

MH Diploma Dash 5k Run & Walk

Age Group Results

5k Run/Walk

Race Date
March 09, 2024

Female Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 1 | Cassie Escamilla | Laredo TX | 10 | 809 | 13 | 19:38.9 | 7:01/M |
| 2 | Natalie Medina | Carrizo Springs TX | 18 | 742 | 19 | 20:30.2 | 7:20/M |
| 3 | Liliana Serrato | Laredo TX | 45 | 802 | 20 | 20:35.9 | 7:21/M |

Male Open Winners

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Jesse Olguin | Laredo TX | 15 | 752 | 1 | 15:44.0 | 5:37/M |
| 2 | Jurem Dominguez | Laredo TX | 15 | 716 | 2 | 17:11.6 | 6:08/M |
| 3 | Jose Pineda | Laredo TX | 39 | 805 | 3 | 17:26.6 | 6:15/M |

MH Diploma Dash 5k Run & Walk

Age Group Results

Race Date
March 09, 2024

5k Run/Walk

Female 10 and Under

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Cassie Escamilla | Laredo TX | 10 | 809 | 13 | 19:38.9 | 7:01/M |

Male 10 and Under

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Armando Aguilar | Laredo TX | 8 | 707 | 93 | 42:29.9 | 15:15/M |

Female 11 to 14

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Wendy Moreno | Laredo TX | 14 | 784 | 56 | 27:55.5 | 9:58/M |
| 2 | Ashley Vazquez | Laredo TX | 11 | 775 | 67 | 29:29.7 | 10:33/M |

Male 11 to 14

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 1 | Alexis Villarreal | Nuevo Laredo TAMP. | 14 | 777 | 7 | 18:00.8 | 6:26/M |
| 2 | Mauricio Vidal | Laredo TX | 11 | 799 | 17 | 19:58.2 | 7:08/M |
| 3 | Gerardo Arellano | Laredo TX | 12 | 820 | 27 | 21:49.6 | 7:48/M |

Female 15 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 1 | Natalie Medina | Carrizo Springs TX | 18 | 742 | 19 | 20:30.2 | 7:20/M |
| 2 | Stephany Turner | Laredo TX | 16 | 783 | 50 | 25:07.6 | 8:58/M |
| 3 | Odette Sanchez | Laredo TX | 19 | 768 | 60 | 28:32.8 | 10:17/M |
| 4 | Fiorella Samaniego | Laredo TX | 17 | 764 | 89 | 38:52.9 | 13:57/M |
| 5 | Ximena Leal | Laredo TX | 15 | 819 | 98 | 48:10.5 | 17:19/M |

Male 15 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 1 | Jesse Olguin | Laredo TX | 15 | 752 | 1 | 15:44.0 | 5:37/M |
| 2 | Jurem Dominguez | Laredo TX | 15 | 716 | 2 | 17:11.6 | 6:08/M |
| 3 | Damien Sanchez | Laredo TX | 15 | 765 | 8 | 18:35.1 | 6:39/M |
| 4 | Cesar Guel | Laredo TX | 16 | 785 | 15 | 19:56.9 | 7:07/M |
| 5 | Derrick Medina | Carrizo Springs TX | 19 | 740 | 16 | 19:57.0 | 7:08/M |
| 6 | Pablo Diaz | Laredo TX | 15 | 789 | 18 | 19:59.6 | 7:08/M |

MH Diploma Dash 5k Run & Walk

Age Group Results

Race Date
March 09, 2024

5k Run/Walk

Male 15 to 19

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 7 | Nicholas Medina | Carrizo Springs TX | 16 | 741 | 22 | 20:54.1 | 7:30/M |
| 8 | Miguel Nieto Carmona | Laredo TX | 15 | 750 | 34 | 22:16.0 | 7:58/M |

Female 20 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Anna Vazquez | Laredo TX | 26 | 792 | 59 | 27:59.3 | 10:00/M |
| 2 | Anya Uvalle | Laredo TX | 21 | 814 | 63 | 28:57.8 | 10:22/M |
| 3 | Xiomara Rivera | Laredo TX | 28 | 807 | 64 | 29:08.9 | 10:26/M |
| 4 | Yamille Martinez | Laredo TX | 23 | 737 | 68 | 29:38.2 | 10:36/M |
| 5 | Maria Rivera | Laredo TX | 24 | 793 | 77 | 31:51.2 | 11:23/M |
| 6 | Lesli Garcia | Laredo TX | 28 | 812 | 84 | 33:44.0 | 12:04/M |

