



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, May 21, 2023  
63F Clear 75%H 6mphNNE  
5K Off :7:34 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	Δ	NetChipTime	Pace	Difference
1	6	117	Vijayan Nair (M60)			6	M60-64	24:30	0.0	11:59	12:34	+35	24:32.784	8:02.9	2.78
2	8	012	Doug Waters (M58)			8	M55-59	24:35	4.0	12:24	12:23	-1	24:47.630	8:07.7	12.63
3	37	246	Sheila Holen (F52)			12	F50-54	55:55	16.3	27:10	28:20	+70	55:30.498	18:12.0	24.50
4	22	999	Jennifer Speer (F36)			6	F35-39	34:43	6.0	16:32	18:35	+123	35:07.716	11:31.1	24.72
5	18	044	Amie Goins (F51)			4	F50-54	31:47	5.0	15:15	16:00	+45	31:15.494	10:14.9	31.51
6	15	153	Peter Chan (M69)			12	M65-69	31:00	10.0	15:22	15:00	-22	30:21.982	9:57.4	38.02
7	10	193	Julio Lopez (M67)			10	M65-69	27:45	4.0	13:13	13:37	+24	26:50.279	8:48.0	54.72
8	16	345	Ryan Pogue (M51)			13	M50-54	31:30	9.0	15:21	15:14	-7	30:34.472	10:01.5	55.53
9	1	255	John Cosentino (M60)			1	M60-64	22:55	0.0	10:54	10:59	+5	21:53.304	7:10.6	61.70
10	17	466	Andrew Ngotho (M56)			14	M55-59	30:00	4.0	15:04	15:59	+55	31:02.890	10:10.8	62.89
11	21	050	Chris Goins (M52)			16	M50-54	32:00	6.0	15:55	17:09	+74	33:03.908	10:50.5	63.91
12	4	011	Blair Casey (M36)			4	M35-39	25:00	1.0	11:48	12:01	+13	23:48.328	7:48.3	71.67
13	41	993	Ruben Saguil (M58)			27	M55-59	31:00	62:19.6	15:48	16:24	+35	32:12.376	10:33.6	72.38
14	11	040	Kim Andres (F70)			1	F70-74	29:15	3.0	13:54	14:08	+14	28:01.439	9:11.3	73.56
15	2	008	Evan Kangethe (M15)			2	M15-19	22:00	6.0	11:03	12:14	+71	23:16.306	7:37.8	76.31
16	23	317	Leah Marks (F42)			7	F40-44	36:35	7.0	16:22	18:56	+154	35:18.160	11:34.5	76.84
17	20	140	Enrique Ordonez (M82)			15	M80-99	34:00	5.0	15:58	16:42	+43	32:40.234	10:42.7	79.77
18	5	577	Paul Norris (M50)			5	M50-54	25:12	1.0	11:47	12:05	+18	23:51.410	7:49.3	80.59
19	3	007	Gong Lee (M63)			3	M60-64	25:00	3.0	10:51	12:38	+107	23:28.195	7:41.7	91.80
20	24	454	Betsy Palmer (F62)			8	F60-64	36:58	11.4	17:22	18:05	+43	35:26.191	11:37.1	91.81
21	7	405	Steve Russo (M59)			7	M55-59	26:25	2.0	12:20	12:29	+9	24:48.548	8:08.0	96.45
22	13	283	Ruben Reyes (M67)			11	M65-69	31:30	9.5	14:45	15:05	+20	29:49.357	9:46.7	100.64
23	9	503	Diego Acosta (M19)			9	M15-19	27:13	2.0	12:41	12:51	+9	25:32.031	8:22.3	100.97
24	38	261	John Kramer (M61)			26	M60-64	52:23	5:13.2	27:24	27:03	-21	54:27.494	17:51.3	124.49
25	26	024	Carol Creech (F72)			10	F70-74	46:46	49.7	22:10	22:12	+3	44:21.932	14:32.8	144.07
26	14	586	Emily Whitehurst (F36)			3	F35-39	32:45	7.0	14:54	15:24	+30	30:17.517	9:55.9	147.48
27	19	198	Yanira Lopez (F60)			5	F60-64	34:29	12.0	15:55	16:07	+12	32:01.497	10:30.0	147.50
28	29	409	Martin Chavez (M61)			19	M60-64	50:00	18.9	23:11	24:18	+66	47:29.059	15:34.1	150.94
29	25	530	Lilliana Wutter (F51)			9	F50-54	40:00	5.0	17:45	19:13	+89	36:57.855	12:07.2	182.14
30	12	265	Kuay Sullivan (F57)			2	F55-59	32:46	8.0	14:31	14:57	+26	29:27.990	9:39.7	198.01
31	28	529	Carlos Ordonez (M52)			18	M50-54	43:00	17.4	22:36	24:09	+93	46:45.099	15:19.7	225.10
32	31	096	Blake Bruser (F13)			11	F10-14	44:44	18:26.4	14:41	14:50	+9	29:31.279	9:40.7	912.72
33	30	097	Nathan Bruser (M52)			20	M50-54	44:44	18:26.8	14:34	14:48	+14	29:22.203	9:37.8	921.80
34	35	117	Vijayan Nair (M60) [2]			24	M60-64	27:00	24:33.4	13:02	14:16	+75	27:17.964	8:57.0	17.96
35	27	255	John Cosentino (M60) [2]			17	M60-64	24:35	21:54.5	12:00	11:56	-4	23:56.864	7:51.1	38.14
36	32	577	Paul Norris (M50) [2]			21	M50-54	24:52	23:53.4	12:11	11:58	-12	24:09.432	7:55.2	42.57
37	33	011	Blair Casey (M36) [2]			22	M35-39	25:00	23:50.9	12:13	11:59	-14	24:12.004	7:56.1	48.00
38	36	193	Julio Lopez (M67) [2]			25	M65-69	28:30	26:55.3	13:19	13:14	-4	26:33.044	8:42.3	116.96
39	40	198	Yanira Lopez (F60) [2]			14	F60-64	39:35	32:14.7	18:07	19:04	+57	37:11.814	12:11.7	143.19
40	39	265	Kuay Sullivan (F57) [2]			13	F55-59	34:02	29:36.3	15:40	15:55	+14	31:35.061	10:21.3	146.94
41	34	405	Steve Russo (M59) [2]			23	M55-59	28:25	24:51.7	12:47	12:58	+11	25:45.707	8:26.8	159.29

