

Plano Pacers Millet Mile, Ken Ashby 5K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday June 24, 2023

1 mile TOP FINISHERS

MEN		WOMEN		
1	Alex Riba	4:41	1 Krystal Quiroga	5:22
2	John Singler	4:44	2 Evanna Jacobsen	5:31
3	Joshua Scaife	4:58	3 Jenna Jacobsen	5:37
4	Paul Anderson	4:59	4 Dawn Grunnagle	5:41
5	Gustavo Aguirre	5:01	5 Abigail Bray	5:42
6	Aaron Purser	5:06	6 Aubrey Olson	5:57
7	Shihui Mang	5:08	7 Becky Angeles	6:05
8	Jim Dietz	5:08	8 Charlotte Traylor	6:06
9	Rhett Austin	5:13	9 Tara Bouck	6:14
10	Alberto Castro	5:15	10 Laura Mitchell	6:17
Overall: Alex Riba		4:41	Overall: Krystal Quiroga	5:22
Master: Shihui Mang		5:08	Master: Dawn Grunnagle	5:41
Senior: Jim Dietz		5:08	Senior: Andrea Hudson Baldwin	6:45
9-un: Elvin Smith		6:24	9-un: Anna Szabo	9:30
Joshua Ma		7:52		
Arthur Lepointe		8:01		
10-14: Rhett Austin		5:13	10-14: Jenna Jacobsen	5:37
Noah Verdin		5:20	Elyse Mayrosh	6:21
Edward Davis		5:48	Zoey Burrows	6:23
15-19: Joshua Scaife		4:58	15-19: Evanna Jacobsen	5:31
Luke Polito		7:07	Abigail Bray	5:42
Nathan Nguyen		9:12	Charlotte Traylor	6:06
20-24: Paul Anderson		4:59	20-24: Taylor Bouck	8:48
Guillermo Toral Jr.		6:45		
Joseph Jonathan Hiponia		8:11		
25-29: John Singler		4:44	25-29: Aubrey Olson	5:57
Nick Blachly		5:25		
Erik Tristan		5:31		
30-34: Gustavo Aguirre		5:01	30-34: Leann Dietze	6:44
Aaron Purser		5:06	Katy Dass	8:02
Bryan Eberhard		5:17	Sarah Crystal	8:24
35-39: Eric Braithwaite		7:02	35-39: Jennifer Ma	9:08
Seth Randall		9:23	Lindsay Robbins	10:24
Tamas Szabo		9:33		
40-44: Alberto Castro		5:15	40-44: Xiaolu Cui	7:40
Alex Castro		5:38	Erin Larue	8:14
James Pennington		5:52	Andreea Nguyen	8:16
45-49: Ray Langton		5:23	45-49: Becky Angeles	6:05
Jason Bogardus		5:49	Laura Mitchell	6:17
Jonathan Card		5:56	Jessica Jacobsen	6:37
50-54: Paul Barker		5:26	50-54: Yunxia Cai	7:08
Hector Delgado		6:04	Sabrina Shi	7:40
Johnny Chen		6:08	Michelle Bouck	8:12

55-59:	Michael Held Greg Rankin Alan Kaplan	5:49 5:58 7:22	55-59:	Leslie Du Mars	7:44
60-64:	John Cosentino Vijayan Nair James Royal	6:13 6:38 6:57	60-64:	Frances Mckissick	7:34
65-69:	Ron Wahlquist Matt Pierret Bradley Gardner	6:17 6:32 7:06	65-69:	Sunao Saito Sherry Freeland Debye Humphrey	9:36 10:07 11:01
70-74:	Mike Fields Cary Sherf Tom Conlon	7:16 7:39 8:19	70-74:	Marisa Quinones	11:39
75-79:	Bruce Johnson Alan Davis Jeffrey Beck	9:36 11:05 11:37			
80-84:	Bill Shaw Bill Shirley Wally Capps	7:27 9:47 10:34			
85-ov:	James Thruston	12:02			
Clydes:	John Kramer William Swafford Ed Humphrey	13:58 16:07 19:41			

