

Plano Pacers Remembrance Run 5K & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday May 27, 2023

5K TOP FINISHERS

MEN		WOMEN	
1 Paul Wells	17:37	1 Dawn Grunnagle	19:11
2 Jim Dietz	17:45	2 Jocelyn Chapman	20:38
3 Manny Mercado Jr.	18:20	3 Amy Deeble	21:51
4 Ray Langton	18:28	4 Beth Nowell	21:54
5 Ethan Massey	18:32	5 Xiaolu Cui	23:21
6 Ronny LeFebvre	18:35	6 Stephanie Bache	23:26
7 Shihui Mang	18:41	7 Kherington Glover	24:00
8 Paul Barker	18:50	8 Nancy Nguyen	24:30
9 Dane Batzel	18:57	9 Frances McKissick	24:51
10 Kevin Glover	19:35	10 Yunxia Cai	25:20
Overall: Paul Wells	17:37	Overall: Dawn Grunnagle	19:11
Master: Jim Dietz	17:45	Master: Beth Nowell	21:54
Senior: Greg Rankin	19:44	Senior: Frances McKissick	24:51
9-un: Juan Rodriguez	27:38		
Jonathan Glover	35:03		
10-14: Kevin Glover	19:35	10-14: Kherington Glover	24:00
Danial Torabi	24:55	Neha Sharan	28:27
Yuanben Zhang	25:00	Sophia Nguyen	30:08
15-19: Manny Mercado Jr.	18:20	15-19: Jocelyn Chapman	20:38
Ethan Massey	18:32	Natalie Nguyen	27:51
Cole Riedner	21:46	Dana Pham	27:51
20-24: Kyle Rubens	21:33		
Justin Gissandaner	22:28		
Guillermo Toral Jr.	23:56		
25-29: Kenny McCullough	29:22	25-29: Nidhi Patel	27:35
		Tiffany Tang	46:39
30-34: Taisong He	22:16	30-34: Amy Deeble	21:51
ben Fairall	22:43	Sarah Crystal	28:41
Josh Spiegelhauer	23:02	Katy Dass	28:55
35-39: Harlyn Pacheco	20:51	35-39: Rachel Grabow	26:57
Eric Braithwaite	23:44	Dani Steininger	30:39
Mark Burton	25:18	Erin Glover	35:03
40-44: Zhenhao Ge	21:20	40-44: Xiaolu Cui	23:21
Andrew Mount	23:15	Heather Zeiger	29:04
Luoyi Zhang	24:41	Andreea Nguyen	29:45
45-49: Ray Langton	18:28	45-49: Stephanie Bache	23:26
Dane Batzel	18:57	Nancy Nguyen	24:30
Quendell Miller	19:44	Hong Lin	27:07
50-54: Ronny LeFebvre	18:35	50-54: Yunxia Cai	25:20
Shihui Mang	18:41	Aiqing Li	26:13
Paul Barker	18:50	Sabrina Shi	27:09

55-59:	Lixiang Chen	21:45	55-59:	Leslie du Mars	25:40
	Stephen Russo	23:30		June Orth	31:51
	Pingshan Wen	25:06		Gowa Borzigin	32:25
60-64:	William Moore	20:04	60-64:	Debbie Brewer	30:37
	John Cosentino	21:24		Grace Walker	44:54
	Vijayan Nair	22:37			
65-69:	Ron Wahlquist	22:52	65-69:	Sunao Saito	30:28
	Charles Brown	26:25		Terry Gonzalez	31:13
	Alan Solano	26:29		Debye Humphrey	38:14
70-74:	Mike Fields	24:28	70-74:	Joanne Beck	49:12
	Cary Sherf	25:21			
	Tom Conlon	27:00			
75-79:	Herb Armstrong	29:21	75-79:	Andi Miner	36:39
	Dexter Cook	37:57			
	Alfred Wilkinson	38:36			
80-84:	Wally Capps	33:26			
	Bill Shirley	34:34			
	David Hundt	59:08			
Clydes:	Daniel Rodriguez	29:38	Athena:	Carmen Minsal	38:01
	William Swafford	47:41			
	John Kramer	49:13			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	4:43	1 Joy Johnson	4:54
2	Joel Shulman	5:37	2 Kayla Carela	6:05
BOYS 7-9		GIRLS 7-9		
1	Jonah Nowell	4:15	1 Jocelyn Johnson	4:52
2	Arthur LaPointe	4:21	2 Charlotte Joffrion	5:15
BOYS 10-12		GIRLS 10-12		
1	Danial Torabi	4:44	1 Caroline Joffrion	5:41
2	Jacob Martinez	4:48	2 Annabelle Nowell	8:46

