

Race Date
October 21, 2023

Gold's Gym Stronger than Cancer 5k Run

Age Group Results

5k Run

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	Julie Cantu	Laredo TX	39	570	5	18:20.8	5:55/M
2	Lilybeth Rendon	Laredo TX	38	365	16	21:15.1	6:52/M
3	Albrecht Karla	Laredo TX	40	536	18	21:27.3	6:56/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	Aidin Boccolucci	Liberty MO	23	498	1	17:20.1	5:36/M
2	Andy Candra	Laredo TX	13	556	2	17:28.9	5:38/M
3	Antonio Jimenez	Laredo TX	20	554	3	17:31.3	5:39/M

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Age Group Results

5k Run

Female 14 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	Bella Santos	Laredo TX	12	509	42	23:26.3	7:38/M
2	Sofia Castellanos	Laredo TX	13	494	106	29:23.3	9:29/M
3	Natalia Pena	Laredo TX	13	345	129	32:20.6	10:26/M
4	Luciana Gonzalez	Laredo TX	13	523	157	36:37.6	11:49/M

Male 14 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	Andy Candra	Laredo TX	13	556	2	17:28.9	5:38/M
2	Hector Deveze	Laredo TX	14	568	10	20:29.1	6:36/M
3	Luca Love	Laredo TX	12	559	19	21:28.2	6:56/M
4	Mauricio Vidal	Laredo TX	11	501	20	21:29.5	6:59/M
5	Victor Garza	Laredo TX	14	440	23	22:00.2	7:06/M
6	Diego Rodriguez	Laredo TX	10	563	39	23:15.4	7:30/M
7	Emanuel Lopez	Laredo TX	14	427	41	23:21.8	7:36/M
8	Elias Saucedo III	Laredo TX	12	561	57	25:39.8	8:17/M
9	Carlos Gomez	Laredo TX	14	507	62	26:00.6	8:25/M
10	Mauricio Perez	Laredo TX	12	421	107	29:25.2	9:37/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	Valeria Del Rio	Laredo TX	17	516	29	22:22.9	7:14/M
2	Briana Cabrera	Laredo TX	17	372	36	23:11.7	7:29/M
3	Natalia Vazquez	Laredo TX	19	382	66	26:17.5	8:30/M
4	Andrea Vazquez	Laredo TX	18	381	111	29:45.7	9:37/M
5	Moserrat Espinoza	Laredo TX	19	376	114	29:58.8	9:45/M
6	Yazmin Costilla	Laredo TX	17	543	121	30:57.7	10:01/M
7	Nayeli Pedraza	Laredo TX	15	511	127	31:47.6	10:18/M
8	Ariana Vazquez	Laredo TX	19	375	155	36:27.4	11:51/M
9	Triana Martinez	Laredo TX	17	486	167	38:45.7	12:35/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	Josias Vela	Laredo TX	19	555	6	19:30.7	6:18/M
2	Eduardo Guerra	Laredo TX	15	410	12	20:43.7	6:41/M
3	Armando Garcia	Laredo TX	15	397	13	20:43.8	6:41/M
4	Emilio Saucedo	Laredo TX	16	558	78	27:35.2	8:54/M

