




# 10K MALE


# Fresh Start 5K & 10K Plano Pacers Running Club


www.PlanoPacers.org  
Saturday, January 31, 2009

AG OA/Gender PlaceName (Age) TIME

Dan Nichols(19)  
Overall 1 1 36:11.09


Roger Clifford(42)  
Masters 2 2 36:25.66 


Bill Shaw(66)  
Seniors 15 15 41:26.89 


CLYDEJohn Ahrens(49)  
1 51 41 51:16.53 


Pete Adatao(34)  
2 71 51 1:00:20.39


Shawn Richberg(40)  
3 75 54 1:02:51.41

M13-15 Colby Mehmen(14)  
1 6 6 37:40.16 

Robert Gribble(15)  
2 12 12 40:45.89 

Andrew Berghorn(14)  
3 29 28 45:57.88 

M16-19 Matthew Miller(18)  
1 3 3 37:22.45 


Sam Tillery(17)  
2 4 4 37:33.94 


Tyler Hemenway(16)  
3 5 5 37:35.47

M25-29 Shawn Greene(26)  
1 26 25 44:27.38

M30-34 Aaron Bennis(34)  
1 19 18 42:32.63


Michael Hundt(33)  
2 20 19 43:05.47


Joseph Martin(33)  
3 27 26 45:04.67 

m35-39 Chris Puhala(36)  
1 8 8 38:17.03 

Prince Aryee(37)  
2 13 13 40:53.73

Richie Wines(36)  
3 33 31 47:33.17


M40-44 Jeff Hanson(44)  
1 25 24 44:16.48 


Joe Smith(44)  
2 28 27 45:30.89 

Subhankar Ray(43)  
3 74 53 1:02:08.11


M45-49 Robert Reveal(45)  
1 10 10 39:54.20

Jeff Fox(46)  
2 14 14 41:14.88


Fred Ellefson(49)  
3 21 20 43:15.91 


M50-54 Harold Recinos(53)  
1 23 22 43:40.97 


Gary Baumgarten(50)  
2 41 34 49:32.78


Sang Shin(54)  
3 46 37 50:33.47 


M55-59 Rusty Shelton(55)  
1 22 21 43:35.48


Kenny Gardner(56)  
2 31 30 47:06.58 


Jerry Powell(57)  
3 44 36 49:59.66 


M60-64 Bryce Wilson(62)  
1 36 32 49:08.52 

M70-74 Gabe Abene(74)  
1 73 52 1:00:35.59 


M75-79 Dewey Fambry(76)  
1 77 55 1:03:15.98 

Jenny Swan(17)  
Overall 17 1 42:17.69 


Terry Gonzalez(54)  
Masters 35 4 48:32.16 

Jeanne Pitz(58)  
Seniors 68 19 59:56.50 


ATHENAJennifer Wines(36)  
1 82 27 1:05:30.42


F13-15 Caitlin Schultz(15)  
1 50 10 50:57.69 

Katherine Lawhorne(15)  
2 80 25 1:05:08.91

F16-19 Kimberly Kurtin(16)  
1 32 2 47:20.00 


Allison Hollander(16)  
2 34 3 47:41.25

Stephanie Yarborough(17)  
3 39 6 49:24.98 

F25-29 Stacey Rotunno(26)  
1 57 13 52:58.86 

Kelly Thompson(28)  
2 62 16 56:20.39

