

## 2015 MONROE 30th ANNUAL MICRO MARATHON - 8/8/2015

### 5K RESULTS - Monroe, IA

[10K RESULTS HERE](#)

#### WOMEN AGE GROUP RESULTS

##### 14 & Under Results - Women 5000 Run

1	Schut, Paytan	W14	Unattached	25:23.70
2	Uhlenhopp, Morgan	W14	Unattached	27:32.92
3	Chipps, Margo	W12	Unattached	28:08.03
4	Townley, Megan	W14	Unattached	28:29.92
5	Dudley, Sara	W14	Unattached	28:30.23
6	Henkenius, Katie	W13	Unattached	30:25.51
7	Smith, Natalie	W14	Unattached	30:44.75
8	Thomas, Emma	W13	Unattached	30:52.44
9	Wilson, Claire	W11	Unattached	33:54.80
10	Duinink, Raeann	W10	Unattached	40:08.52
11	Humpal, Catherine	W12	Unattached	40:24.84
12	Humpal, Lilian	W7	Unattached	40:26.21
13	Nolin, Adalene	W6	Unattached	42:14.99
14	Nolin, Seriah	W7	Unattached	42:16.47
15	Schoenhair, Mallorie	W14	Unattached	42:56.52
16	Sneller, Jenika	W13	Unattached	42:56.93
17	Briles, Joslin	W9	Unattached	45:42.33
18	Dustin, Megan	W10	Unattached	45:47.57
19	Davis, Emilyn	W7	Unattached	46:13.74
20	Humpal, Viola	W11	Unattached	52:45.13

##### 15-24 Results - Women 5000 Run

1	Stafford, Rachel	W16	Unattached	23:41.72
2	Vos, Jayci	W17	Unattached	23:42.77
3	Kappelmann, Kiara	W17	Unattached	25:24.99
4	Rowley, Elizabeth	W18	Unattached	28:13.56
5	Novak, Morgan	W17	Unattached	28:31.26
6	Scarnati, Sierra	W20	Unattached	32:12.73
7	Wood, Jordan	W22	Unattached	45:48.42
8	Wood, Katlyn	W24	Unattached	50:58.76

##### 25-34 Results - Women 5000 Run

1	Arkema, Larissa	W27	Unattached	27:28.98
2	Hol, Kathryn	W27	Unattached	28:14.10
3	Van Weelden, Josey	W31	Unattached	28:58.23
4	Van Ryswyk, Beth	W27	Unattached	30:38.14
5	Bruxvoort, Leah	W32	Unattached	31:14.10
6	Steenhook, Andrea	W31	Unattached	33:46.74
7	Hopkins, Teresa	W32	Unattached	34:44.02
8	Husen, Jen	W34	Unattached	34:50.51
9	Edwards, Jenni	W31	Unattached	38:36.26
10	Williams, Tara	W27	Unattached	38:43.12
11	Barnett, Jessica	W33	Unattached	38:46.88
12	Nolin, Cassia	W34	Unattached	46:14.80
13	Stier, Mallory	W26	Unattached	48:07.42
14	Diekema, Mia	W26	Unattached	48:07.68
15	Sims, Shannon	W29	Unattached	49:16.32
16	Cartwright, Alicia	W29	Unattached	49:17.60
17	Rinehart, Danielle	W29	Unattached	49:21.20
18	Johnson, Adrienne	W32	Unattached	53:29.47

##### 35-44 Results - Women 5000 Run

1	Vos, Megan	W36	Unattached	24:45.66
2	Wilson, Amy	W35	Unattached	29:21.72
3	Hilsabeck, Jennifer	W43	Unattached	39:00.92
4	Westercamp, Chris	W39	Unattached	45:46.56
5	Davis, Janice	W43	Unattached	50:59.12
6	Humpal, Christy	W40	Unattached	52:45.73

