

# Plano Pacers Five Mile Fling & Jr. Sprint

at Bob Woodruff Park, Plano, TX

Saturday September 24, 2022

## 5 mile TOP FINISHERS

MEN		WOMEN			
1	Carson Vickroy	25:56	1 Jennifer Pope	29:58	
2	Dave Matlack	29:09	2 Nancy Nguyen	37:09	
3	Francisco Adame	30:38	3 Kenedy Card	39:34	
4	Ronny LeFebvre	31:34	4 Stephanie Bache	40:48	
5	Jose Lopez	31:52	5 Frances McKissick	41:12	
6	Michael Held	32:20	6 Leslie du Mars	41:34	
7	Guillermo Castro	32:24	7 Sara Held	42:07	
8	Guillermo Toral	33:34	8 Shaorong Chang	42:09	
9	O'neal Barnett	33:50	9 Marcela Herron	42:12	
10	Mark Miller	34:05	10 Yunxia Cai	42:18	
Overall:	Carson Vickroy	25:56	Overall:	Jennifer Pope	29:58
Master:	Dave Matlack	29:09	Master:	Nancy Nguyen	37:09
Senior:	Michael Held	32:20	Senior:	Frances McKissick	41:12
9-un:	Peter Matheney	51:43	9-un:	Eleanor Matheney	52:22
10-14:	Ethan Nemcok	34:12	10-14:	Kenedy Card	39:34
	Henry Nemcok	42:39		Alina Nguyen	46:37
	Ajay Hande	1:11:54		Neha Sharan	52:17
15-19:	Nathan Nguyen	38:55	15-19:	Natalie Nguyen	46:37
20-24:	Guillermo Castro	32:24	20-24:	Sara Held	42:07
	Mark Piglia	37:57			
	Guillermo Toral Jr.	47:25			
25-29:	Shawn Mand	47:24	25-29:	Ryan Baldrige	54:18
				Cathy De Jesus	1:06:01
30-34:	TAISONG HE	36:16	30-34:	Susan Waldron	47:33
	Alex Rojas	37:29		Maria Clara Cabrera	56:47
	Seth Randall	39:19			
35-39:	Jose Lopez	31:52	35-39:	Marcela Herron	42:12
40-44:	Mark Miller	34:05	40-44:	Shaorong Chang	42:09
	Jason Bogardus	34:31		Heather Zeiger	51:00
	Zhenhao Ge	36:54			
45-49:	Francisco Adame	30:38	45-49:	Stephanie Bache	40:48
	O'neal Barnett	33:50		Serene Dennen	46:46
	Rick Nguyen	34:20		Joyce Zhao	54:33
50-54:	Ronny LeFebvre	31:34	50-54:	Yunxia Cai	42:18
	Guillermo Toral	33:34		Michelle Bouck	49:03
	Johnny Chen	34:20		Debbie Riedner	52:21
55-59:	Vijayan Nair	38:15	55-59:	Leslie du Mars	41:34
	Doug Waters	39:26		Gowa Borzigin	56:50
	Alan Kaplan	41:10		Alese Pantalion	1:00:23
60-64:	Ron Wahlquist	37:10	60-64:	Emily Liu	1:12:36
	James Royal	37:39			
	Keith Pantalion	39:44			

65-69:	Cary Sherf	43:01	65-69:	Sunao Saito	50:57
	Berne Van de Laar	48:31		Sherry Freeland	56:13
	Ken Ashby	1:04:24		Debye Humphrey	1:21:20
70-74:	Jerry Powell	40:20	70-74:	Linda Kelly	42:50
	Herb Armstrong	47:45			
	Erasmus Rojas	48:44			
75-79:	Bruce Johnson	59:14	75-79:	Andi Miner	1:00:01
	Bill Shirley	1:02:19			
	Alan Davis	1:02:50			
80-84:	Wally Capps	51:25			
85-89:	James Thruston	1:08:47			
Clydes:	William Swafford	1:15:52			
	Ed Humphrey	1:21:39			
	John Kramer	1:23:59			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Guy Johnson	5:49	1 Reva Shah	5:52
2	Diego Goches	7:46	2 Mindel Johnson	7:58
BOYS 7-9		GIRLS 7-9		
1	Xander Gonzalez	4:29	1 Ruby Lopez	4:32
2	Arthur LaPointe	4:30	2 Olivia Garrison	5:51
BOYS 10-12		GIRLS 10-12		