© Most Accurate Predictor(s) wins gift card(s).

Course was 3.05 Miles.

10Slower

31Faster 129.58

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	255	John Cosentino (M60)		1	M60-64	Plano	0.0	10:54	10:59	+5	21:53.304	7:10.6	61.70	21:53.304	72.0%
2	008	Evan Kangethe (M15)		2	M15-19	Carrollton	6.0	11:03	12:14	+71	23:16.306	7:37.8	76.31	23:22.296	58.7%
3	007	Gong Lee (M63)		3	M60-64	Plano	3.0	10:51	12:38	+107	23:28.195	7:41.7	91.80	23:31.185	68.9%
4	011	Blair Casey (M36)		4	M35-39	Carrollton	1.0	11:48	12:01	+13	23:48.328	7:48.3	71.67	23:49.318	54.7%
5	577	Paul Norris (M50)		5	M50-54	Coppell	1.0	11:47	12:05	+18	23:51.410	7:49.3	80.59	23:52.400	60.7%
6	117	Vijayan Nair (M60)		6	M60-64	Plano	0.0	11:59	12:34	+35	24:32.784	8:02.9	2.78	24:32.785	64.2%
7	405	Steve Russo (M59)		7	M55-59	Plano	2.0	12:20	12:29	+9	24:48.548	8:08.0	96.45	24:50.539	62.9%
8	012	Doug Waters (M58)		8	M55-59	Carrollton	4.0	12:24	12:23	-1	24:47.630	8:07.7	12.63	24:51.621	62.4%
9	503	Diego Acosta (M19)		9	M15-19	Coppell	2.0	12:41	12:51	+9	25:32.031	8:22.3	100.97	25:34.021	50.7%
10	193	Julio Lopez (M67)		10	M65-69	Farmers Branch	4.0	13:13	13:37	+24	26:50.279	8:48.0	54.72	26:54.269	62.5%
11	040	Kim Andres (F70)		1	F70-74	Irving	3.0	13:54	14:08	+14	28:01.439	9:11.3	73.56	28:04.429	79.0%
12	265	Kuay Sullivan (F57)		2	F55-59	Coppell	8.0	14:31	14:57	+26	29:27.990	9:39.7	198.01	29:35.980	61.8%
13	283	Ruben Reyes (M67)		11	M65-69	Carrollton	9.5	14:45	15:05	+20	29:49.357	9:46.7	100.64	29:58.847	56.3%
14	586	Emily Whitehurst (F36)		3	F35-39	Carrollton	7.0	14:54	15:24	+30	30:17.517	9:55.9	147.48	30:24.507	48.7%
15	153	Peter Chan (M69)		12	M65-69	Coppell	10.0	15:22	15:00	-22	30:21.982	9:57.4	38.02	30:31.972	56.4%
16	345	Ryan Pogue (M51)		13	M50-54	Carrollton	9.0	15:21	15:14	-7	30:34.472	10:01.5	55.53	30:43.462	47.8%
17	466	Andrew Ngotho (M56)		14	M55-59	Carrollton	4.0	15:04	15:59	+55	31:02.890	10:10.8	62.89	31:06.880	49.0%
18	044	Amie Goins (F51)		4	F50-54	Garland	5.0	15:15	16:00	+45	31:15.494	10:14.9	31.51	31:20.484	53.8%
19	198	Yanira Lopez (F60)		5	F60-64	Farmers Branch	12.0	15:55	16:07	+12	32:01.497	10:30.0	147.50	32:13.507	59.3%
20	140	Enrique Ordonez (M82)		15	M80-99	Carrollton	5.0	15:58	16:42	+43	32:40.234	10:42.7	79.77	32:45.224	66.6%
21	050	Chris Goins (M52)		16	M50-54	Garland	6.0	15:55	17:09	+74	33:03.908	10:50.5	63.91	33:09.898	44.5%
