

## Shamrock Shuffle 5K/10K

Race Date  
March 16, 2019

Overall Finish List

5K

Female

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>
1	Jessie Maher	Bemidji MN	1466	35	F	1/29: 30-39	24:43.6
2	Genna Briggs	Bemidji MN	957	31	F	2/29: 30-39	25:12.4
3	Isabella Meyer	Bemidji MN	1483	15	F	1/8: 0-15	25:47.6
4	Rachel Pesta		1472	31	F	3/29: 30-39	26:11.6
5	Lisa Lindgren	Bemidji MN	1390	47	F	1/20: 40-49	26:22.8
6	Allison Lundin	Kelliher MN	1393	10	F	2/8: 0-15	27:57.9
7	Lindsey Duresky	Waskish MN	979	21	F	1/14: 20-29	28:26.5
8	Shannon Hayes	Baudette MN	1373	26	F	2/14: 20-29	29:01.2
9	Emma Jennings	Cass Lake MN	1378	32	F	4/29: 30-39	30:06.1
10	Amy Potts	Williams MN	1426	46	F	2/20: 40-49	30:27.5
11	Sandy Underwood	Bemidji MN	1442	65	F	1/7: 60-69	30:44.5
12	Josie Nelson	Bemidji MN	1411	23	F	3/14: 20-29	31:12.7
13	Halie Melcher	Bemidji MN	1465	17	F	1/2: 16-19	31:18.8
14	Caitlyn Wentworth	Princeton MN	1444	26	F	4/14: 20-29	31:38.5
15	Mary- Jean Becker	Big Falls MN	944	52	F	1/10: 50-59	31:47.9
16	Tristen Wickum	Mizpah MN	1447	12	F	3/8: 0-15	31:53.1
17	Ally Pink	Stewart MN	1424	17	F	2/2: 16-19	32:46.0
18	Carrie Noponen	Bemidji MN	1462	39	F	5/29: 30-39	33:32.3
19	Nichole Hassebroek	Bemidji MN	1372	36	F	6/29: 30-39	33:34.3
20	Tanya Engesether	Bagley MN	1244	45	F	3/20: 40-49	33:48.4
21	Tricia Longfellow	Bemidji MN	1392	23	F	5/14: 20-29	34:01.1
22	Vicky Beckmann	Bemidji MN	952	59	F	2/10: 50-59	34:07.2
23	Kathy Beaulieu	Bemidji MN	1486	51	F	3/10: 50-59	34:17.9
24	Nicole Friend	Bemidji MN	1337	34	F	7/29: 30-39	34:40.3
25	Amanda Anderson	Bemidji MN	635	36	F	8/29: 30-39	34:51.9
26	Kristen Duresky	Northome MN	977	30	F	9/29: 30-39	35:37.0
27	Jamie Skoe	Northome MN	1435	42	F	4/20: 40-49	35:37.1
28	Alicia Beckel	Bemidji MN	935	24	F	6/14: 20-29	35:39.9
29	Tessa Peterson	Park Rapids MN	1420	34	F	10/29: 30-39	36:14.3
30	Mindy Cowell	Bemidji MN	968	30	F	11/29: 30-39	36:16.2
31	Jennifer Jacobson	Bemidji MN	1375	41	F	5/20: 40-49	36:18.2
32	Amanda Hanson	Little Falls MN	1371	24	F	7/14: 20-29	36:22.9
33	Bethany Wesley	Bemidji MN	1445	39	F	12/29: 30-39	36:39.4
34	Danielle Gavlovsky	Bemidji MN	1456	36	F	13/29: 30-39	36:55.6
35	Ashley Krog	Clearbrook MN	1387	35	F	14/29: 30-39	36:59.4
36	Evie Ekhoff	Bemidji MN	1218	11	F	4/8: 0-15	37:06.7
37	Missy Willers	Pine Island MN	1481	31	F	15/29: 30-39	37:20.9
38	Kelly Bither	Bemidji MN	1482	31	F	16/29: 30-39	37:21.0
39	Victoria Gack	Bemidji MN	1350	43	F	6/20: 40-49	37:22.1
40	Stacy Ness	Bemidji MN	1458	36	F	17/29: 30-39	37:41.4
41	Wendy Korthem	Blackduck MN	1478	37	F	18/29: 30-39	38:16.1
42	Malea Lundin	Kelliher MN	1394	7	F	5/8: 0-15	38:23.2
43	Christine Lundin	Kelliher MN	1395	40	F	7/20: 40-49	38:24.0
44	Angel Skipintheway	Bemidji MN	1474	15	F	6/8: 0-15	38:34.6
45	Kristy Pink	Northome MN	1423	41	F	8/20: 40-49	38:34.6
46	Michelle Schmidt	Bemidji MN	1433	41	F	9/20: 40-49	38:35.9
47	Larry Hraban	Bemidji MN	632	35	F	19/29: 30-39	39:15.8

