

2014 Region XI Time Trial Women**Emmetsburg, IA (Iowa Lakes)****Aug. 23, 2014**

Mid 80's and humid

Results by Iowa Central Cross Country

[Mens results here](#)

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual or team.

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME SPREAD	
1	Iowa Central	35	2	3	5	10	15	18	20	20:44.6	2:43.3
2	North Iowa	61	1	6	7	16	31	37	40	21:40.0	6:41.2
3	Iowa Western	67	8	9	14	17	19	23	28	21:57.4	1:20.8
4	Dmacc	91	4	11	13	29	34	39	49	22:45.1	4:55.4
5	Scott	141	21	24	26	32	38	42	43	24:35.4	3:38.5
6	Iowa Lakes	174	25	27	36	41	45			26:19.6	6:09.9
7	Unattached	208	12	22						8:57.6	21:34.8
8	Southwestern	214	30	35	44	47				22:08.6	25:03.4
9	Indian Hills	228	33	46	48	50	51			31:24.5	10:23.9

[Individuals](#)

PLACE	FINISHER	TIME	PACE
1.	Iowa Central		
2	Viola Kebenei, So	19:19.0	6:14
3	Mary Carr, So	20:25.4	6:35
5	Kimberly Carter, So	20:29.7	6:37
10	Cierra Guerrero, Fr	21:26.8	6:55
15	Angelica Gutierrez, Fr	22:02.2	7:07
18	Lindsey Buddenberg, So	22:22.6	7:13
20	Rae Heim, So	23:02.8	7:26

Total Time = 103:42.9 Total Places = 35

2. North Iowa

1	Hannah Palmeter, So	18:28.5	5:58
6	Alyssa Cowan, Fr	21:09.8	6:50
7	Lattie Crozier, Fr	21:17.5	6:52
16	Nicolle Hewett, So	22:14.5	7:10
31	Leta Jaquis, So	25:09.7	8:07
37	BrandiAnne Daub, So	26:05.5	8:25
40	Taylor Glawe, Fr	27:14.0	8:47

Total Time = 108:19.7 Total Places = 61

3. Iowa Western

8	Sierra Hughes, So	21:21.0	6:53
9	Baylor Graham, Fr	21:23.5	6:54
14	Tiffany Lamplot, So	22:01.9	7:06
17	Kylie Lang, Fr	22:18.7	7:12
19	Trishauna Reid, Fr	22:41.7	7:19
23	Alexandria Ahrenholtz, Fr	23:18.6	7:31
28	Marisela Gonzales, So	24:42.3	7:58

Total Time = 109:46.7 Total Places = 67

4. Dmacc

4	Michelle Thayer, Fr	20:26.5	6:36
11	Kim Teno, So	21:32.8	6:57
13	Shannon Mullnix, Fr	21:39.7	6:59
29	Shea Smalley, So	24:44.7	7:59
34	Juliana Stahle, Fr	25:21.8	8:11
39	Molly Claman, Fr	27:00.3	8:43
49	Kendra Chapman, Fr	33:32.6	10:49

Total Time = 113:45.4 Total Places = 91

5. Scott

21	Naomi Elias, Fr	23:12.5	7:29
24	Alexys Devlin, So	23:33.5	7:36
26	Callie Davis, Fr	24:04.8	7:46
32	Shelby Carlson, Fr	25:15.5	8:09
38	Takora Cuevas, Fr	26:50.9	8:40
42	Caitlin Davis, Fr	28:22.6	9:09
43	Katelyn Ramirez, Fr	28:34.0	9:13

Total Time = 122:57.0 Total Places = 141

6. Iowa Lakes

25	Rachel Ruddy, Fr	23:43.0	7:39
27	Tanya Farfan, Fr	24:26.5	7:53
36	Franny Feekes, Fr	25:25.3	8:12
41	Mercedes Jochims, Fr	28:10.3	9:05
45	Sheila Eggers, So	29:52.9	9:38

Total Time = 131:37.7 Total Places = 174

7. Unattached

12	Michelle Zikes, So	21:34.8	6:58
22	Elizabeth Evans, Fr	23:12.9	7:29

Total Time = 44:47.6 Total Places = 208

8. Southwestern

30	Charlie Buddenhagen, Fr	25:03.4	8:05
35	Brooke Lindgren, Fr	25:23.1	8:11
44	Kylie Bidrowski, Fr	28:45.7	9:17
47	Racheal Flickenger, Fr	31:30.7	10:10

