

Plano Pacers Hall Of Fame 3K, 8K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday April 30, 2022

3K TOP FINISHERS

MEN		WOMEN			
1	Gustavo Aguirre	10:13	1 Tina-Mari Meyer	11:20	
2	Ray Langton	10:19	2 Becky Angeles	12:18	
3	Alberto Castro	10:26	3 Kherington Glover	12:46	
4	Paul Barker	11:33	4 Annabelle Angeles	12:50	
5	Hector Delgado	11:42	5 Rie Morgen	13:57	
6	Ethan Nemcok	12:02	6 Annie Friedman	15:08	
7	Guillermo Toral	12:08	7 Erin Larue	16:17	
8	Johnny Chen	12:14	8 Sorette Sunna	16:50	
9	Chris Morris	12:27	9 Daniela Nemcok	17:00	
10	Bryan Mote	12:30	10 Debbie Brewer	17:51	
Overall:	Gustavo Aguirre	10:13	Overall:	Tina-Mari Meyer	11:20
Master:	Ray Langton	10:19	Master:	Becky Angeles	12:18
Senior:	Vijayan Nair	13:06	Senior:	Debbie Brewer	17:51
9-un:	Henry Nemcok	15:22	9-un:	Emily Griffith	47:19
	Maxwell Nelson	23:14			
	Jonathan Glover	24:28			
10-14:	Ethan Nemcok	12:02	10-14:	Kherington Glover	12:46
	Oliver Carel	13:11		Annabelle Angeles	12:50
	Andrew Friedman	14:48		Sorette Sunna	16:50
15-19:	Samuel Sunna	16:04	15-19:	Noelle Sunna	18:16
25-29:	Nick Prax	18:57	25-29:	Terisha Kolencherry	25:25
30-34:	Omar Ramirez	12:36	30-34:	Elizabeth George	21:01
	Max Morgen	12:40		Melissa Hayes	22:38
	Cristobal Garcia	13:09		Tiffany Oshiokpu	40:29
35-39:	Bryan Mote	12:30	35-39:	Erin Larue	16:17
	Ryan Glover	24:31			
40-44:	Alberto Castro	10:26	40-44:	Rie Morgen	13:57
	Matthew Sunna	14:01		Annie Friedman	15:08
				Daniela Nemcok	17:00
45-49:	Alexander Ford	16:10	45-49:	Melaine Nelson	24:29
	David Nemcok	16:46		Julie Alexander	25:17
	Bill Kipp	17:26		Niki Tull	40:28
50-54:	Paul Barker	11:33	50-54:	Lynn Tanksley	22:15
	Hector Delgado	11:42			
	Guillermo Toral	12:08			
			55-59:	Enxi Huang	19:00
				Hui Chen Liang	25:47
				Tammy Eppler	29:26
60-64:	Jeff Smith	44:59	60-64:	Jeanmarie Holm	19:38
				Lynne Najera	24:12
				Emily Liu	25:47

65-69:	J J Jenkins Jim Epting Mike Colvin	18:57 25:42 28:14	65-69:	Sharon Hirsch Vicki Epting	19:23 29:25
70-74:	Ed Humphrey	28:42	70-74:	Mary Chupp	29:32
75-79:	Bill Shaw Stephen Brown Thomas Vaughn	15:54 19:15 27:45	75-79:	Marylyn Patrick	43:27
80-ov:	James Gabhart	23:44			
Clydes:	Brett Carel	28:58	Clydes:	Crystal Carel	22:24