7	Pfoltner, Sarah	W40	Unattached	53:23.89
8	Clarke, Jennifer	W40	Unattached	53:29.13
45-54 Results - Women 5000 Run				
1	Forst, Robin	W54	Unattached	25:36.99
2	DeGroot, Lana	W54	Unattached	27:09.00
3	Bollard, Betty	W53	Unattached	28:33.84
4	Hugen, Kristi	W45	Unattached	29:14.23
5	Townley, Janet	W50	Unattached	31:22.54
6	Dingeman, Jean	W51	Unattached	35:15.14
7	Van Walbeek, Marti	W49	Unattached	35:19.57
8	Brodersen, Lisa	W54	Unattached	35:45.49
9	VanDerHart, Jodi	W54	Unattached	35:45.86
10	Burns, Brenda	W54	Unattached	35:47.42
11	Nolin, Jane	W54	Unattached	42:16.91
12	Rowley, Diane	W49	Unattached	43:10.95
13	Breckenridge, Sandy	W45	Unattached	44:41.16
14	Diekema, Connie	W54	Unattached	49:48.22
15	Price, Cheryl	W54	Unattached	50:58.42
16	Wood, Laurie	W52	Unattached	52:23.28
55+ Results - Women 5000 Run				
1	Griffith, Janea	W55	Unattached	25:02.35
2	DePringer, Cindy	W55	Unattached	25:25.29
3	Hotovec, Shirley	W56	Unattached	31:43.41
4	Scarnati, Criste	W55	Unattached	41:02.31
5	Nolan, Dianna	W64	Unattached	47:07.05
6	Rinehart, Bev	W58	Unattached	49:21.69
7	hopkins, Roxanne	W65	Unattached	53:50.93
8	Rinehart, Janet	W62	Unattached	53:53.13

#### MEN AGE GROUP RESULTS

14 & Under Results - Men 5000 Run				
1	Fenton, Landon	M12	Unattached	21:15.01
2	Winegardener, Brock	M14	Unattached	21:29.08
3	greiner, taylor	M14	Unattached	22:03.34
4	Duinink, Carson	M12	Unattached	22:35.52
5	Winegardener, Brandon	M12	Unattached	23:18.04
6	Fenton, Gavin	M10	Unattached	23:19.30
7	Sperflage, Nigel	M13	Unattached	24:01.47
8	Burns, Sage	M12	Unattached	24:43.29
9	Breckenridge, Aryton	M13	Unattached	26:13.41
10	Olson, Griffin	M9	Unattached	26:59.30
11	Stock, August	M10	Unattached	27:05.56
12	Padget, Garin	M12	Unattached	27:07.40
13	Hugen, Owen	M13	Unattached	29:15.14
14	Ament, Owen	M9	Unattached	30:18.44
15	Nolin, Jack	M8	Unattached	31:17.66
16	Rogers, Brycen	M14	Unattached	31:51.90
17	Thomas, Max	M14	Unattached	31:52.56
18	McCombes, Cade	M14	Unattached	31:55.78
19	Dredge, Nick	M14	Unattached	31:58.17
20	Palm, Chance	M14	Unattached	33:23.91
21	Hanson, Carson	M8	Unattached	33:46.37
22	Young, Avery	M12	Unattached	34:48.19
23	Wilson, Trey	M9	Unattached	35:43.27
24	Nolin, Allias	M10	Unattached	36:26.89
25	Duinink, Caleb	M12	Unattached	36:54.50
26	Barnett, Brock	M7	Unattached	38:46.58
27	Padget, Zeb	M10	Unattached	40:18.38
28	Nolin, Douglas	M13	Unattached	41:48.86
29	Davis, Eleigh	M10	Unattached	42:59.88
30	Cummings, Wes	M14	Unattached	53:28.21