Nellie Strong(26)  
3 66 18 59:28.11

F30-34 Terah Culp(33)  
1 61 15 54:55.17 

F35-39 Wendy Ulrich(38)  
1 43 8 49:45.45

Tiffany Key(36)  
2 45 9 50:10.25

Taliea Wright(37)  
3 84 28 1:09:35.25

F40-44 Angie Morrell(40)  
1 53 11 52:00.42

Tanya Van Winkle(42)  
2 54 12 52:15.72

Lindsey Shoda(40)  
3 65 17 59:23.84

F45-49 Dawn Burke(48)  
1 38 5 49:11.48 

Jane Burk(46)  
2 72 21 1:00:23.00 

F50-54 Debye Humphrey(54)  
1 85 29 1:10:16.19 

<i>Dist</i>	<i>OA</i>	<i>Bib</i>	<i>First Name</i>	<i>Last Name</i>	<i>GD</i>	<i>M/F</i>	<i>Age</i>	<i>AgeGrp</i>	<i>AG</i>	<i>FinishTime</i>	<i>Pace</i>	<i>5KEq</i>	<i>Score</i>
10K	1	4025	Dan	Nichols	1	M	19	M16-19	OA	36:11.09	5:49.4	17.23	89.23
10K	2	1011	Roger	Clifford	2	M	42	M40-44	MSR1	36:25.66	5:51.6	17.34	91.09
10K	3	816	Matthew	Miller	3	M	18	M16-19	1	37:22.45	6:00.8	17.79	87.19
10K	4	500	Sam	Tillery	4	M	17	M16-19	2	37:33.94	6:02.6	17.88	87.74
10K	5	4028	Tyler	Hemenway	5	M	16	M16-19	3	37:35.47	6:02.9	17.90	88.84
10K	6	399	Colby	Mehmen	6	M	14	M13-15	1	37:40.16	6:03.7	17.94	91.82
10K	7	1296	Alex	Berghorn	7	M	16	M16-19	4	38:05.52	6:07.7	18.13	87.68
10K	8	594	Chris	Puhala	8	m	36	m35-39	1	38:17.03	6:09.7	18.23	84.22
10K	9	1259	Zachary	Esch	9	M	16	M16-19	5	39:15.28	6:19.0	18.69	85.07
10K	10	4030	Robert	Reveal	10	M	45	M45-49	1	39:54.20	6:25.3	19.00	84.57
10K	11	1115	Winston	Hurst	11	M	16	M16-19	6	40:34.34	6:31.7	19.32	82.31
10K	12	1492	Robert	Gribble	12	M	15	M13-15	2	40:45.89	6:33.5	19.40	83.27
10K	13	1660	Prince	Aryee	13	M	37	M35-39	2	40:53.73	6:34.8	19.47	79.19
10K	14	763	Jeff	Fox	14	M	46	M45-49	2	41:14.88	6:38.2	19.63	82.34
10K	15	601	Bill	Shaw	15	M	66	M65-69	MSR2	41:26.89	6:40.1	19.73	96.86
10K	16	1065	Michael	Ruggiere	16	M	17	M16-19	7	41:28.55	6:40.4	19.75	79.45
10K	17	818	Jenny	Swan	1	F	17	F16-19	OA	42:17.69	6:48.3	20.13	88.30
10K	18	812	Danny	Wright	17	M	17	M16-19	8	42:31.33	6:50.5	20.25	77.49
10K	19	1676	Aaron	Bennis	18	M	34	M30-34	1	42:32.63	6:50.7	20.25	75.23
10K	20	1601	Michael	Hundt	19	M	33	M30-34	2	43:05.47	6:56.0	20.52	74.02
10K	21	252	Fred	Ellefson	20	M	49	M45-49	3	43:15.91	6:57.6	20.59	80.05
