



## INDIVIDUAL RESULTS

### Nike Team Nationals

#### Championship Girls

Place	Displacer	Bib	Name	T Plc	Team	1 Mile	2 Mile	Time	Pace
1	1	1159	Katie Flood	1	Dowling Catholic	05:26	11:16	17:35	05:40
2		1298	Emily Sisson		Millard North RC	05:33	11:33	18:13	05:53
3	2	1157	Ashlie Decker	2	Dowling Catholic	05:38	11:48	18:24	05:56
4		1284	Laura Hughes		Mankato West RC	05:36	11:45	18:27	05:57
5	3	1307	Melanie Funke	1	Minot (M & M's)	05:44	12:04	18:50	06:05
6	4	1011	Mariah Hofer	1	3-D Running Club	05:50	12:07	18:52	06:05
7	5	1316	Kelli Budd	1	Omaha Marian CC	05:48	12:12	18:58	06:07
8	6	1214	Tarin Lachowitz	1	Fargo South TC	05:45	12:11	19:03	06:09
9		1405	Ashley Washburn		Saint Thomas Aquinas	05:49	12:12	19:04	06:09
10		1473	Madeleine Takahashi		Sturgis Brown RC	05:51	12:06	19:06	06:10
11	7	1409	Bailey Breems	1	Sioux Falls XC	05:50	12:09	19:12	06:12
12		1326	Maddie McClellan		Perham CC Club	05:51	12:19	19:13	06:12
13	8	1010	Megan Hilson	2	3-D Running Club	05:56	12:25	19:14	06:12
14	9	1415	Erin Hargens	2	Sioux Falls XC	05:56	12:24	19:14	06:12
15	10	1158	Betsy Flood	3	Dowling Catholic	06:00	12:24	19:21	06:14
16	11	1133	Brittany Dhly	1	City of Iowa XC	06:01	12:28	19:24	06:16
17	12	1261	Obsie Birru	1	Johnston XC Club	05:46	12:19	19:24	06:16
18	13	1081	Alexa Wachter	1	Bismarck RC	05:55	12:28	19:26	06:16
19	14	1410	Megan Brown	3	Sioux Falls XC	06:01	12:28	19:27	06:16
20	15	1118	Erica Hett	1	Burnsville Skinn	06:01	12:28	19:27	06:16
21	16	1116	Sharmila Ahmed	2	Burnsville Skinn	06:02	12:30	19:27	06:16
22	17	1120	Alyssa Sybilrund	3	Burnsville Skinn	06:02	12:31	19:28	06:17
23	18	1313	Brecca Wahlund	2	Minot (M & M's)	05:49	12:22	19:28	06:17
24	19	1121	Maria Tinebra	4	Burnsville Skinn	05:59	12:23	19:29	06:17
25	20	1213	Jordan Krahn	2	Fargo South TC	05:53	12:25	19:31	06:18
26	21	1156	Tanelle Berard	4	Dowling Catholic	05:56	12:30	19:40	06:21
27	22	1217	Semehar Tesfaye	3	Fargo South TC	05:53	12:39	19:41	06:21
28	23	1018	Kristin Sternhagen	3	3-D Running Club	06:01	12:36	19:43	06:22
29	24	1308	Steph Greer	3	Minot (M & M's)	06:01	12:42	19:44	06:22
30		1132	Jordan Wohlleber		Cheyenne-Eagle B	05:55	12:33	19:45	06:22
31	25	1418	Seanna Kautz	4	Sioux Falls XC	05:56	12:26	19:48	06:23
32	26	1045	Morgan Lynn	1	Adrian Roadrunners	05:59	12:36	19:49	06:23
33	27	1017	Jade Steinberg	4	3-D Running Club	06:01	12:40	19:49	06:24
34	28	1006	Krista Creager	5	3-D Running Club	06:00	12:35	19:50	06:24
35	29	1215	Laura Roesler	4	Fargo South TC	05:46	12:24	19:51	06:24
36	30	1117	Sarah Daniels	5	Burnsville Skinn	06:01	12:33	19:59	06:27
37	31	1044	Jordin Kopplow	2	Adrian Roadrunners	06:04	12:48	20:03	06:28
38		1152	Taylor Braunberger		Dickinson RC	06:01	12:42	20:07	06:29
39	32	1312	Vittoria Poole	4	Minot (M & M's)	06:17	12:59	20:09	06:30
40	33	1162	Heather Tobias	5	Dowling Catholic	06:08	12:54	20:09	06:30
41	34	1075	Maddy Gendreau	2	Bismarck RC	06:14	13:04	20:09	06:30
42	35	1322	Kelly O'Brien	2	Omaha Marian CC	06:09	13:01	20:13	06:31
43	36	1135	Kelsey Hart	2	City of Iowa XC	06:07	12:53	20:14	06:31
44	37	1048	Leslie Stover	3	Adrian Roadrunners	06:16	13:05	20:20	06:34
45	38	1073	Alana Fischer	3	Bismarck RC	06:09	13:01	20:22	06:34
46	39	1071	Brooklyn Beehler	4	Bismarck RC	06:09	13:00	20:26	06:35
47	40	1408	Laura Bauer	5	Sioux Falls XC	06:18	13:04	20:26	06:35

