

Nike Cross Nationals Heartland Regional

Yankton Trail Park, Sioux Falls, SD

November 10, 2019

===== GIRLS RISING STARS TEAM SCORE =====

1.	55	Willmar Winged Foot Running Club A	(21:05.1	105:25.5	0:47.2)
1	4	Becca Dawson	8	20:34.5	
2	9	Melanie Gasca	8	20:53.7	
3	13	Solenne Ruff	7	21:16.3	
4	14	Hannah Quinn	8	21:19.3	
5	15	Madi Engstrom	8	21:21.7	
6	(25)	Claire Mattson	7	21:41.0	
7	(33)	Madalynn Villnow	6	22:14.7	
2.	67	Wayzata XC A	(21:10.0	105:49.9	1:27.1)
1	5	Julia Maroon	7	20:37.9	
2	6	Alyson Kleyman	7	20:41.1	
3	11	Carlee Freeman	8	21:03.6	
4	16	Madeline James	8	21:22.3	
5	29	Reese Anderson	8	22:05.0	
6	(31)	Grace Wermerskirch	8	22:11.1	
7	(39)	Eleanor Swanson	8	22:32.8	
3.	97	Canyon Lake Distance	(21:21.4	106:46.6	4:29.4)
1	2	Hailey Uhre	10	19:38.1	
2	3	Brionna Holso	9	20:08.3	
3	17	Sierra Hopp	9	21:23.2	
4	20	Olivia Mallams	9	21:29.5	
5	55	Amelia Fuller	9	24:07.5	
4.	133	Eden Prairie XC A	(22:00.0	110:00.0	2:25.8)
1	7	Sasha Khuhro	8	20:51.3	
2	8	Mila Finch	9	20:52.7	
3	36	Nadia Al-Masri	9	22:27.8	
4	37	Zoe Ryan	8	22:31.1	
5	45	Addison Giannattasio	9	23:17.1	
6	(47)	Alyssa Ehler	8	23:17.9	
5.	140	Highland Park Running Club	(22:00.8	110:04.0	2:29.8)
1	19	Stephanie Jones	8	21:28.6	
2	21	Eleanor Osmond	9	21:29.8	
3	22	Whitney Hall	8	21:30.3	
4	24	Libby Roller	8	21:36.9	
5	54	Amelia Meza-Melende	7	23:58.4	
6	(59)	Evadne Pond	8	25:16.1	
7	(61)	Deliah Neria	9	26:37.3	
6.	149	CoyoteXC	(22:01.6	110:07.6	4:07.1)
1	1	Eleni Lovgren	10	19:34.2	
2	10	Sierra Watterud	10	20:54.4	
3	38	Marenn Larsen	9	22:32.4	
4	49	Kaydance Heller	8	23:25.3	
5	51	Lacey Sime	8	23:41.3	
7.	151	Eden Prairie XC B	(22:05.9	110:29.3	1:53.5)
1	18	Sarah Williams	7	21:26.7	
2	23	Macey Haase	7	21:32.0	
3	27	Gabi Lainhart	7	21:45.3	
4	35	Sedona Lashkowitz	7	22:25.1	
5	48	Mandy Trnka	7	23:20.2	
6	(63)	Carmen Becker	10	26:51.0	
7	(64)	Annika Lahti	10	30:45.2	
8.	177	Hopkins Club CC A	(22:37.8	113:08.7	3:12.7)
1	12	Lillian Wanzek	9	21:07.6	
2	26	Daphne Grobstein	7	21:43.0	
3	30	Livia Hernke	9	22:06.3	
4	52	Emma Gray	10	23:51.5	
5	57	Rose Cases	10	24:20.3	
9.	192	Wayzata XC B	(22:52.5	114:22.2	3:08.6)
1	28	Allison McDaniels	8	22:03.2	
2	32	Haley Swensen	7	22:11.6	
3	34	Arneet Bains	8	22:20.0	
4	40	Elise Wilson	8	22:35.6	
5	58	Madeline Bean	7	25:11.8	
10.	247	Willmar Winged Foot Running Club B	(23:59.2	119:55.6	3:41.4)
1	41	Alivia Fladeboe	6	22:49.4	
2	43	Mia Koosman	6	23:04.4	
3	50	Lindsey Linares Pere	7	23:35.0	
4	53	Jaidyn Flolo	8	23:56.0	
5	60	Zadina Butcher	8	26:30.8	
11.	250	Hopkins Club CC B	(24:06.9	120:34.3	3:46.9)
1	42	Madeline Wood	8	23:01.6	
2	44	Tori Katzenmeyer	8	23:11.5	
3	46	Lindsay Scuchard	8	23:17.7	
4	56	Stella Christensen	10	24:15.0	
