

# 2009 Nike Heartland Girls Championship

November, 14th 2009

50 degrees, 10 mph, sunny, Yankton Trail Park, SF Roosevelt, SD 5000 meters

1. 105 Dowling Catholic, IA
  - 1 Katie Flood 17:20
  - 2 Ashlie Decker 17:22
  - 22 Diane Hubbell 19:31
  - 39 Allie Vaughan 19:47
  - 41 Vanessa Miller 19:51
  - ( 64) Heather Tobias 20:12
  - ( 77) Emily Merfeld 20:34
2. 119 Elk River, MN
  - 4 Emma Bates 18:22
  - 5 Abbi Aspengren 18:26
  - 29 Chelsea Schlegel 19:41
  - 36 Victoria Janasz 19:45
  - 45 Jane Kallemeyn 19:55
  - ( 65) Erin Ness 20:13
  - ( 66) Anna Haugen 20:14
3. 126 Eden Prairie, MN
  - 7 Megan Platner 18:42
  - 19 Claire Johnson 19:22
  - 20 Laura Lawton 19:24
  - 28 Brittany Platt 19:41
  - 52 Katie Espe 20:00
  - ( 53) Carly Schulz 20:01
  - ( 55) Alexandra Birkle 20:03
4. 134 Bismarck, ND
  - 16 Taylor Pintar 19:19
  - 23 Tessa Haussler 19:34
  - 24 Shanice Lambert 19:35
  - 33 Alana Fischer 19:43
  - 38 Brooklyn Beehler 19:46
  - ( 59) Casie Gates 20:07
  - ( 80) Brittany Brownotter 20:38
5. 143 Iowa City, IA
  - 12 Rebecca Rethwisch 19:09
  - 13 Erin Danielson 19:12
  - 26 Melanie Holman 19:36
  - 42 Cassidy White 19:54
  - 50 Meg Richardson 19:59
  - ( 56) Emily Fagan 20:04
  - ( 57) Jill Stephenson 20:06
6. 156 Shakopee, MN
  - 3 Maria Hauger 18:17
  - 14 Winona Rachel 19:16
  - 31 Kate Bendel 19:42
  - 40 Alli Lynch 19:48
  - 68 Anna Neu 20:17
  - ( 90) Catherine Whitcomb 20:56
  - (113) Ashley Walker 22:02
7. 164 Lakeville South, MN
  - 17 Kayla Uphoff 19:20
  - 18 Erin Kilbride 19:21
  - 25 Meghan Barry 19:36
  - 46 Jordyn Ross 19:55
  - 58 Annie Brekken 20:07
  - ( 81) Megan Kilbride 20:38
  - ( 84) Megan Lubow 20:47
8. 196 Prior Lake, MN
  - 15 Paige Foster 19:18
  - 34 Emily Stock 19:43
  - 44 Kirsten Anderson 19:55
  - 49 Madison Lesmeister 19:58
  - 54 Taylor Scholl 20:01
  - ( 62) Grace Chandler 20:11
  - ( 82) Mackenzie Schell 20:43
9. 231 Sioux Falls Roosevelt, SD
  - 10 Alex Hess 19:02
  - 11 Seanna Kautz 19:03
  - 35 Bailey Breems 19:43
  - 61 Megan Brown 20:11
  - 114 Jessica Leat 22:02
  - (116) Emily Kirkwold 22:11
10. 266 Perham, MN
  - 6 Maddie McClellan 18:27
  - 43 Racole Karels 19:54
  - 60 Holly Sheets 20:11
  - 70 Shayla Fulford 20:21
  - 87 Mary Riestenberg 20:52
  - ( 96) Abby Anderson 21:03
  - (101) Lizzie Fudge 21:22
11. 287 Hopkins, MN
  - 27 Kayla Goeman 19:39
  - 32 Hannah Jocelyn 19:42
  - 71 Sarah Klecker 20:23
  - 72 Selamawit Shannon-Tamr 20:29
  - 85 Sara Heegaard 20:47
  - ( 89) Madeline Hinck 20:54
  - ( 95) Hannah Borowsky 21:02
12. 321 Fargo South, ND
  - 9 Tarin Lachowitz 19:01
  - 51 Erin Valenti 19:59
  - 83 Frances Conlin 20:46
  - 86 Kelsey Zastoupil 20:48
  - 92 Katie Schalow 21:00
  - ( 93) Katie Bostrom 21:00
  - (103) Paige Rygg 21:28
13. 322 Bismarck Century
  - 37 Alicia Fettig 19:45
  - 47 Melissa Uhrich 19:58
  - 63 Andrea Markwart 20:12
  - 75 Keisha Schock 20:33
  - 100 Paige Melin 21:19
  - (107) Savannah Link 21:39
  - (110) Niki Huelsman 21:54
14. 331 Moorhead, MN
  - 30 Kaylee Litch 19:42
  - 73 Morgan Christian 20:31
  - 74 Mackenzie Randklev 20:31
  - 76 Tayler Polomny 20:34
  - 78 Kelly Brammer 20:34
  - ( 79) Karlee Richards 20:37
15. 425 St Paul Public All-Star, MN
  - 48 Sophie Ristau 19:58 (Hi Pk)
  - 67 Anna Schmitz 20:14 (Centr)
  - 99 Ella Coben 21:13 (Centr)
  - 102 Teaghan Persons 21:27 (Centr)
  - 109 Mekea Larson 21:44 (Centr)
  - (117) Claire McGlave 22:40 (Centr)
  - (119) Julia Barton 23:56 (??)
