

The Green 3 Mile

Waukee, IA

May 2, 2015

60 degrees, windy, mostly cloudy

Results by Michael Franke

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1 OpM	Dan Novelli, 30, Urbandale, IA	18:47	6:16
2	2 OpM	Moe Smith, 13, Waukee, IA	19:23	6:28
3	3 OpM	Bo Anderson, 35, Urbandale, IA	19:29	6:30
4	4 OpM	Adam Brown, 28, Urbandale, IA	20:00	6:40
1	1 OpW	Abby Schmitz, 33*, Norwalk, IA	20:14	6:45
5	5 OpM	Jared Otte, 33, Waukee, IA	20:30	6:50
6	6 OpM	Ben Reyes, 41, St. Charles, IA	20:51	6:57
7	7 OpM	Blake Ramsey, 16, Urbandale, IA	20:56	6:58
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
8	8 OpM	David Rees, 38, Bondurant, IA	21:00	7:00
9	9 OpM	Casey Showalter, 54, Altoona, IA	21:04	7:01
10		Charlie Barry, Waukee, IA	21:32	7:11
11	10 OpM	Mason Cooper, 40, Waukee, IA	21:46	7:15
12	11 OpM	Carter Moseley, 13, Waukee, IA	21:48	7:16
13	12 OpM	Christopher Moseley, 11, Waukee, IA	21:59	7:20
14		Dallas Nortan, West Des Moines, IA	22:12	7:24
15		Lewis Barney, Waukee, IA	22:47	7:36
16	13 OpM	Mark Miller, 36, Grimes, IA	22:49	7:36
17	14 OpM	Pat Vilmont, 41, Waukee, IA	22:53	7:38
2	2 OpW	Natalie Pearson, 24*, Clive, IA	22:54	7:38
18	15 OpM	Rick Kapustka, 40, Waukee, IA	22:55	7:38
19	16 OpM	Christopher Schulte, 33, Cedar Falls, IA	23:16	7:45
20	17 OpM	Cody VerHuel, 25, Johnston, IA	23:16	7:45
3	3 OpW	Lindsey Opp, 35*, Urbandale, IA	23:17	7:46
21	18 OpM	Daniel Buren, 52, Urbandale, IA	23:24	7:48
4	4 OpW	Abby Johnson, 29*, Ankeny, IA	23:26	7:48
22	19 OpM	Greg Rehmke, 33, Dubuque, IA	23:31	7:50
23	20 OpM	Jeremy Rasmussen, 31, Boone, IA	23:35	7:51
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				
24	21 OpM	joshua howard, 26, des moines, IA	24:00	8:00
25	22 OpM	Shannon Cline, 29, Perry, IA	24:05	8:02
26	23 OpM	Michael Hoffman, 32, Minnetrista, MN	24:10	8:03
27	24 OpM	Robert Platter, 40, Boone, IA	24:35	8:11
5	5 OpW	Amy Showalter, 39*, Waukee, IA	24:41	8:13
6	6 OpW	Stephanie Majeran, 31*, Urbandale, IA	24:45	8:15
28	25 OpM	Jeff Thibadeau, 30, des moines, IA	24:46	8:15
7	7 OpW	Calista Oberhelman, 32*, West Des Moines, IA	24:54	8:18
29	26 OpM	Ryan Campbell, 36, Urbandale, IA	24:59	8:19
30	27 OpM	Brad Mills, 56, Waukee, IA	25:06	8:22
31	28 OpM	Logan Darling, 13, Indianola, IA	25:14	8:25
32	29 OpM	Colin Burke, 9, Waukee, IA	25:17	8:25
33	30 OpM	David Stevenson, 35, Polk City, IA	25:44	8:35
8	8 OpW	Natalie Stevenson, 34*, Polk City, IA	25:46	8:35
9	9 OpW	Avery Showalter, 14*, Waukee, IA	25:47	8:35
10	10 OpW	Mandie Kendzora, 26*, MaRion, IA	25:50	8:36
34	31 OpM	Grant Cadwallader, 26, Coon Rapids, IA	25:58	8:39
11	11 OpW	Hannah Lee, 25*, Iowa City, IA	26:09	8:43
12	12 OpW	Angie Teeter, 36*, Albert Lea, MN	26:10	8:43
13	13 OpW	Kaitlin Showalter, 25*, des moines, IA	26:14	8:44
14	14 OpW	Rachael Miller, 34*, Grimes, IA	26:16	8:45
15	15 OpW	Danyel Reiter, 29*, Bondurant, IA	26:29	8:49
16	16 OpW	Brittany Lawson, 26*, Moulton, IA	26:30	8:50
35		Jace Showalter, Waukee, IA	26:35	8:51
17		Mindi Watters*, Waukee, IA	26:35	8:52
36	32 OpM	Rod Warren, 51, Clive, IA	26:37	8:52
37	33 OpM	Brad Darling, 45, Indianola, IA	26:43	8:54
38	34 OpM	Jimmy Boustead, 15, Boone, IA	26:52	8:57
39		Tony Minntta, Waukee, IA	26:59	8:59
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top				