31	Trausch, Jarron	M14	Unattached	53:28.76
15-24 Results - Men 5000 Run				
1	Winegardener, Blaise	M15	Unattached	17:27.88
2	Sievers, Ryan	M20	Unattached	18:14.92
3	Ellens, Christopher	M17	Unattached	19:15.67
4	Bruxvoort, Mark	M16	Unattached	22:23.01
5	Henkenius, Noah	W15	Unattached	25:09.37
6	Rowley, Ben	M15	Unattached	25:31.26
7	Pnifer, Braden	M16	Unattached	25:32.21
8	Davis, Graham	M16	Unattached	27:25.10
9	Worth, Reed	M15	Unattached	28:00.63
10	Davis, Gunnar	M17	Unattached	49:04.73
25-34 Results - Men 5000 Run				
1	Elam, Steven	M31	Unattached	32:13.72
2	Van Ryswyk, Keaton	M28	Unattached	34:09.22
3	Cartwright, Brad	M31	Unattached	34:47.00
35-44 Results - Men 5000 Run				
1	Latcham, Brad	M42	Unattached	22:55.98
2	Ford, Tony	M37	Unattached	23:16.62
3	Briles, Kurt	M38	Unattached	25:27.99
4	Dustin, Chad	M40	Unattached	27:48.11
5	Fenton, Paul	M41	Unattached	28:19.32
6	Ament, Kyle	M38	Unattached	30:19.68
7	Nolin, James	M37	Unattached	47:05.40
8	Davis, Tom	M43	Unattached	49:05.64
45-54 Results - Men 5000 Run				
1	Townley, Greg	M49	Unattached	21:32.14
2	Bollard, Jeff	M53	Unattached	24:19.38
3	Hogue, Joe	M50	Unattached	27:11.95
4	Wood, Chad	M45	Unattached	28:54.26
5	Ginger, Daniel	M47	Unattached	32:13.31
55+ Results - Men 5000 Run				
1	Hall, Steven	M37	Unattached	22:43.10
† 3	Jensen, Earl	M56	Unattached	30:46.97
2	Donahue, Dave	M56	Unattached	31:08.23

### **OVERALL 5K RESULTS**

1	328	Winegardener, Blaise	M15	Unattached	17:27.88
2	292	Sievers, Ryan	M20	Unattached	18:14.92
3	242	Ellens, Christopher	M17	Unattached	19:15.67
4	244	Fenton, Landon	M12	Unattached	21:15.01
5	330	Winegardener, Brock	M14	Unattached	21:29.08
6	303	Townley, Greg	M49	Unattached	21:32.14
7	250	greiner, taylor	M14	Unattached	22:03.34
8	212	Bruxvoort, Mark	M16	Unattached	22:23.01
9	236	Duinink, Carson	M12	Unattached	22:35.52
10	252	Hall, Steven	M55	Unattached	22:43.10
11	272	Latcham, Brad	M42	Unattached	22:55.98
12	246	Ford, Tony	M37	Unattached	23:16.62
13	329	Winegardener, Brandon	M12	Unattached	23:18.04
14	243	Fenton, Gavin	M10	Unattached	23:19.30
15	353	Stafford, Rachel	W16	Unattached	23:41.72
16	317	Vos, Jayci	W17	Unattached	23:42.77
17	295	Sperfslage, Nigel	M13	Unattached	24:01.47
18	205	Bollard, Jeff	M53	Unattached	24:19.38
19	215	Burns, Sage	M12	Unattached	24:43.29
20	318	Vos, Megan	W36	Unattached	24:45.66
21	251	Griffith, Janea	W55	Unattached	25:02.35
22	255	Henkenius, Noah	M15	Unattached	25:09.37