8K TOP FINISHERS

MEN		WOMEN			
1	Colby Mehmen	26:38	1	Olga Hunter	36:58
2	Jim Dietz	29:57	2	Marla Maupin	37:25
3	Paul Wells	30:12	3	Xiaolu Cui	37:55
4	Felix Gonzalez	31:06	4	Yvonne Thapa	38:12
5	Jose Ramirez	31:13	5	Leann Dietze	39:03
6	Michael Held	31:49	6	Linda Kelly	41:04
7	Daniel Chang	32:22	7	Nicole Avila	43:21
8	Fernando Garcia	32:44	8	Jie Wang	43:24
9	Mani Alavi	33:05	9	Yunxia Cai	43:31
10	Luke Robertson	33:24	10	Hongjian Li	43:44
Overall:	Colby Mehmen	26:38	Overall:	Olga Hunter	36:58
Master:	Jim Dietz	29:57	Master:	Marla Maupin	37:25
Senior:	Michael Held	31:49	Senior:	Linda Kelly	41:04
			9-un:	Sarah Friedman	1:17:36
10-14:	Kevin Glover	34:54	10-14:	Ira Parmar Aisha Thapa	55:31 55:31
15-19:	Luke Robertson Benjamin Griffith	33:24 47:18			
25-29:	Paul Wells	30:12	25-29:	Leann Dietze Nicole Avila Joy McGowen	39:03 43:21 45:07
30-34:	Taisong He Seth Randall Delaney Burns	37:19 41:34 46:17	30-34:	Cassandra Eipper Shenandoah Hayes Sarah Crystal	47:06 47:37 53:39
35-39:	Daniel Chang Willis Ma	32:22 33:58	35-39:	Xiaolu Cui Rachel Grabow Erin Glover	37:55 44:04 46:20
40-44:	Felix Gonzalez Fernando Garcia Mani Alavi	31:06 32:44 33:05	40-44:	Nikolett Szabo Fulop Heather Zeiger	45:29 49:13
45-49:	Don Robertson Douglas MacMahon Xuecheng Ye	35:36 35:54 36:04	45-49:	Jie Wang	43:24
50-54:	Jose Ramirez Daniele Vellani Yang Meng	31:13 36:15 36:22	50-54:	Yvonne Thapa Yunxia Cai Sabrina Shi	38:12 43:31 48:10

55-59:	Kan Meng	35:06	55-59:	Hongjian Li	43:44
	John Cosentino	35:58		Renee Spratlen	44:43
	Stephen Russo	37:32		Renee Mitchell	48:29
60-64:	William Moore	33:33	60-64:	Dawn Burke	43:47
	Ron Wahlquist	38:54		Brenda Jacobs	52:41
	Ronald Combs	42:42		Adelisa Grace Walker	1:13:40
65-69:	Thomas Conlon	44:31	65-69:	Terry Gonzalez	50:54
	Bruce Brandeland	48:44		Cindy Dumas	59:27
	Sigi Diaz	52:17			
70-74:	Glen Taylor	47:04			
			75-79:	Andi Miner	56:37
80-ov:	Wally Capps	50:24			
Clydes:	Dennis Chupp	1:16:09			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Andy Ma	5:01	1 Joy Johnson	5:23
2	Xander Ford	5:04	2 Anna Szabo	5:38
BOYS 7-9		GIRLS 7-9		
1	Cayden Tao	4:31	1 Oliver Booker	4:47
2	Arthur LaPointe	4:34	2 Jocelyn Johnson	4:48
BOYS 10-12		GIRLS 10-12		
1	Danial Torabi	4:03	1 Julia Johnson	4:12
			2 Chloe Tao	5:00

Plano Pacers 3K Results---Saturday, April 30, 2022

			FinTime	Pace	5Keq	Score
1.	Gustavo Aguirre	29 m	10:13	5:29	17.7	85.2
2.	Ray Langton	47 m	10:19	5:32	17.8	91.3
3.	Alberto Castro	41 m	10:26	5:36	18.0	87.2
4.	Tina-Mari Meyer	34 f	11:20	6:05	19.6	88.2
5.	Paul Barker	52 m	11:33	6:12	20.0	84.4
6.	Hector Delgado	53 m	11:42	6:17	20.2	84.0
7.	Ethan Nencok	11 m	12:02	6:27	20.8	85.7
8.	Guillermo Toral	50 m	12:08	6:31	21.0	79.2
9.	Johnny Chen	53 m	12:14	6:34	21.1	80.3
10.	Becky Angeles	45 f	12:18	6:36	21.3	85.7
11.	Chris Morris	50 m	12:27	6:41	21.5	77.2
12.	Bryan Mote	35 m	12:30	6:42	21.6	70.8
13.	Omar Ramirez	31 m	12:36	6:46	21.8	69.4
14.	Max Morgen	33 m	12:40	6:48	21.9	69.4
15.	Kherington Glover	13 f	12:46	6:51	22.1	86.5
16.	Annabelle Angeles	11 f	12:50	6:53	22.2	91.1
17.	Vijayan Nair	59 m	13:06	7:02	22.6	78.8
18.	Cristobal Garcia	34 m	13:09	7:03	22.7	67.1
19.	Oliver Carel	12 m	13:11	7:04	22.8	75.9
20.	Rie Morgen	41 f	13:57	7:29	24.1	73.9
21.	Matthew Sunna	44 m	14:01	7:31	24.2	66.0
22.	Andrew Friedman	10 m	14:48	7:56	25.6	72.2
23.	Annie Friedman	40 f	15:08	8:07	26.1	67.8
24.	Henry Nencok	9 m	15:22	8:15	26.5	72.3
25.	Benjamin Sunna	14 m	15:41	8:25	27.1	60.8
26.	Bill Shaw	79 m	15:54	8:32	27.5	81.8

