

# The Green 5K

Raccoon River Park, West Des Moines, IA

April 20, 2019

45 degrees, sunny

Results by Michael Franke

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

Last updated April 20, 2019 11:18 AM

| CLASS |        |                       |       |
|-------|--------|-----------------------|-------|
| PLACE | PLACE  | FINISHER              | TIME  |
| 1     | 1 OpM  | Parker Newcomb, 16    | 18:20 |
| 2     | 2 OpM  | Chance Adam, 15       | 18:34 |
| 3     | 3 OpM  | devin ledesma, 23     | 19:06 |
| 4     | 4 OpM  | Garrett Woodson, 28   | 20:20 |
| 5     | 5 OpM  | Joseph Stipe, 29      | 20:28 |
| 6     | 6 OpM  | Caleb Ten Pas, 11     | 20:47 |
| 1     | 1 OpW  | Abby Schmitz, 37*     | 20:58 |
| 7     | 7 OpM  | Mason Tonnemalher, 14 | 22:46 |
| 8     | 8 OpM  | Owen Meyers, 34       | 22:58 |
| 9     | 9 OpM  | Jamie Clark, 48       | 23:02 |
| 10    | 10 OpM | Neah Bunkers, 16      | 23:11 |
| 11    |        | Mark Poots-Jacobsen   | 23:13 |
| 12    | 11 OpM | Matt Dalton, 27       | 23:23 |
| 13    | 12 OpM | Breden Vanderpool, 19 | 23:29 |
| 2     | 2 OpW  | Kelly Meyers, 31*     | 23:39 |
| 14    | 13 OpM | Ben Osborn, 29        | 23:45 |
| 3     | 3 OpW  | McKenna Mullen, 15*   | 23:55 |
| 4     | 4 OpW  | Jamie Haugen, 27*     | 24:13 |
| 5     | 5 OpW  | Julie Keppy, 27*      | 24:14 |
| 15    | 14 OpM | Nathan Hays, 46       | 24:19 |

|    |    |     |                            |       |
|----|----|-----|----------------------------|-------|
| 16 | 15 | OpM | Chase Lathrum, 21          | 24:27 |
| 6  | 6  | OpW | Sydney Martin, 43*         | 24:42 |
| 7  | 7  | OpW | Lisa Huebner, 37*          | 24:44 |
| 17 | 16 | OpM | Steve Burke, 47            | 24:50 |
| 18 | 17 | OpM | Keith Olson, 35            | 24:51 |
| 19 | 18 | OpM | Kyle Ten Pas, 42           | 24:54 |
| 20 |    |     | Neah Bunkers               | 25:10 |
| 21 | 19 | OpM | Kyle Schaeffer, 22         | 25:14 |
| 22 | 20 | OpM | Brett Leighton, 33         | 25:15 |
| 23 | 21 | OpM | Ross Aronson, 40           | 25:29 |
| 24 | 22 | OpM | Doug McKinstry, 48         | 25:39 |
| 25 | 23 | OpM | Blake Bonnicksen, 28       | 25:41 |
| 26 | 24 | OpM | Chase Adam, 14             | 25:55 |
| 8  | 8  | OpW | Emily Hat, 23*             | 25:59 |
| 27 | 25 | OpM | Sam Burke, 11              | 26:08 |
| 28 | 26 | OpM | Brady Smith, 22            | 26:11 |
| 29 | 27 | OpM | Preston Poots-Jacobsen, 26 | 26:17 |
| 30 | 28 | OpM | Eric Kallem, 38            | 26:27 |
| 31 | 29 | OpM | Dave Duit, 52              | 26:28 |
| 32 | 30 | OpM | Mike Bandstra, 42          | 26:28 |
| 33 | 31 | OpM | Brennon Ryan, 21           | 26:32 |
| 34 | 32 | OpM | Mike Hamabar, 49           | 26:37 |
| 9  | 9  | OpW | Dana Billingsley, 24*      | 26:43 |
| 35 | 33 | OpM | Shannon Cline, 33          | 26:50 |
| 36 | 34 | OpM | Scott Belger, 48           | 26:55 |
| 37 | 35 | OpM | Dallas Tissue, 12          | 26:57 |
| 38 | 36 | OpM | Kiptyn Cox, 9              | 26:58 |
| 39 | 37 | OpM | Ty Martin, 43              | 27:01 |
| 10 | 10 | OpW | Lillian Cote, 41*          | 27:03 |
| 40 | 38 | OpM | Colton Schulte, 8          | 27:04 |
| 41 |    |     | Ryan Cox                   | 27:05 |
| 11 | 11 | OpW | Ava VanDaele, 13*          | 27:06 |
| 12 | 12 | OpW | Abby Davis, 15*            | 27:07 |

