

Sunday, March 27, 2016

# Carrollton Runners Mile + 5K

57F Cloudy 55%H 10mphNW

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	
Cole Atchison	5:08.69	Cole Atchison	18:34.90	Lowell Koppel	19:21.20	Julio Lopez	22:46.97
Emily Field	5:29.51	Morgan Johnson	21:52.05	Frances McKissick	24:49.96	Kim Andres	27:21.51

## 5K MALE

		46 MALE Runners --- Average Time of <b>28:56</b>				Avg. Age Grade: <b>52.6%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Cole Atchison</b>	Lewisville	(22)		<b>18:34.90</b>	ML	5:58.9	<b>69.5%</b>	1	1
MASTERS	1	<b>Lowell Koppel</b>	Flower Mound	(43)		<b>19:21.20</b>	ML	6:13.8	<b>72.1%</b>	3	3
SENIORS	1	<b>Julio Lopez</b>	Farmers Branch	(60)		<b>22:46.97</b>	ML	7:20.0	<b>70.4%</b>	11	9
M01-09	1	<b>Samuel Baeza</b>	The Colony	(6)		<b>41:25.12</b>		13:19.9	45.1%	67	44
M10-14	1	<b>Bobby Bozo</b>		(11)		<b>19:07.15</b>		6:09.2	<b>80.0%</b>	2	2
	2	<b>Ian Primer</b>	Flower Mound	(10)		<b>23:37.72</b>		7:36.3	<b>66.8%</b>	13	10
	3	<b>Joe Wales</b>	Carrollton	(14)		<b>25:06.70</b>	✓	8:05.0	56.5%	21	17
	4	<b>Jaisham Mitchell</b>		(14)		<b>26:14.88</b>		8:26.9	54.1%	27	21
	5	<b>Sean Loehding</b>	Carrollton	(11)		<b>31:25.36</b>	✓	10:06.8	48.7%	42	30
	6	<b>Nathan Koppel</b>	Flower Mound	(12)		<b>33:03.60</b>	✓	10:38.5	45.0%	52	35
	7	<b>Michael Murphy</b>		(12)		<b>33:25.06</b>		10:45.4	44.5%	53	36
M15-19	1	<b>Malik Gaither</b>	Everman	(19)		<b>22:01.43</b>	✓	7:05.3	59.8%	9	7
	2	<b>Eric Sillemon</b>	Everman	(18)		<b>27:12.50</b>		8:45.5	49.0%	30	24
M25-29	1	<b>Jonathon Barnett</b>	Arlington	(25)		<b>21:49.68</b>	✓	7:01.5	59.1%	6	6
	2	<b>Maurice Valderas</b>	Dallas	(26)		<b>25:39.71</b>	✓	8:15.6	50.3%	25	19
	3	<b>Derek Sims</b>	Carrollton	(26)		<b>26:27.59</b>		8:31.0	48.8%	28	22
M30-34	1	<b>Manav Shah</b>	Dallas	(31)		<b>24:18.86</b>	✓	7:49.6	53.3%	17	14
M35-39	1	<b>Zak Sakoglu</b>	Dallas	(37)		<b>25:59.75</b>	ML	8:22.0	51.4%	26	20
	2	<b>Donald Cabral</b>	Little Elm	(39)		<b>32:24.05</b>	✓	10:25.7	41.8%	49	33
	3	<b>Jaime Enrique Rodriguez Villate</b>	Plano	(39)		<b>41:34.12</b>	✓	13:22.8	32.6%	69	45
M40-44	1	<b>Ryan Loehding</b>	Carrollton	(43)		<b>20:29.53</b>	ML	6:35.7	<b>68.1%</b>	4	4
	2	<b>Jeho Oh</b>	Mckinney	(41)		<b>23:41.93</b>	ML	7:37.7	58.0%	15	12
	3	<b>Deuk Lee</b>	Irving	(43)		<b>23:57.05</b>	ML	7:42.5	58.3%	16	13
	4	<b>Robert Perry</b>	Salvisa, Ky	(43)		<b>24:44.68</b>		7:57.9	56.4%	18	15
	5	<b>Jen Evangelista</b>	Irving	(44)		<b>31:14.96</b>		10:03.5	45.0%	45	32
	6	<b>Geronimo Simpao</b>	Irving	(44)		<b>31:23.38</b>	ML	10:06.2	44.8%	44	31
	7	<b>David Miller</b>	Carrollton	(40)		<b>40:04.55</b>		12:54.0	34.1%	65	42
	8	<b>William Grove</b>	Carrollton	(40)		<b>40:04.73</b>		12:54.0	34.1%	66	43
M45-49	1	<b>Robert Arruda</b>	Argyle	(49)		<b>21:32.49</b>	✓	6:56.0	<b>67.9%</b>	5	5
	2	<b>Johnny Chen</b>	Plano	(47)		<b>22:36.37</b>	ML	7:16.6	<b>63.7%</b>	10	8
	3	<b>Vicente Rangel</b>	Carrollton	(48)		<b>25:13.50</b>	✓	8:07.2	57.5%	22	18
	4	<b>Supote Manodamrongsat</b>	Flower Mound	(48)		<b>29:18.21</b>		9:25.9	49.5%	36	27
	5	<b>Prasad Chandratre</b>	Irving	(47)		<b>30:55.82</b>	✓	9:57.3	46.6%	41	29
	6	<b>Baudilio Baeza</b>	The Colony	(45)		<b>32:41.31</b>		10:31.3	43.4%	51	34
	7	<b>Chris Goins</b>	Garland	(45)		<b>34:38.55</b>		11:09.0	40.9%	56	38
	8	<b>Jesse Hixson</b>	Frisco	(45)		<b>38:37.99</b>		12:26.1	36.7%	63	41
M50-54	1	<b>Aloysius Mathenge</b>	Dallas	(51)		<b>23:44.68</b>		7:38.6	<b>62.6%</b>	14	11

