

WHAMM 6 mile

Windsor Heights, IA

May 14, 2016

cool and sunny

Results by [Michael Franke](#)

3 Mile [results here](#)

Use the Find option of your Web Browser to find the performance of a specific individual.

WHAMM 6 mile

Last updated May 14, 2016 9:56 AM

CLASS

PLACE	PLACE	FINISHER	TIME
1	1 M30	Scott Johnston, 33, Johnston, IA	32:07
2	2 M30	Neil Young, 34, Des Moines, IA	37:02
3	3 M30	Nicholas Berg, 32, Des Moines, IA	39:09
4	4 M30	Jack Powers, 31, Windsor Heights, IA	39:28
5	5 M30	Nick McFall, 32, Cumming, IA	41:02
1	1 W20	Rachel Hawks, 29*, Des Moines, IA	41:38
6	1 M40	Scott Greenwood, 48, Des Moines, IA	42:05
7	1 M50	Bruce Drummond, 58, Des Moines, IA	42:54
2	1 W40	Annika Veeder, 44*, Des Moines, IA	43:09
3	2 W40	Rachel Rowley, 40*, Windsor Heights, IA	43:20
8	1 M20	Tyler McCubbin, 27, Clive, IA	43:47
4	3 W40	Marcey Norland, 48*, Algona, IA	45:00
5	2 W20	Martha Petersen, 28*, Madrid, IA	45:12
6	1 W50	Ellen Middleswart, 50*, Urbandale, IA	47:07
9	2 M50	Dennis Judd, 55, Urbandale, IA	47:18
10	2 M20	Jason Hefflefinger, 25, Pella, IA	47:50
11	2 M40	Tom Youngwirth, 49, Urbandale, IA	48:03
7	3 W20	Angel Banks-Adams, 27*, West Des Moines, IA	50:43
8	4 W20	Shannon Camodeca, 27*, Des Moines, IA	50:47

9	1 W30	Kathryn Cloe, 33*, Des Moines, IA	50:47
10	5 W20	Susan Sadewasser, 25*, Ankeny, IA	51:23
12	3 M20	Chris Sadewasser, 29, Ankeny, IA	51:24
11	6 W20	Ashley McCubbin, 29*, Urbandale, IA	51:25
13	3 M40	John Sweeney, 42, Windsor Heights, IA	51:26
14	3 M50	Bob Oakley, 51, West Des Moines, IA	52:16
12	7 W20	Sara Hefflefinger, 26*, Pella, IA	52:50
13	8 W20	Erika Ehlers, 28*, Willmar, MN	53:20
14	2 W50	Heather Stilborn, 53*, Clive, IA	53:34
15	2 W30	Amanda Foresman, 31*, Dallas, TX	53:39
15	6 M30	John Osier, 37, Urbandale, IA	54:45
16	3 W30	Erin Osier, 37*, Urbandale, IA	54:48
16	7 M30	Ajay Patel, 36, West Des Moines, IA	54:48
17	4 W40	Katharine Sweeney, 41*, Windsor Heights, IA	56:05
17	4 M50	Mark Parmenter, 52, Elkhart, IA	56:55
18	5 W40	Jamie Ferguson, 48*, Elkhart, IA	56:56
19	4 W30	Rachael Baethke, 30*, Windsor Heights, IA	58:47
20	6 W40	Katie Alice Overby, 40*, Atlanta, GA	58:55
18	1 M60	Larry Reed, Sr., 77, Ankeny, IA	59:04
21	5 W30	Amanda Hagenow, 36*, Windsor Heights, IA	59:30
19	4 M40	Karl Lundy, 42, Des Moines, IA	59:50
22	6 W30	Rachel Binning, 39*, Clive, IA	1:00:25
23	7 W30	Jacque Matsen, 35*, Urbandale, IA	1:00:26
24	3 W50	Gwen Johnston, 54*, Greenfield, IA	1:00:29
25	4 W50	Denna Mitchell, 51*, Greenfield, IA	1:00:29
26	7 W40	Mary Brown, 42*, West Des Moines, IA	1:02:08
20	2 M60	Conroy Smith, 61, Des Moines, IA	1:03:30
27	8 W40	Analiza Alves, 40*, Windsor Heights, IA	1:04:31
21	3 M60	Ruben Rullan, 74, Urbandale, IA	1:11:23
28	8 W30	Melissa Kouang, 35*, Des Moines, IA	1:16:00
29	9 W40	Melanie Frausto, 45*, Des Moines, IA	1:18:00

* indicates females

3 finishers among Men 20 - 29

7 finishers among Men 30 - 39

4 finishers among Men 40 - 49

4 finishers among Men 50 - 59

3 finishers among Men 60 & Up

8 finishers among Women 20 - 29

8 finishers among Women 30 - 39

9 finishers among Women 40 - 49

4 finishers among Women 50 - 59

21 male finishers

29 female finishers

50 total finishers

CLASS

PLACE	PLACE	FINISHER	TIME
Men 20 - 29			
8	1	Tyler McCubbin, 27, Clive, IA	43:47
10	2	Jason Hefflefinger, 25, Pella, IA	47:50
12	3	Chris Sadewasser, 29, Ankeny, IA	51:24
Men 30 - 39			
1	1	Scott Johnston, 33, Johnston, IA	32:07
2	2	Neil Young, 34, Des Moines, IA	37:02
3	3	Nicholas Berg, 32, Des Moines, IA	39:09
Men 40 - 49			
6	1	Scott Greenwood, 48, Des Moines, IA	42:05
11	2	Tom Youngwirth, 49, Urbandale, IA	48:03
13	3	John Sweeney, 42, Windsor Heights, IA	51:26

Men 50 - 59

7	1	Bruce Drummond, 58, Des Moines, IA	42:54
9	2	Dennis Judd, 55, Urbandale, IA	47:18
14	3	Bob Oakley, 51, West Des Moines, IA	52:16

Men 60 & Up

18	1	Larry Reed, Sr., 77, Ankeny, IA	59:04
20	2	Conroy Smith, 61, Des Moines, IA	1:03:30
21	3	Ruben Rullan, 74, Urbandale, IA	1:11:23

CLASS

PLACE	PLACE	FINISHER	TIME
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Women 20 - 29

1	1	Rachel Hawks, 29, Des Moines, IA	41:38
5	2	Martha Petersen, 28, Madrid, IA	45:12
7	3	Angel Banks-Adams, 27, West Des Moines, IA	50:43

Women 30 - 39

9	1	Kathryn Cloe, 33, Des Moines, IA	50:47
15	2	Amanda Foresman, 31, Dallas, TX	53:39
16	3	Erin Osier, 37, Urbandale, IA	54:48

Women 40 - 49

2	1	Annika Veeder, 44, Des Moines, IA	43:09
3	2	Rachel Rowley, 40, Windsor Heights, IA	43:20
4	3	Marcey Norland, 48, Algona, IA	45:00

Women 50 - 59

6	1	Ellen Middleswart, 50, Urbandale, IA	47:07
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14	2	Heather Stilborn, 53, Clive, IA	53:34
24	3	Gwen Johnston, 54, Greenfield, IA	1:00:29

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