

Plano Pacers Five Mile Fling, Two Mile, & Jr. Sprint

at Windhaven Meadows Park, Plano, TX
Saturday September 28, 2024

2 mile TOP FINISHERS

MEN		WOMEN		
1	Meng Zhao	11:04	1 Kisha Littrell	13:34
2	Cuauhtemoc Castro	11:40	2 Abigail Bray	14:18
3	Korey Hartman	12:34	3 Juliana Delgado	14:56
4	Lalo Bautista	13:36	4 Andrea Hudson Baldwin	15:25
5	Cristobal Garcia	13:38	5 Libby Hu	15:56
6	Xiang Wei	13:43	6 Jie Wang	17:58
7	Vijayan Nair	14:21	7 Debbie Brewer	18:38
8	Cary Sherf	16:02	8 Hope Lamarche	19:07
9	Sam Chen	16:08	9 Hua Xu	19:28
10	Johnny Chen	16:11	10 Cailyn Stewart	20:11
Overall: Meng Zhao		11:04	Overall: Kisha Littrell	13:34
Master: Lalo Bautista		13:36	Master: Andrea Hudson Baldwin	15:25
Senior: Xiang Wei		13:43	Senior: Libby Hu	15:56
			10-14: Hope Lamarche	19:07
			Eliana Kiernan	26:47
			Isabella Kiernan	31:54
15-19:	Cuauhtemoc Castro	11:40	15-19: Abigail Bray	14:18
			Juliana Delgado	14:56
			Amy Han	24:35
			20-24: Katelynn Waters	26:13
25-29:	Christopher Orton	18:24	25-29: Cailyn Stewart	20:11
			Tiffany Tang	24:03
30-34:	Anirudh Vanama	26:56	30-34: Erin Caterisano	44:36
		44:36		
35-39:	Korey Hartman	12:34	35-39: Kelly Hartman	21:19
		13:38	Rica Torres	24:32
40-44:	Longyi Bi	17:47		
		19:31	45-49: Chunying Zhou	24:35
			Angela Lewis	26:06
50-54:	Sam Chen	16:08	50-54: Jie Wang	17:58
			Hua Xu	19:28
			Jenny Waters	23:37
55-59:	Johnny Chen	16:11	55-59: Lydia Lee	20:41
60-64:	Vijayan Nair	14:21	60-64: Debbie Brewer	18:38
			Alese Pantalion	24:45
65-69:	James Dunn	20:37	65-69: Jay Sheth	26:09
		26:33		
70-74:	Cary Sherf	16:02		
		19:39		
		23:02		

75-79:	Alfred Wilkinson	22:22		
	Jim Tressa	32:18		
80-84:	James Gabhart	25:51	80-84:	Nancy Cole
				50:32
85-ov:	James Thruston	31:02		
Clydes:	William Swafford	41:30		

5 mile TOP FINISHERS

MEN		WOMEN			
1	Jim Dietz	29:34	1 Jennifer Pope	29:30	
2	Eric Bretl	29:44	2 Melissa Morgan	33:44	
3	Jose Lopez	31:14	3 Shaorong Chang	36:12	
4	Ronny LeFebvre	31:39	4 Jane Buthod	36:58	
5	Shihui Mang	32:38	5 Morgan Schultz	39:36	
6	Greg Rankin	32:56	6 Isabela Delgado	40:10	
7	Jason Bogardus	33:14	7 Xiaolu Cui	40:14	
8	Mark Miller	34:42	8 Honglan Li	42:51	
9	Caleb Jourden	34:53	9 Chris Li	42:56	
10	Xudong Huang	35:05	10 Clayre Turner	43:00	
Overall:	Jim Dietz	29:34	Overall:	Jennifer Pope	29:30
Master:	Ronny LeFebvre	31:39	Master:	Melissa Morgan	33:44
Senior:	Shihui Mang	32:38	Senior:	Debbie Riedner	49:48
10-14:	Joseph Chen	45:28	10-14:	Christina Tang	52:33
15-19:	Domenico Caterisano	49:52	15-19:	Isabela Delgado	40:10
				Claira Lamarche	46:06
20-24:	Kyle Rubens	39:46	20-24:	Morgan Schultz	39:36
25-29:	Caleb Jourden	34:53	25-29:	Hannah Lyons	46:44
	Nathan Pantalion	40:18		Morgan Taylor	49:12
	Joseph Menna	40:23			
30-34:	Eric Bretl	29:44	30-34:	Alycia Braithwaite	51:04
	Konner Hartman	35:12		Cheyenne Meyer	51:37
	Jackson Waggoner	36:09	35-39:	Clayre Turner	43:00
35-39:	Jose Lopez	31:14		Dani Steininger	47:31
	Alex Rojas	36:23		Melissa Hayes	1:07:45
	Eric Braithwaite	40:59	40-44:	Xiaolu Cui	40:14
40-44:	Mark Floyd	35:44		Michelle Mount	54:30
45-49:	Jason Bogardus	33:14	45-49:	Shaorong Chang	36:12
	Mark Miller	34:42		Honglan Li	42:51
	Shawn Mccawley	36:53		Chris Li	42:56
50-54:	Jie Han	38:26	50-54:	Jane Buthod	36:58
	Yonghua Liu	41:25		Wenrong Xu	53:38
	Vlad Karpenko	42:18	55-59:	Beverly Roady	50:33
55-59:	Greg Rankin	32:56		Lisa Fox	1:01:13
	Xudong Huang	35:05	60-64:	Grace Walker	1:24:08
	Nick Polito	36:25	65-69:	Sherry Freeland	57:10
60-64:	Jeffrey Fox	35:57	70-74:	Sunao Saito	51:36
	Stephen Russo	38:20		Joanne Beck	1:15:00
	Jim Cavanaugh	40:54			

