

Plano Pacers Dog Days 3 x 3K Relay & Jr. Sprint

at Windhaven Park, Plano, TX

Saturday August 26, 2023

Overall

Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10067	Metroplex Striders					31:30.54	31:30.54	5:38/M
		Gabriela DeLeon	F	26	Lap 1	1	10:15.09	10:15.09	5:31/M
		Daniella Mora	F	38	Lap 2	1	10:50.62	21:05.71	5:50/M
		Krystal Quiroga	F	37	Lap 3	1	10:24.83	31:30.54	5:36/M
2	10094	Norbuck Elite					32:49.48	32:49.48	5:52/M
		Emmanuel Amadi	M	31	Lap 1	2	10:19.66	10:19.66	5:33/M
		Noe Robles	M	44	Lap 2	2	11:31.64	21:51.30	6:12/M
		Ryan DeLeon	M	28	Lap 3	2	10:58.18	32:49.48	5:54/M
3	10074	Dietz					33:01.21	33:01.21	5:54/M
		Jim Dietz	M	63	Lap 1	3	10:25.99	10:25.99	5:37/M
		Sara Dietz	F	33	Lap 2	3	11:29.21	21:55.20	6:11/M
		Jim Dietz	M	63	Lap 3	3	11:06.01	33:01.21	5:58/M
4	10078	Hot And Fast					33:31.94	33:31.94	6:00/M
		Aaron Ehrle	M	37	Lap 1	5	10:55.79	10:55.79	5:53/M
		Ray Nichols	M	40	Lap 2	4	11:23.45	22:19.24	6:07/M
		Matthew Kanan	M	24	Lap 3	4	11:12.70	33:31.94	6:02/M
5	10032	Team D&m					35:47.08	35:47.08	6:24/M
		Michael Held	M	57	Lap 1	7	11:29.23	11:29.23	6:11/M
		Danny Monistere	M	58	Lap 2	5	12:32.59	24:01.82	6:45/M
		Michael Held	M	57	Lap 3	5	11:45.26	35:47.08	6:19/M
6	10092	Los Tres Amigos					36:22.99	36:22.99	6:30/M
		Memo Toral	M	51	Lap 1	6	11:18.95	11:18.95	6:05/M
		Cristobal Garcia	M	36	Lap 2	6	13:08.58	24:27.53	7:04/M
		Fernando Garcia	M	46	Lap 3	6	11:55.46	36:22.99	6:25/M
7	10091	Stride It Out					36:58.62	36:58.62	6:37/M
		Jason Bogardus	M	45	Lap 1	9	11:44.30	11:44.30	6:19/M
		Kisha Littrell	F	44	Lap 2	7	13:00.86	24:45.16	7:00/M
		Jason Bogardus	M	45	Lap 3	7	12:13.46	36:58.62	6:34/M
8	10072	Mtr					37:36.61	37:36.61	6:44/M
		Meng Zhao	M	48	Lap 1	4	10:33.68	10:33.68	5:41/M
		Jie Wang	F	49	Lap 2	10	16:17.24	26:50.92	8:45/M
		Meng Zhao	M	48	Lap 3	8	10:45.69	37:36.61	5:47/M

9	10075	Tunnel Lite					39:55.65	39:55.65	7:08/M
		Lei Tan	M	59	Lap 1	12	13:13.21	13:13.21	7:06/M
		Xiang Wei	M	57	Lap 2	8	13:10.65	26:23.86	7:05/M
		Jason Zheng	M	48	Lap 3	9	13:31.79	39:55.65	7:16/M
10	10081	In Extremis					40:39.02	40:39.02	7:16/M
		Pierre Lapointe	M	46	Lap 1	11	12:38.77	12:38.77	6:48/M
		Nathan Blasingame	M	46	Lap 2	11	14:31.26	27:10.03	7:48/M
		Pierre Lapointe	M	46	Lap 3	10	13:28.99	40:39.02	7:15/M
11	10061	Tucca					40:39.70	40:39.70	7:16/M
		Sergio Kameo	M	46	Lap 1	8	11:33.34	11:33.34	6:13/M
		Sridhar Ragagopal	M	46	Lap 2	9	15:16.90	26:50.24	8:13/M
		Cole Frisby	M	39	Lap 3	11	13:49.46	40:39.70	7:26/M
12	10097	Team Dodd					42:00.05	42:00.05	7:31/M
		Andrew Dodd	M	49	Lap 1	10	12:23.20	12:23.20	6:40/M
		Tristan Dodd	M	9	Lap 2	13	16:03.93	28:27.13	8:38/M
		Kieran Dodd	M	12	Lap 3	12	13:32.92	42:00.05	7:17/M
13	10073	Joy					42:10.33	42:10.33	7:32/M
		Min Lai	M	49	Lap 1	16	14:13.28	14:13.28	7:39/M
		Yang Meng	M	54	Lap 2	12	13:28.50	27:41.78	7:15/M
		Luoyi Zhang	M	44	Lap 3	13	14:28.55	42:10.33	7:47/M
14	10087	Tunnel Wind					42:36.27	42:36.27	7:37/M
		Libby Hu	F	57	Lap 1	18	14:34.47	14:34.47	7:50/M
		Yunxia Cai	F	54	Lap 2	14	14:06.32	28:40.79	7:35/M
		Shaorong Chang	F	45	Lap 3	14	13:55.48	42:36.27	7:29/M
15	10034	Awkward Family Photo					43:02.27	43:02.27	7:42/M
		David Recker	M	33	Lap 1	23	15:36.71	15:36.71	8:24/M
		Zachary Shirley	M	33	Lap 2	19	15:32.90	31:09.61	8:22/M
		Adrian Acevedo	M	26	Lap 3	15	11:52.66	43:02.27	6:23/M
16	10057	Black Beauty					43:06.09	43:06.09	7:42/M
		Annabelle Angeles	F	12	Lap 1	13	13:31.47	13:31.47	7:16/M
		Abby Woodson	F	12	Lap 2	18	17:18.92	30:50.39	9:19/M
		Becky Angeles	F	46	Lap 3	16	12:15.70	43:06.09	6:36/M
17	10095	Simon					44:07.61	44:07.61	7:53/M
		Jeffrey Simon	M	47	Lap 1	20	15:15.68	15:15.68	8:12/M
		Isabela Delgado	F	15	Lap 2	16	14:10.25	29:25.93	7:37/M
		Jeffrey Simon	M	47	Lap 3	17	14:41.68	44:07.61	7:54/M