Male 20 to 29

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Roberto Zamora | Laredo TX | 26 | 778 | 6 | 17:47.5 | 6:21/M |
| 2 | Juan Vazquez | Laredo TX | 26 | 773 | 10 | 19:11.8 | 6:52/M |
| 3 | Charles Garay | Laredo TX | 29 | 821 | 24 | 21:36.5 | 7:45/M |
| 4 | Michael Gomez | Laredo TX | 23 | 720 | 28 | 21:52.3 | 7:50/M |
| 5 | Alexis Cepeda | Laredo TX | 27 | 824 | 30 | 22:03.2 | 7:54/M |
| 6 | Andrew Jasso | Laredo TX | 24 | 730 | 32 | 22:12.9 | 7:57/M |
| 7 | Francisco Salazar | Laredo TX | 27 | 762 | 33 | 22:13.9 | 7:58/M |
| 8 | Carlos Rodriguez | Laredo TX | 27 | 825 | 38 | 23:07.1 | 8:17/M |
| 9 | Manuel De Luna Lince | Laredo TX | 24 | 811 | 45 | 24:18.5 | 8:42/M |
| 10 | Cristian Alardin | Laredo TX | 26 | 709 | 53 | 25:41.9 | 10:32/M |
| 11 | Jesus Vazquez | Laredo TX | 24 | 794 | 57 | 27:56.0 | 9:59/M |
| 12 | Alan Mendoza | Laredo TX | 27 | 746 | 70 | 30:24.4 | 10:54/M |

Female 30 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Cynthia Longoria | Laredo TX | 36 | 798 | 31 | 22:10.7 | 7:55/M |
| 2 | Angela Zoerner | Laredo TX | 34 | 797 | 37 | 23:02.2 | 8:14/M |
| 3 | Rita Chapa | Laredo TX | 32 | 808 | 41 | 23:28.3 | 8:24/M |
| 4 | Janeth Vazquez | Laredo TX | 34 | 774 | 51 | 25:17.3 | 9:03/M |
| 5 | Deborah Sepulveda | Laredo TX | 36 | 771 | 58 | 27:57.3 | 10:01/M |
| 6 | Daniela Lopez | Laredo TX | 31 | 817 | 65 | 29:13.3 | 10:28/M |
| 7 | Rosa Gomez | Laredo TX | 34 | 721 | 74 | 30:50.1 | 11:04/M |

MH Diploma Dash 5k Run & Walk

Age Group Results

Race Date
March 09, 2024

5k Run/Walk

Female 30 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 8 | Sugey Mendiola | Laredo TX | 33 | 745 | 75 | 30:56.2 | 11:03/M |
| 9 | Joemma Garcia | Laredo TX | 30 | 718 | 76 | 31:03.2 | 11:05/M |
| 10 | Ashley Loa | Laredo TX | 30 | 733 | 79 | 32:53.3 | 11:47/M |
| 11 | Estrella Galvan | Laredo TX | 33 | 717 | 80 | 32:57.6 | 11:49/M |
| 12 | Elizabeth Lazo | Laredo TX | 39 | 731 | 82 | 33:06.9 | 11:53/M |
| 13 | Stephanie Sandoval | Laredo TX | 38 | 769 | 86 | 34:28.5 | 12:23/M |
| 14 | Damaris Navarro | Laredo TX | 38 | 749 | 101 | 48:29.0 | 17:19/M |
| 15 | Cynthia Jaime | Laredo TX | 39 | 822 | 102 | 49:16.9 | 17:41/M |

Male 30 to 39

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Jose Pineda | Laredo TX | 39 | 805 | 3 | 17:26.6 | 6:15/M |
| 2 | Billy Hrcir | Laredo TX | 33 | 803 | 4 | 17:33.6 | 6:16/M |
| 3 | Estevan Garcia | Laredo TX | 32 | 813 | 5 | 17:41.7 | 6:19/M |
| 4 | David Reyes | Laredo TX | 30 | 818 | 9 | 18:58.4 | 6:47/M |
| 5 | Saul Saenz | Laredo TX | 34 | 801 | 14 | 19:44.7 | 7:03/M |
| 6 | Jose Medina | Laredo TX | 34 | 743 | 36 | 22:53.6 | 8:13/M |
| 7 | Hector Gomez | Laredo TX | 33 | 722 | 43 | 23:52.6 | 8:35/M |
| 8 | Jose Coreas | Laredo TX | 30 | 827 | 44 | 23:55.5 | 8:35/M |
| 9 | Miguel Garcia | Laredo TX | 32 | 796 | 49 | 25:07.0 | 8:58/M |
| 10 | Randy Roycroft | Laredo TX | 38 | 760 | 81 | 33:06.1 | 11:52/M |
| 11 | Juan J Herrera Sanchez | Laredo TX | 34 | 726 | 85 | 33:57.2 | 12:11/M |