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Overall Finish List

## 5K

## Female

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48	Heidi Mabe	Bemidji MN	1397	44	F	10/20: 40-49	39:25.4
49	Debbie Manecke	Fosston MN	1398	49	F	11/20: 40-49	39:54.9
50	Trista Lepier	Fosston MN	1389	26	F	8/14: 20-29	39:55.0
51	Shayna Fellman	Bemidji MN	1467	22	F	9/14: 20-29	40:29.9
52	Jessica Patton	Bemidji MN	1419	32	F	20/29: 30-39	40:51.2
53	Mary Adkins	Bemidji MN	1450	58	F	4/10: 50-59	40:57.7
54	Kathy Burger	Bemidji MN	961	75	F	1/2: 70-99	41:21.2
55	Andrea Kindbird	Bemidji MN	1475	40	F	12/20: 40-49	42:50.9
56	Jamie Bentler	Laporte MN	955	36	F	21/29: 30-39	42:59.9
57	Ashley Dolezal	Bemidji MN	975	23	F	10/14: 20-29	44:18.1
58	Janice Dagen	Bemidji MN	973	71	F	2/2: 70-99	45:38.0
59	Jolee Murawski	Bemidji MN	1408	48	F	13/20: 40-49	45:38.1
60	Mary Schulte	Hastings MN	1434	64	F	2/7: 60-69	45:41.2
61	Megan Verbout	Bemidji MN	1454	26	F	11/14: 20-29	46:41.1
62	Kari Ekhoﬀ	Bemidji MN	1234	42	F	14/20: 40-49	49:53.2
63	Kjerstin Ekhoﬀ	Bemidji MN	1206	13	F	7/8: 0-15	49:53.3
64	Lorri McAdams	Park Rapids MN	1399	61	F	3/7: 60-69	50:59.7
65	Katie Haws	Hines MN	3533	63	F	4/7: 60-69	53:37.8
66	Jolene Moran	Mentor MN	1406	43	F	15/20: 40-49	56:09.4
67	Erin Morehouse	Bemidji MN	1407	59	F	5/10: 50-59	57:05.9
68	Sally Rodgers	Bemidji MN	1432	62	F	5/7: 60-69	57:06.1
69	Joy Barclay	Bemidji MN	931	65	F	6/7: 60-69	57:06.2
70	Madilynn Anderson	Bemidji MN	650	5	F	8/8: 0-15	1:02:12.2
71	Michelle Dreher	Bemidji MN	1452	28	F	12/14: 20-29	1:02:49.3
72	Sandra Smith	Bemidji MN	1460	31	F	22/29: 30-39	1:02:49.9
73	Michelle Klinger	Bemidji MN	1383	44	F	16/20: 40-49	1:02:50.1

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5K

Male

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>
1	Isaak McDonald	Bemidji MN	1400	15	M	1/9: 0-15	20:40.4
2	Seth Lindgren	Bemidji MN	1391	14	M	2/9: 0-15	21:18.3
3	Shawn Obrien	Tenstrike MN	1473	16	M	1/2: 16-19	23:46.1
4	Derek Port	Bemidji MN	1425	28	M	1/8: 20-29	24:04.5
5	Dean Christianson	Grand Forks ND	963	54	M	1/4: 50-59	25:05.1
6	Jack Juberian	Leonard MN	1379	34	M	1/17: 30-39	26:14.2
7	Kealan Downs	Solway MN	1476	16	M	2/2: 16-19	27:08.7
8	Chris Westlund	Cass Lake MN	1446	25	M	2/8: 20-29	28:45.6
9	Shawn Klien	Bemidji MN	1382	34	M	2/17: 30-39	29:08.4
10	Alec Meland	Bemidji MN	1405	15	M	3/9: 0-15	29:25.5
11	Ian Kirkpatrick	Bemidji MN	1381	34	M	3/17: 30-39	30:31.3
12	Matt Landis	Hines MN	1388	45	M	1/8: 40-49	31:05.1
13	Rich MOen	Bemidji MN	1485	55	M	2/4: 50-59	31:28.9
14	Daniel Norvold	Bemidji MN	1487	51	M	3/4: 50-59	31:31.3
15	Kelly McDonald	Bemidji MN	1401	39	M	4/17: 30-39	32:00.1
16	Tom Downs	Solway MN	1477	40	M	2/8: 40-49	32:01.9
17	David Rauck	Detroit Lakes MN	1428	39	M	5/17: 30-39	33:12.6
18	Tierney Melcher	Bemidji MN	1464	12	M	4/9: 0-15	33:32.0
19	Adam Pierce	Bemidji MN	1421	39	M	6/17: 30-39	34:10.0
20	Gavin Jaschke	Bemidji MN	1376	9	M	5/9: 0-15	34:45.4
21	Paul Ekhoﬀ	Bemidji MN	1215	42	M	3/8: 40-49	35:38.2
22	Brad Neis	Bemidji MN	1463	36	M	7/17: 30-39	36:55.5
23	Adam Krog	Clearbrook MN	1386	36	M	8/17: 30-39	36:59.4
24	Will Ekhoﬀ	Bemidji MN	1217	13	M	6/9: 0-15	37:22.3
25	Alexander Korthem	Blackduck MN	1479	11	M	7/9: 0-15	38:15.0
26	Laurel Lussier	Puposky MN	1396	51	M	4/4: 50-59	41:54.8
27	John Felton	Hackensack MN	1323	38	M	9/17: 30-39	42:25.0
28	Brett Theisen	Bemidji MN	1439	23	M	3/8: 20-29	44:17.9
29	Sean Alia	Bemidji MN	1453	26	M	4/8: 20-29	46:40.7
30	Melanie Pierce	Bemidji MN	1422	38	M	10/17: 30-39	47:19.7
31	Tommy Ness	Bemidji MN	1457	11	M	8/9: 0-15	49:23.0
32	Lucas Gack	Bemidji MN	1338	12	M	9/9: 0-15	56:40.0
33	Matthew Anderson	Bemidji MN	664	37	M	11/17: 30-39	1:02:10.7

