

# Sycamore 8

[4 Mile results here](#)

December 3, 2011

## Preliminary (unofficial) results, posted 12/3/11, 12:50 PM

Place	Time	Pace	Bib#	Name/City	Age	Division	Div. Pl.	Sex	Sex Pl.
1	55:22	6:55.2	913	Lance Gunkel, Clive	33	8-M30-39	1	M	1
2	55:47	6:58.5	962	Colleen Webb, Des Moines	34	8-F30-39	1	F	1
3	59:38	7:27.2	963	John Doering-White, Monmouth	23	8-M20-29	1	M	2
4	60:00	7:30.0	958						
5	1:00:07	7:30.9	941	John Hindley, West Des Moines	32	8-M30-39	2	M	3
6	1:00:18	7:32.2	923						
7	1:00:26	7:33.2	904						
8	1:00:42	7:35.3	918						
9	1:00:58	7:37.3	919						
10	1:01:00	7:37.5	957	Peder Skoog, Waukee	32	8-M30-39	3	M	4
11	1:01:02	7:37.8	935	Joe Riesberg, Johnston	34	8-M30-39	4	M	5
12	1:02:11	7:46.5	908						
13	1:02:15	7:46.9	938	Brian Palmer, Des Moines	43	8-M40-49	1	M	6
14	1:02:24	7:48.0	959	Tag Noel, Windsor Heights	35	8-M30-39	5	M	7
15	1:03:08	7:53.5	916	Jason Plunkett, West Des Moines	39	8-M30-39	6	M	8
16	1:05:23	8:10.4	922	Willie Lahart, Newton	58	8-M50-59	1	M	9
17	1:05:35	8:11.9	964	Chuck Fritz, Clive	47	8-M40-49	2	M	10
18	1:05:36	8:12.0	928	Timothy Bergan, Colfax	46	8-M40-49	3	M	11
19	1:05:37	8:12.1	940	Curtis Downs, Des Moines	42	8-M40-49	4	M	12
20	1:05:37	8:12.1	930	Steve Falck, Des Moines	53	8-M50-59	2	M	13
21	1:06:56	8:22.1	968	Michael McGihn, Des Moines	30	8-M30-39	7	M	14
22	1:07:05	8:23.2	931	scott greenwood, Des Moines	44	8-M40-49	5	M	15
23	1:08:03	8:30.4	921	Eric Kinman, Des Moines	41	8-M40-49	6	M	16
24	1:09:38	8:42.2	946	Ryan Netz, Waukee	33	8-M30-39	8	M	17
25	1:09:38	8:42.3	926	Scott Mills, Des Moines	40	8-M40-49	7	M	18
26	1:09:54	8:44.3	917	daniel blondowski, Johnston	37	8-M30-39	9	M	19
27	1:10:22	8:47.8	927	Daren Munroe, Des Moines	36	8-M30-39	10	M	20
28	1:10:54	8:51.8	948	kevin sporer, Ankeny	41	8-M40-49	8	M	21
29	1:11:42	8:57.8	955	Jessica Plunkett, West Des Moines	29	8-F20-29	1	F	2
30	1:12:35	9:04.4	924	Mike Bender, Des Moines	71	8-M70-79	1	M	22
31	1:12:38	9:04.8	903	Cheryl Dralle, Des Moines	34	8-F30-39	2	F	3
32	1:13:29	9:11.1	961	Jack Johnson, West Des Moines	31	8-M30-39	11	M	23
33	1:13:29	9:11.2	954	Jamie Johnson, West Des Moines	31	8-F30-39	3	F	4
34	1:14:08	9:16.0	900	Kathi Dellaca, Windsor Heights	59	8-M50-59	3	F	5
35	1:15:04	9:23.1	920	James Stegeman, Des Moines	41	8-M40-49	9	M	24
36	1:16:03	9:30.4	947	Paxton Bennett, Des Moines	37	8-M30-39	12	M	25
37	1:17:15	9:39.4	933	Darren Hasegawa, Johnston	26	8-M20-29	2	M	26
38	1:18:10	9:46.3	942	jason donner, Clive	37	8-M30-39	13	M	27
39	1:21:14	10:09.2	907	Evie Johnson, Prairie City	26	8-F20-29	2	F	6
40	1:21:18	10:09.9	967						
41	1:21:25	10:10.7	966	Jennie Shipley, Ankeny	34	8-F30-39	4	F	7
42	1:23:35	10:26.9	944	Will Hildreth, Des Moines	51	8-M50-59	4	M	28
43	1:23:49	10:28.7	965	Amber Crews, Clive	33	8-F30-39	5	F	8
44	1:24:02	10:30.2	953	Bridie Sellers, Johnston	31	8-F30-39	6	F	9
45	1:24:04	10:30.5	936	Joel Jackman, Des Moines	41	8-M40-49	10	M	29
46	1:25:21	10:40.2	945	Thomas Morgan, Johnston	57	8-M50-59	5	M	30
47	1:29:08	11:08.5	914	Frank Weibel, Ankeny	69	8-M60-69	1	M	31
48	1:31:32	11:26.5	906	Paige Brackett, Des Moines	25	8-F20-29	3	F	10
49	1:31:32	11:26.6	952	Jaime Longenecker, Des Moines	28	8-F20-29	4		11
50	1:32:25	11:33.2	911	Jessica Pendleton, Johnston	34	8-F30-39	7	F	12
51	1:34:01	11:45.2	951	Dana Brenner, Des Moines	28	8-F20-29	5	F	13
52	1:34:03	11:45.5	956	Stephan Brown	32	8-M30-39	14	M	32
53	1:34:38	11:49.8	949	Dan Faas, Ames	22	8-M20-29	3	M	33
54	1:34:47	11:51.0	929	toby hoy, Dallas Center	42	8-M40-49	11	M	34
55	1:37:13	12:09.1	932	Tony Brown, West Des Moines	37	8-M30-39	15	M	35
56	1:37:13	12:09.2	905	Mary Brown, West Des Moines	37	8-F30-39	8	F	14
57	1:40:04	12:30.6	901	Rachelle Little, Ankeny	32	8-F30-39	9	F	15
58	1:41:39	12:42.5	950	Jeff Perry, Bondurant	51	8-M50-59	6	M	36