16. 433 St. Cloud Cathedral
  - 21 Elena Danielson 19:28
  - 88 Alyssa Unger 20:53
  - 104 Heather Yelle 21:28
  - 105 Paige Danielson 21:30
  - 115 Hallee Curtis 22:10
17. 441 Minot, ND
  - 8 Brecca Wahlund 19:00
  - 98 Ashley Brey 21:07
  - 106 Alexa Hornecker 21:31
  - 111 Ali Fowler 21:56
  - 118 Sydnee Brey 23:16
  - (120) Kristin Ziegler 24:06
  - (121) Danielle Bolinske 25:54
18. 459 Papillon-LaVista South, NE
  - 69 Mikayla Peck 20:18
  - 91 Sydney Gress 20:59
  - 94 Haden Mikesell 21:01
  - 97 Kelsey Green 21:06
  - 108 Jordan Bledsoe 21:39
  - (112) Taylor Chapman 22:00

1	1	Katie Flood	SR	Dowling Catholic	17:19.06	12	x	Gabrielle Levac	SR	Arrowhead, WI	18:43.91
2	2	Ashlie Decker	SR	Dowling Catholic	17:21.79	13	x	Heidi Peterson	SR	Sartell-St. Stephen, MN	18:46.21
3	x	Shelby Houlihan	JR	Sioux City East, IA	18:05.59	14	x	Mary Kenney	SR	West DM Valley, IA	18:49.42
4	x	Marya Haegler	SR	Shoreland Lutheran, WI	18:10.73	15	x	Amber Seidenkranz	8th	Monticello, MN	18:50.04
5	3	Maria Hauger	FR	Shakopee	18:16.24	16	x	Erica Seidenkranz	SO	Monticello, MN	18:53.22
6	4	Emma Bates	SR	Elk River	18:21.11	17	x	Jamie Piepenburg	SO	Alexandria, MN	18:59.22
7	5	Abbi Aspengren	JR	Elk River	18:25.12	18	8	Brecca Wahlund	JR	Minot	18:59.66
8	6	Maddie McClellan	SR	Perham	18:26.53	19	9	Tarin Lachowitz	SO	Fargo	19:00.99
9	x	Rebekah Topham	8th	Griswold, IA	18:28.37	20	10	Alex Hess	SO	SF Roosevelt	19:01.57
10	x	Madie Hubbell	SR	DesMoines Roosevelt, IA	18:37.14	21	x	Madeleine Takahash	JR	Sturgis Brown, SD	19:02.30
11	7	Megan Platner	JR	Eden Prairie	18:41.97	22	11	Seanna Kautz	SR	SF Roosevelt	19:02.40

23	x	Chrissy Monson	FR	Albert Lea, MN	19:06.38	92	x	Bridgette Schneekl	SR	Schuyler, NE	20:22.80
24	12	Rebecca Rethwisch	JR	Iowa City	19:08.24	93	x	Sam Soupir	JR	Gretha, NE	20:25.94
25	13	Erin Danielson	FR	Iowa City	19:11.44	94	72	Selamawit Shannon-	JR	Hopkins	20:28.49
26	14	Winona Rachel	FR	Shakopee	19:15.39	95	x	Hailey Schmidt	FR	Grand Island, NE	20:29.69
27	15	Paige Foster	SR	Prior Lake	19:17.49	96	73	Morgan Christian	SR	Moorhead	20:30.83
28	16	Taylor Pintar	SR	Bismarck	19:18.07	97	74	Mackenzie Randklev	SO	Moorhead	20:30.85
29	17	Kayla Uphoff	SR	Lakeville South	19:19.70	98	75	Keisha Schock	FR	Century	20:32.64
30	18	Erin Kilbride	8	Lakeville South	19:20.08	99	76	Tayler Polomny	JR	Moorhead	20:33.33
31	19	Claire Johnson	SR	Eden Prairie	19:21.63	100	77	Emily Merfeld	SR	Dowling Catholic	20:33.42
32	20	Laura Lawton	JR	Eden Prairie	19:23.60	101	78	Kelly Brammer	SR	Moorhead	20:33.92
33	x	Maddie Hibshman	JR	Onalaska, WI	19:26.58	102	79	Karlee Richards	JR	Moorhead	20:36.11
