



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, March 20, 2022

54F Clear 52%H 8mphS

5K Off :7:32 am

| Place | OA | Bib | Name                       | 5K | [Lap] | GD | AgeGrp | Predicted | ChipStart | 1stH  | 2ndH  | Δ    | NetChipTime | Pace    | Difference |
|-------|----|-----|----------------------------|----|-------|----|--------|-----------|-----------|-------|-------|------|-------------|---------|------------|
| 1     | 11 | 060 | Jaws Hansen (M61)          |    |       | 10 | M60-64 | 29:02     | 2.0       | 14:39 | 14:25 | -15  | 29:03.988   | 9:21.3  | 1.99       |
| 2     | 10 | 040 | Kim Andres (F69)           |    |       | 1  | F65-69 | 28:21     | 5.0       | 14:04 | 14:15 | +11  | 28:18.343   | 9:06.6  | 2.66       |
| 3     | 18 | 044 | Amie Goins (F50)           |    |       | 4  | F50-54 | 33:18     | 9.0       | 16:30 | 16:50 | +20  | 33:20.693   | 10:44.0 | 2.69       |
| 4     | 7  | 405 | Steve Russo (M58)          |    |       | 7  | M55-59 | 26:40     | 6.0       | 13:34 | 13:04 | -30  | 26:37.238   | 8:34.1  | 2.76       |
| 5     | 22 | 106 | Robert Simpson (M67)       |    |       | 17 | M65-69 | 36:45     | 28.5      | 18:32 | 18:16 | -16  | 36:48.232   | 11:50.8 | 3.23       |
| 6     | 5  | 155 | Ruben Arevalo (M66)        |    |       | 5  | M65-69 | 25:49     | 1.0       | 12:49 | 12:56 | +6   | 25:45.007   | 8:17.3  | 3.99       |
| 7     | 13 | 127 | Burns Thacker (M47)        |    |       | 11 | M45-49 | 30:00     | 10.5      | 15:17 | 14:53 | -25  | 30:10.062   | 9:42.6  | 10.06      |
| 8     | 6  | 222 | Rich Weklar (M51)          |    |       | 6  | M50-54 | 26:00     | 3.0       | 12:59 | 13:15 | +16  | 26:13.806   | 8:26.6  | 13.81      |
| 9     | 12 | 265 | Kuay Sullivan (F56)        |    |       | 2  | F55-59 | 30:00     | 9.5       | 14:52 | 14:54 | +2   | 29:46.156   | 9:34.9  | 13.84      |
| 10    | 4  | 451 | Rob Windsor (M58)          |    |       | 4  | M55-59 | 25:55     | 4.0       | 12:59 | 12:28 | -31  | 25:26.384   | 8:11.3  | 28.62      |
| 11    | 1  | 012 | Doug Waters (M57)          |    |       | 1  | M55-59 | 25:00     | 5.8       | 12:26 | 12:05 | -21  | 24:31.170   | 7:53.5  | 28.83      |
| 12    | 20 | 026 | Jeff Goodman (M60)         |    |       | 16 | M60-64 | 34:00     | 7.0       | 16:13 | 18:17 | +124 | 34:30.488   | 11:06.4 | 30.49      |
| 13    | 8  | 193 | Julio Lopez (M66)          |    |       | 8  | M65-69 | 28:30     | 4.0       | 14:03 | 13:56 | -7   | 27:58.523   | 9:00.3  | 31.48      |
| 14    | 17 | 198 | Yanira Lopez (F59)         |    |       | 3  | F55-59 | 33:27     | 15.8      | 15:59 | 16:52 | +54  | 32:51.041   | 10:34.4 | 35.96      |
| 15    | 15 | 345 | Ryan Pogue (M50)           |    |       | 13 | M50-54 | 29:45     | 33.4      | 15:40 | 14:49 | -52  | 30:28.694   | 9:48.6  | 43.69      |
| 16    | 44 | 081 | Ruben Saguil (M57)         |    |       | 31 | M55-59 | 25:00     | 51:04.9   | 11:59 | 12:12 | +13  | 24:10.781   | 7:47.0  | 49.22      |
| 17    | 27 | 001 | Carlos Ordonez (M51)       |    |       | 20 | M50-54 | 43:00     | 12.5      | 20:58 | 21:12 | +15  | 42:10.004   | 13:34.3 | 50.00      |
| 18    | 3  | 255 | John Cosentino (M59)       |    |       | 3  | M55-59 | 24:30     | 4.5       | 12:52 | 12:31 | -21  | 25:22.378   | 8:10.0  | 52.38      |
| 19    | 26 | 909 | Lauren Zender (F28)        |    |       | 7  | F25-29 | 41:00     | 13.9      | 19:21 | 20:44 | +83  | 40:05.666   | 12:54.3 | 54.33      |
