

1.	97	Edina XC		(18:16.6	91:22.6	0:23.7)
1	14	Maggie Wagner	10	18:05.0		
2	15	Lauren Cossack	9	18:05.3		
3	19	Morgan Richter	12	18:18.7		
4	24	Macy Iyer	10	18:24.9		
5	25	Mary Velner	9	18:28.7		
6	(49)	Claire Wagner	12	18:46.9		
7	(92)	Heidi Engman	12	19:23.1		
2.	121	Muskego XC Club		(18:13.2	91:06.0	1:27.1)
1	1	Kate Sperka	11	17:26.9		
2	13	Brittany Helm	12	18:04.9		
3	16	Rachel Helm	10	18:10.2		
4	28	McKayla Felton	11	18:30.0		
5	63	Noelle Junig	9	18:54.0		
6	(68)	Ani Oxborough	11	18:57.6		
7	(101)	Sara Jochims	11	19:27.5		
3.	145	Wayzata XC		(18:24.0	91:59.9	0:55.6)
1	7	Abbey Nechanicky	9	17:49.9		
2	18	Grace Link	11	18:13.1		
3	34	Emelia Arnone	11	18:33.7		
4	40	Teegan Anderson	9	18:37.7		
5	46	Ella Braufman	10	18:45.5		
6	(52)	Grace Mignone	9	18:47.6		
7	(110)	Grace Weber	9	19:36.0		
4.	191	Dakota Distance Project		(18:37.5	93:07.5	0:16.9)
1	29	Leah Derenge	10	18:30.2		
2	30	Caroline Sudbeck	12	18:30.9		
3	35	Lila Batcheller	10	18:33.7		
4	47	Hannah Dumansky	10	18:45.6		
5	50	Addalai DeKam	8	18:47.1		
6	(153)	Emma Boyens	10	20:20.9		
5.	232	Stillwater XC Club		(18:35.0	92:54.8	1:50.7)
1	2	Analee Weaver	11	17:27.7		
2	23	Brooke Elfert	9	18:24.6		
3	54	Morgan Peterman	9	18:48.7		
4	65	Avery Braunshausen	9	18:55.4		
5	88	Elsa Huckels	12	19:18.4		
6	(165)	Lily Ward	9	20:35.0		
7	(189)	Annie Kielbasa	12	21:33.4		
6.	237	STMA XC Club		(18:35.5	92:57.4	1:20.7)
1	5	Ali Weimer	10	17:40.2		
2	20	Katie Sigerud	10	18:20.0		
3	69	Paige McAloon	12	18:57.8		
4	70	Emma Windingland	9	18:58.5		
5	73	Avery O'Rourke	9	19:00.9		
6	(80)	Anna Belair	12	19:10.2		
7	(86)	Jessica Immer	11	19:13.9		
7.	282	Team Sty-U		(18:43.8	93:39.0	2:35.3)
1	4	Kora Malecek	11	17:30.7		
2	32	Lydia Malecek	11	18:33.0		
3	36	Amalia Malecek	11	18:33.8		
4	66	Ellie Smith	11	18:55.5		
5	144	Jillian Lonning	10	20:06.0		
6	(147)	Carolyn Kearns	11	20:11.9		
7	(156)	Rachel Hosch	11	20:25.3		
8.	285	Tigers		(18:42.4	93:31.7	1:56.1)
1	3	Anna Fenske	11	17:29.6		
2	10	Mariah Fenske	8	18:00.1		
3	85	Mackenzey Lippold	8	19:13.7		
4	91	Lindsey Woestehoff	7	19:22.6		
5	96	Sophia Taarud	11	19:25.7		
6	(140)	Marianah Scott	8	20:01.5		
9.	289	Willmar Winged Foot Running Club		(18:51.9	94:19.2	1:03.9)
1	22	Lauren Eilers	7	18:22.2		
2	51	Erin Eilers	7	18:47.4		
3	56	Lyndi Koosman	8	18:50.0		
4	62	Nina Dawson	10	18:53.5		
5	98	Addison Hogan	11	19:26.1		
6	(121)	Kendall Hanson	7	19:41.0		
7	(162)	Macee Hansen	8	20:32.1		
10.	296	Minnetonka Running Club		(18:52.8	94:23.7	0:38.5)
1	33	Ella Graham	8	18:33.6		
2	43	Kate LeBlanc	10	18:40.9		
