

2025 Nike Heartland Region Championship- Girls

Sunday, Nov. 9th- 2:25 pm - at Yankton Trail Park, Sioux Falls, SD - 25 degrees, partly sunny, 20 mph wind - soft ground from melted snow

1 Wayzata, MN	50	(1,7,12,14,16- 27,72)	14 Muskego, WI	397
2 Sioux Falls Christian, SD	87	(3,8,13,30,33- 67,75)	15 Bismarck Century, ND	400
3 Pella, IA	114	(10,11,25,26,42- 123,158)	16 Perham, MN	402
4 Neenah, WI	191	(9,41,43,45,53- 54,64)	17 Forest Lake, MN	437
5 Pleasant Valley, IA	216	(21,32,49,52,62- 128,139)	18 Dallas Center-Grimes, IA	447
6 Harrisburg, SD	255	(2,5,70,80,98- 131,162)	19 Manhattan, KS	462
7 Hopkins, MN	283	(24,38,44,78,99- 135,159)	20 Blue Valley West, KS	475
8 Edina, MN	293	(17,48,68,69,91- 93,127)	21 Blue Valley, KS	481
9 Johnston, IA	296	(19,34,59,89,95,96,138)	22 Shawnee Mission East, KS	492
10 Waconia, MN	305	(18,55,63,81,88- 94,166)	23 Wauwatosa East, WI	505
11 Mpls Southwest, MN	332	(28,50,60,92,102- 106,136)	24 Lincoln Southwest, NE	515
12 St. Michael-Albertville, MN	371	(15,40,97,104,115- 134,140)	25 Gretna, NE	564
13 Whitefish Bay, WI	378	(4,71,73,105,125- 130,161)	26 Baldwin, KS	714