65-69:	Ron Wahlquist	38:14	Debye Humphrey	1:23:00
	Bob Wang	41:40		
	Alan Carruthers	49:35		
70-74:	Tom Conlon	47:11	80-ov: Andi Miner	1:22:31
	Kenny Gardner	49:09		
	Robert Benson	51:05		
75-79:	J. A. Brown	49:27		
	Xinji Li	53:32		
	Jeffrey Beck	59:19		
80-ov:	Wally Capps	58:45		
Clydes:	Ed Humphrey	1:20:17		
	John Kramer	1:37:44		

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Andy Han	5:23	1 Ellie LaMarche	5:36
2	Micah Lange	19:00	2 Vanessa Bugeja	5:50
BOYS 7-9		GIRLS 7-9		
1	Juan Rodriguez	4:24	1 Ruby Lopez	4:31
2	Daniel Pokrovski	5:01	2 Mia Craven	4:46
BOYS 10-12		GIRLS 10-12		
1	Vali Dasatpanavar	5:18	1 Reagan Fletcher	6:20
2	Maddox Fletcher	7:34		

Plano Pacers 2 mile Results---Saturday, September 28, 2024

		FinTime	Pace	5Keq	Score	
1.	Meng Zhao	49 m	11:04	5:32	17.7	93.0
2.	Cuauhtemoc Castro	17 m	11:40	5:50	18.7	83.9
3.	Korey Hartman	36 m	12:34	6:17	20.1	76.2
4.	Kisha Littrell	45 f	13:34	6:47	21.7	83.8
5.	Lalo Bautista	42 m	13:36	6:48	21.8	72.5
6.	Cristobal Garcia	37 m	13:38	6:49	21.8	70.6
7.	Xiang Wei	59 m	13:43	6:52	22.0	81.2
8.	Abigail Bray	17 f	14:18	7:09	22.9	77.6
9.	Vijayan Nair	61 m	14:21	7:11	23.0	79.0
10.	Juliana Delgado	16 f	14:56	7:28	23.9	75.3
11.	Andrea Hudson Baldwin	65 f	15:25	7:43	24.7	86.8
12.	Libby Hu	58 f	15:56	7:58	25.5	78.5
13.	Cary Sherf	71 m	16:02	8:01	25.7	78.7
14.	Sam Chen	52 m	16:08	8:04	25.9	65.2
15.	Johnny Chen	55 m	16:11	8:06	25.9	66.5
16.	Longyi Bi	40 m	17:47	8:54	28.5	54.9
17.	Jie Wang	50 f	17:58	8:59	28.8	65.4
18.	Christopher Orton	27 m	18:24	9:12	29.5	50.9
19.	Debbie Brewer	64 f	18:38	9:19	29.9	71.0
20.	Hope Lamarche	14 f	19:07	9:34	30.6	60.9
21.	Hua Xu	51 f	19:28	9:44	31.2	60.7
22.	Donny Hicken	40 m	19:31	9:46	31.3	50.0
23.	Erasmio Rojas	72 m	19:39	9:50	31.5	65.0
24.	Cailyn Stewart	26 f	20:11	10:06	32.3	52.6
25.	James Dunn	67 m	20:37	10:19	33.0	58.5
26.	Lydia Lee	55 f	20:41	10:21	33.1	59.0
27.	Kelly Hartman	35 f	21:19	10:40	34.2	50.7
28.	Alfred Wilkinson	76 m	22:22	11:11	35.8	60.2
29.	Michael Picard	71 m	23:02	11:31	36.9	54.8

