

Plano Pacers Five Mile Fling & Jr. Sprint

at Windhaven Meadows Park, Plano, TX

Saturday September 30, 2023

5 mile TOP FINISHERS

MEN		WOMEN			
1	Gavin Gajraj	31:22	1	Gwen Li	37:27
2	Guillermo Toral	31:30	2	Andrea Hudson Baldwin	37:45
3	Felix Gonzalez	32:01	3	Xiaolu Cui	38:01
4	Fernando H Garcia	32:04	4	Shaorong Chang	38:56
5	Kevin Glover	33:10	5	Yunxia Cai	40:52
6	Jason Bogardus	33:31	6	Sairung Niehaus	41:47
7	Sergio Kameo	34:04	7	Katie Orton	41:52
8	Grayson Magruder	35:04	8	Frances McKissick	42:28
9	Mark Miller	35:13	9	Libby Hu	43:22
10	Kyle Rubens	35:34	10	Rachel Grabow	44:59
Overall:	Gavin Gajraj	31:22	Overall:	Gwen Li	37:27
Master:	Guillermo Toral	31:30	Master:	Andrea Hudson Baldwin	37:45
Senior:	Danny Monistere	35:49	Senior:	Frances McKissick	42:28
9-un:	Max Randall	56:16			
10-14:	Kevin Glover	33:10			
	Yuanben Zhang	52:53			
20-24:	Kyle Rubens	35:34			
	Guillermo Toral Jr.	40:37			
			25-29:	Katie Orton	41:52
				Tiffany Tang	1:14:09
30-34:	Grayson Magruder	35:04	30-34:	Maria Clara Cabrea	54:42
	Alex Rojas	39:47		Katy Dass	55:09
	Ted Butler	42:48		Elizabeth George	1:10:33
35-39:	Cristobal Garcia	39:04	35-39:	Rachel Grabow	44:59
	Eric Braithwaite	41:36		Erin Glover	48:27
	Seth Randall	56:16		Jenna Charrom	56:33
40-44:	Felix Gonzalez	32:01	40-44:	Xiaolu Cui	38:01
	David Chafino	50:00		Sairung Niehaus	41:47
	Jorge Martinez	50:36		Heather Zeiger	49:31
45-49:	Fernando H Garcia	32:04	45-49:	Shaorong Chang	38:56
	Jason Bogardus	33:31		Hong Lin	46:47
	Sergio Kameo	34:04		Yue Cao	49:37
50-54:	Johnny Chen	39:51	50-54:	Yunxia Cai	40:52
	Luis Talavera	54:26		Debbie Riedner	1:03:00
55-59:	Xiang Wei	37:26	55-59:	Libby Hu	43:22
	Gary Spence	39:20		Gowa Borzigin	55:22
	Scott Orton	52:26		Heidi Orton	1:18:33
60-64:	John Cosentino	36:04	60-64:	Frances McKissick	42:28
	James Royal	37:33		Xiaoge She	45:28
	Stephen Russo	38:48		Debbie Brewer	49:32

65-69:	Ron Wahlquist	40:47	65-69:	Terry Gonzalez	47:57
	Alan Sguigna	45:08		Sunao Saito	50:45
	James Drumm	49:12		Sherry Freeland	59:48
70-74:	Cary Sherf	42:14	70-74:	Susan Graves	1:04:17
	Tom Conlon	44:19		Joanne Beck	1:15:08
	Kenny Gardner	48:14			
75-79:	Stephen Brown	55:30	75-79:	Andi Miner	1:06:00
	Bruce Johnson	55:39			
	Jeffrey Beck	02:23			
80-84:	Bill Shaw	42:05			
	Wally Capps	57:37			
	Bill Shirley	1:03:46			
Clydes:	Dennis Chupp	1:14:01			
	William Swafford	1:23:26			
	John Kramer	1:28:07			

JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-6		GIRLS 0-6		
1	Angel Garcia	4:34	1 Ariya Niehaus	5:59
2	Wilder McLaughlin	6:02	2 Anvie Hemnath	6:15
BOYS 7-9		GIRLS 7-9		
1	Max Randall	4:33	1 Nike Dass	5:51
2	Arthur LaPointe	4:33	2 Hadasha Toro	6:49
BOYS 10-12		GIRLS 10-12		

