

Nike Cross Nationals Heartland Regional 2024

Nov 10, 2024 Yankton Trail Park, Sioux Falls, SD

Womens 5,000 Meters Championship Team Scores

1 Wayzata, MN	81	27 Kendall Zavala SR Norris, NE	17:56.4
2 Johnston, IA	139	28 Jerica Glasser JR Sioux Falls Christian, SD	17:56.8
3 Pleasant Valley, IA	177	29 Payton Fink SR Washburn Rural, KS	17:57.1
4 Pella, IA	179	30 Lyla Drayna 8 Edina, MN	17:58.9
5 Harrisburg, IA	215	31 Avery Marasco-Johnson SR Minnetonka, MN	17:59.3
6 Sioux Falls Christian, SD	253	32 Audrey Brownell JR Staples-Motley, MN	18:00.2
7 Neenah, WI	267	33 Isabel Mahoney JR Monticello, MN	18:02.9
8 Prior Lake, MN	286	34 Piper Messerly SO Dallas Center-Grimes, IA	18:04.6
9 Olathe West, KS	311	35 Layla Vennink SR Prior Lake, MN	18:04.6
10 Minneapolis Southwest, MN	315	36 Natalie Smith JR Sioux Falls Christian, SD	18:05.3
11 Dubuque Senior, IA	332	37 Kate Ebmeier SR Millard West, NE	18:05.4
12 Hopkins, MN	336	38 Ani Wedemeyer SR Pleasant Valley, IA	18:06.9
13 Edina, MN	345	39 Lindsey Sonderman SR Harlan, IA	18:07.7
14 Millard West, NE	358	40 Payton Crabb SO Johnston, IA	18:09.7
15 Forest Lake, MN	361	41 Julia Link SR Wayzata, MN	18:10.7
16 Mounds View, MN	362	42 Annika Midness JR Minneapolis Southwest, MN	18:11.0
17 St. Paul Highland Park, MN	404	43 Charlotte Hardy SO Shawnee Mission East, KS	18:11.6
18 Minnetonka, MN	428	44 Ruth Dunham SO Pella, IA	18:12.3
19 Elkhorn North, NE	437	45 Ele Wharton SO Johnston, IA	18:12.6
20 Perham, MN	438	46 Tessa Bruckhart SO Stevens Point, WI	18:12.7
21 Northfield, MN	447	47 Atlee Wallman SR Norris, NE	18:13.0
22 Shawnee Mission East, KS	468	48 Carley LaMotte JR Burnsville, MN	18:14.4
23 Christ Preparatory Academy, KS	475	49 Madelyn Wallace JR Andover, KS	18:15.3
24 Bismarck Legacy, ND	571	50 Abigail HIBBS SR Champlin Park, MN	18:17.8
25 Lincoln Southwest. NE	578	51 Miley Clark JR Wayzata, MN	18:17.8
26 Sioux Falls Lincoln, SD	586	52 Maddie Millage SO Pleasant Valley, IA	18:18.2

