

Plano Pacers July Charity Run 5K & Jr. Sprint

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

5K TOP FINISHERS

MEN		WOMEN		
1	Nathan Rankin	17:08	1 Caroline Wildrick	19:26
2	Paul Wells	17:17	2 Riley Ries	20:06
3	Carlos Parra Carrasquer	18:01	3 Sara Hazinski	21:47
4	Jim Dietz	18:08	4 Abigail Bray	22:33
5	Todd Kessler	18:14	5 Abby Spiars	22:56
6	Jose Lopez	18:17	6 Andrea Hudson Baldwin	23:23
7	Robert Isakson	18:19	7 Leann Dietze	23:30
8	Francisco Adame	18:24	8 Emily Noyes	23:52
9	Erik Tristan	18:25	9 Xiaolu Cui	23:52
10	Gustavo Aguirre	18:25	10 Najwan Abdul Wahab	24:23
Overall: Nathan Rankin		17:08	Overall: Caroline Wildrick	19:26
Master: Jim Dietz		18:08	Master: Andrea Hudson Baldwin	23:23
Senior: Michael Held		19:37	Senior: Leslie Du Mars	25:05
9-un: Davy Rudd		24:29		
	Andy Ma	31:30		
	Joshua Ma	45:12		
10-14:	Ethan Nemcok	20:50	10-14: Abby Spiars	22:56
	Kevin Glover	21:13	Taylor Wells	25:58
	Brendon Lin	22:14	Mia Bedolla	26:39
15-19:	Robert Isakson	18:19	15-19: Riley Ries	20:06
	Nolan Zaby	18:57	Abigail Bray	22:33
	Gabriel Nguyen	19:04	Emily Noyes	23:52
20-24:	Mark Piglia	21:06		
	Guillermo Toral Jr.	28:08		
	William Liu	28:59		
25-29:	Paul Wells	17:17		
	Erik Tristan	18:25		
	Gustavo Aguirre	18:25		
30-34:	Kash Tavakoli	20:54	30-34: Sara Hazinski	21:47
	Omar Ramirez	22:34	Leann Dietze	23:30
	Taisong He	22:51	Cassandra Eipper	24:36
35-39:	Carlos Parra Carrasquer	18:01	35-39: Xiaolu Cui	23:52
	Todd Kessler	18:14	Najwan Abdul Wahab	24:23
	Jose Lopez	18:17	Erin Larue	28:26
40-44:	Felix Gonzalez	18:49	40-44: Jennifer Ries	24:42
	Justo Martinez	19:21	Rie Morgen	25:32
	David Armstrong	19:26	Shaorong Chang	26:01
45-49:	Francisco Adame	18:24	45-49: Nancy Nguyen	24:33
	Sergio Kameo	20:12	Jie Wang	27:03
	Pierre Lapointe	21:26	Yue Cao	29:31
50-54:	Jose Ramirez	18:28	50-54: Yunxia Cai	24:57
	Shihui Mang	19:35	Jessica Zhou	25:15
	Paul Barker	19:36	Jenny Hundt	27:34

55-59:	Kan Meng	21:47	55-59:	Hongjian Li	26:11
	Vijayan Nair	23:25		Enxi Huang	34:45
	Jack Liu	24:31		Alese Pantalion	36:54
60-64:	David Burns	19:55	60-64:	Dawn Burke	26:37
	Bob Landon	20:58		Debbie Brewer	34:00
	John Cosentino	21:48		Emily Liu	42:05
65-69:	Cary Sherf	25:44	65-69:	Terry Gonzalez	29:49
	Shuern Baw Chen	33:06		Sherry Freeland	35:38
	Ken Ashby	39:13		Jerri Hixson	40:10
70-74:	Herb Armstrong	28:01	70-74:	Linda Kelly	25:25
	Xinji Li	30:42			
	Ed Humphrey	50:27			
75-79:	Bill Shirley	35:08	75-79:	Andi Miner	40:28
	Steve Shopoff	38:51			
80-84:	Wally Capps	31:27			
	James Gabhart	41:34			
	Timothy Kourounis	48:33			
85-89:	James Thruston	42:01			
Clydes:	William Swafford	44:56			
	Tim Epting	45:12			
	John Kramer	50:02			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Rowan McFerron	6:46	1 Joy Johnson	5:25
2	Jack Serrell	7:29	2 Anna Szabo	5:32
BOYS 7-9		GIRLS 7-9		
1	Davy Rudd	4:14	1 Jocelyn Johnson	5:16
2	Arthur LaPointe	4:41	2 Annabelle Abbott	5:35
BOYS 10-12		GIRLS 10-12		
1	Andrew Friedman	4:04	1 Dorothy Zhao	4:39
2	Jack Gupta	4:13	2 Deborah Hu	4:55