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

▲ Positive Split  
 ▼ Negative Split

Timing provided by: 3/27/2016

M50-54	2	Doug Waters	Carrollton (51)	24:45.12	7:58.0	60.1%	20	16
	3	Joe Sullivan	Coppell (52)	37:05.84	11:56.4	40.4%	59	39
M55-59	1	Thomas Polsfoot	Sachse (58)	28:53.10	9:17.8	54.6%	34	26
	2	Ronald Hamilton	The Colony (56)	29:57.36	9:38.5	51.7%	40	28
	3	Mark Blackstock	The Colony (55)	37:33.56	12:05.4	40.9%	60	40
M60-64	1	David Mask	Lewisville (63)	26:47.33	8:37.4	61.5%	29	23
	2	Mike Catt	The Colony (62)	34:20.46	11:03.2	47.5%	55	37
M65-69	1	Scott McKissick	Irving (67)	28:22.05 $\mathcal{M}$	9:07.8	60.2%	33	25
	2	Scott Ahlstrom	Carrollton (67)	46:36.27	15:00.0	36.7%	73	46

## 5K FEMALE

		32 FEMALE Runners --- Average Time of <b>35:43</b>				Avg. Age Grade: <b>49.8%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Morgan Johnson	(30)			21:52.05		7:02.3	67.7%	7	1
MASTERS	1	Frances McKissick	Irving (53)			24:49.96 $\mathcal{M}$		7:59.6	70.8%	19	4
SENIORS	1	Kim Andres	Irving (63)			27:21.51 $\mathcal{M}$		8:48.4	73.8%	31	7
F01-09	1	Keira Primer	Flower Mound (8)			25:19.69	<input type="checkbox"/>	8:09.1	71.5%	24	6
	2	Isabella Baeza	The Colony (9)			32:38.14		10:30.3	53.8%	50	17
F10-14	1	Arwyn Sullivan	Coppell (11)			32:22.40 $\mathcal{M}$		10:25.2	51.4%	47	15
	2	Paige Hixson	Frisco (10)			35:49.04		11:31.7	47.6%	57	19
F15-19	1	Paige Loehding	Carrollton (15)			21:57.82		7:04.2	70.6%	8	2
F20-24	1	Briana Carter	Arlington (23)			23:07.37	<input checked="" type="checkbox"/>	7:26.6	64.0%	12	3
	2	Grecia Rangel	Dallas (23)			28:26.40		9:09.2	52.0%	32	8
	3	Erin Polsfoot	Sachse (24)			29:45.26		9:34.6	49.7%	37	10
F25-29	1	Megan Denman	Frisco (29)			37:34.95		12:05.8	39.4%	62	22
	2	Erin Strouble	McKinney (29)			42:14.89		13:35.9	35.0%	71	26
F30-34	1	Nika Brunk	Eules (34)			32:20.19		10:24.5	46.1%	48	16
	2	Puja Shikhare	Dallas (32)			54:39.44		17:35.6	27.1%	75	29
F35-39	1	Shannon Primer	Flower Mound (39)			25:16.23		8:08.0	60.3%	23	5
F40-44	1	Amie Goins	Garland (44)			29:11.69	<input checked="" type="checkbox"/>	9:23.8	54.2%	35	9
	2	Charlotte Reeves	Coppell (44)			29:54.82 $\mathcal{M}$		9:37.7	52.9%	39	12
	3	Jennifer Loehding	Carrollton (43)			31:34.54		10:09.8	49.7%	46	14
	4	Merari Baeza	The Colony (41)			41:25.77		13:20.1	37.3%	68	24
	5	Luciana dos Santos Lima	Plano (41)			45:28.26	<input checked="" type="checkbox"/>	14:38.1	34.0%	72	27
	6	Kim Daniels	(44)			48:01.00		15:27.3	32.9%	74	28
F45-49	1	Carolina Espinoza	Carrollton (49)			34:02.15		10:57.3	49.1%	54	18
	2	Melissa Hoffman	The Colony (45)			37:34.03	<input checked="" type="checkbox"/>	12:05.5	42.5%	61	21
	3	Karen Wales	Carrollton (46)			39:06.94		12:35.4	41.3%	64	23
	4	Rebecca Becht	Carrollton (48)			58:25.82		18:48.4	28.3%	78	32
F50-54	1	Kuay Sullivan	Coppell (50)			29:54.72 $\mathcal{M}$		9:37.7	56.6%	38	11
	2	Yanira Lopez	Farmers Branch (53)			31:16.62 $\mathcal{M}$		10:04.0	56.2%	43	13
F60-64	1	Sandra Johnson	Galveston (63)			35:41.99		11:29.4	56.6%	58	20
	2	Rosemary Lewis	Carrollton (60)			55:29.33		17:51.6	34.8%	76	30
	3	Joan Graves	Coppell (63)			58:25.97		18:48.5	34.6%	77	31
F65-69	1	Kumiko McCoy	Eules (66)			41:57.40	<input checked="" type="checkbox"/>	13:30.3	50.4%	70	25