23 343 Schut, Paytan W14 Unattached 25:23.70  
24 355 Kappelmann, Kiara W17 Unattached 25:24.99  
25 231 DePringer, Cindy W55 Unattached 25:25.29  
26 209 Briles, Kurt M38 Unattached 25:27.99  
27 287 Rowley, Ben M15 Unattached 25:31.26  
28 370 Pnifer, Braden M16 Unattached 25:32.21  
29 247 Forst, Robin W54 Unattached 25:36.99  
30 206 Breckenridge, Aryton M13 Unattached 26:13.41  
31 351 Olson, Griffin M9 Unattached 26:59.30  
32 298 Stock, August M10 Unattached 27:05.56  
33 369 Padget, Garin M12 Unattached 27:07.40  
34 230 DeGroot, Lana W54 Unattached 27:09.00  
35 258 Hogue, Joe M50 Unattached 27:11.95  
36 226 Davis, Graham M16 Unattached 27:25.10  
37 199 Arkema, Larissa W27 Unattached 27:28.98  
38 307 Uhlenhopp, Morgan W14 Unattached 27:32.92  
39 237 Dustin, Chad M40 Unattached 27:48.11  
40 334 Worth, Reed M15 Unattached 28:00.63  
41 220 Chipps, Margo W12 Unattached 28:08.03  
42 289 Rowley, Elizabeth W18 Unattached 28:13.56  
43 259 Hol, Kathryn W27 Unattached 28:14.10  
44 245 Fenton, Paul M41 Unattached 28:19.32  
45 305 Townley, Megan W14 Unattached 28:29.92  
46 235 Dudley, Sara W14 Unattached 28:30.23  
47 354 Novak, Morgan W17 Unattached 28:31.26  
48 204 Bollard, Betty W53 Unattached 28:33.84  
49 341 Wood, Chad M45 Unattached 28:54.26  
50 312 Van Weelden, Josey W31 Unattached 28:58.23  
51 262 Hugen, Kristi W45 Unattached 29:14.23  
52 263 Hugen, Owen M13 Unattached 29:15.14  
53 326 Wilson, Amy W35 Unattached 29:21.72  
54 361 Ament, Owen M9 Unattached 30:18.44  
55 360 Ament, Kyle M38 Unattached 30:19.68  
56 254 Henkenius, Katie W13 Unattached 30:25.51  
57 309 Van Ryswyk, Beth W27 Unattached 30:38.14  
58 357 Smith, Natalie W14 Unattached 30:44.75  
59 348 Jensen, Earl M56 Unattached 30:46.97  
60 300 Thomas, Emma W13 Unattached 30:52.44  
61 359 Donahue, Dave M56 Unattached 31:08.23  
62 211 Bruxvoort, Leah W32 Unattached 31:14.10  
63 349 Nolin, Jack M8 Unattached 31:17.66  
64 304 Townley, Janet W50 Unattached 31:22.54  
65 261 Hotovec, Shirley W56 Unattached 31:43.41  
66 365 Rogers, Brycen M14 Unattached 31:51.90  
67 302 Thomas, Max M14 Unattached 31:52.56  
68 367 McCombes, Cade M14 Unattached 31:55.78  
69 363 Dredge, Nick M14 Unattached 31:58.17  
70 291 Scarnati, Sierra W20 Unattached 32:12.73  
71 248 Ginger, Daniel M47 Unattached 32:13.31  
72 241 Elam, Steven M31 Unattached 32:13.72  
73 362 Palm, Chance M14 Unattached 33:23.91  
74 253 Hanson, Carson M8 Unattached 33:46.37  
75 296 Steenhook, Andrea W31 Unattached 33:46.74  
76 327 Wilson, Claire W11 Unattached 33:54.80  
77 310 Van Ryswyk, Keaton M28 Unattached 34:09.22  
78 356 Hopkins, Teresa W32 Unattached 34:44.02  
79 218 Cartwright, Brad M31 Unattached 34:47.00  
80 335 Young, Avery M12 Unattached 34:48.19  
81 268 Husen, Jen W34 Unattached 34:50.51  
82 234 Dingeman, Jean W51 Unattached 35:15.14  
83 311 Van Walbeek, Marti W49 Unattached 35:19.57  
84 364 Wilson, Trey M9 Unattached 35:43.27  
85 210 Brodersen, Lisa W54 Unattached 35:45.49  
86 313 VanDerHart, Jodi W54 Unattached 35:45.86  
87 214 Burns, Brenda W54 Unattached 35:47.42