|    |    |     |                        |       |
|----|----|-----|------------------------|-------|
| 42 | 39 | OpM | Ryan Dalton, 24        | 27:16 |
| 43 | 40 | OpM | Devin DePhillips, 27   | 27:16 |
| 44 | 41 | OpM | Edward Bell, 59        | 27:21 |
| 45 | 42 | OpM | Adrian Lizarde, 29     | 27:35 |
| 13 | 13 | OpW | Rylea Miller, 14*      | 27:36 |
| 14 | 14 | OpW | Amber Van Daele, 43*   | 27:37 |
| 15 | 15 | OpW | Ashley Miller, 36*     | 27:45 |
| 16 | 16 | OpW | Courtney McKibbin, 42* | 27:53 |
| 17 | 17 | OpW | Amber Osborn, 26*      | 27:58 |
| 46 | 43 | OpM | Nick Pottratz, 42      | 28:08 |
| 18 | 18 | OpW | Maggie Anderson, 22*   | 28:15 |
| 19 | 19 | OpW | Jody Jones, 50*        | 28:16 |
| 47 | 44 | OpM | Jamod Appenzeller, 32  | 28:19 |
| 48 | 45 | OpM | Ryan Schulte, 43       | 28:19 |
| 20 | 20 | OpW | Marcy Schulte, 12*     | 28:20 |
| 21 | 21 | OpW | Kacie Allen, 32*       | 28:29 |
| 22 | 22 | OpW | Emily Jensen, 22*      | 28:31 |
| 23 | 23 | OpW | Heidi Palmer, 34*      | 28:32 |
| 24 | 24 | OpW | Jenny Gray, 35*        | 28:37 |
| 25 | 25 | OpW | Jennifer Steel, 40*    | 28:43 |
| 26 | 26 | OpW | Lauren Clark, 36*      | 28:49 |
| 49 | 46 | OpM | Henry Waddell, 9       | 28:50 |
| 27 | 27 | OpW | Sara Bryant, 40*       | 29:08 |
| 50 | 47 | OpM | Andrew Bryant, 39      | 29:09 |
| 51 | 48 | OpM | Ryan Quesnell, 27      | 29:11 |
| 52 | 49 | OpM | Nick Ross, 21          | 29:14 |
| 28 | 28 | OpW | Wanda Ross, 48*        | 29:15 |
| 53 | 50 | OpM | Sofia Desoto, 29       | 29:16 |
| 54 | 51 | OpM | Clint Thompson, 44     | 29:18 |
| 29 | 29 | OpW | Mary Flanigan, 34*     | 29:21 |
| 55 | 52 | OpM | Adler Reha, 12         | 29:22 |
| 30 | 30 | OpW | Claire Davis, 12*      | 29:25 |

