

Sunday, August 31, 2014

Carrollton Runners Mile + 5K

78F Sunny 80%H 7mphS

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	5:45.13	Alex Reinhof	18:23.12	Scott Eppelman	20:25.22	Robert Benson	23:59.63
Frances McKissick	7:16.35	Frances McKissick	24:09.55	Eeva Toiviainen	24:45.53		

5K MALE

		39 MALE Runners --- Average Time of 29:01					Avg. Age Grade: 53.0%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Alex Reinhof	Dallas	(28)	9:23	-22	18:23.12		5:55.1	70.2%	1	1
MASTERS	1 Scott Eppelman	Coppell	(47)	10:16	-7	20:25.22		6:34.4	70.5%	3	3
SENIORS	1 Robert Benson	Dallas	(64)	11:53	+13	23:59.63	ML	7:43.4	69.3%	10	10
M01-09	1 Aidan Beukema	Lewisville	(9)	17:00	+209	37:27.94		12:03.5	43.7%	48	33
	2 Reese Ward	Bedford	(9)	19:40	+214	42:54.28		13:48.6	38.1%	54	37
M15-19	1 Logan Lewis	Bedford	(16)	9:21	+18	19:01.09		6:07.3	72.0%	2	2
	2 Emilio Popoca	Dallas	(15)	10:28	+54	21:49.36	✓	7:01.4	63.8%	5	5
M20-24	1 Kenneth Davis	Fort Worth, TX	(24)			25:45.79		8:17.5	50.1%	18	15
	2 Derek Sims	Carrollton	(24)	13:28	+70	28:06.62	✓	9:02.9	45.9%	28	21
M30-34	1 Gabor Toth	Irving	(33)	14:34	-15	28:52.84		9:17.7	45.2%	34	24
	2 Eugene Mosley	Denton	(33)	15:56	+53	32:44.72		10:32.4	39.9%	42	30
	3 Travis Bush	Dallas	(34)	17:39	+82	36:40.49		11:48.3	35.7%	47	32
M35-39	1 Luis Mares	Dallas	(39)	12:05	+45	24:55.52	✓	8:01.4	54.4%	15	13
	2 Paul Beukema	Lewisville	(37)	14:11	+51	29:13.62		9:24.4	45.7%	35	25
	3 Michael Ward	Bedford	(35)	19:41	+206	42:48.70		13:46.8	30.8%	53	36
M40-44	1 Marcus O'Con	Dallas	(43)	11:01	-15	21:46.08	ML	7:00.4	64.1%	4	4
	2 Bryan Pennartz	Lewisville	(44)	10:36	+56	22:08.26		7:07.5	63.6%	6	6
	3 David Lewis	Bedford	(43)			23:22.85		7:31.5	59.7%	7	7
	4 Nathan Bruser	Coppell	(43)	13:05	-39	25:32.40		8:13.2	54.7%	23	17
	5 Frank Cuccurullo	Carrollton	(43)	14:10	-32	27:47.64		8:56.8	50.2%	24	18
	6 Kim Aaltonen	Coppell	(41)	14:15	+13	28:42.58	ML	9:14.4	47.9%	32	22
M45-49	1 Leonard Evans	Richardson	(46)	11:36	+44	23:55.85		7:42.2	59.7%	9	9
	2 John Smith	Dallas	(48)	14:28	-11	28:44.57		9:15.1	50.5%	33	23
M50-54	1 David Short	Frisco	(53)	12:12	-54	23:28.75	ML	7:33.4	64.4%	8	8
	2 Gabriel Sapien	Carrollton	(54)	12:21	-8	24:34.22		7:54.5	62.0%	12	11
	3 Terry Tuck	Lake Dallas	(54)	13:56	-2	27:49.34	✓	8:57.3	54.8%	26	20
	4 Scott Hesketh	Flower Mound	(51)	13:28	+66	28:02.11		9:01.4	53.0%	25	19
	5 John Kramer	Plano	(52)	14:50	-5	29:35.88	ML	9:31.6	50.6%	50	35
	6 Joe Sullivan	Coppell	(50)	15:24	+50	31:37.71		10:10.8	46.6%	39	28
	7 Perry Hood	Dallas	(52)	16:10	+104	34:04.26		10:58.0	44.0%	45	31
	8 Chuck Cernosek	McKinney	(50)	20:24	+235	44:42.75		14:23.5	33.0%	55	38
M55-59	1 Julio Lopez	Farmers Branch	(58)	12:16	+27	24:59.36	ML	8:02.6	63.1%	14	12
	2 Ronald Hamilton	The Colony	(55)	15:08	-22	29:53.78		9:37.4	51.4%	37	27
	3 Ruben Reyes	Carrollton	(58)	15:27	+67	32:00.33	ML	10:18.1	49.2%	41	29
M60-64	1 David Mask	Lewisville	(62)	12:15	+37	25:07.78		8:05.3	65.0%	16	14
	2 James Johnson	Dallas	(61)	14:25	+33	29:22.63	ML	9:27.3	55.1%	36	26
M65-69	1 John Nance	Rowlett	(66)	12:44	+32	25:59.51		8:22.0	65.1%	20	16

