

Plano Pacers Turkey Runoff 5K, 15K, & Jr. Sprint

at Bob Woodruff Park, Plano, TX
Saturday November 26, 2022

5K TOP FINISHERS

MEN		WOMEN			
1	Todd Kessler	21:39	1	Emily Honeycutt	19:31
2	Bob Landon	22:10	2	Abigail Bray	20:26
3	Vijayan Nair	23:28	3	Stephanie Bache	24:24
4	Pedro Garces	24:21	4	Cassandra Eipper	24:53
5	Shane Purser	25:11	5	Grace Meentemeyer	25:32
6	Jeff Smith	28:12	6	Robyn Bray	29:18
7	Ted Roberts	29:45	7	Debbie Brewer	32:51
8	Andy Beach	34:08	8	Shari Sanders	33:56
9	Ken Ashby	40:45	9	Erin Caterisano	58:03
10	Miles Fosler	50:48			
Overall:	Todd Kessler	21:39	Overall:	Emily Honeycutt	19:31
Master:	Bob Landon	22:10	Master:	Stephanie Bache	24:24
Senior:	Vijayan Nair	23:28	Senior:	Debbie Brewer	32:51
9-un:	Miles Fosler	50:48			
			15-19:	Abigail Bray	20:26
				Grace Meentemeyer	25:32
30-34:	Shane Purser	25:11	30-34:	Cassandra Eipper	24:53
	Joe Caterisano	58:03		Erin Caterisano	58:03
			40-44:	Robyn Bray	29:18
45-49:	Pedro Garces	24:21	45-49:	Shari Sanders	33:56
60-64:	Vijayan Nair	23:28			
	Jeff Smith	28:12			
	Andy Beach	34:08			
70-74:	Ken Ashby	40:45			
	William Swafford	53:29			
Clydes:	Ted Roberts	29:45			

15K TOP FINISHERS

MEN		WOMEN			
1	Ronny Lefebvre	59:20	1	Jennifer Pope	59:37
2	Jim Dietz	1:00:10	2	Leann Dietze	1:13:33
3	Francisco Adame	1:01:02	3	Nancy Nguyen	1:19:05
4	Jose Lopez	1:01:02	4	Linda Kelly	1:22:26
5	Jason Bogardus	1:05:34	5	Wen You	1:23:58
6	Jermin Chou	1:06:12	6	Francesc McKissick	1:28:55
7	Keith Pantalione	1:19:46	7	Stacey Rotunno	1:31:49
8	Jim Cavanaugh	1:20:20	8	Jamie Fosler	1:37:08
9	Daolin Tang	1:21:51	9	Kinsey Dungan	1:49:38
10	Tim Dungan	1:22:05	10	Dianna Sulser	2:03:56
Overall:	Ronny Lefebvre	59:20	Overall:	Jennifer Pope	59:37
Master:	Jim Dietz	1:00:10	Master:	Nancy Nguyen	1:19:05
Senior:	Jermin Chou	1:06:12	Senior:	Linda Kelly	1:22:26

			15-19: Kinsey Dungan	1:49:38
20-24:	Joseph Quesada	2:08:37		
			30-34: Leann Dietze	1:13:33
35-39:	Jose Lopez	1:01:02	35-39: Jamie Fosler	1:37:08
40-44:	Jason Bogardus Luoyi Zhang	1:05:34 1:24:44	40-44: Stacey Rotunno	1:31:49
45-49:	Francisco Adame Daolin Tang Meng Zhao	1:01:02 1:21:51 1:33:16		
50-54:	Tim Dungan	1:22:05	50-54: Wen You	1:23:58
55-59:	Doug Waters	1:23:41		
60-64:	Keith Pantalion Jim Cavanaugh Day-Ruey Liu	1:19:46 1:20:20 1:31:05	60-64: Frances McKissick	1:28:55
			65-69: Dianna Sulser	2:03:56
70-74:	John Nance	1:31:58		
80-ov:	Wally Capps	1:49:52		

