

Sunday, January 27, 2013

Carrollton Runners Mile + 5K

57F Cloudy 98%H 11mphSSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:35 am

5K Off :7:50 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:37.88	Ryan Loehding	19:05.80	Ian Maung	20:12.69	Julio Lopez	22:40.32
Kim Andres	7:54.37	Sarah Bohlman	24:58.24	Kim Andres	26:06.38	Peggy Plaisted	28:52.26

5K MALE

				39 Runners --- Average Time of 28:25		Avg. Age Grade: 53.6%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(40)			19:05.80	M	6:08.8	71.5%	1	1
MASTERS	1 Ian Maung	Coppell	(45)			20:12.69		6:30.3	70.1%	3	3
SENIORS	1 Julio Lopez	Farmers Branch	(57)			22:40.32	M	7:17.8	68.9%	10	10
M01-09	1 Sean Loehding	Carrollton	(8)			35:31.59	✓	11:26.1	47.9%	44	32
	2 Conner Robinson	Plano	(9)			40:59.45		13:11.6	39.9%	56	39
M10-14	1 Logan Lewis	Bedford	(14)			19:39.93	✓	6:19.8	72.2%	2	2
	2 Allan Griffith	Irving	(14)			29:37.46		9:32.1	47.9%	29	22
	3 Jordan Newton	Keller	(14)			38:35.36		12:25.2	36.8%	52	37
M15-19	1 Tyler Chidester	Corinth	(19)			21:52.72	M	7:02.5	60.2%	8	8
	2 Bryant Hernandez	Lewisville	(19)			37:15.09	M	11:59.4	35.4%	50	36
M20-24	1 Collin Hackett	Irving	(23)			26:44.54	M	8:36.5	48.2%	22	18
M25-29	1 Conrad Butler	Fort Worth	(26)			24:22.13	✓	7:50.6	52.9%	13	13
M30-34	1 Ashwin Boda	Lewisville	(33)			32:15.56		10:23.0	40.5%	40	28
M35-39	1 Kris Nance	Plano	(36)			20:47.44	M	6:41.5	63.8%	4	4
	2 Michael Rumery	Plano	(39)			27:24.90		8:49.4	49.4%	26	21
	3 Mani Raveendran	Irving	(35)			34:04.11		10:57.9	38.7%	42	30
	4 Srinivasan Rajagopalan	Plano	(39)			40:31.05		13:02.5	33.4%	55	38
M40-44	1 Marcus O'con	Dallas	(42)			20:58.23	M	6:45.0	66.1%	5	5
	2 Johnny Chen	Plano	(44)			21:23.84	M	6:53.2	65.8%	6	6
	3 Jared Raye	Savannah	(40)			22:23.40		7:12.4	61.0%	9	9
	4 Victor Rojas	Mexico City	(44)			23:26.25		7:32.6	60.0%	11	11
	5 Nathan Bruser	Coppell	(41)			23:32.47		7:34.6	58.4%	18	16
	6 David Lewis	Bedford	(41)			23:33.06		7:34.8	58.4%	12	12
M45-49	1 Doug Waters	Carrollton	(48)			21:23.35		6:53.1	67.9%	7	7
	2 Jeff Shorter	Dallas	(47)			30:51.08	M	9:55.8	46.7%	35	25
	3 Will Griffith	Irving	(48)			31:10.20		10:02.0	46.6%	36	26
	4 Joe Sullivan	Coppell	(49)			34:08.76		10:59.4	42.8%	43	31
M50-54	1 David Short	Frisco	(52)			23:23.69	M	7:31.8	64.1%	14	14
	2 Gabriel Sapien	Carrollton	(53)			26:48.62	M	8:37.8	56.4%	23	19
	3 Ronald Hamilton	The Colony	(53)			27:23.57	M	8:49.0	55.2%	25	20
	4 John Kramer	Plano	(51)			29:55.94	M ✓	9:38.1	49.7%	31	23
	5 Steven Johnson	Farmers Branch	(54)			36:42.85		11:49.0	41.5%	48	34
M55-59	1 Terry Marcott	Corinth	(55)			34:31.68	M	11:06.8	44.5%	47	33
	2 Mike Catt	The Colony	(59)			37:02.91	M	11:55.5	42.9%	49	35
M60-64	1 David Mask	Lewisville	(60)			26:36.45		8:33.8	60.3%	20	17
	2 Michael Johnson	Coppell	(60)			30:42.37	✓	9:53.0	52.2%	34	24

