



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, May 17, 2020  
67F Cloudy 80%H 7mphW  
5K Off :7:30 am

| Place | OA | Bib | Name                     | 5K | [Lap] | GD | AgeGrp | Predicted | ChipStart | 1stH  | 2ndH  | Δ   | NetChipTime | Pace    | Difference |
|-------|----|-----|--------------------------|----|-------|----|--------|-----------|-----------|-------|-------|-----|-------------|---------|------------|
| 1     | 7  | 012 | Doug Waters (M55)        |    |       | 6  | M55-59 | 25:00     | 1:02.6    | 12:36 | 12:22 | -14 | 24:58.224   | 8:02.2  | 1.78       |
| 2     | 19 | 739 | Martin Chavez (M58)      |    |       | 12 | M55-59 | 45:00     | 1:54.6    | 21:44 | 23:13 | +89 | 44:57.260   | 14:28.2 | 2.74       |
| 3     | 18 | 024 | Carol Creech (F69)       |    |       | 7  | F65-69 | 43:17     | 1:09.7    | 21:25 | 21:47 | +22 | 43:11.736   | 13:54.2 | 5.26       |
| 4     | 6  | 155 | Ruben Arevalo (M64)      |    |       | 5  | M60-64 | 24:56     | 50.3      | 12:29 | 12:19 | -10 | 24:47.880   | 7:58.9  | 8.12       |
| 5     | 2  | 159 | Robert Landon (M61)      |    |       | 2  | M60-64 | 21:20     | 29.3      | 10:43 | 10:20 | -23 | 21:02.184   | 6:46.3  | 17.82      |
| 6     | 9  | 405 | Steve Russo (M56)        |    |       | 8  | M55-59 | 26:05     | 47.4      | 13:13 | 12:33 | -40 | 25:45.571   | 8:17.5  | 19.43      |
| 7     | 17 | 454 | Betsy Palmer (F59)       |    |       | 6  | F55-59 | 36:32     | 58.6      | 17:59 | 18:11 | +11 | 36:10.223   | 11:38.5 | 21.78      |
| 8     | 4  | 117 | Vijayan Nair (M57)       |    |       | 4  | M55-59 | 23:30     | 34.1      | 11:24 | 11:43 | +19 | 23:07.518   | 7:26.6  | 22.48      |
| 9     | 10 | 193 | Julio Lopez (M64)        |    |       | 9  | M60-64 | 27:30     | 41.3      | 13:54 | 13:58 | +4  | 27:52.797   | 8:58.4  | 22.80      |
| 10    | 3  | 255 | John Cosentino (M57)     |    |       | 3  | M55-59 | 22:50     | 32.5      | 11:27 | 10:56 | -31 | 22:22.538   | 7:12.1  | 27.46      |
| 11    | 1  | 011 | Blair Casey (M33)        |    |       | 1  | M30-34 | 19:00     | 25.6      | 9:21  | 9:10  | -11 | 18:31.591   | 5:57.8  | 28.41      |
| 12    | 16 | 050 | Chris Goins (M49)        |    |       | 11 | M45-49 | 36:00     | 1:31.6    | 17:18 | 18:07 | +49 | 35:24.988   | 11:24.0 | 35.01      |
| 13    | 12 | 759 | Terry Gonzalez (F65)     |    |       | 3  | F65-69 | 30:30     | 41.9      | 15:49 | 15:16 | -33 | 31:05.682   | 10:00.5 | 35.68      |
| 14    | 15 | 044 | Amie Goins (F48)         |    |       | 5  | F45-49 | 36:00     | 1:27.3    | 17:11 | 18:00 | +50 | 35:11.239   | 11:19.5 | 48.76      |
| 15    | 5  | 946 | Leah Bowyer (F30)        |    |       | 1  | F30-34 | 24:00     | 37.2      | 11:38 | 11:30 | -8  | 23:08.030   | 7:26.8  | 51.97      |
| 16    | 13 | 070 | Kendall Black (M71)      |    |       | 10 | M70-74 | 30:30     | 1:11.2    | 15:19 | 16:11 | +52 | 31:30.026   | 10:08.3 | 60.03      |
| 17    | 24 | 246 | Sheila Holen (F49)       |    |       | 8  | F45-49 | 53:00     | 1:37.1    | 26:06 | 25:20 | -46 | 51:25.432   | 16:33.1 | 94.57      |
| 18    | 8  | 058 | Bradley Gardner (M62)    |    |       | 7  | M60-64 | 27:30     | 45.7      | 12:55 | 12:28 | -27 | 25:22.532   | 8:10.1  | 127.47     |
| 19    | 11 | 265 | Kuay Sullivan (F54)      |    |       | 2  | F50-54 | 31:29     | 1:04.7    | 14:36 | 14:13 | -23 | 28:49.529   | 9:16.7  | 159.47     |
| 20    | 14 | 198 | Yanira Lopez (F57)       |    |       | 4  | F55-59 | 37:25     | 1:17.0    | 17:13 | 16:39 | -34 | 33:51.659   | 10:53.9 | 213.34     |
| 21    | 20 | 255 | John Cosentino (M57) [2] |    |       | 13 | M55-59 | 24:30     | 22:55.7   | 12:36 | 12:00 | -36 | 24:35.957   | 7:55.1  | 5.96       |
| 22    | 25 | 193 | Julio Lopez (M64) [2]    |    |       | 17 | M60-64 | 29:55     | 28:35.1   | 14:48 | 14:39 | -9  | 29:26.918   | 9:28.7  | 28.08      |
| 23    | 23 | 405 | Steve Russo (M56) [2]    |    |       | 16 | M55-59 | 26:05     | 26:33.6   | 12:59 | 12:32 | -27 | 25:30.319   | 8:12.6  | 34.68      |
| 24    | 22 | 155 | Ruben Arevalo (M64) [2]  |    |       | 15 | M60-64 | 27:00     | 25:39.1   | 13:44 | 12:35 | -69 | 26:19.308   | 8:28.3  | 40.69      |
| 25    | 21 | 117 | Vijayan Nair (M57) [2]   |    |       | 14 | M55-59 | 29:00     | 23:42.0   | 14:28 | 13:41 | -48 | 28:09.148   | 9:03.7  | 50.85      |

