

# Nike Cross Nationals Heartland Regional

November 15th, 2008

Yankton Trails, Sioux Falls, SD 5 k w/ moguls, haybales, & Wind, 33 degrees, 20 mph from the north

1. 45 Eden Prairie, MN ( 18:49 1:34:02)	5. 157 Iowa City West, IA ( 19:57 1:39:45)	9. 213 Fargo South, ND ( 20:23 1:41:53)
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1 3 Cassy Opitz 18:31	1 16 Nichole Engelhardt 19:21	1 9 Tarin Lachowitzter 18:42
2 7 Megan Platner 18:39	2 22 Rachel Hegeman 19:36	2 42 Erin Valenti 20:24
3 8 Allie Rudin 18:40	3 26 Alissa Rothman 19:42	3 48 Paige Rygg 20:36
4 10 Laura Lawton 18:48	4 43 Sara Stewart 20:25	4 53 Katie Schalow 20:58
5 17 Hanna Hoch 19:24	5 50 Taylor Fehlberg 20:41	5 61 Frances Conlin 21:13
6 (31) Alex Birkle 19:53	6 (59) Jenna Broghamer 21:11	6 (66) Jennifer Storm 21:44
7 (32) Dana Jeter 19:55	7 (79) Whitney Schuette 3:08:21	
2. 96 Sioux Falls Roosevelt, SD (19:20 1:36:38)	6. 159 Iowa City, IA ( 19:57 1:39:44)	10. 218 Derby, KS ( 20:29 1:42:24)
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1 5 Seanna Kautz 18:37	1 20 Rebecca Rethwisch 19:29	1 19 Emily Hornbeck 19:28
2 6 Erin Hargens 18:38	2 27 Emily Fagan 19:46	2 38 Amber Green 20:09
3 15 Alex Hess 19:17	3 28 Kelsey Hart 19:47	3 47 Laura Burke 20:31
4 30 Bailey Breems 19:51	4 39 Hannah Kregal 20:14	4 56 Tori Lewis 21:06
5 40 Laura Bauer 20:15	5 45 Cassidy White 20:28	5 58 Samantha Bartlett 21:10
6 (49) Megan Brown 20:37	6 (52) Lindsay McFarland 20:57	6 (70) Valerie Nielson 21:59
7 (60) Ali Oswald 21:11	7 (55) Melanie Holman 21:03	7 (78) Claire Cox 24:14
3. 98 Dowling Catholic, IA ( 19:09 1:35:42)	7. 184 Minot, ND ( 20:11 1:40:52)	11. 256 White Bear Lake, MN ( 21:05 1:45:24)
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1 1 Ashlie Decker 17:53	1 4 Brecca Wahlund 18:32	1 11 Katie Moraczewski 18:58
2 2 Katie Flood 18:00	2 13 Stephanie Greer 19:13	2 34 Kelsey Coulter 20:03
3 24 Allie Vaughan 19:40	3 51 Melanah Poole 20:52	3 68 Katie Schlafke 21:50
4 35 Heather Tobias 20:04	4 54 Alexa Hornecker 21:01	4 69 Janelle Yonker 21:51
5 36 Diane Hubbell 20:05	5 62 Ali Fowler 21:14	5 74 Caroline Potts 22:42
6 (57) Sarah Spellman 21:09	6 (63) Abby Bierschbach 21:17	
7 (67) Aimee Thacker 21:45	7 (77) Kristin Ziegler 23:55	12. 318 Johnston ( 21:56 1:49:37)
4. 99 Bismarck, ND ( 19:29 1:37:22)	8. 209 Lakeville South, MN ( 20:23 1:41:53)	=====
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1 12 Taylor Pintar 19:03	1 14 Kayla Uphoff 19:16	1 33 Anna Belner 19:57
2 18 Alexa Wachter 19:25	2 41 Olivia Bagnall 20:22	2 65 Alyssa Eaves 21:21
3 21 Shanice Lambert 19:35	3 44 Megan Kilbride 20:27	3 71 Amber Clock 22:04
4 23 Lindsay Achtenberg 19:38	4 46 Erin Kilbride 20:28	4 73 Amy Kruger 22:29
5 25 Brooklyn Beehler 19:41	5 64 Emma Mickelson 21:20	5 76 Amanda Philipph 23:46
6 (29) Tessa Haussler 19:48	6 (72) Kelsi Miller 22:05	
7 (37) Alana Fischer 20:06	7 (75) Taylor Vonasek 22:43	
