



**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	Tabbitha Conner		12	Lennox, SD	7:19.89	15:29.06	24:04.80	7:46

**Male 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	2301	Brice Cowman	Lewis & Clark Runners	13	Yankton, SD	6:07.16		19:42.10	6:21

**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

**Male 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	2328	Chris Heezen		24	Yankton, SD	5:04.18		15:49.10	5:06

**Female 30-39**

<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	2341	Hiedi Johnson	Moms on the Run	36	Sioux Falls, SD	6:20.03	12:40.41	19:21.80	6:14

**Male 30-39**

<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	2437	Shannon Stenger		31	Papillion, NE	5:01.55		16:00.60	5:10

**Female 40-49**

<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	2422	Jeanne Rud		42	Madison, SD	6:52.56	14:14.86	22:16.80	7:11

**Male 40-49**

<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	2302	Tod Crooks	Pierre Area Running Cl	40	Pierre, SD	5:46.62		17:41.40	5:42

**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

**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