



**Nike Cross Nationals  
Heartland Regional  
Yankton Trail Park, Sioux Falls, SD  
November 14th, 2009**



**5k Community Race**

**Female 13 & Under**

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
1	2298	Tabbittha Conner		12	Lennox, SD	7:19.89	15:29.06	24:04.80	7:46
2	2209	Mollie Kersten	Girls on the Run	10	Sioux Falls, SD	7:26.97	15:19.80	24:06.00	7:46
3	2305	Laura Derenge		13	Sioux Falls, SD	7:43.92	15:36.84	24:34.70	7:55
4	2138	Mandy Neff	Girls on the Run	11	Sioux Falls, SD	7:46.84	16:00.28	24:41.30	7:57
5	2414	Rachel Propst	Fab Five	13	Pierre, SD	7:31.25	15:55.61	25:08.60	8:06
6	2231	Zayna Hustoft	Girls on the Run	10	Luverne, MN	7:45.12	15:59.55	25:10.50	8:07
7	2404	Hannah Peterson		12	Sturgis, SD	7:27.52	16:13.33	26:05.70	8:24
8	2277	Shaylynn Bird-Sandven		13	Sioux Falls, SD	8:19.18	16:34.65	26:10.60	8:26
9	2214	Maggie Ackerman	Girls on the Run	10	Sioux Falls, SD	8:58.00	17:43.70	27:15.50	8:47
10	2166	Hailey Streff	Girls on the Run	11	Wentworth, SD	9:11.48	18:07.28	27:41.00	8:55
11	2167	Ella Olsen	Girls on the Run	8	Sioux Falls, SD	9:21.23	18:04.32	28:27.30	9:10
12	2135	Molly Faris	Girls on the Run	9	Sioux Falls, SD	9:26.04	18:43.52	29:21.20	9:27
13	2006	Maddy Klamm	Girls on the Run	12	Valley Springs, SD	9:03.51	18:39.47	29:30.60	9:30
14	2084	Abegya Woldab	Girls on the Run	10	Sioux Falls, SD	9:48.75	18:52.43	30:02.80	9:41
15	2139	Kenna Decker	Girls on the Run	11	Sioux Falls, SD	9:04.59	19:14.72	30:10.90	9:43
16	2176	Jadyn Anderson	Girls on the Run	8	Luverne, MN	9:16.16	19:33.82	30:13.50	9:44
17	2234	Greta Ahrendt	Girls on the Run	8	Luverne, MN	9:15.97	19:33.87	30:13.60	9:44
18	2074	Kayla Kennedy	Girls on the Run	10	Sioux Falls, SD	10:10.94	19:39.54	30:20.00	9:46
19	2047	Makenna Druecker	Girls on the Run	9	Vermillion, SD	9:07.97	19:28.26	30:33.50	9:51
20	2259	Anneliese Taggart	Girls on the Run	9	Vermillion, SD	9:53.40	20:16.47	31:05.90	10:01
21	2238	Courtney Siebenahltter	Girls on the Run	10	Luverne, MN	10:09.75	20:41.25	31:06.00	10:01
22	2230	Jacinda Hustoft	Girls on the Run	9	Luverne, MN	9:28.92	19:46.81	31:17.70	10:05
23	2248	Reagan Henderson	Girls on the Run	9	Sioux Falls, SD	10:00.96	20:19.47	31:20.50	10:06
24	2227	Madie Reisdorfer	Girls on the Run	9	Luverne, MN	9:29.22	19:48.11	31:22.40	10:06
25	2073	Rachel Hass	Girls on the Run	10	Madison, SD	8:45.76	19:33.40	31:23.10	10:07
26	2197	Lily Becker	Girls on the Run	9	Sioux Falls, SD	10:05.16	20:19.97	31:25.60	10:07
27	2086	Makayla Bennett	Girls on the Run	8	Vermillion, SD	10:17.25	20:38.85	31:41.80	10:13
28	2077	Madilynn Malcolm	Girls on the Run	10	Sioux Falls, SD	9:58.44	20:39.91	32:20.70	10:25
29	2151	Libby Klamm	Girls on the Run	10	Valley Springs, SD	10:11.53	20:59.82	32:30.30	10:28
30	2430	Samantha Small		12	Sioux Falls, SD	9:24.33	20:45.59	33:00.80	10:38
31	2129	Kasey Herbster	Girls on the Run	8	Vermillion, SD	10:20.23	21:04.07	33:08.40	10:40
32	2464	Hope Weidenaar		10		10:43.20	21:14.69	33:08.80	10:41
33	2169	Sydney Dembele	Girls on the Run	9	Sioux Falls, SD	10:43.13	21:14.66	33:09.00	10:41
34	2175	Shayla Rost	Girls on the Run	8	Madison, SD	9:52.35	21:12.85	33:10.10	10:41
35	2173	Amanda Rowland	Girls on the Run	10	Madison, SD	9:51.99	21:12.80	33:10.20	10:41
36	2172	Mia Schnabel	Girls on the Run	9	Sioux Falls, SD	9:12.73	21:19.99	33:10.70	10:41
37	2156	Rachel Eggers	Girls on the Run	10	Harrisburg, SD	9:12.67	21:20.17	33:11.50	10:41
38	2101	Kylie Madrid	Girls on the Run	9	Sioux Falls, SD	11:38.59	22:48.29	33:18.30	10:44
39	2094	Brooke Peterson	Girls on the Run	9	Sioux Falls, SD	10:21.26	21:33.64	33:21.40	10:45
40	2164	Rachel Kieffer	Girls on the Run	11	Sioux Falls, SD	11:19.09	21:59.12	33:22.60	10:45
41	2240	Sadie Roth	Girls on the Run	8	Sioux Falls, SD	11:08.97	21:45.36	33:24.10	10:46
42	2247	Jenna Ronken	Girls on the Run	10	Sioux Falls, SD	10:00.49	21:08.88	33:28.80	10:47
43	2099	Jaci Peters	Girls on the Run	9	Sioux Falls, SD	10:23.63	21:37.56	33:33.50	10:49
44	2137	Landon Miller	Girls on the Run	10	Sioux Falls, SD	11:10.63	22:01.11	33:34.00	10:49
45	2132	Caitlynn Nath	Girls on the Run	9	Luverne, MN	11:39.63	24:08.56	33:38.90	10:50
46	2095	Allie Wolff	Girls on the Run	9	Sioux Falls, SD	10:13.67	21:27.97	33:49.70	10:54
47	2187	Anna Brooks	Girls on the Run	9	Sioux Falls, SD	10:43.55	21:55.85	34:05.30	10:59
48	2245	Kjerstin Aspaas	Girls on the Run	9	Sioux Falls, SD	10:00.69	21:10.27	34:09.30	11:00
49	2170	Abbie Mollison	Girls on the Run	9	Sioux Falls, SD	10:03.70	21:11.73	34:09.50	11:00

