

# Sharock Shuffle 5k/10k

## Age Group Results

### 5K

Race Date  
March 17, 2018

#### Female 15 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Allison Lundin		9	4337	4	26:53.6
2	danisha cloud	Cass Lake MN	14	592	13	29:22.5
3	lindsey hildenbrand	Bemidji MN	15	195	15	29:40.9
4	Haley Balcer		13	3238	38	36:39.8
5	Macy Strandlien		15	4393	39	36:41.2
6	tessa tramm		14	135	40	36:41.2
7	Linda Palcich-Wald		0	4397	42	37:03.7
8	Bryanna Shepard		0	4374	65	43:05.8

#### Female 16 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	brooke hildenbrand	Bemidji MN	17	200	7	27:45.9
2	Hannah Gregg		19	4317	16	30:53.5
3	Kayla Daniel		16	3400	17	31:03.5
4	Selena Murray	Blackduck MN	16	4354	20	31:50.6

#### Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Samantha Henke		24	4323	8	28:19.1
2	Shannon Hayes		25	4321	14	29:32.1
3	Haley Gregg		21	4316	25	32:28.7
4	Mariah Moen	Bemidji MN	23	4395	30	34:22.3
5	Ayla Winskiowski		27	4391	36	35:39.2
6	Kaija Roy	Solway MN	24	4372	48	38:08.1
7	Irene Conkle		28	3311	55	40:41.6
8	Trista Lepier		25	4335	56	40:54.1
9	Chelsea Dolezal		25	3449	60	42:04.7
10	Cherie Keith		27	4330	62	42:32.0
11	Tricia Longfellow		22	4336	64	43:03.5
12	Ashley Dolezal		22	3442	66	44:04.4
13	leah skenk		29	619	99	59:18.7
14	Alyssa Myhrer		28	4355	104	1:01:47.6

#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	genna briggs	Bemidji MN	30	670	1	26:33.5

\*Overall place within gender

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#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
2	Dana Fenske	Bemidji MN	33	108	5	27:20.2
3	Emma Jennings	Cass Lake MN	31	4324	6	27:40.8
4	amanda orvik		31	169	9	28:27.3
5	Brittni Mcwaters	Walker MN	33	4344	10	28:46.9
6	Ashley Johnson	Bemidji MN	32	4325	11	28:49.4
7	Christine Lundin		39	4338	23	32:09.4
8	Beth Kangas		33	4329	27	33:10.6
9	Carmen Urman	Bemidji MN	34	4381	28	33:55.2
10	Kay Weems	Bemidji MN	38	4386	31	34:33.1
11	Kelly Felton		37	4257	32	34:47.1
12	Heidi Landis	Hines MN	35	4334	34	34:56.0
13	Petra Neadeau	Bemidji MN	31	4356	35	34:57.2
14	Heather Anderson	Bemidji MN	37	496	37	36:21.5
15	Heather Labat		39	4332	41	36:56.6
16	Stacy Ness		35	4400	47	37:59.0
17	Sarah Gratton		37	4315	50	38:45.9
18	Stephanie Thompson		32	4377	52	39:14.4
19	Candace Coulter	Gonvick MN	38	3358	61	42:31.5
20	Christine Petersen		32	4361	63	42:40.6
21	Heather Johnson	Bemidji MN	37	4326	67	44:23.4
22	Samantha Nienow	Bemidji MN	36	4403	68	44:23.7
23	Heather Rogosheske		31	4371	72	45:26.7
24	Michelle Fredrickson		38	4278	73	45:51.1
25	Amy Zimmerman	Bemidji MN	33	4398	75	46:30.1
26	Jessica Johnson		32	4404	77	46:51.2
27	jakie collins		33	139	78	46:51.6
28	Kristina Anderson	Bemidji MN	31	497	81	48:25.9
29	Amanda Moran		38	4349	84	50:38.8
30	Jessica Kemp		36	4331	88	51:43.2
31	hailey mack		33	487	89	51:43.8
32	erin mason		34	369	100	1:00:06.6
33	April Lancaster		35	4333	102	1:00:48.1