Womens 5,000 Meters Championship Results

1 Marissa Ferebee JR Pella, IA	16:25.5	54 Jazleen Malherek-Osorio JR Wayzata, MN	18:19.8
2 Ruby Ihmels SO Bismarck Century, ND	16:34.6	55 Keira Friedrich JR Saint Peter, MN	18:19.8
3 Ryin Miller JR Topeka Seaman, KS	16:44.6	56 Audrey Dummermuth JR Johnston, IA	18:19.9
4 Katelyn Rupe SR Salina Central, KS	16:49.4	57 Grace Boleyn SR Pleasant Valley, IA	18:20.4
5 Libby Castelli SR Sioux Falls O'Gorman, SD	16:56.4	58 Elsa Gruber JR Neenah, WI	18:20.5
6 Brianna Reilly 7 Harrisburg, SD	17:01.6	59 Lizzy VandeVoort FR Pella, IA	18:21.3
7 Hannah Genrich 8 Harrisburg, SD	17:04.9	60 Autumn Gilhooly 8 Harrisburg, SD	18:22.6
8 Norah Hushagen SR Forest Lake, MN	17:07.6	61 Lily Brewer SR Olathe West, KS	18:22.7
9 Maddie Gullickson JR Wayzata, MN	17:11.3	62 Makenna Madetzke JR Ankemy, IA	18:24.2
10 Lila Golomb JR Wayzata, MN	17:28.1	63 Makayah Petricka FR Northfield, MN	18:25.1
11 Linnea Ousdigian SO Mounds View, MN	17:28.8	64 Mia Kadi SO SF Lincoln, SD	18:25.6
12 Macy Hanson SR Fairmont, MN	17:30.4	65 Shaela Elert SR Sun Prairie East, WI	18:26.4
13 Alyx Woodley JR Johnston, IA	17:35.2	66 Mazie Olkowski SR Neenah, WI	18:26.6
14 Grace Lewis-Mosher SR St P Highland Park, MN	17:36.0	67 Addison Reilly FR Harrisburg, SD	18:27.4
15 Emmerson Drobac JR Deerfield/Cambridge, WI	17:37.3	68 Kori Keil JR Spearfish, SD	18:30.6
16 Mackenzie Babcock SR Monona Grove, WI	17:40.1	69 Irelyn Kennedy JR Baldwin, KS	18:31.1
17 Ella Anschutz JR Muskego, WI	17:42.5	70 Rylee Ismert SR Washburn Rural, KS	18:31.7
18 Peyton VanDeest SO Spearfish, SD	17:45.5	71 Claire Hoyer SR Dubuque Senior, IA	18:31.8
19 Mallory Kohn SR Dodgeand, WI	17:47.4	72 Mabel Henningsen FR Omaha Marion, NE	18:33.2
20 Maggie Behler SO Kohler, WI	17:50.1	73 Evie Malec SO Minnetonka, MN	18:33.5
21 Sadie Pettengill FR Sioux Falls Christian, SD	17:50.7	74 Litzey Fredette SR Millard West, NE	18:33.7
22 Faith Wiese JR Flandreau, SD	17:51.3	75 Emery Larson JR Pierre TF Riggs, SD	18:33.9
23 Noelle Steines SR Tipton, IA	17:52.0	76 Elizabeth Kurtz SR Christ Preparatory Acad., KS	18:34.5
24 Charlee Gall FR Cedar Falls, IA	17:53.8	77 Sophia Reynolds SO Hastings, NE	18:34.7
25 Anika Mohrhauser SR Ankeny Centennial, IA	17:55.8	78 Maddy Stevens SR Dallas Center-Grimes, IA	18:35.8
26 Greta Peters SR Altoona, WI	17:56.0	79 Emily Hein JR Wichita Trinity, KS	18:36.0
		80 Hannah Boese JR Spectrum, MN	18:36.6
		81 Isabelle Reinders JR Prior Lake, MN	18:37.1

