



# Carrollton Runners Prediction Run 5K

Sunday, April 21, 2024

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

52°F Cloudy 77%RH 9mphNNE  
5K Off :7:32 am

| Place | OA | Bib | Name                         | 5K | [Lap] | GD | AgeGrp | Predicted | ChipStart | 1stH | 2ndH | △ | NetChipTime | Pace     | Difference |
|-------|----|-----|------------------------------|----|-------|----|--------|-----------|-----------|------|------|---|-------------|----------|------------|
| 1     | 25 | 097 | Nathan Bruser (M52)          |    |       | 16 | M50-54 | 28:28     | 10:09.5   |      |      |   | 28:35.639   | 9:22.5   | 7.64       |
| 2     | 18 | 050 | Chris Goins (M53)            |    |       | 13 | M50-54 | 32:00     | 7.4       |      |      |   | 32:09.638   | 10:32.7  | 9.64       |
| 3     | 13 | 004 | Virpi Pihlaja-niinisto (F62) |    |       | 3  | F60-64 | 30:00     | 2.4       |      |      |   | 30:09.929   | 9:53.4   | 9.93       |
| 4     | 4  | 405 | Steve Russo (M60)            |    |       | 4  | M60-64 | 26:44     | 0.1       |      |      |   | 26:58.840   | 8:50.8   | 14.84      |
| 5     | 21 | 044 | Amie Goins (F52)             |    |       | 7  | F50-54 | 35:02     | 11.4      |      |      |   | 35:24.057   | 11:36.4  | 22.06      |
| 6     | 23 | 106 | Robert Simpson (M69)         |    |       | 15 | M65-69 | 37:05     | 20.4      |      |      |   | 37:32.054   | 12:18.4  | 27.05      |
| 7     | 32 | 261 | John Kramer (M62)            |    |       | 22 | M60-64 | 56:10     | 30.1      |      |      |   | 55:42.207   | 18:15.8  | 27.79      |
| 8     | 26 | 454 | Betsy Palmer (F62)           |    |       | 10 | F60-64 | 39:58     | 14.6      |      |      |   | 40:28.908   | 13:16.4  | 30.91      |
| 9     | 10 | 012 | Doug Waters (M59)            |    |       | 9  | M55-59 | 29:00     | 8.2       |      |      |   | 28:27.698   | 9:19.9   | 32.30      |
| 10    | 9  | 121 | Debbie Riedner (F54)         |    |       | 1  | F50-54 | 29:00     | 6.5       |      |      |   | 28:27.533   | 9:19.8   | 32.47      |
| 11    | 8  | 193 | Julio Lopez (M68)            |    |       | 8  | M65-69 | 29:00     | 2.8       |      |      |   | 28:27.287   | 9:19.8   | 32.71      |
| 12    | 7  | 192 | Robert Preston (M59)         |    |       | 7  | M55-59 | 28:30     | 3.9       |      |      |   | 27:50.605   | 9:07.7   | 39.39      |
| 13    | 1  | 710 | Jaydin Turner (M15)          |    |       | 1  | M15-19 | 18:00     | 0.0       |      |      |   | 18:40.650   | 6:07.4   | 40.65      |
| 14    | 20 | 198 | Yanira Lopez (F61)           |    |       | 6  | F60-64 | 35:15     | 22.6      |      |      |   | 34:28.846   | 11:18.3  | 46.15      |
| 15    | 27 | 223 | Chris Wong (M54)             |    |       | 17 | M50-54 | 45:00     | 24.8      |      |      |   | 45:56.558   | 15:03.8  | 56.56      |
| 16    | 3  | 117 | Vijayan Nair (M61)           |    |       | 3  | M60-64 | 25:00     | 0.0       |      |      |   | 26:04.543   | 8:33.0   | 64.54      |
| 17    | 17 | 345 | Ryan Pogue (M52)             |    |       | 12 | M50-54 | 32:30     | 9.6       |      |      |   | 31:19.720   | 10:16.3  | 70.28      |
