

Plano Pacers 5 Mile Fling & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday, September 26, 2020

5 mile TOP FINISHERS

MEN		WOMEN			
1	Israel Aquino	28:25	1 Tina-Mari Meyer	33:32	
2	Bryan Eberhard	30:27	2 Dominique Monroy	35:45	
3	Michael Held	31:57	3 Kelly Lawton	38:43	
4	Mark Miller	34:11	4 Linda Kelly	39:27	
5	John Cosentino	36:44	5 Suzanne Davis	40:20	
6	Ron Wahlquist	37:18	6 Xiaolu Cui	41:59	
7	Vijayan Nair	37:21	7 Wen You	43:51	
8	Ben Howard	37:37	8 Dawn Burke	44:05	
9	Chad Kaneshige	38:19	9 Isabella Aquino	47:00	
10	Steve Russo	38:28	10 Debbie Riedner	47:23	
Overall:	Israel Aquino	28:25	Overall:	Tina-Mari Meyer	33:32
Master:	Michael Held	31:57	Master:	Kelly Lawton	38:43
Senior:	John Cosentino	36:44	Senior:	Linda Kelly	39:27
10-14:	Joel La Granade	38:58	10-14:	Isabella Aquino	47:00
	Christian Bedyoa	42:02			
	Yuanben Zhang	58:50			
15-19:	Ben Kaplan	40:07	15-19:	Dominique Monroy	35:45
	Josh Lopez	45:19		Valeria Esquivel	51:54
				Jessica Puente	59:08
			25-29:	Jihye Moon	49:43
30-34:	Bryan Eberhard	30:27			
	Benjamin Brown	40:15			
35-39:	Stanley Kisinde	41:36	35-39:	Suzanne Davis	40:20
				Xiaolu Cui	41:59
40-44:	Mark Miller	34:11			
	Ben Howard	37:37			
	Luoyi Zhang	42:57			
45-49:	Chad Kaneshige	38:19			
50-54:	David McAdam	53:00	50-54:	Wen You	43:51
				Debbie Riedner	47:23
55-59:	Vijayan Nair	37:21			
	Steve Russo	38:28			
	Danny Monistere	39:50			
60-64:	Ron Wahlquist	37:18	60-64:	Dawn Burke	44:05
	James Drumm	40:33			
	Day-Ruey Liu	44:03			
65-69:	Cary Sherf	41:21	65-69:	Sunao Saito	49:10
	Sigi Diaz	42:48		Debye Humphrey	1:03:48
	Thomas Conlon	46:40			
70-74:	Steve Shopoff	1:03:33			
75-79:	Wally Capps	47:17			

James Gabhart 1:11:58
 80-ov: James Thruston 1:20:30

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6	
1 Logan Aquero	6:59	1 Lucia Aquero	6:57
		2 Ana Nguyen	7:01
BOYS 7-9		GIRLS 7-9	
1 Luke Nguyen	6:05		
BOYS 10-12		GIRLS 10-12	
1 Xavier Guerrero	5:45		