<u>Place</u>	<u>Bib</u>	<u>Name</u>		<u>Age</u>	<u>City,State</u>		<u>Time</u>	<u>Pace</u>	
<b>Female 13 &amp; Under</b>									
<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
51	2003	Natalie Williams	Girls on the Run	12	Vermillion, SD	9:48.70	21:32.85	34:18.20	11:03
50	2154	Emily Williams	Girls on the Run	9	Vermillion, SD	9:48.71	21:32.62	34:18.20	11:03
52	2009	Sophia Taggart	Girls on the Run	11	Vermillion, SD	9:48.95	21:32.53	34:18.20	11:03
53	2213	McKennan Folkerts	Girls on the Run	8	Sioux Falls, SD	10:43.09	22:02.08	34:26.70	11:06
54	2133	Grace Rule	Girls on the Run	10	Sioux Falls, SD	11:11.05	21:43.93	34:31.80	11:07
55	2198	Elizabeth Woods	Girls on the Run	9	Sioux Falls, SD	11:07.76	22:20.71	34:43.50	11:11
56	2177	Brooklyn Bollweg	Girls on the Run	8	Sioux Falls, SD	10:58.70	22:13.63	34:44.00	11:11
57	2244	Brooke O'Connor	Girls on the Run	8	Sioux Falls, SD	11:07.51	22:21.00	34:45.10	11:12
58	2059	Hailey Remme	Girls on the Run	10	Luverne, MN	10:12.10	22:02.30	34:48.20	11:13
59	2054	Taylor Salonen	Girls on the Run	11	Sioux Falls, SD	10:17.17	21:53.59	34:48.40	11:13
60	2058	Mariah Lorenzen	Girls on the Run	8	Sioux Falls, SD	11:09.94	22:38.52	34:48.50	11:13
61	2131	Madison Thurston	Girls on the Run	8	Sioux Falls, SD	10:22.46	21:59.22	35:00.70	11:17
62	2141	Ali Lindner	Girls on the Run	9	Sioux Falls, SD	11:37.51	23:05.92	35:02.80	11:17
63	2093	Autum Vavra	Girls on the Run	10	Sioux Falls, SD	10:10.98	21:23.08	35:31.60	11:27
64	2210	Gillian Hilscher	Girls on the Run	8	Sioux Falls, SD			35:37.50	11:28
65	2092	Rebecca Woche	Girls on the Run	8	Sioux Falls, SD	10:40.04	23:07.01	35:49.50	11:32
66	2142	Sydney Wood	Girls on the Run	10	Sioux Falls, SD	11:04.08	22:16.61	35:58.40	11:35
67	2079	Angelina Tunnissen	Girls on the Run	10	Sioux Falls, SD	10:41.35	22:46.62	36:04.00	11:37
68	2065	Sophia Haan	Girls on the Run	11	Lennox, SD	10:52.74	22:47.28	36:09.80	11:39
69	2251	Brooklyn Hansen	Girls on the Run	8	Vermillion, SD	11:07.25	22:40.43	36:11.10	11:39
70	2254	Shinayne Whipple	Girls on the Run	9	Vermillion, SD	10:15.34	22:38.22	36:12.20	11:40
71	2392	Halie Mueller		8	Sioux Falls, SD	11:36.25	23:50.12	36:28.70	11:45
72	2262	Halie Mueller	Girls on the Run	8	Sioux Falls, SD	11:36.27	23:50.16	36:28.70	11:45
73	2126	Tomalyn Peckham	Girls on the Run	10	Vermillion, SD	11:35.66	23:36.50	36:32.10	11:46
74	2091	Keila Centes	Girls on the Run	10	Sioux Falls, SD	10:40.19	23:06.70	36:32.70	11:46
75	2258	Maddie Powell	Girls on the Run	8	Vermillion, SD	11:33.11	23:36.59	36:33.20	11:46
76	2050	Jalee Krueger	Girls on the Run	8	Harrisburg, SD	11:57.27	23:47.29	36:43.00	11:50
77	2075	Marcy Zere	Girls on the Run	8	Sioux Falls, SD	11:15.18	23:25.30	36:44.30	11:50
78	2076	Sharon Zere	Girls on the Run	10	Sioux Falls, SD	11:14.77	23:25.89	36:45.40	11:50
79	2178	Hannah Reynolds	Girls on the Run	8	Sioux Falls, SD	11:09.94	22:51.07	36:47.20	11:51
80	2112	Lauren Barbush	Girls on the Run	9	Sioux Falls, SD	11:50.87	23:44.54	36:54.00	11:53
81	2193	Hana Eid	Girls on the Run	9	Sioux Falls, SD	10:45.67	22:59.49	37:02.10	11:56
82	2203	Erikka Jensen	Girls on the Run	10	Sioux Falls, SD	12:56.66	24:47.95	37:11.60	11:59
83	2206	Cimmone Thomas	Girls on the Run	9	Sioux Falls, SD	11:41.45	23:31.05	37:15.40	12:00
84	2225	Lindsey Roemeling	Girls on the Run	8	Luverne, MN	10:57.58	23:35.64	37:17.00	12:01
85	2071	TreVonna Rave	Girls on the Run	10	Sioux Falls, SD	11:44.42	23:43.22	37:19.40	12:01
86	2063	Ginny Rothwell	Girls on the Run	9	Sioux Falls, SD	11:28.66	23:51.40	37:20.00	12:01
87	2082	Natasha Barnett	Girls on the Run	8	Sioux Falls, SD	11:28.09	23:52.16	37:20.40	12:02
88	2090	Sierra Rima	Girls on the Run	9	Sioux Falls, SD	11:12.64	24:14.81	37:20.50	12:02
89	2102	Savannah Karberg	Girls on the Run	10	Sioux Falls, SD	11:37.50	24:30.33	37:42.00	12:09
91	2242	Ruby Hofer	Girls on the Run	10	Sioux Falls, SD	11:17.83	24:16.77	37:56.00	12:13
90	2246	Jaleigh Jones	Girls on the Run	9	Sioux Falls, SD	11:17.96	24:16.32	37:56.00	12:13
92	2200	Lilyka Pickard	Girls on the Run	9	Sioux Falls, SD	11:46.93	24:33.96	38:05.40	12:16
93	2249	Cami Gunderson	Girls on the Run	8	Sioux Falls, SD	11:28.32	25:27.46	38:17.30	12:20
95	2066	Grace Perrenoud	Girls on the Run	9	Sioux Falls, SD	11:42.93	24:20.46	38:18.50	12:20
94	2106	Erin Denevan	Girls on the Run	8	Sioux Falls, SD	11:07.18	23:53.17	38:18.50	12:20
96	2067	Olivia Slack	Girls on the Run	8	Harrisburg, SD	11:54.39	24:28.60	38:20.90	12:21
97	2216	Julia Unterbrunner	Girls on the Run	10	Colman, SD	11:19.91	24:46.50	38:42.60	12:28
98	2128	Morgan Herbster	Girls on the Run	10	Vermillion, SD	11:45.42	25:12.00	38:46.40	12:29
99	2113	Lexi Barbush	Girls on the Run	8	Sioux Falls, SD	11:54.34	24:42.84	38:58.00	12:33
100	2160	Hannah Ebert	Girls on the Run	9	Harrisburg, SD	11:44.77	24:45.27	38:58.20	12:33
101	2179	Kelsey Raue	Girls on the Run	8	Harrisburg, SD			38:58.60	12:33
102	2215	Allison Engel	Girls on the Run	10	Sioux Falls, SD	11:52.92	25:00.32	39:07.00	12:36
103	2136	Elizabeth Graff	Girls on the Run	9	Sioux Falls, SD	11:53.16	25:00.09	39:09.60	12:37
104	2048	Casey Druecker	Girls on the Run	10	Vermillion, SD	11:34.97	25:14.43	39:11.70	12:37
105	2125	Madyson Mossefin	Girls on the Run	10	Harrisburg, SD	11:31.16	24:54.10	39:13.80	12:38
106	2088	Kessa Wolf	Girls on the Run	9	Sioux Falls, SD	11:41.10	25:37.40	39:16.90	12:39

