

Plano Pacers Fresh Start 5K, 10K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday January 27, 2024

5K TOP FINISHERS

MEN		WOMEN			
1	Carter Roberts	17:18	1	Becky Angeles	20:31
2	Michael Price	17:19	2	Maribeth Cogan	20:48
3	John Middleton	18:08	3	Lexie Vertucci	21:05
4	Fernando Garcia	19:42	4	Karyn Nyholm	22:06
5	Alex Castro	20:19	5	Andrea Hudson Baldwin	23:18
6	William Moore	20:22	6	Annabelle Angeles	25:44
7	Alex Fruscella	20:58	7	Kelly Ervine Wade	25:46
8	Xudong Huang	21:19	8	Rachel Grabow	26:22
9	Mario Martinez	21:39	9	Kyndell Bacon	26:38
10	Johnny Chen	21:43	10	Megan O'Grady	27:41
Overall:	Carter Roberts	17:18	Overall:	Becky Angeles	20:31
Master:	Fernando Garcia	19:42	Master:	Andrea Hudson Baldwin	23:18
Senior:	William Moore	20:22	Senior:	Debbie Brewer	31:44
9-un:	Wesley Turner	29:58	9-un:	Ariya Niehaus	37:31
	Jack Turner	31:01			
10-14:	Rush Thueson	25:27	10-14:	Annabelle Angeles	25:44
	Joseph Chen	26:50		Kyndell Bacon	26:38
15-19:	Michael Price	17:19			
	John Middleton	18:08			
	Arthur Victorio	27:48			
20-24:	Alex Fruscella	20:58			
	Alexander Mingl Victorio	25:18			
	Guillermo Toral Jr.	30:35			
25-29:	Ryan Blue	24:18	25-29:	Katie Foster	31:25
				Tiffany Tang	43:27
30-34:	Levi Muniz	29:15	30-34:	Maribeth Cogan	20:48
				Lexie Vertucci	21:05
				Kelly Ervine Wade	25:46
35-39:	Mario Martinez	21:39	35-39:	Karyn Nyholm	22:06
	Cristobal Garcia	23:33		Dani Steininger	29:25
	Cade Thueson	26:51		Clayre Turner	31:01
40-44:	Alex Castro	20:19	40-44:	Rachel Grabow	26:22
	Mark Floyd	23:31		Megan O'Grady	27:41
	Adam Jacobson	24:24		Jessica Seekamp	28:33
45-49:	Pierre Lapointe	21:54	45-49:	Gloria De Jesus	32:34
	Nathan Blasingame	25:41		Angela Lewis	42:16
	Robert Manz	26:57			
50-54:	Xudong Huang	21:19	50-54:	Angela Bing Victorio	27:50
	Guofan Chen	22:01		Lindy Hardin	34:08
	Avoyce N Deether	23:38			
55-59:	Johnny Chen	21:43	55-59:	Enxi Huang	34:06
	Alan Peyton	23:17			
	Doug Waters	42:56			

60-64:	Vijayan Nair	24:04	60-64:	Kim Ellefson	41:11
	Alberto Ramirez	26:15		Grace Walker	44:14
	Tony Tang	28:48			
65-69:	Ron Wahlquist	23:16	65-69:	Terry Gonzalez	32:29
	Matt Pierret	23:19		Sunao Saito	32:44
	Charles Brown	26:28		Debye Humphrey	49:21
70-74:	Tom Conlon	29:28			
	Fred Schwall	35:36			
	Michael Picard	36:08			
75-79:	Stephen Brown	37:13	75-79:	Andi Miner	39:36
			80-84:	Nancy Cole	42:37
			85-ov:	Maria Johnston	51:45
Clydes:	William Swafford	50:27			
	John Kramer	55:49			
	Ed Humphrey	57:42			