27.	Samuel Sunna	16 m	16:04	8:37	27.8	57.3
28.	Alexander Ford	47 m	16:10	8:40	27.9	58.2
29.	Erin Larue	38 f	16:17	8:44	28.1	62.4
30.	David Nemcok	46 m	16:46	9:00	29.0	55.8
31.	Sorette Sunna	12 f	16:50	9:02	29.1	67.4
32.	Daniela Nemcok	44 f	17:00	9:07	29.4	61.6
33.	Bill Kipp	47 m	17:26	9:21	30.1	54.0
34.	Debbie Brewer	62 f	17:51	9:35	30.8	67.4
35.	Kristen Sunna	43 f	17:53	9:36	30.9	58.3
36.	Noelle Sunna	18 f	18:16	9:48	31.6	55.7
37.	Nick Prax	27 m	18:57	10:10	32.7	45.8
38.	J J Jenkins	69 m	18:57	10:10	32.7	60.3
39.	Enxi Huang	57 f	19:00	10:12	32.8	60.5
40.	Stephen Brown	75 m	19:15	10:20	33.3	64.0
41.	Sharon Hirsch	67 f	19:23	10:24	33.5	65.4
42.	Jeanmarie Holm	60 f	19:38	10:32	33.9	60.1
43.	Elizabeth George	33 f	21:01	11:16	36.3	47.4
44.	Michael Alves	51 m	21:18	11:26	36.8	45.4
45.	Lynn Tanksley	51 f	22:15	11:56	38.4	49.3
46.	Crystal Carel	38 f	22:24	12:01	38.7	45.3
47.	Melissa Hayes	33 f	22:38	12:09	39.1	44.0
48.	Maxwell Nelson	6 m	23:14	12:28	40.1	55.8
49.	Marcus Nelson	51 m	23:14	12:28	40.1	41.7
50.	James Gabhart	80 m	23:44	12:44	41.0	55.6
51.	Lynne Najera	64 f	24:12	12:59	41.8	50.7
52.	Jonathan Glover	8 m	24:28	13:08	42.3	47.5
53.	Ashley Ahn	44 f	24:28	13:08	42.3	42.8
54.	Melaine Nelson	48 f	24:29	13:08	42.3	43.9
55.	Ryan Glover	38 m	24:31	13:09	42.4	36.6
56.	Julie Alexander	46 f	25:17	13:34	43.7	41.9
57.	Terisha Kolencherry	25 f	25:25	13:38	43.9	38.7
58.	Jim Epting	65 m	25:42	13:47	44.4	42.6
59.	Emily Liu	60 f	25:47	13:50	44.5	45.8
60.	Hui Chen Liang	58 f	25:47	13:50	44.5	45.0
61.	Thomas Vaughn	76 m	27:45	14:53	47.9	45.0
62.	Mike Colvin	69 m	28:14	15:09	48.8	40.5
63.	Ed Humphrey	70 m	28:42	15:24	49.6	40.3
64.	Brett Carel	42 m	28:58	15:32	50.0	31.6
65.	Emma Carel	11 f	29:02	15:34	50.2	40.3
66.	Vicki Epting	69 f	29:25	15:47	50.8	44.1
67.	Tammy Eppler	55 f	29:26	15:47	50.9	38.4
68.	Mary Chupp	71 f	29:32	15:51	51.0	44.9
69.	Faith Wood	14 f	36:13	19:26	62.6	29.8
70.	Niki Tull	48 f	40:28	21:43	69.9	26.5
71.	Tiffany Oshiooku	31 f	40:29	21:43	69.9	24.5
72.	Marylyn Patrick	78 f	43:27	23:19	75.1	33.5
73.	Jeff Smith	61 m	44:59	24:08	77.7	23.4
74.	Emily Griffith	7 f	47:19	25:23	81.7	29.3

Plano Pacers 8K Results---Saturday, April 30, 2022

			FinTime	Pace	5Keq	Score
1.	Colby Mehmen	27 m	26:38	5:21	16.1	93.2
2.	Jim Dietz	62 m	29:57	6:01	18.1	101.3
3.	Paul Wells	28 m	30:12	6:05	18.3	82.2
4.	Felix Gonzalez	43 m	31:06	6:15	18.8	84.5
5.	Jose Ramirez	53 m	31:13	6:17	18.9	89.9
6.	Michael Held	56 m	31:49	6:24	19.2	90.3
7.	Daniel Chang	37 m	32:22	6:31	19.6	78.8
8.	Fernando Garcia	44 m	32:44	6:35	19.8	80.7
9.	Mani Alavi	43 m	33:05	6:39	20.0	79.4
10.	Luke Robertson	15 m	33:24	6:43	20.2	80.0
11.	William Moore	60 m	33:33	6:45	20.3	88.7
12.	Jason Bogardus	44 m	33:36	6:46	20.3	78.6