5	62	Delilah Grobstein	9	26:48.5	

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Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
1		Jillian Heth	10		1	6:04	1	12:14	6:11	6:39	18:52.4	6:05
2		Mia Wentzy	8		3	6:05	4	12:27	6:23	6:36	19:01.4	6:08
3		Sara Jones	8		2	6:04	2	12:25	6:21	6:38	19:01.6	6:08
4		Jaelyn Ogle	9		4	6:06	3	12:27	6:21	6:36	19:01.7	6:08
5		Jenna Keeley	10	Manhattan Cross Country Club	10	6:13	6	12:39	6:26	6:40	19:18.0	6:13
6		Claire Hynek	8	Knights XC	6	6:07	5	12:34	6:28	6:49	19:22.5	6:15
7		Allison Hough	9		9	6:10	7	12:41	6:32	6:50	19:29.6	6:17
8	1	Eleni Lovgren	10	CoyoteXC	14	6:20	11	12:51	6:31	6:45	19:34.2	6:18
9	2	Hailey Uhre	10	Canyon Lake Distance	7	6:07	8	12:41	6:35	6:58	19:38.1	6:20
10		Presli White	9	Harrisburg Distance Project	5	6:06	9	12:42	6:36	6:57	19:38.5	6:20
11		Elizabeth Schmidt	10		8	6:08	10	12:48	6:40	7:14	20:00.7	6:27
12		Kinsey Evans	8		25	6:30	15	13:12	6:43	6:55	20:06.5	6:29
13	3	Brionna Holso	9	Canyon Lake Distance	12	6:20	12	13:05	6:46	7:04	20:08.3	6:29
14		Vivian Kalb	10		17	6:25	16	13:13	6:49	7:02	20:14.6	6:31
15		Oona Nelson	9		16	6:24	13	13:10	6:46	7:09	20:17.4	6:32
16		Jennifer Pierson	8	Chanhassen Storm Running Club	21	6:28	19	13:15	6:48	7:07	20:20.9	6:33
17		Kelsey Young	7	Maple Grove Cross Country	31	6:35	22	13:20	6:45	7:02	20:21.0	6:33
18		Gracie Uhre	8		27	6:32	24	13:21	6:50	7:02	20:22.3	6:34
19		Allison Babbit	10		23	6:28	17	13:14	6:46	7:11	20:24.2	6:35
20		Olivia Heilman	8		13	6:20	14	13:10	6:51	7:17	20:26.2	6:35
21	4	Becca Dawson	8	Willmar Winged Foot Running Club A	20	6:28	18	13:14	6:47	7:22	20:34.5	6:38
22	5	Julia Maroon	7	Wayzata XC A	40	6:37	26	13:22	6:45	7:17	20:37.9	6:39
23		Brooke Baumann	10		11	6:20	20	13:16	6:56	7:24	20:39.0	6:39
24		Gabriella Kippes	8		28	6:32	27	13:25	6:54	7:15	20:39.7	6:39
25		Lily Peterson	10		19	6:27	21	13:18	6:51	7:24	20:40.4	6:40
26		Hallie Person	7		37	6:36	29	13:27	6:52	7:14	20:40.8	6:40
27	6	Alyson Kleyman	7	Wayzata XC A	49	6:44	40	13:45	7:01	6:57	20:41.1	6:40
28		Madyson Rosenberge	9		44	6:40	33	13:37	6:57	7:08	20:43.6	6:41
29		Rosie Ramsey	7	Solen	22	6:28	23	13:20	6:53	7:27	20:45.7	6:41
30		Jordyn Wissing	8		24	6:29	31	13:35	7:06	7:14	20:48.6	6:42
31	7	Sasha Khuhro	8	Eden Prairie XC A	52	6:45	37	13:41	6:56	7:12	20:51.3	6:43
32	8	Mila Finch	9	Eden Prairie XC A	36	6:36	39	13:41	7:06	7:12	20:52.7	6:44
33	9	Melanie Gasca	8	Willmar Winged Foot Running Club A	33	6:35	34	13:38	7:03	7:17	20:53.7	6:44
34		Marissa Long	8	Chanhassen Storm Running Club	18	6:27	28	13:26	7:00	7:29	20:54.2	6:44
35		Christina Martinso	9		26	6:31	30	13:32	7:02	7:23	20:54.3	6:44
36	10	Sierra Watterud	10	CoyoteXC	29	6:33	35	13:38	7:06	7:17	20:54.4	6:44
37		Janice Werth	10		35	6:36	32	13:36	7:01	7:20	20:54.5	6:44