10K TOP FINISHERS

MEN			WOMEN		
1	Sergio Mena	33:00	1	Martina Crevecoeur	48:11
2	Colby Mehmen	33:33	2	Nancy Nguyen	49:36
3	Garrett Mayeaux	34:11	3	Beth Nowell	49:55
4	Luke Scribner	34:48	4	Cassandra Eipper	50:36
5	Eric Bretl	35:11	5	Yunxia Cai	50:46
6	Alberto Castro	37:05	6	Sairung Niehaus	52:18
7	Gustavo Aguirre	37:20	7	Pat Barrett	55:23
8	Francisco Adame	37:26	8	Hong Lin	56:56
9	Jose Lopez	38:30	9	Honglan Li	57:12
10	Ronny Lefebvre	39:53	10	Xiaoge She	59:20
Overall:	Sergio Mena	33:00	Overall:	Martina Crevecoeur	48:11
Master:	Alberto Castro	37:05	Master:	Nancy Nguyen	49:36
Senior:	Jeffrey Fox	46:58	Senior:	Pat Barrett	55:23
25-29:	Colby Mehmen	33:33			
	Garrett Mayeaux	34:11			
	Luke Scribner	34:48			
30-34:	Eric Bretl	35:11			
	Gustavo Aguirre	37:20			
	Charles James	44:44			
35-39:	Jose Lopez	38:30	35-39:	Cassandra Eipper	50:36
	Thomas Broadfoot	50:58		Jenna Charron	1:16:38
	Eric Braithwaite	51:20			
40-44:	Kevin Newton	41:21	40-44:	Beth Nowell	49:55
	Stephen Manz	51:07		Heather Zeiger	1:01:20
	Jiabin Zhao	1:10:44		Andrea Shelley	1:08:59
45-49:	Wanlin Chen	41:25	45-49:	Sairung Niehaus	52:18
	Vlad Karpenko	50:39		Hong Lin	56:56
	Michael Lamping	50:40		Honglan Li	57:12
50-54:	Francisco Adame	37:26	50-54:	Yunxia Cai	50:46
	Ronny Lefebvre	39:53		Debbie Riedner	1:04:52
	Rick Nguyen	46:28		Denise Langford	1:06:14

55-59:	Steve MacDonald	48:52	55-59:	Min Zhang	1:05:22
	Danny Monistere	49:03		Gowa Borzigin	1:14:37
	Gary Spence	50:12			
60-64:	James Royal	47:17	60-64:	Xiaoge She	59:20
	Jim Cavanaugh	53:14		Frances McKissick	1:01:07
	Jeff Smith	57:29			
65-69:	James Drumm	59:33			
	Day-Ruey Liu	1:02:35			
70-74:	Mike Fields	55:41			
	Kenny Gardner	1:07:01			
	Ken Ashby	1:25:27			
75-79:	Bruce Johnson	1:12:19			
80-84:	Wally Capps	1:14:13			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
		1 Ariya Niehaus	6:40	
		2 Isabella LaPointe	6:50	
BOYS 7-9		GIRLS 7-9		
1	Jacob Martinez	4:32	1 Tess Cottrell	4:44
2	Angel Garcia	4:34	2 Bobbi Hendricks	6:17
BOYS 10-12		GIRLS 10-12		
1	Teddy Hendricks	4:29	1 Tiffany Manz	5:31

