

# Shamrock Shuffle 5K/10K

## Age Group Results

### 5K

#### 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	Isabella Meyer	Bemidji MN	15	1483	3	25:47.6
2	Allison Lundin	Kelliher MN	10	1393	6	27:57.9
3	Tristen Wickum	Mizpah MN	12	1447	16	31:53.1
4	Evie Ekhoﬀ	Bemidji MN	11	1218	36	37:06.7
5	Malea Lundin	Kelliher MN	7	1394	42	38:23.2
6	Angel Skipintheday	Bemidji MN	15	1474	44	38:34.6
7	Kjerstin Ekhoﬀ	Bemidji MN	13	1206	63	49:53.3
8	Madilynn Anderson	Bemidji MN	5	650	70	1:02:12.2

#### 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	Halie Melcher	Bemidji MN	17	1465	13	31:18.8
2	Ally Pink	Stewart MN	17	1424	17	32:46.0

#### 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	Lindsey Duresky	Waskish MN	21	979	7	28:26.5
2	Shannon Hayes	Baudette MN	26	1373	8	29:01.2
3	Josie Nelson	Bemidji MN	23	1411	12	31:12.7
4	Caitlyn Wentworth	Princeton MN	26	1444	14	31:38.5
5	Tricia Longfellow	Bemidji MN	23	1392	21	34:01.1
6	Alicia Beckel	Bemidji MN	24	935	28	35:39.9
7	Amanda Hanson	Little Falls MN	24	1371	32	36:22.9
8	Trista Lepier	Fosston MN	26	1389	50	39:55.0
9	Shayna Fellman	Bemidji MN	22	1467	51	40:29.9
10	Ashley Dolezal	Bemidji MN	23	975	57	44:18.1
11	Megan Verbout	Bemidji MN	26	1454	61	46:41.1
12	Michelle Dreher	Bemidji MN	28	1452	71	1:02:49.3

#### 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	Jessie Maher	Bemidji MN	35	1466	1	24:43.6
2	Genna Briggs	Bemidji MN	31	957	2	25:12.4
3	Rachel Pesta		31	1472	4	26:11.6
4	Emma Jennings	Cass Lake MN	32	1378	9	30:06.1
5	Carrie Noponen	Bemidji MN	39	1462	18	33:32.3

\*Overall place within gender

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## 5K

## 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>
6	Nichole Hassebroek	Bemidji MN	36	1372	19	33:34.3
7	Nicole Friend	Bemidji MN	34	1337	24	34:40.3
8	Amanda Anderson	Bemidji MN	36	635	25	34:51.9
9	Kristen Duresky	Northome MN	30	977	26	35:37.0
10	Tessa Peterson	Park Rapids MN	34	1420	29	36:14.3
11	Mindy Cowell	Bemidji MN	30	968	30	36:16.2
12	Bethany Wesley	Bemidji MN	39	1445	33	36:39.4
13	Danielle Gavlovsky	Bemidji MN	36	1456	34	36:55.6
14	Ashley Krog	Clearbrook MN	35	1387	35	36:59.4
15	Missy Willers	Pine Island MN	31	1481	37	37:20.9
16	Kelly Bither	Bemidji MN	31	1482	38	37:21.0
17	Stacy Ness	Bemidji MN	36	1458	40	37:41.4
18	Wendy Korthem	Blackduck MN	37	1478	41	38:16.1
19	Larry Hraban	Bemidji MN	35	632	47	39:15.8
20	Jessica Patton	Bemidji MN	32	1419	52	40:51.2
21	Jamie Bentler	Laporte MN	36	955	56	42:59.9
22	Sandra Smith	Bemidji MN	31	1460	72	1:02:49.9

## 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	47	1390	5	26:22.8
2	Amy Potts	Williams MN	46	1426	10	30:27.5
3	Tanya Engesether	Bagley MN	45	1244	20	33:48.4
4	Jamie Skoe	Northome MN	42	1435	27	35:37.1
5	Jennifer Jacobson	Bemidji MN	41	1375	31	36:18.2
6	Victoria Gack	Bemidji MN	43	1350	39	37:22.1
7	Christine Lundin	Kelliher MN	40	1395	43	38:24.0
8	Kristy Pink	Northome MN	41	1423	45	38:34.6
9	Michelle Schmidt	Bemidji MN	41	1433	46	38:35.9
10	Heidi Mabe	Bemidji MN	44	1397	48	39:25.4
11	Debbie Manecke	Fosston MN	49	1398	49	39:54.9
12	Andrea Kindbird	Bemidji MN	40	1475	55	42:50.9
13	Jolee Murawski	Bemidji MN	48	1408	59	45:38.1
14	Kari Ekhoﬀ	Bemidji MN	42	1234	62	49:53.2
15	Jolene Moran	Mentor MN	43	1406	66	56:09.4
16	Michelle Klinger	Bemidji MN	44	1383	73	1:02:50.1

\*Overall place within gender

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### 5K

#### 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	Mary- Jean Becker	Big Falls MN	52	944	15	31:47.9
2	Vicky Beckmann	Bemidji MN	59	952	22	34:07.2
3	Kathy Beaulieu	Bemidji MN	51	1486	23	34:17.9
4	Mary Adkins	Bemidji MN	58	1450	53	40:57.7
5	Erin Morehouse	Bemidji MN	59	1407	67	57:05.9

#### 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	65	1442	11	30:44.5
2	Mary Schulte	Hastings MN	64	1434	60	45:41.2
3	Lorri McAdams	Park Rapids MN	61	1399	64	50:59.7
4	Katie Haws	Hines MN	63	3533	65	53:37.8
5	Sally Rodgers	Bemidji MN	62	1432	68	57:06.1
6	Joy Barclay	Bemidji MN	65	931	69	57:06.2