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107	2089	Whitney Wolf	Girls on the Run	10	Sioux Falls, SD	11:40.84	25:38.64	39:17.10	12:39
108	2188	Megan Sotebeer	Girls on the Run	9	Sioux Falls, SD	11:29.65	24:53.53	39:20.30	12:40
109	2220	Lily Monroe	Girls on the Run	10	Madison, SD	11:43.12	25:23.43	39:20.70	12:40
110	2121	Savannah Miller	Girls on the Run	10	Madison, SD	11:42.90	25:23.15	39:22.60	12:41
111	2163	Cora Brown	Girls on the Run	10	Madison, SD	10:57.70	24:22.91	39:30.90	12:44
112	2224	Alyssa Jones	Girls on the Run	9	Madison, SD	11:13.95	24:37.88	39:31.30	12:44
113	2261	Victoria Olson	Girls on the Run	8	Madison, SD	11:54.85	25:41.16	39:32.50	12:44
114	2202	Kiana Campbell	Girls on the Run	9	Sioux Falls, SD	12:01.55	24:56.95	39:38.70	12:46
115	2219	Brittney Wittmer	Girls on the Run	9	Madison, SD			39:38.80	12:46
116	2152	Hannah Molskness	Girls on the Run	8	Madison, SD	11:55.37	25:41.55	39:40.10	12:47
117	2222	Alyssa Bergeron	Girls on the Run	9	Madison, SD	10:58.11	24:26.16	39:52.70	12:51
118	2115	Katie Kracht	Girls on the Run	10	Steen, MN	11:40.34	24:12.93	40:00.20	12:53
119	2049	Marnie Determan	Girls on the Run	10	Sioux Falls, SD	11:55.91	25:11.10	40:06.50	12:55
120	2208	MacKenzie Murray	Girls on the Run	9	Sioux Falls, SD	11:20.48	24:50.51	40:20.40	13:00
121	2001	Emma Osmundson	Girls on the Run	7	Sioux Falls, SD	12:54.30	26:59.71	40:22.50	13:00
122	2007	Morgan Murray	Girls on the Run	11	Renner, SD	11:27.09	24:45.48	40:34.30	13:04
123	2158	Kallee Bushfield	Girls on the Run	8	Harrisburg, SD	11:49.67	25:19.71	40:46.10	13:08
124	2207	Tianna Neuharth	Girls on the Run	10	Sioux Falls, SD	12:37.06	27:11.49	41:07.80	13:15
125	2243	Hannah Wentzel	Girls on the Run	8	Sioux Falls, SD	11:29.29	25:27.86	41:18.40	13:18
126	2217	Hanna Reinicke	Girls on the Run	10	Madison, SD	12:15.30	26:06.55	41:20.60	13:19
127	2055	Katie Osmundson	Girls on the Run	9	Sioux Falls, SD	12:58.64	27:00.32	41:30.10	13:22
128	2070	Katrina Kramer	Girls on the Run	10	Sioux Falls, SD	11:11.97	26:39.69	41:30.80	13:22
129	2107	Emma North	Girls on the Run	8	Sioux Falls, SD	12:03.68	25:40.16	41:33.80	13:23
130	2228	Tatiana Chance	Girls on the Run	9	Jasper, MN	12:35.72	27:05.24	42:37.50	13:44
131	2046	Madison Hollingshead	Girls on the Run	9	Sioux Falls, SD	12:35.35	27:05.29	42:37.70	13:44
132	2097	Alyssa Gentile	Girls on the Run	10	Sioux Falls, SD	12:46.88	26:51.01	42:45.80	13:46
133	2052	Lily Hiatt	Girls on the Run	8	Sioux Falls, SD	13:01.25	27:33.35	43:06.00	13:53
134	2196	Lauren Tousignant	Girls on the Run	10	Sioux Falls, SD	11:01.58	27:27.25	43:12.60	13:55
135	2149	Katie Lipp	Girls on the Run	9	Sioux Falls, SD	12:57.88	28:23.30	44:55.20	14:28
136	2127	Hannah Abbott	Girls on the Run	9	Sioux Falls, SD			45:07.70	14:32
137	2122	Jordyn Ellis	Girls on the Run	8	Sioux Falls, SD	13:34.42	29:41.20	45:29.80	14:39
138	2146	Shannon Syracuse	Girls on the Run	9	Sioux Falls, SD	13:33.89	28:58.74	45:57.80	14:48
139	2182	Bailee Wescott	Girls on the Run	8	Harrisburg, SD	13:39.95	28:56.65	46:11.10	14:52
140	2072	Jasmine Magnusen	Girls on the Run	10	Sioux Falls, SD			46:11.40	14:53
141	2184	Kassy Tieman	Girls on the Run	10	Madison, SD	14:31.16	30:07.19	46:37.70	15:01
142	2096	Elizabeth Christensen	Girls on the Run	10	Sioux Falls, SD	13:29.93	31:32.62	46:41.50	15:02
143	2241	Sarah Schaeppi	Girls on the Run	9	Sioux Falls, SD	13:30.07	31:32.93	46:50.50	15:05
144	2153	Hailey VanHull	Girls on the Run	10	Sioux Falls, SD	13:13.14	29:18.72	47:00.80	15:08
145	2098	Riley Donnell	Girls on the Run	10	Sioux Falls, SD	13:41.26	30:16.30	47:29.90	15:18
146	2183	Sierra Wrege	Girls on the Run	9	Sioux Falls, SD	13:40.45	30:16.22	47:30.30	15:18
147	2186	Kortney Klein	Girls on the Run	10	Sioux Falls, SD	14:45.85	31:55.23	47:42.00	15:22
148	2239	Elaine Taggatz	Girls on the Run	8	Sioux Falls, SD	14:46.79	31:55.83	47:43.80	15:22
149	2235	Sage Versteeg	Girls on the Run	8	Luverne, MN	13:42.51	29:17.88	47:47.90	15:24
150	2233	Kenna Westphal	Girls on the Run	9	Hills, MN	13:44.58	29:23.09	47:50.10	15:24
151	2168	Julia Hopes	Girls on the Run	9	Sioux Falls, SD	13:53.21	29:40.19	47:59.60	15:27
152	2114	Kalei Polley	Girls on the Run	8	Harrisburg, SD	14:47.93	30:26.74	48:15.60	15:32
153	2108	Kacey Lias	Girls on the Run	9	Harrisburg, SD	14:48.34	30:29.40	48:27.20	15:36
154	2144	Jayden Behnke	Girls on the Run	9	Sioux Falls, SD	14:37.11	31:11.14	49:05.70	15:49
155	2120	Kaniesha Cordell	Girls on the Run	8	Sioux Falls, SD	14:49.26	31:58.68	49:59.40	16:06
156	2147	Carolinda Simon	Girls on the Run	10	Sioux Falls, SD	15:32.54	33:23.09	50:49.60	16:22
157	2236	Madeline McElroy	Girls on the Run	8	Sioux Falls, SD	15:09.35	32:42.77	51:15.70	16:30
158	2148	Victoria DeMarrias	Girls on the Run	9	Sioux Falls, SD	15:29.65	33:17.01	51:28.50	16:35
159	2211	Emily Wood	Girls on the Run	9	Sioux Falls, SD	12:38.89	33:52.32	51:55.40	16:43
160	2212	Savannah Coon	Girls on the Run	8	Sioux Falls, SD	16:45.66	33:56.91	52:06.70	16:47
161	2124	Kelsey Wynthein	Girls on the Run	9	Sioux Falls, SD	16:17.49	33:50.29	52:11.40	16:48
162	2083	Ember Thunderhawk	Girls on the Run	11	Sioux Falls, SD	14:18.26	31:46.40	52:37.80	16:57