18	10023	The Goys Destroy					44:12.46	44:12.46	7:54/M
		Clark Frisby	M	12	Lap 1	22	15:34.98	15:34.98	8:23/M
		Kara Frisby	F	15	Lap 2	15	13:37.13	29:12.11	7:19/M
		David Frisby	M	14	Lap 3	18	15:00.35	44:12.46	8:04/M
19	10033	Team O'Neal					44:54.64	44:54.64	8:02/M
		O'Neal Barnett	M	49	Lap 1	36	19:33.16	19:33.16	10:31/M
		Rob Buwalda	M	56	Lap 2	21	12:29.20	32:02.36	6:43/M
		O'Neal Barnett	M	49	Lap 3	19	12:52.28	44:54.64	6:55/M
20	10090	Forest Gump Girls					45:55.47	45:55.47	8:13/M
		Leslie Dumars	F	56	Lap 1	19	14:58.85	14:58.85	8:03/M
		Frances McKissick	F	61	Lap 2	17	15:16.81	30:15.66	8:13/M
		Rachel Grabow	F	40	Lap 3	20	15:39.81	45:55.47	8:25/M
21	10068	Joy 3					46:28.12	46:28.12	8:19/M
		Robert	M	11	Lap 1	17	14:33.27	14:33.27	7:50/M
		Ben	M	13	Lap 2	22	18:00.63	32:33.90	9:41/M
		Xiaolu Cin	M	40	Lap 3	21	13:54.22	46:28.12	7:29/M
22	10058	Nemcok					47:07.71	47:07.71	8:26/M
		Henry Nemcok	M	11	Lap 1	30	17:10.61	17:10.61	9:14/M
		David Nemcok	M	48	Lap 2	29	18:15.33	35:25.94	9:49/M
		Ethan Nemcok	M	13	Lap 3	22	11:41.77	47:07.71	6:17/M
23	10059	Dash 118					50:00.68	50:00.68	8:57/M
		Flora Wu	F	46	Lap 1	24	16:04.03	16:04.03	8:38/M
		Julia Xia	F	50	Lap 2	24	17:32.48	33:36.51	9:26/M
		Min Chu	F	40	Lap 3	23	16:24.17	50:00.68	8:49/M
24	10080	Legends					50:32.15	50:32.15	9:02/M
		James Thruston	M	86	Lap 1	42	24:13.79	24:13.79	13:02/M
		Allie Hewitt	F	50	Lap 2	32	14:24.21	38:38.00	7:45/M
		David Burns	M	62	Lap 3	24	11:54.15	50:32.15	6:24/M
25	10096	Mad Ladies					51:43.46	51:43.46	9:15/M
		Xiaogel (sherry She	F	61	Lap 1	28	16:37.49	16:37.49	8:56/M
		Honglan Li	F	46	Lap 2	23	16:34.18	33:11.67	8:55/M
		Phoele Lu	F	49	Lap 3	25	18:31.79	51:43.46	9:58/M
26	10076	Bachman Babes					52:31.72	52:31.72	9:24/M
		Andi Miner	F	78	Lap 1	37	21:33.71	21:33.71	11:36/M
		Rosy Elizondo	F	48	Lap 2	30	15:52.84	37:26.55	8:32/M
		Pouriska Kivanany	F	33	Lap 3	26	15:05.17	52:31.72	8:07/M

27	10085	Geezers					52:42.41	52:42.41	9:25/M
		Jim Cavanaugh	M	63	Lap 1	15	14:08.97	14:08.97	7:36/M
		Stephen Brown	M	77	Lap 2	25	19:41.76	33:50.73	10:35/M
		Rio King	M	80	Lap 3	27	18:51.68	52:42.41	10:08/M
28	10047	The D Fam					52:56.68	52:56.68	9:28/M
		Gloria DeJesus	F	48	Lap 1	34	18:51.11	18:51.11	10:08/M
		Cathy DeJesus	F	30	Lap 2	33	19:57.95	38:49.06	10:44/M
		Guillermo Toral	M	24	Lap 3	28	14:07.62	52:56.68	7:36/M
29	10089	The Gonzalez Gazelles					53:17.13	53:17.13	9:32/M
		Xander Gonzalez	M	8	Lap 1	26	16:16.68	16:16.68	8:45/M
		Terry Gonzalez	F	69	Lap 2	27	18:11.11	34:27.79	9:47/M
		Wyatt Gonzalez	M	12	Lap 3	29	18:49.34	53:17.13	10:07/M
30	10098	Maverick					53:40.65	53:40.65	9:36/M
		Luis Talavera	M	53	Lap 1	27	16:31.54	16:31.54	8:53/M
		Gavriel Talavera	M	14	Lap 2	26	17:26.22	33:57.76	9:22/M
		Luis Talavera	M	53	Lap 3	30	19:42.89	53:40.65	10:36/M
31	10088	Sbc					53:48.51	53:48.51	9:37/M
		Gary Spence	M	56	Lap 1	14	13:38.03	13:38.03	7:20/M
		Sharon Byrne	F	73	Lap 2	36	27:10.75	40:48.78	14:37/M
		John Cosentino	M	61	Lap 3	31	12:59.73	53:48.51	6:59/M
32	10053	Glover Family					54:06.74	54:06.74	9:41/M
		Jonathan Glover	M	9	Lap 1	31	17:42.41	17:42.41	9:31/M
		Kevin Glover	M	12	Lap 2	38	24:41.14	42:23.55	13:16/M
		Ryan Glover	M	39	Lap 3	32	11:43.19	54:06.74	6:18/M
33	10069	Jyy					55:32.86	55:32.86	9:56/M
		Wen You	F	53	Lap 1	21	15:18.75	15:18.75	8:14/M
		Qian Jiang	F	46	Lap 2	28	19:58.61	35:17.36	10:44/M
		Helen Ye	F	53	Lap 3	33	20:15.50	55:32.86	10:53/M
34	10099	Go Go Camino					56:35.96	56:35.96	10:07/M
		Day-Ruey Liu Lui	M	65	Lap 1	25	16:05.91	16:05.91	8:39/M
		Emily Liu Lui	F	61	Lap 2	34	23:50.69	39:56.60	12:49/M
		Day-Ruey Liu Lui	M	65	Lap 3	34	16:39.36	56:35.96	8:57/M
35	10062	Toro Gomez					56:55.76	56:55.76	10:11/M
		Jorge Toro	M	44	Lap 1	29	17:07.04	17:07.04	9:12/M
		Josefina Gomez	F	41	Lap 2	20	14:53.48	32:00.52	8:00/M
		Hadasha Toro	M	8	Lap 3	35	24:55.24	56:55.76	13:24/M

