

Race Date
August 10, 2019

Northwoods De-Feat Violence 10 miler - 5k

Overall Finish List

5K

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Gend</u>	<u>Time</u>
1	Derek Port	Bemidji MN	2219	M	23:41.1
2	Kirby Washington		2239	M	24:58.3
3	Ian Kirkpatrick	Bemidji MN	2218	M	25:44.4
4	Jack Lundquist		2235	M	26:42.9
5	Beckett Grand	Bemidji MN	2214	M	28:06.1
6	David Olson	Bemidji MN	2228	M	28:09.9
7	Wesley Reese		2224	M	28:20.8
8	Sandy Underwood	Bemidji MN	2242	F	28:35.6
9	Megan Comfort		2233	F	30:10.0
10	Tanya Engesether	Bagley MN	2225	F	30:38.7
11	Heather Knutson		2230	F	43:15.0
12	Josey Hallanger		2231	F	43:15.1
13	Janel O'Brien		2234	F	43:20.1
14	Nancy Manlet		2236	F	43:43.9
15	Mary Washburn	Hill City MN	2207	F	43:48.8
16	Payton Washburn		2237	M	43:49.3
17	Elizabeth Ledford	Bemidji MN	2223	F	47:14.1
18	Lesley Knoll	Shevlin MN	2203	F	50:28.5

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1	Charles Biberg	Tenstrike MN	2229	M	1:04:32.0
2	Jordan McIntyre	Grand Forks ND	2441	M	1:16:40.2
3	Jeff Ewert	Bemidji MN	2205	M	1:19:11.8
4	Kelly Bittner	Bemidji MN	2238	F	1:21:45.2
5	Jim Benson	Baxter MN	2216	M	1:24:51.5
6	Laura Stucki	Bemidji MN	2217	F	1:33:05.0
7	Stephanie Brueland	Bemidji MN	2215	F	1:34:35.6
8	Kayla Smith		2227	F	1:34:56.2
9	Betsey McIntyre	Grand Forks ND	2240	F	1:35:37.5
10	Leanne Frost	Bemidji MN	2220	F	1:37:07.9
11	Dan Frost	Bemidji MN	2221	M	1:37:08.0
12	Heidi Bruder	Bemidji MN	2209	F	1:37:55.0
13	Randy Washburn	Hill City MN	2206	M	1:40:07.1
14	Monte Fjosne	Bemidji MN	2232	M	1:43:41.4
15	Amanda Willis	Bemidji MN	2210	F	1:45:47.3
16	Wade Martin	Bemidji MN	2211	M	1:45:47.4
17	Monica De La Cruz	Walker MN	2222	F	1:56:31.3
18	Ellen Nelson	Bemidji MN	2213	F	2:30:18.1