Plano Pacers 5K Results---Saturday, July 30, 2022

			FinTime	Pace	5Keq	Score
1.	Nathan Rankin	24 m	17:08	5:31	17.1	87.7
2.	Paul Wells	28 m	17:17	5:34	17.3	86.9
3.	Carlos Parra Carrasquer	36 m	18:01	5:48	18.0	85.2
4.	Jim Dietz	62 m	18:08	5:50	18.1	101.2
5.	Todd Kessler	39 m	18:14	5:52	18.2	85.3
6.	Jose Lopez	37 m	18:17	5:53	18.3	84.3
7.	Robert Isakson	17 m	18:19	5:54	18.3	85.6
8.	Francisco Adame	49 m	18:24	5:55	18.4	89.6
9.	Erik Tristan	28 m	18:25	5:56	18.4	81.5
10.	Gustavo Aguirre	29 m	18:25	5:56	18.4	81.7
11.	Jose Ramirez	53 m	18:28	5:57	18.5	91.9
12.	Felix Gonzalez	43 m	18:49	6:03	18.8	84.4
13.	Nolan Zaby	16 m	18:57	6:06	18.9	83.9
14.	Gabriel Nguyen	15 m	19:04	6:08	19.1	84.7
15.	Daniel Chang	38 m	19:12	6:11	19.2	80.7
16.	Justo Martinez	44 m	19:21	6:14	19.3	82.6
17.	Shamaj Ray	16 m	19:23	6:14	19.4	82.0