Plano Pacers 5K Results---Saturday, May 27, 2023

			FinTime	Pace	5Keq	Score
1.	Paul Wells	29 m	17:37	5:40	17.6	85.4
2.	Jim Dietz	63 m	17:45	5:43	17.7	104.4
3.	Manny Mercado Jr.	17 m	18:20	5:54	18.3	85.6
4.	Ray Langton	48 m	18:28	5:57	18.5	88.7
5.	Ethan Massey	15 m	18:32	5:58	18.5	87.2
6.	Ronny LeFebvre	51 m	18:35	5:59	18.6	90.0
7.	Shihui Mang	53 m	18:41	6:01	18.7	90.8
8.	Paul Barker	53 m	18:50	6:04	18.8	90.1
9.	Dane Batzel	45 m	18:57	6:06	18.9	84.8
10.	Dawn Grunnagle	45 f	19:11	6:10	19.2	94.9
11.	Kevin Glover	12 m	19:35	6:18	19.6	88.3
12.	Quendell Miller	49 m	19:44	6:21	19.7	83.5
13.	Greg Rankin	56 m	19:44	6:21	19.7	88.1
14.	Guillermo Toral	51 m	19:51	6:23	19.8	84.2
15.	William Moore	61 m	20:04	6:28	20.1	90.6
16.	O'neal Barnett	49 m	20:24	6:34	20.4	80.8
17.	Mark Miller	45 m	20:26	6:35	20.4	78.6
18.	Jocelyn Chapman	15 f	20:38	6:38	20.6	88.8

19.	Jason Bogardus	45 m	20:45	6:41	20.7	77.4
20.	Harlyn Pacheco	39 m	20:51	6:43	20.8	74.6
21.	Pierre Lapointe	46 m	20:56	6:44	20.9	77.2
22.	Johnny Chen	54 m	21:10	6:49	21.2	80.8
23.	Zhenhao Ge	41 m	21:20	6:52	21.3	73.7
24.	Salman Khan	45 m	21:23	6:53	21.4	75.1
25.	John Cosentino	60 m	21:24	6:53	21.4	84.1
26.	Kyle Rubens	21 m	21:33	6:56	21.5	70.4
27.	Rick Nguyen	50 m	21:36	6:57	21.6	76.9
28.	Lixiang Chen	58 m	21:45	7:00	21.7	81.3
29.	Cole Riedner	19 m	21:46	7:00	21.8	70.6
30.	Amy Deeble	31 f	21:51	7:02	21.8	78.3
31.	Beth Nowell	44 f	21:54	7:03	21.9	82.7
32.	Daniele Vellani	53 m	22:03	7:06	22.0	77.0
33.	Taisong He	32 m	22:16	7:10	22.3	68.0
34.	Justin Gissandaner	24 m	22:28	7:14	22.5	66.9
35.	Luke Polito	18 m	22:30	7:15	22.5	69.0
36.	Vijayan Nair	60 m	22:37	7:17	22.6	79.6
37.	Nathan Nguyen	16 m	22:42	7:18	22.7	70.0
38.	ben Fairall	32 m	22:43	7:19	22.7	66.7
39.	Leith Brandeland	47 m	22:47	7:20	22.8	71.4
40.	Ron Wahlquist	65 m	22:52	7:22	22.9	82.7
41.	Josh Spiegelhauer	32 m	23:02	7:25	23.0	65.7
42.	Guofan Chen	51 m	23:06	7:26	23.1	72.4
43.	Ben Torabi	48 m	23:13	7:28	23.2	70.5
44.	Andrew Mount	42 m	23:15	7:29	23.2	67.9
45.	Xiaolu Cui	40 f	23:21	7:31	23.3	75.9
46.	Stephanie Bache	49 f	23:26	7:33	23.4	79.7
47.	Zachary Shirley	32 m	23:29	7:34	23.5	64.5
48.	Stephen Russo	59 m	23:30	7:34	23.5	75.9
49.	Brian Bartkoski	52 m	23:33	7:35	23.5	71.5
50.	Min Lai	49 m	23:41	7:37	23.7	69.6
51.	Eric Braithwaite	35 m	23:44	7:38	23.7	64.4
52.	Guillermo Toral Jr.	24 m	23:56	7:42	23.9	62.8
53.	Kherington Glover	14 f	24:00	7:43	24.0	77.8
54.	Jason Zheng	48 m	24:10	7:47	24.2	67.8
55.	Yang Meng	54 m	24:23	7:51	24.4	70.1
56.	Mike Fields	72 m	24:28	7:52	24.5	83.7
57.	Jim Cavanaugh	63 m	24:29	7:53	24.5	75.7
58.	Nancy Nguyen	47 f	24:30	7:53	24.5	75.3
59.	Luoyi Zhang	44 m	24:41	7:57	24.7	64.7
60.	Pedro Garces	48 m	24:47	7:59	24.8	66.1
61.	Francesc McKissick	61 f	24:51	8:00	24.8	82.9
62.	Danial Torabi	12 m	24:55	8:01	24.9	69.4
63.	Yuanben Zhang	13 m	25:00	8:03	25.0	67.4
64.	Sridhar Rajagopal	45 m	25:02	8:03	25.0	64.2
65.	Pingshan Wen	56 m	25:06	8:05	25.1	69.2
66.	Mark Burton	35 m	25:18	8:09	25.3	60.4
67.	Yunxia Cai	53 f	25:20	8:09	25.3	75.9
68.	Cary Sherf	70 m	25:21	8:10	25.3	78.9
69.	Jeffrey Simon	47 m	25:33	8:13	25.5	63.7
70.	Leslie du Mars	56 f	25:40	8:16	25.7	76.7
71.	Alan Kaplan	59 m	25:42	8:16	25.7	69.4
72.	Joe Smith	58 m	25:48	8:18	25.8	68.5
73.	Michael Hundt	47 m	25:56	8:21	25.9	62.7
74.	Aiqing Li	50 f	26:13	8:26	26.2	71.8
75.	Julio Rangel	33 m	26:16	8:27	26.3	57.8
76.	Wesley Liu	21 m	26:18	8:28	26.3	57.7
77.	Charles Brown	68 m	26:25	8:30	26.4	73.9
78.	Alan Solano	67 m	26:29	8:31	26.5	72.9
79.	Doug Waters	58 m	26:36	8:34	26.6	66.5
80.	Rachel Grabow	39 f	26:57	8:40	26.9	65.4
81.	Tom Conlon	70 m	27:00	8:41	27.0	74.0