| 20    | 9  | 192 | Rob Preston (M57)          |    |       | 9  | M55-59 | 27:00     | 3.0       | 13:51 | 14:10 | +19  | 28:01.941   | 9:01.4  | 61.94      |
| 21    | 2  | 117 | Vijayan Nair (M59)         |    |       | 2  | M55-59 | 24:00     | 1.0       | 12:20 | 12:54 | +34  | 25:14.197   | 8:07.4  | 74.20      |
| 22    | 16 | 050 | Chris Goins (M51)          |    |       | 14 | M50-54 | 33:00     | 8.0       | 15:25 | 16:14 | +49  | 31:38.537   | 10:11.1 | 81.46      |
| 23    | 24 | 097 | Nathan Bruser (M50)        |    |       | 19 | M50-54 | 30:00     | 8:12.0    | 15:30 | 15:58 | +28  | 31:27.887   | 10:07.7 | 87.89      |
| 24    | 25 | 096 | Blake Bruser (F12)         |    |       | 6  | F10-14 | 30:00     | 8:15.2    | 15:46 | 15:54 | +8   | 31:39.574   | 10:11.4 | 99.57      |
| 25    | 14 | 113 | Victor Elfenbein (M64)     |    |       | 12 | M60-64 | 29:00     | 6.0       | 14:54 | 16:00 | +66  | 30:53.423   | 9:56.6  | 113.42     |
| 26    | 28 | 024 | Carol Creech (F71)         |    |       | 8  | F70-74 | 46:17     | 10.0      | 22:13 | 22:08 | -6   | 44:20.910   | 14:16.5 | 116.09     |
| 27    | 35 | 261 | John Kramer (M60)          |    |       | 26 | M60-64 | 49:34     | 4:35.5    | 26:30 | 25:03 | -87  | 51:33.367   | 16:35.7 | 119.37     |
| 28    | 21 | 454 | Betsy Palmer (F60)         |    |       | 5  | F60-64 | 39:59     | 41.8      | 17:48 | 17:51 | +4   | 35:38.948   | 11:28.5 | 260.05     |
| 29    | 39 | 002 | Michael Watts (M23)        |    |       | 29 | M20-24 | 59:59     | 6:57.7    | 29:02 | 36:24 | +443 | 65:25.619   | 21:03.5 | 326.62     |
| 30    | 40 | 917 | Merlin Bleile (F23)        |    |       | 11 | F20-24 | 59:59     | 7:00.4    | 28:58 | 36:30 | +452 | 65:27.783   | 21:04.2 | 328.78     |
| 31    | 33 | 455 | Rosemary Lewis (F66)       |    |       | 9  | F65-69 | 60:00     | 15.4      | 26:39 | 27:46 | +67  | 54:24.531   | 17:30.8 | 335.47     |
| 32    | 19 | 020 | Ronald Hamilton (M62)      |    |       | 15 | M60-64 | 40:00     | 19.2      | 16:41 | 17:02 | +21  | 33:43.331   | 10:51.2 | 376.67     |
| 33    | 23 | 174 | Dana Greene (M48)          |    |       | 18 | M45-49 | 32:30     | 18.2      | 18:39 | 20:15 | +96  | 38:53.506   | 12:31.1 | 383.51     |
| 34    | 29 | 153 | Peter Chan (M68)           |    |       | 21 | M65-69 | 29:00     | 11.9      | 18:30 | 28:32 | +602 | 47:01.994   | 15:08.3 | 1081.99    |
| 35    | 41 | 918 | Leslie Quiroz (F31)        |    |       | 12 | F30-34 | 45:00     | 6:56.4    | 29:02 | 36:32 | +450 | 65:33.328   | 21:06.0 | 1233.33    |
| 36    | 42 | 922 | James Stevenson (M32)      |    |       | 30 | M30-34 | 45:00     | 6:55.4    | 29:04 | 36:32 | +448 | 65:35.441   | 21:06.7 | 1235.44    |
| 37    | 30 | 405 | Steve Russo (M58) [2]      |    |       | 22 | M55-59 | 26:30     | 26:44.0   | 13:22 | 13:17 | -6   | 26:38.917   | 8:34.6  | 8.92       |
| 38    | 37 | 265 | Kuay Sullivan (F56) [2]    |    |       | 10 | F55-59 | 31:00     | 29:56.3   | 15:34 | 15:16 | -18  | 30:49.385   | 9:55.3  | 10.61      |
| 39    | 36 | 193 | Julio Lopez (M66) [2]      |    |       | 27 | M65-69 | 32:00     | 28:04.1   | 16:09 | 15:35 | -33  | 31:44.044   | 10:12.9 | 15.96      |
| 40    | 31 | 117 | Vijayan Nair (M59) [2]     |    |       | 23 | M55-59 | 28:00     | 25:15.5   | 14:17 | 14:01 | -16  | 28:18.447   | 9:06.7  | 18.45      |
