

Race Results for Erika Flowers - XC - SP

Race Code	Event Date	Event Name	Event Location	Rank	Race Time	Race Points	USSA Points
F0436	12/10/2022	Sun Valley Invitational	Lake Creek Nordic Center, ID	19	04:36.13	99.49	190.51
F1037	12/3/2022	FIS XC NorAm Sovereign Lake (CAN)	Foreign FIS Event	14	02:53.99	51.95	130.74
F1033	11/30/2022	FIS XC NorAm Sovereign Lake (CAN)	Foreign FIS Event	21	04:29.91	90.46	189.74
F0015	2/4/2022	The Henchey Cup (SuperTour, Eastern Cup, UVM Carnival)	Craftsbury Outdoor Center, VT	9	04:08.88	53.44	166.68
F0202	1/29/2022	Lake Placid SuperTour (Eastern Cup)	Lake Placid/ORDA, NY	12	03:53.56	71.13	184.40
F0235	1/7/2022	2022 L.L. Bean U.S. Cross Country Championships and SuperTour	Soldier Hollow, UT	31	04:11.12	100.07	214.88
F0225	1/2/2022	2022 L.L. Bean U.S. Cross Country Championships and SuperTour	Soldier Hollow, UT	14	03:55.01	51.77	184.85
F0283	12/18/2021	IMD Opener	Rendezvous Ski Trails, MT	2	03:34.49	7.09	187.83
F0239	12/11/2021	Gitchi Gami Games	Cable, WI, WI	17	05:42.27	675.71	909.87
F0198	12/4/2021	Duluth SuperTour	Spirit Mountain Recreation Area, MN	11	03:31.85	122.75	259.61
U1137	1/31/2021	Bozeman IMD Junior Qualifier	Bozeman, MT, MT	1	03:09.30	0.00	125.15
F0668	1/16/2021	RMISA Races	Soldier Hollow, UT	17	04:09.14	112.53	254.81
F0674	1/2/2021	IMD/RMD FIS Race	Soldier Hollow, UT	5	03:01.15	15.43	137.40
F0180	2/16/2020	Super Tour Mayor's Challenge	Theodore Wirth Park, MN	1	03:01.35	0.00	92.61
F0123	1/24/2020	Craftsbury Super Tour, UVM Carnival and Eastern Cup #2	Craftsbury Outdoor Center, VT	1	03:56.03	0.00	95.23
F0403	1/7/2020	U.S. Cross-Country National Ski Championships	Michigan Tech Nordic Center, MI	9	04:28.15	46.68	137.65
F0397	1/2/2020	U.S. Cross-Country National Ski Championships	Michigan Tech Nordic Center, MI	7	03:52.29	52.74	145.91
F0107	12/14/2019	Sun Valley Super Tour	Lake Creek Nordic Center, ID	5	03:58.08	45.46	149.89
F0810	12/6/2019	Cross Country Super Tour	Canmore Nordic Centre Provincial Park (CAN)	10	03:13.98	40.02	141.38
F0468	2/15/2019	Theodore Wirth Super Tour/JNQ	Theodore Wirth Park, MN	3	03:23.24	13.31	106.72
F0022	1/8/2019	2019 Cross Country Ski National Championships	Craftsbury Outdoor Center, VT	5	03:30.39	36.74	116.77
F0015	1/4/2019	2019 Cross Country Ski National Championships	Craftsbury Outdoor Center, VT	21	04:07.16	82.28	149.71
F0791	12/8/2018	Cross Country NorAm	Vernon, BC(CAN)	7		62.86	159.38
F0291	12/1/2018	SuperTour Opener	Rendezvous Ski Trails, MT	2	03:11.08	15.91	109.67
F0214	3/23/2018	SuperTour Finals and Long Distance National Championships	Craftsbury Outdoor Center, VT	18	03:56.98	112.91	151.52
F0506	2/15/2018	Al Quaal SuperTour/CCSA Regional Championships	Al Quaal Recreation Area, MI	2	04:24.60	7.85	95.10
F0978	2/2/2018	Cross Country World Cup	Nakkertok Nordic Ski Centre (CAN)	6	03:33.39	37.34	139.34
F0208	1/26/2018	Craftsbury Marathon Ski Festival presented by Fischer	Craftsbury Outdoor Center, VT	3	03:41.36	5.12	98.06
F0239	1/8/2018	US Cross Country Championships	Kincaid Park, Anchorage, AK	20	03:55.49	76.37	183.05
F0235	1/5/2018	US Cross Country Championships	Kincaid Park, Anchorage, AK	10	03:26.51	26.19	140.00
F0779	12/9/2017	SuperTour/NorAm	Sovereign lake Nordic Centre (CAN)	DNS			
F0406	12/2/2017	SuperTour Opener	Rendezvous Ski Trails, MT	10	02:59.82	63.45	170.22
F0104	3/29/2017	U.S. SuperTour Finals and Distance National Championships	Birch Hill Recreation Area, AK	5	03:47.16	73.26	117.51