13.	Willis Ma	38 m	33:58	6:50	20.5	75.4
14.	Kevin Glover	11 m	34:54	7:01	21.1	84.4
15.	Kan Meng	56 m	35:06	7:04	21.2	81.9
16.	Don Robertson	49 m	35:36	7:10	21.5	76.6
17.	Douglas MacMahon	45 m	35:54	7:13	21.7	74.0
18.	John Cosentino	59 m	35:58	7:14	21.7	82.0
19.	Xuecheng Ye	49 m	36:04	7:15	21.8	75.6
20.	Daniele Vellani	52 m	36:15	7:18	21.9	76.8
21.	Yang Meng	53 m	36:22	7:19	22.0	77.2
22.	Olga Hunter	47 f	36:58	7:26	22.4	82.5
23.	Taisong He	31 m	37:19	7:30	22.6	66.9
24.	Pierre Lapointe	45 m	37:20	7:31	22.6	71.2
25.	Marla Maupin	49 f	37:25	7:32	22.6	82.6
26.	Stephen Russo	58 m	37:32	7:33	22.7	77.9
27.	Lixiang Chen	57 m	37:44	7:35	22.8	76.8
28.	Xiaolu Cui	39 f	37:55	7:38	22.9	76.9
29.	Yvonne Thapa	51 f	38:12	7:41	23.1	82.0
30.	Ron Wahlquist	64 m	38:54	7:50	23.5	79.6
31.	Leann Dietze	29 f	39:03	7:51	23.6	72.2
32.	Jack Liu	59 m	39:24	7:56	23.8	74.9
33.	Luoyi Zhang	43 m	40:48	8:12	24.7	64.4
34.	Linda Kelly	70 f	41:04	8:16	24.8	91.2
35.	Seth Randall	34 m	41:34	8:22	25.1	60.6
36.	Ronald Combs	60 m	42:42	8:35	25.8	69.7
37.	Jonathan Szeto	45 m	42:51	8:37	25.9	62.0
38.	Alberto Ramirez	61 m	43:17	8:42	26.2	69.4
39.	Nicole Avila	26 f	43:21	8:43	26.2	64.9
40.	Jie Wang	47 f	43:24	8:44	26.2	70.3
41.	Yunxia Cai	52 f	43:31	8:45	26.3	72.5
42.	Hongjian Li	56 f	43:44	8:48	26.4	74.5
43.	Dawn Burke	61 f	43:47	8:48	26.5	77.8
44.	Rachel Grabow	38 f	44:04	8:52	26.6	65.9
45.	Jim Cavanaugh	62 m	44:06	8:52	26.7	68.8
46.	Thomas Conlon	69 m	44:31	8:57	26.9	73.4
47.	Renee Spratlen	59 f	44:43	9:00	27.0	74.8
48.	Joy McGowen	29 f	45:07	9:05	27.3	62.5
49.	Day-Ruey Liu	63 m	45:17	9:07	27.4	67.7
50.	Zhonghui Zhang	54 m	45:22	9:08	27.4	62.3
51.	Arturo Navarro	44 m	45:28	9:09	27.5	58.1
52.	Nikolett Szabo Fulop	40 f	45:29	9:09	27.5	64.4
53.	Susan Waldron	29 f	45:50	9:13	27.7	61.5
54.	James Drumm	64 m	45:53	9:14	27.7	67.5
55.	Delaney Burns	33 m	46:17	9:19	28.0	54.3
56.	Erin Glover	37 f	46:20	9:19	28.0	62.4
57.	Glen Taylor	73 m	47:04	9:28	28.5	72.8
58.	Cassandra Eipper	33 f	47:06	9:28	28.5	60.4
59.	Benjamin Griffith	16 m	47:18	9:31	28.6	55.6
60.	Todd Griffith	47 m	47:19	9:31	28.6	56.9
61.	Shenandoah Hayes	33 f	47:37	9:35	28.8	59.8
62.	Sarah Chandler	35 f	47:44	9:36	28.9	60.1
63.	Sabrina Shi	50 f	48:10	9:41	29.1	64.6
64.	David Zeiger	40 m	48:18	9:43	29.2	53.5
65.	Zunxuan Chen	56 m	48:21	9:44	29.2	59.5
66.	Renee Mitchell	57 f	48:29	9:45	29.3	67.8
67.	Gowa Borzigin	56 f	48:32	9:46	29.3	67.1
68.	Bruce Brandeland	68 m	48:44	9:48	29.5	66.3
69.	Heather Zeiger	41 f	49:13	9:54	29.8	59.8
70.	Angela Lara Gonzalez	50 f	49:30	9:57	29.9	62.9
71.	Wally Capps	81 m	50:24	10:08	30.5	75.9
72.	Terry Gonzalez	67 f	50:54	10:14	30.8	71.1
73.	Sigi Diaz	68 m	52:17	10:31	31.6	61.8
74.	Brenda Jacobs	64 f	52:41	10:36	31.9	66.6
75.	Senthilkumar Krishnan	44 m	53:10	10:42	32.1	49.7