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

▲ Positive Split  
▲ Negative Split

Timing provided by:  3/27/2016  
**DeltaViewTiming.com**

# 1M MALE

		14 MALE Runners --- Average Time of <b>8:39</b>					Avg. Age Grade: <b>53.0%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Cole Atchison</b>	Lewisville	(22)		<b>5:08.69</b>		5:08.7	<b>72.1%</b>	1	1
M01-09	1	<b>Adam Koppel</b>	Flower Mound	(5)		<b>10:36.10</b>		10:36.1	53.6%	19	12
M35-39	1	<b>Zak Sakoglu</b>	Dallas	(37)		<b>7:06.05</b>		7:06.1	54.1%	6	5
M40-44	1	<b>Ryan Loehding</b>	Carrollton	(43)		<b>5:54.67</b>		5:54.7	<b>67.9%</b>	3	2
	2	<b>Deuk Lee</b>	Irving	(43)		<b>8:59.92</b>		8:59.9	44.6%	14	8
	3	<b>Jeho Oh</b>	Mckinney	(41)		<b>9:47.39</b>		9:47.4	40.4%	15	9
	4	<b>Lowell Koppel</b>	Flower Mound	(43)		<b>10:34.72</b>		10:34.7	38.0%	18	11
	5	<b>Geronimo Simpao</b>	Irving	(44)		<b>10:47.63</b>		10:47.6	37.5%	20	13
	6	<b>Nathan Bruser</b>	Coppell	(44)		<b>12:42.59</b>		12:42.6	31.8%	25	14
M45-49	1	<b>Johnny Chen</b>	Plano	(47)		<b>6:36.16</b>		6:36.2	<b>62.7%</b>	4	3
M55-59	1	<b>Tom Grant</b>	Plano	(58)		<b>7:11.06</b>		7:11.1	<b>63.1%</b>	7	6
M60-64	1	<b>Julio Lopez</b>	Farmers Branch	(60)		<b>6:54.48</b>		6:54.5	<b>66.8%</b>	5	4
M65-69	1	<b>Scott McKissick</b>	Irving	(67)		<b>8:32.05</b>		8:32.1	57.6%	11	7
M70-74	1	<b>Jack Manning</b>	Dallas	(73)		<b>10:12.15</b>		10:12.2	51.7%	17	10

