

Sunday, May 27, 2012

Carrollton Runners Mile + 5K

72F Clear 76%H 9mphSSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ian Maung	5:56.38	Frankie Agius	19:57.57	Ian Maung	20:44.77	Julio Lopez	22:38.08
Kim Andres	7:20.36	Cherilyn Wilson	20:47.16	Rosemarie Coletto	22:23.06	Cynthia Shepard	36:06.29

5K MALE

		35 Runners --- Average Time of 26:49							Avg. Age Grade: 57.1%		Place in	
Name		City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Frankie Agius	Coppell	(39)	10:14	-30	19:57.57	✓	6:25.5	67.9%	1	1
MASTERS	1	Ian Maung	Coppell	(45)	10:27	-10	20:44.77	ML	6:40.7	68.3%	3	2
SENIORS	1	Julio Lopez	Farmers Branch	(56)	11:03	+32	22:38.08	ML	7:17.1	68.5%	9	7
M01-09	1	Nathan Eppelman	Coppell	(6)	15:32	-25	30:40.09		9:52.3	61.0%	36	29
M25-29	1	Will Tarrant		(28)	11:27	-2	22:52.00		7:21.6	56.4%	11	9
	2	Robert Murta	Carrollton	(28)	15:23	+120	32:46.54		10:33.0	39.4%	42	32
M30-34	1	Joe Grant	Little Elm	(31)	21:37	+309	48:24.06	ML	15:34.7	26.8%	54	35
M35-39	1	Doug Elmore	Carrollton	(39)	10:15	-7	20:21.85		6:33.3	66.5%	29	23
	2	Rishi Sirpal	Coppell	(38)	10:47	+28	22:02.32		7:05.6	61.0%	4	3
	3	Michael Rumery	Plano	(39)	11:50	+29	24:08.55	✓	7:46.2	56.1%	15	12
	4	Felipe Lopez III	Arlington	(38)	13:22	+24	27:08.47		8:44.2	49.6%	23	19
M40-44	1	Gianmarco Camillo	Coppell	(44)	11:19	-21	22:16.77		7:10.3	63.1%	6	5
	2	Keith Kupiec	Carrollton	(44)	13:18	+185	29:41.77		9:33.5	47.4%	33	27
M45-49	1	Martin Garza		(46)	11:10	+7	22:28.01		7:13.9	63.6%	8	6
	2	Marc Jenkins		(46)	11:04	+40	22:46.97		7:20.0	62.7%	10	8
	3	Jeff Breese	Frisco	(47)			24:08.88	ML	7:46.4	59.6%	17	14
	4	M Maimonides		(48)	11:42	+47	24:10.62		7:46.9	60.0%	14	11
	5	Robert Addison		(48)	12:00	+41	24:41.41		7:56.8	58.8%	18	15
	6	Helmut Stepp		(46)	13:23	+38	27:24.43		8:49.3	52.1%	27	22
	7	Rob Murta	Carrollton	(49)	14:04	+3	28:11.62		9:04.5	51.9%	30	24
	8	Scott Eppelman	Coppell	(45)	15:32	-22	30:42.12		9:52.9	46.2%	37	30
	9	Brad Johnson		(45)	15:56	+95	33:27.87		10:46.3	42.4%	49	34
M50-54	1	Gabriel Sapien	Carrollton	(52)	10:45	+38	22:08.39	ML	7:07.6	67.7%	5	4
	2	David Short	Frisco	(51)	12:27	-46	24:08.49	ML	7:46.2	61.6%	16	13
	3	Ronald Hamilton	The Colony	(52)	13:46	-24	27:08.36		8:44.1	55.2%	25	21
	4	Alan Carruthers		(52)	14:13	-13	28:12.89	ML	9:04.9	53.1%	31	25
	5	Ernie Shippey	Dallas	(51)	14:08	+64	29:20.72	ML	9:26.7	50.7%	32	26
M55-59	1	James Johnson	Dallas	(59)	12:50	+1	25:41.92	✓	8:16.3	61.9%	20	17
	2	Ruben Reyes	Carrollton	(56)	13:07	+58	27:12.40		8:45.4	57.0%	24	20
M60-64	1	David Butterbaugh	Coppell	(60)	11:52	+25	24:09.76		7:46.6	66.4%	13	10
	2	David Mask	Lewisville	(60)	14:20	-146	26:14.11		8:26.7	61.1%	22	18
	3	Glenn Dumas	Farmers Branch	(62)	15:15	-57	29:32.86		9:30.6	55.2%	34	28
M70-74	1	Wally Capps	Farmers Branch	(71)	12:21	+4	24:46.39	ML	7:58.4	72.0%	19	16
	2	Tommy Farrar		(71)	15:55	+29	32:19.71		10:24.3	55.2%	41	31
M75-79	1	Patrick Greene	Coppell	(76)	17:21	+73	35:55.92		11:33.9	53.7%	45	33