82 Taya Fettig SR Bismarck, ND 18:37.4
83 Alyson Kleyman SR Wayzata, MN 18:38.1
84 Jasmine Stiede SR Olathe West, KS 18:38.9
85 Keira Bell 8 Minneapolis Southwest, MN 18:39.2
86 Emma Chesterman JR Dubuque Senior, IA 18:39.7
87 Natalie Schultz SO Neenah, WI 18:40.5
88 Mya WERNER JR Delano, MN 18:41.2
89 Lauren McCalla JR Menomonie, WI 18:41.3
90 Sam Fuller JR Hopkins, MN 18:41.6
91 Samantha Palm SR St P Highland Park, MN 18:41.8
92 Brynn Edgin JR Pleasant Valley, IA 18:42.0
93 Eva Selensky SR Bismarck Legacy, ND 18:42.2
94 Sonja Semling SR Cotter Schools, MN 18:42.3
95 Kate Larson SO Blue Valley West, KS 18:42.5
96 Emily Graf JR Washburn Rural, KS 18:42.6
97 Ella Ford SR Elkhorn North, NE 18:42.6
98 Avalee Brown JR Perham, MN 18:43.1
99 Ella Boekelheide JR Northwestern, SD 18:46.0
100 Molly McCarthy SO Forest Lake, MN 18:46.4
101 Sara Gastony JR Prior Lake, MN 18:46.8
102 Annah Perdue SO York, NE 18:47.1
103 Vivian McCombs SO Pleasant Valley, IA 18:47.4
104 Aubrey Smith SO Wayzata, MN 18:47.7
105 Isabelle Wood JR Christ Preparatory Acad., KS 18:49.1
106 Nora Prekker 8 Minneapolis Southwest, MN 18:49.6
107 Anya Schmeichel SO Hopkins, MN 18:50.0
108 Mara Schiebout SR Pella, IA 18:50.6
109 Aubrielle Tousey SO Johnston, IA 18:50.9
110 Abigail Durow JR Millard South, NE 18:51.6
111 Abigail Urriola SO Mounds View, MN 18:52.0
112 Carleigh Altwine FR Pella, IA 18:52.6
113 Paityn Christoffels JR Elkhorn North, NE 18:53.4
114 Margaret Duffy SO Sain John's Prep, MN 18:55.3
115 Emily Gorton SR Dubuque Senior, IA 18:56.8
116 Lillian Pociask SO Kohler, WI 18:57.1
117 Sadie Eicher SR Edina, MN 18:57.2
118 Eva Jain FR Edina, MN 18:57.6
119 Kelsey Schmidt SR Lennox, KS 18:58.3
120 Sidney Fuhr SR Chaska, MN 18:58.5
121 Caidyn Breid JR Perham, MN 18:58.9
122 Adela Peterson JR Mounds View, MN 18:59.1
123 Lauren Eilers SR Willmar, MN 18:59.5
124 Anna Forbord SR Northfield, MN 19:00.0
125 Bailey VanderGriend JR Sioux Falls Christian, SD 19:00.7
126 Annabel Schendel JR Mpls Southwest, MN 19:00.8
127 Anniston (Annie) Rolf FR Saint Francis, MN 19:00.9
128 Natalie Willes JR Neenah, WI 19:01.3
129 Jaylee Duncan JR Pleasant Valley, IA 19:03.4
130 Bree Barfknecht FR Menomonie, WI 19:04.0
131 Liz Browning SR Olathe West, KS 19:04.5
132 Aubrey Kleser JR Bismarck, ND 19:06.4
133 April Watson JR Maple Grove, MN 19:07.2
134 Adyson Burton FR Olathe West, KS 19:07.5
135 Addison Enfield SR Northfield, MN 19:08.1
136 Meredith Gilles SR Minnetonka, MN 19:08.3
137 Hope Riedel SR Lincoln North Star, NE 19:09.0
138 Maddie Schoonover SO Neenah, WI 19:09.8
139 Laynie Clements SR Olathe West, KS 19:10.0
140 Tessa Starzl SO Perham, MN 19:10.4
141 Jayna Lamping JR Johnston, IA 19:10.7
142 Lucy Harris FR Magic City, Minot, ND 19:11.1
143 Brooke Marquardt SR Prior Lake, MN 19:11.1
144 Anna Joyce SR Shawnee Mission East, KS 19:11.6
145 Katelyn Sanne JR Millard West, NE 19:11.7
146 Briel Bechen JR Dubuque Senior, IA 19:12.4
147 Meredith Marsh SO Lincoln Southwest, NE 19:13.1
148 Addison Dooley JR Dallas Center-Grimes, IA 19:13.4
149 Charlotte Kowallis 8 Forest Lake, MN 19:14.8
150 Quinn Hays SR Lenexa St. James Academy, KS 19:15.3
151 Silvy Munn JR Lincoln Southwest, NE 19:15.9
152 Charlotte Gregor SR Omaha South, NE 19:16.3
153 Maggie Hoen SR Prior Lake, MN 19:18.1
154 Maeta Williams SO Forest Lake, MN 19:18.1
155 Chloe Voyen 8 Hopkins, MN 19:18.9
156 Kailey O'Brien SR Elkhorn North, NE 19:19.0
157 Lise Hoyer SO Dubuque Senior, IA 19:20.7
158 Chayla Sweere JR Perham, MN 19:20.7
159 Mirabel Bucher SO Christ Preparatory Acad., KS 19:21.4
160 Olivia Brinkman SR Edina, MN 19:22.0
161 Claire Langford JR Shawnee Mission East, KS 19:22.3
162 Lillian Dodd JR Edina, MN 19:22.4
163 Lizzie Drew SR Edina, MN 19:22.7
164 Claire Forbord SO Northfield, MN 19:23.1
165 Grace Volzke SO Elkhorn South, NE 19:23.2
166 Lexie Wisham JR Johnston, IA 19:23.9
167 Emmeline Murray SO SF Lincoln, SD 19:24.1
168 Leah Robinson SO Elkhorn North, NE 19:24.2
169 Ruah Franzmann-Simmert SO Tri-State Home School, WI 19:24.2
170 Olivia McKlem JR Millard West, NE 19:25.1
171 Cora Gentry FR Mounds View, MN 19:25.6
172 Ellie Moore SR St P Highland Park, MN 19:27.7
173 Sienna Odd SO Hopkins, MN 19:28.0
174 Sadie Osher SO Millard West, NE 19:28.6
175 Bre Axt SR Bismarck Legacy, ND 19:29.9
176 Hannah Hintz 8 Bismarck, ND 19:30.8
177 Taia Green FR Millard West, NE 19:31.8
178 Ella Ash SO Shawnee Mission East, KS 19:31.8
179 Izzy Dahl SO Bismarck, ND 19:32.2
180 Kira Ubence JR Douglas, SD 19:33.7
181 Ruby Peterson FR St P Highland Park, MN 19:33.8
182 Maya Francisco SR Mounds View, MN 19:34.3
183 Emily Scott JR Millard West, NE 19:34.6
184 Frankie Gotto SO Pleasant Valley, IA 19:34.8
185 Brooklyn Nolte SR Washburn Rural, KS 19:35.1
186 Anatalya Graham JR Minneapolis Southwest, MN 19:35.8
187 Anna Irwin FR Edina, MN 19:36.4
188 Adelaide Hydeman JR Christ Prep. Acad., KS 19:36.7
189 Tessa Greisen SR Seward, NE 19:38.8
190 Anna Ripley SR Elkhorn North, NE 19:39.9
191 Aaliyah Rogers JR Forest Lake, MN 19:40.2
192 Zoe Sumner SR Minneapolis Southwest, MN 19:41.6
193 Ingrid Haaland JR St P Highland Park, MN 19:41.6
194 Brynn Crane SR Bismarck Legacy, ND 19:42.6
195 Hazel Hushagen 7 Forest Lake, MN 19:42.7
196 Eme Olkowski JR Neenah, WI 19:44.0