38	11	Carlee Freeman	8	Wayzata XC A	50	6:45	41	13:45	7:01	7:19	21:03.6	6:47
39		Ally Goodmansom	8	Kindred Running Club	15	6:21	25	13:21	7:01	7:43	21:04.0	6:47
40	12	Lillian Wanzek	9	Hopkins Club CC A	47	6:43	43	13:47	7:04	7:22	21:07.6	6:48
41		Gretta McEntire	10		39	6:37	38	13:41	7:04	7:28	21:07.7	6:49
42		Jada Koerner	9		38	6:37	45	13:50	7:14	7:24	21:12.9	6:50
43		Hannah Hynek	10	Knights XC	30	6:34	36	13:39	7:05	7:35	21:12.9	6:50
44	13	Solenne Ruff	7	Willmar Winged Foot Running Club A	55	6:47	49	13:54	7:07	7:24	21:16.3	6:51
45		Katie Wentzy	10		45	6:41	44	13:49	7:09	7:30	21:17.9	6:52
46	14	Hannah Quinn	8	Willmar Winged Foot Running Club A	43	6:40	46	13:50	7:11	7:30	21:19.3	6:52
47	15	Madi Engstrom	8	Willmar Winged Foot Running Club A	51	6:45	50	13:55	7:10	7:28	21:21.7	6:53
48	16	Madeline James	8	Wayzata XC A	57	6:47	52	13:59	7:12	7:25	21:22.3	6:53
49	17	Sierra Hopp	9	Canyon Lake Distance	42	6:40	47	13:51	7:12	7:33	21:23.2	6:54
50	18	Sarah Williams	7	Eden Prairie XC B	68	6:56	53	13:59	7:03	7:28	21:26.7	6:55
51	19	Stephanie Jones	8	Highland Park Running Club	71	6:58	62	14:09	7:12	7:20	21:28.6	6:55
52	20	Olivia Mallams	9	Canyon Lake Distance	62	6:51	61	14:09	7:19	7:21	21:29.5	6:56
53	21	Eleanor Osmond	9	Highland Park Running Club	61	6:51	60	14:08	7:18	7:22	21:29.8	6:56
54	22	Whitney Hall	8	Highland Park Running Club	72	6:58	63	14:09	7:12	7:22	21:30.3	6:56
55		Rachel Corn	10	Manhattan Cross Country Club	53	6:46	54	14:01	7:16	7:31	21:30.9	6:56
56	23	Macey Haase	7	Eden Prairie XC B	73	6:58	56	14:03	7:05	7:30	21:32.0	6:56
57		Ellie Olsen	9		32	6:35	42	13:46	7:11	7:49	21:33.7	6:57
58		Lilly Brophy	10		48	6:44	59	14:08	7:24	7:28	21:34.3	6:57
59		Bridget Roy	10	Jaguar Running Club	46	6:41	51	13:56	7:15	7:41	21:35.8	6:58
60	24	Libby Roller	8	Highland Park Running Club	76	6:58	66	14:10	7:13	7:27	21:36.9	6:58
61		Piper Myran	8		56	6:47	57	14:03	7:17	7:35	21:37.1	6:58
62		Zoe Reichenberge	8	Demons XC	41	6:38	48	13:52	7:14	7:49	21:39.9	6:59
63	25	Claire Mattson	7	Willmar Winged Foot Running Club A	75	6:58	65	14:10	7:12	7:32	21:41.0	6:59
64		Kiera Pinto	7	SF Chargers	34	6:35	55	14:02	7:28	7:41	21:42.3	7:00
65	26	Daphne Grobstein	7	Hopkins Club CC A	79	6:59	67	14:11	7:13	7:33	21:43.0	7:00
66	27	Gabi Lainhart	7	Eden Prairie XC B	81	7:00	68	14:12	7:12	7:34	21:45.3	7:01
67		Vania Arora	10	Jaguar Running Club	63	6:51	58	14:07	7:16	7:40	21:46.7	7:01
68		Bernadette Belzer	9	Buffalo City Running Club	65	6:53	71	14:15	7:23	7:43	21:56.7	7:04
69		Nayera Abdessalam	9		66	6:55	70	14:14	7:19	7:45	21:58.1	7:05
70		Morgan Turner	10	Manhattan Cross Country Club	67	6:56	73	14:18	7:23	7:44	22:01.4	7:06