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

△ Positive Split
△ Negative Split
Timing provided by: 1/27/2013


M60-64	3	Speed Collingsworth	Lantana (63)	32:04.30	10:19.4	51.4%	39	27
	4	Dave Hanna	Little Elm (61)	32:51.02	10:34.4	49.3%	41	29
M70-74	1	Wally Capps	Farmers Branch (72)	25:24.09	8:10.6	71.2%	16	15

5K FEMALE

				24 Runners --- Average Time of 34:40			Avg. Age Grade: 49.4%		Place in		
		Name	City (Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Sarah Bohlman	(30)			24:58.24	✓	8:02.2	59.3%	15	1
MASTERS	1	Kim Andres	Irving (59)			26:06.38	ℓ	8:24.2	73.0%	17	2
SENIORS	1	Peggy Plaisted	Farmers Branch (57)			28:52.26	ℓ	9:17.6	64.2%	28	7
F01-09	1	Arwyn Sullivan	Coppell (8)			31:11.61		10:02.4	58.1%	37	11
F10-14	1	Trinity Sullivan	Coppell (13)			26:33.55		8:32.9	60.1%	19	3
	2	Paige Loehding	Carrollton (12)			31:11.91	✓	10:02.5	52.2%	38	12
	3	Elizabeth Vasquez	Lewisville (11)			46:08.81	ℓ	14:51.2	36.1%	63	24
F15-19	1	Melissa Gonzalez	Denton (16)			29:41.36		9:33.4	51.6%	30	8
F25-29	1	Swapna Boda	Lewisville (28)			45:56.74		14:47.3	32.2%	62	23
F30-34	1	Chrisi Erlanson	Fort Worth (34)			42:00.09	ℓ	13:31.1	35.5%	59	20
	2	Agda Hernandez	Lewisville (33)			43:59.50	ℓ	14:09.6	33.8%	61	22
F35-39	1	Laura Dittlinger	Carrollton (36)			35:52.49		11:32.8	41.8%	46	14
	2	Sidonie Eplee	Coppell (38)			38:27.82		12:22.8	39.4%	53	16
	3	Loy Newton	Keller (38)			42:59.09		13:50.1	35.2%	60	21
F40-44	1	Karen Stephens	Plano (41)			26:40.48		8:35.1	57.9%	21	4
	2	Kavita Maung	Coppell (43)			28:08.97		9:03.6	55.7%	27	6
	3	Jennifer Loehding	Carrollton (40)			35:45.11		11:30.4	42.9%	45	13
	4	Amara Chan	Fort Worth (44)			41:31.15		13:21.8	38.1%	58	19
F45-49	1	Kuay Sullivan	Coppell (47)			27:11.34	ℓ	8:45.1	60.0%	24	5
	2	Tammy Eiland	Addison (48)			30:04.35		9:40.8	54.9%	32	9
	3	Susan Schafer	Richardson (47)			37:20.90		12:01.3	43.7%	51	15
F50-54	1	Yanira Lopez	Farmers Branch (50)			30:25.27	ℓ	9:47.5	55.6%	33	10
F60-64	1	Carol Creech	Plano (62)			41:15.11		13:16.7	48.2%	57	18
F70-74	1	Ruth Olinger	The Colony (70)			39:37.52	ℓ	12:45.3	56.9%	54	17

