

John Hermes Invitational Cross Country Meet  
 Pebble Lake Golf Course - Fergus Falls, MN  
 September 30, 2010  
 VARSITY BOYS - 5K

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 TEAM RESULTS: VARSITY BOYS  
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1.	48	Moorhead	( 16:44.1 1:23:40.2)
1	1	Lukas Gemar	15:51.9
2	2	Glen Ellingson	16:35.2
3	11	Ezra Olson	16:54.1
4	15	Christian Larson	17:05.4
5	19	Josh Young	17:13.6
6	( 21)	Derrick Nelson	17:15.3
7	( 39)	Jacob Geraghty	17:43.6
2.	86	Perham	( 17:07.6 1:25:37.6)
1	5	Keith Schornack	16:44.2
2	7	Klaus Weber	16:48.3
3	18	Brady Speicher	17:13.6
4	23	Nick Carignan	17:17.6
5	33	Brandon Karels	17:33.9
6	( 38)	Dalton Dahms	17:41.8
7	( 43)	Andrew Riestenberg	17:50.6
3.	107	Alexandria	( 17:15.2 1:26:15.6)
1	9	Will Sieling	16:50.4
2	16	Mitch Evink	17:09.1
3	20	Mitch Ronning	17:13.8
4	30	Zac Bartolomeo	17:30.3
5	32	Jimmy Lovrien	17:32.0
6	( 41)	Dan Gorghuber	17:48.1
4.	111	Monticello	( 17:15.3 1:26:16.1)
1	8	Hunter Kopff	16:49.2
2	17	Colin Lyndorff	17:09.2
3	24	Phillip Lavallee	17:18.0
4	25	Derek Secord	17:18.3
5	37	Oliver Winsor	17:41.4
6	( 67)	Bailey Denzer	18:29.3
7	( 74)	Luke Gruhlke	18:36.0
5.	118	Bemidji	( 17:17.5 1:26:27.3)
1	3	Andy Berube	16:39.9
2	14	John Buckanaga	17:00.9
3	22	Alex Schoneberger	17:17.0
4	35	Dan Clememson	17:38.6
5	44	Sam Carlson	17:50.9
6	( 54)	Jake Urban	18:02.6
7	( 58)	Ryan Erickson	18:09.6
6.	154	Sartell	( 17:28.8 1:27:23.6)
1	10	Tyler Broadwell	16:51.0

2	28	Alex Van Heel	17:25.5
3	34	Taylor Idland	17:35.5
4	36	Jacob Yapp	17:39.6
5	46	Austin Barkley	17:52.0
6	( 56)	Taylor Lauermann	18:08.4
7	( 57)	Parker Kohlman	18:09.4
7.	168	Fergus Falls	( 17:33.0 1:27:44.8)
=====			
1	12	Zach Haus	16:56.2
2	13	Keeghan Hurley	16:58.4
3	29	Lucas Ness-Allen	17:28.1
4	42	Sam Wasberg	17:48.3
5	72	Connor Danielson	18:33.8
6	( 93)	Billy Eerdmans	19:01.2
7	( 99)	Eddie Roberts	19:11.9
8.	231	Detroit Lakes	( 17:52.8 1:29:24.0)
=====			
1	27	Dylan Ramstad Skoyle	17:19.1
2	31	Jason Stallman	17:31.6
3	45	Travis King	17:51.4
4	55	Wes Bakken	18:06.8
5	73	Mike Okeson	18:35.1
6	( 82)	Patrick Bakken	18:46.8
9.	240	St. Michael-Albertville	( 17:54.9 1:29:34.5)
=====			
1	6	Brendan Sage	16:45.2
2	47	Michael Lindquist	17:54.8
3	50	Peter Mason	17:59.0
4	60	Matt Eiyneck	18:15.3
5	77	Kevin Hackenmueller	18:40.2
6	( 89)	David Zachman	18:55.6
7	(105)	Michael Bruner	19:18.3
10.	295	Lfchs	( 18:11.1 1:30:55.2)
=====			
1	4	Preston Zimny	16:43.8
2	40	Ricky Devine	17:46.4
3	75	Austin Gessell	18:37.4
4	84	Tony Arnold	18:49.0
5	92	Frank Wilczek	18:58.6
6	( 95)	Mathew Massmann	19:05.2
7	(109)	Stephen Luing	19:24.6
11.	329	Brainerd	( 18:22.1 1:31:50.5)
=====			
1	26	Riley Nelsen	17:18.3
2	48	Jack Hegarty	17:55.9
3	71	Gerrit Garberich	18:33.4
4	76	Zean Baker	18:38.3
5	108	Damon Grilz	19:24.6
6	(113)	Justin Warling	19:38.7
12.	330	Jamestown	( 18:26.1 1:32:10.2)
=====			
1	49	Jake Nieland	17:58.7
2	66	Cory Goehner	18:29.3
3	68	Phil Manley	18:29.9
4	69	Alek Dallmann	18:30.0
5	78	Joe Jensen	18:42.3
6	(104)	Landon Ostlie	19:16.7
7	(119)	Alec Redmann	20:13.8