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5k Run

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>
5	Elliott De La Garza	Laredo TX	18	383	112	29:46.1	9:37/M
6	Martin Lopez	Laredo TX	17	426	148	35:33.0	11:32/M
7	Ramiro Tijerina	Laredo TX	17	487	168	38:45.9	12:35/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	Catherine Leija	Laredo TX	24	334	50	24:44.7	8:29/M
2	Julissa Gamez	Laredo TX	25	529	51	24:49.4	8:03/M
3	Lizbeth Gomez	Laredo TX	22	531	59	25:45.3	8:21/M
4	Angelica Del Rio	Laredo TX	23	344	64	26:11.4	8:28/M
5	Valentina Rodriguez	Laredo TX	28	549	73	26:46.4	8:42/M
6	Valeria Mendez	Laredo TX	20	514	76	26:56.9	8:43/M
7	Elaine Leija	Laredo TX	26	335	82	28:00.0	9:03/M
8	Yesenia Reyes	Laredo TX	22	530	86	28:07.5	9:07/M
9	Esmeralda Martinez	Laredo TX	28	567	91	28:28.9	9:14/M
10	Larissa Franco	Laredo TX	27	534	97	29:00.2	9:24/M
11	Marlene Torres	Laredo TX	23	573	104	29:20.5	9:30/M
12	Carolina Martinez	Laredo TX	25	414	117	30:17.5	9:48/M
13	Laura Cisneros	Laredo TX	25	415	132	32:46.0	10:36/M
14	Lesly Villarreal	Laredo TX	29	348	138	33:29.0	10:49/M
15	Julianna Alvarez	Laredo TX	24	574	165	38:18.7	12:26/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	Aidin Boccolucci	Liberty MO	23	498	1	17:20.1	5:36/M
2	Antonio Jimenez	Laredo TX	20	554	3	17:31.3	5:39/M
3	Pablo Ramirez	Laredo TX	23	499	28	22:22.2	7:14/M
4	Louis Rocha	Laredo TX	24	506	48	24:17.7	7:51/M
5	Nick Denergard	Eules TX	26	572	55	25:15.2	8:10/M
6	Nick Limon	Laredo TX	20	490	77	27:34.3	8:54/M
7	Daniel Mallicoate	Laredo TX	21	385	79	27:37.2	8:57/M
8	Oscar Benavides	Laredo TX	29	493	94	28:49.9	9:23/M
9	Carlos Serna	Laredo TX	27	535	96	28:59.5	9:24/M
10	Adrian Sanchez	Zapata TX	22	571	149	35:52.8	11:36/M
11	Marco Chapa	Laredo TX	26	483	153	36:25.7	11:49/M

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5k Run

Female 30 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Julie Cantu	Laredo TX	39	570	5	18:20.8	5:55/M
2	Lilybeth Rendon	Laredo TX	38	365	16	21:15.1	6:52/M
3	Grecia Andrade	Laredo TX	36	477	26	22:13.7	7:14/M
4	Sonia Rodriguez	Laredo TX	35	391	30	22:32.1	8:37/M
5	Cynthia Longoria	Laredo TX	36	395	33	22:53.2	7:27/M
6	Mirna Alaniz	Laredo TX	34	522	35	23:04.3	7:28/M
7	Zeleny Quiroga	Laredo TX	30	384	43	23:34.3	7:37/M
8	Angela Zoerner	Laredo TX	33	532	54	25:09.9	8:08/M
9	Magaly Reyna	Laredo TX	38	392	56	25:28.8	8:20/M
10	Carolina Dordevic	Laredo TX	31	495	58	25:42.3	8:21/M
11	Ivette Lopez	Laredo TX	35	519	63	26:02.4	8:26/M
12	Barbra Benavides	Laredo TX	32	492	67	26:17.9	8:29/M
13	Janeth Vazquez	Laredo TX	34	432	72	26:45.9	8:51/M
14	Cynthia Hinojosa	Laredo TX	37	497	75	26:56.8	8:48/M
15	Miranda Christian	Laredo TX	37	444	81	27:56.9	9:03/M
16	Alexandra Melo	Laredo TX	39	340	98	29:02.2	9:25/M
17	Stephanie Gonzalez	Laredo TX	34	491	99	29:05.4	9:28/M
18	Milvia Alvayero	Laredo TX	32	401	108	29:26.5	9:32/M
19	Elizabeth Fowler	Conroe TX	31	481	125	31:33.7	10:13/M
20	Naira Garza	Laredo TX	34	354	133	33:04.1	10:40/M
21	Jessica Camarillo	Laredo TX	36	505	134	33:05.3	10:44/M
22	Cristina Ramirez	Laredo TX	36	347	137	33:25.8	10:50/M
23	Priscilla Solis	Laredo TX	32	450	141	34:19.1	11:10/M
24	Cecilia Reyna	Laredo TX	33	575	152	35:55.3	11:40/M
25	Janet Zapata	Laredo TX	36	489	158	36:38.5	11:50/M
26	Ilse Villalobos	Laredo TX	36	400	159	36:48.2	11:55/M
27	Carolina Garcia	Laredo TX	38	553	160	36:49.1	11:54/M
28	Kelsey Clere	Laredo TX	32	476	174	44:39.0	14:27/M
29	Mayela Hernandez	Laredo TX	32	379	179	47:38.5	15:22/M