88 276 Nolin, Allias M10 Unattached 36:26.89  
89 350 Duinink, Caleb M12 Unattached 36:54.50  
90 240 Edwards, Jenni W31 Unattached 38:36.26  
91 325 Williams, Tara W27 Unattached 38:43.12  
92 200 Barnett, Brock M7 Unattached 38:46.58  
93 201 Barnett, Jessica W33 Unattached 38:46.88  
94 257 Hilsabeck, Jennifer W43 Unattached 39:00.92  
95 373 Duinink, Raeann W10 Unattached 40:08.52  
96 368 Padget, Zeb M10 Unattached 40:18.38  
97 264 Humpal, Catherine W12 Unattached 40:24.84  
98 267 Humpal, Lilian W7 Unattached 40:26.21  
99 290 Scarnati, Criste W55 Unattached 41:02.31  
100 346 Nolin, Douglas M13 Unattached 41:48.86  
101 347 Nolin, Adalene W6 Unattached 42:14.99  
102 279 Nolin, Seriah W7 Unattached 42:16.47  
103 345 Nolin, Jane W54 Unattached 42:16.91  
104 340 Schoenhair, Mallorie W14 Unattached 42:56.52  
105 358 Sneller, Jenika W13 Unattached 42:56.93  
106 371 Davis, Eleigh M10 Unattached 42:59.88  
107 288 Rowley, Diane W49 Unattached 43:10.95  
108 207 Breckenridge, Sandy W45 Unattached 44:41.16  
109 208 Briles, Joslin W9 Unattached 45:42.33  
110 321 Westercamp, Chris W39 Unattached 45:46.56  
111 239 Dustin, Megan W10 Unattached 45:47.57  
112 331 Wood, Jordan W22 Unattached 45:48.42  
113 372 Davis, Emily W7 Unattached 46:13.74  
114 277 Nolin, Cassia W34 Unattached 46:14.80  
115 278 Nolin, James M37 Unattached 47:05.40  
116 344 Nolan, Dianna W64 Unattached 47:07.05  
117 297 Stier, Mallory W26 Unattached 48:07.42  
118 233 Diekema, Mia W26 Unattached 48:07.68  
119 227 Davis, Gunnar M17 Unattached 49:04.73  
120 229 Davis, Tom M43 Unattached 49:05.64  
121 293 Sims, Shannon W29 Unattached 49:16.32  
122 217 Cartwright, Alicia W29 Unattached 49:17.60  
123 285 Rinehart, Danielle W29 Unattached 49:21.20  
124 284 Rinehart, Bev W58 Unattached 49:21.69  
125 232 Diekema, Connie W54 Unattached 49:48.22  
126 283 Price, Cheryl W54 Unattached 50:58.42  
127 332 Wood, Katlyn W24 Unattached 50:58.76  
128 228 Davis, Janice W43 Unattached 50:59.12  
129 333 Wood, Laurie W52 Unattached 52:23.28  
130 266 Humpal, Viola W11 Unattached 52:45.13  
131 265 Humpal, Christy W40 Unattached 52:45.73  
132 281 Pfofner, Sarah W40 Unattached 53:23.89  
133 225 Cummings, Wes M14 Unattached 53:28.21  
134 366 Trausch, Jarron M14 Unattached 53:28.76  
135 222 Clarke, Jennifer W40 Unattached 53:29.13  
136 270 Johnson, Adrienne W32 Unattached 53:29.47  
137 260 hopkins, Roxanne W65 Unattached 53:50.93  
138 286 Rinehart, Janet W62 Unattached 53:53.13