

September 10, 2021

**Women**  
**Varsity Girls 5000m**

Place	Score	Name	Team	Grade	Time
1	(< 5)	Jade Rypkema	Nevis	11	19:18.2
2	1	Kyanna Burton	Staples-Motley	10	19:37.8
3	2	Aften Robinson	Staples-Motley	11	19:42.7
4	(< 5)	Hannah Westin	Shiloh Christian	11	19:53.4
5	3	Greta Goven	Valley City	9	19:55.6
6	(< 5)	Dreah Frolek	Sargent	12	19:57.5
7	4	Gracie Morris	Perham	8	20:00.0
8	(< 5)	Katie Holzner	Hillcrest Lutheran	9	20:00.6
9	5	Lauren Heneman	Moorhead	9	20:03.2
10	6	Ella Cole	Moorhead	11	20:07.4
11	7	Paula Heide	Hawley	12	20:09.7
12	(< 5)	Annika Stroh	Lisbon	10	20:11.1
13	8	Carlie Sheldon	Moorhead	12	20:21.5
14	9	Mya Mannausau	Red River	9	20:21.6
15	10	Quincy Anderson	Perham	11	20:23.0
16	11	Alicia Maddux	Moorhead	12	20:28.3
17	12	Jocelyn Schiller	Red River	10	20:31.9
18	13	Lily Olson	Hawley	9	20:32.6
19	14	Campbell Dorsey	Red River	12	20:33.9
20	15	Reagan Berg	Valley City	10	20:38.7
21	(< 5)	Olivia Frolek	Sargent	10	20:39.5
22	16	Leelou Novotny	Perham	8	20:47.4
23	17	Lily Peterson	Hawley	12	20:56.8
24	18	Ashley Robben	Staples-Motley	11	20:59.6
25	19	Ella Grafstrom	Moorhead	12	21:02.6
26	20	Liz Birkeland	Perham	11	21:04.7
27	21	Ava Dunnigan	Moorhead	9	21:08.0
28	(< 5)	Myla Kaldor	Hillsboro/Central	9	21:13.7
29	22	Anna Nelson	Moorhead	11	21:15.9
30	23	Emily Nelson	Red River	11	21:23.0
31	(< 5)	Mallory Alfson	Hillsboro/Central	10	21:27.3
32	24	Anna Strand	May-Port CG	12	21:34.9
33	25	Naila Mikhaeil	Staples-Motley	9	21:39.4
34	26	Bella Hines	Staples-Motley	7	21:41.0
35	27	Kaia Starzl	Perham	10	21:49.0
36	28	Ivy Tickel	Hawley	10	21:53.0
37	29	Morgan Hartzel	Red River	10	21:56.2
38	30	Norah Froslee	Ottertail Central	8	21:58.0
39	(< 5)	Elizabeth Hatlestad	Shiloh Christian	9	22:06.1
40	31	Brooke Dorsey	Red River	9	22:06.8
41	32	Kyleigh Shebeck	Ottertail Central	10	22:25.8
42	33	Aspen Rohde	Perham	10	22:29.0
43	34	Laurn Rustad	Perham	11	22:31.0
44	35	Kira Thompson	Hawley	12	22:37.4
45	(< 5)	Brooklyn Fuller	Shiloh Christian	9	22:47.0
46	(> 7)	Mia Lung	Perham	10	22:47.6
47	(> 7)	Stella Strong	Perham	10	22:54.5
48	36	Kayla Knudsvig	May-Port CG	9	23:00.1
49	(< 5)	Cheyenne Treat	Sargent	12	23:09.9
50	(< 5)	Emma Hovedenes	Northern Cass	8	23:12.6
51	37	Madison Anderson	May-Port CG	12	23:15.2
52	38	Carly Goven	Valley City	11	23:23.0
53	39	Cadence Fetsch	Valley City	7	23:28.9
54	40	Narria Neubert	Red River	12	23:38.2
55	41	Trista Baer	Hawley	10	23:41.6
56	(> 7)	Olivia Rosenthal	Perham	11	23:51.1