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F1418	3/17/2017	Cross Country World Cup	QuÃ¢bec City(CAN)	48	03:19.48	108.71	136.97
F0162	2/17/2017	U.S. Ski and Snowboard Hall of Fame SuperTour/CCSA Regional Championships	Al Quaal Recreation Area, MI	1	04:13.31	0.00	81.93
F0140	1/21/2017	USSA SuperTour	Auburn Ski Club Training Ctr, CA	7	03:39.43	48.30	135.68
F0377	1/12/2017	2017 L.L. Bean U.S. Cross Country Ski Championships	Soldier Hollow, UT	32	03:38.02	151.36	269.29
F0374	1/8/2017	2017 L.L. Bean U.S. Cross Country Ski Championships	Soldier Hollow, UT	34	03:42.67	106.94	220.24
F1023	12/10/2016	Cross Country SuperTour/NorAm	Sovereign lake Nordic Centre (CAN)	12	03:29.65	64.92	176.85
F0317	12/3/2016	USSA SuperTour Opener	Rendezvous Ski Trails, MT	10	03:14.21	34.65	121.94
F0393	3/22/2016	2016 SuperTour Finals and 30/50k National Championship	Craftsbury Outdoor Center, VT	12	03:49.69	108.77	153.84
F0440	1/30/2016	Supertour/Eastern Cup race weekend	Mt. Van Hoevenberg at the Olympic Sports Complex, NY	6	03:45.04	28.27	102.20
F0349	1/9/2016	U.S. Cross Country Championships	Houghton, MI	17	04:37.61	84.14	131.10
F0345	1/4/2016	U.S. Cross Country Championships	Houghton, MI	9	04:01.21	25.19	72.15
F0403	12/5/2015	Sun Valley Super Tour	Lake Creek Nordic Center, ID	20	03:54.31	103.35	185.56
F1114	3/22/2015	Super Tour Finals	Lake Creek Nordic Center, ID	DNS		990.00	
F1103	2/28/2015	Cross Country OPA Cup	Rogla (SLO)	DNS			
F1002	2/20/2015	Cross Country Alpen Cup	Campna (SUI)	16	03:13.03	96.45	154.86
F0036	2/6/2015	Craftsbury SuperTours/EISA Dartmouth Carnival/NENSA Eastern Cup	Craftsbury Outdoor Center, VT	2	03:03.91	13.93	96.39
F0034	2/1/2015	Craftsbury SuperTours/EISA Dartmouth Carnival/NENSA Eastern Cup	Craftsbury Outdoor Center, VT	6	03:36.60	47.22	125.61
F0293	1/10/2015	U.S. Cross Country Championships	Houghton, MI	11	04:31.82	75.30	121.01
F0286	1/5/2015	U.S. Cross Country Championships	Houghton, MI	29	05:34.55	59.96	105.67
F0229	12/6/2014	Super Tour	Bohart Ranch XC Ski Center, MT	7	04:01.42	54.13	121.19
F0042	11/28/2014	Yellowstone Ski Festival	Rendezvous Ski Trails, MT	14	03:01.93	49.66	114.04
F0913	3/23/2014	ConocoPhillips US Championships and SuperTour Finals	Kincaid Park, AK	17	04:16.03	113.42	134.29
F1121	3/8/2014	OPA Continental Cup	Rolga (SLO)	24	03:46.07	124.89	159.21
F0036	2/9/2014	Craftsbury Super Tour/Dartmouth Winter Carnival	Craftsbury Outdoor Center, VT	5	03:11.64	73.99	132.20
F0560	2/1/2014	NENSA Eastern Cup/UVM Carnival	Trapp Family Lodge, VT	7	03:51.45	39.41	121.26
F0277	1/10/2014	U.S. Cross Country Championships	Soldier Hollow, UT	10	04:09.81	58.49	99.36
F0268	1/5/2014	U.S. Cross Country Championships	Soldier Hollow, UT	11	03:22.16	77.00	117.87
F0865	12/15/2013	Cross Country NorAm Cup	Black Jack (CAN)	11	03:35.90	56.08	154.82
F0288	11/29/2013	West Yellowstone SuperTour	Rendezvous Ski Trails, MT	6	03:01.16	38.56	128.23
F0268	4/6/2013	Super Tour Finals	Truckee, CA	20	03:32.67	121.21	157.86
F0673	2/9/2013	Aspen Nordic Festival	Aspen Mountain, CO	3	04:47.15	91.72	195.74
F0544	1/25/2013	Tour de Twin Cities	Minneapolis - St. Paul, MN	7	04:25.45	86.51	171.13
F0143	1/8/2013	U.S. Cross Country Championships	Soldier Hollow, UT	34	03:11.95	115.70	165.56
F0136	1/2/2013	U.S. Cross Country Championships	Soldier Hollow, UT	24	03:38.91	110.45	160.31
F0662	12/15/2012	TD Bank Eastern Cup Opening weekend at Craftsbury	Craftsbury Outdoor Center, VT	21	04:12.82	77.89	216.24
F0471	12/1/2012	SuperTour	Bohart Ranch XC Ski Center, MT	29	04:02.80	158.77	248.97