40	35 OpM	Wes Wilson, 35, Clive, IA	27:05	9:02
41	36 OpM	Tim Lewis, 31, Urbandale, IA	27:14	9:04
42	37 OpM	Steve Mercer, 35, Topeka, KS	27:21	9:07
18	17 OpW	Rachel Darling, 15*, Humboldt, IA	27:26	9:08
43		Bill Phillips, Waukee, IA	27:29	9:10
44		Jason Waite, Waukee, IA	27:38	9:13
19	18 OpW	Janelle Hodovic, 36*, West Des Moines, IA	27:40	9:13
20	19 OpW	Julie Kees, 42*, Pleasant Hill, IA	27:47	9:16
45		Evan Schwicker, Waukee, IA	27:55	9:18
21	20 OpW	Jenna Adrian, 27*, Grimes, IA	28:04	9:21
22	21 OpW	Brandie Lawson, 24*, Moulton, IA	28:07	9:22
46	38 OpM	Greg Darling, 53, Humboldt, IA	28:08	9:23
47	39 OpM	Ryan Opp, 32, Urbandale, IA	28:11	9:23
23	22 OpW	Jillian Ennis, 36*, West Des Moines, IA	28:25	9:28
48	1	Ali Rehmke, 66, Urbandale, IA	28:34	9:31
49	40 OpM	Bruce Rehmke, 61, Peosta, IA	28:36	9:32
24	23 OpW	Melissa McDonald, 31*, Grayslake, IL	28:39	9:33
25		Kate Ostanik*, Waukee, IA	28:40	9:33
50		Mah Ostanik, Waukee, IA	28:40	9:33
51	41 OpM	Matthew Hsieh, 15, West Des Moines, IA	28:53	9:38
52	42 OpM	Nic Logsdon, 30, Clive, IA	28:58	9:39
53	43 OpM	Craig Showalter, 41, Waukee, IA	29:00	9:40
26	24 OpW	Anna Smith, 35*, des moines, IA	29:11	9:43
27	25 OpW	Carrie Fisk, 31*, Clive, IA	29:13	9:44
28	26 OpW	Kim Wettengel, 55*, Crescent, IA	29:13	9:44
54	44 OpM	James Risewick, 34, Grimes, IA	29:15	9:45
55	45 OpM	Charles Ritt, 32, Minneapolis, MN	29:15	9:45
29	27 OpW	Ashlee Reetz, 28*, Polk City, IA	29:19	9:46
30		Tammy Thompson*, Waukee, IA	29:21	9:47
56	46 OpM	Adam Shanks, 25, West Des Moines, IA	29:46	9:55
57	47 OpM	Nam Nguyen, 23, Urbandale, IA	29:46	9:55
31	28 OpW	Brianna Metzler, 25*, des moines, IA	29:47	9:55
58	48 OpM	Rick Kading, 56, Urbandale, IA	29:50	9:56
59	49 OpM	Eric Hild, 24, Clear Lake, IA	29:54	9:58
32	29 OpW	Kelley VanderLinden, 29*, Indianola, IA	29:56	9:59

Pace: [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

33	30 OpW	Kailey Bridgewater, 13*, Blainstown, IA	30:10	10:03
60	50 OpM	Brian Swanson, 41, W. Des Moines, IA	30:24	10:08
61	51 OpM	Drew Swanson, 9, W. Des Moines, IA	30:27	10:09
34	31 OpW	Anne Risewick, 32*, Grimes, IA	30:27	10:09
35	32 OpW	Nicole Slaboch, 30*, Minneapolis, MN	30:28	10:09
36	33 OpW	Pat Stoffel, 48*, Norwalk, IA	30:29	10:09
62	52 OpM	Jared VanderLinden, 33, Indianola, IA	30:29	10:10
63	53 OpM	brad quam, 27, Adel, IA	30:38	10:13
37	34 OpW	Tracy Morgan, 19*, Osceola, IA	30:41	10:13
38	35 OpW	Rejeana Otte, 35*, Waukee, IA	30:45	10:15
64	54 OpM	Steven Hobbs, 57, Grayslake, IL	30:59	10:19
39	36 OpW	Amy Kircher, 26*, Ankeny, IA	31:01	10:20
40		Julie Schwalbe*, Waukee, IA	31:15	10:25
41	37 OpW	Krystal Wasko, 42*, Ankeny, IA	31:21	10:27
42	38 OpW	Amanda Munoz, 39*, St. Louis Park, MN	31:24	10:28
65		Marty Kalton, Urbandale, IA	31:29	10:29
43	39 OpW	Suzanne Loch, 41*, Ankeny, IA	31:46	10:35
66		Doug Barry, Waukee, IA	31:50	10:36
67	55 OpM	Sam Swanson, 9, W. Des Moines, IA	32:03	10:41
44	40 OpW	Gina Swanson, 36*, W. Des Moines, IA	32:08	10:42
45		Rosemary Johnson*, Waukee, IA	32:08	10:43
46	41 OpW	Denise Richardson, 49*, Urbandale, IA	32:28	10:49
47	42 OpW	Sydney Burke, 10*, Waukee, IA	32:41	10:54
48	43 OpW	Jen Miller, 9*, Grimes, IA	32:44	10:54
49	44 OpW	Becca Ruther, 22*, Indianola, IA	32:52	10:57
68	56 OpM	Slater Johansen, 23, Sheffield, IA	32:52	10:57
50	45 OpW	Arla Darling, 46*, Johnston, IA	32:56	10:59