Plano Pacers 5 mile Results---Saturday, September 26, 2020

		FinTime	Pace	5Keq	Score	
1.	Israel Aquino	17 m	28:25	5:41	17.1	91.9
2.	Bryan Eberhard	30 m	30:27	6:05	18.3	82.3
3.	Michael Held	54 m	31:57	6:23	19.2	89.1
4.	Tina-Mari Meyer	33 f	33:32	6:42	20.2	85.4
5.	Mark Miller	42 m	34:11	6:50	20.5	76.9
6.	Dominique Monroy	17 f	35:45	7:09	21.5	82.8
7.	John Cosentino	58 m	36:44	7:21	22.1	80.1
8.	Ron Wahlquist	62 m	37:18	7:28	22.4	81.8
9.	Vijayan Nair	57 m	37:21	7:28	22.4	78.1
10.	Ben Howard	42 m	37:37	7:31	22.6	69.9
11.	Chad Kaneshige	45 m	38:19	7:40	23.0	69.8
12.	Steve Russo	57 m	38:28	7:42	23.1	75.8
13.	Kelly Lawton	44 f	38:43	7:45	23.3	77.8
14.	Joel La Granade	14 m	38:58	7:48	23.4	70.3
15.	Linda Kelly	69 f	39:27	7:53	23.7	94.5
16.	Danny Monistere	55 m	39:50	7:58	23.9	72.0
17.	Ben Kaplan	16 m	40:07	8:01	24.1	66.0
18.	Benjamin Brown	33 m	40:15	8:03	24.2	62.8
19.	Suzanne Davis	35 f	40:20	8:04	24.2	71.5
20.	James Drumm	62 m	40:33	8:07	24.4	75.3
21.	Doug Waters	56 m	41:12	8:14	24.8	70.2
22.	Cary Sherf	67 m	41:21	8:16	24.8	77.7
23.	Stanley Kisinde	35 m	41:36	8:19	25.0	61.2
24.	Xiaolu Cui	37 f	41:59	8:24	25.2	69.3
25.	Christian Bedyoa	12 m	42:02	8:24	25.3	68.4
26.	Alex Kaplan	56 m	42:13	8:27	25.4	68.5
27.	Sigi Diaz	66 m	42:48	8:34	25.7	74.3
28.	Luoyi Zhang	41 m	42:57	8:35	25.8	60.9
29.	Wen You	50 f	43:51	8:46	26.3	71.4
30.	Day-Ruey Liu	62 m	44:03	8:49	26.5	69.3
31.	Dawn Burke	60 f	44:05	8:49	26.5	77.0
32.	Josh Lopez	16 m	45:19	9:04	27.2	58.4
33.	Jeff Smith	59 m	46:15	9:15	27.8	64.2
34.	Thomas Conlon	67 m	46:40	9:20	28.0	68.9
35.	Isabella Aquino	13 f	47:00	9:24	28.2	67.6
36.	Wally Capps	79 m	47:17	9:27	28.4	79.1
37.	Debbie Riedner	51 f	47:23	9:29	28.5	66.5
38.	Sunao Saito	66 f	49:10	9:50	29.5	73.3
39.	Jihye Moon	29 f	49:43	9:57	29.9	57.0
40.	Andy Beach	62 m	49:46	9:57	29.9	61.3
41.	Shungo Saito	61 m	51:27	10:17	30.9	58.8
42.	Valeria Esquivel	15 f	51:54	10:23	31.2	58.7
43.	David McAdam	53 m	53:00	10:36	31.8	53.3
44.	Arturo Navarro	43 m	53:17	10:39	32.0	49.6

45.	Ken Ashby	67 m	58:42	11:44	35.3	54.8
46.	Yuanben Zhang	10 m	58:50	11:46	35.4	52.2
47.	Jessica Puente	15 f	59:08	11:50	35.5	51.5
48.	Steve Shopoff	73 m	1:03:33	12:43	38.2	54.3
49.	Debye Humphrey	66 f	1:03:48	12:46	38.3	56.5
50.	James Gabhart	79 m	1:11:58	14:24	43.2	52.0
51.	Mike Colvin	68 m	1:11:59	14:24	43.3	45.2
52.	Ed Humphrey	69 m	1:12:31	14:30	43.6	45.3
53.	William Swafford	68 m	1:15:42	15:08	45.5	42.9
54.	James Thruston	83 m	1:20:30	16:06	48.4	49.3
55.	Dennis Chupp	63 m	1:22:02	16:24	49.3	37.6

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, September 26, 2020

			FinTime	Pace	5Keq	Score
1.	Xavier Guerrero	10 m	5:45	9:15	34.0	54.3
2.	Luke Nguyen	7 m	6:05	9:47	35.9	58.8
3.	Lucia Aquero	4 f	6:57	11:11	41.1	70.7
4.	Logan Aquero	6 m	6:59	11:14	41.3	54.3
5.	Ana Nguyen	5 f	7:01	11:18	41.5	65.2
6.	Eliana Aquero	2 f	7:17	11:43	43.0	79.2
* 7.	Honor Avila	1 f	12:54	20:46	76.2	

* Carried partially or otherwise aided through race.

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

New Records:
None

Kids K Volunteers

Jim Gabhart
 Terry Gonzalez
 Ron Wahlquist