36	10084	Slow, Slower, Slowest				59:00.81	59:00.81	10:33/M	
		James Gabbart	M	82	Lap 1	40	23:56.69	23:56.69	12:52/M
		Debbie Brewer	F	63	Lap 2	37	17:12.44	41:09.13	9:15/M
		Kenny Gardner	M	70	Lap 3	36	17:51.68	59:00.81	9:36/M
37	10093	Heat Wave Runners				59:38.98	59:38.98	10:40/M	
		Jay Sheth	F	68	Lap 1	43	24:20.51	24:20.51	13:05/M
		Cary Sherf	M	70	Lap 2	35	15:42.36	40:02.87	8:27/M
		Sherry Freeland	F	68	Lap 3	37	19:36.11	59:38.98	10:32/M
38	10066	Shepherds				1:01:56.98	1:01:56.98	11:05/M	
		Claire Shepherd	F	13	Lap 1	33	18:18.97	18:18.97	9:51/M
		Erin Shepherd	F	40	Lap 2	39	24:08.55	42:27.52	12:59/M
		Chris Shepherd	M	40	Lap 3	38	19:29.46	1:01:56.98	10:29/M
39	10064	Also-Rans				1:05:00.33	1:05:00.33	11:37/M	
		Jim Brown	M	76	Lap 1	32	18:06.80	18:06.80	9:44/M
		Marisa	F	74	Lap 2	40	24:33.39	42:40.19	13:12/M
		Alan Davis	M	78	Lap 3	39	22:20.14	1:05:00.33	12:01/M
40	10079	Ortons				1:05:12.96	1:05:12.96	11:40/M	
		Heidi Orton	F	56	Lap 1	44	27:30.86	27:30.86	14:48/M
		Scott Orton	M	56	Lap 2	42	20:29.19	48:00.05	11:01/M
		Chris Orton	M	26	Lap 3	40	17:12.91	1:05:12.96	9:15/M
41	10031	Second Saturday Running Club				1:07:47.90	1:07:47.90	12:07/M	
		Julie Bilyeu	F	34	Lap 1	38	22:38.02	22:38.02	12:10/M
		Elizabeth George	F	34	Lap 2	41	22:57.67	45:35.69	12:21/M
		Will Bilyeu	M	36	Lap 3	41	22:12.21	1:07:47.90	11:56/M
42	10039	Beach				1:11:09.59	1:11:09.59	12:43/M	
		Sherry Freeland	F	68	Lap 1	35	19:29.88	19:29.88	10:29/M
		Andy Beach	M	65	Lap 2	31	18:23.95	37:53.83	9:54/M
		Debye Humphrey	F	69	Lap 3	42	33:15.76	1:11:09.59	17:53/M
43	10086	Shah Family Fun				1:12:27.06	1:12:27.06	12:57/M	
		Reva Shah	F	5	Lap 1	45	29:12.89	29:12.89	15:42/M
		Suvan Shah	M	8	Lap 2	44	24:03.02	53:15.91	12:56/M
		Sabina Shah	F	38	Lap 3	43	19:11.15	1:12:27.06	10:19/M
44	10060	Slow And Delirious				1:15:27.76	1:15:27.76	13:30/M	
		Dennis Chupp	M	66	Lap 1	41	24:10.87	24:10.87	13:00/M
		Vicki Epting	F	71	Lap 2	43	25:57.29	50:08.16	13:57/M
		Tim Epting	M	67	Lap 3	44	25:19.60	1:15:27.76	13:37/M

45	10082	Smooth Moves					1:16:16.50	1:16:16.50	13:38/M
		William Swafford	M	71	Lap 1	46	30:42.60	30:42.60	16:31/M
		John Kramer	M	61	Lap 2	46	29:55.10	1:00:37.70	16:05/M
		Tom Conlon	M	70	Lap 3	45	15:38.80	1:16:16.50	8:25/M