5K TOP FINISHERS

MEN			WOMEN		
1	Raphael Garza	18:44	1	Krystal Quiroga	19:35
2	Jim Dietz	20:11	2	Sara Dietz	19:49
3	Thomas Le	20:14	3	Becky Angeles	21:30
4	Ian McCormick	20:14	4	Karen Austin	21:48
5	Michael Held	20:23	5	Abby Spiars	22:11
6	Mark Saloma	20:54	6	Tara Bouck	22:39
7	Rick Nguyen	21:03	7	Xiaolu Cui	22:42
8	Jason Bogardus	21:12	8	Aubrey Olson	22:50
9	Mark Miller	21:13	9	Blair Neumayer	22:54
10	Noah Sterling	21:21	10	Nancy Nguyen	23:01
Overall:	Raphael Garza	18:44	Overall:	Krystal Quiroga	19:35
Master:	Jim Dietz	20:11	Master:	Becky Angeles	21:30
Senior:	Michael Held	20:23	Senior:	Andrea Hudson Baldwin	24:23
9-un:	Andy Ma Juan Rodriguez	28:16 30:02	9-un:	Marlo Simon	31:17
10-14:	Rhett Austin Miguel Rodriguez Alex Mendoza	22:26 22:29 24:07	10-14:	Isabelle Kerran Jenna Priest Ava Gulick	23:10 24:04 25:50
15-19:	Thomas Le Ian McCormick Mark Saloma	20:14 20:14 20:54	15-19:	Abby Spiars Tara Bouck Blair Neumayer	22:11 22:39 22:54
20-24:	Guillermo Toral Jr.	25:45			

25-29:	Gabriel Siegel Tanner Bouck Shokhvrit Mand	22:23 24:56 25:07	25-29:	Aubrey Olson Kezia Martin Allyson Sproul	22:50 26:42 39:49
30-34:	Josh Spiegelhauer Ted Butler Mathew Malian	22:55 27:06 28:56	30-34:	Leann Dietze Christine Narciso Sarah Crystal	25:05 27:09 31:23
35-39:	Seth Randall Eric Braithwaite Tamas Szabo	23:32 25:05 28:02	35-39:	Lindsay Robbins Karen Rojas Linh Nguyen	39:05 39:19 54:31
40-44:	Allan Ng Jose Mejia James Kimbrough	21:52 27:15 27:15	40-44:	Xiaolu Cui Rebecca O Sullivan Noelle Ng	22:42 23:49 26:34
45-49:	Jason Bogardus Mark Miller O'neal Barnett	21:12 21:13 22:25	45-49:	Nancy Nguyen Jessica Jacobsen Shaorong Chang	23:01 23:16 25:35
50-54:	Rick Nguyen Paul Barker Yang Meng	21:03 21:41 25:08	50-54:	Karen Austin Yunxia Cai Aiqing Li	21:48 25:33 25:36
55-59:	Greg Rankin Stephen Russo Pingshan Wen	21:27 25:05 25:34	55-59:	Leslie Du Mars June Orth	26:32 34:51
60-64:	John Cosentino Vijayan Nair Alberto Ramirez	24:16 24:56 26:03	60-64:	Frances Mckissick Grace Walker	25:38 50:51
65-69:	Charles Brown Michael Bardee Sigi Diaz	27:52 28:16 29:26	65-69:	Sunao Saito Sherry Freeland Jay Sheth	31:26 35:22 42:02
70-74:	Mike Fields Tom Conlon Cary Sherf	24:14 26:59 28:35	70-74:	Sharon Byrne	45:04
75-79:	J. A. Brown Bruce Johnson Alfred Wilkinson	31:34 34:34 39:44	75-79:	Andi Miner	43:35
80-84:	Bill Shaw Wally Capps Bill Shirley	28:08 37:15 42:22	80-84:	Nancy Lowden	51:44
Clydes:	Ted Roberts William Swafford	30:29 53:46			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Joel Shulman	4:51	1 Lincoln Quiroga	5:01
2	Daniel Castro	6:04	2 Rowan Jones	5:50
BOYS 7-9		GIRLS 7-9		
1	Suvan Shah	5:57	1 Nike Dass	5:32
			2 Ana Nguyen	5:33