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<b>Male 13 &amp; Under</b>									
<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
1	2301	Brice Cowman	Lewis & Clark Runners	13	Yankton, SD	6:07.16		19:42.10	6:21
2	2345	Jebben Keyes		12	Pierre, SD			20:01.20	6:27
3	2445	Matt Takahashi		12	Whitewood, SD	6:39.98	13:45.63	21:11.70	6:50
4	2280	Connor Bollweg	Harrisburg Tigers	13	Sioux Falls, SD	6:17.89	13:34.28	21:20.30	6:53
5	2282	Dayton Braley		13	Sioux Falls, SD	6:23.47	13:36.98	21:24.10	6:54
6	2284	Derek Brenner	Lewis & Clark Runners	13	Yankton, SD	6:28.07	13:40.71	21:52.10	7:03
7	2349	Jordan Kisor		13	Madison, SD	6:40.29	14:04.95	22:08.50	7:08
8	2304	John Dannenbring	Lewis & Clark Runners	13	Yankton, SD	7:03.00	14:33.04	22:40.20	7:18
9	2465	Ryan Westendorf		12	Sioux Falls, SD	6:35.37	14:03.38	22:59.40	7:24
10	2350	Ethan Klimisch	Lewis & Clark Runners	13	Yankton, SD	7:13.46	14:45.21	22:59.70	7:25
11	2475	Reid Yelken	Minden	13	Minden, NE	7:12.32	14:55.17	23:28.30	7:34
12	2279	Cody Bollweg		13	Sioux Falls, SD	6:54.31	14:53.42	23:48.00	7:40
13	2366	Lee Landrum	Minden	13	Minden, NE	7:11.57	15:05.09	23:48.80	7:40
14	2460	Matthew Watt	Lewis & Clark Runners	13	Yankton, SD	7:19.48	15:12.76	24:02.80	7:45
15	2005	Seth Kersten	Girls on the Run	13	Sioux Falls, SD	7:26.52	15:19.68	24:05.50	7:46
16	2369	Rudy Lawler	Patrick	10	Sioux Falls, SD	7:44.20	15:33.88	24:15.80	7:49
17	2360	Spencer Kruse	Harrisburg Tigers	12	Sioux Falls, SD	7:22.83	15:44.10	24:39.50	7:57
18	2402	Ryan Olson	Lewis & Clark Runners	13	Yankton, SD	6:58.22	15:29.92	24:52.10	8:01
19	2329	Kyle Hess		12	Sioux Falls, SD	7:58.96	16:16.80	25:05.60	8:05
20	2403	Taylor Otheim		12	Hartford, SD	7:43.33	15:48.35	26:55.40	8:40
21	2019	Dyrel Eubanks	Girls on the Run	10	Sioux Falls, SD	8:34.55	18:05.72	30:02.70	9:41
22	2357	Travis Kreutzmann		12	Sioux Falls, SD	8:50.55	20:38.49	31:57.20	10:18
23	2002	Dawson Miller	Girls on the Run	7	Sioux Falls, SD	11:10.20	22:00.88	32:43.90	10:33
24	2333	Matt Hilson	Lewis & Clark Runners	13	yankon, SD	9:09.94	20:23.67	32:48.30	10:34
25	2368	Alexei Lawler	Patrick	12	Sioux Falls, SD	9:14.61	21:32.75	34:54.60	11:15
26	2313	Ricky Espino		13	Sioux Falls, SD	9:34.00	22:14.68	36:09.10	11:39