34	x	Lauren Friese	SO	Fairmont, MN	19:26.60	103	80	Brittany Brownotte	8th	Bismarck	20:37.17
35	21	Elena Danielson	FR	St. Cloud Ca 1	19:27.77	104	81	Megan Kilbride	SO	Lakeville South	20:37.18
36	22	Diane Hubbell	SO	Dowling Catholic	19:30.76	105	82	Mackenzie Schell	8th	Prior Lake	20:43.00
37	23	Tessa Haussler	SO	Bismarck 40	19:33.44	106	x	Merissa Falkenberg	SR	Crofton, NE	20:43.33
38	24	Shanice Lambert	SR	Bismarck	19:34.77	107	83	Frances Conlin	JR	Fargo South	20:45.95
39	25	Meghan Barry	JR	Lakeville South	19:35.03	108	84	Megan Lubow	8	Lakeville South	20:46.12
40	26	Melanie Holman	SR	Iowa City	19:35.93	109	85	Sara Heegaard	JR	Hopkins	20:46.54
41	27	Kayla Goeman	JR	Hopkins	19:38.36	110	x	Carly Holmstrom	SO	Sioux Falls Lincoln	20:46.74
42	28	Brittany Platt	FR	Eden Prairie	19:40.28	111	86	Kelsey Zastoupil	SO	Fargo South	20:47.95
43	29	Chelsea Schlegel	FR	Elk River	19:40.83	112	87	Mary Riestenberg	8th	Perham	20:51.28
44	30	Kaylee Litch	SR	Moorhead	19:41.15	113	88	Alyssa Unger	SO	St. Cloud Ca	20:52.48
45	31	Kate Bendel	SR	Shakopee	19:41.68	114	x	Bailey Eich	JR	Douglas, SD	20:52.79
46	32	Hannah Jocelyn	SR	Hopkins	19:41.76	115	89	Madeline Hinck	FR	Hopkins	20:53.89
47	33	Alana Fischer	JR	Bismarck	19:42.17	116	90	Catherine Whitcomb	JR	Shakopee	20:55.66
48	34	Emily Stock	FR	Prior Lake	19:42.43	117	91	Sydney Gress	SO	Papillon-LaVista South	20:58.22
49	35	Bailey Breems	SR	SF Roosevelt	19:42.54	118	92	Katie Schalow	SR	Fargo South	20:59.67
50	36	Victoria Janasz	SR	Elk River	19:44.50	119	93	Katie Bostrom	8	Fargo South 1	21:00.00
51	37	Alicia Fettig	SO	Century	19:44.63	120	94	Haden Mikesell	SO	Papillon-LaVista South	21:00.11
52	38	Brooklyn Beehler	JR	Bismarck	19:45.80	121	95	Hannah Borowsky	JR	Hopkins	21:01.66
53	x	Mackenzie Eland	SO	Burlington, IA	19:46.33	122	96	Abby Anderson	SR	Perham	21:02.69
54	x	Juli Smith	SO	Sidney, NE 63	19:46.76	123	97	Kelsey Green	JR	Papillon-LaVista South	21:05.57
55	39	Allie Vaughan	SO	Dowling Catholic	19:46.78	124	98	Ashley Brey	SR	Minot	21:06.57
56	40	Alli Lynch	FR	Shakopee	19:47.52	125	99	Ella Coben	JR	Saint Paul Central	21:12.03
57	41	Vanessa Miller	FR	Dowling Catholic	19:50.54	126	x	Elizabeth Kube	SO	Crofton, NE	21:18.20
58	x	Hannah Kellerman	SR	Sartell-St. Step, MN	19:51.08	127	100	Paige Melin	FR	Century	21:18.90
59	42	Cassidy White	SR	Iowa City	19:53.28	128	101	Lizzie Fudge	8th	Perham	21:21.70
60	43	Racole Karels	8	Perham 78	19:53.95	129	102	Teaghan Persons	Saint Paul Central		21:26.32
61	44	Kirsten Anderson	SO	Prior Lake	19:54.37	130	103	Paige Rygg	SR	Fargo South	21:27.22
62	45	Jane Kallemeyn	JR	Elk River	19:54.77	131	104	Heather Yelle	FR	St. Cloud Ca	21:27.69