1M MALE

		18 Runners --- Average Time of 7:39				Avg. Age Grade: 56.8%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(40)			5:37.88		5:37.9	69.7%	1	1
M01-09	1 Garrett Robinson	Plano	(8)			10:50.49	✓	10:50.5	45.2%	23	17
M15-19	1 Tyler Chidester	Corinth	(19)			7:31.94		7:31.9	50.3%	10	10
	2 Bryant Hernandez	Lewisville	(19)			8:16.91		8:16.9	45.8%	14	13
M20-24	1 Collin Hackett	Irving	(23)			7:08.14		7:08.1	52.0%	9	9
M35-39	1 Kris Nance	Plano	(36)			5:48.28		5:48.3	65.7%	2	2
M40-44	1 Johnny Chen	Plano	(44)			6:12.88		6:12.9	65.1%	3	3
	2 Marcus O'con	Dallas	(42)			7:47.28		7:47.3	51.2%	12	12
M45-49	1 Ruben Saguil	Carrollton	(48)			6:37.28		6:37.3	63.0%	6	6
	2 Jeff Shorter	Dallas	(47)			10:55.54		10:55.5	37.9%	24	18
M50-54	1 Gabriel Sapien	Carrollton	(53)			6:27.75		6:27.8	67.3%	5	5
	2 David Short	Frisco	(52)			7:07.81		7:07.8	60.5%	8	8
	3 John Kramer	Plano	(51)			8:20.27	✓	8:20.3	51.3%	16	14
	4 Ronald Hamilton	The Colony	(53)			8:41.43		8:41.4	50.0%	19	15
M55-59	1 Terry Marcott	Corinth	(55)			6:16.95	☑	6:17.0	70.3%	4	4
	2 Julio Lopez	Farmers Branch	(57)			6:40.67		6:40.7	67.3%	7	7
	3 Mike Catt	The Colony	(59)			9:48.54		9:48.5	46.6%	20	16
M60-64	1 John Nance	Rowlett	(64)			7:38.56		7:38.6	62.5%	11	11

1M FEMALE

		9 Runners --- Average Time of 10:44				Avg. Age Grade: 50.4%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)			7:54.37		7:54.4	71.2%	13	1
F10-14	1 Elizabeth Vasquez		(11)			10:40.04		10:40.0	44.2%	21	5
F30-34	1 Agda Hernandez	Lewisville	(33)			10:41.16		10:41.2	39.6%	22	6
	2 Chris Erlanson	Forth Worth	(34)			12:35.84		12:35.8	33.7%	26	8
F45-49	1 Kuay Sullivan	Coppell	(47)			8:22.16		8:22.2	57.3%	17	3
F50-54	1 Yanira Lopez	Farmers Branch	(50)			8:17.59		8:17.6	60.1%	15	2
	2 Nancy Marcott	Corinth	(52)			16:58.82		16:58.8	30.1%	27	9
F55-59	1 Peggy Plaisted	Farmers Branch	(57)			8:27.29		8:27.3	64.7%	18	4
F70-74	1 Ruth Olinger	The Colony	(70)			12:35.61		12:35.6	53.1%	25	7