10K	22	180	Rusty	Shelton	21	M	55	M55-59	1	43:35.48	7:00.8	20.75	83.07
10K	23	851	Harold	Recinos	22	M	53	M50-54	1	43:40.97	7:01.6	20.79	81.61
10K	24	1062	Robert	Alexander	23	M	16	M16-19	9	44:00.33	7:04.9	20.95	75.89
10K	25	874	Jeff	Hanson	24	M	44	M40-44	1	44:16.48	7:07.4	21.08	75.78
10K	26	1662	Shawn	Greene	25	M	26	M25-29	1	44:27.38	7:09.2	21.17	70.87
10K	27	1513	Joseph	Martin	26	M	33	M30-34	3	45:04.67	7:15.2	21.46	70.77
10K	28	188	Joe	Smith	27	M	44	M40-44	2	45:30.89	7:19.4	21.67	73.73
10K	29	1502	Andrew	Berghorn	28	M	14	M13-15	3	45:57.88	7:23.7	21.88	75.27
10K	30	1995	Andrew	Zekany	29	M	14	M13-15	4	46:53.44	7:32.7	22.32	73.77
10K	31	1028	Kenny	Gardner	30	M	56	M55-59	2	47:06.58	7:34.8	22.43	77.50
10K	32	992	Kimberly	Kurtin	2	F	16	F16-19	1	47:20.00	7:37.1	22.54	79.95
10K	33	4016	Richie	Wines	31	M	36	M35-39	3	47:33.17	7:39.1	22.64	67.81
10K	34	1993	Allison	Hollander	3	F	16	F16-19	2	47:41.25	7:40.4	22.71	79.36
10K	35	1362	Terry	Gonzalez	4	F	54	F50-54	MSR1	48:32.16	7:48.6	23.11	83.87
10K	36	512	Bryce	Wilson	32	M	62	M60-64	1	49:08.52	7:54.4	23.40	78.41
10K	37	1235	Tim	Key	33	M	38	M35-39	4	49:10.23	7:54.8	23.41	66.14
10k	38	1436	Dawn	Burke	5	F	48	F45-49	1	49:11.48	7:54.9	23.42	79.24
10K	39	659	Stephanie	Yarborough	6	F	17	F16-19	3	49:24.98	7:57.0	23.52	75.58
10K	40	1084	Rachel	Dubis	7	F	16	F16-19	4	49:25.53	7:57.2	23.53	76.58
10K	41	1731	Gary	Baumgarten	34	M	50	M50-54	2	49:32.78	7:58.3	23.59	70.38
10K	42	1774	Elijah	James	35	M	17	M16-19	10	49:39.28	7:59.4	23.64	66.35
10K	43	4020	Wendy	Ulrich	8	F	38	F35-39	1	49:45.45	8:00.4	23.69	74.08
10K	44	160	Jerry	Powell	36	M	57	M55-59	3	49:59.66	8:02.6	23.80	73.64
10K	45	1236	Tiffany	Key	9	F	36	F35-39	2	50:10.25	8:04.4	23.89	72.84
10K	46	1222	Sang	Shin	37	M	54	M50-54	3	50:33.47	8:08.1	24.07	71.05
10K	47	4	Andy	Beach	38	M	51	M50-54	4	50:48.31	8:10.5	24.19	69.12
10K	48	833	Matthew	Sunna	39	M	31	M30-34	4	50:49.50	8:10.7	24.20	62.40
10K	49	1710	Brad	Lefan	40	M	36	M35-39	5	50:50.30	8:10.8	24.21	63.43
10K	50	1083	Caitlin	Schultz	10	F	15	F13-15	1	50:57.69	8:12.0	24.26	75.48