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4 Slower

21 Faster

OA Order of Finish (by Guntime) Difference # of Seconds off Prediction  
NetChipTimeNet Running Time (ChipTime)

Fast

Slow

△ Positive Split  
△ Negative Split

Timing provided by:  
**DELTAVIEWTIMING.COM**

### By Order of Finish

| OA | Bib Name | 5K                       | [Lap] | GD               | AgeGrp | City              | ChipStart | 1stH                       | 2ndH  | △   | NetChipTime      | Pace                     | Diff   | ClockTime | AgeGD        |
|----|----------|--------------------------|-------|------------------|--------|-------------------|-----------|----------------------------|-------|-----|------------------|--------------------------|--------|-----------|--------------|
| 1  | 011      | Blair Casey (M33)        |       | 1                | M30-34 | Carrollton        | 25.6      | 9:21                       | 9:10  | -11 | <b>18:31.591</b> | 5:57.8                   | 28.41  | 18:57.179 | <b>70.4%</b> |
| 2  | 159      | Robert Landon (M61)      |       | 2                | M60-64 | Allen             | 29.3      | 10:43                      | 10:20 | -23 | <b>21:02.184</b> | 6:46.3                   | 17.82  | 21:31.445 | <b>76.9%</b> |
| 3  | 255      | John Cosentino (M57)     |       | 3                | M55-59 | Plano             | 32.5      | 11:27                      | 10:56 | -31 | <b>22:22.538</b> | 7:12.1                   | 27.46  | 22:55.021 | <b>69.8%</b> |
| 4  | 117      | Vijayan Nair (M57)       |       | 4                | M55-59 | Plano             | 34.1      | 11:24                      | 11:43 | +19 | <b>23:07.518</b> | 7:26.6                   | 22.48  | 23:41.584 | <b>67.6%</b> |
| 5  | 946      | Leah Bowyer (F30)        |       | 1                | F30-34 | Dallas            | 37.2      | 11:38                      | 11:30 | -8  | <b>23:08.030</b> | 7:26.8                   | 51.97  | 23:45.265 | <b>64.0%</b> |
| 6  | 155      | Ruben Arevalo (M64)      |       | 5                | M60-64 | Carrollton        | 50.3      | 12:29                      | 12:19 | -10 | <b>24:47.880</b> | 7:58.9                   | 8.12   | 25:38.154 | <b>67.0%</b> |
| 7  | 012      | Doug Waters (M55)        |       | 6                | M55-59 | Carrollton        | 1:02.6    | 12:36                      | 12:22 | -14 | <b>24:58.224</b> | 8:02.2                   | 1.78   | 26:00.783 | <b>61.5%</b> |
| 8  | 058      | Bradley Gardner (M62)    |       | 7                | M60-64 | Fort Worth        | 45.7      | 12:55                      | 12:28 | -27 | <b>25:22.532</b> | 8:10.1                   | 127.47 | 26:08.226 | <b>64.3%</b> |
| 9  | 405      | Steve Russo (M56)        |       | 8                | M55-59 | Plano             | 47.4      | 13:13                      | 12:33 | -40 | <b>25:45.571</b> | 8:17.5                   | 19.43  | 26:32.947 | <b>60.2%</b> |
| 10 | 193      | Julio Lopez (M64)        |       | 9                | M60-64 | Farmers Branch    | 41.3      | 13:54                      | 13:58 | +4  | <b>27:52.797</b> | 8:58.4                   | 22.80  | 28:34.095 | 59.6%        |
| 11 | 265      | Kuay Sullivan (F54)      |       | 2                | F50-54 | Coppell           | 1:04.7    | 14:36                      | 14:13 | -23 | <b>28:49.529</b> | 9:16.7                   | 159.47 | 29:54.277 | <b>61.8%</b> |