# 1M FEMALE

		11 FEMALE Runners --- Average Time of <b>9:37</b>					Avg. Age Grade: <b>54.9%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Emily Field</b>		(34)		<b>5:29.51</b>	<input checked="" type="checkbox"/>	5:29.5	<b>77.3%</b>	2	<b>1</b>
F01-09	1	<b>Erin Koppel</b>	Flower Mound	(8)		<b>12:06.55</b>		12:06.6	42.4%	22	<b>9</b>
	2	<b>Blake Bruser</b>	Coppell	(6)		<b>12:42.14</b>		12:42.1	43.6%	24	<b>11</b>
F10-14	1	<b>Arwyn Sullivan</b>	Coppell	(11)		<b>10:05.91</b>		10:05.9	46.7%	16	<b>7</b>
	2	<b>Kirby Koppel</b>	Flower Mound	(11)		<b>12:04.03</b>		12:04.0	39.1%	21	<b>8</b>
F40-44	1	<b>Charlotte Reeves</b>		(44)		<b>8:40.22</b>	<input checked="" type="checkbox"/>	8:40.2	53.4%	13	<b>6</b>
	2	<b>Ashley Koppel</b>	Flower Mound	(42)		<b>12:09.62</b>		12:09.6	37.2%	23	<b>10</b>
F50-54	1	<b>Frances McKissick</b>	Irving	(53)		<b>7:18.87</b>		7:18.9	<b>70.8%</b>	8	<b>2</b>
	2	<b>Yanira Lopez</b>	Farmers Branch	(53)		<b>8:26.95</b>		8:27.0	<b>61.3%</b>	10	<b>4</b>
	3	<b>Kuay Sullivan</b>	Coppell	(50)		<b>8:39.86</b>		8:39.9	57.5%	12	<b>5</b>
F60-64	1	<b>Kim Andres</b>	Irving	(63)		<b>8:01.96</b>		8:02.0	<b>74.3%</b>	9	<b>3</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7293 Cole Atchison (M22)	1	M20-24	OA	---				5:08.69		5:08.7	17.56	5:08.69	72.1%
2	6015 Emily Field (F34)	1	F30-34	OA	---				5:29.51	☑ 1	5:29.5	18.76	5:29.51	77.3%
3	7072 Ryan Loehding (M43)	2	M40-44	1st	---				5:54.67		5:54.7	20.18	5:54.67	67.9%
4	7469 Johnny Chen (M47)	3	M45-49	1st	---				6:36.16		6:36.2	22.58	6:36.16	62.7%
5	7193 Julio Lopez (M60)	4	M60-64	1st	---				6:54.48		6:54.5	23.61	6:54.48	66.8%
6	7278 Zak Sakoglu (M37)	5	M35-39	1st	---				7:06.05		7:06.1	24.29	7:06.05	54.1%
7	7158 Tom Grant (M58)	6	M55-59	1st	---				7:11.06		7:11.1	24.58	7:11.06	63.1%
8	7062 Frances McKissick (F53)	2	F50-54	1st	---				7:18.87		7:18.9	24.97	7:18.87	70.8%
9	7040 Kim Andres (F63)	3	F60-64	1st	---				8:01.96		8:02.0	27.43	8:01.96	74.3%
10	6998 Yanira Lopez (F53)	4	F50-54	2nd	---				8:26.95		8:27.0	28.85	8:26.95	61.3%
11	7048 Scott McKissick (M67)	7	M65-69	1st	---				8:32.05		8:32.1	29.19	8:32.05	57.6%
12	7265 Kuay Sullivan (F50)	5	F50-54	3rd	---				8:39.86		8:39.9	29.59	8:39.86	57.5%
13	6018 Charlotte Reeves (F44)	6	F40-44	1st	---				8:40.22	✓ 3	8:40.2	29.65	8:40.22	53.4%
14	7243 Deuk Lee (M43)	8	M40-44	2nd	---				8:59.92		8:59.9	30.73	8:59.92	44.6%
15	7275 Jeho Oh (M41)	9	M40-44	3rd	---				9:47.39		9:47.4	33.47	9:47.39	40.4%
16	7204 Arwyn Sullivan (F11)	7	F10-14	1st	---				10:05.91		10:05.9	34.50	10:05.91	46.7%
17	7143 Jack Manning (M73)	10	M70-74	1st	---				10:12.15		10:12.2	34.90	10:12.15	51.7%
18	6519 Lowell Koppel (M43)	11	M40-44	4th	---				10:34.72	✗	10:34.7	36.15	10:34.72	38.0%
19	6524 Adam Koppel (M5)	12	M01-09	1st	---				10:36.10	✗	10:36.1	36.26	10:36.10	53.6%
20	7509 Geronimo Simpao (M44)	13	M40-44	5th	---				10:47.63		10:47.6	36.89	10:47.63	37.5%
21	6522 Kirby Koppel (F11)	8	F10-14	2nd	---				12:04.03	✗	12:04.0	41.28	12:04.03	39.1%
22	6523 Erin Koppel (F8)	9	F01-09	1st	---				12:06.55	✗	12:06.6	41.40	12:06.55	42.4%
23	6521 Ashley Koppel (F42)	10	F40-44	2nd	---				12:09.62	✗	12:09.6	41.57	12:09.62	37.2%
24	7316 Blake Bruser (F6)	11	F01-09	2nd	---				12:42.14		12:42.1	43.45	12:42.14	43.6%
25	7097 Nathan Bruser (M44)	14	M40-44	6th	---				12:42.59		12:42.6	43.45	12:42.59	31.8%

