

Race Date
March 11, 2023

CASA Superhero 5k Run & Walk
Age Group Results

5k Run

Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julie Cantu	Laredo TX	76	1	21:48.7	7:02/M
2	IVETTE LOPEZ	LAREDO TX	24	6	25:18.4	8:10/M
3	Rita Chapa	Laredo TX	80	10	26:48.0	8:39/M

Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Margarito Benavides III	Laredo TX	86	2	21:49.3	7:02/M
2	Jesus Perez	Laredo TX	37	3	23:30.0	7:35/M
3	Jorge Sanchez	Laredo TX	61	4	23:55.3	7:43/M

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5k Run

Male 10 and Under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kyle Colby	Laredo TX	10	28	30:01.2	9:41/M

Female 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Alyssa Benavides	Laredo TX	5	63	38:43.8	12:30/M
2	Vianka Robledo	Laredo TX	75	64	39:27.8	12:44/M

Male 11 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Randy Pankin	Laredo TX	85	20	28:49.8	9:18/M
2	Nick Cantu	Laredo TX	7	56	37:35.4	12:08/M
3	Alejandro Garza	Laredo TX	18	65	40:37.5	13:06/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	hannah vazquez	Laredo TX	54	23	29:12.6	9:25/M
2	Gabriela Delgado	Laredo TX	12	25	29:38.8	9:34/M
3	crisrina grana	Laredo TX	48	34	31:07.0	10:02/M
4	Dylana Nandera	Laredo TX	77	55	37:28.4	12:05/M
5	Alejandra Lozano	Laredo TX	25	66	41:06.9	13:16/M
6	brilynn conchas	Laredo TX	56	67	41:06.9	13:16/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Margarito Benavides III	Laredo TX	86	2	21:49.3	7:02/M
2	Julian Benavides	Laredo TX	4	47	35:58.6	11:36/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elizabeth Sanchez	laredo TX	43	48	36:26.1	11:45/M
2	Jennifer Nigliazzo	LAREDO TX	35	49	36:47.9	11:52/M
3	Carla Vara Hernandez	Laredo TX	45	57	37:38.2	12:08/M
4	Samantha Carmona	Laredo TX	8	60	38:19.0	12:22/M

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Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Jessica Nigliazzo	LAREDO TX	34	61	38:34.7	12:27/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jorge Sanchez	Laredo TX	61	4	23:55.3	7:43/M
2	Jorge Cortez	Laredo TX	11	5	25:08.0	8:06/M
3	Luis Nuñez	Laredo TX	36	8	26:39.5	8:36/M
4	Juan Martinez	Laredo TX	87	11	27:03.6	8:44/M
5	Fabian Reyes	Laredo TX	79	12	27:03.8	8:44/M
6	Joseen Bermea	Laredo TX	88	16	28:07.9	9:05/M
7	Justus Montgomery	Laredo TX	68	18	28:29.0	9:11/M
8	Casey Calhoun	Turners Station KY	6	19	28:29.1	9:11/M
9	Luis Mazariegos	Laredo TX	72	21	28:53.3	9:19/M
10	Justin Arrowood	Laredo TX	74	26	29:43.2	9:35/M
11	SHAWN MCLAMMON	Laredo TX	66	30	30:47.2	9:56/M
12	Carlos Velasquez	Laredo TX	46	43	34:43.8	11:12/M
13	rogelio guerra	Laredo TX	60	45	35:01.4	11:18/M
14	Jake Howard	Laredo TX	67	69	41:53.5	13:31/M
15	Jeremy Sweeney	Laredo TX	71	70	41:54.3	13:31/M
16	Devon Middleton	Laredo TX	73	71	42:01.0	13:33/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Julie Cantu	Laredo TX	76	1	21:48.7	7:02/M
2	IVETTE LOPEZ	LAREDO TX	24	6	25:18.4	8:10/M
3	Rita Chapa	Laredo TX	80	10	26:48.0	8:39/M
4	angela zoerner	Laredo TX	55	15	27:53.9	9:00/M
5	LAURA MENA	Laredo TX	51	68	41:17.3	13:19/M
6	Danielle Salazar	LAREDO TX	41	77	50:08.3	16:10/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Matthew Peck	Laredo TX	69	7	26:08.7	8:26/M
2	Willett Caleb	Laredo TX	70	14	27:40.5	8:56/M
3	Samuel Cantu	Laredo TX	78	42	34:12.2	11:02/M

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5k Run

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Yesica Morales	Laredo TX	30	22	29:02.5	9:22/M
2	Angela Erazo	Laredo TX	81	29	30:41.9	9:54/M
3	Patricia Flores	Laredo TX	16	31	30:58.3	9:59/M
4	AMANDA ALEMAN	Laredo TX	65	32	31:01.0	10:00/M
5	Eliza Elizalde	LAREDO TX	14	36	32:28.2	10:28/M
6	Aurora Salinas	LAREDO TX	42	39	32:54.7	10:37/M
7	Pamela Neumann	Laredo TX	32	41	33:18.0	10:45/M
8	ELIZABETH DOMINGUEZ	LAREDO TX	13	44	34:44.6	11:12/M
9	GWENDOLYNE UGALDE	Laredo TX	57	52	37:19.2	12:02/M
10	Aidee Monsivais	LAREDO TX	28	54	37:27.6	12:05/M
11	Melissa Castellanos	laredo TX	9	58	37:47.1	12:11/M
12	Gloria Lara	LAREDO TX	23	59	38:10.1	12:19/M
13	Ana Benavides	Laredo TX	2	62	38:43.0	12:29/M
14	Carmen Riofrio	LAREDO TX	39	73	46:01.5	14:51/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jesus Perez	Laredo TX	37	3	23:30.0	7:35/M
2	Hector Esquihua	Laredo TX	15	9	26:39.6	8:36/M
3	Cesar Vela	Laredo TX	89	13	27:19.0	8:49/M
4	Fabricio Riofrio	Laredo TX	38	17	28:08.1	9:05/M
5	Refugio Gomez	Laredo TX	19	33	31:02.3	10:01/M
6	Juan Garcia	Laredo TX	17	40	32:57.7	10:38/M
7	Juan Benavides	Laredo TX	3	46	35:58.4	11:36/M
8	ROBERTO MARTINEZ	Laredo TX	62	53	37:27.6	12:05/M
9	raul ugalde	Laredo TX	58	76	48:47.8	15:44/M
10	MANOLO MACIAS	Laredo TX	50	78	50:23.8	16:15/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer Batey	laredo TX	1	51	36:56.0	11:55/M
2	Claudia Dovalina-Guzman	Laredo TX	82	72	42:38.6	13:45/M
3	Michele Nigliazzo	Laredo TX	33	74	48:09.3	15:32/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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5k Run

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Miguel Luquin	Laredo TX	26	27	29:57.6	9:40/M
2	Pablo Jimenez	Laredo TX	22	38	32:36.3	10:31/M

Female 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	margarita lopez	Laredo TX	49	24	29:12.7	9:25/M

Male 60 and Over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jose Alfaro	Laredo TX	64	35	32:09.1	10:22/M
2	Francisco Montemayor	Laredo TX	29	37	32:35.2	10:31/M
3	Carlos Castillo	Laredo TX	84	50	36:50.6	11:53/M
4	Armando Lopez	Laredo TX	63	75	48:15.1	15:34/M