

Race Date
July 01, 2023

Bemidji Downtown Dash 5K

Age Group Results

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	Sara Larson	West Fargo ND	13	7706	8	24:07
2	Claire Story	Bemidji MN	15	7717	19	28:47
3	Kalee Feiler	Saint Cloud MN	9	7745	25	29:27
4	Sara Scherling		12	7772	28	30:06
5	Nettie Murray	Bemidji MN	9	7711	31	31:08
6	Carol Chance	Bemidji MN	12	7804	32	31:13
7	Kylee Feiler	Saint Cloud MN	9	7744	35	31:35
8	Halle Loegering		6	7815	44	36:18
9	Halle Aylesworth	Bemidji MN	12	7796	48	40:55
10	Hannah Quinn	Bemidji MN	13	7740	49	40:56
11	Lexie Allery		12	7794	50	43:26

Female 16 to 21

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Mia Hoffmann	Bemidji MN	17	7732	1	18:14
2	Regan Dewitt	Bemidji MN	18	7764	2	19:21
3	Aleksandra Grigoryants	Bemidji MN	17	7741	13	25:59
4	Amelia Sherling		18	7773	52	44:54

Female 22 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	Parker Olson	Laporte MN	24	7718	17	28:01
2	Angelina Grigoryants	Bemidji MN	24	7742	41	34:54

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	Heather Horner	Bismarck ND	39	7809	3	19:52
2	Caitlin Cavanaugh	Bemidji MN	33	7756	4	20:59
3	Nora Sellheim	Bemidji MN	36	7725	5	21:44
4	Jill Blair	Gilby ND	39	7820	9	25:10
5	Kaitie Holmes	Bemidji MN	35	7698	11	25:31
6	Kala Knight	Grand Forks ND	34	7807	14	26:05
7	Selina Stanley		31	7779	16	26:38
8	Sarah Leach	Bemidji MN	32	7712	20	28:48
9	Emilee Trautner		34	7799	22	28:59
10	Amy Efta	Walker MN	36	7752	36	31:45
11	Nicole Lopez	Bemidji MN	36	7724	37	32:41

*Overall place within gender

Race Date
July 01, 2023

Bemidji Downtown Dash 5K
Age Group Results

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>
12	Justine Loegering	West Fargo ND	38	7816	39	33:04
13	Kelsey Tollefson	Blackduck MN	33	7704	42	35:10
14	Maggie Manske	Bemidji MN	33	7758	46	39:26
15	Ashly Bliss	Solway MN	38	7720	53	46:16
16	Stevie Stein	Northome MN	31	7695	59	51:29
17	Shelby Masterson	Shevlin MN	31	7692	60	51:30
18	Laura Scheffer	Plant City FL	33	7702	61	51:30
19	Nicole Boll	Mizpah MN	31	7694	62	51:37

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	Kerrie Berg	Bemidji MN	44	7806	6	22:18
2	Melanie Hevel-Olson	Fosston MN	41	7770	7	22:33
3	Melanie Schmidt	Bemidji MN	47	7755	10	25:11
4	Christine Louvar	Bemidji MN	49	7750	15	26:18
5	Michelle Larson	West Fargo ND	47	7705	18	28:12
6	Vicky Cochran		43	7777	21	28:56
7	Jennifer Penrose	Olympia WA	48	7762	23	29:14
8	Stephanie Else	Bemidji MN	40	7731	29	30:12
9	Marcie Krautkraner		40	7817	34	31:29
10	Kristi Lentz		45	7818	51	44:23
11	Ashley Buckner	Bagley MN	40	7721	54	46:17
12	Shannon Smith		49	7783	55	47:18
13	Krystal Story	Bemidji MN	43	7716	57	50:04
14	Desiree Quinn		44	7797	58	50:04
15	Dara Omang		40	7791	63	52:57

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	Deb Dunham	Grand Forks ND	54	7767	12	25:34
2	Jane Hutzol	Arvilla ND	58	7708	24	29:19
3	Kelly Robbins	Roosevelt MN	56	7768	27	29:55
4	Christine Lauzon	Grand Forks ND	53	7789	33	31:16
5	Karin Lee	Bozeman MT	59	7736	40	34:36
6	Debbie Manecke		53	7803	45	36:55

*Overall place within gender

Race Date
July 01, 2023

Bemidji Downtown Dash 5K
Age Group Results

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	Kris Barnes	Bozeman MT	63	7737	26	29:47
2	Bk Gilbertson	Enumclaw WA	60	7701	38	32:42
3	Wanda Dickinson	Bemidji MN	64	7713	43	35:17
4	Judy Palmer	Anchorage AK	68	7691	47	39:58
5	Noemi Aylesworth	Bemidji MN	68	7728	56	47:18
6	Maureen Whelan	Bemidji MN	66	7757	64	56:40