M65-69	2	Scott Ahlstrom	Carrollton	(66)	23:57	-139	45:34.37	14:40.1	37.1%	56	39
M70-74	1	Tommy Farrar	Coppell	(73)	19:35	+43	39:53.45	12:50.4	46.0%	49	34

5K FEMALE

		20 FEMALE Runners --- Average Time of					33:16	Avg. Age Grade: 50.4%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Frances McKissick	Irving	(52)	12:14	-18	24:09.55	⌚	7:46.6	71.8%	11	1
MASTERS	1	Eeva Toivainen	Flower Mound	(41)	12:17	+12	24:45.53		7:58.1	62.4%	13	2
F10-14	1	Arwyn Sullivan	Coppell	(10)	16:00	+75	33:14.64	⌚	10:42.0	51.3%	43	12
	2	Mackenzie Ward	Bedford	(10)	17:39	+82	36:38.96		11:47.8	46.6%	46	14
F15-19	1	Melva Yanes	Dallas	(15)	12:41	+82	26:43.48	✓	8:36.1	58.0%	21	5
	2	Trinity Sullivan	Coppell	(15)	13:52	+48	28:32.49	⌚	9:11.2	54.3%	29	7
	3	Karina Niño	Dallas	(15)	14:27	-4	28:50.68	✓	9:17.1	53.7%	30	8
F20-24	1	Vatti Howe	Coppell	(24)	13:36	-88	25:44.47		8:17.1	57.5%	19	4
	2	Emily Campbell	Heartland	(23)	22:37	+67	46:21.45		14:55.3	31.9%	58	18
F25-29	1	Elizabeth Hawk	Keller	(28)	20:04	+144	42:32.38		13:41.5	34.8%	52	16
F30-34	1	Melisia Beukema	Lewisville	(33)			32:01.76		10:18.6	46.4%	40	11
F40-44	1	Scymentress Williams	Arlington	(43)	14:39	-41	28:35.93		9:12.3	54.8%	38	10
	2	Aino Aaltonen	Coppell	(40)	14:14	+15	28:42.60		9:14.5	53.4%	31	9
F45-49	1	Sandra Stierman	grand prairie	(47)	12:41	+16	25:37.48	✓	8:14.9	63.7%	17	3
	2	Amara Chan	Fort Worth	(46)	19:09	+113	40:10.15		12:55.8	40.2%	51	15
	3	Barbara Vollmering	Garland	(48)	29:18	+13	58:48.50		18:55.7	28.1%	59	19
F50-54	1	Yanira Lopez	Farmers Branch	(51)	14:19	-31	28:06.95	⌚	9:03.0	60.9%	27	6
	2	Alison Hood	Dallas	(50)	16:31	+59	34:01.13		10:57.0	49.7%	44	13
	3	Bela Bhatia	Carrollton	(52)	23:40	-79	45:59.91	✓	14:48.3	37.7%	57	17
FStroller	1	Blake Bruser	Coppell	(-5)	13:05	-39	25:32.13		8:13.1		22	0