| 18    | 16 | 648 | Camille Palmer (F46)         |    |       | 5  | F45-49 | 29:54     | 5.9       |      |      |   | 31:04.674   | 10:11.4  | 70.67      |
| 19    | 12 | 190 | Ka Lau (M33)                 |    |       | 10 | M30-34 | 28:30     | 0.8       |      |      |   | 29:46.789   | 9:45.8   | 76.79      |
| 20    | 2  | 977 | Harri Niinisto (M68)         |    |       | 2  | M65-69 | 24:11     | 0.3       |      |      |   | 25:38.961   | 8:24.6   | 87.96      |
| 21    | 24 | 530 | Lilliana Wutter (F52)        |    |       | 9  | F50-54 | 40:00     | 7.2       |      |      |   | 38:31.290   | 12:37.8  | 88.71      |
| 22    | 19 | 283 | Ruben Reyes (M68)            |    |       | 14 | M65-69 | 31:31     | 4.5       |      |      |   | 33:14.787   | 10:54.0  | 103.79     |
| 23    | 5  | 011 | Blair Casey (M37)            |    |       | 5  | M35-39 | 25:00     | 1.3       |      |      |   | 26:58.275   | 8:50.6   | 118.28     |
| 24    | 6  | 255 | John Cosentino (M61)         |    |       | 6  | M60-64 | 24:55     | 1.9       |      |      |   | 26:58.966   | 8:50.8   | 123.97     |
| 25    | 33 | 246 | Sheila Holen (F53)           |    |       | 11 | F50-54 | 58:30     | 21.1      |      |      |   | 56:18.076   | 18:27.6  | 131.92     |
| 26    | 11 | 096 | Blake Bruser (F14)           |    |       | 2  | F10-14 | 27:27     | 0.0       |      |      |   | 29:42.359   | 9:44.4   | 135.36     |
| 27    | 14 | 265 | Kuay Sullivan (F58)          |    |       | 4  | F55-59 | 33:48     | 6.8       |      |      |   | 30:52.319   | 10:07.3  | 175.68     |
| 28    | 15 | 113 | Victor Elfenbein (M66)       |    |       | 11 | M65-69 | 35:00     | 3.6       |      |      |   | 31:04.327   | 10:11.3  | 235.67     |
| 29    | 28 | 529 | Carlos Ordonez (M53)         |    |       | 18 | M50-54 | 45:00     | 24.3      |      |      |   | 51:56.855   | 17:01.9  | 416.86     |
| 30    | 22 | 647 | Sara Barnes (F41)            |    |       | 8  | F40-44 | 45:00     | 4.8       |      |      |   | 36:02.121   | 11:48.9  | 537.88     |
| 31    | 34 | 193 | Julio Lopez (M68) [2]        |    |       | 23 | M65-69 | 31:00     | 28:31.8   |      |      |   | 31:03.550   | 10:11.0  | 3.55       |
| 32    | 35 | 265 | Kuay Sullivan (F58) [2]      |    |       | 12 | F55-59 | 34:00     | 30:59.5   |      |      |   | 33:40.600   | 11:02.5  | 19.40      |
| 33    | 30 | 405 | Steve Russo (M60) [2]        |    |       | 20 | M60-64 | 26:54     | 26:59.0   |      |      |   | 27:26.836   | 9:00.1   | 32.84      |
| 34    | 31 | 117 | Vijayan Nair (M61) [2]       |    |       | 21 | M60-64 | 28:00     | 26:04.8   |      |      |   | 29:03.111   | 9:31.5   | 63.11      |
| 35    | 36 | 198 | Yanira Lopez (F61) [2]       |    |       | 13 | F60-64 | 39:55     | 34:51.6   |      |      |   | 38:38.271   | 12:40.1  | 76.73      |
| 36    | 29 | 011 | Blair Casey (M37) [2]        |    |       | 19 | M35-39 | 25:00     | 27:01.0   |      |      |   | 26:24.750   | 8:39.6   | 84.75      |
| 37    | 37 | 113 | Victor Elfenbein (M66) [2]   |    |       | 24 | M65-69 | 40:00     | 31:08.9   |      |      |   | 44:36.261   | 14:37.5  | 276.26     |
|       |    |     |                              |    |       |    |        |           |           |      |      |   | 23Slower    | 14Faster | 92.57      |