Category

Overall									
Male									
Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10094	Norbuck Elite						32:49.48	5:52/M
		Emmanuel Amadi	M	31	Lap 1	1	10:19.66	10:19.66	5:33/M
		Noe Robles	M	44	Lap 2	2	11:31.64	11:31.64	6:12/M
		Ryan DeLeon	M	28	Lap 3	1	10:58.18	10:58.18	5:54/M
Female									
Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10067	Metroplex Striders						31:30.54	5:38/M
		Daniella Mora	F	38	Lap 1	1	10:15.09	10:15.09	5:31/M
		Gabriela DeLeon	F	26	Lap 2	1	10:50.62	21:05.71	5:50/M
		Krystal Quiroga	F	37	Lap 3	1	10:24.83	31:30.54	5:36/M
Coed									
Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10091	Stride It Out						36:58.62	6:37/M
		Jason Bogardus	M	45	Lap 1	9	11:44.30	11:44.30	6:19/M
		Kisha Littrell	F	44	Lap 2	7	13:00.86	13:00.86	7:00/M
		Jason Bogardus	M	45	Lap 3	9	12:13.46	12:13.46	6:34/M
Family									
Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10074	Dietz						33:01.21	5:54/M
		Jim Dietz	M	63	Lap 1	3	10:25.99	10:25.99	5:37/M
		Sara Dietz	F	33	Lap 2	3	11:29.21	11:29.21	6:11/M
		Jim Dietz	M	63	Lap 3	3	11:06.01	11:06.01	5:58/M
Male									
Combined 0 - 80									
Place	Team No	Team/Participant Name	Gender	Age	Event	Rank	Time	Total Time	Pace
1	10068	Joy 3						46:28.12	8:19/M
		Robert	M	11	Lap 1	10	14:33.27	14:33.27	7:50/M
		Ben	M	13	Lap 2	11	18:00.63	32:33.90	9:41/M
		Xiaolu Cin	M	40	Lap 3	10	13:54.22	46:28.12	7:29/M

Combined 81-119

Place	Team No	Team/Participant Name		Event	Rank	Time	Total Time	Pace
1	10078	Hot And Fast					33:31.94	6:00/M
		Aaron Ehrle	M	37 Lap 1	2	10:55.79	10:55.79	5:53/M
		Ray Nichols	M	40 Lap 2	1	11:23.45	22:19.24	6:07/M
		Matthew Kanan	M	24 Lap 3	2	11:12.70	33:31.94	6:02/M
2	10034	Awkward Family Photo					43:02.27	7:42/M
		David Recker	M	33 Lap 1	11	15:36.71	15:36.71	8:24/M
		Zachary Shirley	M	33 Lap 2	10	15:32.90	31:09.61	8:22/M
		Adrian Acevedo	M	26 Lap 3	4	11:52.66	43:02.27	6:23/M

Combined 120-149

Place	Team No	Team/Participant Name		Event	Rank	Time	Total Time	Pace
1	10092	Los Tres Amigos					36:22.99	6:30/M
		Memo Toral	M	51 Lap 1	3	11:18.95	11:18.95	6:05/M
		Cristobal Garcia	M	36 Lap 2	5	13:08.58	24:27.53	7:04/M
		Fernando Garcia	M	46 Lap 3	5	11:55.46	36:22.99	6:25/M
2	10081	In Extremis					40:39.02	7:16/M
		Pierre Lapointe	M	46 Lap 1	6	12:38.77	12:38.77	6:48/M
		Nathan Blasingame	M	46 Lap 2	8	14:31.26	27:10.03	7:48/M
		Pierre Lapointe	M	46 Lap 3	7	13:28.99	40:39.02	7:15/M
3	10061	Tucca					40:39.70	7:16/M
		Sergio Kameo	M	46 Lap 1	5	11:33.34	11:33.34	6:13/M
		Sridhar Ragagopal	M	46 Lap 2	9	15:16.90	26:50.24	8:13/M
		Cole Frisby	M	39 Lap 3	9	13:49.46	40:39.70	7:26/M
4	10073	Joy					42:10.33	7:32/M
		Min Lai	M	49 Lap 1	9	14:13.28	14:13.28	7:39/M
		Yang Meng	M	54 Lap 2	7	13:28.50	27:41.78	7:15/M
		Luoyi Zhang	M	44 Lap 3	11	14:28.55	42:10.33	7:47/M

Combined 150-179

Place	Team No	Team/Participant Name		Event	Rank	Time	Total Time	Pace
1	10032	Team D&m					35:47.08	6:24/M
		Michael Held	M	57 Lap 1	4	11:29.23	11:29.23	6:11/M
		Danny Monistere	M	58 Lap 2	4	12:32.59	24:01.82	6:45/M
		Michael Held	M	57 Lap 3	3	11:45.26	35:47.08	6:19/M
2	10075	Tunnel Lite					39:55.65	7:08/M
		Lei Tan	M	59 Lap 1	7	13:13.21	13:13.21	7:06/M
		Xiang Wei	M	57 Lap 2	6	13:10.65	26:23.86	7:05/M
		Jason Zheng	M	48 Lap 3	8	13:31.79	39:55.65	7:16/M

3	10033	Team O'Neal					44:54.64	8:02/M
		O'Neal Barnett	M	49	Lap 1	12	19:33.16	19:33.16 10:31/M
		Rob Buwalda	M	56	Lap 2	3	12:29.20	32:02.36 6:43/M
		O'Neal Barnett	M	49	Lap 3	6	12:52.28	44:54.64 6:55/M

Combined 180+

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10085	Geezers						52:42.41	9:25/M
		Jim Cavanaugh	M	63	Lap 1	8	14:08.97	14:08.97 7:36/M	
		Stephen Brown	M	77	Lap 2	12	19:41.76	33:50.73 10:35/M	
		Rio King	M	80	Lap 3	13	18:51.68	52:42.41 10:08/M	

2	10082	Smooth Moves						1:16:16.50	13:38/M
		William Swafford	M	71	Lap 1	13	30:42.60	30:42.60 16:31/M	
		John Kramer	M	61	Lap 2	13	29:55.10	1:00:37.70 16:05/M	
		Tom Conlon	M	70	Lap 3	12	15:38.80	1:16:16.50 8:25/M	

Female

Combined 0 - 80

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10057	Black Beauty						43:06.09	7:42/M
		Annabelle Angeles	F	12	Lap 1	2	13:31.47	13:31.47 7:16/M	
		Abby Woodson	F	12	Lap 2	6	17:18.92	30:50.39 9:19/M	
		Becky Angeles	F	46	Lap 3	2	12:15.70	43:06.09 6:36/M	