#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	lisa lindgren	Bemidji MN	46	140	2	26:40.4
2	Misty Frenzel	Blackduck MN	40	4312	19	31:46.0
3	Amy Potts	Williams MN	45	4365	22	32:05.1
4	Dale Allan		41	495	45	37:46.3
5	Monica De La Cruz	Walker MN	41	3415	46	37:49.3

\*Overall place within gender

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#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
6	Kari Ekhoﬀ		41	4222	54	40:37.8
7	Debbie Maneeke		48	4340	57	40:54.2
8	julie bergren		41	669	69	45:13.9
9	Steph Rockensock	Blackduck MN	41	4369	74	46:08.8
10	Nichole Powers	Bemidji MN	43	4366	76	46:31.7
11	Jolee Murawski	Bemidji MN	47	4352	80	47:49.8
12	Amy Tjader		40	4378	87	51:36.0
13	Stephanie Martin	Bemidji MN	40	4341	93	56:02.3
14	Karen Windecker		48	4388	94	57:22.2
15	Rain Fasking		40	4249	103	1:00:59.7

#### Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Kathy Gorick	Bemidji MN	50	4314	18	31:20.0
2	Mary-Jean Becker		51	3254	21	31:55.3
3	Monica O'Brien		53	4357	24	32:24.5
4	Vicky Grommersch	Bemidji MN	58	4319	26	33:02.0
5	Shari Mystic	Puposky MN	57	4347	29	34:20.3
6	Amy Brinkman	Fosston MN	50	3268	33	34:52.6
7	jean lanners	Solway MN	56	618	43	37:38.2
8	Elaine Mack		50	4339	44	37:43.5
9	Judy Fisher	Moorhead MN	57	4402	49	38:08.4
10	Julia Daniel		50	3370	51	38:46.9
11	Jeanne Otten		57	4360	70	45:14.0
12	cindy nelson		57	445	82	48:42.5
13	Kori Skumavc		51	4375	90	52:14.5
14	Janice Pfarr		53	4363	91	54:57.1
15	Erin Morehouse	Bemidji MN	58	4351	96	58:26.5
16	Carla Weeks		51	4385	101	1:00:47.7
17	Kara Randall		53	4367	105	1:01:48.5
18	Barb Carlson		52	3278	106	1:06:34.4
19	Wendy Dolezal		59	3461	107	1:10:40.8
20	Mary Salter		54	4396	108	1:24:02.3

#### Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Sandy Underwood	Bemidji MN	64	4380	12	29:12.0
2	Theresa Ayers		60	499	59	41:59.0

\*Overall place within gender

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### 5K

#### Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
3	Colleen Schulke		64	249	83	49:28.6
4	Theresa Mckee		61	4343	85	50:39.0
5	Lyndsey Moe		60	4348	86	51:23.7
6	Kelly Windecker		61	4389	95	57:24.3
7	Sally Rodgers	Bemidji MN	61	4370	97	58:26.7
8	Mary Murphy	Bemidji MN	66	4353	98	58:27.1

#### Female 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Demi Fisher		99	470	3	26:45.4
2	Kathy burger	Bemidji MN	74	137	53	40:11.0
3	Laura Fisher		99	429	58	41:25.1
4	KrisAnn Bergland		99	454	71	45:15.0
5	Janice Dagen	Bemidji MN	70	3369	79	47:49.6
6	Lois Boehrnsen		72	3266	92	55:40.6

\*Overall place within gender

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## Age Group Results

### 5K

#### Male 15 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Shawn O'Brien		15	4358	1	21:57.2
2	Alec Meland	Bemidji MN	14	4346	6	25:21.8
3	dominick washburn		9	141	10	26:59.7
4	parker orvik	Bemidji MN	12	158	13	30:09.9
5	Tommy Ness	Bemidji MN	10	4399	24	36:46.2
6	blake orvik	Bemidji MN	10	178	25	36:59.5
7	cardos roberts-salter		11	148	42	1:24:00.2

#### Male 16 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Christian Schmidt	Cass Lake MN	16	4373	4	24:12.4
2	Peyton Johnson		16	4327	5	25:03.2
3	Ty Maverick		17	4342	11	27:05.9
4	Slayde Johnson		17	4328	12	28:11.8
5	Sully Wagner		19	4382	15	30:35.2
6	brandon mutchler	Bemidji MN	19	142	37	52:34.1

#### Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Derek Port	Bemidji MN	27	4364	2	22:01.3
2	Micheal Henke		25	4322	7	25:25.8
3	Kirby Washburn		29	4383	8	25:26.3
4	Tyler Bannor	Laporte MN	24	3239	16	31:29.7
5	Anthony Petersen		26	4394	21	34:35.4
6	Justin Bedeau	Duluth MN	20	3260	36	52:33.0
7	Derek Brinkman		25	3274	39	55:40.7
8	ryan pullum		21	3478	40	1:06:34.2

#### Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Matthew Mcwaters		36	4345	9	25:41.9
2	brady orvik	Bemidji MN	34	167	14	30:10.7
3	Romell Bennett		36	3261	17	31:38.5
4	Tommy Downs		39	3497	19	34:19.9
5	Eric Robinson		36	4368	20	34:22.2
6	Scott Geerdes		31	4313	23	34:56.0

\*Overall place within gender

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
7	Matthew Whitbeck	Bemidji MN	38	4387	27	39:31.9
8	Chuck Wenzel		33	4362	28	42:35.1
9	John Felton		37	4252	29	43:36.3
10	Matthew Anderson		36	498	32	48:25.9
11	Robert Moran		32	4350	33	50:39.3

#### Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Woody Leindecker		47	4401	3	23:36.8
2	Robert Gregg		47	4318	18	33:14.6
3	Winchester Wearden	Walker MN	40	4384	26	37:49.6
4	Jason Tjader		45	4379	34	51:35.6

#### Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	don brinkman	Fosston MN	56	637	22	34:52.6
2	Rick Skumavc		50	4376	35	52:14.4
3	Lawrence Gust		56	4320	38	54:57.1
4	Pat Dolezal		53	3453	41	1:10:39.0

#### Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	bill fisher		63	315	31	44:51.3

#### Male 70 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	t. anderson		99	439	30	44:11.8

\*Overall place within gender

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#### Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Chelsie Weeding		26	492	6	54:21.3
2	Alison Fletcher	Shevlin MN	29	109	11	59:44.2
3	Clarissa Sletten	Bemidji MN	26	275	13	1:00:44.5
4	Abby Sellnow		28	270	16	1:03:51.1
5	Amanda Hanson		23	111	17	1:06:48.9

#### Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Kerrie Berg		38	4406	2	46:43.7
2	Shannon Hogan		31	112	4	53:07.3
3	Cassie Puschinsky		35	122	7	55:19.2
4	Katherine Wangberg		31	491	8	55:31.5
5	Angie Bokovoy	Bemidji MN	35	102	10	55:42.0

#### Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Andrea Nelson	Bemidji MN	44	118	1	42:12.9
2	Melanie Schmidt		42	236	3	49:23.1
3	Amy Riley	Bemidji MN	43	124	9	55:41.4
4	Sarah Behrens	Bemidji MN	41	101	18	1:07:31.8
5	Laura Stucki	Bemidji MN	42	4405	19	1:07:31.8
6	Cindy Bruning		49	104	20	1:09:37.6
7	Denise Buer		42	105	21	1:11:16.0
8	Sarah Emery		48	106	22	1:12:42.6

#### Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Jodi Erickson		52	107	5	53:42.9
2	Divine McBride	Bemidji MN	51	116	12	1:00:37.4
3	kathy beaulien	Bemidji MN	51	652	14	1:00:59.0
4	Joan Penn		54	121	15	1:01:03.4

\*Overall place within gender

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Waylon Puschinsky		10	123	7	50:17.5

#### Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Michael Meehlhause	Bemidji MN	28	117	3	46:52.7
2	Chris Fletcher		29	110	5	49:15.7

#### Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	John Mcelmury		38	4407	6	49:37.6
2	matt boell	Bemidji MN	33	668	8	50:23.0
3	shawn klein		33	666	9	51:46.2
4	Ian Kirkpatrick	Bemidji MN	33	113	12	57:58.0

#### Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Eric Opheim	Walker MN	47	120	1	42:14.9
2	Joe Borah		41	103	4	49:00.0
3	Matt Landis	Hines MN	44	115	10	55:22.9
4	Jay Nelson	Bemidji MN	45	119	11	55:47.6

#### Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	david poole	Baudette MN	55	152	2	45:13.7

\*Overall place within gender