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F0455	11/29/2012	SuperTour	Bohart Ranch XC Ski Center, MT	20	03:04.49	119.20	204.85
U1084	11/24/2012	Yellowstone Prologue USSA	West Yellowstone, MT	9	03:44.16	61.75	173.93
F0932	3/27/2012	SuperTour Finals and Long Distance Nationals	Craftsbury Outdoor Center, VT	34	03:56.07	182.55	218.63
U0608	1/27/2012	UNH Winter Carnival	Jackson Ski Touring Foundation, NH	10	04:19.80	70.36	203.10
F0072	1/8/2012	U.S. Cross Country Championships	Rumford, ME	37	03:54.50	152.23	212.70
F0064	1/3/2012	U.S. Cross Country Championships	Rumford, ME	46	03:20.36	144.40	215.55
F0199	1/8/2011	U.S. Cross Country Championships	Rumford, ME	36	03:27.37	111.57	179.42
F0192	1/2/2011	U.S. Cross Country Championships	Rumford, ME	DNS		990.00	
F0418	1/8/2010	U.S. Cross Country Championships	Anchorage, AK	52	04:01.36	159.97	196.24
F0412	1/2/2010	U.S. Cross Country Championships	Anchorage, AK	45	03:32.82	198.22	232.58
F0438	12/13/2009	Vernon, BC NorAm	Vernon (CAN)	48	03:10.93	212.73	273.02
F0050	11/25/2009	West Yellowstone SuperTour	Rendezvous Ski Trails, MT	31	05:22.10	121.89	179.03
U0627	1/30/2009	UNH Carnival	Jackson Ski Touring Foundation, NH	13	04:17.95	44.64	154.64
U0641	1/17/2009	TD Banknorth EC Weekend	Black Mountain of Maine, ME	16	02:58.73	70.79	180.79
F0895	3/21/2008	Canadian National Championship	Callaghan Valley (CAN)	50	03:37.63	200.45	263.97
U0148	3/10/2008	USSA Junior Olympics	Kincaid Park, AK	15	03:46.16	60.32	171.06
U0672	2/2/2008	Junior Nationals Qualifier	Bozeman, MT	4	03:54.18	28.96	178.35
U0330	1/18/2008	Soldier Hollow Super Qualifier	Soldier Hollow, UT	8	03:36.70	50.54	184.76
F0110	1/5/2008	US Cross Country Championships	Michigan Tech Nordic Center, MI	53	03:24.37	162.31	227.77
F0126	12/15/2007	Soldier Hollow SuperTour	Soldier Hollow, UT	23	03:54.13	177.53	299.39
F0276	12/8/2007	USSA SuperTour	Bozeman, MT	22	04:10.02	128.14	234.64
F0086	11/24/2007	West Yellowstone SuperTour	West Yellowstone, MT	26	02:19.77	95.27	201.76
U1646	3/5/2007	Junior Olympic	Soldier Hollow, UT	9	03:16.78	34.32	177.46
U1561	2/18/2007	Sun Valley IMD Championships	Lake Creek Nordic Center, ID	5	03:31.60	41.26	165.04
U1463	1/19/2007	Super Qualifier	Soldier Hollow, UT	5	03:54.50	23.82	186.63
U0042	1/6/2007	US Cross Country Championship	Michigan Tech Nordic Center, MI	86	04:00.61	184.14	279.14
F0406	12/17/2006	SuperTour - Soldier Hollow	Soldier Hollow, UT	26	04:47.60	249.48	366.76
F0367	12/3/2006	SuperTour - Bozeman	Bozeman, MT	7	24:33.96	161.08	289.97
F0365	12/2/2006	SuperTour - Bozeman	Bozeman, MT	13	03:16.39	157.61	258.53
F0018	11/24/2006	SuperTour - West Yellowstone	West Yellowstone, MT	32	02:27.59	158.71	259.43
U1672	3/6/2006	2006 Chevrolet Junior Olympics	Michigan Tech Nordic Center, MI	14		66.45	206.24
U1614	2/11/2006	Bozeman Lindley Cup and JOQ	Lindley Center, MT	5	03:06.81	39.89	200.78
U0056	1/27/2006	Super Qualifier	Soldier Hollow, UT	5	04:08.75	31.04	192.08
U1167	1/5/2006	US Cross Country Championships	Soldier Hollow, UT	80	03:17.28	216.73	298.94
U1658	3/7/2005	2005 XC Junior Olympics	Auburn Ski Club Training Ctr, CA	9		52.61	230.53
U0063	1/22/2005	Soldier Hollow Super Qualifier	Soldier Hollow, UT	9		59.87	276.68
F0458	1/8/2005	US Cross Country Championships	Soldier Hollow, UT	85	04:30.98	214.18	277.52

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F0443	12/12/2004	SuperTour	Soldier Hollow, UT	30	04:04.17	269.05	344.58
U0082	3/8/2004	Chevrolet US XC Jr Olympic	Lake Placid, NY	44	02:42.62	123.45	552.68