76.	Sarah Crystal	31 f	53:39	10:48	32.4	52.8
77.	Aisha Thapa	12 f	55:31	11:10	33.6	58.4
78.	Ira Parmar	12 f	55:31	11:10	33.6	58.4
79.	Debbie Riedner	52 f	56:14	11:19	34.0	56.1
80.	Andi Miner	77 f	56:37	11:23	34.2	72.3
81.	Ronald A. Hamilton	62 m	57:18	11:32	34.6	53.0
82.	Shuern Baw Chen	65 m	57:38	11:36	34.8	54.3
83.	Cindy Dumas	65 f	59:27	11:58	35.9	59.6
84.	Ken Ashby	69 m	1:03:27	12:46	38.4	51.5
85.	Adelisa Grace Walker	61 f	1:13:40	14:49	44.5	46.2
86.	Dennis Chupp	64 m	1:16:09	15:19	46.0	40.6
87.	Sarah Friedman	7 f	1:17:36	15:37	46.9	51.1
88.	Ann Gadberry	63 f	1:29:01	17:54	53.8	39.0

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, April 30, 2022

			FinTime	Pace	5Keq	Score
1.	Danial Torabi	11 m	4:03	6:31	23.9	74.5
2.	Julia Johnson	11 f	4:12	6:46	24.8	81.4
3.	Cayden Tao	9 m	4:31	7:16	26.7	72.0
4.	Arthur LaPointe	7 m	4:34	7:21	27.0	78.4
5.	Max Lemaev	7 m	4:41	7:32	27.7	76.4
6.	Oliver Booker	8 f	4:47	7:42	28.3	80.6
7.	Jocelyn Johnson	8 f	4:48	7:44	28.4	80.3
8.	Gustavo Aguirre	7 m	4:50	7:47	28.6	74.0
9.	Chloe Tao	11 f	5:00	8:03	29.5	68.4
10.	Andy Ma	6 m	5:01	8:04	29.6	75.5
11.	Xander Ford	6 m	5:04	8:09	29.9	74.8
12.	Sarah Friedman	7 f	5:09	8:17	30.4	78.8
13.	Abby Abbott	10 f	5:13	8:24	30.8	67.8
14.	Charlotte Booker	7 f	5:20	8:35	31.5	76.0
15.	Joy Johnson	5 f	5:23	8:40	31.8	85.0
16.	Annelise Chang	10 f	5:28	8:48	32.3	64.7
17.	Anna Szabo	6 f	5:38	9:04	33.3	76.2
18.	Ethan Chang	7 m	5:40	9:07	33.5	63.2
19.	Katelynn Chang	9 f	6:17	10:07	37.1	58.6
20.	Emily Griffith	7 f	6:35	10:36	38.9	61.6
21.	McKinley Maupin	8 f	6:37	10:39	39.1	58.2
22.	Kathryn Wahlquist	6 f	6:44	10:50	39.8	63.8
23.	Emmaline Wahlquist	5 f	6:45	10:52	39.9	67.8
24.	Mia Kosanovic	4 f	7:33	12:09	44.6	65.0
25.	Isabella Aguirre	4 f	9:16	14:55	54.8	53.0
26.	Sadie Glover	3 f	9:28	15:14	55.9	56.0
27.	James Grabow	3 m	9:44	15:40	57.5	48.1
28.	Sophie Liu	2 f	13:33	21:49	80.1	42.6
29.	Isabella LaPointe	2 f	16:55	27:14	100.0	34.1
30.	Oliver Liu	1 m	20:46	33:25	122.7	26.8

New Records:

Jim Dietz, 5K Male 60-64, 29:57 (previous record: Jim Dietz, 30:36, 12/20)

Linda Kelly, 8K Female 70-74, 41:04 (previous record: Linda Kelly, 41:10, 12/21)

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

Mary Chupp
Jim Gabhart
Debbie Brewer
Yolanda Clement
Sharise Dunlap
Keith Pannell
Ron Wahlquist