#### 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	Kathy Burger	Bemidji MN	75	961	54	41:21.2
2	Janice Dagen	Bemidji MN	71	973	58	45:38.0

\*Overall place within gender

# Shamrock Shuffle 5K/10K

## Age Group Results

Race Date  
March 16, 2019

### 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	Isaak McDonald	Bemidji MN	15	1400	1	20:40.4
2	Seth Lindgren	Bemidji MN	14	1391	2	21:18.3
3	Alec Meland	Bemidji MN	15	1405	10	29:25.5
4	Tierney Melcher	Bemidji MN	12	1464	18	33:32.0
5	Gavin Jaschke	Bemidji MN	9	1376	20	34:45.4
6	Will Ekhoﬀ	Bemidji MN	13	1217	24	37:22.3
7	Alexander Korthem	Blackduck MN	11	1479	25	38:15.0
8	Tommy Ness	Bemidji MN	11	1457	31	49:23.0
9	Lucas Gack	Bemidji MN	12	1338	32	56:40.0

#### 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	Shawn Obrien	Tenstrike MN	16	1473	3	23:46.1
2	Kealan Downs	Solway MN	16	1476	7	27:08.7

#### 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	28	1425	4	24:04.5
2	Chris Westlund	Cass Lake MN	25	1446	8	28:45.6
3	Brett Theisen	Bemidji MN	23	1439	28	44:17.9
4	Sean Alia	Bemidji MN	26	1453	29	46:40.7

#### 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	Jack Juberian	Leonard MN	34	1379	6	26:14.2
2	Shawn Klien	Bemidji MN	34	1382	9	29:08.4
3	Ian Kirkpatrick	Bemidji MN	34	1381	11	30:31.3
4	Kelly McDonald	Bemidji MN	39	1401	15	32:00.1
5	David Rauck	Detroit Lakes MN	39	1428	17	33:12.6
6	Adam Pierce	Bemidji MN	39	1421	19	34:10.0
7	Brad Neis	Bemidji MN	36	1463	22	36:55.5
8	Adam Krog	Clearbrook MN	36	1386	23	36:59.4
9	John Felton	Hackensack MN	38	1323	27	42:25.0
10	Melanie Pierce	Bemidji MN	38	1422	30	47:19.7
11	Matthew Anderson	Bemidji MN	37	664	33	1:02:10.7

\*Overall place within gender

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### 5K

Race Date  
March 16, 2019

#### 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	Matt Landis	Hines MN	45	1388	12	31:05.1
2	Tom Downs	Solway MN	40	1477	16	32:01.9
3	Paul Ekhoﬀ	Bemidji MN	42	1215	21	35:38.2

#### 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	Dean Christianson	Grand Forks ND	54	963	5	25:05.1
2	Rich MOen	Bemidji MN	55	1485	13	31:28.9
3	Daniel Norvold	Bemidji MN	51	1487	14	31:31.3
4	Laurel Lussier	Puposky MN	51	1396	26	41:54.8

\*Overall place within gender

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## Age Group Results

Race Date  
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### 10K

#### 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	Clarissa Sletten	Bemidji MN	27	1436	7	53:25.0
2	Allie O'Leary	Bemidji MN	27	1412	14	57:34.3

#### 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	Abby Randall	Lake George MN	33	1427	1	36:58.0
2	Shannon Hogan	Park Rapids MN	32	1374	4	50:32.2
3	Brooke Haugstad	Beulah ND	35	1468	5	51:57.1
4	Ruth Kirby	bemidji MN	31	1380	8	54:45.7
5	Katie Bardwell	Clearbrook MN	37	933	10	56:13.2
6	Brittini McWaters	Walker MN	34	1402	11	56:51.7
7	Kelly Felton	Hackensack MN	38	1327	18	1:08:14.5

#### 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	45	1470	3	45:01.8
2	Sarah Goudge	Clearbrook MN	44	1370	9	56:13.1
3	Laura Stucki	Bemidji MN	43	1438	13	57:16.0
4	Gretchen Knutson	Bemidji MN	45	1385	15	58:29.5

#### 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	Karen Ament	Park Rapids MN	59	634	2	40:05.8
2	Jodi Trnka-Erickson	Park Rapids MN	53	1441	6	53:12.4
3	Shannon Starkey	Mahnomen MN	54	1437	16	1:00:50.7
4	Jill Beardsley	Bemidji MN	55	1451	17	1:03:07.4
5	Caroline Sorensen	Duluth MN	57	1461	19	1:38:04.5

#### 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	Mary Murphy	Bemidji MN	67	1409	12	57:06.0

\*Overall place within gender

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Race Date  
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### 10K

#### 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	29	1404	3	44:40.9
2	Elvic Tran	Crookston MN	27	1459	11	49:28.7
3	Patrick Richard	Park Rapids MN	26	1429	13	55:32.2
4	Nick Jasmer	Park Rapids MN	27	1377	14	55:32.4

#### 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	Jesses Prince	Bemidji MN	38	1471	1	34:53.1
2	Adam Hellquist	Bemidji MN	39	1480	4	44:59.7
3	Ekren Miller	Bemidji MN	38	1488	6	47:04.5
4	Craig Moen	Bemidji MN	37	1384	8	48:42.5
5	Matt McWaters	Walker MN	37	1403	10	49:16.3
6	Chris Hoffman	Bemidji MN	35	1469	12	53:23.5

#### 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	48	1414	2	41:14.3
2	Travis Ricks	Bemidji MN	41	1484	5	46:37.5
3	David Olson	Bemidji MN	48	1413	7	47:12.4
4	Jeff Ewert	Bemidji MN	49	1316	9	48:54.5
5	Jordan Hickman	Bemidji MN	48	1455	15	1:03:07.4

\*Overall place within gender