BOYS 10-12
 1 Easton Jones
 2 Max Davis

4:43
 6:49

GIRLS 10-12
 1 Lizzie Oldham

9:00

Plano Pacers 1 mile Results---Saturday, June 24, 2023

			FinTime	Pace	5Keq	Score
1.	Alex Riba	29 m	4:41.9	4:42	16.0	93.7
2.	John Singler	25 m	4:44.5	4:45	16.2	92.7
3.	Joshua Scaife	18 m	4:58.5	4:59	17.0	91.3
4.	Paul Anderson	23 m	4:59.3	4:59	17.0	88.4
5.	Gustavo Aguirre	30 m	5:01.6	5:02	17.2	87.8
6.	Aaron Purser	30 m	5:06.7	5:07	17.5	86.3
7.	Shihui Mang	53 m	5:08.4	5:08	17.5	96.7
8.	Jim Dietz	63 m	5:08.8	5:09	17.6	105.4
9.	Rhett Austin	14 m	5:13.6	5:14	17.8	92.3
10.	Alberto Castro	42 m	5:15.9	5:16	18.0	87.9
11.	Bryan Eberhard	33 m	5:17.4	5:17	18.1	84.1
12.	Noah Verdin	14 m	5:20.5	5:21	18.2	90.3
13.	Krystal Quiroga	36 f	5:22.9	5:23	18.4	94.7
14.	Ray Langton	48 m	5:23.2	5:23	18.4	89.0
15.	Nick Blachly	27 m	5:25.6	5:26	18.5	81.0
16.	Paul Barker	53 m	5:26.7	5:27	18.6	91.3
17.	Erik Tristan	29 m	5:31.1	5:31	18.8	79.8
18.	Evanna Jacobsen	16 f	5:31.6	5:32	18.9	95.5
19.	Jenna Jacobsen	14 f	5:37.7	5:38	19.2	97.1
20.	Alex Castro	41 m	5:38.6	5:39	19.3	81.6
21.	Dawn Grunnagle	45 f	5:41.6	5:42	19.4	93.7
22.	Abigail Bray	16 f	5:42.9	5:43	19.5	92.4
23.	Edward Davis	13 m	5:48.7	5:49	19.8	84.9
24.	Jason Bogardus	45 m	5:49.0	5:49	19.9	80.9
25.	Michael Held	57 m	5:49.8	5:50	19.9	88.1
26.	Josh Spiegelhauer	32 m	5:51.7	5:52	20.0	75.7
27.	James Pennington	44 m	5:52.4	5:52	20.1	79.7
28.	Tamir Marom	11 m	5:54.1	5:54	20.1	88.4
29.	Jonathan Card	47 m	5:56.5	5:57	20.3	80.2
30.	Aubrey Olson	26 f	5:57.8	5:58	20.4	83.5
31.	Greg Rankin	56 m	5:58.0	5:58	20.4	85.3
32.	Gabriel Siegel	28 m	6:02.2	6:02	20.6	72.9
33.	O'neal Barnett	49 m	6:02.6	6:03	20.6	79.9
34.	Hector Delgado	54 m	6:04.5	6:05	20.7	82.5
35.	Becky Angeles	46 f	6:05.7	6:06	20.8	88.0
36.	Alex Rojas	34 m	6:06.1	6:06	20.8	73.1
37.	Charlotte Traylor	16 f	6:06.3	6:06	20.8	86.5
38.	Johnny Chen	54 m	6:08.7	6:09	21.0	81.5
39.	John Cosentino	60 m	6:13.1	6:13	21.2	84.8
40.	Rick Nguyen	50 m	6:13.8	6:14	21.3	78.0
41.	Tanner Bouck	25 m	6:14.3	6:14	21.3	70.5
42.	Tara Bouck	17 f	6:14.9	6:15	21.3	83.3
43.	Ron Wahlquist	65 m	6:17.2	6:17	21.5	88.1
44.	Laura Mitchell	46 f	6:17.3	6:17	21.5	85.3
45.	Doris Knezevic	16 f	6:20.0	6:20	21.6	83.3
46.	Julian Rodriguez	45 m	6:20.6	6:21	21.7	74.2
47.	Elyse Mayrosh	14 f	6:21.7	6:22	21.7	85.9
48.	Shane Purser	30 m	6:23.0	6:23	21.8	69.1
49.	Zoey Burrows	11 f	6:23.8	6:24	21.8	92.5
50.	Elvin Smith	8 m	6:24.8	6:25	21.9	91.8
51.	Jenna Priest	13 f	6:30.4	6:30	22.2	85.9
52.	Matt Pierret	65 m	6:32.7	6:33	22.3	84.6
53.	Yang Meng	54 m	6:34.5	6:35	22.4	76.2
54.	Jessica Jacobsen	48 f	6:37.0	6:37	22.6	82.2
55.	Vijayan Nair	60 m	6:38.5	6:39	22.7	79.4
56.	Vijayaraghava Reddy	45 m	6:41.1	6:41	22.8	70.4
57.	Leann Dietze	31 f	6:44.1	6:44	23.0	74.4