Male 30 to 39

Place	Name	City	Age	Bib No	Overall	Time	Pace
1	Ruben Gamboa	Laredo TX	30	510	4	18:17.1	5:54/M
2	Rolando Alers	Laredo TX	33	545	7	19:53.2	6:26/M
3	Estevan Garcia	Laredo TX	31	569	8	20:00.4	6:28/M
4	Antonio Flores	Laredo TX	30	513	9	20:09.3	6:30/M
5	Tony Ferdin	Laredo TX	38	521	14	20:44.8	6:43/M
6	Jesse Coe	Laredo TX	39	361	22	21:41.1	7:01/M
7	Julian Mendoza	Laredo TX	37	546	25	22:13.3	7:11/M
8	Reymundo Ferdin	Laredo TX	34	464	27	22:18.3	7:14/M

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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>
9	Victor Avila	Laredo TX	39	562	32	22:48.7	7:25/M
10	Adolfo Diaz	Laredo TX	33	457	68	26:27.5	8:34/M
11	Juanjose Ramirez	Laredo TX	39	370	69	26:29.5	8:35/M
12	Jorge Longora	Laredo TX	35	458	70	26:44.1	8:37/M
13	Cobo Sebastian	Laredo TX	33	445	85	28:07.2	9:05/M
14	Sergio Ramirez	Laredo TX	37	349	87	28:11.7	9:09/M
15	Anton Rodriguez	Laredo TX	35	548	90	28:27.3	9:14/M
16	Daniel Magallanes	Laredo TX	32	403	115	30:04.7	9:45/M
17	Anthony Gonzalez	Laredo TX	34	460	116	30:10.3	9:45/M
18	Victor Salinas	Laredo TX	39	404	119	30:36.3	9:55/M
19	Jeremy Perez	Conroe TX	31	480	126	31:33.9	10:13/M
20	Emiliano Martinez	Laredo TX	35	551	128	32:00.2	10:22/M
21	Aaron Hinojosa	Laredo TX	36	496	143	34:21.9	11:11/M
22	Esmer Barron	Laredo TX	34	526	162	37:20.2	12:04/M
23	Andrew Knapp	Laredo TX	33	434	163	37:56.0	12:16/M
24	Homero Contreras	Laredo TX	32	363	173	41:33.5	13:31/M
25	Ron Clere	Laredo TX	35	475	175	44:41.0	14:28/M
26	Fernando Mendoza	Laredo TX	30	565	180	53:15.5	17:12/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	Albrecht Karla	Laredo TX	40	536	18	21:27.3	6:56/M
2	Angelica Ortiz	Laredo TX	47	425	21	21:32.6	7:02/M
3	Liliana Serrato	Laredo TX	45	405	24	22:05.2	7:09/M
4	Vargas Claudia	Laredo TX	40	537	40	23:17.7	7:32/M
5	Mireya Cruz	Laredo TX	45	417	44	23:39.7	7:39/M
6	Vanesa Palafox	Laredo TX	41	441	45	23:51.9	7:43/M
7	Amanda Aleman	Laredo TX	41	364	46	24:09.1	7:48/M
8	Melissa Salinas	Laredo TX	43	437	52	24:51.6	8:03/M
9	Veronica Vidal	Laredo TX	45	500	65	26:12.9	8:31/M
10	Roriguez Marie	Laredo TX	42	528	71	26:44.2	8:40/M
11	Debbie Leija	Laredo TX	45	336	74	26:49.1	8:42/M
12	Belinda Martinez	Laredo TX	49	547	80	27:45.9	8:59/M
13	Erika Mendoza	Laredo TX	41	396	83	28:03.0	9:04/M
14	Yvette Ortiz	Laredo TX	40	378	88	28:12.3	9:09/M
15	Erika Hinojosa	Laredo TX	41	485	92	28:36.9	9:14/M
16	Elizabeth Ochoa	Laredo TX	48	408	95	28:52.7	9:22/M
17	Renata De Jacobs	Laredo TX	41	339	100	29:07.8	9:29/M
18	Elizabeth Dominguez	Laredo TX	45	518	103	29:17.6	9:29/M
19	Karina Mendoza	Laredo TX	45	406	109	29:31.0	9:32/M