197 Izzy Malloy FR Neenah, WI 19:44.0
198 Julia Mora SO Dallas Center-Grimes, IA 19:45.2
199 Audra Gonzales SR Olathe West, KS 19:45.6
200 Hannah Soucie FR Lincoln Southwest, NE 19:47.1
201 Isabelle Simonson SR Bismarck Legacy, ND 19:47.2
202 Ruby Bouwman JR SF Lincoln, SD 19:47.6
203 Addison Schuler FR Menomonie, WI 19:47.6
204 Lucy Saari SO Forest Lake, MN 19:48.3
205 Izzy Gilbertson SO Lincoln Southwest, NE 19:48.7
206 Ruby Schweigert SR Hopkins, MN 19:48.8
207 Mya Kafka SR Lincoln Southwest, NE 19:50.3
208 Chloe Steinkraus SO Minnetonka, MN 19:51.2
209 Gracie Morris JR Perham, MN 19:51.8
210 Jordyn Nevin SO Prior Lake, MN 19:53.3
211 Lizzie Neumann JR Pella, IA 19:54.7
212 Sarah Gilhooly SO Harrisburg, SD 19:55.4
213 Alice Rapacz SO St P Highland Park, MN 19:55.7
214 Bennett Schmitt JR Menomonie, WI 19:56.5
215 Elsie Brenneman SO Pella, IA 19:57.5
216 McKenzie Benedict JR Prior Lake, MN 19:57.6
217 Olivia Kerkvliet SO Sioux Falls Christian, SD 19:58.7
218 Nevaeh Kessler JR Dubuque Senior, IA 20:01.6
219 Olivia Linderman FR Lincoln Southwest, NE 20:02.0
220 Verity Kocmick SO Harrisburg, SD 20:02.7
221 Victoria Sinitsky FR Lincoln Southwest, NE 20:04.7
222 Whitney Olsen FR Mounds View, MN A 20:05.5
223 Maddie Kublank SO Sun Prairie East, WI 20:06.6
224 Chloe Swan JR Shawnee Mission East, KS 20:06.9
225 Cora Grismer SR Perham, MN 20:08.2
226 Karena Gallagher JR Mpls Southwest, MN 20:08.4
227 Lauren Woeste JR Bismarck Legacy, ND 20:11.6
228 Brielle Jenkins FR SF Lincoln, SD 20:13.3
229 Zoe Moore SO St P Highland Park, MN 20:16.9
230 Aubrey Rost SR Bismarck Legacy, ND 20:18.2
231 Brooklyn White SO Olathe West, KS 20:19.2
232 Sophia Bauld SR Burke, SD 20:26.2
233 Nahla Grismer SO Perham, MN 20:30.0
234 Abby Hayes SR Christ Preparatory Acad., KS 20:30.7
235 Marah Klein SO Minnetonka, MN 20:31.4
236 Kaylor Nekl JR SF Lincoln, SD 20:33.5
237 Ivy Brandenburg JR Northfield, MN 20:38.6
238 Malaina Brodin SR Mounds View, MN 20:40.0
239 Peyton Quaas SO Northfield, MN 20:44.7
240 Reagan Ostransky SO SF Lincoln, SD 20:48.7
241 McKenzie Hildremyr JR Bismarck Legacy, ND 20:50.1
242 Jenna Gilhooly SR Harrisburg, SD 20:52.5
243 Ella Bartz JR SF Lincoln, SD 21:06.5
244 Stella Weber JR Dubuque Senior, IA 21:20.8
245 Claire Uecker SR Minnetonka, MN 21:22.4
246 Amelia Myers JR Shawnee Mission East, KS 21:29.5
247 Stella Swanson SO Minnetonka, MN 21:50.5
248 Libby Marsh JR Shawnee Mission East, KS 21:53.4
249 Grace Kurtz SO Christ Preparatory Acad., KS 22:19.1
250 Britta Hydeman SO Christ Preparatory Acad., KS 22:23.0
Reese Fenske SO Fairmont, MN DNF
Bella Drake SO Menomonie, WI DNF