58.	Andrea Hudson Baldwin	63 f	6:45.1	6:45	23.1	91.1
59.	Guillermo Toral Jr.	24 m	6:45.9	6:46	23.1	65.1
60.	James Kimbrough	43 m	6:53.1	6:53	23.5	67.6
61.	James Royal	61 m	6:57.8	6:58	23.8	76.4
62.	Annabelle Angeles	12 f	6:57.8	6:58	23.8	82.4
63.	Rod Evans	54 m	6:59.3	6:59	23.9	71.7
64.	Chad Kaneshige	47 m	7:00.4	7:00	23.9	68.0
65.	Eric Braithwaite	35 m	7:02.9	7:03	24.1	63.5
66.	Mohammed Samod	29 m	7:04.4	7:04	24.1	62.3
67.	Min Lai	49 m	7:05.2	7:05	24.2	68.1
68.	Jason Zheng	48 m	7:05.2	7:05	24.2	67.7
69.	Bradley Gardner	65 m	7:06.1	7:06	24.2	78.0
70.	Nancy Nguyen	47 f	7:06.3	7:06	24.3	76.0
71.	Luke Polito	18 m	7:07.1	7:07	24.3	63.8
72.	Yunxia Cai	54 f	7:08.1	7:08	24.4	79.6
73.	Jim Cavanaugh	63 m	7:11.3	7:11	24.5	75.5
74.	Mike Fields	72 m	7:16.6	7:17	24.8	82.4
75.	Danial Torabi	12 m	7:19.0	7:19	25.0	69.2
76.	Daniel Cohan	32 m	7:21.7	7:22	25.1	60.2
77.	Alan Kaplan	59 m	7:22.8	7:23	25.2	70.8
78.	Stephen Russo	59 m	7:22.9	7:23	25.2	70.8
79.	Michael Hundt	47 m	7:26.3	7:26	25.4	64.1
80.	Bill Shaw	80 m	7:27.0	7:27	25.4	89.6
81.	Charles Brown	68 m	7:29.4	7:29	25.6	76.4
82.	Charlotte Hodges	13 f	7:29.6	7:30	25.6	74.6
83.	Frances Mckissick	61 f	7:34.5	7:35	25.9	79.6
84.	Shaorong Chang	45 f	7:38.4	7:38	26.1	69.8
85.	Cary Sherf	70 m	7:39.0	7:39	26.1	76.5
86.	Sabrina Shi	52 f	7:40.0	7:40	26.2	72.9
87.	Xiaolu Cui	40 f	7:40.5	7:41	26.2	67.6
88.	Leslie Du Mars	56 f	7:44.1	7:44	26.4	74.6
89.	Greg Tonian	63 m	7:52.1	7:52	26.9	69.0
90.	Joshua Ma	9 m	7:52.3	7:52	26.9	71.5
91.	James Drumm	65 m	7:52.5	7:53	26.9	70.3
92.	Pingshan Wen	57 m	7:52.8	7:53	26.9	65.2
93.	Pierre Lapointe	46 m	7:55.5	7:56	27.1	59.8
94.	Arthur Lapointe	8 m	8:01.7	8:02	27.4	73.3
95.	Katy Dass	33 f	8:02.3	8:02	27.4	62.7
96.	Joseph Jonathan Hiponia	24 m	8:11.5	8:12	28.0	53.7
97.	Michelle Bouck	54 f	8:12.1	8:12	28.0	69.2
98.	Erin Larue	40 f	8:14.5	8:15	28.1	63.0
99.	Andreea Nguyen	43 f	8:16.6	8:17	28.3	63.7
100.	Tom Conlon	70 m	8:19.8	8:20	28.4	70.3
101.	Sarah Crystal	32 f	8:24.2	8:24	28.7	59.8
102.	Robyn Bray	43 f	8:25.4	8:25	28.8	62.6
103.	Isaac Yeager	8 m	8:31.5	8:32	29.1	69.0
104.	Kenny Gardner	70 m	8:36.6	8:37	29.4	68.0
105.	Chad Sterling	55 m	8:38.3	8:38	29.5	58.5
106.	Taylor Bouck	21 f	8:48.6	8:49	30.1	57.2
107.	Song Wu	58 m	9:00.2	9:00	30.7	57.5
108.	Robert Benson	73 m	9:00.9	9:01	30.8	67.4
109.	Jennifer Ma	39 f	9:08.2	9:08	31.2	56.5
110.	Yue Cao	48 f	9:08.3	9:08	31.2	59.5
111.	Nathan Nguyen	16 m	9:12.7	9:13	31.5	50.6
112.	Alina Nguyen	14 f	9:13.1	9:13	31.5	59.3
113.	Natalie Nguyen	17 f	9:13.2	9:13	31.5	56.5
114.	Andy Beach	65 m	9:18.3	9:18	31.8	59.5
115.	Michael Bardee	67 m	9:18.8	9:19	31.8	60.8
116.	Aiqing Li	51 f	9:19.8	9:20	31.9	59.5
117.	Seth Randall	35 m	9:23.3	9:23	32.1	47.7
118.	Max Randall	8 m	9:23.4	9:23	32.1	62.7
119.	Xinji Li	73 m	9:26.6	9:27	32.2	64.3
120.	Anna Szabo	7 f	9:30.7	9:31	32.5	73.8