Plano Pacers 5K Results---Saturday, January 27, 2024

			FinTime	Pace	5Keq	Score
1.	Carter Roberts	16 m	17:18	5:34	17.3	91.9
2.	Michael Price	15 m	17:19	5:34	17.3	93.3
3.	John Middleton	15 m	18:08	5:50	18.1	89.1
4.	Fernando Garcia	46 m	19:42	6:20	19.7	82.1
5.	Alex Castro	41 m	20:19	6:32	20.3	77.3
6.	William Moore	62 m	20:22	6:33	20.4	90.1
7.	Becky Angeles	46 f	20:31	6:36	20.5	89.3
8.	Maribeth Cogan	31 f	20:48	6:42	20.8	82.3
9.	Alex Fruscella	24 m	20:58	6:45	21.0	71.7
10.	Lexie Vertucci	30 f	21:05	6:47	21.1	81.0
11.	Xudong Huang	54 m	21:19	6:52	21.3	80.2
12.	Mario Martinez	35 m	21:39	6:58	21.6	70.6
13.	Johnny Chen	55 m	21:43	6:59	21.7	79.4
14.	Pierre Lapointe	47 m	21:54	7:03	21.9	74.3
15.	Guofan Chen	52 m	22:01	7:05	22.0	76.5
16.	Karyn Nyholm	37 f	22:06	7:07	22.1	79.1
17.	Ron Wahlquist	66 m	23:16	7:29	23.3	82.1
18.	Alan Peyton	58 m	23:17	7:30	23.3	75.9
19.	Andrea Hudson Baldwin	64 f	23:18	7:30	23.3	91.0
20.	Matt Pierret	66 m	23:19	7:30	23.3	82.0
21.	Mark Floyd	42 m	23:31	7:34	23.5	67.2
22.	Cristobal Garcia	36 m	23:33	7:35	23.5	65.2
23.	Avoyce N Deether	52 m	23:38	7:36	23.6	71.3
24.	Vijayan Nair	61 m	24:04	7:45	24.1	75.5
25.	Ryan Blue	26 m	24:18	7:49	24.3	61.7
26.	Adam Jacobson	43 m	24:24	7:51	24.4	65.1
27.	Alexander Mingl Victor	20 m	25:18	8:09	25.3	60.3
28.	Rush Thueson	10 m	25:27	8:11	25.4	72.5

29.	Nathan Blasingame	46 m	25:41	8:16	25.7	62.9
30.	Annabelle Angeles	13 f	25:44	8:17	25.7	74.2
31.	Kelly Ervine Wade	32 f	25:46	8:18	25.8	66.6
32.	Alberto Ramirez	64 m	26:15	8:27	26.2	71.3
33.	Rachel Grabow	40 f	26:22	8:29	26.4	67.2
34.	Charles Brown	69 m	26:28	8:31	26.5	74.7
35.	Kyndell Bacon	13 f	26:38	8:34	26.6	71.7
36.	Joseph Chen	14 m	26:50	8:38	26.8	61.4
37.	Cade Thueson	38 m	26:51	8:39	26.8	57.7
38.	Robert Manz	48 m	26:57	8:40	26.9	60.8
39.	Sam Chen	51 m	27:05	8:43	27.1	61.7
40.	Megan O'Grady	41 f	27:41	8:55	27.7	64.3
41.	Arthur Victorio	17 m	27:48	8:57	27.8	56.4
42.	Angela Bing Victorio	51 f	27:50	8:58	27.8	68.1
43.	Jessica Seekamp	41 f	28:33	9:11	28.5	62.4
44.	Tony Tang	63 m	28:48	9:16	28.8	64.3
45.	Levi Muniz	30 m	29:15	9:25	29.2	51.5
46.	Dani Steininger	39 f	29:25	9:28	29.4	59.9
47.	Tom Conlon	71 m	29:28	9:29	29.5	68.6
48.	Wesley Turner	9 m	29:58	9:39	30.0	64.1
49.	David Zeiger	42 m	30:31	9:49	30.5	51.8
50.	Guillermo Toral Jr.	24 m	30:35	9:51	30.6	49.1
51.	Katy Dass	34 f	30:52	9:56	30.9	55.9
52.	Clayre Turner	38 f	31:01	9:59	31.0	56.6
53.	Jack Turner	7 m	31:01	9:59	31.0	68.2
54.	Jason Spears	47 m	31:09	10:02	31.1	52.2
55.	Katie Foster	28 f	31:25	10:07	31.4	54.2
56.	Debbie Brewer	64 f	31:44	10:13	31.7	66.8
57.	Terry Gonzalez	69 f	32:29	10:27	32.5	68.9
58.	Gloria De Jesus	48 f	32:34	10:29	32.6	57.0
59.	Sunao Saito	69 f	32:44	10:32	32.7	68.4
60.	Enxi Huang	59 f	34:06	10:59	34.1	59.3
61.	Lindy Hardin	50 f	34:08	10:59	34.1	55.1
62.	Cathy De Jesus	31 f	34:48	11:12	34.8	49.2
63.	Lanre Savage	36 m	35:18	11:22	35.3	43.5
64.	Fred Schwall	72 m	35:36	11:28	35.6	57.5
65.	Michael Picard	70 m	36:08	11:38	36.1	55.3
66.	Stephen Brown	77 m	37:13	11:59	37.2	58.7
67.	Ariya Niehaus	6 f	37:31	12:05	37.5	67.7
68.	Shungo Saito	65 m	39:18	12:39	39.3	48.1
69.	Andi Miner	79 f	39:36	12:45	39.6	64.3
70.	Kim Ellefson	63 f	41:11	13:15	41.2	51.0
71.	Angela Lewis	46 f	42:16	13:36	42.3	43.4
72.	Nancy Cole	82 f	42:37	13:43	42.6	62.5
73.	Doug Waters	59 m	42:56	13:49	42.9	41.5
74.	Tiffany Tang	26 f	43:27	13:59	43.4	39.1
75.	Grace Walker	63 f	44:14	14:14	44.2	47.5
76.	Dave Foster	63 m	45:46	14:44	45.8	40.5
77.	Debye Humphrey	69 f	49:21	15:53	49.3	45.4
78.	William Swafford	72 m	50:27	16:14	50.4	40.6
79.	Maria Johnston	86 f	51:45	16:39	51.7	54.8
80.	John Kramer	62 m	55:49	17:58	55.8	32.9
81.	Ed Humphrey	72 m	57:42	18:34	57.7	35.5