<i>Dist</i>	<i>OA</i>	<i>Bib</i>	<i>First Name</i>	<i>Last Name</i>	<i>GD</i>	<i>M/F</i>	<i>Age</i>	<i>AgeGrp</i>	<i>AG</i>	<i>FinishTime</i>	<i>Pace</i>	<i>5KEq</i>	<i>Score</i>
10K	51	24	John	Ahrens	41	M	49	CLYDES	1	51:16.53	8:15.0	24.41	67.53
10K	52	1770	Brett	Davis	42	M	50	M50-54	5	52:00.09	8:22.1	24.76	67.04
10K	53	1769	Angie	Morrell	11	F	40	F40-44	1	52:00.42	8:22.1	24.76	71.55
10K	54	1655	Tanya	Van Winkle	12	F	42	F40-44	2	52:15.72	8:24.5	24.88	71.95
10K	55	530	Day-Ruey	Liu	43	M	50	M50-54	6	52:18.52	8:25.0	24.90	66.66
10K	56	287	Vernon	Hodge	44	M	55	M55-59	4	52:58.05	8:31.4	25.22	68.35
10K	57	736	Stacey	Rotunno	13	F	26	F25-29	1	52:58.86	8:31.4	25.22	67.41
10K	58	1139	William	Wilson	45	M	58	M55-59	5	52:59.22	8:31.6	25.23	70.08
10K	59	1292	Nadine	Yassine	14	F	16	F16-19	5	53:08.11	8:33.1	25.30	71.22
10K	60	1223	Bob	Luchsinger	46	M	59	M55-59	6	54:21.67	8:44.8	25.88	68.92
10K	61	1142	Terah	Culp	15	F	33	F30-34	1	54:55.17	8:50.3	26.15	65.82
10K	62	1616	Kelly	Thompson	16	F	28	F25-29	2	56:20.39	9:04.0	26.82	63.45
10K	63	1758	Kevin	Kressie	47	M	55	M55-59	7	58:32.89	9:25.2	27.87	61.85
10K	64	1748	Zack	Cleveland	48	M	15	M13-15	5	58:44.89	9:27.1	27.97	57.77
10K	65	4011	Lindsey	Shoda	17	F	40	F40-44	3	59:23.84	9:33.4	28.28	62.66
10K	66	4012	Nellie	Strong	18	F	26	F25-29	3	59:28.11	9:34.2	28.32	60.04
10K	67	1218	Mike	Langille	49	M	57	M55-59	8	59:32.22	9:34.9	28.35	61.83
10K	68	3	Jeanne	Pitz	19	F	58	F55-59	MSR2	59:56.50	9:38.7	28.54	70.21
10K	69	1740	Erick	Peck	50	M	37	M35-39	6	1:00:17.03	9:42.1	28.71	53.71
10K	70	1613	Marisa	Hoffman	20	F	29	F25-29	4	1:00:18.83	9:42.3	28.71	59.36
10K	71	1727	Pete	Adauto	51	M	34	CLYDES	2	1:00:20.39	9:42.6	28.73	53.04
10K	72	1337	Jane	Burk	21	F	46	F45-49	2	1:00:23.00	9:43.1	28.75	63.72
10K	73	31	Gabe	Abene	52	M	74	M70-74	1	1:00:35.59	9:45.0	28.85	72.79
10K	74	366	Subhankar	Ray	53	M	43	M40-44	3	1:02:08.11	10:00.0	29.59	53.68
10K	75	4038	Shawn	Richberg	54	M	40	CLYDES	3	1:02:51.41	10:06.9	29.93	52.24
10K	76	4037	Paula	Richberg	22	F	40	F40-44	4	1:03:10.27	10:09.9	30.08	58.90
10K	77	76	Dewey	Fambry	55	M	76	M75-79	1	1:03:15.98	10:10.7	30.12	71.58
10K	78	1706	Elisa	Klein	23	F	28	F25-29	5	1:04:56.45	10:27.0	30.92	55.04
10K	79	1707	Rocio	Hernandez	24	F	25	F25-29	6	1:04:57.09	10:27.2	30.93	55.00
10K	80	1295	Katherine	Lawhorne	25	F	15	F13-15	2	1:05:08.91	10:28.9	31.02	59.04
10K	81	764	Lisa	Fox	26	F	41	F40-44	5	1:05:18.52	10:30.5	31.09	57.27
10K	82	4006	Jennifer	Wines	27	F	36	ATHENA	1	1:05:30.42	10:32.5	31.19	55.79
10K	83	351	Mark	Salamasick	56	M	54	CLYDES	4	1:06:23.47	10:41.0	31.61	54.10
10K	84	1569	Taliea	Wright	28	F	37	F35-39	3	1:09:35.25	11:11.9	33.13	52.73
10K	85	1000	Debye	Humphrey	29	F	54	F50-54	1	1:10:16.19	11:18.5	33.46	57.93
10K	86	4055	Chris	Slay	57	M	46	M45-49	4	1:10:31.50	11:20.9	33.58	48.15
10K	87	819	N'dora	Foster	30	F	38	F35-39	4	1:15:39.53	12:10.5	36.02	48.72
10K	88	4056	Marie	Lassiter	31	F	44	F40-44	6	1:16:10.47	12:15.5	36.27	49.92