| 41    | 43 | 198 | Yanira Lopez (F59) [2]     |    |       | 13 | F55-59 | 39:59     | 33:09.8   | 19:48 | 19:35 | -12  | 39:23.270   | 12:40.7 | 35.73      |
| 42    | 32 | 155 | Ruben Arevalo (M66) [2]    |    |       | 24 | M65-69 | 27:00     | 25:46.8   | 14:13 | 13:52 | -21  | 28:05.469   | 9:02.5  | 65.47      |
| 43    | 38 | 113 | Victor Elfenbein (M64) [2] |    |       | 28 | M60-64 | 34:00     | 31:00.3   | 19:43 | 19:17 | -26  | 38:59.353   | 12:33.0 | 299.35     |

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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  | 012      | Doug Waters (M57)          |       | 1  | M55-59 | Carrollton       | 5.8       | 12:26 | 12:05 | -21                        | 24:31.170   | 7:53.5  | 28.83                    | 24:36.955 | 63.7% |
| 2  | 117      | Vijayan Nair (M59)         |       | 2  | M55-59 | Plano            | 1.0       | 12:20 | 12:54 | +34                        | 25:14.197   | 8:07.4  | 74.20                    | 25:15.181 | 63.0% |
| 3  | 255      | John Cosentino (M59)       |       | 3  | M55-59 | Plano            | 4.5       | 12:52 | 12:31 | -21                        | 25:22.378   | 8:10.0  | 52.38                    | 25:26.863 | 62.7% |
| 4  | 451      | Rob Windsor (M58)          |       | 4  | M55-59 | Flower Mound     | 4.0       | 12:59 | 12:28 | -31                        | 25:26.384   | 8:11.3  | 28.62                    | 25:30.369 | 62.0% |
| 5  | 155      | Ruben Arevalo (M66)        |       | 5  | M65-69 | Carrollton       | 1.0       | 12:49 | 12:56 | +6                         | 25:45.007   | 8:17.3  | 3.99                     | 25:45.992 | 65.7% |
| 6  | 222      | Rich Weklar (M51)          |       | 6  | M50-54 | Bartonville      | 3.0       | 12:59 | 13:15 | +16                        | 26:13.806   | 8:26.6  | 13.81                    | 26:16.791 | 56.7% |
| 7  | 405      | Steve Russo (M58)          |       | 7  | M55-59 | Plano            | 6.0       | 13:34 | 13:04 | -30                        | 26:37.238   | 8:34.1  | 2.76                     | 26:43.222 | 59.2% |
| 8  | 193      | Julio Lopez (M66)          |       | 8  | M65-69 | Farmers Branch   | 4.0       | 14:03 | 13:56 | -7                         | 27:58.523   | 9:00.3  | 31.48                    | 28:02.507 | 60.5% |
| 9  | 192      | Rob Preston (M57)          |       | 9  | M55-59 | Irving           | 3.0       | 13:51 | 14:10 | +19                        | 28:01.941   | 9:01.4  | 61.94                    | 28:04.925 | 55.8% |
| 10 | 040      | Kim Andres (F69)           |       | 1  | F65-69 | Irving           | 5.0       | 14:04 | 14:15 | +11                        | 28:18.343   | 9:06.6  | 2.66                     | 28:23.328 | 78.3% |
| 11 | 060      | Jaws Hansen (M61)          |       | 10 | M60-64 | Dallas           | 2.0       | 14:39 | 14:25 | -15                        | 29:03.988   | 9:21.3  | 1.99                     | 29:05.972 | 55.7% |
| 12 | 265      | Kuay Sullivan (F56)        |       | 2  | F55-59 | Coppell          | 9.5       | 14:52 | 14:54 | +2                         | 29:46.156   | 9:34.9  | 13.84                    | 29:55.640 | 61.4% |
| 13 | 127      | Burns Thacker (M47)        |       | 11 | M45-49 | Carrollton       | 10.5      | 15:17 | 14:53 | -25                        | 30:10.062   | 9:42.6  | 10.06                    | 30:20.546 | 47.7% |