Combined 120-149

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10059	Dash 118						50:00.68	8:57/M
		Flora Wu	F	46	Lap 1	6	16:04.03	16:04.03 8:38/M	
		Julia Xia	F	50	Lap 2	7	17:32.48	33:36.51 9:26/M	
		Min Chu	F	40	Lap 3	6	16:24.17	50:00.68 8:49/M	

Combined 150-179

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10087	Tunnel Wind						42:36.27	7:37/M
		Libby Hu	F	57	Lap 1	3	14:34.47	14:34.47 7:50/M	
		Yunxia Cai	F	54	Lap 2	2	14:06.32	28:40.79 7:35/M	
		Shaorong Chang	F	45	Lap 3	3	13:55.48	42:36.27 7:29/M	
2	10090	Forest Gump Girls						45:55.47	8:13/M
		Leslie Dumars	F	56	Lap 1	4	14:58.85	14:58.85 8:03/M	
		Frances McKissick	F	61	Lap 2	3	15:16.81	30:15.66 8:13/M	
		Rachel Grabow	F	40	Lap 3	5	15:39.81	45:55.47 8:25/M	

3	10096	Mad Ladies						51:43.46	9:15/M
		Xiaogel (sherry She)	F	61	Lap 1	7	16:37.49	16:37.49	8:56/M
		Honglan Li	F	46	Lap 2	5	16:34.18	33:11.67	8:55/M
		Phoele Lu	F	49	Lap 3	7	18:31.79	51:43.46	9:58/M
4	10076	Bachman Babes						52:31.72	9:24/M
		Andi Miner	F	78	Lap 1	8	21:33.71	21:33.71	11:36/M
		Rosy Elizondo	F	48	Lap 2	4	15:52.84	37:26.55	8:32/M
		Pouriska Kivanany	F	33	Lap 3	4	15:05.17	52:31.72	8:07/M
5	10069	JYY						55:32.86	9:56/M
		Wen You	F	53	Lap 1	5	15:18.75	15:18.75	8:14/M
		Qian Jiang	F	46	Lap 2	8	19:58.61	35:17.36	10:44/M
		Helen Ye	F	53	Lap 3	8	20:15.50	55:32.86	10:53/M

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Combined 0 - 80

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10023	The Goys Destroy						44:12.46	7:54/M
		Clark Frisby	M	12	Lap 1	4	15:34.98	15:34.98	8:23/M
		Kara Frisby	F	15	Lap 2	2	13:37.13	29:12.11	7:19/M
		David Frisby	M	14	Lap 3	5	15:00.35	44:12.46	8:04/M

Combined 81-119

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10031	Second Saturday Running Club						1:07:47.90	12:07/M
		Julie Bilyeu	F	34	Lap 1	7	22:38.02	22:38.02	12:10/M
		Elizabeth George	F	34	Lap 2	9	22:57.67	45:35.69	12:21/M
		Will Bilyeu	M	36	Lap 3	9	22:12.21	1:07:47.90	11:56/M

Combined 120-149

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10072	Mtr						37:36.61	6:44/M
		Meng Zhao	M	48	Lap 1	1	10:33.68	10:33.68	5:41/M
		Jie Wang	F	49	Lap 2	5	16:17.24	26:50.92	8:45/M
		Meng Zhao	M	48	Lap 3	1	10:45.69	37:36.61	5:47/M
2	10079	Ortons						1:05:12.96	11:40/M
		Heidi Orton	F	56	Lap 1	12	27:30.86	27:30.86	14:48/M
		Scott Orton	M	56	Lap 2	8	20:29.19	48:00.05	11:01/M
		Chris Orton	M	26	Lap 3	6	17:12.91	1:05:12.96	9:15/M

Combined 180+

Place	Team No	Team/Participant Name		Event	Rank	Time	Total Time	Pace	
1	10080	Legends					50:32.15	9:02/M	
		James Thruston	M	86	Lap 1	10	24:13.79	24:13.79	13:02/M
		Allie Hewitt	F	50	Lap 2	3	14:24.21	38:38.00	7:45/M
		David Burns	M	62	Lap 3	2	11:54.15	50:32.15	6:24/M
2	10088	Sbc					53:48.51	9:37/M	
		Gary Spence	M	56	Lap 1	3	13:38.03	13:38.03	7:20/M
		Sharon Byrne	F	73	Lap 2	12	27:10.75	40:48.78	14:37/M
		John Cosentino	M	61	Lap 3	4	12:59.73	53:48.51	6:59/M
3	10084	Slow, Slower, Slowest					59:00.81	10:33/M	
		James Gabbart	M	82	Lap 1	8	23:56.69	23:56.69	12:52/M
		Debbie Brewer	F	63	Lap 2	6	17:12.44	41:09.13	9:15/M
		Kenny Gardner	M	70	Lap 3	7	17:51.68	59:00.81	9:36/M
4	10093	Heat Wave Runners					59:38.98	10:40/M	
		Jay Sheth	F	68	Lap 1	11	24:20.51	24:20.51	13:05/M
		Cary Sherf	M	70	Lap 2	4	15:42.36	40:02.87	8:27/M
		Sherry Freeland	F	68	Lap 3	8	19:36.11	59:38.98	10:32/M
5	10064	Also-Rans					1:05:00.33	11:37/M	
		Jim Brown	M	76	Lap 1	5	18:06.80	18:06.80	9:44/M
		Marisa	F	74	Lap 2	10	24:33.39	42:40.19	13:12/M
		Alan Davis	M	78	Lap 3	10	22:20.14	1:05:00.33	12:01/M
6	10039	Beach					1:11:09.59	12:43/M	
		Sherry Freeland	F	68	Lap 1	6	19:29.88	19:29.88	10:29/M
		Andy Beach	M	65	Lap 2	7	18:23.95	37:53.83	9:54/M
		Debye Humphrey	F	69	Lap 3	12	33:15.76	1:11:09.59	17:53/M
7	10060	Slow And Delirious					1:15:27.76	13:30/M	
		Dennis Chupp	M	66	Lap 1	9	24:10.87	24:10.87	13:00/M
		Vicki Epting	F	71	Lap 2	11	25:57.29	50:08.16	13:57/M
		Tim Epting	M	67	Lap 3	11	25:19.60	1:15:27.76	13:37/M