1	1	Maddie Gullickson	SR	Wayzata, MN	16:49.5	48	23	Ella Anschutz	SR	Muskego, WI	18:41.3
2		Peyton VanDeest	JR	Spearfish, SD	17:04.3	49		Emma Stanley	JR	Ames, IA	18:41.9
3	2	Brianna Reilly	8	Harrisburg, SD	17:04.5	50	24	Morgan Waechter	JR	Hopkins, MN	18:42.2
4	3	Ellie Maddox	SR	SF Christian, SD	17:19.4	51		Ava Helmbrect	SR	Appleton North, WI	18:42.2
5		Lauren McCalla	SR	Menomonie, WI	17:28.6	52	25	Ruth Dunham	JR	Pella, IA	18:43.5
6	4	Karstin McCabe	FR	Whitefish Bay, WI	17:32.0	53	26	Lizzy Vande Voort	SO	Pella, IA	18:44.0
7	5	Hannah Genrich	FR	Harrisburg, SD	17:32.0	54	27	Addison Neitz	SR	Wayzata, MN	18:45.5
8	6	Ruby Ihmels	JR	Bismarck Century, ND	17:37.0	55	28	Keira Bell	FR	Mpls Southwest, MN	18:47.6
9	7	Jazleen Malherek-Osorio	SR	Wayzata, MN	17:42.7	56	29	Lucy Zabloudil	JR	Gretna, NE	18:47.8
10		Charlee Gall	SO	Cedar Falls, IA	17:45.0	57	30	Natalie Smith	SR	SF Christian, SD	18:48.2
11		Linnea Ousdigian	JR	Mounds View, MN	17:51.8	58		Lucy Dolan	SR	WiscR Assumption, WI	18:48.3
12	8	Sadie Pettengill	SO	SF Christian, SD	17:52.9	59		Mykenna Johnson	JR	Shanley, ND	18:48.8
13	9	Sam Zilm	FR	Neenah, WI	17:53.0	60	31	Maeta Williams	JR	Forest Lake, MN	18:50.2
14		Faith Wiese	SR	Flandreau, SD	17:55.6	61	32	Sarah Foad	FR	Pleasant Valley, IA	18:50.8
15		Brynlee Wegener	FR	Blaine, MN	17:56.0	62		Kori McClain	SR	North Platte, NE	18:51.0
16	10	Marissa Ferebee	SR	Pella, IA	17:56.3	63	33	Bailey VanderGriend	SR	SF Christian, SD	18:53.0
17		Emmerson Drobac	SR	Deerfield/Cambri, WI	17:57.5	64		Abigail Burns	SR	Iowa City City High, IA	18:53.3
18		McKenna Montgomery	SR	Albia, IA	17:57.6	65	34	Alyx Woodley	SR	Johnston, IA	18:53.5
19		Madelyn Wallace	SR	Andover, KS	17:58.1	66		Emma Chesterman	SR	Dubuque Senior, IA	18:56.1
20		Avery Arens	FR	Crofton, NE	18:01.3	67	35	Paige Faulkner	JR	Blue Valley, KS	18:56.3
21		Keira Friedrich	SR	Saint Peter, MN	18:04.0	68	36	Gabrielle Converse	JR	Manhattan, KS	18:58.3
22		Evelyn Moeller	JR	Mout Vernon, IA	18:05.1	69		Makenna Madetzke	SR	Ankeny, IA	18:58.8
23	11	Elsie Brenneman	JR	Pella, IA	18:07.1	70	37	Hazel Hushagen	8	Forest Lake, MN	18:59.1
24	12	Miley Clark	SR	Wayzata, MN	18:07.2	71	38	Sam Fuller	SR	Hopkins, MN	18:59.8
25		Margaret Duffy	JR	St John's Prep, MN	18:09.5	72	39	Lyla Speicher	FR	Shawnee Mi East, KS	19:00.2
26		Lili Denton	SR	St Albert Council B, IA	18:11.3	73		Addy Duellman	SR	Cochrane-F City, WI	19:00.2
27		Claire Grinde	8	Hillsboro/C Valley, ND	18:12.2	74	40	Abigayle Vossen	JR	St. Michael-Alber, MN	19:00.6
28	13	Jerica Glasser	SR	SF Christian, SD	18:13.5	75	41	Natalie Schultz	JR	Neenah, WI	19:01.0
29	14	Alissa Ledman	FR	Wayzata, MN	18:13.7	76		Jaycie Babb	SR	Tea Area, SD	19:01.0
30		Ruah Franzmann-Simmert	JR	Tri-State Homesch, WI	18:17.4	77		Lillian Schulz	SO	DeForest, WI	19:01.8
31	15	Mackenzie Myran	8	St. Michael-Albe, MN	18:18.1	78		Sophia Reynolds	JR	Hastings, NE	19:02.4
32		Kaylie Shultz	JR	Salina Central, KS	18:20.2	79	42	Carleigh Altwine	SO	Pella, IA	19:02.7
33	16	Lila Golomb	SR	Wayzata, MN	18:20.2	80	43	Elsa Gruber	SR	Neenah, WI	19:04.0
34		Natalie Anderson	JR	Moc-Floyd Valley, IA	18:23.7	81		Isabelle Wood	SR	Christ Prep Acad, KS	19:05.0
35	17	Lyla Drayna	FR	Edina, MN	18:25.1	82	44	Chloe Voyen	FR	Hopkins, MN	19:05.6
36		Tylee Coleman	FR	Trinity Academy, KS	18:25.7	83	45	Elsa Weiland	SO	Neenah, WI	19:06.3
37		Maggie Behler	JR	Kohler, WI	18:27.9	84		Amelia Borgen	SR	Bloom. Jefferson, MN	19:07.6
38		Lauren Lansing	JR	Farmington, MN	18:29.0	85		Chloe Glosser	SR	Pekin, IA	19:07.7
39	18	Avery Hess	SO	Waconia, MN	18:30.4	86	46	Bentley Blunck	FR	Blue Valley West, KS	19:07.9
40	19	Ele Wharton	JR	Johnston, IA	18:31.2	87	47	Kate Larson	JR	Blue Valley West, KS	19:07.9
41	20	Tenley Heidgerken	FR	Dallas Center-G, IA	18:31.5	88		Mya Werner	SR	Delano, MN	19:08.0
42	21	Maddie Millage	JR	Pleasant Valley, IA	18:32.4	89	48	Kate Hanson	SO	Edina, MN	19:08.0
43	22	Charlotte Hardy	JR	Shawnee Mi East, KS	18:33.0	90		Mary Grace Lyons	FR	Monticello, IA	19:09.6
44		Ella Boekelheide	SR	Northwestern, SD	18:35.8	91	49	Vivian McCombs	JR	Pleasant Valley, IA	19:10.0
45		Corbin Starkweather	JR	Buhler, KS	18:36.7	92	50	Annika Midness	SR	Mpls Southwest, MN	19:10.5
46		Abbie Hoage	SO	Altoona, WI	18:36.8	93	51	Piper Messerly	JR	Dallas Center-Gr, IA	19:10.7
47		Cece Kramper	JR	Roncalli Catholic, NE	18:37.1	94		Macie Boe	SO	Amery, WI	19:11.5