Female 70 to 79

<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	70	7802	30	30:49

Female 80 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	Shirley Batchelder	Bemidji MN	90	7714	65	56:40

*Overall place within gender

Race Date
July 01, 2023

Bemidji Downtown Dash 5K
Age Group Results

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	Blake Dewitt	Bemidji MN	13	7765	16	21:57
2	Cameron Hyson		12	7782	18	22:54
3	Kyle Millar	Bemidji MN	14	7760	22	23:27
4	Owen Lappinga	Bemidji MN	14	7751	23	23:36
5	Deven Bentler	Bemidji MN	13	7748	24	24:54
6	Isaiah Bliss		14	7812	28	25:28
7	Evan Hoffman	Bemidji MN	11	7749	31	26:42
8	Philip Hodapp	Bemidji MN	15	7763	33	28:20
9	Alexander Efta	Walker MN	8	7753	35	29:25
10	Mason Quinn		11	7781	41	31:35
11	Henry Quinn	Bemidji MN	10	7739	44	31:47
12	Chase Loegering		7	7814	48	32:43
13	Jaxon Horner		7	7810	49	32:57
14	Andre Mantell		12	7787	51	34:29
15	Collin Manske		9	7805	53	39:17
16	Aidan Smith		11	7784	55	43:24
17	Jeffrey Allery		9	7795	56	43:26

Male 16 to 21

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Brett Kurschner	Bemidji MN	18	7727	2	16:23
2	Carson Maish		19	7778	3	16:33
3	Tanner Schiller	Grand Forks ND	19	7734	4	16:49
4	Otto Coleman	Saint Paul MN	17	7743	5	17:02
5	Ashton Niemi	Bemidji MN	18	7775	7	17:36
6	Isaac Schouten		17	7780	8	17:44
7	Alan Penrose	Olympia WA	17	7761	9	18:11
8	Carson Turn	Bemidji MN	17	7722	11	19:45
9	Sam Schulze	Bemidji MN	20	7786	15	21:54

Male 22 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	Tim Danger		23	7819	1	16:04
2	Zack Campbell	Grand Forks ND	26	7808	27	25:25

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>
--------------	-------------	-------------	------------	---------------	-----------------	-------------

*Overall place within gender

Race Date
July 01, 2023

Bemidji Downtown Dash 5K

Age Group Results

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	Jeremiah Sellheim	Bemidji MN	36	7726	14	21:39
2	Ryan Webber	Bemidji MN	37	7747	17	22:44
3	Michael Meelhouse	Bemidji MN	33	7790	19	22:57
4	Chad Bannor	Dilworth MN	31	7785	21	23:22
5	Eric Billings	Bemidji MN	34	7723	26	25:09
6	Derek Port	Bemidji MN	32	7733	30	26:05
7	Joshua Horning	Bemidji MN	30	7696	32	26:44
8	Kaleb Buesing		31	7788	47	32:32
9	Thomas Loegering		39	7813	52	36:19

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	Jesse Prince	Bemidji MN	42	7759	6	17:20
2	John Borrego	Livingston TX	45	7697	10	19:01
3	Paul Straubel	Bemidji MN	47	7776	13	21:38
4	Justin Horner		44	7798	34	28:59
5	Eric Nygren	Bemidji MN	47	7707	37	29:38
6	Steven Scherling	Bemidji MN	46	7771	38	30:06
7	Andrew Murray	Bemidji MN	41	7710	39	31:08
8	Michael Dinkel	Bemidji MN	46	7693	42	31:37
9	Patrick Quinn	Bemidji MN	43	7738	45	31:47
10	Josh Horner	Bismarck ND	40	7811	50	32:57
11	Derek Omang		40	7792	59	52:57

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 Olson	Bemidji MN	52	7769	12	20:58
2	John Mueller	Bemidji MN	50	7801	20	23:12
3	Dj Garman	Grand Forks ND	56	7766	29	25:39
4	James David	Saint Cloud MN	54	7746	43	31:45

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	Dan Rogers	Laporte MN	61	7703	25	25:01
2	Skip Duchesneau	Walker MN	61	7754	36	29:30
3	Roger Olson	Laporte MN	66	7719	40	31:23
4	Harry Aylesworth	Bemidji MN	68	7729	46	31:48

*Overall place within gender

Race Date
July 01, 2023

Bemidji Downtown Dash 5K
Age Group Results

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>
5	Tim Brown		65	7774	57	44:54
6	Frank Hutzol	Arvilla ND	66	7709	58	47:58

Male 70 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>
1	Richard Chernugal		76	7800	54	41:07
2	James Moen		72	7793	60	52:58

*Overall place within gender