|    |        |                        |       |
|----|--------|------------------------|-------|
| 56 | 53 OpM | Matthew Plowman, 47    | 29:26 |
| 31 | 31 OpW | Jullian Ramsey, 12*    | 29:28 |
| 32 | 32 OpW | Ohara Leshner, 22*     | 29:31 |
| 33 | 33 OpW | Tracy Leshner, 47*     | 29:31 |
| 34 | 34 OpW | Amelia Leshner, 19*    | 29:32 |
| 35 | 35 OpW | Michelle Brunsen, 48*  | 29:36 |
| 36 | 36 OpW | Sydney Shie, 20*       | 29:38 |
| 57 | 54 OpM | Tristan Day, 12        | 29:56 |
| 37 | 37 OpW | Kristin MacKenzie, 33* | 30:03 |
| 38 | 38 OpW | Andrea Whitlock, 30*   | 30:04 |
| 39 | 39 OpW | Jenna Cline, 33*       | 30:05 |
| 58 | 55 OpM | Scott Davis, 48        | 30:19 |
| 40 | 40 OpW | Hannah Davis, 32*      | 30:21 |
| 41 | 41 OpW | Jennifer Rodine, 46*   | 30:24 |
| 42 | 42 OpW | Gina Ten Pas, 39*      | 30:32 |
| 43 | 43 OpW | Kristin Brown, 36*     | 30:54 |
| 44 | 44 OpW | Abbey Luellen, 30*     | 30:58 |
| 45 | 45 OpW | Donna Hays, 41*        | 30:59 |
| 46 | 46 OpW | Sarah Van Pelt, 33*    | 30:59 |
| 47 | 47 OpW | Cooper Burke, 9*       | 31:03 |
| 48 | 48 OpW | Karrie Truitt, 42*     | 31:04 |
| 49 | 49 OpW | Katie McGlaun, 35*     | 31:05 |
| 50 | 50 OpW | Chelsy Funaro, 30*     | 31:06 |
| 51 | 51 OpW | Jenny Manny, 34*       | 31:07 |
| 52 | 52 OpW | Sharlyn Marshall, 62*  | 31:12 |
| 53 | 53 OpW | Andrea Lawson, 56*     | 31:30 |
| 54 | 54 OpW | Kora Maki, 41*         | 31:37 |
| 59 | 56 OpM | Erik Maki, 41          | 31:38 |
| 60 | 57 OpM | Devin Duit, 56         | 31:40 |
| 55 | 55 OpW | Laura Henderson, 33*   | 31:52 |
| 56 | 56 OpW | Heidi Brown, 41*       | 31:59 |
| 57 | 57 OpW | Angie Point, 40*       | 32:00 |
| 58 | 58 OpW | Tabitha Monohon, 29*   | 32:06 |

|    |        |                          |       |
|----|--------|--------------------------|-------|
| 59 | 59 OpW | Nicole Foote, 37*        | 32:09 |
| 60 | 60 OpW | Abbi Ryan, 20*           | 32:10 |
| 61 | 61 OpW | Brittany McDermott, 30*  | 32:11 |
| 62 | 62 OpW | Rebecca Miller, 25*      | 32:21 |
| 63 | 63 OpW | Amanda Gridley, 23*      | 32:22 |
| 61 | 58 OpM | Robert Donlon, 34        | 32:25 |
| 64 | 64 OpW | Dana Kaufman, 40*        | 32:34 |
| 65 | 65 OpW | Kim Wettengel, 59*       | 32:39 |
| 66 | 66 OpW | Sue Mattison, 61*        | 32:40 |
| 67 | 67 OpW | Sherri Hart, 50*         | 32:42 |
| 62 | 59 OpM | Greg Wimmer, 33          | 32:44 |
| 68 | 68 OpW | Ravan Kaufman, 10*       | 32:46 |
| 63 | 60 OpM | Tyler Schoer, 10         | 32:52 |
| 69 | 69 OpW | Haley Powers-Risdal, 30* | 33:01 |
| 64 |        | Shawn Clark              | 33:04 |
| 70 | 70 OpW | Melissa Wimmer, 32*      | 33:24 |
| 65 | 61 OpM | Neil Glaser, 49          | 33:28 |
| 71 | 71 OpW | Courtney Eash, 21*       | 33:30 |
| 72 | 72 OpW | Angeline Powers, 24*     | 33:35 |
| 66 | 62 OpM | Scott Lathrum, 57        | 33:41 |
| 73 | 73 OpW | Jill Sullivan, 42*       | 34:10 |
| 74 | 74 OpW | Sandra Jensen, 55*       | 34:20 |
| 75 | 75 OpW | Sydney Burke, 14*        | 34:35 |
| 67 | 63 OpM | Tammer Smith, 20         | 34:38 |
| 76 | 76 OpW | Ann Davis, 39*           | 34:48 |
| 77 | 77 OpW | Stacie Mullen, 46*       | 35:04 |
| 78 | 78 OpW | Michelle Bennett, 27*    | 35:08 |
| 68 | 64 OpM | Keith Boot, 38           | 35:12 |
| 79 | 79 OpW | Mattie Tucker, 19*       | 35:38 |
| 80 | 80 OpW | Courtney LaMair, 24*     | 35:44 |
| 69 | 65 OpM | Rod Warren, 55           | 35:44 |
| 81 | 81 OpW | Riley Graham, 22*        | 35:48 |