30.	Jenny Waters	53 f	23:37	11:49	37.8	50.8
31.	Tiffany Tang	27 f	24:03	12:02	38.5	44.1
32.	Rica Torres	38 f	24:32	12:16	39.3	44.6
33.	Amy Han	17 f	24:35	12:18	39.4	45.1
34.	Chunying Zhou	47 f	24:35	12:18	39.4	46.8
35.	Alese Pantalion	60 f	24:45	12:23	39.7	51.4
36.	James Gabhart	83 m	25:51	12:56	41.4	57.6
37.	Angela Lewis	46 f	26:06	13:03	41.8	43.8
38.	Jay Sheth	69 f	26:09	13:05	41.9	53.4
39.	Katelynn Waters	23 f	26:13	13:07	42.0	40.6
40.	Shungo Saito	65 m	26:33	13:17	42.5	44.4
41.	Abigail Kiernan	15 f	26:47	13:24	42.9	42.7
42.	Eliana Kiernan	13 f	26:47	13:24	42.9	44.5
43.	Anirudh Vanama	30 m	26:56	13:28	43.2	34.9
44.	James Thruston	87 m	31:02	15:31	49.7	51.2
45.	Isabella Kiernan	12 f	31:54	15:57	51.1	38.3
46.	Jim Tressa	79 m	32:18	16:09	51.8	43.4
47.	William Swafford	72 m	41:30	20:45	66.5	30.8
48.	Erin Caterisano	33 f	44:36	22:18	71.5	24.1
49.	Joe Caterisano	33 m	44:36	22:18	71.5	21.3
50.	Nancy Cole	82 f	50:32	25:16	81.0	32.9

Plano Pacers 5 mile Results---Saturday, September 28, 2024

			FinTime	Pace	5Keq	Score
1.	Jennifer Pope	38 f	29:30	5:54	17.7	99.0
2.	Jim Dietz	64 m	29:34	5:55	17.8	105.3
3.	Eric Bretl	32 m	29:44	5:57	17.9	84.7
4.	Jose Lopez	39 m	31:14	6:15	18.8	82.9
5.	Ronny LeFebvre	53 m	31:39	6:20	19.0	89.2
6.	Shihui Mang	55 m	32:38	6:32	19.6	87.9
7.	Greg Rankin	58 m	32:56	6:35	19.8	89.3
8.	Jason Bogardus	46 m	33:14	6:39	20.0	81.0
9.	Melissa Morgan	40 f	33:44	6:45	20.3	87.4
10.	Mark Miller	46 m	34:42	6:56	20.9	77.5
11.	Caleb Jourden	27 m	34:53	6:59	21.0	71.6
12.	Xudong Huang	55 m	35:05	7:01	21.1	81.8
13.	Konner Hartman	31 m	35:12	7:02	21.2	71.4
14.	Mark Floyd	42 m	35:44	7:09	21.5	73.6
15.	Jeffrey Fox	61 m	35:57	7:11	21.6	84.1
16.	Jackson Waggoner	32 m	36:09	7:14	21.7	69.7
17.	Shaorong Chang	46 f	36:12	7:14	21.8	84.2
18.	Alex Rojas	35 m	36:23	7:17	21.9	69.9
19.	Nick Polito	55 m	36:25	7:17	21.9	78.8
20.	Shawn Mccawley	48 m	36:53	7:23	22.2	73.9
21.	Jane Buthod	50 f	36:58	7:24	22.2	84.7
22.	Ron Wahlquist	66 m	38:14	7:39	23.0	83.2
23.	Stephen Russo	61 m	38:20	7:40	23.0	78.9
24.	Jie Han	51 m	38:26	7:41	23.1	72.4
25.	Matthew Sunna	47 m	38:42	7:44	23.3	70.0
26.	Kan Meng	59 m	39:03	7:49	23.5	76.0
27.	Yang Meng	55 m	39:20	7:52	23.6	72.9
28.	Michael Lamping	48 m	39:21	7:52	23.6	69.3
29.	Morgan Schultz	23 f	39:36	7:55	23.8	71.7
30.	Kyle Rubens	22 m	39:46	7:57	23.9	63.2
31.	Isabela Delgado	16 f	40:10	8:02	24.1	74.7
32.	Xiaolu Cui	41 f	40:14	8:03	24.2	73.7
33.	Nathan Pantalion	29 m	40:18	8:04	24.2	62.1
34.	Joseph Menna	25 m	40:23	8:05	24.3	61.8
35.	Gary Spence	57 m	40:36	8:07	24.4	71.8
36.	Jim Cavanaugh	64 m	40:54	8:11	24.6	76.1
37.	Shane Purser	32 m	40:58	8:12	24.6	61.5
38.	Eric Braithwaite	36 m	40:59	8:12	24.6	62.3
39.	Mohammed Samod	30 m	41:16	8:15	24.8	60.8