18.	Caroline Wildrick	19	f	19:26	6:15	19.4	89.7
19.	David Armstrong	40	m	19:26	6:15	19.4	80.4
20.	Shihui Mang	52	m	19:35	6:18	19.6	86.0
21.	Paul Barker	53	m	19:36	6:19	19.6	86.6
22.	Michael Held	56	m	19:37	6:19	19.6	88.6
23.	Marcelo Villegas	52	m	19:39	6:19	19.6	85.7
24.	Jake Overmann	16	m	19:49	6:23	19.8	80.2
25.	David Burns	61	m	19:55	6:25	19.9	91.2
26.	Jon Serrell	37	m	20:03	6:27	20.0	76.9
27.	Riley Ries	17	f	20:06	6:28	20.1	88.5
28.	Sergio Kameo	45	m	20:12	6:30	20.2	79.5
29.	Guillermo Toral	50	m	20:16	6:31	20.3	81.9
30.	Mark Miller	44	m	20:24	6:34	20.4	78.3
31.	Thomas Wells	15	m	20:45	6:41	20.7	77.9
32.	Ethan Nemcok	12	m	20:50	6:42	20.8	83.0
33.	Mark Saloma	15	m	20:52	6:43	20.9	77.4
34.	Kash Tavakoli	30	m	20:54	6:44	20.9	72.1
35.	Zhenhao Ge	40	m	20:54	6:44	20.9	74.8
36.	Bob Landon	63	m	20:58	6:45	21.0	88.4
37.	Mark Piglia	24	m	21:06	6:47	21.1	71.2
38.	Kevin Glover	11	m	21:13	6:50	21.2	84.0
39.	Johnny Chen	53	m	21:15	6:50	21.2	79.9
40.	Pierre Lapointe	45	m	21:26	6:54	21.4	75.0
41.	Scott Overmann	49	m	21:28	6:55	21.5	76.8
42.	Ian McCormick	15	m	21:32	6:56	21.5	75.0
43.	Rick Nguyen	49	m	21:43	6:59	21.7	75.9
44.	Kan Meng	56	m	21:47	7:01	21.8	79.8
45.	Sara Hazinski	34	f	21:47	7:01	21.8	79.3
46.	John Cosentino	60	m	21:48	7:01	21.8	82.6
47.	Luke Polito	17	m	21:54	7:03	21.9	71.6
48.	Brendon Lin	13	m	22:14	7:09	22.2	75.8
49.	Jason Bogardus	44	m	22:16	7:10	22.3	71.7
50.	Abigail Bray	15	f	22:33	7:15	22.5	81.2
51.	Omar Ramirez	31	m	22:34	7:16	22.6	66.9
52.	Daniele Vellani	53	m	22:34	7:16	22.6	75.2
53.	Jadon McDonald	14	m	22:34	7:16	22.6	73.0
54.	Chris Morris	50	m	22:41	7:18	22.7	73.2
55.	Nathan Nguyen	15	m	22:48	7:20	22.8	70.9
56.	Steve Cortez	49	m	22:48	7:20	22.8	72.3
57.	Ron Wahlquist	64	m	22:50	7:21	22.8	82.0
58.	Taisong He	31	m	22:51	7:21	22.8	66.1
59.	Abby Spiars	14	f	22:56	7:23	22.9	81.4
60.	Lucas Black	25	m	23:02	7:25	23.0	65.2
61.	Vlises Estrada	16	m	23:02	7:25	23.0	69.0
62.	Daolin Tang	46	m	23:07	7:26	23.1	69.9
63.	Mark Thompson	54	m	23:07	7:26	23.1	74.0
64.	Andrea Hudson Baldwin	63	f	23:23	7:32	23.4	89.8
65.	Keith Pantalion	60	m	23:25	7:32	23.4	76.9
66.	Vijayan Nair	59	m	23:25	7:32	23.4	76.2
67.	Leann Dietze	30	f	23:30	7:34	23.5	72.7
68.	Ryan Wells	42	m	23:40	7:37	23.7	66.7
69.	Emily Noyes	17	f	23:52	7:41	23.9	74.5
70.	Xiaolu Cui	39	f	23:52	7:41	23.9	73.9
71.	Mark Olateju	60	m	23:52	7:41	23.9	75.4
72.	Jason Zheng	47	m	23:54	7:42	23.9	68.1
73.	Delaney Burns	33	m	24:00	7:43	24.0	63.3
74.	Noah Sterling	15	m	24:00	7:43	24.0	67.3
75.	Andrew Reed	15	m	24:03	7:44	24.0	67.2
76.	Dan Hammons	48	m	24:18	7:49	24.3	67.4
77.	Najwan Abdul Wahab	37	f	24:23	7:51	24.4	71.7
78.	Jack Cortez	14	m	24:28	7:52	24.5	67.3
79.	Davy Rudd	9	m	24:29	7:53	24.5	78.4
80.	Jack Liu	59	m	24:31	7:53	24.5	72.8