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	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M40)	1	M40-44	OA	---				5:37.88		5:37.9	19.22	5:37.88	69.7%
2	7276 Kris Nance (M36)	2	M35-39	1st	---				5:48.28		5:48.3	19.84	5:48.28	65.7%
3	6124 Johnny Chen (M44)	3	M40-44	1st	---				6:12.88	✗	6:12.9	21.21	6:12.88	65.1%
4	6709 Terry Marcott (M55)	4	M55-59	1st	---				6:16.95	✓ 1	6:17.0	21.44	6:16.95	70.3%
5	7015 Gabriel Sapien (M53)	5	M50-54	1st	---				6:27.75		6:27.8	22.07	6:27.75	67.3%
6	173 Ruben Saguil (M48)	6	M45-49	1st	---				6:37.28		6:37.3	22.64	6:37.28	63.0%
7	7193 Julio Lopez (M57)	7	M55-59	2nd	---				6:40.67		6:40.7	22.81	6:40.67	67.3%
8	7061 David Short (M52)	8	M50-54	2nd	---				7:07.81		7:07.8	24.35	7:07.81	60.5%
9	6107 Collin Hackett (M23)	9	M20-24	1st	---				7:08.14	✗	7:08.1	24.40	7:08.14	52.0%
10	6104 Tyler Chidester (M19)	10	M15-19	1st	---				7:31.94	✗	7:31.9	25.72	7:31.94	50.3%
11	7089 John Nance (M64)	11	M60-64	1st	---				7:38.56		7:38.6	26.11	7:38.56	62.5%
12	6660 Marcus O'con (M42)	12	M40-44	2nd	---				7:47.28	✗	7:47.3	26.63	7:47.28	51.2%
13	7040 Kim Andres (F59)	1	F55-59	OA	---				7:54.37		7:54.4	27.03	7:54.37	71.2%
14	6125 Bryant Hernandez (M19)	13	M15-19	2nd	---				8:16.91	✗	8:16.9	28.28	8:16.91	45.8%
15	7198 Yanira Lopez (F50)	2	F50-54	1st	---				8:17.59		8:17.6	28.34	8:17.59	60.1%
16	6813 John Kramer (M51)	14	M50-54	3rd	---				8:20.27	✓ 2	8:20.3	28.51	8:20.27	51.3%
17	6108 Kuay Sullivan (F47)	3	F45-49	1st	---				8:22.16		8:22.2	28.62	8:22.16	57.3%
18	6620 Peggy Plaisted (F57)	4	F55-59	1st	---				8:27.29	✗	8:27.3	28.91	8:27.29	64.7%
19	7020 Ronald Hamilton (M53)	15	M50-54	4th	---				8:41.43		8:41.4	29.71	8:41.43	50.0%
20	7154 Mike Catt (M59)	16	M55-59	3rd	---				9:48.54		9:48.5	33.53	9:48.54	46.6%
21	6126 Elizabeth Vasquez (F11)	5	F10-14	1st	---				10:40.04	✗	10:40.0	36.49	10:40.04	44.2%
22	6127 Agda Hernandez (F33)	6	F30-34	1st	---				10:41.16	✗	10:41.2	36.55	10:41.16	39.6%
23	6589 Garrett Robinson (M8)	17	M01-09	1st	---				10:50.49	✓ 3	10:50.5	37.06	10:50.49	45.2%
24	6975 Jeff Shorter (M47)	18	M45-49	2nd	---				10:55.54	✗	10:55.5	37.35	10:55.54	37.9%
25	7149 Ruth Olinger (F70)	7	F70-74	1st	---				12:35.61		12:35.6	43.05	12:35.61	53.1%
26	6118 Chris Erlanson (F34)	8	F30-34	2nd	---				12:35.84	✗	12:35.8	43.05	12:35.84	33.7%
27	6103 Nancy Marcott (F52)	9	F50-54	2nd	---				16:58.82	✗	16:58.8	58.05	16:58.82	30.1%
✓ 3 Club PR's										Average Finish Time: 08:40 <u>11 First Timers</u> Average Age Grade: 54.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M40)	1	M40-44	OA	---				19:05.80	ℓ	6:08.8	19.08	19:05.80	71.5%
2	6123 Logan Lewis (M14)	2	M10-14	1st	4.2				19:39.93	✓ 1	6:19.8	19.65	19:44.15	72.2%
3	7167 Ian Maung (M45)	3	M45-49	MS	1.2				20:12.69		6:30.3	20.20	20:13.90	70.1%
4	7276 Kris Nance (M36)	4	M35-39	1st	3.0				20:47.44	ℓ	6:41.5	20.78	20:50.46	63.8%
5	6660 Marcus O'con (M42)	5	M40-44	1st	1.9				20:58.23	ℓ	6:45.0	20.97	21:00.13	66.1%
6	6124 Johnny Chen (M44)	6	M40-44	2nd	2.7				21:23.84	ℓ	6:53.2	21.38	21:26.56	65.8%
7	7012 Doug Waters (M48)	7	M45-49	1st	3.8				21:23.35		6:53.1	21.38	21:27.18	67.9%
8	6104 Tyler Chidester (M19)	8	M15-19	1st	1.6				21:52.72	ℓ	7:02.5	21.87	21:54.34	60.2%
9	6128 Jared Raye (M40)	9	M40-44	3rd	3.2				22:23.40		7:12.4	22.38	22:26.63	61.0%
10	7193 Julio Lopez (M57)	10	M55-59	SR	0.9				22:40.32	ℓ	7:17.8	22.67	22:41.17	68.9%
11	7068 Victor Rojas (M44)	11	M40-44	4th	2.1				23:26.25		7:32.6	23.43	23:28.35	60.0%
12	6122 David Lewis (M41)	12	M40-44	6th	5.3				23:33.06		7:34.8	23.55	23:38.35	58.4%
13	6574 Conrad Butler (M26)	13	M25-29	1st	5.2				24:22.13	✓ 4	7:50.6	24.37	24:27.35	52.9%
14	7061 David Short (M52)	14	M50-54	1st	63.8				23:23.69	ℓ	7:31.8	23.38	24:27.53	64.1%
15	7029 Sarah Bohlman (F30)	1	F30-34	OA	8.6				24:58.24	✓ 6	8:02.2	24.97	25:06.81	59.3%
16	1916 Wally Capps (M72)	15	M70-74	1st	1.1				25:24.09		8:10.6	25.40	25:25.20	71.2%
17	7040 Kim Andres (F59)	2	F55-59	MS	---				26:06.38	ℓ	8:24.2	26.10	26:06.38	73.0%
18	7097 Nathan Bruser (M41)	16	M40-44	5th	169.0				23:32.47		7:34.6	23.53	26:21.42	58.4%
19	6110 Trinity Sullivan (F13)	3	F10-14	1st	2.9				26:33.55		8:32.9	26.55	26:36.47	60.1%

