

2007 Region XI Championship 5k Women

Fort Dodge, IA

Oct. 28, 2007

Results by Iowa Central Cross Country

Use the Find option of your Web Browser to find the performance of a specific individual or team.

[Click here](#) for data on men

PLACE	TEAM	POINTS	PLACES OF FINISHERS						AVG. TIME SPREAD	
1	Iowa Central	12	1	2	3	6	9	13	18:59.6	1:32.7
2	Iowa Western	43	5	11	12	15	17		20:55.1	2:40.7
3	Niacc	50	8	10	14	18	25		21:34.7	3:04.9
4	Indian Hills	55	4	7	20	24	27		22:37.1	6:42.9
5	Dmacc	103	22	23	26				19:34.0	25:50.2
6	Southwestern	104	19	21					12:18.3	23:52.0
7	Iowa Lakes	112	16						5:38.9	22:35.4

Individuals

PLACE	FINISHER	TIME
1. Iowa Central		
1	Lydia Kosgei	18:07.2
2	Joyce Cheruiyot	18:48.9
3	Ashley Stevens	19:22.4
6	Katie Monahan	19:39.9
9	Holly Tjaden	20:28.8
13	April Aljets	21:42.3
Total Time = 75:58.3		Total Places = 12
2. Iowa Western		
5	Gladys Serem	19:26.0
11	Kathryn Lech	20:59.3
12	Kelli Knight	21:08.6
15	Jennifer Logsdon	22:06.6
17	Jaimie Shirley	23:06.4
Total Time = 83:40.4		Total Places = 43
3. Niacc		
8	Kacy Nehowig	20:24.1
10	Kelly Ipsen	20:37.9
14	Magen Kronos	21:47.7
18	Steph Wedo	23:29.0
25	Anna Schumacher	26:34.3
Total Time = 86:18.6		Total Places = 50

4. Indian Hills
 4 Lauren Jones 19:24.5
 7 Whitney Reno 20:12.3
 20 Brittany Lawson 24:44.0
 24 Kaitlin Courtney 26:07.4
 27 Sarah Griffiths 28:33.0
 Total Time = 90:28.1 Total Places = 55

5. Dmacc
 22 Morgan Wright 25:50.2
 23 Dani Simpson 25:51.1
 26 Casey Ruhnke 26:34.5
 Total Time = 78:15.7 Total Places = 103

6. Southwestern
 19 Kendra Schuldeis 23:52.0
 21 Rachelle Allen 25:21.1
 Total Time = 49:13.0 Total Places = 104

7. Iowa Lakes
 16 Candace Klepper 22:35.4
 Total Time = 22:35.4 Total Places = 112

TEAM
 PLACE SCORE FINISHER TIME TEAM

[Top](#)

1	1	Lydia Kosgei	18:07.2	Iowa Central
2	2	Joyce Cheruiyot	18:48.9	Iowa Central
3	3	Ashley Stevens	19:22.4	Iowa Central
4	4	Lauren Jones	19:24.5	Indian Hills
5	5	Gladys Serem	19:26.0	Iowa Western
6	6	Katie Monahan	19:39.9	Iowa Central
7	7	Whitney Reno	20:12.3	Indian Hills
8	8	Kacy Nehowig	20:24.1	Niacc
9	9	Holly Tjaden	20:28.8	Iowa Central
10	10	Kelly Ipsen	20:37.9	Niacc
11	11	Kathryn Lech	20:59.3	Iowa Western
12	12	Kelli Knight	21:08.6	Iowa Western

13	13	April Aljets	21:42.3	Iowa Central
14	14	Magen Krones	21:47.7	Niacc
15		Kristina Heatherington	21:50.2	Iowa Central
16	15	Jennifer Logsdon	22:06.6	Iowa Western
17		Candace Klepper	22:35.4	Iowa Lakes
18	16	Jaimie Shirley	23:06.4	Iowa Western
19	17	Steph Wedo	23:29.0	Niacc
20		Ashley Tarbox	23:36.6	Iowa Central
21		Kendra Schuldeis	23:52.0	Southwestern
22		Dani Shaw	24:28.8	Iowa Central
23	18	Brittany Lawson	24:44.0	Indian Hills
24		Kacee Prelip	24:50.4	Iowa Central
25		Rachelle Allen	25:21.1	Southwestern
26		Morgan Wright	25:50.2	Dmacc
27		Dani Simpson	25:51.1	Dmacc
28	19	Kaitlin Courtney	26:07.4	Indian Hills
29	20	Anna Schumacher	26:34.3	Niacc
30		Casey Ruhnke	26:34.5	Dmacc
31	21	Sarah Griffiths	28:33.0	Indian Hills