13.	337	Ottertail Central	( 18:25.5 1:32:07.4)
1	51	Dj Cline	17:59.5
2	63	Ryan Olson	18:19.7
3	64	Zach Johnson	18:21.7
4	65	Luke Hemmelspach	18:22.6
5	94	Gabe Wicklund	19:03.9
6	( 98)	Devin Witt	19:11.8
7	(112)	Zach Matthys	19:38.1
14.	384	St. Cloud Tech	( 18:39.0 1:33:14.6)
1	59	Ryan Schmidt	18:10.3
2	62	Sam Anderson	18:19.5
3	79	Grant Myres	18:43.6
4	88	Chris Rouw	18:55.4
5	96	Patrick Delles	19:05.8
6	(101)	Elliot Busta	19:13.9
7	(111)	Zach Leslie	19:29.6
15.	427	Park Rapids Area	( 18:51.3 1:34:16.3)
1	61	Taylor Kimball	18:16.6
2	70	Isaac Overmyer	18:32.5
3	91	Bailey Mueller	18:56.0
4	102	Tanner Otterness	19:15.4
5	103	Zac Haugland	19:15.8
6	(114)	Matt Sullivan	19:48.8
7	(115)	Jake Waggoner	19:57.8
16.	444	Rocori	( 18:56.5 1:34:42.2)
1	80	Matheus Bauer	18:43.6
2	85	Trek Frantti	18:50.0
3	86	Josh Peterson	18:51.4
4	87	Anthony Wensmann	18:53.7
5	106	Kyle Lahr	19:23.5
6	(107)	Tony Bertram	19:23.9
7	(116)	Nick Scherber	20:02.5
17.	460	Apollo	( 19:24.3 1:37:01.1)
1	52	Mitch Bengtson	17:59.6
2	81	Nick Theisen	18:44.9
3	83	Isaac Nelson	18:48.8
4	121	Rick Schug	20:42.4
5	123	Ama Sanchez	20:45.4
6	(124)	Nathan Kroschel	20:47.0
18.	498	West Central Area	( 19:27.1 1:37:15.1)
1	53	Alex Toms	18:00.2
2	97	Seth Felland	19:11.3
3	110	Jacob Rakozy	19:28.5
4	118	Tyler Severance	20:11.4
5	120	Carson Hunter	20:23.7
6	(125)	Bryan Starner	20:59.8
19.	555	Sauk Rapids-Rice	( 20:13.1 1:41:05.2)
1	90	Josh Keuhn	18:55.6
2	100	Nathan Miller	19:12.1
3	117	Paulo Grubat	20:06.9

4	122	Eric Nemi	20:42.8
5	126	Nathan Keller	22:07.8

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INDIVIDUAL RESULTS: VARSITY BOYS

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Place	Tea/Tot	No.	Name	Age	Team	Time	Pace
1	1/7	838	Lukas Gemar	SR	Moorhead	15:51.9	5:07
2	2/7	832	Glen Ellingson	JR	Moorhead	16:35.2	5:21
3	1/7	591	Andy Berube	SR	Bemidji	16:39.9	5:22
4	1/7	788	Preston Zimny	JR	Lfchs	16:43.8	5:24
5	1/7	943	Keith Schornack	SR	Perham	16:44.2	5:24
6	1/7	1087	Brendan Sage	SO	St. Michael-Albertville	16:45.2	5:24
7	2/7	950	Klaus Weber	SR	Perham	16:48.3	5:25
8	1/7	801	Hunter Kopff	SR	Monticello	16:49.2	5:25
9	1/6	538	Will Sieling	JR	Alexandria	16:50.4	5:26
10	1/7	969	Tyler Broadwell	JR	Sartell	16:51.0	5:26
11	3/7	858	Ezra Olson	SO	Moorhead	16:54.1	5:27
12	1/7	721	Zach Haus	JR	Fergus Falls	16:56.2	5:28
13	2/7	723	Keeghan Hurley	FR	Fergus Falls	16:58.4	5:28
14	2/7	592	John Buckanaga	SR	Bemidji	17:00.9	5:29
15	4/7	848	Christian Larson	SR	Moorhead	17:05.4	5:31
16	2/6	508	Mitch Evink	SR	Alexandria	17:09.1	5:32
17	2/7	806	Colin Lyndorff	SO	Monticello	17:09.2	5:32
18	3/7	946	Brady Speicher	SO	Perham	17:13.6	5:33
19	5/7	866	Josh Young	FR	Moorhead	17:13.6	5:33
20	3/6	534	Mitch Ronning	SR	Alexandria	17:13.8	5:33
21	6/7	852	Derrick Nelson	SR	Moorhead	17:15.3	5:34
22	3/7	629	Alex Schoneberger	SR	Bemidji	17:17.0	5:34
23	4/7	925	Nick Carignan	SO	Perham	17:17.6	5:34
24	3/7	804	Phillip Lavallee	JR	Monticello	17:18.0	5:35
25	4/7	813	Derek Secord	FR	Monticello	17:18.3	5:35
26	1/6	646	Riley Nelsen	JR	Brainerd	17:18.3	5:35
27	1/6	697	Dylan Ramstad Skoyle	SR	Detroit Lakes	17:19.1	5:35
28	2/7	1004	Alex Van Heel	JR	Sartell	17:25.5	5:37
29	3/7	729	Lucas Ness-Allen	SR	Fergus Falls	17:28.1	5:38
30	4/6	502	Zac Bartolomeo	SO	Alexandria	17:30.3	5:39
31	2/6	705	Jason Stallman	JR	Detroit Lakes	17:31.6	5:39
32	5/6	524	Jimmy Lovrien	SO	Alexandria	17:32.0	5:39
33	5/7	935	Brandon Karels	SR	Perham	17:33.9	5:40
34	3/7	979	Taylor Idland	SO	Sartell	17:35.5	5:40
35	4/7	599	Dan Clememson	JR	Bemidji	17:38.6	5:41
36	4/7	1008	Jacob Yapp	JR	Sartell	17:39.6	5:42
37	5/7	818	Oliver Winsor	FR	Monticello	17:41.4	5:42
38	6/7	928	Dalton Dahms	SO	Perham	17:41.8	5:42
39	7/7	839	Jacob Geraghty	JR	Moorhead	17:43.6	5:43
40	2/7	765	Ricky Devine	SR	Lfchs	17:46.4	5:44
41	6/6	511	Dan Gorghuber	SR	Alexandria	17:48.1	5:44
42	4/7	738	Sam Wasberg	JR	Fergus Falls	17:48.3	5:44
43	7/7	940	Andrew Riestenberg	SR	Perham	17:50.6	5:45
44	5/7	598	Sam Carlson	9TH	Bemidji	17:50.9	5:45
45	3/6	686	Travis King	JR	Detroit Lakes	17:51.4	5:45
46	5/7	966	Austin Barkley	SR	Sartell	17:52.0	5:46
47	2/7	1074	Michael Lindquist	SR	St. Michael-Albertville	17:54.8	5:46
48	2/6	644	Jack Hegarty	SR	Brainerd	17:55.9	5:47
49	1/7	752	Jake Nieland	JR	Jamestown	17:58.7	5:48
50	3/7	1076	Peter Mason	SR	St. Michael-Albertville	17:59.0	5:48
51	1/7	868	Dj Cline	JR	Ottertail Central	17:59.5	5:48
52	1/6	543	Mitch Bengtson	SO	Apollo	17:59.6	5:48
53	1/6	1114	Alex Toms	9TH	West Central Area	18:00.2	5:48