Female 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Liliana Serrato | Laredo TX | 45 | 802 | 20 | 20:35.9 | 7:21/M |
| 2 | Kimberly Gonzalez | Laredo TX | 43 | 723 | 29 | 22:01.4 | 7:52/M |
| 3 | Alaka Rao-Kathi | Laredo TX | 47 | 757 | 39 | 23:19.1 | 8:20/M |
| 4 | Melissa Martinez Salinas | Laredo TX | 44 | 738 | 40 | 23:24.3 | 8:22/M |
| 5 | Veronica Vidal | Laredo TX | 45 | 800 | 42 | 23:41.3 | 8:28/M |
| 6 | Martha Alvarado | Laredo TX | 49 | 816 | 47 | 25:02.3 | 8:59/M |
| 7 | Graciela Hernandez | Laredo TX | 47 | 725 | 54 | 27:08.2 | 9:42/M |
| 8 | Belinda Llera | Laredo TX | 45 | 732 | 69 | 30:07.2 | 10:49/M |
| 9 | Carmen Riofrio | Laredo TX | 44 | 759 | 91 | 39:26.9 | 14:09/M |
| 10 | Dora Jalomo | Laredo TX | 47 | 826 | 94 | 42:33.1 | 15:16/M |
| 11 | Kristy De La Rosa | Laredo TX | 43 | 828 | 96 | 44:45.0 | 15:59/M |
| 12 | Isela Mendoza | Laredo TX | 45 | 829 | 97 | 44:45.1 | 15:59/M |
| 13 | Liliana Silverio | Laredo TX | 41 | 772 | 99 | 48:11.7 | 17:19/M |

MH Diploma Dash 5k Run & Walk

Age Group Results

Race Date
March 09, 2024

5k Run/Walk

Female 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|--------------|-------------|------------|---------------|----------------|-------------|-------------|
| 14 | Maria Ibarra | Laredo TX | 48 | 728 | 100 | 48:21.3 | 17:19/M |

Male 40 to 49

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|--------------------|------------|---------------|----------------|-------------|-------------|
| 1 | Jesus Perez | Laredo TX | 41 | 753 | 11 | 19:29.5 | 6:58/M |
| 2 | Luis Escamilla | Laredo TX | 43 | 810 | 12 | 19:38.4 | 7:01/M |
| 3 | Andrew Hilbura | Laredo TX | 44 | 804 | 21 | 20:42.1 | 7:24/M |
| 4 | Arnoldo Chavez | Laredo TX | 48 | 787 | 23 | 21:36.5 | 7:43/M |
| 5 | Cesar Ibarra | Laredo TX | 48 | 729 | 25 | 21:39.6 | 7:45/M |
| 6 | Israel Muniz | Carrizo Springs TX | 48 | 748 | 35 | 22:50.3 | 8:14/M |
| 7 | Mario Mireles | Laredo TX | 47 | 791 | 46 | 24:27.3 | 8:44/M |
| 8 | Fabricio Riofrio | Laredo TX | 41 | 758 | 48 | 25:05.6 | 9:01/M |
| 9 | Antonio Cavazos | Laredo TX | 44 | 788 | 83 | 33:20.7 | 11:55/M |
| 10 | Ricardo Jaime | Laredo TX | 44 | 823 | 103 | 49:17.4 | 17:42/M |

Female 50 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Jennifer Batey | Laredo TX | 54 | 713 | 66 | 29:29.5 | 10:34/M |
| 2 | Connie Garcia | Laredo TX | 57 | 815 | 71 | 30:32.1 | 10:57/M |
| 3 | Oralia Aguilar | Laredo TX | 54 | 708 | 78 | 32:44.4 | 11:43/M |
| 4 | Martha Medina | Laredo TX | 57 | 739 | 88 | 38:31.4 | 13:47/M |
| 5 | Roxane Ramos | Laredi TX | 58 | 756 | 90 | 39:03.3 | 13:59/M |
| 6 | Anissa Quesada | Laredo TX | 52 | 754 | 92 | 40:32.4 | 14:31/M |
| 7 | Sandra Nunez | Laredo TX | 51 | 751 | 95 | 44:44.6 | 15:59/M |

Male 50 to 59

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|----------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Juan Garza | Laredo TX | 52 | 790 | 26 | 21:44.6 | 7:46/M |
| 2 | Refugio Gomez | Laredo TX | 50 | 719 | 52 | 25:29.8 | 9:08/M |
| 3 | Germán Sanchez | Laredo TX | 53 | 767 | 61 | 28:35.7 | 10:18/M |
| 4 | Jose Fidel Hernandez | Laredo TX | 55 | 786 | 72 | 30:42.0 | 10:58/M |

Female 60 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-------------|-------------|------------|---------------|----------------|-------------|-------------|
|--------------|-------------|-------------|------------|---------------|----------------|-------------|-------------|

MH Diploma Dash 5k Run & Walk

Age Group Results

5k Run/Walk

Race Date
March 09, 2024

Female 60 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|-----------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Natalia Sanchez | Laredo TX | 70 | 766 | 73 | 30:46.3 | 11:03/M |
| 2 | Norma Herbeck | Laredo TX | 67 | 724 | 87 | 34:47.5 | 12:28/M |

Male 60 and Over

| <u>Place</u> | <u>Name</u> | <u>City</u> | <u>Age</u> | <u>Bib No</u> | <u>Overall</u> | <u>Time</u> | <u>Pace</u> |
|--------------|------------------|-------------|------------|---------------|----------------|-------------|-------------|
| 1 | Rosendo Briones | Nixon TX | 72 | 715 | 55 | 27:28.8 | 9:50/M |
| 2 | Carmelo Gonzalez | Laredo TX | 73 | 806 | 62 | 28:47.7 | 10:21/M |