1 1 Ashlie Decker Jr Dowling Catholic 17:52	34 21 Shanice Lambert Jr Bismarck 19:34	
2 2 Katie Flood Jr Dowling Catholic 17:59	35 22 Rachel Hegeman Fr Iowa City West 19:35	
3 x Jamie Piepenburg Fr Alexandria, MN 18:06	36 23 Lindsay Achtenberg Jr Bismarck 19:37	
4 x Kelli Budd Sr Omaha Marion, NE 18:13	37 24 Allie Vaughan Fr Dowling Catholic 19:39	
5 3 Cassy Opitz Sr Eden Prairie 18:30	38 25 Brooklyn Beehler So Bismarck 19:40	
6 4 Brecca Wahlund So Minot 18:31	39 x Jena Schwalenberg Sr Columbus, NE 19:40	
7 5 Seanna Kautz Jr SF Roosevelt 18:36	40 26 Alissa Rothman So Iowa City West 19:41	
8 6 Erin Hargens Sr SF Roosevelt 18:37	41 27 Emily Fagan Jr Iowa City 19:45	
9 7 Megan Platner So Eden Prairie 18:38	42 28 Kelsey Hart Sr Iowa City 19:46	
10 8 Allie Rudin So Eden Prairie 18:39	43 29 Tessa Haussler Fr Bismarck 19:47	
11 9 Tarin Lachowitzter Fr Fargo South 18:41	44 30 Bailey Breems Jr SF Roosevelt 19:50	
12 x Madie Hubbell Jr DesMoines Roosevelt 18:41	45 31 Alex Birkle So Eden Prairie 19:52	
13 x Emma Bates Jr Elk River, MN 18:45	46 32 Dana Jeter Fr Eden Prairie 19:54	
14 10 Laura Lawton So Eden Prairie 18:47	47 33 Anna Belner Jr Johnston 19:56	
15 x Laura Docherty Sr Cretin-Derham Hall, MN 18:49	48 x Aubree Worden So Scottsbluff, NE 19:57	
16 x Mackenzie Maki So Kapaun Mt. Carmel, KS 18:53	49 x Jess Wright So Bellevue West 19:57	
17 x Madeleine Takahashi So Sturgis Brown, SD 18:55	50 x Tera Potts Sr Sturgis Brown, SD 19:59	
18 11 Katie Moraczewski Sr White Bear Lake 18:57	51 34 Kelsey Coulter So White Bear Lake 20:02	
19 x Shelby Houlihan So Sioux City East, IA 18:59	52 35 Heather Tobias Jr Dowling Catholic 20:03	
20 12 Taylor Pintar Jr Bismarck 19:02	53 36 Diane Hubbell Fr Dowling Catholic 20:04	
21 x Kaila Urick So Chaska, MN 19:02	54 37 Alana Fischer So Bismarck 20:05	
22 x Hannah Kellerman Jr Sartell-St. Stephen, MN 19:07	55 38 Amber Green Fr Derby 20:08	
23 x Maddie McClellan Jr Perham, MN 19:08	56 x Bailey Eich So Douglas, SD 20:13	
24 13 Stephanie Greer Sr Minot 19:12	57 39 Hannah Kregal Sr Iowa City 20:13	
25 x Julia Harrison So Mound Westonka, MN 19:14	58 x Brittany Arment Jr Aberdeen Central, SD 20:13	
26 14 Kayla Uphoff Jr Lakeville South 19:15	59 40 Laura Bauer Sr SF Roosevelt 20:14	
27 15 Alex Hess Fr SF Roosevelt 19:16	60 x Lottie Grimshaw 8th Todd County, SD 20:17	
28 16 Nichole Engelhardt Sr Iowa City West 19:20	61 x Kayla Sherwood Sr Mitchell, NE 20:21	
29 17 Hanna Hoch Fr Eden Prairie 19:23	62 41 Olivia Bagnall Sr Lakeville South 20:21	
30 18 Alexa Wachter Jr Bismarck 19:24	63 x Courtney Neubert So Aberdeen Central, SD 20:23	
31 19 Emily Hornbeck Fr Derby 19:27	64 42 Erin Valenti So Fargo South 20:23	
32 20 Rebecca Rethwisch So Iowa City 19:28	65 43 Sara Stewart Jr Iowa City West 20:24	
33 x Laura Hughes Jr Mankato West, MN 19:32	66 x Jay Lynn Fimbers ?? ??? 20:26	