| 14 | 113      | Victor Elfenbein (M64)     |       | 12 | M60-64 | Dallas           | 6.0       | 14:54 | 16:00 | +66                        | 30:53.423   | 9:56.6  | 113.42                   | 30:59.408 | 53.8% |
| 15 | 345      | Ryan Pogue (M50)           |       | 13 | M50-54 | Carrollton       | 33.4      | 15:40 | 14:49 | -52                        | 30:28.694   | 9:48.6  | 43.69                    | 31:02.084 | 48.4% |
| 16 | 050      | Chris Goins (M51)          |       | 14 | M50-54 | Garland          | 8.0       | 15:25 | 16:14 | +49                        | 31:38.537   | 10:11.1 | 81.46                    | 31:46.521 | 47.0% |
| 17 | 198      | Yanira Lopez (F59)         |       | 3  | F55-59 | Farmers Branch   | 15.8      | 15:59 | 16:52 | +54                        | 32:51.041   | 10:34.4 | 35.96                    | 33:06.816 | 58.0% |
| 18 | 044      | Amie Goins (F50)           |       | 4  | F50-54 | Garland          | 9.0       | 16:30 | 16:50 | +20                        | 33:20.693   | 10:44.0 | 2.69                     | 33:29.677 | 50.7% |
| 19 | 020      | Ronald Hamilton (M62)      |       | 15 | M60-64 | The Colony       | 19.2      | 16:41 | 17:02 | +21                        | 33:43.331   | 10:51.2 | 376.67                   | 34:02.521 | 48.4% |
| 20 | 026      | Jeff Goodman (M60)         |       | 16 | M60-64 | Hickory Creek    | 7.0       | 16:13 | 18:17 | +124                       | 34:30.488   | 11:06.4 | 30.49                    | 34:37.472 | 46.5% |
| 21 | 454      | Betsy Palmer (F60)         |       | 5  | F60-64 | Carrollton       | 41.8      | 17:48 | 17:51 | +4                         | 35:38.948   | 11:28.5 | 260.05                   | 36:20.742 | 54.2% |
| 22 | 106      | Robert Simpson (M67)       |       | 17 | M65-69 | Coppell          | 28.5      | 18:32 | 18:16 | -16                        | 36:48.232   | 11:50.8 | 3.23                     | 37:16.714 | 46.4% |
| 23 | 174      | Dana Greene (M48)          |       | 18 | M45-49 | Dallas           | 18.2      | 18:39 | 20:15 | +96                        | 38:53.506   | 12:31.1 | 383.51                   | 39:11.658 | 37.3% |
| 24 | 097      | Nathan Bruser (M50)        |       | 19 | M50-54 | Highland Village | 8:12.0    | 15:30 | 15:58 | +28                        | 31:27.887   | 10:07.7 | 87.89                    | 39:39.912 | 46.9% |
| 25 | 096      | Blake Bruser (F12)         |       | 6  | F10-14 | Highland Village | 8:15.2    | 15:46 | 15:54 | +8                         | 31:39.574   | 10:11.4 | 99.57                    | 39:54.759 | 51.4% |
| 26 | 909      | Lauren Zender (F28)        |       | 7  | F25-29 | Carrollton       | 13.9      | 19:21 | 20:44 | +83                        | 40:05.666   | 12:54.3 | 54.33                    | 40:19.593 | 36.9% |
| 27 | 001      | Carlos Ordonez (M51)       |       | 20 | M50-54 |                  | 12.5      | 20:58 | 21:12 | +15                        | 42:10.004   | 13:34.3 | 50.00                    | 42:22.546 | 35.3% |
| 28 | 024      | Carol Creech (F71)         |       | 8  | F70-74 | Aubrey           | 10.0      | 22:13 | 22:08 | -6                         | 44:20.910   | 14:16.5 | 116.09                   | 44:30.894 | 51.7% |
| 29 | 153      | Peter Chan (M68)           |       | 21 | M65-69 | Coppell          | 11.9      | 18:30 | 28:32 | +602                       | 47:01.994   | 15:08.3 | 1081.99                  | 47:13.855 | 36.7% |