✓ 2 Club PR's

Average Finish Time: 09:04 5 First Timers

Average Age Grade: 53.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7293 Cole Atchison (M22)	1	M20-24	OA	0.3				18:34.90	⌚	5:58.9	18.57	18:35.19	69.5%
2	6003 Bobby Bozo (M11)	2	M10-14	1st	0.3				19:07.15	✗	6:09.2	19.12	19:07.41	80.0%
3	6519 Lowell Koppel (M43)	3	M40-44	MS	0.7				19:21.20	⌚	6:13.8	19.35	19:21.92	72.1%
4	7072 Ryan Loehding (M43)	4	M40-44	1st	0.3				20:29.53	⌚	6:35.7	20.48	20:29.78	68.1%
5	6016 Robert Arruda (M49)	5	M45-49	1st	1.7				21:32.49	✓ 1	6:56.0	21.53	21:34.18	67.9%
6	7590 Jonathon Barnett (M25)	6	M25-29	1st	0.3				21:49.68	✓ 1	7:01.5	21.82	21:50.01	59.1%
7	6002 Morgan Johnson (F30)	1	F30-34	OA	2.2				21:52.05	✗	7:02.3	21.87	21:54.28	67.7%
8	7473 Paige Loehding (F15)	2	F15-19	1st	2.1				21:57.82		7:04.2	21.95	21:59.87	70.6%
9	6990 Malik Gaither (M19)	7	M15-19	1st	0.5				22:01.43	✓ 1	7:05.3	22.02	22:01.91	59.8%
10	7469 Johnny Chen (M47)	8	M45-49	2nd	3.7				22:36.37	⌚	7:16.6	22.60	22:40.09	63.7%
11	7193 Julio Lopez (M60)	9	M60-64	SR	2.4				22:46.97	⌚	7:20.0	22.77	22:49.38	70.4%
12	7593 Briana Carter (F23)	3	F20-24	1st	0.9				23:07.37	✓ 1	7:26.6	23.12	23:08.31	64.0%
13	6242 Ian Primer (M10)	10	M10-14	2nd	2.3				23:37.72	✗	7:36.3	23.62	23:40.05	66.8%
14	7464 Aloysius Mathenge (M51)	11	M50-54	1st	1.5				23:44.68		7:38.6	23.73	23:46.16	62.6%
15	7275 Jeho Oh (M41)	12	M40-44	2nd	4.4				23:41.93	⌚	7:37.7	23.68	23:46.30	58.0%
16	7243 Deuk Lee (M43)	13	M40-44	3rd	4.5				23:57.05	⌚	7:42.5	23.95	24:01.54	58.3%
17	7184 Manav Shah (M31)	14	M30-34	1st	5.7				24:18.86	✓ 10	7:49.6	24.30	24:24.59	53.3%
18	6210 Robert Perry (M43)	15	M40-44	4th	6.7				24:44.68	✗	7:57.9	24.73	24:51.36	56.4%
19	7062 Frances McKissick (F53)	4	F50-54	MS	11.8				24:49.96	⌚	7:59.6	24.82	25:01.81	70.8%
20	6992 Doug Waters (M51)	16	M50-54	2nd	18.4				24:45.12		7:58.0	24.75	25:03.51	60.1%
21	7568 Joe Wales (M14)	17	M10-14	3rd	4.1				25:06.70	✓ 8	8:05.0	25.10	25:10.81	56.5%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