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

ML Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Negative Split



DeltaViewTiming.com

5K FEMALE

		19 Runners --- Average Time of 32:41				Avg. Age Grade: 50.6%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Cherilyn Wilson		(40)	10:31	-15	20:47.16	✓	6:41.4	73.8%	2	1
MASTERS	1 Rosemarie Coletto		(46)	11:17	-12	22:23.06		7:12.3	72.1%	7	2
SENIORS	1 Cynthia Shepard	Colleyville	(57)	16:54	+138	36:06.29		11:37.3	51.3%	46	13
F10-14	1 Dominique Grant		(13)	21:38	+308	48:24.47		15:34.9	33.0%	53	19
F15-19	1 Shelby Engelhardt		(18)			31:28.19		10:07.7	47.5%	38	8
	2 Sarah Engelhardt		(16)	15:07	+88	31:41.78		10:12.1	48.3%	39	9
F25-29	1 Kristain Logue	Denton	(27)	15:30	+52	31:51.17		10:15.1	46.5%	40	10
	2 Courtney Carter	Carrollton	(28)	15:47	+106	33:20.08		10:43.8	44.4%	43	11
F30-34	1 Monica Ortigoza	Coppell	(32)	11:39	+12	23:30.33		7:33.9	63.1%	12	3
	2 Deontee Weeks	Garland	(32)	17:41	+127	37:29.29		12:04.0	39.6%	48	15
F35-39	1 Julie Elmore		(38)	13:02	-6	25:57.34	✓	8:21.3	58.4%	21	4
	2 Glenda Richards	carrollton	(35)	15:47	+107	33:20.90		10:44.0	44.8%	44	12
F40-44	1 Kavita Maung	Coppell	(42)	13:53	+13	27:57.97		9:00.1	55.6%	28	6
	2 Laurie Anne Hohman	Coppell	(41)	14:58	-7	29:48.55	✓	9:35.7	51.8%	35	7
	3 Denise Garcia	Brownsville	(41)	18:02	+64	37:08.48		11:57.3	41.6%	47	14
	4 Deanna Johnson		(42)	19:35	+15	39:25.28		12:41.3	39.5%	51	17
F45-49	1 Yanira Lopez	Farmers Branch	(49)	13:43	-5	27:20.79	⌚	8:48.1	61.1%	26	5
F50-54	1 Donna Carlson	Carrollton	(51)	22:16	-38	43:53.33		14:07.6	39.0%	52	18
F60-64	1 Carol Creech	Plano	(61)	18:51	+76	38:57.51		12:32.4	50.3%	50	16

1M MALE

		14 Runners --- Average Time of 8:11				Avg. Age Grade: 57.9%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ian Maung	Coppell	(45)			5:56.38	✓	5:56.4	68.6%	1	1
M01-09	1 Jonathan Grant		(5)			12:37.84		12:37.8	45.0%	15	13
M10-14	1 Joseph Grant	Little Elm	(10)			12:05.22		12:05.2	37.6%	14	12
M30-34	1 Joe Grant	Little Elm	(31)			12:38.76		12:38.8	29.5%	16	14
M45-49	1 Jeff Breese		(47)			6:16.00		6:16.0	66.1%	3	3
	2 Ruben Saguil	Carrollton	(47)			6:53.13		6:53.1	60.1%	6	6
M50-54	1 Gabriel Sapien	Carrollton	(52)			6:03.58		6:03.6	71.1%	2	2
	2 David Short	Frisco	(51)			6:20.58	✓	6:20.6	67.4%	4	4
	3 Ernie Shippey	Dallas	(51)			8:00.66		8:00.7	53.4%	11	10
	4 Alan Carruthers		(52)			8:27.57		8:27.6	51.0%	13	11
M55-59	1 Julio Lopez	Farmers Branch	(56)			6:33.84		6:33.8	67.9%	5	5
M60-64	1 Scott McKissick	Irving	(63)			7:25.85		7:25.9	63.7%	8	7
	2 John Nance	Rowlett	(64)			7:39.31	✓	7:39.3	62.4%	9	8
M70-74	1 Wally Capps	Farmers Branch	(71)			7:39.95		7:40.0	66.9%	10	9