71	28	Allison McDaniels	8	Wayzata XC B	93	7:11	74	14:20	7:09	7:44	22:03.2	7:06
72		Riley Czarnecki	8		54	6:46	64	14:09	7:24	7:56	22:04.5	7:07
73	29	Reese Anderson	8	Wayzata XC A	83	7:04	75	14:20	7:17	7:46	22:05.0	7:07
74	30	Livia Hernke	9	Hopkins Club CC A	80	7:00	85	14:30	7:31	7:37	22:06.3	7:07
75	31	Grace Wermerskirch	8	Wayzata XC A	84	7:04	81	14:26	7:22	7:46	22:11.1	7:09
76	32	Haley Swensen	7	Wayzata XC B	88	7:08	76	14:21	7:13	7:52	22:11.6	7:09
77		Jordyn Reimer	9	Underwood	70	6:57	80	14:25	7:29	7:49	22:13.9	7:10
78	33	Madalynn Villnow	6	Willmar Winged Foot Running Club A	107	7:25	94	14:45	7:20	7:31	22:14.7	7:10
79		Danica Rath	8	Kindred Running Club	59	6:49	72	14:17	7:29	8:02	22:18.5	7:11
80	34	Arneet Bains	8	Wayzata XC B	87	7:08	77	14:21	7:14	8:00	22:20.0	7:12
81		Anja Peck	8	Dashing Jags	86	7:07	89	14:39	7:32	7:44	22:22.4	7:13
82		Ellie Krueger	7	Buffalo City Running Club	82	7:01	88	14:39	7:39	7:46	22:24.4	7:13
83	35	Sedona Lashkowitz	7	Eden Prairie XC B	77	6:58	69	14:13	7:15	8:13	22:25.1	7:13
84		Tehya Schweitzer	9		60	6:51	78	14:22	7:32	8:05	22:26.8	7:14
85	36	Nadia Al-Masri	9	Eden Prairie XC A	90	7:09	87	14:35	7:26	7:54	22:27.8	7:14
86		Jenna Manganiello	9		58	6:47	79	14:24	7:37	8:07	22:29.5	7:15
87	37	Zoe Ryan	8	Eden Prairie XC A	74	6:58	84	14:28	7:31	8:04	22:31.1	7:15
88	38	Marenn Larsen	9	CoyoteXC	78	6:59	83	14:28	7:30	8:05	22:32.4	7:16
89		Paige Gruenhagen	9	Washburn Running Club	91	7:10	92	14:44	7:35	7:49	22:32.6	7:16
90	39	Eleanor Swanson	8	Wayzata XC A	89	7:09	82	14:26	7:18	8:08	22:32.8	7:16
91		Ava Goncalves	9	Winnipeg	92	7:10	95	14:46	7:37	7:48	22:33.8	7:16
92	40	Elise Wilson	8	Wayzata XC B	95	7:11	90	14:39	7:29	7:57	22:35.6	7:17
93		Carry Martinson	8		96	7:12	93	14:45	7:34	7:59	22:43.0	7:19
94		Johanna Perry	10	Washburn Running Club	85	7:05	91	14:44	7:39	8:03	22:45.8	7:20
95	41	Aliivia Fladeboe	6	Willmar Winged Foot Running Club B	111	7:28	99	15:03	7:36	7:47	22:49.4	7:21

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Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
96		Logan Pfeister	10	Jaguar Running Club	69	6:57	86	14:34	7:38	8:17	22:49.5	7:21
97	42	Madeline Wood	8	Hopkins Club CC B	119	7:30	109	15:20	7:51	7:42	23:01.6	7:25
98	43	Mia Koosman	6	Willmar Winged Foot Running Club B	112	7:28	100	15:03	7:35	8:02	23:04.4	7:26
99		Josie Hauck	7	Chanhassen Storm Running Club	102	7:17	97	14:56	7:40	8:11	23:05.9	7:27
100	44	Tori Katzenmeyer	8	Hopkins Club CC B	120	7:30	110	15:20	7:51	7:52	23:11.5	7:28
101		Macy McDonald	10	Grand Island	99	7:15	101	15:06	7:51	8:07	23:12.0	7:29
102		Matigan Obrigewitc	9		64	6:52	96	14:48	7:57	8:27	23:14.4	7:29
103	45	Addison Giannattas	9	Eden Prairie XC A	97	7:14	98	15:00	7:47	8:18	23:17.1	7:30