3/27/2016

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

△ Negative Split

 DeltaViewTiming.com

22	7367	Vicente Rangel (M48)	18	M45-49	3rd	5.2	<b>25:13.50</b>	✓	4	8:07.2	25.22	25:18.69	57.5%
23	6241	Shannon Primer (F39)	5	F35-39	1st	3.4	<b>25:16.23</b>	×		8:08.0	25.27	25:19.66	<b>60.3%</b>
24	6243	Keira Primer (F8)	6	F01-09	1st	4.1	<b>25:19.69</b>	□	×	8:09.1	25.32	25:23.76	<b>71.5%</b>
25	7591	Maurice Valderas (M26)	19	M25-29	2nd	0.7	<b>25:39.71</b>	✓	1	8:15.6	25.65	25:40.37	50.3%
26	7278	Zak Sakoglu (M37)	20	M35-39	1st	14.1	<b>25:59.75</b>	ℓ		8:22.0	25.98	26:13.81	51.4%
27	6020	Jaisham Mitchell (M14)	21	M10-14	4th	1.8	<b>26:14.88</b>	×		8:26.9	26.23	26:16.66	54.1%
28	7090	Derek Sims (M26)	22	M25-29	3rd	1.6	<b>26:27.59</b>			8:31.0	26.45	26:29.24	48.8%
29	7008	David Mask (M63)	23	M60-64	1st	5.2	<b>26:47.33</b>			8:37.4	26.78	26:52.48	<b>61.5%</b>
30	7597	Eric Sillemo (M18)	24	M15-19	2nd	5.1	<b>27:12.50</b>			8:45.5	27.20	27:17.65	49.0%
31	7040	Kim Andres (F63)	7	F60-64	SR	6.1	<b>27:21.51</b>	ℓ		8:48.4	27.35	27:27.63	<b>73.8%</b>
32	6019	Grecia Rangel (F23)	8	F20-24	2nd	5.1	<b>28:26.40</b>	×		9:09.2	28.43	28:31.46	52.0%
33	7048	Scott McKissick (M67)	25	M65-69	1st	19.9	<b>28:22.05</b>	ℓ		9:07.8	28.37	28:41.96	<b>60.2%</b>
34	6211	Thomas Polsfoot (M58)	26	M55-59	1st	---	<b>28:53.10</b>	×		9:17.8	28.88	28:53.10	54.6%
35	7044	Amie Goins (F44)	9	F40-44	1st	10.4	<b>29:11.69</b>	✓	3	9:23.8	29.18	29:22.11	54.2%
36	6202	Supote Manodamrongsat (M4	27	M45-49	4th	29.2	<b>29:18.21</b>			9:25.9	29.30	29:47.45	49.5%
37	6213	Erin Polsfoot (F24)	10	F20-24	3rd	7.4	<b>29:45.26</b>	×		9:34.6	29.75	29:52.62	49.7%
38	7265	Kuay Sullivan (F50)	11	F50-54	1st	6.3	<b>29:54.72</b>	ℓ		9:37.7	29.90	30:00.98	56.6%
39	6018	Charlotte Reeves (F44)	12	F40-44	2nd	6.3	<b>29:54.82</b>	ℓ		9:37.7	29.90	30:01.08	52.9%
40	7020	Ronald Hamilton (M56)	28	M55-59	2nd	17.9	<b>29:57.36</b>			9:38.5	29.95	30:15.25	51.7%
41	7547	Prasad Chandratre (M47)	29	M45-49	5th	6.4	<b>30:55.82</b>	✓	2	9:57.3	30.92	31:02.17	46.6%
42	6572	Sean Loehding (M11)	30	M10-14	5th	8.2	<b>31:25.36</b>	✓	4	10:06.8	31.42	31:33.59	48.7%
43	6998	Yanira Lopez (F53)	13	F50-54	2nd	21.2	<b>31:16.62</b>	ℓ		10:04.0	31.27	31:37.77	56.2%
44	7509	Geronimo Simpao (M44)	31	M40-44	6th	14.6	<b>31:23.38</b>	ℓ		10:06.2	31.38	31:38.00	44.8%
45	7343	Jen Evangelista (M44)	32	M40-44	5th	23.9	<b>31:14.96</b>			10:03.5	31.23	31:38.83	45.0%
46	7472	Jennifer Loehding (F43)	14	F40-44	3rd	8.0	<b>31:34.54</b>			10:09.8	31.57	31:42.55	49.7%
47	7204	Arwyn Sullivan (F11)	15	F10-14	1st	6.9	<b>32:22.40</b>	ℓ		10:25.2	32.37	32:29.34	51.4%
48	7448	Nika Brunk (F34)	16	F30-34	1st	11.4	<b>32:20.19</b>			10:24.5	32.33	32:31.58	46.1%
49	6156	Donald Cabral (M39)	33	M35-39	2nd	13.6	<b>32:24.05</b>	✓	2	10:25.7	32.40	32:37.66	41.8%
50	6005	Isabella Baeza (F9)	17	F01-09	2nd	5.5	<b>32:38.14</b>	×		10:30.3	32.63	32:43.67	53.8%
51	6006	Baudilio Baeza (M45)	34	M45-49	6th	6.1	<b>32:41.31</b>			10:31.3	32.68	32:47.46	43.4%
52	6520	Nathan Koppel (M12)	35	M10-14	6th	6.8	<b>33:03.60</b>	✓	1	10:38.5	33.05	33:10.43	45.0%
53	6008	Michael Murphy (M12)	36	M10-14	7th	3.6	<b>33:25.06</b>	×		10:45.4	33.42	33:28.66	44.5%
54	6021	Carolina Espinoza (F49)	18	F45-49	1st	5.5	<b>34:02.15</b>	×		10:57.3	34.03	34:07.67	49.1%
55	7154	Mike Catt (M62)	37	M60-64	2nd	9.2	<b>34:20.46</b>			11:03.2	34.33	34:29.63	47.5%
56	6017	Chris Goins (M45)	38	M45-49	7th	17.0	<b>34:38.55</b>	×		11:09.0	34.63	34:55.53	40.9%
57	6012	Paige Hixson (F10)	19	F10-14	2nd	3.7	<b>35:49.04</b>	×		11:31.7	35.82	35:52.71	47.6%
58	6001	Sandra Johnson (F63)	20	F60-64	1st	12.3	<b>35:41.99</b>			11:29.4	35.68	35:54.24	56.6%
59	7263	Joe Sullivan (M52)	39	M50-54	3rd	---	<b>37:05.84</b>			11:56.4	37.08	37:05.84	40.4%
60	6240	Mark Blackstock (M55)	40	M55-59	3rd	9.6	<b>37:33.56</b>	×		12:05.4	37.55	37:43.13	40.9%
61	6387	Melissa Hoffman (F45)	21	F45-49	2nd	9.5	<b>37:34.03</b>	✓	2	12:05.5	37.57	37:43.54	42.5%
62	6212	Megan Denman (F29)	22	F25-29	1st	16.6	<b>37:34.95</b>			12:05.8	37.57	37:51.59	39.4%
63	6010	Jesse Hixson (M45)	41	M45-49	8th	3.9	<b>38:37.99</b>	×		12:26.1	38.62	38:41.88	36.7%
64	7569	Karen Wales (F46)	23	F45-49	3rd	15.1	<b>39:06.94</b>			12:35.4	39.10	39:22.08	41.3%
65	7540	David Miller (M40)	42	M40-44	7th	12.3	<b>40:04.55</b>			12:54.0	40.07	40:16.84	34.1%
66	7539	William Grove (M40)	43	M40-44	8th	12.4	<b>40:04.73</b>			12:54.0	40.07	40:17.15	34.1%
67	6004	Samuel Baeza (M6)	44	M01-09	1st	7.5	<b>41:25.12</b>	×		13:19.9	41.42	41:32.57	45.1%
68	7111	Merari Baeza (F41)	24	F40-44	4th	8.5	<b>41:25.77</b>			13:20.1	41.42	41:34.22	37.3%
69	6223	Jaime Enrique Rodriguez Villa	45	M35-39	3rd	5.0	<b>41:34.12</b>	✓	1	13:22.8	41.57	41:39.10	32.6%
70	7449	Kumiko McCoy (F66)	25	F65-69	1st	11.5	<b>41:57.40</b>	✓	2	13:30.3	41.95	42:08.93	50.4%
71	6237	Erin Strouble (F29)	26	F25-29	2nd	15.3	<b>42:14.89</b>	×		13:35.9	42.23	42:30.20	35.0%