1M FEMALE

		5 Runners --- Average Time of 13:33				Avg. Age Grade: 43.3%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)			7:20.36		7:20.4	76.7%	7	1
F01-09	1 Emma Velarde		(7)			16:49.29		16:49.3	31.6%	19	5
F30-34	1 Yvonne Grant	Little Elm	(31)			18:55.27	✓	18:55.3	22.2%	17	3
F35-39	1 Anna Velarde		(37)			16:28.26		16:28.3	26.2%	18	4
F45-49	1 Yanira Lopez	Farmers Branch	(49)			8:13.64		8:13.6	59.8%	12	2

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7167 Ian Maung (M45)	1	M45-49	OA	---				5:56.38	✓ 1	5:56.4	20.30	5:56.38	68.6%
2	7015 Gabriel Sapien (M52)	2	M50-54	1st	---				6:03.58		6:03.6	20.70	6:03.58	71.1%
3	7216 Jeff Breese (M47)	3	M45-49	1st	---				6:16.00		6:16.0	21.44	6:16.00	66.1%
4	7061 David Short (M51)	4	M50-54	2nd	---				6:20.58	✓ 13	6:20.6	21.67	6:20.58	67.4%
5	7193 Julio Lopez (M56)	5	M55-59	1st	---				6:33.84		6:33.8	22.41	6:33.84	67.9%
6	173 Ruben Saguil (M47)	6	M45-49	2nd	---				6:53.13		6:53.1	23.55	6:53.13	60.1%
7	7040 Kim Andres (F59)	1	F55-59	OA	---				7:20.36		7:20.4	25.09	7:20.36	76.7%
8	7048 Scott McKissick (M63)	7	M60-64	1st	---				7:25.85		7:25.9	25.37	7:25.85	63.7%
9	7089 John Nance (M64)	8	M60-64	2nd	---				7:39.31	✓ 1	7:39.3	26.17	7:39.31	62.4%
10	1916 Wally Capps (M71)	9	M70-74	1st	---				7:39.95		7:40.0	26.17	7:39.95	66.9%
11	6128 Ernie Shippey (M51)	10	M50-54	3rd	---				8:00.66	✗	8:00.7	27.37	8:00.66	53.4%
12	7198 Yanira Lopez (F49)	2	F45-49	1st	---				8:13.64		8:13.6	28.11	8:13.64	59.8%
13	6131 Alan Carruthers (M52)	11	M50-54	4th	---				8:27.57	✗	8:27.6	28.91	8:27.57	51.0%
14	6787 Joseph Grant (M10)	12	M10-14	1st	---				12:05.22	✗	12:05.2	41.34	12:05.22	37.6%
15	6786 Jonathan Grant (M5)	13	M01-09	1st	---				12:37.84	✗	12:37.8	43.16	12:37.84	45.0%
16	6785 Joe Grant (M31)	14	M30-34	1st	---				12:38.76	✗	12:38.8	43.22	12:38.76	29.5%
17	6788 Yvonne Grant (F31)	3	F30-34	1st	---				18:55.27	✓ 1	18:55.3	64.72	18:55.27	22.2%
18	6145 Anna Velarde (F37)	4	F35-39	1st	207.3				16:28.26		16:28.3	56.33	36:35.56	26.2%
19	6144 Emma Velarde (F7)	5	F01-09	1st	201.7				16:49.29		16:49.3	57.53	36:50.96	31.6%