54	6/7	632	Jake Urban	SR	Bemidji	18:02.6	5:49
55	4/6	663	Wes Bakken	JR	Detroit Lakes	18:06.8	5:50
56	6/7	985	Taylor Lauermann	JR	Sartell	18:08.4	5:51
57	7/7	982	Parker Kohlman	JR	Sartell	18:09.4	5:51
58	7/7	602	Ryan Erickson	JR	Bemidji	18:09.6	5:51
59	1/7	1045	Ryan Schmidt	SR	St. Cloud Tech	18:10.3	5:51
60	4/7	1061	Matt Eiyneck	JR	St. Michael-Albertville	18:15.3	5:53
61	1/7	898	Taylor Kimball	SR	Park Rapids Area	18:16.6	5:53
62	2/7	1026	Sam Anderson	SR	St. Cloud Tech	18:19.5	5:54
63	2/7	885	Ryan Olson	JR	Ottertail Central	18:19.7	5:54
64	3/7	879	Zach Johnson	JR	Ottertail Central	18:21.7	5:55
65	4/7	875	Luke Hemmelspach	9TH	Ottertail Central	18:22.6	5:55
66	2/7	749	Cory Goehner	SR	Jamestown	18:29.3	5:58
67	6/7	793	Bailey Denzer	SR	Monticello	18:29.3	5:58
68	3/7	751	Phil Manley	SO	Jamestown	18:29.9	5:58
69	4/7	748	Alek Dallmann	SO	Jamestown	18:30.0	5:58
70	2/7	906	Isaac Overmyer	8TH	Park Rapids Area	18:32.5	5:59
71	3/6	640	Gerrit Garberich	SO	Brainerd	18:33.4	5:59
72	5/7	714	Connor Danielson	FR	Fergus Falls	18:33.8	5:59
73	5/6	694	Mike Okeson	SO	Detroit Lakes	18:35.1	5:59
74	7/7	795	Luke Gruhlke	JR	Monticello	18:36.0	6:00
75	3/7	768	Austin Gessell	SR	Lfchs	18:37.4	6:00
76	4/6	639	Zean Baker	SO	Brainerd	18:38.3	6:00
77	1/3	1100	Derek Meyer	FR	Wahpeton	18:40.1	6:01
78	5/7	1068	Kevin Hackenmueller	JR	St. Michael-Albertville	18:40.2	6:01
79	5/7	750	Joe Jensen	JR	Jamestown	18:42.3	6:02
80	3/7	1042	Grant Myres	SO	St. Cloud Tech	18:43.6	6:02
81	1/7	955	Matheus Bauer	FR	Rocori	18:43.6	6:02
82	2/6	565	Nick Theisen	SR	Apollo	18:44.9	6:03
83	6/6	662	Patrick Bakken	JR	Detroit Lakes	18:46.8	6:03
84	3/6	556	Isaac Nelson	FR	Apollo	18:48.8	6:04
85	4/7	757	Tony Arnold	JR	Lfchs	18:49.0	6:04
86	2/7	957	Trek Frantti	JR	Rocori	18:50.0	6:04
87	3/7	961	Josh Peterson	FR	Rocori	18:51.4	6:05
88	4/7	964	Anthony Wensmann	SR	Rocori	18:53.7	6:05
89	1/4	1156	Alex Mendieta	FR	Treknorth	18:54.1	6:05
90	2/4	1157	Anrhony Mendieta	FR	Treknorth	18:55.2	6:06
91	4/7	1044	Chris Rouw	SO	St. Cloud Tech	18:55.4	6:06
92	6/7	1098	David Zachman	SR	St. Michael-Albertville	18:55.6	6:06
93	1/5	1016	Josh Keuhn	SR	Sauk Rapids-Rice	18:55.6	6:06
94	3/7	904	Bailey Mueller	9TH	Park Rapids Area	18:56.0	6:06
95	5/7	786	Frank Wilczek	JR	Lfchs	18:58.6	6:07
96	6/7	718	Billy Eerdmans	JR	Fergus Falls	19:01.2	6:08
97	5/7	888	Gabe Wicklund	JR	Ottertail Central	19:03.9	6:09
98	6/7	779	Mathew Massmann	9TH	Lfchs	19:05.2	6:09
99	5/7	1029	Patrick Delles	SR	St. Cloud Tech	19:05.8	6:09
100	1/3	741	Tanner Ellenberg	SR	Frazeev/vergas	19:09.6	6:11
101	2/6	1103	Seth Felland	SR	West Central Area	19:11.3	6:11
102	6/7	890	Devin Witt	SR	Ottertail Central	19:11.8	6:11
103	7/7	732	Eddie Roberts	SR	Fergus Falls	19:11.9	6:11
104	2/5	1019	Nathan Miller	JR	Sauk Rapids-Rice	19:12.1	6:11
105	6/7	1027	Elliot Busta	SR	St. Cloud Tech	19:13.9	6:12
106	1/3	585	Jalen Stumpf	SO	Becker	19:14.8	6:12
107	4/7	905	Tanner Otterness	SO	Park Rapids Area	19:15.4	6:12
108	5/7	894	Zac Haugland	SR	Park Rapids Area	19:15.8	6:12
109	6/7	753	Landon Ostlie	SR	Jamestown	19:16.7	6:13
110	7/7	1055	Michael Bruner	JR	St. Michael-Albertville	19:18.3	6:13
111	5/7	960	Kyle Lahr	SO	Rocori	19:23.5	6:15
112	6/7	956	Tony Bertram	FR	Rocori	19:23.9	6:15
113	5/6	641	Damon Grilz	JR	Brainerd	19:24.6	6:15
114	7/7	777	Stephen Luing	SR	Lfchs	19:24.6	6:15
115	3/6	1110	Jacob Rakozy	8TH	West Central Area	19:28.5	6:17
116	7/7	1041	Zach Leslie	FR	St. Cloud Tech	19:29.6	6:17
117	7/7	881	Zach Matthys	JR	Ottertail Central	19:38.1	6:20