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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  | 710      | Jaydin Turner (M15)          |       | 1  | M15-19 | Carrollton     | 0.0       |      |      |   | 18:40.650   | 6:07.4  | 40.65  | 18:40.650 | 73.2% |
| 2  | 977      | Harri Niinisto (M68)         |       | 2  | M65-69 | Paimio         | 0.3       |      |      |   | 25:38.961   | 8:24.6  | 87.96  | 25:39.277 | 66.0% |
| 3  | 117      | Vijayan Nair (M61)           |       | 3  | M60-64 | Plano          | 0.0       |      |      |   | 26:04.543   | 8:33.0  | 64.54  | 26:04.543 | 60.9% |
| 4  | 405      | Steve Russo (M60)            |       | 4  | M60-64 | Plano          | 0.1       |      |      |   | 26:58.840   | 8:50.8  | 14.84  | 26:58.923 | 58.4% |
| 5  | 011      | Blair Casey (M37)            |       | 5  | M35-39 | Carrollton     | 1.3       |      |      |   | 26:58.275   | 8:50.6  | 118.28 | 26:59.591 | 48.6% |
| 6  | 255      | John Cosentino (M61)         |       | 6  | M60-64 | Plano          | 1.9       |      |      |   | 26:58.966   | 8:50.8  | 123.97 | 27:00.886 | 58.9% |
| 7  | 192      | Robert Preston (M59)         |       | 7  | M55-59 | Irving         | 3.9       |      |      |   | 27:50.605   | 9:07.7  | 39.39  | 27:54.464 | 56.1% |
| 8  | 193      | Julio Lopez (M68)            |       | 8  | M65-69 | Farmers Branch | 2.8       |      |      |   | 28:27.287   | 9:19.8  | 32.71  | 28:30.125 | 59.5% |
| 9  | 121      | Debbie Riedner (F54)         |       | 1  | F50-54 | Dallas         | 6.5       |      |      |   | 28:27.533   | 9:19.8  | 32.47  | 28:34.000 | 61.4% |
| 10 | 012      | Doug Waters (M59)            |       | 9  | M55-59 | Carrollton     | 8.2       |      |      |   | 28:27.698   | 9:19.9  | 32.30  | 28:35.884 | 54.9% |
| 11 | 096      | Blake Bruser (F14)           |       | 2  | F10-14 | Carrollton     | 0.0       |      |      |   | 29:42.359   | 9:44.4  | 135.36 | 29:42.359 | 51.9% |
| 12 | 190      | Ka Lau (M33)                 |       | 10 | M30-34 | Plano          | 0.8       |      |      |   | 29:46.789   | 9:45.8  | 76.79  | 29:47.566 | 43.0% |
| 13 | 004      | Virpi Pihlaja-niinisto (F62) |       | 3  | F60-64 |                | 2.4       |      |      |   | 30:09.929   | 9:53.4  | 9.93   | 30:12.355 | 64.8% |
| 14 | 265      | Kuay Sullivan (F58)          |       | 4  | F55-59 | Coppell        | 6.8       |      |      |   | 30:52.319   | 10:07.3 | 175.68 | 30:59.093 | 59.8% |
| 15 | 113      | Victor Elfenbein (M66)       |       | 11 | M65-69 | Dallas         | 3.6       |      |      |   | 31:04.327   | 10:11.3 | 235.67 | 31:07.927 | 53.5% |
| 16 | 648      | Camille Palmer (F46)         |       | 5  | F45-49 | Carrollton     | 5.9       |      |      |   | 31:04.674   | 10:11.4 | 70.67  | 31:10.539 | 51.0% |
| 17 | 345      | Ryan Pogue (M52)             |       | 12 | M50-54 | Carrollton     | 9.6       |      |      |   | 31:19.720   | 10:16.3 | 70.28  | 31:29.283 | 47.0% |
| 18 | 050      | Chris Goins (M53)            |       | 13 | M50-54 | Garland        | 7.4       |      |      |   | 32:09.638   | 10:32.7 | 9.64   | 32:17.043 | 46.1% |