81.	Manuel Solorzano	15 m	24:31	7:53	24.5	65.9
82.	Nancy Nguyen	46 f	24:33	7:54	24.5	74.6
83.	Cassandra Eipper	33 f	24:36	7:55	24.6	70.0
84.	Jennifer Ries	41 f	24:42	7:57	24.7	72.1
85.	Sean Galligan	15 m	24:46	7:58	24.8	65.2
86.	Yonghua Liu	52 m	24:50	8:00	24.8	67.8
87.	Sam D'Agostino	15 m	24:52	8:00	24.9	65.0
88.	Yunxia Cai	53 f	24:57	8:02	24.9	77.1
89.	Brian Bartkoski	51 m	25:02	8:03	25.0	66.8
90.	Leslie Du Mars	55 f	25:05	8:04	25.1	77.9
91.	Jeff Dorrill	61 m	25:06	8:05	25.1	72.4
92.	Yong Jiang	53 m	25:06	8:05	25.1	67.6
93.	Jerry McDonald	39 m	25:10	8:06	25.2	61.8
94.	Hunter Smith	27 m	25:13	8:07	25.2	59.5
95.	Spencer Smith	32 m	25:14	8:07	25.2	60.0
96.	Jessica Zhou	53 f	25:15	8:08	25.2	76.2
97.	Albert Garcia	31 m	25:17	8:08	25.3	59.7
98.	Haven Crabb	15 f	25:22	8:10	25.4	72.2
99.	Linda Kelly	70 f	25:25	8:11	25.4	89.1
100.	Pingshan Wen	56 m	25:30	8:12	25.5	68.2
101.	Grace Meentemeyer	17 f	25:30	8:12	25.5	69.7
102.	Rie Morgen	42 f	25:32	8:13	25.5	70.1
103.	Max Morgen	33 m	25:32	8:13	25.5	59.5
104.	Carlos Zarate	45 m	25:38	8:15	25.6	62.7
105.	Cary Sherf	69 m	25:44	8:17	25.7	76.8
106.	Taylor Wells	12 f	25:58	8:21	26.0	75.5
107.	Shaorong Chang	44 f	26:01	8:22	26.0	69.6
108.	Doug Waters	57 m	26:04	8:23	26.1	67.2
109.	Hongjian Li	56 f	26:11	8:26	26.2	75.2
110.	Albert Yan	13 m	26:15	8:27	26.2	64.2
111.	Andrew Ge	52 m	26:28	8:31	26.5	63.6
112.	Pedro Garces	48 m	26:33	8:33	26.5	61.7
113.	Dawn Burke	61 f	26:37	8:34	26.6	77.4
114.	Mia Bedolla	14 f	26:39	8:35	26.6	70.0
115.	Emma Wood	17 f	26:40	8:35	26.7	66.7
116.	Grace Young	14 f	26:44	8:36	26.7	69.8
117.	Zhiyong Hu	46 m	26:46	8:37	26.8	60.4
118.	Day-Ruey Liu	64 m	26:55	8:40	26.9	69.5
119.	Luoyi Zhang	43 m	27:00	8:41	27.0	58.8
120.	Weiping Lu	64 m	27:00	8:41	27.0	69.3
121.	Arturo Navarro	45 m	27:01	8:42	27.0	59.5
122.	Robin Wang	12 m	27:01	8:42	27.0	64.0
123.	Jie Wang	48 f	27:03	8:42	27.0	68.6
124.	Natalie Nguyen	16 f	27:25	8:49	27.4	65.7
125.	Jeff Smith	61 m	27:25	8:49	27.4	66.3
126.	Tamas Szabo	38 m	27:28	8:50	27.5	56.4
127.	Chad Sterling	54 m	27:32	8:52	27.5	62.1
128.	Jenny Hundt	50 f	27:34	8:52	27.6	68.3
129.	Jiabin Zhao	39 m	27:35	8:53	27.6	56.4
130.	Nikolett Szabo Fulop	40 f	27:51	8:58	27.8	63.6
131.	Herb Armstrong	74 m	28:01	9:01	28.0	74.9
132.	Guillermo Toral Jr.	23 m	28:08	9:03	28.1	53.5
133.	Alex D'Agostino	18 m	28:21	9:07	28.3	54.7
134.	Erin Larue	39 f	28:26	9:09	28.4	62.0
135.	Min Lai	48 m	28:31	9:11	28.5	57.4
136.	Stephen Flores	52 m	28:35	9:12	28.6	58.9
137.	Christopher Osban	41 m	28:40	9:14	28.7	54.8
138.	Harold Balatbat	39 m	28:48	9:16	28.8	54.0
139.	Rachel Grabow	38 f	28:58	9:19	29.0	60.6
140.	William Liu	21 m	28:59	9:20	29.0	52.4
141.	Alina Nguyen	14 f	29:06	9:22	29.1	64.1
142.	Wesley Liu	20 m	29:08	9:23	29.1	52.4
143.	Sofia Bartkoski	15 f	29:10	9:23	29.2	62.8