Plano Pacers 5 mile Results---Saturday, September 30, 2023

			FinTime	Pace	5Keq	Score
1.	Gavin Gajraj	20 m	31:22	6:16	18.8	81.0
2.	Guillermo Toral	51 m	31:30	6:18	18.9	88.3
3.	Felix Gonzalez	44 m	32:01	6:24	19.2	83.0
4.	Fernando H Garcia	46 m	32:04	6:25	19.3	83.9
5.	Kevin Glover	12 m	33:10	6:38	19.9	86.7
6.	Jason Bogardus	45 m	33:31	6:42	20.1	79.8
7.	Sergio Kameo	46 m	34:04	6:49	20.5	79.0
8.	Grayson Magruder	32 m	35:04	7:01	21.1	71.9
9.	Mark Miller	45 m	35:13	7:03	21.2	75.9
10.	Kyle Rubens	21 m	35:34	7:07	21.4	71.0
11.	Danny Monistere	58 m	35:49	7:10	21.5	82.1
12.	John Cosentino	61 m	36:04	7:13	21.7	83.8
13.	Daolin Tang	47 m	36:49	7:22	22.1	73.5
14.	Xiang Wei	58 m	37:26	7:29	22.5	78.6
15.	Gwen Li	52 f	37:27	7:29	22.5	84.8
16.	James Royal	61 m	37:33	7:31	22.6	80.5
17.	Andrea Hudson Baldwin	64 f	37:45	7:33	22.7	93.5
18.	Xiaolu Cui	40 f	38:01	7:36	22.8	77.6
19.	Stephen Russo	60 m	38:48	7:46	23.3	77.2
20.	Shaorong Chang	45 f	38:56	7:47	23.4	77.8
21.	Cristobal Garcia	36 m	39:04	7:49	23.5	65.4
22.	Gary Spence	56 m	39:20	7:52	23.6	73.5
23.	Alex Rojas	34 m	39:47	7:57	23.9	63.7
24.	Johnny Chen	54 m	39:51	7:58	23.9	71.4
25.	O'neal Barnett	49 m	40:10	8:02	24.1	68.3
26.	Guillermo Toral Jr.	24 m	40:37	8:07	24.4	61.6
27.	Ron Wahlquist	65 m	40:47	8:09	24.5	77.2
28.	Yunxia Cai	54 f	40:52	8:10	24.6	78.9

29.	Luoyi Zhang	45 m	41:30	8:18	24.9	64.4
30.	Eric Braithwaite	35 m	41:36	8:19	25.0	61.2
31.	Sairung Niehaus	44 f	41:47	8:21	25.1	72.1
32.	Katie Orton	28 f	41:52	8:22	25.2	67.7
33.	Vijayan Nair	60 m	41:55	8:23	25.2	71.5
34.	Bill Shaw	80 m	42:05	8:25	25.3	90.2
35.	Cary Sherf	70 m	42:14	8:27	25.4	78.8
36.	Frances McKissick	61 f	42:28	8:30	25.5	80.7
37.	Jim Cavanaugh	63 m	42:45	8:33	25.7	72.1
38.	Ted Butler	34 m	42:48	8:34	25.7	59.2
39.	Nathan Blasingame	46 m	43:06	8:37	25.9	62.4
40.	Libby Hu	57 f	43:22	8:40	26.1	76.2
41.	Tom Conlon	70 m	44:19	8:52	26.6	75.1
42.	Sridhar Rajagopal	46 m	44:51	8:58	27.0	60.0
43.	Rachel Grabow	39 f	44:59	9:00	27.0	65.2
44.	Alan Squigna	65 m	45:08	9:02	27.1	69.7
45.	Xiaoge She	60 f	45:28	9:06	27.3	74.7
46.	Jorge Toro	45 m	45:29	9:06	27.3	58.8
47.	Hong Lin	48 f	46:47	9:21	28.1	66.0
48.	Greg Tonian	63 m	46:52	9:22	28.2	65.8
49.	Tony Tang	62 m	46:54	9:23	28.2	65.1
50.	Michael Hundt	48 m	47:00	9:24	28.2	58.0
51.	Terry Gonzalez	69 f	47:57	9:35	28.8	77.7
52.	Jeff Smith	62 m	47:58	9:36	28.8	63.6
53.	Kenny Gardner	71 m	48:14	9:39	29.0	69.8
54.	Erin Glover	39 f	48:27	9:41	29.1	60.6
55.	Jeffrey Simon	47 m	49:06	9:49	29.5	55.1
56.	Bruce Brandeland	70 m	49:06	9:49	29.5	67.7
57.	James Drumm	65 m	49:12	9:50	29.6	64.0
58.	Heather Zeiger	42 f	49:31	9:54	29.8	60.2
59.	Debbie Brewer	63 f	49:32	9:54	29.8	70.5
60.	Yue Cao	48 f	49:37	9:55	29.8	62.2
61.	David Chafino	41 m	50:00	10:00	30.0	52.3
62.	Chris Tull	49 m	50:16	10:03	30.2	54.6
63.	Jorge Martinez	41 m	50:36	10:07	30.4	51.7
64.	Sunao Saito	69 f	50:45	10:09	30.5	73.4
65.	Andy Beach	65 m	52:02	10:24	31.3	60.5
66.	Scott Orton	56 m	52:26	10:29	31.5	55.2
67.	Yuanben Zhang	13 m	52:53	10:35	31.8	53.0
68.	Luis Talavera	53 m	54:26	10:53	32.7	51.9
69.	Alan Hall	56 m	54:33	10:55	32.8	53.0
70.	Maria Clara Cabrea	33 f	54:42	10:56	32.9	52.4
71.	Andrew Ngotho	57 m	54:48	10:58	32.9	53.2
72.	Dave Helms	55 m	55:00	11:00	33.0	52.2
73.	Katy Dass	33 f	55:09	11:02	33.1	51.9
74.	Gowa Borzigin	57 f	55:22	11:04	33.3	59.7
75.	Stephen Brown	77 m	55:30	11:06	33.3	65.5
76.	Bruce Johnson	76 m	55:39	11:08	33.4	64.5
77.	Max Randall	8 m	56:16	11:15	33.8	59.4
78.	Seth Randall	35 m	56:16	11:15	33.8	45.2
79.	Jenna Charrom	37 f	56:33	11:19	34.0	51.4
80.	Andrea Shelley	41 f	56:33	11:19	34.0	52.4
81.	Wally Capps	83 m	57:37	11:31	34.6	68.9
82.	Sherry Freeland	68 f	59:48	11:58	35.9	61.6
83.	Jeffrey Beck	75 m	1:02:23	12:29	37.5	56.7
84.	Debbie Riedner	54 f	1:03:00	12:36	37.9	51.2
85.	Bill Shirley	80 m	1:03:46	12:45	38.3	59.5
86.	Shawn Niehaus	42 m	1:04:06	12:49	38.5	41.0
87.	Susan Graves	74 f	1:04:17	12:51	38.6	61.6
88.	Fiorella Linares	45 f	1:05:18	13:04	39.2	46.4
89.	Andi Miner	79 f	1:06:00	13:12	39.7	64.2
90.	Ken Ashby	70 m	1:07:12	13:26	40.4	49.5
91.	Melissa Hayes	35 f	1:10:16	14:03	42.2	41.0

