

2007 Heartland Regional Championships at Yankton Trails - Sat. November 10, 2007 - Sioux Falls, SD

Girls Nike Team Regional Championship Race – 57 degrees, 13 mph

| | | | |
|-----------------------------|---------------------------------------|---------------------|-----|
| 1 Dowling Catholic, IA | 67 (1,2,10,21,33- 44,74) (19:03 avg.) | 7 Bismarck, ND | 174 |
| 2 Yankton, SD | 90 (4,8,23,27,28- 41,52) (19:30) | 8 Iowa City, IA | 187 |
| 3 Sioux Falls Roosevelt, SD | 95 (7,9,14,25,40- 46,73) (19:38) | 9 Adrian, MN | 191 |
| 4 Burnsville, MN | 97 (15,16,17,19,30-) (19:35) | 10 Johnston, IA | 223 |
| 5 Minot, ND | 124 (3,18,24,32,47- 51,71) (19:48) | 11 Omaha Marian, NE | 250 |
| 6 Fargo South, ND | 135 (6,20,22,29,58- 63,67) (19:52) | 12 Grand Forks, ND | 349 |

| | | | | | | |
|----|----|---------------------|--------------------------|------|-------|-------|
| 1 | 1 | Katie Flood | Dowling Catholic | 5:27 | 11:16 | 17:35 |
| 2 | x | Emily Sisson | Millard North, NE | 5:33 | 11:33 | 18:13 |
| 3 | 2 | Ashlie Decker | Dowling Catholic | 5:38 | 11:49 | 18:24 |
| 4 | x | Laura Hughes | Mankato West, MN | 5:36 | 11:45 | 18:26 |
| 5 | 3 | Melanie Funke | Minot, ND | 5:45 | 12:04 | 18:50 |
| 6 | 4 | Mariah Hofer | Yankton, SD | 5:50 | 12:07 | 18:51 |
| 7 | 5 | Kelli Budd | Omaha Marian | 5:49 | 12:13 | 18:57 |
| 8 | 6 | Tarin Lachowitz | Fargo South, ND | 5:46 | 12:12 | 19:02 |
| 9 | x | Ashley Washburn | St Thomas Aquinas, KS | 5:50 | 12:13 | 19:03 |
| 10 | x | Madeleine Takahashi | Sturgis Brown, SD | 5:51 | 12:07 | 19:05 |
| 11 | 7 | Bailey Breems | Sioux Falls Roosevelt | 5:51 | 12:10 | 19:11 |
| 12 | x | Maddie McClellan | Perham, MN | 5:52 | 12:19 | 19:12 |
| 13 | 8 | Megan Hilson | Yankton, SD | 5:57 | 12:26 | 19:13 |
| 14 | 9 | Erin Hargens | Sioux Falls Roosevelt | 5:56 | 12:24 | 19:14 |
| 15 | 10 | Betsy Flood | Dowling Catholic | 6:00 | 12:25 | 19:20 |
| 16 | 11 | Brittany Dhly | Iowa City, IA | 6:01 | 12:29 | 19:24 |
| 17 | 12 | Obsie Birru | Johnston, IA | 5:46 | 12:20 | 19:24 |
| 18 | 13 | Alexa Wachter | Bismarck, ND | 5:56 | 12:28 | 19:26 |
| 19 | 14 | Megan Brown | Sioux Falls Roosevelt | 6:02 | 12:29 | 19:26 |
| 20 | 15 | Erica Hett | Burnsville | 6:01 | 12:29 | 19:26 |
| 21 | 16 | Sharmila Ahmed | Burnsville | 6:02 | 12:30 | 19:26 |
| 22 | 17 | Alyssa Sybilrund | Burnsville | 6:02 | 12:31 | 19:27 |
| 23 | 18 | Brecca Wahlund | Minot, ND | 5:50 | 12:23 | 19:27 |
| 24 | 19 | Maria Tinebra | Burnsville | 6:00 | 12:24 | 19:29 |
| 25 | 20 | Jordan Krahn | Fargo South, ND | 5:54 | 12:25 | 19:30 |
| 26 | 21 | Tanelle Berard | Dowling Catholic | 5:56 | 12:31 | 19:40 |
| 27 | 22 | Semehar Tesfaye | Fargo South, ND | 5:54 | 12:39 | 19:40 |
| 28 | 23 | Kristin Sternhagen | Yankton, SD | 6:01 | 12:36 | 19:42 |
| 29 | 24 | Steph Greer | Minot, ND | 6:02 | 12:42 | 19:44 |
| 30 | xx | Jordan Wohlleber | Cheyenne-Eagle Butte, SD | 5:55 | 12:33 | 19:45 |
| 31 | 25 | Seanna Kautz | Sioux Falls Roosevelt | 5:57 | 12:26 | 19:47 |
| 32 | 26 | Morgan Lynn | Adrian | 5:59 | 12:37 | 19:48 |
| 33 | 27 | Jade Steinberg | Yankton, SD | 6:02 | 12:40 | 19:49 |
| 34 | 28 | Krista Creager | Yankton, SD | 6:01 | 12:36 | 19:49 |
| 35 | 29 | Laura Roesler | Fargo South, ND | 5:46 | 12:24 | 19:50 |
| 36 | 30 | Sarah Daniels | Burnsville | 6:02 | 12:33 | 19:58 |
| 37 | 31 | Jordin Kopplow | Adrian | 6:05 | 12:49 | 20:02 |
| 38 | xx | Taylor Braunberger | Dickinson, ND | 6:01 | 12:43 | 20:07 |
| 39 | 32 | Vittoria Poole | Minot, ND | 6:17 | 13:00 | 20:08 |
| 40 | 33 | Heather Tobias | Dowling Catholic | 6:09 | 12:54 | 20:09 |
| 41 | 34 | Maddy Gendreau | Bismarck, ND | 6:14 | 13:04 | 20:09 |
| 42 | 35 | Kelly O'Brien | Omaha Marian | 6:09 | 13:01 | 20:13 |
| 43 | 36 | Kelsey Hart | Iowa City, IA | 6:07 | 12:53 | 20:13 |
| 44 | 37 | Leslie Stover | Adrian | 6:16 | 13:06 | 20:20 |
| 45 | 38 | Alana Fischer | Bismarck, ND | 6:09 | 13:02 | 20:22 |
| 46 | 39 | Brooklyn Beehler | Bismarck, ND | 6:10 | 13:01 | 20:25 |
| 47 | 40 | Laura Bauer | Sioux Falls Roosevelt | 6:19 | 13:05 | 20:25 |
| 48 | 41 | Ethelin Cammock | Yankton, SD | 6:12 | 13:06 | 20:34 |
| 49 | 42 | Emily Fagan | Iowa City, IA | 6:08 | 13:02 | 20:34 |
| 50 | 43 | Lindsay McFarland | Iowa City, IA | 6:17 | 13:05 | 20:34 |
| 51 | 44 | Sarah Spellman | Dowling Catholic | 6:21 | 13:15 | 20:35 |