|     |         |                         |       |
|-----|---------|-------------------------|-------|
| 82  | 82 OpW  | Julie Goodman, 56*      | 35:49 |
| 70  | 66 OpM  | Michael Cook, 31        | 36:08 |
| 71  | 67 OpM  | Seth Conn, 34           | 36:14 |
| 83  | 83 OpW  | Erin Eickman, 36*       | 36:27 |
| 84  | 84 OpW  | Lori Reha, 42*          | 36:32 |
| 85  | 85 OpW  | Michele Ramsey, 47*     | 36:33 |
| 86  | 86 OpW  | Megan Venner, 27*       | 36:39 |
| 72  |         | Joe Phillips            | 37:02 |
| 87  | 87 OpW  | Sabrina Phillips, 38*   | 37:03 |
| 88  | 88 OpW  | Raquel Eash, 48*        | 37:09 |
| 89  | 89 OpW  | Melinda Davids, 36*     | 37:11 |
| 90  | 90 OpW  | Steph Salama, 31*       | 37:20 |
| 91  | 91 OpW  | Joanna Sims, 54*        | 37:20 |
| 92  | 92 OpW  | Anne Risewick, 36*      | 37:23 |
| 93  | 93 OpW  | Francine Brown, 39*     | 37:24 |
| 73  | 68 OpM  | Luke Ritt, 33           | 37:24 |
| 94  | 94 OpW  | Mackenzie Morgan, 24*   | 37:27 |
| 95  | 95 OpW  | Shannon Gleason, 32*    | 37:28 |
| 74  | 69 OpM  | Dylan Delagardelle, 36  | 37:35 |
| 96  | 96 OpW  | Mary Spreng, 53*        | 37:37 |
| 75  | 70 OpM  | john will, 48           | 37:52 |
| 97  | 97 OpW  | Calli Stenzel, 29*      | 37:53 |
| 98  | 98 OpW  | Gabrielle Turner, 34*   | 38:03 |
| 76  | 71 OpM  | Henry Wood, 42          | 38:11 |
| 99  | 99 OpW  | Mary Vanderlinden, 11*  | 38:20 |
| 77  |         | #965                    | 38:33 |
| 100 | 100 OpW | Laurie Plowman, 47*     | 38:38 |
| 101 | 101 OpW | Emily Vanderlimden, 38* | 38:40 |
| 102 | 102 OpW | Sherry Breitman, 49*    | 38:54 |
| 78  | 72 OpM  | Jim Mann, 49            | 38:54 |
| 79  | 73 OpM  | Nick Andrade, 26        | 39:13 |
| 103 | 103 OpW | Ellie Engelbrecht, 25*  | 39:55 |
| 104 | 104 OpW | Valecia Cote, 42*       | 39:57 |

|     |     |     |                            |       |
|-----|-----|-----|----------------------------|-------|
| 105 | 105 | OpW | Ashley Volsen, 31*         | 40:00 |
| 106 | 106 | OpW | Michelle Nelson, 48*       | 40:01 |
| 107 | 107 | OpW | Addison Bandstra, 41*      | 40:27 |
| 108 | 108 | OpW | Jessica Donlon, 37*        | 40:38 |
| 109 | 109 | OpW | McKayla Moore, 23*         | 40:42 |
| 110 | 110 | OpW | Mikayla Askren, 21*        | 40:43 |
| 111 | 111 | OpW | Megan Wichman, 34*         | 40:49 |
| 112 | 112 | OpW | Leslie Day, 41*            | 41:00 |
| 113 | 113 | OpW | Leigh Hill, 39*            | 41:05 |
| 114 | 114 | OpW | Shannon Terry, 44*         | 41:05 |
| 115 | 115 | OpW | Madison Bonner-Palmer, 18* | 41:09 |
| 116 | 116 | OpW | Shawna Bedard, 46*         | 41:29 |
| 117 | 117 | OpW | Annabelle Waddell, 6*      | 42:22 |
| 118 | 118 | OpW | Lindsay Waddell, 41*       | 42:22 |
| 119 | 119 | OpW | Deborah Jurshak, 64*       | 42:29 |
| 80  | 74  | OpM | Josh Neville, 32           | 42:50 |
| 120 | 120 | OpW | Sophia Dominguez, 32*      | 42:50 |
| 81  | 75  | OpM | Timothy Shie, 51           | 43:06 |
| 121 | 121 | OpW | Emily Shie, 18*            | 43:06 |
| 82  | 76  | OpM | Nathan Hays, 46            | 43:16 |
| 122 | 122 | OpW | Kari Barker, 44*           | 43:49 |
| 123 | 123 | OpW | Juli Tripple, 43*          | 43:53 |
| 83  | 77  | OpM | Eli Tripple, 7             | 43:54 |
| 124 | 124 | OpW | Kali Smith, 40*            | 43:58 |
| 125 | 125 | OpW | Kathleen Shie, 49*         | 44:10 |
| 126 | 126 | OpW | Michelle Jenkins, 55*      | 44:11 |
| 127 | 127 | OpW | Janet Hircock, 58*         | 44:13 |
| 128 | 128 | OpW | Winter Monohon, 9*         | 44:22 |
| 129 | 129 | OpW | Patti Pruisman, 61*        | 44:50 |
| 130 | 130 | OpW | Tegwyn Smith, 55*          | 44:54 |
| 131 | 131 | OpW | Harper Wells, 7*           | 44:58 |
| 132 | 132 | OpW | Mallory Wells, 33*         | 45:00 |

