlyn Fritz	612	10	Willmar Winged Foot RC	7:32	15:43	8:11	8:59	24:40.32	7:5
95		Perrin Thomas	812	10		7:39	15:51	8:13	9:04	24:53.90	8:0
96		Megan Roper	397	10	Red Wing XC Club	7:32	15:45	8:14	9:13	24:57.64	8:0
97		Shang-Ah Han	696	12		7:31	15:47	8:16	9:14	25:00.20	8:0
98	72	Sarah Hauer	558	10	Wayzata XC Club-B	7:53	15:55	8:02	9:06	25:00.32	8:0
99	73	Taisa Kushner	559	10	Wayzata XC Club-B	7:54	15:56	8:03	9:06	25:00.86	8:0
100		Rachel Noonan	706	12		7:30	15:47	8:18	9:30	25:15.62	8:0
101	74	Ally Crossman	475	09	South Stars-B	7:38	15:47	8:09	9:34	25:19.30	8:1
102		Emily Mammenga	702	12		7:26	15:59	8:33	9:23	25:20.62	8:1
103	75	Nicole Andres	67	11	Cross Kearney RC	7:52	16:07	8:15	9:21	25:26.32	8:1
104		Brianna Titus	711	12		7:39	16:18	8:40	9:11	25:28.46	8:1
105	76	Emily Bindl	474	11	South Stars-B	8:05	16:30	8:26	9:26	25:55.37	8:2
106	77	Taylor Donnelly	170		Elk Point Trail Blazers	7:49	16:30	8:41	9:45	26:13.99	8:2
107	78	Robyn McLaury	174	09	Elk Point Trail Blazers	7:49	16:30	8:41	9:45	26:14.03	8:2
108	79	Allison Lawler	173	09	Elk Point Trail Blazers	7:49	16:30	8:41	9:46	26:14.30	8:2
109		Mariah Cassutt	320	10	ORR Raiders	7:56	16:58	9:02	9:25	26:22.04	8:3
110	80	Ginny McClintock	477	09	South Stars-B	8:20	16:45	8:25	9:40	26:23.51	8:3
111	81	Becca Lebak	88	10	Demon XC Club	7:57	16:37	8:40	9:58	26:33.59	8:3
112	82	Kate Segala	563	10	Wayzata XC Club-B	8:04	16:57	8:54	9:38	26:33.65	8:3
113		Sierra Trower	321	11	ORR Raiders	8:07	17:04	8:58	9:38	26:41.49	8:3
114	83	Emily Stafford	438	11	Sioux Falls XC Club	8:15	17:00	8:45	9:47	26:45.80	8:3
115	84	Elizabeth Thon	478	12	South Stars-B	8:21	17:09	8:49	10:03	27:10.31	8:4
116	85	Ashley Pieper	305	11	Norfolk Optimist Club (R	8:17	17:15	8:58	10:02	27:16.01	8:4
117	86	Maggie Fennessy	303	11	Norfolk Optimist Club (R	8:17	17:15	8:58	10:03	27:16.91	8:4
118	87	Emma Maughan	476	11	South Stars-B	8:20	17:13	8:53	10:09	27:20.80	8:4
119	88	Lydia Wilke	71	11	Cross Kearney RC	8:35	18:35	10:00	11:42	30:15.34	9:4
120		Erin Nolz	705	12		6:32	13:57	7:25			

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Place	TmPl	Name	No.	Year	School	1 Mile	2 Mile	2 Split	Last1.1	Time	Pace
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
121	89	Courtney Leydig	70	12	Cross Kearney RC	7:02	14:59	7:57			
122	90	Cassie Tencate	439	10	Sioux Falls XC Club	7:04					

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

Nike Cross Nationals Heartland Regional  
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 ===== GIRLS TEAM SCORE =====  
 High School Open Race

1. 37 Adrian X-Tra Mile Club ( 20:47 1:43:52)

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1	1	Leslie Stover	20:08
2	4	Megan Sauer	20:25
3	9	Erica Thier	21:04
4	10	Jordin Kopplow	21:04
5	13	Nicole Slater	21:11
6	( 36)	Austyn Thier	22:33
7	( 40)	Alissa Sauer	22:54

2. 40 Wayzata XC Club ( 20:44 1:43:39)