Pace: [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [Top](#)

51	46 OpW	Tanya Boustead, 44*, Boone, IA	33:04	11:01
52	47 OpW	Amy Langgin, 38*, des moines, IA	33:07	11:02
53	48 OpW	Mallory Wells, 29*, Indianola, IA	33:27	11:09
69	57 OpM	Rengarajan Palanivel, 38, West Des Moines, IA	33:47	11:15
54	49 OpW	Jenny Behrens, 33*, West Des Moines, IA	33:59	11:20
55	50 OpW	Randi Jo Rowedder, 40*, West Des Moines, IA	34:27	11:29
56	51 OpW	Morgan Darling, 16*, Indianola, IA	34:48	11:36
70	58 OpM	Dewell Anderson, 7, Urbandale, IA	35:27	11:49
57	52 OpW	Erin Anderson, 36*, Urbandale, IA	35:28	11:49
58	53 OpW	Shannon Gleason, 28*, Minneapolis, MN	35:28	11:49
59	54 OpW	Lucas Ritt, 29*, Minneapolis, MN	35:29	11:49
60	55 OpW	Yun Shao, 54*, West Des Moines, IA	35:33	11:51
61	56 OpW	Terri Good, 41*, Urbandale, IA	35:34	11:51
62	57 OpW	Michele Fidler, 45*, Waukee, IA	35:35	11:52
63	58 OpW	Michelle Jenkins, 51*, Adel, IA	35:48	11:56

64	59	OpW	Janet HircocK, 54*, Adel, IA	35:49	11:56
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
71	59	OpM	Sam Burke, 7, Waukee, IA	36:21	12:07
65	60	OpW	Kelley Burke, 37*, Waukee, IA	36:22	12:07
66	61	OpW	Emily VanderLinden, 34*, Indianola, IA	36:24	12:08
67	62	OpW	Stephanie Sims, 27*, Boone, IA	37:01	12:20
68	63	OpW	Joanna Sims, 50*, Boone, IA	37:01	12:20
69	64	OpW	Laura Izzo, 39*, Minneapolis, MN	37:05	12:21
70	65	OpW	Shari Flanagan, 55*, Eagan, MN	37:44	12:34
71	66	OpW	Denise Darling, 23*, West Des Moines, IA	37:53	12:37
72	67	OpW	Alissa Bornhoft, 23*, Humboldt, IA	37:53	12:38
73	68	OpW	Laura Cunningham, 26*, Nora Springs, IA	38:14	12:44
74	69	OpW	Sandi Darling, 53*, Humboldt, IA	38:42	12:54
72	60	OpM	Mike Flanagan, 57, Eagan, MN	38:43	12:54
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
75	70	OpW	Jess juehring, 26*, Waukee, IA	40:51	13:37
Pace: 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 Top					
76	71	OpW	Jenna Muhlbauer, 18*, Manning, IA	43:09	14:23
77	72	OpW	Kristina Lupardus, 29*, Manning, IA	43:10	14:23
73	61	OpM	Nathan Hobbs, 15, Grayslake, IA	43:11	14:24
74	62	OpM	Nick Darling, 8, Johnston, IA	43:12	14:24
75			Tim Berry, Waukee, IA	43:14	14:24
76			Doug Darling, Waukee, IA	43:18	14:26
78	73	OpW	Jane Larson, 56*, Nora Springs, IA		0
77	63	OpM	Gary Riesgaard, 66, Brayton, IA		0
78	64	OpM	Pat Schlapia, 56, Creston, IA		0
79	74	OpW	Jill Baeth, 37*, Waukee, IA		0
79	65	OpM	Aaron McDermott, 42, Johnston, IA		0
80	75	OpW	Karrie Schloemer, 42*, Johnston, IA		0
81	76	OpW	Alexa Baeth, 12*, Waukee, IA		0
82	77	OpW	Andrea Lawson, 52*, Moulton, IA		0

* indicates females

13 finishers among Males (no age given)

65 finishers among Open Men

77 finishers among Open Women

1 finishers among

5 finishers among Females (no age given)

78 male finishers

83 female finishers

161 total finishers

Return to [home page](#)