**Female 18-29**

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
1	2374	Morgan Lynn		18	Lismore, MN	5:58.41	12:36.96	19:50.40	6:24
2	2362	Alena Laber	5 in Stride	28	Delmont, SD	6:22.97	13:00.00	20:22.60	6:34
3	2334	Megan Hilson	Lewis & Clark Runners	18	yankton, SD	6:40.85	13:18.82	20:31.80	6:37
4	2344	Kaylee Keating		25		6:24.28	13:09.42	20:45.80	6:41
5	2415	Andrea Ray		29	Sioux Falls, SD	7:27.61	15:07.42	23:41.50	7:38
6	2387	Rachel Mink	Fab Five	27	Pierre, SD	7:36.60	16:07.08	26:14.10	8:27
7	2433	chelsea smith		26	sioux falls, SD	8:39.87	18:04.07	28:07.20	9:04
8	2276	Katie Bigins		29		9:09.88	18:07.96	28:11.60	9:05
9	2264	Toni Clarys	Girls on the Run	22	Sioux Falls, SD	9:21.14	18:04.07	28:27.60	9:10
10	2353	Kristy Koeppe		29	Worthing, SD	9:15.71	18:48.11	29:13.80	9:25
11	2352	Jen Kock		26	Sioux Falls, SD	9:10.12	19:01.03	30:10.00	9:43
12	2395	Heather Murdock		25	Sioux Falls, SD	9:02.45	19:36.85	30:52.60	9:57
13	2292	Denisse Cadena		19	Sioux Falls, SD	8:55.90	19:38.76	31:01.80	10:00
14	2256	Haley Peterson	Girls on the Run	20	Vermillion, SD			31:41.70	10:13
15	2291	Sara Bye		19	Vermillion, SD	10:06.45	21:01.11	32:46.20	10:33
16	2252	Emma Erickson	Girls on the Run	21	Vermillion, SD			33:08.50	10:41
17	2194	Heidi Shives	Girls on the Run	28	Sioux Falls, SD	9:13.03	21:20.07	33:11.40	10:41
18	2232	Danielle Dornbusch	Girls on the Run	29	Vermillion, SD	9:55.73	21:31.75	33:26.10	10:46
19	2340	Alison Jensen		23	Sioux Falls, SD	9:04.19	21:22.11	33:32.40	10:48
20	2140	Jordin Mueller	Girls on the Run	22	Sioux Falls, SD			33:34.10	10:49
21	2376	Stephanie Max		20	Vermillion, SD	10:26.65	22:09.17	34:19.20	11:03
22	2286	Cassie Briggs		20	Vermillion, SD	10:26.31	22:09.22	34:19.30	11:03
23	2199	Laura Davis	Girls on the Run	26	Sioux Falls, SD	11:29.03	21:44.32	34:32.00	11:07
24	2171	Crystal Schiernbeck	Girls on the Run	20	Vermillion, SD			36:12.20	11:40
25	2255	Natalie Newman	Girls on the Run	19	Vermillion, SD			36:32.00	11:46
26	2061	Karin Costin	Girls on the Run	21	Sioux Falls, SD	11:09.85	22:57.42	37:02.40	11:56
27	2162	Alyssa Boscaljon	Girls on the Run	21	Brandon, SD	11:08.50	23:21.64	37:13.00	11:59

Place	Bib	Name	Age	City, State	Time	Pace			
<b>Female 18-29</b>									
Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
28	2051	Natalie Damgaard	Girls on the Run	29	Sioux Falls, SD	11:55.71	24:34.18	38:05.30	12:16
29	2190	Katie Dykstra	Girls on the Run	22	Sioux Falls, SD	11:29.79	24:50.89	39:22.00	12:41
30	2116	Kelli Gallagher	Girls on the Run	29	Sioux Falls, SD	12:14.99	25:49.72	39:27.30	12:42
31	2204	Mikhaila Baltes	Girls on the Run	20	Woodbury, MN	12:01.52	24:56.66	39:37.90	12:46
32	2268	Barry Anderson		25	Sioux Falls, SD	12:21.92	25:24.27	39:50.80	12:50
33	2269	Melissa Anderson		25	Sioux Falls, SD	12:21.77	25:24.26	39:50.90	12:50
34	2064	Jenny Kline	Girls on the Run	29	Luverne, MN	11:39.84	24:13.23	40:00.20	12:53
35	2078	Erin Bofenkamp	Girls on the Run	28	Sioux Falls, SD	10:27.00	24:42.85	40:28.00	13:02
36	2205	Chelsea Christians	Girls on the Run	20	Sioux Falls, SD	12:57.35	28:22.70	41:13.30	13:17
37	2100	Jessica Peterson	Girls on the Run	27	Chancellor, SD			42:45.80	13:46
38	2181	Liz Schmid	Girls on the Run	29	Sioux Falls, SD	15:29.04	28:35.92	44:59.30	14:29
39	2117	Chelsea Boscaljon	Girls on the Run	24	Brandon, SD	13:39.31	28:55.31	46:11.00	14:52
40	2150	Tate Walker	Girls on the Run	26	Sioux Falls, SD	14:13.39	29:10.38	46:11.10	14:52
41	2109	Jenna Peterson	Girls on the Run	24	Sioux Falls, SD			46:11.10	14:52
42	2123	Robin Weiler	Girls on the Run	25	Sioux Falls, SD	13:40.47	30:16.10	47:30.70	15:18
43	2026	Valerie Clow	Girls on the Run	28	Sioux Falls, SD	13:53.01	29:37.30	47:59.50	15:27
44	2035	Jennifer Polley	Girls on the Run	29	Harrisburg, SD	14:45.40	30:30.41	48:32.30	15:38
45	2192	Katie Flygare	Girls on the Run	20	Sioux Falls, SD	14:45.80	31:55.73	49:59.20	16:06

**Male 18-29**

Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
1	2328	Chris Heezen		24	Yankton, SD	5:04.18		15:49.10	5:06
2	2370	Dalton Lems		21	Doon, IA	5:02.29		16:04.30	5:11
3	2389	Jesse Monroe	Pierre Area Running Cl	23	Pierre, SD	5:24.94		17:00.50	5:29
4	2335	Alex Hohenthauer		18	Yankton, SD	5:15.34		17:10.60	5:32
5	2457	Shane Wahlstrom		21	Bismarck, ND	5:25.55		17:39.20	5:41
6	2443	Ben Swanson-Hyse	St. Paul Running Club	18	St. Paul, MN	5:24.58		17:45.90	5:44
7	2346	Bryce Kinard		20	Council Bluffs, IA	5:26.22		17:51.40	5:45
8	2428	Nathan Schwab		28	Sioux Falls, SD	5:30.43		17:57.50	5:47
9	2367	Soren Larson	Central Track Club	21	Saint Paul, MN	5:29.35		18:04.20	5:49
10	2481	Brandon Haschke		19		5:35.03		18:09.50	5:51
11	2391	Ryan Monroe		19	Farmington, MN	5:22.86		18:16.40	5:53
12	2318	Jacob Flaws		23	Vermillion, SD	5:33.94		18:21.50	5:55
13	2476	Luke Youmans	5 in Stride	28	Yankton, SD	5:41.35		18:26.50	5:57
14	2385	Dmitri Melius	Pierre Area Running Cl	28		5:30.99		18:27.80	5:57
15	2412	Kelly Polacek		20	Sioux City, IA	5:27.46		18:32.40	5:59
16	2382	keith mcintire		19	sioux falls, SD	5:37.97		18:32.50	5:59
17	2429	Nate Seier		25	Sioux Falls, SD	5:42.81		18:48.10	6:04
18	2441	Tommy Stuart		18	Papillion, NE	5:24.51		18:51.00	6:05
19	2372	Jens Lillevold	Lewis & Clark Runners	19	Yankton, SD	6:20.54		18:58.10	6:07
20	2466	Daniel White		28	LeClaire, IA	5:47.68		19:09.20	6:10
21	2274	Christopher Barnes		29	Sioux Falls, SD	6:18.08	12:51.89	20:19.40	6:33
22	2364	Gabe Laber	5 in Stride	29	Canistota, SD	7:08.56	14:22.78	22:15.60	7:10
23	2432	Casey Smith	Pierre Area Running Cl	20	Pierre, SD	8:46.89	18:02.47	28:27.70	9:10
24	2451	John Van Dam		25	Sioux Falls, SD	9:02.01	19:36.86	30:06.60	9:42
25	2453	David Vazavez		22	Sioux Falls, SD	8:55.69	20:16.21	32:47.90	10:34