|     |     |     |                            |       |
|-----|-----|-----|----------------------------|-------|
| 133 | 133 | OpW | Sondra Childs-Smith, 59*   | 45:07 |
| 84  | 78  | OpM | Sam Gecke, 7               | 45:41 |
| 134 | 134 | OpW | Eloise Waddell, 7*         | 45:42 |
| 135 | 135 | OpW | Hillary Gecke, 39*         | 45:43 |
| 136 | 136 | OpW | Laura May Chapman, 34*     | 46:39 |
| 137 | 137 | OpW | Becky Parezo, 36*          | 46:39 |
| 138 | 138 | OpW | Grace Tripple, 8*          | 46:56 |
| 139 | 139 | OpW | Izzy Tripple, 7*           | 46:59 |
| 85  | 79  | OpM | Doug Tripple, 45           | 47:02 |
| 86  | 80  | OpM | Jimmy Lindstrom, 28        | 47:29 |
| 87  | 81  | OpM | Joshua Howard, 30          | 48:27 |
| 140 | 140 | OpW | Jill Dare, 42*             | 48:28 |
| 141 | 141 | OpW | Carrie Thompson, 44*       | 50:30 |
| 88  |     |     | #964                       | 50:46 |
| 89  |     |     | #963                       | 50:49 |
| 90  |     |     | #962                       | 50:50 |
| 91  | 82  | OpM | Mallory Wells, 33          | 53:05 |
| 142 | 142 | OpW | Abigail Severn, 29*        | 53:31 |
| 92  | 83  | OpM | August Severn, 27          | 53:32 |
| 143 | 143 | OpW | Alex Wood, 11*             | 53:59 |
| 144 | 144 | OpW | Angela Wood, 40*           | 54:02 |
| 145 | 145 | OpW | Alaina Hutchinson, 10*     | 54:27 |
| 146 | 146 | OpW | Mattie Bandstra, 41*       | 55:02 |
| 93  | 84  | OpM | Matthew Poots, 23          | 55:55 |
| 94  | 85  | OpM | Clayton Poots, 19          | 56:00 |
| 147 | 147 | OpW | Grace Nelson, 18*          | 56:01 |
| 148 | 148 | OpW | Madison Nelson, 21*        | 56:06 |
| 95  | 86  | OpM | Jake Cory, 20              | 56:07 |
| 149 | 149 | OpW | Luann Kline, 60*           | 56:43 |
| 150 | 150 | OpW | Josie Gainuss, 16*         | 57:08 |
| 96  | 87  | OpM | Michael Croft, 7           | 57:10 |
| 151 | 151 | OpW | Stephanie Unternahrer, 48* | 57:29 |
| 152 | 152 | OpW | Christina McGee, 47*       | 57:43 |



|     |         |                       |         |
|-----|---------|-----------------------|---------|
| 153 | 153 OpW | Bonnie Wells, 62*     | 57:57   |
| 97  |         | #430                  | 58:11   |
| 154 |         | Diana Moffitt-Robins* | 58:25   |
| 98  | 88 OpM  | Dustin Bjornson, 45   | 1:00:17 |
| 155 | 154 OpW | Kattleya Monohon, 7*  | 1:20:00 |

\* indicates females

10 finishers among Males (no age given)

88 finishers among Open Men

154 finishers among Open Women

1 finishers among Females (no age given)

98 male finishers

155 female finishers

253 total finishers

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