121.	Tamas Szabo	39 m	9:33.4	9:33	32.6	47.7
122.	Aj Angeles	8 m	9:33.9	9:34	32.7	61.5
123.	Nikolett Szabo Fulop	41 f	9:33.9	9:34	32.7	54.5
124.	Bruce Johnson	76 m	9:36.2	9:36	32.8	65.7
125.	Sunao Saito	69 f	9:36.3	9:36	32.8	68.3
126.	Bill Shirley	80 m	9:47.6	9:48	33.4	68.2
127.	Sherry Freeland	68 f	10:07.8	10:08	34.6	64.0
128.	Julie Bilyeu	34 f	10:14.6	10:15	35.0	49.4
129.	Lindsay Robbins	39 f	10:24.6	10:25	35.5	49.6
130.	Wally Capps	82 m	10:34.2	10:34	36.1	65.1
131.	Charlotte Brown	31 f	10:42.1	10:42	36.5	46.8
132.	William Bilyeu	36 m	10:52.8	10:53	37.1	41.3
133.	Shungo Saito	64 m	10:55.0	10:55	37.3	50.2
134.	Debye Humphrey	69 f	11:01.8	11:02	37.7	59.5
135.	Alan Davis	78 m	11:05.5	11:06	37.9	58.5
136.	Elise Harper	54 f	11:07.7	11:08	38.0	51.0
137.	Emma Jameson	18 f	11:08.6	11:09	38.0	46.2
138.	Elizabeth George	34 f	11:13.6	11:14	38.3	45.1
139.	Debbie Riedner	53 f	11:28.6	11:29	39.2	49.1
140.	Christine Narciso	33 f	11:31.4	11:31	39.3	43.7
141.	Ted Butler	34 m	11:31.5	11:32	39.3	38.7
142.	Ken Ashby	70 m	11:35.4	11:35	39.6	50.5
143.	Jeffrey Beck	75 m	11:37.9	11:38	39.7	53.6
144.	Marisa Quinones	74 f	11:39.1	11:39	39.8	59.8
145.	Armando Barrios	21 m	11:45.3	11:45	40.1	37.8
146.	James Thruston	85 m	12:02.1	12:02	41.1	59.9
147.	Mahsa Fardin	43 f	12:34.6	12:35	42.9	41.9
148.	John Kramer	61 m	13:58.6	13:59	47.7	38.1
149.	William Swafford	71 m	16:07.9	16:08	55.1	36.7
150.	Ed Humphrey	72 m	19:41.7	19:42	67.2	30.5
151.	Minling Huang	48 f	20:04.7	20:05	68.6	27.1

Plano Pacers 5K Results---Saturday, June 24, 2023

			FinTime	Pace	5Keq	Score
1.	Raphael Garza	16 m	18:44	6:02	18.7	84.9
2.	Krystal Quiroga	36 f	19:35	6:18	19.6	88.9
3.	Sara Dietz	32 f	19:49	6:23	19.8	86.6
4.	Jim Dietz	63 m	20:11	6:30	20.2	91.8
5.	Thomas Le	15 m	20:14	6:31	20.2	79.9
6.	Ian McCormick	16 m	20:14	6:31	20.2	78.6
7.	Michael Held	57 m	20:23	6:34	20.4	86.0
8.	Mark Saloma	16 m	20:54	6:44	20.9	76.1
9.	Rick Nguyen	50 m	21:03	6:47	21.0	78.9
10.	Jason Bogardus	45 m	21:12	6:49	21.2	75.8
11.	Mark Miller	45 m	21:13	6:50	21.2	75.7
12.	Noah Sterling	16 m	21:21	6:52	21.3	74.5
13.	Greg Rankin	56 m	21:27	6:54	21.4	81.0
14.	Becky Angeles	46 f	21:30	6:55	21.5	85.2
15.	Israel Mejia	16 m	21:30	6:55	21.5	74.0
16.	Nathan Daigrepont	15 m	21:33	6:56	21.5	75.0
17.	Jack Cortez	15 m	21:34	6:56	21.6	74.9
18.	Sid Battula	15 m	21:37	6:57	21.6	74.7
19.	Paul Barker	53 m	21:41	6:59	21.7	78.3
20.	Karen Austin	50 f	21:48	7:01	21.8	86.3
21.	Allan Ng	44 m	21:52	7:02	21.9	73.1
22.	Luke Polito	18 m	21:58	7:04	22.0	70.6
23.	Abby Spiars	15 f	22:11	7:08	22.2	82.6
24.	Gabriel Siegel	28 m	22:23	7:12	22.4	67.1
25.	O'neal Barnett	49 m	22:25	7:13	22.4	73.5
26.	Rhett Austin	14 m	22:26	7:13	22.4	73.4
27.	Miguel Rodriguez	14 m	22:29	7:14	22.5	73.2
28.	Tara Bouck	17 f	22:39	7:17	22.6	78.5
29.	Xiaolu Cui	40 f	22:42	7:18	22.7	78.1