Family

Combined 0 - 77

Place	Team No	Team/Participant Name		Event	Rank	Time	Total Time	Pace	
1	10097	Team Dodd					42:00.05	7:31/M	
		Andrew Dodd	M	49	Lap 1	2	12:23.20	12:23.20	6:40/M
		Tristan Dodd	M	9	Lap 2	4	16:03.93	28:27.13	8:38/M
		Kieran Dodd	M	12	Lap 3	4	13:32.92	42:00.05	7:17/M

2	10058	Nemcok						47:07.71	8:26/M
		Henry Nemcok	M	11	Lap 1	8	17:10.61	17:10.61	9:14/M
		David Nemcok	M	48	Lap 2	7	18:15.33	35:25.94	9:49/M
		Ethan Nemcok	M	13	Lap 3	2	11:41.77	47:07.71	6:17/M
3	10053	Glover Family						54:06.74	9:41/M
		Jonathan Glover	M	9	Lap 1	9	17:42.41	17:42.41	9:31/M
		Kevin Glover	M	12	Lap 2	12	24:41.14	42:23.55	13:16/M
		Ryan Glover	M	39	Lap 3	3	11:43.19	54:06.74	6:18/M
4	10086	Shah Family Fun						1:12:27.06	12:57/M
		Reva Shah	F	5	Lap 1	12	29:12.89	29:12.89	15:42/M
		Suvan Shah	M	8	Lap 2	10	24:03.02	53:15.91	12:56/M
		Sabina Shah	F	38	Lap 3	9	19:11.15	1:12:27.06	10:19/M

Combined 78-98

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10089	The Gonzalez Gazelles						53:17.13	9:32/M
		Xander Gonzalez	M	8	Lap 1	5	16:16.68	16:16.68	8:45/M
		Terry Gonzalez	F	69	Lap 2	6	18:11.11	34:27.79	9:47/M
		Wyatt Gonzalez	M	12	Lap 3	8	18:49.34	53:17.13	10:07/M
2	10062	Toro Gomez						56:55.76	10:11/M
		Jorge Toro	M	44	Lap 1	7	17:07.04	17:07.04	9:12/M
		Josefina Gomez	F	41	Lap 2	3	14:53.48	32:00.52	8:00/M
		Hadasha Toro	M	8	Lap 3	12	24:55.24	56:55.76	13:24/M
3	10066	Shepherds						1:01:56.98	11:05/M
		Claire Shepherd	F	13	Lap 1	10	18:18.97	18:18.97	9:51/M
		Erin Shepherd	F	40	Lap 2	11	24:08.55	42:27.52	12:59/M
		Chris Shepherd	M	40	Lap 3	10	19:29.46	1:01:56.98	10:29/M

Combined 99-140

Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10095	Simon						44:07.61	7:53/M
		Jeffrey Simon	M	47	Lap 1	3	15:15.68	15:15.68	8:12/M
		Isabela Delgado	F	15	Lap 2	2	14:10.25	29:25.93	7:37/M
		Jeffrey Simon	M	47	Lap 3	6	14:41.68	44:07.61	7:54/M
2	10047	The D Fam						52:56.68	9:28/M
		Gloria Dejesus	F	48	Lap 1	11	18:51.11	18:51.11	10:08/M
		Cathy DeJesus	F	30	Lap 2	8	19:57.95	38:49.06	10:44/M
		Guillermo Toral	M	24	Lap 3	5	14:07.62	52:56.68	7:36/M

3	10098	Maverick					53:40.65	9:36/M	
		Luis Talavera	M	53	Lap 1	6	16:31.54	8:53/M	
		Gavriel Talavera	M	14	Lap 2	5	17:26.22	9:22/M	
		Luis Talavera	M	53	Lap 3	11	19:42.89	10:36/M	
Combined 180+									
Place	Team No	Team/Participant Name			Event	Rank	Time	Total Time	Pace
1	10099	Go Go Camino						56:35.96	10:07/M
		Day-Ruey Liu Lui	M	65	Lap 1	4	16:05.91	8:39/M	
		Emily Liu Lui	F	61	Lap 2	9	23:50.69	12:49/M	
		Day-Ruey Liu Lui	M	65	Lap 3	7	16:39.36	8:57/M	

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Hayes Gaffney	4:57	1 Anvie Hemnath	6:52
2	Angel Garcia	5:32	2 Isabella LaPointe	7:11
BOYS 7-9		GIRLS 7-9		
1	Kevin Bueno	4:26	1 Habdasha Toro	8:24
2	Arthur LaPointe	4:32		
BOYS 10-12		GIRLS 10-12		
1	Wyatt Gonzalez	4:31		
2	Jacob Martinez	4:39		