Plano Pacers 10K Results---Saturday, January 27, 2024

			FinTime	Pace	5Keq	Score
1.	Sergio Mena	29 m	33:00	5:19	15.7	95.7
2.	Colby Mehmen	29 m	33:33	5:24	16.0	94.1
3.	Garrett Mayeaux	28 m	34:11	5:30	16.3	92.3
4.	Luke Scribner	29 m	34:48	5:36	16.6	90.7
5.	Eric Bretl	31 m	35:11	5:40	16.8	90.1
6.	Alberto Castro	43 m	37:05	5:58	17.7	89.9
7.	Gustavo Aguirre	31 m	37:20	6:00	17.8	84.9

8.	Francisco Adame	50 m	37:26	6:01	17.8	93.1
9.	Jose Lopez	38 m	38:30	6:12	18.3	84.5
10.	Ronny Lefebvre	52 m	39:53	6:25	19.0	88.7
11.	Kevin Newton	40 m	41:21	6:39	19.7	79.4
12.	Wanlin Chen	49 m	41:25	6:40	19.7	83.6
13.	Charles James	34 m	44:44	7:12	21.3	71.5
14.	Rick Nguyen	51 m	46:28	7:29	22.1	75.6
15.	Jeffrey Fox	61 m	46:58	7:34	22.4	81.2
16.	James Royal	61 m	47:17	7:37	22.5	80.7
17.	Martina Crevecoeur	61 f	48:11	7:45	22.9	89.8
18.	Steve MacDonald	56 m	48:52	7:52	23.3	74.7
19.	Danny Monistere	58 m	49:03	7:54	23.4	75.7
20.	Nancy Nguyen	47 f	49:36	7:59	23.6	78.1
21.	Beth Nowell	44 f	49:55	8:02	23.8	76.2
22.	Gary Spence	57 m	50:12	8:05	23.9	73.3
23.	Yang Meng	55 m	50:27	8:07	24.0	71.8
24.	Cassandra Eipper	35 f	50:36	8:09	24.1	71.9
25.	Vlad Karpenko	49 m	50:39	8:09	24.1	68.4
26.	Michael Lamping	48 m	50:40	8:09	24.1	67.9
27.	Yunxia Cai	54 f	50:46	8:10	24.2	80.2
28.	Thomas Broadfoot	37 m	50:58	8:12	24.3	63.5
29.	Stephen Manz	40 m	51:07	8:14	24.3	64.2
30.	Eric Braithwaite	35 m	51:20	8:16	24.4	62.6
31.	Sairung Niehaus	45 f	52:18	8:25	24.9	73.1
32.	Jim Cavanaugh	63 m	53:14	8:34	25.3	73.1
33.	Seth Randall	35 m	54:15	8:44	25.8	59.2
34.	Pedro Garces	49 m	54:28	8:46	25.9	63.6
35.	Jonathan Szeto	47 m	55:00	8:51	26.2	62.1
36.	Pat Barrett	61 f	55:23	8:55	26.4	78.1
37.	Mike Fields	73 m	55:41	8:58	26.5	78.2
38.	Pingshan Wen	57 m	56:38	9:07	27.0	65.0
39.	Hong Lin	49 f	56:56	9:10	27.1	68.9
40.	Honglan Li	46 f	57:12	9:12	27.2	67.3
41.	Jeff Smith	63 m	57:29	9:15	27.4	67.7
42.	Sridhar Rajagopal	46 m	58:09	9:22	27.7	58.4
43.	Xiaoge She	61 f	59:20	9:33	28.3	72.9
44.	James Drumm	65 m	59:33	9:35	28.4	66.7