| 19 | 283      | Ruben Reyes (M68)            |       | 14 | M65-69 | Carrollton     | 4.5       |      |      |   | 33:14.787   | 10:54.0 | 103.79 | 33:19.296 | 50.9% |
| 20 | 198      | Yanira Lopez (F61)           |       | 6  | F60-64 | Farmers Branch | 22.6      |      |      |   | 34:28.846   | 11:18.3 | 46.15  | 34:51.492 | 55.8% |
| 21 | 044      | Amie Goins (F52)             |       | 7  | F50-54 | Garland        | 11.4      |      |      |   | 35:24.057   | 11:36.4 | 22.06  | 35:35.478 | 48.1% |
| 22 | 647      | Sara Barnes (F41)            |       | 8  | F40-44 | Denton         | 4.8       |      |      |   | 36:02.121   | 11:48.9 | 537.88 | 36:06.925 | 42.1% |
| 23 | 106      | Robert Simpson (M69)         |       | 15 | M65-69 | Coppell        | 20.4      |      |      |   | 37:32.054   | 12:18.4 | 27.05  | 37:52.412 | 45.6% |
| 24 | 530      | Lilliana Wutter (F52)        |       | 9  | F50-54 | Frisco         | 7.2       |      |      |   | 38:31.290   | 12:37.8 | 88.71  | 38:38.527 | 44.2% |
| 25 | 097      | Nathan Bruser (M52)          |       | 16 | M50-54 | Carrollton     | 10:09.5   |      |      |   | 28:35.639   | 9:22.5  | 7.64   | 38:45.107 | 51.5% |
| 26 | 454      | Betsy Palmer (F62)           |       | 10 | F60-64 | Carrollton     | 14.6      |      |      |   | 40:28.908   | 13:16.4 | 30.91  | 40:43.478 | 48.3% |
| 27 | 223      | Chris Wong (M54)             |       | 17 | M50-54 | Arlington      | 24.8      |      |      |   | 45:56.558   | 15:03.8 | 56.56  | 46:21.312 | 32.6% |
| 28 | 529      | Carlos Ordonez (M53)         |       | 18 | M50-54 | Carrollton     | 24.3      |      |      |   | 51:56.855   | 17:01.9 | 416.86 | 52:21.148 | 28.6% |
| 29 | 011      | Blair Casey (M37) [2]        |       | 19 | M35-39 | Carrollton     | 27:01.0   |      |      |   | 26:24.750   | 8:39.6  | 84.75  | 53:25.701 | 49.6% |
| 30 | 405      | Steve Russo (M60) [2]        |       | 20 | M60-64 | Plano          | 26:59.0   |      |      |   | 27:26.836   | 9:00.1  | 32.84  | 54:25.857 | 57.4% |
| 31 | 117      | Vijayan Nair (M61) [2]       |       | 21 | M60-64 | Plano          | 26:04.8   |      |      |   | 29:03.111   | 9:31.5  | 63.11  | 55:07.910 | 54.7% |
| 32 | 261      | John Kramer (M62)            |       | 22 | M60-64 | Plano          | 30.1      |      |      |   | 55:42.207   | 18:15.8 | 27.79  | 56:12.330 | 28.8% |
| 33 | 246      | Sheila Holen (F53)           |       | 11 | F50-54 | Lewisville     | 21.1      |      |      |   | 56:18.076   | 18:27.6 | 131.92 | 56:39.195 | 30.7% |
| 34 | 193      | Julio Lopez (M68) [2]        |       | 23 | M65-69 | Farmers Branch | 28:31.8   |      |      |   | 31:03.550   | 10:11.0 | 3.55   | 59:35.316 | 54.5% |
| 35 | 265      | Kuay Sullivan (F58) [2]      |       | 12 | F55-59 | Coppell        | 30:59.5   |      |      |   | 33:40.600   | 11:02.5 | 19.40  | 64:40.132 | 54.8% |
| 36 | 198      | Yanira Lopez (F61) [2]       |       | 13 | F60-64 | Farmers Branch | 34:51.6   |      |      |   | 38:38.271   | 12:40.1 | 76.73  | 73:29.843 | 49.8% |
| 37 | 113      | Victor Elfenbein (M66) [2]   |       | 24 | M65-69 | Dallas         | 31:08.9   |      |      |   | 44:36.261   | 14:37.5 | 276.26 | 75:45.138 | 37.3% |

Average Finish Time: 33:23 Average Age Grade: 50.8%