✓ 4 Club PR's

Average Finish Time: 09:36 5 First Timers

Average Age Grade: 54.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6795 Frankie Agius (M39)	1	M35-39	OA	---	10:14	9:44	-30	19:57.57	✓ 1	6:25.5	19.95	19:57.57	67.9%
2	6135 Cherylyn Wilson (F40)	1	F40-44	OA	---	10:31	10:16	-15	20:47.16	✓ 1	6:41.4	20.78	20:47.16	73.8%
3	7167 Ian Maung (M45)	2	M45-49	MS	7.7	10:27	10:17	-10	20:44.77	ℓ	6:40.7	20.73	20:52.50	68.3%
4	6174 Rishi Sirpal (M38)	3	M35-39	2nd	---	10:47	11:15	+28	22:02.32		7:05.6	22.03	22:02.32	61.0%
5	7015 Gabriel Sapien (M52)	4	M50-54	1st	3.4	10:45	11:23	+38	22:08.39	ℓ	7:07.6	22.13	22:11.82	67.7%
6	6129 Gianmarco Camillo (M44)	5	M40-44	1st	---	11:19	10:58	-21	22:16.77	✗	7:10.3	22.27	22:16.77	63.1%
7	6132 Rosemarie Coletto (F46)	2	F45-49	MS	---	11:17	11:06	-12	22:23.06	✗	7:12.3	22.38	22:23.06	72.1%
8	6137 Martin Garza (M46)	6	M45-49	1st	2.0	11:10	11:18	+7	22:28.01		7:13.9	22.47	22:30.00	63.6%
9	7193 Julio Lopez (M56)	7	M55-59	SR	---	11:03	11:35	+32	22:38.08	ℓ	7:17.1	22.63	22:38.08	68.5%
10	6133 Marc Jenkins (M46)	8	M45-49	2nd	1.1	11:04	11:43	+40	22:46.97	✗	7:20.0	22.77	22:48.03	62.7%
11	6138 Will Tarrant (M28)	9	M25-29	1st	2.8	11:27	11:25	-2	22:52.00	✗	7:21.6	22.87	22:54.76	56.4%
12	6796 Monica Ortigoza (F32)	3	F30-34	1st	0.6	11:39	11:51	+12	23:30.33	✗	7:33.9	23.50	23:30.97	63.1%
13	6109 David Butterbaugh (M60)	10	M60-64	1st	---	11:52	12:17	+25	24:09.76	✗	7:46.6	24.15	24:09.76	66.4%
14	6557 M Maimonides (M48)	11	M45-49	4th	1.6	11:42	12:29	+47	24:10.62		7:46.9	24.17	24:12.22	60.0%
15	7038 Michael Rumery (M39)	12	M35-39	3rd	12.9	11:50	12:19	+29	24:08.55	✓ 10	7:46.2	24.13	24:21.49	56.1%
16	7061 David Short (M51)	13	M50-54	2nd	27.2	12:27	11:41	-46	24:08.49	ℓ	7:46.2	24.13	24:35.71	61.6%
17	7216 Jeff Breese (M47)	14	M45-49	3rd	30.7				24:08.88	ℓ	7:46.4	24.13	24:39.62	59.6%
18	6130 Robert Addison (M48)	15	M45-49	5th	0.1	12:00	12:41	+41	24:41.41	✗	7:56.8	24.68	24:41.54	58.8%
19	1916 Wally Capps (M71)	16	M70-74	1st	---	12:21	12:25	+4	24:46.39	ℓ	7:58.4	24.77	24:46.39	72.0%
20	7191 James Johnson (M59)	17	M55-59	1st	0.5	12:50	12:51	+1	25:41.92	✓ 11	8:16.3	25.68	25:42.44	61.9%
21	6139 Julie Elmore (F38)	4	F35-39	1st	7.0	13:02	12:56	-6	25:57.34	✓ 2	8:21.3	25.95	26:04.38	58.4%
22	7008 David Mask (M60)	18	M60-64	2nd	8.5	14:20	11:54	-146	26:14.11		8:26.7	26.23	26:22.60	61.1%
23	6126 Felipe Lopez III (M38)	19	M35-39	4th	---	13:22	13:46	+24	27:08.47	✗	8:44.2	27.13	27:08.47	49.6%
24	7283 Ruben Reyes (M56)	20	M55-59	2nd	---	13:07	14:05	+58	27:12.40		8:45.4	27.20	27:12.40	57.0%
25	6769 Ronald Hamilton (M52)	21	M50-54	3rd	6.1	13:46	13:22	-24	27:08.36		8:44.1	27.13	27:14.46	55.2%
26	7198 Yanira Lopez (F49)	5	F45-49	1st	2.0	13:43	13:38	-5	27:20.79	ℓ	8:48.1	27.33	27:22.83	61.1%
27	6136 Helmut Stepp (M46)	22	M45-49	6th	2.9	13:23	14:01	+38	27:24.43	✗	8:49.3	27.40	27:27.30	52.1%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

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ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