Individual

1.	Gabriela DeLeon	26 f	10:16	5:30	17.7	95.9
2.	Emmanuel Amadi	31 m	10:20	5:33	17.9	84.6
3.	Krystal Quiroga	37 f	10:24	5:35	18.0	97.2
4.	Jim Dietz	63 m	10:26	5:36	18.0	102.8
5.	Meng Zhao	48 m	10:34	5:40	18.3	89.7
6.	Meng Zhao	48 m	10:44	5:45	18.5	88.3
7.	Daniella Mora	38 f	10:50	5:49	18.7	93.8
8.	Aaron Ehrle	37 m	10:56	5:52	18.9	81.6
9.	Ryan DeLeon	28 m	10:58	5:53	18.9	79.3
10.	Jim Dietz	63 m	11:07	5:58	19.2	96.5
11.	Matthew Kanan	24 m	11:13	6:01	19.4	77.5
12.	Memo Toral	51 m	11:19	6:04	19.6	85.5
13.	Ray Nichols	40 m	11:23	6:06	19.7	79.5
14.	Sara Dietz	33 f	11:29	6:10	19.8	86.8
15.	Michael Held	57 m	11:30	6:10	19.9	88.2
16.	Noe Robles	44 m	11:31	6:11	19.9	80.3
17.	Sergio Kameo	46 m	11:34	6:12	20.0	80.9
18.	Ethan Nencok	13 m	11:41	6:16	20.2	83.4
19.	Ryan Glover	39 m	11:42	6:17	20.2	77.0
20.	Jason Bogardus	45 m	11:45	6:18	20.3	79.2
21.	Michael Held	57 m	11:45	6:18	20.3	86.3
22.	Adrian Acevedo	26 m	11:53	6:22	20.5	73.1
23.	David Burns	62 m	11:53	6:22	20.5	89.4
24.	Fernando Garcia	46 m	11:55	6:24	20.6	78.5
25.	Jason Bogardus	45 m	12:13	6:33	21.1	76.1
26.	Becky Angeles	46 f	12:15	6:34	21.2	86.6
27.	Andrew Dodd	49 m	12:24	6:39	21.4	77.0
28.	Rob Buwalda	56 m	12:29	6:42	21.6	80.6
29.	Danny Monistere	58 m	12:32	6:43	21.7	81.7
30.	Pierre Lapointe	46 m	12:39	6:47	21.9	74.0
31.	O'Neal Barnett	49 m	12:52	6:54	22.2	74.2

32.	John Cosentino	61 m	12:59	6:58	22.4	81.0
33.	Kisha Littrell	44 f	13:01	6:59	22.5	80.5
34.	Cristobal Garcia	36 m	13:08	7:03	22.7	67.7
35.	Xiang Wei	57 m	13:10	7:04	22.7	77.1
36.	Lei Tan	59 m	13:14	7:06	22.9	78.0
37.	Pierre Lapointe	46 m	13:28	7:13	23.3	69.5
38.	Yang Meng	54 m	13:28	7:13	23.3	73.5
39.	Jason Zheng	48 m	13:32	7:16	23.4	70.0
40.	Annabelle Angeles	12 f	13:32	7:16	23.4	83.8
41.	Kieran Dodd	12 m	13:32	7:16	23.4	73.9
42.	Kara Frisby	15 f	13:37	7:18	23.5	77.8
43.	Gary Spence	56 m	13:39	7:19	23.6	73.7
44.	Cole Frisby	39 m	13:49	7:25	23.9	65.2
45.	Xiaolu Cin	40 m	13:53	7:27	24.0	65.2
46.	Shaorong Chang	45 f	13:55	7:28	24.0	75.7
47.	Yunxia Cai	54 f	14:06	7:34	24.4	79.6
48.	Guillermo Toral	24 m	14:08	7:35	24.4	61.5
49.	Isabela Delgado	15 f	14:09	7:35	24.4	74.9
50.	Jim Cavanaugh	63 m	14:10	7:36	24.5	75.7
51.	Min Lai	49 m	14:14	7:38	24.6	67.0
52.	Allie Hewitt	50 f	14:24	7:43	24.9	75.6
53.	Luoyi Zhang	44 m	14:27	7:45	25.0	64.0
54.	Nathan Blasingame	46 m	14:32	7:48	25.1	64.4
55.	Robert	11 m	14:34	7:49	25.2	70.8
56.	Libby Hu	57 f	14:35	7:49	25.2	78.8
57.	Jeffrey Simon	47 m	14:42	7:53	25.4	64.1
58.	Josefina Gomez	41 f	14:53	7:59	25.7	69.3
59.	David Frisby	14 m	15:00	8:03	25.9	63.5
60.	Leslie Dumars	56 f	15:00	8:03	25.9	76.0
61.	Pouriska Kivanany	33 f	15:04	8:05	26.0	66.1
62.	Frances McKissick	61 f	15:16	8:11	26.4	78.1
63.	Sridhar Ragagopal	46 m	15:16	8:11	26.4	61.3
64.	Jeffrey Simon	47 m	15:17	8:12	26.4	61.6
65.	Wen You	53 f	15:20	8:14	26.5	72.6
66.	Zachary Shirley	33 m	15:32	8:20	26.8	56.6
67.	Clark Frisby	12 m	15:36	8:22	27.0	64.1
68.	David Recker	33 m	15:38	8:23	27.0	56.2
69.	Tom Conlon	70 m	15:38	8:23	27.0	74.0
70.	Rachel Grabow	40 f	15:40	8:24	27.1	65.5
71.	Cary Sherf	70 m	15:41	8:25	27.1	73.8
72.	Rosy Elizondo	48 f	15:52	8:31	27.4	67.7
73.	Tristan Dodd	9 m	16:04	8:37	27.8	69.2
74.	Flora Wu	46 f	16:05	8:38	27.8	65.9
75.	Day-Ruey Liu Lui	65 m	16:07	8:39	27.8	67.9
76.	Xander Gonzalez	8 m	16:18	8:45	28.2	71.4
77.	Jie Wang	49 f	16:18	8:45	28.2	66.3
78.	Min Chu	40 f	16:23	8:47	28.3	62.6
79.	Luis Talavera	53 m	16:33	8:53	28.6	59.3
80.	Honglan Li	46 f	16:34	8:53	28.6	64.0
81.	Day-Ruey Liu Lui	65 m	16:38	8:55	28.7	65.8
82.	Xiaogel (sherry She	61 f	16:38	8:55	28.7	71.7
83.	Jorge Toro	44 m	17:08	9:11	29.6	54.0
84.	Henry Nemcok	11 m	17:12	9:14	29.7	60.0
85.	Debbie Brewer	63 f	17:12	9:14	29.7	70.7
86.	Chris Orton	26 m	17:12	9:14	29.7	50.5
87.	Abby Woodson	12 f	17:19	9:17	29.9	65.5
88.	Gavriel Talavera	14 m	17:25	9:21	30.1	54.7
89.	Julia Xia	50 f	17:33	9:25	30.3	62.0
90.	Jonathan Glover	9 m	17:44	9:31	30.6	62.7
91.	Kenny Gardner	70 m	17:51	9:35	30.8	64.8
92.	Ben	13 m	18:01	9:40	31.1	54.1
93.	Jim Brown	76 m	18:08	9:44	31.3	68.8
94.	Terry Gonzalez	69 f	18:11	9:45	31.4	71.3
95.	David Nemcok	48 m	18:15	9:47	31.5	51.9
96.	Claire Shepherd	13 f	18:19	9:50	31.6	60.3
97.	Andy Beach	65 m	18:24	9:52	31.8	59.5
98.	Phoele Lu	49 f	18:32	9:57	32.0	58.4
99.	Wyatt Gonzalez	12 m	18:49	10:06	32.5	53.2
100.	Rio King	80 m	18:51	10:07	32.6	70.0
101.	Gloria Dejesus	48 f	18:53	10:08	32.6	56.9