63	46	Jordyn Ross	SR	Lakeville South	19:54.88	132	105	Paige Danielson	8th	St. Cloud Ca	21:29.35
64	47	Melissa Uhrich	SO	Century	19:57.05	133	106	Alexa Hornecker	SR	Minot	21:30.42
65	48	Sophie Ristau	JR	St Paul Highland Pk, MN	19:57.22	134	x	Lottie Grimshaw	FR	Todd County, SD	21:37.22
66	49	Madison Lesmeister	SO	Prior Lake	19:57.85	135	107	Savannah Link	JR	Century	21:38.20
67	50	Meg Richardson	SO	Iowa City	19:58.10	136	108	Jordan Bledsoe	JR	Papillon-LaVista South	21:38.22
68	51	Erin Valenti	JR	Fargo South	19:58.34	137	x	Karo Garcia	SO	Columbus, NE	21:41.13
69	52	Katie Espe	SR	Eden Prairie	19:59.44	138	109	Mekea Larson	JR	Saint Paul Central	21:43.97
70	53	Carly Schulz	SO	Eden Prairie	20:00.01	139	110	Niki Huelsman	SR	Century	21:53.49
71	54	Taylor Scholl	SO	Prior Lake	20:00.84	140	111	Ali Fowler	SR	Minot	21:55.12
72	55	Alexandra Birkle	JR	Eden Prairie	20:02.08	141	x	Taylor Bertsch	SO	Fargo South, ND	21:57.37
73	56	Emily Fagan	SR	Iowa City	20:03.68	142	112	Taylor Chapman	JR	Papillon-LaVista South	21:59.58
74	57	Jill Stephenson	SR	Iowa City	20:05.32	143	113	Ashley Walker	JR	Shakopee	22:01.19
75	58	Annie Brekken	8	Lakeville South	20:06.44	144	114	Jessica Leat	FR	SF Roosevelt	22:01.43
76	59	Casie Gates	SR	Bismarck	20:06.60	145	115	Hallee Curtis	FR	St. Cloud Ca	22:09.56
77	x	Haley Kruger	SO	Brandon Valley, SD	20:09.55	146	x	Hannah Magrum	SO	Fargo South	22:09.76
78	60	Holly Sheets	SR	Perham	20:10.24	147	116	Emily Kirkwold	JR	SF Roosevelt	22:10.82
79	61	Megan Brown	JR	SF Roosevelt	20:10.59	148	x	Perla Gutierrez	JR	Omaha South, NE	22:15.60
80	62	Grace Chandler	JR	Prior Lake	20:10.99	149	x	Michelle Tamayo	SO	Omaha South, NE	22:17.73
81	63	Andrea Markwart	JR	Century	20:11.28	150	x	Paige Holman	FR	Fargo North, ND	22:18.23
82	64	Heather Tobias	SR	Dowling Catholic	20:11.72	151	x	Katie Oleson	JR	Burlington, IA	22:22.43
83	65	Erin Ness	8th	Elk River	20:12.21	152	x	Emily Bitz	SO	Fargo South, ND	22:24.00
84	66	Anna Haugen	FR	Elk River	20:13.35	153	117	Claire McGlave	JR	Saint Paul Central	22:39.24
85	67	Anna Schmitz	SR	Saint Paul Central	20:13.77	154	x	Abby Roche	JR	Fargo North, ND	23:00.89
86	x	Maddie Moyer	JR	Burlington, IA	20:14.17	155	118	Sydnee Brey	FR	Minot	23:15.49
87	68	Anna Neu	SO	Shakopee	20:16.96	156	x	Jenna Schweiss	FR	Potter County, SD	23:53.14
88	69	Mikayla Peck	JR	Papillon-LaVista South	20:17.37	157	119	Julia Barton	Saint Paul ??		23:55.19
89	x	Taylor Fehlberg	JR	Iowa City West, IA	20:17.94	158	120	Kristin Ziegler	SO	Minot	24:05.01
90	70	Shayla Fulford	SR	Perham	20:20.85	159	121	Danielle Bolinske	SR	Minot	25:53.50
91	71	Sarah Klecker	FR	Hopkins	20:22.06						