3	61	Elizabeth Weider	8	18:53.5		
4	75	Annalise Johnson	11	19:03.6		
5	84	Avery Marasco-John	7	19:12.1		
6	(116)	Anna Cherian	11	19:38.4		
7	(154)	Margaret Weider	10	20:21.8		

1.	320	Highland Park Running Club		(18:53.2	94:26.0	1:39.3)
1	11	Molly Moening	10	18:01.6		
2	37	Delia Johnson	9	18:34.2		
3	71	Caroline Harding	12	18:58.7		
4	81	Chloe Koch	9	19:10.6		
5	120	Hanna Koch	7	19:40.9		
6	(170)	Silja Earl-Tornain	10	20:40.5		
7	(186)	Bella Pfankuch	8	21:15.3		
12.	337	Johnston Dragoons		(18:57.2	94:45.6	1:31.7)
1	9	Bella Heikes	11	17:58.2		
2	26	Aleah Tenpas	10	18:29.3		
3	89	Clara Toot	12	19:18.7		
4	106	Samantha Strauss	11	19:29.5		
5	107	Brooke McKee	12	19:29.9		
6	(127)	Kaya Young	12	19:45.0		
7	(130)	Faith Nead	10	19:51.6		
13.	338	Alexandria		(18:59.7	94:58.1	0:42.7)
1	42	Emma Ecker	10	18:38.8		
2	57	Aleah Miller	10	18:50.6		
3	72	Caitlin Bright	12	18:59.0		
4	77	Giselle Jahner	9	19:08.2		
5	90	Jaelyn Miller	8	19:21.5		
6	(99)	Bethany Miller	12	19:26.3		
7	(126)	Heavyn Bordak	12	19:44.9		
14.	345	Spartan XC		(18:58.4	94:51.6	1:46.3)
1	8	Berlyn Schutz	9	17:57.6		
2	45	Kylie Muma	9	18:42.8		
3	74	Taylor Searcey	12	19:03.3		
4	93	Jenna Muma	11	19:24.0		
5	125	Izzy Apel	9	19:43.9		
6	(159)	Abigail Schmidt	12	20:27.3		
7	(172)	Eve Weber	11	20:41.0		
15.	356	Eden Prairie XC		(18:56.3	94:41.5	1:48.5)
1	6	Liesl Paulsen	12	17:40.3		
2	67	Abrielle Jirele	12	18:55.6		
3	83	Ella Bakken	11	19:11.4		
4	95	Lizzy Jester	10	19:25.4		
5	105	Lori Derouin	9	19:28.8		
6	(122)	Raina Moorjani	12	19:41.2		
7	(133)	Emily Dahl	12	19:57.1		
16.	383	Jaguar Running Club		(19:07.9	95:39.4	1:10.0)
1	27	Katie Schwartzkopf	10	18:29.4		
2	38	Morgan Koca	12	18:36.3		
3	97	Molly Ricker	11	19:25.7		
4	104	Josie Taylor	11	19:28.6		
5	117	Jenna Walker	12	19:39.4		
6	(171)	Quincy Hubert	10	20:40.7		
7	(176)	Molly Haymaker	12	20:43.0		
17.	421	Whitewater		(19:13.5	96:07.1	1:35.0)
1	21	Madeline Verkerke	12	18:22.2		
2	41	Melanie Pankow	11	18:38.2		
3	102	Claire Schneider	11	19:27.6		
4	123	Maggie Blanding	10	19:41.9		
5	134	Natalie Andres	11	19:57.2		
18.	427	Prairie St. Harriers		(19:16.3	96:21.2	1:28.9)
1	44	Sarah Whitaker	12	18:41.3		
2	64	Lexie Dockstader	10	18:55.1		
3	79	Kaylee Tobaben	10	19:10.2		
4	94	Kira Almsberger	10	19:24.4		
5	146	Irina Honc	11	20:10.2		
6	(149)	Natalie Wagoner	12	20:13.8		
7	(163)	Jillian Kiefer	12	20:32.3		
19.	470	Team Fremont		(19:18.4	96:32.0	1:38.0)
1	12	Elli Dahl	10	18:04.8		
2	103	Myia Johnson	12	19:27.7		
3	112	Emily Nau	11	19:36.2		
4	119	Lucy Dillon	10	19:40.5		
