

2008 Region XI Time Trial

Kennedy Park; Fort Dodge, IA

Aug. 22, 2008

Sunny and Warm

Results by Iowa Central Cross Country

[Men's 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.

Women's Race

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME SPREAD	
1	Iowa Central Communit	40	1	3	10	11	15	20	23		23:20.1	3:02.5
2	North Iowa Area Commu	44	2	6	7	13	16	17	18		23:48.6	2:38.5
3	Iowa Western Communit	54	4	8	9	14	19	22			24:01.8	2:31.0
4	Indian Hills Communit	211	5	27	28	35					23:35.9	23:00.0
5	Des Moines Area Commu	241	25	31	33	36					26:38.4	28:06.3
6	Southwestern Communit	381	12	21							10:00.9	23:54.2
7	Ellsworth Community Co	398	24	26							11:04.4	26:57.7
8	Iowa Lakes Community	409	29	32							12:10.8	29:47.2
9	Unattached	412	30	34							13:32.5	30:09.0

[Individuals](#)

PLACE	FINISHER	TIME	PACE
1.	Iowa Central Communit		
1	Adreona Bradford, Fr	21:46.1	7:01
3	Molly Cashman, Fr	22:52.0	7:23
10	Amanda Vorthmann, Fr	23:36.3	7:37
11	Kara Keller, Fr	23:37.7	7:37
15	Agnes Kapsoiyo, Fr	24:48.5	8:00
20	Lauren Mitchell, Fr	25:28.5	8:13
23	Kristina Heatherington, So	26:31.7	8:33
Total Time = 116:40.6		Total Places = 40	

2.	North Iowa Area Commu		
2	Kacy Nehowig, So	22:37.0	7:18
6	Monica Garcia, Fr	23:01.9	7:26
7	Konnie Keifer, Fr	23:30.0	7:35
13	Hannah Poolman, Fr	24:38.9	7:57
16	Sarah Humphrey, Fr	25:15.4	8:09
17	Magen Krones, So	25:16.5	8:09
18	Emily Mujica, So	25:23.6	8:11
Total Time = 119:03.1		Total Places = 44	

3.	Iowa Western Communit		
4	Nicole Layson, Fr	22:55.7	7:24
8	Madison Brummer, Fr	23:31.1	7:35
9	Althea Smith, Fr	23:35.5	7:37
14	Morgan Avery, Fr	24:39.9	7:57
19	Stephanie Porter, Fr	25:26.6	8:12
22	Gladys Serem, So	26:29.6	8:33
Total Time = 120:08.7		Total Places = 54	

4. Indian Hills Communit

5	Whitney Reno, So	23:00.0	7:25
27	Kaitlin Courtney, So	28:35.9	9:14
28	Rachel Bronson, Fr	28:46.4	9:17
35	Andreanna Schooley, Fr	37:37.3	12:08
Total Time = 117:59.5		Total Places = 211	

5. Des Moines Area Commu			
25	Tashington Austin, Fr	28:06.3	9:04
31	Robin Cornelius, Fr	30:46.5	9:56
33	Melanie Bloomquist, Fr	32:51.2	10:36
36	Tina Cooklin, Fr	41:28.2	13:23
Total Time = 133:12.0		Total Places = 241	

6. Southwestern Communit			
12	Tressa Miller, Fr	23:54.2	7:43
21	Patrese Montgomery, So	26:10.1	8:26
Total Time = 50:04.3		Total Places = 381	

7. Ellsworth Community Co			
24	Karina Montes, So	26:57.7	8:42
26	Tigest Tilahun, So	28:24.0	9:10
Total Time = 55:21.7		Total Places = 398	

8. Iowa Lakes Community			
29	Olivia Craig, Fr	29:47.2	9:36
32	Candace Klepper, So	31:06.8	10:02
Total Time = 60:53.9		Total Places = 409	

9. Unattached			
30	Kacee Prelip	30:09.0	9:44
34	Katrina Schott	37:33.4	12:07
Total Time = 67:42.3		Total Places = 412	

TEAM					
PLACE	SCORE	FINISHER	TIME	PACE	TEAM

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1	1	Adreona Bradford, Fr	21:46.1	7:01	Iowa Central Communit
2	2	Kacy Nehowig, So	22:37.0	7:18	North Iowa Area Commu
3	3	Molly Cashman, Fr	22:52.0	7:23	Iowa Central Communit
4	4	Nicole Layson, Fr	22:55.7	7:24	Iowa Western Communit
5		Whitney Reno, So	23:00.0	7:25	Indian Hills Communit
6	5	Monica Garcia, Fr	23:01.9	7:26	North Iowa Area Commu
7	6	Konnie Keifer, Fr	23:30.0	7:35	North Iowa Area Commu
8	7	Madison Brummer, Fr	23:31.1	7:35	Iowa Western Communit
9	8	Althea Smith, Fr	23:35.5	7:37	Iowa Western Communit
10	9	Amanda Vorthmann, Fr	23:36.3	7:37	Iowa Central Communit
11	10	Kara Keller, Fr	23:37.7	7:37	Iowa Central Communit
12		Tressa Miller, Fr	23:54.2	7:43	Southwestern Communit
13	11	Hannah Poolman, Fr	24:38.9	7:57	North Iowa Area Commu
14	12	Morgan Avery, Fr	24:39.9	7:57	Iowa Western Communit

Pace: [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [Top](#)

15	13	Agnes Kapsoiyo, Fr	24:48.5	8:00	Iowa Central Communit
16	14	Sarah Humphrey, Fr	25:15.4	8:09	North Iowa Area Commu
17	15	Magen Kronen, So	25:16.5	8:09	North Iowa Area Commu
18	16	Emily Mujica, So	25:23.6	8:11	North Iowa Area Commu
19	17	Stephanie Porter, Fr	25:26.6	8:12	Iowa Western Communit
20	18	Lauren Mitchell, Fr	25:28.5	8:13	Iowa Central Communit
21		Patrese Montgomery, So	26:10.1	8:26	Southwestern Communit
22	19	Gladys Serem, So	26:29.6	8:33	Iowa Western Communit
23		Marielle Svardh, Fr	26:29.9	8:33	North Iowa Area Commu
24	20	Kristina Heatherington, So	26:31.7	8:33	Iowa Central Communit
25		Karina Montes, So	26:57.7	8:42	Ellsworth Community Co

26	Brittany Kuhn, Fr	27:12.0	8:46	North Iowa Area Commu
27	Dacoda Perrin, Fr	27:21.5	8:50	North Iowa Area Commu
28	Lindsey Borr, Fr	27:45.3	8:57	Iowa Central Communit
Pace: 8:00 9:00 10:00 11:00 12:00 13:00 Top				
29	Tashington Austin, Fr	28:06.3	9:04	Des Moines Area Commu
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33	Robin Lacquement, Fr	29:28.6	9:30	North Iowa Area Commu
34	Olivia Craig, Fr	29:47.2	9:36	Iowa Lakes Community
35	Sanchia Lee, Fr	30:04.7	9:42	Iowa Central Communit
36	Kacee Prelip	30:09.0	9:44	Unattached
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38	Candace Klepper, So	31:06.8	10:02	Iowa Lakes Community
39	Melanie Bloomquist, Fr	32:51.2	10:36	Des Moines Area Commu
Pace: 8:00 9:00 10:00 11:00 12:00 13:00 Top				
40	Derby Sigei, Fr	37:03.1	11:57	Iowa Central Communit
Pace: 8:00 9:00 10:00 11:00 12:00 13:00 Top				
41	Katrina Schott	37:33.4	12:07	Unattached
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