**Female 30-39**

Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
1	2341	Hiedi Johnson	Moms on the Run	36	Sioux Falls, SD	6:20.03	12:40.41	19:21.80	6:14
2	2418	Kris Ripperda	Moms on the Run	37	Sioux Falls, SD	6:29.88	13:24.39	21:01.40	6:47
3	2416	Kia Rector	Moms on the Run	34	Sioux Falls, SD	6:30.99	13:28.94	21:02.90	6:47
4	2398	Shelly Nelson		30		6:29.65	13:21.03	21:06.10	6:48
5	2469	Michelle Wolf	Moms on the Run	39		6:31.05	13:40.66	21:21.90	6:53
6	2442	cynthia stys	Moms on the Run	38	sioux falls, SD	6:35.72	13:51.31	22:01.40	7:06

Place	Bib	Name	Age	City, State	Time	Pace			
<b>Female 30-39</b>									
Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
7	2377	DeAnn McClure	Lewis & Clark Runners	38	Yankton, SD	7:10.69	14:34.44	22:45.00	7:20
8	2295	Jacy Clarke	Fab Five	32	Pierre, SD	7:49.88	15:41.50	24:09.30	7:47
9	2434	Stacy Splittstoess	Fab Five	37	Pierre, SD	7:36.81	15:50.78	25:00.60	8:03
10	2386	Michelle Mikkelsen	Fab Five	38	Pierre, SD	7:33.07	16:14.30	25:43.10	8:17
11	2266	Sarah Alberts	Moms on the Run	35	Dell Rapids, SD	8:08.79	16:31.38	25:44.20	8:18
12	2307	Kelly Dierks	Moms on the Run	35	Sioux Falls, SD	8:35.35	17:07.89	25:48.70	8:19
13	2118	Nancy Kirstein	Girls on the Run	34	Sioux Falls, SD	8:21.90	16:47.09	26:09.80	8:26
14	2401	Karla Olson	Lewis & Clark Runners	39	Yankton, SD	8:20.76	17:06.45	26:35.30	8:34
15	2452	Chris Vanderwarf		33		9:09.92	18:07.26	28:06.60	9:03
16	2450	Julie Van Beek		34	Harrisburg, SD	9:13.87	18:47.23	29:10.30	9:24
17	2008	Jill Obele	Girls on the Run	34	Sioux Falls, SD	9:25.92	18:43.70	29:20.20	9:27
18	2267	Sarah Alley		30	Sioux Falls, SD	9:06.51	18:51.13	29:50.10	9:37
19	2014	Paula Anderson	Girls on the Run	38	Luverne, MN	9:15.94	19:33.81	30:15.10	9:45
20	2119	Ashley Deniger	Girls on the Run	30	Sioux Falls, SD	9:30.31	19:31.87	30:47.90	9:55
21	2458	Sarah Waltner		30	Tea, SD	10:19.94	20:49.21	32:23.50	10:26
22	2237	Awanda Siebenahler	Girls on the Run	38	Luverne, MN	10:11.16	22:02.46	34:50.60	11:13
23	2110	Judy Fischer	Girls on the Run	35	Sioux Falls, SD	11:36.73	23:05.73	35:02.90	11:17
24	2470	Heather Wood		39		11:05.78	22:16.94	35:58.10	11:35
25	2471	Lonna Wood		37		11:05.35	22:16.99	35:58.30	11:35
26	2143	Angela Bonnema	Girls on the Run	34	Harrisburg, SD	11:36.54	23:13.39	35:59.20	11:35
27	2068	Chrissy Spoo	Girls on the Run	33	Harrisburg, SD			36:43.00	11:50
28	2260	Weinshet Zere	Girls on the Run	36	Sioux Falls, SD	11:14.59	23:25.49	36:46.20	11:51
29	2226	Jamie Reisdorfer	Girls on the Run	31	Luverne, MN	10:57.64	23:35.15	37:17.10	12:01
30	2062	Stacy Stahl	Girls on the Run	33	Sioux Falls, SD			37:51.60	12:12
31	2424	Sherilynn Sandven		39	Sioux Falls, SD	11:52.16	24:44.01	38:14.40	12:19
32	2018	Karoliina Slack	Girls on the Run	34	Harrisburg, SD			38:21.30	12:21
33	2039	Kristin Ebert	Girls on the Run	34	Harrisburg, SD	11:44.95	24:45.16	38:58.20	12:33
34	2111	Audrey Barbush	Girls on the Run	35	Sioux Falls, SD	11:53.53	24:42.00	39:02.00	12:34
35	2022	Kara Andela	Girls on the Run	33	Harrisburg, SD	11:31.33	24:54.04	39:14.00	12:38
36	2223	Kim Jones	Girls on the Run	38	Madison, SD	11:13.70	24:37.93	39:31.90	12:44
37	2056	Nicole Osmundson	Girls on the Run	39	Sioux Falls, SD	12:58.63	27:01.45	41:30.70	13:22
38	2053	Melissa Hiatt	Girls on the Run	38	Sioux Falls, SD	13:00.87	27:33.09	43:06.40	13:53
39	2033	Jill North	Girls on the Run	37	Sioux Falls, SD	13:06.23	27:46.54	43:24.80	13:59
40	2038	Tracy Abbott	Girls on the Run	39	Sioux Falls, SD			45:14.80	14:34
41	2037	Michelle Ellis	Girls on the Run	34	Sioux Falls, SD	13:34.84	29:41.61	45:29.70	14:39
42	2044	Kristi Tieman	Girls on the Run	38	Madison, SD	14:30.36	30:05.66	46:34.50	15:00
43	2069	Shari Kvistero	Girls on the Run	34	Sioux Falls, SD	13:13.63	29:17.96	47:02.20	15:09
44	2034	Robyn Winge	Girls on the Run	30	Harrisburg, SD	14:44.69	30:30.41	48:33.00	15:38
45	2087	Kerri Cox	Girls on the Run	37	Sioux Falls, SD	14:36.35	31:07.83	49:05.70	15:49
46	2105	Heidi McCormick	Girls on the Run	38	Tea, SD	17:02.51	33:48.67	50:50.30	16:22