5	124	Shelby Bracker	11	19:42.8		
6	(137)	Mara Hemmer	11	19:58.5		
20.	479	Dubuque Senior		(19:24.9	97:04.4	2:21.9)
1	17	Lillian Schmidt	11	18:11.7		
2	53	Claire Edmondson	12	18:48.0		
3	114	Kate Miron	12	19:37.1		
4	131	Izzy Gorton	11	19:54.0		
5	164	Josie Stackis	12	20:33.6		
6	(168)	Lucy Tompkins Gar	10	20:39.2		
7	(185)	Grace Ries	12	21:11.9		
21.	493	LEAAP		(19:25.9	97:09.3	1:05.8)
1	55	Alyssa Nielsen	10	18:49.9		
2	82	Lucy Duchac	10	19:10.7		
3	111	Anna Pies	11	19:36.2		
4	113	Presley Hansen	10	19:36.8		

132	Emma Vorpagel	11	19:55.7		
22.	540 Saints XC Club			(19:37.4	98:07.0 1:52.4)
1	48 Allison Strathman	12	18:46.3		
2	78 Ellie Ward	11	19:09.4		
3	108 Alexis Huddin	10	19:31.7		
4	139 Kate Marshall	11	20:00.9		
5	167 Callan Rysavy	11	20:38.7		
6	(177) Emily Nielsen	12	20:44.7		
7	(184) Taylor Yeater	9	21:02.7		
23.	590 Silverhawk Track Club			(19:42.4	98:31.8 0:43.1)
1	87 Kate Dilsaver	11	19:17.2		
2	100 Brianna Rinn	10	19:27.0		
3	129 Kerra Smid	11	19:49.7		
4	136 Abby Coen	10	19:57.6		
5	138 Lindsey Blehm	12	20:00.3		
6	(148) Emily Udell	12	20:12.4		
7	(188) Thea Seibel	12	21:26.3		
24.	593 Southwest XC Club			(19:57.5	99:47.1 3:12.9)
1	31 Gigi Loffredo	11	18:32.1		
2	76 McKenna Polus	12	19:04.2		
3	118 Brinn Wilson	11	19:39.9		
4	178 Nicole Giam	10	20:45.9		
5	190 Blake Holland	11	21:45.0		
6	(191) Lexi Crain	12	21:52.3		
7	(194) Eden Schwarz	11	22:22.2		
25.	601 Flying Eagles XC			(19:45.9	98:49.2 1:34.6)
1	59 McKenna Lovehaug	11	18:51.2		
2	109 Payton Lane	12	19:33.0		
3	135 Bayley Scott	9	19:57.3		
4	141 Brooke Everson	9	20:01.9		
5	157 Ellie Miller	7	20:25.8		
6	(169) Ashton Safranski	8	20:39.3		
7	(182) Hailey Bjerke	10	20:56.0		
26.	697 Team West			(20:06.7	100:33.4 1:59.0)
1	58 Aubree Blackman	9	18:51.2		
2	128 Ava Wardlaw	10	19:45.2		
3	152 Paige Baker	9	20:17.1		
4	179 Maddy Karnei	10	20:49.7		
5	180 Jenna Mullen	11	20:50.2		
27.	708 Running Orange			(20:09.6	100:47.6 1:49.4)
1	60 Lauren Schulze	11	18:53.3		
2	145 Kamryn Ensley	10	20:07.3		
3	155 Madeline Hollander	10	20:23.1		
4	173 Teghan Booth	11	20:41.2		
5	175 Amanda Overton	9	20:42.7		
6	(195) Emily Bright	10	22:24.3		
28.	712 Minot High Girls			(20:05.9	100:29.1 0:52.6)
1	115 Emma Compere	12	19:37.4		
2	142 Lily-ana Campbell	9	20:02.7		
3	143 Abigail Hoffarth	12	20:03.2		
4	151 Trinity Jessen	9	20:15.8		
5	161 Abbie Wahlund	12	20:30.0		
6	(187) Deja Meyer	10	21:23.8		
29.	727 Wichita Mavericks			(20:16.5	101:22.3 2:21.8)
1	39 Alexa Rios	11	18:36.6		
2	150 Britton Kelly	10	20:15.0		
3	174 Claire Dingle	11	20:42.1		
