2026 LifeCare May 5k Run/Walk

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	BRODY KASPROWICZ		M: 1	RUNNER	122	00:17:50.06	05:44	10.5mph	Overall Male Runner: 1
2	BARRET HAMRE		M: 2	RUNNER	117	00:18:51.94	06:04	9.9mph	Overall Male Runner: 2
3	ABRAM HUENER		M: 3	RUNNER	57	00:19:23.92	06:14	9.6mph	Overall Male Runner: 3
4	JOSIAH AMBROSE		M: 4	RUNNER	1	00:20:11.19	06:29	9.2mph	Overall Male Runner: 4
5	CHASE KASPROWICZ		M: 5	RUNNER	123	00:20:21.47	06:33	9.2mph	Overall Male Runner: 5
6	KEN HAYDEN		M: 6	RUNNER	132	00:21:01.13	06:45	8.9mph	Overall Male Runner: 6
7	LUKE MILLER		M: 7	RUNNER	128	00:21:25.12	06:53	8.7mph	Overall Male Runner: 7
8	CHELSEA NELSON		F: 1	RUNNER	137	00:21:36.71	06:57	8.6mph	Overall Female Runner: 1
9	AUDRE HAYDEN		F: 2	RUNNER	135	00:21:46.25	07:00	8.6mph	Overall Female Runner: 2
10	GANNON KRIEL		M: 8	RUNNER	70	00:22:10.30	07:08	8.4mph	Overall Male Runner: 8
11	ETHAN HAUGEN		M: 9	RUNNER	140	00:22:54.11	07:22	8.1mph	Overall Male Runner: 9
12	MAE AVIKAINEN		F: 3	RUNNER	5	00:23:02.67	07:25	8.1mph	Overall Female Runner: 3
13	AVRIL HUENER		F: 4	RUNNER	58	00:23:13.28	07:28	8.0mph	Overall Female Runner: 4
14	ZANDER MAST		M: 10	RUNNER	80	00:23:27.98	07:33	7.9mph	Overall Male Runner: 10
15	EVAN HAUGEN		M: 11	RUNNER	141	00:23:45.64	07:38	7.8mph	Overall Male Runner: 11
16	EMMA BLAKESLEE		F: 5	RUNNER	14	00:23:57.64	07:42	7.8mph	Overall Female Runner: 5
17	BEN HUENER		M: 12	RUNNER	56	00:24:00.20	07:43	7.8mph	Overall Male Runner: 12
18	BRIAN FARNES		M: 13	RUNNER	124	00:24:06.18	07:45	7.7mph	Overall Male Runner: 13
19	AUGGIE HUENER		M: 14	RUNNER	59	00:24:21.21	07:50	7.7mph	Overall Male Runner: 14
20	LAURA FUGLEBERG		F: 6	RUNNER	33	00:24:24.38	07:51	7.6mph	Overall Female Runner: 6
21	GRANT AVIKAINEN		M: 15	RUNNER	2	00:25:01.92	08:03	7.4mph	Overall Male Runner: 15
22	ADAM BLAKESLEE		M: 16	RUNNER	15	00:25:18.35	08:08	7.4mph	Overall Male Runner: 16
23	KYLIE HAUGEN		F: 7	RUNNER	44	00:25:19.14	08:08	7.4mph	Overall Female Runner: 7
24	NATHAN SHAW		M: 17	RUNNER	108	00:25:34.70	08:13	7.3mph	Overall Male Runner: 17
25	KSANA PEARSON		F: 8	RUNNER	100	00:25:49.48	08:18	7.2mph	Overall Female Runner: 8
26	ERIN DANIELSON		F: 9	RUNNER	24	00:26:04.98	08:23	7.1mph	Overall Female Runner: 9
27	BRANDON PEARSON		M: 18	RUNNER	98	00:26:07.07	08:24	7.1mph	Overall Male Runner: 18
28	GRACE HAYDEN		F: 10	RUNNER	133	00:26:40.90	08:35	7.0mph	Overall Female Runner: 10
29	KASEY QUAMME		F: 11	RUNNER	103	00:26:42.13	08:35	7.0mph	Overall Female Runner: 11