**Male 30-39**

Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
1	2437	Shannon Stenger		31	Papillion, NE	5:01.55		16:00.60	5:10
2	2438	Michael Stoick	St. Paul Running Club	32	St. Paul, MN	5:01.81		16:07.40	5:12
3	2448	John Tripp		30	Omaha, NE	5:05.64		16:18.30	5:15
4	2380	James McGown		35	Sidney, NE	5:08.80		16:24.10	5:17
5	2477	Torry Zeller	Pierre Area Running Cl	33	Pierre, SD	5:13.54		17:12.70	5:33
6	2397	Jesse Nelson		33	Red Wing, MN	5:23.57		17:33.00	5:39
7	2359	Sean Kruger	Pierre Area Running Cl	33	Pierre, SD	5:16.68		19:27.00	6:16
8	2447	Chad Trigg		30	Madison, SD	6:14.02	12:57.19	20:18.30	6:33
9	2435	Joe Spoo		32	Harrisburg, SD	6:06.07	12:54.85	20:29.40	6:36
10	2384	Josh Meendering		32	sioux Falls, SD	6:44.89	13:47.10	21:44.50	7:00
11	2427	Chris Schroedermei		37	Sioux Falls, SD	7:12.67	14:41.48	23:00.00	7:25
12	2361	Jonathon Kunz		31	Sioux Falls, SD	7:35.50	15:09.18	23:23.40	7:32
13	2449	Jason Van Beek		35	Harrisburg, SD	7:58.97	15:36.51	24:02.10	7:45

Place	Bib	Name	Age	City, State	Time	Pace			
<b>Male 30-39</b>									
Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
14	2351	Shane Kluever		36	Brandon, SD	7:34.57	15:31.49	24:07.40	7:46
15	2299	Jerry Cook		36	Brandon, SD	7:39.33	16:02.98	25:16.00	8:08
16	2278	Leon Blumehart	Pierre Area Running Cl	34	Pierre, SD	7:25.98	16:01.24	25:37.10	8:15
17	2468	Louis Winter		39	Sioux Falls, SD	8:11.15	17:00.36	26:37.00	8:35
18	2289	Aaron Buchanan		37	Sioux Falls, SD	8:17.32	17:55.52	28:43.60	9:15
19	2343	Ryan Kaufman		31	Sioux Falls, SD	10:12.32	19:40.24	30:20.40	9:46
20	2045	Glen Reisdorfer	Girls on the Run	32	Luverne, MN			31:22.20	10:06
21	2011	Arlen Klamm	Girls on the Run	39	Valley Springs, SD	10:11.28	20:59.34	32:29.50	10:28
22	2409	Chris Pieters	Girls on the Run	38	Sioux Falls, SD	10:23.86	21:36.62	33:33.40	10:49
23	2010	Dana Salonen	Girls on the Run	36	Sioux Falls, SD	10:17.18	21:53.55	34:48.80	11:13

**Female 40-49**

Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
1	2422	Jeanne Rud		42	Madison, SD	6:52.56	14:14.86	22:16.80	7:11
2	2336	Carol Hohenthauer	Lewis & Clark Runners	49	Yankton, SD	7:17.93	14:42.01	22:54.90	7:23
3	2159	Chris Haak	Girls on the Run	41	Renner, SD	7:08.84	14:47.64	23:24.20	7:32
4	2381	julia mcintire		41	sioux falls, SD	7:42.75	15:57.51	24:49.90	8:00
5	2431	Brenda Smith		47	Sidney, NE	7:36.52	15:52.25	24:51.30	8:00
6	2314	Vicki Espino		42		8:13.86	16:58.45	26:38.90	8:35
7	2446	Jodi Tjeerdsma		41	Sioux Falls, SD	8:17.14	17:06.48	26:44.80	8:37
8	2467	Samdra Williamson		43	Garretson, SD	8:37.58	17:41.19	27:07.50	8:44
9	2324	Liz Hansen	Moms on the Run	41	Sioux Falls, SD	8:36.19	17:22.26	27:09.40	8:45
10	2312	April Elmer		49	Farmington, MN	8:43.40	17:47.60	27:37.30	8:54
11	2310	Mary Eckstrom	Fab Five	44	Pierre, SD	8:45.96	17:47.65	27:45.10	8:56
12	2473	Sandy Yaggie	Lewis & Clark Runners	47	Mission Hill, SD	8:36.00	17:53.93	28:26.20	9:10
13	2103	Bobbi Karberg	Girls on the Run	41	Sioux Falls, SD			30:21.10	9:47
14	2017	Sarah Taggart	Girls on the Run	43	Vermillion, SD	9:52.83	20:16.53	31:06.10	10:01
15	2024	Maria Klamm	Girls on the Run	42	Valley Springs, SD	9:56.67	20:25.91	31:54.80	10:17
16	2021	Della Jeffries	Girls on the Run	48	Sioux Falls, SD	9:58.45	20:39.97	32:20.70	10:25
17	2454	kimberly villanueva		41	Sioux Falls, SD	9:48.77	21:12.53	33:09.70	10:41
18	2174	Pam Rowland	Girls on the Run	42	Madison, SD	10:59.83	21:26.38	33:28.80	10:47
19	2027	Sue Mollison	Girls on the Run	40	Sioux Falls, SD	10:03.49	21:11.89	34:09.60	11:00
20	2028	Pamela Bollweg	Girls on the Run	40	Sioux Falls, SD	10:58.77	22:13.39	34:43.90	11:11
21	2104	Barb Young	Girls on the Run	40	Sioux Falls, SD	11:18.74	21:59.09	35:01.20	11:17
22	2371	Rebecca LeTendre		48	Slayton, MN	11:00.85	22:43.19	35:37.00	11:28
23	2348	Shelly Kinsley	Lewis & Clark Runners	47	Yankton, SD	10:24.97	22:33.97	35:49.60	11:32
24	2042	Linda Whipple	Girls on the Run	48	Vermillion, SD	10:44.21	23:05.06	36:15.00	11:41
25	2383	Diana Meaden		44	Canby, MN	11:06.38	23:50.39	37:29.90	12:05
26	2043	Sheri Madrid	Girls on the Run	42	Sioux Falls, SD	11:38.39	24:30.39	37:51.50	12:12
27	2016	Eva Hofer	Girls on the Run	46	Sioux Falls, SD	11:17.47	24:16.97	37:56.80	12:13
28	2032	Mari Perrenoud	Girls on the Run	42	Sioux Falls, SD	11:43.37	24:20.48	38:45.70	12:29
29	2023	Debra Graff	Girls on the Run	49	Sioux Falls, SD	11:53.39	25:00.49	39:09.70	12:37
30	2145	Jen Syracuse	Girls on the Run	45	Sioux Falls, SD	13:33.25	29:02.50	46:00.50	14:49
31	2060	Stacie Busse-Remme	Girls on the Run	40	Luverne, MN	13:44.55	29:20.90	47:50.00	15:24