Open Race (4 Sections) 19:10.9 or faster

Section 1

1 Kienna Loberg SO Eastview, MN 18:22.4
2 Lauren Boerger JR Eagan, MN 18:31.4
3 Lydia Franson SR East Ridge, MN 18:41.4
4 Kylie Nelson SR Centennial, MN 18:44.2
5 Lauren Lansing SO Farmington, MN 18:45.3
6 Nina Peterson SR Iowa City High, IA 18:46.4
7 Laura McClary SR St Paul Central, MN 18:52.7
8 Brenna Benjamin JR Holdrege, NE 18:57.7
9 Brinna Sheldon SO Rapid City Stevens, SD 19:03.1
10 Chloe Thoennes SO Lakeville South, MN 19:04.4
11 Autumn Rakosnik FR Lanesboro, MN 19:05.2
12 Lucy Zabloudil SO Gretna, NE 19:06.2
13 Kadance Holso JR Rapid City Stevens, SD 19:06.9
14 Gracie Puit SR Eastview, MN 19:08.5

Section 2

1 Noella Ross JR Chaska, MN 18:25.2
2 Gwendolyn Sattler SO Bishop Carroll, KS 18:41.6
3 Jacki Johnson SR Moorhead, MN 18:42.1
4 Citori Halbe JR Alexandria, MN 18:42.8
5 Zili Lenzner SO Saint Cloud Apollo, MN 18:47.4
6 Brooke Martin SR Bishop Carroll, KS 18:49.3
7 Jocie Hallen FR Orono, MN 18:51.9
8 Amelia Borgen JR Bloomington Jefferson, MN 18:52.6
9 Rose Erlinder SR Brookfield Academy, WI 18:58.0
10 Kelsey Young SR Maple Grove, MN 18:58.2
11 Brittney Betancourt JR Shawnee Mission North, KS 18:59.9
12 Maren Nelson SO Saint Cloud Tech, MN 19:00.2
13 Cady Macheel FR Buffalo, MN 19:00.4
14 Sophia Redler SR Dakota Valley, SD 19:05.7
15 Greta Shockey JR Stillwater, MN 19:07.4
16 Bobbi Nichols SR Alexandria, MN 19:08.9

Section 3

1 Abigail Burger SR Kearney, NE 18:09.2
2 Cece Kramper SO Duchesne Academy, NE 18:44.3
3 Mackenzie Myran 7 Saint Michael-Albertville, MN 18:51.8
4 Addison Bertrand JR Bishop Heelan, IA 18:54.8
5 Annika Larson SR Ballard, IA 18:55.9
6 Paige Gardiner JR Sibley East, MN 18:57.2
7 Ady Hannon SO Saint Michael-Albertville, MN 19:00.5
8 Naomi Dybvig FR Robbinsdale Armstrong, MN 19:00.6
9 Brooklyn Huigens FR Saint Thomas Aquinas, KS 19:03.4
10 Klaire Lietz SR Valley, IA 19:06.2
11 London Gawronski SO Oconomowoc, WI 19:08.7

Section 4

1 Annika Hall FR Chisago Lakes Area, MN 18:05.4
2 Lyla Marney FR Big Horn, WY 18:35.6
3 Jordyn Cleary SR Andover, KS 18:41.8
4 Harley Jeannotte FR Williston, ND 18:48.0
5 Cassie Wellman SO Fergus Falls, MN 18:49.3
6 Anjalie Aho SR Menahga, MN 18:56.4
7 Erin Barnes JR Olathe East, KS 19:06.9
8 Logan Bailey FR White Bear Lake, MN 19:10.3