Plano Pacers 5K Results---Saturday, November 26, 2022

			FinTime	Pace	5Keq	Score
1.	Emily Honeycutt	31 f	19:31	6:17	19.5	87.7
2.	Abigail Bray	15 f	20:26	6:35	20.4	89.6
3.	Todd Kessler	40 m	21:39	6:58	21.6	72.2
4.	Bob Landon	63 m	22:10	7:08	22.2	83.6
5.	Vijayan Nair	60 m	23:28	7:33	23.5	76.7
6.	Pedro Garces	48 m	24:21	7:50	24.3	67.3
7.	Stephanie Bache	48 f	24:24	7:51	24.4	76.1
8.	Cassandra Eipper	34 f	24:53	8:01	24.9	69.4
9.	Shane Purser	30 m	25:11	8:06	25.2	59.8
10.	Grace Meentemeyer	17 f	25:32	8:13	25.5	69.6
11.	Jeff Smith	62 m	28:12	9:05	28.2	65.1
12.	Robyn Bray	42 f	29:18	9:26	29.3	61.1
13.	Ted Roberts	64 m	29:45	9:35	29.7	62.9
14.	Debbie Brewer	63 f	32:51	10:34	32.8	63.9
15.	Shari Sanders	48 f	33:56	10:55	33.9	54.7
16.	Andy Beach	64 m	34:08	10:59	34.1	54.8
17.	Ken Ashby	70 m	40:45	13:07	40.7	49.1
18.	Miles Fosler	7 m	50:48	16:21	50.8	41.6
19.	William Swafford	70 m	53:29	17:13	53.5	37.4
20.	Erin Caterisano	31 f	58:03	18:41	58.0	29.5
21.	Joe Caterisano	32 m	58:03	18:41	58.0	26.1

Plano Pacers 15K Results---Saturday, November 26, 2022

			FinTime	Pace	5Keq	Score
1.	Ronny Lefebvre	51 m	59:20	6:22	18.3	91.3
2.	Jennifer Pope	36 f	59:37	6:24	18.4	94.6
3.	Jim Dietz	62 m	1:00:10	6:27	18.6	98.8
4.	Francisco Adame	49 m	1:01:02	6:33	18.8	87.6
5.	Jose Lopez	37 m	1:01:02	6:33	18.8	81.9
6.	Jason Bogardus	44 m	1:05:34	7:02	20.2	79.0
7.	Jermin Chou	58 m	1:06:12	7:06	20.4	86.6
8.	Leann Dietze	30 f	1:13:33	7:53	22.7	75.2
9.	Nancy Nguyen	46 f	1:19:05	8:29	24.4	75.1
10.	Keith Pantalion	61 m	1:19:46	8:33	24.6	73.8
11.	Jim Cavanaugh	62 m	1:20:20	8:37	24.8	74.0
12.	Daolin Tang	46 m	1:21:51	8:47	25.3	64.0
13.	Tim Dungan	53 m	1:22:05	8:48	25.3	67.0
14.	Linda Kelly	71 f	1:22:26	8:51	25.4	90.1
15.	Doug Waters	58 m	1:23:41	8:59	25.8	68.5
16.	Wen You	53 f	1:23:58	9:01	25.9	74.2
17.	Luoyi Zhang	44 m	1:24:44	9:05	26.1	61.1
18.	Frances McKissick	60 f	1:28:55	9:32	27.4	74.4
19.	Day-Ruey Liu	64 m	1:31:05	9:46	28.1	66.6
20.	Stacey Rotunno	40 f	1:31:49	9:51	28.3	62.5
21.	John Nance	74 m	1:31:58	9:52	28.4	74.0
22.	Meng Zhao	47 m	1:33:16	10:00	28.8	56.5
23.	Jamie Fosler	36 f	1:37:08	10:25	30.0	58.1
24.	Kinsey Dungan	19 f	1:49:38	11:46	33.8	51.5
25.	Wally Capps	82 m	1:49:52	11:47	33.9	69.3
26.	Dianna Sulser	66 f	2:03:56	13:18	38.2	56.6
27.	Joseph Quesada	22 m	2:08:37	13:48	39.7	38.1

** No Kids K this month

No new records this month

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