30.	Aubrey Olson	26 f	22:50	7:21	22.8	74.5
31.	Blair Neumayer	16 f	22:54	7:22	22.9	78.7
32.	Josh Spiegelhauer	32 m	22:55	7:23	22.9	66.1
33.	John Robison	15 m	22:55	7:23	22.9	70.5
34.	Nancy Nguyen	47 f	23:01	7:24	23.0	80.1
35.	Isabelle Kerran	14 f	23:10	7:27	23.2	80.6
36.	Jessica Jacobsen	48 f	23:16	7:29	23.3	79.8
37.	Abigail Bray	16 f	23:25	7:32	23.4	77.0
38.	Seth Randall	35 m	23:32	7:34	23.5	65.0
39.	Rebecca O Sullivan	44 f	23:49	7:40	23.8	76.0
40.	Jenna Priest	13 f	24:04	7:45	24.1	79.3
41.	Alex Mendoza	14 m	24:07	7:46	24.1	68.3
42.	Mike Fields	72 m	24:14	7:48	24.2	84.5
43.	John Cosentino	60 m	24:16	7:49	24.3	74.2
44.	Andrea Hudson Baldwin	63 f	24:23	7:51	24.4	86.1
45.	Min Lai	49 m	24:44	7:58	24.7	66.7
46.	Alex Headley	14 m	24:50	8:00	24.8	66.3
47.	Tanner Bouck	25 m	24:56	8:02	24.9	60.2
48.	Vijayan Nair	60 m	24:56	8:02	24.9	72.2
49.	Nathan Nguyen	16 m	25:01	8:03	25.0	63.6
50.	Stephen Russo	59 m	25:05	8:04	25.1	71.1
51.	Leann Dietze	31 f	25:05	8:04	25.1	68.2
52.	Eric Braithwaite	35 m	25:05	8:04	25.1	61.0
53.	Shokhvrit Mand	26 m	25:07	8:05	25.1	59.7
54.	Yang Meng	54 m	25:08	8:05	25.1	68.0
55.	Mia Bedolla	15 f	25:16	8:08	25.3	72.5
56.	Yunxia Cai	54 f	25:33	8:13	25.5	75.9
57.	Pingshan Wen	57 m	25:34	8:14	25.6	68.6
58.	Shaorong Chang	45 f	25:35	8:14	25.6	71.2
59.	Aiqing Li	51 f	25:36	8:14	25.6	74.0
60.	Frances Mckissick	61 f	25:38	8:15	25.6	80.3
61.	Guillermo Toral Jr.	24 m	25:45	8:17	25.7	58.4
62.	Ava Gulick	14 f	25:50	8:19	25.8	72.3
63.	Yuanben Zhang	13 m	26:01	8:22	26.0	64.7
64.	Alberto Ramirez	64 m	26:03	8:23	26.0	71.8
65.	Jason Zheng	48 m	26:14	8:27	26.2	62.4
66.	Nick Blachly	27 m	26:21	8:29	26.3	56.9
67.	Jim Cavanaugh	63 m	26:22	8:29	26.4	70.3
68.	Nathan Blasingame	45 m	26:25	8:30	26.4	60.8
69.	Leslie Du Mars	56 f	26:32	8:32	26.5	74.2
70.	Noelle Ng	41 f	26:34	8:33	26.6	67.0
71.	Doug Waters	58 m	26:41	8:35	26.7	66.3
72.	Gracie Wheatley	14 f	26:42	8:36	26.7	69.9
73.	Kezia Martin	26 f	26:42	8:36	26.7	63.7
74.	Samantha Ceja	15 f	26:43	8:36	26.7	68.5
75.	Vijayaraghava Reddy	45 m	26:53	8:39	26.9	59.8
76.	Lucy Alfred	20 f	26:53	8:39	26.9	64.3
77.	Tom Conlon	70 m	26:59	8:41	27.0	74.1
78.	Ted Butler	34 m	27:06	8:43	27.1	56.2
79.	Christine Narciso	33 f	27:09	8:44	27.1	63.4
80.	Matthew Wootton	14 m	27:10	8:45	27.2	60.6
81.	Jose Mejia	43 m	27:15	8:46	27.2	58.3
82.	James Kimbrough	43 m	27:15	8:46	27.2	58.3
83.	Steve Wootton	55 m	27:18	8:47	27.3	63.1
84.	Minling Huang	48 f	27:31	8:51	27.5	67.4
85.	Charles Brown	68 m	27:52	8:58	27.9	70.1
86.	Grace Anderson	14 f	27:56	8:59	27.9	66.8
87.	Tamas Szabo	39 m	28:02	9:01	28.0	55.5
88.	Greg Tonian	63 m	28:08	9:03	28.1	65.9
89.	Bill Shaw	80 m	28:08	9:03	28.1	81.0
90.	Alan Kaplan	59 m	28:08	9:03	28.1	63.4
91.	Michael Bardee	67 m	28:16	9:06	28.3	68.3
92.	Andy Ma	9 m	28:16	9:06	28.3	67.9