95	52	Brynn Edgin	SR Pleasant Valley, IA 19:11.6	160	104	Delanie Brand	SO St. Michael-Alb, MN 19:53.2
96	53	Izzy Malloy	SO Neenah, WI 19:11.6	161	105	Rose Block	SO Whitefish Bay, WI 19:53.2
97	54	Natalie Willes	SR Neenah, WI 19:12.5	162		Josephine Gowen	SR Hastings, NE 19:53.4
98	55	Devin Hess	7 Waconia, MN 19:12.8	163	106	Anatalya Graham	SR Mpls Southwest, MN 19:54.4
99		Haylen Holliday	SO Seward, NE 19:12.8	164		Hannah Boese	SR Spectrum, MN 19:56.2
100		Paxtyn Duellman	SO Cochrane-F City, WI 19:12.9	165	107	Sierra Regan	SO Gretna, NE 19:58.7
101	56	Meredith Marsh	JR Lincoln Southwest, NE 19:13.6	166	108	Rachel Handrich	SO Wauwatosa East, WI 19:59.3
102		Cassie Wellman	JR Fergus Falls, MN 19:13.9	167	109	Lilly Pudenz	SO Dallas Center-Gr, IA 19:59.3
103		Kori Keil	SR Spearfish, SD 19:14.0	168	110	Liyella Bullinger	8 Bismarck Century, ND 19:59.4
104	57	Gracie Morris	SR Perham, MN 19:16.1	169	111	Molly McCarthy	JR Forest Lake, MN 20:00.7
105	58	Audrey Echelbarger	FR Bismarck Century, ND 19:16.2	170	112	Brooke Carter	JR Blue Valley West, KS 20:00.8
106	59	Jayna Lamping	SR Johnston, IA 19:17.1	171	113	Hanane Pokrandt	SR Wauwatosa East, WI 20:01.1
107	60	Annabel Schendel	SR Mpls Southwest, MN 19:18.9	172		Addison Washburn	JR Elkhorn, NE 20:01.2
108		Malia Woosley	JR Lincoln Pius X, NE 19:19.3	173	114	Riley Hill	SR Muskego, WI 20:01.4
109	61	Lola Janiszewski	SR Muskego, WI 19:19.7	174	115	Annabelle Vossen	FR St. Michael-Alber, MN 20:01.6
110	62	Kailee Wilson	SR Pleasant Valley, IA 19:19.9	175	116	Adeline Werner	7 Perham, MN 20:02.4
111	63	Jaidee Goehring	JR Waconia, MN 19:20.0	176	117	Madison Wang	SO Blue Valley, KS 20:02.4
112	64	Maddie Schoonover	JR Neenah, WI 19:22.9	177	118	Addison Dooley	SR Dallas Center-Gr, IA 20:05.1
113		Elizabeth Arenas	SR Piper, KS 19:23.2	178	119	Rory Kaldor	FR Perham, MN 20:06.8
114	65	Zara Koehn	FR Manhattan, KS 19:23.4	179	120	Kelsey Van Waart	SR Gretna, NE 20:07.7
115	66	Tilly Mathies	8 Perham, MN 19:23.5	180	121	Isla Spreer	FR Manhattan, KS 20:09.5
116	67	Bryn Barker	FR SF Christian, SD 19:24.0	181	122	Macy Mattison	SO Muskego, WI 20:09.6
117	68	Maren Ohe	SO Edina, MN 19:25.2	182	123	Dana McCulla	SO Pella, IA 20:10.8
118	69	Gillian Moser	SO Edina, MN 19:25.2	183		Ellie Blevins	JR Ankeny Centennial, IA 20:11.6
119	70	Autumn Gilhooly	FR Harrisburg, SD 19:26.8	184		Amalia Doty	SR Omaha Gross, NE 20:11.9
120	71	Ella Kukuk	JR Whitefish Bay, WI 19:27.0	185	124	Callie Kren	SO Blue Valley West, KS 20:12.1
121		Anniston Rolf	SO Saint Francis, MN 19:27.0	186	125	Ella Adams	FR Whitefish Bay, WI 20:12.1
122	72	Chloe Kissell	SR Wayzata, MN 19:27.4	187	126	Ryleigh Hinsenkamp	JR Muskego, WI 20:14.1
123	73	Selin Gurses	SR Whitefish Bay, WI 19:28.5	188	127	Lillian Dodd	SR Edina, MN 20:14.7
124	74	Kylie Page	FR Blue Valley, KS 19:28.6	189	128	Selah Flanigan	SR Pleasant Valley, IA 20:16.2
125	75	Maxine Ordway	8 SF Christian, SD 19:28.7	190	129	Shea Griffith	JR Baldwin, KS 20:17.2
126		Tierney Carter	SR Oskaloosa, IA 19:29.8	191	130	Evie Boerschinger	JR Whitefish Bay, WI 20:19.9
127	76	Julia Simmers	FR Bismarck Century, ND 19:30.2	192	131	Gracen Giegling	JR Harrisburg, SD 20:20.0