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Age Group Results

5k Run

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>
20	Angela Erazo	Laredo TX	45	367	110	29:38.8	9:39/M
21	Laura Urquieta	Laredo TX	44	462	120	30:42.6	9:57/M
22	Oda Garcia	Laredo TX	42	512	122	31:13.3	10:06/M
23	Gabriela Cordova	Laredo TX	46	351	124	31:29.1	10:13/M
24	Leslie Gonzalez	Laredo TX	48	453	136	33:07.5	10:46/M
25	Martha Gonzalez	Laredo TX	49	459	156	36:33.9	11:52/M
26	Cordy Dovalina	Laredo TX	46	508	161	36:59.0	11:58/M
27	Janie Moreno	Laredo TX	41	488	166	38:32.5	12:27/M
28	Cynthia Ruffing	Laredo TX	48	353	169	39:20.3	12:45/M
29	Reyna Arzate	Laredo TX	42	451	170	39:22.1	12:46/M
30	Baldenegro Sandra	Laredo TX	45	442	171	39:33.9	12:47/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	40	411	11	20:31.0	6:38/M
2	Eric Benavidez	Laredo TX	41	369	15	20:52.9	6:44/M
3	Elias Saucedo	Laredo TX	44	560	31	22:32.4	7:17/M
4	Jose Cabrera	Laredo TX	43	539	34	23:02.3	7:27/M
5	Julio Ferreira	Laredo TX	40	538	37	23:13.4	7:32/M
6	Luis Mendez	Laredo TX	41	515	47	24:11.2	7:50/M
7	Javier Perez	Laredo TX	43	552	49	24:38.6	7:58/M
8	Javier Pena	Laredo TX	40	520	53	24:54.3	8:04/M
9	Jorge Adrian	Laredo TX	41	502	61	25:55.9	8:35/M
10	Julio Vasquez	Laredo TX	44	503	93	28:42.1	9:30/M
11	Alejandro Urquieta	Laredo TX	44	463	105	29:22.9	9:32/M
12	Eduardo Najera	Laredo TX	44	398	118	30:27.8	9:50/M
13	Salvador Pedraza	Laredo TX	46	484	154	36:26.8	11:49/M
14	Gilbert Perez	Laredo TX	46	423	172	41:18.2	13:27/M
15	Rudy Ortiz	Laredo TX	46	377	178	46:57.5	15:13/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	Martha Sanchez	Laredo TX	55	407	60	25:49.9	8:23/M
2	Many Lobo	Laredo TX	52	449	89	28:12.7	9:12/M
3	Blanca Perez	Laredo TX	50	525	130	32:22.8	10:27/M
4	Dana Perez	Laredo TX	51	428	135	33:06.9	10:46/M
5	Lisa Martinez	Laredo TX	54	439	139	33:46.3	10:57/M
6	Camelia Benavides	Laredo TX	58	438	140	33:46.8	10:57/M

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Age Group Results

5k Run

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>
7	Maldonado Lorena	Laredo TX	52	443	142	34:21.2	11:11/M
8	Claudina Castaneda	Laredo TX	54	452	145	34:48.2	11:18/M
9	Bonnie Melendez	Laredo TX	53	454	146	35:12.6	11:25/M
10	Connie Garcia	Laredo TX	57	416	147	35:14.9	11:23/M
11	Gonzalez Connie	Laredo TX	50	455	151	35:55.0	11:36/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	Jorge Gomez	Laredo TX	53	557	17	21:15.8	6:52/M
2	Luis Jasso	Laredo TX	51	472	101	29:09.1	9:35/M
3	Ruben Costilla	Laredo TX	52	542	102	29:17.6	9:29/M
4	Raymundo Perez	Laredo TX	53	429	113	29:57.6	9:47/M
5	Fidencio Benavides	Laredo TX	58	431	123	31:27.5	10:13/M
6	Mario Gonzalez	Laredo TX	55	387	176	45:25.4	14:44/M
7	Fernando Mendoza	Laredo TX	57	566	181	53:40.5	17:20/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>
1	Diana Perez	Laredo TX	61	359	144	34:24.9	11:08/M
2	Marialuisa Ramos	Laredo TX	61	342	150	35:54.3	11:37/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	Gonzalez Antonio	Laredo TX	65	447	38	23:15.3	7:30/M
2	Gerardo Nino	Laredo TX	61	386	84	28:03.9	9:06/M
3	Javier Garcia	Laredo TX	60	524	131	32:23.7	10:27/M
4	Hugo Martinez	Laredo TX	62	504	164	38:13.1	12:25/M
5	Armando Lopez	Laredo TX	65	564	177	46:07.2	14:58/M