4	181 Bowi Sargent	9	20:50.2		
5	183 Sage Pauly	10	20:58.4		
30.	869 Team Thunder			(21:09.3	105:46.2 1:41.6)
1	158 Lily Myers	11	20:26.0		
2	160 Sammy Kopecky	12	20:29.7		
3	166 Christine Znidarsic	10	20:36.0		
4	192 Paige Miranda	12	22:06.9		
5	193 Maggie Berning	11	22:07.6		

Nike Cross Nationals Heartland Regional
 Yankton Trail Park, Sioux Falls, SD
 November 10, 2019
 Girls Championship

Place	TmPl	Name	Year	Teamname	Rank	1 Mile	Rank	2 Mile	Split	Last1.1	Time	Pace
191	145	Kamryn Ensley	10	Running Orange	235	6:35	212	13:19	6:44	6:49	20:07.3	6:29
192	146	Irina Honc	11	Prairie St. Harriers	196	6:23	194	13:02	6:40	7:09	20:10.2	6:30
193		Rylee Jones	10		179	6:18	192	13:00	6:43	7:12	20:10.9	6:30
194	147	Carolyn Kearns	11	Team Sty-U	185	6:18	195	13:03	6:45	7:10	20:11.9	6:31
195	148	Emily Udell	12	Silverhawk Track Club	186	6:19	196	13:03	6:45	7:10	20:12.4	6:31
196	149	Natalie Wagoner	12	Prairie St. Harriers	204	6:25	198	13:08	6:44	7:07	20:13.8	6:31
197	150	Britton Kelly	10	Wichita Mavericks	188	6:20	197	13:06	6:47	7:10	20:15.0	6:32
198	151	Trinity Jessen	9	Minot High Girls	162	6:15	172	12:51	6:36	7:26	20:15.8	6:32
199	152	Paige Baker	9	Team West	210	6:27	202	13:14	6:48	7:04	20:17.1	6:32
200		Zoe Douglas	11		143	6:12	190	12:59	6:47	7:21	20:19.0	6:33
201	153	Emma Boyens	10	Dakota Distance Project	205	6:25	199	13:09	6:44	7:13	20:20.9	6:33
202	154	Margaret Weider	10	Minnetonka Running Club	224	6:32	207	13:16	6:45	7:07	20:21.8	6:34
203	155	Madeline Hollander	10	Running Orange	232	6:35	216	13:23	6:48	7:01	20:23.1	6:34
204		Olivia Beschorner	9		202	6:24	203	13:15	6:51	7:11	20:24.4	6:35
205	156	Rachel Hosch	11	Team Sty-U	209	6:26	206	13:15	6:49	7:11	20:25.3	6:35
206	157	Ellie Miller	7	Flying Eagles XC	225	6:32	220	13:26	6:55	7:01	20:25.8	6:35
207	158	Lily Myers	11	Team Thunder	213	6:29	209	13:18	6:49	7:09	20:26.0	6:35
208		Taylor Sporrer	12		228	6:33	214	13:20	6:48	7:07	20:26.7	6:35
209	159	Abigail Schmidt	12	Spartan XC	206	6:25	205	13:15	6:51	7:13	20:27.3	6:36
210	160	Sammy Kopecky	12	Team Thunder	214	6:29	211	13:19	6:50	7:12	20:29.7	6:36
211	161	Abbie Wahlund	12	Minot High Girls	181	6:18	200	13:10	6:52	7:21	20:30.0	6:36
212	162	Macee Hansen	8	Willmar Winged Foot Running Club	229	6:34	226	13:30	6:56	7:03	20:32.1	6:37
213	163	Jillian Kiefer	12	Prairie St. Harriers	219	6:30	213	13:20	6:50	7:14	20:32.3	6:37
214	164	Josie Stackis	12	Dubuque Senior	208	6:26	204	13:15	6:49	7:20	20:33.6	6:38
215	165	Lily Ward	9	Stillwater XC Club	231	6:34	219	13:25	6:51	7:11	20:35.0	6:38