## Division Results

### Male

Place	Time	Pace	Bib#	Name/City	Age
1	55:22	6:55.2	913	Lance Gunkel, Clive	33

2	59:38	7:27.2	963	John Doering-White, Monmouth	23
3	1:00:07	7:30.9	941	John Hindley, West Des Moines	32
4	1:01:00	7:37.5	957	Peder Skoog, Waukee	32
5	1:01:02	7:37.8	935	Joe Riesberg, Johnston	34
6	1:02:15	7:46.9	938	Brian Palmer, Des Moines	43
7	1:02:24	7:48.0	959	Tag Noel, Windsor Heights	35
8	1:03:08	7:53.5	916	Jason Plunkett, West Des Moines	39
9	1:05:23	8:10.4	922	Willie Lahart, Newton	58
10	1:05:35	8:11.9	964	Chuck Fritz, Clive	47
11	1:05:36	8:12.0	928	Timothy Bergan, Colfax	46
12	1:05:37	8:12.1	940	Curtis Downs, Des Moines	42
13	1:05:37	8:12.1	930	Steve Falck, Des Moines	53
14	1:06:56	8:22.1	968	Michael McGihn, Des Moines	30
15	1:07:05	8:23.2	931	scott greenwood, Des Moines	44
16	1:08:03	8:30.4	921	Eric Kinman, Des Moines	41
17	1:09:38	8:42.2	946	Ryan Netz, Waukee	33
18	1:09:38	8:42.3	926	Scott Mills, Des Moines	40
19	1:09:54	8:44.3	917	daniel blondowski, Johnston	37
20	1:10:22	8:47.8	927	Daren Munroe, Des Moines	36
21	1:10:54	8:51.8	948	kevin sporer, Ankeny	41
22	1:12:35	9:04.4	924	Mike Bender, Des Moines	71
23	1:13:29	9:11.1	961	Jack Johnson, West Des Moines	31
24	1:15:04	9:23.1	920	James Stegeman, Des Moines	41
25	1:16:03	9:30.4	947	Paxton Bennett, Des Moines	37
26	1:17:15	9:39.4	933	Darren Hasegawa, Johnston	26
27	1:18:10	9:46.3	942	jason donner, Clive	37
28	1:23:35	10:26.9	944	Will Hildreth, Des Moines	51
29	1:24:04	10:30.5	936	Joel Jackman, Des Moines	41
30	1:25:21	10:40.2	945	Thomas Morgan, Johnston	57
31	1:29:08	11:08.5	914	Frank Weibel, Ankeny	69
32	1:34:03	11:45.5	956	Stephan Brown	32
33	1:34:38	11:49.8	949	Dan Faas, Ames	22
34	1:34:47	11:51.0	929	toby hoy, Dallas Center	42
35	1:37:13	12:09.1	932	Tony Brown, West Des Moines	37
36	1:41:39	12:42.5	950	Jeff Perry, Bondurant	51

## Female

Place	Time	Pace	Bib#	Name/City	Age
1	55:47	6:58.5	962	Colleen Webb, Des Moines	34
2	1:11:42	8:57.8	955	Jessica Plunkett, West Des Moines	29
3	1:12:38	9:04.8	903	Cheryl Dralle, Des Moines	34
4	1:13:29	9:11.2	954	Jamie Johnson, West Des Moines	31
5	1:14:08	9:16.0	900	Kathi Dellaca, Windsor Heights	59
6	1:21:14	10:09.2	907	Evie Johnson, Prairie City	26
7	1:21:25	10:10.7	966	Jennie Shipley, Ankeny	34
8	1:23:49	10:28.7	965	Amber Crews, Clive	33
9	1:24:02	10:30.2	953	Bridie Sellers, Johnston	31
10	1:31:32	11:26.5	906	Paige Brackett, Des Moines	25
12	1:32:25	11:33.2	911	Jessica Pendleton, Johnston	34
13	1:34:01	11:45.2	951	Dana Brenner, Des Moines	28
14	1:37:13	12:09.2	905	Mary Brown, West Des Moines	37
15	1:40:04	12:30.6	901	Rachelle Little, Ankeny	32