△ Negative Split

 DeltaViewTiming.com

28	7169	Kavita Maung (F42)	6	F40-44	1st	8.0	13:53	14:05	+13	27:57.97		9:00.1	27.95	28:06.00	55.6%				
29	7037	Doug Elmore (M39)	23	M35-39	1st	467.1	10:15	10:07	-7	20:21.85		6:33.3	20.35	28:08.91	66.5%				
30	5491	Rob Murta (M49)	24	M45-49	7th	2.9	14:04	14:07	+3	28:11.62	⌘	9:04.5	28.18	28:14.49	51.9%				
31	6131	Alan Carruthers (M52)	25	M50-54	4th	2.6	14:13	14:00	-13	28:12.89	⌘	9:04.9	28.20	28:15.53	53.1%				
32	6128	Ernie Shippey (M51)	26	M50-54	5th	6.5	14:08	15:12	+64	29:20.72	⌘	9:26.7	29.33	29:27.17	50.7%				
33	7147	Keith Kupiec (M44)	27	M40-44	2nd	1.3	13:18	16:23	+185	29:41.77		9:33.5	29.68	29:43.05	47.4%				
34	7014	Glenn Dumas (M62)	28	M60-64	3rd	10.6	15:15	14:18	-57	29:32.86		9:30.6	29.53	29:43.50	55.2%				
35	6631	Laurie Anne Hohman (F41)	7	F40-44	2nd	4.0	14:58	14:51	-7	29:48.55	✓	9:35.7	29.80	29:52.54	51.8%				
36	6637	Nathan Eppelman (M6)	29	M01-09	1st	5.5	15:32	15:08	-25	30:40.09	⌘	9:52.3	30.67	30:45.55	61.0%				
37	6634	Scott Eppelman (M45)	30	M45-49	8th	5.8	15:32	15:10	-22	30:42.12		9:52.9	30.70	30:47.90	46.2%				
38	6141	Shelby Engelhardt (F18)	8	F15-19	1st	6.4				31:28.19	⌘	10:07.7	31.47	31:34.56	47.5%				
39	6140	Sarah Engelhardt (F16)	9	F15-19	2nd	7.3	15:07	16:35	+88	31:41.78	⌘	10:12.1	31.68	31:49.08	48.3%				
40	6115	Kristain Logue (F27)	10	F25-29	1st	---	15:30	16:22	+52	31:51.17	⌘	10:15.1	31.85	31:51.17	46.5%				
41	6134	Tommy Farrar (M71)	31	M70-74	2nd	3.3	15:55	16:24	+29	32:19.71		10:24.3	32.32	32:23.04	55.2%				
42	6120	Robert Murta (M28)	32	M25-29	2nd	4.2	15:23	17:23	+120	32:46.54	⌘	10:33.0	32.77	32:50.74	39.4%				
43	6107	Courtney Carter (F28)	11	F25-29	2nd	6.3	15:47	17:33	+106	33:20.08	⌘	10:43.8	33.33	33:26.43	44.4%				
44	6103	Glenda Richards (F35)	12	F35-39	2nd	6.6	15:47	17:34	+107	33:20.90	⌘	10:44.0	33.33	33:27.54	44.8%				
45	7067	Patrick Greene (M76)	33	M75-79	1st	2.1	17:21	18:35	+73	35:55.92		11:33.9	35.92	35:58.06	53.7%				
46	6125	Cynthia Shepard (F57)	13	F55-59	SR	2.1	16:54	19:12	+138	36:06.29	⌘	11:37.3	36.10	36:08.41	51.3%				
47	6127	Denise Garcia (F41)	14	F40-44	3rd	---	18:02	19:06	+64	37:08.48	⌘	11:57.3	37.13	37:08.48	41.6%				
48	6792	Decontee Weeks (F32)	15	F30-34	2nd	5.5	17:41	19:48	+127	37:29.29	⌘	12:04.0	37.48	37:34.74	39.6%				
49	6143	Brad Johnson (M45)	34	M45-49	9th	331.5	15:56	17:32	+95	33:27.87	⌘	10:46.3	33.45	38:59.38	42.4%				
50	7024	Carol Creech (F61)	16	F60-64	1st	2.8	18:51	20:07	+76	38:57.51		12:32.4	38.95	39:00.35	50.3%				
51	6142	Deanna Johnson (F42)	17	F40-44	4th	20.9	19:35	19:50	+15	39:25.28	⌘	12:41.3	39.42	39:46.14	39.5%				
52	6508	Donna Carlson (F51)	18	F50-54	1st	7.2	22:16	21:38	-38	43:53.33	⌘	14:07.6	43.88	44:00.56	39.0%				
53	6784	Dominique Grant (F13)	19	F10-14	1st	219.0	21:38	26:46	+308	48:24.47	⌘	15:34.9	48.40	52:03.43	33.0%				
54	6785	Joe Grant (M31)	35	M30-34	1st	219.7	21:37	26:47	+309	48:24.06	⌘	15:34.7	48.40	52:03.71	26.8%				
34 Positive Split										18 Negative Split		✓ 6 Club PR's		Average Finish Time: 28:52		27 First Timers		Average Age Grade: 54.8%	