102.	Sabina Shah	38 f	19:11	10:17	33.1	53.0
103.	Chris Shepherd	40 m	19:29	10:27	33.7	46.4
104.	Sherry Freeland	68 f	19:31	10:28	33.7	65.7
105.	O'Neal Barnett	49 m	19:34	10:30	33.8	48.8
106.	Sherry Freeland	68 f	19:37	10:31	33.9	65.3
107.	Stephen Brown	77 m	19:42	10:34	34.0	64.2
108.	Luis Talavera	53 m	19:44	10:35	34.1	49.8
109.	Cathy DeJesus	30 f	19:57	10:42	34.5	49.5
110.	Qian Jiang	46 f	19:58	10:43	34.5	53.1
111.	Helen Ye	53 f	20:15	10:52	35.0	55.0
112.	Scott Orton	56 m	20:27	10:58	35.3	49.2
113.	Andi Miner	78 f	21:36	11:35	37.3	67.3
114.	Will Bilyeu	36 m	22:12	11:55	38.4	40.0
115.	Alan Davis	78 m	22:20	11:59	38.6	57.4
116.	Julie Bilyeu	34 f	22:39	12:09	39.1	44.1
117.	Elizabeth George	34 f	22:57	12:19	39.7	43.6
118.	Emily Liu Lui	61 f	23:51	12:48	41.2	50.0
119.	James Gabbart	82 m	23:58	12:51	41.4	56.7
120.	Suvan Shah	8 m	24:02	12:54	41.5	48.4
121.	Erin Shepherd	40 f	24:09	12:57	41.7	42.5
122.	Dennis Chupp	66 m	24:12	12:59	41.8	45.7
123.	James Thruston	86 m	24:15	13:01	41.9	59.7
124.	Jay Sheth	68 f	24:22	13:04	42.1	52.6
125.	Marisa	74 f	24:33	13:10	42.4	56.1
126.	Kevin Glover	12 m	24:40	13:14	42.6	40.6
127.	Hadasha Toro	8 m	24:55	13:22	43.0	46.7
128.	Tim Epting	67 m	25:20	13:35	43.8	44.1
129.	Vicki Epting	71 f	25:57	13:55	44.8	51.1
130.	Sharon Byrne	73 f	27:11	14:35	47.0	50.0
131.	Heidi Orton	56 f	27:34	14:47	47.6	41.4
132.	Reva Shah	5 f	29:15	15:41	50.5	53.5
133.	John Kramer	61 m	29:54	16:02	51.7	35.2
134.	William Swafford	71 m	30:45	16:30	53.1	38.1
135.	Debye Humphrey	69 f	33:13	17:49	57.4	39.0

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, August 26, 2023

			FinTime	Pace	5Keq	Score
1.	Kevin Bueno	9 m	4:26	7:08	26.2	73.3
2.	Wyatt Gonzalez	12 m	4:31	7:16	26.7	64.8
3.	Arthur LaPointe	8 m	4:32	7:18	26.8	75.0
4.	Jacob Martinez	10 m	4:39	7:29	27.5	67.2
5.	Clark Frisby	12 m	4:50	7:47	28.6	60.5
6.	Hayes Gaffney	6 m	4:57	7:58	29.3	76.6
7.	Angel Garcia	6 m	5:32	8:54	32.7	68.5
8.	A.J. Angeles	9 m	5:39	9:06	33.4	57.5
9.	Luke Bueno	7 m	6:13	10:00	36.7	57.6
10.	Anvie Hemnath	6 f	6:52	11:03	40.6	62.5
11.	Isabella LaPointe	3 f	7:11	11:34	42.4	73.8
12.	Habdasha Toro	8 f	8:24	13:31	49.6	45.9
13.	Erick Gomez	9 m	8:25	13:33	49.7	38.6
14.	Niyathi Vijay	5 f	8:32	13:44	50.4	53.6
15.	Marcus Chen	4 m	8:42	14:00	51.4	49.8
16.	Nikith Vijay	6 m	8:58	14:26	53.0	42.3
17.	Luke Richards	4 m	9:33	15:22	56.4	45.4
18.	Cleo Maxwell	3 f	10:21	16:40	61.2	51.3

New Records:

Krystal Quiroga, 3K Female 35-39, 10:24 (previous record: Jessica Smith, 10:54, 08/14)
Gabriela DeLeon, 3K 25-29, 10:15 (previous record: Sonya Correa, 10:48, 08/10)
Gabriela DeLeon, 3K Female Overall, 10:15 (previous record: Emily Field, 10:35, 12/05)
James Thruston, 3K Male 85-89, 24:15 (previous record: James Thruston, 24:53, 08/22)

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

Jim Gabhart
Bettye Haynes
Debbie Brewer
Cindy Arreola
Chris Garcia
Ron Wahlquist