20	7008	David Mask (M60)	17	M60-64	1st	4.6	26:36.45		8:33.8	26.60	26:41.06	60.3%		
21	6106	Karen Stephens (F41)	4	F40-44	1st	5.0	26:40.48	×	8:35.1	26.67	26:45.48	57.9%		
22	6107	Collin Hackett (M23)	18	M20-24	1st	5.3	26:44.54	ℓ	×	8:36.5	26.73	26:49.89	48.2%	
23	7015	Gabriel Sapien (M53)	19	M50-54	2nd	4.1	26:48.62	ℓ		8:37.8	26.80	26:52.67	56.4%	
24	6108	Kuay Sullivan (F47)	5	F45-49	1st	3.4	27:11.34	ℓ		8:45.1	27.18	27:14.76	60.0%	
25	7020	Ronald Hamilton (M53)	20	M50-54	3rd	6.0	27:23.57	ℓ		8:49.0	27.38	27:29.54	55.2%	
26	7038	Michael Rumery (M39)	21	M35-39	2nd	12.7	27:24.90			8:49.4	27.40	27:37.58	49.4%	
27	7169	Kavita Maung (F43)	6	F40-44	2nd	3.2	28:08.97			9:03.6	28.13	28:12.21	55.7%	
28	6620	Peggy Plaisted (F57)	7	F55-59	SR	1.3	28:52.26	ℓ	×	9:17.6	28.87	28:53.55	64.2%	
29	6120	Allan Griffith (M14)	22	M10-14	2nd	7.6	29:37.46		×	9:32.1	29.62	29:45.07	47.9%	
30	6624	Melissa Gonzalez (F16)	8	F15-19	1st	6.9	29:41.36		×	9:33.4	29.68	29:48.23	51.6%	
31	6813	John Kramer (M51)	23	M50-54	4th	4.3	29:55.94	ℓ	✓	2	9:38.1	29.92	30:00.22	49.7%
32	7165	Tammy Eiland (F48)	9	F45-49	2nd	6.1	30:04.35		×	9:40.8	30.07	30:10.47	54.9%	
33	7198	Yanira Lopez (F50)	10	F50-54	1st	3.1	30:25.27	ℓ		9:47.5	30.42	30:28.41	55.6%	
34	7252	Michael Johnson (M60)	24	M60-64	2nd	5.8	30:42.37	✓	5	9:53.0	30.70	30:48.13	52.2%	
35	6975	Jeff Shorter (M47)	25	M45-49	2nd	11.3	30:51.08	ℓ	×	9:55.8	30.85	31:02.41	46.7%	
36	6119	Will Griffith (M48)	26	M45-49	3rd	7.5	31:10.20		×	10:02.0	31.17	31:17.72	46.6%	
37	6111	Arwyn Sullivan (F8)	11	F01-09	1st	7.7	31:11.61			10:02.4	31.18	31:19.29	58.1%	
38	6113	Paige Loehding (F12)	12	F10-14	2nd	10.9	31:11.91	✓	2	10:02.5	31.18	31:22.79	52.2%	
39	6121	Speed Collingsworth (M63)	27	M60-64	3rd	4.6	32:04.30			10:19.4	32.07	32:08.87	51.4%	
40	6963	Ashwin Boda (M33)	28	M30-34	1st	4.2	32:15.56		×	10:23.0	32.25	32:19.76	40.5%	
41	6650	Dave Hanna (M61)	29	M60-64	4th	7.0	32:51.02			10:34.4	32.85	32:57.99	49.3%	