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1	2	Robyn Zeidler	20:09
2	3	Maddie Lambert	20:13
3	5	Paige Schember	20:40
4	7	Laura Stangler	20:45
5	23	Caitlyn McCarty	21:52
6	( 33)	Kelsey Larsen	22:27
7	( 43)	Meredith Bache-Wiig	23:14

3. 114 South STARS ( 21:53 1:49:22)

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1	8	Ali Gress	20:51
2	17	Kelsey Green	21:30
3	18	Sydney Gress	21:35
4	26	Tiffanie Vampola	22:06
5	45	Mikayla Peck	23:20
6	( 49)	Jessica Lahrs	23:27
7	( 65)	Taylor Chapman	24:26

4. 127 Lynx RC ( 22:01 1:50:05)

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1	6	Haley Kruger	20:42
2	16	Arille Schmidt	21:26
3	20	Kasey Presler	21:43
4	21	Shelby Rahn	21:49
5	64	Nicole Peterson	24:25
6	( 66)	Courtney Gross	24:36
7	( 67)	Nicole Zens	24:36

5. 151 Plattsmouth RC - Girls ( 22:23 1:51:52)

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1	12	Liz Johnson	21:10
2	15	Jessica Moseman	21:24
3	38	Anna White	22:49
4	42	Shelby Weekly	23:11
5	44	Shang-ah Han	23:18
6	( 47)	Melissa Herrick	23:24

6. 179 Demon XC Club ( 22:56 1:54:39)

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1	14	Nicole Stewart	21:15
2	19	Amy Faller	21:39
3	22	Heather Wolberg	21:50

4	46	Chelsey Yantzer	23:21		
5	78	Becca Lebak	26:34		
7.	188	Fargo South RC-B	( 22:43	1:53:34)	
1	27	Kelsey Helland	22:07		
2	28	Suzanne McConn	22:08		
3	31	Emily Bitz	22:16		
4	48	Taylor Bertsch	23:26		
5	54	Casey Hatlevoll	23:37		
8.	207	Willmar Winged Foot RC	( 23:00	1:55:00)	
1	11	Jayne Cole	21:08		
2	29	Gabi Engelkes	22:12		
3	39	Danielle Erickson	22:51		
4	59	Tina Bloch	24:08		
5	69	Caitlyn Fritz	24:41		
9.	212	Team Greeno	( 23:05	1:55:25)	
1	24	Serina Robinson	22:04		
2	32	Carly Holmstrom	22:25		
3	34	Laura Rasmussen	22:29		
4	60	Andrea Sherman	24:10		
5	62	Gretchen Pederson	24:17		
6	( 63)	Nikki Betzler	24:22		
10.	246	Wayzata XC Club-B	( 23:26	1:57:08)	
1	30	Lucy Andrews	22:15		
2	37	Bethany Polovitz	22:33		
3	53	Maggie Pierson	23:35		
4	56	Elizabeth Muenchow	23:44		
5	70	Sarah Hauer	25:01		
6	( 71)	Taisa Kushner	25:01		
7	( 79)	Kate Segala	26:34		
11.	260	Norfolk Optimist Club (R	( 23:59	1:59:55)	
1	25	Dani Stappert	22:06		
2	41	Mariah Morgan	23:00		
3	55	Hollan Pile	23:43		
4	57	Megan Aschoff	23:49		
5	82	Ashley Pieper	27:17		
6	( 83)	Maggie Fennessy	27:17		
12.	286	Sioux Falls XC Club	( 24:13	2:01:03)	
1	35	Emily Kirkwold	22:30		
2	52	Kaylee Tennessen	23:29		
3	58	Macy Petersen	24:06		
4	61	Britni Wuestewald	24:12		
5	80	Emily Stafford	26:46		
13.	326	Elk Point Trail Blazers	( 25:08	2:05:40)	
1	50	Mackenzie Klinkhammer	23:28		
2	51	Jenna Donnelly	23:28		
3	74	Taylor Donnelly	26:14		

4 75 Robyn Mclaury 26:15  
5 76 Allison Lawler 26:15

14. 371 South Stars-B ( 25:55 2:09:32)

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1 68 Erika Zelasney 24:41  
2 72 Ally Crossman 25:20  
3 73 Emily Bindl 25:56  
4 77 Ginny McClintock 26:24  
5 81 Elizabeth Thon 27:11  
6 ( 84) Emma Maughan 27:21