104	46	Lindsay Scuchard	8	Hopkins Club CC B	118	7:30	108	15:20	7:50	7:59	23:17.7	7:30
105	47	Alyssa Ehler	8	Eden Prairie XC A	103	7:20	105	15:11	7:51	8:08	23:17.9	7:30
106	48	Mandy Trnka	7	Eden Prairie XC B	104	7:22	106	15:12	7:50	8:09	23:20.2	7:31
107	49	Kaydance Heller	8	CoyoteXC	100	7:16	103	15:07	7:52	8:19	23:25.3	7:33
108		Morgan Franck	8		94	7:11	102	15:06	7:55	8:28	23:32.3	7:35
109		Lauren Walker	10	Jaguar Running Club	101	7:16	107	15:12	7:57	8:22	23:32.9	7:35
110	50	Lindsey Linares Pe	7	Willmar Winged Foot Running Club B	108	7:27	104	15:09	7:43	8:26	23:35.0	7:36
111	51	Lacey Sime	8	CoyoteXC	106	7:25	111	15:21	7:56	8:21	23:41.3	7:38
112		Sofia Watterud	7		115	7:29	116	15:32	8:04	8:11	23:41.9	7:38
113	52	Emma Gray	10	Hopkins Club CC A	116	7:29	113	15:26	7:57	8:26	23:51.5	7:41
114		Lillian McNaughton	10		98	7:15	112	15:22	8:08	8:33	23:53.4	7:42
115	53	Jaidyn Flolo	8	Willmar Winged Foot Running Club B	109	7:27	115	15:31	8:04	8:26	23:56.0	7:43
116		Sydney Campbell	9	SF Chargers	105	7:24	117	15:35	8:11	8:23	23:56.9	7:43
117	54	Amelia Meza-Melend	7	Highland Park Running Club	122	7:33	119	15:40	8:08	8:20	23:58.4	7:43
118		Amira Oser	10	Eastside Running Club	123	7:37	120	15:40	8:03	8:20	23:58.4	7:43
119	55	Amelia Fuller	9	Canyon Lake Distance	114	7:28	121	15:40	8:12	8:29	24:07.5	7:46
120		Nora Kivi	7	Maple Grove Cross Country	121	7:32	122	15:41	8:10	8:32	24:12.7	7:48
121	56	Stella Christensen	10	Hopkins Club CC B	113	7:28	114	15:27	7:59	8:49	24:15.0	7:49
122	57	Rose Cases	10	Hopkins Club CC A	117	7:30	118	15:39	8:10	8:43	24:20.3	7:50
123		Nadia Johnson	9	SF Chargers	110	7:27	123	15:45	8:18	8:40	24:24.3	7:52
124	58	Madeline Bean	7	Wayzata XC B	126	7:53	125	16:35	8:42	8:38	25:11.8	8:07
125	59	Evadne Pond	8	Highland Park Running Club	124	7:49	124	16:31	8:42	8:46	25:16.1	8:08
126	60	Zadina Butcher	8	Willmar Winged Foot Running Club B	125	7:51	126	16:57	9:07	9:34	26:30.8	8:33
127		Lillian Bogard			130	8:26	128	17:29	9:04	9:05	26:33.5	8:33
128	61	Deliah Neria	9	Highland Park Running Club	127	8:11	127	17:18	9:08	9:20	26:37.3	8:35
129	62	Delilah Grobstein	9	Hopkins Club CC B	128	8:13	129	17:30	9:17	9:19	26:48.5	8:38
130	63	Carmen Becker	10	Eden Prairie XC B	132	8:37	130	17:32	8:56	9:19	26:51.0	8:39
131		Iris Meier	8	Dashing Jags	129	8:17	132	17:38	9:22	9:43	27:19.8	8:48
132		Amelia Foppe	10	Washburn Running Club	131	8:34	131	17:38	9:04	9:43	27:20.3	8:48
133		Marin Rhode	7	Dakota Distance Project	133	9:12	134	19:16	10:05	9:52	29:07.6	9:23
134		Holly McNaughton	7		134	9:16	133	19:14	9:58	9:55	29:07.7	9:23
135	64	Annika Lahti	10	Eden Prairie XC B	135	9:56	135	20:11	10:15	10:35	30:45.2	9:54

Timing & Results by PrimeTime Race & Event Management, LLC. www.pttiming.com