30	EMMALYNNE HARWOOD		F: 12	RUNNER	42	00:27:01.70	08:41	6.9mph	Overall Female Runner: 12
31	KAREN HEDMAN		F: 13	RUNNER	47	00:27:09.49	08:44	6.9mph	Overall Female Runner: 13
32	HENLEY HOMSTAD		F: 14	RUNNER	53	00:27:25.72	08:49	6.8mph	Overall Female Runner: 14
33	BRANDON KOFSTAD		M: 19	RUNNER	68	00:27:38.05	08:53	6.7mph	Overall Male Runner: 19
34	BLAKE BRATENG		M: 20	RUNNER	129	00:27:39.41	08:54	6.7mph	Overall Male Runner: 20
35	DAKOTA DUNHAM		F: 15	RUNNER	27	00:27:40.74	08:54	6.7mph	Overall Female Runner: 15
36	AIDEN CARLSON		M: 21	RUNNER	21	00:27:43.91	08:55	6.7mph	Overall Male Runner: 21
37	KORBEN HAMRE		M: 22	RUNNER	118	00:27:47.73	08:56	6.7mph	Overall Male Runner: 22
38	EMMA OSLUND		F: 16	RUNNER	94	00:28:00.91	09:01	6.7mph	Overall Female Runner: 16
39	ETHAN DANIELSON		M: 23	RUNNER	119	00:28:06.09	09:02	6.6mph	Overall Male Runner: 23
40	KRISTI CONVERSE		F: 17	RUNNER	126	00:28:09.32	09:03	6.6mph	Overall Female Runner: 17
41	IVY MUNSTENTEIGER		F: 18	RUNNER	121	00:28:21.67	09:07	6.6mph	Overall Female Runner: 18
42	ADAM MUNSTENTEIGER		M: 24	RUNNER	120	00:28:26.60	09:09	6.6mph	Overall Male Runner: 24
43	MITCH WILMER		M: 25	RUNNER	136	00:28:41.40	09:14	6.5mph	Overall Male Runner: 25
44	AMBER HUENER		F: 19	RUNNER	55	00:28:52.41	09:17	6.5mph	Overall Female Runner: 19
45	AVA STOTS		F: 20	RUNNER	131	00:28:56.73	09:18	6.4mph	Overall Female Runner: 20
46	ANGIE WECKMAN		F: 21	RUNNER	112	00:29:25.23	09:28	6.3mph	Overall Female Runner: 21
47	PAUL STYNSBERG		M: 26	RUNNER	110	00:29:36.85	09:31	6.3mph	Overall Male Runner: 26
48	AMELIA BENSON		F: 22	RUNNER	127	00:29:43.19	09:33	6.3mph	Overall Female Runner: 22
49	SARAH BLAKESLEE		F: 23	RUNNER	13	00:29:49.05	09:35	6.3mph	Overall Female Runner: 23
50	HAYDEN MAGGIE		F: 24	RUNNER	134	00:30:01.98	09:40	6.2mph	Overall Female Runner: 24
51	KRISTINE OSLUND		F: 25	RUNNER	93	00:30:20.51	09:45	6.1mph	Overall Female Runner: 25
52	AVA MAST		F: 26	RUNNER	79	00:31:09.81	10:01	6.0mph	Overall Female Runner: 26
53	MAIA MOBERG		F: 27	RUNNER	85	00:31:10.10	10:01	6.0mph	Overall Female Runner: 27
54	NIKI JOHNSON		F: 28	RUNNER	63	00:31:42.16	10:12	5.9mph	Overall Female Runner: 28
55	KAYLEEN OLSON		F: 29	RUNNER	91	00:32:41.30	10:31	5.7mph	Overall Female Runner: 29
56	CHRISSY OLSON		F: 30	RUNNER	89	00:32:47.20	10:33	5.7mph	Overall Female Runner: 30
57	BROOKE BRATENG		F: 31	RUNNER	130	00:33:03.54	10:38	5.6mph	Overall Female Runner: 31