Plano Pacers 5 mile Results---Saturday, September 24, 2022

		FinTime	Pace	5Keq	Score	
1.	<a href="#">Carson Vickroy</a>	26 m	25:56	5:11	15.6	96.3
2.	<a href="#">Dave Matlack</a>	55 m	29:09	5:50	17.5	98.4
3.	<a href="#">Jennifer Pope</a>	36 f	29:58	6:00	18.0	96.6
4.	<a href="#">Francisco Adame</a>	49 m	30:38	6:08	18.4	89.6
5.	<a href="#">Ronny LeFebvre</a>	51 m	31:34	6:19	19.0	88.1
6.	<a href="#">Jose Lopez</a>	37 m	31:52	6:22	19.1	80.5
7.	<a href="#">Michael Held</a>	56 m	32:20	6:28	19.4	89.5
8.	<a href="#">Guillermo Castro</a>	22 m	32:24	6:29	19.5	77.6
9.	<a href="#">Guillermo Toral</a>	50 m	33:34	6:43	20.2	82.3
10.	<a href="#">O'neal Barnett</a>	48 m	33:50	6:46	20.3	80.5
11.	<a href="#">Mark Miller</a>	44 m	34:05	6:49	20.5	78.0
12.	<a href="#">Ethan Nemcok</a>	12 m	34:12	6:50	20.6	84.1
13.	<a href="#">Rick Nguyen</a>	49 m	34:20	6:52	20.6	79.9
14.	<a href="#">Johnny Chen</a>	53 m	34:20	6:52	20.6	82.3
15.	<a href="#">Jason Bogardus</a>	44 m	34:31	6:54	20.7	77.0
16.	<a href="#">Pierre Lapointe</a>	45 m	35:21	7:04	21.2	75.6
17.	<a href="#">TAISONG HE</a>	31 m	36:16	7:15	21.8	69.3
18.	<a href="#">Jonathan Card</a>	47 m	36:36	7:19	22.0	74.0
19.	<a href="#">Zhenhao Ge</a>	40 m	36:54	7:23	22.2	70.5
20.	<a href="#">Mark Thompson</a>	54 m	37:01	7:24	22.2	76.9
21.	<a href="#">Nancy Nguyen</a>	46 f	37:09	7:26	22.3	82.1
22.	<a href="#">Ron Wahlquist</a>	64 m	37:10	7:26	22.3	83.8
23.	<a href="#">Alex Rojas</a>	33 m	37:29	7:30	22.5	67.4
24.	<a href="#">James Royal</a>	60 m	37:39	7:32	22.6	79.6
25.	<a href="#">Mark Piglia</a>	24 m	37:57	7:35	22.8	65.9
26.	<a href="#">Vijayan Nair</a>	59 m	38:15	7:39	23.0	77.6
27.	<a href="#">Yang Meng</a>	53 m	38:49	7:46	23.3	72.8
28.	<a href="#">Nathan Nguyen</a>	15 m	38:55	7:47	23.4	69.1