1M MALE

		12 MALE Runners --- Average Time of 7:26						Avg. Age Grade: 59.2%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ian Maung	Coppell (47)			5:45.13	✓	5:45.1	72.0%	1	1
M01-09	1	Axel Aaltonen	Coppell (7)			8:57.58	✓	8:57.6	57.1%	18	12
M10-14	1	Emil Aaltonen	Coppell (14)			7:04.93	✓	7:04.9	57.6%	4	4
M15-19	1	Luis Rodriguez	Dallas (16)			6:42.72		6:42.7	58.7%	2	2
M40-44	1	Kim Aaltonen	Coppell (41)			7:05.48		7:05.5	55.8%	5	5
	2	Marcus O'Con	Dallas (43)			8:25.86		8:25.9	47.6%	14	11
M50-54	1	David Short	Frisco (53)			7:31.32		7:31.3	57.8%	9	7
	2	John Kramer	Plano (52)			7:36.47		7:36.5	56.7%	10	8
M55-59	1	Julio Lopez	Farmers Branch (58)			7:11.54		7:11.5	63.0%	6	6
	2	Ruben Reyes	Carrollton (58)			8:17.60		8:17.6	54.7%	13	10
M60-64	1	Robert Benson	Dallas (64)			6:57.84		6:57.8	68.6%	3	3
	2	James Johnson	Dallas (61)			7:40.29		7:40.3	60.7%	11	9

1M FEMALE

		6 FEMALE Runners --- Average Time of 8:12						Avg. Age Grade: 61.7%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Frances McKissick	Irving (52)			7:16.35		7:16.4	70.3%	7	1
F10-14	1	Arwyn Sullivan	Coppell (10)			8:50.41		8:50.4	54.7%	16	5
F15-19	1	Trinity Sullivan	Coppell (15)			8:43.23		8:43.2	50.4%	15	4
F45-49	1	Kuay Sullivan	Coppell (48)			8:50.74		8:50.7	54.9%	17	6
F50-54	1	Yanira Lopez	Farmers Branch (51)			8:03.62		8:03.6	62.6%	12	3
F60-64	1	Kim Andres	Irving (61)			7:28.26		7:28.3	77.5%	8	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7167 Ian Maung (M47)	1	M45-49	OA	---				5:45.13	✓ 2	5:45.1	19.67	5:45.13	72.0%
2	6473 Luis Rodriguez (M16)	2	M15-19	1st	---				6:42.72	✗	6:42.7	22.92	6:42.72	58.7%
3	7118 Robert Benson (M64)	3	M60-64	1st	---				6:57.84		6:57.8	23.78	6:57.84	68.6%
4	7300 Emil Aaltonen (M14)	4	M10-14	1st	---				7:04.93	✓ 1	7:04.9	24.18	7:04.93	57.6%
5	7303 Kim Aaltonen (M41)	5	M40-44	1st	---				7:05.48	✗	7:05.5	24.23	7:05.48	55.8%
6	7193 Julio Lopez (M58)	6	M55-59	1st	---				7:11.54		7:11.5	24.58	7:11.54	63.0%
7	7062 Frances McKissick (F52)	1	F50-54	OA	---				7:16.35		7:16.4	24.86	7:16.35	70.3%
8	7040 Kim Andres (F61)	2	F60-64	1st	---				7:28.26		7:28.3	25.54	7:28.26	77.5%
9	7061 David Short (M53)	7	M50-54	1st	---				7:31.32		7:31.3	25.72	7:31.32	57.8%
10	7261 John Kramer (M52)	8	M50-54	2nd	---				7:36.47		7:36.5	26.00	7:36.47	56.7%
11	7191 James Johnson (M61)	9	M60-64	2nd	---				7:40.29		7:40.3	26.23	7:40.29	60.7%
12	7198 Yanira Lopez (F51)	3	F50-54	1st	---				8:03.62		8:03.6	27.54	8:03.62	62.6%
13	7283 Ruben Reyes (M58)	10	M55-59	2nd	---				8:17.60		8:17.6	28.34	8:17.60	54.7%
14	6661 Marcus O'Con (M43)	11	M40-44	2nd	---				8:25.86		8:25.9	28.79	8:25.86	47.6%
15	7099 Trinity Sullivan (F15)	4	F15-19	1st	---				8:43.23		8:43.2	29.82	8:43.23	50.4%
16	7204 Arwyn Sullivan (F10)	5	F10-14	1st	---				8:50.41		8:50.4	30.22	8:50.41	54.7%
17	7265 Kuay Sullivan (F48)	6	F45-49	1st	---				8:50.74		8:50.7	30.22	8:50.74	54.9%
18	7306 Axel Aaltonen (M7)	12	M01-09	1st	---				8:57.58	✓ 2	8:57.6	30.62	8:57.58	57.1%