216	166	Christine Znidarsi	10	Team Thunder	190	6:20	208	13:16	6:56	7:21	20:36.0	6:38
217	167	Callan Rysavy	11	Saints XC Club	217	6:30	217	13:23	6:53	7:17	20:38.7	6:39
218	168	Lucy Tompkins Gar	10	Dubuque Senior	211	6:28	210	13:19	6:51	7:21	20:39.2	6:39
219	169	Ashton Safranski	8	Flying Eagles XC	221	6:31	228	13:31	7:00	7:10	20:39.3	6:39
220	170	Silja Earl-Tornain	10	Highland Park Running Club	236	6:37	233	13:34	6:57	7:08	20:40.5	6:40
221	171	Quincy Hubert	10	Jaguar Running Club	207	6:25	218	13:24	6:59	7:18	20:40.7	6:40
222	172	Eve Weber	11	Spartan XC	222	6:31	227	13:30	7:00	7:12	20:41.0	6:40
223	173	Teghan Booth	11	Running Orange	234	6:35	225	13:30	6:55	7:12	20:41.2	6:40
224	174	Claire Dingler	11	Wichita Mavericks	218	6:30	231	13:32	7:02	7:12	20:42.1	6:40
225	175	Amanda Overton	9	Running Orange	227	6:33	222	13:28	6:55	7:16	20:42.7	6:40
226	176	Molly Haymaker	12	Jaguar Running Club	132	6:09	215	13:22	7:13	7:22	20:43.0	6:41
227	177	Emily Nielsen	12	Saints XC Club	239	6:41	234	13:36	6:56	7:10	20:44.7	6:41
228	178	Nicole Giam	10	Southwest XC Club	212	6:29	230	13:31	7:03	7:16	20:45.9	6:41
229	179	Maddy Karnei	10	Team West	215	6:29	223	13:28	6:59	7:23	20:49.7	6:43
230	180	Jenna Mullen	11	Team West	201	6:24	221	13:27	7:03	7:24	20:50.2	6:43
231	181	Bowl Sargent	9	Wichita Mavericks	194	6:21	201	13:12	6:51	7:39	20:50.2	6:43
232	182	Hailey Bjerke	10	Flying Eagles XC	223	6:32	229	13:31	7:00	7:26	20:56.0	6:45
233	183	Sage Pauly	10	Wichita Mavericks	216	6:29	232	13:32	7:03	7:27	20:58.4	6:46
234	184	Taylor Yeater	9	Saints XC Club	220	6:31	224	13:30	7:00	7:34	21:02.7	6:47
235	185	Grace Ries	12	Dubuque Senior	230	6:34	235	13:42	7:09	7:30	21:11.9	6:50
236	186	Bella Pfankuch	8	Highland Park Running Club	237	6:37	238	13:50	7:13	7:26	21:15.3	6:51
237	187	Deja Meyer	10	Minot High Girls	238	6:38	239	13:53	7:15	7:32	21:23.8	6:54
238	188	Thea Seibel	12	Silverhawk Track Club	226	6:33	236	13:43	7:11	7:44	21:26.3	6:54
239	189	Annie Kiolbasa	12	Stillwater XC Club	233	6:35	237	13:45	7:11	7:49	21:33.4	6:57
240	190	Blake Holland	11	Southwest XC Club	240	6:43	240	13:59	7:17	7:47	21:45.0	7:01
241	191	Lexi Crain	12	Southwest XC Club	242	6:55	241	14:16	7:21	7:37	21:52.3	7:03
242	192	Paige Miranda	12	Team Thunder	244	7:00	242	14:22	7:23	7:46	22:06.9	7:08
243	193	Maggie Berning	11	Team Thunder	245	7:00	243	14:22	7:23	7:47	22:07.6	7:08
244	194	Eden Schwarz	11	Southwest XC Club	243	6:55	245	14:24	7:30	7:59	22:22.2	7:12
245	195	Emily Bright	10	Running Orange	241	6:49	244	14:24	7:36	8:01	22:24.3	7:13

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