## Division: 8-M20-29

Place	Time	Pace	Bib#	Name/City	Age
1	59:38	7:27.2	963	John Doering-White, Monmouth	23
2	1:17:15	9:39.4	933	Darren Hasegawa, Johnston	26
3	1:34:38	11:49.8	949	Dan Faas, Ames	22

## Division: 8-M30-39

Place	Time	Pace	Bib#	Name/City	Age
1	55:27	6:55.2	913	Lance Gunkel, Clive	33
2	1:00:07	7:30.9	941	John Hindley, West Des Moines	32
3	1:01:00	7:37.5	957	Peder Skoog, Waukee	32
4	1:01:02	7:37.8	935	Joe Riesberg, Johnston	34
5	1:02:24	7:48.0	959	Tag Noel, Windsor Heights	35
6	1:03:08	7:53.5	916	Jason Plunkett, West Des Moines	39
7	1:06:56	8:22.1	968	Michael McGihn, Des Moines	30
8	1:09:38	8:42.2	946	Ryan Netz, Waukee	33
9	1:09:54	8:44.3	917	daniel blondowski, Johnston	37
10	1:10:22	8:47.8	927	Daren Munroe, Des Moines	36
11	1:13:29	9:11.1	961	Jack Johnson, West Des Moines	31

12	1:16:03	9:30.4	947	Paxton Bennett, Des Moines	37
13	1:18:10	9:46.3	942	jason donner, Clive	37
14	1:34:03	11:45.5	956	Stephan Brown	32
15	1:37:13	12:09.1	932	Tony Brown, West Des Moines	37

### Division: 8-M40-49

Place	Time	Pace	Bib#	Name/City	Age
1	1:02:15	7:46.9	938	Brian Palmer, Des Moines	43
2	1:05:35	8:11.9	964	Chuck Fritz, Clive	47
3	1:05:36	8:12.0	928	Timothy Bergan, Colfax	46
4	1:05:37	8:12.1	940	Curtis Downs, Des Moines	42
5	1:07:05	8:23.2	931	scott greenwood, Des Moines	44
6	1:08:03	8:30.4	921	Eric Kinman, Des Moines	41
7	1:09:38	8:42.3	926	Scott Mills, Des Moines	40
8	1:10:54	8:51.8	948	kevin sporer, Ankeny	41
9	1:15:04	9:23.1	920	James Stegeman, Des Moines	41
10	1:24:04	10:30.5	936	Joel Jackman, Des Moines	41
11	1:34:47	11:51.0	929	toby hoy, Dallas Center	42

### Division: 8-M50-59

Place	Time	Pace	Bib#	Name/City	Age
1	1:05:23	8:10.4	922	Willie Lahart, Newton	58
2	1:05:37	8:12.1	930	Steve Falck, Des Moines	53
3	1:14:08	9:16.0	900	Kathi Dellaca, Windsor Heights	59
4	1:23:35	10:26.9	944	Will Hildreth, Des Moines	51
5	1:25:21	10:40.2	945	Thomas Morgan, Johnston	57
6	1:41:39	12:42.5	950	Jeff Perry, Bondurant	51

### Division: 8-M60-69

Place	Time	Pace	Bib#	Name/City	Age
1	1:29:08	11:08.5	914	Frank Weibel, Ankeny	69

### Division: 8-M70-79

Place	Time	Pace	Bib#	Name/City	Age
1	1:12:35	9:04.4	924	Mike Bender, Des Moines	71

### Division: 8-F20-29

Place	Time	Pace	Bib#	Name/City	Age
1	1:11:42	8:57.8	955	Jessica Plunkett, West Des Moines	29
2	1:21:14	10:09.2	907	Evie Johnson, Prairie City	26
3	1:31:32	11:26.5	906	Paige Brackett, Des Moines	25
4	1:31:32	11:26.6	952	Jaime Longenecker, Des Moines	28
5	1:34:01	11:45.2	951	Dana Brenner, Des Moines	28

### Division: 8-F30-39

Place	Time	Pace	Bib#	Name/City	Age
1	55:47	6:58.5	962	Colleen Webb, Des Moines	34
2	1:12:38	9:04.8	903	Cheryl Dralle, Des Moines	34
3	1:13:29	9:11.2	954	Jamie Johnson, West Des Moines	31
4	1:21:25	10:10.7	966	Jennie Shipley, Ankeny	34
5	1:23:49	10:28.7	965	Amber Crews, Clive	33
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7	1:32:25	11:33.2	911	Jessica Pendleton, Johnston	34
8	1:37:13	12:09.2	905	Mary Brown, West Des Moines	37
9	1:40:04	12:30.6	901	Rachelle Little, Ankeny	32

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