✓ 3 Club PR's

Average Finish Time: 07:41 2 First Timers

Average Age Grade: 60.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6104 Alex Reinhof (M28)	1	M25-29	OA	1.8	9:23	9:01	-22	18:23.12	✗	5:55.1	18.38	18:24.90	70.2%
2	7298 Logan Lewis (M16)	2	M15-19	1st	2.5	9:21	9:40	+18	19:01.09		6:07.3	19.02	19:03.54	72.0%
3	6634 Scott Eppelman (M47)	3	M45-49	MS	5.0	10:16	10:09	-7	20:25.22		6:34.4	20.42	20:30.21	70.5%
4	6661 Marcus O'Con (M43)	4	M40-44	1st	0.6	11:01	10:45	-15	21:46.08	ℓ	7:00.4	21.77	21:46.64	64.1%
5	6472 Emilio Popoca (M15)	5	M15-19	2nd	---	10:28	11:22	+54	21:49.36	✓ 1	7:01.4	21.82	21:49.36	63.8%
6	6390 Bryan Pennartz (M44)	6	M40-44	2nd	1.1	10:36	11:32	+56	22:08.26	✗	7:07.5	22.13	22:09.32	63.6%
7	7299 David Lewis (M43)	7	M40-44	3rd	1.5				23:22.85		7:31.5	23.37	23:24.35	59.7%
8	7061 David Short (M53)	8	M50-54	1st	20.5	12:12	11:17	-54	23:28.75	ℓ	7:33.4	23.47	23:49.29	64.4%
9	6493 Leonard Evans (M46)	9	M45-49	1st	---	11:36	12:20	+44	23:55.85	✗	7:42.2	23.92	23:55.85	59.7%
10	7118 Robert Benson (M64)	10	M60-64	SR	0.3	11:53	12:06	+13	23:59.63	ℓ	7:43.4	23.98	23:59.89	69.3%
11	7062 Frances McKissick (F52)	1	F50-54	OA	2.8	12:14	11:56	-18	24:09.55	ℓ	7:46.6	24.15	24:12.38	71.8%
12	7015 Gabriel Sapien (M54)	11	M50-54	2nd	4.9	12:21	12:13	-8	24:34.22		7:54.5	24.57	24:39.15	62.0%
13	7073 Eeva Toiviainen (F41)	2	F40-44	MS	2.8	12:17	12:29	+12	24:45.53		7:58.1	24.75	24:48.34	62.4%
14	7193 Julio Lopez (M58)	12	M55-59	1st	---	12:16	12:43	+27	24:59.36	ℓ	8:02.6	24.98	24:59.36	63.1%
15	7175 Luis Mares (M39)	13	M35-39	1st	7.3	12:05	12:50	+45	24:55.52	✓ 3	8:01.4	24.92	25:02.84	54.4%
16	7008 David Mask (M62)	14	M60-64	1st	15.7	12:15	12:53	+37	25:07.78		8:05.3	25.12	25:23.45	65.0%
17	6457 Sandra Stierman (F47)	3	F45-49	1st	2.6	12:41	12:57	+16	25:37.48	✓ 1	8:14.9	25.62	25:40.05	63.7%
18	6972 Kenneth Davis (M24)	15	M20-24	1st	6.2				25:45.79	✗	8:17.5	25.75	25:51.98	50.1%
19	6598 Vatti Howe (F24)	4	F20-24	1st	7.8	13:36	12:08	-88	25:44.47	✗	8:17.1	25.73	25:52.26	57.5%
20	7089 John Nance (M66)	16	M65-69	1st	1.0	12:44	13:16	+32	25:59.51		8:22.0	25.98	26:00.54	65.1%
21	6474 Melva Yanes (F15)	5	F15-19	1st	---	12:41	14:03	+82	26:43.48	✓ 2	8:36.1	26.72	26:43.48	58.0%
22	7316 Blake Bruser (F-5)	0	FStrolle	1st	91.5	13:05	12:27	-39	25:32.13	24	8:13.1	25.53	27:03.58	
23	7097 Nathan Bruser (M43)	17	M40-44	4th	91.4	13:05	12:27	-39	25:32.40		8:13.2	25.53	27:03.76	54.7%
24	6317 Frank Cuccurullo (M43)	18	M40-44	5th	6.0	14:10	13:38	-32	27:47.64	✗	8:56.8	27.78	27:53.61	50.2%
25	6103 Scott Hesketh (M51)	19	M50-54	4th	1.4	13:28	14:34	+66	28:02.11		9:01.4	28.03	28:03.52	53.0%
26	6426 Terry Tuck (M54)	20	M50-54	3rd	18.6	13:56	13:54	-2	27:49.34	✓ 2	8:57.3	27.82	28:07.91	54.8%
27	7198 Yanira Lopez (F51)	6	F50-54	1st	4.5	14:19	13:48	-31	28:06.95	ℓ	9:03.0	28.10	28:11.50	60.9%
28	6814 Derek Sims (M24)	21	M20-24	2nd	12.9	13:28	14:38	+70	28:06.62	✓ 1	9:02.9	28.10	28:19.51	45.9%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/31/2014