Total Time = 110:42.8 Total Places = 214

9. Indian Hills

33	Samantha Syfert, Fr	25:18.3	8:10
46	jobi kauffman, Fr	30:19.7	9:47
48	Elizebeth hager, So	31:35.1	10:11

50 cynthia chavarria, Fr 34:07.1 11:00

51 Pamella Parisa, Fr 35:42.1 11:31

Total Time = 157:02.1 Total Places = 228

TEAM

PLACE	SCORE	FINISHER	TIME	PACE	TEAM
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1	1	Hannah Palmeter, So	18:28.5	5:58	North Iowa
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2	2	Viola Kebenei, So	19:19.0	6:14	Iowa Central
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3	3	Mary Carr, So	20:25.4	6:35	Iowa Central
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4	4	Michelle Thayer, Fr	20:26.5	6:36	Dmacc
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5	5	Kimberly Carter, So	20:29.7	6:37	Iowa Central
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6	6	Alyssa Cowan, Fr	21:09.8	6:50	North Iowa
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7	7	Lattie Crozier, Fr	21:17.5	6:52	North Iowa
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8	8	Sierra Hughes, So	21:21.0	6:53	Iowa Western
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9	9	Baylor Graham, Fr	21:23.5	6:54	Iowa Western
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10	10	Cierra Guerrero, Fr	21:26.8	6:55	Iowa Central
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11	11	Kim Teno, So	21:32.8	6:57	Dmacc
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12		Michelle Zikes, So	21:34.8	6:58	Unattached
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13	12	Shannon Mullnix, Fr	21:39.7	6:59	Dmacc
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14	13	Tiffany Lamplot, So	22:01.9	7:06	Iowa Western
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15	14	Angelica Gutierrez, Fr	22:02.2	7:07	Iowa Central
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16	15	Nicolle Hewett, So	22:14.5	7:10	North Iowa
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17	16	Kylie Lang, Fr	22:18.7	7:12	Iowa Western
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18	17	Lindsey Buddenberg, So	22:22.6	7:13	Iowa Central
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19	18	Trishauna Reid, Fr	22:41.7	7:19	Iowa Western
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20	19	Rae Heim, So	23:02.8	7:26	Iowa Central
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21	20	Naomi Elias, Fr	23:12.5	7:29	Scott
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22		Elizabeth Evans, Fr	23:12.9	7:29	Unattached
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23	21	Alexandria Ahrenholtz, Fr	23:18.6	7:31	Iowa Western
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24		Emma Ludwig, Fr	23:20.9	7:32	Iowa Central
25		Amberly Habhab, So	23:23.7	7:33	Iowa Central
26	22	Alexys Devlin, So	23:33.5	7:36	Scott
27	23	Rachel Ruddy, Fr	23:43.0	7:39	Iowa Lakes
28	24	Callie Davis, Fr	24:04.8	7:46	Scott
29		Jasmine Stokes, So	24:05.3	7:46	Iowa Central
30		Ashley Finken, Fr	24:08.6	7:47	Iowa Central
31	25	Tanya Farfan, Fr	24:26.5	7:53	Iowa Lakes
32	26	Marisela Gonzales, So	24:42.3	7:58	Iowa Western
33	27	Shea Smalley, So	24:44.7	7:59	Dmacc

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34		Corbie Bowen, So	24:59.9	8:04	Iowa Western
35		Charlie Buddenhagen, Fr	25:03.4	8:05	Southwestern
36	28	Leta Jaquis, So	25:09.7	8:07	North Iowa
37	29	Shelby Carlson, Fr	25:15.5	8:09	Scott
38	30	Samantha Syfert, Fr	25:18.3	8:10	Indian Hills
39	31	Juliana Stahle, Fr	25:21.8	8:11	Dmacc
40		Brooke Lindgren, Fr	25:23.1	8:11	Southwestern
41	32	Franny Feekes, Fr	25:25.3	8:12	Iowa Lakes
42	33	BrandiAnne Daub, So	26:05.5	8:25	North Iowa
43	34	Takora Cuevas, Fr	26:50.9	8:40	Scott
44	35	Molly Claman, Fr	27:00.3	8:43	Dmacc
45	36	Taylor Glawe, Fr	27:14.0	8:47	North Iowa

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46	37	Mercedes Jochims, Fr	28:10.3	9:05	Iowa Lakes
47	38	Caitlin Davis, Fr	28:22.6	9:09	Scott
48	39	Katelyn Ramirez, Fr	28:34.0	9:13	Scott
49		Hannah Durand, Fr	28:43.9	9:16	Scott
50		Kylie Bidrowski, Fr	28:45.7	9:17	Southwestern
51	40	Sheila Eggers, So	29:52.9	9:38	Iowa Lakes
52	41	jobi kauffman, Fr	30:19.7	9:47	Indian Hills

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53		Racheal Flickenger, Fr	31:30.7	10:10	Southwestern
54	42	Elizebeth hager, So	31:35.1	10:11	Indian Hills
55	43	Kendra Chapman, Fr	33:32.6	10:49	Dmacc
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 Top					
56	44	cynthia chavarria, Fr	34:07.1	11:00	Indian Hills
57	45	Pamella Parisa, Fr	35:42.1	11:31	Indian Hills

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