82.	Hong Lin	48 f	27:07	8:44	27.1	68.4
83.	Sabrina Shi	51 f	27:09	8:44	27.1	69.8
84.	Andres Orbe	23 m	27:22	8:49	27.4	55.0
85.	Matthew Blokzyl	51 m	27:25	8:49	27.4	61.0
86.	Bruce Brandeland	69 m	27:33	8:52	27.5	71.7
87.	Nidhi Patel	29 f	27:35	8:53	27.6	61.8
88.	Jiabin Zhao	40 m	27:36	8:53	27.6	56.6
89.	Juan Rodriguez	8 m	27:38	8:54	27.6	72.7
90.	Julian Rodriguez	45 m	27:38	8:54	27.6	58.2
91.	Kayden Massey	13 m	27:39	8:54	27.6	60.9
92.	David Zeiger	41 m	27:41	8:55	27.7	56.8
93.	Tony Tang	62 m	27:49	8:57	27.8	66.0
94.	Ted Chapman	52 m	27:50	8:58	27.8	60.5
95.	Natalie Nguyen	17 f	27:51	8:58	27.8	63.8
96.	Dana Pham	17 f	27:51	8:58	27.8	63.8
97.	Day-Ruey Liu	64 m	28:11	9:04	28.2	66.4
98.	Neha Sharan	14 f	28:27	9:09	28.4	65.6
99.	David Chafino	41 m	28:31	9:11	28.5	55.1
100.	Robert Cui	11 m	28:35	9:12	28.6	62.3
101.	Glen Taylor	74 m	28:39	9:13	28.6	73.3
102.	Sarah Crystal	32 f	28:41	9:14	28.7	59.8
103.	Yue Cao	48 f	28:48	9:16	28.8	64.4
104.	Bill Kipp	49 m	28:51	9:17	28.8	57.1
105.	Katy Dass	33 f	28:55	9:18	28.9	59.5
106.	Heather Zeiger	42 f	29:04	9:21	29.1	61.6
107.	Michael Bardee	67 m	29:10	9:23	29.2	66.2
108.	Russell Joffrion	41 m	29:12	9:24	29.2	53.8
109.	Herb Armstrong	75 m	29:21	9:27	29.3	72.5
110.	Kenny McCullough	26 m	29:22	9:27	29.4	51.1
111.	Daniel Rodriguez	29 m	29:38	9:32	29.6	50.7
112.	Andreea Nguyen	43 f	29:45	9:35	29.7	60.5
113.	Jeff Smith	62 m	29:51	9:36	29.8	61.5
114.	Robert Benson	73 m	29:55	9:38	29.9	69.3
115.	Eric Dong	13 m	29:57	9:38	29.9	56.2
116.	Mark Simon	57 m	30:05	9:41	30.1	58.3
117.	Sophia Nguyen	13 f	30:08	9:42	30.1	63.3
118.	Kenny Gardner	70 m	30:11	9:43	30.2	66.2
119.	Dat Pham	54 m	30:15	9:44	30.2	56.5
120.	Daniel Cohan	31 m	30:18	9:45	30.3	49.8
121.	Erasmio Rojas	71 m	30:27	9:48	30.4	66.4
122.	Sunao Saito	69 f	30:28	9:48	30.5	73.5
123.	Debbie Brewer	63 f	30:37	9:51	30.6	68.6
124.	Dani Steininger	38 f	30:39	9:52	30.6	57.3
125.	Pascal Shirley	42 m	30:41	9:53	30.7	51.5
126.	Catherine Joffrion	12 f	31:02	9:59	31.0	63.1
127.	Maria Clara Cabrera	33 f	31:05	10:00	31.1	55.4
128.	Meng Zhao	48 m	31:07	10:01	31.1	52.6
129.	Terry Gonzalez	68 f	31:13	10:03	31.2	70.9
130.	Carly Massey	41 f	31:24	10:06	31.4	56.7
131.	Gloria De Jesus	48 f	31:26	10:07	31.4	59.0
132.	Denise Langford	53 f	31:43	10:13	31.7	60.6
133.	James Langford	56 m	31:44	10:13	31.7	54.8
134.	June Orth	59 f	31:51	10:15	31.8	63.5
135.	Gowa Borzigin	57 f	32:25	10:26	32.4	61.3
136.	Rod Elkins	55 m	32:44	10:32	32.7	52.7
137.	Shungo Saito	64 m	33:08	10:40	33.1	56.5
138.	Gabriela Morales	45 f	33:14	10:42	33.2	54.8
139.	Xinji Li	73 m	33:16	10:42	33.3	62.3
140.	Wally Capps	82 m	33:26	10:46	33.4	70.3
141.	Cathy De Jesus	30 f	33:28	10:46	33.5	51.0
142.	Sanjay Patel	51 m	34:00	10:57	34.0	49.2
143.	Leonard Yager	59 m	34:26	11:05	34.4	51.8
144.	Bill Shirley	80 m	34:34	11:08	34.6	66.0