# Nike Team Nationals

## Championship Girls

Place	Displacer	Bib	Name	T Plc	Team	1 Mile	2 Mile	Time	Pace
48	41	1003	Ethelin Cammock	6	3-D Running Club	06:12	13:05	20:34	06:38
49	42	1134	Emily Fagan	3	City of Iowa XC	06:07	13:01	20:35	06:38
50	43	1136	Lindsay McFarland	4	City of Iowa XC	06:16	13:04	20:35	06:38
51	44	1161	Sarah Spellman	6	Dowling Catholic	06:21	13:15	20:36	06:39
52	45	1260	Anna Belner	2	Johnston XC Club	06:15	13:10	20:40	06:40
53	46	1414	Hillary Haddorff	6	Sioux Falls XC	06:14	13:07	20:42	06:41
54	47	1311	Melanah Poole	5	Minot (M & M's)	06:17	13:11	20:44	06:41
55	48	1049	Austyn Thier	4	Adrian Roadrunners	06:16	13:06	20:44	06:41
56	49	1046	Megan Sauer	5	Adrian Roadrunners	06:27	13:17	20:45	06:41
57	50	1074	Casie Gates	5	Bismarck RC	06:16	13:12	20:48	06:43
58	51	1305	Ashley Brey	6	Minot (M & M's)	06:17	13:16	20:50	06:43
59	52	1004	Hiley Cammock	7	3-D Running Club	06:19	13:18	20:55	06:45
60	53	1263	Molli Kipp	3	Johnston XC Club	06:15	13:12	20:55	06:45
61	54	1266	Brittany Trow	4	Johnston XC Club	06:14	13:18	20:56	06:45
62	55	1138	Rebecca Rethwisch	5	City of Iowa XC	06:17	13:20	20:59	06:46
63	56	1139	Cassidy White	6	City of Iowa XC	06:16	13:20	21:04	06:48
64		1565	Jayne Cole		Winged Foot RC	06:14	13:16	21:09	06:49
65	57	1140	Hannah Kregel	7	City of Iowa XC	06:23	13:29	21:09	06:49
66		1137	Libby Randleman		City of Iowa XC	06:24	13:39	21:09	06:49
67		1402	Morgan Commodore		Saint Thomas Aquinas	06:16	13:25	21:11	06:50
68	58	1218	Erin Valenti	5	Fargo South TC	06:08	13:26	21:11	06:50
69	59	1264	Amy Kruger	5	Johnston XC Club	06:18	13:25	21:15	06:51
70	60	1043	Hailee Heitkamp	6	Adrian Roadrunners	06:20	13:35	21:17	06:52
71	61	1318	Kelly Esch	3	Omaha Marian CC	06:16	13:38	21:18	06:52
72		1296	Laura Peterson		Millard North RC	06:27	13:46	21:24	06:54
73	62	1068	Lindsay Achtenberg	6	Bismarck RC	06:18	13:32	21:25	06:55
74	63	1216	Katie Schalow	6	Fargo South TC	06:32	13:42	21:28	06:55
75	64	1244	Rebecca Fee	1	Grand Forks RC	06:28	13:47	21:32	06:57
76	65	1247	Kaitlin Medal	2	Grand Forks RC	06:28	13:48	21:32	06:57
77		1404	Sarah Moore		Saint Thomas Aquinas	06:19	13:36	21:33	06:57
78	66	1262	Alyssa Eaves	6	Johnston XC Club	06:27	13:42	21:35	06:58
79	67	1219	Lauryn Wilson	7	Fargo South TC	06:16	13:43	21:41	07:00
80		1566	Danielle Erickson		Winged Foot RC	06:33	13:52	21:49	07:02
81	68	1076	Paige Hageness	7	Bismarck RC	06:27	13:53	21:50	07:03
82	69	1245	Jessica Lindsey	3	Grand Forks RC	06:33	13:57	21:55	07:04
83	70	1047	Natasha Slater	7	Adrian Roadrunners	06:32	13:56	22:07	07:08
84	71	1310	Kaylie Marten	7	Minot (M & M's)	06:10	13:26	22:14	07:10
85	72	1319	Megan Flaxbeard	4	Omaha Marian CC	06:40	14:16	22:15	07:11
86	73	1412	Caitlyn Crowley	7	Sioux Falls XC	06:48	14:22	22:22	07:13
87	74	1160	Mary Lacy	7	Dowling Catholic	06:36	14:11	22:22	07:13
88	75	1246	Lauren McMillan	4	Grand Forks RC	06:46	14:21	22:34	07:17
89	76	1243	Brittany Bunde	5	Grand Forks RC	06:46	14:21	22:36	07:17
90		1567	Ashley Wigton		Winged Foot RC	06:44	14:21	22:41	07:19
91		1297	Amanda Poppens		Millard North RC	06:53	14:41	23:05	07:27
92		1293	Caitlin Bazis		Millard North RC	06:51	14:46	23:16	07:30
93	77	1317	Christine Buechler	5	Omaha Marian CC	06:47	14:57	23:28	07:34
94	78	1321	Sarah McCaslin	6	Omaha Marian CC	06:33	14:45	23:44	07:39