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Place	Score	Name	Team	Grade	Time
57	(< 5)	Emma Friend	Dilworth-Glyndon-Fe	12	23:58.7
58	42	Sophia Johnson	May-Port CG	9	24:00.0
59	43	Allison Olander	Staples-Motley	11	24:00.5
60	44	Erika Heibel	Ottertail Central	11	24:04.5
61	45	Paetyn Strand	May-Port CG	7	24:05.3
62	46	Sydnee Ingstad	Valley City	11	24:07.5
63	47	Addisyn Cichos	Staples-Motley	10	24:28.2
64	(< 5)	Angela Brayton	Northern Cass	12	25:27.1
65	48	Laney Frost	Ottertail Central	10	25:34.8
66	49	Raeanne Frost	Ottertail Central	12	25:36.6
67	50	Ally Goodman	Ottertail Central	11	25:40.0
68	(> 7)	Stella Sande	Red River	11	25:50.4
69	(< 5)	Skylar Johnson	Northern Cass	10	26:06.9
70	(< 5)	Savannah Anderson	Nevis	11	26:29.2
71	(< 5)	Samantha Bosch	Northern Cass	12	27:21.5
72	(< 5)	Shelby Melin	Shiloh Christian		27:31.1
73	(> 7)	Arabella Moore	Staples-Motley	9	27:44.2
74	51	Alexis Morowski	May-Port CG	12	27:54.1
DQ	DQ	Brooke Bendson	Staples-Motley	7	21:52.2
DQ	DQ	Suhaila Mikhaeil	Staples-Motley	7	20:02.5

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Name	Grade	Place	Cum Place	Time	Cum Time
<b>Moorhead</b> <span style="float: right;"><b>Finish Position - 1</b></span>					
Team Score (places): 49					
Average Time: 20:24.6					
1 Lauren Heneman	9	5	5	20:03.2	20:03.2
2 Ella Cole	11	6	11	20:07.4	40:10.5
3 Carlie Sheldon	12	8	19	20:21.5	1:00:32.0
4 Alicia Maddux	12	11	30	20:28.3	1:21:00.2
5 Ella Grafstrom	12	19	49	21:02.6	1:42:02.7
6 Ava Dunnigan	9	(21)	(70)	21:08.0	2:03:10.7
7 Anna Nelson	11	(22)	(92)	21:15.9	2:24:26.5
<b>Staples-Motley</b> <span style="float: right;"><b>Finish Position - 2</b></span>					
Team Score (places): 72					
Average Time: 20:44.1					
1 Kyanna Burton	10	1	1	19:37.8	19:37.8
2 Aften Robinson	11	2	3	19:42.7	39:20.4
3 Ashley Robben	11	18	21	20:59.6	1:00:19.9
4 Naila Mikhaeil	9	25	46	21:39.4	1:21:59.3
5 Bella Hines	7	26	72	21:41.0	1:43:40.3
6 Allison Olander	11	(43)	(115)	24:00.5	2:07:40.7
7 Addisyn Cichos	10	(47)	(162)	24:28.2	2:32:08.9
8 Arabella Moore	9	More		27:44.2	2:59:53.0
DQ Brooke Bendson	7	DQ		21:52.2	3:21:45.2
DQ Suhaila Mikhaeil	7	DQ		20:02.5	3:41:47.6
<b>Perham</b> <span style="float: right;"><b>Finish Position - 3</b></span>					
Team Score (places): 77					
Average Time: 20:48.8					
1 Gracie Morris	8	4	4	20:00.0	20:00.0
2 Quincy Anderson	11	10	14	20:23.0	40:23.0
3 Leelou Novotny	8	16	30	20:47.4	1:01:10.3
4 Liz Birkeland	11	20	50	21:04.7	1:22:15.0
5 Kaia Starzl	10	27	77	21:49.0	1:44:03.9
6 Aspen Rohde	10	(33)	(110)	22:29.0	2:06:32.9
7 Lauryn Rustad	11	(34)	(144)	22:31.0	2:29:03.8
8 Mia Lung	10	More		22:47.6	2:51:51.4
9 Stella Strong	10	More		22:54.5	3:14:45.8
10 Olivia Rosenthal	11	More		23:51.1	3:38:36.9
<b>Red River</b> <span style="float: right;"><b>Finish Position - 4</b></span>					
Team Score (places): 87					
Average Time: 20:57.3					
1 Mya Mannausau	9	9	9	20:21.6	20:21.6
2 Jocelyn Schiller	10	12	21	20:31.9	40:53.4
3 Campbell Dorsey	12	14	35	20:33.9	1:01:27.3
4 Emily Nelson	11	23	58	21:23.0	1:22:50.2
5 Morgan Hartzel	10	29	87	21:56.2	1:44:46.3
6 Brooke Dorsey	9	(31)	(118)	22:06.8	2:06:53.1
7 Narria Neubert	12	(40)	(158)	23:38.2	2:30:31.3
8 Stella Sande	11	More		25:50.4	2:56:21.6
<b>Hawley</b> <span style="float: right;"><b>Finish Position - 5</b></span>					
Team Score (places): 100					
Average Time: 21:13.9					
1 Paula Heide	12	7	7	20:09.7	20:09.7
2 Lily Olson	9	13	20	20:32.6	40:42.3
3 Lily Peterson	12	17	37	20:56.8	1:01:39.1