118	6/6	652 Justin Warling	SO Brainerd	19:38.7	6:20
119	2/3	746 Tristan Watchorn	9TH Frazee/vergas	19:41.5	6:21
120	6/7	907 Matt Sullivan	SR Park Rapids Area	19:48.8	6:23
121	3/4	1152 Andy Gustafson	JR Treknorth	19:54.6	6:25
122	7/7	908 Jake Waggoner	SO Park Rapids Area	19:57.8	6:26
123	7/7	962 Nick Scherber	JR Rocori	20:02.5	6:28
124	2/3	580 Travis Neidenfuhr	JR Becker	20:02.6	6:28
125	3/5	1014 Paulo Grubat	JR Sauk Rapids-Rice	20:06.9	6:29
126	4/6	1112 Tyler Severance	SR West Central Area	20:11.4	6:30
127	7/7	754 Alec Redmann	SR Jamestown	20:13.8	6:31
128	5/6	1104 Carson Hunter	SR West Central Area	20:23.7	6:34
129	1/4	657 Josh Petersen	SO Breckenridge	20:37.4	6:39
130	2/3	1099 Micah Evans	SO Wahpeton	20:38.1	6:39
131	4/6	561 Rick Schug	FR Apollo	20:42.4	6:40
132	4/5	1021 Eric Nemi	JR Sauk Rapids-Rice	20:42.8	6:41
133	5/6	560 Ama Sanchez	SR Apollo	20:45.4	6:41
134	6/6	552 Nathan Kroschel	JR Apollo	20:47.0	6:42
135	2/4	655 Mark Niesche	JR Breckenridge	20:49.5	6:43
136	6/6	1113 Bryan Starner	SR West Central Area	20:59.8	6:46
137	1/4	910 Khalid Barre	9TH Pelican Rapids	21:17.2	6:52
138	3/3	578 Alex McDowall	JR Becker	21:30.2	6:56
139	3/3	1101 Blake Pietron	SR Wahpeton	21:41.9	7:00
140	3/3	742 Donovan Fletcher	FR Frazee/vergas	21:45.9	7:01
141	2/4	918 Kraig Nelson	SR Pelican Rapids	21:46.9	7:01
142	3/4	919 Jason Stadum	9TH Pelican Rapids	21:53.5	7:03
143	5/5	1015 Nathan Keller	JR Sauk Rapids-Rice	22:07.8	7:08
144	4/4	920 Paul Strand	9TH Pelican Rapids	22:08.8	7:08
145	4/4	1153 Robert Hallet	JR Treknorth	24:22.9	7:51
146	3/4	654 Garrett Marple	FR Breckenridge	25:35.5	8:15
147	4/4	658 Zackary Rittenhouse	FR Breckenridge	26:15.9	8:28

John Hermes Invitational Cross Country Meet  
 Pebble Lake Golf Course - Fergus Falls, MN  
 September 30, 2010  
 VARSITY GIRLS - 4K