144.	Yuguang Ma	49 m	29:21	9:27	29.3	56.2
145.	Missy Wilson	43 f	29:24	9:28	29.4	61.2
146.	Robyn Bray	42 f	29:27	9:29	29.4	60.8
147.	Yue Cao	47 f	29:31	9:30	29.5	62.5
148.	Gary Liu	58 m	29:32	9:30	29.5	59.9
149.	Terry Gonzalez	68 f	29:49	9:36	29.8	74.3
150.	Sabrina Shi	51 f	29:50	9:36	29.8	63.5
151.	Daniela Nemcok	44 f	29:52	9:37	29.9	60.6
152.	Erin Glover	37 f	30:10	9:43	30.2	57.9
153.	Song Wu	57 m	30:14	9:44	30.2	58.0
154.	Hua Xu	49 f	30:25	9:47	30.4	61.4
155.	Xinji Li	72 m	30:42	9:53	30.7	66.7
156.	Olivia Ritchey	13 f	30:46	9:54	30.8	62.0
157.	Eden Wood	12 f	31:12	10:03	31.2	62.8
158.	Joyce Zhao	46 f	31:14	10:03	31.2	58.7
159.	Erin Wells	40 f	31:19	10:05	31.3	56.6
160.	Mark Simon	56 m	31:21	10:05	31.3	55.4
161.	Robert Cui	10 m	31:21	10:05	31.3	58.9
162.	Wally Capps	81 m	31:27	10:07	31.4	73.6
163.	Andy Ma	8 m	31:30	10:08	31.5	63.8
164.	Sarah Crystal	31 f	31:47	10:14	31.8	53.8
165.	Shungo Saito	63 m	32:00	10:18	32.0	57.9
166.	Shan Shan Barton	52 f	32:01	10:18	32.0	59.6
167.	Debbie Riedner	53 f	32:26	10:26	32.4	59.3
168.	Scott Orton	55 m	32:44	10:32	32.7	52.7
169.	Christopher Orton	25 m	32:58	10:37	33.0	45.5
170.	Shuern Baw Chen	65 m	33:06	10:39	33.1	57.1
171.	David Nemcok	46 m	33:14	10:42	33.2	48.6
172.	Richard Xie	15 m	33:33	10:48	33.5	48.2
173.	Judy Luo	48 f	33:56	10:55	33.9	54.7
174.	Debbie Brewer	62 f	34:00	10:57	34.0	61.2
175.	Enxi Huang	57 f	34:45	11:11	34.7	57.2
176.	Lorry Rudd	34 f	34:48	11:12	34.8	49.6
177.	Bill Shirley	79 m	35:08	11:18	35.1	64.0
178.	Ashlin Scalco	14 f	35:09	11:19	35.1	53.1
179.	Sherry Freeland	67 f	35:38	11:28	35.6	61.4
180.	Andy Beach	64 m	36:03	11:36	36.0	51.9
181.	Nichelle Holloway	44 f	36:33	11:46	36.5	49.5
182.	Alese Pantalion	58 f	36:54	11:53	36.9	54.3
183.	Josh Cristales	37 m	38:51	12:30	38.8	39.7
184.	Steve Shopoff	75 m	38:51	12:30	38.8	54.8
185.	Hui Chen Liang	58 f	39:04	12:34	39.1	51.3
186.	Ken Ashby	69 m	39:13	12:37	39.2	50.4
187.	Elizabeth George	33 f	39:54	12:51	39.9	43.1
188.	Jerri Hixson	68 f	40:10	12:56	40.2	55.1
189.	Andi Miner	77 f	40:28	13:01	40.5	61.2
190.	Gloria De Jesus	47 m	40:43	13:06	40.7	40.0
191.	Melissa Hayes	34 f	41:25	13:20	41.4	41.7
192.	Jonathan Szeto	46 m	41:31	13:22	41.5	38.9
193.	James Gabhart	81 m	41:34	13:23	41.6	55.7
194.	James Thruston	85 m	42:01	13:31	42.0	58.6
195.	Emily Liu	60 f	42:05	13:33	42.1	48.5
196.	Martha Kuhlman	57 f	43:52	14:07	43.9	45.3
197.	Nathan Szeto	10 m	44:10	14:13	44.2	41.8
198.	Heidi Orton	55 f	44:36	14:21	44.6	43.8
199.	William Swafford	70 m	44:56	14:28	44.9	44.5
200.	Stephanie Toral	15 f	44:56	14:28	44.9	40.8
201.	Adelisa Grace Walker	61 f	45:03	14:30	45.0	45.7
202.	Tim Epting	66 m	45:12	14:33	45.2	42.3
203.	Joshua Ma	8 m	45:12	14:33	45.2	44.5
204.	Jennifer Ma	39 f	45:13	14:33	45.2	39.0
205.	Mike Colvin	69 m	45:28	14:38	45.5	43.5
206.	Debye Humphrey	68 f	46:25	14:56	46.4	47.7