58	CORINN SHAW		F: 32	RUNNER	107	00:33:27.98	10:46	5.6mph	Overall Female Runner: 32
59	JENNIFER LAZNICKA		F: 33	RUNNER	74	00:34:22.70	11:03	5.4mph	Overall Female Runner: 33
60	JAXSON LAZNICKA		M: 27	RUNNER	75	00:34:29.19	11:06	5.4mph	Overall Male Runner: 27
61	EMILY GUST		F: 34	RUNNER	40	00:36:08.98	11:38	5.2mph	Overall Female Runner: 34
62	NICOLE ROWE		F: 35	RUNNER	105	00:36:30.78	11:45	5.1mph	Overall Female Runner: 35

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63	BRADY JOHNSON		M: 28	RUNNER	65	00:37:03.43	11:55	5.0mph	Overall Male Runner: 28
64	ELI HAUGEN		M: 29	RUNNER	45	00:37:26.19	12:02	5.0mph	Overall Male Runner: 29
65	KRISTA MCLEAN		F: 36	RUNNER	83	00:37:28.18	12:03	5.0mph	Overall Female Runner: 36
66	DIEGO CENDEJAS		M: 30	RUNNER	146	00:39:42.72	12:46	4.7mph	Overall Male Runner: 30
67	KAYLA BALSTAD		F: 37	RUNNER	7	00:40:14.37	12:57	4.6mph	Overall Female Runner: 37
68	LINDSEY WEBER		F: 38	RUNNER	125	00:40:26.10	13:00	4.6mph	Overall Female Runner: 38
69	LIAM HARWOOD		M: 31	RUNNER	43	00:40:50.28	13:08	4.6mph	Overall Male Runner: 31
70	BARBARA HARWOOD		F: 39	RUNNER	41	00:40:58.48	13:11	4.5mph	Overall Female Runner: 39
71	AUSTIN MONSRUD		M: 32	RUNNER	86	00:41:25.66	13:20	4.5mph	Overall Male Runner: 32
72	ROSS HOMSTAD		M: 33	RUNNER	51	00:42:18.95	13:37	4.4mph	Overall Male Runner: 33
73	NORA OLSON		F: 40	RUNNER	90	00:42:30.44	13:40	4.4mph	Overall Female Runner: 40
74	TREKKER HOMSTAD		M: 34	RUNNER	52	00:42:34.22	13:42	4.4mph	Overall Male Runner: 34
75	MELANIE BIERMAIER		F: 41	RUNNER	12	00:42:44.43	13:45	4.4mph	Overall Female Runner: 41
76	AVA PASKET		F: 42	RUNNER	97	00:44:10.68	14:13	4.2mph	Overall Female Runner: 42
77	CARLY KOMPELIEN		F: 43	RUNNER	69	00:44:11.79	14:13	4.2mph	Overall Female Runner: 43
78	EMILY JOHNSON		F: 44	RUNNER	64	00:44:26.83	14:18	4.2mph	Overall Female Runner: 44
79	KRISTI HOWELL		F: 45	RUNNER	54	00:45:23.77	14:36	4.1mph	Overall Female Runner: 45
80	JULIE CARLSON		F: 46	RUNNER	20	00:47:51.58	15:24	3.9mph	Overall Female Runner: 46
81	SHANNON CARLSON		M: 35	RUNNER	19	00:47:52.45	15:24	3.9mph	Overall Male Runner: 35
82	LAUREN HEDLUND		F: 47	RUNNER	46	00:48:16.21	15:32	3.9mph	Overall Female Runner: 47
83	LENYN AVIKAINEN		F: 48	RUNNER	4	00:48:20.54	15:33	3.9mph	Overall Female Runner: 48
84	KELSEY DIDRIKSON		F: 49	RUNNER	26	00:49:07.25	15:48	3.8mph	Overall Female Runner: 49
85	KATIE LAUGEN		F: 50	RUNNER	73	00:49:07.78	15:48	3.8mph	Overall Female Runner: 50