42	6934	Mani Raveendran (M35)	30	M35-39	3rd	1.4	34:04.11		×	10:57.9	34.07	34:05.51	38.7%	
43	6109	Joe Sullivan (M49)	31	M45-49	4th	7.7	34:08.76		×	10:59.4	34.13	34:16.50	42.8%	
44	6112	Sean Loehding (M8)	32	M01-09	1st	9.0	35:31.59	✓	1	11:26.1	35.52	35:40.62	47.9%	
45	6114	Jennifer Loehding (F40)	13	F40-44	3rd	9.5	35:45.11			11:30.4	35.75	35:54.58	42.9%	
46	6786	Laura Dittlinger (F36)	14	F35-39	1st	6.8	35:52.49			11:32.8	35.87	35:59.28	41.8%	
47	6709	Terry Marcott (M55)	33	M55-59	1st	119.5	34:31.68	ℓ		11:06.8	34.52	36:31.15	44.5%	
48	6632	Steven Johnson (M54)	34	M50-54	5th	6.8	36:42.85		×	11:49.0	36.70	36:49.60	41.5%	
49	7154	Mike Catt (M59)	35	M55-59	2nd	7.5	37:02.91	ℓ		11:55.5	37.03	37:10.42	42.9%	
50	6125	Bryant Hernandez (M19)	36	M15-19	2nd	7.4	37:15.09	ℓ	×	11:59.4	37.25	37:22.51	35.4%	
51	7065	Susan Schafer (F47)	15	F45-49	3rd	40.1	37:20.90			12:01.3	37.33	38:00.98	43.7%	
52	6913	Jordan Newton (M14)	37	M10-14	3rd	---	38:35.36		×	12:25.2	38.58	38:35.36	36.8%	
53	6907	Sidonie Eplee (F38)	16	F35-39	2nd	9.6	38:27.82		×	12:22.8	38.45	38:37.38	39.4%	
54	7149	Ruth Olinger (F70)	17	F70-74	1st	2.4	39:37.52	ℓ		12:45.3	39.62	39:39.93	56.9%	
55	6626	Srinivasan Rajagopalan (M39)	38	M35-39	4th	11.7	40:31.05		×	13:02.5	40.52	40:42.79	33.4%	
56	6590	Conner Robinson (M9)	39	M01-09	2nd	---	40:59.45			13:11.6	40.98	40:59.45	39.9%	
57	7024	Carol Creech (F62)	18	F60-64	1st	0.3	41:15.11			13:16.7	41.25	41:15.37	48.2%	
58	7268	Amara Chan (F44)	19	F40-44	4th	5.4	41:31.15		×	13:21.8	41.52	41:36.56	38.1%	
59	6118	Chris Erlanson (F34)	20	F30-34	1st	9.0	42:00.09	ℓ	×	13:31.1	42.00	42:09.10	35.5%	
60	6912	Loy Newton (F38)	21	F35-39	3rd	10.7	42:59.09		×	13:50.1	42.98	43:09.79	35.2%	
61	6127	Agda Hernandez (F33)	22	F30-34	2nd	9.0	43:59.50	ℓ	×	14:09.6	43.98	44:08.52	33.8%	
62	6964	Swapna Boda (F28)	23	F25-29	1st	4.0	45:56.74		×	14:47.3	45.93	46:00.76	32.2%	
63	6126	Elizabeth Vasquez (F11)	24	F10-14	3rd	8.7	46:08.81	ℓ	×	14:51.2	46.13	46:17.47	36.1%	