29.	<a href="#">Jason Zheng</a>	47 m	39:11	7:50	23.5	69.1
30.	<a href="#">Seth Randall</a>	34 m	39:19	7:52	23.6	64.5
31.	<a href="#">Doug Waters</a>	58 m	39:26	7:53	23.7	74.6
32.	<a href="#">Chad Kaneshige</a>	47 m	39:31	7:54	23.7	68.5
33.	<a href="#">Kenedy Card</a>	12 f	39:34	7:55	23.8	82.4
34.	<a href="#">Keith Pantalion</a>	61 m	39:44	7:57	23.9	76.1
35.	<a href="#">Jian Chen</a>	50 m	40:02	8:00	24.1	69.0
36.	<a href="#">Chris Morris</a>	50 m	40:11	8:02	24.1	68.8
37.	<a href="#">Jerry Powell</a>	71 m	40:20	8:04	24.2	83.5
38.	<a href="#">Stephanie Bache</a>	48 f	40:48	8:10	24.5	75.7
39.	<a href="#">Alan Kaplan</a>	58 m	41:10	8:14	24.7	71.5
40.	<a href="#">Frances McKissick</a>	60 f	41:12	8:14	24.8	82.4
41.	<a href="#">Leslie du Mars</a>	55 f	41:34	8:19	25.0	78.2
42.	<a href="#">Jim Cavanaugh</a>	62 m	41:53	8:23	25.2	72.9
43.	<a href="#">Sara Held</a>	23 f	42:07	8:25	25.3	67.4
44.	<a href="#">Shaorong Chang</a>	44 f	42:09	8:26	25.3	71.5
45.	<a href="#">Marcela Herron</a>	38 f	42:12	8:26	25.4	69.2
46.	<a href="#">Yunxia Cai</a>	53 f	42:18	8:28	25.4	75.7
47.	<a href="#">Rich Glass</a>	58 m	42:34	8:31	25.6	69.1
48.	<a href="#">Henry Nemcok</a>	10 m	42:39	8:32	25.6	72.0
49.	<a href="#">Linda Kelly</a>	71 f	42:50	8:34	25.7	89.1
50.	<a href="#">Cary Sherf</a>	69 m	43:01	8:36	25.8	76.4
51.	<a href="#">Delaney Burns</a>	33 m	43:57	8:47	26.4	57.5
52.	<a href="#">Pedro Garces</a>	48 m	44:03	8:49	26.5	61.9
53.	<a href="#">David Coffey</a>	43 m	45:41	9:08	27.5	57.9
54.	<a href="#">Day-Ruey Liu</a>	64 m	45:41	9:08	27.5	68.2
55.	<a href="#">Jeff Smith</a>	61 m	45:56	9:11	27.6	65.8
56.	<a href="#">Natalie Nguyen</a>	16 f	46:37	9:19	28.0	64.3
57.	<a href="#">Alina Nguyen</a>	14 f	46:37	9:19	28.0	66.6
58.	<a href="#">Serene Dennen</a>	48 f	46:46	9:21	28.1	66.0
59.	<a href="#">Shawn Mand</a>	25 m	47:24	9:29	28.5	52.7
60.	<a href="#">Guillermo Toral Jr.</a>	23 m	47:25	9:29	28.5	52.9
61.	<a href="#">Susan Waldron</a>	30 f	47:33	9:31	28.6	59.8
62.	<a href="#">Joe Smith</a>	57 m	47:36	9:31	28.6	61.3
63.	<a href="#">Herb Armstrong</a>	74 m	47:45	9:33	28.7	73.2
64.	<a href="#">Berne Van de Laar</a>	66 m	48:31	9:42	29.2	65.5
65.	<a href="#">Erasmio Rojas</a>	71 m	48:44	9:45	29.3	69.1
66.	<a href="#">Michelle Bouck</a>	53 f	49:03	9:49	29.5	65.3
67.	<a href="#">Robert Benson</a>	72 m	49:39	9:56	29.8	68.6
68.	<a href="#">James Drumm</a>	64 m	50:14	10:03	30.2	62.0
69.	<a href="#">Sunao Saito</a>	68 f	50:57	10:11	30.6	72.3
70.	<a href="#">Heather Zeiger</a>	41 f	51:00	10:12	30.6	58.1
71.	<a href="#">Wally Capps</a>	81 m	51:25	10:17	30.9	74.9
72.	<a href="#">Peter Matheney</a>	8 m	51:43	10:21	31.1	64.7
73.	<a href="#">Neha Sharan</a>	13 f	52:17	10:27	31.4	60.8
74.	<a href="#">Debbie Riedner</a>	53 f	52:21	10:28	31.5	61.1
75.	<a href="#">Joshua Matheney</a>	33 m	52:22	10:28	31.5	48.3
76.	<a href="#">Eleanor Matheney</a>	9 f	52:22	10:28	31.5	69.2
77.	<a href="#">Denise Langford</a>	52 f	53:22	10:40	32.1	59.5
78.	<a href="#">David Zeiger</a>	40 m	53:36	10:43	32.2	48.5
79.	<a href="#">Shungo Saito</a>	63 m	53:45	10:45	32.3	57.4
80.	<a href="#">Ryan Baldrige</a>	25 f	54:18	10:52	32.6	52.1
81.	<a href="#">Joyce Zhao</a>	46 f	54:33	10:55	32.8	55.9
82.	<a href="#">James Langford</a>	55 m	55:08	11:02	33.1	52.0
83.	<a href="#">Sherry Freeland</a>	67 f	56:13	11:15	33.8	64.8
84.	<a href="#">Xinji Li</a>	73 m	56:31	11:18	34.0	61.0
85.	<a href="#">Maria Clara Cabrera</a>	32 f	56:47	11:21	34.1	50.3
86.	<a href="#">Gowa Borzigin</a>	56 f	56:50	11:22	34.2	57.7
87.	<a href="#">Bruce Johnson</a>	75 m	59:14	11:51	35.6	59.8
88.	<a href="#">Andi Miner</a>	78 f	1:00:01	12:00	36.1	69.6
89.	<a href="#">Alese Pantalion</a>	58 f	1:00:23	12:05	36.3	55.2
90.	<a href="#">Andy Beach</a>	64 m	1:01:51	12:22	37.2	50.4
91.	<a href="#">Bill Shirley</a>	79 m	1:02:19	12:28	37.4	60.0