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

Timing provided by:
 DeltaViewTiming.com

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	7	Kim Andres	F59	7:20.36	76.7%	
2	2	Gabriel Sapien	M52	6:03.58	71.1%	
3	1	Ian Maung	M45	5:56.38	68.6%	New
4	5	Julio Lopez	M56	6:33.84	67.9%	
5	4	David Short	M51	6:20.58	67.4%	New
6	10	Wally Capps	M71	7:39.95	66.9%	
7	3	Jeff Breese	M47	6:16.00	66.1%	
8	8	Scott McKissick	M63	7:25.85	63.7%	
9	9	John Nance	M64	7:39.31	62.4%	
10	6	Ruben Saguil	M47	6:53.13	60.1%	
11	12	Yanira Lopez	F49	8:13.64	59.8%	
12	11	Ernie Shippey	M51	8:00.66	53.4%	
13	13	Alan Carruthers	M52	8:27.57	51.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Cherilyn Wilson	F40	20:47.16	73.8%	Move UP
2	7	Rosemarie Coletto	F46	22:23.06	72.1%	New
3	19	Wally Capps	M71	24:46.39	72.0%	
4	9	Julio Lopez	M56	22:38.08	68.5%	
5	3	Ian Maung	M45	20:44.77	68.3%	
6	1	Frankie Agius	M39	19:57.57	67.9%	Move UP
7	5	Gabriel Sapien	M52	22:08.39	67.7%	
8	29	Doug Elmore	M39	20:21.85	66.5%	
9	13	David Butterbaugh	M60	24:09.76	66.4%	New
10	8	Martin Garza	M46	22:28.01	63.6%	
11	6	Gianmarco Camillo	M44	22:16.77	63.1%	
12	12	Monica Ortigoza	F32	23:30.33	63.1%	
13	10	Marc Jenkins	M46	22:46.97	62.7%	
14	20	James Johnson	M59	25:41.92	61.9%	
15	16	David Short	M51	24:08.49	61.6%	
16	22	David Mask	M60	26:14.11	61.1%	
17	26	Yanira Lopez	F49	27:20.79	61.1%	
18	4	Rishi Sirpal	M38	22:02.32	61.0%	
19	36	Nathan Eppelman	M6	30:40.09	61.0%	
20	14	M Maimonides	M48	24:10.62	60.0%	
21	17	Jeff Breese	M47	24:08.88	59.6%	
22	18	Robert Addison	M48	24:41.41	58.8%	
23	21	Julie Elmore	F38	25:57.34	58.4%	
24	24	Ruben Reyes	M56	27:12.40	57.0%	
25	11	Will Tarrant	M28	22:52.00	56.4%	
26	15	Michael Rumery	M39	24:08.55	56.1%	
27	28	Kavita Maung	F42	27:57.97	55.6%	
28	34	Glenn Dumas	M62	29:32.86	55.2%	
29	25	Ronald Hamilton	M52	27:08.36	55.2%	
30	41	Tommy Farrar	M71	32:19.71	55.2%	
31	45	Patrick Greene	M76	35:55.92	53.7%	
32	31	Alan Carruthers	M52	28:12.89	53.1%	
33	27	Helma Stepp	M46	27:24.43	52.1%	
34	30	Rob Multa	M49	28:11.62	51.9%	
35	35	Laurie Anne Hohman	F41	29:48.55	51.8%	
36	46	Cynthia Shepard	F57	36:06.29	51.3%	
37	32	Ernie Shippey	M51	29:20.72	50.7%	
38	50	Carol Creech	F61	38:57.51	50.3%	

100%	World Record Level for Gender/Age
90%	World Class Level
80%	National Class Level
70%	Regional Class Level

List*	Carrollton Runners Performance Lists for Age Grades > 65%
65%	Boston-Qualifier Approximate Level
60%	Local Class Level
50%	Average Class Level