207.	Karen Wise	48 f	46:38	15:01	46.6	39.8
208.	Lynne Najera	64 f	46:46	15:03	46.8	45.4
209.	Stephanie Gumm	16 f	47:34	15:19	47.6	37.9
210.	Timothy Kourounis	84 m	48:33	15:38	48.5	49.9
211.	John Kramer	60 m	50:02	16:06	50.0	36.0
212.	Ed Humphrey	71 m	50:27	16:14	50.4	40.1
213.	Ann Gadberry	63 f	51:19	16:31	51.3	40.9
214.	Vicki Epting	69 f	52:53	17:01	52.9	42.3

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

			FinTime	Pace	5Keq	Score
1.	Andrew Friedman	10 m	4:04	6:33	24.0	76.8
2.	Jack Gupta	10 m	4:13	6:47	24.9	74.1
3.	Davy Rudd	9 m	4:14	6:49	25.0	76.8
4.	Dorothy Zhao	10 f	4:39	7:29	27.5	76.1
5.	Arthur LaPointe	7 m	4:41	7:32	27.7	76.4
6.	Deborah Hu	11 f	4:55	7:55	29.1	69.5
7.	Nate Zietz	8 m	5:05	8:11	30.0	66.9
8.	Joshua Balakchiez	11 m	5:15	8:27	31.0	57.4
9.	Jocelyn Johnson	8 f	5:16	8:29	31.1	73.2
10.	Abby Abbott	10 f	5:19	8:33	31.4	66.6
11.	Ethan Abbott	9 m	5:21	8:37	31.6	60.7
12.	Joy Johnson	5 f	5:25	8:43	32.0	84.5
13.	Anna Szabo	6 f	5:32	8:54	32.7	77.6
14.	Rylie Novotny	8 m	5:33	8:56	32.8	61.3
15.	Annabelle Abbott	7 f	5:35	8:59	33.0	72.6
16.	Jacob Martinez	9 m	6:09	9:54	36.3	52.8
17.	Rowan McFerron	4 m	6:46	10:53	40.0	64.0
18.	Jack Serrell	4 m	7:29	12:03	44.2	57.9
19.	Calvin Zietz	5 m	8:02	12:56	47.5	50.3
20.	Angel Garcia	5 m	8:47	14:08	51.9	46.0
21.	Jameson Serrell	3 m	9:55	15:58	58.6	47.2
22.	Isabella LaPointe	2 m	12:14	19:41	72.3	41.6
23.	Marlo Simon	2 f	13:40	22:00	80.8	42.2

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

Lorry Rudd
 Kim Abbott
 Bridget Johnson
 Jim Gabhart
 Ron Wahlquist