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 TEAM RESULTS: VARSITY GIRLS  
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1.	46	Monticello	( 15:18.2 1:16:30.7)
=====			
1	2	Erica Seidenkranz	14:41.2
2	3	Amber Seidenkranz	14:51.6
3	10	Amber Stoick	15:27.4
4	12	Mariah Betzler	15:38.4
5	19	Brooke Rasmussen	15:52.1
6	( 22)	Corinne Steele	15:59.6
7	( 25)	Krista Steele	16:08.3
2.	105	Brainerd	( 15:54.7 1:19:33.4)
=====			
1	7	Anna Gessell	15:21.2
2	13	Rebecca Yeh	15:39.1
3	15	Megan Holmes	15:41.1
4	30	Allison Kosobud	16:14.7
5	40	Lydia Herath	16:37.3
6	( 47)	Maria West	16:50.2
7	( 48)	Abby Selisker	16:50.2
3.	121	Moorhead	( 16:02.8 1:20:13.9)
=====			
1	5	Taylor Janssen	15:13.7
2	18	Avery Selberg	15:50.2
3	24	Taylor Polomny	16:07.4
4	36	Karlee Richards	16:28.5
5	38	Alita Taylor	16:34.1
6	( 46)	Kendall Christian	16:49.9
7	(103)	Erica Henrikson	18:09.7
4.	178	Lfchs	( 16:24.6 1:22:03.0)
=====			
1	17	Maria Hauer	15:46.4
2	20	Mattia Hendrickson	15:57.3
3	37	Paige Beseman	16:31.8
4	44	Chelsea Rutz	16:45.8
5	60	Heidi Moe	17:01.7
6	( 68)	Kallie Baumgartner	17:11.2
7	( 70)	Laura Moe	17:12.2
5.	187	Bemidji	( 16:13.9 1:21:09.2)
=====			
1	6	Bailey Drewes	15:19.8
2	9	Jenna Truedson	15:25.5
3	16	Kim Truedson	15:45.5
4	77	Dani Gronhvd	17:17.4
5	79	Laura Edwards	17:21.0
6	( 85)	Emma Brokl	17:31.9
7	( 91)	Mikayla Connell	17:43.5
6.	192	St. Michael-Albertville	( 16:30.4 1:22:31.7)
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1	29	Christine Thorn	16:12.8
2	32	Presley Norby	16:18.2
3	34	Katelyn Blais	16:21.8
4	45	Erin Autio	16:46.4
5	52	Beth Hinkemeyer	16:52.5
6	( 54)	Melody Walton	16:57.0
7	( 62)	Tori Hamre	17:02.9
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7.	201	Alexandria	( 16:16.0 1:21:20.0)
=====			
1	1	Jamie Piepenburg	14:14.7
2	21	Shelby Iverson	15:58.4
3	57	Karly Betterman	17:00.2
4	59	Julia Sieling	17:00.7
5	63	Kaci McCoy	17:06.0
6	( 81)	Kristin Egenes	17:24.5
=====			
8.	232	Park Rapids Area	( 16:37.4 1:23:06.8)
=====			
1	4	Lydia Lutz	15:13.0
2	50	Alex Pederson	16:51.6
3	51	Lora Remus	16:52.2
4	61	Shelby Pierce	17:02.1
5	66	Kaylee Hilmanowski	17:07.9
6	( 83)	Morgan Olson	17:28.8
=====			
9.	248	Perham	( 16:47.7 1:23:58.3)
=====			
1	33	Cassie Beseman	16:19.5
2	35	Racole Karels	16:23.9
3	42	Lizzie Fudge	16:38.9
4	43	Ciarrin Covington	16:45.0
5	95	Sydney Karels	17:51.0
6	(101)	Tanya Berns	18:07.7
7	(113)	Jessica Dreier	18:38.2
=====			
10.	275	Sartell	( 16:52.6 1:24:22.7)
=====			
1	27	Anna Lindstrom	16:09.7
2	39	Mikayla Dockendorf	16:35.2
3	53	Allie Rengel	16:52.9
4	72	Abby Treadaway	17:15.1
5	84	Arisa Kalphake	17:29.8
=====			
11.	285	Detroit Lakes	( 16:54.6 1:24:32.9)
=====			
1	23	Abby Ulloyt	16:05.5
2	49	Annie Holzgrove	16:50.8
3	64	Veronica Haverkamp	17:06.6
4	71	Britta Johnson	17:12.6
5	78	McKenzie Foltz	17:17.4
6	( 93)	Lindsay Heinicki	17:48.0
7	(114)	Berit Ramstad-Skoyle	18:41.6
=====			
12.	310	Becker	( 17:04.1 1:25:20.5)
=====			
1	14	Kaitlyn Yoerg	15:39.2
2	41	Sydney Mastey	16:38.1
3	56	Katie Gretsches	16:58.8
4	89	Maria Zimmerman	17:39.9
5	110	Lauren Reiser	18:24.5
6	(111)	Ashlee Reichel	18:26.3
=====			
13.	324	Fergus Falls	( 17:02.8 1:25:14.0)