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

△ Positive Split  
 ▽ Negative Split

Timing provided by: 3/27/2016  


72	6229	Luciana dos Santos Lima (F41)	27	F40-44	5th	4.6		<b>45:28.26</b>	✓	1	14:38.1	45.47	45:32.91	34.0%
73	7148	Scott Ahlstrom (M67)	46	M65-69	2nd	16.9		<b>46:36.27</b>			15:00.0	46.60	46:53.14	36.7%
74	6007	Kim Daniels (F44)	28	F40-44	6th	4.8		<b>48:01.00</b>		×	15:27.3	48.02	48:05.81	32.9%
75	7083	Puja Shikhare (F32)	29	F30-34	2nd	6.6		<b>54:39.44</b>			17:35.6	54.65	54:45.99	27.1%
76	7455	Rosemary Lewis (F60)	30	F60-64	2nd	22.1		<b>55:29.33</b>			17:51.6	55.48	55:51.43	34.8%
77	7253	Joan Graves (F63)	31	F60-64	3rd	2.6		<b>58:25.97</b>			18:48.5	58.42	58:28.56	34.6%
78	7248	Rebecca Becht (F48)	32	F45-49	4th	3.0		<b>58:25.82</b>			18:48.4	58.42	58:28.78	28.3%
							✓ 17 Club PR's	Average Finish Time: <b>31:43</b> <u>20 First Timers</u> Average Age Grade: <b>51.4%</b>						