128	77	Maggie Strasser	FR Muskego, WI 19:30.9	193	132	Catherine Beltrame	SR Shawnee Mi East, KS 20:21.8
129		Bella Friesen	SO Buhler, KS 19:31.9	194	133	Loey Anderson	SO Wauwatosa East, WI 20:22.7
130		Caroline Anderson	8 Hillsboro/C Valley, ND 19:32.6	195	134	Reese Cleveland	SO St. Michael-Alber, MN 20:25.9
131	78	Sienna Odd	JR Hopkins, MN 19:32.7	196		Abbigail Durow	SR Millard South, NE 20:26.2
132	79	Caidyn Breid	SR Perham, MN 19:33.9	197	135	Maren Preus	FR Hopkins, MN 20:26.4
133	80	Sarah Gilhooly	JR Harrisburg, SD 19:33.9	198	136	Alice Andersson-Stern	SO Mpls Southwest, MN 20:26.6
134	81	Brekken Miller	SO Waconia, MN 19:35.3	199	137	Valeria Villoria	SO Manhattan, KS 20:27.6
135	82	Irelyn Kennedy	SR Baldwin, KS 19:38.6	200	138	Audrey Dummermuth	SR Johnston, IA 20:27.6
136	83	Fallyn Moye	SR Wauwatosa East, WI 19:38.9	201	139	Jaylee Duncan	SR Pleasant Valley, IA 20:34.9
137	84	Chayla Sweere	SR Perham, MN 19:39.3	202	140	Ady Hannon	JR St. Michael-Alber, MN 20:35.0
138	85	Isabella Miron	JR Lincoln Southwest, NE 19:41.0	203	141	Silvy Munn	SR Lincoln Southwest, NE 20:38.7
139	86	Kamryn Fisher	JR Blue Valley, KS 19:41.5	204	142	Lauren Perry	SO Manhattan, KS 20:38.9
140	87	Aaliyah Rogers	SR Forest Lake, MN 19:41.7	205	143	Leslie Dolson	SR Lincoln Southwest, NE 20:40.9
141		Emma Steffensen	SR Waverly, NE 19:41.8	206	144	Julianna Scraper	FR Perham, MN 20:41.6
142	88	Danica Kendrick	SR Waconia, MN 19:41.9	207	145	Claire Langford	SR Shawnee Mis East, KS 20:43.8
143	89	Aubrielle Tousey	JR Johnston, IA 19:42.1	208	146	Charlotte Whaley	SR Blue Valley West, KS 20:45.3
144	90	Piper Petersen	SR Lincoln Southwest, NE 19:43.1	209	147	Kaelyn Murray	SR Muskego, WI 20:46.3
145	91	Eva Jain	SO Edina, MN 19:43.9	210		Corbett Lanum	SR Wauwatosa East, WI 20:49.4
146	92	Nora Prekker	FR Mpls Southwest, MN 19:44.3	211	148	Izzy Gilbertson	JR Lincoln Southwest, NE 20:50.9
147	93	Anna Irwin	SO Edina, MN 19:44.5	212	149	Julia Mora	JR Dallas Center-Gr, IA 20:57.8
148	94	Britt Hendrickson	7 Waconia, MN 19:44.6	213	150	Lyla Wegner	7 Bismarck Century, ND 20:59.9
149	95	Olivia Fehn	SR Johnston, IA 19:46.0	214	151	Peyton Wallace	SR Blue Valley West, KS 21:02.5
150	96	Payton Crabb	JR Johnston, IA 19:47.0	215	152	Talya Arend	SR Gretna, NE 21:05.2
151	97	Sophie Miller	FR St. Michael-Alb, MN 19:48.3	216	153	Katie Rea	SR Wauwatosa East, WI 21:07.6
152	98	Kailey Winter	SR Harrisburg, SD 19:49.3	217	154	Libby Marsh	SR Shawnee Mis East, KS 21:13.9
153	99	Anya Schmeichel	JR Hopkins, MN 19:50.4	218	155	Ella Ash	JR Shawnee Mis East, KS 21:17.1
154	100	Elsa Krueger	SO Wauwatosa East, WI 19:50.9	219	156	Ainsley Hodges	SR Gretna, NE 21:24.4
155		Kira Ubence	SR Douglas, SD 19:51.3	220	157	Emerson Hogeland	SO Lincoln Southwest, NE 21:27.3
156	101	Elise Gardiner	SR Wauwatosa East, WI 19:51.9	221	158	Lizzie Neumann	SR Pella, IA 21:32.6
157	102	Winnie Sexton	FR Mpls Southwest, MN 19:52.4	222	159	Keagan Dougherty	JR Hopkins, MN 21:35.2
158	103	Scarlett Williams	JR Manhattan, KS 19:52.6	223	160	Olivia Ruhl	SO Manhattan, KS 21:39.4
159		Maggie Gerth	SO Pulaski, WI 19:52.8	224	161	Nina Milia	JR Whitefish Bay, WI 21:46.7