92.	Elizabeth George	34 f	1:10:33	14:07	42.4	40.7
93.	Alfred Wilkinson	75 m	1:11:36	14:19	43.0	49.4
94.	Dennis Chupp	66 m	1:14:01	14:48	44.5	43.0
95.	Tiffany Tang	26 f	1:14:09	14:50	44.6	38.2
96.	Angela Lewis	45 f	1:14:39	14:56	44.9	40.6
97.	Joanne Beck	72 f	1:15:08	15:02	45.1	51.4
98.	Marcus Wertz	76 m	1:17:01	15:24	46.3	46.6
99.	Heidi Orton	56 f	1:18:33	15:43	47.2	41.7
100.	Al Angell	84 m	1:22:32	16:30	49.6	48.9
101.	William Swafford	71 m	1:23:26	16:41	50.1	40.3
102.	Grace Walker	62 f	1:23:45	16:45	50.3	41.3
103.	John Kramer	61 m	1:28:07	17:37	52.9	34.3

Plano Pacers Jr. Sprint (0.6213 miles) Results---Saturday, September 30, 2023

			FinTime	Pace	5Keq	Score
1.	Max Randall	8 m	4:33	7:19	26.9	74.7
2.	Arthur LaPointe	8 m	4:33	7:19	26.9	74.7
3.	Juan Rodriguez	8 m	4:33	7:19	26.9	74.7
4.	Angel Garcia	6 m	4:34	7:21	27.0	83.0
5.	Nike Dass	8 f	5:51	9:25	34.6	65.9
6.	Ariya Niehaus	5 f	5:59	9:38	35.4	76.5
7.	Wilder McLaughlin	5 m	6:02	9:43	35.7	66.9
8.	Anvie Hemnath	6 f	6:15	10:04	36.9	68.7
9.	Jonathan Glover	9 m	6:27	10:23	38.1	50.4
10.	Hadasha Toro	8 f	6:49	10:58	40.3	56.5
11.	Isabella LaPointe	3 f	7:08	11:29	42.2	74.4
12.	Eddie Dass	8 f	7:30	12:04	44.3	51.4
13.	Sadie Glover	4 f	7:42	12:24	45.5	63.8
14.	Emma Grabow	3 f	8:28	13:38	50.0	62.7
15.	Luke Richards	4 m	8:33	13:46	50.5	50.7
16.	Elise Glover	3 f	9:27	15:13	55.8	56.1
17.	Dashton Dass	4 m	9:57	16:01	58.8	43.6

New Records:

Bill Shaw, 5M Male 80-84, 42:05 (previous record: Wally Capps, 47:02, 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

Nayla Ramos
 Gary Spence
 Debbie Brewer
 Seth Randall
 Steve Russo
 Ron Wahlquist