145.	Ryan Glover	39 m	34:39	11:09	34.6	44.9
146.	Enxi Huang	58 f	35:00	11:16	35.0	57.3
147.	Jonathan Glover	9 m	35:03	11:17	35.0	54.8
148.	Erin Glover	38 f	35:03	11:17	35.0	50.1
149.	Tarcizio Morales	52 m	35:50	11:32	35.8	47.0
150.	William Bilyeu	35 m	36:04	11:37	36.1	42.4
151.	Andi Miner	78 f	36:39	11:48	36.6	68.5
152.	Karen Rojas	39 f	37:09	11:57	37.1	47.5
153.	Debbie Riedner	53 f	37:29	12:04	37.5	51.3
154.	Dexter Cook	79 m	37:57	12:13	37.9	59.2
155.	Carmen Minsal	30 f	38:01	12:14	38.0	44.9
156.	Debye Humphrey	69 f	38:14	12:18	38.2	58.6
157.	Alfred Wilkinson	75 m	38:36	12:25	38.6	55.1
158.	Jeffrey Beck	74 m	38:41	12:27	38.7	54.3
159.	Ken Ashby	70 m	38:53	12:31	38.9	51.4
160.	Julie Bilyeu	33 f	38:58	12:33	39.0	44.2
161.	Jerardy Carela	33 f	39:41	12:46	39.7	43.4
162.	Pedro Carela	34 m	39:42	12:47	39.7	38.4
163.	Melissa Hayes	35 f	40:31	13:02	40.5	42.8
164.	Ridhi Patel	33 f	41:10	13:15	41.2	41.8
165.	Jennifer Windlow	49 f	42:31	13:41	42.5	43.9
166.	Manoj Agrawal	53 m	43:03	13:51	43.0	39.4
167.	grace walker	62 f	44:54	14:27	44.9	46.3
168.	Angela Lewis	45 f	45:13	14:33	45.2	40.3
169.	Carlos Rivas	48 m	45:23	14:36	45.4	36.1
170.	Johanna Rivas	44 f	45:26	14:37	45.4	39.8
171.	Vijay Patel	63 m	46:02	14:49	46.0	40.2
172.	Tiffany Tang	26 f	46:39	15:01	46.6	36.4
173.	Mahsa Fardin	43 f	46:56	15:06	46.9	38.4
174.	William Swafford	71 m	47:41	15:21	47.7	42.4
175.	Joanne Beck	72 f	49:12	15:50	49.2	47.2
176.	John Kramer	61 m	49:13	15:50	49.2	36.9
177.	Sudarshan Majmudar	71 m	51:03	16:26	51.0	39.6
178.	Ed Humphrey	72 m	51:21	16:32	51.3	39.9
179.	Beena Patel	59 f	55:51	17:59	55.8	36.2
180.	Neera Agrawal	49 f	55:52	17:59	55.9	33.4
181.	Kalpana Majmudar	68 f	56:34	18:12	56.6	39.1
182.	Karen Wise	49 f	58:54	18:57	58.9	31.7
183.	Jenny Hundt	51 f	58:55	18:58	58.9	32.2
184.	David Hundt	80 m	59:08	19:02	59.1	38.6