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Name	Grade	Place	Cum Place	Time	Cum Time
<b>Hawley</b> <span style="float: right;"><b>Finish Position - 5</b></span>					
Team Score (places): 100					
Average Time: 21:13.9					
4 Ivy Tickel	10	28	65	21:53.0	1:23:32.0
5 Kira Thompson	12	35	100	22:37.4	1:46:09.4
6 Trista Baer	10	(41)	(141)	23:41.6	2:09:50.9
<b>Valley City</b> <span style="float: right;"><b>Finish Position - 6</b></span>					
Team Score (places): 141					
Average Time: 22:18.7					
1 Greta Goven	9	3	3	19:55.6	19:55.6
2 Reagan Berg	10	15	18	20:38.7	40:34.3
3 Carly Goven	11	38	56	23:23.0	1:03:57.2
4 Cadence Fetsch	7	39	95	23:28.9	1:27:26.1
5 Sydnee Ingstad	11	46	141	24:07.5	1:51:33.5
<b>May-Port CG</b> <span style="float: right;"><b>Finish Position - 7</b></span>					
Team Score (places): 184					
Average Time: 23:11.1					
1 Anna Strand	12	24	24	21:34.9	21:34.9
2 Kayla Knudsvig	9	36	60	23:00.1	44:34.9
3 Madison Anderson	12	37	97	23:15.2	1:07:50.1
4 Sophia Johnson	9	42	139	24:00.0	1:31:50.0
5 Paetyn Strand	7	45	184	24:05.3	1:55:55.2
6 Alexis Morowski	12	(51)	(235)	27:54.1	2:23:49.3
<b>Ottertail Central</b> <span style="float: right;"><b>Finish Position - 8</b></span>					
Team Score (places): 203					
Average Time: 23:55.9					
1 Norah Froslee	8	30	30	21:58.0	21:58.0
2 Kyleigh Shebeck	10	32	62	22:25.8	44:23.7
3 Erika Heibel	11	44	106	24:04.5	1:08:28.2
4 Laney Frost	10	48	154	25:34.8	1:34:02.9
5 Raeanne Frost	12	49	203	25:36.6	1:59:39.5
6 Ally Goodman	11	(50)	(253)	25:40.0	2:25:19.5
<b>Northern Cass</b> <span style="float: right;"><b>Finish Position - Inc.</b></span>					
Team Score (places): Inc.					
Average Time:					
1 Emma Hovedenes	8	Less		23:12.6	23:12.6
2 Angela Brayton	12	Less		25:27.1	48:39.6
3 Skylar Johnson	10	Less		26:06.9	1:14:46.5
4 Samantha Bosch	12	Less		27:21.5	1:42:08.0
<b>Shiloh Christian</b> <span style="float: right;"><b>Finish Position - Inc.</b></span>					
Team Score (places): Inc.					
Average Time:					
1 Hannah Westin	11	Less		19:53.4	19:53.4
2 Elizabeth Hatlestad	9	Less		22:06.1	41:59.4
3 Brooklyn Fuller	9	Less		22:47.0	1:04:46.4
4 Shelby Melin		Less		27:31.1	1:32:17.4
<b>Sargent Central/Lidgerwood</b> <span style="float: right;"><b>Finish Position - Inc.</b></span>					
Team Score (places): Inc.					
Average Time:					
1 Drea Frolek	12	Less		19:57.5	19:57.5
2 Olivia Frolek	10	Less		20:39.5	40:37.0

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<u>Name</u>	<u>Grade</u>	<u>Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>
<b>Sargent Central/Lidgerwood</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
3	Cheyenne Treat	12	Less	23:09.9	1:03:46.8
<b>Hillsboro/Central Valley</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
1	Myla Kaldor	9	Less	21:13.7	21:13.7
2	Mallory Alfson	10	Less	21:27.3	42:40.9
<b>Nevis</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
1	Jade Rypkema	11	Less	19:18.2	19:18.2
2	Savannah Anderson	11	Less	26:29.2	45:47.3
<b>Dilworth-Glyndon-Felton</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
1	Emma Friend	12	Less	23:58.7	23:58.7
<b>Hillcrest Lutheran Academy</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
1	Katie Holzner	9	Less	20:00.6	20:00.6
<b>Lisbon</b>			<b>Finish Position - Inc.</b>		
Team Score (places):	Inc.				
Average Time:					
1	Annika Stroh	10	Less	20:11.1	20:11.1