93.	Ishbel Kuntschik	14 f	28:18	9:07	28.3	66.0
94.	Anya Patel	16 f	28:19	9:07	28.3	63.6
95.	Antonio Solano	27 m	28:23	9:08	28.4	52.9
96.	Cary Sherf	70 m	28:35	9:12	28.6	69.9
97.	Christine Yan	19 f	28:55	9:18	28.9	60.3
98.	Mathew Malian	34 m	28:56	9:19	28.9	52.7
99.	Michael Hundt	47 m	29:03	9:21	29.0	56.0
100.	Cort Hoffman	28 m	29:03	9:21	29.0	51.7
101.	David Chafino	41 m	29:25	9:28	29.4	53.4
102.	Sigi Diaz	69 m	29:26	9:28	29.4	67.1
103.	Salman Khan	45 m	29:31	9:30	29.5	54.4
104.	Ezekiel Steponaitis	14 m	29:38	9:32	29.6	55.6
105.	Chad Sterling	55 m	29:42	9:34	29.7	58.0
106.	Dave Helms	55 m	29:43	9:34	29.7	58.0
107.	Alina Nguyen	14 f	29:51	9:36	29.8	62.5
108.	Natalie Nguyen	17 f	29:51	9:36	29.8	59.6
109.	Sophia Nguyen	13 f	29:54	9:37	29.9	63.8
110.	Sabrina Shi	52 f	29:55	9:38	29.9	63.8
111.	Juan Rodriguez	8 m	30:02	9:40	30.0	66.9
112.	Julian Rodriguez	45 m	30:02	9:40	30.0	53.5
113.	Max Sullivan	13 m	30:04	9:41	30.1	56.0
114.	Erasmus Rojas	71 m	30:14	9:44	30.2	66.9
115.	Robert Benson	73 m	30:17	9:45	30.3	68.5
116.	Hong Lin	48 f	30:18	9:45	30.3	61.3
117.	Ted Roberts	64 m	30:29	9:49	30.5	61.4
118.	Nikolett Szabo Fulop	41 f	30:34	9:50	30.6	58.3
119.	Michelle Bouck	54 f	30:36	9:51	30.6	63.3
120.	Jeff Smith	62 m	30:42	9:53	30.7	59.8
121.	Erin Larue	40 f	30:52	9:56	30.9	57.4
122.	Stephanie Bache	49 f	31:17	10:04	31.3	59.7
123.	Marlo Simon	3 f	31:17	10:04	31.3	100.2
124.	Sarah Crystal	32 f	31:23	10:06	31.4	54.7
125.	Mark Simon	57 m	31:25	10:07	31.4	55.8
126.	Sunao Saito	69 f	31:26	10:07	31.4	71.2
127.	J. A. Brown	76 m	31:34	10:10	31.6	68.3
128.	Kenny Gardner	70 m	31:35	10:10	31.6	63.3
129.	Denise Langford	53 f	31:58	10:17	32.0	60.2
130.	Lucas Gonzalez	14 m	32:05	10:20	32.1	51.3
131.	James Drumm	65 m	32:36	10:30	32.6	58.0
132.	Yue Cao	48 f	32:36	10:30	32.6	56.9
133.	Zuri Tyler	13 f	32:40	10:31	32.7	58.4
134.	James Langford	56 m	33:01	10:38	33.0	52.6
135.	Robyn Bray	43 f	33:26	10:46	33.4	53.8
136.	Yazmin Mejia	14 m	33:46	10:52	33.8	48.8
137.	Rod Elkins	55 m	33:50	10:53	33.8	51.0
138.	Gloria de Jesus	48 f	34:18	11:02	34.3	54.1
139.	Bruce Johnson	76 m	34:34	11:08	34.6	62.4
140.	June Orth	59 f	34:51	11:13	34.8	58.0
141.	Ben Sullivan	11 m	34:56	11:15	34.9	51.0
142.	Jennifer Cotton	34 f	35:08	11:18	35.1	49.2
143.	Sherry Freeland	68 f	35:22	11:23	35.4	62.6
144.	Jameson Sullivan	9 m	35:32	11:26	35.5	54.0
145.	Josh Sullivan	48 m	35:32	11:26	35.5	46.1
146.	Curtis Woodard	37 m	35:33	11:27	35.5	43.4
147.	Patrick Yan	52 m	35:51	11:32	35.8	47.0
148.	Xinji Li	73 m	36:06	11:37	36.1	57.4
149.	Theresa Brown	50 f	36:31	11:45	36.5	51.5
150.	Shungo Saito	64 m	37:06	11:56	37.1	50.4
151.	Wally Capps	82 m	37:15	11:59	37.2	63.1
152.	Eric Dong	13 m	37:45	12:09	37.7	44.6
153.	Lilia Pesina	14 f	38:05	12:15	38.1	49.0
154.	Lindsay Robbins	39 f	39:05	12:35	39.1	45.1
155.	Karen Rojas	39 f	39:19	12:39	39.3	44.8