Nike Team National Heartland Regional Championship

Yankton Trails Park

Sioux Falls, SD

November 10th, 2007

===== Girls Championship Race Team Score =====

1. 67 Dowling Catholic ( 19:03 1:35:13)

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1	1	Katie Flood	17:36
2	2	Ashlie Decker	18:25
3	10	Betsy Flood	19:21
4	21	Tanelle Berard	19:41
5	33	Heather Tobias	20:10
6	( 44)	Sarah Spellman	20:36
7	( 74)	Mary Lacy	22:23

2. 90 3-D Running Club ( 19:30 1:37:29)

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1	4	Mariah Hofer	18:52
2	8	Megan Hilson	19:14
3	23	Kristin Sternhagen	19:43
4	27	Jade Steinberg	19:50
5	28	Krista Creager	19:50
6	( 41)	Ethelin Cammock	20:35
7	( 52)	Hiley Cammock	20:55

3. 95 Sioux Falls XC ( 19:38 1:38:08)

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1	7	Bailey Breems	19:12
2	9	Erin Hargens	19:15
3	14	Megan Brown	19:27
4	25	Seanna Kautz	19:48
5	40	Laura Bauer	20:26
6	( 46)	Hillary Haddorff	20:43
7	( 73)	Caitlyn Crowley	22:22

4. 97 Burnsville Skinn ( 19:35 1:37:51)

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1	15	Erica Hett	19:27
2	16	Sharmila Ahmed	19:27
3	17	Alyssa Sybilrund	19:28
4	19	Maria Tinebra	19:30
5	30	Sarah Daniels	19:59

5. 124 Minot (M & M's) ( 19:48 1:38:57)

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1	3	Melanie Funke	18:51
2	18	Brecca Wahlund	19:28
3	24	Steph Greer	19:45
4	32	Vittoria Poole	20:09
5	47	Melanah Poole	20:44
6	( 51)	Ashley Brey	20:51
7	( 71)	Kaylie Marten	22:14

6. 135 Fargo South TC ( 19:52 1:39:17)

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1	6	Tarin Lachowitz	19:03
2	20	Jordan Krahn	19:31
3	22	Semehar Tesfaye	19:41
4	29	Laura Roesler	19:51

5	58	Erin Valenti	21:11
6	( 63)	Katie Schalow	21:28
7	( 67)	Lauryn Wilson	21:41
7.	174	Bismarck RC	( 20:15 1:41:15)
=====			
1	13	Alexa Wachter	19:27
2	34	Maddy Gendreau	20:10
3	38	Alana Fischer	20:23
4	39	Brooklyn Beehler	20:26
5	50	Casie Gates	20:49
6	( 62)	Lindsay Achtenberg	21:26
7	( 68)	Paige Hageness	21:50
8.	187	City of Iowa XC	( 20:22 1:41:48)
=====			
1	11	Brittany Dhly	19:25
2	36	Kelsey Hart	20:14
3	42	Emily Fagan	20:35
4	43	Lindsay McFarland	20:35
5	55	Rebecca Rethwisch	20:59
6	( 56)	Cassidy White	21:05
7	( 57)	Hannah Kregel	21:09
9.	191	Adrian Roadrunners	( 20:21 1:41:43)
=====			
1	26	Morgan Lynn	19:49
2	31	Jordin Kopplow	20:03
3	37	Leslie Stover	20:21
4	48	Austyn Thier	20:45
5	49	Megan Sauer	20:45
6	( 60)	Hailee Heitkamp	21:18
7	( 70)	Natasha Slater	22:08
10.	223	Johnston XC Club	( 20:39 1:43:14)
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1	12	Obsie Birru	19:25
2	45	Anna Belner	20:41
3	53	Molli Kipp	20:56
4	54	Brittany Trow	20:56
5	59	Amy Kruger	21:16
6	( 66)	Alyssa Eaves	21:35
11.	250	Omaha Marian CC	( 21:15 1:46:14)
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1	5	Kelli Budd	18:58
2	35	Kelly O'Brien	20:14
3	61	Kelly Esch	21:19
4	72	Megan Flaxbeard	22:15
5	77	Christine Buechler	23:28
6	( 78)	Sarah McCaslin	23:44
12.	349	Grand Forks RC	( 22:03 1:50:11)
=====			
1	64	Rebecca Fee	21:32
2	65	Kaitlin Medal	21:33
3	69	Jessica Lindsey	21:55
4	75	Lauren McMillan	22:35
5	76	Brittany Bunde	22:36

