

Region XI Championships - Women's 5K

Mason City, IA

Oct. 22, 2005

Sunny and 49 degrees

Results by ICCA Cross Country

[Men's results here](#)

Click on the "pace" links to move about the results. Use the Find option of your browser to find someone's name or team.

[Pictures of Ind. and Team champions](#)

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS	AVG. TIME	SPREAD
1	Iowa Central	10	2	3	5 9 12	21:08	0:30
2	N I A C C	18	1	7	10 13 14	21:36	1:27
3	Ellsworth	28	4	8	16	22:47	3:56
4	Iowa Lakes	32	6	11	15 17 18	22:40	2:01

[Individuals](#)

PLACE	FINISHER	TIME	PACE
1.	Iowa Central (team picture)		
2	Becky Eckerman	20:53	6:44
3	Ashley Waters	21:09	6:49
5	Kara Ascherl	21:22	6:53
9	Lydia Gawtry	22:05	7:07
12	Lynn Koger	22:34	7:17
Total Time = 1:03:23		Total Places = 10	

2. N I A C C

1	Elly Meyer (ind. picture)	20:42	6:40
7	Amber Wilde	21:59	7:05
10	Stacy Allen	22:08	7:08

13	Jamie Halfpop	22:53	7:23
14	Krissy Molander	23:10	7:28

Total Time = 1:04:48 Total Places = 18

3. Ellsworth

4	Connie Eshelman	21:12	6:50
8	Stephanie Huntley	22:04	7:07
16	Samantha Smith	25:07	8:06

Total Time = 1:08:21 Total Places = 28

4. Iowa Lakes

6	Mackenzie Eggers	21:52	7:03
11	Cassie Hanson	22:15	7:10
15	Juli Larson	23:52	7:42
17	Kacie Schmidt	25:21	8:10
18	Tara Wielenga	26:03	8:24

Total Time = 1:07:58 Total Places = 32

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TEAM

PLACE	SCORE	FINISHER	TIME	PACE	TEAM
1	1	Elly Meyer	20:42	6:40	N I A C C
2	2	Becky Eckerman	20:53	6:44	Iowa Central
3	3	Ashley Waters	21:09	6:49	Iowa Central
4	4	Connie Eshelman	21:12	6:50	Ellsworth
5	5	Kara Ascherl	21:22	6:53	Iowa Central

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6	6	Mackenzie Eggers	21:52	7:03	Iowa Lakes
7	7	Amber Wilde	21:59	7:05	N I A C C
8	8	Stephanie Huntley	22:04	7:07	Ellsworth
9	9	Lydia Gawtry	22:05	7:07	Iowa Central
10	10	Stacy Allen	22:08	7:08	N I A C C

11	11	Cassie Hanson	22:15	7:10	Iowa Lakes
12	12	Lynn Koger	22:34	7:17	Iowa Central
13		Tasha Atchley	22:38	7:18	Iowa Central
14	13	Jamie Halfpop	22:53	7:23	N I A C C
15	14	Krissy Molander	23:10	7:28	N I A C C
16		Emily Boyd	23:17	7:31	Iowa Central
17		Leah Bruns	23:44	7:39	N I A C C
18	15	Juli Larson	23:52	7:42	Iowa Lakes
19		Stephanie Whalen	23:56	7:43	Iowa Central

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20	16	Samantha Smith	25:07	8:06	Ellsworth
21	17	Kacie Schmidt	25:21	8:10	Iowa Lakes
22		Berhane Traylor	25:23	8:11	Iowa Central
23	18	Tara Wielenga	26:03	8:24	Iowa Lakes
24		Alison Treanor	26:11	8:27	Iowa Lakes
25		Lisa Fitzpatrick	26:14	8:28	Iowa Central
26		Trudy Stensland	26:28	8:32	N I A C C

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