| 12 | 759      | Terry Gonzalez (F65)     |       | 3                | F65-69 | Plano             | 41.9      | 15:49                      | 15:16 | -33 | <b>31:05.682</b> | 10:00.5                  | 35.68  | 31:47.603 | <b>66.9%</b> |
| 13 | 070      | Kendall Black (M71)      |       | 10               | M70-74 | Grand Prairie     | 1:11.2    | 15:19                      | 16:11 | +52 | <b>31:30.026</b> | 10:08.3                  | 60.03  | 32:41.179 | 56.6%        |
| 14 | 198      | Yanira Lopez (F57)       |       | 4                | F55-59 | Farmers Branch    | 1:17.0    | 17:13                      | 16:39 | -34 | <b>33:51.659</b> | 10:53.9                  | 213.34 | 35:08.611 | 54.7%        |
| 15 | 044      | Amie Goins (F48)         |       | 5                | F45-49 | Garland           | 1:27.3    | 17:11                      | 18:00 | +50 | <b>35:11.239</b> | 11:19.5                  | 48.76  | 36:38.527 | 46.9%        |
| 16 | 050      | Chris Goins (M49)        |       | 11               | M45-49 | Garland           | 1:31.6    | 17:18                      | 18:07 | +49 | <b>35:24.988</b> | 11:24.0                  | 35.01  | 36:56.591 | 41.3%        |
| 17 | 454      | Betsy Palmer (F59)       |       | 6                | F55-59 | Carrollton        | 58.6      | 17:59                      | 18:11 | +11 | <b>36:10.223</b> | 11:38.5                  | 21.78  | 37:08.777 | 52.7%        |
| 18 | 024      | Carol Creech (F69)       |       | 7                | F65-69 | Plano             | 1:09.7    | 21:25                      | 21:47 | +22 | <b>43:11.736</b> | 13:54.2                  | 5.26   | 44:21.400 | 51.3%        |
| 19 | 739      | Martin Chavez (M58)      |       | 12               | M55-59 | Lewisville        | 1:54.6    | 21:44                      | 23:13 | +89 | <b>44:57.260</b> | 14:28.2                  | 2.74   | 46:51.826 | 35.1%        |
| 20 | 255      | John Cosentino (M57) [2] |       | 13               | M55-59 | Plano             | 22:55.7   | 12:36                      | 12:00 | -36 | <b>24:35.957</b> | 7:55.1                   | 5.96   | 47:31.675 | <b>63.5%</b> |
| 21 | 117      | Vijayan Nair (M57) [2]   |       | 14               | M55-59 | Plano             | 23:42.0   | 14:28                      | 13:41 | -48 | <b>28:09.148</b> | 9:03.7                   | 50.85  | 51:51.169 | 55.5%        |
| 22 | 155      | Ruben Arevalo (M64) [2]  |       | 15               | M60-64 | Carrollton        | 25:39.1   | 13:44                      | 12:35 | -69 | <b>26:19.308</b> | 8:28.3                   | 40.69  | 51:58.419 | <b>63.1%</b> |
| 23 | 405      | Steve Russo (M56) [2]    |       | 16               | M55-59 | Plano             | 26:33.6   | 12:59                      | 12:32 | -27 | <b>25:30.319</b> | 8:12.6                   | 34.68  | 52:03.943 | <b>60.8%</b> |
| 24 | 246      | Sheila Holen (F49)       |       | 8                | F45-49 | Lewisville        | 1:37.1    | 26:06                      | 25:20 | -46 | <b>51:25.432</b> | 16:33.1                  | 94.57  | 53:02.546 | 32.5%        |
| 25 | 193      | Julio Lopez (M64) [2]    |       | 17               | M60-64 | Farmers Branch    | 28:35.1   | 14:48                      | 14:39 | -9  | <b>29:26.918</b> | 9:28.7                   | 28.08  | 58:02.066 | 56.4%        |
|    |          |                          |       | 8 Positive Split |        | 17 Negative Split |           | Average Finish Time: 29:42 |       |     |                  | Average Age Grade: 58.4% |        |           |              |