✓ 7 Club PR's

Average Finish Time: 30:47 24 First Timers Average Age Grade: 52.0%

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F59	7:54.37	71.2%	
2	4	Terry Marcott	M55	6:16.95	70.3%	New
3	1	Ryan Loehding	M40	5:37.88	69.7%	
4	7	Julio Lopez	M57	6:40.67	67.3%	
5	5	Gabriel Sapien	M53	6:27.75	67.3%	
6	2	Kris Nance	M36	5:48.28	65.7%	
7	3	Johnny Chen	M44	6:12.88	65.1%	New
8	18	Peggy Plaisted	F57	8:27.29	64.7%	
9	6	Ruben Saguil	M48	6:37.28	63.0%	
10	11	John Nance	M64	7:38.56	62.5%	
11	8	David Short	M52	7:07.81	60.5%	
12	15	Yanira Lopez	F50	8:17.59	60.1%	
13	17	Kuay Sullivan	F47	8:22.16	57.3%	
14	25	Ruth Olinger	F70	12:35.61	53.1%	
15	9	Collin Hackett	M23	7:08.14	52.0%	
16	16	John Kramer	M51	8:20.27	51.3%	
17	12	Marcus O'con	M42	7:47.28	51.2%	
18	10	Tyler Chidester	M19	7:31.94	50.3%	
19	19	Ronald Hamilton	M53	8:41.43	50.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	17	Kim Andres	F59	26:06.38	73.0%	
2	2	Logan Lewis	M14	19:39.93	72.2%	New
3	1	Ryan Loehding	M40	19:05.80	71.5%	
4	16	Wally Capps	M72	25:24.09	71.2%	
5	3	Ian Maung	M45	20:12.69	70.1%	
6	10	Julio Lopez	M57	22:40.32	68.9%	
7	7	Doug Waters	M48	21:23.35	67.9%	
8	5	Marcus O'con	M42	20:58.23	66.1%	Move UP
9	6	Johnny Chen	M44	21:23.84	65.8%	New
10	28	Peggy Plaisted	F57	28:52.26	64.2%	
11	14	David Short	M52	23:23.69	64.1%	
12	4	Kris Nance	M36	20:47.44	63.8%	
13	9	Jared Raye	M40	22:23.40	61.0%	
14	20	David Mask	M60	26:36.45	60.3%	
15	8	Tyler Chidester	M19	21:52.72	60.2%	
16	19	Trinity Sullivan	F13	26:33.55	60.1%	
17	11	Victor Rojas	M44	23:26.25	60.0%	
18	24	Kuay Sullivan	F47	27:11.34	60.0%	
19	15	Sarah Bohlman	F30	24:58.24	59.3%	
20	18	Nathan Bruser	M41	23:32.47	58.4%	
21	12	David Lewis	M41	23:33.06	58.4%	
22	37	Arwyn Sullivan	F8	31:11.61	58.1%	
23	21	Karen Stephens	F41	26:40.48	57.9%	
24	54	Ruth Olinger	F70	39:37.52	56.9%	
25	23	Gabriel Sapien	M53	26:48.62	56.4%	
26	27	Kavita Maung	F43	28:08.97	55.7%	
27	33	Yanira Lopez	F50	30:25.27	55.6%	
28	25	Ronald Hamilton	M53	27:23.57	55.2%	
29	32	Tammy Eiland	F48	30:04.35	54.9%	
30	13	Conrad Butler	M26	24:22.13	52.9%	
31	34	Michael Johnson	M60	30:42.37	52.2%	
32	38	Paige Loehding	F12	31:11.91	52.2%	
33	30	Melissa Gonzalez	F16	29:41.36	51.6%	
34	39	Speed Collingsworth	M63	32:04.30	51.4%	

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