86	MEGAN LANGAAS		F: 51	RUNNER	72	00:49:30.17	15:56	3.8mph	Overall Female Runner: 51
87	EMILY PAHLEN		F: 52	RUNNER	96	00:49:30.23	15:56	3.8mph	Overall Female Runner: 52
88	VERNELL BEITO		F: 53	RUNNER	9	00:49:56.68	16:04	3.7mph	Overall Female Runner: 53
89	ROY SANDSTROM		M: 36	RUNNER	106	00:50:58.63	16:24	3.7mph	Overall Male Runner: 36
90	TRACY DETTORE		F: 54	RUNNER	25	00:52:23.23	16:51	3.6mph	Overall Female Runner: 54
91	JENNA BERG		F: 55	RUNNER	10	00:52:48.38	16:59	3.5mph	Overall Female Runner: 55
92	CRISSY AVIKAINEN		F: 56	RUNNER	3	00:53:12.21	17:07	3.5mph	Overall Female Runner: 56
93	AUNICA ISANE		F: 57	RUNNER	62	00:53:29.03	17:12	3.5mph	Overall Female Runner: 57
94	ANN BEITO		F: 58	RUNNER	8	00:53:32.85	17:14	3.5mph	Overall Female Runner: 58
95	LINDA SCOTT		F: 59	RUNNER	142	00:53:40.95	17:16	3.5mph	Overall Female Runner: 59
96	WHITNIE RAFTEVOLD		F: 60	RUNNER	104	00:53:40.96	17:16	3.5mph	Overall Female Runner: 60
97	KELLY LUND		F: 61	RUNNER	76	00:54:00.59	17:23	3.5mph	Overall Female Runner: 61
98	REBECCA BAILEY		F: 62	RUNNER	6	00:54:06.78	17:25	3.4mph	Overall Female Runner: 62
99	SHERRY BUTLER		F: 63	RUNNER	18	00:54:06.80	17:25	3.4mph	Overall Female Runner: 63
100	KOMAL KAMBALE		F: 64	RUNNER	66	00:55:28.30	17:51	3.4mph	Overall Female Runner: 64
101	JULIE PRZEKWAS		F: 65	RUNNER	102	00:55:34.06	17:53	3.4mph	Overall Female Runner: 65
102	RACHEL SLATER		F: 66	RUNNER	109	00:56:10.21	18:04	3.3mph	Overall Female Runner: 66
103	JEFF EATON		M: 37	RUNNER	30	00:56:31.42	18:11	3.3mph	Overall Male Runner: 37
104	JULIE EATON		F: 67	RUNNER	31	00:58:00.11	18:40	3.2mph	Overall Female Runner: 67
105	LYNN MARKOVICH		F: 68	RUNNER	78	00:58:18.08	18:45	3.2mph	Overall Female Runner: 68
106	AMY HENDRICKSON		F: 69	RUNNER	50	00:58:18.54	18:46	3.2mph	Overall Female Runner: 69
107	ALEXANDRIA MAXWELL		F: 70	RUNNER	81	00:58:19.60	18:46	3.2mph	Overall Female Runner: 70
108	JUSTIN PETERSON		M: 38	RUNNER	147	00:58:19.86	18:46	3.2mph	Overall Male Runner: 38
109	SETH MAXWELL		M: 39	RUNNER	82	00:58:22.26	18:47	3.2mph	Overall Male Runner: 39
110	TAYLOR HAHN		F: 71	RUNNER	138	00:58:50.18	18:56	3.2mph	Overall Female Runner: 71
111	DAWN KOFSTAD		F: 72	RUNNER	139	01:00:06.32	19:20	3.1mph	Overall Female Runner: 72
112	HALLIE WENSLOFF		F: 73	RUNNER	148	01:02:40.42	20:10	3.0mph	Overall Female Runner: 73
113	ELLA HEGGEDAL		F: 74	RUNNER	49	01:03:41.73	20:30	2.9mph	Overall Female Runner: 74
114	CHANTILLY OPDAHL		F: 75	RUNNER	92	01:04:29.69	20:45	2.9mph	Overall Female Runner: 75