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, May 27, 2023

			FinTime	Pace	5Keq	Score
1.	Jonah Nowell	9 m	4:15	6:50	25.1	76.5
2.	Arthur LaPointe	8 m	4:21	7:00	25.7	78.2
3.	Teddy Hendricks	9 m	4:28	7:11	26.4	72.8
4.	Angel Garcia	6 m	4:43	7:35	27.9	80.3
5.	Danial Torabi	12 m	4:44	7:37	28.0	61.8
6.	Jacob Martinez	10 m	4:48	7:44	28.4	65.1
7.	Jocelyn Johnson	9 f	4:52	7:50	28.8	75.7
8.	Joy Johnson	6 f	4:54	7:53	29.0	87.7
9.	Luke Nguyen	10 m	5:13	8:24	30.8	59.9
10.	Charlotte Joffrion	8 f	5:15	8:27	31.0	73.4
11.	Edward Moscrey	10 m	5:27	8:46	32.2	57.3
12.	Joseph Moscrey	7 m	5:33	8:56	32.8	64.5
13.	Joel Shulman	6 m	5:37	9:02	33.2	67.5
14.	Nike Dass	8 f	5:38	9:04	33.3	68.4
15.	Caroline Joffrion	11 f	5:41	9:09	33.6	60.1
16.	Ariel Ge	8 f	5:49	9:22	34.4	66.3
17.	Bobbi Hendricks	7 f	5:57	9:35	35.2	68.2
18.	Kayla Carela	5 f	6:05	9:47	35.9	75.2
19.	Savannah Nowell	7 f	6:17	10:07	37.1	64.6
20.	Ana Nguyen	7 f	6:33	10:33	38.7	61.9

21.	Jacob Moscrey	7 m	7:02	11:19	41.6	50.9
22.	Edie Dass	8 f	7:16	11:42	42.9	53.0
23.	Luke Richards	3 m	7:33	12:09	44.6	62.0
24.	Marlo Simon	3 f	7:40	12:20	45.3	69.2
25.	Matthew Moscrey	5 m	7:45	12:28	45.8	52.1
26.	Sadie Glover	4 f	7:46	12:30	45.9	63.2
27.	Elizabeth Moscrey	1 f	7:49	12:35	46.2	80.8
28.	Isabella LaPointe	3 f	8:10	13:09	48.3	65.0
* 29.	EllaJoy Nowell	3 f	8:45	14:05	51.7	
30.	Annabelle Nowell	10 f	8:46	14:07	51.8	40.4
31.	Emma Grabow	2 f	9:09	14:44	54.1	63.0
32.	Dashton Dass	4 m	10:11	16:23	60.2	42.6
33.	Ezekiel Carela	3 m	11:11	18:00	66.1	41.9
34.	Elise Glover	2 f	11:37	18:42	68.6	49.7

* Stroller-aided

New Records:

Dawn Grunnagle, 5K Female 45-49, 19:11 (previous record: Barbara Luciano, 19:56, 07/97)

Jim Dietz, 5K Male 60-64, 17:45 (previous record: Jim Dietz, 17:48, 03/22)

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

Bettye Haynes

Charles Brown

Sarah Hendricks

Steve Russo

Sue Purser

Debbie Brewer

Chris Brewer

Andrea Nguyen

Ron Wahlquist