92.	<a href="#">Alan Davis</a>	77 m	1:02:50	12:34	37.8	57.9
93.	<a href="#">Ken Ashby</a>	69 m	1:04:24	12:53	38.7	51.1
94.	<a href="#">Gloria De Jesus</a>	47 m	1:04:53	12:59	39.0	41.7
95.	<a href="#">Anant Sagar</a>	41 m	1:05:29	13:06	39.3	39.9
96.	<a href="#">Marcus Wertz</a>	75 m	1:05:43	13:09	39.5	53.9
97.	<a href="#">Cathy De Jesus</a>	29 f	1:06:01	13:12	39.7	43.0
98.	<a href="#">Sui Ruan</a>	49 f	1:07:19	13:28	40.5	46.2
99.	<a href="#">James Thruston</a>	85 m	1:08:47	13:45	41.3	59.6
100.	<a href="#">Ajay Hande</a>	11 m	1:11:54	14:23	43.2	41.2
101.	<a href="#">Abhiman Hande</a>	48 m	1:11:54	14:23	43.2	37.9
102.	<a href="#">Emily Liu</a>	60 f	1:12:36	14:31	43.6	46.8
103.	<a href="#">William Swafford</a>	70 m	1:15:52	15:10	45.6	43.8
104.	<a href="#">Debye Humphrey</a>	68 f	1:21:20	16:16	48.9	45.3
105.	<a href="#">J J Jenkins</a>	69 m	1:21:21	16:16	48.9	40.4
106.	<a href="#">Ed Humphrey</a>	71 m	1:21:39	16:20	49.1	41.2
107.	<a href="#">John Kramer</a>	60 m	1:23:59	16:48	50.5	35.7

**Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, September 24, 2022**

			<b>FinTime</b>	<b>Pace</b>	<b>5Keq</b>	<b>Score</b>
1.	<a href="#">Xander Gonzalez</a>	7 m	4:29	7:13	26.5	79.8
2.	<a href="#">Arthur LaPointe</a>	7 m	4:30	7:15	26.6	79.5
3.	<a href="#">Ruby Lopez</a>	7 f	4:32	7:18	26.8	89.5
4.	<a href="#">Jacob Martinez</a>	9 m	4:44	7:37	28.0	68.7
5.	<a href="#">Juan Rodriguez</a>	7 m	4:57	7:58	29.3	72.3
6.	<a href="#">Suvan Shah</a>	7 m	5:05	8:11	30.0	70.4
7.	<a href="#">Peter Matheney</a>	8 m	5:33	8:56	32.8	61.3
8.	<a href="#">Carson Acevedo</a>	7 m	5:45	9:15	34.0	62.2
9.	<a href="#">Guy Johnson</a>	6 m	5:49	9:22	34.4	65.2
10.	<a href="#">Olivia Garrison</a>	8 f	5:51	9:25	34.6	65.9
11.	<a href="#">Reva Shah</a>	4 f	5:52	9:27	34.7	83.7
12.	<a href="#">Madeline Johnson</a>	7 f	7:12	11:35	42.5	56.3
13.	<a href="#">Mary Johnson</a>	9 f	7:31	12:06	44.4	49.0
14.	<a href="#">Diego Goches</a>	6 m	7:46	12:30	45.9	48.8
15.	<a href="#">Mindel Johnson</a>	3 f	7:58	12:49	47.1	66.6
16.	<a href="#">Kennedy Garrison</a>	5 f	8:19	13:23	49.1	55.0
17.	<a href="#">Savannah Matheney</a>	4 f	8:30	13:41	50.2	57.8
18.	<a href="#">James Grabow</a>	4 m	9:03	14:34	53.5	47.9
19.	<a href="#">Caroline Matheney</a>	2 f	9:04	14:36	53.6	63.6
20.	<a href="#">Isabella LaPointe</a>	2 f	9:05	14:37	53.7	63.5
21.	<a href="#">Margaret Simon</a>	3 f	16:22	26:21	96.7	32.4

**New Records:**

Kenedy Card, 5M Female 10-12, 39:34 (previous record: Selah Sitz, 39:47, 09/18)  
 Carson Vickroy, 5M Male 25-29, 25:56 (previous record: Clint Bell, 26:14, 09/08)  
 Jennifer Pope, 5M Female 35-30, 29:58 (previous record: Jennifer Pope, 30:08, 09/21)  
 Dave Matlack, 5M Male 55-59, 29:09 (previous record: Bill Shaw, 31:43, 09/02)

**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

Steve Russo  
Casey Johnson  
Jennifer Johnson  
Katie Matheney  
Eleanor Matheney  
Ron Wahlquist