225	162	Hanlee Seykora	FR Harrisburg, SD	21:50.5
226	163	Vivian Backer	JR Bismarck Century, ND	21:51.6
227	164	Aila Ferguson	FR Gretna, NE	21:53.2
228	165	Rachel Watkins	JR Baldwin, KS	21:58.5
229	166	Brynn Waterhouse	8 Waconia, MN	22:00.5
230	167	Danae Kern	SR Bismarck Century, ND	22:00.9
231	168	Cheyenne Brunker	JR Baldwin, KS	22:10.2
232	169	Mila Van Hoecke	SR Blue Valley, KS	22:14.9
233	170	Kami Moore	JR Baldwin, KS	22:30.9
234	171	Chloe Hays	FR Forest Lake, MN	22:44.3
235	172	Claire Watkins	FR Baldwin, KS	23:07.1

OPEN RACES

(Top 5 in each section and all finishers under 19:30.0)

Section #1

- 1 Sabrina Lechnir, Holmen, WI (SR) 19:00.5
- 2 Kylie Lindberg, Monticello, MN (FR) 19:03.1
- 3 Cara Back, Rogers, MN (JR) 19:07.2
- 4 Chloe Thoennes, Lakeville South, MN (JR) 19:15.0
- 5 Abigail Tri, Rochester JM, MN (JR) 19:28.5

Section #2

- 1 Sophia Thome, Bishop Carroll, KS (SR) 19:14.7
- 2 Abigail Meyer, Bishop Carroll, KS (SR) 19:24.9
- 3 Lucy GrothmannD, Shanley, ND (SR) 19:30.0
- 4 Campbell Harger, Blue Valley Southwest, KS (SO) 19:37.0
- 5 Summer Olson, Killdeer, ND (8) 19:42.4

Section #3

- 1 Audrey Howard, Mill Valley, KS (JR) 18:40.1
- 2 Kadance Holso, Rapid City Stevens, SD (SR) 19:00.1
- 3 Evelyn Hurley, Rapid City Stevens, SD (7) 19:00.3
- 4 April Watson, Maple Grove, MN (SR) 19:08.6
- 5 Sara Gastony, Prior Lake, MN (SR) 19:14.0
- 6 Paige Gardiner, Sibley East, MN (12) 19:27.2
- 7 Brynn Spencer, Topeka Seaman, KS (JR) 19:27.5
- 8 Sophia Stencel, Maple River, MN (10) 19:28.1

Section #4

- 1 Kienna Loberg, Eastview, MN (JR) 18:43.9
- 2 Adyson Burton, Olathe West, KS (SO) 18:46.7
- 3 Molly DeGregorio, Olathe West, KS (FR) 18:54.6
- 4 Mia Kadi, Sioux Falls Lincoln (JR) 18:57.8
- 5 Eliana Volheim, Kimberly, WI (SR) 19:13.8
- 6 Piper Vander Ley, Waukee Northwest, IA (SO) 19:16.0
- 7 Leah Robinson, Elkhorn North, NE (JR) 19:16.5
- 8 Stella Gruendemann, Slinger, WI (SR) 19:17.3
- 9 Naomi Dybvig, Robbindale Armstrong (SO) 19:17.5
- 10 Annabelle Nealey, Brookfield East, WI (S) 19:17.8
- 11 Hannah Hintz, Bismarck, ND (FR) 19:19.4
- 12 Noella Ross, Chaska (SR) 19:22.0
- 13 Olivia Helmle, Slinger, WI (SR) 19:23.0
- 14 Nora Traynor, Bismarck, ND (JR) 19:24.3
- 15 Sophia Engesser, Mound-Westonka, MN (JR) 19:29.8