=====			
1	8	Haylie Zenner	15:21.3
2	31	Cierra Larson	16:16.0
3	87	McKenna Hatlewick	17:33.5
4	96	Callieann Hoffbeck	17:53.8
5	102	Josie Schmidt	18:09.4
6	(107)	Emily Borowski	18:16.9
=====			
14.	344	Rocori	( 17:12.6 1:26:02.6)
=====			
1	28	Kristen Mehr	16:11.7
2	67	Shelby Teal	17:10.6
3	69	Brittany Stein	17:11.3
4	82	Maggi Gertken	17:26.5
5	98	Mariah Lardy	18:02.5
6	( 99)	Riija Eskuri	18:02.8
7	(100)	Sam Peterson	18:03.7
=====			
15.	372	Jamestown	( 17:24.0 1:27:00.0)
=====			
1	11	Alison Allmer	15:32.6
2	55	Kaiann Arellano	16:57.5
3	94	Elizabeth Entzel	17:50.4
4	97	Brittney O'Neill	17:55.4
5	115	Marissa O'Neill	18:44.1
6	(120)	Julie Fuchs	18:52.5
7	(127)	Ashley Mueller	19:52.6
=====			
16.	391	Pelican Rapids	( 17:30.0 1:27:30.0)
=====			
1	26	Emily Bakken	16:09.2
2	65	Bailey Strand	17:06.9
3	88	Charlotte Johnson	17:39.5
4	104	Maria Johnson	18:12.3
5	108	Ashlyn French	18:22.1
6	(123)	Emily Field-Olson	19:14.7
7	(125)	Kristin Haugen	19:22.0
=====			
17.	446	Wahpeton	( 17:43.4 1:28:36.7)
=====			
1	74	Kasey Lasch	17:15.7
2	75	Courtney Breuer	17:15.8
3	76	Mick Klocke	17:15.8
4	109	Morgan Glines	18:22.8
5	112	Amy Elliott	18:26.6
6	(119)	Katie Prochnow	18:50.3
7	(126)	Alyssa Mund	19:24.1
=====			
18.	486	Breckenridge	( 18:00.9 1:30:04.1)
=====			
1	73	Jacie Jawaski	17:15.6
2	86	Ashley Hasbargen	17:33.3
3	105	Sarah Ehlert	18:12.7
4	106	Emily Hendrickson	18:15.7
5	116	Britta Manning	18:46.8
6	(130)	Natasha Allard	22:17.5
=====			
19.	520	Sauk Rapids-Rice	( 18:35.2 1:32:55.8)
=====			
1	58	Alicia Armstrong	17:00.3
2	92	Ellarose Kayfes	17:46.0
3	118	Pippu Ahvenainen	18:50.2
4	124	Stina Lindholm	19:18.1
5	128	Hailey Thielen	20:01.2

20. 530 West Central Area ( 18:22.1 1:31:50.5)

1	80	Kylee Fernholz	17:22.0
2	90	Ashton Blair	17:42.7
3	117	Tee Rudnitski	18:49.7
4	121	Holly Vankempen	18:56.0
5	122	Mikaylah Stark	19:00.1
6	(129)	Katie Poyzer	20:23.2
7	(131)	Megan Andreason	24:31.7

INDIVIDUAL RESULTS: VARSITY GIRLS

Place	Tea/Tot	No.	Name	Age	Team	Time	Pace
1	1/6	120	Jamie Piepenburg	JR	Alexandria	14:14.7	5:44
2	1/7	309	Erica Seidenkranz	JR	Monticello	14:41.2	5:55
3	2/7	308	Amber Seidenkranz	FR	Monticello	14:51.6	5:59
4	1/6	374	Lydia Lutz	JR	Park Rapids Area	15:13.0	6:08
5	1/7	339	Taylor Janssen	SO	Moorhead	15:13.7	6:08
6	1/7	163	Bailey Drewes	SR	Bemidji	15:19.8	6:11
7	1/7	186	Anna Gessell	SR	Brainerd	15:21.2	6:11
8	1/6	248	Haylie Zenner	JR	Fergus Falls	15:21.3	6:11
9	2/7	182	Jenna Truedson	8TH	Bemidji	15:25.5	6:13
10	3/7	313	Amber Stoick	JR	Monticello	15:27.4	6:14
11	1/7	261	Alison Allmer	SO	Jamestown	15:32.6	6:16
12	4/7	292	Mariah Betzler	FR	Monticello	15:38.4	6:18
13	2/7	197	Rebecca Yeh	SR	Brainerd	15:39.1	6:18
14	1/6	154	Kaitlyn Yoerg	SR	Becker	15:39.2	6:18
15	3/7	188	Megan Holmes	SR	Brainerd	15:41.1	6:19
16	3/7	183	Kim Truedson	JR	Bemidji	15:45.5	6:21
17	1/7	279	Maria Hauer	9TH	Lfchs	15:46.4	6:21
18	2/7	361	Avery Selberg	FR	Moorhead	15:50.2	6:23
19	5/7	306	Brooke Rasmussen	FR	Monticello	15:52.1	6:24
20	2/7	281	Mattia Hendrickson	FR	Lfchs	15:57.3	6:26
21	2/6	113	Shelby Iverson	SO	Alexandria	15:58.4	6:26
22	6/7	310	Corinne Steele	JR	Monticello	15:59.6	6:27
23	1/7	227	Abby Ulloyt	8TH	Detroit Lakes	16:05.5	6:29
24	3/7	356	Taylor Polomny	SR	Moorhead	16:07.4	6:30
25	7/7	312	Krista Steele	8TH	Monticello	16:08.3	6:30
26	1/7	380	Emily Bakken	9TH	Pelican Rapids	16:09.2	6:30
27	1/5	425	Anna Lindstrom	FR	Sartell	16:09.7	6:31
28	1/7	413	Kristen Mehr	FR	Rocori	16:11.7	6:31
29	1/7	473	Christine Thorn	JR	St. Michael-Albertville	16:12.8	6:32
30	1/3	132	Erin Nelson	FR	Apollo	16:13.7	6:32
31	4/7	190	Allison Kosobud	SO	Brainerd	16:14.7	6:33
32	2/6	235	Cierra Larson	SO	Fergus Falls	16:16.0	6:33
33	2/7	466	Presley Norby	7TH	St. Michael-Albertville	16:18.2	6:34
34	1/7	392	Cassie Beseman	JR	Perham	16:19.5	6:35
35	3/7	453	Katelyn Blais	JR	St. Michael-Albertville	16:21.8	6:35
36	2/7	398	Racole Karels	FR	Perham	16:23.9	6:36
37	4/7	359	Karlee Richards	SR	Moorhead	16:28.5	6:38
38	3/7	270	Paige Beseman	SR	Lfchs	16:31.8	6:39
39	5/7	363	Alita Taylor	JR	Moorhead	16:34.1	6:40
40	2/5	420	Mikayla Dockendorf	JR	Sartell	16:35.2	6:41
41	5/7	187	Lydia Herath	8TH	Brainerd	16:37.3	6:42
42	2/6	146	Sydney Mastey	8TH	Becker	16:38.1	6:42
43	3/7	396	Lizzie Fudge	FR	Perham	16:38.9	6:42
44	4/7	393	Ciarrin Covington	SO	Perham	16:45.0	6:45
45	4/7	291	Chelsea Rutz	SO	Lfchs	16:45.8	6:45