67	44 Megan Kilbride	Fr	Lakeville South	20:26
68	45 Cassidy White	Jr	Iowa City	20:27
69	46 Erin Kilbride	7th	Lakeville South	20:27
70	47 Laura Burke	Sr	Derby	20:30
71	48 Paige Rygg	Jr	Fargo South	20:35
72	49 Megan Brown	So	SF Roosevelt	20:36
73	50 Taylor Fehlberg	So	Iowa City West	20:40
74	51 Melanah Poole	Sr	Minot	20:51
75	x Allie Brisco	So	Scottsbluff, NE	20:54
76	52 Lindsay McFarland	Sr	Iowa City	20:56
77	53 Katie Schalow	Jr	Fargo South	20:57
78	54 Alexa Hornecker	Jr	Minot	21:00
79	55 Melanie Holman	Jr	Iowa City	21:02
80	x Bridgette Schneekl	Jr	Schuyler, NE	21:05.
81	56 Tori Lewis	So	Derby	21:05
82	57 Sarah Spellman	Jr	Dowling Catholic	21:08
83	x Britni Waller	Jr	Lincoln East, NE	21:08
84	x Taylor Scott	So	Belle Plaine, KS	21:09
85	58 Samantha Bartlett	Sr	Derby	21:09
86	59 Jenna Broghamer	Sr	Iowa City West	21:10
87	60 Ali Oswald	Fr	SF Roosevelt	21:10
88	61 Frances Conlin	So	Fargo South	21:12
89	62 Ali Fowler	Jr	Minot	21:13
90	63 Abby Bierschbach	Fr	Minot	21:16
91	x Shelby Smithhisler	Sr	Belle Plaine, KS	21:16
92	64 Emma Mickelson	7th	Lakeville South	21:19
93	65 Alyssa Eaves	So	Johnston	21:20
94	x Carrie Wiese	Sr	Columbus, NE	21:25
95	x Madison Musilek	Jr	West Sioux, IA	21:33
96	x Meleia Oestmann	Sr	Auburn, NE	21:35
97	66 Jennifer Storm	So	Fargo South	21:43
98	67 Aimee Thacker	Jr	Dowling Catholic	21:44
99	68 Katie Schlafke	So	White Bear Lake	21:49
100	69 Janelle Yonker	Fr	White Bear Lake	21:50
101	70 Valerie Nielson	So	Derby	21:58
102	71 Amber Clock	So	Johnston	22:03.
103	72 Kelsi Miller	Jr	Lakeville South	22:04
104	73 Amy Kruger	Sr	Johnston	22:28
105	74 Caroline Potts	So	White Bear Lake	22:41
106	75 Taylor Vonasek	So	Lakeville South	22:42
107	x Ivy Wellman	Jr	Belle Plaine, KS	23:07
108	76 Amanda Philip	Jr	Johnston	23:45
109	77 Kristin Ziegler	Fr	Minot	23:54
110	78 Claire Cox	Jr	Derby	24:13
111	79 Whitney Schuette	Jr	Iowa City West	