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

△ Negative Split

 DeltaViewTiming.com

29	7099	Trinity Sullivan (F15)	7	F15-19	2nd	0.9	13:52	14:40	+48	28:32.49	ℓ	9:11.2	28.53	28:33.34	54.3%
30	6471	Karina Niño (F15)	8	F15-19	3rd	---	14:27	14:23	-4	28:50.68	✓ 2	9:17.1	28.83	28:50.68	53.7%
31	7304	Aino Aaltonen (F40)	9	F40-44	2nd	10.0	14:14	14:29	+15	28:42.60		9:14.5	28.70	28:52.63	53.4%
32	7303	Kim Aaltonen (M41)	22	M40-44	6th	10.3	14:15	14:28	+13	28:42.58	ℓ	9:14.4	28.70	28:52.85	47.9%
33	7376	John Smith (M48)	23	M45-49	2nd	11.8	14:28	14:17	-11	28:44.57		9:15.1	28.73	28:56.38	50.5%
34	7380	Gabor Toth (M33)	24	M30-34	1st	6.0	14:34	14:19	-15	28:52.84		9:17.7	28.87	28:58.81	45.2%
35	7176	Paul Beukema (M37)	25	M35-39	2nd	17.8	14:11	15:02	+51	29:13.62		9:24.4	29.22	29:31.40	45.7%
36	7191	James Johnson (M61)	26	M60-64	2nd	23.9	14:25	14:58	+33	29:22.63	ℓ	9:27.3	29.37	29:46.52	55.1%
37	7020	Ronald Hamilton (M55)	27	M55-59	2nd	9.4	15:08	14:46	-22	29:53.78		9:37.4	29.88	30:03.20	51.4%
38	7769	Scymentress Williams (F43)	10	F40-44	1st	108.0	14:39	13:57	-41	28:35.93		9:12.3	28.58	30:23.93	54.8%
39	7263	Joe Sullivan (M50)	28	M50-54	6th	4.2	15:24	16:14	+50	31:37.71		10:10.8	31.62	31:41.95	46.6%
40	7177	Melisia Beukema (F33)	11	F30-34	1st	4.2				32:01.76		10:18.6	32.02	32:06.00	46.4%
41	7283	Ruben Reyes (M58)	29	M55-59	3rd	10.4	15:27	16:33	+67	32:00.33	ℓ	10:18.1	32.00	32:10.73	49.2%
42	7181	Eugene Mosley (M33)	30	M30-34	2nd	9.8	15:56	16:49	+53	32:44.72		10:32.4	32.73	32:54.50	39.9%
43	7204	Arwyn Sullivan (F10)	12	F10-14	1st	2.8	16:00	17:15	+75	33:14.64	ℓ	10:42.0	33.23	33:17.47	51.3%