46	4/7	452 Erin Autio	9TH St. Michael-Albertville	16:46.4	6:45
47	2/3	130 Makayla Kelley-Bros	8TH Apollo	16:48.8	6:46
48	6/7	326 Kendall Christian	SR Moorhead	16:49.9	6:47
49	6/7	196 Maria West	FR Brainerd	16:50.2	6:47
50	7/7	194 Abby Selisker	FR Brainerd	16:50.2	6:47
51	2/7	217 Annie Holzgrove	FR Detroit Lakes	16:50.8	6:47
52	2/6	376 Alex Pederson	FR Park Rapids Area	16:51.6	6:47
53	3/6	378 Lora Remus	SO Park Rapids Area	16:52.2	6:48
54	5/7	459 Beth Hinkemeyer	SO St. Michael-Albertville	16:52.5	6:48
55	3/5	431 Allie Rengel	SR Sartell	16:52.9	6:48
56	6/7	475 Melody Walton	SR St. Michael-Albertville	16:57.0	6:50
57	2/7	262 Kaiann Arellano	FR Jamestown	16:57.5	6:50
58	3/6	138 Katie Gretsck	SO Becker	16:58.8	6:50
59	3/6	101 Karly Betterman	FR Alexandria	17:00.2	6:51
60	1/5	439 Alicia Armstrong	SR Sauk Rapids-Rice	17:00.3	6:51
61	4/6	122 Julia Sieling	FR Alexandria	17:00.7	6:51
62	5/7	287 Heidi Moe	8TH Lfchs	17:01.7	6:52
63	4/6	377 Shelby Pierce	JR Park Rapids Area	17:02.1	6:52
64	7/7	456 Tori Hamre	SO St. Michael-Albertville	17:02.9	6:52
65	5/6	118 Kaci McCoy	JR Alexandria	17:06.0	6:53
66	3/7	215 Veronica Haverkamp	SO Detroit Lakes	17:06.6	6:54
67	2/7	387 Bailey Strand	9TH Pelican Rapids	17:06.9	6:54
68	5/6	373 Kaylee Hilmanowski	SO Park Rapids Area	17:07.9	6:54
69	2/7	408 Shelby Teal	SO Rocori	17:10.6	6:55
70	6/7	269 Kallie Baumgartner	SO Lfchs	17:11.2	6:55
71	3/7	415 Brittany Stein	SO Rocori	17:11.3	6:55
72	7/7	288 Laura Moe	9TH Lfchs	17:12.2	6:56
73	4/7	220 Britta Johnson	SR Detroit Lakes	17:12.6	6:56
74	4/5	434 Abby Treadaway	SO Sartell	17:15.1	6:57
75	1/6	206 Jacie Jawaski	JR Breckenridge	17:15.6	6:57
76	1/9	483 Kasey Lasch	SR Wahpeton	17:15.7	6:57
77	2/9	478 Courtney Breuer	SO Wahpeton	17:15.8	6:57
78	3/9	481 Mick Klocke	FR Wahpeton	17:15.8	6:57
79	4/7	167 Dani Gronhovd	SO Bemidji	17:17.4	6:58
80	5/7	210 McKenzie Foltz	FR Detroit Lakes	17:17.4	6:58
81	5/7	164 Laura Edwards	SR Bemidji	17:21.0	6:59
82	1/7	491 Kylee Fernholz	9TH West Central Area	17:22.0	7:00
83	6/6	105 Kristin Egenes	JR Alexandria	17:24.5	7:01
84	4/7	410 Maggi Gertken	SO Rocori	17:26.5	7:02
85	6/6	375 Morgan Olson	SO Park Rapids Area	17:28.8	7:02
86	5/5	423 Arisa Kalphake	JR Sartell	17:29.8	7:03
87	6/7	157 Emma Brokl	SO Bemidji	17:31.9	7:04
88	2/6	204 Ashley Hasbargen	FR Breckenridge	17:33.3	7:04
89	3/6	230 McKenna Hatlewick	9TH Fergus Falls	17:33.5	7:04
90	3/7	384 Charlotte Johnson	9TH Pelican Rapids	17:39.5	7:07
91	4/6	155 Maria Zimmerman	SR Becker	17:39.9	7:07
92	2/7	490 Ashton Blair	9TH West Central Area	17:42.7	7:08
93	7/7	158 Mikayla Connell	JR Bemidji	17:43.5	7:08
94	2/5	444 Ellarose Kayfes	FR Sauk Rapids-Rice	17:46.0	7:09
95	6/7	216 Lindsay Heinicki	8TH Detroit Lakes	17:48.0	7:10
96	3/7	263 Elizabeth Entzel	JR Jamestown	17:50.4	7:11
97	5/7	399 Sydney Karels	7TH Perham	17:51.0	7:11
98	4/6	232 Callieann Hoffbeck	SO Fergus Falls	17:53.8	7:13
99	4/7	267 Brittney O'Neill	FR Jamestown	17:55.4	7:13
100	1/2	368 Maddie Iverson	8TH Ottertail Central	17:56.5	7:14
101	5/7	412 Mariah Lardy	SR Rocori	18:02.5	7:16
102	6/7	409 Riiija Eskuri	JR Rocori	18:02.8	7:16
103	7/7	414 Sam Peterson	JR Rocori	18:03.7	7:17
104	6/7	391 Tanya Berns	SO Perham	18:07.7	7:18
105	5/6	243 Josie Schmidt	9TH Fergus Falls	18:09.4	7:19
106	7/7	335 Erica Henrikson	SR Moorhead	18:09.7	7:19
107	4/7	385 Maria Johnson	JR Pelican Rapids	18:12.3	7:20
108	3/6	203 Sarah Ehlert	FR Breckenridge	18:12.7	7:20
109	4/6	205 Emily Hendrickson	8TH Breckenridge	18:15.7	7:21