| | | | | |
|----|----|--------------------|-----------------------|--------|
| 52 | 45 | Anna Belner | Johnston,IA | 20:40 |
| 53 | 46 | Hillary Haddorff | Sioux Falls Roosevelt | 20:42 |
| 54 | 47 | Melanah Poole | Minot, ND | 20:43 |
| 55 | 48 | Austyn Thier | Adrian MN | 20:44 |
| 56 | 49 | Megan Sauer | Adrian, MN | 20:44 |
| 57 | 50 | Casie Gates | Bismarck, ND | 20:48 |
| 58 | 51 | Ashley Brey | Minot, ND | 20:50 |
| 59 | 52 | Hiley Cammock | Yankton, SD | 20:54 |
| 60 | 53 | Molli Kipp | Johnston, IA | 20:55 |
| 61 | 54 | Brittany Trow | Johnston, IA | 20:55 |
| 62 | 55 | Rebecca Rethwisch | Iowa City, IA | 20:58 |
| 63 | 56 | Cassidy White | Iowa City, IA | 21:04 |
| 64 | xx | Jayne Cole | Willmar, MN | 21:08 |
| 65 | 57 | Hannah Kregel | Iowa City, IA | 21:08 |
| 66 | xx | Libby Randleman | Iowa City, IA | 21:09 |
| 67 | xx | Morgan Commodore | St Thomas Aquinas, KS | 21:10 |
| 68 | 58 | Erin Valenti | Fargo South, ND | 21:10 |
| 69 | 59 | Amy Kruger | Johnston, IA | 21:15 |
| 70 | 60 | Hailee Heitkamp | Adrian, MN | 21:17 |
| 71 | 61 | Kelly Esch | Omaha Marian | 21:18. |
| 72 | xx | Laura Peterson | Millard North | 21:24 |
| 73 | 62 | Lindsay Achtenberg | Bismarck, ND | 21:25. |
| 74 | 63 | Katie Schalow | Fargo South, ND | 21:27 |
| 75 | 64 | Rebecca Fee | Grand Forks, ND | 21:31 |
| 76 | 65 | Kaitlin Medal | Grand Forks, ND | 21:32 |
| 77 | xx | Sarah Moore | St Thomas Aquinas, KS | 21:33 |
| 78 | 66 | Alyssa Eaves | Johnston , IA | 21:34 |
| 79 | 67 | Lauryn Wilson | Fargo South, ND | 21:40 |
| 80 | xx | Danielle Erickson | Willmar, MN | 21:49 |
| 81 | 68 | Paige Hageness | Bismarck, ND | 21:49 |
| 82 | 69 | Jessica Lindsey | Grand Forks | 21:54 |
| 83 | 70 | Natasha Slater | Adrian | 22:07 |
| 84 | 71 | Kaylie Marten | Minot, ND | 22:13 |
| 85 | 72 | Megan Flaxbeard | Omaha Marian | 22:14 |
| 86 | 73 | Caitlyn Crowley | Sioux Falls | 22:21 |
| 87 | 74 | Mary Lacy | Dowling Catholic | 22:22 |
| 88 | 75 | Lauren McMillan | Grand Forks | 22:34. |
| 89 | 76 | Brittany Bunde | Grand Forks | 22:35 |
| 90 | xx | Ashley Wigton | Willmar, MN | 22:41 |
| 91 | xx | Amanda Poppens | Millard North | 23:04 |
| 92 | xx | Caitlin Bazis | Millard North | 23:15 |
| 93 | 77 | Christine Buechler | Omaha Marian | 23:27 |
| 94 | 78 | Sarah McCaslin | Omaha Marian | 23:43 |
| 95 | xx | Ali Gress | Bellevue, NE | |