22	999	Jennifer Speer (F36)		6	F35-39	Carrollton	6.0	16:32	18:35	+123	35:07.716	11:31.1	24.72	35:13.707	42.0%
23	317	Leah Marks (F42)		7	F40-44	Carrollton	7.0	16:22	18:56	+154	35:18.160	11:34.5	76.84	35:25.150	43.3%
24	454	Betsy Palmer (F62)		8	F60-64	Carrollton	11.4	17:22	18:05	+43	35:26.191	11:37.1	91.81	35:37.634	55.1%
25	530	Lilliana Wutter (F51)		9	F50-54	Frisco	5.0	17:45	19:13	+89	36:57.855	12:07.2	182.14	37:02.845	45.5%
26	024	Carol Creech (F72)		10	F70-74	Aubrey	49.7	22:10	22:12	+3	44:21.932	14:32.8	144.07	45:11.617	51.6%
27	255	John Cosentino (M60) [2]		17	M60-64	Plano	21:54.5	12:00	11:56	-4	23:56.864	7:51.1	38.14	45:51.359	65.8%
28	529	Carlos Ordonez (M52)		18	M50-54	Carrollton	17.4	22:36	24:09	+93	46:45.099	15:19.7	225.10	47:02.505	31.5%
29	409	Martin Chavez (M61)		19	M60-64	Lewisville	18.9	23:11	24:18	+66	47:29.059	15:34.1	150.94	47:47.982	33.5%
30	097	Nathan Bruser (M52)		20	M50-54	Highland Village	18:26.8	14:34	14:48	+14	29:22.203	9:37.8	921.80	47:48.966	50.1%
31	096	Blake Bruser (F13)		11	F10-14	Highland Village	18:26.4	14:41	14:50	+9	29:31.279	9:40.7	912.72	47:57.654	53.1%
32	577	Paul Norris (M50) [2]		21	M50-54	Coppell	23:53.4	12:11	11:58	-12	24:09.432	7:55.2	42.57	48:02.796	59.9%
33	011	Blair Casey (M36) [2]		22	M35-39	Carrollton	23:50.9	12:13	11:59	-14	24:12.004	7:56.1	48.00	48:02.925	53.8%
34	405	Steve Russo (M59) [2]		23	M55-59	Plano	24:51.7	12:47	12:58	+11	25:45.707	8:26.8	159.29	50:37.365	60.6%
35	117	Vijayan Nair (M60) [2]		24	M60-64	Plano	24:33.4	13:02	14:16	+75	27:17.964	8:57.0	17.96	51:51.351	57.7%
36	193	Julio Lopez (M67) [2]		25	M65-69	Farmers Branch	26:55.3	13:19	13:14	-4	26:33.044	8:42.3	116.96	53:28.320	63.2%
37	246	Sheila Holen (F52)		12	F50-54	Lewisville	16.3	27:10	28:20	+70	55:30.498	18:12.0	24.50	55:46.845	30.7%
38	261	John Kramer (M61)		26	M60-64	Plano	5:13.2	27:24	27:03	-21	54:27.494	17:51.3	124.49	59:40.693	29.2%
39	265	Kuay Sullivan (F57) [2]		13	F55-59	Coppell	29:36.3	15:40	15:55	+14	31:35.061	10:21.3	146.94	61:11.363	57.6%
40	198	Yanira Lopez (F60) [2]		14	F60-64	Farmers Branch	32:14.7	18:07	19:04	+57	37:11.814	12:11.7	143.19	69:26.478	51.0%
41	993	Ruben Saguil (M58)		27	M55-59	Carrollton	62:19.6	15:48	16:24	+35	32:12.376	10:33.6	72.38	94:32.017	48.1%
			33 Positive Split	8 Negative Split			Average Finish Time: 31:19				Average Age Grade: 54.2%				