**Male 40-49**

Place	Bib	Name	Team	Age	City, State	1 Mile	2Mile	Time	Pace
1	2302	Tod Crooks	Pierre Area Running Cl	40	Pierre, SD	5:46.62		17:41.40	5:42
2	2293	Craig Christians	Willmar Alumni	48	Bellevue, NE	5:29.38		17:53.80	5:46
3	2400	Joseph Nielsen		40	Sioux Falls, SD	5:26.56		17:56.70	5:47
4	2311	Robert Economy		45	Victoria, MN	5:50.55		18:48.40	6:04
5	2315	Kevin Espland	Pierre Area Running Cl	43	Pierre, SD	5:57.95		19:13.50	6:12
6	2444	Lawrence Sweet		40	Harrisburg, SD	6:09.41	12:39.15	19:44.40	6:22
7	2287	Joe Brockmueller		46		6:23.84	12:52.92	19:58.30	6:26
8	2320	Greg Gleason		42	Sioux Falls, SD	6:32.45	13:26.60	20:59.10	6:46



<u>Place</u>	<u>Bib</u>	<u>Name</u>		<u>Age</u>	<u>City,State</u>		<u>Time</u>	<u>Pace</u>	
<b>Male 40-49</b>									
<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
9	2354	Jay Kost		45	Sioux Falls, SD	6:36.94	13:33.19	21:07.00	6:48
10	2413	Dan Propst	Pierre Area Running Cl	48	Pierre, SD	6:27.46	13:27.93	21:15.80	6:51
11	2423	Steve Rud		49	sioux falls, SD	6:57.77	14:04.73	21:50.60	7:02
12	2303	Robert Dado		44	Stillwater, MN	6:48.95	13:56.79	21:53.30	7:03
13	2270	Rich Andre	Lewis & Clark Runners	43	Yankton, SD	7:15.85	14:36.38	22:40.50	7:18
14	2331	Dan Hicks	Lewis & Clark Runners	48	Yankton, SD	7:01.81	14:37.53	22:45.70	7:20
15	2378	Wade McCoy		45	Alexandria, MN	7:19.08	14:50.31	23:03.30	7:26
16	2317	Bruce Evink		42	Alexandria, MN	6:49.53	14:32.88	23:03.50	7:26
17	2285	Warren Brenner	Lewis & Clark Runners	44	Yankton, SD	7:15.66	15:07.91	23:58.60	7:44
18	2272	Brad Archer		42	Urbandale, IA	7:21.04	15:14.12	23:59.60	7:44
19	2319	Dave Geersen	Lewis & Clark Runners	46	Yankton, SD	7:28.89	15:29.10	24:15.60	7:49
20	2459	Kevin Watt	Lewis & Clark Runners	48	Yankton, SD	7:29.83	15:32.62	24:17.60	7:50
21	2355	Karl Kreutzmann		44	Sioux Falls, SD	7:17.84	15:20.92	24:37.80	7:56
22	2330	Scott Hess		45	Sioux Falls, SD	7:59.11	16:16.48	25:07.80	8:06
23	2478	Dan Zens		45	Brandon, SD	7:39.71	16:19.26	25:53.70	8:21
24	2410	Dan Pitzl		42	Harrisburg, SD	7:47.11	16:29.04	26:10.70	8:26
25	2323	Monte Gulick	Lewis & Clark Runners	47	Yankton, SD	8:17.76	17:05.40	27:04.10	8:43
26	2309	Julio E.		43		8:15.63	17:10.62	27:17.00	8:47
27	2273	scott ball		41	sioux falls, SD	8:36.31	17:43.43	27:18.50	8:48
28	2393	Jason Mueller		44		8:50.20	19:40.70	32:22.40	10:26
29	2463	Brian Weidenaar		41		10:43.77	21:14.77	33:09.30	10:41
30	2041	Jason Folkerts	Girls on the Run	44	Sioux Falls, SD	10:42.93	22:02.51	34:26.60	11:06
31	2031	Dave Haan	Girls on the Run	44	Lennox, SD	10:52.76	22:47.23	36:09.90	11:39
32	2425	Steven Sandven		44	Sioux Falls, SD	10:51.73	23:11.80	36:41.30	11:49
33	2399	kelly neuharth		43	sioux falls, SD	12:33.67	27:08.57	41:08.00	13:15
34	2379	Jeff McElroy		40	Sioux Falls, SD	15:09.90	32:42.76	51:17.80	16:31

**Female 50-59**

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
1	2338	Connie Houlihan		52	Sioux City, IA	6:06.24		19:06.20	6:09
2	2396	Carol Nelson		50		9:25.58	19:11.29	30:02.20	9:41
3	2316	Cindee Evenson		50	Freeman, SD	9:33.65	19:25.00	30:29.10	9:49
4	2456	Mary Ann Voss		52	Sioux Falls, SD	10:01.71	19:43.30	30:49.90	9:56

**Male 50-59**

<u>Place</u>	<u>Bib</u>	<u>Name</u>	<u>Team</u>	<u>Age</u>	<u>City, State</u>	<u>1 Mile</u>	<u>2Mile</u>	<u>Time</u>	<u>Pace</u>
1	2406	Kevin Pfefferle		52	Grand Island, NE	5:27.34		18:24.40	5:56
2	2373	Kraig Lungstrom	Wayzata	51	Plymouth, MN	5:50.12		19:01.40	6:08
3	2306	Paul Derenge		51	Sioux Falls, SD	7:17.22	14:37.68	22:57.40	7:24
4	2325	James Harvey		52	Sioux Falls, SD	7:10.33	14:43.55	23:09.50	7:28
5	2297	Jim Coben	St. Paul Running Club	53	Saint Paul, MN	7:34.58	15:14.34	23:32.50	7:35
6	2327	Douglas Haugan	Pierre Area Running Cl	53	Pierre, SD	7:37.25	15:17.12	23:56.10	7:43
7	2363	Bart Laber	5 in Stride	53	Delmont, SD	7:26.84	15:30.82	24:29.70	7:54
8	2455	Glenn Voss		50	Sioux Falls, SD	7:34.28	15:46.28	24:49.10	8:00
9	2440	Paul Struck	Lewis & Clark Runners	52	Yankton, SD	7:47.30	16:01.68	25:08.10	8:06
10	2281	Dave Braley		52	Sioux Falls, SD	8:08.40	17:05.24	27:13.00	8:46
11	2419	Bruce Ritter		53	Sioux Falls, SD	8:08.59	17:16.95	27:29.30	8:51