| 30 | 405      | Steve Russo (M58) [2]      |       | 22 | M55-59 | Plano            | 26:44.0   | 13:22 | 13:17 | -6                         | 26:38.917   | 8:34.6  | 8.92                     | 53:22.949 | 59.1% |
| 31 | 117      | Vijayan Nair (M59) [2]     |       | 23 | M55-59 | Plano            | 25:15.5   | 14:17 | 14:01 | -16                        | 28:18.447   | 9:06.7  | 18.45                    | 53:33.937 | 56.2% |
| 32 | 155      | Ruben Arevalo (M66) [2]    |       | 24 | M65-69 | Carrollton       | 25:46.8   | 14:13 | 13:52 | -21                        | 28:05.469   | 9:02.5  | 65.47                    | 53:52.289 | 60.3% |
| 33 | 455      | Rosemary Lewis (F66)       |       | 9  | F65-69 | Carrollton       | 15.4      | 26:39 | 27:46 | +67                        | 54:24.531   | 17:30.8 | 335.47                   | 54:39.935 | 38.8% |
| 35 | 261      | John Kramer (M60)          |       | 26 | M60-64 | Plano            | 4:35.5    | 26:30 | 25:03 | -87                        | 51:33.367   | 16:35.7 | 119.37                   | 56:08.873 | 31.1% |
| 36 | 193      | Julio Lopez (M66) [2]      |       | 27 | M65-69 | Farmers Branch   | 28:04.1   | 16:09 | 15:35 | -33                        | 31:44.044   | 10:12.9 | 15.96                    | 59:48.128 | 53.3% |
| 37 | 265      | Kuay Sullivan (F56) [2]    |       | 10 | F55-59 | Coppell          | 29:56.3   | 15:34 | 15:16 | -18                        | 30:49.385   | 9:55.3  | 10.61                    | 60:45.701 | 59.3% |
| 38 | 113      | Victor Elfenbein (M64) [2] |       | 28 | M60-64 | Dallas           | 31:00.3   | 19:43 | 19:17 | -26                        | 38:59.353   | 12:33.0 | 299.35                   | 69:59.662 | 42.6% |
| 39 | 002      | Michael Watts (M23)        |       | 29 | M20-24 | Dallas           | 6:57.7    | 29:02 | 36:24 | +443                       | 65:25.619   | 21:03.5 | 326.62                   | 72:23.294 | 19.7% |
| 40 | 917      | Merlin Bleile (F23)        |       | 11 | F20-24 | Dallas           | 7:00.4    | 28:58 | 36:30 | +452                       | 65:27.783   | 21:04.2 | 328.78                   | 72:28.220 | 22.6% |
| 41 | 918      | Leslie Quiroz (F31)        |       | 12 | F30-34 | Dallas           | 6:56.4    | 29:02 | 36:32 | +450                       | 65:33.328   | 21:06.0 | 1233.33                  | 72:29.757 | 22.6% |
| 42 | 922      | James Stevenson (M32)      |       | 30 | M30-34 | Dallas           | 6:55.4    | 29:04 | 36:32 | +448                       | 65:35.441   | 21:06.7 | 1235.44                  | 72:30.845 | 19.8% |
| 43 | 198      | Yanira Lopez (F59) [2]     |       | 13 | F55-59 | Farmers Branch   | 33:09.8   | 19:48 | 19:35 | -12                        | 39:23.270   | 12:40.7 | 35.73                    | 72:33.062 | 48.4% |
| 44 | 081      | Ruben Saguil (M57)         |       | 31 | M55-59 | Carrollton       | 51:04.9   | 11:59 | 12:12 | +13                        | 24:10.781   | 7:47.0  | 49.22                    | 75:15.726 | 64.6% |
|    |          |                            |       |    |        |                  |           |       |       | 25 Positive Split          |             |         | 18 Negative Split        |           |       |
|    |          |                            |       |    |        |                  |           |       |       | Average Finish Time: 35:54 |             |         | Average Age Grade: 49.8% |           |       |