44	6764	Alison Hood (F50)	13	F50-54	2nd	16.0	16:31	17:30	+59	34:01.13	⊥	10:57.0	34.02	34:17.14	49.7%
45	6762	Perry Hood (M52)	31	M50-54	7th	14.8	16:10	17:54	+104	34:04.26	⊥	10:58.0	34.07	34:19.03	44.0%
46	6100	Mackenzie Ward (F10)	14	F10-14	2nd	14.0	17:39	19:00	+82	36:38.96	⊥	11:47.8	36.63	36:52.96	46.6%
47	6309	Travis Bush (M34)	32	M30-34	3rd	13.8	17:39	19:01	+82	36:40.49	⊥	11:48.3	36.67	36:54.30	35.7%
48	7178	Aidan Beukema (M9)	33	M01-09	1st	3.5	17:00	20:28	+209	37:27.94		12:03.5	37.45	37:31.43	43.7%
49	078	Tommy Farrar (M73)	34	M70-74	1st	7.2	19:35	20:18	+43	39:53.45		12:50.4	39.88	40:00.66	46.0%
50	7261	John Kramer (M52)	35	M50-54	5th	654.4	14:50	14:45	-5	29:35.88	ℓ	9:31.6	29.58	40:30.23	50.6%
51	7268	Amara Chan (F46)	15	F45-49	2nd	25.9	19:09	21:01	+113	40:10.15		12:55.8	40.17	40:36.06	40.2%
52	6759	Elizabeth Hawk (F28)	16	F25-29	1st	11.5	20:04	22:28	+144	42:32.38	⊥	13:41.5	42.53	42:43.91	34.8%
53	6310	Michael Ward (M35)	36	M35-39	3rd	14.4	19:41	23:08	+206	42:48.70	⊥	13:46.8	42.80	43:03.13	30.8%
54	6101	Reese Ward (M9)	37	M01-09	2nd	14.6	19:40	23:14	+214	42:54.28	⊥	13:48.6	42.90	43:08.91	38.1%
55	6962	Chuck Cernosek (M50)	38	M50-54	8th	11.1	20:24	24:19	+235	44:42.75	⊥	14:23.5	44.70	44:53.88	33.0%
56	6766	Scott Ahlstrom (M66)	39	M65-69	2nd	15.3	23:57	21:38	-139	45:34.37		14:40.1	45.57	45:49.63	37.1%
57	7392	Bela Bhatia (F52)	17	F50-54	3rd	11.7	23:40	22:20	-79	45:59.91	✓ 1	14:48.3	45.98	46:11.57	37.7%
58	6318	Emily Campbell (F23)	18	F20-24	2nd	13.6	22:37	23:44	+67	46:21.45	⊥	14:55.3	46.35	46:35.10	31.9%
59	7266	Barbara Vollmering (F48)	19	F45-49	3rd	15.9	29:18	29:31	+13	58:48.50		18:55.7	58.80	59:04.37	28.1%