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Emily Field	F34	5:29.51	77.3%	Move UP
2	9	Kim Andres	F63	8:01.96	74.3%	
3	1	Cole Atchison	M22	5:08.69	72.1%	
4	8	Frances McKissick	F53	7:18.87	70.8%	
5	3	Ryan Loehding	M43	5:54.67	67.9%	
6	5	Julio Lopez	M60	6:54.48	66.8%	
7	7	Tom Grant	M58	7:11.06	63.1%	
8	4	Johnny Chen	M47	6:36.16	62.7%	
9	10	Yanira Lopez	F53	8:26.95	61.3%	
10	11	Scott McKissick	M67	8:32.05	57.6%	
11	12	Kuay Sullivan	F50	8:39.86	57.5%	
12	6	Zak Sakoglu	M37	7:06.05	54.1%	
13	19	Adam Koppel	M5	10:36.10	53.6%	
14	13	Charlotte Reeves	F44	8:40.22	53.4%	
15	17	Jack Manning	M73	10:12.15	51.7%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Bobby Bozo	M11	19:07.15	80.0%	New
2	31	Kim Andres	F63	27:21.51	73.8%	
3	3	Lowell Koppel	M43	19:21.20	72.1%	Move UP
4	24	Keira Primer	F8	25:19.69	71.5%	New
5	19	Frances McKissick	F53	24:49.96	70.8%	
6	8	Paige Loehding	F15	21:57.82	70.6%	
7	11	Julio Lopez	M60	22:46.97	70.4%	
8	1	Cole Atchison	M22	18:34.90	69.5%	
9	4	Ryan Loehding	M43	20:29.53	68.1%	
10	5	Robert Arruda	M49	21:32.49	67.9%	Move UP
11	7	Morgan Johnson	F30	21:52.05	67.7%	New
12	13	Ian Primer	M10	23:37.72	66.8%	New
13	12	Briana Carter	F23	23:07.37	64.0%	
14	10	Johnny Chen	M47	22:36.37	63.7%	
15	14	Aloysius Mathenge	M51	23:44.68	62.6%	
16	29	David Mask	M63	26:47.33	61.5%	
17	23	Shannon Primer	F39	25:16.23	60.3%	
18	33	Scott McKissick	M67	28:22.05	60.2%	
19	20	Doug Waters	M51	24:45.12	60.1%	
20	9	Malik Gaither	M19	22:01.43	59.8%	
21	6	Jonathon Barnett	M25	21:49.68	59.1%	
22	16	Deuk Lee	M43	23:57.05	58.3%	
23	15	Jeho Oh	M41	23:41.93	58.0%	
24	22	Vicente Rangel	M48	25:13.50	57.5%	
25	38	Kuay Sullivan	F50	29:54.72	56.6%	
26	58	Sandra Johnson	F63	35:41.99	56.6%	
27	21	Joe Wales	M14	25:06.70	56.5%	
28	18	Robert Perry	M43	24:44.68	56.4%	
29	43	Yanira Lopez	F53	31:16.62	56.2%	
30	34	Thomas Polsfoot	M58	28:53.10	54.6%	
31	35	Amie Goins	F44	29:11.69	54.2%	
32	27	Jaisham Mitchell	M14	26:14.88	54.1%	
33	50	Isabella Baeza	F9	32:38.14	53.8%	
34	17	Manav Shah	M31	24:18.86	53.3%	
35	39	Charlotte Reeves	F44	29:54.82	52.9%	
36	32	Grecia Rangel	F23	28:26.40	52.0%	
37	40	Ronald Hamilton	M56	29:57.36	51.7%	
38	47	Arwyn Sullivan	F11	32:22.40	51.4%	
39	26	Zak Sakoglu	M37	25:59.75	51.4%	
40	70	Kumiko McCoy	F66	41:57.40	50.4%	
41	25	Maurice Valderas	M26	25:39.71	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