45.	Jerry Snead	52 m	59:50	9:38	28.5	59.1
46.	Frances McKissick	61 f	1:01:07	9:50	29.1	70.8
47.	Heather Zeiger	43 f	1:01:20	9:52	29.2	61.6
48.	Day-Ruey Liu	65 m	1:02:35	10:04	29.8	63.4
49.	Debbie Riedner	54 f	1:04:52	10:26	30.9	62.7
50.	Min Zhang	59 f	1:05:22	10:31	31.1	64.9
51.	Denise Langford	53 f	1:06:14	10:40	31.5	61.0
52.	James (jimmy) Langfor	57 m	1:06:57	10:46	31.9	55.0
53.	Kenny Gardner	71 m	1:07:01	10:47	31.9	63.4
54.	Andrea Shelley	41 f	1:08:59	11:06	32.8	54.2
55.	Ernie Bloomer	55 m	1:09:34	11:12	33.1	52.0
56.	Jiabin Zhao	40 m	1:10:44	11:23	33.7	46.4
57.	Bruce Johnson	76 m	1:12:19	11:38	34.4	62.6
58.	Wally Capps	83 m	1:14:13	11:57	35.3	67.5
59.	Gowa Borzigin	58 f	1:14:37	12:01	35.5	56.4
60.	Jenna Charron	38 f	1:16:38	12:20	36.5	48.1
61.	Ken Ashby	71 m	1:25:27	13:45	40.7	49.7

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, January 27, 2024

			FinTime	Pace	5Keq	Score
1.	Teddy Hendricks	10 m	4:29	7:13	26.5	69.6
2.	Jacob Martinez	9 m	4:32	7:18	26.8	71.7
3.	Angel Garcia	7 m	4:34	7:21	27.0	78.4
4.	Arthur LaPointe	8 m	4:34	7:21	27.0	74.5
5.	Tess Cottrell	8 f	4:44	7:37	28.0	81.4
6.	Abram Angeles	9 m	4:49	7:45	28.5	67.5

7.	Tiffany Manz	10 f	5:31	8:53	32.6	64.2
8.	Bobbi Hendricks	8 f	6:17	10:07	37.1	61.3
9.	Ariya Niehaus	6 f	6:40	10:44	39.4	64.4
10.	Isabella LaPointe	4 f	6:50	11:00	40.4	71.9

New Records:

None

LEGEND

Left-to-right: finish place, name, hometown, age, sex, member?
 FinTime is the official individual finish time in (h:)mm:ss format.
 Pace is the calculated average pace per mile in mm:ss format.
 5Keq is the equivalent 5K finish time in minutes and tenths.
 Score is a performance grade with factors for age and sex.

KEY TO AGE-GRADED PERFORMANCE SCORES

100 +	national competitor
90-99	regional competitor
80-89	local competitor
70-79	above average
60-69	near average
50-59	below average
40-49	novice runner
30-39	fitness walker

Kids K Volunteers

Seth Randall
 Debbie Brewer
 Shawn Niehaus
 Sarah Hendricks
 Robert Hendricks