36 Positive Split

20 Negative Split

✓ 8 Club PR's

Average Finish Time: 30:27 15 First Timers Average Age Grade: 52.1%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

8/31/2014

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

Negative Split

 DeltaViewTiming.com

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Kim Andres	F61	7:28.26	77.5%	
2	1	Ian Maung	M47	5:45.13	72.0%	Move UP
3	7	Frances McKissick	F52	7:16.35	70.3%	
4	3	Robert Benson	M64	6:57.84	68.6%	
5	6	Julio Lopez	M58	7:11.54	63.0%	
6	12	Yanira Lopez	F51	8:03.62	62.6%	
7	11	James Johnson	M61	7:40.29	60.7%	
8	2	Luis Rodriguez	M16	6:42.72	58.7%	
9	9	David Short	M53	7:31.32	57.8%	
10	4	Emil Aaltonen	M14	7:04.93	57.6%	
11	18	Axel Aaltonen	M7	8:57.58	57.1%	
12	10	John Kramer	M52	7:36.47	56.7%	
13	5	Kim Aaltonen	M41	7:05.48	55.8%	
14	17	Kuay Sullivan	F48	8:50.74	54.9%	
15	16	Arwyn Sullivan	F10	8:50.41	54.7%	
16	13	Ruben Reyes	M58	8:17.60	54.7%	
17	15	Trinity Sullivan	F15	8:43.23	50.4%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Logan Lewis	M16	19:01.09	72.0%	
2	11	Frances McKissick	F52	24:09.55	71.8%	
3	3	Scott Eppelman	M47	20:25.22	70.5%	
4	1	Alex Reinhof	M28	18:23.12	70.2%	New
5	10	Robert Benson	M64	23:59.63	69.3%	
6	20	John Nance	M66	25:59.51	65.1%	
7	16	David Mask	M62	25:07.78	65.0%	
8	8	David Short	M53	23:28.75	64.4%	
9	4	Marcus O'Con	M43	21:46.08	64.1%	
10	5	Emilio Popoca	M15	21:49.36	63.8%	
11	17	Sandra Stierman	F47	25:37.48	63.7%	
12	6	Bryan Pennartz	M44	22:08.26	63.6%	
13	14	Julio Lopez	M58	24:59.36	63.1%	
14	13	Eeva Toiviainen	F41	24:45.53	62.4%	
15	12	Gabriel Sapien	M54	24:34.22	62.0%	
16	27	Yanira Lopez	F51	28:06.95	60.9%	
17	7	David Lewis	M43	23:22.85	59.7%	
18	9	Leonard Evans	M46	23:55.85	59.7%	
19	21	Melva Yanes	F15	26:43.48	58.0%	
20	19	Vatti Howe	F24	25:44.47	57.5%	
21	36	James Johnson	M61	29:22.63	55.1%	
22	38	Scymentress Williams	F43	28:35.93	54.8%	
23	26	Terry Tuck	M54	27:49.34	54.8%	
24	23	Nathan Bruser	M43	25:32.40	54.7%	
25	15	Luis Mares	M39	24:55.52	54.4%	
26	29	Trinity Sullivan	F15	28:32.49	54.3%	
27	30	Karina Niño	F15	28:50.68	53.7%	
28	31	Aino Aaltonen	F40	28:42.60	53.4%	
29	25	Scott Hesketh	M51	28:02.11	53.0%	
30	37	Ronald Hamilton	M55	29:53.78	51.4%	
31	43	Arwyn Sullivan	F10	33:14.64	51.3%	
32	50	John Kramer	M52	29:35.88	50.6%	
33	33	John Smith	M48	28:44.57	50.5%	
34	24	Frank Cuccurullo	M43	27:47.64	50.2%	
35	18	Kenneth Davis	M24	25:45.79	50.1%	

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