40.	Yonghua Liu	54 m	41:25	8:17	24.9	68.7
41.	Ron Williamson	58 m	41:30	8:18	24.9	70.9
42.	Bob Wang	67 m	41:40	8:20	25.0	77.2
43.	Michael Hundt	48 m	41:45	8:21	25.1	65.3
44.	Keith Pantalion	63 m	42:05	8:25	25.3	73.3
45.	Vlad Karpenko	50 m	42:18	8:28	25.4	65.3
46.	Pingshan Wen	58 m	42:25	8:29	25.5	69.4
47.	Honglan Li	47 f	42:51	8:34	25.7	71.6
48.	Chris Li	47 f	42:56	8:35	25.8	71.5
49.	Clayre Turner	39 f	43:00	8:36	25.8	68.2
50.	stephan weaver	59 m	43:27	8:41	26.1	68.3
51.	Jeffrey Simon	48 m	43:46	8:45	26.3	62.3
52.	Joseph Chen	14 m	45:28	9:06	27.3	60.3
53.	Jeff Smith	63 m	45:31	9:06	27.4	67.7
54.	Tony Tang	63 m	45:45	9:09	27.5	67.4
55.	Andrew Gee	55 m	45:46	9:09	27.5	62.7
56.	Claira Lamarche	15 f	46:06	9:13	27.7	66.1
57.	Hannah Lyons	29 f	46:44	9:21	28.1	60.7
58.	Doug Waters	60 m	46:56	9:23	28.2	63.8
59.	Tom Conlon	71 m	47:11	9:26	28.4	71.3
60.	Jack Liu	61 m	47:25	9:29	28.5	63.8
61.	Dani Steininger	39 f	47:31	9:30	28.6	61.8
62.	Yue Cao	49 f	48:24	9:41	29.1	64.2
63.	Sridhar Rajagopal	47 m	48:37	9:43	29.2	55.7
64.	Joey Lu	25 m	48:54	9:47	29.4	51.1
65.	Kenny Gardner	72 m	49:09	9:50	29.5	69.3
66.	Morgan Taylor	29 f	49:12	9:50	29.6	57.6
67.	Chanakya Kaspa	38 m	49:21	9:52	29.7	52.2
68.	J. A. Brown	77 m	49:27	9:53	29.7	73.5
69.	Alan Carruthers	65 m	49:35	9:55	29.8	63.5
70.	Debbie Riedner	55 f	49:48	9:58	29.9	65.3
71.	Domenico Caterisano	15 m	49:52	9:58	30.0	53.9
72.	Andy Beach	66 m	49:57	9:59	30.0	63.7
73.	Beverly Roady	55 f	50:33	10:07	30.4	64.3
74.	BJ Lamarche	48 m	50:39	10:08	30.4	53.8
75.	James Drumm	66 m	51:01	10:12	30.7	62.3
76.	Alycia Braithwaite	33 f	51:04	10:13	30.7	56.1
77.	Robert Benson	74 m	51:05	10:13	30.7	68.4
78.	Sunao Saito	70 f	51:36	10:19	31.0	73.1
79.	Paul Shields	54 m	51:37	10:19	31.0	55.1
80.	Cheyenne Meyer	31 f	51:37	10:19	31.0	55.2
81.	Wayne Goodland	65 m	51:40	10:20	31.0	60.9
82.	Raj Kesari	38 m	52:17	10:27	31.4	49.3
83.	Jason Gregory	46 m	52:20	10:28	31.4	51.4
84.	Scott Orton	57 m	52:25	10:29	31.5	55.6
85.	Christina Tang	14 f	52:33	10:31	31.6	59.1
86.	Xinji Li	75 m	53:32	10:42	32.2	66.1
87.	Wenrong Xu	52 f	53:38	10:44	32.2	59.2
88.	Michelle Mount	41 f	54:30	10:54	32.7	54.4
89.	Abhiman Hande	50 m	57:04	11:25	34.3	48.4
90.	Sherry Freeland	69 f	57:10	11:26	34.4	65.2
91.	John Metcalf	63 m	58:31	11:42	35.2	52.7
92.	Wally Capps	83 m	58:45	11:45	35.3	67.6
93.	Jeffrey Beck	76 m	59:19	11:52	35.6	60.5
94.	William Bilyeu	37 m	1:00:10	12:02	36.2	42.6
95.	Lisa Fox	56 f	1:01:13	12:15	36.8	53.6
96.	Alan Davis	79 m	1:02:45	12:33	37.7	59.6
97.	Phil Murch	67 m	1:03:08	12:38	37.9	50.9
98.	Shiv Iyer	74 m	1:03:33	12:43	38.2	55.0
99.	William Binns	65 m	1:05:08	13:02	39.1	48.3
100.	Nathan Roe	48 m	1:05:52	13:10	39.6	41.4
101.	Dennis Chupp	67 m	1:06:42	13:20	40.1	48.2
102.	Melissa Hayes	36 f	1:07:45	13:33	40.7	42.7