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>
1	Abby Randall	Lake George MN	1427	33	F	1/0: 30-39	36:58.0
2	Karen Ament	Park Rapids MN	634	59	F	1/0: 50-59	40:05.8
3	Andrea Nelson	Bemidji MN	1470	45	F	1/0: 40-49	45:01.8
4	Shannon Hogan	Park Rapids MN	1374	32	F	2/0: 30-39	50:32.2
5	Brooke Haugstad	Beulah ND	1468	35	F	3/0: 30-39	51:57.1
6	Jodi Trnka-Erickson	Park Rapids MN	1441	53	F	2/0: 50-59	53:12.4
7	Clarissa Sletten	Bemidji MN	1436	27	F	1/0: 20-29	53:25.0
8	Ruth Kirby	bemidji MN	1380	31	F	4/0: 30-39	54:45.7
9	Sarah Goudge	Clearbrook MN	1370	44	F	2/0: 40-49	56:13.1
10	Katie Bardwell	Clearbrook MN	933	37	F	5/0: 30-39	56:13.2
11	Brittni McWaters	Walker MN	1402	34	F	6/0: 30-39	56:51.7
12	Mary Murphy	Bemidji MN	1409	67	F	1/0: 60-69	57:06.0
13	Laura Stucki	Bemidji MN	1438	43	F	3/0: 40-49	57:16.0
14	Allie O'Leary	Bemidji MN	1412	27	F	2/0: 20-29	57:34.3
15	Gretchen Knutson	Bemidji MN	1385	45	F	4/0: 40-49	58:29.5
16	Shannon Starkey	Mahnomen MN	1437	54	F	3/0: 50-59	1:00:50.7
17	Jill Beardsley	Bemidji MN	1451	55	F	4/0: 50-59	1:03:07.4
18	Kelly Felton	Hackensack MN	1327	38	F	7/0: 30-39	1:08:14.5
19	Caroline Sorensen	Duluth MN	1461	57	F	5/0: 50-59	1:38:04.5

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Overall Finish List**10K****Male**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>
1	Jesses Prince	Bemidji MN	1471	38	M	1/0: 30-39	34:53.1
2	Eric Opheim	Walker MN	1414	48	M	1/0: 40-49	41:14.3
3	Michael Meehlhause	Bemidji MN	1404	29	M	1/0: 20-29	44:40.9
4	Adam Hellquist	Bemidji MN	1480	39	M	2/0: 30-39	44:59.7
5	Travis Ricks	Bemidji MN	1484	41	M	2/0: 40-49	46:37.5
6	Ekren Miller	Bemidji MN	1488	38	M	3/0: 30-39	47:04.5
7	David Olson	Bemidji MN	1413	48	M	3/0: 40-49	47:12.4
8	Craig Moen	Bemidji MN	1384	37	M	4/0: 30-39	48:42.5
9	Jeff Ewert	Bemidji MN	1316	49	M	4/0: 40-49	48:54.5
10	Matt McWaters	Walker MN	1403	37	M	5/0: 30-39	49:16.3
11	Elvic Tran	Crookston MN	1459	27	M	2/0: 20-29	49:28.7
12	Chris Hoffman	Bemidji MN	1469	35	M	6/0: 30-39	53:23.5
13	Patrick Richard	Park Rapids MN	1429	26	M	3/0: 20-29	55:32.2
14	Nick Jasmer	Park Rapids MN	1377	27	M	4/0: 20-29	55:32.4
15	Jordan Hickman	Bemidji MN	1455	48	M	5/0: 40-49	1:03:07.4