156.	Alfred Wilkinson	75 m	39:44	12:47	39.7	53.5
157.	Colin Sproul	30 m	39:49	12:49	39.8	37.8
158.	Allyson Sproul	29 f	39:49	12:49	39.8	42.8
159.	Ken Ashby	70 m	39:55	12:51	39.9	50.1
160.	Zachary Shirley	32 m	39:57	12:52	39.9	37.9
161.	Charlotte Brown	31 f	40:10	12:56	40.2	42.6
162.	Debbie Riedner	53 f	40:43	13:06	40.7	47.2
163.	Cathy de Jesus	30 f	41:53	13:29	41.9	40.8
164.	Jay Sheth	68 f	42:02	13:32	42.0	52.7
165.	Bill Shirley	80 m	42:22	13:38	42.4	53.8
166.	Alan Davis	78 m	42:33	13:42	42.5	52.1
167.	Andi Miner	78 f	43:35	14:02	43.6	57.6
168.	Lynn Tanksley	52 f	44:04	14:11	44.1	43.3
169.	Daniel Cohan	32 m	44:57	14:28	44.9	33.7
170.	Sharon Byrne	73 f	45:04	14:30	45.1	52.1
171.	Michael Alves	53 m	46:08	14:51	46.1	36.8
172.	Mahsa Fardin	43 f	46:46	15:03	46.8	38.5
173.	Tiffany Tang	26 f	46:49	15:04	46.8	36.3
174.	Grace Walker	62 f	50:51	16:22	50.8	40.9
175.	Al Angell	83 m	51:04	16:26	51.1	46.7
176.	Nancy Lowden	81 f	51:44	16:39	51.7	50.7
177.	William Swafford	71 m	53:46	17:18	53.8	37.6
178.	Brandon Wang	44 m	54:26	17:31	54.4	29.3
179.	Linh Nguyen	39 f	54:31	17:33	54.5	32.3

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, June 24, 2023

			FinTime	Pace	5Keq	Score
1.	Easton Jones	11 m	4:43	07:35	27.9	63.9
2.	Joel Shulman	6 m	4:51	07:48	28.7	78.1
3.	Lincoln Quiroga	6 f	5:01	08:04	29.6	85.6
4.	Nike Dass	8 f	5:32	08:54	32.7	69.6
5.	Ana Nguyen	7 f	5:33	08:56	32.8	73.1
6.	Rowan Jones	6 f	5:50	09:23	34.5	73.6
7.	Suvan Shah	8 m	5:57	09:35	35.2	57.2
8.	Daniel Castro	5 m	6:04	09:46	35.9	66.6
9.	Revah Shah	5 f	6:22	10:15	37.6	71.9
10.	Max Davis	10 m	6:49	10:58	40.3	45.8
11.	Eddie Dass	8 f	7:07	11:27	42.1	54.2
12.	Ian Davis	10 m	7:09	11:30	42.3	43.7
13.	Luke Richards	3 m	7:31	12:06	44.4	62.3
14.	Michelle Oldham	8 f	7:56	12:46	46.9	48.6
15.	Marlo Simon	3 f	8:21	13:26	49.3	63.5
16.	Lizzie Oldham	11 f	9:00	14:29	53.2	38.0
17.	Dashton Dass	4 m	9:13	14:50	54.5	47.0
18.	Henry Ng	3 m	14:36	23:30	86.3	32.1

New Records:

Dawn Grunnagle, 1M Female 45-49, 5:41 (previous record: Angela Eusery, 5:53, 06/13)
 Bill Shaw, 1M Male 80-84, 7:27 (previous record: James Thruston, 10:02, 06/18)
 James Thruston, 1M Male 85-89, 12:02 (previous record: James Thruston, 12:51, 06/22)
 Jim Dietz, 1M Male 60-64, 5:08 (previous record: Jim Dietz, 5:10, 06/22)
 Andrea Hudson Baldwin, 1M Female 60-64, 6:45 (previous record: Andrea Hudson Baldwin, 7:01, 06/22)

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

Seth Randall
Steve Russo
Jim Dietz
Andrea Nguyen
Ana Nguyen
Brandon Wang
Ron Wahlquist