110	6/6	229	Emily Borowski	SO	Fergus Falls	18:16.9	7:22
111	5/7	382	Ashlyn French	9TH	Pelican Rapids	18:22.1	7:24
112	4/9	480	Morgan Glines	JR	Wahpeton	18:22.8	7:24
113	5/6	149	Lauren Reisem	FR	Becker	18:24.5	7:25
114	6/6	148	Ashlee Reichel	FR	Becker	18:26.3	7:26
115	5/9	479	Amy Elliott	SR	Wahpeton	18:26.6	7:26
116	1/3	259	Suzanne Vetter	SR	Frazee/vergas	18:29.4	7:27
117	7/7	394	Jessica Dreier	SR	Perham	18:38.2	7:30
118	7/7	225	Berit Ramstad-Skoyle	FR	Detroit Lakes	18:41.6	7:32
119	3/3	134	Madeline Schug	SR	Apollo	18:43.5	7:33
120	5/7	268	Marissa O'Neill	SR	Jamestown	18:44.1	7:33
121	5/6	208	Britta Manning	FR	Breckenridge	18:46.8	7:34
122	3/7	496	Tee Rudnitski	SR	West Central Area	18:49.7	7:35
123	3/5	438	Pippu Ahvenainen	JR	Sauk Rapids-Rice	18:50.2	7:35
124	6/9	485	Katie Prochnow	FR	Wahpeton	18:50.3	7:35
125	1/4	1161	Hannah Lash	SO	Treknorth	18:51.2	7:36
126	6/7	264	Julie Fuchs	JR	Jamestown	18:52.5	7:36
127	2/4	1160	Madeline Hawkins	FR	Treknorth	18:52.6	7:36
128	4/7	499	Holly Vankempen	9TH	West Central Area	18:56.0	7:38
129	5/7	497	Mikaylah Stark	FR	West Central Area	19:00.1	7:39
130	3/4	1163	Kaija Roy	JR	Treknorth	19:10.6	7:43
131	2/2	367	Alysse Friedrich	SR	Ottertail Central	19:13.5	7:45
132	6/7	381	Emily Field-Olson	JR	Pelican Rapids	19:14.7	7:45
133	4/5	447	Stina Lindholm	FR	Sauk Rapids-Rice	19:18.1	7:46
134	4/4	1164	Madeline Treuer	FR	Treknorth	19:19.7	7:47
135	7/7	383	Kristin Haugen	SR	Pelican Rapids	19:22.0	7:48
136	7/9	484	Alyssa Mund	SR	Wahpeton	19:24.1	7:49
137	7/7	266	Ashley Mueller	SR	Jamestown	19:52.6	8:00
138	5/5	451	Hailey Thielen	FR	Sauk Rapids-Rice	20:01.2	8:04
139	2/3	258	Montana Osterman	FR	Frazee/vergas	20:03.3	8:05
140	6/7	495	Katie Poyzer	FR	West Central Area	20:23.2	8:13
141	8/9	486	Paige Schmit	SR	Wahpeton	20:38.2	8:19
142	9/9	488	Lindsay Williams	JR	Wahpeton	20:38.3	8:19
143	3/3	250	Emma Buhr	SR	Frazee/vergas	21:44.7	8:45
144	6/6	199	Natasha Allard	JR	Breckenridge	22:17.5	8:59
145	7/7	489	Megan Andreason	SR	West Central Area	24:31.7	9:53