103.	Elizabeth George	35 f	1:12:07	14:25	43.3	40.0
104.	Joanne Beck	73 f	1:15:00	15:00	45.1	52.1
105.	Gary Evans	76 m	1:19:32	15:54	47.8	45.1
106.	Ed Humphrey	73 m	1:20:17	16:03	48.2	43.0
107.	Julie Roe	48 f	1:20:58	16:12	48.7	38.1
108.	Oscar Smith	74 m	1:21:52	16:22	49.2	42.7
109.	Andi Miner	80 f	1:22:31	16:30	49.6	52.1
110.	Debye Humphrey	70 f	1:23:00	16:36	49.9	45.4
111.	Grace Walker	63 f	1:24:08	16:50	50.6	41.5
112.	John Kramer	62 m	1:37:44	19:33	58.7	31.2

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, September 28, 2024

			FinTime	Pace	5Keq	Score
1.	Juan Rodriguez	9 m	4:24	7:05	26.0	73.9
2.	Ruby Lopez	9 f	4:31	7:16	26.7	81.5
3.	Mia Craven	7 f	4:46	7:40	28.2	85.1
4.	Victoria Bugeja	9 f	5:00	8:03	29.5	73.7
5.	Daniel Pokrovski	9 m	5:01	8:04	29.6	64.8
6.	Arthur LaPointe	9 m	5:02	8:06	29.7	64.6
7.	Vali Dasatpanavar	10 m	5:18	8:32	31.3	58.9
8.	Andy Han	6 m	5:23	8:40	31.8	70.4
9.	Johnny Caterisano	7 m	5:31	8:53	32.6	64.9
10.	Bobby Paul	8 f	5:32	8:54	32.7	69.6
11.	Ellie LaMarche	6 f	5:36	9:01	33.1	76.7
12.	Vanessa Bugeja	6 f	5:50	9:23	34.5	73.6
13.	Yasasri Devasami	7 f	6:02	9:43	35.7	67.2
14.	Shriya Kaimal	9 f	6:09	9:54	36.3	59.9
15.	Reagan Fletcher	11 f	6:20	10:12	37.4	54.0
16.	Caleb Hicken	9 m	6:24	10:18	37.8	50.8
17.	Sadie Caterisano	5 f	7:16	11:42	42.9	63.0
18.	Maddox Fletcher	11 m	7:34	12:11	44.7	39.9
19.	Isabella LaPointe	4 f	7:57	12:48	47.0	61.8
20.	Micah Lange	2 m	19:00	30:35	112.3	26.8

New Records:

Jennifer Pope, 5M Female Overall, 29:30 (previous record: Jennifer Pope, 29:58, 09/22)
 Jennifer Pope, 5M Female 35-39, 29:30 (previous record: Jennifer Pope, 29:58, 09/22)
 Jim Dietz, 5M Male 60-64, 29:34 (previous record: Jim Dietz, 29:35, 09/21)

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

Beverly Roady
 Stan Roady
 Jim Gabhart
 Debbie Brewer
 Ron Wahlquist